



Check out 90 tasty
recipe collections from
Chris & Edi, perfect for
reaching your goals
without sacrificing
flavor!

MACRO FRIENDLY

LUNCH & DINNER RECIPES

HEALTHY RECIPES



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KCAL
407

PRO
29.5g

CARB
24.4g

FAT
21.2g

FIBER
5.4g

Per serving

Apple & Ginger Salmon Wraps



High Protein

Med Carb

These apple and ginger salmon wraps are a fresh and flavorful meal that's perfect for a quick lunch or dinner. The combination of sweet and spicy flavors creates a unique and satisfying meal that is both healthy and delicious, packed with essential fatty acids and an abundance of protein.



Prep: 5 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2

Salmon 2 fillets

Wrap 2 wholemeal wraps

Apple 1/2 a granny smith

Carrot 1 small

Spinach 1 cup

Lettuce 1 cup

Fresh Ginger 1 tsp fresh

Black Pepper 2 twist

Chilli Flakes 1/4 tsp

Salt 1 pinch

Apple & Ginger Salmon Wraps

High Protein

Med Carb

Method

Preheat the oven to 180 degrees celcius.

Next, add the salmon to a baking tray and season with salt, pepper and a pinch of chilli flakes.

As the oven preheats, prepare the wrap fillings. Finely slice the apple, peel and grate the carrot and add them to a mixing bowl. To the bowl add a tsp of freshly chopped ginger or lazy ginger along with a cup of shredded lettuce and baby spinach. Mix well.

Add the salmon to the oven for 12 to 15 minutes

With a few minutes remaining, begin to assemble the wraps. Place some of the fruit and veg mixtures on each wrap along with an additional side to each plate. Once the salmon is cooked, place a fillet on each wrap and serve.

MFP Barcode



Allergen Information

Contains fish



KCAL
450.3

PRO
39.6g

CARB
40.9g

FAT
14.3g

FIBER
3.7g

Per serving

Asian Turkey Burgers & Noodle Slaw

High Protein

Med Carb



A beautiful recipe that is packed with protein, veggies and bursting with a mild spicy sweetness.



Prep: 15 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 4 portions (8 burgers)

Turkey Mince 500g or 17.6 oz

Ginger 1 tsp lazy ginger

Garlic 3 cloves

Rice Flour 1 tbsp

Egg 1

Black Sesame Seeds 1 tbsp

Coriander 1 tsp chopped

Olive Oil 1 tsp

Rice Noodles 240g or 8.4 oz

Courgette 1 medium

Bell Peppers 2 medium

Red Onion 1

Carrots 2 medium

Pak Choy 100g or 3.5 oz

Dressing soy sauce 2 tbsp, juice of 1 lime, 2 tbsp fish sauce, 2.5 tbsp sweet chilli sauce, 5 twists black pepper, red chilli 1, 1 tsp sesame oil

Asian Turkey Burgers & Noodle Slaw

High Protein

Med Carb

Method

Preheat the oven to 180 degrees.

Frist make the turkey burgers. In a large pot/bowl, combine the turkey mince with 1 green chili (finely chopped), 3 cloves of garlic (crushed), a tsp of lazy ginger, rice flour, egg, and sesame seeds. Mix the ingredients well before adding the finely chopped coriander leaves, salt and pepper. Mix well again.

Once mixed, make 8 burger patties. To a pan, on medium heat, add a tsp of olive oil. Cook each burger for 2 minutes on either side before placing them on a roasting tray and cooking them in the oven for 10 to 12 minutes.

Next, make the slaw. To a large mixing bowl add 2 carrots (peeled and grated), the courgette (topped and grated), the red onion (peeled and finely sliced), peppers (deseeded and sliced), pak choy (sliced), and the spring onions (sliced).

Next, cook the rice noodles per packet instructions (typically leave them to soak in hot water for 8 minutes) and then rinse them in cold water until cooled before adding them to the veggie slaw.

Finally, make the dressing. In a bowl, add the soy sauce, fish sauce, sesame oil, sweet chili, red chilli (finely chopped), salt and black pepper, and lime juice. Mix well before tossing it into the rice noodle slaw. Mix the slaw well before serving.

MFP Barcode



Allergen Information

Contains egg, soy,
sesame



KCAL
290.3

PRO
35.1g

CARB
17g

FAT
9.4g

FIBER
5.7g

Per serving

Asian Fusion Chicken Burgers

High Protein

Low Carb



Indulge in these mouthwatering, protein-packed burgers, featuring a perfect blend of bold flavors. Paired with a vibrant Rainbow Slaw loaded with carrots, cabbage, and baby spinach, this recipe offers a delicious mix of textures, tastes, and nutrients.



Prep: 10 min

Cook: 15 min

Fresh: 1 days



Beginner



Makes 4

Chicken Mince 500g or 17.6 oz

Baby Spinach 250g or 8.8 oz

Cabbage 1/4 head

Carrots 3 small

Red Onion 1 medium

Egg 1

Lime Juice 2 limes

Panko Breadcrumbs 4 tbsp

Garlic 3 cloves

Olive Oil 1 tsp & 1 tbsp

Fish sauce 2 tsp

Rice Flour 1 tbsp

Coriander 1/2 cup chopped

Black Pepper & Salt

Chilli Flakes 1 tsp

Ginger 1 tsp

Asian Fusion Chicken Burgers

High Protein

Low Carb

Method

Preheat the oven to 180 degrees C or 350 degrees F.

Peel and chop the red onion and then fry it in a non-stick pan with 1/2 a tsp of olive oil, cooking for 2 to 3 minutes. Once cooked, set aside.

To a large mixing bowl, add the following: chicken mince, chili flakes, 1 tsp ground black pepper, panko breadcrumbs, rice flour, fresh coriander leaves (roughly chopped), garlic cloves (grated or crushed), juice of 1 lime, fresh ginger, fish sauce, an egg and finally the red onion.

Mix until well combined and then make 8 to 10 burger patties. Or if you would rather increase the size and cook less, do so.

Bring a large, non-stick frying pan to medium heat with 1/2 a tsp of olive oil. Cook each burger patty for 1 minute on each side. If your pan is oven safe, toss it into the oven and cook for 12 to 15 minutes. If not, place the burgers on a roasting tray instead.

While the burgers cook, make the slaw. In a separate mixing bowl add the carrots (peeled and grated), the cabbage (use a peeler) and baby spinach.

Now make the dressing for the slaw by combining a tbsp of olive oil, the juice of 1 lime, a pinch of salt, and a few twists of black pepper.

Serve the burgers on a bed of slaw.

MFP Barcode



Allergen Information

Contains eggs



KCAL
357.2

PRO
18.8g

CARB
41.1g

FAT
12g

FIBER
5.5g

Per serving

BBQ Tofu Sandwich with Tangy Slaw

Med Carb



Indulge in a delightful fusion of crisp, seared tofu with a smoky BBQ and sriracha kick, paired with creamy, tangy slaw nestled in a toasted brioche bun. This hearty vegan burger is both wholesome and delicious, offering a burst of flavors and textures in each bite.



Prep: 10 min

Cook: 15 min

Fresh: 2 days



Beginner



Makes 2

Firm Tofu 160g or 5.6 oz

Brioche Bun 4, vegan

BBQ Sauce 60g or 1/3 cup

Red Onion 1/4 small

Mayonnaise 3 tbsp, light vegan

Lettuce 2 leaves

Sriracha Sauce 1 tsp

Apple Cider Vinegar 1 tbsp

Olive Oil 1 tsp

Black Pepper 1/2 tsp

Coriander Leaves 1/4 cup, chopped

Salt pinch

BBQ Tofu Sandwich with Tangy Slaw

Med Carb

Method

After draining the tofu, pat it dry. Cut it into one-inch-thick slabs, ensuring a trim if needed for the buns. Pat dry once again.

Warm up a skillet or pan over medium-high heat, and pour in the oil. Sprinkle the oil with salt and pepper. Place the tofu in the skillet and sear until it turns crispy and deeply golden, about 6 minutes on each side.

Mix together the BBQ sauce and sriracha. Set aside.

Combine the cabbage, onions, cilantro, vegan mayo, vinegar, and salt. Adjust according to your palate.

Toast the buns. Lower the skillet's heat, coat the tofu in the BBQ sauce blend, and let it caramelize slightly.

Place the tofu, followed by the tangy slaw and avocado slices.

MFP Barcode



Allergen Information

Contains wheat, soy



KCAL
486.1

PRO
41.9g

CARB
34.4g

FAT
20g

FIBER
10.75g

Per serving

Beef and Black Bean Quesadilla



High Protein

Med Carb

A flavor-packed dish that offers a beautiful balance of textures and tastes. It features lean beef and hearty black beans enveloped in a crispy tortilla, brought to life with a perfect medley of spices. The rich cheddar cheese and creamy avocado lend a comforting creaminess, making this dish a wholesome and satisfying meal.



Prep: 5 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 2

Lean Beef Mince 250g or 8.8 oz

Black Beans 1/2 tin

Avocado 1 small

Tortilla Wrap 2, 8 inch

Cheddar Cheese 30g or 1.05 oz, 1/2 fat

Tomato Puree 1.5 tbsp

Garlic Clove 1

Cumin 1 tbsp

Olive Oil 1 tsp

Paprika 1/2 tsp

Oregano 1 tsp

Coriander Leaves 1 sprig

Beef and Black Bean Quesadilla

High Protein

Med Carb

Method

Drain and rinse 1/2 a tin of black beans. Peel and finely chop 1 clove of garlic. Also, slice 1 small avocado into thin slices.

In a skillet, heat 1 teaspoon of olive oil over medium heat. Add the chopped garlic and cook until fragrant. Then add the beef mince, cooking until browned. Sprinkle in 1 teaspoon each of ground cumin and oregano, and 1/2 teaspoon of cayenne pepper. Mix well to coat the beef in the spices.

Stir in the black beans and 1.5 tablespoons of tomato puree. Cook for another 2–3 minutes, ensuring all the ingredients are well combined.

Spread half of the tortilla with the beef and bean mixture. Layer the avocado slices over the beef, and sprinkle the half-fat cheddar cheese on top. Fold the tortilla in half, pressing it gently to secure the filling.

Wipe the skillet clean and heat it over medium heat. Cook the quesadilla for about 2–3 minutes on each side, or until the tortilla is golden and the cheese has melted.

Remove from the heat and let it rest for a minute before cutting into wedges. Garnish with fresh coriander leaves and serve immediately while hot. Enjoy this savory and fulfilling dish.

MFP Barcode



Allergen Information

Contains lactose, wheat



Beef & Cashew Stir Fry



High Protein

Low Carb

Our Beef & Cashew Stir Fry is a nutrient-rich meal full of protein and veggies. Enjoy tender beef and crunchy cashews mixed with a colorful medley of vegetables. Tossed in a flavorful sauce with sesame oil, sweet chili, and soy, this dish offers a delightful balance of taste and health.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 3

Beef Strips 500g or 17.6oz

Red Pepper 1 large

Yellow Pepper 1 large

Red Onion 1 medium

Baby Corn 100g or 3.5oz

Sugar Snap Peas 100g or 3.5oz

Broccolini 80g or 2.8oz

Oyster Sauce 3 tbsp

Garlic Cloves 5

Sweet Chilli Sauce 3 tbsp

Cashew Nuts 30g or 1 oz

Soy Sauce 2 tbsp

Sesame Oil 1 tsp & 1 tbsp

Ginger 1 tsp fresh

Cayenne Pepper pinch

Beef & Cashew Stir Fry

High Protein

Low Carb

Method

Heat 1 tsp of sesame oil in a large wok or skillet over medium-high heat.

Add beef strips and cook until browned and cooked through. Remove beef from the pan and set aside.

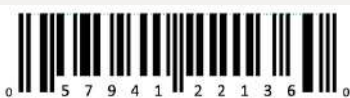
In the same pan, toss in the chopped red and yellow peppers, red onion, mini corn, sugar snap peas, and broccolini. Stir fry the veggies until they are tender-crisp, about 5-7 minutes.

While the veggies are cooking, mince the garlic cloves and grate the ginger. Add the garlic, ginger, and cashews to the pan, stir to combine and cook for another minute until the garlic is fragrant.

Return the cooked beef to the pan. Mix the oyster sauce, sweet chili, sesame oil, soy sauce, and a dash of cayenne. Stir well to ensure all ingredients are coated in the sauce. Add to the pan

Cook for another 2-3 minutes until everything is heated through. Serve hot and enjoy your nutrient-packed Beef & Cashew Stir Fry!

MFP Barcode



Allergen Information

Contains treenuts. soy, sesame. May contain sulphites



KCAL
652.5

PRO
40g

CARB
74.5g

FAT
21.1g

FIBER
6.7g

Per serving

Beef Burger & Sweet Mash

High Protein

High Carb



Eating healthy does not have to be boring! This burger and mash combo is a brilliant example of enjoying "naughty" foods while also remaining healthy. The meal is a good "fake-away" choice, with less than half of the calories of a restaurant burger meal.



Prep: 10 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 2 portions

Beef Mince 250g or 8.8 oz, 95% lean

Egg 1

Rice Flour 1 tbsp

Brioche Buns 2

Salt pinch

Pepper twist

Paprika 1/2 tsp

Chilli Flakes pinch

Olive Oil 1 tsp

Mixed Greens 2 handfuls, store bought

Red Onion 2 thin slices (ring)

Sweet Potato 2 (300g or 10.6oz)

Milk 2 tbsp

Butter 1 tsp

Maple Syrup 1 tbsp

Burger Sauce 1 tbsp light mayo & 1 tbsp sriracha sauce

Beef Burger & Sweet Mash

High Protein

High Carb

Method

In a mixing bowl add the mince, egg, rice flour, salt, pepper, and chili flakes. Mix well before making the two patties. Split the mince mixture into two balls and then flatten them to a thickness you like.

Next, peel and cube the sweet potatoes and add them to a pot of boiling water with a pinch of salt. Cook on low-medium heat for 3 to 7 minutes (until a fork easily pierces the potato). Once cooked, drain the water and leave to the side.

Next to a pan, add the olive oil. Cook the patties on medium heat for 3 minutes on either side.

As the patties cook, turn the heat back on the potatoes (low) and add the milk, maple syrup, and butter. Mash and mix the potatoes until smooth and creamy. At this time, prepare your burger sauce by mixing the light mayo and sriracha sauce.

Next, assemble your burger with some sauce, greens, and onion. Plate up the burger and serve it with a scoop of creamy mash and a handful of a ready mixed green salad.

MFP Barcode



Allergen Information

Contains lactose, gluten, eggs



KCAL
337.6

PRO
20g

CARB
48.6g

FAT
6.9g

FIBER
13.1g

Per serving

Black Bean Quesadilla

Med Carb



Savor these nutritious and flavorful quesadillas, filled with black beans, sweet corn, and a kick of red chili. Enhanced by spices like cumin, paprika, and oregano, and freshened with lime and coriander, these quesadillas are sandwiched between soft tortillas and melted half-fat cheddar.



Prep: 1 min

Cook: 8 min

Fresh: 1 days



Beginner



Makes 2

Black Beans 1 tin, drained

Red Pepper 1 medium

Sweet Corn 100g or 3.5oz

Tortilla Wraps 2, wholemeal

Lime Juice 1 lime

Cheddar Cheese 1/2 Fat 20g or 0.7oz

Red Chilli 1

Cumin 1 tsp

Paprika 1 tsp

Coriander 1 sprig

Oregano 1 tsp, ground

Black Bean Quesadilla

Med Carb

Method

Drain the canned black beans and defrost the sweet corn. Dice the red pepper, deseed and finely chop the red chili, and chop the fresh coriander leaves.

In a large pot, combine the drained black beans, sweet corn, red pepper, and chopped red chili. Stir in the ground cumin, paprika, lime juice and oregano, ensuring everything is well mixed. Cook this mixture over medium heat for about 3-5 minutes until the flavors meld together and the vegetables soften slightly.

While the mixture is cooking, heat your plain wheat tortillas in a separate pan over medium heat until they are warm and slightly toasty. This should only take a few minutes. Be sure to flip them halfway through for even warming.

Once the tortillas are heated, spoon the black bean and vegetable mixture onto one half of each tortilla. Sprinkle the half-fat cheddar cheese on top of the mixture, then fold the other half of the tortilla over to create a half-moon shape.

Continue to heat each filled quesadilla in the pan, flipping once, until the tortilla is golden brown and the cheese is melted.

Transfer the cooked quesadillas to a cutting board and cut into wedges.

MFP Barcode



Allergen Information

Contains lactose



KCAL
420

PRO
38.7g

CARB
23.8g

FAT
18.7g

FIBER
1.8g

Per serving

Big Mac Inspired Smash Tacos

High Protein

Med Carb



Combining the iconic flavors of a classic Big Mac with the easy, handheld convenience of a taco. Featuring seasoned, flat-cooked beef mince, cheese, pickle, lettuce, and a tangy homemade sauce, all wrapped up in a warm, soft tortilla. Perfect for a quick and satisfying meal, these tacos offer a unique and delightful fusion of flavors.



Prep: 5 min

Cook: 5 min

Fresh: 1 days



Beginner



Makes 2

Lean Beef Mince 250g or 8.8 oz

Tortilla Wrap 2, 8 inch wraps

Cheddar Cheese Slices 4

Lettuce 1 cup

Lighter Mayonnaise 1 tbsp

Pickled Gherkins 3

Yellow Mustard 1 tsp

White Onion 1 tsp grated

White Sugar 1/2 tsp

Paprika 1/2 tsp

White Wine Vinegar 1/4 tsp

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Salt pinch

Black Pepper 5 twists

Big Mac Inspired Smash Tacos

High Protein

Med Carb

Method

First make the Big Mac-inspired sauce. In a small bowl, combine 1 tablespoon (25g) of light mayonnaise, 1 teaspoon (10g) of yellow mustard, 1/4 teaspoon of white vinegar, a chopped pickle gherkin, 1/2 teaspoon of paprika, 1/4 teaspoon of onion powder, a pinch of salt, 1/4 teaspoon of garlic powder, 1/2 teaspoon of white sugar, and 1 teaspoon of grated white onion. Mix well to combine.

Start by seasoning the beef mince with salt and pepper to taste.

Lay out the 8-inch wraps on a flat surface. Evenly distribute and pat the seasoned beef mince flat onto each wrap.

Heat a non-stick frying pan over medium-high heat. Carefully place each taco, beef side down, into the pan. Cook until the beef is well browned, then flip the taco to heat the other side.

After flipping the tacos, immediately lay the cheese slices on the cooked beef.

Cook for 1 more minute and remove the taco from the pan. Top the cheesy beef with some pickle slices and lettuce, then generously spread the prepared sauce over the top.

MFP Barcode



Allergen Information

Contains lactose, wheat, mustard



Buffalo Chicken Burger

High Protein

Med Carb



An epic creation of hot, air fried crispy chicken on a soft brioche bun.



Prep: 5 min

Cook: 18 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 breasts

Brioche Buns 2

Egg 2

Cornflakes 50g or 1.7 oz

Provolone Cheese 2 slices

Low Fat Mayonnaise 2 tbsp

Hot Sauce 4 tbsp

Plain Flour 1 tbsp

Carrot 1/4 of a small carrot

Dijon Mustard 1 tsp

Lemon Juice yield of 1 wedge

Paprika 1 tsp

Cayenne Pepper 1/4 tsp

Red Cabbage 1 tbsp, grated

White Cabbage 1 tbsp, grated

Buffalo Chicken Burger

High Protein

Med Carb

Method

First, create the dipping stations. In one bowl add the flour and seasonings, and mix until well combined. In the second bowl, whisk together the egg and 1 tbsp of hot sauce. In the third, add the corn flakes crushed.

First dip the breasts in the flour mixture, ensuring the entire breast is coated. Next, dip it in the wet mixture before finally dipping it in the cornflakes. Place the coated breasts on a tray and cook in the air fryer for 18 minutes at 180 degrees Celsius /350 Fahrenheit.

As the chicken cooks, prepare the slaw. In a bowl add the light mayo, tsp of mustard, lemon juice, a tbsp of grated purple cabbage, a tbsp of white cabbage, and a tbsp of grated carrot. Mix well.

With 3 minutes until the chicken is cooked, heat up the buns.

As they heat up, add 3 tbsp of hot sauce to a shallow pan on low heat. Once the chicken is cooked, dip them and flip them in the sauce. Top with a slice of cheese and broil for 1 minute. Serve with some slaw on top.

MFP Barcode



Allergen Information

Contains soybean, eggs,
sulphites, gluten.



KCAL
296.8

PRO
29.8g

CARB
28.9g

FAT
6.9g

FIBER
1.6g

Per serving

Butternut Bean Burgers

High Carb



These savory Butternut Bean Burgers offer a hearty vegetarian alternative to traditional meat burgers. Paired with a zesty tomato salsa and the freshness of avocado and rocket, this dish promises a delightful mix of flavors and textures.



Prep: 15 min

Cook: 40 min

Fresh: 1 days



Beginner



Makes 4 burgers

Wholemeal Bap 4

Salad Tomatoes 2 medium

Red Kidney Beans 1 tin, drained

Butternut Squash 200g or 7 oz

Brown Onion 1 medium

Breadcrumbs 50g or 1.7 oz

Lime Juice 1 lime

Porridge Oats 40g or 1.5 oz

Red Onion 1/4, small

Olive Oil 1 tbsp & 1 tsp

Lettuce 4 leaves

Garlic Cloves 2

Red Chilli 1

Paprika 1 tsp

Cumin 1/2 tsp

Coriander Leaves 1 tbsp

Chilli Flakes 1/2 tsp

Salt & Pepper 1 pinch & 3 twists

Butternut Bean Burgers

High Carb

Method

Preheat the oven to 190°C (375°F). Dice the butternut squash into small cubes. In a pot of boiling water, cook the squash until it becomes tender, then drain.

In a non-stick frying pan, heat 1 tablespoon of olive oil over medium heat. Sauté the onions until they become translucent, about 3 minutes. Stir in the crushed garlic and cook for another minute.

In a large mixing bowl, combine the cooked butternut squash, oats, red kidney beans, chilli flakes, paprika, bread crumbs, ground cumin, salt, and black pepper. Mash the mixture together using a potato masher or fork until well combined. Divide and shape the mixture into four large burgers.

Arrange the burgers on an oiled baking tray. Lightly brush the tops with some olive oil. Bake for 25–30 minutes, or until the burgers are browned and crisp on the outside.

In a separate bowl, combine the diced tomato, chopped coriander, fresh chilli, crushed garlic, olive oil, chopped red onion, and lemon or lime juice. Mix well and set aside.

Toast the wholemeal baps. Place a burger on each bottom half, followed by a layer of lettuce. Generously spoon the tomato salsa on top. Cap off with the top half of the bap. Serve immediately.

MFP Barcode



Allergen Information

Contains wheat



KCAL
280.4

PRO
33.5g

CARB
19.1g

FAT
7.4g

FIBER
7.4g

Per serving

Cajun Chicken & Root Veg Medley

High Protein Low Carb



This dish is a powerhouse of nutrients, combining protein-rich chicken with vitamin-packed root vegetables and heart-healthy fats. The chicken provides essential proteins for muscle health. Roasted parsnips, carrots, and red pepper contribute a mix of vitamins A and C, along with a healthy dose of dietary fiber for digestive wellness.



Prep: 5 min

Cook: 35 min

Fresh: 3 days



Beginner



Makes 2

Chicken Breast 2 average size
Red Pepper 1 large
Parsnip 1 average size
Carrot 1 large
Garlic Cloves 2
Cajun Seasoning 2 tbsp
Olive Oil 2 tsp

Black Pepper 5 twists
Mixed Herbs 2 tsp
Salt 1/4 tsp

Cajun Chicken & Root Veg Medley

High Protein

Low Carb

Method

Pre-heat the oven to 200C degrees (390F).

Begin by rinsing your vegetables and chopping them into wedges or your preferred shape, leaving the skin on for an additional fiber boost. After chopping, transfer the vegetables into a mixing bowl. Add in the seasoning mix, which includes 1 tbsp of Cajun, 2 tsp of herbs, and a sprinkle of salt and pepper, along with 2 tsp of olive oil. Stir the mixture thoroughly to ensure the vegetables are well-coated. Once mixed, transfer the seasoned vegetables to a roasting tray.

Cook for 35 to 40 minutes at 200 degrees.

Once in the oven, season the chicken breasts with the tbsp of cajun spice and leave to sit until there is 15 minutes left for the veg to cook.

Add a tsp of olive oil to a pan and then fry the chicken breast for 5/6 minutes on each side on medium heat. Alternatively, cook them in an air fryer @190 degrees for 16 to 18 minutes.

MFP Barcode



Allergen Information

Contains none



Cajun Salmon & Quinoa Salad

High Protein High Carb



Not only is salmon a rich source of omega-3 fatty acids, essential for a healthy heart, but quinoa provides a hearty base loaded with protein, fiber, and various vitamins and minerals.

Prep: 5 min Cook: 14 min Fresh: 5 days Beginner

Makes 1

Water 150ml or 5 fl oz

Salmon Fillet 1

Cherry Tomato 6

Red Pepper 1 whole small

Cucumber 40g, thumb length piece

Sweetcorn 35g or 1.2 oz

Spring Onion 1

Quinoa 50g or 1.7 oz

Cajun Seasoning Powder 1 tsp

Cajun Salmon & Quinoa Salad

High Protein

High Carb

Method

First, season the salmon with cajun rub and then cook it in an air fryer or oven at 180 degrees celsius for ~14 minutes

Next, bring a pot with the 150ml of water to boil, then add the quinoa. Cook on a low-medium heat until the quinoa absorbs all of the water.

As the quinoa cooks, deseed and dice the red pepper, quarter the tomatoes and chop the spring onion.

Once the quinoa is cooked, add the chopped veg and mix well. Around this time, the salmon will be cooked.

Serve the salmon with the salad, add a few fresh coriander leaves if desired.

MFP Barcode



Allergen Information

Contains fish



KCAL
584.8

PRO
29.6g

CARB
58.4g

FAT
24.6g

FIBER
8.8g

Per serving

Cajun Sweet Potato and Salmon

High Protein

Med Carb



Indulge in a flavor-packed nutritious meal that offers an alluring combination of spice-rubbed succulent salmon and crispy, tangy sweet potato wedges, brimming with heart-healthy Omega-3 fatty acids, vitamin A, and dietary fiber. A wholesome meal that supports immune function and heart health.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 1

Salmon 1 fillet

Sweet Potato 250g or 8.8 oz

Cajun Seasoning 1 tbsp & 1 tsp

Olive Oil 1 tsp

Black Pepper 5 twists

Salt pinch

Cajun Sweet Potato and Salmon

High Protein

Med Carb

Method

Cut the sweet potato into wedges. In a bowl, combine the wedges with 1 tablespoon of olive oil, 1 tablespoon of cajun rub, a pinch of salt, and 2 twists of black pepper. Toss until the wedges are well coated.

Cook the sweet potato in an air fryer for 20 minutes at 200 degrees.

While the wedges are baking, season the salmon fillet with a twist of black pepper and 1 teaspoon of cajun rub.

Add the salmon to the air fryer with 12 minutes remaining or if you do not have space, cook the salmon in the oven at 180 degrees.

MFP Barcode



Allergen Information

Contains fish



Carbonara



High Protein Med Carb

A traditional carbonara is top of the pile when it comes to Italian dishes. So simple but at the same time complex. This dish will challenge your culinary skills, therefore keep your attention and concentration at all times.



Prep: 5 min

Cook: 12 min

Fresh: 1 days



Intermediate



Makes 2 portions

Spaghetti 175 grams or 6.1 oz

Pancetta 100 grams or 3.5. oz

Eggs 2, yolks

Black Pepper 1/4 tsp

Pecorino cheese 50g or 1.7oz

Carbonara

High Protein

Med Carb

Method

Bring a large pot of water to a boil with a tsp of salt. While waiting for the water to boil, add the pancetta to a pan on medium heat and cook it for 3 minutes.

Once the water is boiled, add the spaghetti and cook al dente (as per the instructions on the packet). After 3 minutes of cooking, take the pan with the pancetta off the heat and place it to the side.

The next step is to finely grate the pecorino cheese into a bowl. Grate the 50 grams and then crack the eggs in along with the black pepper. Whisk this mixture well with a fork. The mixture should be nice and thick. Don't add salt!

After 9 or so minutes (use the instructions on the packet) the spaghetti should be cooked. Drain the spaghetti but keep a cup of the pasta water.

Now bring the pan with the pancetta back to medium heat, then immediately add the spaghetti. Cook at this heat until you hear the dish sizzle. At this point, turn the heat off.

Wait 1 minute (maybe even longer) for the heat of the pan to cool. Then add the cheese & egg mixture. Stir immediately and remain to do so until it is a thick sauce. Pay attention to the consistency, which should be creamy, but not runny. If you notice that your carbonara is too runny, add some cheese. If you notice that it's too sticky, add 1 or 2 tablespoons of the cooking water.

Serve immediately

MFP Barcode



Allergen Information

Contains: eggs, wheat



KCAL
334.9

PRO
29.8g

CARB
25.5g

FAT
12.4g

FIBER
2.4g

Per serving

Cheesy Chicken Pizzadilla

High Protein

Med Carb



Combine the essence of pizza and the convenience of a quesadilla in this delightful "Pizzadilla". Stuffed with chicken and a blend of mozzarella and cheddar, then topped with pepperoni, this dish brings the best of both worlds to your plate. An easy recipe made even simpler with the use of an air fryer.



Prep: 5 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 1

Cooked Chicken Breast 50g or 1.7 oz

Tortilla 1, 8 inch wrap

Tomato Puree 2 tbsp

Light Mozzarella 30g or 1 oz

Light Cheddar 20g or 0.7 oz

Pepperoni 4 small slices

Fresh Basil 4 leaves

Mixed Herbs 1/2 tsp

Cheesy Chicken Pizzadilla

High Protein

Med Carb

Method

Lay the 8-inch wrap flat on a working surface.

Spread 1 tablespoon of tomato puree evenly on one half of the wrap. Layer the cooked chicken breast pieces over the tomato puree.

Sprinkle 20g of the light mozzarella and cheddar mix over the chicken, followed by a dash of mixed herbs. Carefully fold the wrap in half, enclosing the fillings.

On the folded side, spread the remaining tomato puree. Sprinkle the 30g light mozzarella cheese on top and arrange the pepperoni slices.

Preheat the air fryer as per its instructions.

Place the prepared Pizzadilla in the air fryer and cook for 10 minutes or until the exterior is crispy and the cheese is melted and bubbly.

Once cooked, remove from the air fryer, let it cool for a minute, and then slice into wedges. Garnish with fresh basil.

MFP Barcode



Allergen Information

Contains lactose and wheat.



KCAL
516.5

PRO
39.8g

CARB
60.9g

FAT
12.7g

FIBER
3.8g

Per serving

Chicken Korma

High Protein

High Carb



A symphony of flavors, offering a perfect blend of spicy, sweet, and savory notes. The tender chicken pieces bring a hearty protein element, while the vegetables introduce a delightful crunch and nutritional punch. The creamy sauce, laced with an array of spices, offers an indulgent texture and a rich, unforgettable taste.



Prep: 10 min

Cook: 30 min

Fresh: 5 days



Beginner



Makes 4

Chicken Breast 4 average

Basmati Rice 240g or 8.4oz, dry

Garlic Cloves 6

Brown Onion 2, medium

Coconut Cream 1/2 tin

Red Pepper 1, medium

Yellow Pepper 1, medium

Water 100ml or 3.4 fl oz

White Mushrooms 100g or 3.5 oz

Greek Yogurt 2 tbsp

Red Chilli 2

Ginger 1 tbsp, grated

Spice Mixture: Curry Powder (2 tsp), Salt (1/2 tsp), Cumin (1 tsp), Cinnamon (1/2 tsp), Black Pepper (1/2 tsp)

Coriander Leaves 1 sprig

Chicken Korma

High Protein

High Carb

Method

Dice 4 chicken breasts and place them in a bowl. Add 1 tsp each of olive oil and curry powder, along with salt, pepper, and 2 crushed garlic cloves. Mix well and let it marinate for 1 to 24 hours. This step isn't necessary, but it significantly enhances the flavors.

Meanwhile, dice the red and yellow peppers and slice the mushrooms. Leave them to the side

In a pot, heat 1 tsp of olive oil over medium heat. Add in 1 chopped onion, 1 chopped red chili, and 2 crushed garlic cloves. Cook for 3-5 minutes until the onions are translucent.

Add the marinated chicken to the pot and cook for about 10 minutes, stirring occasionally. While the chicken is cooking, blend together 1 onion, 2 garlic cloves, 1 red chili, and 100ml of water until smooth.

After 10 minutes of cooking the chicken, add the blended mixture to the pot. Stir well, then add 1/2 tin of coconut cream and 2 tablespoons of Greek yogurt.

Next, add in the grated ginger, 1 tsp of curry powder, 1/2 tsp each of cinnamon, turmeric, and black pepper, 1 tsp of cumin, and a handful of chopped coriander. Mix everything well to combine.

Add in the chopped peppers and mushrooms, then let everything simmer together for 10 to 20 minutes. Finally, serve the chicken korma with a side of cooked rice.

MFP Barcode



Allergen Information

Contains lactose



KCAL
404.9

PRO
42.7g

CARB
35.5g

FAT
9.8g

FIBER
4.2g

Per serving

Chicken Parm Burger

High Protein

Med Carb



Relish the classic Italian flavors featuring tender, breaded chicken topped with a layer of gooey, melted mozzarella cheese. Nestled inside a soft and buttery brioche bun, this mouthwatering sandwich offers the perfect balance of crunchy and pillowy textures, complemented by the savory and tangy notes of the marinara and cheese.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 3

Chicken Breast 3 average

Brioche Bun 3

Pizza Sauce 120g or 4.2 oz

Egg 1

Light Mozzarella Slices 3

Corn Thins 3

Paprika 1 tbsp

Black Pepper 5 twists

Ground Oregano 1 tsp

Garlic Powder 1/2 tsp

Salt pinch

Chicken Parm Burger

High Protein

Med Carb

Method

To a blender, add the corn thins and seasoning and pulse. Place the coating on a plate and set aside.

Next, to a bowl crack an egg and whisk lightly.

Next, flatten the chicken breasts using a mallet. Once flattened, dip the chicken in the egg before coating the chicken in the corn and seasoning mixture. Coat each breast evenly.

Once coated, cook the chicken breasts in the air fryer for 18 to 20 minutes at 180 degrees C or 350 degrees F.

With two minutes remaining until the chicken is cooked, add the pizza sauce to a pan and cook on low heat. Once the chicken is cooked, add some of the pizza sauce to each of the chicken breasts followed by a slice of low-fat mozzarella cheese.

Serve in a soft brioche bun.

MFP Barcode



Allergen Information

Contains eggs, gluten
may contain sulphites,
sesame



KCAL
634.5

PRO
44.2g

CARB
62.7g

FAT
23.2g

FIBER
2.1g

Per serving

Chicken Satay

High Protein

High Carb



The next time you crave your favorite restaurant's Chicken Satay, why not give this alternative a try? I guarantee it won't disappoint.



Prep: 10 min

Cook: 20 min

Fresh: 2 days



Beginner



Makes 4

Chicken Breast 4

Basmati Rice 240g or 8.4 oz

Peanut Butter 140g or 5 oz

Coconut Milk 120ml or 4 fl oz

Lime Juice yield of 1 lime

Curry Powder 2 tbsp

Honey 1 tsp

Garlic 2 cloves

Olive Oil 2 tsp

Red Chilli 2

Coriander 1 sprig

Fresh Ginger 1 tsp

Chilli Flakes 1/2 tsp

Chicken Satay

High Protein

High Carb

Method

First, dice the chicken breasts and add them to a mixing bowl along with a tsp of olive oil and a tbsp of curry powder. Mix well and leave to the side to marinate.

Next, prepare the sauce. To a saucepan, add the peanut butter, honey, coconut milk, chilli flakes, curry powder, the zest of 1 lime and the juice, the ginger, and garlic cloves (crushed).

Place the chicken on skewers if you like.

Next, to a pan on medium heat, add a tsp of olive oil and the chicken.

As the chicken cooks, bring a pot of water to a boil and add the rice. Cook the rice according to the instructions on the packet.

With 5 minutes remaining until the rice is cooked, place the saucepan with the satay sauce on low-medium heat. Mix well and stir regularly.

Serve on a plate with the sauce kept separate, and topped with some coriander and sliced red chilli (optional)

MFP Barcode



Allergen Information

Contains treenuts,
peanuts, mustard



Chicken Satay Salad Bowl

High Protein Low Carb



If you struggle with hitting your 5-a-day then this salad is your new starting point. Easily hit your 5-a-day with this Asian-inspired satay salad. This meal is low in carbohydrates and packed with fiber making it an excellent choice on rest days. The satay sauce makes about 6 portions so don't get too excited.

 Prep: 15 min  Cook: 15 min  Fresh: 3 days  Beginner

Makes 3 portions

- Cabbage** 170g or 6 oz, chopped
- Red Cabbage** 170g or 6 oz, chopped
- Spring Onion** 2, chopped
- Bell Pepper** 1 large, red
- Carrot** 1 large
- Cucumber** 10cm, chopped
- Coriander** handful
- Sunflower Seeds** pinch, toasted
- Sesame Seeds** pinch

Chicken 3 breasts **1kcal Spray**

Satay Sauce soy sauce (3 tbsp), peanut butter (100g or 3.5oz), sriracha (1 tsp), rice vinegar (2 tbsp), lime juice (1 yield), sesame oil (1 tbsp), maple syrup (1 tbsp), ginger (1 tsp, grated), garlic (1 clove, crushed), water (3 tbsp)

Chicken Satay Salad Bowl

High Protein

Low Carb

Method

Preheat the oven to 180 degrees and get the ingredients ready for easy access. As the oven heats, sear the chicken breasts on medium heat with 1 teaspoon of olive oil for 3 minutes on each side before adding them to a baking tray.

As the chicken cooks, begin making the salad. To a large salad bowl, add the cabbage (chopped), spring onion (chopped), carrot (peeled and grated), pepper (deseeded and chopped) cucumber (chopped), and coriander (finely chopped).

Then add the chicken to the oven and continue to cook for another 10 to 12 minutes depending on the size of the breast.

Next, it is time to make the salad dressing. To a bowl add the following soy sauce (3 tablespoons), peanut butter (120g), sriracha (1 tablespoon), rice vinegar (2 tablespoons), lime juice (1 lime yield), maple syrup (1 tablespoon), ginger (1 tsp grated), garlic (1 clove crushed), water 2 tablespoons). This should make more than enough to last and use in other meals outside of these. It creates 6 portions.

Add 1/2 the salad dressing to the salad and mix well before transferring the salad to a bowl. Or you can add the salad to the bowl and then add 1/6 of the dressing on top. Once the chicken is cooked, add it to the top of the salad and finish with a pinch of sunflower seeds and white sesame seeds.

MFP Barcode



Allergen Information

Contains gluten, nuts, sulphites. May contain eggs, lactose.



Chicken Tikka Masala



High Protein High Carb

Experience the vibrant flavors of India with this exquisite Chicken Tikka dish. Infused with a blend of aromatic spices, including cumin, coriander, and garam masala, this dish presents a harmonious symphony of taste sensations that will transport your taste buds to the heart of Indian cuisine.

 Prep: 10 min  Cook: 20 min  Fresh: 3 days  Beginner



Makes 4

- Chicken Breast** 4 average
- Chopped Tomatoes** 1 tin
- Single Light Cream** 270ml or 9.1 fl oz
- Basmati Rice** 240g or 8.5oz dry
- Red Pepper** 2 medium
- Brown Onion** 1 large
- White Mushrooms** 4 (125g or 4.4 oz)

- Mango Chutney** 60g or 2.1 oz
- Skyr Yoghurt** 2 tbsp
- Garlic** 5 cloves
- Tikka Masala Powder** 1 tbsp
- Olive Oil** 1 tsp

Chicken Tikka Masala

High Protein

High Carb

Method

Dice the chicken breasts and place to the side. Chop the onion, mince the garlic and grate the ginger and then add them to a pan for 3 minutes with the oil.

After 3 minutes, add the diced chicken to the pot and cook for 5 minutes. As the chicken cooks, chop the peppers.

Add the mango chutney and mix well.

After 5 minutes, add the masala powder and cook for 2 more minutes. Then add the peppers and cook for 3 minutes.

Next add the chopped tomatoes. Cook for 10 minutes on medium heat. Once the sauce reduces down add the single cream and the greek yoghurt. Mix well and cook for 2 minutes.

As the dish is cooking, cook the rice as per the packet instructions.

MFP Barcode


0 5 7 9 4 1 2 2 1 1 8 6



Allergen Information

Contains lactose



KCAL
436.3

PRO
37.4g

CARB
48.4g

FAT
10.4g

FIBER
6.8g

Per serving

Chilli Cheese Loaded Fries



High Protein

Med Carb

Experience the perfect blend of crunch, zest, and cheesy comfort with these chili cheese loaded fries. Air-fried potatoes provide a healthier, crispier base, elevated with a sprinkling of salt and a touch of olive oil. A savory, aromatic beef mince cooked with a medley of spices like cumin, cinnamon, paprika, and chili powder crowns the fries.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4

Potato 1kg or 35.2 oz

Lean Beef Mince 500g or 17.6 oz

Chopped Tomatoes 1/2 tin

Red Pepper 1 large

Cheddar Cheese 60g or 2.1oz, 1/2 fat

Low Fat Yogurt 4 tsp

Light Mayo 2 tbsp

Sriracha Sauce 2 tbsp

Salt 1 tsp

Olive Oil 1 tsp

Red Chilli 1

Cumin 1 tsp

Paprika 1 tsp

Chilli Powder 1/2 tsp

Cinnamon 1/2 tsp

Spring Onion 1

Chilli Cheese Loaded Fries

High Protein

Med Carb

Method

Wash and cut the potatoes into thin fries.

Preheat the air fryer to 200°C (or 400°F). Toss the potatoes with salt and olive oil, then place them in the air fryer. Cook for 15–20 minutes or until golden and crispy.

While the fries are cooking, prepare the chili. Cook the beef mince in a pan over medium heat until browned. Add the cumin, cinnamon, paprika, chili powder, salt, and pepper. Mix well.

Stir in the chopped tomatoes and let it simmer until the tomatoes are cooked down and the mixture is thick.

In a small bowl, mix together the light mayo, sriracha, and ketchup to create the sauce.

Once the fries are done, remove from the air fryer and place in a serving dish.

Top the fries with the chili beef, a generous amount of light cheddar, and drizzle with the sauce. The heat from the fries and chili should melt the cheese.

Garnish with chopped spring onions and red chili, and dollop over some low-fat yogurt before serving. Enjoy!

MFP Barcode



Allergen Information

Contains lactose, egg



Chickpea and Sweet Potato Curry

High Carb



A hearty and flavorful vegetarian curry featuring chickpeas, sweet potatoes, and a touch of coconut milk. This dish is perfect for meal-prep or a quick weeknight dinner.



Prep: 15 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 4

Sweet Potato 2, large

Chickpeas 1 tin, drained

Rice 200g or 7oz, dry

Chopped Tomatoes 1/2 tin

Light Coconut Milk 1 tin

Red Onion 1, large

Spinach 125g or 4.5 oz

Rogan Josh Paste 1-2 tsp

Olive Oil 1 tbsp

Fresh Ginger 2 tbsp grated

Red Chilli 1

Fresh Coriander 1 handful

Water 200ml or 6.7fl oz

Chickpea and Sweet Potato Curry

High Carb



Method

In a large pot, warm 2 tablespoons of olive oil over medium heat. Add finely sliced red onion and rogan josh paste. Sauté until the onions turn translucent, stirring every now and then. This will take about 10 minutes.

While the onions are cooking, chop the red chilli and grate the ginger. Also, separate the leaves from the stalks of the coriander. Cut the sweet potatoes into small chunks.

Introduce the chopped chilli, grated ginger, chopped coriander leaves, and sweet potato chunks to the onion mixture in the pot. Fold in the drained chickpeas. Let everything cook together for 5 minutes, stirring occasionally.

Add a 1/2 tin of chopped tomatoes. Pour in 200ml of water and elevate the heat until the mixture reaches a boil.

Lower the heat, cover the pot and let it simmer for about 10 to 15 minutes. Uncover the pot and continue cooking for an additional 15 to 20 minutes. Stir occasionally. The sweet potatoes should be tender and the liquid reduced.

Pour in the light coconut milk and mix well, allowing the curry to heat through. Fold in the spinach leaves and cook until they wilt, which should take a minute or two.

The curry is now ready to be enjoyed, best served with rice.

MFP Barcode



Allergen Information

Contains none



KCAL
515.6

PRO
43.9g

CARB
59.7g

FAT
11.2g

FIBER
4.6g

Per serving

Chipotle Chicken Pasta

High Protein

Med Carb



This tantalizing masterpiece will leave you smacking your lips with every bite. Get ready to indulge in a culinary adventure that will take your taste buds to new heights!



Prep: 10 min

Cook: 20 min

Fresh: 5 days



Beginner



Makes 2

Chopped Tomato 1 tin

Chicken Breast 3

Penne Pasta 160g or 5.6 oz uncooked

Light Single Cream 150ml or 5fl oz

Red Pepper 1 medium

Frozen Peas 60g or 1/2 cup

Asparagus 4 small spears

Lime Juice 1 lime

Cumin 1/2 tsp

Garlic 4 cloves

Chipotle Paste 1 tsp, Gran Luchito

Chipotle Flakes 1 tsp

Honey 1 tsp

Olive Oil 1 tsp

Black Pepper 5 twists

Paprika 2 tsp

Chipotle Chicken Pasta

High Protein

Med Carb

Method

First, in a mixing bowl season the chicken breasts with salt, pepper, paprika, cumin and chipotle flakes.

Place the chicken to the side and prepare the veg. Chop the asparagus into inch-length pieces and dice the red pepper. Peel & chop the red onion.

Cook the chicken in the air fryer or oven at 180 degrees for 18 to 20 minutes.

As the chicken cooks, place the red onion in a pot with a tsp of olive oil and the crushed garlic cloves. Cook for 2 minutes on medium heat before adding the red pepper, asparagus & chipotle paste. Cook for 2 more minutes, stirring regularly to mix the paste.

Next, add the chopped tomatoes, honey, lime juice, and paprika. Mix well and leave to simmer for 10 minutes. With 12 minutes remaining until the chicken is cooked, prepare and cook your pasta.

After leaving the tomato sauce to reduce for 10 minutes, lower the heat and add the single cream and peas. Mix well and leave to sit until the pasta is cooked.

Once the pasta is cooked, drain and toss the pasta into the pot. Once this is done, mix well.

Finally, dice the cooked chicken breasts and add it to the pot. Mix well before serving. Adding a sprinkle of Parmigiano to each bowl.

MFP Barcode



Allergen Information

Contains milk, may contain sulphites



KCAL
543.7

PRO
39.2g

CARB
71.4g

FAT
10.8g

FIBER
12.3g

Per serving

Chipotle Chili on Baked Sweet Potato

High Protein

High Carb



This combination of baked sweet potato topped with a spicy and smoky chipotle chili makes the perfect tummy-hugging meal. Packed with fiber and a good blend of all macronutrients make this the perfect mixed meal that will keep you fuller for longer.



Prep: 5 min

Cook: 45 min

Fresh: 3 days



Beginner



Makes 2

Chopped Tomato 1 tin

Sweet Potato 1 large

Lean Beef Mince 250g or 8.8 oz

Red Pepper 2 medium

Red Kidney Beans 1/2 tin, drained

Brown Onion 1 medium

Garlic Cloves 3

Tomato Puree 1 tbsp

Chipotle Paste 1 tsp

Cumin 1 tbsp

Olive Oil 1 tsp

Brown Sugar 1 tsp

Coriander 1 sprig

Cinnamon 1/2 tsp

Ground Oregano 1 tsp

Chipotle Chili on Baked Sweet Potato

High Protein

High Carb

Method

Wash the sweet potato, then pierce it with a fork around 6 times. Then cook it in the air fryer for 35 to 45 minutes at 200 degrees Celcius or 390 Fahrenheit. Alternatively, cook in the oven for 45 to 60 minutes at the same temperature.

Next, dice the onion and add it to a large pot with the crushed garlic and olive oil. Cook for 2 to 3 minutes on medium heat.

Next, add the chipotle paste, and stir until it is broken down/well mixed. Add the mince and brown off.

Next, add the red pepper, deseeded and diced, along with the spices, sugar, and herbs. Mix well and cook for 2 minutes.

Add the chopped tomatoes, tomato puree, and kidney beans. Mix well and then leave to simmer for 12 minutes.

Once the sweet potato is cooked, chop it in half and serve with the chili spooned on top. Garnish with some fresh coriander leaves.

MFP Barcode



Allergen Information

May contain sulphites



KCAL
677.3

PRO
47.2g

CARB
91.3g

FAT
13.7g

FIBER
3.5g

Per serving

Chorizo & Chicken Gnocchi



High Protein

High Carb

Each delectable bite is bursting with tender pieces of chicken, spicy chorizo, and pillowy-soft gnocchi, all melded together in a rich, savory sauce that will delight your taste buds. With a perfect balance of textures, this dish is a true feast for the senses that will leave you feeling completely satisfied.



Prep: 2 min

Cook: 4 min

Fresh: 3 days



Beginner



Makes 2

Chopped Tomato 1 tin

Gnocchi 400g or 14.1 oz

Chicken Breast 2

Cherry Tomato 10 single

Red Pepper 1 large

Red Onion 1 small

Chorizo 40g or 1.4 oz

Garlic 3 cloves

Olive Oil 2 tsp

Paprika 1 tsp

Chorizo & Chicken Gnocchi

High Protein

High Carb

Method

Heat a small pot over medium heat and add 1 tsp of olive oil. Once heated, add sliced red pepper and cook for 2 minutes.

Add chopped tomatoes to the pot and continue to cook for 4 minutes. Remove from heat and let it cool. Blend the mixture to a smooth texture and set aside.

Heat a pot over medium heat and add 1 tsp of olive oil. Next, add crushed garlic cloves and diced red onion, and cook for 3 minutes.

Add diced chorizo and chopped chicken breasts and cook until the chicken turns white. Then add the sauce along with the paprika. Mix well and simmer for 5 minutes.

While the sauce is simmering, cook gnocchi according to the instructions on the package. Once cooked, drain the gnocchi and add it to the pot with the sauce.

Mix well before serving.

MFP Barcode



Allergen Information

Contains none



KCAL
436.8

PRO
35.7g

CARB
52.4g

FAT
9g

FIBER
3.2g

Per serving

Chorizo & Prawn Linguine

High Protein

Med Carb



The crispy chorizo sausage, juicy prawns, and al dente linguini are perfectly combined to create a spicy and aromatic experience. This dish is sure to become a favorite and leave you feeling satisfied



Prep: 3 min

Cook: 12 min

Fresh: 3 days



Beginner



Makes 2

King Prawns 12 prawns

Linguine 140g or 5oz

Passata 100g or 3.5oz

Chorizo 40g or 1.4oz

Paprika 1 tsp

Chilli Powder 1/4 tsp

Chorizo & Prawn Linguine

High Protein

Med Carb

Method

First, season the prawns (cleaned and tail removed) with paprika and chili powder.

Next, chop the chorizo into thin slices and then half or quarter each slice. Place the chorizo onto a non-stick pan and cook on low heat for 1 to 2 minutes before adding the prawns. At this time, cook the linguine according to the instructions on the packet.

Cook the prawns on medium heat, turning them every minute for 8 minutes.

After 8 minutes, add the passata, mixing regularly until the linguine is cooked.

Drain the linguine and add it to the pan, mixing well before serving.

MFP Barcode



Allergen Information

Contains shellfish and
sulphites



KCAL
399.6

PRO
32.4g

CARB
46.3g

FAT
9.4g

FIBER
3.8g

Per serving

Citrus Fire Chicken Burrito

High Protein

Med Carb



A robust and vibrant taste experience, blending succulent chicken in a tangy lime, sriracha, and spice mixture. Its kick of heat is balanced by the creamy smoothness of low-fat cream cheese, all enhanced by the rich flavors of sweet corn and aromatic coriander.



Prep: 10 min

Cook: 20 min

Fresh: 5 days



Beginner



Makes 5 Burritos

Chicken Breast 4 average

Tortilla Wrap 5 8 inch wraps

Basmati Rice 150g or 5.3 oz

Lime Juice 2 limes

Franks Hot Sauce 80g or 2.8 oz

Cream Cheese 60g or 2.1 oz. light

Sriracha Sauce 2 tbsp

Garlic 4 cloves

Cumin 1 tbsp

Paprika 1 tbsp

Olive Oil 1 tsp

Coriander Leaves 1 sprig

Sweetcorn 80g or 2.8 oz

Citrus Fire Chicken Burrito

High Protein

Med Carb

Method

Begin by chopping the chicken into bite-sized pieces.

Combine the cloves of minced garlic, cumin, paprika, the lime juice, and sriracha in a bowl. Add the chopped chicken and mix well, ensuring each piece is evenly coated.

Heat 1 teaspoon of olive oil in a frying pan over medium-high heat. Once the oil is hot, add the marinated chicken. Cook until the chicken is browned and cooked through, stirring occasionally to prevent it from sticking to the pan.

While the chicken is cooking, prepare the basmati rice. Follow the instructions on the packaging for the best results.

When the chicken is cooked, add sweet corn, hot sauce, and low-fat cream cheese to the pan. Stir to combine and allow the cream cheese to melt and coat the chicken and corn.

Once the rice is cooked, add it to the chicken mixture. Mix well to ensure the rice is evenly distributed and coated with the sauce.

Lay out a tortilla on a flat surface. Spoon an appropriate amount of the chicken and rice mixture onto the center of the tortilla. Garnish with fresh coriander. Fold the tortilla to create your burrito, tucking in the sides as you roll.

Heat a clean pan over medium heat. Add the wrapped burrito and fry until golden brown on each side. This not only gives the tortilla a crispy texture but also helps to seal the burrito, making it easier to eat.

MFP Barcode


0 5 7 9 4 1 2 2 1 8 2 7



Allergen Information

Contains lactose, wheat,
may contain sulphites



KCAL
613.8

PRO
47.5g

CARB
70.3g

FAT
15.8g

FIBER
4g

Per serving

Creamy Chorizo & Chicken Pasta



High Protein

High Carb

Another quick, high protein, high carb meal that is bursting with flavor and a rich creamy sauce. Perfect for fueling and recovery. If you want to lower the fat content, swap the single cream for a low-fat single cream.



Prep: 5 min

Cook: 16 min

Fresh: 3 days



Beginner



Makes 4 portions

Chicken 4, average sized breasts

Chopped Tomatoes 1 tin

Rigatoni 300g or 10.6 oz

Cherry Tomatoes 10 single

Single Cream 150ml or 5fl oz

Yellow Pepper 1 medium sized

Italian Seasoning 1 tsp

Red Pepper 1 medium sized

Brown Onion 1 medium

Chorizo 80g

Garlic 4 cloves

Olive Oil 1 tsp

Paprika 1 tsp

Creamy Chorizo & Chicken Pasta

High Protein

High Carb

Method

Bring a pot of boiling water to a boil with a pinch of salt. Peel and chop the onion, deseed and chop the peppers and set them to the side.

Chop the chorizo into little chunks and then place them on a large pan with the olive oil. Cook on medium heat for 3 minutes. before adding the onion and peppers.

Add the pasta to the boiling water and cook al dente according to the instructions on the packet (around 14 minutes). Next, as the veg is cooking on the pan, dice the chicken breasts, and once diced, add them to the pan.

Cook them until white before adding in the garlic (finely grated or crushed). Cook for 1 minute.

Add the chopped tomatoes, herbs, and paprika, and then cook on medium to high heat for 10 minutes. This should thicken the sauce and bring out the flavours more.

Be sure to stir consistently. Once the 10 minutes is up, lower the heat and then pour in the cream. Cook for 2 minutes on the low heat.

While that is simmering away, the pasta should be ready. Drain the water (but keep a little bit in case the sauce is too thick) and then add the pasta to the pan. Mix well and then serve with a garnish of fresh parsley, some cherry tomatoes and an optional serving of parmesan cheese.

MFP Barcode



Allergen Information

Contains: milk, wheat



KCAL
559.3

PRO
48.4g

CARB
47.8g

FAT
18.3g

FIBER
11.2g

Per serving

Creamy Red Pepper Pasta

High Protein

Med Carb



A delicious and easy-to-make dish that combines the flavors of roasted red peppers and cream to create a rich and satisfying pasta sauce



Prep: 5 min

Cook: 35 min

Fresh: 3 days



Beginner



Makes 2

Conchiglie 180 or 6.3 oz

Red Pepper 3 large

Chicken Breast 2

Brown Onion 1 medium

Single Cream 50ml or 1.7 fl oz

Parmesan Cheese 50g

Garlic 4 clove

Paprika 1 tsp

Olive Oil 1 tsp

Parsley 1 tbsp, fresh

Cayenne Pepper 0.5 tsp

White Mushrooms 4

Creamy Red Pepper Pasta

High Protein

Med Carb

Method

Preheat the oven to 180 degrees. To a baking tray, add the red peppers (quartered), onion (quartered), and garlic cloves. Drizzle with a tsp of olive oil and then roast in the oven for 25 minutes.

As the veg are roasting, flatten your chicken breasts and season with salt and pepper. Cook them in an air fryer if you have one. If, not fry them for 1 minute on each side and then add to the oven for 10 to 12 minutes.

As veg is roasting, cook the pasta according to the instructions.

When the veg is cooked, place the roasted veg in a blender with 50ml of cream. Blend until smooth.

To a deep pan, add the mushrooms (quartered). Fry for 1 to 2 minutes and then add the pasta sauce, the parsley (chopped) and grated parmesan. Mix well before adding the cooked pasta.

Mix well and leave to simmer on a low heat. As it simmers, dice the cooked chicken and add it to the pan. Mix well before serving.

Serve with a few fresh parsley leaves and if desired, some extra cheese.

MFP Barcode



Allergen Information

Contains milk and gluten



Crispy Asian Beef Noodles

High Protein High Carb



A cracking Asian beef recipe that will make you ditch the takeaway! This quick and easy udon noodle stir fry is packed with protein and is low in fat, making it a much healthier alternative to a restaurant-based equivalent.

 Prep: 5 min Cook: 18 min Fresh: 1 days  Beginner



Makes 4

- Lean Beef Strips** 500g or 17.6 oz
- Udon Noodles** 400g or 14.1 oz
- Red Pepper** 2 medium
- Brown Onion** 1 medium
- Carrots** 1 whole medium
- Sweet Chilli Sauce** 3 tbsp
- Honey** 2 tbsp
- Sriracha** 3 tbsp

- Hoisin Sauce** 2 tbsp
- Soy Sauce** 1 tbsp
- Sesame Oil** 2 tsp
- Cornflour** 2 tbsp
- Spring Onion** 1 whole
- Garlic** 4 cloves
- Rice Vinegar** 2 tbsp

Crispy Asian Beef Noodles

High Protein

High Carb

Method

In a large bowl, mix together the beef strips with the cornflour. Next, cook the strips in the air fryer at 180 degrees Celcius for 16 minutes, or until crispy. Alternatively, fry the beef strips.

Prepare the veg by peeling and dicing the onion, deseeding and slicing the red pepper, and by peeling and grating the carrot.

Next, to a wok, add the diced onion, crushed garlic cloves, and a tsp of sesame oil. Cook on medium heat for 2 minutes before adding the finely sliced red pepper and grated carrot.

As that cooks, stir regularly. Now, prepare the sauce by mixing together the sauces and the remaining tsp of sesame oil.

With 7/8 minutes remaining, cook the udon noodles according to the packet instructions.

Add the sauce to the pan, and mix well. Lower the heat and once the beef is ready add it to the pan.

Drain the udon noodles and transfer them to the pan. Mix well before serving with a garnish of spring onion

MFP Barcode



Allergen Information

Contains soybean, sesame, sulphites, gluten.



KCAL
335.7

PRO
37.2g

CARB
32.6g

FAT
6g

FIBER
1.4g

Per serving

Crispy Korean Chicken Tenders



High Protein

Med Carb

This dish is a fusion of tender, protein-rich chicken with a spicy, sweet, and savory rub and sauce. Cornflakes add an irresistible crunch, while sesame seeds offer a hint of nuttiness. Fresh coriander lifts the flavor profile, creating a well-rounded, nutritious meal.



Prep: 10 min

Cook: 16 min

Fresh: 3 days



Beginner



Makes 9 tenders, 3 portions of 3

Chicken Breast 4 average

Eggs 2

Cornflakes 80g or 2.8 oz

Gochujang 5 tsp

Soy Sauce 4 tbsp

Brown Sugar 30g or 1.05 oz

Garlic 3 cloves

Sesame Oil 1 tsp

Coriander Leaves 1 sprig

Sesame Seeds 1/2 tsp

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Paprika 1/4 tsp

Salt 2 pinch

Crispy Korean Chicken Tenders

High Protein

Med Carb

Method

Cut the chicken into tenders.

In a bowl, mix onion powder, garlic powder, gochujang paste, paprika, and salt to create the rub. Coat the chicken tenders in the rub and let marinate for at least 30 minutes if you can.

While the chicken is marinating, crush the cornflakes into a coarse texture. Beat the eggs in a separate bowl.

Once marinated, dip the chicken tenders in the egg, then roll them in the crushed cornflakes. Ensure they're thoroughly coated.

Preheat the air fryer to 180°C (or 350°F).

Place the chicken tenders in the air fryer and cook for 12-15 minutes or until golden brown and cooked through. Ensure they are not overlapping.

While the chicken is cooking, prepare the sauce. Heat the sesame oil in a pan, add finely minced garlic, soy sauce, gochujang, and brown sugar. Simmer until the sugar is dissolved.

Toss the cooked chicken tenders in the sauce until they're completely coated. Garnish with sesame seeds and fresh coriander before serving. Enjoy!

MFP Barcode


0 5 7 9 4 1 2 2 1 6 5 0



Allergen Information

Contains eggs, soybean, sesame



Falafel Power Bowl

Med Carb



Texture, color, flavor. This Middle Eastern inspired dish has it all. If you struggle with fiber intake this meal is a perfect go-to. This plant-based meal is rich in fiber, nitrates, mono-unsaturated fats, vitamin C, and vitamin K.



Prep: 10 min

Cook: 25 min

Fresh: 2 days



Intermediate



Makes 3 portions

Rocket 3 handfuls

Spinach 3 handfuls

Beetroot Hummus 3 tbsp

Avocado 1, sliced in thirds

Sunflower Seeds pinch

Slaw purple cabbage (60g, chopped), cabbage (60g, chopped), carrot (35g, grated), parsley (1/2 handful), lemon (juice 1), garlic (1 clove), cumin (1/2 tsp), salt (twist)

Pomegranate 3 tbsp

Falafel chickpeas (1 can drained), red onion (1), cumin (1 tbsp), cayenne pepper (1 tsp), baking powder (0.5 tbsp), fresh parsley (15g), fresh coriander (15g), fresh dill (15g), black pepper (1 tsp), spring onion (1)

Falafel Power Bowl

Med Carb

Method

Preheat the oven to 200 degrees and gather all of the ingredients for easy access.

Next prepare the falafel mix by adding the following to a blender: a can of drained chickpeas, 1 red onion (quartered), 2 garlic cloves, 1 spring onion, a bunch of parsley (15g), a bunch of coriander (15g), a bunch of dill (15g), 1 tablespoon of cumin, 1 teaspoon of cayenne pepper, 1/2 a teaspoon of baking powder and 1/2 a teaspoon of ground black pepper

Blend until a thick smooth texture develops. Next transfer the mixture to a baking tray by making 6 falafel patties. Add them to the oven for 24 to 30 minutes, turning halfway.

As the falafel cooks, begin making the slaw. To make the slaw, chopped the cabbage, peel and grate the carrot and chop the parsley. Add these to a large salad bowl along with a crushed garlic clove, the juice of 1 lemon, 1/2 a tablespoon of cumin, and a pinch of salt. Mix well.

To each bowl, add a handful of rocket and spinach as a base. Then add a third of the slaw mixture, a third of an avocado (sliced), and a tablespoon of beetroot hummus. Once the falafels are ready serve on top of the vegetable mixture and finish off by topping with a pinch of sunflower seeds and a tablespoon of pomegranate jewels.

MFP Barcode



Allergen Information

Contains sulphites.



Flakey Salmon Veggie Bowl

High Protein

Low Carb



Finding low-carb meals that provide enough food volume can be hard. This meal solves that problem right out. This simple meal oozes with flavor and texture and is packed with protein and essential fatty acids from the salmon.



Prep: 5 min

Cook: 15 min

Fresh: 1 days



Beginner



Makes 1

Salmon 1 fillet

Carrot 1 small

Courgette 1 thumb length piece

Beetroot 1/2 small beet

Red Onion 1/4 small

Fresh Dill 1 tsp

Balsamic Vinegar 1 tsp

Flakey Salmon Veggie Bowl

High Protein

Low Carb

Method

Preheat the oven to 180 degrees Celsius.

As the oven heats up, place the salmon fillet on a roasting tray with a sprinkle of salt. Next, prepare the veg.

Peel and grate the carrot and grate the courgette and place them in a bowl.

Next, dice the beetroot and finely slice the onion, and place them in a separate bowl. Add a tsp of balsamic vinegar and freshly chopped dill and mix well before transferring into the bowl with the carrot and courgette.

Place the salmon in the oven and cook for 12 to 15 minutes.

Break the salmon into flakey pieces and then place them on veg mixture.

MFP Barcode



Allergen Information

Contains fish, sulphites



Harissa Chicken & Couscous

High Protein Med Carb



This mouth-watering dish combines tender, juicy chicken with fluffy cous cous and a spicy and tangy harissa sauce that's sure to please your taste buds. Whether you're looking for a quick and easy weeknight dinner, or a tasty and healthy lunch option, this dish has everything you need to satisfy your cravings.



Prep: 5 min

Cook: 18 min

Fresh: 5 days



Beginner



Makes 2

Chicken Breast 2

Pepper 5 twists

Water 130ml or 4.4 fl oz

Couscous 100g dry or 3.5 oz

Pomegranate Jewels 1/4 cup

Feta Cheese 30g or 1 oz

Harissa Paste 1 tsp

Paprika 1 tsp

Harissa Chicken & Couscous

High Protein

Med Carb

Method

First, coat the chicken breast in the harissa paste. Then cook it in the air fryer or oven for 18 minutes at 190 degrees celsius.

Next, chop the feta cheese and leave it to the side. If you can't get pre-prepared pomegranate jewels, prepared them too.

Finally, prepare the couscous. First, add the couscous to a bowl or pot. Then add the paprika and black pepper. With 5 minutes remaining until the chicken is cooked, add 130ml of boiling water to the pot. Cover for 5 minutes.

Once ready, fluff the couscous using a fork. Serve the chicken on a bed of couscous with the pomegranate and feta on top.

MFP Barcode



Allergen Information

Contains lactose, wheat.
May contain sulphites



KCAL
460.4

PRO
15.3g

CARB
81.8g

FAT
7.9g

FIBER
12.6g

Per serving

Hearty Vegan Burrito

High Carb



Take your taste buds on a South American inspired adventure with these sweet potato and quinoa burritos. Full of bold flavors, hearty ingredients, and a touch of spice, these burritos are the perfect comfort food with a twist.



Prep: 10 min

Cook: 30 min

Fresh: 3 days



Beginner



Makes 4

Sweet Potato 2, medium
Red Quinoa 100g or 3.5oz, dry
Water 1.5 cups
Black Beans 1 tin, drained
Tortilla Wrap 4
Red Pepper 1 medium
Brown Onion 1, medium
Sweetcorn 100g or 3.5oz
Lime Juice 1 lime

Garlic 3 cloves
Jalapeño Pepper 2
Olive Oil 2 tsp
Cumin 1 tbsp
Red Chilli 1
Salt & Pepper 1/2 tsp of each
Ground Oregano 1/2 tsp
Coriander Leaves 1 tsp

Hearty Vegan Burrito

High Carb

Method

Preheat the oven to 400°F (200°C).

Dice the sweet potatoes into cubes. Place in a roasting tray and toss with olive oil, salt, and pepper. Bake for 20-25 minutes until tender.

Bring quinoa, water, and a pinch of salt to a boil in a medium pot. Cover, reduce heat to low, and cook for 15 minutes.

Heat oil in a large skillet over medium-high heat. Sauté onions for 2-3 minutes. Add garlic, sweetcorn, and peppers, and sauté for another 10 minutes on medium heat. Season with salt, cumin, coriander, and oregano.

Once the sweet potatoes are done, add them to the skillet along with the black beans. Once the quinoa is cooked, add them to the skillet and mix well.

Warm up the tortillas until they are soft and pliable. Spread a layer of the veg mixture, roll up the burritos, tucking in the ends. Fry for 1 minute on each side.

MFP Barcode



Allergen Information

Contains none



High Protein Pizza

High Protein Med Carb



This High Protein Pizza recipe is a healthier alternative to takeaway options, as it contains more protein and less fat. It is perfect for fitness enthusiasts or anyone looking to increase their protein intake. The pizza is packed with flavor and has a deliciously crispy crust that you won't be able to resist.

 Prep: 10 min  Cook: 25 min  Fresh: 1 days  Beginner

 Makes 1

- 0% Fat Yoghurt** 150g or 5.2 oz
- Flour** 30g or 1 oz
- Egg** 1
- Chopped Tomatoes** 1/2 tin
- Garlic Cloves** 6
- Dried Oregano** 2 tsp

- Dried Basil** 1 tsp
- Fresh Basil** 4 leaves
- Low Fat Mozzarella** 25g or 0.9 oz

High Protein Pizza

High Protein

Med Carb

Method

To a non-stick, oven-proof pan, add the flour, egg, 3 garlic cloves (crushed), and a tsp of dried oregano. Combine the ingredients well until you have a smooth dough. Once you achieve this texture (you may need to add another bit of flour depending on the yogurt used), spread and flatten the dough to the desired pizza size.

Place the pan in the oven at 180 degrees Celcius / 350 Fahrenheit for 12 to 15 minutes.

As the base is being cooked, cook the pizza sauce. To a pot add 1/2 tin of chopped tomatoes, tsp of basil, tsp of oregano and the remaining garlic cloves. Cook on medium-high heat until the sauce reduces. This should take around the same time as the pizza base.

Once the base is cooked, take the pan out of the oven. Add the sauce to the base, followed by the low fat mozzarella cheese. Top with some fresh basil leaves and then return the pan to the oven for another 5 to 10 minutes.

MFP Barcode



Allergen Information

Contains lactose, eggs



KCAL
501.2

PRO
44.7g

CARB
53.3g

FAT
11.4g

FIBER
2.9g

Per serving

Honey-BBQ Chicken Burger



High Protein

Med Carb

Experience the delightful crunch of a cornflake-coated chicken breast, infused with BBQ flavors, complemented by the melt-in-the-mouth mozzarella and a hint of honey sweetness, all tucked into a soft brioche bun. This burger promises an ensemble of textures and flavors, from smoky to sweet, crispy to soft.



Prep: 10 min

Cook: 20 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 average

Brioche Buns 2

Cherry Tomato 4, single

Egg 1

BBQ Sauce 50g or 1.7 oz

Light Mozzarella 40g or 1.4 oz

Cornflakes 30g or 1 oz

Lettuce 2 leaves

Salt 1 pinch

Honey 1 tsp

BBQ Seasoning 1 tsp

Paprika 1 tsp

Black Pepper 1/2 tsp

Honey-BBQ Chicken Burger

High Protein

Med Carb

Method

Season the chicken breasts with paprika, salt, and pepper.

In a bowl, mix the crushed cornflakes and bbq seasoning. Dip each chicken breast into the beaten egg, ensuring even coverage, then press into the cornflake mixture, ensuring they're well-coated.

Add the chicken breasts to an air fryer and cook until golden brown.

In a small bowl, mix together the bbq sauce and honey.

Slice open the brioche buns. On the bottom half, place a layer of lettuce, followed by the cheesy chicken breast and a few halved cherry tomatoes. Top with the other half of the brioche bun.

MFP Barcode



Allergen Information

Contains eggs, wheat, lactose.



Honey Mustard Chicken & Waldorf Salad

High Protein

Low Carb



This recipe offers tender chicken, coated with a flavorful honey-mustard glaze, served alongside a refreshing Waldorf salad. The salad brings together crunchy apples, celery, walnuts, and succulent grapes, all lightly dressed in a tangy lemon-yogurt dressing. A delightfully balanced, low-fat meal that doesn't compromise on taste.



Prep: 5 min

Cook: 16 min

Fresh: 3 days



Beginner



Makes 3

Chicken Breast 2 average

Green Apple 1 medium

Red Seedless Grapes 20

Low Fat Yogurt 2 tbsp

Spinach 1 cup

Celery 1 stick

Lemon Juice 1 lemon

Honey 1 tbsp

Dijon Mustard 1 tbsp

Wholegrain Mustard 2 tsp

Black Pepper 1/2 tsp

Salt pinch

Honey Mustard Chicken & Waldorf Salad

High Protein

Low Carb

Method

In a small bowl, combine the grainy mustard, Dijon mustard, and honey. Mix until well combined.

Season the chicken with salt and pepper. Coat the chicken evenly with the honey mustard sauce.

Preheat your air fryer as per the manufacturer's instructions. Once preheated, place the chicken in the air fryer basket and cook until it's thoroughly cooked and golden brown. Ensure the chicken is no longer pink in the center and the juices run clear.

While the chicken is cooking, make the Waldorf Salad. Chop the apples and celery into bite-sized pieces. In a large bowl, combine the chopped apples, celery, walnuts, and red grapes. Drizzle with lemon juice to prevent browning and add a bit of tanginess. Mix in the plain low-fat yogurt until all the ingredients are well coated.

Serve the air-fried honey mustard chicken on a bed of fresh baby spinach, with a generous helping of the Waldorf Salad on the side.

MFP Barcode


0 5 7 9 4 1 2 2 1 4 5 2



Allergen Information

Contains wheat, mustard, lactose



KCAL
556.2

PRO
27g

CARB
58.8g

FAT
24.6g

FIBER
3g

Per serving

Hot Honey Glazed Halloumi Gyros



High Protein

Med Carb

The Hot Honey Glazed Halloumi Gyros combines salty halloumi with a sweet-spicy glaze, nestled in a warm flatbread. Its crisp lettuce, sweet-smoky vegetables, and tangy sauces create a tantalizing texture and flavor medley. Nutritious and protein-packed, it offers a satisfying balance of carbs, protein, and vegetables.



Prep: 1 min

Cook: 8 min

Fresh: 1 days



Beginner



Makes 2

Halloumi 160g or 5.6 oz

Red Pepper 1 medium

Red Onion 1 small

Honey 2 tsp

S&P Seasoning 1 tbsp

Chilli Flakes 1/2 tsp

Paprika 1 tsp

Flatbreads 2

Sweet Chilli Sauce 1 tbsp

Peri Peri Mayo 2 tsp

Lettuce handful

Water 2 tsp

Hot Honey Glazed Halloumi Gyros

High Protein

Med Carb

Method

Begin by slicing the halloumi cheese into even pieces.

In a bowl, combine the 2 tsp of honey, sweet chilli 1/2 tsp of chili flakes, 1 tsp of paprika, and 2 tsp of water. Stir these ingredients together until a consistent marinade forms.

Place the halloumi slices into the bowl with the marinade, ensuring each piece is well coated. Allow them to sit in the marinade for a few minutes for maximum flavor absorption.

Heat a frying pan over medium heat, and cook the marinated halloumi slices until they are golden brown on both sides. Once cooked, set them aside.

In the separate pan, add the sliced red onion and red pepper. Fry them until they become soft and slightly caramelized. This should enhance their natural sweetness.

Sprinkle the 2 tbsp of S&P seasoning over the softened onion and pepper mixture, stirring well to evenly distribute the seasoning.

To assemble your gyros, lay out the flatbreads and spread a layer of lettuce over each. Place the seasoned onions and peppers over the lettuce, followed by the honey-glazed halloumi.

Drizzle peri mayo over each gyro for a tantalizing finishing touch.

MFP Barcode



Allergen Information

Contains lactose, may contain sulphites



KCAL
446.5

PRO
45.5g

CARB
31.2g

FAT
15.9g

FIBER
5.3g

Per serving

Irresistible Tuna Quesadillas

High Protein

Med Carb



A yummy, crunchy tuna and corn quesadilla with creamy mayo, melted cheese, a kick of cayenne, and fresh chives for a bite that's simply delightful. Sandwiched between crisp tortillas, these quesadillas offer a satisfying crunch with every bite, making them irresistibly mouthwatering.



Prep: 5 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 2

Tinned Tuna 240g or 8.4 oz , drained

Sweetcorn 150g or 5.3 oz

Tortilla 2, wholewheat

Mayo, lighter than light 4 tbsp

Monterey Jack Cheese 60g or 2.1 oz

Red Onion 1/2 small

Chives 1 tbsp

Black Pepper 1 twist

Cayenne Pepper 1/4 tsp

Irresistible Tuna Quesadillas

High Protein

Med Carb

Method

Begin by creating the flavorful filling: combine the flaky tuna with creamy mayo, aromatic chives, sweetcorn for a touch of sweetness, and a sprinkle of cayenne for a spicy kick. Fold in freshly ground black pepper and finely chopped red onion for an added layer of flavor.

Next, spread a generous portion of the tuna mixture onto one side of the tortilla, ensuring an even distribution. Sprinkle some shredded Monterey Jack cheese over the top, its mild flavor perfectly complements the spicy tuna.

Finally, fold the tortilla in half. Place it in the air fryer and cook for 10 minutes until the tortilla turns golden brown and crisp, and the cheese inside is melted and gooey.

MFP Barcode



Allergen Information

Contains fish, eggs



Jerk Chicken with Mexican Rice



High Protein

High Carb

The times of eating plain chicken and rice are over. This meal is sure to make your taste buds tingle, lightly spiced but bursting with flavors. This meal helps you boost your vegetable intake by sneaking them into the rice mixture, making it easier if you are a fussy eater.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 3 portions

Chopped Tomatoes 1 tin

Basmati Rice 1 boil in bag

Onion 1, brown

Black beans 1/2 tin, drained & rinsed

Carrot 1 medium

Lime wedged

Garlic 3 cloves

Cumin 1 tsp

Paprika 1/2 tsp

Chilli Powder 1/4 tsp

Jalapeño 1 small (15g)

Coriander sprig

Chicken 3 breasts

Jerk cape herb jerk seasoning

Jerk Chicken with Mexican Rice

High Protein

High Carb

Method

Preheat the oven to 180 degrees. Prep and cook the rice as per the packaging. As it cooks, move to the next steps.

Season the chicken with the jerk and add it to the oven for 20 minutes. Peel and chop the onion and add it to a pot with the olive oil, crushed garlic cloves, and the carrot (peeled and grated).

Cook on low to medium heat for 3 minutes before adding the tin of chopped tomatoes, chopped jalapeño, and spices. Cook on medium heat until the sauce reduced down (thickens - about 10-15 minutes).

Once thickened, lower the heat and add the black beans (drained and rinsed) and rice.

Mix well before serving with the cooked chicken, a few coriander leaves on top, and a wedge of lime (to squeeze the juice over).

MFP Barcode



Allergen Information

Contains sulphites, gluten.
May contain nuts.



KCAL
565.4

PRO
29.6g

CARB
72.4g

FAT
16.4g

FIBER
8g

Per serving

Katsu Tofu with Charred Pineapple

High Protein

High Carb



Crunchy, golden tofu with a fragrant blend of miso and turmeric, balanced by tangy mango chutney and a hint of chilli heat. The fresh, crunchy veggies and charred pineapple add vibrant colors and textures, with a sweet tropical note. This dish provides a balanced meal, rich in protein, fiber, and vitamins.



Prep: 20 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4

Firm Tofu 500g or 17.6 oz

Turmeric 1/2 tsp

White Miso Paste 2 tbsp

Rice Vinegar 2 tbsp

Basmati Rice 200g or 7 oz, dry

Breadcrumbs 40g or 1.4 oz

White Sesame Seeds 40g or 1.4 oz

Curry Powder 1 tsp

Pineapple 1/2 average

Mango Chutney 2 tbsp

Spring Onion 4

Carrot 1 large

Cucumber 1 average

White Cabbage 100g or 3.5 oz

Coriander Leaves 1 cup

Katsu Tofu with Charred Pineapple

High Protein

High Carb

Method

Slice the firm tofu into 4 even steaks.

Create a marinade by combining ½ teaspoon of ground turmeric, 2 tablespoons of miso, and 2 tablespoons of rice vinegar in a wide, shallow bowl.

Place the tofu steaks into the marinade, turning them to ensure they are thoroughly coated. Allow the tofu to marinate for at least 1 hour, flipping them halfway through. If you don't have time, don't worry.

Spray the breaded tofu steaks with a little 0 kcal cooking spray and bake for 30 minutes in an air fryer until they turn golden and crispy.

For the katsu dressing, combine ½ teaspoon of curry powder and 2 tablespoons of mango chutney with the reserved marinade. Stir in 50ml of water to thin it out slightly.

Core half a pineapple and cut it into 4 wedges. Pan-sear each wedge in a hot frying pan for about 3 minutes on each side until they're nicely charred.

Thinly slice 4 spring onions, grate a carrot and cucumber and slice some white cabbage. Pluck the leaves from ½ a bunch of fresh coriander (15g).

To assemble the bowls, divide the cooked basmati rice, sliced vegetables, and coriander leaves among 4 bowls. Add the crispy tofu steaks, sliced into soldiers, and a wedge of charred pineapple to each bowl. Serve with the katsu dressing drizzled over.

MFP Barcode



Allergen Information

Contains mustard, sesame, soy



Lemon Dill Salmon



High Protein

Med Carb

If you struggle to manage hunger, eating mixed meals is a brilliant way to help. Mixed meals are meals with appropriate helpings of each macronutrient. Additionally, eating slowly and mindfully will help you sense fullness with more accuracy. Chew your food until it is a paste, take 15 seconds between each bite.



Prep: 5 min

Cook: 60 min

Fresh: 2 days



Beginner



Makes 1 portion

Salmon 1 fillet

Potato 1, large

Garlic 3 cloves, crushed

Olive Oil 2 tsp

Rosemary pinch

Salt 2 pinches

Pepper a twist

Greek Yoghurt 1 tsp

Low Fat Mayo 1 tsp

Lemon Juice yield of a wedge

Lemon Zest

Dill 1 tsp, chopped

Carrots 2, medium

Honey 1 tsp

Parsley 3-4 leaves

Lemon Dill Salmon

High Protein

Med Card

Method

Preheat the oven to 200 degrees. Next, wash the potato (peel if you wish) before cutting thin slices down the potato. Be careful not to cut all the way through. Place the potato on a roasting tray.

To a small bowl, add 2 garlic cloves (crushed), olive oil, rosemary, and salt. Mix well and then spoon over the potato. Add the roasting tray to the oven for 60 minutes.

Next prepare the honey roast carrots. In a bowl, add the carrots (topped, peel if you wish). Add the tsp of olive oil and salt. After 20 minutes of the potatoes cooking, add the carrots to the roasting tray. Cook for 20 minutes before drizzling the honey over the carrots.

With 15 minutes remaining, add the salmon fillet (with salt and a slice of lemon) to the roasting tray.

As the salmon cooks, make the lemon dill sauce. In a bowl, add the low-fat mayo, greek yogurt, lemon juice, zest, and the dill (finely chopped).

Once the 60 minutes is up, plate up the food and spoon the lemon dill sauce over the salmon and add some fresh parsley leaves to the carrots.

MFP Barcode



Allergen Information

Contains lactose, eggs, sulphites, mustard, fish



KCAL
296

PRO
24.7g

CARB
34.6g

FAT
6.5g

FIBER
7.2g

Per serving

Lemon Hake With Mash & Greens



High Protein

Med Carb

Succulent hake fillets are oven-baked with slices of lemon, creating a delightful citrusy note that complements the fish's delicate flavor. Served alongside a comforting, sweet potato mash, offering a sweet contrast to the tangy hake. Fresh, steamed broccoli and asparagus add a crisp, green freshness to the plate. A sprinkle of mixed herbs and a twist of black pepper round out this irresistible, nutritious meal.



Prep: 10 min

Cook: 20 min

Fresh: 1 days



Beginner



Makes 2

Sweet Potato 300g or 5.2 oz

Hake Fillets 2

Broccoli 1 head

Lemon 1

Asparagus 8 spears

Olive Oil 1 tsp

Salted Butter 1/4 tbsp

Mixed Herbs 1 tbsp

Black Pepper 5 twists

Lemon Hake With Mash & Greens

High Protein

Med Carb

Method

Start by preheating your oven to 180 degrees. Prepare a baking tray with a sheet of foil large enough to envelop a hake fillet, forming a packet. Add olive oil, along with slices of lemon and mixed herbs.

Fold the foil around the hake to create a sealed parcel, then bake it in the oven for 15 to 20 minutes, or until the fish is thoroughly cooked.

While the hake is baking, rinse, peel, and dice the sweet potato into 2 cm pieces. Place these in a saucepan full of water and bring to a boil, cooking for 7 to 10 minutes until they're soft enough to easily pierce with a knife. Drain the water, then mash the sweet potatoes with a nob of butter.

For the vegetables, steaming the asparagus and broccoli yields the best results. If steaming isn't possible, boil them until a fork can pierce them with slight resistance, ensuring they retain some crunch.

MFP Barcode



Allergen Information

Contains lactose



Lemon Pepper Chicken



High Protein

Med Carb

Eating plain vegetables is boring. Eating plain chicken is worse. Change up your seasoning game with lemon pepper seasoning. The savory seasoning goes really well with the Italian inspired roasted vegetable mixture.



Prep: 5 min

Cook: 30 min

Fresh: 3 days



Beginner



Makes 2 portions

Chicken Breasts 2

Basmati Rice 1 boil in the bag

Lemon Pepper Seasoning, dusting

Parsley 1 tbsp, chopped

Red Pepper 1 large, deseeded & chopped

Courgette yellow, thumb length, chopped

Cherry tomato handful, whole

Red Onion 1, small, peeled & chopped

Olive Oil 1.5 tsp

Garlic Powder 1/4 tsp

Oregano 1/4 tsp

Rosemary 1/4 tsp

Thyme 1/4 tsp

Basil 1/4 tsp

Salt pinch

Pepper twist

Brown Sugar 1/2 tsp

Lemon Pepper Chicken

High Protein

Med Carb

Method

Preheat the oven to 180 degrees and then add a dusting of seasoning to each chicken breast.

Next, to a mixing bowl, add the courgette, red pepper, cherry tomatoes (whole), red onion, and parsley. Next, add 1/2 a tsp of olive oil and the herb/seasoning mixture. Mix the veg well and then add them to a roasting tray and add them to the oven for 30 minutes.

Sear the chicken for 2 minutes on each side before adding them to a roasting tray. Add them to the oven with 17 minutes left on the timer.

Boil the rice according to the packaging, with the goal of the rice being ready at the same time as the veg and chicken. Serve and garnish with some fresh parsley.

MFP Barcode



Allergen Information

Contains lactose, gluten, eggs



KCAL
626.8

PRO
25.5g

CARB
89.6g

FAT
16.9g

FIBER
7.4g

Per serving

Lentil and Walnut Ragu

High Protein

High Carb



Elevate your pasta game with this nutritious and flavor-packed Lentil and Walnut Ragu. This hearty ragu blends the earthy flavors of lentils, walnuts, and fresh vegetables, giving you a satisfying yet healthy dish that you can enjoy on any weeknight or special occasion.



Prep: 15 min

Cook: 30 min

Fresh: 3 days



Beginner



Makes 4

Salad Tomato 3, large

Penne Pasta 240g or 8.5oz, dry

Red Lentil 225g or 8oz

Onion 1, large

Celery 3 sticks

Carrot 1 large

Red Wine 1/4 cup

Walnuts 60g or 2oz

Tomato Puree 3 tbsp

Garlic 3 cloves

Veg Stock Cubes 2

Olive Oil 1 tbsp

Balsamic Vinegar 2 tsp

Salt & Pepper to season

Ground Thyme 2 tsp

Ground Oregano 2 tsp

Chilli Flakes 1/2 tsp

Lentil and Walnut Ragu

High Protein

High Carb

Method

Heat olive oil in a large pot over medium-high heat. Add the diced onion and sauté for 2-3 minutes. Reduce heat to medium and add the diced carrots, celery, and garlic, along with the salt, pepper, chili flakes, and herbs. Continue to sauté for another 7-8 minutes, stirring occasionally.

Stir in the tomato paste and then deglaze the pot with red wine. Once most of the wine has evaporated, add the diced tomatoes along with their juices. Cook for a few more minutes to let the tomatoes soften.

Add the red lentils, along with vegetable stock to the pot. Bring the mixture to a boil, then cover tightly and reduce heat to low. Let it simmer for 20-25 minutes.

Continue cooking uncovered until most of the liquid has evaporated. Stir in the chopped walnuts and balsamic vinegar. Taste and adjust the seasoning as needed. If you plan to serve this with pasta, keep in mind the timing.

MFP Barcode



Allergen Information

Contains gluten, tree nuts, sulphites.



KCAL
600

PRO
44.2g

CARB
50g

FAT
25g

FIBER
9g

Per serving

Loaded Nachos

High Protein

Med Carb



Takeaways don't always need to be ordered. This loaded nachos variation is sure to be at least 1/2 the calories of a restaurant-based version. A good mixed meal, despite it being higher in fat content. If exercising, give yourself at least 3 hours post-meal to avoid any stomach discomfort that may arise.



Prep: 10 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 4 portions

Mince 500g or 17.6oz , lean

Onion 1, brown

Chopped Tomatoes 1 tin

Mozzarella 80g or 2.8 oz

Jalapeño 1

Olive Oil 1 tsp

Mixed Beans 1 tin, drained & rinsed

Tortilla Chips 40g or 1.4oz per portion

Garlic 3 cloves, crushed

Low Fat Yoghurt 1 tbsp per portion

Spice Mixture cumin (1 tsp), paprika (1 tsp), chilli flakes (pinch), salt, pepper.

Salsa Mixture plum tomato (4), olive oil (1/2 tsp), red onion (1/2), garlic clove (1), juice of 1 lime, jalapeño (1/2)

Guac Mixture (optional) avocado (1), red chilli (1), red onion (1/2), coriander (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

Loaded Nachos

High Protein

Med Carb

Method

First, make the guac. To a bowl add 1/2 an onion (chopped), 1 red chili (deseeded & chopped), 1 avocado (cored and mashed), 1 tsp of coriander (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next, make the salsa. To a bowl add 4 plum tomatoes (chopped), 1/2 tsp olive oil, 1/2 a red onion (peeled and chopped), 2 garlic cloves (crushed), juice of 1 lime, a handful of coriander (chopped), pickled jalapeño (2 tbsp chopped).

Next to a pot on low-medium heat, add 1 tsp of olive oil, 1 brown onion (peeled and chopped), and 3 garlic cloves (crushed). Cook for 3 minutes.

Then add the mince to the pot and cook until brown. Once browned off, add the spice mixture and mix well before adding the chopped tomatoes. Cook for 5 more minutes. Finally, add the beans (drained and rinsed) and cook for 2 minutes.

As the beans are cooking, add 40g of nachos to each plate (if serving right away, if not add the nachos each time you eat separately). On the side of each plate add a tablespoon of guac, a tablespoon of low-fat yogurt, and two tablespoons of salsa.

Next, add the mince on top of the nachos and top with cheese (20 grams per portion). If you want, place the plate under the grill for the cheese to melt further.

MFP Barcode



Allergen Information

Contains lactose, gluten, eggs



KCAL
261.4

PRO
26.1g

CARB
18.4g

FAT
9g

FIBER
1.6g

Per serving

Mango, Avocado & Prawn Salad

High Protein

Low Carb



Delight in the vibrant and refreshing flavors of this Tropical Prawn, Mango, and Avocado Salad. Each bite is a celebration of fresh ingredients, featuring juicy mango, creamy avocado, succulent prawns, and a touch of spicy jalapeno



Prep: 10 min

Cook: 2 min

Fresh: 4 days



Beginner



Makes 2

Cooked Prawns 300g or 10.5 oz

Mango 1 large

Mixed Leaf Salad 125g or 4.4 oz

Avocado 1 small

Lime Juice 2 limes

Red Onion 1 small

Jalapeno in Brine 1

Coriander Leaves 1/2 cup

Paprika 1 tsp

Chilli Powder 1/4 tsp (optional)

Salt 1 pinch

Mango, Avocado & Prawn Salad

High Protein

Low Carb

Method

To a large salad bowl add the mango (cubed), avocado (cubed), mixed leaf lettuce, red onion (thinly sliced into rings), and jalapenos.

Next in a separate mixing bowl add the cooked prawns along with the seasoning (olive oil, lime juice, paprika and chilli powder). Mix well until the prawns are fully coated. If you wish, you can add the prawns to a pan to heat them up or you can simply toss them into the salad.

Once placed in the salad, give it a good mix before serving.

MFP Barcode



Allergen Information

Contains shellfish, sulphites.



Mediterranean Aubergine and Couscous Stew

High Carb



Savor the flavors of the Mediterranean with this hearty aubergine and couscous stew. Loaded with vegetables, herbs, and a touch of tanginess from rice wine vinegar, this stew is perfect for a comforting weeknight dinner.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 2

Aubergine 1, large

Salad Tomatoes 2 large

Couscous 150g or 5.3oz, dry

Red Onion 1 small

Fresh Parsley 2 tbsp, chopped

Green Olives 8, pitted

Olive Oil 1 tbsp

Garlic Clove 1

Red Wine Vinegar 1 tbsp

Ground Oregano 1/2 tsp

Mediterranean Aubergine and Couscous Stew

High Carb

Method

In a large pan, heat a tsp of olive oil over medium heat. Add the aubergine (chopped into chunks), dried oregano, and a pinch of sea salt. Toss to coat the aubergine.

Increase the heat to high and cook for 4 to 5 minutes, shaking the pan occasionally.

While the aubergine is cooking, peel and finely chop the red onion and garlic. Chop the parsley leaves and stalks, and roughly chop the tomatoes.

When the aubergine is golden, add the chopped onion, garlic, and parsley stalks. Cook for another 2 minutes. Add more olive oil if the mixture seems too dry.

Add the chopped olives and rice wine vinegar to the pan. Cook until the vinegar has evaporated. Then add the chopped tomatoes and simmer for about 15 minutes, or until the aubergine is tender.

Place the couscous in a bowl, add a pinch of salt, and just cover with boiling water. Place a plate on top of the bowl and set aside for 5 minutes.

Fluff the couscous with a fork and stir in the chopped parsley.

Serve the stew on a bed of couscous

MFP Barcode



Allergen Information

Contains none



Mixed Bean Quesadilla

High Protein

Med Carb



A quick-fire Mexican dish that is bursting with flavors. If you need a quick meal then this is perfect. Packed with fiber and a moderate serving of protein, this meal is sure to keep you fuller for longer.



Prep: 5 min

Cook: 10 min

Fresh: 2 days



Beginner



Makes 2 portions

Mixed Beans 1 tin, drained and rinsed

Garlic 3 cloves, crushed

Olive Oil 1 tsp

Red Pepper 1, deseeded & chopped

Red Onion 1/2, peeled & chopped

Mozzarella 1.4 oz or 40g

Coriander sprig, fresh

Wholewheat wraps 2, large

Spice Mixture paprika (1/2 tsp), cumin (1/2 tsp), oregano (1/2 tsp), cayenne (1/4 tsp)

Guac Mixture (1 tbsp) avocado (1), red chilli (1), red onion (1/2), coriander (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

Mixed Bean Quesadilla

High Protein

Med Carb

Method

First, make the guac. To a bowl add 1/2 a red onion (chopped), 1 red chili (deseeded & chopped), 1 avocado (cored and mashed), 1 tsp of coriander (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next to a pan on low-medium heat add 1 tsp of olive oil, the other 1/2 of the red onion (chopped), 3 garlic cloves (crushed), and red pepper (deseeded and chopped). Cook for 3 minutes.

Add the spice mixture and then add the beans (drained and rinsed). Cook for another 3 to 5 minutes. Remove the bean mixture and add them to a bowl. Set the bowl to the side and clean the pan to be used immediately again.

Place a wrap on the pan (without oil), on low-medium heat. To one half of the wrap, layer in the bean mixture, 20 grams of cheese, and a tablespoon of guac. Cook for 2-4 minutes before closing over the wrap.

Remove the wrap and cut it in half. Repeat the process from step 5 to make the second portion.

Alternatively, you can add a wrap to the pan and cook it for 3 minutes. Then remove it and add another wrap. Cover it with the entire bean mixture, cheese, and 2 tablespoons of guac. Add the precooked wrap on top and then simply cut into quarters when you remove it (this can be a little messy).

MFP Barcode



Allergen Information

Contains lactose, gluten, eggs, sulphites



KCAL
258.3

PRO
9.9g

CARB
51.6g

FAT
1.5g

FIBER
6.6g

Per serving

Mexican Rice

High Carb



If you're fed up with eating bland, boring white rice, this is sure to make your taste buds tingle. Packed with flavor and a healthy serving of fiber, this meal not only helps you reach your carbohydrate needs but also disguises the vegetables to help you hit your 5 with ease.



Prep: 5 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 3 portions

Chopped Tomatoes 1 tin

Basmati Rice 1 boil in the bag

Onion 1 brown

Black Beans 1/2 tin, drained and cleaned

Carrot 1 medium sized

Lime wedged

Garlic 3 cloves

Cumin 1 tsp

Paprika 1 tsp

Chilli Powder 1/4 tsp

Jalapeño 15g/1 small

Coriander fresh, sprig

Mexican Rice

High Carb

Method

Prep and cook the rice as per the packaging. As it cooks, move to the next steps.

Peel and chop the onion and add it to a pot with the olive oil, crushed garlic cloves, and the carrot (peeled and grated).

Cook on low to medium heat for 3 minutes before adding the tin of chopped tomatoes, chopped jalapeño, and spices. Cook on medium heat until the sauce reduces down (thickens - about 10-15 minutes).

Once thickened, lower the heat and add the black beans (drained and rinsed) and cooked rice. Mix well before serving with a few coriander leaves on top and a wedge of lime (to squeeze the juice over)

MFP Barcode



Allergen Information

Contains gluten, sulphites.



KCAL
326

PRO
12.1g

CARB
56.5g

FAT
4.6g

FIBER
10.8g

Per serving

Moroccan Couscous

Med Carb



This north African-inspired dish is bursting with flavors and different textures. This salad can be served as a stand-alone meal/snack or combined with a protein source such as chicken to ensure you hit your protein targets.



Prep: 5 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 3 portions

Red Pepper 1 large

Couscous 3.5 oz or 100 grams, dry

Water 4 fl oz or 120ml

Carrot 1 large

Red Onion 1 small

Frozen Peas 2.6 oz 75 grams

Garlic Cloves 3 cloves

Fresh Coriander handful, chopped

Raisins 1.4 oz or 40g

Chickpeas 1/2 can drain + washed

Olive Oil 1 tsp

Paprika 1 tsp

Turmeric 1/4 tsp

Cumin 1 tsp

Cinnamon 1/4 tsp

Cayenne Pepper 1/4 tsp

Moroccan Couscous

Med Carb

Method

Peel and chop the onion, chop the pepper, grate the garlic, and peel and grate the carrot before adding them to a pot on low to medium heat with the olive oil. Cook the veg mixture for 5 minutes before adding the frozen peas and the spice mixture.

As the veg mixture is cooking, measure out the couscous, and the spice mixture and boil the water in the kettle. Add the spice mixture and cook for another 3 to 5 minutes.

After 5 minutes, toss in the water and stir well before adding the couscous. Give the pot a stir before taking it off the heat and covering the pot with a lid.

Leave it for 5 minutes to allow for the couscous to absorb all of the liquid. After the 5 minutes, fluff the couscous with a fork and toss in the raisins before serving.

MFP Barcode



Allergen Information

Contains gluten, sulphites.



KCAL
553.2

PRO
46.8g

CARB
60.8g

FAT
13.6g

FIBER
3.6g

Per serving

Nasi Goreng



High Protein

High Carb

Indonesian-style fried rice that you may have had if you traveled to Bali. This lightly spiced fried rice is a very quick recipe that is perfect for bulk cooking. Each day simply add a freshly cooked egg.



Prep: 10 min

Cook: 15 min

Fresh: 5 days



Beginner



Makes 1

Chicken Breast 1

Egg 1

Brown Rice 60g or 2.1 oz, uncooked

Kale 1 handful

Brown Onion 1/2 small

Carrot 1/2 small

Garlic 2 cloves

Soy Sauce 2 tsp

Sriracha 1 tbsp

Olive Oil 1 tsp

Spring Onion 1 whole

Nasi Goreng

High Protein

High Carb

Method

Begin by shredding a pre boiled chicken breast and preparing the rice according to the packet instructions. While the rice cooks, chop the onion and grate the carrot.

Heat a medium-hot pan and add olive oil. Once the oil is hot, fry the onion, grated carrot, and crushed garlic clove for 3 to 4 minutes. Add the kale and continue frying for another 3 to 4 minutes.

Add the shredded chicken breast and the cooked, drained rice to the pan. Toss and cook for 2 minutes.

Lower the heat and add the sriracha sauce and soy sauce to the pan. Mix well.

In another pan, fry an egg or use the same pan if there is enough space. Once cooked, serve on top of the rice.

MFP Barcode



Allergen Information

Contains soybean, egg,
may contain sulphites.



Peach and Blueberry Salad

Low Carb



Packed with vitamins and antioxidants, this Peach and Blueberry Salad offers a healthy, flavourful blend. Mixed leaf salad provides fiber, while peaches and blueberries offer sweet bursts of vitamins A and C. Crunchy walnuts contribute heart-healthy omega-3s, and the feta adds a dose of protein.



Prep: 5 min

Cook: 0 min

Fresh: 3 days



Beginner



Makes 2

Peach 1

Mixed Leaf Salad 100g or 3.5 oz

Feta Cheese 50g or 1.7oz

Blueberries 1 handful

Balsamic Vinegar 30ml or 1 fl oz

Walnuts 8

Balsamic Vinegar 1 tbsp

Olive Oil 1 tsp

Salt 1 pinch

Peach and Blueberry Salad

Low Carb

Method

To a large bowl, add the mixed leaf salad, blueberries, peach (pitted & sliced), walnuts (whole or chopped) and feta cheese (cubed). Mix well and then split evenly between two bowls.

Next, make the glaze. Add 30ml of balsamic vinegar to a pot on medium heat for 2 to 3 minutes. This should thicken into a glaze. Alternatively, you can use a store-bought glaze.

Finally, make the dressing. Mix together a tsp of olive oil with a tbsp of balsamic and a pinch of salt.

Serve with the balsamic glaze on top and if you like the additional salad dressing.

MFP Barcode



Allergen Information

Contains lactose, tree nuts, sulphites



KCAL
391.1

PRO
27.5g

CARB
12.3g

FAT
25.4g

FIBER
2.1g

Per serving

Pear, Prosciutto & Goats Cheese Salad



High Protein

Low Carb

Cycling carbohydrate intakes to match your energy output is a valuable tool to help maintain body weight. When your training demands are low, eating lower-carbohydrate meals is advisable, the reverse is also true.



Prep: 5 min

Cook: 0 min

Fresh: 2 days



Beginner



Makes 2

Pear 1

Prosciutto 6 slices

Goats cheese 80g or 2.8 oz

Rocket 2 cups

Walnuts 30g or 1 oz

Balsamic Glaze 1 tsp

Pear, Prosciutto & Goats Cheese Salad

High Protein

Low Carb

Method

Grab two bowls, and to each bowl add a cup of rocket, 40g of goat's cheese (chopped), 1/2 the pear (diced), two slices of prosciutto (chopped), some walnuts and a drizzle of balsamic glaze over each.

MFP Barcode



Allergen Information

Contains treenuts, may contain sulphites



KCAL
504.5

PRO
48.7g

CARB
55.3g

FAT
10.2g

FIBER
8.7g

Per serving

Pulled Chicken Quesadillas

High Protein

Med Carb



A feast of flavors and textures. Tender chicken, seasoned with a spice blend of cumin, chili, cayenne, and paprika, is simmered with tomatoes and balsamic vinegar, and then pulled for a satisfying bite. This spicy chicken is tucked into a crispy tortilla with melted light mozzarella and a dollop of cooling low-fat yogurt.



Prep: 10 min

Cook: 25 min

Fresh: 1 days



Beginner



Makes 2

Chopped Tomatoes 1 tin

Chicken Breast 2

Pineapple 1/2 small

Red Onion 2 small

Red Pepper 1 medium

Tortilla 2 wholemeal

Mozzarella 80g or 2.8 oz

Lime Juice 1 lime

Low Fat Plain Yogurt 2 tbsp

Garlic Cloves 2

Tomato Puree 1 tbsp

Balsamic Vinegar 1 tbsp

Cumin 1 tsp

Paprika 1 tsp

Cayenne Pepper 1/4 tsp

Pulled Chicken Quesadillas

High Protein Med Carb

Method

Begin by making your salsa. Finely dice the ingredients and mix them together, adding a generous squeeze of lemon juice. Set this vibrant salsa aside for later.

For the chicken, start by butterflying the breasts. Lightly spray your pan with a low-calorie cooking spray and fry the chicken for about 5-10 minutes until it's nicely browned on both sides. Season with a pinch of salt and pepper, then remove from the pan and set aside.

In the same pan, sauté the onion, garlic, and spices, adding a splash of water to form a paste-like consistency. Add the chopped tomatoes and a bit more water, followed by the tomato paste. Season again with salt and pepper.

Allow the sauce to simmer for about 5 minutes, then reintroduce the chicken to the pan. Cover and let it all simmer together for another 15 minutes, or until the sauce has thickened.

Stir in the balsamic vinegar and continue to let the sauce reduce.

Dip each wrap in the sauce to ensure it's fully coated. Set these aside once they're well-covered.

Remove the chicken from the pan and shred it into bite-sized pieces.

To serve, top the sauce-coated wrap with the shredded chicken, a dollop of yogurt, and a spoonful of the tangy, homemade salsa and some mozzarella. Place in the air fryer for 5 minutes at 190 and then serve with extra salsa on the side.

MFP Barcode



0 5 7 9 4 1 2 2 1 2 9 2



Allergen Information

Contains lactose, gluten, sulphites



KCAL
312.5

PRO
35g

CARB
24.7g

FAT
8.1g

FIBER
4.5g

Per serving

Red Pepper Stuffed Chilli

High Protein

Low Carb



Packed with aromatic spices, tender beef, and simmered with tomatoes and red kidney beans, it's a satisfying and flavorful dish. With vibrant red peppers as the low-carb alternative, it's a delicious option for those watching their carbohydrate intake. Enjoy this wholesome and robust meal that combines taste and health in every bite.



Prep: 5 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 4

Lean Beef Mince 500g or 17.6oz

Red Pepper 4 large

Chopped Tomatoes 1 tin

Red Kidney Beans 1 tin, drained

Brown Onion 1 medium

Garlic Cloves 4

Tomato Puree 1 tbsp

Chipotle Paste 1 tsp

Ground Cumin 1 tbsp

Olive Oil 1 tsp

Brown Sugar 1 tsp

Ground Cinnamon 1/2 tsp

Dried Oregano 1 tsp

Red Pepper Stuffed Chilli

High Protein

Low Carb

Method

Preheat the oven to 200°C (400°F). Place the red peppers on a baking sheet and roast in the preheated oven for about 25–30 minutes or until the skin is charred and blistered. Once roasted, remove from the oven and set aside to cool.

While the peppers are roasting, prepare the chilli. In a pan, heat 1 teaspoon of olive oil over medium heat. Sauté 4 cloves of minced garlic and 1 medium brown onion until fragrant and translucent. Add 1 teaspoon of chipotle chilli paste, 1 teaspoon of ground oregano, 1 tablespoon of ground cumin, 1 teaspoon of brown sugar, and ½ tablespoon of ground cinnamon. Stir well to combine the spices. Add 500g of extra lean beef mince and cook until browned. Pour in 1 can of chopped tomatoes, 1 can of red kidney beans (drained), and 1 tablespoon of tomato puree. Reduce the heat and let it simmer for about 15–20 minutes, allowing the flavors to meld together.

Stuff each pepper with a generous amount of the prepared chilli mixture. You can return the stuffed peppers to the oven for an additional 10 minutes if you prefer them heated through.

MFP Barcode


0 5 7 9 4 1 2 2 1 5 0 6

Allergen Information



Per serving

Roasted Veggie and Black Bean Tray Bake

Med Carb



Add a splash of color to your table with this Roasted Veggie and Black Bean Tray Bake! Topped with a vibrant mint salsa and served alongside brown rice, it's a hearty, nutritious, and delicious meal that's perfect for family dinners or meal prepping for the week ahead.



Prep: 20 min

Cook: 60 min

Fresh: 3 days



Beginner



Makes 3

Sweet Potato 1, large

Chopped Tomatoes 1 tin

Black Beans 1 tin

Butternut Squash 200g or 7oz

Rice 150g or 5.3oz, dry

Brown Onion 1, large

Lime Juice 2 limes

Green Pepper 1, medium

Sweetcorn 75g or 2.6oz

Celery 1 stick

Carrots 1 large

Spring Onion 4

Olive Oil 1 tbsp

Mint Leaves 2 tbsp

Garlic 1 clove

Chipotle Tabasco 1 tsp

Red Chilli 1

Fresh Coriander Leaves 1 bunch

Ground Oregano 1/2 tsp

Roasted Veggie and Black Bean Tray Bake

Med Carb

Method

Preheat your oven to 200°C (400°F or gas mark 6).

Chop the sweet potato it into 2.5cm cubes. Peel the butternut squash and carrot, and cut them into wedges. Toss these with the sweetcorn in a large roasting tray.

Combine the ground coriander, dried oregano, salt, and pepper. Sprinkle this mixture over the vegetables in the tray. Drizzle with olive oil and toss well. Roast for 35 minutes or until golden and soft, shaking the tray halfway through.

While the veggies are roasting, finely chop the onion, garlic, red chili, green pepper, and celery. In a large pan, heat olive oil over medium-low heat add the veg and Cook for 10 minutes or until softened.

Add the black beans (water included) and the chopped tomatoes to the pan. Bring the mixture to a boil, then reduce heat and simmer for 30 minutes or until the sauce has thickened.

In a bowl, combine the chopped mint leaves, chopped spring onions, lime juice, and chipotle Tabasco sauce.

Cook the rice according to package instructions.

Once the veggies are cooked, remove them from the oven. Push them to the sides of the tray, making space in the center. Pour the bean mixture into this space and return the tray to the oven for another 20 minutes or until the beans turn sticky and golden. Mix the roasted veggies and beans together. Serve this hot with rice on the side and the mint salsa on top.

MFP Barcode



Allergen Information

Contains none



KCAL
397.8

PRO
24.6g

CARB
16.7g

FAT
26g

FIBER
4.4g

Per serving

Roast Vegetable & Halloumi Salad

High Protein

Low Carb



This vibrant meal is as tasty as it looks. A low-carb but high-protein meal makes it an ideal option for low-demand training days. The halloumi is a great protein choice for those who do not eat meat.



Prep: 10 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 3

Halloumi 250g or 8.8 oz

Cherry Tomatoes 4 handfuls

Courgette 1 large

Red Onion 1 large

Red Pepper 1 medium

Yellow Pepper 1 medium

Green Pepper 1 medium

Garlic 4 cloves

Olive Oil 1 tbsp

Basil 5 leaves

Salt pinch

Black Pepper 1/2 tsp

Chilli Flake 1/2 tsp

Red Pepper Hummus 1 tbsp (optional)

Rost Vegetable & Halloumi Salad

High Protein

Low Carb

Method

Preheat the oven to 200 degrees

Add the following to a large roasting dish. Courgette, (chopped into 1-inch slices then quarter each slice), onion (cut in half then each half is quartered), bell peppers (deseeded and chopped), garlic cloves (grated), and cherry tomatoes (whole). Once they are added, add the olive oil, 5 basil leaves, salt, pepper and chili flakes. Mix well.

Place the veg mixture in the oven for 25 to 30 minutes. As the veg roasts, cut the halloumi (if needed) into slices.

After 25 minutes, place the halloumi on top of the veg mixture and return the dish to the oven for 10 minutes. After 10 minutes, turn the grill on and cook for a further 5 minutes or until the halloumi begins to brown.

MFP Barcode



Allergen Information

Contains lactose



KCAL
601.8

PRO
32.8g

CARB
59.3g

FAT
25.3g

FIBER
7.4g

Per serving

Salmon Linguine

High Protein

Med Carb



This recipe features salmon fillets and linguine with a medley of veggies (red peppers, onions, peas, mushrooms) along with sun-dried tomatoes, garlic, and lemon juice. Seasoned with oregano, salt, and black pepper, it has a creamy finish from single cream and cheddar cheese.



Prep: 1 min

Cook: 8 min

Fresh: 1 days



Beginner



Makes 4

Salmon Fillets 3

Light Single Cream 270ml or 9.1 fl oz

Linguini 240g or 8.4 oz

Frozen Peas 150g or 5.3oz

White Mushrooms 150g or 5.3oz

Red Pepper 1 medium

Brown Onion 1 medium

Cheddar Cheese 50g or 1.7oz, 1/2 fat

Sun Dried Tomatoes 8

Tomato Puree 2 tbsp

Garlic 2 cloves

Lemon Juice 1 lemon

Olive Oil 1 tsp

Oregano 3 tsp

Black Pepper 2 twists

Salt pinch

Salmon Linguine

High Protein

Med Carb

Method

Preheat your oven to 200°C (180°C fan/gas mark 6). Place the salmon fillets on a baking tray and cook in the oven for 12-15 minutes, or until they're no longer pink in the middle.

While the salmon is cooking, prepare your vegetables: slice the red peppers and onion, and chop the sun-dried tomatoes.

In a large pan, heat the olive oil over medium heat. Add the oregano to the pan and stir it in the oil for about 30 seconds to release its flavor.

Add the sliced red peppers, onion, frozen peas, and mushrooms to the pan, sautéing them until the vegetables are tender.

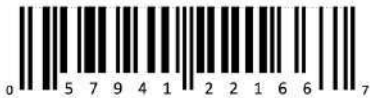
Stir in the garlic and sun-dried tomatoes, followed by the tomato puree and lemon juice. Mix well to combine all the flavors.

Reduce the heat to low and add the single cream and cheddar cheese. Stir continuously until the cheese melts and the sauce is smooth.

In a separate pot, cook the linguine according to the package instructions until al dente. Drain the linguine and add it to the pan with the vegetable and cream mixture. Mix well to coat the pasta evenly with the sauce.

Flake the cooked salmon into the pan, gently incorporating it into the pasta and sauce. Season the dish with salt and black pepper to taste, then serve immediately while hot. Enjoy this flavorful and satisfying meal!

MFP Barcode


0 5 7 9 4 1 2 2 1 6 6 7

Allergen Information

Contains lactose, fish



KCAL
450.3

PRO
38.1g

CARB
12.6g

FAT
27.4g

FIBER
3.7g

Per serving

Salmon & Wok Fried Greens

High Protein

Low Carb



Eating vegetables is important for maintaining good health. These vegetables are packed with essential nutrients such as vitamins, minerals, and antioxidants, which are important for maintaining a healthy immune system and preventing chronic diseases.



Prep: 5 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 1

Salmon 1 fillets

Kale 50g or 1.7oz

Edamame Beans 1 handful

Sugar Snap Peas 50g or 1.7z

Broccolini 5 spears

Spring Onions 2

Soy Sauce 2 tbsp

Sesame Oil 1 tsp

Chilli Flakes 1/4 tsp

Salmon & Wok Fried Greens

High Protein

Low Carb

Method

Preheat the oven to 180 degrees celcius.

Season the salmon with a pinch of chilli flakes and cook in the oven for 12 to 15 minutes.

With 8 minutes remaining, to a pot of boiling water, add the tenderstem broccolini, edamame and sugar snap peas and cook for 3 minutes. Once cooked, drain and leave to the side.

Next, to a very hot pan or wok, add a tsp of sesame oil and then add all of the green veg and the soy sauce. Cook off the greens for 3 to 5 minutes before serving.

Serve the salmon on a bed of greens.

MFP Barcode



0 5 7 9 4 1 2 2 0 5 6 1

Allergen Information

Contains fish, soy and
sesame



KCAL
301

PRO
36.5g

CARB
12g

FAT
12g

FIBER
5.2g

Per serving

Smoky Chicken Salad

High Protein

Low Carb



Tender slices of cooked chicken breast, fresh greens, cherry tomatoes, red pepper, and red onion come together in a medley of smoky, zesty, and tangy tastes. Topped with crumbled feta cheese and dressed with a creamy and zesty dressing, this salad offers a delightful explosion of flavors.



Prep: 5 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2

Chicken Breast 2 average

Cherry Tomato 10

Red Pepper 1 medium

Lime Juice 1

Light Feta Cheese 30g or 1oz

Rocket 1 cup

Spinach 1 cup

Low Fat Yogurt 1 tbsp

Dijon Mustard 2 tsp

Olive Oil 1 tbsp

Paprika 1 tsp

Mixed Leaf Salad 1 cup

Smoky Chicken Salad

High Protein

Low Carb

Method

Start by boiling the chicken breast until it is cooked through and tender (about 10 minutes). Once cooked, allow it to cool before slicing it into tender strips.

In a large mixing bowl, combine the sliced cooked chicken, fresh greens (chopped), cherry tomatoes (quartered), red pepper (chopped), and red onion (sliced). Toss them together gently to distribute the ingredients evenly.

In a separate small bowl, whisk together Greek yoghurt, Dijon mustard, olive oil, lime juice, and a hint of paprika. Mix until the dressing is smooth and well combined.

Drizzle the zesty dressing over the salad ingredients in the bowl. Use a spoon or tongs to toss the salad, ensuring all the components are coated with the creamy dressing.

Sprinkle the crumbled feta cheese over the salad to add a tangy and creamy element.

MFP Barcode



Allergen Information

Contains mustard, lactose



KCAL
526.4

PRO
39.5g

CARB
73.3g

FAT
8.5g

FIBER
4.7g

Per serving

Smoky Chipotle Chilli On Rice

High Protein

High Carb



This Chipotle Chilli on Rice recipe is a delightful fusion of smoky, spicy, and savory flavors that is sure to tantalize your taste buds. Served over a bed of fluffy, perfectly cooked rice, this flavorful meal that brings the best of Mexican-inspired cuisine to your table.



Prep: 10 min

Cook: 25 min

Fresh: 4 days



Beginner



Makes 4

Beef mince 500g or 9.1 oz

Chopped Tomatoes 1 tin

Basmati Rice 240g or 8.4 oz

Red Kidney Beans 1 can, drained

Red Pepper 1 large

Yellow Pepper 1 large

Brown Onion 1 medium

Garlic Cloves 3

Tomato Puree 1 tbsp

Chipotle Paste 1 tsp, gran luchito

Cumin 1 tbsp

Olive Oil 1 tsp

Brown Sugar 1 tsp

Cinnamon 1/2 tsp

Oregano 1 tsp

Smoky Chipotle Chilli On Rice

High Protein

High Carb

Method

Dice the onion and add it to a large pot with the crushed garlic and olive oil. Cook for 2 to 3 minutes on medium heat.

Next add the chipotle paste, stir until it is broken down/well mixed. Add the mince and brown off.

Next, add the red pepper, deseeded and diced, along with the spices, sugar and herbs. Mix well and cook for 2 minutes.

Add the chopped tomatoes, tomato puree, and kidney beans. Mix well and then leave to simmer for 12 minutes.

At this point, cook the rice according to the pack instructions.

MFP Barcode



Allergen Information

May contain sulphites



KCAL
583.6

PRO
42.1g

CARB
74.6g

FAT
12.9g

FIBER
2.9g

Per serving

Spaghetti Meatballs

High Protein

High Carb



Spaghetti and meatballs are a classic Italian dish that many of us grew up eating and enjoying. However, many traditional spaghetti and meatball recipes are packed with unhealthy fats and sodium. By making a few simple tweaks to this classic recipe, you can make it much healthier.



Prep: 15 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4 portions

Beef Mince 500g or 17oz, lean

Milk 100ml or 3.4 fl oz, skimmed

Breadcrumbs 4 tbsp

Brown Onion 1 medium

Chilli Flakes 1/2 tsp

Garlic 2 cloves

Parmesan 2 tbsp, grated

Pasley 2 tsp chopped

Black Pepper 5 twists

Salt 2 pinch

Olive Oil 1 tbsp

Olive Oil 1 tsp

Garlic Cloves 3

Basil 1 tsp

Oregano 1 tsp

Chopped tomato 2 tins

Spaghetti 75g or 2.6 oz per portion, dried

Spaghetti Meatballs

High Protein

High Carb

Method

Peel and very finely chop the onion. Next, using a tbsp of olive oil fry the onion with 2 crushed garlic cloves, the chili flakes, salt, and pepper for 2 minutes on medium heat.

Next, place the mince in a mixing bowl and add salt, pepper, and the onion mix from step 1. Then add chopped parsley and 2 tbsp chopped parmesan.

To a separate bowl, add 4 tbsp of breadcrumbs with the milk. Mix well and then add it to the mince mixture. Using your hands, bind all of the ingredients together.

To a pot, add a tsp of olive oil, 3 crushed garlic cloves, and the basil and oregano. Cook for 1 minute on medium heat before adding the two tins of chopped tomatoes. Bring the sauce to a boil and then leave the sauce to simmer for 10 minutes.

Next, Using your hands, make 12 golf ball-sized meatballs.

Using the pan from step 1, bring it back to medium heat and then place the meatballs carefully in it. Cook them for 3 minutes on each side.

After leaving the sauce to simmer for 10 minutes, pour the sauce into the large pan with the meatballs. Leave them to simmer for 9 minutes as you cook the spaghetti.

Serve immediately and add some parmesan cheese if desired.

MFP Barcode



Allergen Information

Contains milk, wheat



KCAL
355.9

PRO
11.6g

CARB
64.8g

FAT
5.6g

FIBER
8.3g

Per serving

Spicy Aubergine Arrabbiata Penne

High Protein

Med Carb



Unleash a burst of flavors with this Spicy Aubergine Arrabbiata Penne. Fresh chillies and succulent aubergine pieces meld with juicy plum tomatoes to deliver a kick that's balanced by the heartiness of tricolor penne. It's a simple yet bold dish that offers an aromatic and spicy journey for your taste buds.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4

Aubergine 500g or 17.5 oz

Plum Tomato 1, tin

Penne Pasta 300g or 10.5 oz, tricolor

Garlic Cloves 4

Olive Oil 1 tbsp

Red Chilli 3

Spicy Aubergine Arrabbiata Penne

High Protein

Med Carb

Method

Start by setting a pot of water to boil for the pasta. As it heats, split the aubergines in half lengthwise and submerge them in the boiling water. Let them blanch, covered, for about 5 minutes. After, retrieve the aubergines, ensuring the water remains boiling.

Finely chop the fresh chillies, mince the garlic cloves, and add them to a pan with the olive oil. Dice the blanched aubergines into roughly 3cm pieces and introduce them to the pan. Season with a hint of sea salt and black pepper, and elevate the heat to high, ensuring you stir frequently.

As the aubergine cooks, proceed to prepare the pasta based on the guidelines provided on its packaging.

Incorporate the tomatoes into the pan, mashing them gently using a wooden spatula, and add half the amount of water from the tomato tin.

Let the sauce simmer until the pasta is appropriately cooked. Once done, adjust seasoning as per your taste.

Once the pasta is cooked, drain it while preserving a cup of the starchy water. Add the pasta to the simmering sauce, adding some of the reserved pasta water if necessary to achieve your desired consistency. Serve and enjoy.

MFP Barcode



Allergen Information

Contains wheat.



KCAL
461.5

PRO
36.5g

CARB
44.4g

FAT
14.9g

FIBER
3.1g

Per serving

Spicy Chicken Burger

High Protein

Med Carb



Dive into a scrumptiously juicy chicken burger infused with spicy undertones, ensconced in soft brioche buns. The chicken patty, seasoned with hot sauce and coated with a spicy cornflake mixture, is complemented by a tangy mayo-hot sauce blend, making every bite an explosion of flavors.



Prep: 15 min

Cook: 15 min

Fresh: 2 days



Beginner



Makes 2

Chicken Mince 200g or 7 oz

Brioche Bun 1 buns

Chicken Eggs 1

Cheddar Cheese 40g or 1.4 oz , half fat

Cornflakes 30g or 1 oz

Plain Flour 1 tbsp

Mayonnaise 2 tbsp, lighter than light

Lettuce 2 leaves

Sriracha Sauce 1 tbsp

Paprika 2 tsp

Salt 1/4 tsp

Chilli Powder 1/2 tsp

Black Pepper 1/2 tsp

Spicy Chicken Burger

High Protein

Med Carb

Method

In a mixing bowl, combine chicken mince, hot sauce, egg, and flour. Mix until the ingredients are well incorporated. Divide the mixture into two and shape each portion into a patty.

In another bowl, combine the crushed cornflakes, chilli powder, salt, pepper, garlic powder, and paprika. Mix well.

Dredge each chicken patty in the cornflake mixture, ensuring it's completely coated.

Preheat the air fryer to 180°C (350°F) for about 3 minutes. Place the coated patties in the air fryer basket in a single layer, ensuring they aren't touching. Air fry for about 15 minutes, flipping the patties halfway through, until they are golden brown and cooked through.

In a small bowl, mix together light mayo, hot sauce, and paprika.

Cut the brioche buns in half. Spread a generous amount of the prepared sauce on the bottom half of each bun. Place the cooked chicken patty over the sauce, followed by a slice of light cheese and a handful of shredded lettuce. Top with the other half of the bun.

MFP Barcode



Allergen Information

Contains lactose, wheat, egg



Spicy Greek Salad



High Protein

Low Carb

Pan-fried chicken seasoned with fiery spices is paired with crisp lettuce, cherry tomatoes, red onion, red pepper, and crumbled feta cheese. Topped with a tangy Greek yogurt dressing infused with hot sauce, garlic, lemon juice, salt, pepper, and dill, this salad delivers a burst of Mediterranean delight



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



2

Chicken Breast 2 average

Cherry Tomato 14

Red Pepper 1 medium

Low Fat Yogurt 180g or 6.3oz

Lettuce 150g or 5.3oz

Red Onion 1 small

Light Feta Cheese 50g or 1.7oz

Lemon Juice 1 lemon

Garlic Cloves 3

Sriracha Sauce 2 tbsp

Olive Oil 1 tsp

Fresh Dill 1 tbsp

Black Pepper 5 twists

Paprika 1 tsp

Oregano 1 tsp

Garlic Powder 1/4 tsp

Salt pinch

Spicy Greek Salad

High Protein

Low Carb

Method

Dice the chicken and season it with salt, pepper, paprika, garlic powder, and oregano. Cook the chicken on medium heat until it is golden brown and cooked through, ensuring it is tender and flavorful.

As the chicken cooks, prepare the salad. In a large mixing bowl, combine the crisp lettuce (chopped), cherry tomatoes (quartered), sliced red onion, red pepper (chopped), and crumbled feta cheese. Toss them gently to distribute the ingredients evenly.

In a separate bowl, mix together Greek yogurt, hot sauce, minced garlic cloves, freshly squeezed lemon juice, salt, pepper, and chopped dill. Whisk until the dressing is well blended and creamy.

Once the chicken is cooked, add it to the salad mixture in the bowl. Toss everything together, ensuring the chicken is evenly distributed throughout the salad.

Pour the tangy Greek yogurt dressing over the salad. Use a spoon or tongs to toss the salad, ensuring that all the ingredients are coated with the creamy dressing.

MFP Barcode



Allergen Information

Contains sulphites,
lactose



KCAL
552.3

PRO
37.9g

CARB
88.4g

FAT
5.1g

FIBER
3.2g

Per serving

Spicy Honey Sesame Chicken

High Protein

High Carb



This recipe is the perfect blend of sweet and spicy flavors that is sure to satisfy any palate. The chicken is crispy and juicy, while the sauce is a harmonious blend of honey, soy sauce, and chili that gives it a tantalizing taste.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 2

Cornflour 2 tsp

Red Pepper 1 large

Chicken Breast 2

Basmati Rice 60g or 1/4 cup dry

Black Pepper 1 tsp

Paprika 1 tsp

Spring Onion 1

Red Chilli 1

Garlic Cloves 4

Sriracha 2 tbsp

Soy Sauce 3 tbsp

Honey 1 tsp

Ginger 1 tsp

Sesame Seeds 1 pinch

Spicy Honey Sesame Chicken

High Protein

High Carb

Method

Dice the chicken breasts and then add them to a mixing bowl. To the bowl, add 2 tsp of cornflour, a tsp of ground black pepper, and a tsp of paprika. Mix well before cooking in the air fryer. Tip – spray the chicken with some 1kcal spray.

Next, thinly slice the pepper and leave it to the side.

Now let's make the sauce. To a bowl, add the sriracha, soy sauce, honey, and sweet chilli sauce. Mix well and then leave to the side.

Now, cook the rice as per the packet instructions. As the chicken and rice cooks, in a lightly oiled pan, add the crushed garlic cloves and ginger. Fry for 2 minutes on low-medium heat.

Now add the pepper to the pan and cook for 3 more minutes. At this point, add the sauce.

Once the chicken is cooked, add it to the pan and mix well before serving.

Serve with a pinch of white sesame seeds, some sliced red chilli (seeds removed) and some freshly chopped spring onion. If you don't want the extra spice, don't add the red chilli

MFP Barcode



Allergen Information

Contains soy, sesame.
May contain sulphites



KCAL
611.5

PRO
22.1g

CARB
83.8g

FAT
21.1g

FIBER
1.7g

Per serving

Spicy Oregano and Basil Rigatoni

High Carb



A flavorful and hearty pasta dish that is perfect for a weeknight dinner. The dish is perfect for those who love a bit of heat in their food, and the fresh herbs give it a lovely aroma and taste. It is a perfect comfort food.



Prep: 10 min

Cook: 25 min

Fresh: 3 days



Beginner



Makes 3

Rigatoni 300g or 10.6 oz

Single Cream 270ml or 9 fl oz

Parmesan Cheese 50g or 1.7 oz

Garlic Cloves 6

Tomato Puree 2.5 tbsp

Oregano Fresh 1/4 cup

Chilli Flakes 1 tsp

Fresh Basil 10 leaves

Olive Oil 1 tsp

Black Pepper 1 tsp

Salt 1 pinch

Spicy Oregano and Basil Rigatoni

High Carb

Method

Begin by bringing a large pot of salted water to a boil and cook the rigatoni pasta according to the package instructions. Once cooked, drain the pasta and reserve one cup of pasta water.

While the pasta cooks, finely chop the fresh basil and oregano.

In a pan, heat olive oil over medium heat and add the minced garlic. Sauté for a minute, then add the chopped oregano and basil. Cook for an additional minute or two.

Stir in the tomato paste and chili flakes, and cook for 30 seconds.

Pour in the single cream and continue cooking for another 2-3 minutes.

Add the cooked rigatoni to the pan, along with some of the reserved pasta water (if needed), a pinch of salt, black pepper, and parmesan cheese. Mix everything together over medium heat for about 3 minutes or until you get a smooth and creamy texture.

Serve with additional parmesan and fresh basil if desired.

MFP Barcode



Allergen Information

Contains milk, wheat.



Steak, Asparagus & Lime Rice

High Protein

Med Carb



Simplicity at its finest! While red meat is not inherently bad, intake of red meat should be kept lower across the week in comparison to other animal-based protein sources. Additionally, red meat should be avoided prior to exercise as it is harder work on the digestive system which may cause GI discomfort.



Prep: 5 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 1 portion

Fillet Steak 7 oz or 200g

Salt pinch

Pepper 1 tsp

Asparagus 6 spears

Olive Oil 1 tsp

Basmati Rice 1/2 boil in bag

Garlic 1 clove

Lime Juice yield, 2 limes

Lime Zest 1 lime

Coriander tsp, chopped

Spring Onion 1, small

Steak, Asparagus & Lime Rice

High Protein

Med Carb

Method

To a small mixing bowl, add the garlic clove (crushed), lime juice, lime zest, coriander (chopped), and spring onion (chopped). Once done, season the steak with salt and pepper.

Next, boil the rice according to the instructions, typically 10 minutes.

With 5 minutes remaining until the rice is cooked, heat a frying pan with olive oil. Cook the steak for 2 minutes on each side for a medium-cooked steak.

After you place the steak on the pan, add the asparagus to the pot of boiling water with the rice (or use a separate one) and cook for 3 minutes.

Once the rice is cooked, add the lime and coriander mixture and mix well before serving.

MFP Barcode



Allergen Information



KCAL
207

PRO
31.2g

CARB
11.7g

FAT
4.1g

FIBER
3.5g

Per serving

Strawberry Chicken Salad

High Protein

Low Carb



Tender shredded chicken, crisp lettuce, and sweet sliced strawberries come together in this refreshing dish. Toss the chicken in a homemade dressing made with lemon juice, honey, vinegar, and light olive oil. Combine the lettuce, red onion, and strawberries, then place the marinated chicken on top and drizzle with the remaining dressing.



Prep: 5 min

Cook: 0 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 average

Strawberries 12

Lettuce 100g or 3.5oz

Lemon Juice 1 lemon

Honey 2 tsp

Apple Cider 1 tsp

Olive Oil 1 tsp

Fresh Thyme a sprig

Strawberry Chicken Salad

High Protein Low Carb

Method

In a bowl, whisk together lemon juice, honey, vinegar, and light olive oil. Season with salt and pepper to taste. Add a touch of fresh thyme for an aromatic finish. Place the shredded chicken in the dressing and let it marinate for about 5 minutes while you assemble the salad.

Combine the lettuce, red onion, and sliced strawberries in a medium-sized serving bowl or on individual plates. Toss them gently to distribute the ingredients evenly.

Place the marinated shredded chicken on top of the salad, ensuring it is evenly spread. Drizzle the remaining dressing over the chicken and salad.

MFP Barcode



Allergen Information



KCAL
467.6

PRO
29.2g

CARB
23.8g

FAT
28.4g

FIBER
2.5g

Per serving

Summer Salmon Tacos

High Protein

Med Carb



What does Summer taste like? Zesty, fresh with a tangy twist. These salmon tacos are a crowd-pleaser and tummy hugger. To make things easier, you can simply use store-bought soft-shell tacos or tortilla wraps. Pack with healthy fats, a high dose of protein and an abundance of vitamin C.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Intermediate



Makes 2 portions

Salmon 2 fillets

Cajun rub 1 tsp

Avocado 1/2

Mango 1 small

Lime juice yield, 2 limes

Spring Onion 2

Red Chilli 1

Basil 6 leaves

Greek Yoghurt 2 tsp

Cherry tomato 100g or 3.5 oz

Ballymaloe Relish 2 tsp

Olive Oil 0.5 tsp

Taco Shell 4 (40g or 1.4 oz self-raising flour, 4 tbsp water, 1 tsp olive oil)

Summer Salmon Tacos

High Protein

Med Carb

Method

Season the salmon fillet with a sprinkle of salt and the cajun rub. Use a generous amount of the rub, 1/2 a tsp on each salad. Preheat the oven to 180 degrees.

In a bowl add the cherry tomatoes (in quarters), chili (finely chopped), basil leaves (chopped), mango (cubed), spring onion (chopped), and avocado (cubed). Then add a pinch of salt & the juice of 2 limes and mix well. The lime adds flavor and preserves the colour of the avocado. Leave to the side

Next in a mixing bowl add the self-raising flour, 4 tbsp of water, a pinch of salt, and 1/2 tsp of olive oil. Mix well, until all the flour is mixed. If it is too wet, add a little more flour.

Flour a surface and knead the dough for 3 to 5 minutes. Then divide the dough into 4 even pieces. Then roll the dough until you get a thin flat taco.

Next, to a hot pan with 1/2 tsp olive oil, add the salmon fillets skin side down for 2 minutes. Then place them on a baking tray (use parchment so they do not stick) and place them in the oven for 15 minutes.

With 8 minutes remaining, on a medium heat pan, add a taco, cooking for 1-2 minutes on each side. Repeat until all four tacos are complete. There is no need for oil here. Just be careful not to burn the taco.

Assemble! Add 1/2 a tsp of greek yogurt and relish to each taco. Next spoon over some of the salsa and finish with the salmon. I like to break the salmon up in a bowl before adding it to the tacos.

MFP Barcode



Allergen Information

Contains lactose, gluten, mustard. May contain sulphites



KCAL
570.2

PRO
17.6g

CARB
81.7g

FAT
19.3g

FIBER
5.4g

Per serving

Sundried Tomato Gnocchi

High Carb



One for those who love Italian cuisine. This recipe combines tricolor pillowy gnocchi with the sweet and tangy flavor of sundried tomatoes, creating a dish that is both satisfying and delicious.



Prep: 3 min

Cook: 6 min

Fresh: 3 days



Beginner



Makes 2

Tricolor Gnocchi 400g or

Light Single Cream 100ml or

1/2 Fat Mozzarella 60g or 1/2 cup

Sun Dried Tomatoes 10

Garlic 4 cloves

Olive Oil 1 tsp

Dried Basil 1 tsp

Dried Oregano 1 tsp

Sundried Tomato Gnocchi

High Carb

Method

First, finely chop the sundried tomatoes and leave them to the side.

Bring a pot of water to a boil and cook the gnocchi according to the packet instructions (in this case 4 minutes).

Next to a pan, on medium heat add a tsp of olive oil and the garlic cloves, crushed. Cook for 2 minutes before adding the sundried tomatoes, tomato puree, and herbs. Cook for a minute before adding the cream, mixing until well combined.

At this stage, the gnocchi should be ready. Drain the water (reserving a 1/2 cup) and add the gnocchi to the pan. Mix well and add the pasta water if the sauce is too thick/not enough. Finally, add the mozzarella and stir. Allow the cheese to melt before serving.

MFP Barcode



Allergen Information

Contains lactose



KCAL
465.3

PRO
40.5g

CARB
63.6g

FAT
5.3g

FIBER
3.2g

Per serving

Sweet Chilli Chicken Noodles



High Protein

High Carb

Looking for a delicious and nutritious way to fuel or recover from your workout? Look no further than our Sweet Chilli Chicken Noodles! This mouth-watering dish combines tender chicken, hearty egg noodles, and a medley of fresh vegetables with a spicy and sweet sauce that's sure to satisfy



Prep: 8 min

Cook: 15 min

Fresh: 5 days



Beginner



Makes 2

Chicken Breast 2

Salt 1 pinch

Pepper 5 twists

Olive Oil 1 tsp

Egg Noodle 125g or 4.4 oz

Brown Onion 1 medium

Red Pepper 1 medium

Baby Spinach 2 cups

Sugar Snap Peas 10

Soy Sauce 2 tbsp

Oyster Sauce 1 tbsp

Brown Sugar 1 tsp

Sweet Chilli Sauce 1.5 tbsp

Lime Juice 1

Sweet Chilli Chicken Noodles

High Protein

High Carb

Method

First, prepare the veg. Peel and dice the onion and leave it to the side. Next, deseed and thinly slice the red pepper and leave it to the side.

Next, cut the chicken breast into thin strips.

To a wok or deep pan on medium heat, add a tsp of olive oil followed by the onion. Cook until translucent before adding the chicken, salt and pepper.

As the chicken cooks, prepare the sauce. Add the sweet chili sauce, soy sauce, oyster sauce, the juice of 1 lime, and a tsp of brown sugar in a bowl. Mix well and leave to the side.

After cooking the chicken for 4-5 minutes, it should begin to whiten. At this stage add the sauce and mix well. Next, add the peppers and cook for a further 5 minutes.

Bring a pot of water to a boil and add cook the egg noodle according to the packet instructions (typically 3 to 5 minutes).

Add the spinach, and stir regularly. The spinach will wilt with the heat.

Once the noodles are cooked, drain the water and transfer them to the wok. Mix well before serving.

MFP Barcode



Allergen Information

Contains egg, wheat, soy.
May contain sulphites



Sweet and Sour Chicken

High Protein Med Carb



Low in fiber and low in fat, this recipe is a suitable fuel-up recipe or recovery recipe. It also is a super way to improve your ability to cook, restaurant-style dishes that you typically get for takeaway.

 Prep: 10 min Cook: 20 min Fresh: 3 days  Beginner

 Makes 6 portions

- Chicken** 6, average breasts
- Olive Oil** 1 tsp
- Red Pepper** 2, medium
- Yellow Pepper** 1 medium
- Mangetout** 3.5 oz or 100g packet
- Baby Corn** 3.5 oz or 100g packet
- Spring Onions** 3
- Garlic** 4, cloves

- Basmati Rice** 12.7 oz or 360g
- Ginger** 1 inch piece, grated
- Pineapple** 150g (1 small pineapple)
- Sauce** cornflour (1 tsp), honey (3 tsp), soy sauce (3 tbsp), rice vinegar (3 tbsp), ketchup (4 to 5 tbsp), water (6 tbsp), ginger (1/2 inch piece chopped)

Sweet and Sour Chicken

High Protein

High Protein

Method

The first step is to make the sauce. To a small bowl, add the 3 tbsp honey, 3 tbsp soy sauce, 3 tbsp rice vinegar, 45g ketchup, 6 tbsp of water, and 1/2 an inch piece of grated ginger. Mix the cornflour with a splash of water before adding it to the sauce mixture.

Next, chop deseed and slice the peppers and chop the pineapple into chunks. Set the veg to the side. To a pot, add 2 spring onions (chopped), garlic cloves (crushed), olive oil, and a tsp of grated ginger. Don't place it on the heat just yet.

Dice the chicken and leave it to the side.

Bring the pot to low-medium heat for 3 minutes and then add the chicken and cook until white before adding the peppers, mangetout, and baby corn. Cook for 3 minutes and then add the sauce. Mix well and mix often to avoid burning.

Cook the rice according to the instructions as the chicken cooks. Lastly, add the pineapple and cook for 2 more minutes

Serve the hot on a bed of rice and garnish with freshly chopped spring onion.

MFP Barcode



Allergen Information

Contains soy



KCAL
572.4

PRO
16.8g

CARB
82.4g

FAT
19.3g

FIBER
12.7g

Per serving

Sweet Potato and Black Bean Burritos

High Carb



Discover the vibrant flavors of these sweet potato and black bean burritos. Packed with a delightful mix of spices, vegetables, and protein, these burritos are both nutritious and tantalizing. The tang of lime and the creaminess of oat yogurt perfectly balance the heat from the jalapeños, making this dish a true treat.



Prep: 10 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 2

Sweet Potato 1 large

Black Beans 1 tin

Cooked Rice 100g or

Tortilla Wrap 2, 8 inch

Lime Juice 1 lime

Olive Oil 2 tbsp

Spring Onion 3

Jalapeños 2 tbsp, pickled & sliced

Oat Yogurt 2 tsp

Garlic Cloves 2

Cumin 1 tsp

Spinach 100g or

Paprika 1/2 tsp

Sweet Potato and Black Bean Burritos

High Carb

Method

Preheat your oven. Toss the chopped sweet potato with a drizzle of olive oil, paprika, cumin, and cinnamon. Lay them out on a baking tray and roast until they are tender and slightly caramelized.

In a pan, heat some olive oil over medium heat. Add minced garlic and sauté until fragrant. Add in the same seasonings you used for the sweet potatoes and stir. Add the black beans and cook until they're warmed through.

After cooking the rice, place the spinach in a colander right above the pot of hot rice. The steam from the rice will wilt the spinach. After a few minutes, squeeze out any excess water.

In a mixing bowl, combine the sliced spring onions, lime juice, sliced jalapeños, and a splash of the jalapeño pickling juice.

Lay out the tortillas and evenly distribute the roasted sweet potatoes, black beans, salsa, oat yogurt, rice, and wilted spinach. Roll up the tortillas to form the burritos and then fry them on low heat for 1 minute on each side.

MFP Barcode



Allergen Information



KCAL
542.2

PRO
13.3g

CARB
98.6g

FAT
9.2g

FIBER
16.9g

Per serving

Sweet Potato & Mixed Bean Chilli

High Carb



This hearty and aromatic sweet potato and mixed bean stew is a delightful concoction of spices, vegetables, and legumes. With the sweetness of the roasted sweet potatoes balancing the tang of tomatoes and the spicy kick from the chilli, it's a crowd-pleaser that promises both warmth and nutrition.



Prep: 15 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 4

Chopped Tomatoes 1 tin

Mixed Beans 1 tin

Sweet Potato 2, large

Red Pepper 2, medium

Yellow Pepper 1, medium

Brown Onion 1 medium

Olive Oil 2 tbsp

Cinnamon 2 tsp

Cumin 1 tsp

Red Chilli 1

Paprika 1 tsp

Coriander Leaves 1 bunch

Rice 200g, uncooked

Sweet Potato & Mixed Bean Chilli

High Carb

Method

Preheat the oven to 180°C/350°F/gas 4. Peel and chop the sweet potatoes. In a roasting tray, toss them with 1 tablespoon of olive oil and a pinch each of cinnamon, cumin, and paprika. Spread out evenly and roast for 35 to 40 minutes until they're tender and slightly caramelized.

Meanwhile, peel and roughly chop the onion. Pick the leaves from the coriander and finely chop them. Roughly chop the chilli. Deseed the red and yellow peppers and chop them into chunks.

Heat 1 tablespoon of olive oil in a large pan. Add the onion, coriander, chilli, and peppers. Sprinkle in the remaining spices and cook over a low heat for about 10 minutes, stirring occasionally.

Add the mixed beans (with their liquid) and the tinned tomatoes to the pan. Mix well, adding a bit of water if it's too thick. Let the mixture simmer gently for about 30 minutes. Stir occasionally.

Stir in the roasted sweet potatoes. Taste and adjust the seasoning as necessary.

Pour the stew over cooked rice. Garnish with some fresh coriander leaves.

MFP Barcode



Allergen Information



KCAL
542.6

PRO
38.4g

CARB
68.1g

FAT
12.8g

FIBER
14.8g

Per Serving

Sweet Potato Shepherd's Pie

High Protein

High Carb



The Shepherd's Pie is a winter favorite that warms the heart on cold winter evenings. This version swaps out potato for sweet potato which adds a new flavor dimension.



Prep: 20 min

Cook: 40 min

Fresh: 5 days



Beginner



Makes 4

Sweet Potato 2 large (900g or 31.7 oz)

Lean Beef Mince 500g or 17.6 oz

Red Pepper 3 large

Carrots 3 medium sized

Brown Onion 1

White Mushrooms 150g or 5.3 oz

Frozen Peas 150g or 5.3 oz

Water 100 ml or 3.4 fl oz

Tomato Puree 3 tbsp

Skimmed Milk 2 tbsp

Cheddar Cheese 35g or 1.2 oz

Garlic 4 cloves

Worcestershire Sauce 2 tbsp

Beef Stock 1 cube

Butter 1/2 tbsp

Olive Oil 1 tsp

Spices cumin (1 tbsp), cinnamon (1/2 tsp), nutmeg (1/2 tsp), chili flakes (1/2 tsp), salt, pepper

Sweet Potato Shepherds Pie

High Protein

High Carb

Method

Preheat the oven to 200 degrees. Peel the carrots and sweet potato. Next, cut two of the carrots into small pieces and cube the sweet potato. Steam or boil both until they are soft. Once cooked, leave them to the side.

Peel and chop the remaining carrot, peppers and mushrooms and leave them to the side.

Next, peel and chop the onion and add it to a large pot with a tsp of olive oil, the chili flakes, cumin, and garlic cloves (crushed). Cook on medium heat until the onions are translucent.

At this point, add the beef. Cook until browned off and then add the veg (peppers, mushroom, carrot and peas).

Cook for 3 to 5 minutes before adding the Worcestershire sauce, tomato puree, nutmeg and cinnamon. Mix well and often, cooking for 3 more minutes.

At this point, add the beef stock (with 100ml of boiling water). Leave to simmer on medium heat for 10 minutes. As that simmers away, add a knob of butter to the sweet potato and carrot mixture. Then mash until smooth. Add two tbsp of milk to help with this.

After 10 minutes, transfer the beef mixture to a baking dish. Then top with the sweet potato and carrot mixture. Place the cheese evenly around the top before placing it in the oven for 20 to 30 minutes.

MFP Barcode



Allergen Information

Contains milk, wheat, sulphites



KCAL
549

PRO
38.4g

CARB
46.2g

FAT
23.3g

FIBER
9.4g

Per serving

Taco Crunch Wrap

High Protein

Med Carb



Indulge in the delectable layers of the Taco Crunch Wrap. With a medley of flavors and textures - from spiced mince and tangy sauce to crispy Doritos and refreshing salsa, this wrap will leave you craving more.



Prep: 16 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 2

Lean Beef Mince 200g or 7 oz

Salad Tomato 1, medium

Tortilla 4, 2 large & 2 small

Lime Juice 1 lime

Cheddar Cheese 40g or 1.4 oz, half fat

Doritos 10 chips

Jalapeños 2 tbsp, sliced in brine

Red Onion 1/4 small

Olive Oil 1 tbsp

Red Chilli 1

Low Fat Yogurt 2 tbsp

Lettuce 2 leaves

Salt 1 pinch

Garlic 1 clove

Sriracha Sauce 1 tbsp

Coriander Leaves 1 tbsp

Spices 1 tsp cumin, paprika, oregano, 1/2 tsp chilli powder

Taco Crunch Wrap

High Protein

Med Carb

Method

Cook the mince in a pan. Add paprika, cumin, salt, oregano, chili powder, and pepper to the mince and stir until well combined and aromatic.

In a small bowl, mix the low-fat yogurt and sriracha together until smooth.

In a separate bowl, combine the finely diced red onion, chopped coriander, diced chili, lime juice, diced tomato, minced garlic, and olive oil. Stir well.

Lay out the large wrap. Begin by spreading a layer of the yogurt-sriracha sauce. Follow with the seasoned mince. Next, spread the freshly made salsa. Crunch and spread the Doritos chips over the salsa, add slices of jalapeños, a couple of lettuce leaves, and then sprinkle the cheese on top. Place the smaller wrap on top and fold the edges of the large wrap over the small one, sealing everything in.

Preheat the air fryer. In a pan, briefly cook each side of the wrap until it's slightly golden and holds its shape. If needed, use toothpicks to ensure the wrap stays closed. Transfer to the air fryer and cook until it's golden and crispy.

Cut the wrap in half and serve immediately. Pair with some guacamole or extra salsa on the side for an even more delightful experience.

MFP Barcode



Allergen Information

Contains lactose, wheat



Tasty Tuna Pasta Bake

High Protein

High Carb



A budget-friendly favorite that is absolutely bursting with hearty flavors. This meal is packed with protein from the tuna and full of carbohydrates. This great meal is an excellent choice when you're needed to load up on carbohydrates to fuel your training.



Prep: 10 min

Cook: 35 min

Fresh: 3 days



Beginner



Makes 4

Chopped tomatoes 2 tins

Pasta 400g or 14 oz rigatoni, dried

Tuna 2 tins, drained

Brown Onion 1 medium

Red Onion 1 medium

White Mushrooms 4 large

Broccoli 1 small head

Spinach 2 cups

Parmigiano Reggiano 40g or 1.4 oz

Tomato Puree 2 tbsp

Cheddar Cheese 30g or 1 oz

Bread 1 slice, wholemeal

Garlic 3 cloves

Olive Oil 1 tbsp

Basil 1.5 tsp

Oregano 1.5 tsp

Tasty Tuna Pasta Bake

High Protein

High Carb

Method

Preheat the oven to 200 degrees celsius (390F)

Peel and chop the onions, and add them to a large pot with olive oil, oregano, basil, and crushed garlic cloves. Leave the pot to the side as you continue to prepare the meal.

Next, chop the small head of broccoli into small florets, chop the mushrooms and place them to the side.

Place the pot on medium heat and cook for 3 to 5 minutes. Then add the chopped mushrooms and broccoli florets. As this cooks, bring a large pot of salted water to a boil.

After 5 minutes, add the tuna to the pot (drained). Cook for a further 2 minutes, then add the tomato puree and chopped tomatoes. Leave this to simmer for 15 minutes.

As the pot simmers. Cook the pasta according to the packet's instructions. With 2 minutes remaining until the pasta is cooked, add the two cups of spinach. Mix well.

As the pasta is cooking, blend a slice of bread to make the bread crumbs. Grate the cheese if needed.

Next, transfer the tuna mixture to a large roasting dish along with the pasta (drained). Mix well before topping with the grated cheese mixture and the bread crumbs. Place the dish in the oven for 15 to 20 minutes.

MFP Barcode



Allergen Information

Contains wheat, fish, lactose



Teriyaki Salmon Bowl

High Protein

Med Carb



Salmon is a fatty fish packed with essential omega-3 fatty acids that help with brain function, and heart health and support joint health. Additionally Salmon is an excellent source of protein. The composition of this meal makes it the perfect "mixed meal" of protein, fat, and carbohydrate.



Prep: 5 min

Cook: 15 min

Fresh: 2-3 days



Beginner



Makes 2 portions

Salmon 2 fillets

Basmati Rice boil in the bag

Spring Onion 1

Edamame 3.5oz or 100g, shelled

Sesame Seeds 1 pinch

Teriyaki Glaze 1 tsp

Coriander fresh, sprig

Broccoli 2.5 oz or 70g (4 small spears)

Carrot 1/2 a carrot, grated

Bok Choy handful, chopped

Cucumber 1 thumb length piece, sliced

Teriyaki Salmon Bowl

High Protein

Med Carb

Method

Preheat the oven to 180 degrees. Dab the salmon fillets dry using a paper towel before adding the teriyaki glaze to the salmon. Use can use a store-bought teriyaki sauce.

Boil the kettle and organize two pots, one for cooking the rice and one for cooking the broccoli and edamame. Begin by cooking the rice according to the instructions on the packet (usually takes 11 to 13 minutes). After starting to boil the rice, add the salmon to the oven for 13 minutes.

As the salmon and rice cook, peel and grate the carrot and leave it to the side. Slice the cucumber and leave to the side and clean and chop the spring onion and leave to the side.

Until 5 minutes before the salmon is cooked, add the shelled edamame and broccoli to the other pot with boiling water. Cooking for 5 minutes.

Once cooked, serve the rice in a bowl and then top the rice with the grated carrot, broccoli, edamame, spring onion, and salmon. Garnish with fresh coriander leaves.

MFP Barcode



Allergen Information

Contains fish, sesame.
May contain sulphites,
soy, wheat, gluten



Thai Prawn Salad

High Protein

Low Carb



Grated carrots, red cabbage, courgette, spinach, and sweetcorn come together to create a refreshing vegetable base. Succulent prawns are tossed in a zesty dressing made with fish sauce, lime juice, garlic, and a touch of chili flakes. Add the dressed prawns to the salad and serve, relishing the delightful blend of textures and flavors



Prep: 10 min

Cook: 0 min

Fresh: 1 days



Beginner



Makes 2

Cooked Prawns 250g or 8.8oz

Sweet Corn 120g or 4.2oz

Courgette 1 small

Red Cabbage 70g or 2.5oz

Carrot 1 medium

Spinach handful

Sweet Chilli Sauce 2 tbsp

Fish Sauce 1 tbsp

Garlic Cloves 1

White Sugar 1 tsp

Chilli Flakes pinch

Thai Prawn Salad

High Protein

Low Carb

Method

Grate the carrots, red cabbage, and courgette, and set them aside.

In a large bowl, combine the grated vegetables, spinach, and sweetcorn. Toss them gently to mix well and ensure even distribution.

In a separate small bowl, whisk together the fish sauce, lime juice, sugar, minced garlic, and chili flakes until the ingredients are well incorporated.

Add the cooked prawns to the dressing and toss them gently to coat them evenly with the flavorful dressing.

Add the dressed prawns to the vegetable salad and gently toss everything together to combine. Ensure that the prawns are evenly distributed throughout the salad.

MFP Barcode



Allergen Information

Contains shellfish,
sulphites



Tropical Chicken Mango Salad

High Protein

Low Carb



Chicken offers lean protein for muscle repair, while mangoes, rich in vitamins A and C, boost immunity. Fiber-rich vegetables promote digestion, and the sauce's healthy fats support brain and heart health. With ingredients like garlic and ginger, it's a tasty meal that's also a powerful ally for your overall well-being.



Prep: 10 min

Cook: 12 min

Fresh: 3 days



Beginner



Makes 3

Chicken Breasts 3

Mango 1

Red Pepper 1 large

Cabbage 125g or 4.4oz

Mixed Leaf Salad 125g or 4.4oz

Carrot 1 large

Peanut butter 1 tbsp

Soy Sauce 2 tbsp

Honey 1 tsp

Olive Oil 1 tbsp

Garlic Cloves 2

Rice Vinegar 1 tbsp

Sesame Oil 1 tsp

Ginger 1 tsp fresh

Tropical Chicken Mango Salad

High Protein

Low Carb

Method

Prepare the Salad: In a large bowl, combine the shredded chicken, cubed mango, chopped red pepper, grated carrot, grated cabbage, and chopped mixed lettuce. Toss the ingredients until they are well mixed.

Prepare the Sauce: In a separate bowl, add the rice vinegar, soy sauce, minced garlic, honey, minced fresh ginger, natural peanut butter, sesame oil, and olive oil. Stir the ingredients together until they form a well-blended sauce.

Combine and Serve: Pour the sauce over the salad, then toss to ensure all ingredients are coated evenly. Your Tropical Tangy Chicken Mango Salad is now ready to be served. Enjoy this flavorful, nourishing meal!

MFP Barcode



Allergen Information

Contains treenuts. soy, sesame. May contain sulphites



Vegan Pad Thai

High Protein

Med Carb



This Pad Thai offers an explosion of flavors and textures that honor the dish's Thai roots while accommodating plant-based diets. Crispy tofu melds seamlessly with tender rice noodles, all drenched in a rich and tangy sauce that perfectly balances sweet, sour, and salty notes.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Intermediate



Makes 2

Tofu 300g or 10.5oz

Pad Thai Noodles 150g or 5.3oz, dry

Egg 2 (leave out if vegan)

Lime Juice 2 limes

Brown Onion 1, medium

Bean Sprouts 1 handful

Vegan Fish Sauce 3 tbsp

Rice Vinegar 3 tbsp

Soy Sauce 2 tbsp

Garlic Cloves 3

Cornstarch 1 tbsp

Brown Sugar 3 tbsp

Peanuts 2 tsp, chopped

Spring Onion 1

Salt & Black Pepper 1 pinch & 2 twists

Chilli Flakes 1/2 tsp

Vegan Pad Thai

High Protein

Med Carb

Method

Cut tofu into small cubes. Toss with corn starch, salt, and pepper. Heat some oil in a pan over medium heat, then fry the tofu until crispy and golden on all sides. Remove from heat and set aside.

Follow the instructions on the package to cook the rice noodles. Once cooked, drain, rinse in cold water and set aside.

In the same pan you used for the tofu, add a bit more oil if needed. Sauté the onion and grated garlic until the onion becomes translucent.

In a separate pan, scramble the egg. Set aside. For vegans, leave this step out.

In a bowl, whisk together lime juice, vegan fish sauce, brown sugar, rice wine vinegar, and soy sauce. Add the cooked tofu and scrambled vegan eggs back into the pan with the onion and garlic. Add in the rice noodles and the sauce. Stir well to combine.

Toss in the bean sprouts and chili flakes. Stir until the bean sprouts are slightly softened.

Divide the Pad Thai between two plates. Garnish with chopped scallions, a sprinkle of roasted peanuts, and a wedge of lime.

Serve with additional lime wedges and chili flakes if desired.

MFP Barcode



Allergen Information

Contains soy, peanuts.
May contain eggs



KCAL
606.6

PRO
29.6g

CARB
79.5g

FAT
19.7g

FIBER
7.7g

Per serving

Vietnamese Tofu Rice Bowl

High Protein

High Carb



Carbohydrates are king when it comes to fueling for performance and recovering from carbohydrate-depleting exercise. This smoothie is packed with 70g of carbs, making it an easy-on-the-stomach alternative to solid carbohydrate sources.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2

Tofu 350g or 12.3 oz

Basmati Rice 140g or 5 oz, uncooked

Cucumber 5 inch piece

Mangetout 80g or 2.8 oz

Beansprouts 50g or 1.7 oz

Lime Juice yield of 1 lime

Peanut Butter 1 tbsp

Soy Sauce 2 tbsp

Hoisin Sauce 2 tbsp

Garlic 1 clove

Olive Oil 1 tsp

Ginger 2 tsp fresh

Red Chilli 1

Carrot 1 small

Vietnamese Tofu Rice Bowl

High Protein

High Carb

Method

First, prepare the sauces. To a bowl, add the peanut butter, hoisin sauce, a tsp of fresh minced ginger, half a red chilli (finely chopped). Mix well and leave to the side. To a second bowl, add a tsp of ginger, the juice of 1 lime, soy sauce, and half a red chilli. Mix well and leave to the side.

Next, prepare the carrots and cucumber. Peel and grate the carrot and finely slice the cucumber. Leave them to the side.

Next, bring a large pot of water to a boil and cook the rice according to the instructions.

Dice the tofu and then mix it with the soy sauce mixture. Fry on a medium heat with a tsp of olive oil until the tofu is browned.

Remove the tofu from the pan and then add the carrot, cucumber, mange-tout and bean sprouts. Cook for 3 to 5 minutes.

Add the rice to two bowls and then add the veg, tofu and top with half of the peanut sauce to each bowl.

MFP Barcode



Allergen Information

Contains treenuts,
peanuts and soy



KCAL
296.2

PRO
32.7g

CARB
7.3g

FAT
15.6g

FIBER
2.9g

Per serving

Zesty Chicken Garden Salad

High Protein

Low Carb



A low-carb meal that is full of flavor. It features baked chicken breasts seasoned with herbs, served with a fresh salad of lettuce, cucumber, and tomatoes. The tangy homemade dressing ties everything together for a tasty, healthy meal.



Prep: 5 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4

Chicken Breast 4 average size

Cucumber 1 whole

Cherry Tomatoes 250g or 1 & 1/3 cups

Mixed Iceberg Lettuce 250g or 5 cups

Olive Oil 3 tbsp

Dijon Mustard 2 tsp

Shallot 1

Lemon Juice 1 tbsp

Honey 1 tsp

Garlic Cloves 1

Olive Oil 1 tsp

Salt 1/4 tsp

Basil 1/4 tsp, dried

Thyme 1/4 tsp, dried

Oregano 1/4 tsp, dried

Zesty Chicken Garden Salad

High Protein

Low Carb

Method

Pre-heat the oven to 200C degrees (390F).

To an oven-proof dish, add the chicken breasts along with a tsp of olive oil and season with salt and pepper. Cook for 20 minutes.

As the chicken cooks, prepare the salad. To a large bowl add the lettuce (roughly chopped), cherry tomatoes (quartered), cucumber (sliced) and shallots (peeled and chopped). Mix well.

Finally, make the dressing. To a bowl add the olive oil, lemon juice, herbs, salt, garlic (crushed), honey, and mustard. Mix until well combined.

Once the chicken is cooked, serve it on a bed of salad and add a tbsp of the dressing on top.

MFP Barcode



0 5 7 9 4 1 2 2 1 2 5 4

Allergen Information

Contains mustard



KCAL
306.5

PRO
18.4g

CARB
22.1g

FAT
14.7g

FIBER
10.7g

Per serving

Zesty Chorizo-Chickpea Stew

Low Carb



The "Zesty Chorizo-Chickpea Stew" blends smoky chorizo, hearty chickpeas, and vibrant veggies for a robust, warming dish. Enriched with nutrient-dense rocket and garnished with parsley, it's a flavor-packed meal that's rich in protein, fiber, and vital vitamins, providing both indulgence and nourishment in each bite.



Prep: 10 min

Cook: 25 min

Fresh: 3 days



Beginner



Makes 2

Chickpeas 1 tin, drained

Red Pepper 1 large

Red Onion 1 medium

Chorizo 80g or 2.8oz

Rocket 1 handful

Red Pepper Hummus 20g or 0.7

Garlic Cloves 2

Paprika 1 tsp

Chilli Flakes 1/2 tsp

Fresh Parsley to garnish

Zesty Chorizo-Chickpea Stew

Low Carb

Method

Slice the chorizo and place in a frying pan over medium heat. Cook until it turns golden, then remove it from the pan, draining excess fat on a paper towel.

In the same pan, sauté the sliced onion and chopped red pepper for about 10 minutes. Incorporate the sliced garlic and continue to cook for an additional minute.

Add the can of tomatoes to the pan, refilling half of the empty can with water and pouring it in as well. Follow this with the drained chickpeas, paprika, chilli flakes (if using), and houmous. Bring the mixture to a boil and then let it simmer for about 10 minutes until it thickens.

Adjust the seasoning to your liking. You might find a squeeze of lemon enhances the flavor by cutting through the richness of the chorizo. Finally, stir in the rocket and roughly chopped parsley.

Your Zesty Chorizo-Chickpea Stew is now ready to be savored! Enjoy this hearty, flavorful, and nutritious dish.

MFP Barcode



Allergen Information



KCAL
337.8

PRO
11.6g

CARB
50.2g

FAT
9.8g

FIBER
8g

Per serving

Zesty Mushroom and Black Bean Tacos

Med Carb



A satisfying blend of umami-rich mushrooms, tangy citrus, and a hint of chilli heat. These tacos are balanced by creamy avocado and the mild crunch of fresh red onion. A squeeze of lime brings out the vibrant flavors. Packed with plant-based protein and fiber, these tacos offer a nutritious and flavorful twist on a classic.



Prep: 10 min

Cook: 25 min

Fresh: 3 days



Beginner



Makes 4

King Oyster Mushrooms 400g or 14.1 oz

Soft Taco Shells 12

Onion 1 medium

Red Onion 1 small

Oregano 2 tsp

Salt 1 pinch

Soy Sauce 2 tbsp

Chilli & Garlic Sauce 4 tsp

Orange Juice 1 orange yield

Water 150ml or 5 fl oz

Avocado 1

Black Beans 1 tin

Zesty Mushroom and Black Bean Tacos

Med Carb

Method

Begin by shredding the king oyster mushrooms into thin strips using 2 forks. One to stabilize and one to strip.

Heat some olive oil in a pan and sauté the medium onion until it becomes translucent. Add a pinch of salt to the onions.

Stir in the 4 tsp of chilli and garlic paste, 2 tsp of oregano, 2 tbsp of soy sauce, juice from one orange, and 150ml of water. Mix well until everything is combined.

Add the shredded mushrooms to the pan, stirring to coat them thoroughly with the flavourful sauce.

Let the mixture simmer until it reduces down and the mushrooms are fully cooked.

Stir in the drained black beans and cook until they are heated through.

To assemble the tacos, spoon some of the mushroom and bean mixture onto each soft taco shell. Top with slices of red onion and avocado.

Serve the tacos with a lime wedge on the side for squeezing over just before eating.

MFP Barcode



Allergen Information

Contains soybean



KCAL
467.3

PRO
40.2g

CARB
60.1g

FAT
7.7g

FIBER
3.7g

Per serving

Zesty Harissa Chicken Gyros

High Protein

High Carb



The succulent chicken is marinated in a spicy harissa paste, bringing a delightful heat that contrasts beautifully with the refreshing and creamy yogurt-cucumber sauce. Wrapped in soft flatbread and accompanied by crisp vegetables and spiced potatoes, this dish promises a flavorsome experience in every bite.



Prep: 10 min

Cook: 20 min

Fresh: 5 days



Beginner



Makes 4

Chicken Breast 4 average

Potatoes 400g or 14.1 oz

Flatbread 4

Cherry Tomatoes 8

Cucumber 90g or 3.2 oz

Harissa Paste 4 tsp

Lettuce 1 cup

Greek Yogurt 2 tbsp

Cajun Seasoning 1 tbsp

Lemon Juice 1/2 lemon

Black Pepper 5 twists

Garlic 1 clove

Cumin 1 tsp

Paprika 1 tsp

Fresh Mint 1 tbsp

Salt 2 pinch

Zesty Harissa Chicken Gyros

High Protein

High Carb

Method

Combine 4 tsp of harissa paste, the juice of 1 lemon, 1 tbsp of Cajun rub, 1 tsp each of cumin and paprika, and salt & pepper to taste in a bowl. Add the chicken breasts, ensuring they're well coated, and let them marinate for at least 1 hour (or overnight for best results). This is not necessary but recommended.

In another bowl, mix 4 tbsp of Greek yoghurt, 90g of grated cucumber, juice of 1/2 lemon, 1 minced garlic clove, a handful of chopped mint leaves, and season with salt & pepper. Stir well and refrigerate until ready to use.

Cut the potatoes into wedges and roast in an airfryer them until golden and crispy. Slice 8 cherry tomatoes and wash some lettuce leaves for the salad.

Grill or pan-sear the marinated chicken over medium heat until it's cooked through and nicely charred. Let it rest for a few minutes before slicing it.

Warm the flatbreads briefly in the oven or on a griddle. Spread a spoonful of the tzatziki sauce on each flatbread, add slices of the cooked chicken, and top with the salad ingredients and crispy potato wedges.

Fold over the flatbreads to form the gyros and serve them hot. Enjoy this flavorful and hearty meal that's sure to satisfy any appetite.

MFP Barcode



Allergen Information

Contains lactose, wheat



KCAL
475.3

PRO
39g

CARB
35.2g

FAT
19.5g

FIBER
10.8g

Per serving

Zingy Peanut Chicken

High Protein

Med Carb



This zingy peanut chicken will set your taste buds racing. A hot yet zesty combination of chilli and lime brings a heat that is different.



Prep: 5 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 2

Chicken Breast 2 average sized

Carrots 4 medium rainbow carrots

Sweet Potato 1 small

New Potato 1

Bell Pepper 2 medium sized

Water 100ml or 3.3 fl oz

Peanut Butter 2 tablespoons

Limes 1, for juice and zest

Garlic 2 cloves

Olive Oil 2 tsp

Red Chilli 1

Salt 2 pinches

Black Pepper 2 twists

Fresh Thyme 1 tsp

Fresh Rosemary 1 tsp

Zingy Peanut Chicken

High Protein

Med Carb

Method

Preheat the oven to 180 degrees

Chop the veg lengthways (thinly) like in the photo. Add them to a mixing bowl with a tsp of olive oil, thyme, rosemary, salt, and pepper. Mix well and transfer them to a tray. Roast at 180 degrees for 30 to 40 minutes.

As the veg is roasting, in a bowl add the smooth peanut butter, water, chopped chili, the juice of 1 lime, and two crushed garlic gloves. Mix well until you have a spoonable, smooth sauce.

Using a mallet or rolling pin, flatten the chicken breast. Then season with salt and pepper and the zest of a lime. With 15 minutes remaining before the veg is cooked, add the chicken to a hot pan with a tsp of olive oil. Cook evenly on each side. Turning every few minutes. With 5 minutes remaining, spoon the peanut sauce over the chicken and cook for 3 minutes.

With 2 minutes remaining, place the pan under the grill and cook for 2 to 3 minutes more. Serve the chicken on a bed of the roast veg.

MFP Barcode



Allergen Information

Contains treenuts and
peanuts