personal.

LOW-CARB RECIPE PACK

Discover the collection of low-carb recipes, including breakfast, lunch, dinner, treats and smoothie options.

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RECIPE KEY



RECIPE KEY

Look for these helpful icons throughout the file.

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

Contains Nuts



WEEKLY MEAL PLANNER 01

Cauliflower Rice

with Shrimps

Soup with Shrimps

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Herby Breakfast Sausages	BREAKFAST Herby Breakfast Sausages	BREAKFAST Turmeric Poached Egg	BREAKFAST Asian Scrambled Eggs	BREAKFAST Cottage Cheese Protein Pancakes	BREAKFAST Turmeric Poached Egg	BREAKFAST Cottage Cheese Protein Pancakes
LUNCH						
Pear, Cured Ham & Walnut Salad	Leftover Jerk Chicken with Cauliflower Rice	Healthy Coronation Chicken Salad	Healthy Coronation Chicken Salad	Leftover Homemade Quinoa chicken Nuggets	Grilled Vegetable Salad with Tuna	Pear, Cured Ham & Walnut Salad
SNACK						
E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	E.g. Banana Chocolate Bites, Fit Almond Energy Balls
DINNER Jerk Chicken with	DINNER Tom Yum Soup	DINNER Leftover Tom Yum	DINNER Homemade	DINNER Warm Salmon	DINNER Meal Out – Enjoy!	DINNER Leftover Warm

Quinoa chicken

Nuggets with side

of choice

Quinoa Salad

Salmon Quinoa

Salad

WEEKLY SHOPPING LIST FOR MEAL PLAN 01

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh
1x large bag spinach
2x tomatoes
1x bag rocket
○ 1x pear
○ 3x lemons
○ 3x limes
celery
1x bulb garlic
2x zucchinis
O bunch asparagus
14 oz. (400g) cauliflower rice
1x onion
3.5 oz (100g) shitake mushrooms
1x red bell pepper
7 oz. (200g) sugar snaps
○ 3x bananas
Dried
○ 6x apricots
Herbs
Sage
Obasil
mint
ocoriander
parsley
Chives
0

Fish & Seafood
○ 7 oz. (200g) shrimps
○ 4x salmon fillets
Meats
9 oz. (250g) ground pork
oured ham
○ 5 oz. (150g) cooked chicken
2 lbs. (900g) chicken breast
Dairy
ocottage cheese
O blue cheese
○ Greek yogurt
parmesan
Non-Dairy
O 0
○ 6x eggs
O 6x eggs
O 6x eggs
O 6x eggs O
OOOOOOO
OOOOOOOOO
OOOOOOO
OOOOOOOOO
OOOOOOOOO
OOOOOOOOO

Grains
wheat flour
quinoa
almond meal
Nuts & Seeds
pine nuts
walnuts
pistachio nuts
Spices
turmeric
curry powder
thyme
allspice
garlic powder
cinnamon
cayenne pepper
fish spices

Oils
occonut oil
O olive oil
Cans & Condiments
white wine vinegar
mayonnaise
2x cans tuna in olive oil
1x light coconut milk (canned)
1x full fat coconut milk (canned)
otom yum paste
○ fish sauce
O natural peanut butter
Sweeteners
occonut sugar
omaple syrup
Ohoney
Other
ovanilla extract
 vegetable stock cubes
 dark chocolate chips
O desiccated coconut
0
0
0
0
U

WEEKLY MEAL PLANNER 02

Salad

Chicken Salad

Lemon Chicken

Salad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Omelet with Cottage Cheese & Basil	BREAKFAST Omelet with Cottage Cheese & Basil	BREAKFAST Avocado & Egg Paste	BREAKFAST Tofu & Green Peas Paste on Toast	BREAKFAST Sweetcorn Fritters	BREAKFAST Avocado & Egg Paste	BREAKFAST Peanut butter Protein Fluff
LUNCH Easy Greek Zoodle Salad	LUNCH Leftover Low Carb Turkey Salad	LUNCH Crushed Cucumber Salad with Salmon	LUNCH Crushed Cucumber Salad with Salmon	LUNCH Leftover Sesame & Ginger Beef with Zucchini Noodles	LUNCH Leftover Sweetcorn Fritters	LUNCH Easy Greek Zoodle Salad
SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake
DINNER Low Carb Turkey	DINNER Grilled Lemon	DINNER Leftover Grilled	DINNER Sesame & Ginger	DINNER Cod with Creamy	DINNER Meal Out – Enjoy!	DINNER Leftover Cod with

Beef with Zucchini

Noodles

Zoodles

Creamy Zoodles

WEEKLY SHOPPING LIST FOR MEAL PLAN 02

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

Grains

CANS, CONDIMENTS & MISC

Fresh	Fish & Seaf
cherry tomatoes	○ 6 oz. (180g)
2x bulbs garlic	○ 10 oz. (300g
2x avocados	Meats
○ 6x lemons	○ 1 lb. (450g) t
○ 1x lime	○ 1 lb. (450g) g
○ 4x bananas	○ 4x chicken b
strawberries	Dairy
2x cucumbers	cottage chee
ospring onions	Greek yogur
white cabbage	ofeta cheese
ored cabbage	○ cream
2x red bell peppers	Non-Dairy
1x carrot	○ 10x eggs
radishes	natural tofu
bean sprouts	Other
ospring onions	O
ginger	0
○ 4x zucchinis	0
bunch asparagus	
1x bag rocket	
Frozen	0
Ogreen peas	0
Herbs	0
Obasil	
○ coriander	
mint	
Ochives	O

Fish & Seafood
○ 6 oz. (180g) hot smoked salmon
○ 10 oz. (300g) cod fillets
Meats
1 lb. (450g) turkey breast
○ 1 lb. (450g) ground beef (5% fat)
○ 4x chicken breasts
Dairy
octtage cheese
Greek yogurt
ofeta cheese
○ cream
Non-Dairy
○ 10x eggs
O 10% 0990
natural tofu
onatural tofu
Onatural tofu Other
Onatural tofu Other
Onatural tofu Other Output
natural tofu Other

Obuckwheat flour
Nuts & Seeds
osesame seeds
O almonds
Spices
oregano
○ paprika
○ turmeric
○ chili
Other
0
0
O
0
0
O
0
0
0
0

Oils
occonut oil
O olive oil
osesame oil
Cans & Condiments
sweetcorn
opeanut butter
O black olives
○ tahini
ofish sauce
orice wine vinegar
white wine vinegar
osoy sauce (reduced sodium)
sundried tomatoes
Sweeteners
ostevia/xylitol
honey
Other
o baking powder
ovegetable stock
0
0
0
0
0



TURMERIC POACHED EGG



Serves: 2 Prep: 10 mins Cook: 5 mins



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













WHAT YOU NEED

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

WHAT YOU NEED TO DO

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

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

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

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





OMELET WITH COTTAGE CHEESE & BASIL



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 200 kcal 14g Fats 3g Carbs 15g Protein











WHAT YOU NEED

- 6 large eggs
- · 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- % cup (200g) cottage cheese
- 12 cherry tomatoes

WHAT YOU NEED TO DO

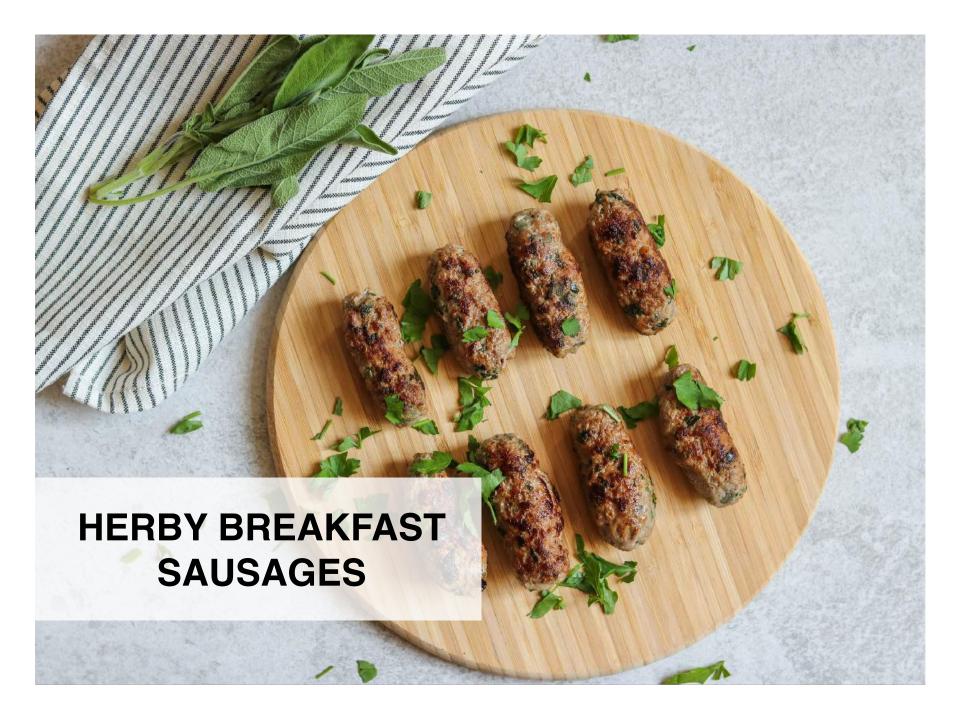
Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.





HERBY BREAKFAST SAUSAGES



Prep: 10 mins Cook: 10 mins



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











WHAT YOU NEED

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

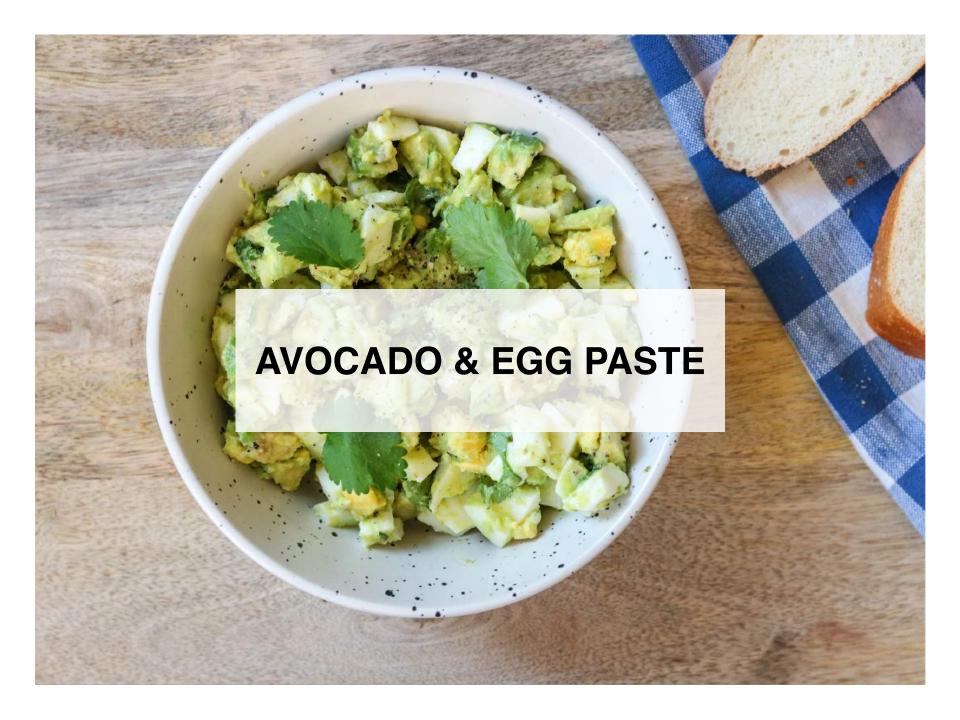
WHAT YOU NEED TO DO

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

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

Serve hot or store in the refrigerator for later.





AVOCADO & EGG PASTE



Serves: 2 Prep: 10 mins Cook: 0 mins



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





WHAT YOU NEED

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

WHAT YOU NEED TO DO

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

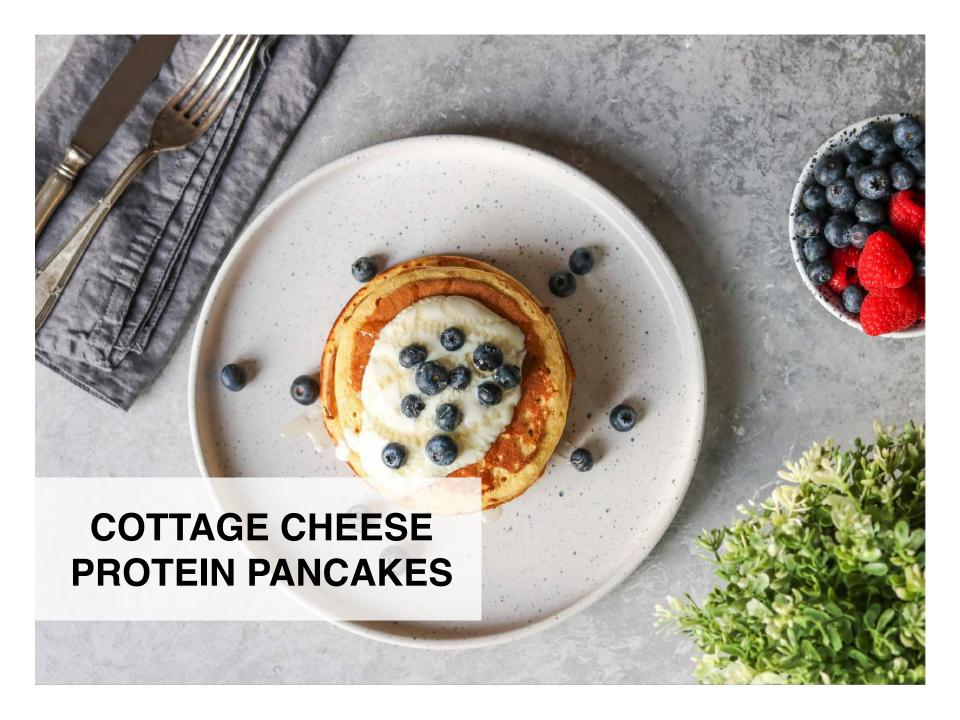
Press the garlic, and add to the eggs.

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

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

Serve immediately on bread or on its own.





COTTAGE CHEESE PROTEIN PANCAKES



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 162 kcal 4g Fats 18g Carbs 12g Protein





WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

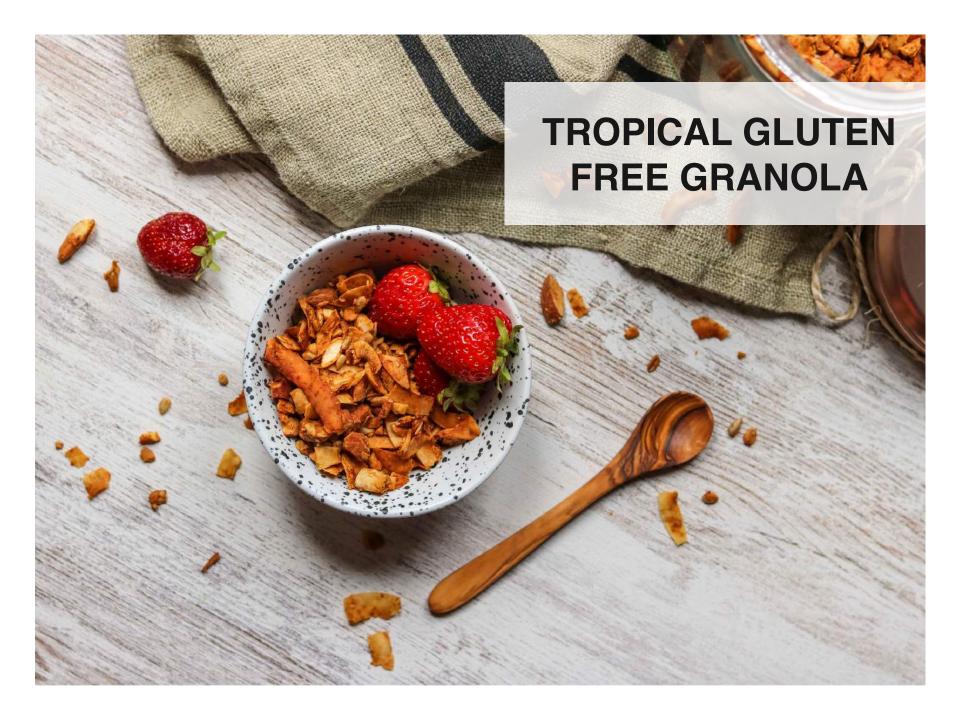
Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.





TROPICAL GLUTEN FREE GRANOLA



Makes: 7 cups Prep: 20 mins Cook: 2 hrs



Nutrition per serving: 173 kcal 14g Fats 10g Carbs 4g Protein











WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- · orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

Note:

Nutrition information is given per serving size of ¼ cup – 28 grams.

WHAT YOU NEED TO DO

Pre-heat oven to 250° F (120° C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

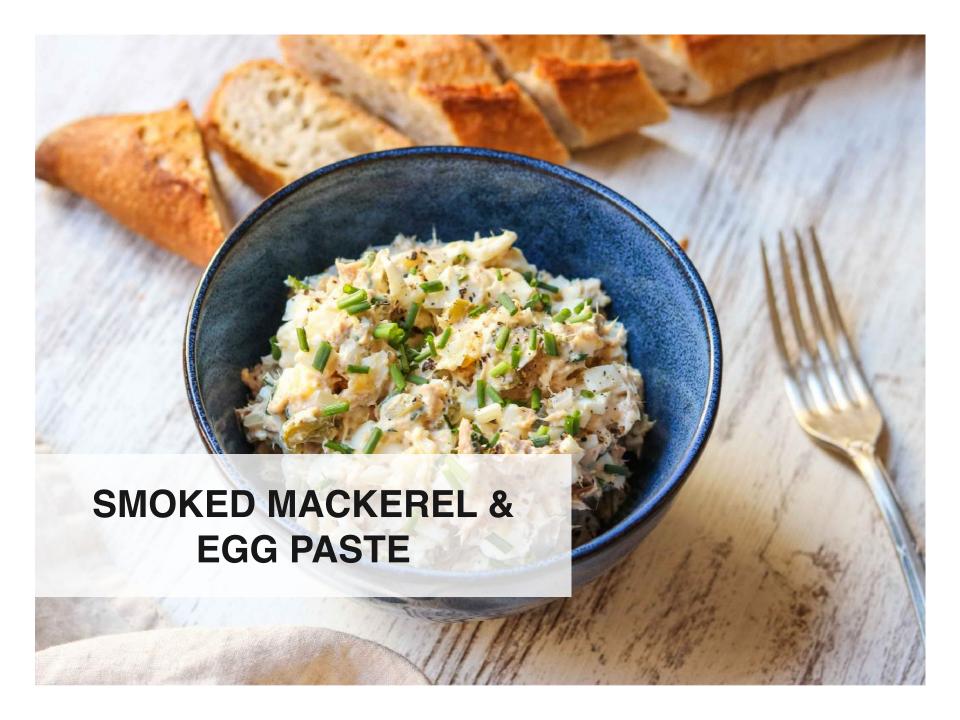
Divide the wet granola between the two prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola can be kept for a couple of weeks.





SMOKED MACKEREL & EGG PASTE



Prep: 10 mins Cook: 0 mins



Nutrition per serving: 268 kcal 23g Fats 5g Carbs 18g Protein











WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt (or more mayo)
- · bunch of chives, chopped

WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

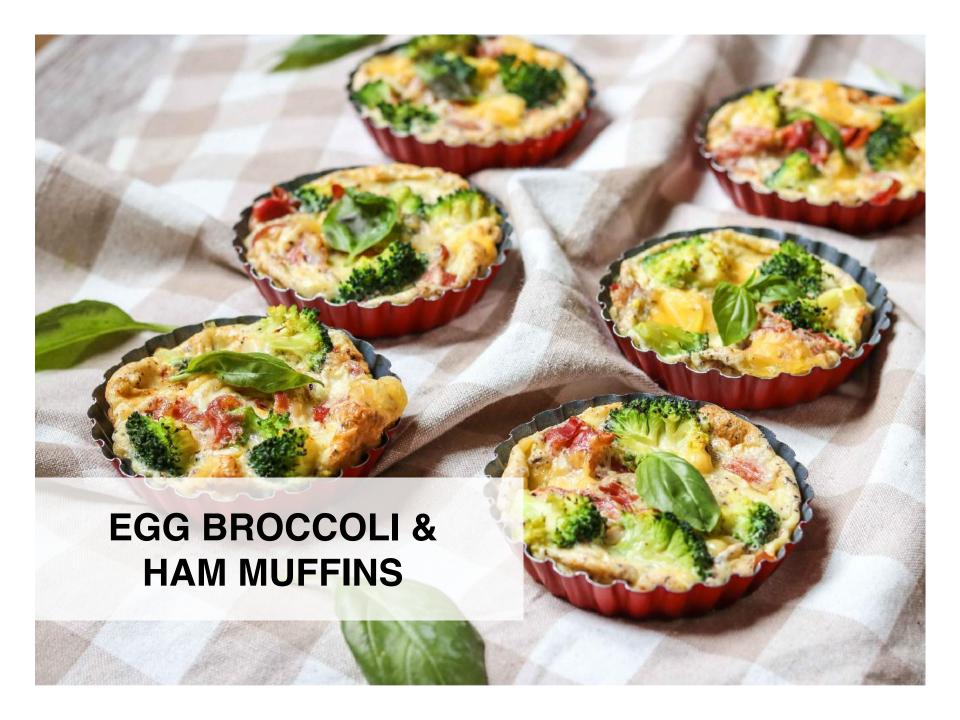
Debone and skin the fish, then chop the meat and add to the bowl.

Add the finely chopped onion and gherkins into the bowl.

Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.

Serve with bread, fresh veggies, or on its own.





EGG BROCCOLI & HAM MUFFINS



Prep: 5 mins Cook: 15 mins



102 kcal 6g Fats 4g Carbs 10g Protein





WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chili flakes, optional
- · 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C).

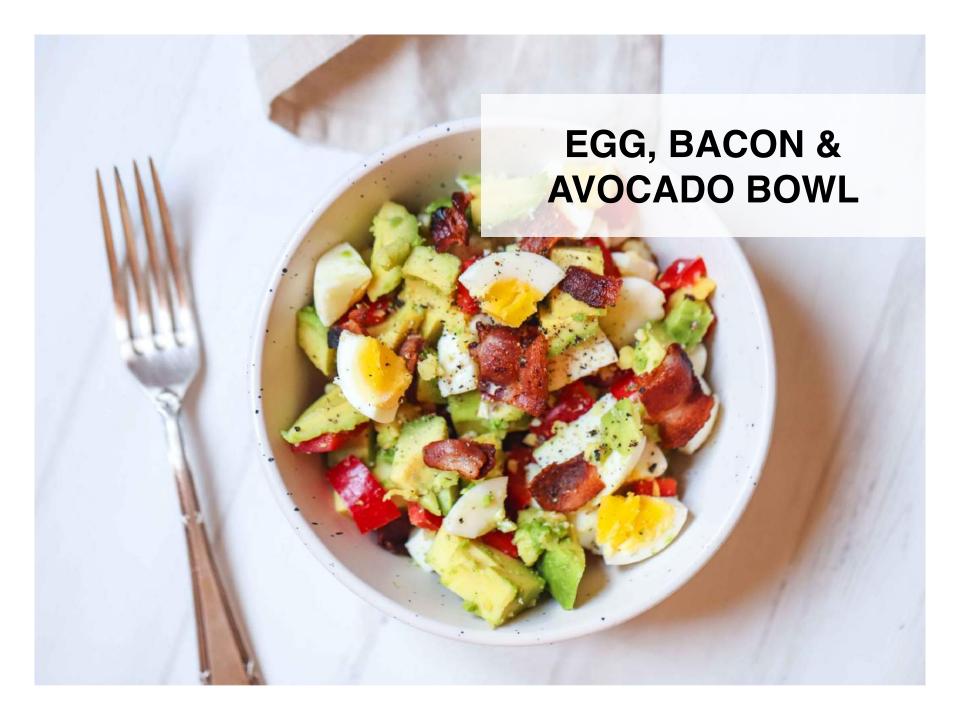
Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chili flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

Vegetarian option: replace the ham with feta cheese, Goats cheese or your favourite vegetables.





EGG, BACON & AVOCADO BOWL



Serves: 1 Prep: 5 mins Cook: 5 mins



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





WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- ½ large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

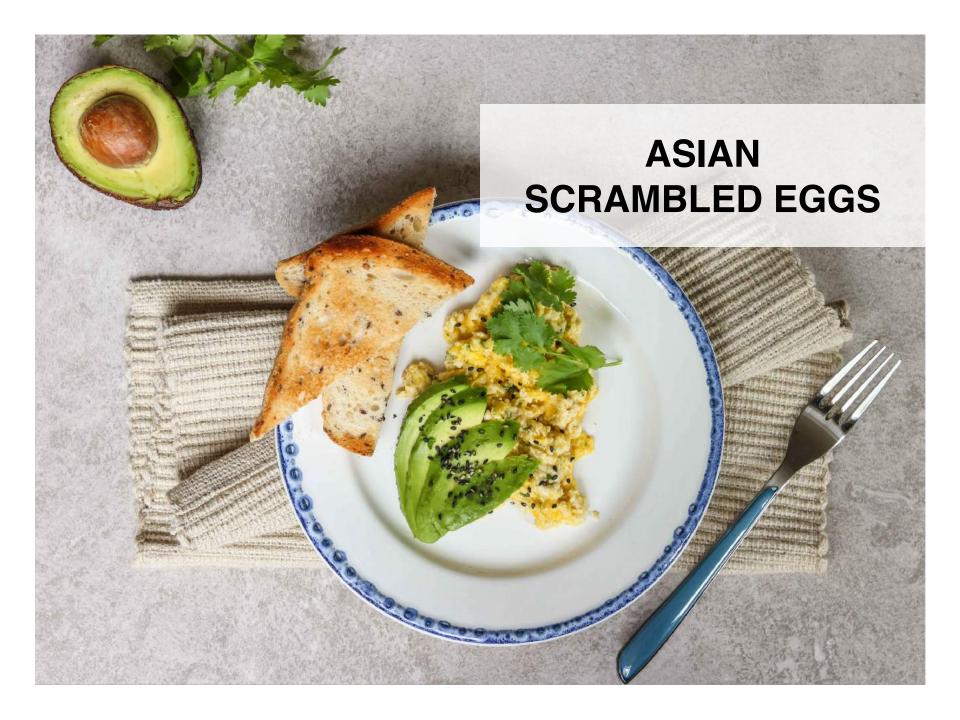
WHAT YOU NEED TO DO

Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.

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

Season with salt and pepper to serve.





ASIAN SCRAMBLED EGGS



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 270 kcal 14g Fats 5g Carbs 19g Protein





WHAT YOU NEED

- 3 eggs
- · soy sauce, few drops
- · handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.





ZUCCHINI FRIES



Serves: 4 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 177 kcal 12g Fats 14g Carbs 5g Protein









WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 430°F (220°C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.

On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp. of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.

Season with salt and serve.





TOFU CAESAR SUMMER ROLLS



Serves: 4 Prep: 15 mins Cook: 10 mins



Nutrition per serving: 191 kcal 10g Fats 8g Carbs 5g Protein











WHAT YOU NEED

- ½ cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan cheese, grated
- Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press using a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let it cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of Parmesan cheese. Lastly, top with some shredded lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(**Pro tip:** dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)





SWEETCORN FRITTERS



Prep: 10 mins Cook: 15-20 mins



Nutrition per serving: 97 kcal 3g Fats 15g Carbs 3g Protein





WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- · bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- ¾ cup (185ml) cold water
- 4 tsp. coconut oil

WHAT YOU NEED TO DO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (½ tsp. of oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).





TOFU & GREEN PEAS PASTE



Cook: 0 mins

Nutrition per serving: 290 kcal 21g Fats 17g Carbs 11g Protein





WHAT YOU NEED

- ½ cup (100g) green peas, frozen
- 3/8 cup (50g) natural tofu
- ¼ avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

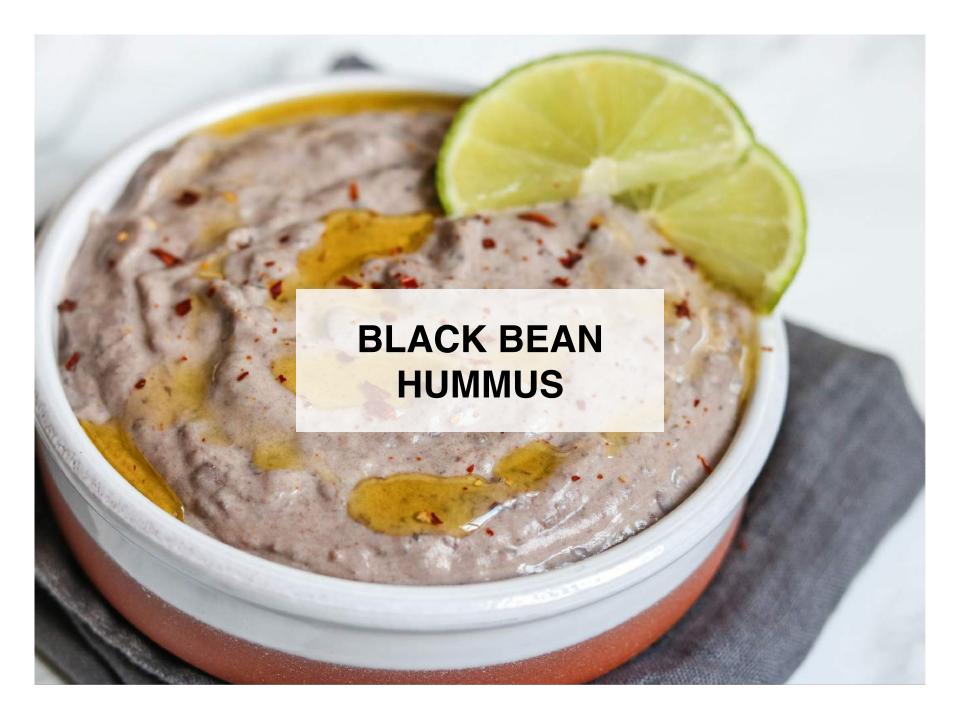
WHAT YOU NEED TO DO

In a large bowl, place the frozen peas with boiling water and wait a few minutes until defrosted. Then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary, add some more mint and lemon to adjust the taste. Serve with toast (not included in nutrition info).





BLACK BEAN HUMMUS



Serves: 8 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 91 kcal 4g Fats 9g Carbs 4g Protein







WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

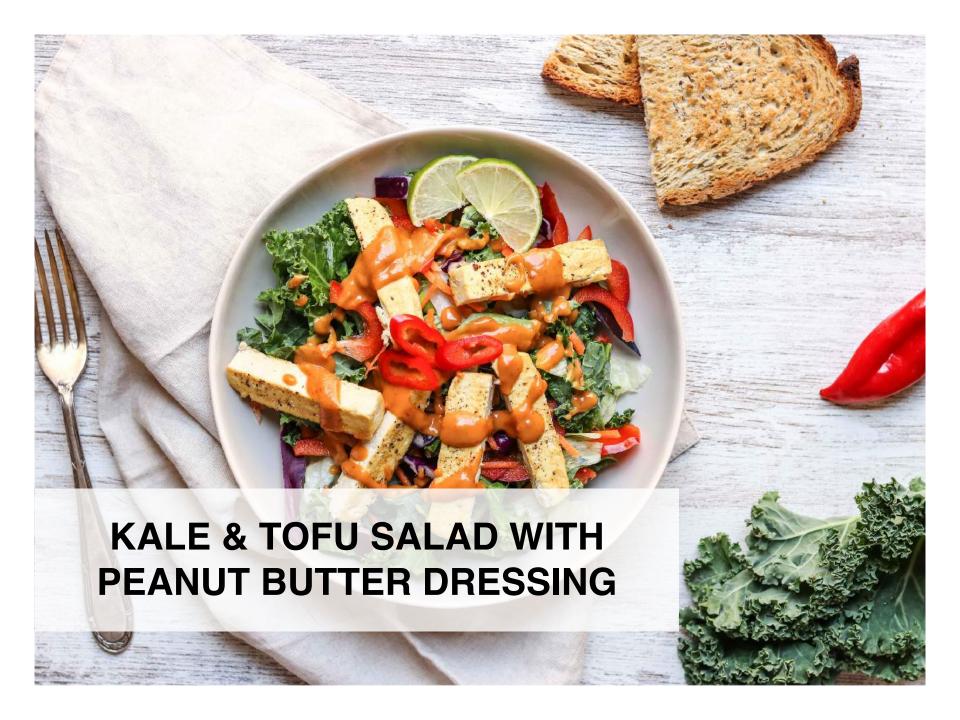
In a food processor, blend until smooth 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.





KALE & TOFU SALAD WITH PEANUT BUTTER

DDECCINC



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 195 kcal 11g Fats 15g Carbs 13g Protein











WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 3/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1/2 lime, juiced
- ½ tsp. chili flakes
- 1-2 tbsp. water

WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.

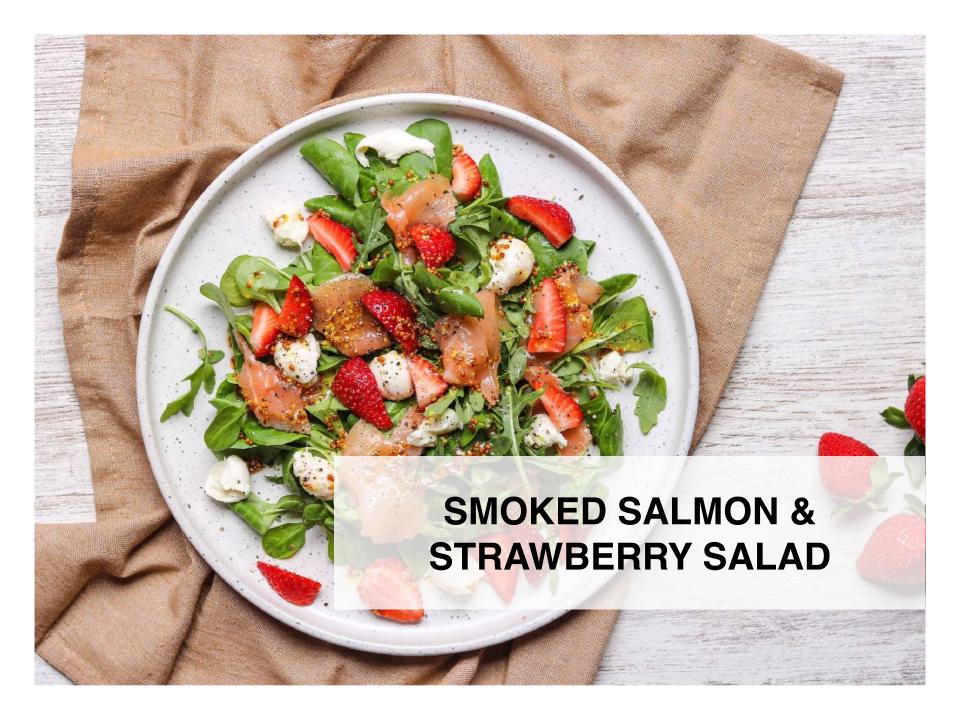
In a small bowl, mix all the dressing ingredients.

Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.





SMOKED SALMON & STRAWBERRY

CALAD



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 302 kcal 19g Fats 16g Carbs 19g Protein





WHAT YOU NEED

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- · handful basil leaves

For the dressing:

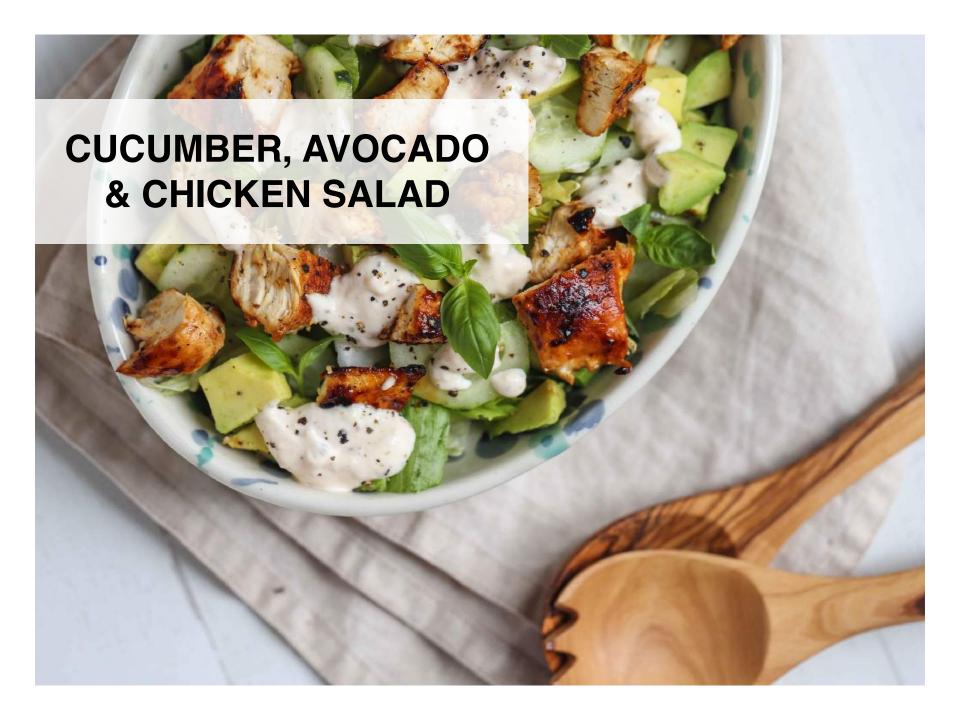
- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- · 1 tsp. honey mustard

WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.





CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 304 kcal 20g Fats 12g Carbs 21g Protein











WHAT YOU NEED

For the salad:

- ½ head iceberg lettuce, shredded
- · a dozen basil leaves, torn
- 1 avocado
- · 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- · 1 tbsp. mustard
- 1 tbsp. honey

For the sauce:

- 3 tbsp. yogurt
- 1 tbsp. mayo
- 1 garlic clove, minced

WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

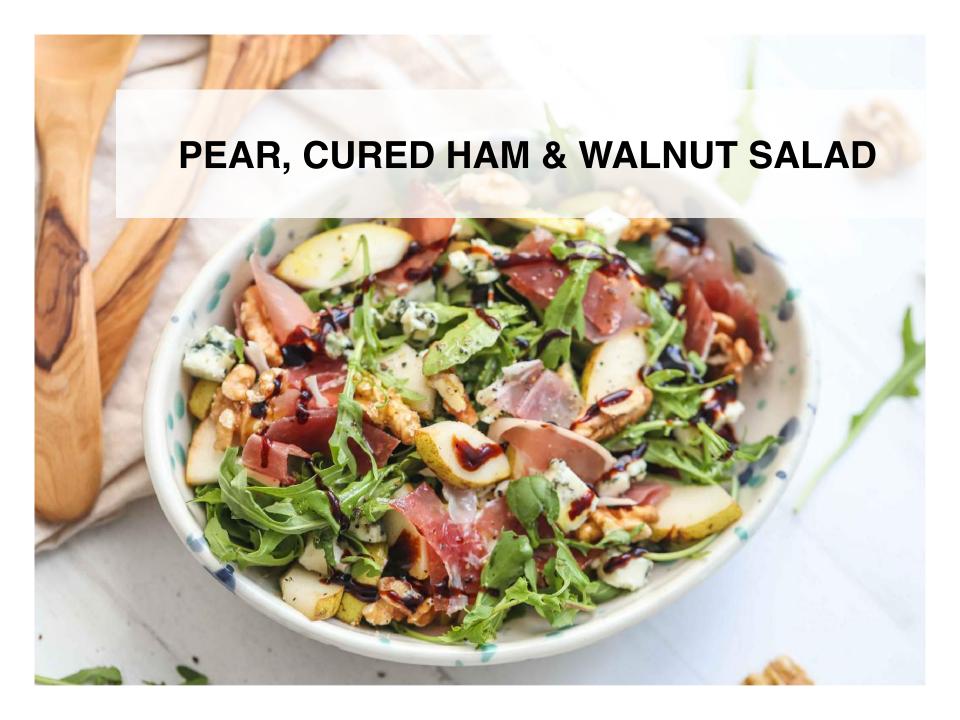
In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.





PEAR, CURED HAM & WALNUT SALAD



Serves: 2 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 466 kcal 35g Fats 22g Protein







WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- · 4 slices cured ham, cut into strips
- ¼ cup (30g) walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.





EASY GREEK ZOODLE SALAD



Cook: 0 mins

Nutrition per serving: 267 kcal 25g Fats 7g Carbs 10g Protein





WHAT YOU NEED

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.





CRUSHED CUCUMBER SALAD WITH SALMON



Prep: 10 mins Cook: 0 mins



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





WHAT YOU NEED

For the salad:

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

For the dressing:

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

WHAT YOU NEED TO DO

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

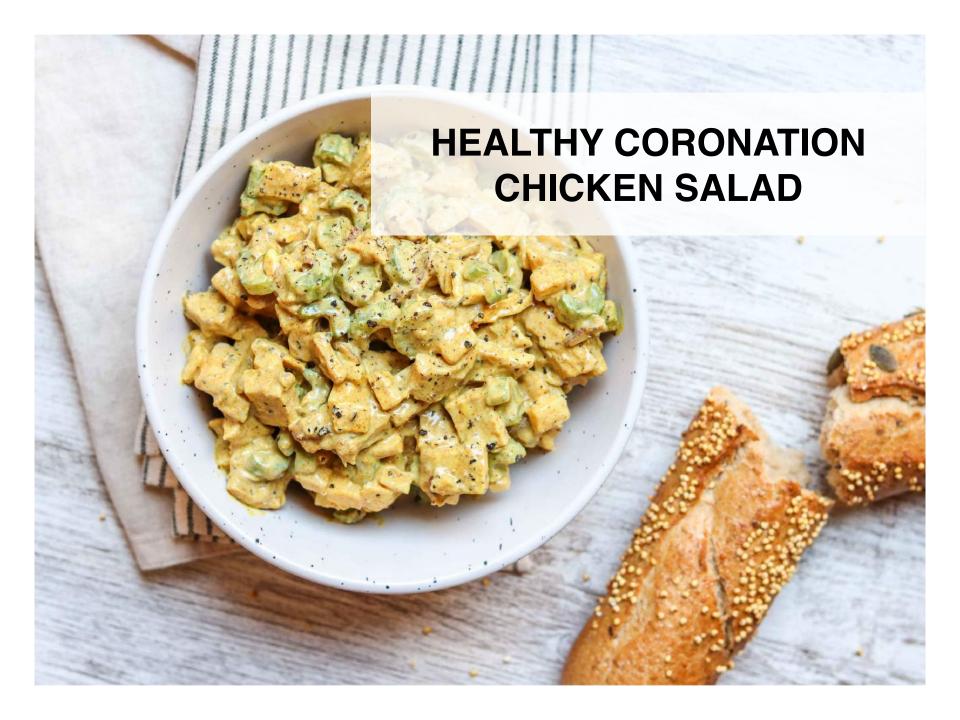
Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

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

NOTE:

Use as much or as little coriander as you like.





HEALTHY CORONATION CHICKEN SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 217 kcal 8g Fats 10g Carbs 25g Protein

WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yogurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

WHAT YOU NEED TO DO

Mix the mayonnaise, yogurt, and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.



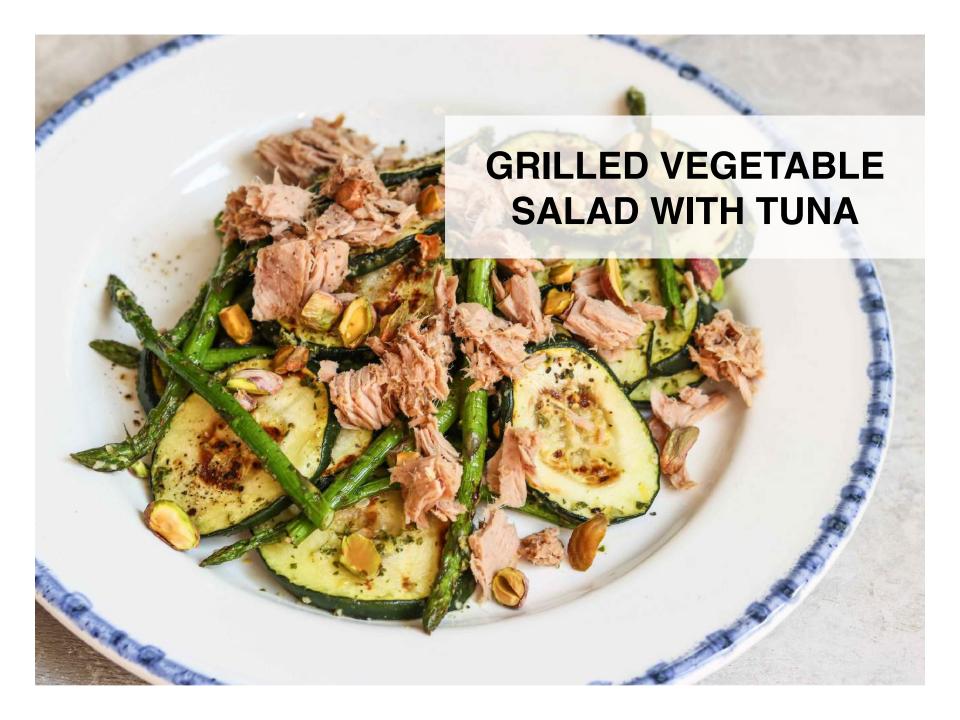












GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4 Prep: 10 mins Cook: 10 mins



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





WHAT YOU NEED

- 1 lemon
- ¾ cup (160g) tuna pieces in olive oil
- ½ cup (15g) fresh mint
- · 1 garlic clove, crushed
- 2 zucchinis
- 2 ¾ cups (350g) asparagus
- ½ cup (50g) pistachio nuts, peeled and chopped

WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.

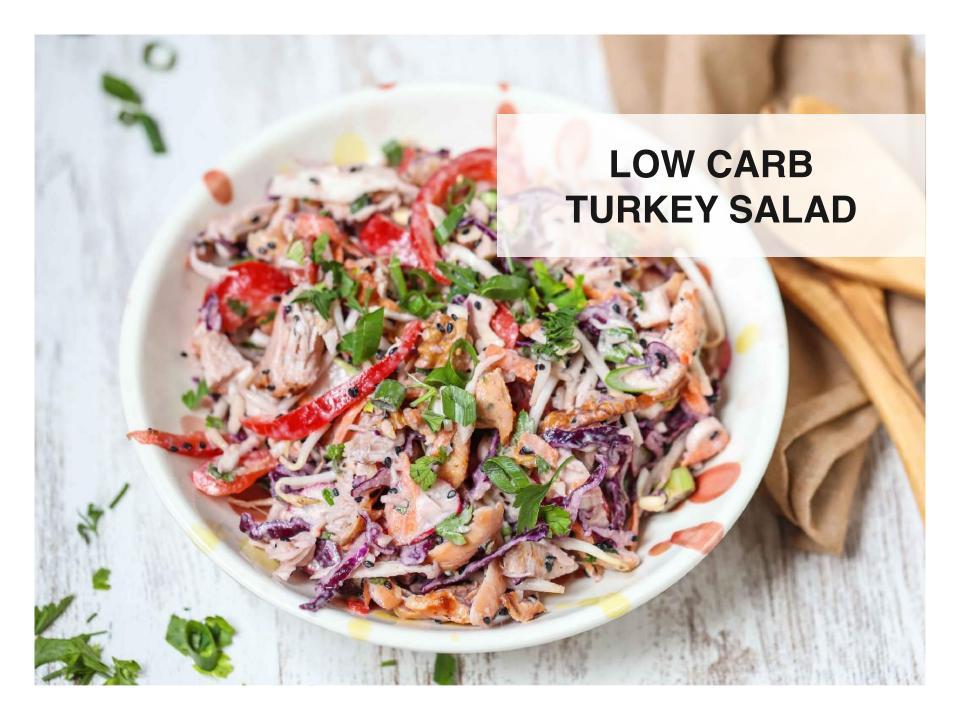
Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.

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

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

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





LOW CARB TURKEY SALAD



Serves: 5 Prep: 25 mins Cook: 0 mins



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











WHAT YOU NEED

For the salad:

- 1lb. (450g) cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- · 3 green onions, finely sliced
- · 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- ½ cup (30g) almonds, chopped

For the dressing:

- 1/4 cup (60ml) tahini
- ¼ cup (60ml) water
- 1/4 cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

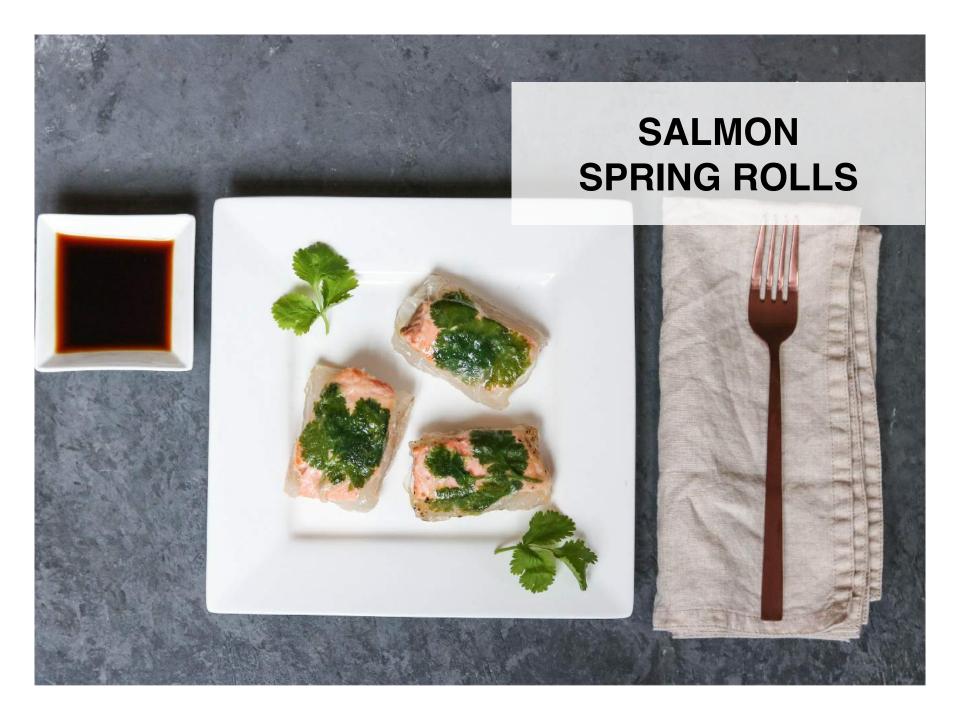
WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.

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

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





SALMON SPRING ROLLS



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 154 kcal 10g Fats 4g Carbs 13g Protein





WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2-2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.





COD WITH CREAMY ZOODLES



Prep: 10 mins Cook: 20 mins



Nutrition per serving: 271 kcal 11g Fats 13g Carbs 33g Protein











WHAT YOU NEED

For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- · 1 tsp. oregano
- ½ tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) vegetable stock
- ½ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

- · 2 medium zucchinis
- 1 tsp. oil
- · 1 clove garlic, minced
- 4 sundried tomatoes

WHAT YOU NEED TO DO

For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

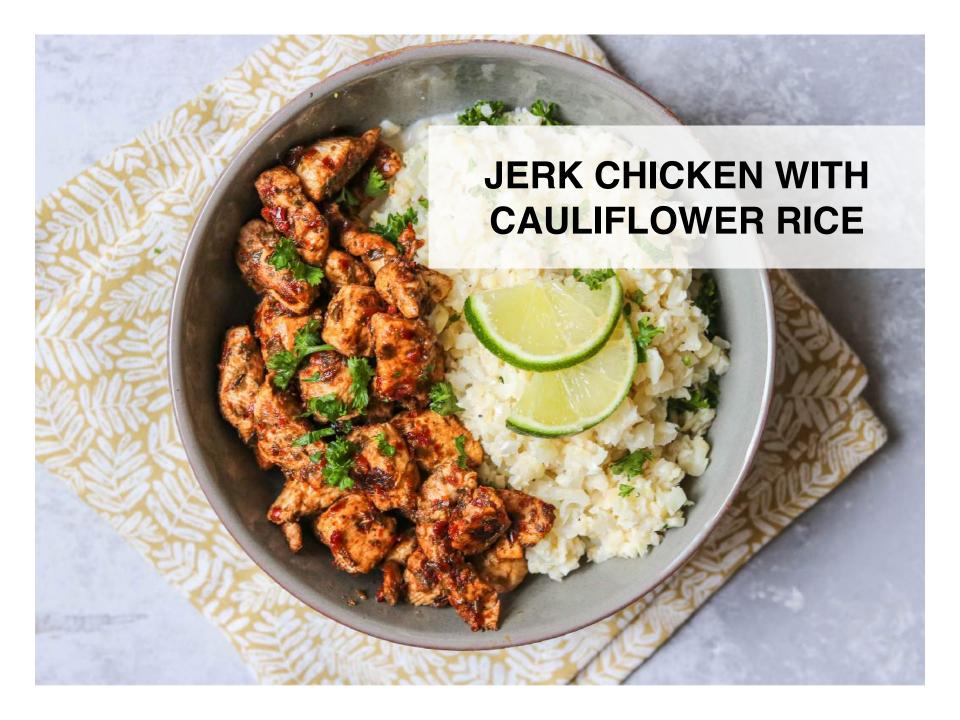
For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.





JERK CHICKEN WITH CAULIFLOWER RICE



Serves: 4 Prep: 15 mins Cook: 15 mins



Nutrition per serving: 397 kcal 24g Fats 15g Carbs 33g Protein













WHAT YOU NEED

For the marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- · 2 tbsp. lime juice

For the chicken & rice:

- 1 lb. (450g) chicken breast
- 14 oz. (400g) cauliflower rice
- · 2 tbsp. coconut oil
- · 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- · lime wedges, to serve

WHAT YOU NEED TO DO

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.

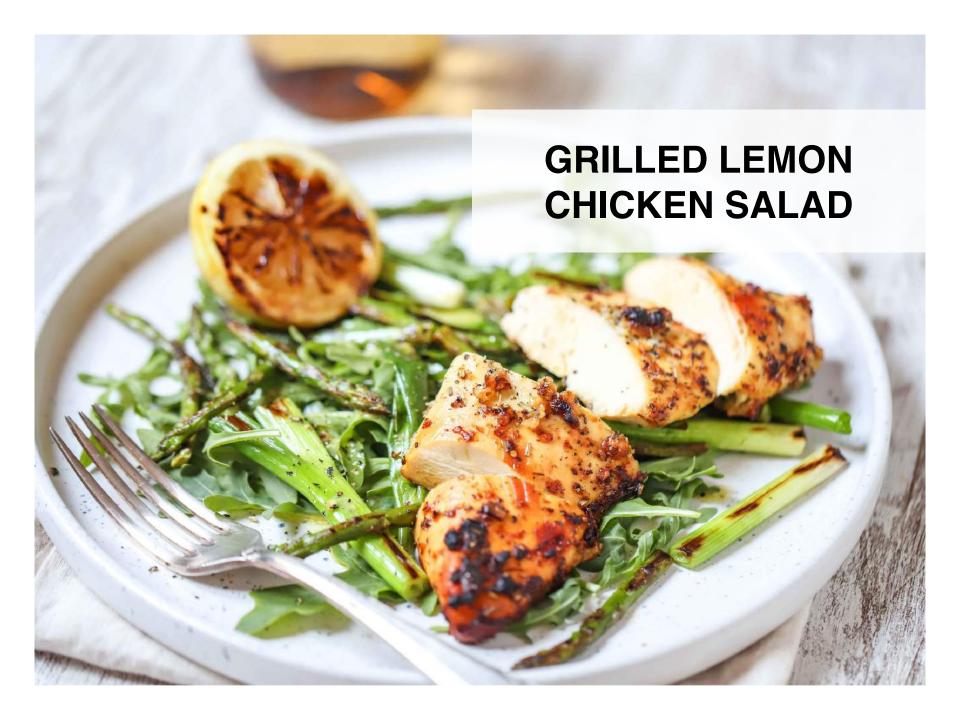
Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.





GRILLED LEMON CHICKEN SALAD



Serves: 4 Prep: 10 mins Cook: 30 mins



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





WHAT YOU NEED

- 2 lemons
- 1 ½ tbsp. oregano
- 1 ½ tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- · 8 green onions, trimmed
- · 1 tsp. coconut oil
- 1 ½ tbsp. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400°F (200°C).

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

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

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

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





HOMEMADE QUINOA CHICKEN NUGGETS









WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup Parmesan, grated
- 1 tbsp. dried herbs, of choice

WHAT YOU NEED TO DO

Set oven to 350° F (180° C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 390°F (200°C).

Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.





SESAME & GINGER BEEF WITH ZUCCHINI NOODLES









WHAT YOU NEED

- ¼ cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- · 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.





TOM YUM SOUP WITH SHRIMPS



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 106 kcal 5g Fats 4g Carbs 13g Protein











WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- · chili, to garnish

WHAT YOU NEED TO DO

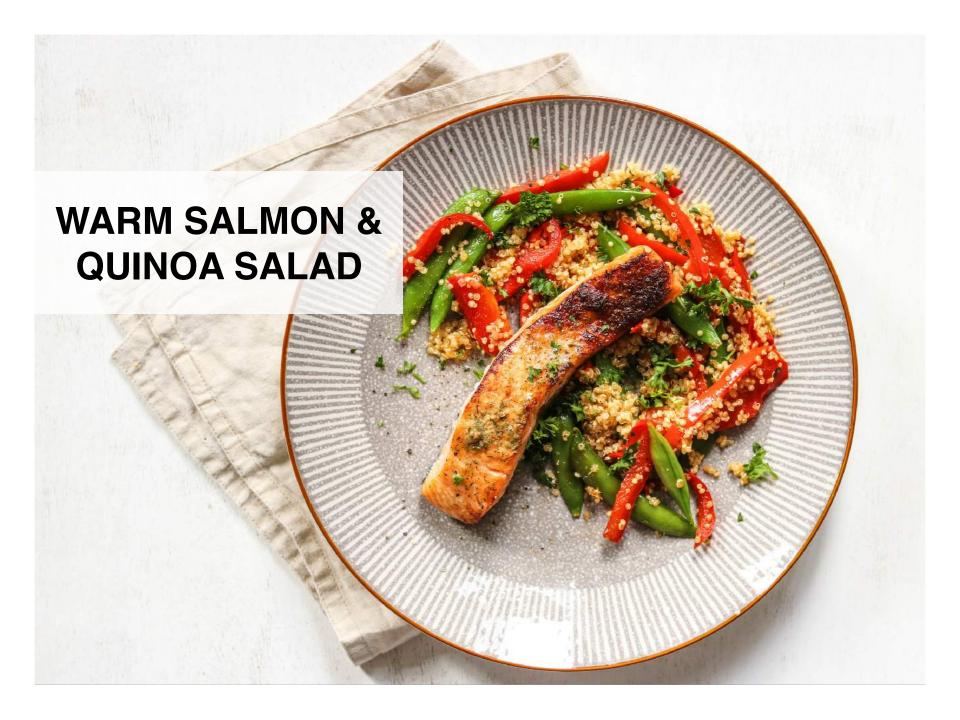
Pour the stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, and cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.





WARM SALMON & QUINOA SALAD



Prep: 5 mins Cook: 20 mins



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





WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- · 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ⅓ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- · 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

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

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

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.

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





STRAWBERRY PROTEIN MUFFINS



Makes: 12 Prep: 10 mins Cook: 25 mins



Nutrition per cookie: 91 kcal 4g Fats 9g Carbs 6g Protein











WHAT YOU NEED

- 1 cup (120g) oat flour
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- ¾ cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yogurt
- 1 tsp. vanilla extract
- ½ cup (100g) strawberries, chopped into small pieces
- ¼ cup (45g) 75% dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat oven to 350°F (180°C).

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

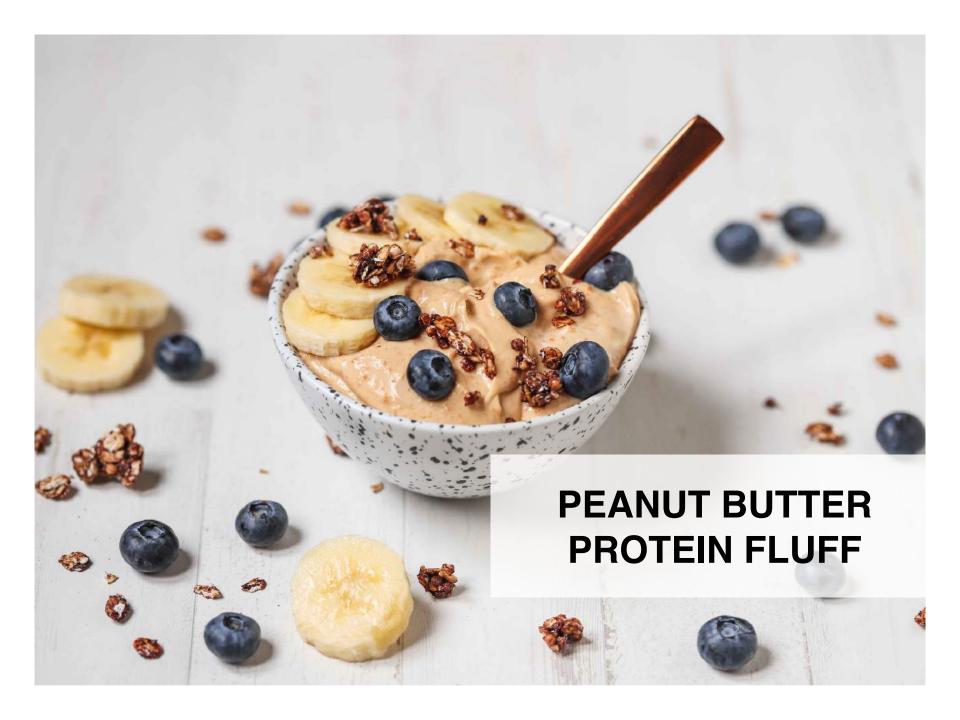
Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

NOTE:

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.





PEANUT BUTTER PROTEIN FLUFF



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 244 kcal 20g Fats 9g Carbs 9g Protein





WHAT YOU NEED

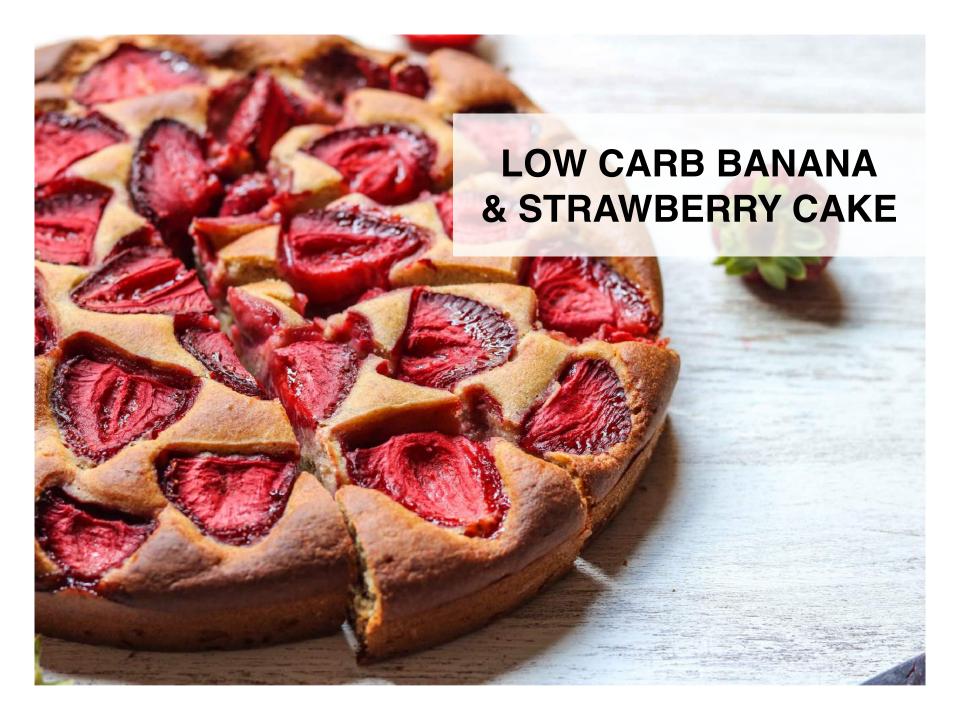
- 1 cup (250g) full-fat Greek yogurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

WHAT YOU NEED TO DO

Add the yogurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.





LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16 Prep: 10 mins Cook: 60 mins



Nutrition per serving: 104 kcal 5g Fats 16g Carbs 2g Protein

WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

WHAT YOU NEED TO DO

Pre-heat oven to 350°F (180°C).

Peel the bananas and place them in a food processor or highspeed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.















HEALTHY FERRERO ROCHER



Makes: 12 Prep: 10 mins Cook: 0 mins



Nutrition per 1 ferrero rocher: 91 kcal 8g Fats 6g Carbs 2g Protein





WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- · 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- · pinch of sea salt
- 2 tbsp. dark chocolate chunks

WHAT YOU NEED TO DO

Add 1 cup of hazelnuts into a food processor and blitz until chopped into tiny pieces.

Next, add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.

Serve straight away or store in the fridge for later.





FIT ALMOND ENERGY BALLS



Makes: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 178 kcal 14g Fats 8g Carbs 6g Protein









WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.





MOCHA TRUFFLES



Makes: 10 Prep: 10 mins Chill: 2 hrs



Nutrition per serving: 103 kcal 7g Fats 7g Carbs 2g Protein





WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- ½ cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- · 2 tbsp. instant coffee
- 2 tbsp. almond butter
- · pinch sea salt
- 2 tbsp. cocoa powder, for dusting

WHAT YOU NEED TO DO

Place the chocolate in a bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.





VEGAN CRÈME BRULEE



Serves: 4 Prep: 10 mins Chill: 1 hr



Nutrition per serving: 138 kcal 9g Fats 15g Carbs 1g Protein





WHAT YOU NEED

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside.

In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the heat as soon as it boils and allow to cool to room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.





BANANA CHOCOLATE BITES



Makes: 30 Prep: 15 mins Chill: 75 mins







WHAT YOU NEED

- 3 ripe bananas
- ½ cup (85g) natural peanut butter
- ½ cup (90g) dark chocolate chips
- 2 tsp. coconut oil

WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.

Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

