



*Whole Food Recipes*



**ULTIMATE U**

**HEALTH & FITNESS**





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Hello Ultim8 Peeps,

Busy days and hectic nights mean it can be challenging to stick to your goals, but with these quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

The key to healthy eating is planning ahead! So, one thing that I find incredibly helpful is to make a double batch of a recipe and use that for leftover lunches (or dinners) during the week.

I love the motto of cook once, eat twice (or more) so you save time, but still get to eat nutrient-dense foods that your body craves.

On the next page, you'll find a chart that shows which recipes fit the following criteria:

- ✓ Gluten-Free (some have non-gluten-free options)
- ✓ Vegan
- ✓ Vegetarian
- ✓ Dairy-Free

I've included recipes for breakfast, lunch, dinner, dessert and snacks so you can experiment and find some new favorites to add to your rotation.

In Ultim8 Health & Happiness,

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## Breakfast

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free
Pumpkin Pie Oatmeal	✓	✓	*	✓
Breakfast Omelette with Zucchini	X	✓	*	✓
Banana Nut Chia Pudding	✓	✓	✓	✓
Breakfast Avocado & Egg	X	✓	*	✓
Overnight Cinnamon Raisin Oats	✓	✓	*	✓
Coconut Milk Yogurt	✓	✓	✓	✓
Toast with Almond Butter & Banana	✓	✓	*	✓
Egg Muffins	X	✓	*	✓
Banana Crepes	X	✓	*	✓
Avocado & Egg Toast	X	✓	*	✓

\* If using gluten-free oats, bread, spices, and mustard; and coconut aminos instead of soy sauce

\*\* If using dairy-free yogurt and/or chocolate chips

\*\*\* If omit meat

## Snacks

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free
Popcorn	✓	✓	*	✓
Tomato Salad	✓	✓	✓	✓
Pear & Almonds	✓	✓	✓	✓
Carrots & Hummus	✓	✓	*	✓
Apple & Almond Butter	✓	✓	✓	✓
Banana & Shredded Coconut	✓	✓	✓	✓
Celery & Peanut Butter	✓	✓	✓	✓
Oatmeal Chocolate Chip Bites	X	✓	*	**
Berry Medley	✓	✓	✓	✓
Boiled Egg & Cherry Tomatoes	X	✓	✓	✓

\* If using gluten-free oats, bread, spices, and mustard; and coconut aminos instead of soy sauce

\*\* If using dairy-free yogurt and/or chocolate chips

\*\*\* If omit meat

## Lunch

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free
Buddha Bowl	✓	✓	*	✓
Cooked Quinoa (for Buddha Bowl)	✓	✓	✓	✓
Mason Jar Salad	***	***	*	✓
Balsamic Vinaigrette (for salad)	✓	✓	*	✓
Slow-Cooker Chicken Soup	X	X	*	✓
Egg Drop Soup	X	X	*	✓
Roasted Veggie Salad	✓	✓	*	✓
Dressing (for root vegetable salad)	✓	✓	*	✓
Carrot Soup	✓	✓	*	✓
Egg Salad Wraps	X	✓	*	✓
Salmon Salad	X	X	*	✓
Mexican Salad	X	X	*	✓
Sausage & Kale Sauté	X	X	*	✓

\* If using gluten-free oats, bread, spices, and mustard; and coconut aminos instead of soy sauce

\*\* If using dairy-free yogurt and/or chocolate chips

\*\*\* If omit meat

## Dinner

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free
Spinach Stir Fry	***	***	✓	✓
Grilled Barramundi	X	X	*	✓
Spaghetti Squash	✓	✓	*	✓
Baked Chicken Breast	X	X	*	✓
Baked Sweet Potato	✓	✓	*	✓
One Pan Salmon & Asparagus	X	X	*	✓
Sesame Beef, Broccoli & Carrot	X	X	*	✓
Thai Prawn Curry & Rice	X	X	*	✓
Super-Simple Grilled Cauliflower	✓	✓	*	✓
Baked Chicken Thighs and Salsa	X	X	*	✓
Vegetable Stir Fry	✓	✓	*	✓
Slow-Cooker Chicken	X	X	*	✓
Turkey & Sweet Potato Hash	X	X	*	✓
Poached Salmon	X	X	*	✓
Thai Chicken Noodles	X	X	*	✓
Beef & Sweet Potato Chili	X	X	*	✓
Sausage Stir Fry	X	X	*	✓
Slow-Cooked BBQ Pork Chops	X	X	*	✓

## Dessert

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free
Coconut Chia Pudding	✓	✓	✓	✓
Chocolate Banana Peanut Butter Bites	✓	✓	✓	**
Homemade Healthy Chocolate	✓	✓	✓	✓
Baked Apples	✓	✓	*	✓
Chocolate (Avocado) Pudding	✓	✓	*	✓
Berries & Cream	✓	✓	✓	✓
Honey Fried Banana	X	✓	*	✓
Black Bean Brownies	X	✓	*	**
Chocolate Quinoa Bowl	✓	✓	*	**
Coconut Pudding	X	✓	✓	✓

\* If using gluten-free oats, bread, spices, and mustard; and coconut aminos instead of soy sauce

\*\* If using dairy-free yogurt and/or chocolate chips

\*\*\* If omit meat

A vibrant breakfast scene featuring a white ceramic bowl filled with a thick, pink smoothie. The smoothie is topped with a generous amount of golden-brown granola, fresh blueberries, and raspberries. Several bright green mint leaves are scattered across the toppings. A silver spoon is inserted into the smoothie. The bowl sits on a dark, rustic wooden surface, surrounded by loose granola, blueberries, and raspberries. In the background, another white bowl filled with more berries and a glass jar containing granola are visible, creating a rich, textured composition.

# BREAKFAST

## Pumpkin Pie Oatmeal

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Pumpkin Pie Oatmeal	✓	✓	*	✓

\* If using gluten-free oats and/or spices

### Ingredients:

- 1/3 cup regular oats
- 1 cup almond milk, unsweetened
- 1/3 cup pumpkin puree, canned
- 1 tsp ground flax seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tbsp maple syrup
- 1 tbsp pecans, chopped

### Directions:

1. In a medium size pot, heat oats and almond milk until almost boiling.
2. Stir in pumpkin, flax seeds, and vanilla
3. Cook for about 5-7 minutes, until desired consistency is reached.
4. Serve in bowl and top with cinnamon, maple syrup, and pecans. Enjoy!

Per serving	
Protein (g)	11
Carbs (g)	56
Fat (g)	11
Calories	378

## Breakfast Omelette with Zucchini

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Breakfast Omelette with Zucchini	X	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 tbsp coconut oil
- 2 eggs, large
- ¼ cup zucchini, grated with water squeezed out
- 1 dash salt & pepper

### Directions:

1. Whisk eggs, zucchini, and pepper in a bowl.
2. Melt coconut oil in frying pan.
3. Add egg mixture and fry, without stirring, until eggs are no longer runny.
4. Slide out of pan onto plate and fold in half. Top with salt & pepper. Enjoy!

Per serving	
Protein (g)	13
Carbs (g)	3
Fat (g)	28
Calories	322

## Banana Nut Chia Pudding

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Banana Nut Chia Pudding	✓	✓	✓	✓

### Ingredients:

- 1 cup almond milk (unsweetened)
- ¼ cup chia seeds
- 1 medium banana, sliced
- 1 tbsp maple syrup
- 2 tbsp walnuts, chopped

### Directions:

1. Mix chia and almond milk in a bowl.
2. Allow 5-10 minutes (or longer) for mixture to thicken into a pudding-like consistency.
3. Divide into two bowls, and add ½ banana, drizzle with maple syrup, & top with walnuts. Enjoy!

Per serving	
Protein (g)	7
Carbs (g)	33
Fat (g)	14
Calories	281

## Breakfast Avocado & Egg

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Breakfast Avocado & Egg	X	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 large avocado, cut in half with seed removed
- 2 eggs, large
- 1 dash salt & pepper

### Directions:

1. Preheat oven to 220°C.
2. Cover small baking tray with parchment paper and place avocado halves with the hole side up. You may want to scoop a bit of the avocado to make the hole a big enough to fit the egg into.
3. Crack and gently pour one egg into each hole where the seed was.
4. Place in oven and bake 15-20 minutes until egg whites have set.
5. Sprinkle with salt & pepper. Enjoy!

Per serving	
Protein (g)	8
Carbs (g)	9
Fat (g)	22
Calories	260

## Overnight Cinnamon Raisin Oats

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Overnight Cinnamon Raisin Oats	✓	✓	*	✓

\* If using gluten-free oats and spices

### Ingredients:

- ¼ cup old-fashioned oats
- 1 tsp chia seeds
- 2 tbsp coconut milk yogurt (see next recipe)
- 2 tbsp raisins ½
- tsp cinnamon
- ½ cup almond milk, unsweetened

### Directions:

1. Place all ingredients into a small mason jar & shake until well combined.
2. Place in fridge and let sit overnight.
3. Eat cold, or heat if desired. Enjoy!

Per serving	
Protein (g)	7
Carbs (g)	43
Fat (g)	13
Calories	300



## Coconut Milk Yogurt

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Coconut Milk Yogurt	✓	✓	✓	✓

### Ingredients:

- 2 cups full-fat coconut milk, canned
- 2 probiotic capsules

### Directions:

1. Gently blend coconut milk with contents of probiotic capsules until well combined.
2. Place in cool sanitized glass jar.
3. Store in a warm place for 1-2 days. Test for thickness. If you want it thicker, try keeping it warm for another day.
4. Place in fridge and/or serve. Enjoy!

**Tip:** Fermenting food is not an exact science. If this doesn't work out as you'd prefer, try different brands of coconut milk and/or probiotics.

	Per serving	Per tbsp
Protein (g)	2	<1
Carbs (g)	2	<1
Fat (g)	16	3
Calories	148	27

## Toast with Almond Butter & Banana

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Toast With Almond Butter & Banana	✓	✓	*	✓

\* If using gluten-free bread and spices

**Ingredients:**

- 1 piece of bread, gluten free
- 2 tbsp almond butter
- ½ medium banana, sliced
- ½ tsp cinnamon

**Directions:**

1. Toast slice of bread.
2. Spread almond butter, and top with sliced banana. Sprinkle with cinnamon. Enjoy!

Per serving	
Protein (g)	8
Carbs (g)	35
Fat (g)	18
Calories	336

## Egg Muffins

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>Egg Muffins</b>	X	✓	*	✓

\* If using gluten-free spices

### **Ingredients:**

- 12 eggs
- 1 cup red capsicum, chopped
- 1 cup mushrooms, sliced
- 4 cups spinach
- ½ tsp garlic powder
- 2 dashes pepper
- ½ tsp turmeric

### **Directions:**

1. Preheat oven to 220°C. Place 12 muffin cups in muffin tin
2. Sauté capsicum and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
3. Add vegetables to 12 muffin cups.
4. Whisk eggs and spices together and pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
5. Place in oven and bake about 30 minutes, or until eggs have set. Enjoy!

Per serving	
<b>Protein (g)</b>	<b>14</b>
<b>Carbs (g)</b>	<b>5</b>
<b>Fat (g)</b>	<b>14</b>
<b>Calories</b>	<b>216</b>

## Banana Crepes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Banana Crepes	X	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 ripe medium banana
- 2 eggs, large
- 2 tsp coconut oil,  
divided ¼ tsp cinnamon

### Directions:

1. Melt 1 tsp coconut oil in fry pan over medium-high heat.
2. Mash banana in bowl and mix in eggs to form a batter.
3. Pour ½ of the batter into the pan, turning pan to spread evenly.
4. Turn heat down and fry for 4-5 minutes until edges of pancake loosen easily with a spatula.
5. Flip pancake over, and fry for another 2-3 minutes.
6. Slide out of pan onto plate and do the same for the other ½ of the batter.
7. Sprinkle with cinnamon. Enjoy!

Per serving	
Protein (g)	14
Carbs (g)	29
Fat (g)	24
Calories	383

## Avocado & Egg Toast

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Avocado & Egg Toast	X	✓	*	✓

\* If using gluten-free bread

**Ingredients:**

- 1 piece of bread, gluten free
- ½ avocado
- 1 tsp coconut oil
- 1 egg, fried
- 1 dash salt & pepper

**Directions:**

1. Toast slice of bread.
2. Smash avocado and spread on bread.
3. Fry egg in coconut oil and place on top with dash of salt & pepper. Enjoy!

Per serving	
Protein (g)	12
Carbs (g)	24
Fat (g)	27
Calories	379

A glass jar with a metal clasp lid is filled with fresh fruit. The top layer consists of blueberries and a sprig of mint. Below that are sliced strawberries, followed by orange slices, and kiwi slices at the bottom. The jar is set against a dark background with some fruit scattered around it. The word "SNACKS" is written in large, white, serif capital letters across the middle of the jar.

# SNACKS

## Popcorn

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Popcorn	✓	✓	*	✓

\*If using gluten-free spices

### Ingredients:

- ½ cup popcorn kernels
- 3 tbsp coconut oil
- 1 tsp salt
- 1 tsp turmeric

### Directions (air popped):

1. Pop the kernels in your air-popper, following directions for use.
2. Melt coconut oil & drizzle it on the popped corn.
3. Sprinkle with turmeric & salt. Enjoy!

### Directions (stove top):

1. Put coconut oil and kernels in a large soup pot that has a tight-fitting lid. Put heat on medium-high.
2. Frequently (careful - hot!) pick up pot (with lid tightly fastened) and swirl contents around to prevent kernels from burning.
3. When popping stops, remove from heat and keep lid on for another minute (in case a kernel is about to pop).
4. Sprinkle with turmeric & salt. Enjoy!

Per serving	
Protein (g)	<1
Carbs (g)	2
Fat (g)	20
Calories	188

## Tomato Salad

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Tomato Salad	✓	✓	✓	✓

### Ingredients:

- 1 cup tomato,
- diced ½ cup olives
- ¼ cup basil, fresh leaves, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

### Directions:

1. Add basil, tomato and olives to a bowl.
2. Drizzle with balsamic vinegar and olive oil. Lightly toss. Enjoy!

Per serving	
Protein (g)	2
Carbs (g)	15
Fat (g)	21
Calories	247

## Pear & Almonds

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Pear & Almonds	✓	✓	✓	✓

### Ingredients:

- 1 medium pear
- ¼ cup crushed almonds

### Directions:

1. Preheat oven to 220°C.
2. Cover small baking tray with parchment paper and place pears, sliced thinly, on tray.
3. Sprinkle with almond and bake for 10 -15 minutes.
4. Serve and Enjoy!

Per serving	
Protein (g)	8
Carbs (g)	32
Fat (g)	17
Calories	303

## Carrots & Hummus

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Carrots & Hummus	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients for hummus:

- 2 cups chick peas (garbanzo beans), drained & rinsed
- 1 garlic clove
- 1 tbsp sesame oil
- 2 tbsp lemon juice
- 1 dash salt & pepper
- 12 medium baby carrots

### Directions:

1. Put all hummus ingredients into a food processor and blend until smooth. Add water to thin (if necessary).
2. Serve hummus with baby carrots. Enjoy!

	Per serving	12 baby carrots	Hummus & carrots
Protein (g)	5	<1	6
Carbs (g)	18	9	28
Fat (g)	5	<1	5
Calories	138	42	180

## Apple & Almond Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Apple & Almond Butter	✓	✓	✓	✓

### Ingredients:

- 1 medium apple
- 2 tbsp almond butter

### Directions:

1. Slice apple and dip into almond butter. Enjoy!

Per serving	
Protein (g)	4
Carbs (g)	27
Fat (g)	18
Calories	283

## Banana & Shredded Coconut

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Banana & Shredded Coconut	✓	✓	✓	✓

### Ingredients:

- 1 medium banana
- 2 tbsp shredded coconut, unsweetened
- 1 tbsp coconut oil

### Directions:

- 1. Heat oil in a hot pan.
- 2. Slice banana and cook each side for 2 minutes
- 3. Remove from heat and sprinkle with shredded coconut. Enjoy!

Per serving	
Protein (g)	3
Carbs (g)	33
Fat (g)	18
Calories	292

## Celery & Peanut Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Celery & Peanut Butter	✓	✓	✓	✓

### Ingredients:

- 3 celery stalks
- 3 tbsp all-natural peanut butter

### Directions:

1. Spread peanut butter on celery, or dip celery into peanut butter. Enjoy!

Per serving	
Protein (g)	13
Carbs (g)	15
Fat (g)	24
Calories	345

## Oatmeal Chocolate Chip Bites

Makes 12 servings (about 2 per serving)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Oatmeal Chocolate Chip Bites	X	✓	*	**

\* If using gluten-free oats

\*\* If using dairy-free chocolate chips

### Ingredients:

- 1 cup oats
- ½ cup dried coconut, unsweetened
- ½ cup all-natural peanut butter
- ¼ cup ground flax seeds
- ½ cup semi-sweet chocolate chips, dairy free
- ¼ cup honey

### Directions:

1. Stir all ingredients together in a bowl until thoroughly mixed.
2. Cover and let chill in the fridge for about 30 minutes.
3. Scoop with tablespoon and roll into about 24 balls (approx. 1" each)
4. Keep refrigerated. Enjoy!

Per serving	
Protein (g)	6
Carbs (g)	23
Fat (g)	15
Calories	250



## Berry Medley

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Berry Medley	✓	✓	✓	✓

### Ingredients:

- ½ cup blueberries
- ½ cup strawberries
- ½ cup raspberries

### Directions:

1. Mix together. Enjoy!

Per serving	
Protein (g)	1
Carbs (g)	23
Fat (g)	<1
Calories	96

## Boiled Egg & Cherry Tomatoes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Boiled Egg & Cherry Tomatoes	X	✓	✓	✓

### Ingredients:

- 1 egg, boiled
- 1 cup cherry tomatoes
- 1 dash salt
- ½ bunch of fresh basil leaves, chopped

### Directions:

1. Boil egg & sprinkle with salt.
2. Serve mixed with chopped fresh basil and of cherry tomatoes. Enjoy!

Per serving	
Protein (g)	8
Carbs (g)	7
Fat (g)	7
Calories	126

# LUNCH



## Buddha Bowl

Makes 1 large bowl

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>Buddha Bowl</b>	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 cup baby spinach
- ½ cup cooked quinoa (see next recipe)
- ½ cup chickpeas (canned)
- ½ cup red capsicum, chopped
- ¼ cup cucumber, sliced
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 dash salt & pepper

### Directions:

1. Put spinach in large bowl & cover with cooked quinoa.
2. Top with chickpeas, red capsicum, cucumber.
3. Drizzle lemon juice and olive oil. Add dash of salt & pepper if desired. Enjoy!

Per serving	
<b>Protein (g)</b>	<b>11</b>
<b>Carbs (g)</b>	<b>46</b>
<b>Fat (g)</b>	<b>18</b>
<b>Calories</b>	<b>381</b>

## Cooked Quinoa (for Buddha Bowls)

Makes 2 cups (4 servings)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Cooked Quinoa	✓	✓	✓	✓

**Ingredients:**

- 1 cup dry quinoa (if it is not “pre-rinsed” then rinse it off in a strainer under running water for a couple of minutes to remove naturally-occurring saponins)
- 2 cups water

**Directions:**

- 1. Put rinsed quinoa and water into a pot and bring to a boil on high.
- 2. Cover and reduce heat to low.
- 3. Simmer for about 15 minutes or until it is *al dente*.
- 4. Remove pot from heat, and let stand for 5 minutes with lid.
- 5. Fluff with a fork (all water should be absorbed). Can serve hot or cold. Enjoy!

Per serving	
Protein (g)	4
Carbs (g)	19
Fat (g)	1
Calories	111

## Mason Jar Salad

Makes 1 large salad

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Mason Jar Salad	***	***	*	✓

\* If using gluten-free spices in vinaigrette

\*\*\* If omit chicken

### Ingredients:

- ½ cup celery, chopped
- ½ medium apple, chopped
- ½ cup chopped chicken breast (see baked chicken breast recipe under dinner)
- ¼ cup walnuts
- 2 cups baby spinach
- vinaigrette, optional (see next recipe)

### Directions:

1. Add ingredients to large mason jar, layering in same order as listed (the idea is that the greens don't get soggy from sitting in dressing).
2. When ready to eat, pour salad into large bowl and toss if desired. Enjoy!

Per serving	Without chicken	With ½ serving baked chicken breast
Protein (g)	10	36
Carbs (g)	18	19
Fat (g)	18	27
Calories	262	450

## Balsamic Vinaigrette (for salad)

Makes 6 servings (2 tbsp each)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Balsamic Vinaigrette (for salad)	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 3 tbsp balsamic vinegar
- 5 tbsp water
- 4 tbsp olive oil
- ½ tsp minced garlic
- 2 dashes salt & pepper

### Directions:

1. Put ingredients into a bottle with a tight-fitting lid and shake vigorously until well combined. Enjoy!

Per serving	
Protein (g)	<1
Carbs (g)	1
Fat (g)	9
Calories	85

## Slow-Cooker Chicken Soup (or broth)

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Slow-Cooker Chicken Soup	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- leftover chicken bones
- 2 cups carrots, chopped
- 3 celery stalks, chopped
- 2 tbsp apple cider vinegar
- 1 tsp thyme
- 3 bay leaves
- 4 dashes salt & pepper
- 2 cups spinach

### Directions:

1. Place all ingredients, except spinach in slow cooker.
2. Add 6 cups of hot water. Cover and cook on low for 8-10 hours.
3. Half-hour before serving add spinach and turn to high.
4. Remove bones and serve as soup, or strain and serve as broth. Enjoy!

Per serving	
Protein (g)	<1
Carbs (g)	5
Fat (g)	<1
Calories	25

## Egg Drop Soup

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Egg Drop Soup	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 4 cups chicken broth
- 2 eggs
- 1 tbsp parsley
- 1 tbsp lemon juice
- 1 cup peas

### Directions:

1. Heat chicken broth in pot.
2. Whisk eggs and parsley together in a separate bowl.
3. Slowly pour egg mixture into broth while stirring.
4. Add lemon juice and peas.
5. Stir until heated through. Serve and enjoy!

Per serving	
Protein (g)	7
Carbs (g)	7
Fat (g)	4
Calories	98

## Roasted Veggie Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Roasted Veggie Salad	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 2 large carrots, chopped
- 2 medium potatoes, chopped
- 2 tbsp olive oil
- ½ tsp rosemary
- 4 cups spinach
- dressing, optional (see next recipe for calories)

### Directions:

1. Preheat oven to 230°C and line baking sheet with parchment paper.
2. Place chopped carrots and potatoes on paper and drizzle with olive oil.
3. Bake until tender, about 25-35 minutes (this will depend on the size of the pieces, so check after 25 mins).
4. Place spinach in two bowls.
5. Top with roasted vegetables, and drizzle with dressing if desired (see next recipe for dressing). Enjoy!

Per serving	
Protein (g)	6
Carbs (g)	46
Fat (g)	14
Calories	328

## Dressing (for root vegetable salad)

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Dressing (for root vegetable salad)	✓	✓	*	✓

\* If using gluten-free spices and mustard

### Ingredients:

- 4 tbsp olive oil
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 dash salt & pepper

### Directions:

1. Put ingredients into a bottle with a tight-fitting lid and shake vigorously until well combined. Enjoy!

Per serving	
Protein (g)	0
Carbs (g)	1
Fat (g)	14
Calories	126

## Carrot Soup

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Carrot Soup	✓	✓	*	✓

\* If using gluten-free spices and coconut aminos

### Ingredients:

- 2 tbsp olive oil
- ½ cup onions, chopped
- 4 large carrots, chopped
- 2 cups tomato puree, canned
- 3 cups vegetable broth
- 2 tbsp coconut aminos
- 2 dashes black pepper

### Directions:

1. Heat olive oil in saucepan and cook onion until starts to brown.
2. Add carrots, tomato, and broth and bring to a boil.
3. Simmer until carrots are tender, about 15-20 minutes.
4. Carefully (hot!) use stick blender to blend until smooth.
5. Place in bowls and top with soy sauce and black pepper. Enjoy!

Per serving	
Protein (g)	1
Carbs (g)	18
Fat (g)	7
Calories	137

## Egg Salad Wraps

Makes 4 wraps

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Egg Salad Wraps	X	✓	*	✓

\* If using gluten-free spices and mustard

### Ingredients:

- 4 eggs, hard boiled
- 1 avocado
- 1 tbsp Dijon mustard
- ¼ tsp basil
- 2 medium green onions
- 1 dash salt & pepper
- 4 romaine lettuce leaves

### Directions:

1. Cut eggs in half, removing yolks.
2. Chop egg whites and avocado.
3. Mash egg yolks with mustard and spices.
4. Scoop yolk mixture into leaves, and top with chopped egg white, avocado & green onion. Enjoy!

Per serving	
Protein (g)	8
Carbs (g)	8
Fat (g)	14
Calories	195

## Salmon Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Salmon Salad	X	X	*	✓

\* If using gluten-free spices and mustard

### Ingredients:

- 1 can salmon
- ½ avocado, chopped
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 4 cups spinach
- 1 dash salt & pepper

### Directions:

1. Drain salmon.
2. Place spinach in bowls.
3. For dressing, use separate cup and mix oil, vinegar & mustard.
4. Top spinach with salmon, avocado and cherry tomatoes.
5. Drizzle with dressing and top with salt & pepper. Enjoy!

Per serving	
Protein (g)	39
Carbs (g)	11
Fat (g)	22
Calories	397

## Mexican Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Mexican Salad	X	X	*	✓

\* If using gluten-free spices and mustard

### Ingredients:

1 tsp olive oil	½ tsp cumin
½ kg lean turkey mince	1 cup black beans, canned
½ cup chopped red capsicum	½ cup salsa
¼ cup onion, chopped	4 cups romaine lettuce, shredded
½ tsp garlic, minced	1 dash salt & pepper
½ tsp cayenne pepper	

### Directions:

1. Heat oil in skillet.
2. Sauté capsicum, onion, garlic & spices.
3. Add turkey & cook until brown.
4. Add black beans and cook until warm.
5. Place lettuce on two plates and add turkey, bean & capsicum mixture.
6. Top with salsa. Enjoy!

Per serving	
Protein (g)	40
Carbs (g)	27
Fat (g)	7
Calories	260

## Sausage & Kale Sauté

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Sausage & Kale Sauté	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 tsp coconut oil
- 4 sausages, lean
- ¼ cup onion, diced
- 4 cups kale, chopped
- ½ cup red capsicum, chopped
- 1 dash salt & pepper

### Directions:

1. Heat oil in skillet.
2. Sauté sausage & onion until sausage is brown.
3. Add kale and capsicum and fry until desired tenderness
4. Place on two plates and top with salt & pepper. Enjoy!

Per serving	
Protein (g)	17
Carbs (g)	10
Fat (g)	25
Calories	340



# DINNER

## Spinach Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Spinach Stir fry	***	***	✓	✓

\*\*\* If omit beef

### Ingredients:

- 1 tbsp olive oil
- 300g beef mince, extra lean
- ¼ cup onion, chopped
- 2 cups capsicums, green, chopped
- 2 cups capsicums, red, chopped
- 8 cups spinach
- 2 cups tomato, diced

### Directions:

1. Cook beef on medium-high heat in large pot until almost-browned. Add onion and capsicum, stirring constantly until meat is fully browned.
2. Add rest of ingredients to pan and mix together.
3. Heat on medium until heated through (a few minutes). Enjoy!

Per serving	Without beef	With beef
Protein (g)	7	51
Carbs (g)	27	27
Fat (g)	21	35
Calories	298	522

## Grilled Barramundi

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Grilled Barramundi	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 16 Barramundi
- 4 tbsp lemon juice
- 2 tbsp dill
- 2 dashes salt & pepper

### Directions:

1. Raise oven rack if necessary, and turn on the Grill
2. Cover baking sheet with parchment paper and place fish on paper.
3. Drizzle with lemon juice & sprinkle with dill.
4. Grill for 8-10 minutes until fish flakes easily with a fork. Enjoy!

Per serving	
Protein (g)	60
Carbs (g)	3
Fat (g)	8
Calories	334

## Spaghetti Squash

Makes about 4-6 one cup servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>Spaghetti Squash</b>	✓	✓	*	✓

\* If using gluten-free spices

### **Ingredients:**

- 1 Spaghetti squash, cut lengthwise, seeded
- 4 tbsp olive oil, divided
- 2 cloves garlic
- 2 cups broccoli, chopped
- 2 tbsp basil
- 2 dashes salt & black pepper

### **Directions:**

1. Preheat oven to 175°C. Cover a baking sheet with parchment paper.
2. Place spaghetti squash cut side down on baking sheet. Bake for 30 minutes.
3. Flip over, drizzle each half with 1 tbsp olive oil and bake for another 10 minutes.
4. In frying pan, sauté garlic, broccoli & basil in 2 tbsp olive oil for 3-5 minutes, until broccoli is tender. Place broccoli mixture into a large bowl.
5. Remove squash from oven and carefully (hot!) scrape out flesh with a fork, adding to a large bowl. Add broccoli mixture and toss together.
6. Turn grill on, and place broccoli-squash mixture back into the halved squash shell.
7. Grill about 3-4 minutes until slightly brown. Enjoy!

Per cup	
<b>Protein (g)</b>	<b>3</b>
<b>Carbs (g)</b>	<b>17</b>
<b>Fat (g)</b>	<b>14</b>
<b>Calories</b>	<b>194</b>

## Baked Chicken Breast

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Baked Chicken Breast	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- ½ kg chicken breast
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 2 dashes salt & pepper

### Directions:

1. Heat oven to 230°C. Line a covered baking dish with parchment paper.
2. Brush with olive oil and sprinkle with spices.
3. Bake covered for 15-18 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 75°C).
4. Remove dish from the oven and cover for 5-10 minutes. Serve and enjoy!

Per serving	
Protein (g)	52
Carbs (g)	1
Fat (g)	17
Calories	376

## Baked Sweet Potato

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Baked sweet potato	✓	✓	*	✓

\*If using gluten-free spices

### Ingredients:

- 2 large sweet potatoes
- 2 dashes salt & pepper

### Directions:

1. Preheat oven to 220°C and line a baking sheet with parchment paper.
2. Wash sweet potato & pierce with a fork several times. Place on parchment paper.
3. Bake for 45-75 minutes (based on size) until tender. Check for doneness at 45 minutes. Enjoy!

Per serving	
Protein (g)	3
Carbs (g)	37
Fat (g)	<1
Calories	162

## One Pan Salmon & Asparagus

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>One Pan Salmon &amp; Asparagus</b>	X	X	*	✓

\* If using gluten-free spices

**Ingredients:**

- 2 salmon fillets
- 12 large spears asparagus
- 1 tbsp coconut oil
- 1 clove garlic, minced
- 2 dashes salt & black pepper
- 2 tbsp lemon juice

**Directions:**

1. Melt coconut oil in large pan on medium-high heat.
2. Add layer of asparagus, and place salmon on top. Top with garlic. Sprinkle with salt & pepper.
3. Place lid on and cook for about 6-8 minutes, checking regularly to prevent burning.
4. When fish is done and easily flakes with a fork, turn off heat and drizzle with lemon juice. Enjoy!

Per serving	
Protein (g)	40
Carbs (g)	6
Fat (g)	27
Calories	437

## Sesame Beef, Broccoli & Carrot

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Sesame Beef, Broccoli & Carrot	X	X	*	✓

\* If using gluten-free vegetable broth and coconut aminos

### Ingredients:

2	tblsp	sesame oil, divided	½	cup	vegetable broth
½	kg	beef strips	2	cloves	garlic, minced
2	tblsp	coconut aminos	2	cups	broccoli
2	tblsp	lemon juice	2	cups	carrots

### Directions:

1. Heat 1 tblsp sesame oil in large skillet, add beef and cook until browned.
2. In a cup, mix together coconut aminos, lemon juice & broth.
3. Remove beef and set aside.
4. Add remaining sesame oil and garlic to pan. Cook garlic until tender (2-3 mins).
5. Add broccoli & carrots, and stir with garlic.
6. Add liquid mixture to pan and coat.
7. Cook until desired tenderness is reached.
8. Add beef back to pan, stir until well coated and heated through. Serve and enjoy!

Per serving	
Protein (g)	38
Carbs (g)	29
Fat (g)	22
Calories	423

## Thai Prawn Curry & Rice

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Thai Prawn Curry & Rice	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

2 tsp coconut oil	1 cup corn kernels
½ kg prawns, peeled	1½ cups coconut milk
1 tbsp lime juice	1 tsp curry powder
½ cup vegetable broth	1 tbsp dried basil
1 cup red capsicum, chopped	4 cups steamed rice
2 green onions, chopped	

### Directions:

1. Heat 1 tsp coconut oil in soup pot. Add prawns and cook until opaque.
2. Remove prawns and set aside.
3. Add remaining coconut oil, green onions, capsicum and corn to pan. Cook until crisp-tender (2-3 mins).
4. Lime juice, coconut milk, curry powder and basil. Bring to simmer.
5. Add prawns back to pan, cook until heated through.
6. Serve with rice. Enjoy!

	Per serving	Per cup rice	Curry + rice
<b>Protein (g)</b>	<b>15</b>	<b>4</b>	<b>20</b>
<b>Carbs (g)</b>	<b>16</b>	<b>40</b>	<b>56</b>
<b>Fat (g)</b>	<b>21</b>	<b>0</b>	<b>21</b>
<b>Calories</b>	<b>303</b>	<b>180</b>	<b>483</b>

## Super-simple grilled cauliflower

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Super-simple grilled cauliflower	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 3 cups cauliflower, chopped
- 2 tbsp coconut oil, melted
- 1 tbsp curry powder
- 2 dashes salt & pepper

### Directions:

1. Preheat oven to 205°C and line a baking sheet with parchment paper.
2. Spread cauliflower pieces on parchment paper and coat with coconut oil (can use a brush).
3. Sprinkle with curry powder, salt and pepper
4. Bake for about 15-20 minutes until slightly golden. Cooking time will depend on size of pieces, so make sure you check it. When golden, use tongs to flip pieces over.
5. Bake for another 15 minutes or so until that side is slightly golden. Enjoy!

Per serving	
Protein (g)	1
Carbs (g)	4
Fat (g)	7
Calories	82

## Baked Chicken Breast and Salsa

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Baked chicken breast and salsa	X	X	*	✓

\* If using gluten-free salsa

### Ingredients:

- ½ kg chicken breast
- 1 cup salsa

### Directions:

1. Heat oven to 190°C. Line a covered baking dish with parchment paper.
2. Place chicken thighs in dish and put 2 tbsp salsa on each one.
3. Bake covered for 60 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 75°C).
4. Serve and enjoy!

Per serving	
Protein (g)	52
Carbs (g)	8
Fat (g)	3
Calories	280

## Vegetable Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Vegetable stir fry	✓	✓	*	✓

\* If using gluten-free spices, coconut aminos and vegetable broth

### Ingredients:

2	tblsp sesame oil, divided	½	tsp ginger, grated
2	cups broccoli, chopped	3	tblsp coconut aminos
1	cups red and yellow capsicum chopped	3	tblsp vegetable broth
1	cup green beans, chopped	1	tsp corn-starch
1	cup baby corn	4	tsp sesame seeds
½	cup corn	2	cups steamed rice
2	cloves garlic, minced		

### Directions:

1. Heat 1 tblsp sesame oil in large skillet, add broccoli and stir fry for 1-2 minutes.
2. Add capsicums, green beans, baby corn, corn, garlic, and ginger. Stir fry for another 1-2 minutes until crisp-tender.
3. In separate cup mix together soy sauce, broth, and corn-starch. Mix well to break up clumps of corn-starch.
4. Liquid to skillet and cook until desired tenderness is reached.
5. Serve with rice and top with sesame seeds. Enjoy!

	Per serving	Per cup rice	Stir fry + rice
<b>Protein (g)</b>	<b>11</b>	<b>4</b>	<b>15</b>
<b>Carbs (g)</b>	<b>59</b>	<b>40</b>	<b>99</b>
<b>Fat (g)</b>	<b>18</b>	<b>0</b>	<b>18</b>
<b>Calories</b>	<b>419</b>	<b>180</b>	<b>599</b>

## Slow-cooker Chicken

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Slow-cooker chicken	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 whole chicken
- 1 medium onion, sliced
- 2 tsp paprika
- 1 tsp thyme
- 1 tsp garlic powder
- 2 dashes salt & pepper

### Directions:

1. Place sliced onions on bottom of slow-cooker.
2. Place whole chicken on top of onions and sprinkle with spices. Cover and turn slow-cooker on high.
3. Cook 4-5 hours until chicken is cooked through and no longer pink (internal temperature should be at least 75°C).
4. Serve and enjoy!

Per serving	
Protein (g)	41
Carbs (g)	3
Fat (g)	21
Calories	383

## Turkey & Sweet Potato Hash

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Turkey & Sweet Potato Hash	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 tbsp olive oil ½
- kg turkey mince
- 2 cups sweet potato, peeled & cubed
- 2 cloves garlic, minced
- 2 tsp dried parsley
- 1 dash salt & pepper
- 4 cups spinach

### Directions:

1. Heat 1 olive oil in large skillet, add turkey and cook until browned.
2. Add sweet potatoes and minced garlic and stir.
3. Stir in salt, pepper, and parsley.
4. Cook until sweet potatoes are soft, about 10 minutes.
5. Add spinach and cook until wilted.
6. Serve hot. Enjoy!

Per serving	
Protein (g)	56
Carbs (g)	30
Fat (g)	10
Calories	418

## Poached Salmon

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Poached Salmon	X	X	*	✓

\* If using gluten-free spices

### Ingredients:

- 2 salmon fillets
- 1 clove garlic
- 2 tbsp lemon juice
- 1 tsp dill
- 1 dash salt & pepper

### Directions:

1. Add a few inches of water into a wide-rimmed saucepan. Cover and boil.
2. Carefully add salmon and cook until done (6-8 minutes depending on size of fish).
3. Drizzle with lemon juice and sprinkle with dill, salt and pepper.
4. Serve with salad and cooked quinoa. Enjoy!

Per serving	
Protein (g)	48
Carbs (g)	2
Fat (g)	32
Calories	487

## Thai Chicken Noodles

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Thai Chicken Noodles	X	X	*	✓

\* If using gluten-free spices, coconut aminos and vegetable broth

### Ingredients:

4 cups rice noodles, cooked as directed	2 cloves garlic, minced
4 tbsp sesame oil, divided	1 tbsp ginger, grated
1 cup carrots, sliced	¼ cup honey
2 cups cabbage, sliced	¼ cup peanut butter, smooth
2 cooked chicken breast, chopped	¼ cup coconut aminos
4 green onions	3 tbsp vegetable broth

### Directions:

1. Cook noodles as directed. When done, drain and toss with 2 tbsp sesame oil.
2. Heat 1 tbsp sesame oil in large skillet. Add carrot, cabbage, chicken, green onions, garlic, and ginger.
3. Stir fry for a couple of minutes until crisp-tender.
4. In separate bowl, mix honey, peanut butter, soy sauce and vegetable broth.
5. Add liquid to skillet and cook until desired tenderness is reached.
6. Add noodles to skillet and toss with chicken and vegetables. Enjoy!

Per serving	
Protein (g)	26
Carbs (g)	48
Fat (g)	15
Calories	394

## Beef & Sweet Potato Chili

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>Beef &amp; Sweet Potato Chili</b>	X	X	*	✓

\* If using gluten-free spices

**Ingredients:**

- |                             |                              |
|-----------------------------|------------------------------|
| 2 tbsp olive oil            | 1 bay leaf                   |
| 1 cup onion, diced          | 3 cups sweet potatoes, diced |
| 1 tbsp cayenne pepper       | ½ cup mushrooms, sliced      |
| 1 tsp cumin                 | 1 cup carrots, sliced        |
| 1 tsp garlic powder         | 1 cup zucchini, diced        |
| ½ kg beef mince, extra lean | 1 cup red capsicum, diced    |
| 4 cups diced tomatoes       | 2 cups kale leaves, chopped  |
| 1 tsp oregano               | 3 dashes salt & pepper       |

**Directions:**

1. Heat olive oil in large soup pot.
2. Add diced onion and cook until translucent.
3. Add beef and spices. Cook until beef is brown.
4. Add diced tomatoes, and add additional can of water to the pot.
5. Add sweet potato, mushrooms, carrots, and rest of spices.
6. Lower heat and simmer for about 40 minutes, stirring occasionally.
7. Add zucchini and red capsicum. Cook for another 20 minutes.
8. Add kale, salt and pepper and cook for 10 more minutes.
9. Remove bay leaf. Serve and enjoy!

Per serving	
Protein (g)	24
Carbs (g)	43
Fat (g)	21
Calories	440

## Sausage Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Sausage Stir Fry	X	X	*	✓

\* If using gluten-free spices, coconut aminos, and gluten-free vegetable broth

### Ingredients:

- 1 tsp coconut oil
- ½ cup onion, chopped
- ½ cup mushrooms, sliced
- 4 sausages, lean, sliced
- 4 cups spinach
- 2 cups kale
- 1 dash salt & pepper

### Directions:

1. Heat oil in large skillet.
2. Add onions and stir fry 2 minutes.
3. Add mushrooms and stir fry until onions are translucent. Transfer into a bowl.
4. Add sausage to skillet and cook until brown.
5. Add greens, onions and mushrooms. Cover and reduce heat.
6. When all greens are wilted, serve with salt & pepper. Enjoy!

Per serving	
Protein (g)	27
Carbs (g)	10
Fat (g)	51
Calories	615

## Slow-Cooked BBQ Pork Chops

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Slow-Cooked BBQ Pork Chops	X	X	*	✓

\* If using gluten-free sauce

### Ingredients:

- 2 pork chops
- 1 cup BBQ sauce

### Directions:

1. Cover bottom of slow-cooker with some BBQ sauce and place pork chops on top.
2. Cover pork chops with remainder of BBQ sauce.
3. Cook on high for 5-6 hours until pork is cooked through (internal temperature should be at least 75°C). Enjoy!

Per serving	
Protein (g)	34
Carbs (g)	37
Fat (g)	17.5
Calories	446



# DESSERT

## Coconut Chia Pudding

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Coconut Chia Pudding	✓	✓	✓	✓

### Ingredients:

- ¼ cup coconut milk, canned
- 2 tbsp chia seeds
- ¼ cup water
- 1 tbsp maple syrup

### Directions:

1. Mix chia, coconut milk, & water in a bowl.
2. Allow 5-10 minutes for mixture to thicken into a pudding-like consistency.
3. Drizzle with maple syrup. Enjoy!

Per serving	
Protein (g)	5
Carbs (g)	26
Fat (g)	20
Calories	301

## Chocolate Banana Peanut Butter Bites

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Chocolate Banana Peanut Butter Bites	✓	✓	✓	**

\*\* If using dairy-free chocolate chips

### Ingredients:

- 1 banana, sliced into 8 pieces
- 2 tbsp peanut butter
- 2 tbsp semisweet chocolate chips

### Directions:

1. Cover a plate with parchment paper and place 4 slices of banana on it.
2. Add ½ tbsp peanut butter on top of each of the four slices.
3. Cover with the other 4 slices, making mini “peanut butter” sandwiches with banana slices.
4. Gently melt semisweet chips in microwave or over double-boiler.
5. Drizzle melted chocolate on top of mini sandwiches.
6. Freeze and serve. Enjoy!

Per serving	
Protein (g)	10
Carbs (g)	46
Fat (g)	23
Calories	419

## Homemade healthy chocolate



Serves 6

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Homemade healthy chocolate	✓	✓	✓	✓

**Ingredients:**

- 1/3 cup coconut oil, melted
- 1 cup cocoa powder
- 1/4 tbsp maple syrup
- 4 tbsp shredded coconut, unsweetened

**Directions:**

1. Melt coconut oil, and whisk in maple syrup and cocoa powder until well combined.
2. Stir in shredded coconut until evenly distributed.
3. Pour into 12 ice cube tray and freeze.
4. Store in fridge or freezer to avoid melting. Serve & enjoy!

Per serving	
Protein (g)	3
Carbs (g)	19
Fat (g)	20
Calories	234

## Baked Apples

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Baked apples	✓	✓	*	✓

\* If using gluten-free oats and/or spices

### Ingredients:

2 medium apples, cored	1 tbsp ground flax seeds
½ cup rolled oats	¼ cup pecans, chopped
½ tsp cinnamon	1 cup almond milk, unsweetened
2 dates, pitted and chopped	1 tbsp maple syrup

### Directions:

1. Preheat oven to 175°C and cover small baking dish with parchment paper.
2. Wash and core apples and place on paper.
3. In separate bowl, mix rest of ingredients together.
4. Spoon oatmeal mixture into centre of apples. If there is extra, you can spoon it onto the paper so it will crisp up like granola.
5. Bake, uncovered, for approximately 30 minutes. Check for doneness by piercing apple with a fork to test softness. If knife slides in easily, then it's done, if not, then check in another few minutes.
6. Remove from oven and serve hot. Enjoy!

Per serving	
Protein (g)	5
Carbs (g)	62.5
Fat (g)	14
Calories	377

## Chocolate (Avocado) Pudding

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Chocolate (Avocado) Pudding	✓	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 ripe avocado
- 2 med ripe bananas
- 4 tbsp cocoa powder
- 1 tsp cinnamon
- 2 tsp vanilla extract
- 1 tbsp maple syrup
- 1 dash salt

### Directions:

1. Add all ingredients to food processor or blender and blend until smooth.
2. Refrigerate for at least 2 hours and serve cold. Enjoy!

Per serving	
Protein (g)	5
Carbs (g)	56
Fat (g)	16
Calories	354

## Berries & Cream

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Berries & Cream	✓	✓	✓	✓

### Ingredients:

- 2 cups blueberries
- 2 cups strawberries
- 1 cup full-fat coconut milk, refrigerated
- 2 tsp vanilla extract
- 1 tbsp maple syrup

### Directions:

1. Place large mixing bowl in freezer 30 minutes before ready to make coconut cream.
2. Turn cold can of coconut milk over and open (so the liquid is on top). Save or discard coconut water.
3. Scoop the solid coconut cream into your chilled bowl, add vanilla and whip until fluffy.
4. Place berries in 4 bowls and top with whipped coconut cream. Enjoy!

Per serving	
Protein (g)	4
Carbs (g)	42
Fat (g)	25
Calories	389

## Honey Fried Banana

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Honey Fried Banana	X	✓	*	✓

\* If using gluten-free spices

### Ingredients:

- 1 tsp coconut oil
- 1 medium under-ripe banana, sliced into 8 pieces
- 1 tbsp honey
- ½ tsp cinnamon

### Directions:

1. Melt oil in skillet over medium heat.
2. Fry banana slices 1-2 minutes per side.
3. Whisk honey with 1 tbsp water.
4. Turn off heat and pour honey mixture on hot bananas in skillet.
5. Serve hot and sprinkle with cinnamon. Enjoy!

Per serving	
Protein (g)	1
Carbs (g)	44
Fat (g)	5
Calories	210

## Black Bean Brownies

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
<b>Black Bean Brownies</b>	<b>X</b>	<b>✓</b>	<b>*</b>	<b>**</b>

\* If using gluten-free oats

\*\* If using dairy-free chocolate chips

**Ingredients:**

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 2 cups black beans, rinsed       | 1/3 cup coconut oil, melted        |
| 4 tbsp cocoa powder, unsweetened | 2 tsp vanilla extract              |
| 1/2 tsp salt                     | 1 tsp baking powder                |
| 1/2 cup oats                     | 1/2 cup semi-sweet chocolate chips |
| 1/4 cup honey                    |                                    |

**Directions:**

1. Preheat oven to 175°C.
2. Place all ingredients, except chocolate chips into a food processor. First pulse until mixed, then blend until smooth.
3. Cover 8'x8' baking pan with parchment paper.
4. Pour batter into prepared pan and fold in chocolate chips.
5. Bake 20-25 minutes until a knife comes out clean.
6. Let cool for 10-15 minutes before cutting. Enjoy!

Per serving	
<b>Protein (g)</b>	<b>7</b>
<b>Carbs (g)</b>	<b>40</b>
<b>Fat (g)</b>	<b>17</b>
<b>Calories</b>	<b>323</b>

## Chocolate Quinoa Bowl

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Chocolate Quinoa Bowl	✓	✓	*	**

\* If using gluten-free spices

\*\* If using dairy-free chocolate chips

### Ingredients:

- 1 cup cooked quinoa (see recipe in lunch section)
- ¼ cup coconut milk, canned
- 2 tbsp cocoa powder, unsweetened
- 1 tbsp maple syrup
- ½ cup semi-sweet chocolate chips
- 1 cup strawberries (fresh or frozen)

### Directions:

1. Split quinoa into two bowls.
2. Mix in coconut milk, cocoa powder & maple syrup.
3. Top with chocolate chips and strawberries. Enjoy!

Per serving	
Protein (g)	7
Carbs (g)	61
Fat (g)	21
Calories	436

## Coconut Pudding

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free
Coconut Pudding	X	✓	✓	✓

### Ingredients:

- 1½ cups full-fat coconut milk, canned
- 3 tbsp honey, light-coloured if possible
- 2 tbsp water
- 2 tbsp corn starch
- 1 cup mango, chopped
- 1 cup pineapple, chopped

### Directions:

1. Place coconut milk & honey into a medium saucepan.
2. Mix water & corn-starch until smooth, and add to saucepan.
3. Place on medium heat, whisking constantly until begins to thicken to a gravy consistency.
4. Pour into 4 dessert bowls, cover and refrigerate for at least one hour. Enjoy!

Per serving	
Protein (g)	2
Carbs (g)	30
Fat (g)	18
Calories	276



From all of us at Ultim8 U Health & Fitness

# THANK YOU

For your commitment to a better healthier you and  
for being a BIG part of our team.

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EVERYONE  
ACHIEVES  
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