



#WEDO*transformations*
LOOK GOOD • FEEL BETTER • WIN MONEY

September Recipe Pack

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



Contents & Key

Cheesy Chicken Muffins	6
Strawberry Cottage Cheese Smoothie	8
Bacon Stuffed Mushrooms	10
Whipped Pesto Cream Cheese Spread	12
Beef Soba Noodle Bowl with Green Beans	14
Cilantro & Mint Chutney	16
Tandoori Bowl	18
Instant Pot Chicken Soup	20
Mediterranean Salmon with Greek Salad & Couscous	22
Smashed Pita Burger with Tzatziki	24
Poulet Yassa (Senegalese Chicken)	26
One-Pan Green Rice & Fish	28
Vanilla Protein Pudding	30
Goat Cheese Stuffed Dates with Pistachios & Walnuts	32
Blueberry Protein Popsicles	34

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

Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 banana 10 lemons blueberries Vegetables 5 onions 2 red onions 3 shallots 2 bunches green onions (spring onion) 2-3 bulbs garlic root ginger 3 cucumbers cherry tomatoes baby spinach 2 red bell peppers 1 green bell pepper 1 jalapeño 2 carrots 2 celeries 7 oz. (200g) green beans 14 x large white mushrooms cauliflower Fresh Herbs dill cilantro (coriander) mint parsley thyme Dried Fruit medjool dates Frozen strawberries	Meats 1.3 lbs. (600g) chicken breast 2 lbs. (900g) skinless, boneless chicken thighs 1.8 lbs. (800g) skin on, bone in chicken legs 7 oz. (200g) rump beef steak 1 lb. (450g) ground lamb (lamb mince) Fish & Seafood 4x 6 oz. (170g) salmon filets 4x 6 oz. (170g) cod filets Cold butter milk unsweetened almond milk natural yogurt Greek yogurt 1 egg cheddar cheese cottage cheese cream cheese feta cheese goat cheese	Grains couscous white basmati rice Nuts & Seeds pistachios walnuts hemp seeds Baking all purpose flour baking powder vanilla extract Dried Herbs & Spices black pepper cayenne pepper garam masala paprika red pepper flakes (chilli flakes) dried mixed herbs dried oregano dried thyme bayleaves	Oils olive oil Sweeteners coconut sugar honey maple syrup Boxed, Canned & Condiments 3.5 oz. (100g) can sweetcorn (or use frozen sweetcorn) 3.5 oz. (100g) can chickpeas sun-dried tomatoes basil pesto, vegan garlic paste harissa paste dijon mustard apple cider vinegar white wine vinegar rice wine vinegar mirin tamari sauce soba noodles chicken bouillon cube chicken broth (stock) Misc/Other sea salt 4 pita bread vanilla protein powder



Cheesy Chicken Muffins

Serves 6 (Makes 12)

1 tbsp. butter
10.6 oz. (300g) chicken breast, cut into 1cm cubes
½ tsp. dried mixed herbs
1 tsp. garlic paste
½ tsp. salt
1 tsp. black pepper
8.8 oz. (250g) all-purpose flour
1½ tsp. baking powder
8.4 fl oz. (250ml) milk
1.8 oz. (50g) natural yogurt
1 egg
7 oz. (200g) cheddar cheese, grated
2 tbsp. red pepper, diced
2 tbsp. green pepper, diced
2 tbsp. green onion, finely chopped
3.5 oz. (100g) sweetcorn, drained

What you need to do

Preheat the oven to 360°F (180°C). Line a 12 muffin tin with muffin cups or use a silicone muffin tray.

Melt the butter in a small pot over low-medium heat, add the chicken, mixed herbs, garlic paste, salt and pepper, and stir to combine. Cover with a lid and cook for 15 minutes, until the chicken is cooked through.

Mix the flour with the baking powder in a large bowl. Whisk the milk with the yogurt and egg in a separate bowl, then fold the wet ingredients into the dry ingredients.

Add the cooked chicken, cheese, red and green peppers, green onion and sweetcorn and mix well.

Pour the batter equally into each of the muffin cups and bake in the oven for 30 minutes until golden, and a toothpick inserted into the center of the muffin comes out clean.

Remove the tray from the oven and set aside to cool for 10 minutes, then transfer the muffins to a cooling rack. Serve warm.

Store leftover muffins in an airtight container in the refrigerator for 4-5 days.

Makes 12 muffins, allowing 2 per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	45 mins	422	17	41	25	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



04577164



Strawberry Cottage Cheese Smoothie

Serves 2

8 fl oz. (240ml) almond milk,
unsweetened
7 oz. (200g) frozen
strawberries
4.2 oz. (120g) cottage cheese
1 tbsp. honey
¼ tsp. vanilla extract

What you need to do

Place all the ingredients into a high speed blender and blitz until smooth. Divide between 2 glasses and serve immediately.

GF	LC	Q	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	138	4	19	8	2

myfitnesspal



05457656

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Bacon Stuffed Mushrooms

Makes 14

14 large white mushrooms
1 tbsp. olive oil + 1 tbsp. for brushing
½ tsp. salt plus + extra for sprinkling on mushroom caps
black pepper, to taste
7 slices bacon, diced
3 shallots, diced
4 cloves of garlic, thinly sliced
3 tbsp. walnuts, chopped
3 tbsp. sun-dried tomatoes, chopped
3 tbsp. parsley, chopped

For the parsley-lemon dressing:

4 tbsp. parsley, chopped
1 clove of garlic, diced
zest of half a lemon
½ tbsp. white wine vinegar
2 fl oz. (60ml) olive oil
salt & pepper, to taste

What you need to do

Preheat the oven to 175°C (350°F).

Place all the dressing ingredients in a food processor and blend until smooth. Set aside.

Separate the mushroom cups from the stems and set the stems aside. Brush the mushroom caps on both sides with olive oil, sprinkle the insides with a little salt and pepper, and place them bottom up in a baking dish. Wipe the mushroom stems to remove any dirt and dice them finely.

Place a tablespoon of olive oil into a medium-sized pot over medium heat, add the bacon pieces and sauté for 3-4 minutes. Then add the shallots and continue to sauté until fragrant. Now add the sliced garlic and mushroom stems, and sauté until browned. Remove the pot from the heat and stir in the remaining ingredients.

Fill each mushroom cap with the bacon stuffing mixture and place into the oven to bake for 15-20 minutes, or until the mushrooms have browned.

Remove from the oven, drizzle the dressing over each mushroom and serve.

GF	DF	LC	MP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	91	8	2	3	1

myfitnesspal



07729553

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Whipped Pesto Cream Cheese Spread

Serves 12

6 oz. (170g) low fat cream cheese, room temperature
2 tbsp. vegan basil pesto
1/8 tsp. salt

What you need to do

Place the cream cheese in a large bowl, and using a hand mixer, whip the cheese for 2-3 minutes until light and fluffy. Add the pesto and salt, and whip again to combine.

Cover the bowl with a lid and refrigerate until ready to use as a spread or dip.



GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
7 mins	0 min	32	3	1	1	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Beef Soba Noodle Bowl with Green Beans

Serves 2

For the dressing:

1½ tbsp. tamari sauce
2½ tbsp. olive oil
3 tbsp. rice wine vinegar
1 tbsp. mirin
2 tsp. coconut sugar
2 tsp. ginger, minced
1 clove garlic, minced

For the beef/noodles:

7 oz. (200g) rump beef steak,
fat trimmed
1 tsp. olive oil
5.2 oz. (150g) soba noodles
7 oz. (200g) green beans,
trimmed
1 green onion, finely sliced

What you need to do

Remove the beef from the refrigerator 30 minutes prior to cooking, to allow the meat to come to room temperature.

Combine all dressing ingredients in a jar, and shake to combine. Set aside.

Heat the olive oil in a skillet over high heat, and cook the steak to your liking. Then transfer to a plate and loosely cover with foil. Allow the steak to rest for 5 minutes, then cut into slices against the grain.

Meanwhile, cook the soba noodles according to packet instructions. For the last 1 minute of cooking, add the green beans. Drain the noodles and beans and rinse under cold water.

To serve, divide the noodles and beans between 2 bowls, top with the sliced beef. Drizzle with the dressing and garnish with green onion.

DF	MP	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	705	33	69	33	4

myfitnesspal



08060208

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cilantro & Mint Chutney

Serves 10

4.4 oz. (125g) natural yogurt
3 tbsp. fresh lemon juice
0.5 oz. (15g) cilantro
0.5 oz. (15g) mint leaves
1 jalapeño, sliced
2 tsp. root ginger, sliced
1 garlic clove
½ tsp. salt
½ tsp. coconut sugar

What you need to do

Place all the ingredients into a blender or food processor and blitz until smooth.

Place in an airtight container and store in the refrigerator for up to 4 days.

Serve with the Tandoori Bowl (see recipe in this pack).

GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	21	1	2	1	1

myfitnesspal



02681399

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Tandoori Bowl

Serves 2

½ head cauliflower, cut into florets
3.5 oz. (100g) chickpeas, drained
10.6 oz. (300g) boneless, skinless, chicken breast
1 red onion, sliced in wedges
2 tbsp. olive oil
¾ tsp. salt
½ tsp. black pepper
2 tbsp. garam masala spice
8.5 oz. (240g) cooked white basmati rice
2 servings, Cilantro & Mint Chutney

What you need to do

Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.

Place the cauliflower, chickpeas, chicken and onion on the baking sheet and drizzle with olive oil. Season with salt, pepper and garam masala spice, and stir to combine.

Place the baking sheet in the oven and cook for 25 minutes, removing halfway through to give the ingredients a quick mix.

Serve over rice with the Cilantro and Mint Chutney (see recipe in this pack).

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	653	21	71	47	13

myfitnesspal



03408667

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Instant Pot Chicken Soup

Serves 8

2 tbsp. butter, unsalted
1 onion, chopped
2 carrots, chopped
2 stalks celery, chopped
1 tsp. salt
1 tsp. black pepper
1 tsp. dried thyme
1 tsp. dried oregano
1 tbsp. fresh parsley chopped
1 chicken bouillon cube
2 pt. (950ml) chicken broth
2 lbs. (900g) chicken thighs, skinless, boneless
2 pt. (950ml) water
3.5 oz. (100g) white basmati rice
lemon, wedges, to serve
2 tbsp. parsley, chopped
2 tbsp. green onions, sliced

What you need to do

Turn your Instant Pot to the sauté. Add the butter, onion, carrots and celery and sauté for 3 minutes until translucent. Season with salt and pepper, add the thyme, oregano, parsley, and chicken cube and stir.

Now add in the chicken broth, chicken thighs, water and rice. Close the lid and set the Instant Pot to high pressure for 7 minutes.

Once the Instant Pot cycle is complete, allow it to naturally release which should take about 10 minutes. Carefully unlock and remove the lid from the Instant Pot.

Remove the chicken and shred with two forks, then add back to the pot and mix together.

Serve the soup with lemon wedges, and a garnish of parsley and green onions.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	230	8	14	24	1

myfitnesspal



01335897

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mediterranean Salmon with Greek Salad & Couscous

Serves 4

For the Greek salad:

1 cucumber, peeled, sliced
¼ tsp. salt
5.3 oz. (150g) cherry tomatoes halved
½ red onion, thinly sliced
1 tbsp. apple cider vinegar
1 tsp. lemon juice
2 tbsp. Greek yogurt
⅛ tsp. black pepper

For the couscous:

10 fl oz. (300ml) water
6 oz. (170g) couscous

For the salmon:

4x 6 oz. (170g) salmon filets
salt, to taste
pepper, to taste
1 medium lemon, sliced
1 tbsp. parsley, chopped

What you need to do

Place the sliced cucumbers into a medium-sized bowl, sprinkle with salt and mix to combine. Set aside for 10 minutes, then drain off the excess liquid. Add the cherry tomatoes, red onion, apple cider vinegar, lemon juice, Greek yogurt and pepper; mix well and set aside.

To make the couscous, pour the water into a small pot, bring to the boil and add the couscous. Stir the couscous then cover the pot with a lid, remove it from heat and set aside for at least 5 minutes to allow the couscous to fully absorb the liquid. Then fluff the couscous with a fork and set aside.

Set the broiler (grill) to high. Line a baking sheet with baking paper.

Place the salmon filets onto the baking sheet, season with salt and pepper, then place a lemon slice on top of each filet. Place the sheet under the broiler and cook for 8-14 minutes or until the salmon is cooked through and flakey.

To serve, divide the couscous and salad equally between 4 plates. Place a salmon filet on top of the couscous, garnish with parsley and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	10 mins	410	9	38	45	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



08471871



Smashed Pita Burger with Tzatziki

Serves 4

For the tzatziki:

½ cucumber, grated
6.7 oz. (190g) Greek yogurt
juice from 1 lemon
1 clove garlic, minced
2 tbsp. fresh dill, chopped
2 tbsp. fresh mint, chopped
1 tbsp. olive oil
1 tsp. salt

For the burger:

1 lb. (450g) ground lamb
½ red onion, grated
3 cloves garlic, minced
2 tbsp. fresh mint
½ tsp. dried oregano
½ tsp. paprika
1 tsp. salt
½ tsp. black pepper
4x pita bread

Toppings:

1 cucumber, chopped, garnish
5.3 oz. (150g) cherry tomatoes
4 tbsp. feta cheese, crumbled
fresh dill, chopped
fresh mint, chopped

What you need to do

To make the tzatziki, grate the cucumber using the large holes of a box grater. Place the cucumber onto some kitchen towel, and squeeze out any excess liquid from the cucumber. In a medium bowl, combine the grated cucumber, yogurt, lemon juice, garlic, dill, mint, olive oil and salt. Refrigerate until ready to serve.

Place the ground lamb into a large bowl, adding the onion, garlic, mint, oregano, paprika, salt and black pepper. Mix until fully combined, then roll into 4 even-sized balls.

Heat a flat top grill, or cast iron skillet, over medium-high heat. Place the balls of meat on the hot surface then, using a heavy pan or burger press, smash the pita bread down on top of the burger until it's as flat as you can make it. Cook for 4-5 minutes until the meat is cooked through, then flip over and cook for a further minute.

Remove from the skillet and serve the burger with tzatziki and other toppings.

MP	HP	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	569	32	42	30	5

myfitnesspal



05642274

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Poulet Yassa (Senegalese Chicken)

Serves 4

For the chicken:

1.8 lbs. (800g) chicken legs, bone in & skin on
1 tsp. sea salt
1 tbsp. olive oil

For the marinade:

1 onion, chopped
4 garlic cloves, peeled
handful of fresh parsley
1 tsp. cayenne pepper
zest & juice of 1 lemon
2 tsp. dijon mustard

For the sauce:

2 tbsp. olive oil
3 onions, sliced
1 red bell pepper, sliced
2 garlic cloves, minced
juice 2 lemons
2 tbsp. dijon mustard
10 fl oz. (300ml) chicken broth
6 sprigs fresh thyme
1 bay leaf
1 tsp. red pepper flakes
½ tsp. sea salt
½ tsp. black pepper

To serve:

2 tbsp. fresh parsley, chopped

What you need to do

Make a few diagonal slashes across the chicken skin, season with the salt and massage it into the chicken, then place the chicken in a large bowl.

Place the marinade ingredients in a food processor, blitz to combine, then add to the chicken, and massage thoroughly. Cover and refrigerate for at least 2 hours, or overnight.

Remove the chicken from the refrigerator 30 minutes before cooking to allow the meat to come to room temperature. Set the oven to broil.

Take the chicken out of the marinade, and set the marinade aside for later. Drizzle the chicken with a tablespoon of olive oil, and arrange on a baking sheet in a single layer, skin-side up. Grill the chicken on each side for 10 minutes, until browned, then set aside to rest.

Meanwhile, make the sauce. Heat the olive oil in a large pot and add the onions along with the leftover marinade. Cover the pot and cook over a medium heat for 10 minutes, stirring occasionally. After 10 minutes, remove the lid and continue cooking for another 15–20 minutes, until the onions begin to caramelize. Add a splash of water, if needed, to prevent burning.

Now add the bell pepper to the onions and cook for 5 minutes, then stir in the garlic cooking for a further 2-3 minutes. Pour in the lemon juice and add the dijon mustard, chicken broth, thyme, bay leaf, red pepper flakes, salt and pepper, and bring to a simmer.

Place the chicken, skin-side up, in the sauce. Cover and simmer for 20 minutes, or until the sauce has reduced and the chicken is cooked through.

Garnish with freshly chopped parsley and serve.

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	2 hrs or overnight	90 mins	504	37	7	34	2

myfitnesspal



05714377

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



One-Pan Green Rice & Fish

Serves 4

8 green onions
2 cloves of garlic
1 oz. (30g) fresh cilantro
3.5 oz. (100g) baby spinach
1.3 pt. (600ml) water
10.6 oz. (300g) basmati rice
4x 6 oz. (170g) cod fish filets, skinless
salt & black pepper, to taste
1 tbsp. olive oil
4 tbsp. natural yogurt
2 tsp. harissa paste

Optional:

½ tsp. red pepper flakes
1 lemon, wedges
1 tbsp. cilantro, chopped

What you need to do

Place green onions, garlic, cilantro, spinach and water in a blender or food processor, and blitz until smooth.

Place the rice in a large skillet and pour over the green sauce, mix and cook on a high heat for 5 minutes.

Stir well, then carefully place the cod filets on top. Season to taste with salt and pepper and drizzle with olive oil. Cover the skillet with a lid, reduce the heat to low and cook for 12-15 minutes, or until the rice and the fish has cooked.

Serve the rice and fish with a spoon of yogurt and harissa on top. Then garnish with red pepper flakes, cilantro and lemon wedges.

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	405	5	63	27	3

myfitnesspal



01293197

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Vanilla Protein Pudding

Serves 2

8.8 oz. (250g) Greek yogurt
1 oz. (30g) vanilla protein powder
2 tsp. vanilla extract
1 tsp. maple syrup
2 tbsp. blueberries
1 banana, sliced
2 tsp. hemp seeds

What you need to do

Place the Greek yogurt, protein powder, vanilla extract and maple syrup into a bowl and stir to combine.

To serve, divide the mixture equally between 2 bowls or glasses, and top with the blueberries, sliced banana and hemp seeds.

GF	HP	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	241	4	25	25	2

myfitnesspal



06153401

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Goat Cheese Stuffed Dates with Pistachios & Walnuts

Serves 15

15 medjool dates, pitted
halved
3.5 oz. (100g) goat cheese,
soft
4 tbsp. walnuts
2 tbsp. pistachios
1 tsp. honey, to serve
1 tbsp. fresh thyme, stems
removed

What you need to do

Smear a small amount of goat cheese into each date half. Place the walnuts and pistachios into the goat cheese, allowing 1-2 nuts per date, depending on the size.

Serve the dates on a platter or board, drizzle with honey and scatter over fresh thyme leaves.

GF	LC	MP	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	103	3	19	2	0

myfitnesspal



01888775

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Blueberry Protein Popsicles

Serves 4

1.1 lbs. (500g) Greek yogurt
1 oz. (30g) vanilla protein powder
1 tbsp. honey
5.2 oz. (100g) blueberries

What you need to do

Place the yogurt, protein powder and honey into a bowl and mix to combine.

In a blender or food processor, puree the blueberries, then mix the puree in with the yogurt.

Pour the mixture into popsicle molds, insert sticks and place into the freezer until set.

GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	156	3	15	18	1

myfitnesspal



03832442

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.