

# RECIPE BOOK 1



# Recipe Book 1

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## Bread

### Recipe: Oat Bread

Makes  
**1**  
loaf



### Ingredients

- 1 egg
- 4 tbsp milk
- 500g low-fat natural yoghurt
- Fill the empty yoghurt pot above twice with oats
- 1 tsp bread soda
- 2 large handfuls of wheat bran
- 2 large handfuls of pumpkin seeds + extra to sprinkle on top of loaf
- 1 large handful of chia seeds

### Method

1. Pre-heat the oven to 180°C.
2. Line a baking loaf tin with baking paper.
3. Whisk the egg and milk together.
4. Add the other ingredients in a bowl, then add the egg and milk mixture and mix everything together.
5. Add the mixture to the loaf tin and bake for 55 minutes.
6. Remove the loaf from the tin.
7. Allow to cool completely on a wire tray before cutting.

**Bread****Recipe: Quinoa + Chia Bread****Makes  
1  
loaf****Ingredients**

- 200g wholegrain flour
- 300g plain white or spelt flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 2 tbsp chia seeds (+ more to scatter over)
- 100g cooked quinoa, cooled
- 1 tbsp maple syrup
- 520mls water

**Method**

1. Pre-heat the oven to 200°C.
2. Line a baking loaf tin with baking paper.
3. Mix the flours, baking powder, bicarbonate of soda, salt, chia seeds and most of the quinoa together in a bowl.
4. Add the maple syrup and water and mix.
5. Add the mixture to the loaf tin and scatter over the remaining quinoa and some chia seeds.
6. Bake for 50 minutes. Then carefully remove the loaf from the tin and continue to bake on its side for 10 minutes until it sounds hollow when tapped.
7. Allow to cool before slicing.

**Breakfast****Recipe: Pancakes**

Serves

**1****Ingredients**

- **3 heaped tbsp of self-raising flour**
- **1/2 tsp bicarbonate of soda**
- **2 heaped tbsp of 0% fat thick yoghurt e.g. Greek / Icelandic / Swedish yoghurt.**
- **1 egg**

**Method**

- 1. Add the self-raising flour and bicarbonate of soda to a bowl.**
- 2. In a separate bowl or jug, whisk the yoghurt and egg together.**
- 3. Add the yoghurt and egg mixture to the bowl of flour and bicarbonate of soda. Mix together until all of the flour is mixed.**
- 4. Spoon the mixture onto a non-stick frying pan. Cook on both sides.**
- 5. Serve with preferred toppings e.g. 0% fat Greek yoghurt / Skyr / Quark with 1-2 servings of fresh/dried/canned/frozen fruit and a sprinkle of unsalted nuts.**

**Breakfast****Recipe: Peanut Butter Loaded Toast****Serves  
1****Ingredients**

- **2 slices of wholegrain toast**
- **2 tbsp of 100% peanut butter**
- **1 small banana**
- **A portion of strawberries, washed and chopped**
- **2 heaped spoons of 0% fat Greek yoghurt (approx 100g)**

**Method**

- 1. Toast the bread.**
- 2. Spread the peanut butter on the toast and add the Greek yoghurt and fruit.**

**Breakfast****Recipe: Homemade Muesli****Serves  
5****Ingredients****For the base**

- 100g jumbo rolled oats
- 100g High Fibre Bran Cereal (Bransticks) or Wheatbran

**Nuts & Seeds**

- 30g flaked almonds
- 30g hazelnuts
- 20g peanuts
- 20g walnuts
- 4 tbsp flaxseed
- 30g pumpkin seeds
- 30g shelled hemp seeds

**Dried fruit**

- 50g dried cranberries
- 20g raisins

**Method**

1. Place all of the nuts and seeds in a dry, non-stick frying pan. Toast over medium heat for 5 minutes.
2. Transfer to an airtight container with the remaining ingredients and mix.
3. Store until needed and serve with milk or 125g of 0% fat Greek Yoghurt.

You can get creative with the types of unsalted nuts, seeds, and dried fruit that you want to use.

**Breakfast****Recipe: Fruit + Nut Granola****Serves  
5****Ingredients**

- 100g jumbo oats
- 3 tbsp buckwheat
- 4 tbsp mixed nuts
- 75g dried fruit mix
- 3 tbsp flaked almonds
- 2 tbsp pumpkin seeds
- 1 tsp cinnamon
- 2 tbsp coconut oil
- 2 tbsp honey
- 2 tbsp olive oil

**You can get creative with the types of unsalted nuts, seeds, and dried fruit that you want to use.**

**Method**

1. Preheat the oven to 200°C.
2. Mix all dry ingredients, except for the dried fruit, in a large bowl.
3. Melt the coconut oil in a small pan over medium heat, then stir in the honey and olive oil. Pour this over the dry ingredients in the bowl and mix well. Transfer to a baking dish lined with greaseproof paper and bake in the oven for 15 minutes.
4. Remove the dish from the oven, add the dried fruit, mix everything together and bake for another 10 minutes.
5. Allow to cool and store in an airtight container. Store until needed and serve with milk or 125g of 0% fat Greek Yoghurt.

## Breakfast

### Recipe: Overnight Oats

Serves  
**1**



#### Ingredients

- 1/2 cup milk
- 1/2 cup of 0% fat Greek yoghurt, Skyr or Quark
- 1/2 cup oats
- 1-2 servings of preferred fruit
- 2 tsp of seeds or a small handful of unsalted nuts
- Add extra flavour e.g. 100% nut butter, vanilla extract, almond extract, mixed spice, cinnamon, honey, jam



#### Method

1. Place everything in a bowl or portable container. Mix it all together and leave overnight in the fridge.
2. Eat hot or cold the next day.

**Tip: Make with low-fat chocolate protein milk if you like the taste of chocolate**

#### Delicious combinations

- Blueberries, nut butter (peanut / almond / hazelnut), vanilla extract.
- Nut butter, jam, unsalted peanuts.
- Strawberries, sunflower seeds, vanilla extract.
- Banana, walnuts, cinnamon / nutmeg.
- Pineapple, mango, desiccated coconut.
- Apple, mixed spice, raisins, walnuts.
- Cranberries, walnuts.
- Banana, sultanas/raisins.
- Cocoa, chopped dates, linseeds.
- Peaches, chia seeds, vanilla extract.
- Grated carrot, raisins, cinnamon, walnuts.
- Pear, raspberries/ cherries, flaked almonds, almond extract.
- Banana, cinnamon, pecans.

**Breakfast****Recipe: Overnight Weetabix****Serves  
1****Ingredients**

- **2 Weetabix, crushed with hands**
- **125ml milk**
- **125g 0% fat natural yogurt**
- **1 large handful of fresh or frozen berries e.g. strawberries, raspberries, blueberries, blackberries.**
- **Optional: 1 tsp jam / honey**

**Method**

- 1. Add the crushed Weetabix and milk to a container and mix well. Spread the mixture evenly over the bottom of the container.**
- 2. Spoon over the yogurt and spread evenly.**
- 3. If using jam or honey add on top and spread across the yogurt.**
- 4. Add fruit on top before putting in the fridge overnight. If you prefer warm fruit, heat the frozen fruit in the microwave or in a saucepan over medium heat and then spoon on top of the Weetabix yoghurt mixture before serving.**
- 5. Enjoy the next morning!**

**You can also use the delicious combinations on the previous page for this recipe!**

**Breakfast/Lunch**

**Recipe: Poached Eggs +  
Avocado + Smoked Salmon**

**Serves  
2**



## **Ingredients**

- **2 sliced of smoked salmon**
- **2 large eggs**
- **1 ripe avocado, sliced**
- **1-2 slices of freshly baked or toasted brown/oat bread per person**
- **1/2 lemon, juiced**
- **black pepper, to season**

## **Method**

- 1. Prepare 2 smoked salmon slices.**
- 2. Poach the eggs in simmering water for 3-4 minutes.**
- 3. divide the sliced avocado and smoked salmon between two slices of bread and squeeze lemon juice on each.**
- 4. Place the poached eggs on top of the smoked salmon and season with black pepper (optional).**

**Breakfast/Lunch**

**Recipe: Baked Eggs**

**Serves  
2**



### **Ingredients**

- 1 tbsp olive or rapeseed oil
- 1 red onion, diced
- 2 cloves garlic, minced
- 1 red pepper, diced
- 1 tsp smoked paprika
- 1/2 tsp chilli flakes
- 1/2 tsp cumin
- 400g tinned tomatoes
- 400g mixed beans in water, drained and rinsed
- 3-4 eggs
- 1 tbsp feta, crumbled
- 1 tsp chilli flakes
- Handful coriander
- Black pepper, to taste
- 2 wholemeal pitta breads, toasted

### **Method**

1. Preheat the oven to 180°C. Place an ovenproof frying pan over medium heat and drizzle with olive oil. Add the onion, garlic and spices, and allow to wilt for 5 minutes. Add the diced red pepper after 3 of the 5 minutes.
2. Add in the mixed beans followed by the chopped tomatoes, and simmer for 5 minutes on a low heat, until it forms a thick, bulky mixture.
3. Use a large spoon to make a well in the bean sauce, breaking each of the eggs into each one.
4. Place the pan on a baking tray in the middle of the oven and bake for 6-8 minutes (until the egg whites are fully cooked through but the yolks still a little runny).
5. Scatter over the feta, coriander, chilli flakes and black pepper, and serve with toasted pitta bread.

**Breakfast****Recipe: Omelette****Serves  
1****Ingredients**

- 1 tbsp olive or rapeseed oil
- 1 scallion, diced
- 1/2 medium red pepper, deseeded and diced
- 3 button mushrooms, sliced
- 2 medium eggs
- 20g / 1oz. of low-fat cheese, grated
- 1 serving of spinach (90g / 3oz.), roughly chopped
- 1/2 tomato, sliced
- Black pepper, to taste
- 1-2 slices of wholemeal toast

**Method**

1. Add oil to a non-stick pan over medium heat. Add the scallion, pepper and mushrooms and cook for 5 minutes until the vegetables begin to soften.
2. Crack the eggs in a bowl and combine with the grated cheese, spinach, tomato and a little black pepper to taste.
3. When the vegetables in the pan are ready, add to the egg mixture, mix well and return to the pan.
4. Cook the omelette for 2-3 minutes, until the edges cook and come away from the edge of the pan, the mixture should be firm. Flip the omelette in the pan and leave to cook for the same amount of time.
5. Serve and enjoy with toast.

**Breakfast****Recipe: Turkey Rasher + Egg Quesadilla****Serves  
1****Ingredients**

- 2 eggs
- 1 tbsp water
- 1 spring onions, diced
- 2 cooked turkey rashers (grilled or fried on a non-stick frying pan. Chop when cooked)
- 4 cherry tomatoes, diced
- small handful of low-fat grated cheese
- 1 wholemeal tortilla

**Method**

1. In a large non-stick pan over medium heat, add the eggs and season with black pepper. Scramble the eggs for a few minutes as they begin to cook.
2. Add the spring onions, tomatoes and cooked turkey rashers to the pan and stir for 1 more minute. Remove from the heat.
3. Spread the cheese over half of the tortilla. Add the egg mixture on top of the cheese half of the tortilla. Fold the tortilla in half.
4. Add the tortilla to the pan over medium-high heat and cook the quesadilla on each side for 2 minutes or until crispy. Remove from the pan and enjoy!

**Breakfast****Recipe: Beans on toast + sesame seeds****Serves  
1****Ingredients**

- **200g baked beans**
- **1 multiseed bagel thin/slim**
- **A thin spread of butter (10g)**
- **1 heaped teaspoon toasted sesame seeds (7g)**

**Method**

- 1. Pour the beans into a small pan and cook over a low heat for 2-3 minutes until piping hot, stirring occasionally (or heat in the microwave).**
- 2. Toast the bagel and spread with the butter.**
- 3. Toast the sesame seeds in a dry non-stick frying pan for a few minutes.**
- 4. Serve the beans on the toast and scatter the sesame seeds on top to serve.**

**Soup****Recipe: Carrot + Red Lentil Soup****Serves  
4****Ingredients**

- 1 small onion (diced)
- 2 cloves of garlic (crushed)
- 1 tbsp olive oil
- 2 carrots (scrubbed, topped and tailed, but not peeled)
- 125g dried red lentils
- 1/2 tsp dried cumin
- 1/2 tsp dried ginger
- 1/2 tsp dried coriander
- 750 ml vegetable stock
- 1/2 tsp red chilli powder
- handful of fresh chopped coriander

**Method**

1. Simmer the onion and garlic in the olive oil until soft.
2. Then add the carrots, lentils and dried herbs and spices.
3. Add in the stock and bring to the boil.
4. Simmer for 15 minutes until the carrots are cooked and the lentils have softened.
5. Add in the chilli powder if using.
6. When the soup has cooled slightly, whiz it with a hand blender and then add the fresh coriander on top.

Lunch

## Recipe: Healthy Quiche

Serves

1



### Ingredients

- 1 wholegrain wrap
- 3 eggs, whisked lightly
- 25 grams of grated reduced fat cheese
- 1 large tomato, chopped
- 2 large handfuls of spinach, washed and chopped
- Optional: tomato relish

### Method

1. Preheat the oven to 180°C.
2. Place the wrap in an oven proof dish. Add the chopped tomatoes on the wrap.
3. Pour the whisked eggs on top and sprinkle with cheese.
4. Bake for 20 minutes.
5. Optional: serve with a side of tomato relish.

**Lunch****Recipe: Quinoa Salmon Salad****Serves  
2****Ingredients**

- 50g quinoa
- 200mls water
- 2 tbsp olive oil
- 2 salmon fillets
- 4 handfuls of baby spinach, washed
- 1/2 cucumber, chopped
- 1 handful of cherry tomatoes
- 1 ripe avocado, flesh chopped
- 25g pumpkin seeds, toasted in a dry pan
- 1tbsp lemon juice

**Method**

1. Rinse the quinoa under cold water. Put into a saucepan and add 200mls water. Bring to the boil, reduce the heat and simmer for 10-15 mins or until the liquid is absorbed.
2. Meanwhile, heat the olive oil in a pan and add the salmon fillets flesh side down. Cook for 4-5 minutes then turn and cook for 4-5 minutes on the other side. Once cooked, flake the salmon and set aside.
3. Put all of the salad ingredients in a bowl and add the salmon and cooked quinoa. Top with the toasted pumpkin seeds and lemon juice.

Lunch / Dinner

## Recipe: Sweet Potato Risotto

Serves  
4



### Ingredients

- 450g sweet potato, peeled and cut into small cubes
- 1 tin chickpeas, drained (240g)
- 200g cherry tomatoes
- 1 tbsp olive or rapeseed oil (for baking tray)
- 1 white onion, small dice
- 3 garlic cloves, crushed
- 1 tsp dried mixed herbs
- 200g risotto rice
- 1 litre vegetable stock
- Juice of ½ lemon
- 2 tbsp nutritional yeast (optional)
- 1 tbsp olive or rapeseed oil
- Black pepper, to taste
- Serve with chopped coriander

### Method

1. Preheat the oven to 180°C and line 2 trays with baking parchment. Add half of the sweet potatoes to a tray with some olive oil, salt and pepper. Add the drained chickpeas to the second tray. Roast for 30-35 minutes until tender inside and crisp outside. Add the tomatoes for the final 10 minutes of roasting.
2. Meanwhile, heat 2 tbsp of olive or rapeseed oil to a large pan and fry the onion and garlic for 5 minutes. Add the remaining sweet potato to the pan and fry for 5 minutes.
3. Stir in the dried mixed herbs and rice and then pour in 400ml of vegetable stock. Bring the pan to the boil and turn down to a gentle simmer, gradually adding the rest of the stock until the rice and sweet potato are tender. Stir the pot frequently. This will take about 25-30 minutes.
4. To serve, stir in the lemon juice, nutritional yeast, olive or rapeseed oil and black pepper. Serve the mixture into bowls and add the roasted sweet potato, chickpeas and tomatoes on top with some fresh coriander.

Lunch / Dinner

## Recipe: Quick Vegetarian Chili

Serves  
4



### Ingredients

- 1 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 tsp chilli powder, or to taste
- 1 tbsp sweet paprika
- ½ tsp dried oregano
- 1 tsp ground cumin
- 400g can chopped tomatoes
- 1 tbsp tomato purée
- 2 x 400 g cans red kidney beans, drained and rinsed
- 200g can of sweetcorn, drained
- 100g spinach, washed
- A handful of fresh parsley, chopped (optional)
- Black pepper, to taste
- Serve with brown rice (50g per person) or 1 pitta bread per person.
- Sprinkle grated cheese on top.

### Method

1. Heat the oil in a large non-stick pan over a medium heat. Add the onion and fry for 3–4 minutes. Add the garlic, chilli powder, paprika, oregano and cumin and cook for a further minute.
2. Add the tomatoes, tomato purée, kidney beans and sweetcorn and bring to the boil. Reduce the heat and simmer for 10 minutes until the sauce has thickened.
3. Season with black pepper, then stir in the spinach and parsley. Turn off the heat – the spinach will wilt down in the heat of the pan. Serve with brown rice or pitta bread and a sprinkling of grated cheese.

Lunch / Dinner

## Recipe: Spicy Chickpea + Spinach Stew

Serves  
**2**



### Ingredients

- 1 tbsp olive or rapeseed oil
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 1 slice fresh ginger, peeled and finely grated
- ½ green chilli, finely chopped
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon turmeric
- ½ of a 400g tin of chopped tomatoes
- 400g tin chickpeas, drained and rinsed
- 125g baby spinach
- Black pepper, to taste
- A handful of fresh coriander leaves, chopped
- 2 tbsp plain 0% fat Greek yogurt
- Serve with 50g of wholewheat couscous or brown rice or 1 wholemeal tortilla

### Method

1. Heat the oil in a large saucepan and add the onions, garlic, ginger, chilli, coriander, cumin and turmeric. Cook over a moderate heat for 5 minutes until the onions have softened.
2. Add the tomatoes and chickpeas. Bring to the boil, and then simmer for 10 minutes. Add the spinach and stir until the spinach has wilted. Remove from the heat, season with black pepper, and stir in the fresh coriander.
3. Serve with the Greek yogurt, and wholewheat couscous or wholegrain rice.

Lunch / Dinner

## Recipe: Bean Enchiladas

Serves

4



### Ingredients

- 2 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 1 red pepper + 1 yellow pepper, deseeded and diced
- 1 tbsp taco seasoning mix (or mix together 1 tsp cumin, 1 tsp cayenne pepper and ¼ tsp salt)
- 400g can red kidney beans, drained and rinsed
- 200g can sweetcorn, drained and rinsed
- 200g can chopped tomatoes
- 300ml passata
- 4 soft wheat tortillas
- 125g Cheddar cheese, grated
- Serve with mixed leafy green salad

### Method

1. Preheat the oven to 180°C
2. Heat the oil in a non-stick ovenproof frying pan over a medium-low heat and add the onion. Fry for about 3 minutes and then add the peppers and cook for a further 2 minutes. Mix in the taco seasoning (or spices), followed by the beans, sweetcorn and chopped tomatoes. Cook for 2 minutes.
3. Place 1–2 tablespoons of the passata in an ovenproof dish and spread out evenly along the base (this prevents the enchiladas from sticking to the bottom). Spoon a quarter of the mixture in the middle of each tortilla and a little cheese (save some for the topping), then roll up. Place the tortillas folded side down in the dish. Pour the remaining passata over the tortillas and scatter over the rest of the cheese.
4. Bake in the oven for 15 minutes or until golden on top, then serve with salad.

Lunch / Dinner

## Recipe: Salmon + Chickpea Traybake

Serves

2



### Ingredients

- 1 onion, sliced
- 200g cherry tomatoes
- 3 tbsp mild or madras curry paste
- 400g can chickpeas, drained and rinsed
- 200ml water
- 2 salmon fillets, skinless
- 1 large or 2 small naan breads
- 2 tbsp fat-free yoghurt
- Optional: season with lemon wedges and coriander leaves

### Method

1. Heat the oven to 180C.
2. Toss the onion, tomatoes, 2 tbsp curry paste, chickpeas and 200ml water together in a deep roasting tin. Roast for 15 mins.
3. Stir everything in the roasting tin. Brush the remaining curry paste over the salmon fillets and add to the tin and roast for 8-10 mins.
4. Warm the naan breads by putting them directly on the oven rack below the roasting tin. Cut the warmed naan breads into wedges.
5. Mix the yoghurt into the vegetable mixture and serve with the naan wedges.
6. To flavour squeeze lemon wedges over the salmon and vegetables.

Lunch / Dinner

## Recipe: Prawn + Harissa Spaghetti

Serves  
2



### Ingredients

- 180g dried wholemeal spaghetti
- 2 tbsp olive oil
- 1 large garlic clove, chopped
- 150g cherry tomatoes, halved
- 150g raw king prawns
- 1 heaped tbsp rose harissa paste
- 1 lemon, finely zested

### Method

1. Bring a pan of lightly salted water to the boil. Add the broccoli and boil until tender. Drain and set aside. Cook the spaghetti following pack instructions, then drain, reserving a ladleful of cooking water.
2. Heat the oil in a large frying pan, add the garlic and fry over a low heat for 2 mins. Add the tomatoes to the pan and fry until they begin to soften. Stir through the prawns and cook for 2 mins, or until turning pink. Add the harissa and lemon zest and stir.
3. Toss the cooked spaghetti and pasta water through the prawns and harissa. Stir through the broccoli, and serve.

Lunch / Dinner

## Recipe: Tuna Salad

Serves  
1



### Ingredients

- 1 tbsp olive oil
- 1 medium red onion, peeled and chopped
- 1 clove of garlic, peeled and crushed
- 1 large bell pepper, deseeded and chopped
- 8 mushrooms, chopped
- 1 tbsp reduced salt soy sauce
- 1 large handful of baby spinach
- season with black pepper
- 145g can of tuna, drained
- serve with grated parmesan or cheddar cheese

You could serve this with:

- 50g quinoa or
- 50g rice or
- 5 wholegrain crackers

### Method

1. Heat the oil in a non-stick frying pan over medium heat. Add the onion, garlic, pepper, mushrooms and stir fry for a few minutes. Add the soy sauce.
2. Add the spinach and cook until it begins to wilt. Season with pepper.
3. Add the tuna and mix everything together. Serve with preferred cheese on top.

Lunch / Dinner

## Recipe: Chicken + Vegetable Stir Fry

Tip: You can swap chicken for prawns, beef, turkey

Serves  
2



### Ingredients

- 1 small red onion (sliced)
- 1 garlic clove (crushed)
- 1 red pepper (deseeded and sliced)
- 200g green beans (topped, tailed and cut in half)
- 1 carrot (scrubbed, topped, tailed and sliced)
- 2 skinless and boneless chicken fillets (cut into strips)
- 100g dried wholewheat noodles
- For the sauce, mix: 2 tablespoons tomato ketchup + 2 tablespoons sweet chili sauce + 2 tablespoons reduced sodium soy sauce
- 2 teaspoons olive/rapeseed oil
- 1 tablespoon water
- 50g beansprouts
- Optional: sprinkle sesame seeds or roasted cashew nuts on top

### Method

1. Place the noodles in a pot of boiling water and cook according to packet instructions (~4 mins). Once cooked, drain and rinse under cold water.
2. Make the sauce in a bowl and then heat a wok or large frying pan over high heat. Add the oil and then add the onion and garlic and stir-fry for 2 minutes.
3. Add the chicken and cook, tossing constantly for 3-4 minutes until the chicken is golden brown. Add the red pepper, green beans and carrot and stir-fry for 2 minutes. Add water to help steam-fry the vegetables and prevent the food from sticking. Add the drained noodles to the wok and then pour in the sauce and add the beansprouts.
4. Divide the mixture and serve in bowls with a sprinkle of sesame seeds / roasted cashew nuts on top.

Lunch / Dinner

Recipe: Pulled Chicken + Black Bean Chilli

Serves  
4



### Ingredients

- 2 tbsp olive or rapeseed oil
- 2 onions, sliced
- 4 boneless, skinless chicken thighs
- 3 garlic cloves, finely chopped
- 1 tbsp oregano
- 1 tsp cumin seeds
- 1 tsp chipotle paste
- 350g passata
- Dissolve ½ chicken stock cube in 100mls boiling water
- 400g can black beans, drained but not rinsed
- ½ lime, juiced
- serve with brown rice (50g per person) or wholemeal tortillas (1 per person), coriander

### Method

1. Heat the oil in a shallow saucepan with a lid. Add the onions and cook over a medium-low heat for 5 mins until softened. Add the chicken and turn up the heat to medium. Stir in the garlic, oregano and cumin seeds. Cook for a couple of minutes, then add the chipotle and cook for a few minutes more. Pour in the passata. Dissolve the stock cube in 100mls of boiling water. Season and bring to a simmer.
2. Cover with a lid and cook for 40-50 mins, stirring occasionally until the chicken is tender. Shred the chicken into the sauce using two forks, then stir through the black beans. Simmer for 5 mins more, then turn off the heat. Squeeze in the lime juice.
3. Serve with brown rice or wholemeal tortilla wraps and coriander (optional).

Lunch / Dinner

## Recipe: Quick Turkey + Tomato Pasta

Serves  
2



### Ingredients

- 150g wholewheat penne pasta
- 4 turkey rashers (100g), cut into pieces
- 1 garlic clove, peeled and crushed
- 1 tablespoon rapeseed or olive oil
- 400g passata
- 30g baby spinach leaves
- Small handful fresh basil leaves
- 40g freshly grated Parmesan
- 2 teaspoons pumpkin seeds
- Freshly ground black pepper

### Method

1. Cook the penne pasta as per packet instructions.
2. Heat a large non-stick frying pan over a medium to high heat. Add the oil and then add the turkey rashers and garlic. Sauté for 2-3 minutes until lightly golden. Pour in the passata and season with pepper. Bring to a simmer, then reduce the heat and simmer for another minute or two, adding a little of the pasta water if you think the sauce needs it.
3. Drain the penne and add to the turkey and tomato sauce with the spinach and tear in the basil. Gently mix until the spinach has wilted.
4. Divide the turkey and tomato penne into bowls and scatter over the Parmesan and pumpkin seeds to serve.

**Dinner**

**Recipe: Turkey Meatballs**

**Serves  
4**



**Ingredients**

**For the sauce:**

- 1 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 2 carrots, finely diced
- 2 celery sticks, finely diced
- 2 garlic cloves, thinly sliced
- 1 fennel bulb, halved and thinly sliced, fronds reserved
- 500g carton tomato passata
- 2 tbsp chopped parsley
- Serve with broccoli and steamed baby potatoes (4 per person) or wholewheat pasta (75g per person) and salad

**For the meatballs**

- 400g pack lean turkey breast mince
- 4 tbsp porridge oats
- 1 tsp fennel seeds, crushed
- 1 garlic clove, crushed
- 1tbsp olive or rapeseed oil
- Serve with broccoli and baby potatoes in their skins, or pasta and salad.

**Method is on  
next page**



Dinner

## Recipe: Turkey Meatballs

Serves  
4



### Method

- 1. Heat the oil in a large non-stick frying pan with a lid, then add the onion, carrots, celery, garlic and fennel, and stir well. Cover the pan and cook over a medium heat for 8 mins, stirring every now and then. Pour in the passata and season with pepper. Cover and leave to simmer for 20 mins.**
- 2. Meanwhile, add the mince into a large bowl. Add the oats, fennel seeds, garlic black pepper and mix with your hands. Lightly shape into 25 meatballs about the size of a walnut.**
- 3. Add the oil to a separate non-stick pan and gently cook the meatballs until they take on a little colour. Give the sauce a stir, then add the meatballs and parsley. Cover and cook for 10 mins until they are cooked through and the veg in the sauce is tender.**
- 4. Serve with broccoli and steamed baby potatoes, or pasta and salad.**

**Snack****Recipe: Chocolate Raspberry Cups****Makes  
6  
cups****Ingredients**

- 180g of dark chocolate
- 100g of raspberries
- 1 tbsp of chia seeds
- 6 tbsp of any nut or seed butter
- 6 cupcake cups

**Method**

1. Mash the raspberries with a fork and add your chia seeds. Set aside.
2. Melt the chocolate in 30 seconds intervals in the microwave.
3. Place your cupcake cups in a cupcake tray. Add 1 tbsp of melted chocolate to the bases are well covered.
4. Add 1 tbsp of the raspberry-chia mix and 1 tbsp of the nut butter into each cup
5. Cover each cup with extra chocolate until coated, leave to set in the fridge overnight and enjoy!

**Snack****Recipe: Chocolate Blueberry Bark****Makes  
1  
slab****Ingredients**

- **300g fresh blueberries, washed and dried**
- **200g dark chocolate, melted**
- **2-3 tbsp of any nut butter (optional)**

**Method**

- 1. Melt the chocolate in 30 seconds intervals in the microwave.**
- 2. Place the blueberries in a tray lined with parchment paper. Drizzle with nut butter if using. Cover all with the melted dark chocolate.**
- 3. Place in the freezer for at least one hour. After the bark has solidified, take it out, break it up into pieces, and store it in a container in the fridge (or freezer).**