

High Protein **RECIPE BOOK**



WELCOME TO YOUR NEW RECIPE BOOK

This recipe book is to help people build habits around preparing their own food because things as simple as knowing what you are going to cook, stocking the pantry appropriately and setting aside some time to meal prep help move the needle in a big way when it comes to long-term health.

Regardless of what the goal is being healthy is a daily practice so things like collecting a few simple recipes to rotate that help you focus on eating enough whole foods with fibre, micronutrients and a good amount of protein will set you up for the rest of your life.

This book can be your compass to help you navigate healthy eating.

Make it simple.
Make it nutritious.
And, make it at home.

A handwritten signature in red ink that reads "Kate x". The signature is written in a cursive, flowing style with a large 'K' and a small 'x' at the end.

FOODS TO FOCUS ON

- Green vegetables twice a day.
- 15 minutes of sunshine daily.
- A small handful of raw nuts & seeds every day.
- Eggs 3-4 times a week
- A handful of berries (fresh or frozen) as often as possible.
- Extra virgin olive oil for cooking.
- Fatty fish like salmon or trout twice a week if not more.
- Red meat or liver daily or every other day, liver can be frozen and then grated into meals like spag bol.
- Full fat dairy in your coffee.
- 1-2 squares of 80%+ dark chocolate daily or grated onto your morning oats.
- 15 minute walk in nature with no phone a few times a week.
- Fresh garlic and onion in your meals whenever possible.
- Bone broth as a snack or cook your rice in it.
- Sauerkraut or pickled veggies on the side of your plate at dinner.
- Oysters as often as possible.
- Two different types of veggies at each meal (bonus for three different types).
- Snack on fruit.
- Salt your food.
- Butter your sourdough.
- Live the slow life and enjoy the heck out of it.
-

*Make it simple
Make it nutritious
Make it at home*

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BREAKFAST

- Stop snoozing your alarm, get up on the first one.
- Give your body 30-60 minutes before you caffeinate.
- If it's sunny, now a great time to expose your eyes to it.
- You don't have to eat a massive breakfast, but don't skip breakfast because someone on social media does it.
- If you train in the morning, try having something simple like a banana and a slice of toast (especially if you have heavy lifting or something high intensity).
- If you only eat carbs for breakfast you will find yourself hungry again much faster, combine your carbs with a lot of protein and a little bit of fat.
- Some morning protein options include milk, yoghurt, eggs, leftover dinner. Or, throw in a scoop of protein powder.
- You can also sneak in micronutrients here by adding things like raw seeds, cacao powder and berries to your breakfast as a side plate or in something like a smoothie.



NUTRITIONAL INFORMATION:

- Calories: 507
- Carbohydrates: 62g
- Protein: 24g
- Fat: 19g
- Fiber: 9g

INGREDIENTS:

- 2 slices whole-grain bread
- 2 eggs
- 50ml milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 5g butter for cooking
- Fresh fruit for topping (berries, bananas, papaya)

FRENCH TOAST WITH FRUIT

- 1 In a bowl, whisk together eggs, milk, vanilla extract, and ground cinnamon.
- 2 Heat a pan over medium heat and coat it with a small amount of butter.
- 3 Dip each slice of bread into the egg mixture, making sure both sides are coated.
- 4 Place the coated bread slices in the skillet and cook until golden brown on both sides.
- 5 Serve the French toast topped with fresh fruit.

SMOKED SALMON AVOCADO TOAST

NUTRITIONAL INFORMATION:

- Calories: 409
- Carbohydrates: 41g
- Protein: 26g
- Fat: 16g
- Fiber: 10g

INGREDIENTS:

- 2 slices whole-grain toast
- 65g avocado, mashed
- 75g smoked salmon
- Sliced cucumber
- Sliced radishes
- Fresh dill for garnish
- Lemon wedges

1

Spread mashed avocado on the toasted bread slices.

2

Top with smoked salmon, sliced cucumber, and sliced radishes.

3

Garnish with fresh dill and serve with lemon wedges on the side.

2





2-INGREDIENT YOGHURT AND BLUEBERRY BREAD

INGREDIENTS:

- 2 cups self-rising flour
- 1 cup plain Greek yogurt
- 1 cup fresh blueberries

Ok, technically if you add blueberries it's 3 ingredients.

NUTRITIONAL INFORMATION:

If you make four slices, each slice contains:

- Calories: 317
- Protein: 9g
- Carbohydrates: 56g
- Fat: 7g
- Fiber: 3g

- 1 Preheat your oven to 180C/375F and grease a loaf pan. This can also be done in an air fryer.
- 2 In a mixing bowl, combine the self-rising flour and plain Greek yogurt.
- 3 Gently fold in the fresh blueberries until evenly distributed throughout the dough.
- 4 Transfer the dough to the greased loaf pan and shape it into a loaf.
- 5 Bake in the preheated oven for about 30-35 minutes, or until the bread is golden brown on the outside and a toothpick inserted into the center comes out clean.
- 6 Once baked, remove the bread from the oven and allow it to cool in the pan for a few minutes.
- 7 Transfer the bread to a wire rack to cool completely before slicing.

VEGGIE AND EGG SCRAMBLE

4

INGREDIENTS:

- 2 eggs
- Half a capsicum
- 6-7 cherry tomatoes
- A handful of chopped kale
- 2 tbsp sliced red onion
- Salt and pepper to taste
- 65g avocado, sliced
- 2 tsp EVOO to cook with
- Sesame seeds to go on top

EVOO = Extra virgin olive oil

NUTRITIONAL INFORMATION:

- Calories: 390
- Carbohydrates: 15g
- Protein: 15g
- Fat: 32g
- Fiber: 8g

1

In a bowl, whisk the eggs with a pinch of salt and pepper.

2

In a skillet, sauté the diced bell peppers, tomatoes, spinach, and red onion until tender.

3

Pour the whisked eggs into the skillet with the sautéed vegetables. Cook, stirring gently, until the eggs are scrambled and cooked to your preference.

4

Serve the scrambled eggs with sliced avocado on top. Garnish with fresh herbs.



Recipe number 9 has a note on weighing veggies!



COACH KATE'S BREAKFAST BURRITO

5

INGREDIENTS:

- 1 medium-sized flour wrap
- 20g shredded cheese
- 50g cooked bacon
- 2 eggs
- 70g potato, diced and cooked
- 5g butter to cook with
- Salt and pepper to taste
- Optional toppings: salsa, avocado, chopped green onions

NUTRITIONAL INFORMATION:

- Calories: 645
- Protein: 27g
- Carbohydrates: 39g
- Fat: 43g*
- Fiber: 4g

*You can reduce the fat to 23g by using a low fat wrap, low fat cheese (or no cheese), a leaner cut of bacon and cooking without butter.

- 1 In a pan, cook the bacon slices until crispy. Remove from the skillet and set aside.
- 2 In the same skillet, add the diced cooked potato and cook until they're lightly crispy and golden brown. Season with salt and pepper to taste. Remove from the pan and set aside.
- 3 Crack the egg into the pan and cook it to your preference (fried, scrambled, etc.). Season with salt and pepper.
- 4 Warm the tortilla in the pan (be careful not to burn it).
- 5 Assemble the tortilla wrap: Place the warmed tortilla on a flat surface. Sprinkle the shredded cheddar cheese down the center of the tortilla. Add the cooked bacon, diced potato, and cooked egg on top of the cheese.
- 6 If desired, add optional toppings such as salsa, avocado, or chopped green onions.
- 7 Fold the sides of the tortilla over the filling, then roll it up tightly from the bottom to create a wrap.



**NUTRITIONAL
INFORMATION:**

- Calories: 538
- Protein: 50g
- Carbohydrates: 50g
- Fat: 13g
- Fiber: 7g



COACH SARAH'S OVERNIGHT WEETBIX

INGREDIENTS:

- 3 x weetbix
- 125ml milk of choice
- 15g salted caramel protein powder
- 150g salted caramel or vanilla YoPro
- 1-2 squares 85% dark chocolate

1

Break up and soak the weetbix in the milk with the protein powder until mooshy, top with yoghurt, and melted chocolate.

2

Refrigerate overnight, enjoy the next day topped with fruit of choice and seeds like flax!

LUNCH

➡ If you made an extra serve at dinner, well done, you get leftovers for lunch.

➡ As a rough guide, whenever you add raw meat to a meal, make it 150-200g to ensure you get enough protein.

➡ If you eat slowly, you will allow your body to recognise when it is full quicker and avoid overeating.

Put your knife and fork down in between bites.

➡ If you train in the afternoon, this meal might double as your pre-workout if it is about 2 hours prior to training.

➡ Don't let yourself go beyond a 3/10 hungry (1 being absolutely starving and hangry), your hunger signals might be feeling tired or low energy, losing focus and getting impatient with people or going more than 4-5 hours without food.

MEXICAN STEAK WRAP

7

INGREDIENTS:

- 160g cooked and sliced steak
- 1 large wrap
- 1 cup thinly sliced cabbage (green or purple)
- Small handful of diced white onion
- Some fresh coriander
- 20g cheese
- 2 tablespoons salsa
- 1 lime
- Salt and pepper
- Optional: Sliced avocado, pickled jalapeños or sprouts

NUTRITIONAL INFORMATION:

- Calories: 606
- Protein: 44g
- Carbohydrates: 24g
- Fat: 38g*
- Fiber: 2g

*the fat will depend on the cut of meat you use, we deliberately used something high fat for these macros.

- 1 Warm the tortilla in a pan.
- 2 In a bowl, combine the thinly sliced cabbage, diced onion, chopped coriander, and a squeeze of lime juice. Season with salt and freshly ground black pepper. Toss to combine.
- 3 Lay the warm tortilla flat on a surface. Place the cooked and sliced steak in the center of the tortilla.

Top the steak with a generous portion of the cabbage and onion mixture. Sprinkle crumbled queso fresco over the cabbage.
- 4 Drizzle salsa over the filling.

If desired, add optional toppings such as sliced avocado and pickled jalapeños.
- 5 Fold in the sides of the tortilla and then roll it up tightly from the bottom to create the wrap.
- 6





MEDITERRANEAN CHICKEN SALAD

INGREDIENTS:

- 150g cooked chicken thigh
- 1/2 cup diced cucumbers
- 1/2 cup diced tomatoes
- 1/4 cup chopped red onion
- 1/4 cup diced capsicum
- 30g Kalamata olives
- crumbled feta cheese
- 1 tbsp EVOO
- 1 tbsp lemon juice
- Salt and pepper to taste

NUTRITIONAL INFORMATION:

- Calories: 542
- Protein: 42g
- Carbohydrates: 12g
- Fat: 37g
- Fiber: 4g

1

In a bowl, combine shredded chicken breast, diced cucumbers, tomatoes, red onion, bell peppers, Kalamata olives, and crumbled feta cheese.

2

In a small bowl, whisk together extra virgin olive oil, lemon juice, dried oregano, salt, and pepper to make the dressing.

3

Drizzle the dressing over the salad and toss to combine.

COACH JEN'S BURRITO BOWL

9

NUTRITIONAL INFORMATION:

- Calories: 630g
- Protein: 49g
- Carbohydrates: 59g
- Fat: 23g
- Fiber: 14g



INGREDIENTS:

- 150g grilled chicken thigh
- 100g cooked brown rice
- 50g black beans, drained and rinsed
- 50g corn kernels (fresh, canned, or frozen)
- Some diced tomatoes
- Small handful of diced red onion
- Big handful of diced capsicum
- As much coriander as you like
- 20g shredded cheese
- 50g avocado, sliced
- Lime wedges
- Optional toppings: salsa, hot sauce, corn chips.

1

Assemble the burrito bowl by literally combining everything in sections in a bowl.

2

Squeeze lime juice over the bowl.



With recipes like these, don't fret about weighing out and measuring above-ground veggies! Estimations can be entered to help you see the veggies you've eaten during the day and factor in the fiber you're eating without getting too anal.

10

STUFFED CAPSICUM

NUTRITIONAL INFORMATION:

- Calories: 754
- Protein: 45g
- Carbohydrates: 60g
- Fat: 38g
- Fiber: 12g



INGREDIENTS:

- 170g raw mince
- 1 large capsicum
- 60g quinoa, rinsed
- 2 cups vegetable broth or water
- 50g chickpeas, drained and rinsed
- Some diced cucumber
- 1-2 diced tomatoes
- Some diced red onion
- 20g low fat cottage cheese
- Chopped fresh parsley
- 1 tbsp EVOO
- Juice of 1 lemon
- Salt and pepper to taste

Half the recipe to use as a snack or reduce total macros.

- 1 Preheat the oven to 180C/375F.
- 2 Chop your veggies and hollow out your capsicum and cut in half.
- 3 In a medium saucepan, bring the vegetable broth or water to a boil. Add the quinoa, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the quinoa is cooked and the liquid is absorbed. Fluff the quinoa with a fork.

In a large bowl, combine the mince, quinoa, chickpeas, cucumber, tomato, red onion, cottage cheese, parsley, olive oil, lemon juice, salt, and pepper. Mix well to combine.
- 4
- 5 Stuff the mixture into the capsicums, place them in a baking dish. If needed, use a small piece of aluminum foil to stabilize them if they don't stand upright.

Bake in the oven for about 20-25 minutes or until they are tender, slightly charred on the edges and the mince is cooked through.
- 6



COACH STEPH'S CHICKEN BOWL

INGREDIENTS:

- 150g of cooked rice
- 150g cooked chicken thigh
- 70g of raw carrot
- 70g of raw cucumber
- Big handful of lettuce leaves
- 15g of bagel seasoning

NUTRITIONAL INFORMATION:

- Calories: 456
- Protein: 41
- Carbohydrates: 52g
- Fat: 8
- Fiber: 3

1

Because we pre-cooked our rice and chicken, this whole meal took 5:00 to put together - no cooking involved.

2

Fry your chicken thighs in some soy sauce for colour and flavour.

3

(You can cook a big batch in advance for the whole week)

4

Add either a packet/sachet of microwave rice or use your rice cooker to cook a large batch in advance.

5

Use a peeler to peel long strands of both carrot and cucumber.

6

Add a big handful of leafy greens! Top the whole thing with a little extra soy sauce and everything but the bagel seasoning.

AFTERNOON MINI MEAL



We call this a mini meal because people often make the mistake of having a small snack in the afternoon thinking it is enough.

If you have lunch at 1pm and dinner at 6:30pm, that's over 5 hours.

If you are someone who struggles with controlling your eating and snacking in the evening, this is one of your most important meals!

Let go of the idea that we should have three meals a day, start making a fourth meal in the afternoon.

It does not need to be massive but if you have a decent intake of calories at this point in the day, you will often have a smaller dinner and less cravings at night (which is great because you don't want to eat within two hours of sleeping).

MEAT ROLL-UPS

12

NUTRITIONAL INFORMATION:

- Calories: 382
- Protein: 29g
- Carbohydrates: 47g
- Fat: 8g
- Fiber: 8g

INGREDIENTS:

- 100g sliced turkey
- 4 slices of bread
- Heaps of baby spinach



MORE ROLL-UPS



- Tortilla and chicken roll-up
- Tuna and cos lettuce with mayo roll up
- Salmon and cream cheese roll up
- Sliced beef and sauerkraut roll up
- Egg with mayo and lettuce roll up
- Prawn, lettuce and sprouts in rice paper roll
- Tortilla, banana and almond butter roll up

1 ROLL EVERYTHING UP
IN THE BREAD!



13

COACH OLIVIA'S LOADED TURKEY AVOCADO CLUB SANDWICH

NUTRITIONAL INFORMATION:

- Calories: 345
- Protein: 24g
- Carbohydrates: 31g
- Fat: 14g
- Fiber: 7g

INGREDIENTS:

- 2 slices whole grain or multigrain bread
- 100g deli turkey slices
- 50g avocado, sliced
- Some sliced tomato
- A big handful of mixed baby greens or spinach
- 1 tbsp wholegrain mustard
- Salt and freshly ground black pepper to taste

- 1 Toast the slices of bread to your desired level of crispiness.
- 2 Spread the wholegrain mustard onto one side of each slice of toasted bread.
On one slice of bread, layer the deli turkey slices.
- 3 Place the avocado slices over the turkey. Add the sliced tomato and mixed baby greens on top of the avocado.
- 4 Top with the second slice of bread. Press the sandwich gently together and cut it in half diagonally.





GREEK YOGURT PARFAIT

14

Parfait literally translates to 'perfect'.

INGREDIENTS:

- 150g plain low fat Greek yogurt
- 50g mixed berries (frozen or fresh)
- 20g granola
- 15g chopped nuts & seeds.

1

In a small container, layer Greek yogurt, mixed berries, granola, and chopped nuts.

2

Post it on instagram then enjoy!

NUTRITIONAL INFORMATION:

- Calories: 305
- Protein: 15g
- Carbohydrates: 33g
- Fat: 13g
- Fiber: 5g

PITA PIZZA

15

INGREDIENTS:

- 30g cherry bocconcini
- 20g pitted black olives
- A handful of cherry tomatoes
- Fresh basil leaves
- 100g sliced prosciutto, cooked chicken, or turkey
- 1 pita bread rounds
- 1 tsp EVOO
- 1 tsp balsamic glaze (optional)
- Salt and freshly ground black pepper, to taste

- 1 Chop all your toppings.
- 2 Warm the pita bread or toast it.
- 3 Assemble the plate with your ingredients.
- 4 Drizzle extra virgin olive oil over the ingredients to enhance the flavors.
- 5 Sprinkle a touch of salt and freshly ground black pepper over the toppings.
- 6 For extra flavor, drizzle a little balsamic glaze over the toppings.
- 7 Let everyone assemble their own "pizza" by placing their preferred toppings on the warm pita bread rounds.
- 8 Fold the pita bread over the toppings and enjoy the deconstructed pizza!

NUTRITIONAL INFORMATION:

- Calories: 434
- Protein: 31g
- Carbohydrates: 18g
- Fat: 26g
- Fiber: 1g



DINNER

Last opportunity of the day to get in some micronutrients.

When you cook dinner, always cook another serve so you can have the leftovers for a meal tomorrow. This is perfect for people who do not like doing meal prep.

Dinner is the beginning of your bedtime routine, make sure you plan to eat about 2 hours before you go to bed. Sleep is better when we have digested our food.

If you are in a weight loss phase, you may experience some hunger in the evening, some is ok, but if you can't sleep, that is not ok. If it is uncomfortable, having something like nuts or almond butter will give you some calories without causing a fluctuation in your blood sugar levels.



Another tip for these main meals is to not drink a lot of liquid at the same time. Your digestion may improve by not loading up on liquids at the same time as you engulf a whole lot of solids - especially if you are someone who gets bloated or has digestion issues. Try this out!



COACH MADDIE'S CREAMY MUSHROOM PASTA

INGREDIENTS:

- 2 red onion
- 2 cloves garlic
- 200 g mushrooms ideally a mixture including oyster, shiitake, chestnut, button
- 100 g of broccoli
- 3 tbsp tamari/ soy sauce
- 100 ml veg stock or water
- 250g wholemeal penne pasta (if you need more protein, opt for a high protein pasta like kidney bean or lentil pasta)

1

Toast cashews in a pan for 5 minutes (do not burn them).

2

Chop garlic and veggies. Cook the pasta in a pot of boiling water and add the broccoli so it cooks at the same time. Drain and rinse in cold water once cooked to stop further cooking.

3

Put EVOO in a frying pan on high heat and allow the pan to get hot. Once super hot add the onions and garlic and fry until they start to brown.

4

Once they start to brown and stick a little add some veg stock (approx 1 tsp) or water to clean the pan and incorporate the browned flavour to the dish. This should take about 3-5 mins.

CREAMY SAUCE:

- 80 g toasted cashew nuts works out about 10 nuts per person.
- 450 ml soy milk or non dairy milk of choice
- juice of half lemon
- 1 tsp salt
- 1 tsp garlic powder
- 1 chili to serve

NUTRITIONAL INFORMATION:

- Calories: 410
- Carbohydrates: 58g
- Protein: 21g
- Fat: 13g
- Fibre: 10g

Makes 4 servings

5

Add the mushrooms and fry for 2-3 mins again adding a little water or veg stock if they start to stick. You want to ensure you are frying rather than boiling (frying there is little or no liquid or water in the pan vrs boiling the veg is submerged under water.) Add 3 tbsp of tamari/ soy sauce and fry for a further 2 mins. Turn off the heat.

6

Time to make the sauce: in a blender add the cashew nuts, soy milk or milk of choice, lemon, salt and garlic powder and blend till super smooth.

7

Put the frying pan back on high heat, add the sauce in on top of mushrooms and heat up and allow the sauce to reduce & thicken for 2-3 mins. Once the pasta is cooked add pasta and broccoli straight into the sauce. If the sauce gets too thick add a little pasta water to reach the desired thickness of sauce. Taste and season to your liking.

8

Chop the chilli (removing seeds if you want it less hot) and pluck the thyme off the stalk and serve to add flavour and garnish.



Chop and stop!

If you chop your onion and garlic then leave them to sit for 5-10 minutes (but no longer) it will maximise the health benefits as it allows an enzyme to convert to a compound called allicin, which is antibacterial, antiviral, and anti-fungal. It's also scientifically linked to being good for the heart and it's known for its anti-cancer properties.

Plus, combining things from the allium family enhances the bioavailability of zinc and iron!



SPAG BOL

NUTRITIONAL INFORMATION:

- Calories: 477g
- Protein: 39g
- Carbohydrates: 49g
- Fat: 14g
- Fiber: 4g

INGREDIENTS:

- 500g grass-fed mince
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 1 can crushed tomatoes
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste
- Fresh basil leaves (for sauce and garnish)
- Grated Parmesan cheese (for serving)
- 200g pasta (uncooked)

Makes four bowls.

1

In a large pan, heat the olive oil over medium heat. Add the chopped onion and carrot. Sauté until the vegetables are softened and the onion is translucent.

2

Add the minced garlic and sauté for another 30 seconds until fragrant.

3

Push the vegetables to the side of the pan and add the mince. Cook, breaking it apart with a spoon, until browned and cooked through.

4

Pour in the crushed tomatoes and stir to combine all the ingredients. Season with salt and pepper.

5

Lower the heat and let the sauce simmer for about 15 minutes, let the flavours meld!

6

While the sauce simmers, bring a large pot of salted water to a boil. Add the pasta and cook al dente. Drain the pasta.

7

Tear a handful of fresh basil leaves and stir them into the sauce. Garnish with grated Parmesan cheese and serve!



COACH PAIGE'S HOMEMADE BURGER WITH CRISPY SWEET POTATO FRIES

NUTRITIONAL INFORMATION:

- Calories: 558
- Carbohydrates: 51g
- Protein: 33g
- Fat: 24g
- Fibre: 4g

INGREDIENTS:

- 500g raw grass fed mince
- Fresh garlic and onion
- 4 burger buns
- 2 medium sweet potatoes, peeled and cut into thin strips
- 1 tbsp olive oil
- Lettuce leaves
- Sliced tomatoes
- Sliced red onion
- Mustard, ketchup, or your preferred condiments
- Salt and pepper to taste
- Optional: Smoked paprika, garlic powder, or other seasoning of your choice

Recipe makes 4 burgers.

- 1 Preheat your oven to 220C/425F and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sweet potato strips with olive oil until they're well coated.
- 3 Spread the sweet potato strips in a single layer on the prepared baking sheet. Don't let them touch if you want them to be crispy. Season them with salt, pepper, and any optional seasonings you prefer.
- 4 Bake in the preheated oven for about 20 minutes, flip them and cook with the fan or grill on for 10 minutes.
- 5 Preheat your grill or a pan and make four burger patties with the diced garlic and onion. Cook for 3-4 minutes each side.
- 6 Assemble your burgers!

HEARTY BEEF AND VEGETABLE STEW

NUTRITIONAL INFORMATION:

- Calories: 632
- Carbohydrates: 51g
- Protein: 58g
- Fat: 23g
- Fibre: 9g

INGREDIENTS:

- 180g lean beef stew meat, cubed
- 200g diced potatoes
- 100g diced carrots
- Some diced celery
- Some leek
- A good helping of diced onion
- 1 clove garlic, minced
- 4 cups beef broth
- 1/2 cup canned diced tomatoes
- 1 teaspoon thyme
- Salt and pepper to taste
- 1 tbsp olive oil

1

In a large pot, heat olive oil over medium heat. Add the cubed beef and sear or brown on all sides. Remove from the pot and set aside.

In the same pot, add diced potatoes, carrots, celery, leek, onion, and garlic. Sauté for a few minutes.

2

Return the browned beef to the pot. Add beef broth, diced tomatoes, dried thyme, salt, and pepper. Bring to a simmer.

3

Cover and let the stew simmer on low heat for about 1 to 1.5 hours until the meat is tender and flavors are well combined.





SALMON POKE BOWL

20

NUTRITIONAL INFORMATION:

- Calories: 615
- Carbohydrates: 46g
- Protein: 40g
- Fat: 29g
- Fibre: 4g

INGREDIENTS:

- 170g salmon or trout fillet
- 150g cooked rice
- 40g edamame (frozen, shelled)
- 50g bok choy or kale
- 50g broccolini
- 5g tamari almonds
- 5g sesame seeds
- Coconut aminos
- teriyaki sauce
- Soy sauce or tamari sauce
- A tiny dabble of hot sauce like Cholula
- Teriyaki flavoured dried seaweed
- 5g coconut oil

- 1 Preheat oven to 160C/320F.
- 2 Mix together coconut aminos, soy sauce and hot sauce, make no more than 1/4 cup. Lay out fish fillets on a baking tray and coat in half of the sauce.
- 3 Put the fish in the oven for 15 minutes and heat up the coconut oil in a pan.
- 4 Start by cooking the broccolini for 5 minute then add the leafy greens and edamame.
- 5 Check the fish and leave for another 5 minutes, if needed. It should be a slightly darker pink at the centre.
- 6 Put veggies in a bowl, in the same pan, heat up your pre-made rice and then add that to the bowl.
- 7 Add your fish on top then pour the remaining sauce over the veggies and rice.
- 8 Add the nuts, seeds and seaweed then enjoy!

