



HIGH PERFORMANCE RECIPES

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HIGH PERFORMANCE RECIPES



My top priority as a coach is to enable and empower you to reach your goals safely, effectively and efficiently.

An essential part of achieving your goals comes down to making better choices and that starts with what you're eating.

Cooking at home is a sure-fire way to plan and keep track of your calories, portion sizes and nutrients allowing you to remain in control of your progress.

Happy cooking!

Philip Gonçalves

Your coach



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you

have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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KEY

- V** VEGETARIAN
 - VE** VEGAN
 - DF** DAIRY FREE
 - GF** GLUTEN FREE
 - N** CONTAINS NUTS
 - Q** QUICK
-







EGG SCRAMBLE

GF V

SERVES: 2

TIME: 30 MINUTES

CALORIES 313

PROTEIN 15

CARBS 25

FATS 17

FIBRE 7



Worldwide, around 1.2 trillion eggs are produced for eating every year.



INGREDIENTS

200g **sweet potatoes**, diced
1/3 bunch of **kale**, roughly chopped
1 tsp **coconut oil**
Salt & pepper, to taste
4 **eggs**
2 tsp **unsalted butter**
1 tsp **curry powder**
1/2 **lemon**, cut in wedges

CALORIES
313

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line baking tray with baking paper.

Toss sweet potato, kale, oil, salt and pepper in a bowl and transfer to baking tray. Roast for 20-25 minutes, or until soft.

Meanwhile, whisk eggs in a small bowl with a little salt and pepper. Add butter to a fry pan on low-medium heat. Add eggs and gently stir with a spatula. Remove eggs when they're still runny and slightly underdone, as they'll continue to cook in the pan once removed from the heat.

Serve eggs on top of sweet potato and kale with lemon wedges.

HERBY FRIED EGGS

GF V DF

SERVES: 4

TIME: 10 MINUTES

CALORIES 165

PROTEIN 12

CARBS 0

FATS 13

FIBRE 0



INGREDIENTS

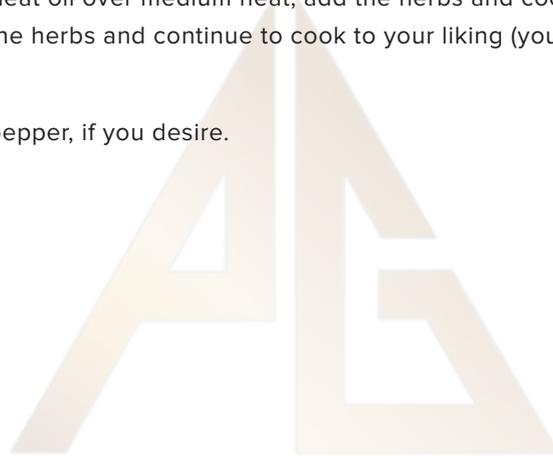
1 tbsp **olive oil**
4 sprigs **dill**, roughly chopped
1 1/2 tbsp **chives**, roughly chopped
8 large eggs
salt & pepper, to taste

CALORIES
165

INSTRUCTIONS

In a non-stick frypan, heat oil over medium heat, add the herbs and cook for a minute or so. Next, crack eggs on top of the herbs and continue to cook to your liking (you can flip them or have them sunny side up).

Season with salt and pepper, if you desire.



PEAR CHIA PUD

GF V

SERVES: 2

TIME: 5 MINUTES
(PLUS 8 HOURS)

CALORIES 320

PROTEIN 9

CARBS 26

FATS 20

FIBRE 13

Pears used to be called "butter fruit" for its soft, butter-like texture



INGREDIENTS

1 **pear**, peeled & grated
30g **walnuts**, roughly chopped
1/2 tsp **vanilla bean paste**
40g **Greek yoghurt**
30g **chia seeds**
180ml **milk**
Cinnamon, for dusting

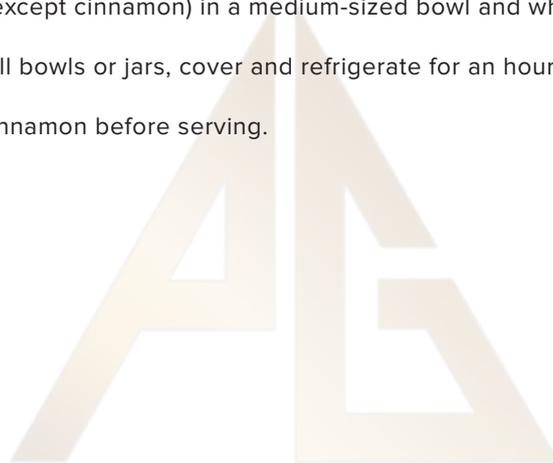
CALORIES
320

INSTRUCTIONS

Place all ingredients (except cinnamon) in a medium-sized bowl and whisk to combine.

Divide between 2 small bowls or jars, cover and refrigerate for an hour or ideally overnight.

Sprinkle with a little cinnamon before serving.



CHOC ORANGE SMOOTHIE BOWL

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 342

PROTEIN 28

CARBS 44

FATS 6

FIBRE 5



INGREDIENTS

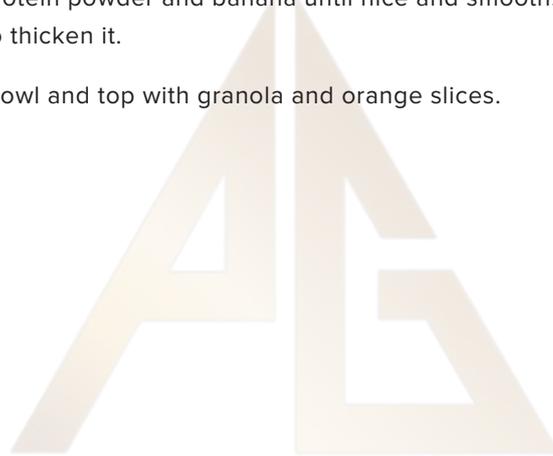
125ml **oat milk**
40g **coconut yoghurt**
1 tbsp **chocolate protein powder** (vegan if required)
1/2 medium **frozen banana**
5-10 pieces **ice**
To serve:
1 tbsp toasted **muesli or granola** (use gluten-free variety if required)
20g **fresh** orange, sliced

CALORIES
342

INSTRUCTIONS

Blend milk, yoghurt, protein powder and banana until nice and smooth. If the texture is too runny, add a few ice cubes to thicken it.

Transfer to a serving bowl and top with granola and orange slices.



AVOCADO ON TOAST

GF V VE DF

SERVES: 2

TIME: 10 MINUTES

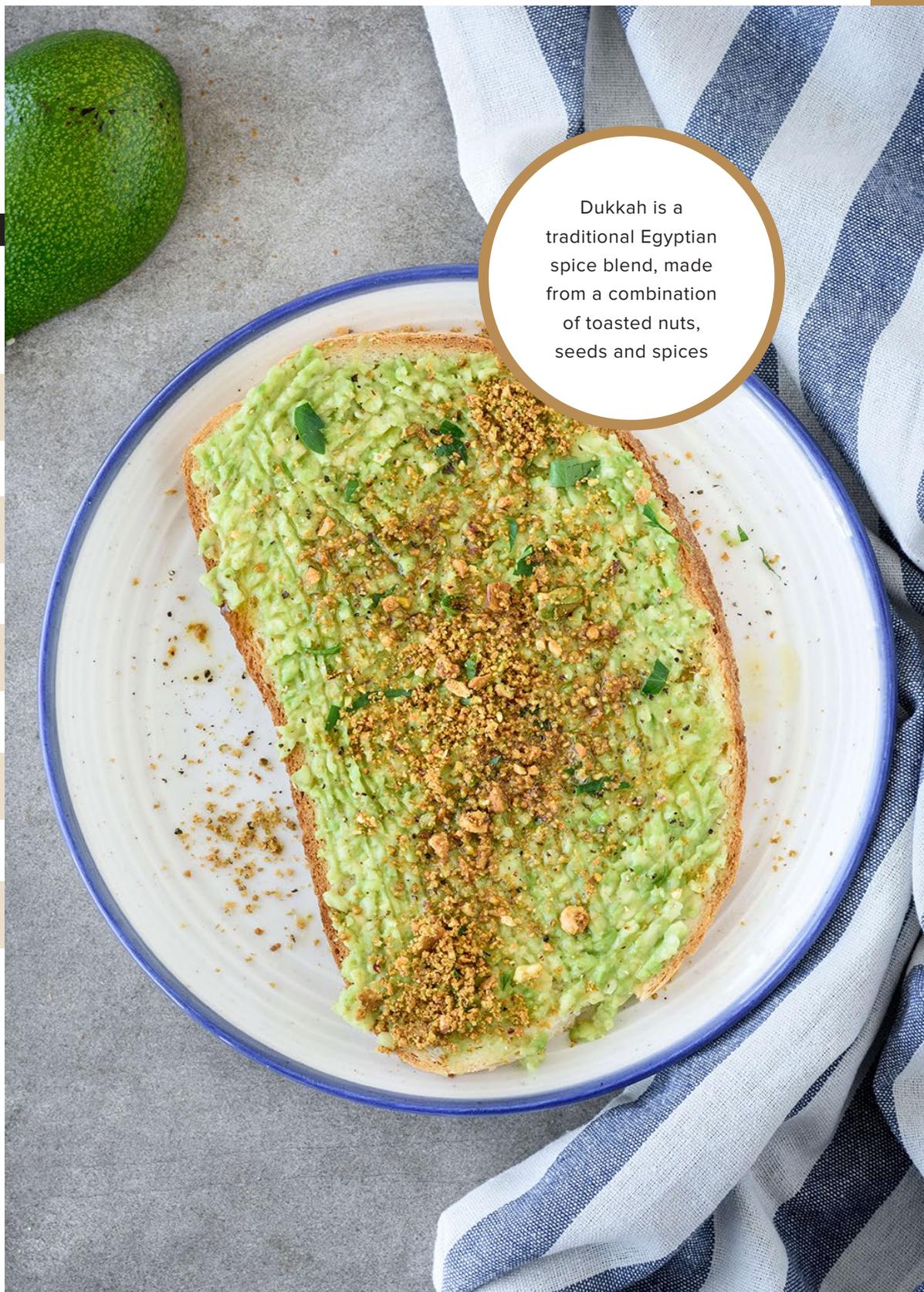
CALORIES 259

PROTEIN 5

CARBS 28

FATS 16

FIBRE 6



Dukkah is a traditional Egyptian spice blend, made from a combination of toasted nuts, seeds and spices



INGREDIENTS

2 slices **sourdough** (or gluten-free if required)

bread

1 **avocado**

2 tsp **lemon**, juiced

1 tbsp **fresh mint**, chopped

1 tbsp **dukkah**

Salt & pepper to taste

1 tsp **olive oil**

CALORIES
259

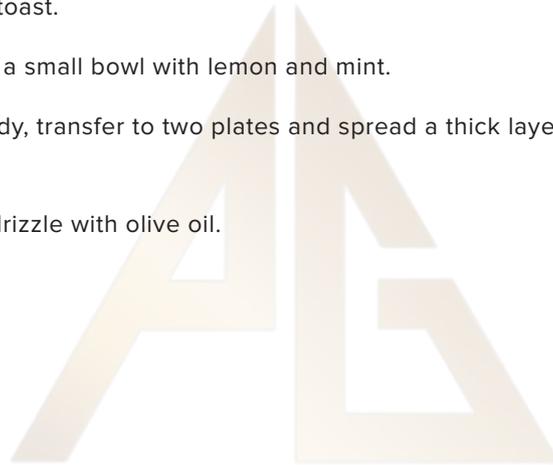
INSTRUCTIONS

Start by toasting your toast.

Smash the avocado in a small bowl with lemon and mint.

Once your toast is ready, transfer to two plates and spread a thick layer of avocado over both slices

Top with dukkah and drizzle with olive oil.







SAUSAGE BREAKFAST MUFFIN

SERVES: 4

TIME: 25 MINUTES

CALORIES 516

PROTEIN 41

CARBS 28

FATS 27

FIBRE 3



INGREDIENTS

500g **beef mince**
1/2 tbsp **Worcestershire sauce**
1 tsp **onion powder**
1/2 tsp dried **sage**
1/2 tsp dried **thyme**
Salt & cracked pepper
1 tbsp **olive oil**, divided
80g **cheese**, sliced
4 **eggs**
4 **English muffins**, cut in half and toasted

CALORIES
516

INSTRUCTIONS

Start by mixing beef, Worcestershire sauce, herbs salt & pepper together in a large bowl. Shape the mixture into four patty shapes.

Bring a non-stick skillet to medium heat with 1/2 tbsp olive oil. Cook patties for 3 minutes each side, or until cooked to your liking. With one minute remaining, place the sliced cheese on top of the patties and cover with a lid to melt the cheese.

Meanwhile in a separate pan, add the remaining olive oil and fry eggs for approximately 3 minutes. You can flip your egg and cook for an additional 1-2 minutes, or simply remove from the pan if you prefer sunny side up.

Take your toasted muffins and top with sausage, egg and a little tomato sauce or chutney, if you desire.

SESAME KALE

GF V VE DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 153

PROTEIN 6

CARBS 12

FATS 9

FIBRE 5



Sesame seeds have been growing in tropical regions since prehistoric times, it's likely they originated in India.



INGREDIENTS

500g **kale**
1 tbsp **olive oil**
2 tsp **sesame oil**
2 tsp **lemon**, juiced
2 tbsp **sesame seeds**

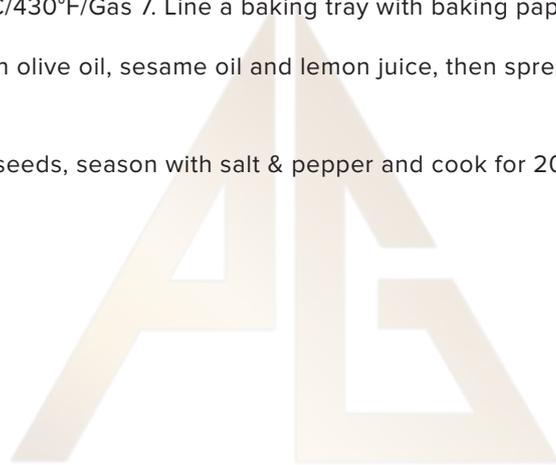
CALORIES
153

INSTRUCTIONS

Preheat oven to 220°C/430°F/Gas 7. Line a baking tray with baking paper.

Toss kale together with olive oil, sesame oil and lemon juice, then spread it across the baking tray.

Sprinkle with sesame seeds, season with salt & pepper and cook for 20 minutes or until crispy.



EASY EGGS

GF V

SERVES: 2

TIME: 10 MINUTES

CALORIES 212

PROTEIN 14

CARBS 3

FATS 16

FIBRE 0



INGREDIENTS

4 **eggs**
1 tbsp **sour cream**
60ml **milk**
1 tbsp **chives**, chopped
Salt and pepper to taste
2 tsp **olive oil**

CALORIES
212

INSTRUCTIONS

Whisk together eggs, sour cream and milk until nice and smooth.

Add chives and give it one more quick whisk.

Bring a non-stick pan to medium heat and add olive oil. Gently pour eggs into the pan and slowly stir them from the outer edge for about 1-2 minutes, or until just under cooked.

Transfer to two plates immediately (otherwise the eggs will keep cooking in the hot pan).

Sprinkle with extra salt & pepper, if desired.

TAHINI CUCUMBER SALAD

GF V VE DF

SERVES: 2-4

TIME: 5 MINUTES

CALORIES 118

PROTEIN 3

CARBS 4

FATS 10

FIBRE 2



Did you know, cucumbers can cure bad breath!



INGREDIENTS

60g **tahini**
2 tbsp **lemon juice**
1 tbsp **warm water**
2 large **Lebanese cucumbers**, sliced
1 tbsp **black sesame seeds**

CALORIES
118

INSTRUCTIONS

In a small bowl, mix the tahini, lemon juice and water. If the consistency is too thick add another tbsp of water.

Lay cucumber slices on a serving plate, drizzle tahini dressing all over and sprinkle with black sesame seeds.



CREAMY GUACAMOLE

GF V

SERVES: 6

TIME: 10 MINUTES

CALORIES 316

PROTEIN 4

CARBS 30

FATS 20

FIBRE 7



INGREDIENTS

3 ripe **avocados**, mashed
80g **sour cream**
1 **lime**, juiced
1-2 cloves **garlic**, finely minced
1 tsp **red chilli flakes**
Large pinch **sea salt flakes**
1 packet **corn chips**

CALORIES
316

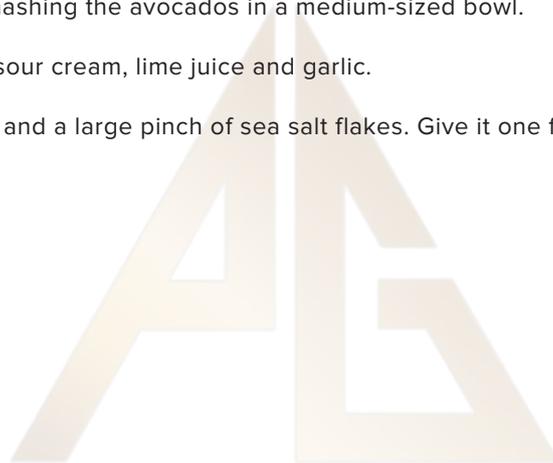
INSTRUCTIONS

Start by peeling and mashing the avocados in a medium-sized bowl.

Next, stir through the sour cream, lime juice and garlic.

Finally add chili flakes and a large pinch of sea salt flakes. Give it one final mix.

Serve with corn chips.



JERK CHICKEN BITES

SERVES: 8

TIME: 35 MINUTES

CALORIES 276

PROTEIN 29

CARBS 31

FATS 4

FIBRE 1



The Roman cookbook of Apicius (4th century) has a recipe for deep-fried chicken called Pullum Frontonianum



INGREDIENTS

900g **chicken breast**, cut into bite-sized pieces
125g **all-purpose flour**
2 **eggs**
60ml **milk**
125g **corn flakes**, lightly crushed
1 tsp **garlic powder**
1 tsp **ginger powder**
1 tsp **dried oregano**
1 tsp **chilli powder**
1/2 tsp **paprika**
Salt & cracked pepper to season

CALORIES
276

INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6. Line a large baking tray with baking paper.

Place chicken pieces in a bowl, add flour and make sure all pieces are totally coated.

In a separate bowl, add eggs and milk and whisk to combine.

Next, take a shallow bowl and combine corn flakes, herbs, spices, salt & pepper.

Dip each piece of flour-coated chicken into the egg mixture, followed by the cornflakes and place on the baking tray.

Bake for 18-20 minutes. You'll need to flip the chicken at the 10 minute mark to ensure both sides turn out crispy.

Transfer to a large serving platter along with your favourite sauce.





PRAWN & CHORIZO SKEWERS

GF DF

SERVES: 5

TIME: 20 MINUTES
(PLUS 3 HOURS)

CALORIES 188

PROTEIN 29

CARBS 2

FATS 8

FIBRE 0



INGREDIENTS

1 tsp **garlic**, minced
1/2 tsp **red pepper flakes**
1 tbsp **lime juice**
1 tbsp **coriander**, chopped
Salt & cracked pepper
10 large raw **prawns**
10 slices **spicy chorizo**
10 **skewers**

CALORIES
188

INSTRUCTIONS

In a medium-sized bowl, add garlic, red pepper flakes, lime juice, coriander, salt & cracked pepper.

Add the peeled and washed prawns to the bowl, cover and refrigerate for 2-3 hours.

Grab 10 skewers and slide just the tail on. Next, slide a piece of chorizo on, followed by the top of the prawn. (The chorizo should be in the middle of the prawn).

Bring the bbq to high heat, lightly oil the the cooking plate and cook each skewer for 3 minutes each side.

Serve immediately.

TUNA ROLL UPS

GF

SERVES: 2

TIME: 5 MINUTES

CALORIES 419

PROTEIN 27

CARBS 44

FATS 15

FIBRE 4



Canned tuna is a good source of essential nutrients, such as omega-3 fatty acids, high quality protein, selenium and Vitamin D.



INGREDIENTS

2 wholemeal (or gluten-free if required)
wraps
4 tbsp **cream cheese**
60g **spinach**
1 small **carrot**, grated
1/4 **cucumber**, sliced lengthways
1 (125g) tin **tuna** in springwater, drained

CALORIES
419

INSTRUCTIONS

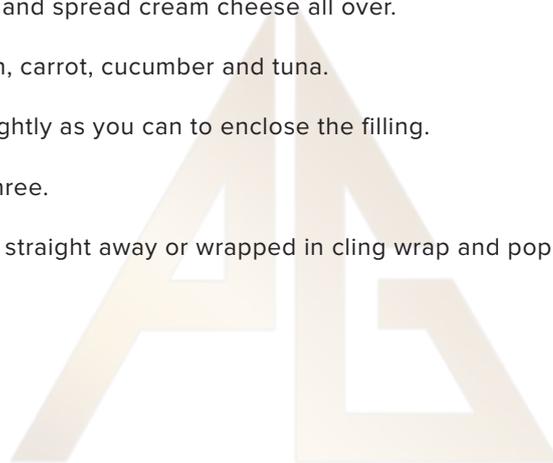
Lay out the two wraps and spread cream cheese all over.

Next, layer the spinach, carrot, cucumber and tuna.

Roll the wraps up as tightly as you can to enclose the filling.

Slice each wrap into three.

These are great eaten straight away or wrapped in cling wrap and popped in your lunch box.



BEEF STUFFED BUTTERNUT

GF

SERVES: 6

TIME: 90 MINUTES

CALORIES 330

PROTEIN 18

CARBS 42

FATS 10

FIBRE 10



INGREDIENTS

1 **butternut squash**, halved lengthways
1 tsp **olive oil**
1/2 **brown onion**, diced
200g **beef mince**
200g **kidney beans**, drained and rinsed
200ml (tin) **tomatoes**, chopped
100g **cheddar cheese**, grated
2 tbsp **coriander**, leaves picked

CALORIES
330

INSTRUCTIONS

Start by preheating oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper and set aside.

Use a spoon to scoop out all the squash seeds, then use a knife to make a criss-cross pattern across the soft side of the squash.

Add oil and onion to a fry pan and cook on high heat for 1-2 minutes. Next, add the beef and cook for about 6 minutes, or until browned. Throw the kidney beans in for the last 3 minutes. Stir through the tinned tomato, remove from the heat and set aside.

Place squash on the baking tray and cook for 1 hour.

Remove from the oven, spoon the beef mixture into the cavity of the squash, top with cheese and cook for an additional half an hour.

Season with salt & pepper and garnish with coriander.

CHEESY CAULIFLOWER BAKE

GF

SERVES: 4

TIME: 25 MINUTES

CALORIES 420

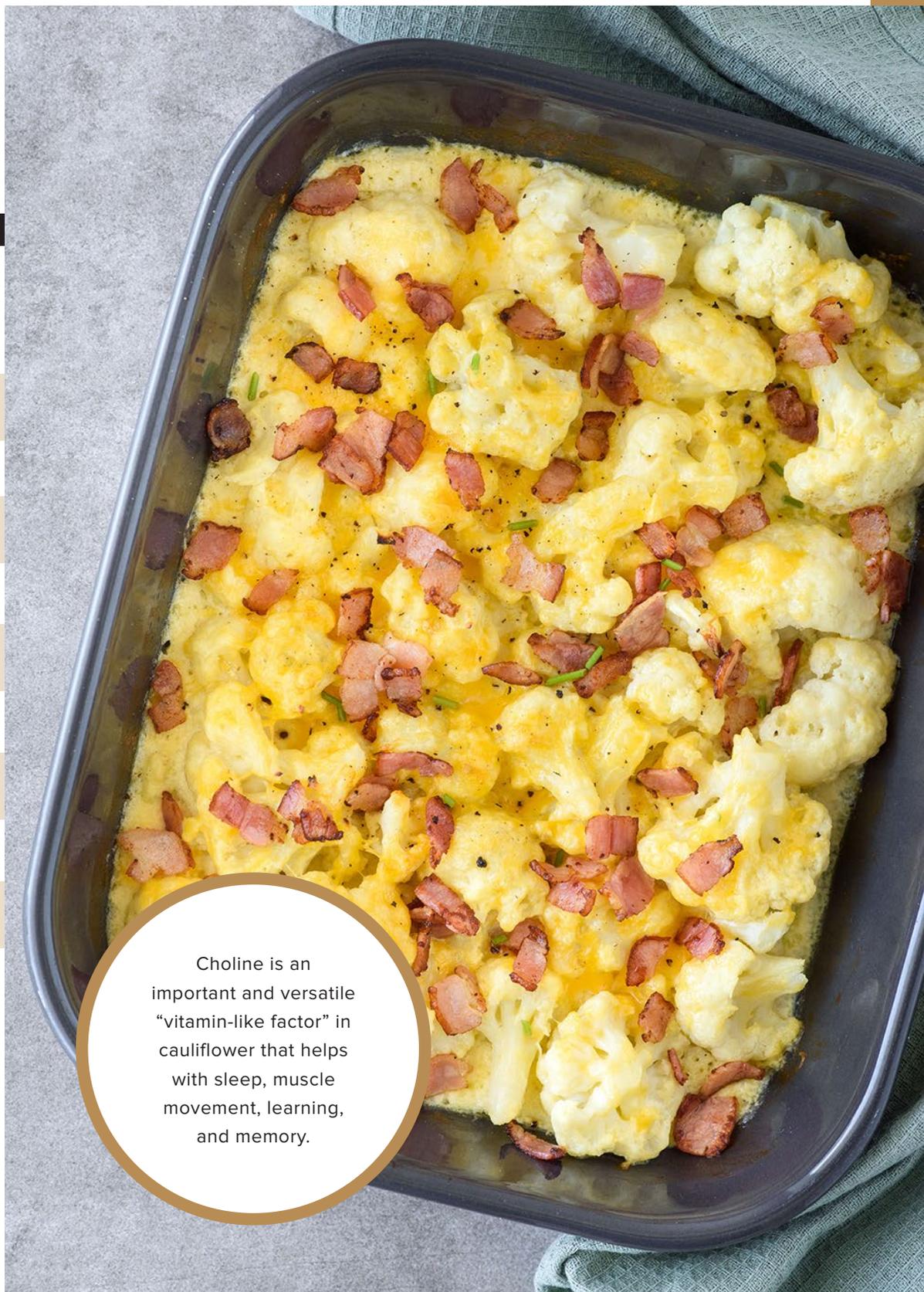
PROTEIN 21

CARBS 57

FATS 12

FIBRE 8

Choline is an important and versatile “vitamin-like factor” in cauliflower that helps with sleep, muscle movement, learning, and memory.



INGREDIENTS

2 heads **cauliflower**, cut into florets
200g **three cheese pasta sauce**
60g **cheddar cheese**, grated
3 rashers **bacon**, diced
1 tbsp **chives**

CALORIES
420

INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6.

You'll need to slightly pre-cook the cauliflower. Bring a pot to high heat and boil the cauliflower for 2 minutes.

Transfer the drained cauliflower to a baking dish and cover with pasta sauce, followed by cheese and sprinkling of salt & cracked pepper. Place in the oven and cook for 15-20 minutes, or until the top starts to golden and the cheese is fully melted.

Meanwhile, bring a fry pan to high heat and cook the diced bacon for 3-4 minutes. Once cooked, transfer bacon to some kitchen towel.

Top the cauliflower bake with bacon and chives. Serve immediately.

CHICKEN TIKKA CURRY

GF

SERVES: 4

TIME: 35 MINUTES

CALORIES 613

PROTEIN 36

CARBS 79

FATS 17

FIBRE 5



INGREDIENTS

2 tsp **olive oil**
1 **brown onion**, chopped
200g **sweet potato**, peeled and cut into cubes
500g **chicken mince**
70g **tikka curry paste**
1 x (400g) tin **tomatoes**, chopped
125ml **chicken stock**
80g Tuscan **kale**
2 tbsp **double cream**
400g **basmati rice**, cooked
Coriander leaves, chopped, to serve

CALORIES
613

INSTRUCTIONS

Bring a large non-stick skillet to medium-high heat. Add olive oil, onion and sweet potato. Cook for 6 minutes.

Add the chicken mince and cook for an additional 5 minutes, or until chicken is cooked.

Mix curry paste through thoroughly. Add tomatoes and stock and bring to a boil. Once boiling reduce the heat to medium and partially cover.

Allow the curry to simmer for 15 minutes. With 5 minutes remaining, stir through the kale. With 1 minute remaining, stir through the cream, and then remove from heat.

Divide rice into 4 bowls, top with curry and sprinkle with coriander.

MUSHROOM COUSCOUS

V VE DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 386

PROTEIN 15

CARBS 77

FATS 2

FIBRE 3

It takes about 40 litres of sap to make one litre of maple syrup.



INGREDIENTS

300g pearl **couscous**
60ml **olive oil**
600g **mushrooms**, sliced
1 **brown onion**, diced
3 tbsp **maple syrup**
3 tbsp **soy sauce** (**tamari** if gluten free)
2.5 tbsp **rice wine vinegar**

CALORIES
386

INSTRUCTIONS

Bring a large pot of water to boil and cook pearl couscous according to packet instructions.

In a separate pot, add 1 tbsp of the olive oil, mushrooms and onion. Cook on medium-high heat for 3-4 minutes.

In a small bowl or jar, mix together the maple syrup, soy and rice wine vinegar. Pour over the mushrooms and reduce the heat to low-medium. Cook for 1 minute.

Add the pearl couscous and cook, stirring constantly on low heat for 3-4 minutes.

Divide into four bowls and serve immediately.

VIETNAMESE SALAD

GF DF

SERVES: 2

TIME: 30 MINUTES

CALORIES 416

PROTEIN 28

CARBS 58

FATS 8

FIBRE 6



INGREDIENTS

100g **rice vermicelli noodles**
1 tsp **coconut oil**
1 stalk **lemongrass**, finely chopped
1 small **shallot**, diced
200g **beef mince**
1 tbsp **lime juice**
2 tsp **tamari** (or **soy sauce**)
1 tsp **rice malt syrup**
1 tsp **mirin**
6 iceberg lettuce leaves, thinly shredded
1/2 **Lebanese cucumber**, sliced
1/2 tbsp **peanuts**, roughly chopped
2 tbsp **fresh mint**, leaves picked
1 small **red chilli**, very finely chopped

CALORIES
416

INSTRUCTIONS

Start by cooking noodles according to packet instructions.

Meanwhile, heat oil in a large wok over medium-high heat. Add lemongrass and shallot and cook for 2 minutes.

Next, add beef and cook for for 6-8 minutes, or until cooked through. Add lime, tamari, rice malt syrup and mirin. Cook for an additional minute then remove from heat.

Transfer cooked noodles, lettuce and cucumber to a bowl and toss to combine.

Top with mince, peanuts, mint, fresh chilli and a wedge of lime, if you have any left over.

FENNEL AND WHITE FISH RISONI SALAD

DF

SERVES: 4

TIME: 40 MINUTES

Fennel is a type of flowering plant that belongs to the carrot family

CALORIES 392

PROTEIN 35

CARBS 48

FATS 7

FIBRE 6



INGREDIENTS

200g **risoni**
600g **white fish** (4 pieces)
1 **lemon**, sliced
1 tbsp **olive oil**
1 **red onion**, thinly sliced
1 small **fennel**, thinly sliced
85g **white beans**, rinsed and drained
2 tbsp **oregano**, chopped
1 tbsp **white wine vinegar**
Sea salt and **fresh pepper**, to taste

CALORIES
392

INSTRUCTIONS

Start by cooking the risoni according to packet instructions.

Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.

Lay the fish fillets on the baking tray with slices of lemon on each. Cook for about 30 minutes or until the fish is easily pulled apart with a fork.

Meanwhile, heat the oil in a large fry pan. Add the onion and fennel and cook for about 3 minutes or until onion is soft.

Add the beans, followed by the oregano and white wine vinegar. Season with salt and cracked pepper and cook on low-medium heat for about 6 minutes or until the beans have softened.

Finally, toss through the cooked risoni.

Transfer the risoni to four plates, and top with a piece of fish,

SUPER QUICK SAUSAGE FAJITA

GF DF

SERVES: 1

TIME: 20 MINUTES

CALORIES 304

PROTEIN 11

CARBS 20

FATS 20

FIBRE 1



INGREDIENTS

1 **beef sausage** (75g), sliced
1/2 tbsp **olive oil**
1/4 **red bell pepper**, sliced
1/4 **green bell pepper**, sliced
1/4 **yellow bell pepper**, sliced
1/4 **red onion**, sliced
1/4 packet **taco seasoning**
1 tsp **water**

CALORIES
304

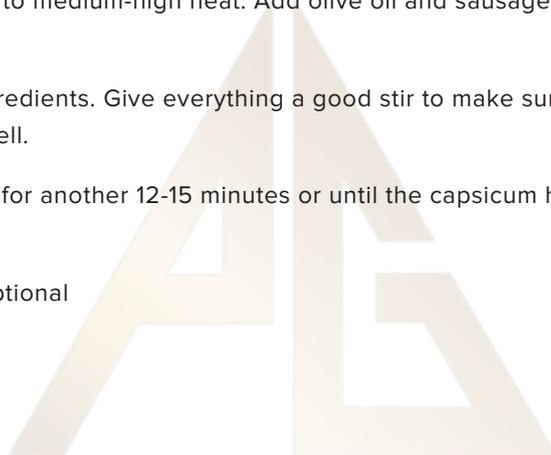
INSTRUCTIONS

Bring a medium skillet to medium-high heat. Add olive oil and sausage and cook for about 3 minutes.

Next, add all other ingredients. Give everything a good stir to make sure the seasoning is covering everything well.

Cook on medium heat for another 12-15 minutes or until the capsicum has softened and sausage is crispy.

Serve with a tortilla, optional



LAMB & ARUGULA PIZZA

GF DF

SERVES: 2

TIME: 25 MINUTES

CALORIES 494

PROTEIN 27

CARBS 47

FATS 22

FIBRE 4



Saturday is the most popular night to eat pizza.



INGREDIENTS

1 large **pizza base** (gluten free if required)
1 tbsp **tomato paste**
1 tsp **olive oil**
1 **shallot**, diced
1 clove **garlic**, minced
1/2 **red bell pepper**, chopped
125g **ground lamb**
1 tbsp **fresh oregano** leaves
1 tsp dried **basil**
Sea salt & cracked pepper
100g **feta**
1 tbsp **pine nuts**
Handful **arugula**

CALORIES
494

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.

Spread tomato paste evenly across the pizza base and set aside.

Bring a fry pan to high heat, add olive oil, shallot and garlic. Cook for 1 minute.

Next, add the bell pepper, mince, oregano, basil salt and pepper. Cook for 6-8 minutes or until the lamb is fully browned.

Spread lamb mince evenly across the pizza base.

Place in the oven and cook for 10-15 minutes (it will depend on the thickness of your base). With 5 minutes remaining, add the feta and pine nuts.

Remove from the oven and place arugula on top. Slice into pieces and serve on 2 plates.

DUTCH CARROT PANZANELLA



SERVES: 4

TIME: 30 MINUTES

CALORIES 411

PROTEIN 9

CARBS 33

FATS 27

FIBRE 7



INGREDIENTS

2 bunches Dutch **carrots**
1/3 cup **olive oil**
1/2 **loaf sourdough**, cut into cubes
30g **parmesan**, grated
1/2 **lemon rind**
100ml **Greek yoghurt**
1 tbsp **Champagne vinegar**
1 tsp **Dijon mustard**
1 clove **garlic**, minced
70g **watercress**
1 **pear**, finely sliced
1 **avocado**, sliced

CALORIES
411

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.

Lay carrots evenly across the tray and drizzle with 1 tbsp olive oil. Cook for 25 minutes or until carrots are tender.

Next, combine the remaining olive oil, sourdough, parmesan and lemon rind in a bowl and toss to ensure bread is well covered. Add to the oven on a separate tray and cook for 15 minutes or until bread is toasted.

In a small jar, add the yoghurt, vinegar, mustard and garlic. Place the lid on and give it a good shake to combine.

Place the cooked carrots and bread in a bowl and cover with dressing. Toss to combine.

Finally take a large serving plate, lay the watercress down first, followed by carrots and bread, and top with sliced pear and avocado.

ASIAN GREENS

GF V VE DF

SERVES: 2

TIME: 20 MINUTES

CALORIES 250

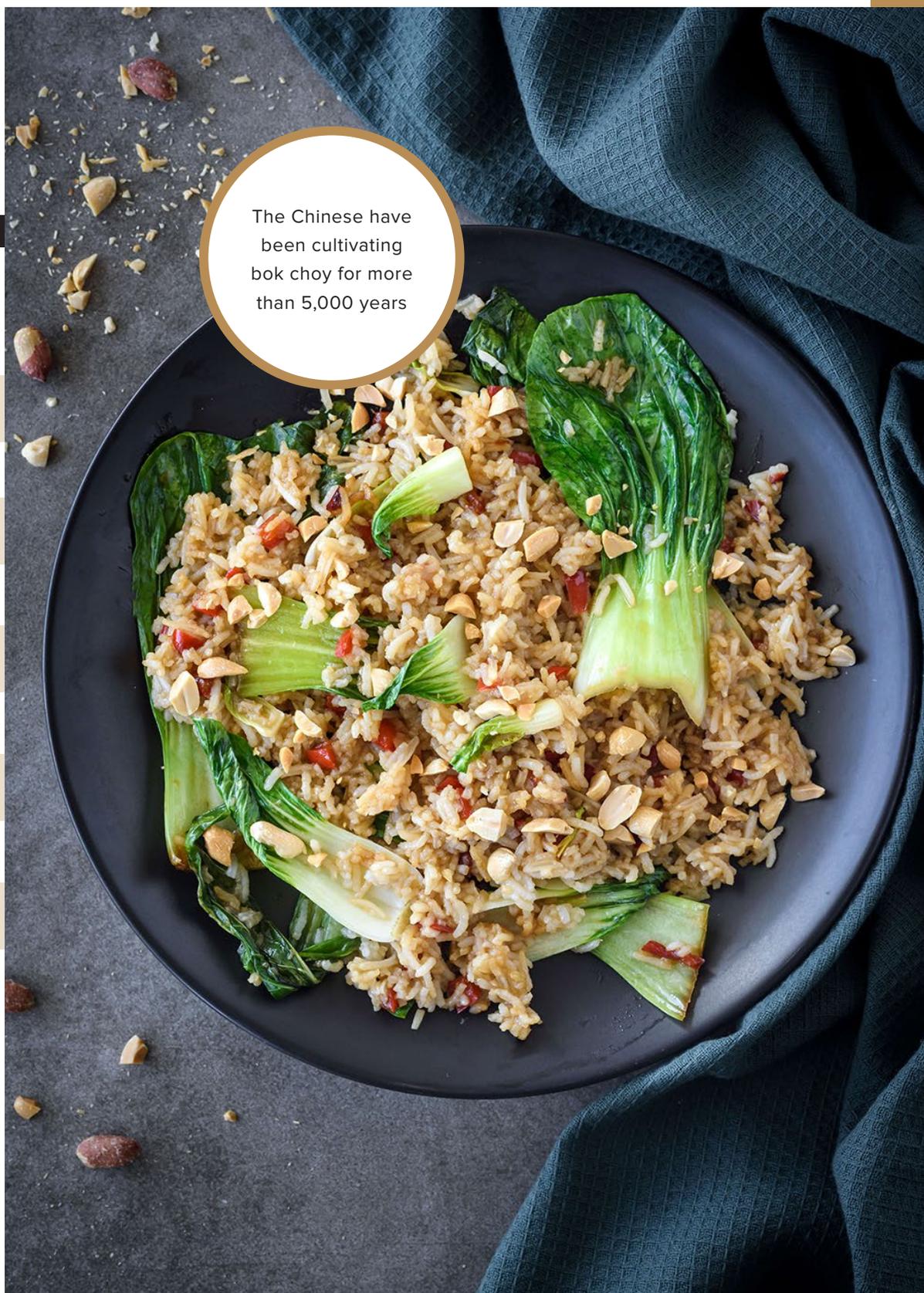
PROTEIN 8

CARBS 32

FATS 10

FIBRE 5

The Chinese have been cultivating bok choy for more than 5,000 years



INGREDIENTS

200g **basmati rice**, cooked
1 tbsp **sesame oil**
1/2 **brown onion**, diced
1 clove **garlic**, minced
1/2 **red chilli**, chopped
70g **mangetout**
2 bunches **bok choy**
1 tbsp **soy sauce** (**tamari** if gluten free)
1 tbsp **peanuts**, chopped
Extra **fresh chilli** to serve, optional

CALORIES
250

INSTRUCTIONS

Firstly, bring a pot of water to boil and cook rice according to packet instructions.

Next, bring a wok to medium-high heat and add oil, onion, garlic and chilli. Cook for two minutes, stirring constantly.

Add the mangetout, bok choy and soy. Cook for about 7 minutes or until vegetables have softened.

Divide rice into two bowls, top with greens and sprinkle with peanuts and extra fresh chilli

CREAMY CHICKEN PENNE

GF

SERVES: 4

TIME: 20 MINUTES

CALORIES 470

PROTEIN 34

CARBS 52

FATS 14

FIBRE 8



INGREDIENTS

300g wholemeal (gluten free if required) pasta
1 tsp **olive oil**
1 **brown onion**
400g **chicken breast**, sliced
190g **basil pesto**
150g **green peas**
2 tbsp **Greek yoghurt**
Salt & cracked pepper
Fresh basil, to serve

CALORIES
470

INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Meanwhile, add the oil and onion to a fry pan and cook on medium-high heat for 2 minutes.

Next, add the chicken and cook for 5 minutes, stirring continuously. Add the basil pesto and peas, reduce to low and simmer for 5 minutes. Stir through the Greek yoghurt and cook for 1 more minute.

Divide into four bowls, season with salt & cracked pepper and top with fresh basil.

CRISPY FALAFELS

GF V VE DF

SERVES: 4

TIME: 25 MINUTES
(PLUS 8 HOURS)

CALORIES 487

PROTEIN 6

CARBS 19

FATS 43

FIBRE 6



Ground chickpeas have been used as a coffee substitute since the 18th century and are still commonly used as a caffeine-free alternative today.



INGREDIENTS

120g **dried chickpeas** (must be dried)
2 cloves **garlic**
25g **coriander**
Sea salt & cracked pepper
1 tsp **ground cumin**
1 tsp **ground cardamom**
1/4 tsp **baking powder**
350ml **vegetable oil**, for frying

CALORIES
487

INSTRUCTIONS

Chickpeas will need to be soaked overnight. You can do this by placing them in a large bowl and fully covering them with cold water.

Add garlic, coriander, salt, pepper, cumin, cardamon and baking powder to a food processor and blitz until very finely minced. Transfer to a bowl, cover and refrigerate for 20 minutes.

Next, gently shape the mix into balls and set aside.

Add oil to a fry pan and bring to a medium-high heat. Fry falafels for about four minutes, making sure both sides are submerged in the oil for 2 minutes.

Transfer to kitchen towel before serving.

QUICK AND EASY CHICKEN QUESADILLA

GF

SERVES: 1

TIME: 10 MINUTES

CALORIES 452

PROTEIN 21

CARBS 56

FATS 16

FIBRE 5



INGREDIENTS

1 **tortilla** (gluten free if required)
60ml **tomato basil pasta sauce**
60g **cooked BBQ chicken**
1 tbsp **scallions**, diced
50g **cheese**, shredded

CALORIES
452

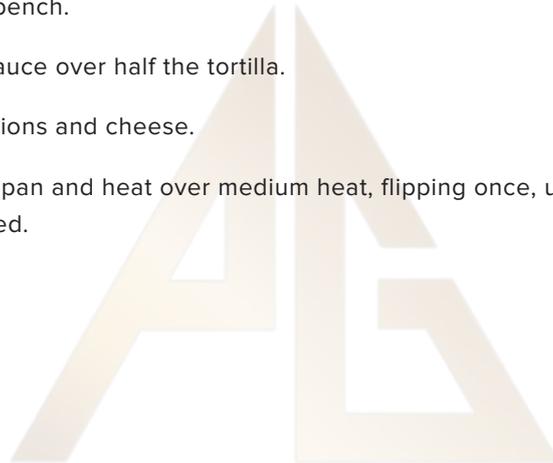
INSTRUCTIONS

Lay tortilla flat on the bench.

Spread tomato basil sauce over half the tortilla.

Top with chicken, scallions and cheese.

Fold in half, place in a pan and heat over medium heat, flipping once, until cheese is melted and tortilla is slightly toasted.







ALMOND BUTTER COOKIES

GF V DF

SERVES: 20

TIME: 20 MINUTES

CALORIES 123

PROTEIN 3

CARBS 12

FATS 7

FIBRE 1

You can substitute refined sugar for coconut sugar in any recipe.



INGREDIENTS

240g **almond butter**
200g **coconut sugar**
1 **egg**

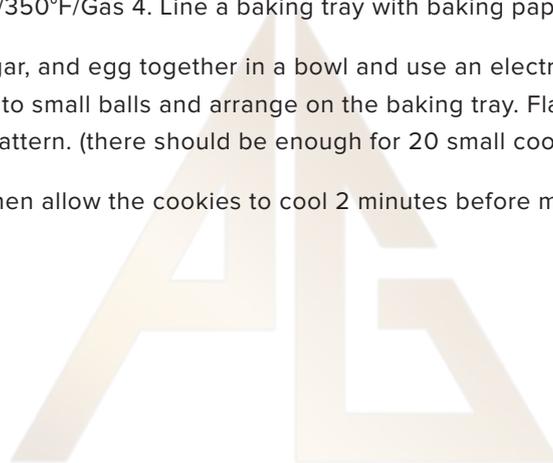
CALORIES
123

INSTRUCTIONS

Preheat oven to 175°C/350°F/Gas 4. Line a baking tray with baking paper.

Mix almond butter, sugar, and egg together in a bowl and use an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on the baking tray. Flatten each with a fork, making a criss-cross pattern. (there should be enough for 20 small cookies)

Bake for 10 minutes, then allow the cookies to cool 2 minutes before moving to a plate.



CHOCCY MOUSSE

GF V VE DF

SERVES: 4

TIME: 5 MINUTES
(PLUS 30 FOR COOLING)

CALORIES 212

PROTEIN 8

CARBS 18

FATS 12

FIBRE 6



INGREDIENTS

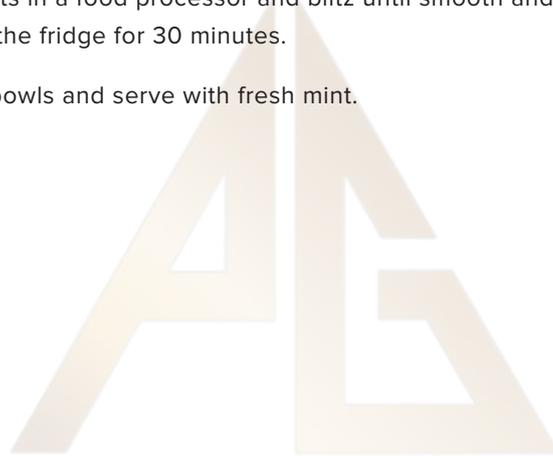
2 ripe **avocados**
2 tbsp **cacao powder**
1 tbsp **chocolate protein powder** (vegan if required)
2 tbsp **maple syrup**
1 tbsp **almond milk**
Pinch **sea salt**
To serve:
Fresh mint leaves

CALORIES
212

INSTRUCTIONS

Place all the ingredients in a food processor and blitz until smooth and creamy, scraping the sides as you need. Place in the fridge for 30 minutes.

Divide into 4 dessert bowls and serve with fresh mint.



DARK CHOC DATE SLICE



SERVES: 16

TIME: 35 MINUTES

CALORIES 136

PROTEIN 1

CARBS 15

FATS 8

FIBRE 1

Dates are rich sources of copper, magnesium, selenium, and manganese.



INGREDIENTS

150g **Digestives**, crumbled
25g **butter**
2 tbsp **maple syrup**
180g **dates**, pitted
1 tbsp **almond butter**
1 tbsp **coconut oil**
150ml **cream**
1 tsp **salt flakes**
150g **dark chocolate**

CALORIES
136

INSTRUCTIONS

Firstly line the base and sides of a square pan with baking paper.

Add biscuits, butter and 1 tbsp maple syrup in a food processor and blend until smooth. Line the base of the pan with the mixture and place in the fridge to chill.

Meanwhile, process the dates, almond butter, oil, remaining maple syrup and 1/4 cup boiling water.

Pour this mixture on top of the biscuit base and freeze for 30 minutes.

Next, place chocolate and cream in a heat proof bowl over a saucepan and very slowly melt, stirring continuously.

Finally, pour chocolate mixture over the date layer and spread to smooth. Sprinkle with sea salt and freeze for another 3 hours.

Use a hot knife to cut the the slice into 20 pieces and keep in the freezer until serving.

BLUEBERRY CHEESECAKE POTS

GF V VE DF

SERVES: 6

TIME: 7 HOURS

CALORIES 201

PROTEIN 3

CARBS 27

FATS 9

FIBRE 3



INGREDIENTS

Cream cheese layer:

1 (230g) packet **vegan cream cheese**

125ml **coconut milk**

60ml **maple syrup**

60ml **lemon juice**

1 tsp **vanilla extract**

Blueberry layer:

340g **frozen blueberries**, mostly thawed

½ tsp **lemon juice**

2 tbsp **maple syrup**

2 tbsp **chia seeds**

CALORIES
201

INSTRUCTIONS

Firstly, blend the cream cheese, coconut milk, maple syrup, lemon juice and vanilla until completely creamy (about 1 minute). Pour the filling into individual jars or deep dessert bowls. Freeze for about 2 hours or until completely firm.

Next, add the blueberries, lemon juice, maple syrup and chia seeds to the blender and blend until smooth. Pour the blueberry mixture on top of the frozen cheesecake layer and smooth until even. Freeze for 4 hours or overnight.

When ready to serve, remove the pots from the freezer and let them sit for 30 minutes to thaw before eating.



HIGH PERFORMANCE RECIPES

