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PROTEIN PACKED

RECIPE IDEAS



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Mango, mint & cucumber smoothie



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90g fresh mango, roughly chopped
100g cucumber
60g fresh spinach
1 tbsp coconut milk (optional)
5 icecubes
100ml cold fresh water
25g vanilla flavour whey or rice
protein powder
1 sprig fresh mint

Put all the ingredients into a blender and whizz until smooth. Add more water if necessary to achieve the desired consistency.

Consume immediately.

SERVES 2



PER SERVING:

137 Calories

10g Carbs

22g Protein

1g Fat

Chocolate, chia & coconut smoothie



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150g plain yoghurt (use dairy free yoghurt if preferred)

150ml nut milk of your choice

2 tsps coconut flakes

25g chocolate flavour whey or rice protein powder

10g chia seeds

2 ice cubes

Put all the ingredients into a blender and whizz until smooth. Add more water if required to achieve the desired consistency.

Consume immediately.



SERVES 2



PER SERVING:

190 Calories

7g Carbs

18g Protein

10g Fat

Prune energy bites



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4 tsps dark chocolate (minimum 70% cocoa)

50g hazelnut butter

4 tsps organic coconut oil

1 tsp ground cinnamon

90g pitted prunes

2 tsps raisins

50ml unsweetened almond milk

1 tsp fresh ginger

½ tsp orange essence

1 tbsp acacia honey

30g chocolate flavour whey or rice protein powder

2 heaped tsps omega sprinkle (sunflower seeds, linseeds, pumpkin seeds)

4 tsps organic cocoa powder

Melt the chocolate in a glass bowl placed in a container of simmering water (bain marie) and add the hazelnut butter and coconut oil. Stir well until combined.

Place the cinnamon, prunes, raisins, almond milk, ginger, orange essence, protein powder and honey in a blender and blitz into a smooth paste.

Add the prune mixture to the chocolate mixture and add the omega sprinkle. Mix well to combine, then transfer to an airtight container and refrigerate for 2-3 hours, until set.

Scoop out small portions and shape into balls. Roll the balls in the cocoa powder to give a light coating.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 10 ENERGY BITES



PER SERVING:
124 Calories
8g Carbs
5g Protein
8g Fat



Protein nut freezer bars



20g ground almonds
20g ground hazelnuts
60g chocolate flavoured whey or
rice protein powder
30g almond butter
30g ground flaxseed
1 tbsp ground cinnamon
30g organic dark chocolate
(minimum 70% cocoa)
1 tsp chopped hazelnuts for
topping (optional)

SERVES 6



Mix all of the ingredients in a bowl, except for the dark chocolate and chopped hazelnuts. Gradually add small amounts of cold water and mix well until the mixture forms the consistency of a thick paste. Cover two baking trays with greaseproof paper. Spoon the mixture in a long thick line onto each tray.

Bring the greaseproof paper up and around the long sides of the mixture, to help it keep its shape. Use several pegs to clip the baking paper together over the bars. Freeze for 20 minutes or until the bars are firm.

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a gentle heat and allow the water to simmer gently. Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and slowly, stirring regularly. Remove from heat.

Remove the bars from the freezer. Unclip the pegs, and slowly peel away the greaseproof paper. Cover the bars with melted chocolate and sprinkle with the hazelnuts, if using.

Store in an airtight container and freeze for up to 1 week.

PER SERVING:
176 Calories
5g Carbs
12g Protein
22g Fat



Protein mocha angel whip



300ml unsweetened almond milk
30g chocolate flavoured
protein powder

½ tsp xanthan gum

190g low fat quark

1 tsp coffee granules

To serve:

200g mixed berries or raspberries

10g dark chocolate (minimum 70%
cocoa), grated

Put half of the almond milk, plus the protein powder, xanthan gum, quark and coffee granules in a large bowl and whisk.

Slowly, whisk in the remaining almond milk.

Spoon the berries into dessert bowls. Top with the protein mixture. Chill for at least 30 minutes.

Sprinkle over the grated chocolate and serve with berries.

Refrigerate any leftovers for up to 3 days.

SERVES 3



PER SERVING:

127 Calories

10g Carbs

15g Protein

3g Fat

Chocca mocha mousse



225ml cold water
1 sheet gelatine
20g nut butter of your choice
(reduced salt and sugar)
30g chocolate flavoured
protein powder
20g organic cocoa powder
1 tsp coffee granules
12g stevia (or use sweetener of
your choice)
80g low fat quark

SERVES 2

In a saucepan, bring the water to the boil,
then reduce to a simmer.

Add the gelatine and stir until dissolved.
Remove pan from heat and stir in the nut
butter. Keep stirring until mixed in
thoroughly (around 1-2 minutes).

Add the protein powder, cocoa powder,
coffee granules and stevia and whisk until
thoroughly combined and there are no
lumps in the mixture.

Finally, whisk in the quark and mix well.
Pour into 2 serving dishes and leave to cool.
Refrigerate until set.

Refrigerate any leftovers for up to 3 days.



PER SERVING:
193 Calories
5g Carbs
23g Protein
9g Fat

Chocolate & coconut bark



80g organic coconut oil
3 tbsps organic cocoa powder
1 tsp stevia/xylitol
80g chopped nuts
50g chocolate flavoured whey protein (optional)

SERVES 6

A low carb treat that tastes truly indulgent and will satisfy any sweet tooth.

You can use any type of nuts. Hazelnuts, brazils, macademias or pistachios work very well. Chop them roughly to add extra texture.

Line a baking tray with greaseproof paper and put in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and stevia/xylitol. Stir well to combine. Remove from heat.

Stir the nuts and whey protein into the mixture. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness.

Put in freezer on a level shelf and leave for 20 minutes.

Store in an airtight container and freeze for up to 1 week.

PER SERVING:
222 Calories
3g Carbs
9g Protein
22g Fat



Baked mini omelettes



8 slices unsmoked back bacon (use a vegetarian bacon if preferred*)

1 tsp ghee or organic butter

3 closed cup mushrooms, finely chopped

8 cherry tomatoes, halved

6 free range eggs

salt and pepper to season

$\frac{3}{4}$ tsp paprika

MAKES 8 OMELETTES

Preheat oven to 200°C/400°F.

Lightly grease 8 compartments of a muffin tin with oil or butter.

Line each compartment, base and sides, with a slice of bacon. Use scissors to cut the bacon slices to the right size.

Melt the ghee or butter in a non stick frying pan and sauté the mushrooms for 3-4 minutes over a gentle heat, stirring occasionally.

Add the tomatoes and sauté for 2 minutes. Remove pan from heat. Divide the mushrooms amongst the 8 muffin tin compartments.

Mix the eggs together in a jug. Season with a small amount of salt (the bacon will add extra saltiness), pepper and paprika. Mix well.

Divide the egg mixture amongst the 8 compartments. Add 2 tomato halves to each of the compartments. Bake for 15 minutes, or until the eggs are cooked.



PER OMELETTE:

138 Calories

2g Carbs

10g Protein

10g Fat



Spinach, egg & ham muffins



small amount of oil or butter to grease muffin tin

1 tsp ghee or organic butter

40g closed cup mushrooms, chopped into small pieces

6 medium sized free range eggs

45ml unsweetened almond milk

20g wafer thin ham, cut into small pieces

small handful spinach leaves, chopped into small pieces

salt and pepper to season

45g low fat cheese, grated

MAKES 6 MUFFINS



PER MUFFIN:
112 Calories
1g Carbs
9g Protein
8g Fat

Preheat oven to 170°C/350°F.

Grease 6 compartments of a muffin tin. Melt the butter / ghee in a non stick frying pan over a medium heat. Gently sauté the mushrooms for 3-4 minutes, until soft. Remove pan from heat.

Whisk the eggs in a bowl, and mix in all of the remaining ingredients, except for the cheese and mushrooms.

Spoon the mushrooms into the base of the 6 muffin compartments, then add the egg mixture. Sprinkle the cheese over the top of each muffin.

Bake for 25-30 minutes, until the muffins spring back to the touch.

Remove from the tin and leave to cool for 5 minutes before serving.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 2 days.



Hambled eggs



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2 medium sized eggs
30g ham, cut into small pieces
(use a vegetarian ham* alternative if preferred)
handful cherry tomatoes
salt and pepper

SERVES 1

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Crack the eggs into a frying pan over a medium heat. Add the ham and tomatoes and stir continuously with a wooden spoon. Season well.

When the eggs are cooked, remove from heat and serve.

Suggestion:

Try to use unprocessed ham, which is free from artificial ingredients and preservatives



PER SERVING:

246 Calories

4g Carbs

26g Protein

14g Fat

Feta egg bake



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2 medium sized sweet potatoes,
peeled and diced

100g white onion, diced
salt and pepper to season

1 tbsp coconut oil or butter plus
extra for greasing

4 medium sized eggs

small handful spinach, finely
chopped

60g Feta cheese, diced

SERVES 4

Preheat oven to 180°C / 375°F

Heat the coconut oil / butter in a
non-stick frying pan over a medium-high
heat.

Add the potatoes and onion and sauté
for 10-15 minutes, or until they begin to
soften. Season with salt and pepper.

Grease a baking dish with a small amount
of coconut oil or butter.

Transfer the potatoes and onion to the
bottom of the baking dish then crack the
eggs on top. Sprinkle on the Feta cheese
and spinach. Oven bake for 25-30 minutes,
or until the eggs are cooked to your liking.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days.*



PER SERVING:

196 Calories

13g Carbs

9g Protein

12g Fat

Protein bites



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500g pork mince (or use vegetarian mince*)
1 medium carrot, peeled and finely grated
2 garlic cloves, finely chopped
50g unsweetened coconut flakes
1 free range egg
1 egg white
2 tps curry powder
½ tsp salt

MAKES 12 PROTEIN BITES

Place all of the ingredients in a bowl, and mash into a paste, using your hands. Cover the bowl and refrigerate for at least 1 hour or overnight.

Preheat oven to 170°C/350°F.

Line a baking tray with foil.

Roll the mixture into 12 balls and place them on the tray.

Cook for 25-30 minutes, until the balls are a rich golden colour.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Suggestion:

Serve with a tomato salad for a delicious lunch.



PER BITE:
112 Calories
1g Carbs
9g Protein
8g Fat

Tandoori drummers



10 chicken drumsticks
5 cloves garlic, finely chopped
1 thumb sized piece fresh ginger,
finely chopped
1 small white onion, finely chopped
125g natural plain yoghurt
pinch of salt to season
2 tbsps tandoori seasoning

MAKES 10 DRUMMERS

Suggestion:

Enjoy with a leafy green salad



Peel off as much of the skin as possible from the drumsticks.

In a bowl, mix together the other ingredients until well combined.

Cover the drumsticks with the mixture, ensuring they are thoroughly coated. Cover and refrigerate for a minimum of 4 hours or overnight.

Preheat oven to 180°C/350°F. Line an ovenproof dish with foil and place the drummers in the dish.

Cook for 20 minutes. Turn and cook for a further 15 minutes. Use a skewer to test if the drummers are cooked. If the juices run clear then they are ready.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER DRUMMER:
126 Calories
3g Carbs
15g Protein
6g Fat

Cucumber fishcakes



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1 tsp coconut flour
60g ground almonds
½ tsp paprika
salt and pepper to season
400g cooked white fish fillets
¾ tsp dried parsley or Italian seasoning
100g pickled cucumber, finely chopped
1 medium sized free range egg, whisked
2 tsps ghee or organic coconut oil

MAKES 5 FISHCAKES

Mix the coconut flour, almonds, paprika and salt and pepper in a bowl.

In a large bowl, mash the fish into small flakes. Mix in the dried herbs, cucumber, and half of the egg.

Blend together. If the mixture is a bit dry add more egg.

Shape into 5 fish cakes.

Melt the ghee or oil in a large frying pan over a medium heat.

Carefully place the fish cakes in the pan. Cook for 4 minutes on each side until golden brown and crispy.

Check the insides of the fish cakes are piping hot before serving.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



PER FISHCAKE:
178 Calories
2g Carbs
20g Protein
10g Fat



Chicken nuggets



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1 tsp coconut flour
15g ground almonds
pinch of paprika
salt and pepper to season
1 tsp organic coconut oil
1 medium sized egg
200g fresh chicken breast/Quorn
meat free chicken*, diced

MAKES 10 NUGGETS

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



Preheat the oven to 180°C/350°F.

Mix the flour, almonds, paprika, salt and pepper in a bowl.

In a separate bowl whisk the egg.

Take a piece of chicken and dip it in the egg, coating it evenly. Then dip it in the flour mixture and roll until covered.

Repeat this step with all of the chicken.

Melt the oil in a non stick frying pan over a medium / high heat. Add the chicken and cook for 5 minutes, turning regularly until brown all over.

Transfer the chicken to an oven tray and cook in the oven for 10-15 minutes until cooked through.

Consume immediately.

PER NUGGET:

46 Calories

0g Carbs

6g Protein

2g Fat



Uncle John's BBQ marinade



70ml light soy sauce (reduced salt)
4 tbsps of brown sauce
4 tbsps reduced salt and sugar
ketchup
4 tbsps Worcestershire sauce
2 cloves garlic, minced
¼ tsp ground black pepper

SERVES 8

Suggestion:

Use this marinade to add amazing flavour and texture to any meat

To marinate the meat, mix all of the ingredients in a bowl and place the meat in the sauce. Spoon the sauce over the meat to cover thoroughly.

Cover the bowl and place in the fridge for at least 4 hours, or leave overnight for an even more amazing flavour!

To cook the meat, place in a non stick frying pan over a medium heat plus a few extra spoonfuls of marinade.

You could also add some chopped mushrooms, which cook really well in the sauce.

Store any unused marinade in an airtight container and refrigerate for up to 3 days.



PER SERVING
Marinade only:
28 Calories
7g Carbs
0g Protein
0g Fat



Bacon & blue cheese burgers



750 extra lean steak mince (or use a vegetarian mince*)
1 small white onion, chopped finely
1 medium free range egg
1 tsp brown mustard seeds
salt and pepper to season
2 tps ghee or organic butter
5 rashers unsmoked back bacon (or use a vegetarian bacon*), cut into small pieces
75g stilton cheese (or use a low fat cheese), cut into 5 pieces

MAKES 5 BURGERS

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

In a large bowl, mash the mince up with your hands to break it up. Add the onion, egg, mustard seeds and salt and pepper and mix together thoroughly.

Melt half of the ghee / butter in a non stick frying pan. Add the bacon and fry until crispy. Remove from pan from heat.

Form the mince mixture into 10 disc shapes. Place a slice of stilton on 5 of the discs. Add the bacon pieces (using it all up). Use the other 5 discs as a 'lid', covering the stilton and bacon. Seal the edges well to prevent the cheese escaping when you cook the burgers.

Return the frying pan to the heat and add the remaining ghee / butter. Place the patties in the pan and cook for 4-5 minutes then turn over and repeat. If you like your burgers 'well done', finish cooking them under a medium grill for 2-3 minutes.

Store any unused marinade in an airtight container and refrigerate for up to 3 days.



PER BURGER:
244 Calories
2g Carbs
32g Protein
12g Fat



Chinese pork ribs



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2 tbsps light soy sauce
(reduced salt)
25g brown sauce
2 tbsps Worcestershire sauce
3 garlic cloves, finely chopped
1/2 tsp black pepper
1 tsp Chinese 5 spice
700g plain pork ribs

SERVES 2

In a bowl, mix all of the ingredients together (except for the ribs).

Place the ribs in the sauce and spoon the sauce over the ribs, covering them in the marinade.

Cover and refrigerate for 4 hours or more.

Preheat oven to 180°C/350°F.

Place the ribs and sauce in an ovenproof dish and cook for 30-45 minutes, until the ribs are cooked thoroughly.

Consume immediately.



PER SERVING:
211 Calories
9g Carbs
19g Protein
11g Fat

Bacon wrapped sea bream



sprig fresh rosemary
2 x 150g fresh sea bream
salt and pepper to season
4 rashers unsmoked lean back
bacon (or use a vegetarian bacon*)
2 tps organic butter or ghee
juice of 1 lemon
2 tbsps low fat mayonnaise
200g peas
few mint leaves, chopped finely

SERVES 2

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 180°C/350°F.

Place the rosemary over the sea bream, season well with salt and pepper and wrap the bacon around the fish, so that it is well covered.

Melt half of the butter / ghee in a saucepan and pan fry the fish for 12-15 minutes or until golden. Transfer to a baking tray and cook in the oven for 10 minutes, or until the fish is cooked through.

PER SERVING:
484 Calories
14g Carbs
53g Protein
24g Fat

In a small bowl, mix together the lemon juice and mayonnaise.

Bring a saucepan of water to the boil, reduce to a gentle simmer and cook the peas for several minutes. Drain the peas, then put them back in the saucepan.

Add the remaining butter / ghee. Gently crush the peas with a spoon, mixing the butter in as it melts. Stir in the mint leaves. Transfer the peas to a plate. Top with the sea bream and spoon on the sauce.

Consume immediately.



Quick fish stew



10g organic coconut oil
2 garlic cloves, finely chopped
1½ tps ground cumin
1 tsp paprika
1 tsp Himalayan salt
250ml cold fresh water
1 x 400g can chopped tomatoes
8 cherry tomatoes
1 green pepper, deseeded and cut into chunks
1kg white fish fillets, cut into chunks
60g fresh coriander, finely chopped
1 lemon cut into four wedges

SERVES 5

Suggestion:

Tastes great with a serving of fresh green leafy vegetables, such as spinach or kale

PER SERVING:
253 Calories
6g Carbs
46g Protein
5g Fat

Heat the oil in a large saucepan.

Add the garlic and stir well. Cook for 30 seconds.

Add the cumin, paprika and salt and cook for one minute, stirring continuously.

Add the water and tomatoes. Bring to the boil, then reduce to a simmer.

Add the pepper, and simmer for 5 minutes.

Add the fish and cherry tomatoes and cook for 10 minutes until the fish falls apart. Break the fish up with a wooden spoon.

Stir in the coriander and remove from heat. Serve with a wedge of lemon.

Store any unused marinade in an airtight container and refrigerate for up to 3 days.

Mince masala



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2 tsps organic coconut oil
1 large white onion, finely chopped
750g extra lean beef mince/
low fat vegetarian mince*
3 cloves garlic, finely chopped
2 tsps Mangal meat masala spice
1 tsp cayenne pepper
1 tsp pink Himalayan salt
2 tbsps tomato purée

SERVES 4

Suggestion:

Tastes great with a side of chopped raw baby leaf spinach and chopped cherry tomatoes

Melt the oil over a medium heat. Add the onions and cook for five minutes until soft.

Add the mince and stir frequently until browned all over. Add the garlic, spices and salt and cook for five minutes, stirring continuously.

Add the tomato purée and simmer gently for 15 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER SERVING:

279 Calories

5g Carbs

40g Protein

11g Fat