

# Additional Recipes

## Scrumptious Spice Bowl

Serves 2

**Macros per serving – 487 Cals,  
50g Carbs, 9.9g Fat, 48.1g Protein**

- 500g baby potatoes
- 350g chicken breast
- 100g spinach
- 2 tsp coconut oil
- Large pinch of chipotle
- 1 tsp paprika
- 1/4 tsp garlic granules
- 40g butter
- 1/4 cup Frank's red hot



### Method:

- 1) Preheat your oven to 200°C.
- 2) Slice the baby potatoes into chips and add to a large bowl with the melted coconut oil, chipotle, paprika, garlic granules and a large pinch of coarse salt.
- 3) Lay them out on a baking tray lined with grease proof paper and bake in the oven for 20-25 minutes until they begin to golden and crispy.
- 4) In the meantime slice the chicken and add it to the bowl to gather the remaining spices/oil. Melt the butter and pour half of it over the baby potatoes and cook for a further 5 minutes.
- 5) Add the remaining butter to the hot sauce, before tossing the chicken in the hot sauce.
- 6) Remove the potatoes from the oven and add the chicken to the tray, mixing thoroughly so that the potatoes are nicely coated in the sauce.
- 7) Cook for 10-12 minutes until the chicken is fully cooked before switching your oven to the grill and cooking for 3-5 mins to allow both the chicken and potatoes to crisp nicely.
- 8) Remove from the oven and mix in the spinach. Once the spinach has wilted nicely, serve and enjoy!

# Sweet Potato Cubes

**Macros per recipe, 550 Cals, 100g Carbs, 14.2g Fat, 7.9g Protein**

- 500g sweet potatoes
- 1 tbsp melted coconut oil
- 2 tsp garlic granules
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- Generous pinch of coarse salt

## Method:

- 1) Preheat your oven to 220°C.
- 2) Wash and cube the sweet potato, leaving the skin on.
- 3) Add the potato to a large bowl and mix it together with the coconut oil and spices.
- 4) Once the potato is nicely covered in the oil and spices lay out on a baking tray and sprinkle with salt.
- 5) Bake in the oven for 30-35 minutes, turning half way, until crispy and delicious!



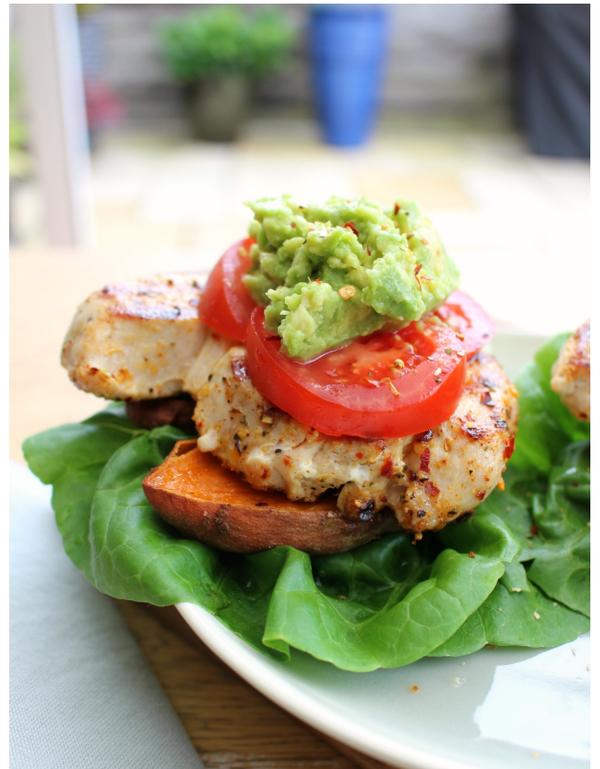
# Turkey Burgers

**Macros per portion, serves 2 (based off 250g turkey)**  
**212 Cals, .6g Carbs, 5.8g Fat, 39.1g Protein**

- 2 large turkey steaks
- 1 tsp olive oil
- Small pinch of chipotle
- 1/2 tsp piri piri seasoning
- 1 clove of garlic, minced
- Pinch of coarse salt

## Method:

- 1) In a large bowl combine the herbs and spices with the olive oil. Add the turkey steaks and coat in the mixture.
- 2) Set aside to marinate either out of the fridge for 20 minutes or overnight in the fridge.
- 3) Heat a large griddle pan on a high heat until smoking. (no need to add any oil)
- 4) Add the turkey steaks to your griddle pan and cook on high for two minutes before reducing the heat and cooking for a further 5 minutes.
- 5) Flip the steaks and cook for a further 5-6 minutes, until fully cooked.
- 6) Serve and enjoy with your preferred sides, I like to team mine with some roasted sweet potato, lettuce, guac & tomatoes!



# Chocolate Chip Baked Oats

**Macros per serving (recipe serves 2):**  
329 Cals - 41.8g Carbs, 8.2g Fat & 20.5g Protein

- 100g Oats
- 30g chocolate protein powder (I used MyProtein Coco Cereal)
- 10g 85% dark chocolate
- 1 medium egg
- 15g honey
- 150ml water

*Optional extra – drizzle of cashew butter (not included in the macros)*

## Method:

- 1) Preheat your oven to 200°C.
- 2) In a large bowl whisk together all of the liquids with the protein powder.
- 3) Stir in the oats and whisk together until the mixture is combined, sprinkle in the chocolate and place in an ovenproof dish.
- 4) Bake in the oven for 30 minutes until fully cooked to your liking, drizzle with some cashew butter & extra honey if you like and enjoy!



# Avocado Pork Burgers

**Macros per burger based off the recipe yielding 7 burgers:** 194 Cals, 2.9g Carbs, 10.8g Fat, 21.5g Protein

- 500g minced pork
- 1 large Hass avocado (150g)
- 4-5 cloves of garlic, minced
- 2 tbsp (30g) ground almonds
- large pinch of chipotle
- large pinch of coarse salt & black pepper
- 1 tsp coconut oil

## Method:

- 1) Begin by dicing the avocado into tiny chunks.
- 2) In a large bowl combine all of the ingredients bar the coconut oil.
- 3) Shape the mixture into patties, this recipe yields 6-8 burgers depending on the size you go for.
- 4) Leave the burgers to rest for 15-20 minutes before heating your griddle pan with the coconut oil.
- 5) Once the pan is piping hot add the burgers and cook for 6-8 minutes a side, until golden and fully cooked.
- 6) Serve and enjoy with your choice of sides!



# Black Forest Overnight Oats

**Macros per serving: 663 Cals, 67.9g carbs, 34.9g fat, 15.5g protein (Serves 2)**

- 1 cup (90g) rolled oats
- 1 tbsp (15g) whole chia seeds
- 200g whole, fresh cherries
- 2 tbsp (30g) honey
- 2 tbsp cacao powder
- 1/4 tbsp vanilla powder
- 1 cup (200ml) almond milk
- 2 small tubs of coconut yoghurt, (250g) I went with vanilla flavored Coyo.



## Method

- 1) Begin by portioning the coconut yoghurt out into two containers, holding back 2 tbsp for topping at the end.
- 2) Destone and half the cherries, keeping two whole for topping at the end. In a large bowl combine the oats, chia seeds, cacao powder & vanilla powder.
- 3) In a large jug combine the honey and almond milk and mix thoroughly until it comes together, pour this mixture into the oats and stir until combined. Set aside while you complete the next steps.
- 4) Add 1/4 of the cherries to the containers with the coconut yoghurt.
- 5) Next finely dice the remainder of the cherries and add it to the oats mixture.
- 6) Pour half of the oat mixture into each of the containers and refrigerate either overnight or for a few hours until set.
- 7) Once you are ready to serve, dress with the final 2 spoons of coconut yoghurt and remaining cherries, serve and enjoy!

# Turkey Sausage Frittata

**Macros per serving: 323cal 5g Carbs, 22g Fat & 30g Protein (Serves 2)**

- 4-5 large eggs
- 4 turkey sausages, skin removed
- 1 tsp coconut oil
- 2 cloves of garlic, minced
- 1 tbsp fresh parsley
- 1/2 a red onion, finely diced
- 1 beef tomato, sliced
- Coarse salt & cracked black pepper



## Method:

- 1) Preheat your oven to 200°C. Heat 1 tsp of coconut oil in a large frying pan.
- 2) Sauté the garlic, parsley, and onions for 1-2 minutes until they start to soften.
- 3) Roll the sausages into small meatball sized pieces & add to the pan with the onions to brown for 3-4 minutes with a good pinch of coarse salt.
- 4) Once the sausages are nicely browned, place in an oven proof dish.
- 5) Whisk the eggs and pour over into the oven dish, place the sliced tomato on top with a generous sprinkle of black pepper.
- 6) Pop the dish in the oven and bake for 10-15 minutes until the eggs are fully cooked, serve and enjoy!

# Spiralized Egg Nests

**Macros: 351cal per recipe**  
**8g Carbs, 16g Fat & 45g Protein**

- 2 courgettes, spiralized
- 125g of turkey bacon (or normal bacon if you prefer)
- 2 large eggs
- 1 tsp coconut oil
- Pinch of cracked black pepper & coarse salt

## Method:

- 1) Preheat your oven to 200°C. Heat a large pan with a tsp of coconut oil.
- 2) Dice the bacon and add it to the pan, cook for 1-2 minutes each side.
- 3) Add the zoodles to the pan, with some salt & pepper, and cook on high for another 2-3 minutes until they start to soften.
- 4) Drain any excess liquid and add the mixture to a baking dish.
- 5) Create 2 small wells in the zoodles & crack the eggs into them.
- 6) Sprinkle a final pinch of black pepper onto the eggs and place in the oven to bake for 12-15 minutes, until cooked to your liking – serve and enjoy!



# Beef Stir Fry

**(Macros for this depend on the size of the steak!)**

- 1 large rib eye steak, cut into strips
- 1/2 red pepper, finely sliced
- 1/2 yellow pepper
- 1/2 red onion
- 1-inch piece of ginger, grated
- 2 cloves of garlic, minced
- 1/2 green chili, finely chopped
- 1/2 tbsp sesame oil
- 2 tbsp honey
- 2 tbsp coconut aminos or soy sauce
- Sesame seeds & finely chopped coriander to garnish

## Method:

- 1) Heat a large wok or frying pan with the sesame oil.
- 2) Add the onion and sauté for 1-2 minutes before adding the garlic, ginger & chili.
- 3) Add the steak to the wok and allow to seal.
- 4) Next add in the peppers, lastly, add the coconut aminos/soy sauce & honey and stir until all of the ingredients are nicely coated.
- 5) Reduce the heat and leave to simmer for 2-3 minutes. Once the beef is cooked to your liking, serve with a sprinkle of sesame & coriander and enjoy!



# Pan Fried Buttery Hake

(Macros for this depend on the size of the hake fillet!)

- 1 hake fillet
- 250g sprouts
- 2 slices of back bacon
- 200g button mushrooms
- 2 tsp coconut oil
- 20g butter
- 1/8 tsp oregano
- 1/8 tsp garlic granules
- Coarse salt & black pepper
- Fresh parsley to serve

## Method:

1) Heat a large frying pan with 1 tsp coconut oil and fry off the bacon until crispy and golden.

2) In the meantime steam the sprouts for 3-4 minutes until tender. Remove the bacon from the pan and add the mushrooms, oregano, garlic granules and a pinch of coarse salt.

3) Lightly sauté the mushrooms for 2-3 minutes until they start to brown, slice the bacon into strips, half the sprouts and add to the pan.

4) Finish off with a small knob of the butter and set aside while you prepare the fish.

5) To cook the hake, heat a large frying pan with the remaining coconut oil until piping hot.

6) Sprinkle with salt & pepper and cook for 4-5 minutes on each side, add the remainder to the pan, allow it to melt and spoon it over the fish. Serve and enjoy with a sprinkle of fresh parsley.

