



HIGH PERFORMANCE RECIPES

MADE READY

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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
-







AVOCADO & PINEAPPLE SMOOTHIE

GF V V DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 227

PROTEIN 4

CARBS 28

FATS 11

FIBRE 7

Avocados are actually a fruit, not a vegetable. They belong to the Genus *Persea* in the Lauraceae family.



INGREDIENTS

½ **avocado**, peeled
Handful **spinach**
50g frozen **courgette**, chopped
50g **pineapple chunks**
300ml **coconut water**
5-10 **ice cubes**

CALORIES
227

INSTRUCTIONS

Place all ingredients in the blender and blitz until smooth. Pour into a tall glass.



GRANOLA

GF V VE DF

SERVES: 2

TIME: 45 MINUTES

CALORIES 227

PROTEIN 6

CARBS 17

FATS 15

FIBRE 3



INGREDIENTS

360g old fashioned **oats** (gluten-free if required)
50g **almonds**, sliced
50g **cashews**, sliced
120g **pumpkin seeds**
2 tbsp **cinnamon**
1 tsp **salt**
125ml **coconut oil**
125ml **maple syrup**
60ml **peanut butter**

CALORIES
227

INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

In a large bowl, mix together the oats, almonds, cashews, pumpkin seeds, cinnamon and salt.

In a small saucepan, slowly melt the coconut oil, maple syrup and peanut butter. Pour over the granola mix and stir to combine.

Spread evenly across the tray and cook for 20-25 minutes or until golden.

Serve with Greek yoghurt, optional.

CHOC BANANA OATS

GF V VE DF

SERVES: 2

TIME: 10 MINUTES

CALORIES 390

PROTEIN 24

CARBS 42

FATS 14

FIBRE 9

Oats are rich in carbs and fibre, but also higher in protein and fat than most other grains.



INGREDIENTS

90g old fashioned **oats** (gluten-free if required)
250ml **almond milk**
1 scoop **vegan chocolate protein powder**
2 tbsp **peanut butter**
1 **banana**, sliced

CALORIES
390

INSTRUCTIONS

Add the oats and coconut milk to a small saucepan and bring to boil. Reduce to a simmer and stir frequently.

Add the protein powder, peanut butter and 3/4 of the banana, continuing to stir.

Once the milk has absorbed (about five minutes), transfer to a serving bowl.

Top with extra sliced banana.

MEDITERRANEAN TOAST

GF V VE DF

SERVES: 2

TIME: 15 MINUTES

CALORIES 331

PROTEIN 10

CARBS 48

FATS 11

FIBRE 14



INGREDIENTS

4 slices **rye bread** (gluten-free if required)
4 tbsp **hummus**
2 **tomatoes**, diced
1/4 **red onion**, diced
40g **black olives**, sliced

CALORIES
331

INSTRUCTIONS

Toast your bread and spread each slice with hummus.

Top with tomatoes, onion, olives and salt & cracked pepper.



BEANS

GF V VE DF

SERVES: 2

TIME: 65 MINUTES

CALORIES 223

PROTEIN 10

CARBS 30

FATS 7

FIBRE 12



Haricot beans are a good source of protein and are high in fibre, while being low in fat and calories.



INGREDIENTS

2 tsp **olive oil**
1 **onion**, finely diced
1 x (400g) tin **chopped tomatoes**
2 tsp **cider vinegar**
2 tsp **English mustard**
2 tsp **coconut sugar**
1/2 tsp **paprika**
Salt & cracked pepper
1 x (400g) tin **haricot beans**, drained

CALORIES
223

INSTRUCTIONS

Heat the olive oil and onion in a medium-sized saucepan. Cook for 5 minutes or until translucent.

Add the tomatoes, vinegar, mustard, coconut sugar, paprika, salt & cracked pepper. Bring to a boil, before reducing to a simmer and cooking for about 3 minutes, stirring continuously.

Add the beans and turn down to a low heat. Simmer for 45 minutes.

Serve immediately with crusty bread, optional.





COYO BOWL

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 423

PROTEIN 13

CARBS 14

FATS 35

FIBRE 4



INGREDIENTS

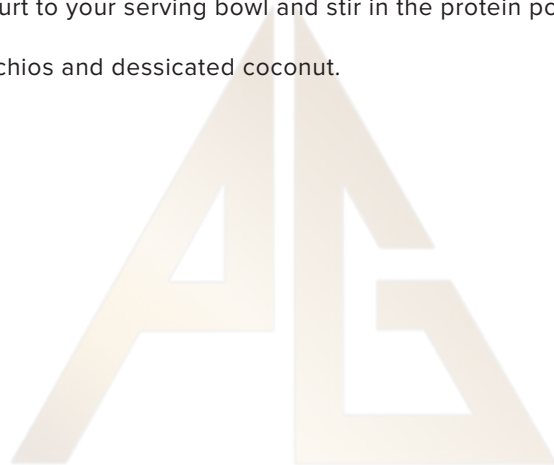
100g **coconut yoghurt**
1 tsp **vegan vanilla protein powder**
50g **mango**, diced
1 tbsp **pistachios**, diced
1 tbsp **desiccated coconut**

CALORIES
423

INSTRUCTIONS

Add the coconut yoghurt to your serving bowl and stir in the protein powder until well combined.

Top with mango, pistachios and dessicated coconut.



CAULIFLOWER STEAKS WITH PESTO

GF V VE DF

SERVES: 5

TIME: 25 MINUTES

CALORIES 230

PROTEIN 7

CARBS 6

FATS 20

FIBRE 3

Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6.



INGREDIENTS

1 large **cauliflower**, cut into 1" thick steaks
1 tbsp **olive oil**
2 **cloves garlic**, minced
For the pesto:
20g **basil**, leaves picked
30g **pine nuts**
60ml **olive oil**
1 tbsp **lemon juice**
1 1/2 tbsp **nutritional yeast**

CALORIES
230

INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Mix the olive oil with the garlic.

Lay the cauliflower steaks evenly on the baking tray and brush with the olive oil and garlic.

Place in the oven and cook for 15 minutes.

Meanwhile, add the basil, pine nuts, olive oil, lemon juice, nutritional yeast and salt to a blender and blitz until well combined.

Once the cauliflower steaks are cooked, lay on a long serving platter and drizzle with pesto dressing.

TABOULI

GF V VE DF

SERVES: 6

TIME: 25 MINUTES

CALORIES 244

PROTEIN 9

CARBS 25

FATS 12

FIBRE 6



INGREDIENTS

200g **quinoa** (uncooked)
1 **cucumber**, sliced
200g **cherry tomatoes**, halved
3 **spring onions**, finely sliced
Handful **parsley**, roughly chopped
1 tbsp **olive oil**
1 **lemon**, juiced
30g **pumpkin seeds**
50g slivered **almonds**

CALORIES
244

INSTRUCTIONS

Cook the quinoa according to packet instructions.

In a large bowl, toss together the cucumber, cherry tomatoes, spring onions and parsley, along with the olive oil and lemon juice. Season well with salt & cracked pepper.

Lastly, toss through the pumpkin seeds and slivered almonds.

CREAMY SPINACH DIP

GF V VE DF

SERVES: 6

TIME: 50 MINUTES

CALORIES 157

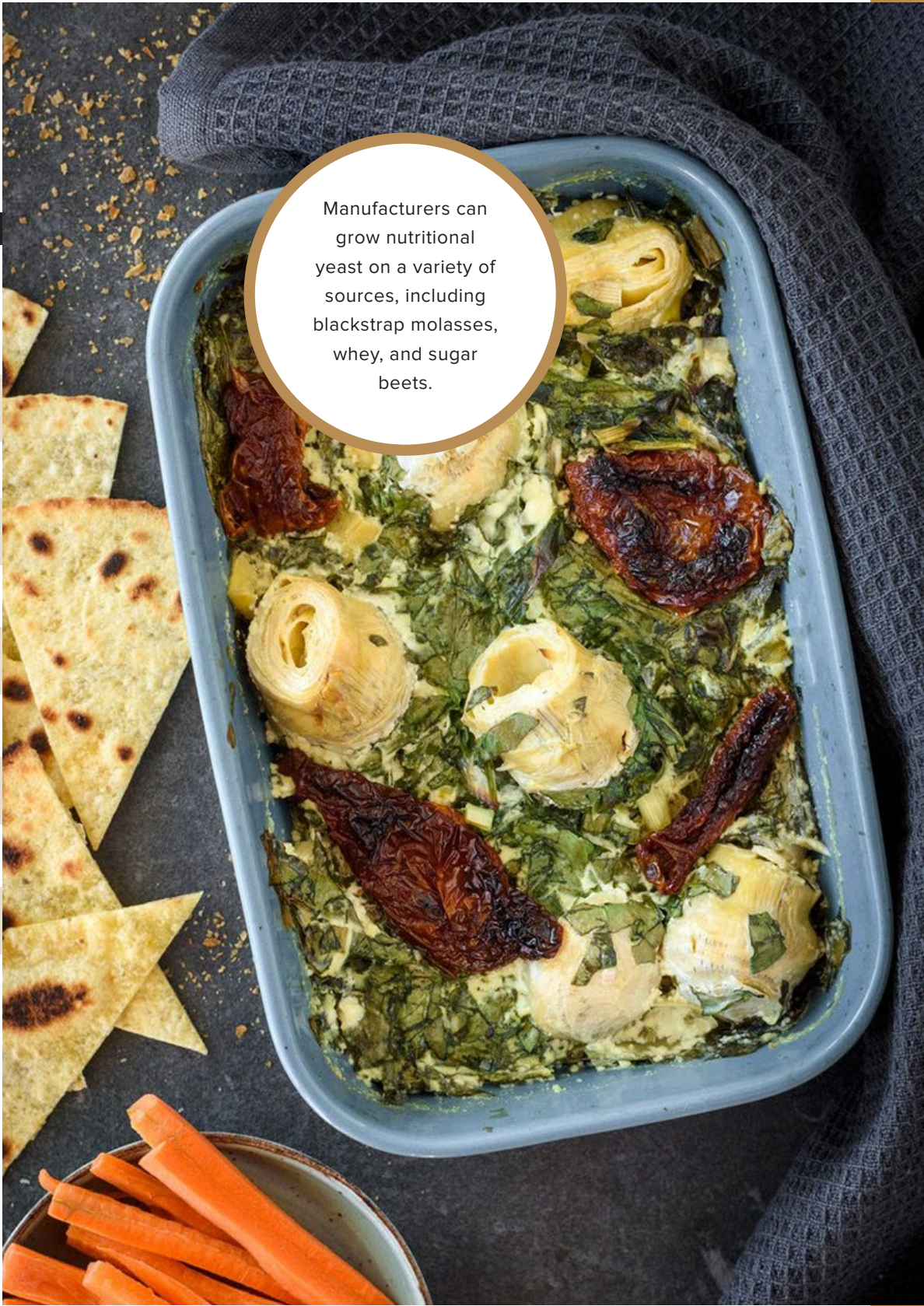
PROTEIN 6

CARBS 5

FATS 13

FIBRE 3

Manufacturers can grow nutritional yeast on a variety of sources, including blackstrap molasses, whey, and sugar beets.



INGREDIENTS

50g **sundried tomatoes**, drained and diced
250g frozen **spinach**, thawed and squeezed out of any liquid
2 **cloves of garlic**, minced
2 **spring onions**, diced
50g **artichoke**, drained
225g **vegan cream cheese**
60ml **almond milk**
2 tbsp **nutritional yeast**
1/4 tsp **salt**
1/8 tsp **ground black pepper**

CALORIES
157

INSTRUCTIONS

Start by placing the drained sun dried tomatoes in a bowl of hot water and allow them to soak for 15 minutes. Drain the water and squeeze out any excess water. Set aside.

Preheat the oven to 180°C/350°F/gas 5.

In a large bowl, mix together the spinach, garlic, spring onions, artichokes, vegan cream cheese, almond milk, nutritional yeast, salt & cracked pepper. Mix well to combine.

Spread this mixture in an even layer in a medium-sized baking dish, place in the oven and cook for 30-35 minutes or until cooked through.

Serve with crackers or vegetable sticks.

SESAME MANGETOUT

GF V VE DF

SERVES: 4

TIME: 20 MINUTES

CALORIES 76

PROTEIN 5

CARBS 5

FATS 4

FIBRE 3



INGREDIENTS

1 tsp **olive oil**
1 tsp **sesame oil**
1 **clove garlic**, minced
1 tsp **fresh ginger**, grated
450g **mangetout**
1 1/2 tbsp **tamari**
2 tsp **lemon juice**
1 tbsp **sesame seeds**
Salt and pepper, to taste

CALORIES
76

INSTRUCTIONS

Add the olive oil and sesame oil to a medium-sized frying pan and bring to medium heat.

Add the garlic, ginger and mangetout, cover with a lid and cook for 5 minutes, stirring occasionally.

Add the tamari and lemon juice and stir to combine.

Transfer to a serving plate and sprinkle with sesame seeds, salt & cracked pepper.

SPICY STICKY TOFU

GF V VE DF

SERVES: 4

TIME: 20 MINUTES

CALORIES 197

PROTEIN 11

CARBS 9

FATS 13

FIBRE 1

Tofu is to
soy milk as
cheese is to
dairy milk



INGREDIENTS

450g **firm tofu**, cut into squares

1 tbsp **vegetable oil**

For the **sauce**:

2 **cloves garlic**, minced

1 1/2 tbsp **tamari**

1 1/2 tbsp **chillipaste**

1 tbsp **maple syrup**

1 tbsp red miso paste

1 **red chilli** seeded and diced

2 tsp **sesame oil**

75ml **water**

For serving:

1 stalk **spring onion**, diced

1 tbsp **sesame seeds**

CALORIES
197

INSTRUCTIONS

Start by adding all the sauce ingredients to a medium-sized bowl and whisk to combine.

Add the oil to a large frying pan and bring to a medium heat.

Add the tofu and cook for 5 minutes each side or until golden.

Add the sauce and reduce to low heat. Simmer for about five minutes, turning the tofu to coat.

Transfer to a serving bowl and pour any excess sauce on top. Sprinkle with spring onions and sesame seeds.

VEGAN CHEESY CHIPS

GF V VE DF

SERVES: 4

TIME: 40 MINUTES

CALORIES 348

PROTEIN 11

CARBS 49

FATS 12

FIBRE 4



INGREDIENTS

1kg russet **potatoes**, sliced into 1cm pieces

1½ tbsp **olive oil**

Sea salt

For the Cheese:

200g **firm tofu**

2 tbsp **tapioca starch**

2 tbsp **nutritional yeast**

1 tbsp **lemon juice**

2 tbsp **almond milk**

1 tbsp **olive oil**

1 tsp **paprika**

1/2 tsp **onion powder**

1/2 tsp **garlic powder**

Salt & cracked pepper

CALORIES
348

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6. line 1-2 baking trays with baking paper.

Toss the potato chips in olive oil and sea salt. Spread them evenly on the baking tray(s).

Cook for 30-35 minutes, flipping halfway.

Meanwhile, add all the ingredients for the “cheese” to a blender and blitz for 10-20 seconds or until smooth.

Transfer to a medium-sized saucepan and cook on a low heat, stirring often, for 10 minutes.

Transfer the chips to a large bowl and pour dollops of cheese all over.

Serve immediately.





CAULIFLOWER PUREE WITH CHICKPEAS

GF V VE DF

SERVES: 6

TIME: 45 MINUTES

CALORIES 221

PROTEIN 12

CARBS 14

FATS 13

FIBRE 6

Chickpeas are known by lots of different names all over the world. Other names include garbanzo beans, bengal grams, Egyptian peas, ceci beans and kabuli chana.



INGREDIENTS

2 heads **cauliflower**, cut into big florets

60ml **almond milk**

3 tbsp **olive oil**

Sea salt & cracked pepper

For the **chickpeas**:

1 x (400g) tin **chickpeas**, drained

1 tbsp **olive oil**

2 tsp **paprika**

1 tsp **chilli flakes**

4 **cloves garlic**

CALORIES
221

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Bring a large pot of salted water to boil. Cook cauliflower for 20-25 minutes or until soft. Drain, allow to cool and then using a tea towel, squeeze out as much water as you can.

Meanwhile, take the drained chickpeas and dry them in paper towel. Lightly rub them to loosen the outside shells. Toss in olive oil, paprika and chilli flakes and lay on the baking tray, along with the full cloves of garlic. Place in the oven and cook for 25-30 minutes or until crispy.

Transfer the cooled cauliflower, along with the garlic cloves to a blender or food processor. Blitz until smooth and creamy.

Pour puree into a large serving bowl and top with chickpeas. Season with a little extra sea salt & cracked pepper.

Serve immediately, with pita bread or vegetable sticks.

STUFFED TOFU

GF V VE DF

SERVES: 5

TIME: 35 MINUTES

CALORIES 380

PROTEIN 31

CARBS 19

FATS 20

FIBRE 1



INGREDIENTS

500g fried **tofu**, cut into 5 large squares
10 **mushrooms**, finely chopped
5g **basil**, chopped
50g **vegan cheese**, grated
Salt & cracked pepper
1 tbsp **olive oil**
700ml **passata**
2 **cloves garlic**, minced
2 tsp **oregano**
1-2 tsp **chilli flakes**
2 tbsp **spring onions**, diced

CALORIES
380

INSTRUCTIONS

Prepare the tofu shells by using a sharp knife to carve out the inside of each square.

Add the carved out tofu mixture to a medium-sized bowl, along with the mushrooms, basil, vegan cheese salt & cracked pepper.

Transfer the mixture back into the tofu shells.

Heat the olive oil in a large frying pan and cook the squares for about 5 minutes each side or until crispy. Once cooked, remove and set aside on some paper towel.

In the same skillet, add the passata, garlic, oregano and chilli flakes. Heat for about 5 minutes.

Return the tofu squares to the frying pan and cook for another 5 minutes, flipping once to coat.

Transfer to a large shallow bowl, top with spring onions and serve immediately.

BUTTERNUT SQUASH NOODLES

SERVES: 4

TIME: 25 MINUTES

CALORIES 462

PROTEIN 9

CARBS 12

FATS 42

FIBRE 3

Butternut squash can enhance the hair and skin because of its high vitamin A content. Vitamin A is needed for sebum production, which keeps hair moisturised.



INGREDIENTS

450g **butternut squash noodles**
2 tbsp **extra-virgin olive oil**
Kosher salt
Freshly **ground black pepper**
Pinch crushed **red pepper flakes**
180g **pine nuts**
30g **parsley**
60g **vegan Parmesan**

CALORIES
462

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper. Place the noodles on the baking tray and toss with olive oil, salt & cracked pepper. Cook for 10 minutes or until tender.

Meanwhile, add the pine nuts to a medium-sized frying pan and dry roast for 4-5 minutes, shaking and moving the pan constantly.

Once the squash noodles are cooked, serve with pine nuts, parsley and vegan parmesan.

CHICKPEA SAN CHOY BOW

GF V VE DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 363

PROTEIN 16

CARBS 23

FATS 23

FIBRE 8



INGREDIENTS

2 tbsp **coconut oil**
4 **spring onions**, finely sliced
3 **cloves garlic**, minced
2 tbsp **fresh ginger**, grated
37g **cashews**, finely chopped
37g **almonds**, chopped
375g **mushrooms**, chopped
2 x (400g) tin **chickpeas**, drained and rinsed
175ml **tamari**
2 tsp **sesame oil**
1 long **red chilli**, sliced
8 **leaves cos lettuce**
10g **coriander**, leaves picked

CALORIES
363

INSTRUCTIONS

In a large skillet, heat the coconut oil. Add the spring onions, garlic, ginger, cashews and almonds. Cook for about 3 minutes. Add the mushrooms and cook for another 5 minutes.

Next, add the chickpeas and mash them up a little bit with a wooden spoon.

Add the tamari, sesame oil and chilli and heat through for another 3 minutes.

Spoon the mixture into the individual lettuce leaves and garnish with coriander.

MEXICAN SOUP

GF V VE DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 243

PROTEIN 13

CARBS 32

FATS 7

FIBRE 12



Chickpeas are a great source of fibre and folate.

INGREDIENTS

1 tbsp **olive oil**
1 **brown onion**
2 **red bell peppers**, cut into small chunks
1 **green bell pepper**, cut into small chunks
1 **courgette**, sliced and quartered
2 x (400g) tin **black beans**, drained and rinsed
1 tbsp **paprika**
1 tbsp **oregano**
1 tsp **cayenne pepper**
1 tsp **chilli flakes**
1l **vegetable stock**
1 x (400g) tin **chopped tomatoes**

CALORIES
243

INSTRUCTIONS

In a large saucepan heat the olive oil. Add the onion and cook for 5 minutes or until translucent.

Add the bell pepper and courgette and cook for another 5 minutes.

Next, add the black beans, paprika, oregano, cayenne pepper, chilli flakes, stock and tinned tomatoes. Heat on medium for 10 minutes.

FETTUCCINE STROGANOFF

V VE DF

SERVES: 3

TIME: 35 MINUTES

CALORIES 431

PROTEIN 18

CARBS 56

FATS 15

FIBRE 5



INGREDIENTS

190g **fettucini**
1 tbsp **olive oil**
250g **firm tofu**, cut into strips
1 **brown onion**, sliced
1 **clove garlic**, minced
250g **mushrooms**, sliced
1 tsp **paprika**
125ml **vegetable stock**
1 tbsp **soy sauce**
1 tbsp **tomato paste**
1 tbsp **flour**
80ml **coconut milk**

CALORIES
431

INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Heat oil in a large fry pan. Add the tofu slices and cook for 5 minutes on each side or until golden. Transfer to a plate and cover with aluminum foil.

Add onion and garlic to the same fry pan and cook for 5 minutes, stirring continuously.

Add the mushrooms and paprika and cook for another 3-4 minutes.

Pour in the vegetable stock and soy sauce.

In a small bowl whisk together the tomato paste and flour and add to the saucepan.

Simmer for about 10 minutes or until the sauce has thickened.

Finally stir through the coconut milk and remove from the heat.

Divide pasta between 3 bowls, top with stroganoff sauce and season with salt and pepper.

LENTIL PILAF

GF V VE DF

SERVES: 3

TIME: 40 MINUTES

CALORIES 421

PROTEIN 16

CARBS 78

FATS 5

FIBRE 8

Lentils are an excellent source of B vitamins, iron, magnesium, potassium and zinc.



INGREDIENTS

185g **brown rice** (raw)
1 **brown onion**, diced
2 x (400g) tinned **lentils**, rinsed and drained
1 tsp **ground cumin**
1 tsp **ground cinnamon**
1 tsp ground **coriander**
1/2 tsp **ground turmeric**
1 tsp **salt**
1 tsp **coconut sugar**
3 tbsp **tomato paste**
1 **courgette**, grated
1 **carrot**, grated
550ml **vegetable stock**

CALORIES
421

INSTRUCTIONS

Start by cooking the rice according to packet instructions. Once cooked, drain well.

Heat the olive oil in a large saucepan. Add the onion and cook for 5 minutes or until translucent.

Add the cooked rice to the pan and sauté for 2 minutes.

Now, add all remaining ingredients. Bring to a boil, reduce to a low heat, cover and cook for 15 minutes. If there is too much excess water, take the lid off and simmer until absorbed.

BUTTERBEAN TACOS

GF V VE DF

SERVES: 4

TIME: 20 MINUTES

CALORIES 473

PROTEIN 19

CARBS 79

FATS 9

FIBRE 12



INGREDIENTS

1 tbsp **olive oil**
2 x (400g) tin **butter beans**
1 tsp **ground cumin**
1 tsp **paprika**
1/2 tsp **dried oregano**
1/4 tsp **chilli flakes**
8 **corn tortilla**
120g **baby spinach**
2 **Lebanese cucumbers**, diced
1/2 **red onion**, thinly sliced
330g **mango**, cut into small cubes

CALORIES
473

INSTRUCTIONS

Heat the olive oil in a large fry pan on medium heat, add the beans, cumin, paprika, oregano and chilli flakes. Cook, stirring continuously for about 5 minutes.

Heat the corn tortillas in the microwave for 40 seconds.

Top each tortilla with spinach, cucumber, red onion, mango and cooked beans.

STUFFED SWEET POTATOES

GF V VE DF

SERVES: 2

TIME: 70 MINUTES

CALORIES 456

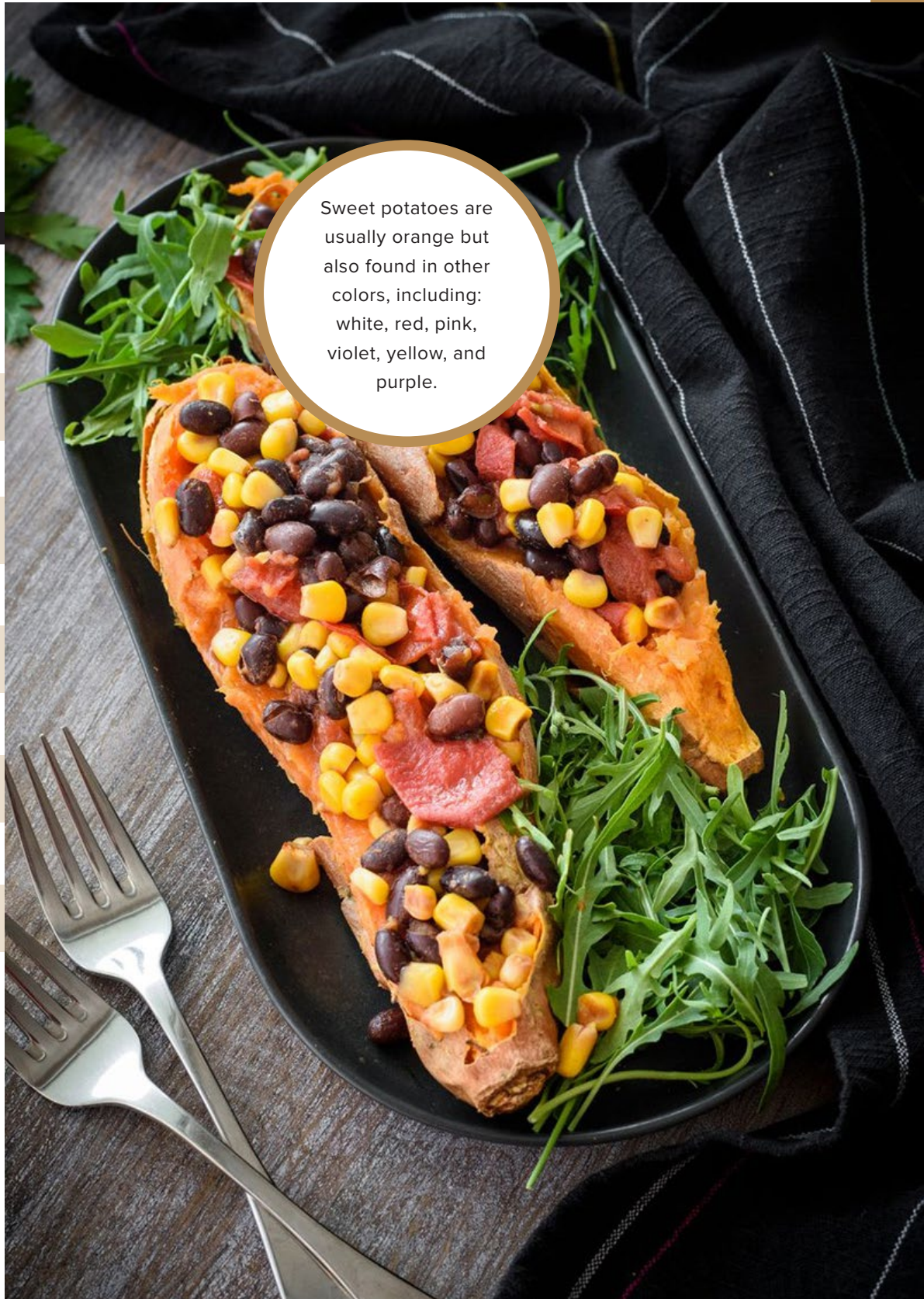
PROTEIN 14

CARBS 78

FATS 10

FIBRE 12

Sweet potatoes are usually orange but also found in other colors, including: white, red, pink, violet, yellow, and purple.



INGREDIENTS

2 medium **sweet potatoes**
1 tbsp **olive oil**
Salt & cracked pepper.
3/4 x (400g) tin **black beans**, drained and rinsed
80g **corn kernels**
1 large **tomato**, diced
1 tsp **cumin**
1 tsp **paprika**
25g **rocket**

CALORIES
456

INSTRUCTIONS

Start by preheating oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Rub half the olive oil over the sweet potato, season with salt & pepper, place in the oven and cook for 50-60 minutes.

Meanwhile, heat the remaining oil in a medium-sized skillet. Add the black beans, corn, tomato, cumin and paprika and cook, stirring continuously for 5 minutes.

Once the potatoes are cooked, allow them to cool for 5 minutes.

Transfer to 2 serving plates, top with bean mix and rocket.

TOFU NORI ROLLS

GF V VE DF

SERVES: 2

TIME: 45 MINUTES

CALORIES 271

PROTEIN 17

CARBS 8

FATS 19

FIBRE 5



INGREDIENTS

2 tsp **peanut oil**
200g **tofu**, thinly sliced
4 **nori sheets**
1/2 **avocado**, sliced
1/2 **red bell pepper**, sliced
1 **Lebanese cucumber**, cut into matchsticks

CALORIES
271

INSTRUCTIONS

Start by heating the peanut oil in a frying pan over medium high heat. Add the slices of tofu and cook for 4-5 minutes each side.

Place the 4 nori sheets on a flat bench and divide tofu between them.

Add slices of avocado, bell pepper, and cucumber to each one.

Tightly roll the nori rolls and carefully cut each one into 3-4 slices.

Serve with soy sauce and pickled ginger, optional.

HOKKIEN NOODLES

GF V VE DF

SERVES: 3

TIME: 35 MINUTES

CALORIES 327

PROTEIN 9

CARBS 48

FATS 11

FIBRE 5

Stir fry's originated in China and in recent centuries has spread into other parts of Asia and the West.



INGREDIENTS

For the **sauce**:

2 tbsp **lime**, juiced

1 1/2 tbsp **peanut butter**

1 tbsp **tamari**

1/2 tsp **chilliflakes**

For the noodles:

450g **fresh rice noodles**

2 tsp **coconut oil**

1 **red onion**, diced

4 **spring onions**, diced

1 tsp **ginger**, minced

1 **carrot**, cut into matchsticks

1/2 **courgette**, cut into matchsticks

50g **mushrooms**, chopped

80g **bean sprouts**

CALORIES
327

INSTRUCTIONS

Start by mixing all the sauce ingredients together really well. Set aside.

Cook the noodles according to packet instructions. Drain and set aside.

Next, in a large wok, heat the coconut oil. Add the onion, spring onions and ginger and cook for 1-2 minutes.

Add the carrot and courgette and cook for 5 minutes. Throw in the mushrooms and cook for another 2 minutes.

Finally, add the cooked noodles and sauce. Stir through and heat for another 2-3 minutes.

Remove from the heat, divide into four bowls and top with bean sprouts.

TERIYAKI TOFU

GF V VE DF

SERVES: 3

TIME: 20 MINUTES
(PLUS 60 FOR
MARINATING)

CALORIES 410

PROTEIN 24

CARBS 38

FATS 18

FIBRE 4



INGREDIENTS

60ml **tamari**
2 tbsp **coconut sugar**
2 tbsp **mirin**
2 tsp **sesame oil**
450g **firm tofu**
450g **bok choy**
1 tbsp **sesame seeds**

CALORIES
410

INSTRUCTIONS

Start by mixing together the tamari, sugar, mirin and sesame oil.

Place tofu in a large shallow dish and pour sauce all over. Flip the pieces of tofu a couple of times to make sure both sides are well coated. Place in the fridge for 60 minutes.

Meanwhile, bring a pot of water to boil and reduce to a simmer. Place bok choy in a steaming basket and steam for 5-6 minutes or until just tender.

Heat the bbq or grill plate and cook tofu for 5 minutes each side or until golden.

Divide bok choy between 3 bowls, top with tofu and sprinkle with sesame seeds.

HUMMUS WRAPS

GF V VE DF

SERVES: 2

TIME: 20 MINUTES

CALORIES 405

PROTEIN 13

CARBS 50

FATS 17

FIBRE 13



The word "hummus" is from the Turkish word humus, simply meaning "mashed chickpeas"



INGREDIENTS

1 tsp **olive oil**
1 **onion**, diced
1 **red bell pepper**, diced
100g **mushrooms**, sliced
1/2 x (400g) tin **corn**, rinsed and drained
2 large **wholegrain wraps** (gluten-free if required)
4 tbsp **hummus**
50g **spinach**
25g **black olives**

CALORIES
405

INSTRUCTIONS

Add the olive oil to a medium-sized fry pan and bring to medium heat. Add the onion and cook for 3 minutes or until softened.

Next, add the bell pepper, mushrooms and corn and cook for another 3 minutes.

Meanwhile, heat the wraps in the microwave for 30 seconds.

Spread hummus evenly across both wraps, top with cooked vegetables, spinach and olives.

AUBERGINE PARMIGIANA

V VE DF

SERVES: 4

TIME: 45 MINUTES

CALORIES 360

PROTEIN 8

CARBS 46

FATS 16

FIBRE 7



INGREDIENTS

2 tbsp **olive oil**
2 large **aubergine**, cut into 1/2" thick slices
500ml **passata**
120g **vegan cheese**
1 tsp **dried oregano**
1 tsp **dried parsley**
150g **breadcrumbs**
Salt & cracked pepper

CALORIES
360

INSTRUCTIONS

Preheat the oven to 200°C/400°F/gas 6.

Add half the olive oil to a large frying pan and bring to high heat. Cook the aubergine slices for about 5 minutes, flipping regularly, until both sides are a little charred.

Pour a very thin layer of passata into the bottom of a medium-sized oven-proof baking dish.

Repeat layering of aubergine, vegan cheese and sauce until all ingredients are used, finishing with a layer of cheese.

In a small bowl, mix together the remaining olive oil, oregano, parsley, bread crumbs, salt & cracked pepper. Sprinkle over the top of the parmigiana.

Place in the oven and cook for 30 minutes.

Divide between 4 plates and serve immediately.





VANILLA SLICE

V VE DF

SERVES: 10

TIME: 25 MINUTES (PLUS
FOUR HOURS
REFRIGERATION)

CALORIES 170

PROTEIN 1

CARBS 19

FATS 10

FIBRE 1



Vanilla Slice originated in France. This popular dessert is also known as Mille feuille, custard slice, cream slice, and Napoleon.



INGREDIENTS

2 sheets **vegan puff pastry**
250ml **almond milk**
4 tbsp **cornflour**
1 x (400g) tin **coconut milk**
125ml **maple syrup**
1 tbsp **vanilla bean paste**
1 tsp **sea salt flakes**
Pinch **turmeric powder**

CALORIES
170

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line 2 baking trays with baking paper.

Place one sheet of puff pastry on each tray, followed by another sheet of baking paper and another tray to hold it down and stop it rising too much.

Cook for 25 minutes or until crispy and golden. Set aside and allow to cool.

Once cooled, cut into 20cm slices. Line a 20cm square baking dish with baking paper and place 1 slice of puff pastry in the bottom.

To prepare the custard, in a medium-sized saucepan, add the almond milk and cornflour and whisk to combine.

Next, add the coconut milk, maple syrup, vanilla bean, sea salt and turmeric. Place on a medium heat, allowing the milk to thicken. Make sure you whisk regularly so the custard remains smooth. Once it does begin to thicken, turn the heat down to low and continue to stir regularly. You want the custard to be nice and thick, it should take about 10 minutes.

Transfer custard to the baking dish and place remaining slice of pastry on top.

Allow to cool then place in the fridge for 5-6 hours.

Once set, cut into 10 slices and serve.

RASPBERRY RIPE BITES

GF V VE DF

SERVES: 10

TIME: 60 MINUTES

CALORIES 110

PROTEIN 2

CARBS 4

FATS 10

FIBRE 2



INGREDIENTS

125g **shredded coconut**
1 tbsp **maple syrup**
1 tbsp **coconut oil**
1 tbsp **almond milk**
1 tsp **lemon juice**
75g **raspberries**
100g **dark chocolate**

CALORIES
110

INSTRUCTIONS

Add all the ingredients to a food processor and blitz until just combined (still a little chunky).

Roll the mixture into bite-sized balls and place on a baking tray lined with baking paper. Place in the freezer for 30-40 minutes.

Meanwhile, slowly melt the chocolate over a double boiler, stirring continuously.

Roll each bite in the chocolate, place on a large plate and refrigerate until serving.

VANILLA BLONDY BITES

GF V VE DF

SERVES: 12

TIME: 25 MINUTES

CALORIES 118

PROTEIN 7

CARBS 9

FATS 6

FIBRE 1



Over 90% of the world's cashew crop is consumed in the United States.

INGREDIENTS

225g **banana**, mashed
120g **cashew butter**
2 scoops **vegan vanilla protein powder**
1 tbsp **rice malt syrup**

CALORIES
118

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a 12-case mini muffin pan with mini muffin liners.

Add all ingredients to a blender or food processor and blitz until smooth.

Transfer mixture to the muffin liners.

Place in the oven and cook for 13-15 minutes (an inserted skewer should come out clean).

Allow to cool and store in the fridge.

CHOC BANANA ICE CREAM

GF V VE DF

SERVES: 12

TIME: 15 MINUTES
(PLUS 5 HOURS IN
FREEZER)

CALORIES 294

PROTEIN 3

CARBS 39

FATS 14

FIBRE 4



INGREDIENTS

450g **dates**, soaked in boiling **water** for 30 minutes
2 x (400g) cans **coconut milk**
3 frozen **bananas**
65g **cocoa powder**
1 tsp **pure vanilla extract**
1 tsp **sea salt flakes**

CALORIES
294

INSTRUCTIONS

Add the dates to a blender and blitz until very small bits remain. Slowly add water and continue to increase until you have a thick paste.

Add all other ingredients to the blender and blitz until combined.

Line a freezer-safe container with baking paper. Pour mixture into the container and smooth with the back of a spoon.

Place in the freezer for 5-6 hours.



HIGH PERFORMANCE RECIPES

MADE READY