



# HIGH PERFORMANCE RECIPES

MADE READY

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MADE READY



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

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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

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<b>V</b>	VEGETARIAN
<b>VE</b>	VEGAN
<b>DF</b>	DAIRY FREE
<b>GF</b>	GLUTEN FREE
<b>N</b>	CONTAINS NUTS
<b>Q</b>	QUICK

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# BREAKFASTS









# APPLE PIE SMOOTHIE

GF V DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 350

PROTEIN 6

CARBS 68

FATS 6

FIBRE 11





# INGREDIENTS

---

1 large **apple**  
1/2 frozen **banana**  
3 tbsp **oats** (gluten-free if required)  
250ml **almond milk**  
1 tsp **honey**  
1/4 tsp **nutmeg**  
1/2 tsp **cinnamon**

CALORIES  
**350**

# INSTRUCTIONS

Place all ingredients in the blender and blitz until smooth.

Pour into a tall glass.



# NUT BUTTER & BANANA TOAST

GF V V DF

SERVES: 2

TIME: 5 MINUTES

CALORIES 294

PROTEIN 8

CARBS 43

FATS 10

FIBRE 5





# INGREDIENTS

---

4 slices **dark rye bread** (gluten-free if required)  
2 tbsp **nut butter**  
1 **banana**, sliced  
1 tsp **ground cinnamon**

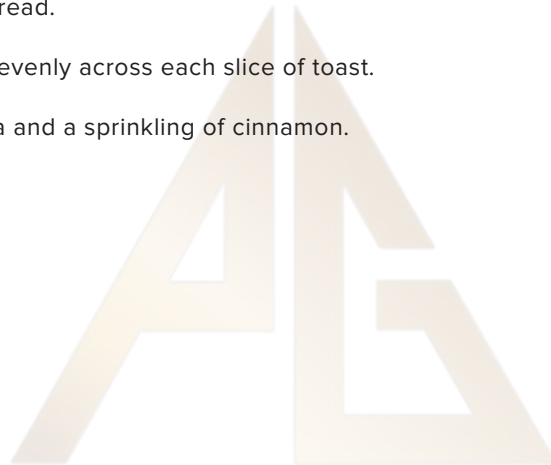
CALORIES  
**294**

# INSTRUCTIONS

Start by toasting the bread.

Spread the nut butter evenly across each slice of toast.

Top with sliced banana and a sprinkling of cinnamon.



# FRUIT PIKELETS

V

SERVES: 5

TIME: 25 MINUTES

CALORIES 359

PROTEIN 11

CARBS 45

FATS 15

FIBRE 0





# INGREDIENTS

---

120g **self-raising flour**  
1 tsp **baking soda**  
2 **eggs**, beaten  
250g **ricotta**  
250ml **skim milk**  
95g **dried mixed fruit**  
2 tbsp **honey**  
2 tbsp **butter**

CALORIES  
**359**

# INSTRUCTIONS

In a large bowl, mix together the flour and baking soda.

In a separate bowl whisk together the eggs, ricotta and milk. Once combined stir through the dried fruit and honey.

Transfer the wet ingredients to the dry ingredients and stir to combine.

Bring a large non-stick frying pan to high heat and melt half the butter.

Transfer the batter to the pan (making one pikelet from two tbsp of batter). Once cooked, set aside under aluminium foil to keep warm or place in the preheated oven.

Add more butter as you need.

The batch should make 15 pikelets. Divide between 5 plates and serve with a dollop of Greek yoghurt.

# SMOKED SALMON EGG SCRAMBLE

GF

SERVES: 4

TIME: 20 MINUTES

CALORIES 483

PROTEIN 58

CARBS 2

FATS 27

FIBRE 0





# INGREDIENTS

---

10 **eggs**  
125ml **milk**  
2 stalks **spring onions**, chopped  
**Salt & cracked pepper**  
2 tbsp **butter**  
450g **smoked salmon**, chopped into small pieces

CALORIES  
**483**

# INSTRUCTIONS

Start by whisking together the eggs, milk, 3/4 of the spring onion, salt & cracked pepper.

Heat the butter in a large non-stick frying pan over medium heat. Add the eggs and gently fold them around the pan. When the eggs are half way to cooked, stir through the salmon.

Remove from the heat when the eggs are just slightly underdone.

Divide on four plates and top with extra chopped spring onion.

# BLUEBERRY CHIA POT

GF V VE DF

SERVES: 1

TIME: 5 MINUTES  
(PLUS 8 HOURS  
OVERNIGHT)

CALORIES 250

PROTEIN 6

CARBS 25

FATS 14

FIBRE 12





# INGREDIENTS

---

80g frozen **blueberries**  
2 tbsp **chia seeds**  
125ml **coconut milk**  
1/2 tsp **vanilla extract**  
1 tbsp **coconut yoghurt**

CALORIES  
**250**

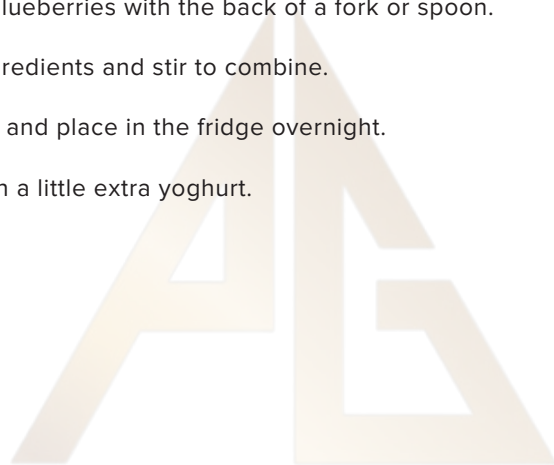
# INSTRUCTIONS

Start by mashing the blueberries with the back of a fork or spoon.

Add the rest of the ingredients and stir to combine.

Transfer to a jar, cover and place in the fridge overnight.

In the morning top with a little extra yoghurt.



# SIDES & SMALL PLATES









# SAUTEED SPINACH & EGGS

GF V

SERVES: 1

TIME: 10 MINUTES

CALORIES 234

PROTEIN 15

CARBS 3

FATS 18

FIBRE 1





# INGREDIENTS

---

1/2 tbsp **olive oil**  
2 **eggs**  
2 big handfuls **spinach**  
1 tbsp **parmesan cheese**  
**Salt & cracked pepper**

CALORIES  
**234**

# INSTRUCTIONS

Add the olive oil to a frying pan and bring it to high heat. Crack the eggs directly in the pan and cook for about 2 minutes or until the edges turn white. Place the lid on and cook for another 4-5 minutes. Remove from the pan and set aside under some aluminium foil.

Add the spinach to the same pan and cook for 2-3 minutes or until wilted and cooked through.

Transfer the eggs and spinach to your serving plate and sprinkle with parmesan cheese, salt & cracked pepper.

# SUNDRIED TOMATO CAULIFLOWER STEAKS

GF V

SERVES: 4

TIME: 25 MINUTES

CALORIES 285

PROTEIN 9

CARBS 15

FATS 21

FIBRE 5





# INGREDIENTS

---

1 large head **cauliflower**  
2 tbsp **olive oil**  
**Salt and black pepper**  
70g **sundried tomato pesto sauce**  
100g **mozzarella**, shredded

CALORIES  
**285**

# INSTRUCTIONS

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

Trim the stalk of the cauliflower and any leaves. Cut the cauliflower lengthways down the middle.

Brush well with olive oil on both sides and season with salt & cracked pepper.

Cook for 10 minutes, flip and continue to cook for another 5 minutes.

Remove from the oven, brush with pesto, top with mozzarella and cook for another 5 minutes or until cheese is melting.

Serve hot.

# BEETROOT HUMMUS

GF V VE DF

SERVES: 4

TIME: 75 MINUTES

CALORIES 124

PROTEIN 6

CARBS 16

FATS 4

FIBRE 4





# INGREDIENTS

---

2 large **beetroots**  
1 x (400g) tin **chickpeas**, drained and rinsed  
1 **clove garlic**  
1 tbsp **tahini**  
60ml **lemon juice**  
**Salt & cracked pepper**

CALORIES  
**124**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook beetroot for 50-60 minutes or until soft.

Add the cooked beetroot and all the other ingredients to a food processor and blitz until smooth. If the consistency is too thick, add 1-2 tbsp of water.

Serve with Turkish bread.

# BEEF SKEWERS WITH SALSA VERDE

GF DF

SERVES: 4

TIME: 20 MINUTES

CALORIES 398

PROTEIN 27

CARBS 5

FATS 30

FIBRE 1





# INGREDIENTS

---

For the **salsa verde**:

25g **parsley**

25g **basil**

1 1/2 **cloves garlic**

80ml **olive oil**

1/2 **lime**, juiced

**Salt & cracked pepper**

For the skewers:

2 tsp **olive oil**

500g **flank steak**, sliced into 10 thin strips

1 tsp **dried parsley**

CALORIES  
**398**

# INSTRUCTIONS

Add the parsley, basil and garlic to a food processor, and blitz until the leaves are chopped into small, fine pieces.

Add the olive oil and lime juice while the motor is still running. Season with salt & cracked pepper and blitz one last time. Set aside.

Toss the steak in olive oil and dried parsley and thread pieces onto individual skewers.

Bring a grill plate to medium high heat and cook the skewers for 2-3 minutes each side or until cooked to your liking.

Drizzle salsa verde all over the skewers and serve hot.

# SALMON BITES

DF

SERVES: 6

TIME: 25 MINUTES

CALORIES 390

PROTEIN 19

CARBS 38

FATS 18

FIBRE 3





# INGREDIENTS

---

350g **salmon steaks** (cooked), cut into bite-sized chunks

60g **all-purpose flour**

1 tsp **ground coriander**

1 tsp **salt**

2 **eggs**, whisked

150g **bread crumbs**

100g **almonds**, chopped

80ml **sweet chilli sauce**

CALORIES  
**390**

# INSTRUCTIONS

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

Start by preparing three medium sized bowls. Add flour, ground coriander and salt to the first and toss to combine. In the second bowl, crack the eggs and whisk well. In the third bowl, add the breadcrumbs and almonds.

Submerge the salmon pieces in the flour, dip them in the egg mix, and finally roll them in the bread crumb/almond mix.

Lay the salmon bites on the baking tray and cook for 10-12 minutes or until golden.

Serve with sweet chilli sauce.

# ZESTY PRAWN SALAD

GF DF

SERVES: 4

TIME: 20 MINUTES  
(PLUS 4-5  
HOURS TO  
MARINATE)

CALORIES 424

PROTEIN 59

CARBS 11

FATS 16

FIBRE 2





# INGREDIENTS

---

1kg **prawns**  
60ml **olive oil**  
60ml **lemon juice**  
2 tbsp **lemon zest**  
5g **fresh basil**, leaves chopped  
2 tsp **honey**  
1 **red onion**, sliced  
250g **cherry tomatoes**, quartered  
1 **lemon**, cut into wedges

CALORIES  
**424**

# INSTRUCTIONS

Mix together the olive oil, lemon juice, lemon zest, basil and honey. Submerge the prawns in the marinade, cover and refrigerate for 4-5 hours.

Meanwhile, toss together the red onion and cherry tomatoes.

Bring a bbq grill plate to high heat and cook the prawns for 2-3 minutes each side.

Toss the prawns with the onion and cherry tomatoes. Serve with lemon wedges.

# SALT & PEPPER TOFU

GF V VE DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 305

PROTEIN 37

CARBS 10

FATS 13

FIBRE 2





# INGREDIENTS

---

1 tsp **dried chilli flakes**  
1 tsp **Chinese five spice**  
1/2 tsp **garlic powder**  
1 tsp **salt**  
1 tsp **black pepper**  
2 tbsp **rice flour**  
800g **firm tofu**, patted dry with kitchen towel  
and cut into cubes  
30ml **vegetable oil**  
1 tbsp **sesame seeds**

CALORIES  
**305**

# INSTRUCTIONS

Combine the chilli flakes, Chinese five spice, garlic, salt & cracked pepper and rice flour together in a large shallow dish. Submerge the tofu in the flour and spices, making sure all edges are well coated.

Add the vegetable oil to a large frying pan and bring it to a medium-low heat. Add the tofu and cook for 2-3 minutes each side or until golden and a little crispy.

Sprinkle with sesame seeds and serve hot.

# MAINS







# SPICY CHORIZO COUSCOUS

DF

SERVES: 6

TIME: 25 MINUTES

CALORIES 400

PROTEIN 13

CARBS 33

FATS 24

FIBRE 1





# INGREDIENTS

---

1/2 tbsp **olive oil**  
2 **red onions**, sliced  
1 x (225g) packet **chorizo ring**  
2 **cloves garlic**, minced  
100g **black olives**, chopped  
250g **cherry tomatoes**  
200g **couscous** (uncooked)  
70ml **chicken stock**  
1 **lemon**, cut into wedges

CALORIES  
**400**

# INSTRUCTIONS

Start by heating the olive oil in a deep fry pan. Add the onion and chorizo and cook for 5 minutes. Add the garlic and black olives and cook for another 3-4 minutes.

Next, throw in the cherry tomatoes, couscous and stock. Reduce to a low heat, cover, and simmer for 8-10 minutes or until the stock is absorbed. Give it a quick stir every few minutes to make sure it's not sticking.

Serve with lemon wedges.

# GRILLED CHICKEN BITES WITH RANCH

GF

SERVES: 4

TIME: 20 MINUTES  
(PLUS 1-8  
HOURS FOR  
MARINATING)

CALORIES 250

PROTEIN 32

CARBS 8

FATS 10

FIBRE 0





# INGREDIENTS

---

800g **chicken breast**, cut into large bite-sized pieces  
2 tbsp **olive oil**  
60ml **balsamic vinegar**  
2 tbsp **honey**  
2 **cloves garlic**, minced  
**Salt & cracked pepper**  
**For the ranch dressing**  
2 **red chillies**, diced  
125ml **buttermilk**  
120g **sour cream**  
1 tbsp **lemon juice**  
**Cracked pepper**

CALORIES  
**250**

# INSTRUCTIONS

Mix together the olive oil, balsamic vinegar, honey, garlic, salt & cracked pepper.

Submerge the chicken in the marinade, cover and place in the fridge for at least 1 hour, or you can leave it overnight.

Heat a barbeque or char-grill plate over high heat and cook the chicken for 3-4 minutes each side or until fully cooked through.

Make the dressing by mixing together the chillies, buttermilk, sour cream, lemon juice and cracked pepper.

Transfer chicken to a serving platter and serve with ranch dressing.

# SLOW COOKER APRICOT CHICKEN

GF DF

SERVES: 4

TIME: 6 HOURS AND 30 MINUTES

CALORIES 462

PROTEIN 18

CARBS 48

FATS 22

FIBRE 1



# INGREDIENTS

---

1 tbsp **olive oil**  
600g **chicken thigh fillets**  
1 **onion**, diced  
2 tsp **garlic**, minced  
400ml **apricot nectar**  
1/2 tbsp **balsamic vinegar**  
1 tsp **parsley**  
1 tsp **thyme**  
400g tinned **apricot halves**, drained

CALORIES  
**462**

# INSTRUCTIONS

Bring a large frying pan to high heat, add the oil and brown the chicken for about 3-4 minutes.

Transfer to a 5.5L slow cooker.

Add onion to the same pan and cook for about 5 minutes or until translucent.

Add the garlic, apricot nectar, balsamic vinegar, parsley and thyme.

Pour the mixture into the slow cooker, cover and cook on low for 6 hours. Add the apricot halves for the last 30 minutes.

Optional: serve with brown rice or couscous.



# LAMB RACKS WITH SPROUTS

GF DF

SERVES: 2

TIME: 60 MINUTES

CALORIES 470

PROTEIN 47

CARBS 12

FATS 26

FIBRE 5



# INGREDIENTS

---

300g **lamb cutlets**  
80ml **red wine vinegar**  
15g **fresh rosemary**, finely chopped  
1 tsp **fine sea salt**  
For the **sprouts**:  
250g **Brussels sprouts**  
2 tsp **olive oil**  
1 **clove garlic**, minced  
**Salt & cracked pepper**

CALORIES  
**470**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Slice very thin slices in the lamb racks.

In a medium bowl, mix together the red wine vinegar, rosemary and sea salt.

Submerge the lamb racks in the sauce with the fatty side down. Let it sit for 20 minutes.

Meanwhile, toss the Brussels sprouts in olive oil, garlic, salt & cracked pepper.

Transfer the lamb and Brussels sprouts to an ovenproof dish and cook for 25 minutes or until the lamb is cooked to your liking. (keep the leftover marinade and set aside) Give the pan a shake half way through to make sure the Brussels sprouts don't stick.

Meanwhile add the reserved sauce to a small saucepan and bring to a boil. Cook for 2-3 minutes or until thickened.

Divide the lamb and Brussels sprouts between two plates and serve with sauce.



# LEMONY FISH BURGERS

GF DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 435

PROTEIN 27

CARBS 30

FATS 23

FIBRE 4





# INGREDIENTS

---

For the tartareeee **sauce**:

80g **mayonnaise**

2 tbsp **pickles**, finely chopped

1 **spring onion**, finely chopped

1 tbsp **lemon juice**

For the burgers:

4 **white fish fillets**

1 tbsp **olive oil**

Zest 1 **lemon**, finely grated

1 tbsp **dill**, finely chopped

**Sea salt & cracked pepper**

4 **soft bread rolls** (gluten-free if required)

4 **butter lettuce leaves**

CALORIES  
**435**

# INSTRUCTIONS

Add the mayonnaise, pickles, spring onion and lemon juice to a small dish and stir well to combine. Set aside.

Next, mix together the olive oil, lemon zest, dill, sea salt & cracked pepper in a shallow dish. Submerge the fish fillets and turn to coat both sides.

Heat the barbeque or grill plate and cook fish for about 3 minutes each side or until cooked to your liking.

Slice buns in half, add a generous dollop of tartaree sauce, a butter lettuce leaf and finally, the fish.

# BEEF WITH BOK CHOY

GF DF

SERVES: 4

TIME: 25 MINUTES  
(PLUS 30  
MINUTES FOR  
MARINATING)

CALORIES 301

PROTEIN 25

CARBS 3

FATS 21

FIBRE 1





# INGREDIENTS

450g **beef sirloin steak**, sliced into bite-sized pieces  
2 bunches **bok choy**  
1 tbsp **coconut oil**  
2 **cloves garlic**, minced  
2cm piece **ginger**, finely chopped  
For the marinade:  
2 tbsp **tamari**  
1 tbsp **sesame oil**  
1 tbsp **rice wine vinegar**  
**Salt & cracked pepper**  
1 tsp **cornstarch**  
1/4 tsp **baking soda**  
For the **sauce**:  
2 tbsp **tamari**  
2 tsp **Sambal Oelek**  
2 tsp **sesame oil**

CALORIES  
**301**

# INSTRUCTIONS

Start by mixing all the marinade ingredients together. Submerge the beef in the marinade and allow it to sit for 30 minutes.

Next, mix together the sauce ingredients and set aside.

Place the bok choy in a large fry pan, along with 3 tbsp of water. Put the lid on and bring the fry pan to medium heat. Cook for 3 minutes, drain and set aside.

Add the coconut oil to a large wok and bring to medium heat. Cook the garlic and ginger for 1-2 minutes, stirring continuously so it doesn't stick. Turn the heat up a little higher and add the beef. Allow the beef to cook for 3-4 minutes before flipping and cooking the other side.

Pour the sauce all over the beef, add the bok choy and stir to heat through.

Serve immediately.

# GREEN SPAGHETTI

GF V VE DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 435

PROTEIN 16

CARBS 59

FATS 15

FIBRE 10





# INGREDIENTS

---

350g **whole-wheat spaghetti** (uncooked)  
(gluten-free if required)  
250g **asparagus**, trimmed  
1 large **courgette**, sliced and cut into quarters  
1 bunch **spring onions**, trimmed  
125g **basil pesto** (vegan if required)  
1 **lemon**, juiced

CALORIES  
**435**

# INSTRUCTIONS

Start by cooking pasta according to packet instructions. Drain and set aside.

In a large wok or frying pan add the asparagus, courgette and spring onions. Cook for 2 minutes.  
Add the basil pesto and cook for another 3-4 minutes or until the vegetables are just tender.

Toss the spaghetti with vegetables, season with salt & pepper and squeeze the juice of the lemon all over.

# TUNA & BUTTER BEAN SALAD

GF DF

SERVES: 2

TIME: 20 MINUTES

CALORIES 396

PROTEIN 36

CARBS 27

FATS 16

FIBRE 5





# INGREDIENTS

---

350g **mangetout**  
20g **basil leaves**  
2 tbsp **avocado oil**  
1 tbsp **red wine vinegar**  
4 large **cos lettuce leaves**  
1 x (400g) tin **butter beans**, drained and rinsed  
150g **tuna** in springwater, drained  
2 hard boiled **eggs**

CALORIES  
**396**

# INSTRUCTIONS

Start by bringing a pot of salted water to boil. Add the mangetout and cook for 2-3 minutes or until just tender. Drain and rinse under cold water immediately.

Meanwhile, add the basil, avocado oil, vinegar, salt & cracked pepper to a blender and blitz until smooth.

Toss the tuna with the mangetout, white beans and lettuce. Pour the dressing all over.

Divide between two bowls and serve with boiled eggs.

# EASY CHICKEN STIR-FRY

GF DF

SERVES: 6

TIME: 35 MINUTES

CALORIES 451

PROTEIN 36

CARBS 34

FATS 19

FIBRE 7





# INGREDIENTS

---

2 tbsp **sesame oil** (divided)  
500g **chicken breast**, sliced into strips  
2 long **red chillies**, diced  
2 **brown onions**, diced  
3 **cloves garlic**, minced  
1 head **broccoli**, cut into florets  
1 head **cauliflower**, cut into florets  
2 **red bell pepper**, sliced  
2 **courgette**, sliced  
125ml **tamari**  
60ml **sesame oil**  
30ml **rice wine vinegar**  
3 tbsp **honey**

CALORIES  
**451**

# INSTRUCTIONS

Add the sesame oil to a large wok and bring to medium-high heat. Add the chicken and cook for 8-10 minutes or until lightly browned and cooked through. Set aside and cover with aluminium foil to keep warm.

In the same pan, add the chillies and onion and cook for 5 minutes or until onion is translucent.

Next, add the garlic, broccoli, cauliflower, bell pepper and courgette. Cook for 10 minutes or until tender.

Meanwhile, mix together the tamari, sesame oil, rice wine vinegar and honey.

Once the vegetables are cooked, toss through the cooked chicken and sauce. Heat through for 1-2 minutes.

Divide between six bowls and serve with rice or just on it's own.

# VIETNAMESE PORK NOODLES

GF DF

SERVES: 2

TIME: 30 MINUTES

CALORIES 470

PROTEIN 27

CARBS 23

FATS 30

FIBRE 3





# INGREDIENTS

---

75g **vermicelli noodles**  
1/2 tbsp **peanut oil**  
300g **pork mince**  
2 long **red chillies**, sliced  
1 1/2 tbsp **fish sauce**  
30ml **lime juice**  
1/2 tbsp **coconut sugar**  
1 large **carrot**, shredded  
2 1/2 tbsp **fresh mint**, leaves torn  
2 1/2 tbsp **coriander**, leaves picked

CALORIES  
**470**

# INSTRUCTIONS

Start by cooking the noodles according to packet instructions. Drain and set aside.

Next, add the peanut oil to a large wok and bring it to a medium-high heat. Add the pork mince and cook for 5-7 minutes or until cooked through.

Mix together the fish sauce, lime juice and coconut sugar in a small bowl, then pour it over the pork. Stir to heat through.

Toss the pork with the cooked noodles, shredded carrot, mint leaves and coriander.

# SHIITAKE TACOS

GF V VE DF

SERVES: 6

TIME: 20 MINUTES

CALORIES 439

PROTEIN 13

CARBS 54

FATS 19

FIBRE 9



# INGREDIENTS

---

1 tbsp **olive oil**  
2 **garlic cloves**, minced  
1 tsp **chilli flakes**  
250g **shiitake mushrooms**  
1 bunch **broccolini**, stems cut in half  
lengthways  
1 **avocado**, mashed  
1 **lime** juiced  
4 **corn tortillas**, warmed  
1/2 bunch **coriander**, leaves picked  
**Chilli sauce**

CALORIES  
**439**

# INSTRUCTIONS

Start by mixing together the olive oil, garlic and chilli flakes and toss the mushrooms and broccolini to coat.

Transfer the vegetables to a large frying pan and cook for 5-6 minutes.

Meanwhile, mash the avocado with the lime juice.

Divide the vegetables between the tortillas, top with avocado, coriander and chilli sauce.



# VEGAN BOLOGNESE

GF V VE DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 475

PROTEIN 19

CARBS 84

FATS 7

FIBRE 10



# INGREDIENTS

---

350g **brown spiral pasta** (gluten-free if required)  
1 tbsp **olive oil**  
1 **brown onion**, diced  
3 **cloves garlic**, minced  
1 **courgette**, grated  
1 **carrot**, grated  
1 x (800g) can diced Italian **tomatoes**  
1 tbsp **dried oregano**  
1 tbsp **dried parsley**  
1 x (425g) can **brown lentils**, drained  
2 tbsp **nutritional yeast**

CALORIES  
**475**

# INSTRUCTIONS

Start by cooking the pasta according to packet instructions.

Meanwhile, heat the oil in a large frying pan on medium-high heat. Add the onion and cook for 5 minutes.

Add all the other ingredients and cook, stirring regularly for 7-10 minutes.

Divide pasta between four bowls, top with bolognese sauce and sprinkle with nutritional yeast flakes.



# SIZZLE BEEF STIR FRY

GF

SERVES: 4

TIME: 15 MINUTES

CALORIES 298

PROTEIN 22

CARBS 3

FATS 22

FIBRE 0





# INGREDIENTS

---

1 tbsp **olive oil**  
400g **beef sizzle steak**, sliced  
500g frozen stir fry **Asian mixed vegetables**  
200ml **peppercorn sauce**

CALORIES  
**298**

# INSTRUCTIONS

Heat the oil in a large wok on medium-high heat.

Cook the beef for 4-5 minutes or until cooked to your liking. Remove from the pan, cover with aluminium foil and set aside.

Add the vegetables to the same wok and cook for 3-4 minutes.

Return the beef to the wok, add the sauce and stir through for 2 minutes.

Divide between four bowls and serve immediately.

# PIZZA JACKET POTATOES

GF

SERVES: 4

TIME: 85 MINUTES

CALORIES 320

PROTEIN 10

CARBS 25

FATS 20

FIBRE 3



# INGREDIENTS

---

2 medium-large **sweet potatoes**  
2 tsp **olive oil**  
2 tbsp **tomato paste**  
100g **cheddar cheese**, grated  
1/2 **red onion**, thinly sliced  
1 **red bell pepper**, thinly sliced  
200g **black olives**, pitted & sliced  
50g **salami**  
2 tsp **chilli flakes**

CALORIES  
**320**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Brush sweet potatoes with oil, wrap in aluminium foil and cook for 50-60 minutes.

Once potatoes are cooked, remove from the oven, unwrap and cut in half lengthways.

Top with cheese, onion, red bell pepper, olives, salami and chilli flakes.

Place back in the oven and cook for 15 minutes or until the cheese has melted and salami is crispy.



# DESSERTS





# RICOTTA CHEESECAKE

GF V

SERVES: 12

TIME: 60 MINUTES  
(PLUS 3 HOURS  
FOR COOLING)

CALORIES 311

PROTEIN 9

CARBS 26

FATS 19

FIBRE 2





# INGREDIENTS

---

250g **cream cheese**, softened  
200ml **maple syrup**  
2 **eggs**  
2 **oranges**, juiced  
1 tbsp **cornflour**  
1kg **fresh ricotta**  
2 tsp **vanilla essence**  
250g **blueberries**

CALORIES  
**311**

# INSTRUCTIONS

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

Using an electric mixer, beat together the cream cheese and maple syrup on high for about 5 minutes.

Next, add the eggs, orange juice, cornflour, ricotta and vanilla essence. Beat for another 4-5 minutes or until very smooth. Gently mix through the blueberries.

Place in the oven and cook for 40 minutes.

Cool for 4 hours in the fridge before serving.

# OATMEAL PROTEIN COOKIES

GF V

SERVES: 15

TIME: 40 MINUTES

CALORIES 185

PROTEIN 6

CARBS 20

FATS 9

FIBRE 3



# INGREDIENTS

---

300g **rolled oats** (gluten-free if required)  
30g **protein powder** (of your choice)  
3/4 tsp **baking soda**  
1/2 tsp **salt**  
60g **butter**, softened  
45g **coconut sugar**  
1 large **egg**  
1 tsp **vanilla extract**  
125ml **peanut butter**

CALORIES  
**185**

# INSTRUCTIONS

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

Blend up 100g of the oats in a food processor or blender.

Combine the ground oats with the remaining whole oats, protein powder, baking soda, and salt. Stir to combine and set aside.

Next, using an electric beater, cream together the butter and coconut sugar. Add the egg, vanilla extract and peanut butter and mix to combine.

Slowly pour the dry ingredients into the wet mix and stir until just combined.

Roll the cookie mixture into balls, place on the baking tray and flatten with the back of a fork.

Bake for 8-10 minutes or until turning golden.



# COCO PUFFS

V

SERVES: 12

TIME: 5 MINUTES  
(PLUS 1 HOUR  
FOR COOLING)

CALORIES 171

PROTEIN 2

CARBS 7

FATS 15

FIBRE 1



# INGREDIENTS

---

150ml **coconut oil**, melted  
35g **cocoa powder**  
75ml **honey**  
50g **desiccated coconut**  
100g **whole grain puffed rice**

CALORIES  
**171**

# INSTRUCTIONS

Start by melting the coconut oil in a large mixing bowl. Add the cocoa powder and mix to combine.

Next, whisk in the honey and desiccated coconut.

Finally, gently mix through the puffed rice.

Spoon the mixture into cupcake and refrigerate for one hour.

# PEANUT BUTTER MUG CAKE



SERVES: 1

TIME: 5 MINUTES

CALORIES 504

PROTEIN 15

CARBS 57

FATS 24

FIBRE 3





# INGREDIENTS

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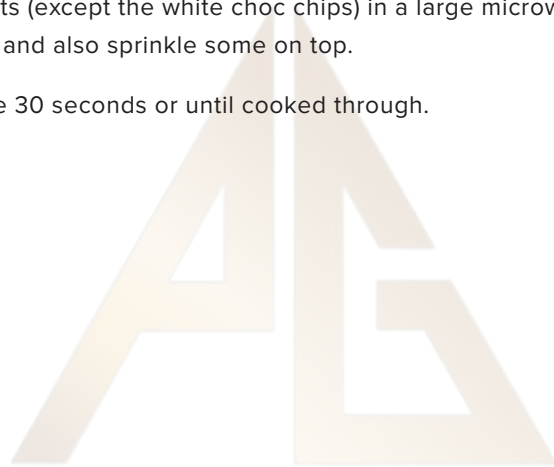
35g **self-raising flour**  
60ml **almond milk**  
2 tbsp runny **peanut butter**  
1 tbsp **coconut sugar**  
1 tbsp **white chocolate chips**

CALORIES  
**504**

# INSTRUCTIONS

Place all the ingredients (except the white choc chips) in a large microwave safe mug. Gently mix in the chocolate chips and also sprinkle some on top.

Microwave for 1 minute 30 seconds or until cooked through.





# HIGH PERFORMANCE RECIPES

MADE READY