



# 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

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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

---





# BREAKFASTS









# CHERRY RIPE SMOOTHIE

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 407

PROTEIN 25

CARBS 34

FATS 19

FIBRE 4



Cacao nibs are nature's chocolate chips. They're small pieces of cocoa beans that are fermented and dried.





# INGREDIENTS

---

250ml **coconut milk**  
1 scoop **chocolate protein powder** (vegan if required)  
140g **cherries**, pits removed  
1 tbsp of **walnuts**  
1 tbsp **desiccated coconut**  
1 tbsp **cacao nibs**

CALORIES  
**407**

# INSTRUCTIONS

Add all ingredients to the blender, except the cacao nibs, and blitz until smooth. Transfer to a tall glass and top with cacao nibs and a couple of extra cherries.



# BERRY BOWL

GF VE V DF

SERVES: 2

TIME: 10 MINUTES

CALORIES 506

PROTEIN 37

CARBS 49

FATS 18

FIBRE 16





# INGREDIENTS

---

300g frozen **mixed berries**  
2 frozen **banana**  
250ml **almond milk**  
2 scoops **vanilla protein powder** (vegan if required)  
2 tbsp **ground flax**  
1 tbsp **black chia seeds**  
2 tbsp **almonds**, chopped

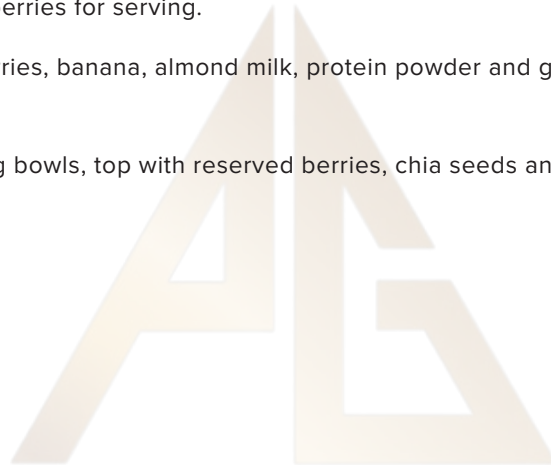
CALORIES  
**506**

# INSTRUCTIONS

Reserve a handful of berries for serving.

Add the remaining berries, banana, almond milk, protein powder and ground flax to the blender and blitz until smooth.

Transfer to two serving bowls, top with reserved berries, chia seeds and almonds.



# EGGS WITH HOLLANDAISE

GF

SERVES: 2

TIME: 15 MINUTES

CALORIES 528

PROTEIN 36

CARBS 33

FATS 28

FIBRE 2





# INGREDIENTS

---

4 **eggs**  
60ml **milk**  
2 tsp **butter**  
2 **Scones**, halved  
(gluten-free if required), toasted  
200g shaved **ham**  
2 tbsp **hollandaise sauce**

CALORIES  
**528**

# INSTRUCTIONS

Start by whisking the eggs and the milk together.

Next, melt the butter in a medium-sized frying pan. Add the eggs and cook on a low-medium heat, gently moving stirring the eggs. Remove from the heat just before they're fully cooked.

Top the toasted scones with egg, ham and hollandaise sauce. Season with salt & cracked pepper.

# MISO MUSHROOMS ON TOAST

GF V VE DF

SERVES: 1

TIME: 15 MINUTES

CALORIES 390

PROTEIN 12

CARBS 45

FATS 18

FIBRE 9





# INGREDIENTS

---

1 tbsp **olive oil**  
1 **clove garlic**, minced  
200g **mushrooms**  
30g **white miso paste**  
10ml **tamari**  
120ml **water**  
1 tbsp **chives**  
1 slice **rye bread**, toasted (gluten-free if required)

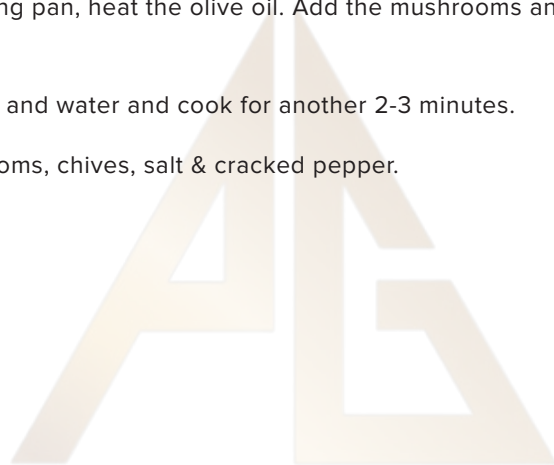
CALORIES  
**390**

# INSTRUCTIONS

In a medium-sized frying pan, heat the olive oil. Add the mushrooms and cook for 5 minutes or until browned.

Stir in the miso, tamari and water and cook for another 2-3 minutes.

Top toast with mushrooms, chives, salt & cracked pepper.



# BASIL EGGS

GF V

SERVES: 4

TIME: 20 MINUTES

CALORIES 415

PROTEIN 27

CARBS 3

FATS 33

FIBRE 3

To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked but if it wobbles, it is raw





# INGREDIENTS

---

8 rashers **bacon**  
8 **eggs**  
2 **avocados**  
10g **basil**, chopped  
25g **spinach**  
1/2 **lemon juice**

CALORIES  
**415**

# INSTRUCTIONS

Start by boiling the eggs. Place them in a medium-sized saucepan, cover with water and bring to a boil. Once boiling cook for 4-5 minutes.

Meanwhile, bring a large non-stick frying pan to medium high heat and cook bacon rashers for 3-4 minutes each side.

Once the eggs are cooked, peel under cold running water. Slice the eggs into halves.

Toss the eggs with basil, spinach, lemon juice, salt & cracked pepper.

Divide eggs and bacon on 4 plates and serve hot.

# OVERNIGHT ESPRESSO OATS

GF V VE DF

SERVES: 1

TIME: 5 MINUTES  
(PLUS 8 HOURS  
REFRIGERATION)

CALORIES 415

PROTEIN 38

CARBS 41

FATS 11

FIBRE 6



# INGREDIENTS

---

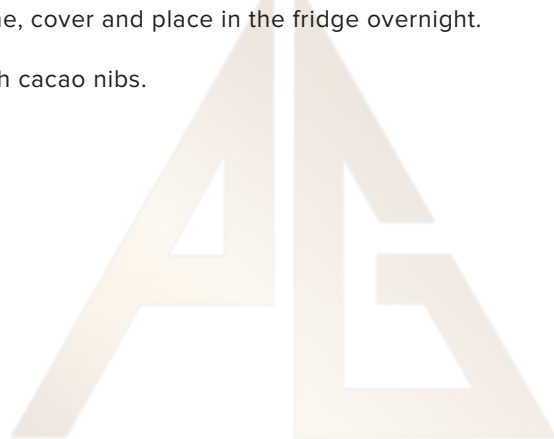
45g **oats** (gluten-free if required)  
1 tsp **honey**  
125g **coconut yoghurt**  
60ml **espresso**  
1 scoop **chocolate protein powder** (vegan if required)  
1/2 tbsp **cacao nibs**

CALORIES  
**415**

# INSTRUCTIONS

Add the oats to a bowl or jar along with the honey, coconut yoghurt, espresso and protein powder. Mix to combine, cover and place in the fridge overnight.

Before serving top with cacao nibs.





# ALMOND BUTTER PANCAKES

V DF

SERVES: 3

TIME: 20 MINUTES

CALORIES 375

PROTEIN 11

CARBS 31

FATS 23

FIBRE 6

Most food historians say that the earliest pancake-like dish, known as Alita Dolcia ("another sweet" in Latin), was made by Romans in the 1st century.



# INGREDIENTS

---

150g **wholewheat flour**  
1 tsp **baking powder**  
Pinch of **sea salt**  
300ml **almond milk**  
100g **almond butter**  
1 tbsp **honey**  
2 tbsp **coconut oil**

CALORIES  
**375**

# INSTRUCTIONS

Start by mixing together the flour, baking powder and salt.

Whisk together the almond milk, almond butter and honey. Pour the wet mixture into the dry mixture and whisk to combine.

Bring a large frying pan to medium heat and melt coconut oil.

Pour the mixture into the frying pan and cook for about four minutes or until you see bubbles appearing. Flip and cook for another minute on the other side.

Keep cooked pancakes warm while you prepare the rest.

Serve with a little maple syrup, optional.

# SIDES & SMALL PLATES







# ASPARAGUS AND BRIE CROSTINI

V

SERVES: 6

TIME: 35 MINUTES

CALORIES 214

PROTEIN 7

CARBS 15

FATS 14

FIBRE 2



# INGREDIENTS

---

1 long **baguette**, sliced  
60ml **olive oil**  
1 bunch **asparagus**, cut in half lengthways and  
chopped in half  
100g soft **brie**, sliced

CALORIES  
**214**

# INSTRUCTIONS

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

Toss the asparagus in 1 1/2 tbsp olive oil and lay on one of the baking trays. Place in the oven and cook for 15 minutes.

Brush both sides of the baguette slices with the remaining olive oil and lay on the other baking tray. Cook for 10 minutes or until golden.

Place the slices of brie on the baguette and top with asparagus. Season with salt & cracked pepper.



# PARSNIP CHIPS

GF V VE DF

SERVES: 4

TIME: 60 MINUTES

CALORIES 285

PROTEIN 12

CARBS 21

FATS 17

FIBRE 9



# INGREDIENTS

---

6 **parsnips**, peeled and cut into thin sticks  
125ml crunchy **peanut butter**  
1 tbsp **olive oil**  
Pinch **sea salt**

CALORIES  
**285**

# INSTRUCTIONS

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

In a large bowl, mix together the peanut butter, olive oil and sea salt.

Add the parsnips to the bowl and toss to coat.

Lay the parsnip chips on the baking tray (you might need two). Place in the oven and cook for 40-45 minutes or until crispy.

Serve hot.



# WATERMELON SALAD

GF V VE DF

SERVES: 4

TIME: 25 MINUTES

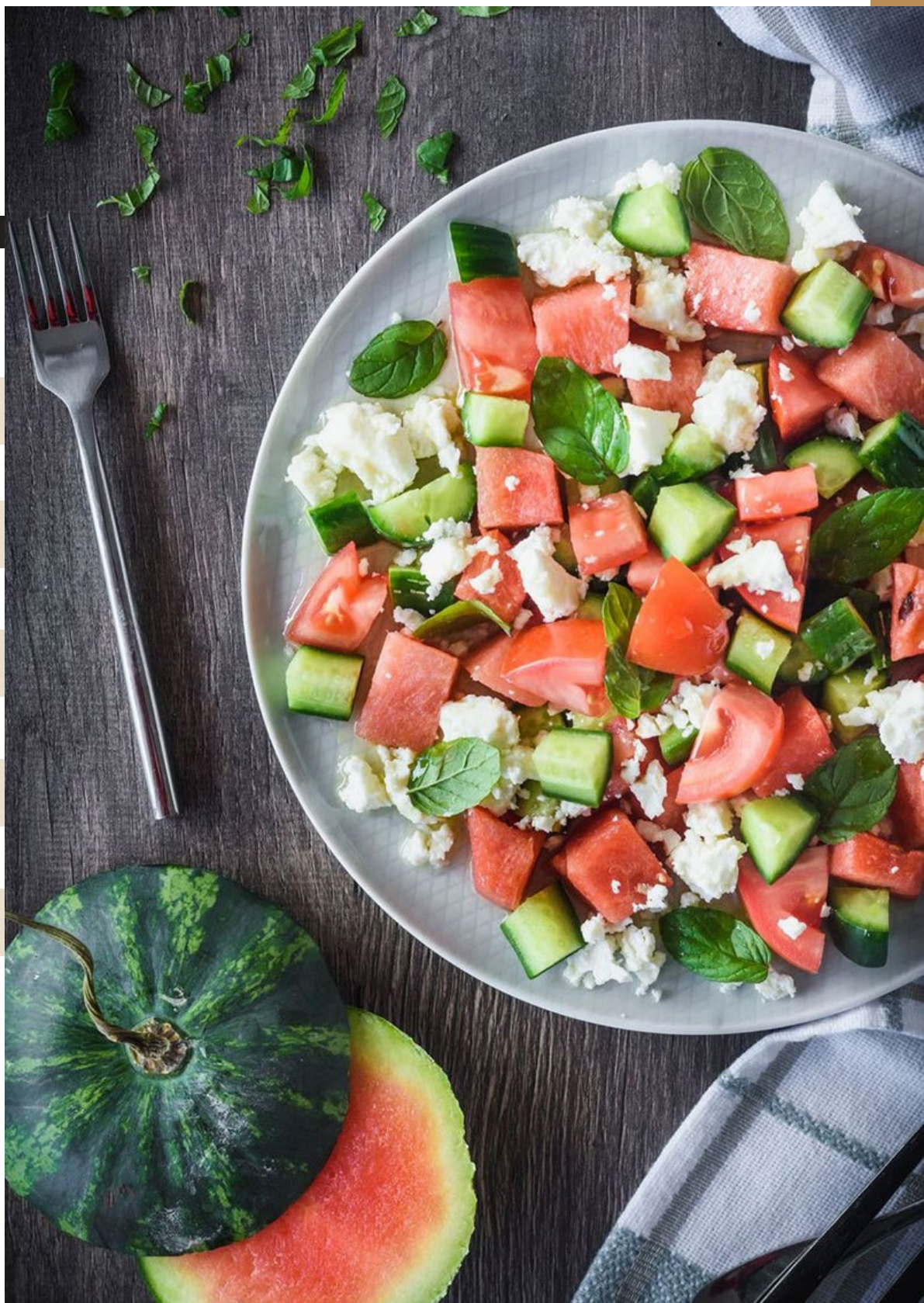
CALORIES 184

PROTEIN 5

CARBS 23

FATS 8

FIBRE 2





# INGREDIENTS

---

For the dressing:

2 tbsp **honey**

2 tbsp **lime juice**

1 tbsp **olive oil**

Pinch **salt**

For the **salad**:

600g **watermelon**, cut into cubes

2 heirloom **tomatoes**, cut into cubes

1 large **cucumber**, cut into cubes

15g **fresh mint**, leaves torn

65g **feta**, crumbled

CALORIES  
**184**

# INSTRUCTIONS

To make the dressing, whisk together the honey, lime, olive oil and salt. Set aside.

In a large bowl, toss together the watermelon, tomato, cucumber and mint.

Drizzle dressing all over and gently toss to combine. Finally, top with crumbled feta.

# STUFFED TOMATOES

GF DF

SERVES: 2

TIME: 25 MINUTES

CALORIES 158

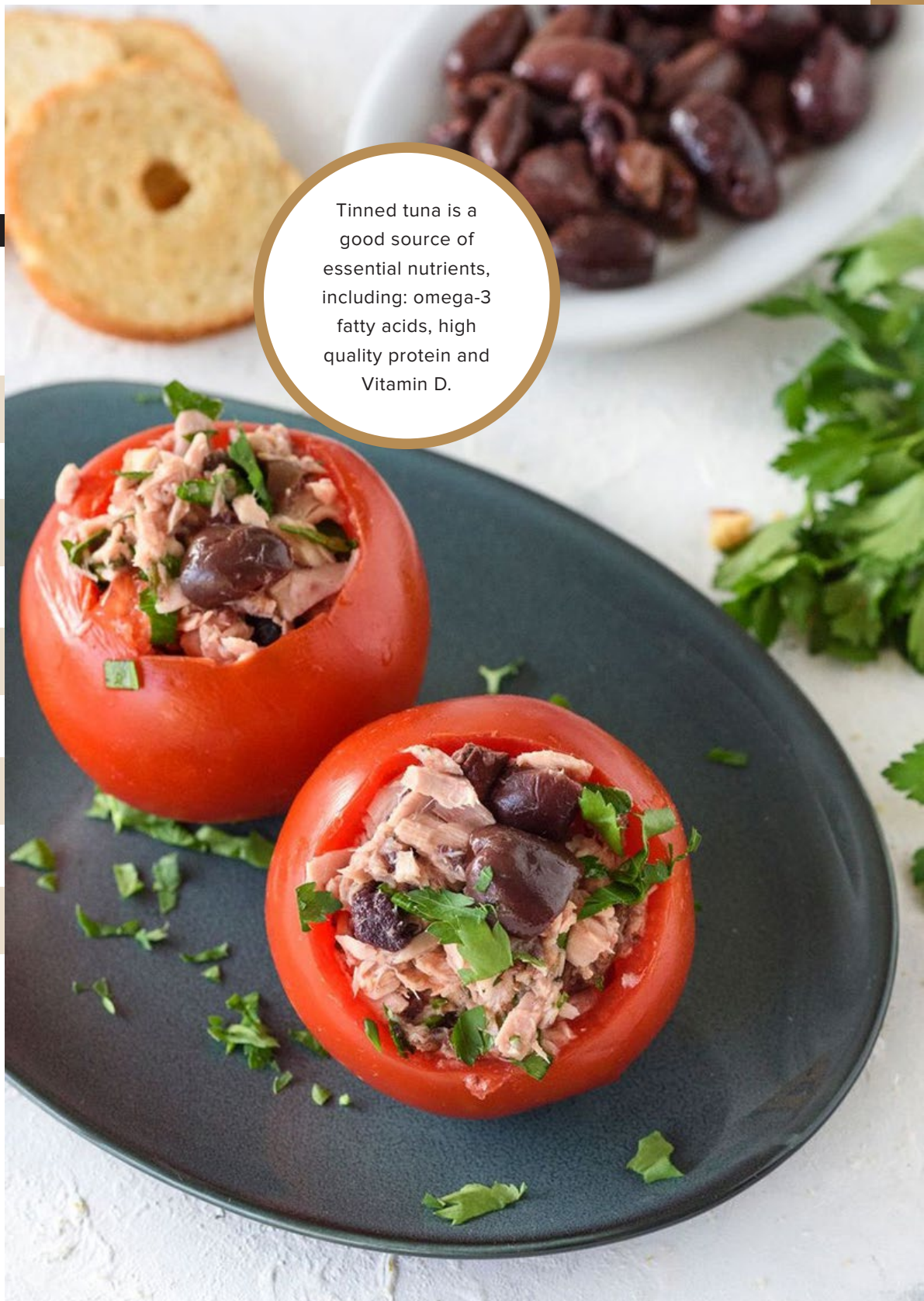
PROTEIN 14

CARBS 3

FATS 10

FIBRE 3

Tinned tuna is a good source of essential nutrients, including: omega-3 fatty acids, high quality protein and Vitamin D.



# INGREDIENTS

---

2 large **tomatoes**  
100g tinned **tuna** in springwater, drained  
2 tbsp **capers**  
2 tbsp **kalamata olives**  
1 tbsp **olive oil**  
**Salt and cracked pepper**  
30g **fresh parsley**, leaves chopped

CALORIES  
**158**

# INSTRUCTIONS

Using a sharp knife, slice the top off each of the tomatoes. Carefully scoop out the insides of the tomatoes and transfer to a large bowl. (chopping up any large bits).

In a medium-sized bowl, mix together the tuna, capers, olives, salt & cracked pepper. Mix in the chopped tomatoes then fold through the parsley.

Spoon the mixture back into the tomatoes and serve.



# HALOUMI LENTIL SALAD

GF V

SERVES: 4

TIME: 20 MINUTES

CALORIES 317

PROTEIN 20

CARBS 21

FATS 17

FIBRE 5



# INGREDIENTS

---

2 tsp **olive oil**  
180g **haloumi**, cut into 7 large slices  
1 x (420g) can **brown lentils**, rinsed and drained  
1/4 **red cabbage**, chopped  
1 large **carrot**, grated  
60g **spinach**  
For the dressing:  
100g **Greek yoghurt**  
3 tbsp **wholegrain mustard**  
1 tbsp **honey**  
**Salt & cracked pepper**

CALORIES  
**317**

# INSTRUCTIONS

Heat the olive oil in a large frying pan. Add the slices of haloumi and cook for 3-4 minutes each side or until golden. Transfer to a plate and set aside.

Add the lentils to the same pan and heat for 2-3 minutes.

Toss the cabbage, carrot and spinach together in a medium sized bowl. Add the lentils and gently toss through.

Lay the slices of cooked haloumi on top.

Whisk together all the dressing ingredients and drizzle over the salad.



# CHICKEN DUMPLINGS

DF

SERVES: 4

TIME: 65 MINUTES

CALORIES 159

PROTEIN 10

CARBS 23

FATS 3

FIBRE 0



Make sure you don't overfill your dumplings. Keep them on the smaller side to stop them from bursting.





# INGREDIENTS

---

250g **chicken mince**  
2 tbsp **fresh coriander**  
2 stalks **spring onion**, chopped  
2 tsp **fresh ginger**, minced  
1 **clove garlic**, minced  
1/4 tsp **Chinese five-spice**  
1/4 tsp **salt**  
30 **dumpling wrappers**

CALORIES  
**159**

# INSTRUCTIONS

Place all ingredients, except the dumpling wrappers in a food processor and blend until finely chopped.

Place 1 tsp of chicken mixture in each dumpling wrapper. Wet the edges with a little water and fold in half to create a semi circle. Firmly push the edges together to seal. Continue until all dumpling wrappers have been filled.

Place a steamer lined with baking paper over simmering water. Cook dumplings, in batches, for 15 minutes or until tender and cooked through.

Serve with soy sauce, optional.

# CHICKEN SKEWERS

GF DF

SERVES: 2

TIME: 45 MINUTES

CALORIES 283

PROTEIN 39

CARBS 16

FATS 7

FIBRE 3



# INGREDIENTS

---

1 tbsp **peanut butter**  
2 tbsp **ketjap manis** (or thick **soy sauce**)  
1 tsp **ginger**, minced  
1 tsp **chilli flakes**  
250g **chicken breast**, cut into cubes  
1 **red onion**, cut into thick slices  
1 **red bell pepper**, cut into cubes

CALORIES  
**283**

# INSTRUCTIONS

In a medium-sized shallow dish, mix together the peanut butter, ketjap manis, ginger and chilli flakes. Add the chicken and toss to coat. Allow to marinate for 15 minutes.

Thread the chicken, red onion and bell pepper onto the skewers.

Heat a chargrill plate to medium-high heat and cook the skewers for 3-4 minutes each side or until fully cooked through.



# MAINS







# CHICKEN HOT DOGS

GF DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 350

PROTEIN 18

CARBS 56

FATS 6

FIBRE 5





# INGREDIENTS

---

For the **sauce**:

3 tbsp yellow **mustard**

2 1/2 tbsp **honey**

1/2 small sweet **onion**, diced

For the hot dogs:

4 **chicken sausages**

1 **brown onion**, thinly sliced

4 **hot dog buns** (gluten-free if required)

4 **dill pickles**, sliced

1 small **romaine lettuce heart**, thinly sliced

CALORIES  
**350**

# INSTRUCTIONS

To make the sauce, whisk together the mustard honey and sweet onion. Set aside.

Bring the grill to high heat and cook sausages and sliced onion for 10-12 minutes or until fully cooked.

Place a sausage in each bun and add onion, pickles, lettuce and honey mustard sauce.

# CHILLI CON CARNE

GF DF

SERVES: 6

TIME: 60 MINUTES

CALORIES 318

PROTEIN 30

CARBS 27

FATS 10

FIBRE 7

In Spanish, the term “chile con carne” translates to chilli with meat.



# INGREDIENTS

1 tbsp **olive oil**  
1 **brown onion**, diced  
2 **cloves garlic**, minced  
2 tsp **ground paprika**  
2 tsp **ground cumin**  
1 tsp **garlic powder**  
1 tsp **onion powder**  
1 tsp **oregano**  
1/2 tsp **cayenne pepper**  
400g lean **beef mince**  
400g button **mushrooms**, chopped  
1 **red bell pepper**, chopped  
1 x (400g) can **red kidney beans**, rinsed and drained  
500ml **passata**

1 tsp **coconut sugar**  
10g **coriander**, leaves picked

CALORIES  
**318**

# INSTRUCTIONS

Start by heating the oil in a large saucepan or wok. Add the onion and cook for 5 minutes or until translucent. Add the garlic and all the spices and cook for another 2 minutes.

Next, add the beef and cook for about 5 minutes, breaking up any larger chunks.

Add the mushrooms, bell pepper and kidney beans and cook for another 2-3 minutes.

Finally, stir through the passata and coconut sugar.

Bring to a boil, then reduce to a simmer and cook for 35-40 minutes or until sauce has thickened.

Serve with fresh coriander.



# CREAMY CHICKPEA PASTA

DF V VE

SERVES: 3

TIME: 40 MINUTES

CALORIES 482

PROTEIN 18

CARBS 62

FATS 18

FIBRE 9



# INGREDIENTS

---

150g **penne** (uncooked)  
2 tsp **olive oil**  
1 **brown onion**, diced  
2 **cloves garlic**, minced  
2 stalks **celery**, diced  
1 tbsp **all purpose flour**  
1 tbsp **nutritional yeast**  
1 tsp **paprika**  
250ml canned **coconut milk**  
250ml **vegetable stock**  
1 x (400g) tin **chickpeas**, rinsed and drained

CALORIES  
**482**

# INSTRUCTIONS

Start by cooking the pasta according to packet instructions.

Heat the olive oil in a large frying pan, add the onion and cook for 5 minutes or until translucent. Add the garlic and celery and cook for another 5 minutes.

In a small bowl, mix together the flour, nutritional yeast, paprika, coconut milk and vegetable stock. Pour into the frying pan along with the chickpeas and stir to combine.

Bring to a simmer and season with salt and pepper.

Allow the sauce to simmer on a low heat for 3-5 minutes, stirring regularly.

Toss cooked penne through the pasta and divide between 3 bowls.



# VEGETARIAN GREEN CURRY

GF V VE DF

SERVES: 3

TIME: 40 MINUTES

CALORIES 449

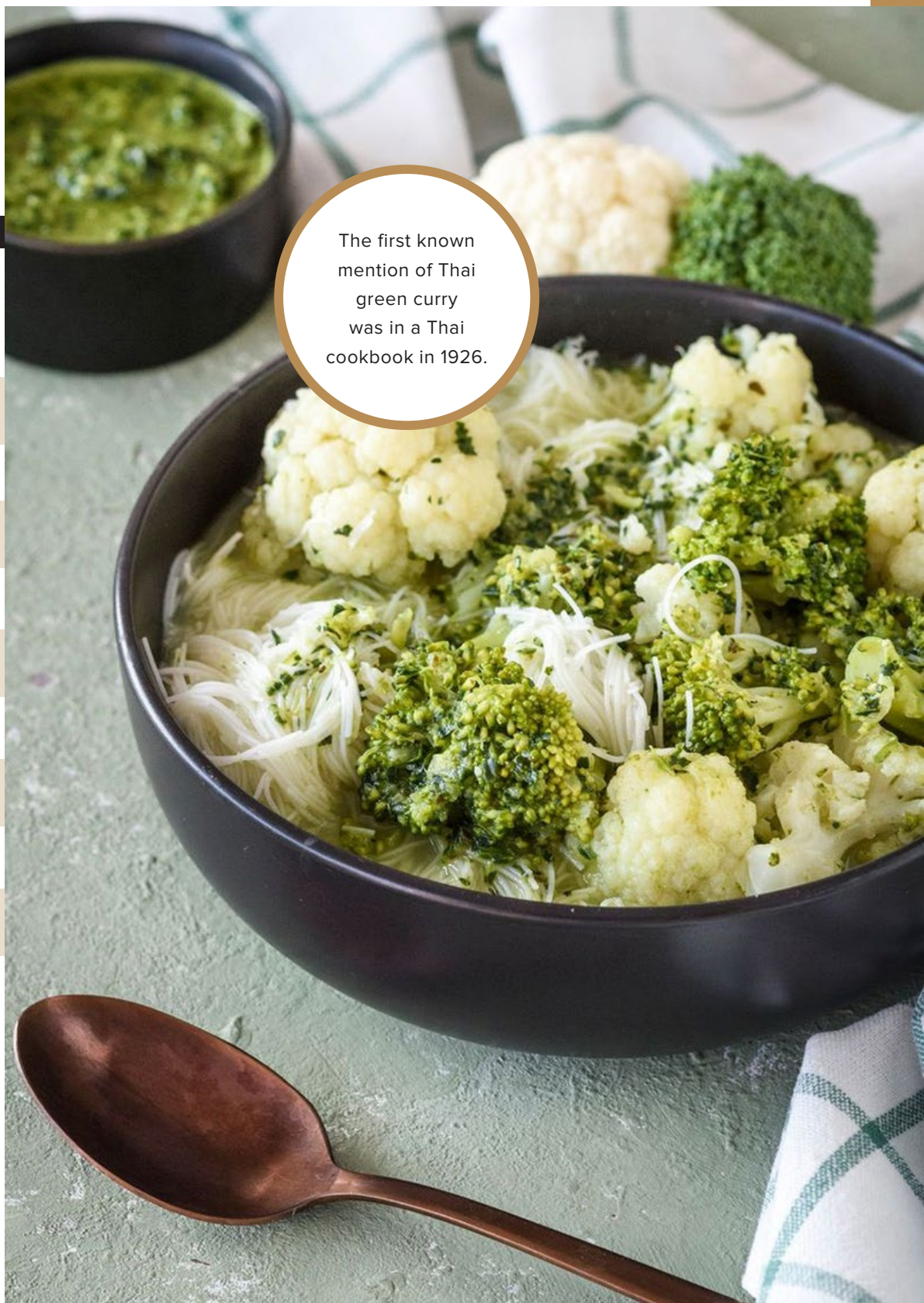
PROTEIN 14

CARBS 42

FATS 25

FIBRE 10

The first known mention of Thai green curry was in a Thai cookbook in 1926.





# INGREDIENTS

---

100g dried **vermicelli noodles**  
2 tbsp **green curry paste**  
1/2 **brown onion**  
1/2 long green **chilli**  
60g **spinach**  
700ml **vegetable stock**  
2 tsp **avocado oil**  
500g **cauliflower**  
500g **broccoli**  
400ml **coconut milk**  
2 tbsp **lime juice**  
**Fresh coriander**, leaves picked

CALORIES  
**449**

# INSTRUCTIONS

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

Place the paste, onion, chilli, spinach and 80ml vegetable stock in a food processor or blender and blitz until smooth.

Heat the avocado oil in a large frying pan, add the broccoli, cauliflower and stock and bring to a boil. Reduce the heat and allow the vegetables and broth to simmer for 10 minutes.

Sir through the prepared curry paste, coconut milk and lime juice. Allow to simmer for another 5 minutes.

Divide noodles between 4 bowls, followed by the curry. Top with fresh coriander.

# THAI BEEF SALAD

GF DF

SERVES: 4

TIME: 35 MINUTES

CALORIES 374

PROTEIN 55

CARBS 7

FATS 14

FIBRE 3



# INGREDIENTS

---

2 tsp **olive oil**  
2 tbsp **tamari**  
2 tsp **chilli flakes**  
**Sea salt & cracked pepper**  
500g **beef rump steak**  
1 **red bell pepper**, sliced into matchsticks  
1 large **cucumber**, sliced into matchsticks  
1 large **carrot**, cut into matchsticks  
80g **rocket**

CALORIES  
**374**

# INSTRUCTIONS

In a medium-sized shallow dish, mix together the olive oil, tamari, chilli flakes, salt & cracked pepper.

Place the beef in the dish and turn to coat.

Allow the beef to marinate for 10 minutes while you prepare the salad. Toss together the bell pepper, cucumber, carrot and rocket.

Bring the griddle to medium-high heat and cook steak for 3-4 minutes each side or until cooked to your liking.

Allow the steak to rest for 5 minutes before slicing into 0.5-1cm slices.

Place steak on top of salad, drizzle with dressing and season with sea salt & cracked pepper.



# PRAWNS & SCALLOPS

GF DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 279

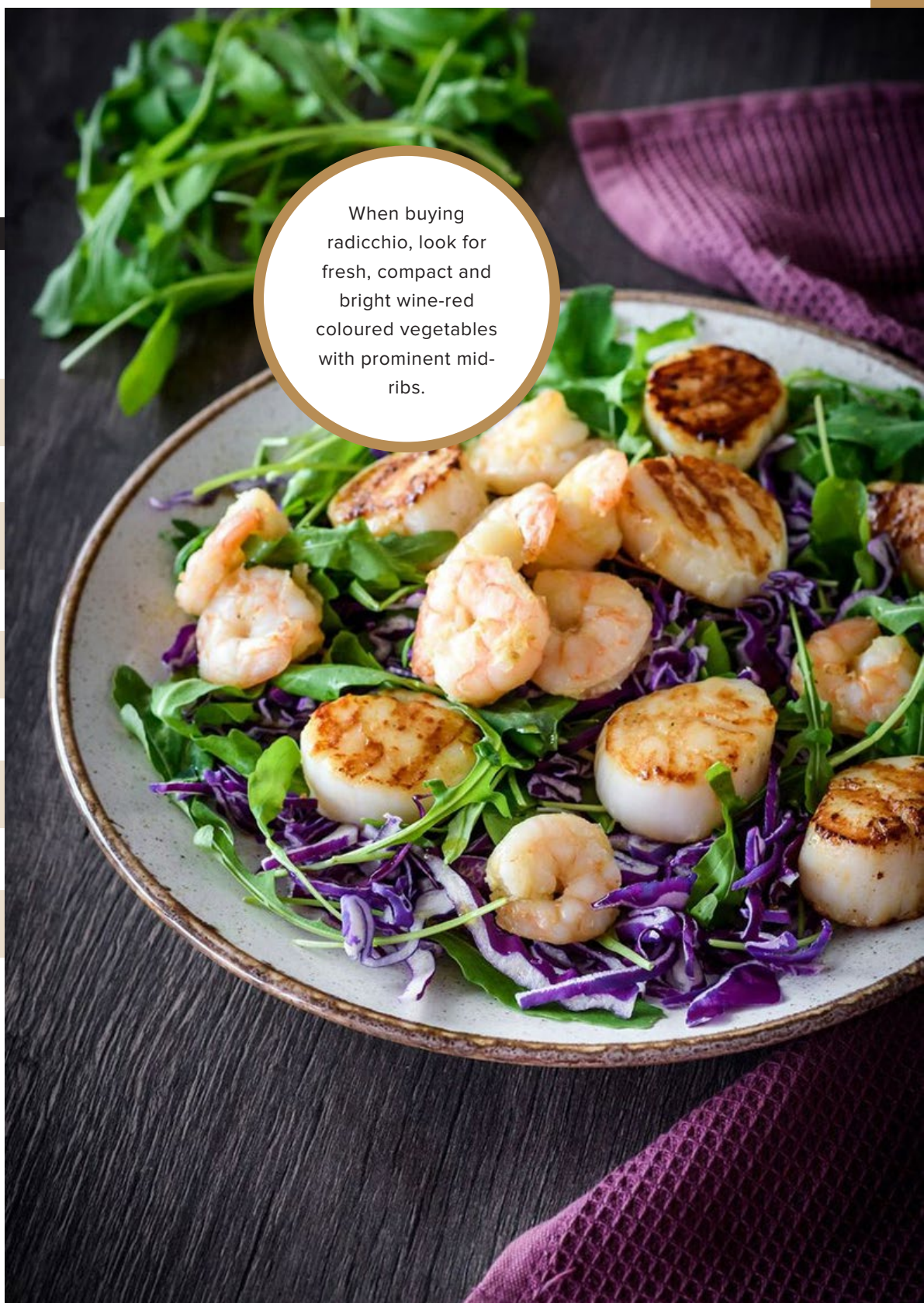
PROTEIN 49

CARBS 5

FATS 7

FIBRE 3

When buying radicchio, look for fresh, compact and bright wine-red coloured vegetables with prominent mid-ribs.



# INGREDIENTS

---

1 **radicchio**, cut into thin wedges  
60g **rocket**  
60ml **red wine vinegar**  
2 tbsp **olive oil**  
1 tsp **honey**  
**Salt & cracked pepper**  
500g cooked king **prawns**  
400g **scallops**

CALORIES  
**279**

# INSTRUCTIONS

Start by arranging the radicchio and rocket on a large serving plate.

Add the red wine vinegar, olive oil, honey, salt & cracked pepper to a jar and shake well to combine.

Spray the grill plate with olive oil cooking spray and bring to a medium-high heat.

Cook the scallops for 1-2 minutes each side or until lightly golden.

Lay the prawns and scallops on the serving plate.

Drizzle dressing all over.



# CHICKEN AND SWEETCORN SOUP

GF DF

SERVES: 4

TIME: 80 MINUTES

CALORIES 371

PROTEIN 55

CARBS 22

FATS 7

FIBRE 3





# INGREDIENTS

---

1kg **chicken**  
2 **carrots**, chopped  
2 sticks **celery**, chopped  
1 **brown onion**, chopped  
1 tsp **peppercorns**  
10g **lemon thyme**  
2 tsp **sesame oil**  
1/2 tsp **ground ginger**  
1L **chicken stock**  
1 x (400g) tin creamed **corn**  
2 tbsp **corn flour**  
2 tbsp **soy sauce** (**tamari** if gluten-free)  
2 **egg whites**

CALORIES  
**371**

# INSTRUCTIONS

Place the chicken in large pot filled with water, carrots, celery, thyme and peppercorns.

Cover with water and bring to a boil. Place a lid on and cook for about 45 minutes or until the chicken is fully cooked. Remove the chicken from the pot and drain the water, keeping the vegetables in the pot.

Once the chicken has cooled, shred using 2 forks and set aside.

Add the sesame oil and ginger to the vegetables and pan fry for 1-2 minutes.

Next, add the stock and creamed corn and once again bring to a boil.

In a small bowl, mix together the corn flour and soy sauce. Add to the pot and simmer for about 10 minutes. Return the chicken to the pot and simmer for another 5 minutes.

Beat the egg whites with a little cold water and once they start to foam add them to the pot. Stir to combine and remove from the heat.

Divide between 4 bowls and serve with cracked pepper.

# MEDITERRANEAN BAKE

GF V

SERVES: 4

TIME: 50 MINUTES

CALORIES 320

PROTEIN 16

CARBS 19

FATS 20

FIBRE 14

Aubergines are best stored in a cool place, outside the fridge.



# INGREDIENTS

---

3 **aubergines**, thinly sliced  
2 large **courgette**, thinly sliced  
500g baby **tomatoes**  
60ml **olive oil**  
1 tsp **dried basil**  
2 **cloves garlic**, finely chopped  
100g **feta**  
**Fresh parsley**, leaves picked

CALORIES  
**320**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Lay the aubergine, courgette and tomatoes in an oven proof dish.

In a small bowl, mix together the olive oil, basil and garlic. Pour over the vegetables.

Place the vegetables in the oven and bake for 30-35 minutes. At the 15 minute mark, crumble the feta all over the vegetables.

Top with fresh parsley and serve.



# LAMB CURRY

GF

SERVES: 5

TIME: 80 MINUTES

CALORIES 436

PROTEIN 52

CARBS 12

FATS 20

FIBRE 2



# INGREDIENTS

2 tsp **cumin seeds**  
2 tsp **coriander seeds**  
6 **cardamom pods**  
1 tsp **chili flakes**  
1 tbsp **ground turmeric**  
1 tbsp **garam masala**  
1 **brown onion**, roughly chopped  
2 tsp **fresh ginger**, minced  
2 **cloves garlic**, minced  
1 tbsp **coconut oil**  
1kg **lamb**, cut into cubes  
200g **tomatoes**, chopped  
500g thick **yoghurt**  
100g **spinach**  
35g **cashews**

CALORIES  
**436**

# INSTRUCTIONS

In a small frying pan, dry fry the cumin seeds, coriander seeds, cardamom pods, chilli flakes, turmeric and garam masala for about 1 minute. Transfer spices, onion, ginger and garlic to a food processor and blitz until combined.

Next heat the oil in deep frying pan. Add the spice mix and the lamb and cook for 3-4 minutes.

Add the tomatoes and yoghurt to the pan and stir to combine. Allow to simmer on a low heat for 1 hour or until lamb is tender.

Stir through the spinach and remove from the heat.

Divide between 5 bowls and top with chopped cashews.



# PARMESAN CRUSTED CHICKEN

GF

SERVES: 4

TIME: 45 MINUTES

CALORIES 482

PROTEIN 60

CARBS 38

FATS 10

FIBRE 8

Did you know, only cheese from the Parma or Reggio area can legally be called “Parmesan” cheese.





# INGREDIENTS

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4 slices **rye bread**  
80g **parmesan cheese**  
1 tsp **dried thyme**  
1 1/2 **lemons**, juiced and finely zested  
**Salt & cracked pepper**  
4 small **chicken breasts**

CALORIES  
**482**

# INSTRUCTIONS

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

Place the bread in a food processor and blitz until the bread is broken in to large breadcrumbs.

Lay the breadcrumbs on the baking tray and toss with parmesan, thyme, lemon zest, salt & cracked pepper.

Transfer lemon juice to a shallow dish and dip each chicken breast in the lemon. Next, roll each chicken breast in the breadcrumbs.

Return chicken breast to the tray, place in the oven and cook for 20 minutes or until chicken is fully cooked through.

Serve immediately.

# PUMPKIN MAC AND CHEESE

GF V VE DF

SERVES: 4

TIME: 65 MINUTES

CALORIES 498

PROTEIN 17

CARBS 76

FATS 14

FIBRE 8



# INGREDIENTS

1kg **pumpkin**  
2 tbsp **olive oil**, divided  
250g **penne pasta**, uncooked (gluten-free if required)  
1 **brown onion**, diced  
1/2 tsp **nutmeg**  
20g **fresh sage**, finely chopped  
2 tbsp **arrowroot flour**  
200ml **almond milk**  
4 tbsp **nutritional yeast**  
4 tbsp **vegan parmesan cheese**

CALORIES  
**498**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper. Toss pumpkin in 2 tbsp olive oil. Place in the oven and cook for 40-45 minutes or until soft.

Meanwhile, cook pasta according to packet instructions.

Heat the remaining olive oil in a medium-sized frying pan and cook onion for 5 minutes or until translucent. Stir through the nutmeg and sage for 1 minute then remove from the heat. Transfer cooked onion to a blender along with the arrowroot starch, almond milk, nutritional yeast and vegan parmesan. Blitz until well combined.

Transfer sauce to a deep frying pan and heat over a low-medium heat, whisking frequently for about 5 minutes or until the sauce is heated through and slightly thickened.

Stir through the cooked pasta and divide between 4 bowls. Top with fresh sage, salt & cracked pepper.



# EASY PILAF

GF V VE DF

SERVES: 4

TIME: 35 MINUTES

CALORIES 489

PROTEIN 13

CARBS 80

FATS 13

FIBRE 5

It's believed that the earliest forms of our modern word "Pilaf" are the Indo Aryan words "Pula", meaning a dish of rice & meat.



# INGREDIENTS

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1 tbsp **olive oil**  
1 **brown onion**, diced  
300g **basmati rice**  
2 tsp **dried parsley**  
1 **cinnamon stick**  
1/2 tsp **onion powder**  
500g **courgette**  
625ml **vegetable stock**  
60g **raisins**  
60g **pistachios**

CALORIES  
**489**

# INSTRUCTIONS

Start by heating olive oil in a large frying pan.

Add the onion and cook for 5 minutes or until translucent.

Add the rice, courgette, dried parsley, cinnamon stick and onion powder. Cook for another 3 minutes.

Next, add the stock and raisins and stir to combine. Cover with a lid and cook on a low heat for 25 minutes or until rice is cooked.

Divide between 4 bowls and top with pistachios.

# DESSERTS







# COOKIE DOUGH BALLS



SERVES: 10

TIME: 15 MINUTES  
(PLUS 2 HOURS  
REFRIGERATION)

CALORIES 90

PROTEIN 2

CARBS 7

FATS 6

FIBRE 8



# INGREDIENTS

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90g **oat flour**  
60g **cashew butter**  
30g **cashews**  
60ml **maple syrup**  
25g **choc chips**

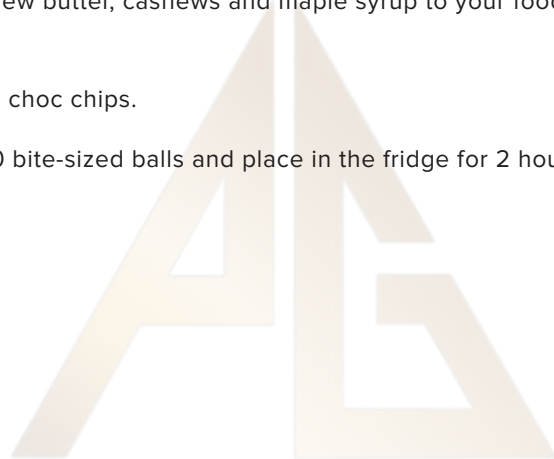
CALORIES  
**90**

# INSTRUCTIONS

Add the oat flour, cashew butter, cashews and maple syrup to your food processor and blitz until combined.

Gently stir through the choc chips.

Roll the mixture into 10 bite-sized balls and place in the fridge for 2 hours.





# SWEET POTATO MUFFINS

V VE DF

SERVES: 12

TIME: 55 MINUTES

CALORIES 117

PROTEIN 2

CARBS 25

FATS 1

FIBRE 1



Sweet potatoes are high in beta carotene, vitamins E and C, iron, potassium and vitamin B6!



# INGREDIENTS

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350g **sweet potato**, cooked and mashed  
175ml **coconut milk** (from a carton)  
3 tbsp **maple syrup**  
1/2 tsp **vanilla essence**  
240g **flour**  
2 tsp **baking powder**  
1 tsp **ground cinnamon**  
1/2 tsp **nutmeg**

CALORIES  
**117**

# INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Add muffin liners to a 12 case muffin tin.

Place the cooked mashed sweet potato, coconut milk, maple syrup and vanilla essence in a blender and blitz until combined.

In a large bowl, mix together the flour, baking powder, cinnamon and nutmeg.

Transfer the wet ingredients to the dry ingredients and gently mix to combine.

Place muffin mixture in the prepared muffin tray.

Place in the oven and cook for 25-30 minutes.

Allow to cool for 10 minutes before serving.



# MANGO PARFAIT

GF V VE DF

SERVES: 2

TIME: 15 MINUTES  
(PLUS 25  
MINUTES  
REFRIGERATION)

CALORIES 503

PROTEIN 9

CARBS 38

FATS 35

FIBRE 9





# INGREDIENTS

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2 **mangoes**  
2 tbsp **coconut oil**  
25g **walnuts**, chopped  
50g ground **pistachios**  
20g **raspberries**

CALORIES  
**503**

# INSTRUCTIONS

Place the mango and coconut oil in a blender and blitz until smooth.

Transfer a 1/4 of the mixture into 2 serving glasses.

Next, add a layer of walnuts and then top with mango and continue until all mango and walnuts have been added.

Sprinkle with ground pistachios and raspberries.

Refrigerate for 25 minutes before serving.

# STRAWBERRY SORBET

GF V VE DF

SERVES: 4

TIME: 10 MINUTES  
(PLUS 8 HOURS)

CALORIES 94

PROTEIN 2

CARBS 21

FATS 0

FIBRE 4



Sorbet is a great low-fat and dairy-free replacement to ice-cream.



# INGREDIENTS

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1kg **strawberries**  
125ml **lemon juice**  
1 tbsp **coconut sugar**

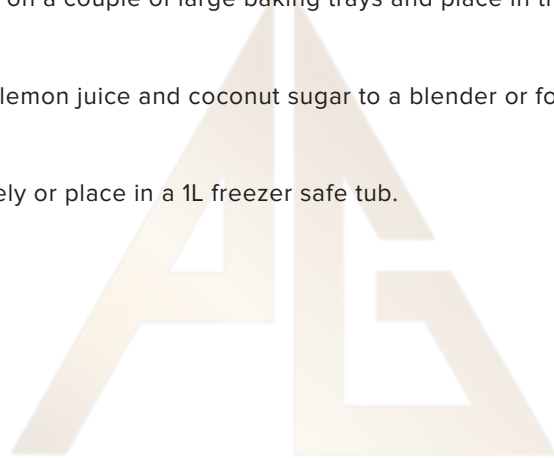
CALORIES  
**94**

# INSTRUCTIONS

Place the strawberries on a couple of large baking trays and place in the freezer for 8 hours or overnight.

Transfer strawberries, lemon juice and coconut sugar to a blender or food processor and blitz until smooth.

Either serve immediately or place in a 1L freezer safe tub.







# HIGH PERFORMANCE RECIPES

MADE READY