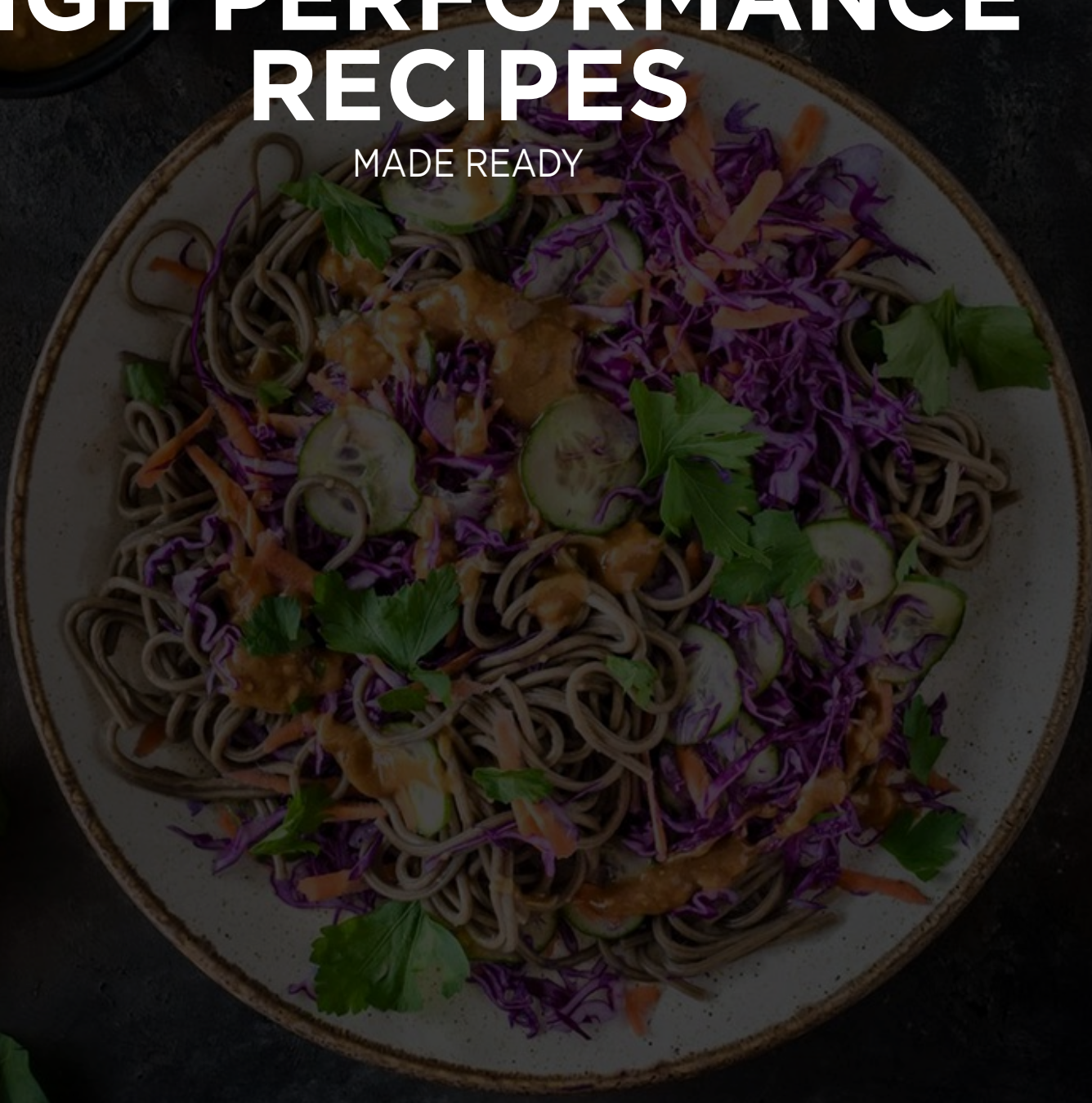




HIGH PERFORMANCE RECIPES

MADE READY



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HIGH PERFORMANCE RECIPES

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

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.

CONTENTS

BREAKFASTS

Rasp-Apple Smoothie 8
Good Morning Smoothie 10
Chia Breakfast Bowl 12
Egg Toast 14
Green Protein Pancakes 16
Breakfast Sausage Burrito 18

SIDES & SMALL PLATES

Roasted Carrots 22
Tomato Bisque 24
Ham and Corn Savoury Muffins 26
BBQ Corn 28
Satay Dipping Sauce 30
Chicken Meatballs 32
Hasselback Potatoes 34
Parmesan Courgette 36
Lamb with Houmous 38

MAINS

Red Lentil Soup 42
Courgetti with Chicken and Lemon 44
Turkey Salad with Mango 46
Soba Noodle Slaw 48
Rich Tomato & Tuna Pasta 50
Healthy Hamburgers 52
BBQ Lamb 54
Barley & Mushroom Soup 56
Tuna & Quinoa Sushi 58
Seafood Paella 60
Broccoli Noodle Bowl 62

DESSERTS

Coco Raspberry Bites 66
Banana Almond Sweet Sandwiches 68
Honey Baked Pears 70
Chocolate Nice Cream 72



BREAKFASTS





RASP-APPLE SMOOTHIE

SERVES: 1

TIME: 5 MINUTES

CALORIES 216

PROTEIN 11

CARBS 28

FATS 7

FIBRE 11



The blender
was invented
in 1922 by
Stephen J.
Poplawski



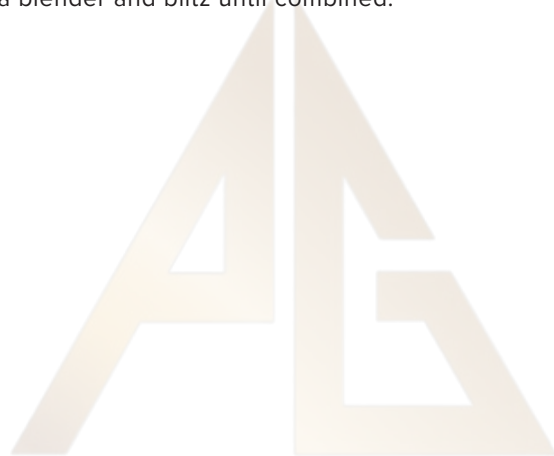
INGREDIENTS

1 green **apple**
80g frozen **raspberries**
100g **Greek yoghurt**
125ml **almond milk**
1 tbsp **psyllium husk**
5 **ice cubes**

CALORIES
216

INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.



GOOD MORNING SMOOTHIE

SERVES: 1

TIME: 5 MINUTES

CALORIES 219

PROTEIN 3

CARBS 53

FATS 1

FIBRE 4



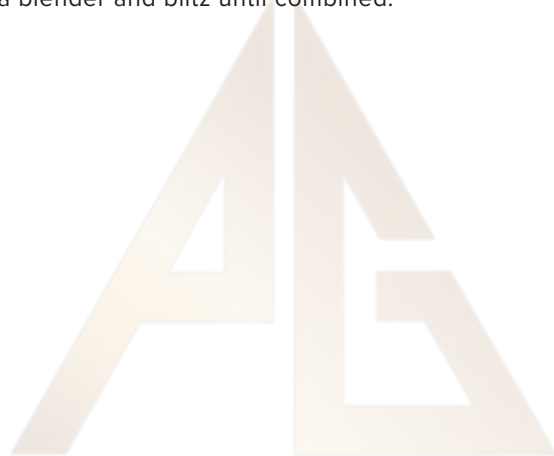
INGREDIENTS

125ml **orange juice**
100g tinned **pineapple**
1 frozen **banana**
1 x 2cm piece **ginger**, peeled
1/2 **lime**, juiced

CALORIES
219

INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.



CHIA BREAKFAST BOWL

SERVES: 2

**TIME: 10 MINUTES
(PLUS 8 HOURS
REFRIGERATION)**

CALORIES 586

PROTEIN 18

CARBS 59

FATS 29

FIBRE 22



Sunflower seeds are especially high in vitamin E and selenium.

INGREDIENTS

6 tbsp **chia seeds**
2 tbsp **sunflower seeds**
2 tsp **cinnamon**
220ml **almond milk**
2 tbsp **almonds**, chopped
6 **dates**, chopped
6 slices **orange**

CALORIES
586

INSTRUCTIONS

Divide the chia seeds, sunflower seeds, cinnamon and almond milk between two bowls or jars and mix well to combine. Place in the fridge overnight.

In the morning, top each bowl with almonds, prunes and slices of orange.



EGG TOAST

SERVES: 2

TIME: 10 MINUTES

CALORIES 326

PROTEIN 18

CARBS 18

FATS 21

FIBRE 2



INGREDIENTS

2 **slices wholemeal bread** (gluten-free if required)
2 tsp **butter**
2 **eggs**
60g **cheddar cheese**, grated

CALORIES
326

INSTRUCTIONS

Using a cookie cutter or glass, cut a hole in each slice of bread.

Heat the oil in a large, non-stick frying pan and cook the bread for 2 minutes or until golden.

Flip the bread, crack the egg in the hole and sprinkle with cheese. Cook for another 3-4 minutes or until the egg is cooked to your liking.

Season with salt & cracked pepper and serve.

GREEN PROTEIN PANCAKES

SERVES: 3

TIME: 35 MINUTES

CALORIES 401

PROTEIN 30

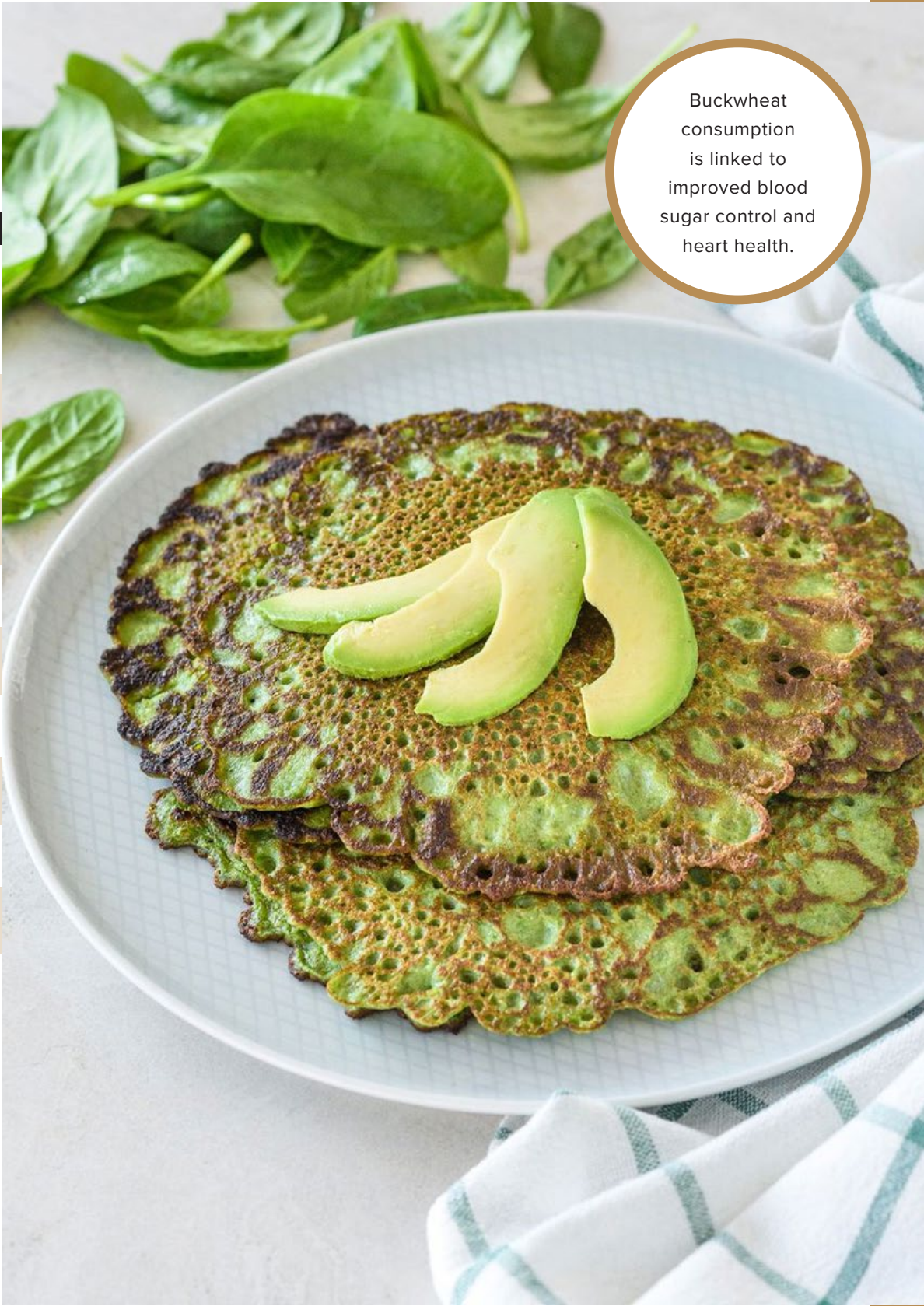
CARBS 32

FATS 17

FIBRE 6



Buckwheat consumption is linked to improved blood sugar control and heart health.



INGREDIENTS

200g **spinach**
280ml **buttermilk**
1 **egg**, beaten
2 tbsp **plain protein powder**
175g **buckwheat flour**
1 tsp **baking powder**
1 tsp **salt**
2 tbsp **Avocado oil**
1 **avocado**

CALORIES
401

INSTRUCTIONS

Firstly, place the spinach in a colander and pour over boiling water. Squeeze out excess liquid then place spinach in a food processor. Add the buttermilk and egg and blitz until smooth.

Mix all the dry ingredients in a large bowl. Pour the wet ingredients into the dry and mix to combine.

Heat the avocado oil in a large frying pan over medium heat. Spoon the pancake mixture into the pan, one ladle at a time. Cook each pancake for 2-3 minutes or until bubbles appear. Flip and cook for another minute.

Transfer cooked pancakes to a plate and cover with aluminium foil to keep warm.

Serve with sliced avocado.

BREAKFAST SAUSAGE BURRITO

SERVES: 3

TIME: 20 MINUTES

CALORIES 491

PROTEIN 15

CARBS 38

FATS 31

FIBRE 4



INGREDIENTS

2 tsp **olive oil**
1 **brown onion**, diced
250g **breakfast sausage**
1 **green bell pepper**, diced
3 **tortillas** (gluten-free if required)
1/2 **avocado**, sliced
1 large **tomato**, sliced

CALORIES
491

INSTRUCTIONS

Add the olive oil to a large frying pan and cook onion for 5 minutes or until translucent.

Add the sausage and green bell pepper and cook for about 7 minutes or until meat is fully cooked.

Heat the tortillas in the microwave for 40 seconds.

Spoon sausage mixture into the tortillas and top with avocado and cheese.

SIDES & SMALL PLATES





ROASTED CARROTS

SERVES: 4

TIME: 45 MINUTES

CALORIES 124

PROTEIN 2

CARBS 20

FATS 4

FIBRE 5

The domesticated carrot that we know today originated from the wild carrot called *Daucus carota* which was native to Europe and south western Asia.



INGREDIENTS

8 **carrots**, sliced
1 **red onion**, diced
1 tbsp **olive oil**
1/2 tsp **cumin**
40g **raisins**
10g **fresh parsley**

CALORIES
124

INSTRUCTIONS

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

In a large bowl toss together the carrot, onion, olive oil and cumin. Lay on the tray, place in the oven and cook for 20-25 minutes.

Transfer carrots to a serving plate and allow to cool.

Once cooled, toss through the raisins and sprinkle with fresh parsley.

TOMATO BISQUE

SERVES: 4

TIME: 60 MINUTES

CALORIES 253

PROTEIN 5

CARBS 14

FATS 20

FIBRE 3



INGREDIENTS

2 tbsp **olive oil**
3 sprigs **spring onion**, diced
1 **clove garlic**, finely chopped
1 **carrot**, chopped
1 stalk **celery**, chopped
1/2 tsp **salt**
1/2 tsp **cracked pepper**
1 tsp dried **parsley**
1 tsp dried **thyme**
1 **bay leaf**
1L **vegetable stock**
800g crushed **tomatoes**
250ml heavy **cream**

CALORIES
253

INSTRUCTIONS

Add the olive oil to a large saucepan over high heat. Add the spring onion and garlic and cook, stirring continuously for 3-4 minutes. Add the carrot and celery and cook for another 5 minutes.

Next, add the salt & cracked pepper, parsley, thyme, bay leaf, vegetable stock, and tomatoes. Reduce the heat and simmer for 30-40 minutes.

Transfer to a blender (or use a stick blender) and blitz until smooth.

Finally, stir through the cream.

Divide between 4 bowls and season with salt & cracked pepper.

HAM AND CORN SAVOURY MUFFINS

SERVES: 12

TIME: 40 MINUTES

CALORIES 197

PROTEIN 7

CARBS 20

FATS 10

FIBRE 1



Ham production is of French origin. It was the Gauls who first became known for the salting, smoking, and curing of pig about 2000 years ago.



INGREDIENTS

300g **self raising flour**
100g shaved **ham**
1/4 tsp **salt**
175ml **milk**
1 **egg**, beaten
60ml **olive oil**
100g tasty **cheese**
100g **creamed corn**

CALORIES
197

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a 12-case muffin tray with olive oil cooking spray.

In a large bowl, mix together the flour, ham and salt. Make a little well and pour in the milk, egg, olive oil, cheese and corn. Gently stir to combine.

Spoon the mixture into the muffin trays, place in the oven and cook for 17-20 minutes.

Allow to cool for 5 minutes before serving.

BBQ CORN

SERVES: 4

TIME: 20 MINUTES

CALORIES 324

PROTEIN 15

CARBS 25

FATS 18

FIBRE 3



INGREDIENTS

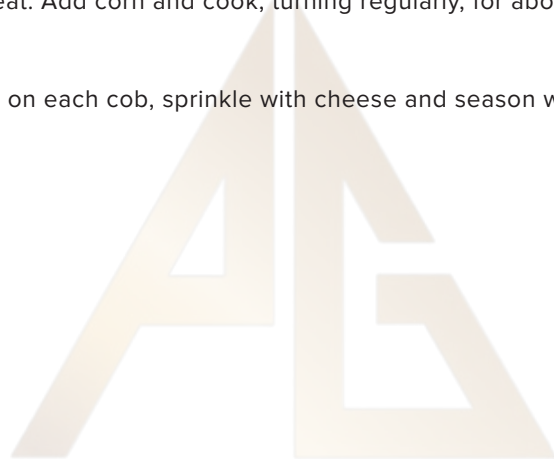
4 **corn cobs**
4 tbsp **pesto sauce**
60g **cheddar cheese**
60g **Parmesan cheese**
Salt & cracked pepper

CALORIES
324

INSTRUCTIONS

Preheat grill to high heat. Add corn and cook, turning regularly, for about 10 minutes or until charred all over.

Spread 1 tbsp of pesto on each cob, sprinkle with cheese and season with salt & pepper.



SATAY DIPPING SAUCE

SERVES: 4

TIME: 15 MINUTES

CALORIES 273

PROTEIN 6

CARBS 6

FATS 25

FIBRE 2

Unlike nuts that grow on trees, peanuts grow underground.



INGREDIENTS

60ml **peanut oil**
2 long **red chillies**, sliced
75g peanuts
125ml **rice wine vinegar**
1 large **cucumber**, sliced into matchsticks

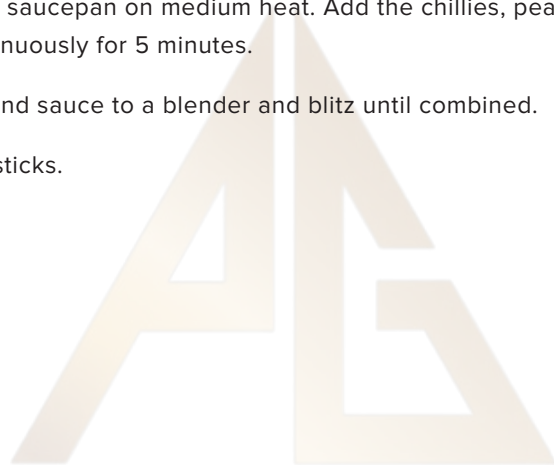
CALORIES
273

INSTRUCTIONS

Place the oil in a small saucepan on medium heat. Add the chillies, peanuts and rice wine vinegar and cook stirring continuously for 5 minutes.

Transfer the peanuts and sauce to a blender and blitz until combined.

Serve with cucumber sticks.



CHICKEN MEATBALLS

SERVES: 15

TIME: 50 MINUTES

CALORIES 98

PROTEIN 9

CARBS 3

FATS 6

FIBRE 0



INGREDIENTS

500g **chicken mince**
2 tbsp **olive oil**
25g **sundried tomatoes**
10g **fresh basil**
1 tsp **onion powder**
1 **egg**
50g **panko crumbs**
45g **Parmesan cheese**, finely grated
Salt & cracked pepper

CALORIES
98

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Mix all the ingredients together in a large bowl.

Roll into bite-sized balls and place on the baking tray.

Place in the oven and cook for 25-30 minutes or until cooked through and golden.

Serve with sweet chilli sauce or chutney.

HASSELBACK POTATOES

SERVES: 4

TIME: 80 MINUTES

CALORIES 273

PROTEIN 8

CARBS 45

FATS 7

FIBRE 2

This Swedish side dish gets its name from Hasselbacken, the Stockholm restaurant where it was first served.



INGREDIENTS

1kg desiree **potatoes**
1 tbsp + 1 tsp **olive oil**
1 **clove garlic**, minced
2 tbsp **fresh rosemary**, chopped
Salt & cracked pepper
20g **parmesan cheese**
20g **breadcrumbs** (gluten-free if required)

CALORIES
273

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Cut slices into each potato, 3-6mm apart. The cuts should be deep but not quite all the way through.

Mix together 2 tbsp of olive oil and the garlic in a small bowl. Brush the potatoes with oil, sprinkle with rosemary and season with salt & cracked pepper.

Place in the oven and cook for 60 minutes.

Carefully remove the potatoes from the oven and sprinkle with cheese, breadcrumbs and 1 tsp olive oil. Place back in the oven for 10 minutes.

Allow to cool for 5 minutes before serving.

PARMESAN COURGETTE

SERVES: 2

TIME: 15 MINUTES

CALORIES 155

PROTEIN 9

CARBS 6

FATS 11

FIBRE 3



INGREDIENTS

1 tbsp **olive oil**
1 **clove garlic**
2 **courgette**, diced
1 tsp **dried basil**
Salt & cracked pepper
1/2 **lemon**, juiced
2 tbsp **Parmesan cheese**, grated

CALORIES
155

INSTRUCTIONS

Start by heating the olive oil in a medium-sized frying pan. Add the garlic, courgette, basil, salt & cracked pepper and cook for 6-7 minutes or until courgette is tender.

Stir through the lime juice and remove from the heat.

Transfer to serving dish and sprinkle with Parmesan cheese.

LAMB WITH HOUMOUS

SERVES: 4

TIME: 25 MINUTES

CALORIES 478

PROTEIN 41

CARBS 39

FATS 16

FIBRE 10



Harissa is a
Tunisian &
Libyan hot
chilli pepper
paste.

INGREDIENTS

1 tbsp **olive oil**
1 **onion**, finely chopped
1 **clove garlic**, minced
500g lean **lamb mince**
1/2 tbsp **Harissa spice**
50g **argulu**
4 **tomatoes** chopped
1 large **cucumber**
1/2 **red onion**, diced
120g **houmous**
4 **wholemeal** pittas

CALORIES
478

INSTRUCTIONS

Heat oil in a frying pan over medium heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, lamb and Harissa and cook for 5-7 minutes or until lamb is cooked.

Place the rocket on a serving plate and top with lamb.

Toss together the tomatoes, cucumber and red onion and serve on the side of the lamb with houmous and pittas.

MAINS





RED LENTIL SOUP

SERVES: 4

TIME: 45 MINUTES

CALORIES 382

PROTEIN 25

CARBS 68

FATS 2

FIBRE 13



INGREDIENTS

1 tbsp **ground coriander**
1 tsp **cumin**
1 tsp **turmeric**
1/2 tsp **paprika**
375g dried **red lentils**
2L **water**
1 **brown onion**, diced
1 large **carrot**, diced
1 **red bell pepper**, diced
1 **courgette**, diced

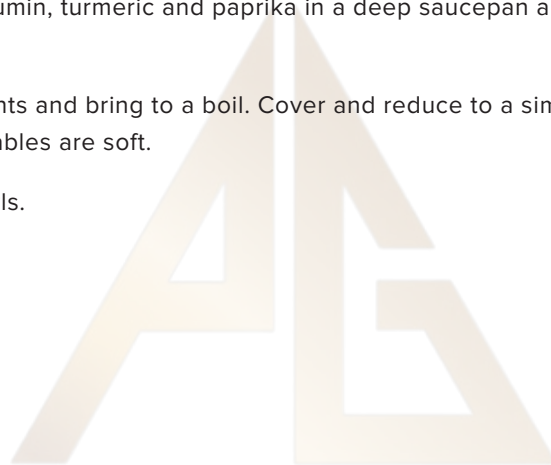
CALORIES
382

INSTRUCTIONS

Place the coriander, cumin, turmeric and paprika in a deep saucepan and dry roast for 2-3 minutes.

Add all other ingredients and bring to a boil. Cover and reduce to a simmer for 35-40 minutes or until lentils and vegetables are soft.

Divide between 4 bowls.



COURGETTI WITH CHICKEN AND LEMON

SERVES: 4

TIME: 20 MINUTES

CALORIES 407

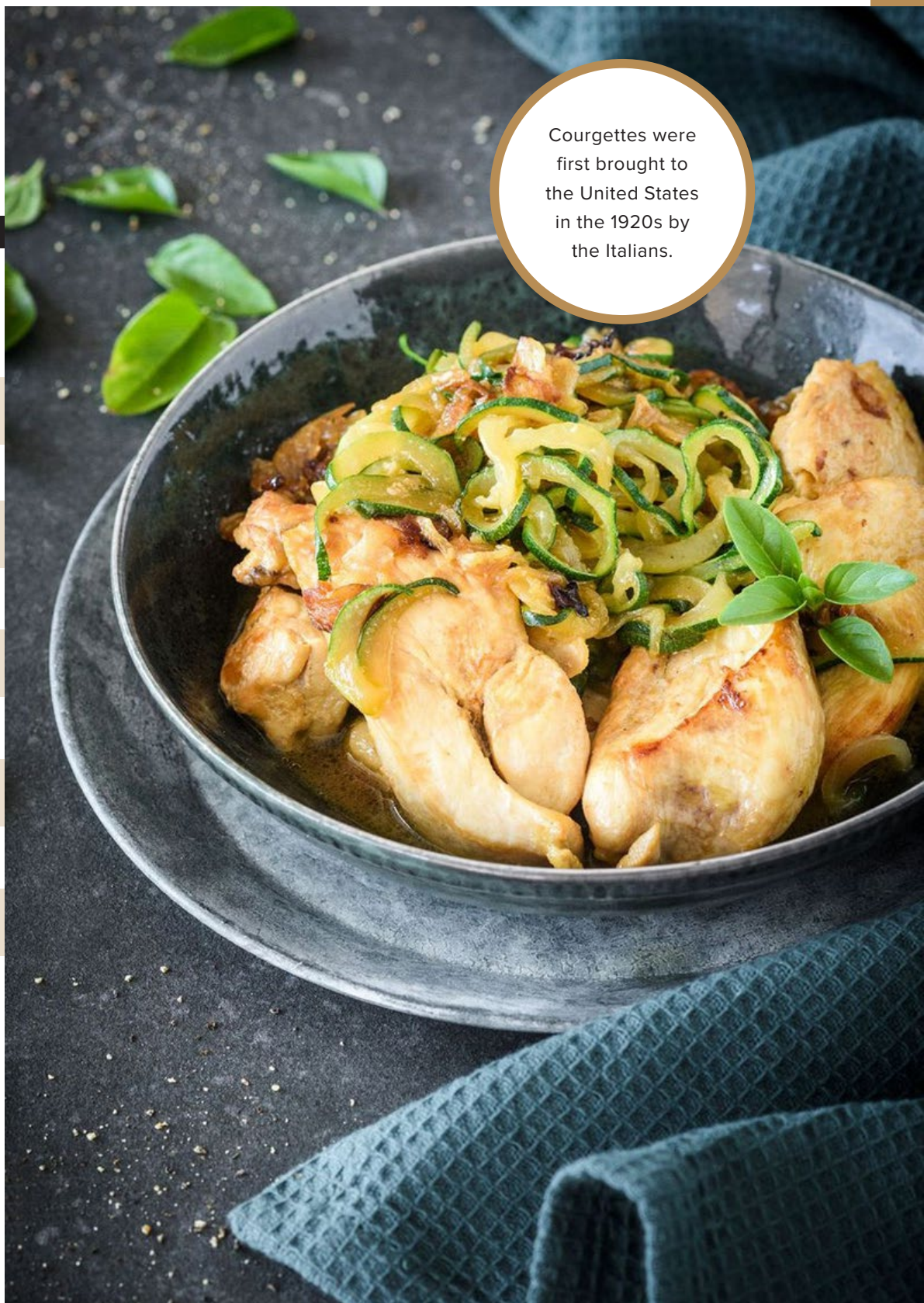
PROTEIN 42

CARBS 15

FATS 18

FIBRE 5

Courgettes were first brought to the United States in the 1920s by the Italians.



INGREDIENTS

2 tbsp **olive oil**
3 **clove garlic**, minced
1 **brown onion**, diced
250g **chicken breast**, sliced
2 tsp **lemon** rind
2 tbsp **white wine**
3 medium **courgettes**, spiralised
10g **fresh basil**

CALORIES
407

INSTRUCTIONS

Add the olive oil to a large frying pan and bring to medium-high heat. Add the garlic, onion and chicken and cook for 7-8 minutes or until chicken is fully cooked.

Meanwhile, bring a large pot of salted water to boil. Submerge spiralised courgette in the water and cook for 1 minute. Drain, keeping aside 125ml pasta water.

Add the lemon and white wine to the chicken.

Add the courgette noodles, reserved pasta water and basil to the chicken and stir to heat through for 2-3 minutes.

Divide between 4 bowls and season with salt & cracked pepper.

TURKEY SALAD WITH MANGO

SERVES: 2

TIME: 15 MINUTES

CALORIES 395

PROTEIN 34

CARBS 57

FATS 5

FIBRE 12



INGREDIENTS

60g **spinach**
60 **rocket**
250g **cherry tomatoes**, quartered
2 **Lebanese cucumbers**, cut into half moons
2 **mangos**, cut into cubes
5g **mint** leaves, diced
60g **Greek yoghurt**
1 tbsp **lemon juice**
200g **turkey breast slices**

CALORIES
395

INSTRUCTIONS

Toss together the spinach, rocket, cherry tomatoes, cucumber and mango.

In a small bowl, mix together the mint leaves, lemon juice and Greek yoghurt.

Arrange Turkey on top of the salad and drizzle with mint dressing.

SOBA NOODLE SLAW

SERVES: 4

TIME: 30 MINUTES

CALORIES 352

PROTEIN 14

CARBS 39

FATS 15

FIBRE 5



In Japan it's not uncommon to refer to any thin noodle as soba in contrast to udon which are thick noodles made from wheat.



INGREDIENTS

120g **soba noodles** (uncooked)
140g **red cabbage**, shredded
2 large **carrots**, grated
1 large **cucumber**, thinly sliced
For the **sauce**:
100g **peanut butter**
3 tbsp **tamari**
2 tbsp **honey**
1 **lime** juiced
2 tsp **sesame oil**
2 **cloves garlic**, minced
1/2 tbsp **ginger**, grated
For garnishing:
40g **coriander**, leaves picked
1 long **red chilli**, sliced

CALORIES
352

INSTRUCTIONS

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

In a large bowl, toss together the cabbage, carrots and cucumber.

In a small bowl, whisk together all dressing ingredients. If the sauce is too thick, just add a little water.

Stir the dressing through the salad and top with coriander and fresh red chilli.

RICH TOMATO & TUNA PASTA

SERVES: 4

TIME: 35 MINUTES

CALORIES 490

PROTEIN 23

CARBS 86

FATS 7

FIBRE 8



INGREDIENTS

1 tbsp **olive oil**
1 **onion**, diced
500g **aubergine**, sliced
1 long **red chilli**, sliced
750g **ripe tomatoes**, peeled and chopped
125g tinned **tuna**, drained
40g chopped **basil leaves**
400g **penne pasta** (gluten-free if required)

CALORIES
490

INSTRUCTIONS

Heat the oil in a large frying pan. Add the onion and aubergine and cook, stirring continuously for 10 minutes or until aubergine has softened.

Add the tomatoes and basil, cover and simmer for 15 minutes.

Meanwhile, cook the pasta according to packet instructions. Drain and rinse.

Once the pasta is cooked, stir the tuna through the sauce, followed by the pasta for 1-2 minutes.

Divide between 4 bowls.

HEALTHY HAMBURGERS

SERVES: 6

TIME: 40 MINUTES
(PLUS 60 MINUTES REFRIGERATION)

CALORIES 352

PROTEIN 15

CARBS 25

FATS 21

FIBRE 2



Americans alone consume approximately 50-billion burgers a year.



INGREDIENTS

350g **lean mince**
1 large **carrot**, grated
1 **courgette**, grated
125g **breadcrumbs** (gluten-free if required)
15g **parsley**, chopped
2 **garlic cloves**, minced
1 **egg**, lightly whisked
1 tbsp **Worcestershire sauce**
Salt & cracked pepper
6 large **iceberg lettuce** leaves
6 slices, tinned **pineapple**
6 slices **tomatoes**
4 tbsp **mayonnaise**

CALORIES
352

INSTRUCTIONS

In a large bowl, combine the beef carrot, courgette, breadcrumbs, parsley, garlic, herbs, Worcestershire sauce, salt & cracked pepper. Roll the mixture into 6 patties and place in the fridge for 60 minutes.

Bring the grill plate to medium-high heat and cook patties for 5-6 minutes each side.

Place each pattie inside a lettuce leaf and top sliced pineapple, tomato and mayonnaise.

BBQ LAMB

SERVES: 2

TIME: 50 MINUTES

CALORIES 196

PROTEIN 33

CARBS 3

FATS 6

FIBRE 2



INGREDIENTS

2 **lamb steaks**
2 sprigs **rosemary**
1 tbsp **balsamic vinegar**
1 bunch **broccolini**

CALORIES
196

INSTRUCTIONS

Start by making little slits in the steaks and insert the fresh rosemary. Drizzle with balsamic vinegar and leave on the kitchen bench for 30 minutes.

Meanwhile, place the broccolini in a saucepan with 3-4 tbsp water. Place a lid on and steam for 4-5 minutes or until tender.

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

Serve lamb alongside broccolini.

BARLEY & MUSHROOM SOUP

SERVES: 4

TIME: 85 MINUTES

CALORIES 293

PROTEIN 9

CARBS 45

FATS 9

FIBRE 10



Beta-glucan fibre found in barley may help feed healthy gut bacteria, increasing their probiotic activity.



INGREDIENTS

2 tbsp **olive oil**
1 **brown onion**, chopped
1 **clove garlic**, minced
1 **carrot**, diced
2 **celery** stalks, diced
400g **mushrooms**, chopped
200g **pearl barley**
800ml **vegetable stock**
Cracked pepper

CALORIES
293

INSTRUCTIONS

Start by heating the oil in a large saucepan over high heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, carrot and celery and cook for an additional 5 minutes.

Next, stir through the mushrooms and cook for 2 minutes.

Add the vegetable stock, barley and a generous sprinkling of cracked pepper.

Bring to a boil, reduce to a low simmer and cook for 50-60 minutes or until barley is cooked.

Divide between four bowls and serve with crunchy bread, optional.

TUNA & QUINOA SUSHI

SERVES: 2

TIME: 40 MINUTES

CALORIES 413

PROTEIN 27

CARBS 34

FATS 19

FIBRE 8



INGREDIENTS

90g **quinoa**
4 x **nori sheets**
1 **avocado**, sliced
1/2 **cucumber**, sliced
2 x 125g tin **tuna**, drained
2 tsp **sesame seeds**

CALORIES
413

INSTRUCTIONS

Start by cooking quinoa according to packet instructions. Once cooked allow to fully cool.

Lay the nori sheets out on the bench and layer with quinoa, avocado, cucumber, tuna and sesame seeds.

Gently roll the sushi, once you get close to the edge, sprinkle a little water on the end of the nori sheet to help it stick.

Slice into bite-sized pieces or eat whole.

SEAFOOD PAELLA

SERVES: 4

TIME: 45 MINUTES

CALORIES 337

PROTEIN 26

CARBS 43

FATS 7

FIBRE 4



Paella is a Valencian rice dish that originated in its modern form in the mid-19th century.



INGREDIENTS

500ml **vegetable stock**
175g **brown rice**
1 tbsp **olive oil**
1 **onion**, diced
1 **courgette**, sliced
1 **red bell pepper**, sliced
2 large **tomatoes**, chopped
200g **white fish**
150g **prawns**
100g **calamari**
2 tsp **paprika**
14g **fresh parsley**
1 **lemon**, juiced

CALORIES
337

INSTRUCTIONS

Add the rice and stock to a medium-sized pot and cook according to packet instructions.

In a large pan, add the olive oil and bring to high heat. Add the onion and cook for 5 minutes or until translucent.

Add the courgette, bell pepper and tomatoes and cook for 5 minutes.

Next, add the seafood and cook for an additional 5-7 minutes or until cooked through.

Add the paprika, parsley, lemon and cooked rice. Gently stir to combine.

Divide between 4 bowls and top with a little extra fresh parmesan.

BROCCOLI NOODLE BOWL

SERVES: 2

TIME: 30 MINUTES

CALORIES 323

PROTEIN 18

CARBS 46

FATS 9

FIBRE 9



INGREDIENTS

100g **soba noodles**
400g **broccoli**, florets chopped
1/2 bunch **kale**, stems removed and leaves chopped
2 tsp **sesame oil**
2 stalks **spring onion**, diced
For the **sauce**:
2 tbs **tamari**
1 tbsp **rice wine vinegar**
1/2 tbsp **maple syrup**
2 tsp **lemon**

CALORIES
323

INSTRUCTIONS

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

Bring a large pot of water to boil. Add broccoli and kale and cook for 4-5 minutes or until tender.

Meanwhile, in a small fry pan, add the sesame oil and spring onion. Cook for 4-5 minutes.

To make the dressing, add all ingredients to a small jar and shake well to combine.

Arrange the noodles, cooked broccoli and kale in two serving bowls. Top with spring onion and drizzle dressing all over.

DESSERTS





COCO RASPBERRY BITES

SERVES: 12

**TIME: 10 MINUTES
(PLUS 3 HOURS
REFRIGERATION)**

CALORIES 98

PROTEIN 1

CARBS 3

FATS 9

FIBRE 3



You can apply coconut oil to your hair to increase shine and protect it from damage.



INGREDIENTS

105g **coconut oil**, melted
500g frozen **raspberries**
1 **lemon**, juiced
2 tsp **honey**

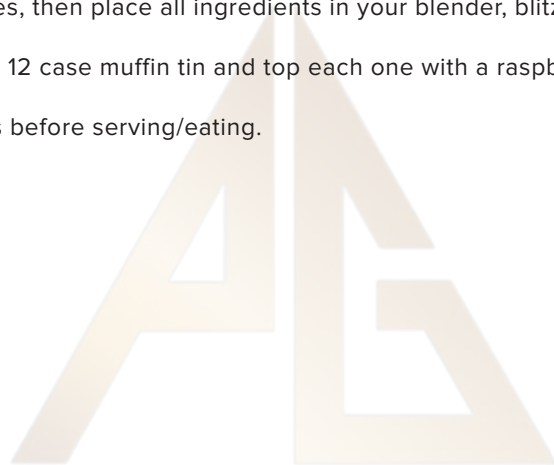
CALORIES
98

INSTRUCTIONS

Set aside 12 raspberries, then place all ingredients in your blender, blitz until smooth.

Transfer mixture into a 12 case muffin tin and top each one with a raspberry.

Refrigerate for 3 hours before serving/eating.



BANANA ALMOND SWEET SANDWICHES

SERVES: 6

**TIME: 10 MINUTES
(PLUS 8 HOURS
OVERNIGHT)**

CALORIES 98

PROTEIN 2

CARBS 16

FATS 3

FIBRE 2



INGREDIENTS

2 **bananas**
2 tbsp **almond butter**
12 **digestive biscuits**

CALORIES
98

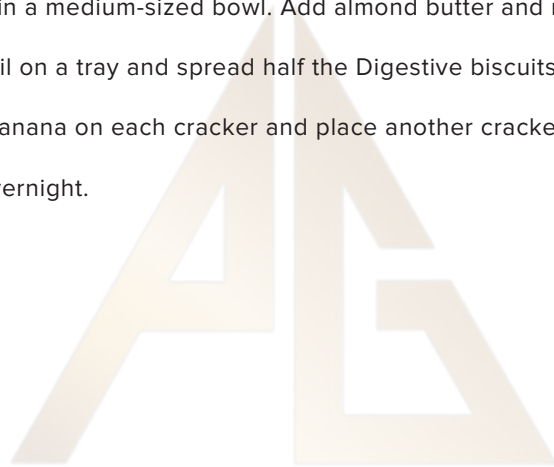
INSTRUCTIONS

Mush the bananas up in a medium-sized bowl. Add almond butter and mix to combine.

Lay some aluminum foil on a tray and spread half the Digestive biscuits out.

Dollop a spoonful of banana on each cracker and place another cracker on top.

Place in the freezer overnight.



HONEY BAKED PEARS

SERVES: 2

TIME: 40 MINUTES

CALORIES 310

PROTEIN 7

CARBS 23

FATS 21

FIBRE 4



The Chinese consider the pear, which they call “li,” to be a symbol of immortality.



INGREDIENTS

2 **pears**, peeled, halved and core removed
1 tbsp **butter**
1 tbsp **maple syrup**
50g **almonds**, finely chopped
2 tbsp **Greek yoghurt**

CALORIES
310

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a shallow oven proof tray with butter.

Place the pear halves face down in the tray and drizzle with maple syrup.

Place in the oven and bake for 30 minutes or until the face down sides of the pears have caramelised.

Serve with almonds and Greek yoghurt.

CHOCOLATE NICE CREAM

SERVES: 2

**TIME: 5 MINUTES
(PLUS 60
MINUTES IN
THE FREEZER)**

CALORIES 325

PROTEIN 7

CARBS 58

FATS 9

FIBRE 10



INGREDIENTS

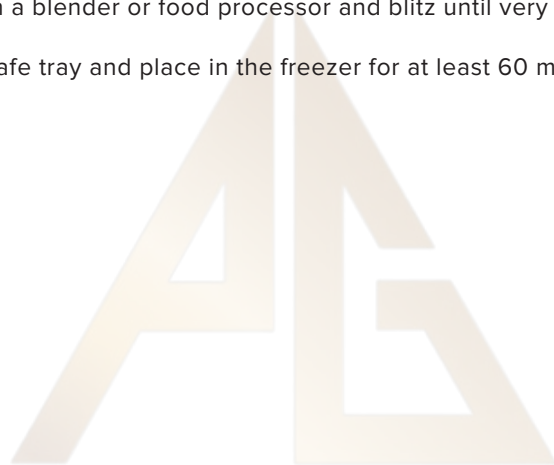
3 frozen **bananas**
35g **cocoa powder**
110g **dates**
2 tbsp **almond butter**

CALORIES
325

INSTRUCTIONS

Place all ingredients in a blender or food processor and blitz until very smooth.

Transfer to a freezer safe tray and place in the freezer for at least 60 minutes for before serving.





HIGH PERFORMANCE RECIPES

MADE READY