



OVER 30 TASTY AND EASY TO
MAKE RECIPES DESIGNED
TO HELP YOU HIT YOUR GOALS

EASY.

HEALTHY.

TASTY.

RYANMADDOCKSPT

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PROTEIN PACKED PANCAKES



INGREDIENTS

- 2 large eggs
- ¼ cup flour
- 1 scoop of protein powder
- 1 banana, mashed
- ½ cup mixed berries
- 1 tsp coconut oil
- 2 tbsp greek yoghurt
- 1 tbsp peanut butter
- ¼ cup whole milk

METHOD

1. In a mixing bowl, combine your eggs, protein powder, banana and flour and slowly add the milk until you have a thick batter.
2. Heat coconut oil in a frying pan on a medium-high heat
3. Pour ¼ of the mix into the pan and flip after 2 minutes. Cook until golden brown on each side
4. Tower up your pancakes and top with mixed berries, peanut butter and greek yoghurt



NUTRITION

Calories: 775
 Fat: 35.1g
 Carbs: 69.6g
 Protein: 50.1g



PEANUT BUTTER & BANANA PORRIDGE



INGREDIENTS

- ½ cup porridge oats
- 3 tbsp crunchy peanut butter
- 1 banana sliced
- 1 cup whole milk
- 1 tsp honey

METHOD

1. In a large microwavable bowl, add your porridge oats and milk and stir well.
2. Cook for 2-3 minutes or until you reach your desired consistency
3. Stir in your peanut butter, top with sliced banana and drizzle with honey



NUTRITION

Calories: 715
Fats: 35.3g
Carbs: 82.1g
Protein: 24.8g



BREAKFAST BURRITO



INGREDIENTS

- Large tortilla wrap
- 3 large eggs
- ½ cup sliced mushrooms
- ¼ bell pepper, diced
- ¼ white onion, diced
- 1 tbsp sour cream
- 1 tbsp salsa
- ¼ cup cheddar cheese
- Salt & pepper to taste,
- 1 tsp olive oil

METHOD

1. Heat oil in a frying pan over a medium heat and add in your onion, mushrooms and peppers and fry until veg softens and peppers brown lightly. Set aside
2. In the same pan, whisk in your eggs and season with salt and pepper.
3. Continuously stir your eggs until you reach your desired consistency and mix in your veg
4. Spoon your mixture onto your tortilla wrap and top evenly with cheese, salsa and sour cream.
5. Fold in the sides of your tortilla and roll. Lightly fry each side of the tortilla for a nice crisp finish



NUTRITION

Calories: 715

Fats: 35.3g

Carbs: 82.1g

Protein: 24.8g



BACON EGGS & AVOCADO TOAST



INGREDIENTS

- 2 large eggs
- 1 slice of streaky bacon, diced
- 1 medium avocado, smashed
- 1 slice granary bread
- Salt & pepper to taste
- Salt & pepper to taste
- Pinch of chili flakes
- Tsp olive oil
- Splash of whole milk,
- Pinch of chives

METHOD

- In a bowl, smash your avocado with a fork with a little salt and a generous pinch of black pepper.
- Heat olive oil in a frying pan over a medium heat and add in your bacon
- Fry until bacon bits are crispy and set aside, lower heat to low-medium
- In the same pan crack in your 2 eggs, and add a splash of milk, chives and salt & pepper. Continuously stir the eggs for 1 minute
- Add your bacon back to the pan and continue to cook until you reach your desired consistency.
- Layer your smashed avocado on toasted granary bread and top with your eggs. Finish with a pinch of chili flakes



NUTRITION

Calories: 715

Fat: 57.2g

Carbs: 32g

Protein: 22.8g



OVERNIGHT PROTEIN OATS



INGREDIENTS

- ½ cup oats
- 1 banana
- 2 strawberries
- ¼ cup blueberries
- 2 tsp protein powder
- ½ cup milk
- 1 tbsp honey

METHOD

- In a bowl, mix the oats with the milk and protein powder
- Decanter into bowl or container and cover. leave in the fridge overnight
- Microwave next morning (if preferred) and top with chopped fruits
- Finally, drizzle honey and enjoy



NUTRITION

Calories: 524g

Fat: 1.1g

Carbs: 95g

protein : 43g



POACHED EGGS & AVOCADO ON SOURDOUGH



INGREDIENTS

- 2 large eggs
- 2 slices sourdough bread
- ½ avocado, smashed
- Hot sauce of choice
- Chilli flakes

METHOD

- Toast your sourdough and preheat some salted water in a pan.
- Create a gentle whirlpool in the water with a spoon before cracking eggs into the pan. Be sure to do 1 egg at a time.
- Cook for a few minutes or until you have reached your desired yolk softness
- Transfer eggs carefully to a paper towel to soak up moisture
- Evenly spread the smashed avocado onto your toast and top with poached eggs.
- Finish with a teaspoon of your favourite hot sauce and a pinch of chilli flakes



NUTRITION

Calories: 511

Fat: 24.1g

Carbs: 56.3g

protein: 19.2g



BAKED EGGS WITH MUSHROOM, BACON & SPINACH



INGREDIENTS

- ¼ onion
- 100g spinach
- ¼ cup mushrooms
- 1 slice bacon, chopped
- 2 eggs
- 1 green chilli, finely chopped

METHOD

- Line a pan with low-calorie cooking spray before lightly frying the onion for about 3 minutes or until soft.
- Add mushrooms and lightly brown
- Add in chopped bacon, spinach and chilli. Season with salt and pepper
- Divide mixture into 2 cupcake sized oven trays and crack an egg on each
- Bake for about 10 minutes or until yolks reach desired consistency



NUTRITION

Calories: 268
Fat: 14.6g
Carbs: 5.2g
Protein: 22.7g



SMOKED SALMON ON TOASTED BAGELS



INGREDIENTS

- 2 large eggs
- 2 slices sourdough bread
- ½ avocado, smashed
- Hot sauce of choice
- Chilli flakes

METHOD

- Toast your sourdough and preheat some salted water in a pan.
- Create a gentle whirlpool in the water with a spoon before cracking eggs into the pan. Be sure to do 1 egg at a time.
- Cook for a few minutes or until you have reached your desired yolk softness
- Transfer eggs carefully to a paper towel to soak up moisture
- Evenly spread the smashed avocado onto your toast and top with poached eggs.
- Finish with a teaspoon of your favourite hot sauce and a pinch of chilli flakes



NUTRITION

Calories: 511

Fat: 24.1g

Carbs: 56.3g

protein: 19.2g



YOGHURT & BERRY BOWL



INGREDIENTS

- 1 tsp Chia seeds
- 1 tsp cinnamon
- 1 tbsp almond butter
- 1 tbsp maple syrup/honey
- 250ml almond milk
- 50g oats
- 100g protein yoghurt
- 100g frozen berries of choice.

METHOD

- In a bowl combine oats, chia seeds, cinnamon, almond butter, syrup/honey and almond milk. Mix well
- Divide into small bowls and top each one with berries of your choice.
- Cover and leave in fridge. Top with a drizzle of syrup or honey before serving.



NUTRITION

Calories: 482

fat : 18.2g

Carbs: 60.9g

Protein: 36g



PEANUT BUTTER PORRIDGE & BERRY SHAKE



INGREDIENTS

- Cherry fruit juice- 1 cup
- Frozen strawberries- 1 cup
- Frozen raspberries- 1 cup
- Protein powder 1 scoop
- Peanut butter- 2 tbsp
- Semi-skimmed milk- ½ cup
- Oats -½ cup

METHOD

- Mix frozen fruits with cherry juice and blend until smooth
- Decanter into glass and set aside
- In a bowl, combine the oats with the protein powder of choice, add milk and microwave until soft
- Once porridge is cooked, stir in peanut butter and enjoy



NUTRITION

Calories: 589

Fat 19.1g

Carbs: 66.8g

protein : 36.4g



SCRAMBLED EGGS ON TOAST



INGREDIENTS

- 3 large eggs
- 2 slices wholemeal bread
- ¼ onion
- Seasoning: salt, pepper, chives, chilli flakes

METHOD

- Crack eggs into a bowl and whisk in salt and pepper.
- Use low-cal cooking spray to glaze a frying pan and add onion. Fry until lightly golden
- Add in egg mix, stirring continuously for 3-4 minutes or until you reach your desired consistency.
- Toast 2 slices of wholemeal bread and top with scrambled egg
- Finish with some chives and chilli flakes



NUTRITION

Calories: 449

Fat : 18.3g

Carbs: 29g

Protein: 40.5g



TURKEY MEATBALLS & COUS COUS



INGREDIENTS

- 500g pack turkey mince
- 2 tsp chilli powder
- ground cumin and ground coriander
- 1 tsp cinnamon
- 1 onion
- coarsely grated
- zest 1 lemon
- peeled and orange segments chopped
- 250g couscous
- 250ml hot chicken stock
- 2 tsp olive oil
- small bunch coriander
- roughly chopped

METHOD

- In a big bowl, mix the mince, spices, onion and orange zest together with your hands.. Roll the mixture into about 16 balls, roughly around the size of a golf ball
- Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film and leave to stand for 10 mins.
- Heat the olive oil in a frying pan. add the meatballs and fry, turning often, for about 12 mins until browned all over and cooked through.



NUTRITION

Calories: 449

Fat : 18.3g

Carbs: 29g

Protein: 40.5g



TUNA AND RED PEPPER PASTA



INGREDIENTS

- 1 tin of tuna in water, drained
- 1 red bell pepper, diced
- ½ chopped onion, diced
- 1 tbsp lemon juice
- 1 clove garlic, crushed
- 1 ½ cup of multigrain penne pasta
- 2 tbsp low-fat greek yoghurt
- 1 tbsp chopped/dried basil
- 1 tbsp olive oil

METHOD

- Add pasta to a pan of boiling water and simmer until cooked. Once cooked, drain and set aside
- In a bowl, combine tuna, ½ bell pepper, and onion.
- In another bowl, combine yoghurt, olive oil, lemon juice, garlic, ½ bell pepper and a pinch of salt & pepper. Add to a blender and blitz until smooth.
- Add tuna mix and pepper sauce to pasta and mix well
- Plate up and finish with a crack of black pepper and basil.



NUTRITION

Calories: 345

Fat: 8.7g

Carbs: 44.6g

protein: 23.4g



TOMATO AND CARROT SOUP



INGREDIENTS

- 1 medium onion
- 3 garlic cloves
- 2 cups chicken/vegetable broth
- Handful chopped fresh basil
- 3 tbsp parsley
- 1 cup tomato juice
- 2 tbsp butter
- 2 tbsp flour
- ½ cup low fat greek yoghurt
- 2 cups chopped carrots
- 3 large tomatoes, diced

METHOD

- In a saucepan, add low-calorie cooking spray and onion and fry until slightly tender. Add in garlic and cook for another minute.
- Stir in chicken/veg stock, carrots, basil and parsley then bring to a boil.
- Simmer until carrots are tender
- Add tomatoes and tomato juice and blend until smooth.
- In another pan, melt butter and whisk in flour.
- Gradually stir in tomato mixture, salt and pepper.
- Bring to boil and cook until you reach your desired thickness.



NUTRITION

Calories: 255

Fat: 4.5g

Carbs: 36.2g

Protein: 12.8g



STUFFED BELL PEPPERS



INGREDIENTS

- 1 packet plain microwave rice
- 2 medium chicken breasts
- 1 tin chopped tomatoes
- 4 large bell peppers
- 1 medium onion, finely chopped
- ¼ cup grated low -fat cheddar cheese
- 2 garlic cloves
- 2 tbsp cajun seasoning
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp dried basil
- 1 tbsp lime juice
- Salt and pepper to taste

METHOD

- Preheat the oven to 350 degrees Fahrenheit.
- Pierce chicken breasts 2-3 times with a fork, add to a saucepan and boil until cooked through.
- Using 2 forks, shred the chicken breasts and set aside
- Microwave rice as instructed on packet
- In a pan, add olive oil, garlic and onion and fry for 1 minute or until garlic is fragrant
- Add cajun spice, cumin, basil, paprika and tomatoes and simmer for 2 minutes and then add chicken and rice. Mix well
- Cut off the top (stalk end) of the bell peppers and use a spoon to remove the insides
- Use a spoon to fill the bell peppers with your chicken mix, place upright on a baking tray and top each with little low-fat cheddar cheese
- Bake for 15 minutes or until peppers start to brown



NUTRITION

Calories: 431

Fat: 10.6g

Carbs: 33.7g

Protein: 45.1g



STEAK AND BROCCOLI



INGREDIENTS

- 1 tbsp olive oil
- 1 sirloin steak (can use rump), cut into strips
- 1 clove garlic, crushed
- ¼ onion finely chopped
- ⅓ cup of water
- ¼ tbsp ginger
- Pinch of chili flakes
- 2 tbsp soy sauce
- 1 tsp honey
- 1 tsp brown sugar
- 1 cup broccoli florets
- ½ tbsp cornstarch, for thickening.
- Microwave Plain rice

METHOD

- Heat oil in a skillet on medium/high heat and add steak.
- Season with a pinch of salt & pepper and fry steak until browned and set aside. Lower heat to medium/low
- Add garlic, onion, and broccoli to remaining beef drippings and cover for 5 minutes or until broccoli starts to soften, stirring occasionally
- Mix starch with water and stir well with a fork ensuring there are no lumps, then add soy sauce, brown sugar, honey, ginger and chili flakes and mix well
- Add the mixture to the skillet and cook for about 5 minutes or until sauce thickens to desired consistency
- Add steak back to the skillet and cook for a further 2-3 minutes. Serve over plain rice



NUTRITION

Calories: 529
 Fat: 18.2g
 Carbs: 55.8g
 Protein: 31.8g



SHRIMP TACOS



INGREDIENTS

- 1 Avocado
- 1 tbsp lime juice
- 1 clove garlic, crushed
- 15-20 large raw shrimp, peeled and deveined
- 2 tbsp Cajun Spice
- 4 taco tortillas
- 1 cup shredded iceberg lettuce
- ½ cup pico de gallo/salsa
- 1 tbsp olive oil

METHOD

- In a small bowl, smash the avocado and lime juice, garlic and a pinch of salt. Mix well
- Pat down shrimp with a paper towel to get rid of excess moisture and coat in cajun seasoning
- Fry your shrimp in olive oil for around 2 mins per side or until cooked through
- Build your tacos first with lettuce and top with your shrimp, guac and salsa mix



NUTRITION

Calories: 370

Fat: 15g

Carbs: 33.4g

protein: 23.5g



SALMON-STUFFED POTATO SKINS



INGREDIENTS

- 4 large potatoes
- 2 tins of salmon, drained
- 1 tbsp dijon mustard
- 2 tbsp low-fat mayonnaise
- 1 tbsp lime juice
- ½ cup low-fat greek yoghurt
- ½ cup diced celery
- 2 tbsp fresh parsley

METHOD

- In a bowl, combine salmon, yoghurt, celery, parsley, lime juice, mayo and mustard.
- Using a fork, pierce potatoes a few times and bake for 40-50 minutes or until soft inside. Remove from the oven and leave to cool.
- Slice the potatoes in half and scoop out the insides with a spoon (keep in the fridge for future use)
- Fill the skins with salmon mixture and top with chives and chilli flakes. Serve with side salad or rice



NUTRITION

Calories: 336

Fat: 8.5g

Carbs: 9.9g

Protein: 26.9g



CAJUN CHICKEN, AVOCADO AND TOMATO SANDWICH



INGREDIENTS

- 2 Slices wholemeal bread
- ½ avocado, smashed
- 1 chicken breast
- 2 slices tomato
- 1 garlic clove,
- 1 tbsp olive oil
- Cajun spice

METHOD

- Preheat the oven to 350 degrees fahrenheit. Pierce chicken breast twice with a fork, glaze with a little olive oil and season with salt, pepper and cajun seasoning
- Grease some foil with a little olive oil and wrap the chicken and the clove of garlic together. Cook until chicken reaches and internal temp of 165 degrees fahrenheit. Once cooked, set aside and leave to cool.
- Toast your bread and add your smashed avocado, black pepper and tomato.
- Finally, slice your chicken breast and finish off your sandwich.



NUTRITION

Calories:467

Fat:24g

Carbs: 33.6g

Protein: 44.3g



TUNA BAKED POTATO



INGREDIENTS

- 1 can of tuna (in water), drained
- ¼ cup sweetcorn
- 4 tbsp light mayonnaise
- ½ tsp dijon mustard
- ½ tsp paprika
- Salt, pepper and chili flakes to taste
- 2 Large baking potatoes
- 1 tsp unsalted butter (optional)
- Low-calorie cooking spray

METHOD

- Preheat oven at 350 degrees fahrenheit
- Prick potatoes with a fork and lightly cover with low calorie cooking spray. Add a pinch of salt to each potato and bake for 1-1.5 hours, or until the skin starts to crisp. Be sure to turn half way
- Whilst in the oven, prep your tuna mix. In a bowl add tuna, mayo, mustard, paprika, and mix well. Once combined, add salt, pepper, and sweetcorn and mix
- Once potatoes reach desired level of crispiness remove from the oven and slice both open in a 'X' shape
- Using a fork, fluff up the insides of the potato and add a dab of butter to each.
- Add on your tuna mix and top with chili flakes
- Serve with side salad



NUTRITION

Calories: 312

Fat: 8.6g

Carbs: 41.2g

Protein: 17.7g



TERIYAKI BEEF NOODLES



INGREDIENTS

- 20ml soy sauce
- 30ml water
- ½ tsp cornstarch
- 1 garlic clove, crushed
- 1 tsp ginger
- 1 tsp coconut oil
- 1 rump steak, sliced
- ½ bell pepper, sliced
- ¼ onion, sliced
- 1 tbsp maple syrup
- 1 portion stir fry asian noodles

METHOD

- In a small saucepan, over a low heat, whisk soy sauce, cornstarch and water for 3-4 minutes or until thickened. Add garlic and ginger
- Whisk in maple syrup and remove from heat
- In a wok or frying pan, add coconut oil and fry steak for 1-2 minutes or until slightly browned, season with a pinch of salt
- Add in bell pepper and onion and fry for another 1-2 minutes or until onion starts to soften.
- Add sauce mix to your steak and combine with your favorite stir fry noodles
- Fry for 2 minutes or until noodles are cooked through, tossing often



NUTRITION

Calories: 472

Fat: 13g

Carbs: 44g

Protein: 30g



PEANUT BUTTER CHICKEN CURRY



INGREDIENTS

- 1 tbsp olive oil
- 400g chicken breast, cubed
- 1 white onion, sliced
- 2 garlic cloves, finely chopped
- 1 tsp ginger
- 1 red chili (medium heat), finely chopped
- 5 tbsp curry powder
- 1 tin chopped tomatoes
- 400 ml coconut milk
- 100g peanut butter
- Handful fresh coriander, finely chopped

METHOD

- Heat olive oil in a pan and fry chicken until golden brown and set aside
- To the same pan, add onion, garlic, ginger and chili and fry for 1 minute then add curry powder and a splash of cold water. Bring to simmer
- Add tomatoes and coriander and simmer for a further 10 minutes
- Slowly stir in the coconut milk and peanut butter. Simmer until you reach a smooth consistency. Add chicken back to pan and simmer for a 5 more minutes



NUTRITION

Calories: 398

Fat: 24g

Carbs: 19g

Protein: 28g



KUNG PAO CHICKEN



INGREDIENTS

- 2 chicken breasts, cubed
- 1 tbsp vegetable oil
- ½ medium white onion, chopped
- 1 tbsp chopped roasted peanuts
- 1 spring onion, finely sliced
- 1 red bell pepper, chopped

(For the sauce)

- 1 tsp cornstarch
- 4 tbsp soy sauce
- 4 tbsp sesame oil
- 1 tbsp rice wine vinegar
- 1 tbsp honey
- 2 garlic cloves, crushed
- 1 tsp minced ginger
- 1 tsp chili flakes

METHOD

- Firstly, prep the sauce. Combine all ingredients in a bowl and mix well
- Add oil to a pan and cook chicken until it starts to brown evenly, then add in the white onion and bell pepper, fry for 1 minute
- Stir in your sauce, cover and allow to simmer for 5 minutes
- Continue to stir your sauce and simmer until you reach your desired thickness
- Top with peanuts and spring onion



NUTRITION

Calories: 440

Fat: 20g

Carbs: 26

Protein: 36



CHILI CON CARNE



INGREDIENTS

- 500g low-fat steak mince
- 1 tin red kidney beans, drained
- 1 white onion, chopped
- 1 red bell pepper, chopped
- 2 cups beef stock
- 2 tins chopped tomatoes
- 2 tbsp chili powder (mild)
- 1 tbsp cumin
- 1 tbsp oregano
- 1 tbsp paprika
- 2 garlic cloves, crushed
- 1 birdseye chili (optional) finely sliced

METHOD

- In a large pan, add olive oil and minced steak. Cook on medium heat until lightly browned
- Add onion, bell pepper and garlic and cook for 1-2 minutes or until garlic is fragrant.
- Season with salt & pepper to taste and stir in tomatoes, chili powder, cumin, oregano, paprika and birdseye chili. Stirring continuously for 2-3 minutes
- Add beef stock and kidney beans, then bring to a boil. Simmer for 20-30 minutes or until the sauce has reduced and thickened to desired consistency.
- Serve over rice or jacket potato



NUTRITION

Calories: 387

Fat: 13g

Carbs: 28g

Protein: 38g



CHICKEN TIKKA MASALA



INGREDIENTS

- 1 tbsp garam masala
- 1 tbsp olive oil
- 2 large chicken breast, diced
- 1 medium sized onion, sliced
- ½ tsp ginger
- 2 garlic cloves, minced
- 2 tbsp tomato paste
- 1 tbsp chili powder
- ½ tsp turmeric
- ½ can of tomato sauce
- ½ cup chicken stock
- ¼ cup heavy cream
- A pinch of finely chopped cilantro
- ½ tsp brown sugar

METHOD

- In a large crock pot or pan, heat a little olive oil on a medium heat and add in your chicken and onion. Season with salt and pepper and cook until chicken is golden brown
- Add in your garlic, tomato paste, ginger, garam masala, chili powder, and turmeric and fry for 1-2 minutes or until garlic is fragrant
- Now add in your stock and tomato sauce and brown sugar. bring to a boil
- Reduce the heat and simmer for 10-15 minutes or until the sauce has reduced.
- Stir in your heavy cream and stir continuously for 1-2 minutes.
- Serve with basmati rice and top with a pinch of fresh cilantro



NUTRITION

Calories: 522

Fat: 14g

Carbs: 38.4g

Protein: 37.8g



CHICKEN FAJITA PASTA BAKE



INGREDIENTS

- 1 tbsp olive oil
- 400g chicken breast, cubed
- ½ tin chopped tomatoes
- 1 medium onion
- 2 bell peppers
- 1 tbsp paprika
- 1 tbsp cumin
- 1 tbsp chili powder
- 2 garlic cloves, crushed
- 1 tbsp oregano
- 350g penne pasta
- 100g light creme cheese
- 50g light cheddar & mozzarella mix

METHOD

- Preheat oven at 350 degrees fahrenheit
- Season chicken with salt and pepper. Add to a large pan with olive oil and fry until golden brown. Remove from pan and set aside
- Boil water in a separate pan and simmer pasta for 10-15 minutes or until pasta has softened. Set aside
- In the large pan, add onion, peppers, garlic, oregano and spices and fry until they begin to soften.
- Add pasta, chicken, cream cheese and tomatoes to the pan and mix well.
- Transfer to a baking dish and evenly cover with cheese mix.
- Bake for 20 minutes or until cheese browns



NUTRITION

Calories: 521

Fat: 16g

Carbs: 62g

protein: 32g



CHICKEN AND CHORIZO PAELLA



INGREDIENTS

- 50g chorizo, sliced
- 250g chicken breast, diced
- Salt & pepper to taste
- ½ onion, chopped
- Juice of ½ lime
- 1 tsp Paprika
- 1 clove garlic, crushed
- ½ bell pepper
- 100g arborio rice
- 200ml chicken stock
- 1 tin chopped tomatoes
- 50g peas

METHOD

- To a frying pan, add olive oil and chorizo and cook for 2-3 minutes or until chorizo starts to release fatty oils. Set chorizo aside
- To the same pan, add chicken, salt & pepper and cook until chicken starts to brown. Set chicken aside
- Add onion to the pan and fry for a minute or until onion begins to brown, then add garlic, paprika, turmeric and bell pepper. Cook for another 2-3 minutes
- Add rice, chicken stock and tomatoes. Mix well and bring to the boil.
- Add chorizo and chicken back to the pan, cover and simmer for 15-20 minutes or until rice is cooked.
- Finally, add in the peas and lime juice and cover for another 2-3 minutes, then serve



NUTRITION

Calories: 433

Fats: 11g

Carbs: 51g

protein : 33g



STEAK AND SWEET POTATO FRIES



INGREDIENTS

- 1 sirloin or rump steak
- 2 medium sweet potatoes
- ½ cup broccoli florets
- Salt and pepper to taste
- 1 clove garlic
- low-calorie cooking spray
- 1 tbsp butter

METHOD

- Preheat your oven for 400 degrees fahrenheit
- Wash your sweet potatoes and slice into evenly sized fries, leaving the skin on
- Coat the fries lightly in the low-calorie cooking spray and season with a pinch of salt. Place on a baking tray and bake for 40-45 minutes or until fries turn golden and crisp.
- About 30 minutes after placing the fries in the oven Bring a small saucepan of water to a simmer and add in your broccoli.
- Season steak with salt and pepper, ensuring both sides are generously coated
- Heat a little cooking spray in a frying pan on a medium/high heat.
- Once the pan is hot, lay your steak in the pan. Fry for 2 minutes and flip the steak and cook for a further 2 minutes.
- Add butter and garlic clove to the pan and turn the heat up to high
- Using a spoon, baste the steak with the garlic infused butter for 30 seconds, flip the steak and repeat for another 30 seconds.
- Let the steak rest for 2-3 minutes before serving



NUTRITION

Calories: 702

Fat: 18.5g

Carbs: 70g

Protein: 31.7g



SPAGHETTI BOLOGNESE



INGREDIENTS

- 400g lean mince steak mince
- 400g tinned chopped tomatoes
- 1 cup beef stock
- 150g spaghetti
- 1 cup sliced mushrooms of choice
- 1 medium onion finely chopped
- 3 garlic cloves, minced
- Salt and pepper to taste
- 1 tsp oregano
- ½ tsp parsley
- 1 tbsp olive oil
- 1 tsp parmesan cheese

METHOD

- Add water and a pinch of salt to a pan and bring to the boil. Add spaghetti and simmer for 10-12 minutes until spaghetti is al dente.
- In a large pan, heat the olive oil on a medium heat and add in the steak mince. Cook until evenly browned
- Add in onion, salt, pepper and minced garlic. Cook for a further 2 minutes or until garlic is fragrant.
- Stir in the tomatoes and beef stock, bring to a boil. Once the sauce is bubbling add in your mushrooms, oregano and parsley
- Cover and simmer for 10-15 minutes or until sauce thickens
- Drain the spaghetti and combine with bolognese sauce.
- Plate up and top with black pepper and parmesan cheese (optional)



NUTRITION

Calories: 759

Fat: 27.8g

Carbs: 61.8g

Protein: 49.6g



PROTEIN PIZZA



INGREDIENTS

For the dough:

- $\frac{2}{3}$ cup self-raising flour
- $\frac{1}{2}$ cup low-fat greek yogurt (may need a little extra depending on dough consistency)
- Pinch of salt

Toppings:

- $\frac{1}{4}$ cup pizza sauce
- 1 cup shredded cooked chicken
- 2 tbsp sweetcorn
- $\frac{1}{3}$ bell pepper finely chopped
- $\frac{1}{3}$ onion finely chopped
- 1 cup grated mozzarella

METHOD

- Preheat oven to 400 degrees Fahrenheit
- Add self-raising flour, salt and yogurt into a bowl and combine well until you have a dough-like consistency. Add more flour or yogurt as required
- Shape the dough into a ball and coat in flour
- On a floured surface, Using a rolling pin, press the dough out and shape into a thin circle (about the size of a dinner plate) and transfer to a floured baking tray
- Using the back of a spoon, evenly spread the pizza sauce on the dough, leaving 1cm around the edges
- Sprinkle on your chicken, sweetcorn, peppers and onion evenly
- Top with mozzarella cheese and bake for 15-20 minutes or until the crust has browned.



NUTRITION

Calories: 647

Fat: 26.2g

Carbs: 51.1g

Protein: 47.6g



ONE POT CHICKEN AND BACON ALFREDO



INGREDIENTS

- 6 slices thick smoked bacon, cut into strips
- 2 large chicken breasts, cubed
- 4 garlic cloves, minced
- 1 onion, finely chopped
- 400g fettuccini
- 2 cups broccoli florets
- 1 cup grated parmesan cheese
- 5 cups milk or half & half (we'll be using milk in this recipe)
- Salt and pepper to taste

METHOD

- In a pan, fry bacon until it starts to crisp and add the chicken
- Cook until chicken is evenly browned and add in the salt, pepper, garlic and onion. Cook for a further 1-2 minutes or until garlic is fragrant
- Stir in the milk and bring to a simmer
- Add pasta to the pan and cook for 7-8 minutes or until pasta begins to soften
- Add in your broccoli florets, cover and cook for a further 5-6 minutes or until pasta is cooked
- Finally, stir in your parmesan cheese and continue to simmer until sauce thickens
- Dish up and top with black pepper and a pinch of parmesan



NUTRITION

Calories: 588

Fat: 20.8g

Carbs: 50.6g

Protein: 49.1g



HOISIN DUCK STIR FRY



INGREDIENTS

- 2 duck breasts, sliced (fat removed)
- 2 tsp hoisin sauce
- 1 tsp dark soy sauce
- 3 spring onions, sliced
- 1 tsp sesame oil
- 200g wok noodles
- 2 garlic cloves, minced
- 1 tsp sesame seeds
- 1 chili pepper
- 1 carrot, grated
- ½ bell pepper, sliced

METHOD

- In a bowl, mix garlic and hoisin sauce and add the duck. Mix well and leave to marinate for 10 minutes
- Heat sesame oil in a pan and fry the duck breast, be sure to add any excess sauce into the pan
- After 4-5 minutes, or until the duck starts to brown evenly, add in the carrots, bell pepper, chili pepper and half of the onions
- Saute until the bell pepper just starts to soften and add in your noodles and soy sauce
- Cook until noodles soften and everything is evenly coated in sauce



NUTRITION

Calories: 759

Fat: 40.8g

Carbs: 69.1g

protein: 28.4g



CREAMY MUSHROOM LINGUINE



INGREDIENTS

- 225g whole-wheat linguine pasta
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic, sliced
- 200g mushrooms, sliced
- 1 cup diced shallots
- 1 tablespoon chopped fresh thyme
- 1 cup dry white wine
- ½ cup crème fraîche
- ¼ cup grated Parmesan cheese plus more for garnish
- 1 tablespoon butter
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- Finely chopped fresh parsley

METHOD

- Bring a large pot of water to a boil over high heat. Cook pasta according to package directions, usually around 12 minutes. Reserve 1/2 cup of the pasta water, then drain the pasta.
- Meanwhile, heat oil and garlic in a large skillet over medium heat until fragrant, about 1 minute. Add mushrooms, shallots and thyme and increase heat to high. Cook, stirring occasionally, until the liquid the mushrooms release has evaporated and the mushrooms are starting to brown, around 10 minutes.
- Add wine to the pan and cook until it is reduced by about half, about 3 minutes. Stir in the reserved pasta water, crème fraîche, Parmesan, butter, parsley, salt and pepper. Add the pasta and toss to coat. Serve topped with more Parmesan and parsley, if desired.



NUTRITION

Calories: 479

Fat: 18g

Carbs: 59g

protein: 17g



CHICKEN FAJITAS



INGREDIENTS

- 1 chicken breast, cut into strips
- ½ bell pepper, sliced
- ½ onion, sliced
- 1 cup button mushrooms, sliced
- ½ tsp paprika
- ½ tsp cumin
- ½ tsp cayenne
- ½ tsp oregano
- 1 tsp chili powder
- 2 cloves garlic, crushed
- Juice of ½ lime
- Salt and pepper to taste
- 1 tsp olive oil
- 2 wholemeal tortilla wraps
- 1 tsp unsalted butter (optional)

METHOD

- Heat oil in a pan on a medium heat and fry chicken until evenly browned. Set aside
- In the same pan, add onion and fry for 1 minute before adding garlic and fry until fragrant.
- Add butter, mushrooms and peppers to the pan, stir and cover for 2-3 minutes or until mushrooms start to soften.
- Add chicken back to the pan and stir in spices. Cook for another 3-4 minutes.
- Add a squeeze of lime and dish out the mixture between 2 wholemeal wraps.
- Serve with your favorite salsa and guacamole.



NUTRITION

Calories: 675

Fat: 19.6g

Carbs: 77.6g

Protein: 46.1g



CHICKEN BURRITOS



INGREDIENTS

- 1/3 cup black beans
- 2 large chicken breasts, diced
- 1 cup cooked mexican rice
- 1 bell pepper, diced
- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp paprika
- 1 tbsp chili powder
- 1 tsp oregano
- 1 tbsp cumin
- 1/2 cup cheddar cheese
- 4 large plain tortilla wraps
- 1/4 cup sweetcorn
- 100g canned chopped tomatoes
- 1 tbsp olive oil

METHOD

- Heat a large skillet over medium heat and add a tablespoon of olive oil. Add the diced chicken breasts and cook until it turns golden brown. Set the cooked chicken aside.
- In the same skillet, add the chopped onion, diced bell pepper, and minced garlic. Sauté until the onions become translucent and the peppers soften.
- Add the paprika, chili powder, oregano, and cumin to the skillet. Stir well to ensure the vegetables are evenly coated in the spices.
- Return the cooked chicken to the skillet. Add the black beans, sweetcorn, and chopped tomatoes. Stir everything together and let it simmer for about 10 minutes, or until the flavors meld together.
- Warm the tortilla wraps slightly in the microwave. Spread a layer of cooked Mexican rice onto each tortilla, then add a generous scoop of the chicken and vegetable mixture. Sprinkle some cheddar cheese on top.
- Fold in the sides of the tortilla, then roll it up from the bottom, enclosing the filling.
- For a toasted finish, place the rolled burritos seam-side down in a dry, heated skillet and toast each side until lightly browned and the cheese is melted inside.
- Serve with a side of salsa, guacamole, or sour cream.



NUTRITION

Calories: 771

Fat: 27.9g

Carbs: 79.8g

Protein: 53.5g



AIR FRYER PORK CHOPS



INGREDIENTS

- ½ cup panko breadcrumbs
- ½ teaspoon black pepper
- 1 teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 (5 ounce) boneless pork chops, trimmed
- Cooking spray
- ¼ teaspoon salt
- Sprinkle of chilli flakes (optional)

METHOD

- Place panko, paprika, pepper, chilli flakes, garlic powder and onion powder in a large zip-top plastic bag.
- Add pork; seal the bag and shake to coat.
- Remove the pork from the bag; shake off excess breading.
- Place the pork in air-fryer basket; coat with cooking spray. Cook at 360°F until the pork is browned, around 15 to 17 minutes.
- Transfer the pork to a plate; let rest for 5 minutes. Sprinkle evenly with salt.



NUTRITION

Calories: 230

Fat: 6g

Carbs: 16g

Protein: 25g