



Dinner



Spicy Turkey Meatballs

INGREDIENTS

- 1 lbs extra lean ground turkey
- 1/4 onion
- 1 jalapeño pepper
- 1/2 cup tomato sauce
- 4 cloves of garlic
- 2 tbsp dried cilantro
- 1/4 cup coconut flour
- 1 egg
- 1/4 tsp cumin
- 1/4 tsp pepper

DIRECTIONS

1. Blend the onion, pepper & garlic with the tomato sauce & puree.
2. Place turkey & remaining ingredients in a large bowl, add the onion mixture & mix well with your hands.
3. Line a baking tray with foil & create 4 meatballs with the mixture.
4. Bake at 200 degrees for 30 minutes.
5. Add additional tomato sauce as topping if required.

Mexicali Chicken

INGREDIENTS

- 1 tbsp Dijon mustard
- 4 Skinless, boneless chicken breasts
- 2 tsp olive oil
- 1/2 cup of salsa
- 2 tbsp fresh lime juice
- 1/4 ripe avocado, cubed
- 2 tbsp thinly sliced green onions

DIRECTIONS

1. Spread mustard on one side of the chicken. Heat oil in a large pan on medium heat. Add the chicken breasts with mustard side down. Reduce the heat to medium & cook through, turning the chicken.
2. Mix the salsa & lime juice. Spoon over & around the chicken. Simmer uncovered until chicken is cooked through & sauce thickens.
3. Remove the chicken & continue to heat the juices in the pan until reduces, (30 seconds) then cover the chicken with the juices.
4. Serve, topping with the avocado & garnish with green onions.

serves four





Dinner



Lemon & Mixed Herb Salmon

INGREDIENTS

- 2 small salmon fillets
- Small handful of asparagus
- Small handful of green beans
- Mixed herbs
- 1/4 fresh lemon squeezed

DIRECTIONS

1. Place the salmon in foil, squeeze the lemon over the top & sprinkle with mixed herbs.
2. Place the salmon in the oven on a medium heat for 30 minutes.
3. Bring a saucepan of water to the boil with the green beans & cook until nearly soft. Add the asparagus for the last 5 minutes only.

Chicken, Bacon & Mushroom Stirfry

INGREDIENTS

- 1 large chicken breast
- 2 rashers lean bacon
- 1 cup of button mushrooms
- 2 cups of spinach
- 2 cups of chopped cabbage
- 1 tbsp olive oil

DIRECTIONS

1. Cut the chicken & bacon into big chunks.
2. Warm the oil in a pan.
3. Cook the chicken on high heat for a few minutes, turning regularly.
4. Add the bacon & cook again for a few minutes.
5. Add all of the vegetables & cook to your liking.

serves two





Dinner



Special Quinoa

INGREDIENTS

- 1 small chicken breast, diced
- 25g prawns cooked
- 30g quinoa, cooked
- Handful of frozen peas & corn

DIRECTIONS

1. Heat oil in a pan.
2. Add chicken & cook through.
3. Add the prawns, quinoa, peas & corn.
4. Heat through.

Chicken & Spinach Stir Fry

INGREDIENTS

- 1 small chicken breast, cooked & diced
- 1 cup of spinach
- 1 garlic clove crushed
- 1 tbsp light soy sauce
- 1 tbsp olive oil

DIRECTIONS

1. Heat the oil in a pan.
2. Mix all ingredients & cook through.





Dinner



Honey Glazed Salmon

INGREDIENTS

- 4 small salmon fillets
- 2 tbsp olive oil
- 4 tbsp raw honey
- 1 tbsp chilli flakes
- 1 cup white cabbage, torn into strips
- 1/2 cup of green beans
- 1/2 cup of asparagus

DIRECTIONS

1. Mix the olive oil, honey & chilli flakes into a small dish.
2. Place the salmon on foil & cover all sides with the honey mix, then wrap. Place in the oven for 20-30 minutes.
3. Bring the green beans to boil in a saucepan of water, until nearly soft. Add the asparagus for the last 5 minutes.
4. Add 1 tbsp olive oil to a small pan & stirfry cabbage to your liking.

serves two

Chicken & Broccoli Stirfry

INGREDIENTS

- 2 chicken breasts, diced
- Broccoli & mixed veg
- 4 tbsp mandarin juice
- 4 tbsp raw honey
- 4 tbsp light soy sauce
- 1 tbsp olive oil

DIRECTIONS

1. Mix the sauce ingredients into a small bowl.
2. Warm oil in a pan.
3. Dice the chicken and cook in pan on medium heat until cooked through.
4. Add the vegetables & sauce to the pan & stirfry.
5. Mix the manderin juice, honey & soy sauce to make sauce.

serves two





Dinner



Coconut Chicken

INGREDIENTS

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp dried crushed chilli
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp Garam Masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- 2 tbsp coconut oil
- 4 tbsp fresh coriander

DIRECTIONS

1. Mix the coconut milk with the tomato puree, chili, almonds, turmeric, garam masala, cumin & 1 tbsp of water.
2. Add the chicken & coat all of the pieces. Cover with cling film & refrigerate for at least 1 hour.
3. Cook the onions & garlic in 1 tsp of coconut oil until soft.
4. Remove the chicken from the marinade. Add to pan with the onion & cook for 2 mins, covered over a low heat.
5. Add the marinade & the remaining oil. Cook for 15 - 20 minutes.
6. Stir in the fresh coriander & serve.

serves four

Chicken Curry with Chickpea Mash

INGREDIENTS

- 2 onions, chopped finely
- 150g button mushrooms, cleaned & halved
- 1 red Pepper, sliced
- 6 cloves of garlic, crushed
- 1 red chilli, chopped
- 1 tbsp ginger powder
- 1 1/2 tbsp Garam Masala
- 6-8 medium tomatoes (blended)
- 1 tbsp turmeric
- Fresh coriander, torn
- 3 chicken thighs
- 4 chicken breasts diced
- 1 1/2 tbsp Coconut oil
- 400g chickpeas
- 4 tbsp almond milk

DIRECTIONS

1. Add coconut oil to a large pan.
2. Add onion & garlic until browned.
3. Stir in ginger, chillies, tomatoes, tumeric, garam masala & salt. Simmer for 3 minutes.
4. Add chicken into ingredients & cook on low heat for at least 30 - 45 minutes.
5. Add mushrooms & peppers. Cook for a further 5 minutes.
6. Finish with a sprinkle of torn coriander.
7. Make the chickpea mash. Heat oil in a saucepan & gently fry 2 cloves of garlic for a minute. Add the chickpeas & almond milk. Heat through for a few minutes.
8. Transfer to blender & puree until smooth.

serves four





Dinner



Chicken Prawn & Spinach Stir Fry

INGREDIENTS

- 1 red onion, chopped
- 2 tbsp curry powder
- 1 tsp cinnamon
- 2-3 cloves garlic, chopped
- 1 inch fresh ginger finely chopped
- 1 green chili chopped
- 3 skinless chicken fillets, cubed
- 400ml boiling water
- Bag of fresh spinach
- Fresh coriander
- 2 - 3 tsp coconut milk
- King prawns (optional)

DIRECTIONS

1. Melt coconut oil in frying pan, add onion, garlic, ginger & chili. Stir fry for 2-3 minutes.
2. Add curry powder & cinnamon then stir-fry for further minute.
3. Add chicken pieces, water & spinach. Cover & cook for 15-20 minutes.
4. Add prawns 5 minutes before the end of cooking if using.
5. Season well & remove from heat.
6. Stir in coconut milk & garnish with chopped coriander.
7. Serve with vegetables or cauliflower rice.

serves four

Chicken Cacciatore

INGREDIENTS

- 2 tsp olive oil
- 4 boneless, skinless chicken breasts halved
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 small yellow/green bell pepper *chopped into thin strips*
- 2 cups sliced button mushrooms
- 1/2 cup of dry red wine
- 1 1/2 cups of tomato & basil sauce *(low fat & sugar or make you own with tinned tomatoes & fresh basil)*
- 2 tbsp chopped fresh parsley

DIRECTIONS

1. Heat oil in large pan on a medium heat. Add the chicken. Season with salt & pepper. Sear in the pan turning the chicken for a few minutes. Then transfer chicken to a plate and set aside.
2. Place bell pepper & mushrooms in pan on medium heat. Cook for a few minutes, stirring frequently. Add wine & cook for a further 2 minutes. Stir in the sauce & heat through.
3. Return the chicken to the pan. Reduce the heat & simmer until cooked through.
4. Serve & top with parsley.

serves four





Dinner



Beef Cauli Mash & Honey Glazed Sprouts

INGREDIENTS

- Lean, organic or farm reared beef
- 1 small cauliflour
- 2 cups brussel sprouts
- 1 1/2 tbsp raw honey
- 1/4 cup balsamic vinegar
- 1 clove of garlic, minced

DIRECTIONS

1. Place beef in a large roasting tin. Cook on a medium heat in the oven for approximately 2 hours or to your liking.
2. Wash sprouts thoroughly, remove ends, cut in half & place in a bowl.
3. Whisk together the olive oil, vinegar, honey & garlic in a small bowl.
4. Pour the dressing over the sprouts & mix until all coated.
5. Lay the sprouts on a baking tray & cook in the oven for 30 minutes, turning half way through.
6. Break the cauliflour into florets & boil until soft. Mash when cooked.

serves two

Steak & Cheesy Mushrooms

INGREDIENTS

- 2 lean organic or farm reared steak
- 2 cups of kale
- 2 large Portabe mushrooms
- 2 tbsp low fat cream cheese
- Chili flakes
- 1 spring onion chopped finely
- 1/4 cup of cashew nuts
- 2 tbsp rapeseed oil

DIRECTIONS

1. Clean the mushrooms thoroughly. Evenly spread 1 tbsp of low fat cream cheese inside with a sprinkle of chili flakes & the finely chopped spring onion.
2. Place mushrooms on a baking tray in the oven on medium heat for approximately 30 minutes.
3. Heat oil in pan & cook steak to your liking.
4. Stir fry the kale & cashew nuts in a small pan until crisp.
5. Serve & add a small tomato for garnish.

serves two





Dinner



Tuna Steak & Sauteed Cabbage

INGREDIENTS

Small tuna steaks
White cabbage, torn into chunks
1 tbsp olive oil

DIRECTIONS

1. Bake the tuna steaks in the oven for approximately 20-30 minutes.
2. Warm the oil in a small pan & add the cabbage, stir fry until soft.

serves two

Minted Lamb

INGREDIENTS

4 lean organic or farm reared lamb cutlets
Fresh mint, finely chopped
1 courgette grated
1 tbsp olive oil

DIRECTIONS

1. Finely chop the mint & cover over the lamb.
2. Place the lamb on a baking tray in the oven for approximately 30 minutes.
3. Warm the oil in a small pan & add the grated courgette. Stir frequently.

serves two





Dinner



Chilli Chicken & Cauli Rice

INGREDIENTS

- 4 skinless chicken breasts
- 1 tbsp olive oil
- 8 tsp mild chili paste
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 3 tbsp chopped fresh coriander
- 1 small cauliflour

DIRECTIONS

1. Make shallow cuts in each chicken breast.
2. Place chicken in a dish & brush with the olive oil. Coat both sides of each breast with the chili paste.
3. Season & cover the dish with foil. Marinate in the fridge for at least 30 mins.
4. Preheat oven to 200 degees.
5. Transfer the chicken breasts to a roasting tin and roast for about 20 -30 minutes until they are cooked through.
6. Season to taste & add the fresh coriander.
7. Grate the cauliflour & add it to a small pan of 1tbsp oil. Cook through, stirring regularly
8. Add a portion of green veg or green salad.

serves four

Healthy Quick Chilli

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tbsp cumin
- 2 tbsp chili powder
- 1/4 tsp red pepper flakes
- 1 red & 1 green bell pepper seeded & diced
- 12-16 oz of lean ground beef
- 1 tin of diced tomatoes
- Shredded low fat cheddar cheese
(sprinkle to serve)
- Fresh spinach leaves

DIRECTIONS

1. Heat the olive oil in a large pan. Add the onion & garlic. Saute until soft.
2. Stir in the cumin, chili powder & red pepper flakes.
3. Add the peppers & cook until soft.
4. Add the beef & saute until brown.
5. Add tomatoes.
6. Cover & cook over a medium heat, stirring occassionally until peppers are soft.
7. Serve on a bed of spinach & sprinkle on the cheese.

serves four

