



Rapid Lifeshaper Recipes

Breakfast Egg Muffins

This recipe for breakfast egg muffins is an easy grab & go option for busy mornings. The protein packed egg muffins are loaded with bacon, cheddar cheese & spinach for maximum flavor!

INGREDIENTS

Cooking Spray
Extra Virgin Olive Oil or Coconut Oil
6 Large Eggs
(2 with yolks, 4 only egg whites)
Salt & Pepper to Taste

1/2 Cup Cooked Chopped Spinach
(excess water removed)
1/3 Cup Crumbled Cooked Bacon
1/3 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 375°F. Coat 6 cups in a muffin tin with cooking spray or line with paper liners.
2. Crack eggs into large bowl & blend or whisk the eggs until smooth. This should take no more than a minute.
3. Add the spinach, bacon & cheese to the egg mixture. Stir to combine.
4. Divide the egg mixture evenly among the muffin cups.
5. Bake for 15-18 minutes or until eggs are set.
6. Serve immediately or store in the refrigerator until ready to eat.

Tip:

These can be made the night before & stored in fridge to make is quicker & easier for you come breakfast time.





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Salmon Breakfast Wraps

Another great grab & go option for those crazy mornings, these salmon breakfast wraps are packed with energy and flavour. They're a great start to the day and will keep you going all morning long!

INGREDIENTS

4 Large Eggs
(2 with yolks, 2 only egg whites)
1/4 Cup Milk
1/4 Avocado Sliced in Strips
4 Slices of Smoked Salmon

2 Tbsp Chopped Chives
1 Tbsp Butter
Nip of Salt
Freshly Ground Black Pepper

DIRECTIONS

1. In a medium bowl, whisk together eggs, milk, & chives. Season with salt & pepper.
2. In a medium skillet over medium heat, melt butter. Pour half of the egg mixture into the skillet, moving to create a thin layer that covers the entire pan.
3. Cook for 2 minutes. Chop the avocado into thin slices. Remove onto plate, place 2 slices of salmon & roll tightly. Repeat with remaining ingredients & serve.





Rapid Lifeshaper Recipes

Chicken Pesto

Courgette spaghetti with pesto & chicken is a quick & easy dish that is both healthy & packed with flavour. Courgette pasta is a lovely light alternative to pasta & less carbs. The spirals of courgette is just like spaghetti & is the perfect base for a pasta sauce. Even fussy eaters won't notice they're eating vegetables when it's disguised as pasta, & also counts as part of your daily veggie intake. This courgette spaghetti is with home made pesto & seasoned, pan fried chicken fillets.

Making the pesto is so easy & gives far better results than anything you can buy in the shops. All you do is blend a few ingredients & you've got a fresh, tasty sauce, without any artificial flavourings or additives. We use quark, a lower fat cheese product, which reduces the fat content & gives the pesto a creamy texture. Courgette spaghetti with pesto & chicken is the perfect lunch, or light dinner.

INGREDIENTS

750g Courgettes
Olive Oil Spray (We Used Frylight)
1 Tbsp Olive Oil
45g Pine Nuts
1 Garlic Clove, crushed

200g Mini Chicken Fillets
2 Tsp Chicken Seasoning
Small Bunch of Basil
400ml Chicken Stock
250g Tub of Quark

DIRECTIONS

1. Heat oven to 200°C. Trim courgettes, then use a spiralizer to create tagliatelle-style courgette ribbons. Spread out on to 1 or 2 roasting tins & spritz with the olive oil spray. Cook in the oven for 5 mins.
2. Heat the oil & fry the pine nuts for a few mins, until golden. Set aside.
3. Add the chicken, chicken seasoning & garlic to the pan. Fry for 10 mins, to lightly brown, turning as needed.
4. Put the quark, basil & chicken stock into a food processor and blitz to make a smooth liquid. Pour over the chicken & warm through. Toss together with the courgettes. Serve hot or cold, scattered with pine nuts & cherry tomatoes.





Rapid Lifeshaper Recipes

Moroccan Sweet Potato & Chickpea Salad

This vegetarian friendly chickpea salad recipe is easy to make & packed with delicious Moroccan-spiced sweet potatoes. In just 30 minutes, it's ready to serve for lunch, or alongside your dinner. Once the sweet potatoes & chickpeas are seasoned with Moroccan salt, they are simply roasted & the only thing that's left is putting all the ingredients together.

INGREDIENTS

2 x 400g Can Chickpeas, Drained
1 Tsp Moroccan-Style Salt
4 Sweet Potatoes, Cut into Wedges
2 Tbsp Olive Oil
125g Baby Spinach Leaves
90g Rocket Leaves
200g Feta Cheese, Broken into Cubes
200g Mixed Cherry Tomatoes, Halved
200g Sun-Dried Tomatoes
(if from a jar, drained of their oil)

For the dressing:
3 Tbsp Tahini
Juice of ½ a Lemon
1 Tbsp Olive Oil
2 Tbsp Water

DIRECTIONS

1. Heat the oven to 200°C.
2. Scatter the chickpeas into a roasting tin & sprinkle with the Moroccan salt.
3. Spread the sweet potatoes in another roasting tin.
4. Drizzle the oil over the chickpeas & sweet potatoes. Roast the chickpeas for 15-20 mins & the sweet potatoes for 35 mins, turning to cook evenly.
5. Arrange the spinach & rocket leaves on a large platter. Scatter over the warm or cold roasted chickpeas & sweet potatoes.
6. Top with the feta cheese, cherry tomatoes & the sun dried tomatoes.
7. Put the tahini, lemon juice, oil & water together in a jar. Seal & shake to combine. Drizzle the dressing over the salad, to serve.

Tip:

If you can't find Moroccan salt, use 1/3tsp each ground coriander, cumin, salt and paprika instead.





Rapid Lifeshaper Recipes

Vegetable Detox Soup

If you are trying to eat clean, this delicious, low-fat detox soup is a great healthy recipe. The rainbow of colours makes it really appealing to eat, plus the added bonus of it being low in sugar. The vitamin-rich & fibre-filled recipe is vegetarian, but you can add some chicken to add more protein if you wanted to. This is a perfect recipe to batch cook, freeze & pull out when you are short on time.

INGREDIENTS

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| 1 Tbsp Olive Oil | 2 Cups Green Beans, Trimmed & Chopped |
| 1 Medium Yellow Onion, Diced | 1 28oz Tin of Diced Tomatoes |
| 1 Large Carrot, Peeled & Chopped | 1 1/2 Tsp Dried Oregano |
| 2 Celery Stalks, Chopped | 1 Tsp Dried Basil |
| 1 Red Bell Pepper, Chopped | 1/2 Tsp Dried Thyme |
| 4 Garlic Cloves, Minced | 1 Tsp Sea Salt |
| 4 Cups Kale, Stemmed & Chopped | 1/2 Tsp Black Pepper |
| 2 Tbsp Fresh Parsley, Chopped | |

DIRECTIONS

1. Steam the kale.
2. Use a small pan with the olive oil, cook onion, red pepper & garlic until both soft
3. Bring a pan of water to the boil. Add carrots, celery, beans & tinned tomatoes, with the salt.
4. Once boiled & softer, add the onions, garlic & peppers. Stir, then the basil, thyme & black pepper.
5. Lastly add the kale. Leave on simmer for a few minutes, then serve with a sprinkle of parsley to decorate.





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Vegetable Wraps

These tasty little morsels may be tricky to roll, but they're worth every delicious bite. They're the perfect summer meal, or great for a nice light snack!

INGREDIENTS

4 Large Swiss Chard Leaves
3 Medium Carrots
1 Medium Zucchini
1/2 Large Long English Cucumber
1 Medium Bell Pepper
1/2 Bunch Cilantro
24 Basil Leaves
5oz Brown Rice Vermicelli, Dry
(rice noodles)

Peanut Sauce:
1/3 Cup Smooth Peanut Butter, Unsalted
1/4 Cup Orange Juice
(I juiced 1 medium orange)
3 Tbsp Liquid Aminos
(I used Bragg's)

DIRECTIONS

1. Cut the leaves into long sheets, long enough to roll.
2. Cut all veggies into long matchsticks.
3. Place vermicelli into a bowl with boiling water for a few minutes & drain.
4. In a blender or small food processor, process until smooth Peanut Sauce ingredients.
5. To make spring rolls, lay Swiss leaves on a flat surface. Then place on the end closest to you a bit of the noodles, each veggie & top with a few sprigs of cilantro & 2 basil leaves. Roll & place seam side down in a container or on a board. Repeat with remaining ingredients. Any leftover ingredients can be eaten on their own, rolled in extra leaves or added to salad or soup. Serve cold with dipping sauce on a side.

Storage Instructions:

Refrigerate in an airtight container for up to 3 - 4 days.

