

THE CHARITY RUNNER



"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

Phil Roberton

Phil Roberton

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.

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KEY











QUICK









AVOCADO LIME SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

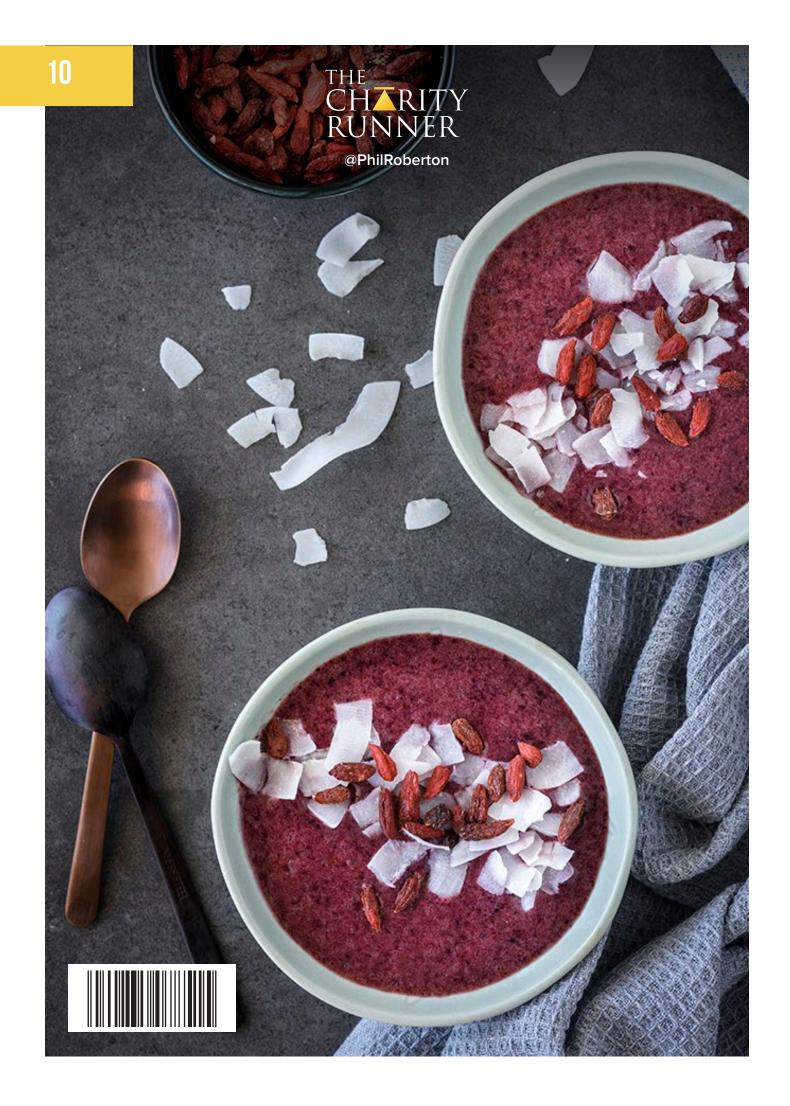
2 tbsp **fresh lime**, juiced 1/4 cup **coconut water** 100g **cucumber**, chopped 1/2 **avocado** 1/2 tbsp **fresh mint leaves**

5-10 ice cubes

INSTRUCTIONS

Add all ingredients to your blender in the order listed and blitz until nice and smooth.

MACROS PER PORTION				
CALORIES	155	PROTEIN	3	
CARBS	11	FATS	11	
FIBRE	7			



BERRY CHERRY SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

120ml water

1/2 tbsp acai powder

5 pitted cherries

50q frozen mixed berries

1 frozen banana (peeled)

5-10 ice cubes

1 tbsp **shaved coconut**

1 tbsp dried goji berries

INSTRUCTIONS

Add all ingredients to your blender or vitamix and blitz until smooth. You may need to give your blender a shake half way through. The consistency is supposed to be thick, but if it's too thick, add a little more water.

Transfer to 2 serving bowls and top with shaved coconut and goji berries.

MACROS PER PORTION				
CALORIES	252	PROTEIN	3	
CARBS	51	FATS	4	
FIBRE	7			



THE GREENEST SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

220g spinach

150g **kale**

40g frozen courgette

40q cucumber

1/2 **lemon**

200ml water

5-10 ice cubes

INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth and silky.

MACROS PER PORTION				
CALORIES	187	PROTEIN	14	
CARBS	26	FATS	3	
FIBRE	12			



MEXICAN CORN HUMMUS TOAST

SERVES: 4

TOTAL TIME: 15 MINUTES



INGREDIENTS

1 tbsp **butter**

2 x (420g) tinned corn, drained

1 clove garlic, minced

2 tbsp jalapenos, diced

50g feta, crumbled

15g coriander, leaves picked

Salt & cracked pepper

4 slices **sourdough bread** (or gluten free if required)

4 tbsp hummus

INSTRUCTIONS

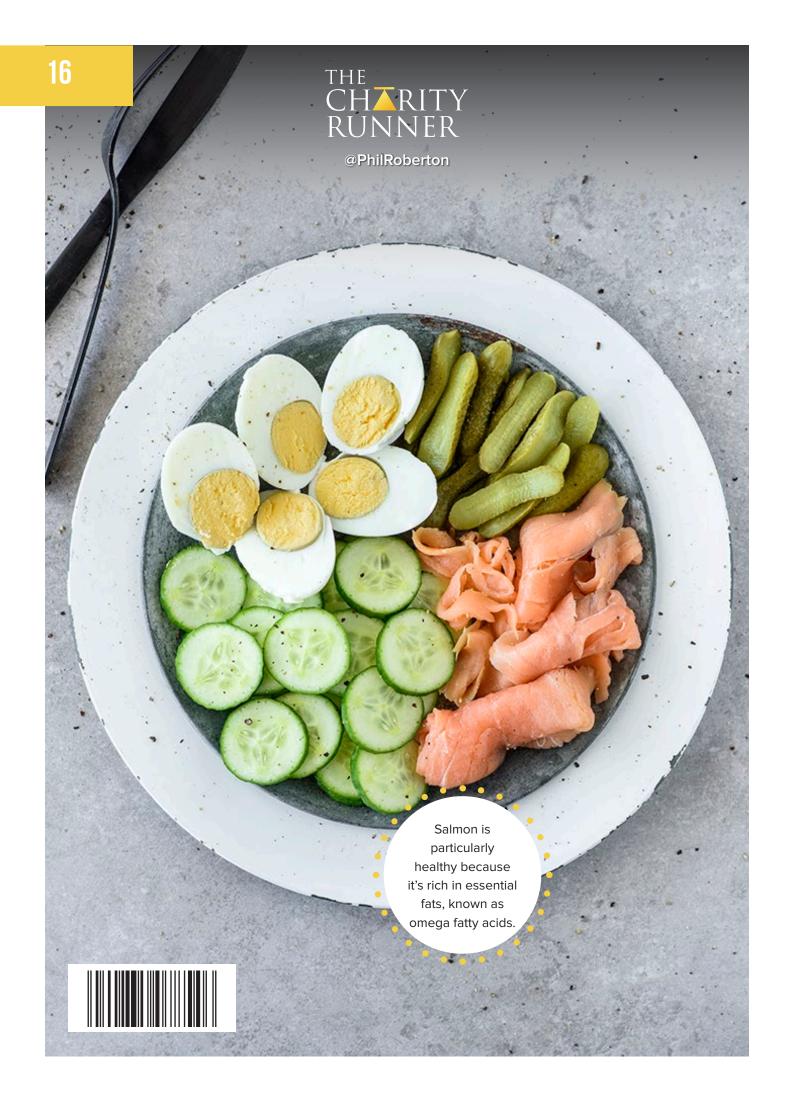
Heat butter in a medium-sized fry pan. Add corn and cook for 7-8 minutes. Add garlic and cook for another 2 minutes.

Remove from heat and stir through jalapenos, feta, coriander salt & cracked pepper.

Meanwhile, toast your bread and spread hummus evenly on each slice.

Top with corn mix and serve with any extra fresh coriander.

MACROS PER PORTION				
CALORIES	380	PROTEIN	12	
CARBS	56	FATS	12	
FIBRE	9			



SCANDI BREAKFAST

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

4 eggs

200g smoked salmon

1 cucumber, sliced into coins

4 dill pickles, sliced lengthways

INSTRUCTIONS

Start by boiling the eggs. Place the eggs in a saucepan, cover with cold water and bring to a boil. Once boiling, reduce to a simmer and cook for 5 minutes. (this will give you a slightly squidgy yolk). Once cooked, shell and cut each egg in half.

Meanwhile prepare your smoked salmon by rolling each slice into a cigar.

Prepare all ingredients on a shared serving platter or on two plates.

Option: serve with pumpernickel bread

MACROS PER PORTION				
CALORIES	380	PROTEIN	36	
CARBS	5	FATS	24	
FIBRE	1			







COURGETTE CAKES

SERVES: 3

TOTAL TIME: 25 MINUTES



INGREDIENTS

450g courgette, thinly grated

3 eggs

150g cornmeal

1 tbsp lemon, juiced

15g parsley

Salt & cracked pepper

60g feta

INSTRUCTIONS

Firstly, use a food processor or manually grate the courgette into a large bowl.

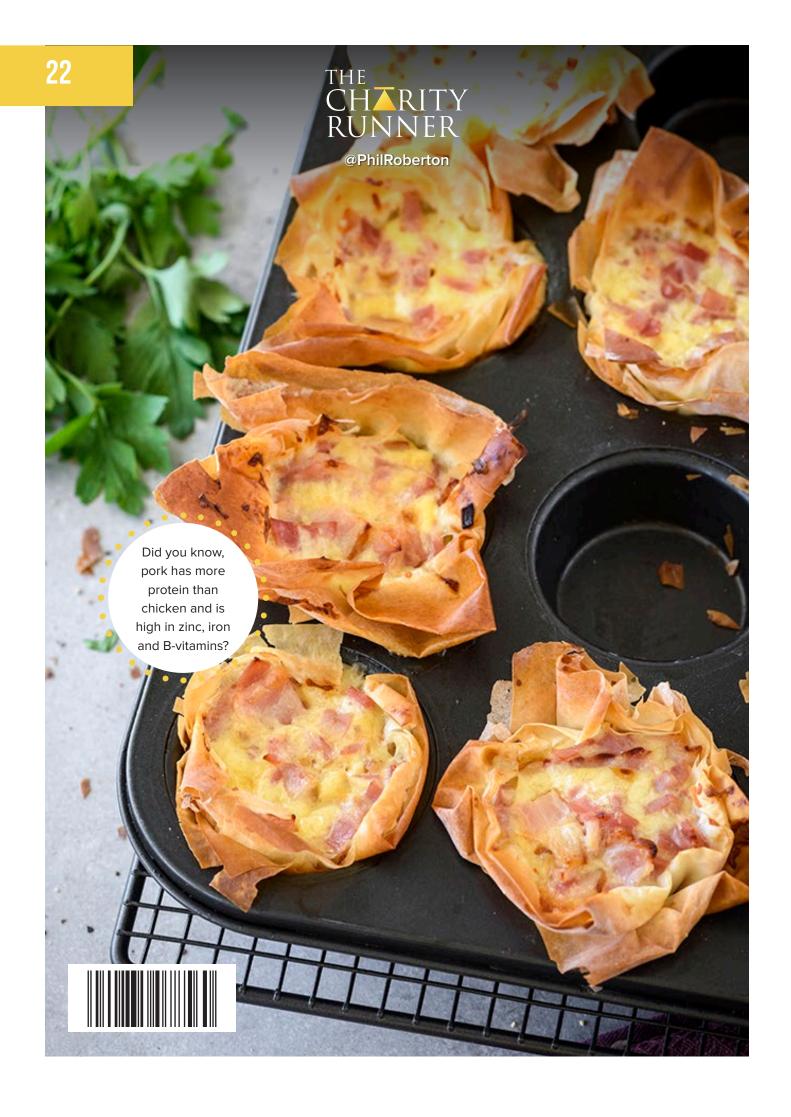
Add all other ingredients (except olive oil) and mix to combine.

Bring a frying pan to medium heat and add a little olive oil. Cook cakes 2-3 at a time. (use a spoon to transfer batter to the pan and flatten each one with the back of the spoon). When one batch is cooked, set aside under some foil to keep warm.

Cook for 3-4 minutes before gently flipping with a spatula and cooking for another 3-4 minutes.

Transfer to serving plates, top with feta and extra fresh parsley.

MACROS PER PORTION				
CALORIES	348	PROTEIN	15	
CARBS	45	FATS	12	
FIBRE	4			



THREE PORK QUICHES

SERVES: 7

TOTAL TIME: 25 MINUTES

INGREDIENTS

15 mini filo pastry cups

30g ham, diced

1 pork sausage, cooked and crumbled

2 rashers bacon, cooked and diced

1/2 brown onion, diced

60g cheddar cheese, grated

2 eggs

1 tbsp milk

2 tsp dried parsley

Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with baking paper and spread mini filo pastry cups out on the tray evenly.

Mix ham, sausage, bacon, onion and cheese together and divide evenly into the filo cups.

Next, crack your eggs into a small bowl, add milk, parsley salt & cracked pepper and whisk. Pour the whisked egg mixture into the filo cups.

Place in the oven and cook for about 8 minutes or until the egg is fully cooked.

MACROS PER PORTION				
CALORIES	236	PROTEIN	13	
CARBS	10	FATS	16	
FIBRE	0			



HOMEMADE HUMMUS

SERVES: 5

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 x (400g) tin chickpeas

120ml tahini

2 cloves garlic

1 tbsp olive oil

60ml lemon juice

60ml water

1 tsp **cumin**

INSTRUCTIONS

Add all ingredients to a food processor or blender and blend for 1-2 minutes or until smooth and creamy.

Serve with chopped carrot, celery and cucumber sticks or pitta bread.

MACROS PER PORTION				
CALORIES	267	PROTEIN	11	
CARBS	13	FATS	19	
FIBRE	5			



COCONUT CASHEW BUTTER

SERVES: 10

TOTAL TIME: 5 MINUTES

INGREDIENTS

300g salted cashews

50g coconut flakes

2 tbsp maple syrup

2 tbsp coconut oil

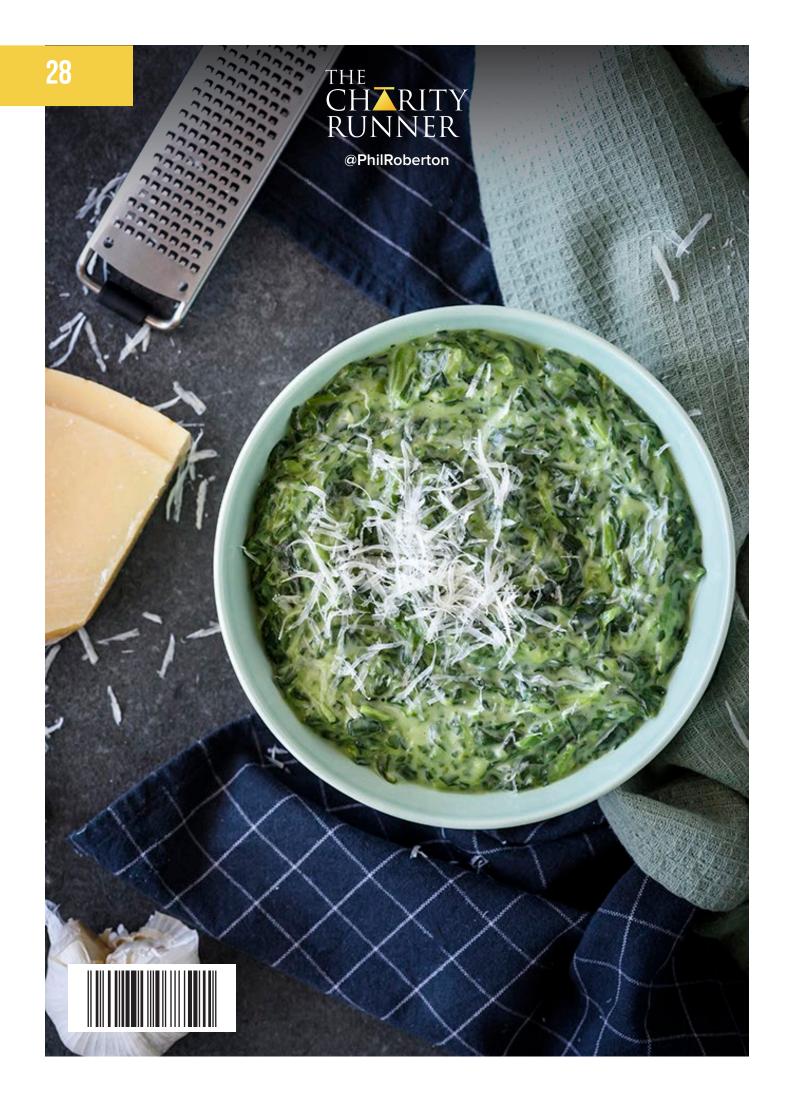
Sprinkle sea salt flakes for serving, optional

INSTRUCTIONS

Add all ingredients to your food processor or blender and blend for 1 minutes. Scrape down the sides so everything is touching the blades and blend for an additional 1 minutes.

Sprinkle with sea salt flakes.

MACROS PER PORTION				
CALORIES	238	PROTEIN	6	
CARBS	13	FATS	18	
FIBRE	0			



CREAMY SPINACH

SERVES: 3

TOTAL TIME: 15 MINUTES



INGREDIENTS

280g baby spinach

1/2 brown onion, diced

1 tbsp **butter**

1 clove garlic

60ml milk

40ml heavy cream

1 tbsp flour

1 tsp nutmeg

Salt & cracked pepper

60g parmesan

INSTRUCTIONS

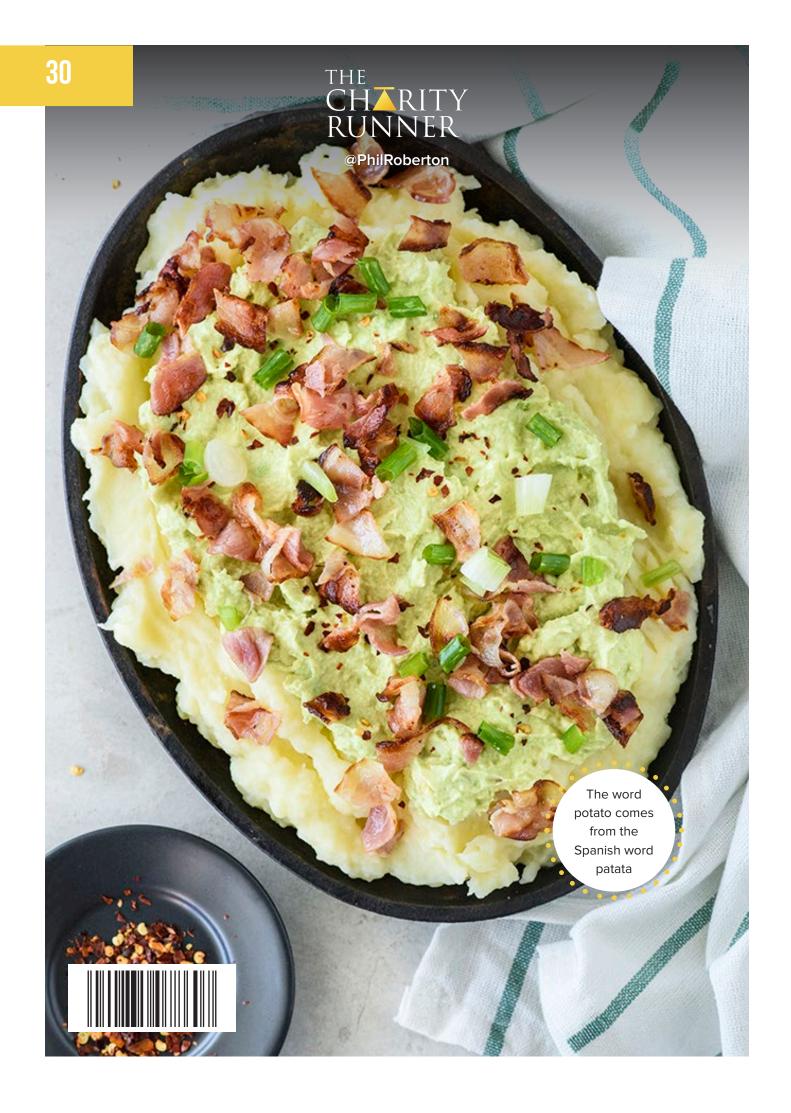
Bring a large pot of salted water to boil and cook spinach for about 30 seconds. Drain and place in a bowl of iced water to cool it down. Once cold, drain and use your hands to squeeze out as much excess water from the spinach as you can.

Bring a medium-large frying pan to medium heat, add butter and onion and cook for 3-4 minutes or until onion is soft. Add the garlic and heat for another 1 minute before adding milk, cream, flour, nutmeg, salt & cracked pepper.

Once thickened slightly, add the spinach and parmesan and stir to combine.

Feel free to add extra parmesan when serving.

MACROS PER PORTION				
CALORIES	263	PROTEIN	16	
CARBS	16	FATS	15	
FIBRE	8			



LOADED MASHED POTATO

SERVES: 3

TOTAL TIME: 30 MINUTES



INGREDIENTS

3 rashers bacon, cooked and crumbled

700g potatoes, chopped

60g butter

60ml milk

1 avocado, mashed

1 clove garlic, minced

1 tsp chilli flakes

1 tbsp green onions, chopped

INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with foil, place bacon rashers on the tray and cook for 15-20 minutes or until crispy.

Place potatoes in a large pot of salted water. Bring to a boil and cook for 15-18 minutes, or until the potatoes have softened and can be easily pierced with a fork.

Meanwhile, melt butter with milk, either in the microwave or on the stove.

Once cooked, drain, return to the pot and mash. Pour butter and milk over the potatoes and stir through until nice and creamy. Season well with salt & cracked pepper.

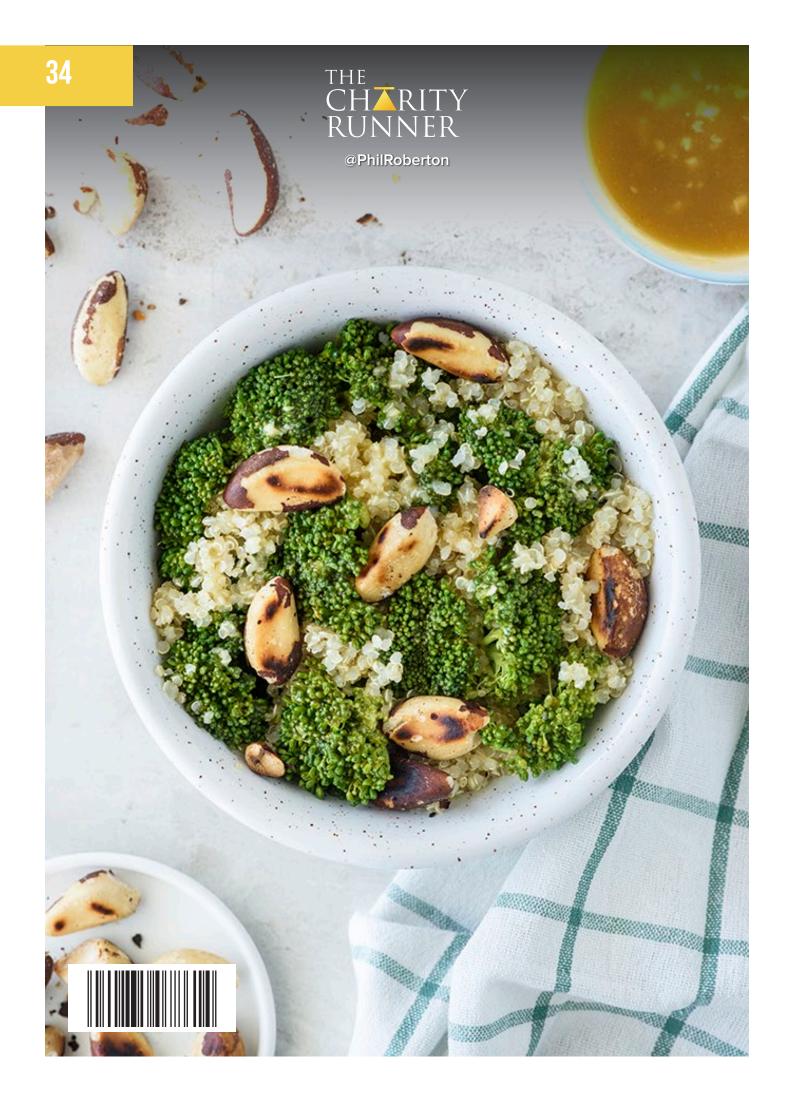
In a separate bowl, mash avocado with garlic and chilli flakes.

Top potato with avocado mash, crumbled bacon and spring onions.

MACROS PER PORTION				
CALORIES	409	PROTEIN	10	
CARBS	27	FATS	29	
FIBRE	8			







BROCCOLI SALAD

SERVES: 6

TOTAL TIME: 25 MINUTES



INGREDIENTS

200g quinoa (uncooked)

60g Brazil nuts, sliced

700g broccoli (2 large or 3 medium heads)

3 tbsp fresh basil, chopped

For the **honey** mustard dressing:

60g Dijon mustard

3 tbsp honey

60ml olive oil

40ml apple cider vinegar

2 tbsp **lemon**, juiced

1 clove garlic, minced

Sea salt & cracked pepper

INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

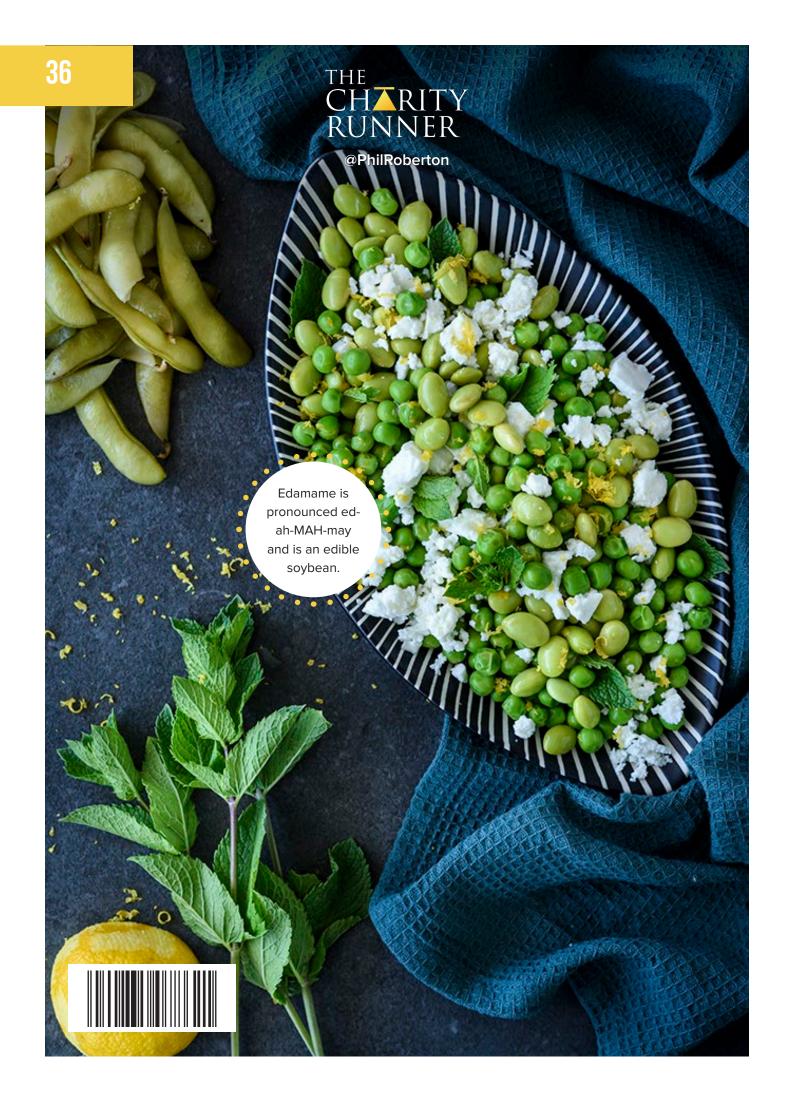
Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater. (Because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss really well to combine.

MACROS PER PORTION					
CALORIES	294	PROTEIN	11		
CARBS	40	FATS	10		
FIBRE	7				



EDAMAME & MINT SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

500g frozen edamame
150g frozen peas
60ml olive oil
1 lemon, finely zested and juiced
1/2 tbsp olive oil

100g **Persian feta**, crumbled

15q mint leaves

INSTRUCTIONS

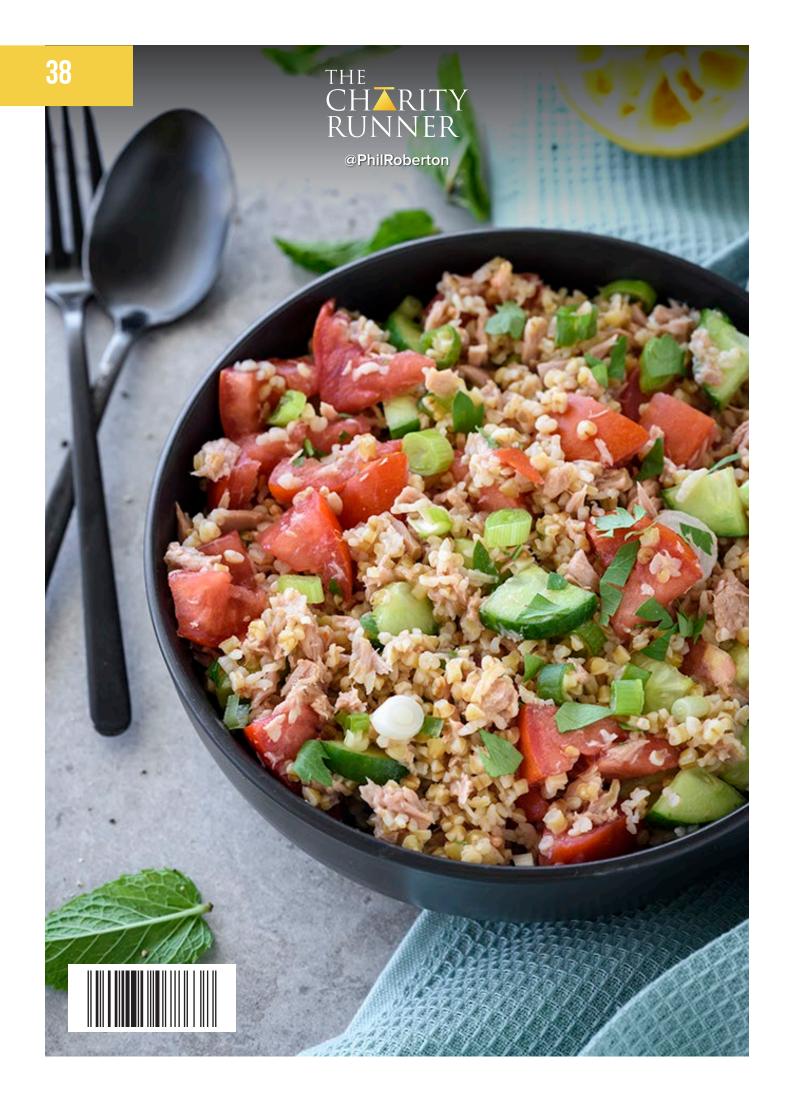
Firstly, bring a pot of salted water to boil, add edamame and peas. Cook for about 4 minutes or until peas are vibrant and bright green. Drain and immediately rinse under cold water before peeling the edamame.

Meanwhile, in a small dish, whisk together the lemon zest, lemon juice and olive oil.

Assemble the edamame and peas on a serving plate, drizzle lemon dressing on top and toss to combine.

Top with torn mint leaves and chunks of Persian fetta.

MACROS PER PORTION				
CALORIES	386	PROTEIN	22	
CARBS	25	FATS	22	
FIBRE	3			



TUNA TABBOULEH

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

125ml olive oil

5 tbsp lemon juice

Salt & cracked pepper

120g extra fine bulgar wheat

4 tomatoes, finely chopped

1 cucumber, finely chopped

2 bunches parsley, finely chopped

15g fresh mint leaves, finely chopped

4 green onions, finely chopped

180g tinned tuna in Springwater, drained

INSTRUCTIONS

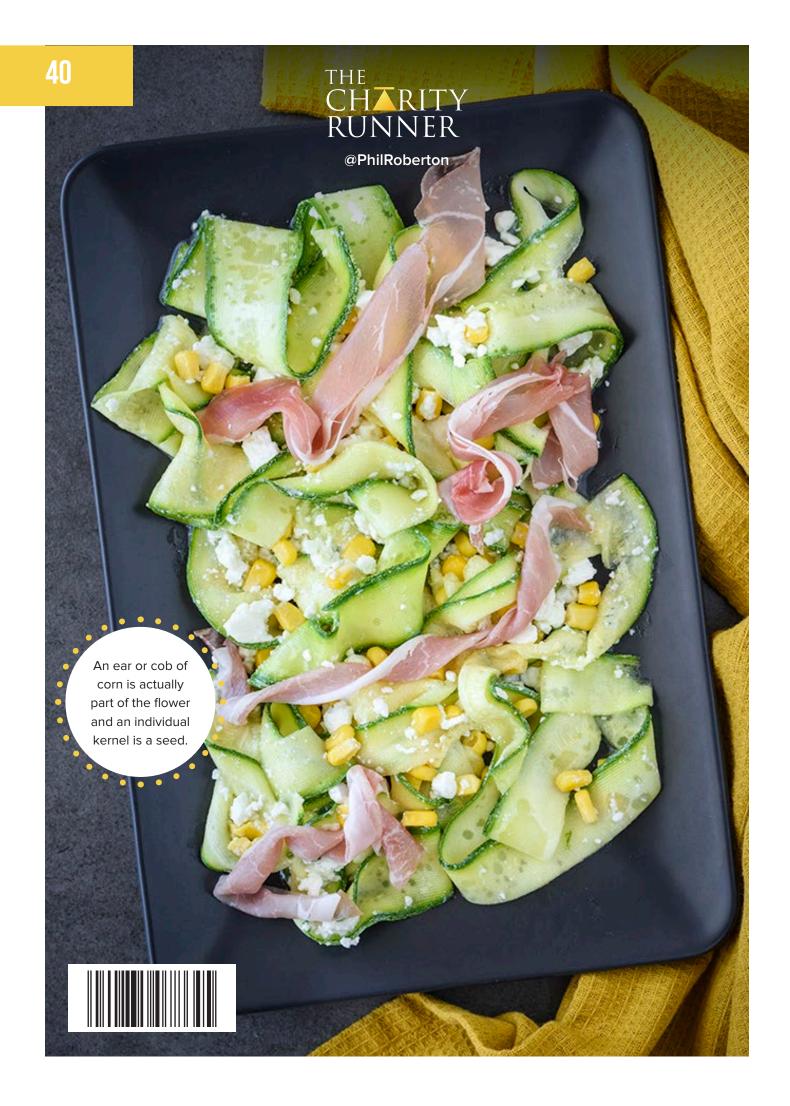
Start by mixing the olive oil, lemon juice, salt & cracked pepper. Set aside.

Next, wash the bulgar wheat and soak it in water for 6 minutes. Make sure you drain it really well and squeeze out any excess water. Pour the bulgar wheat into the bowl with the lemon dressing so it can soak in the flavour.

Once you've chopped all the vegetables and herbs, transfer them, along with the tuna to the bowl with the bulgar wheat and toss really well to combine.

Refrigerate for 30 minutes before serving.

MACROS PER PORTION				
CALORIES	484	PROTEIN	16	
CARBS	33	FATS	32	
FIBRE	7			



PROSCIUTTO, CORN & COURGETTE PLATE

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

1 x (125g) tin corn kernels, drained

1 medium courgette, peeled into ribbons

1 tbsp **olive oil**

1 tbsp lime, juiced

60g Persian fetta

100g **prosciutto**, cut into strips and rolled into cigars

INSTRUCTIONS

Add corn and courgette to a medium sized bowl and toss with olive oil, lime juice, salt & cracked pepper.

Transfer to a serving plate and arrange with prosciutto cigars and chunks of persian feta.

MACROS PER PORTION				
CALORIES	336	PROTEIN	17	
CARBS	13	FATS	24	
FIBRE	3			



EASY ASIAN STIR FRY

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

360g rice (uncooked)

500g Asian frozen stir-fry vegetables

60ml Hoisin sauce

2 tsp chilli flakes

INSTRUCTIONS

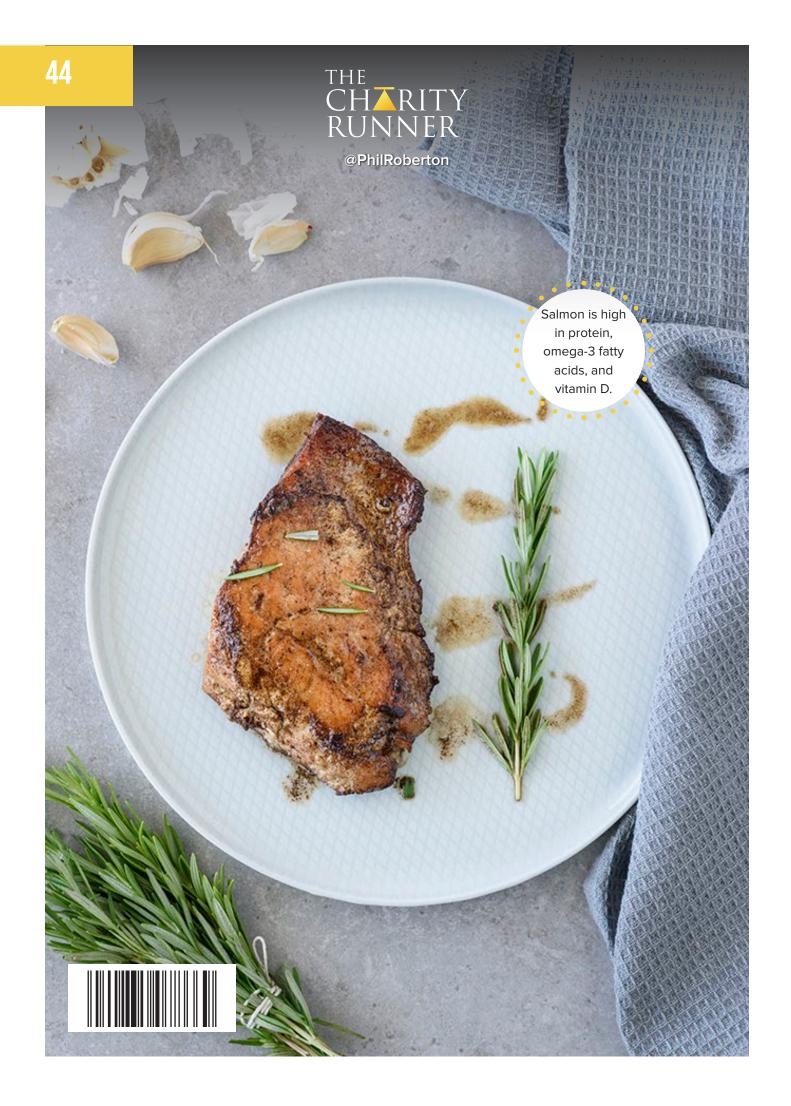
Start by cooking rice according to packet instructions.

Meanwhile, heat 60ml of water in a large wok. Add vegetables and stir fry for 4-5 minutes.

Add the Hoisin sauce and chilli flakes and heat through.

Divide rice between 4 bowls, followed by the vegetables.

MACROS PER PORTION				
CALORIES	396	PROTEIN	8	
CARBS	91	FATS	0	
FIBRE	3			



GARLIC & ROSEMARY SALMON

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

1 tbsp **butter**

2 cloves garlic, minced

1 tbsp **rosemary** (**fresh** or dried)

4 salmon fillets

3 tbsp dry white wine

INSTRUCTIONS

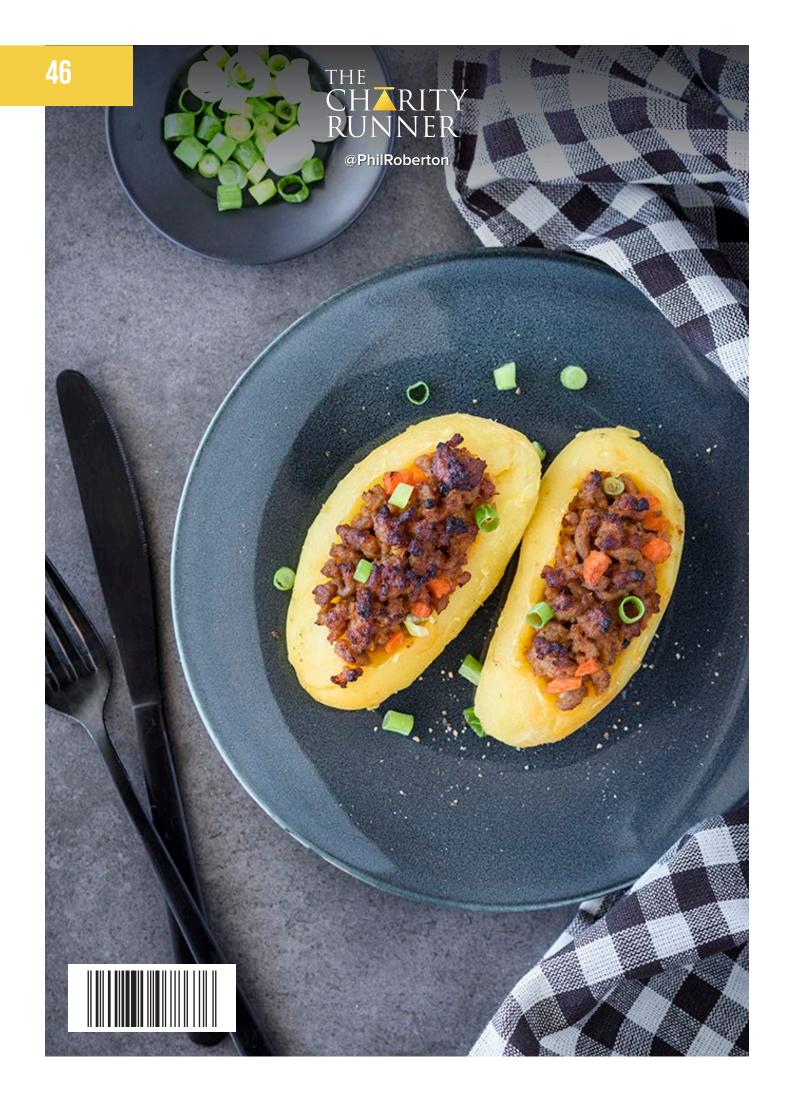
Add butter to a frying pan and bring to medium heat. Add garlic and rosemary and heat for another 1 minute.

Next, add the salmon and cook for 1 minute on each side.

Add the wine, reduce the heat to low, cover with a lid and cook for 5 minutes or until the salmon is cooked to your liking.

Serve with a simple green salad.

MACROS PER PORTION				
CALORIES	366	PROTEIN	34	
CARBS	8	FATS	22	
FIBRE	0			



STUFFED POTATOES

SERVES: 2

TOTAL TIME: 50 MINUTES



INGREDIENTS

2 medium **potatoes**

180g beef mince

1/2 celery stalk, diced

1/2 carrot, diced

150ml beef stock

2 tbsp sun-dried tomato paste

1 tsp cornflour

1 tbsp green onions, diced

INSTRUCTIONS

Firstly, preheat oven to 200c/395f/Gas 6. Wrap the potatoes in foil and bake for 15-20 minutes or until easily pierced with a skewer.

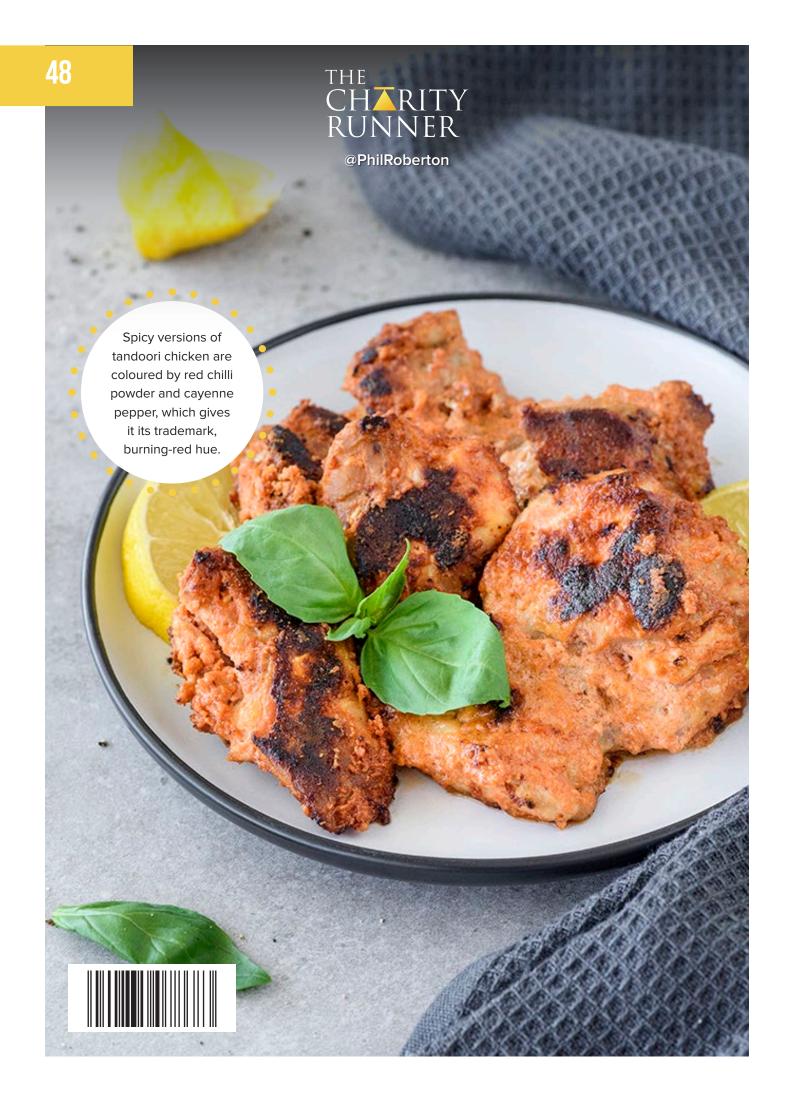
Place beef mince, carrot, celery, stock and sun-dried tomato paste in a saucepan and bring to the boil. Reduce heat, cover and cook for 20-25 minutes, stirring regularly.

Mix the cornflour with a little water, stir through the beef and cook for 1 more minute.

Scoop out the flesh of the potatoes leaving a hole for the filing. Mix potato with beef mixture and then return to potatoes.

Season with salt & pepper and garnish with green onions.

MACROS PER PORTION				
CALORIES	366	PROTEIN	24	
CARBS	36	FATS	14	
FIBRE	5			



TANDOORI CHICKEN

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

8 chicken thighs 200ml natural yoghurt 3 tbsp Tandoori paste 1/2 lemon, juiced Salt & cracked pepper

INSTRUCTIONS

In a large bowl, mix together the yoghurt, Tandoori paste, lemon juice salt & cracked pepper. Set aside.

Pat the chicken thighs dry with some paper towel. Use a sharp knife to make a couple of slices in the thickest part of each thigh. (This will allow the marinade to sink in).

Place the chicken in the Tandoori sauce and allow it to marinate in the fridge for at least 1 hour.

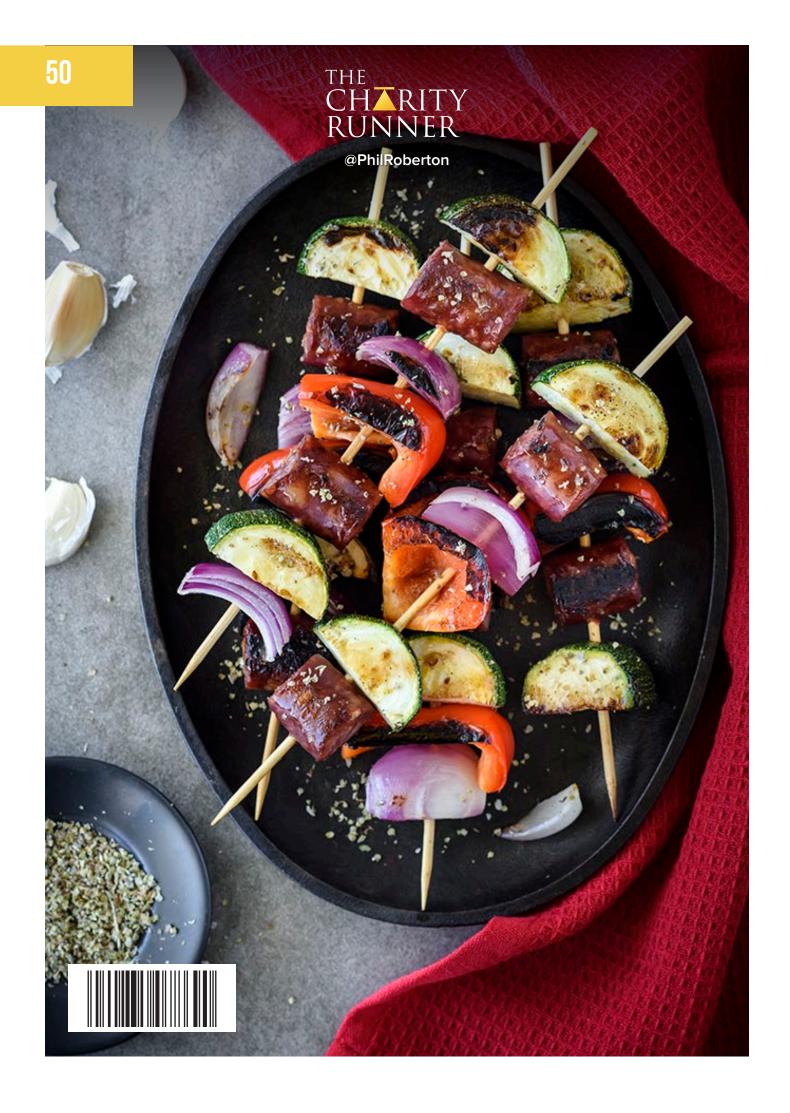
Preheat the oven to 200c/395f/Gas 6. Line a baking tray with baking paper.

Next, heat the grill. Brown the skin of the chicken on each side of each piece for 2-3 minutes. Basting with any extra marinade as you go.

Transfer chicken to the baking tray and cook for 10-15 minutes or until the chicken is cooked through and the juices are clear.

Once cooked, transfer to a warm dish, cover with foil and let rest for 5-10 minutes before serving.

MACROS PER PORTION				
CALORIES	437	PROTEIN	38	
CARBS	6	FATS	29	
FIBRE	4			



MEDITERRANEAN LAMB SKEWERS

SERVES:

TOTAL TIME: 30 MINUTES (PLUS 30 MINUTES FOR MARINATING)



INGREDIENTS

400g lamb sausages, cut into 2cm pieces

2 red onions, cut into wedges

2 red bell peppers, cut into 2cm pieces

1 courgette, cut into 2cm pieces

2 garlic cloves, minced

1/2 tbsp oregano

2 tbsp olive oil

INSTRUCTIONS

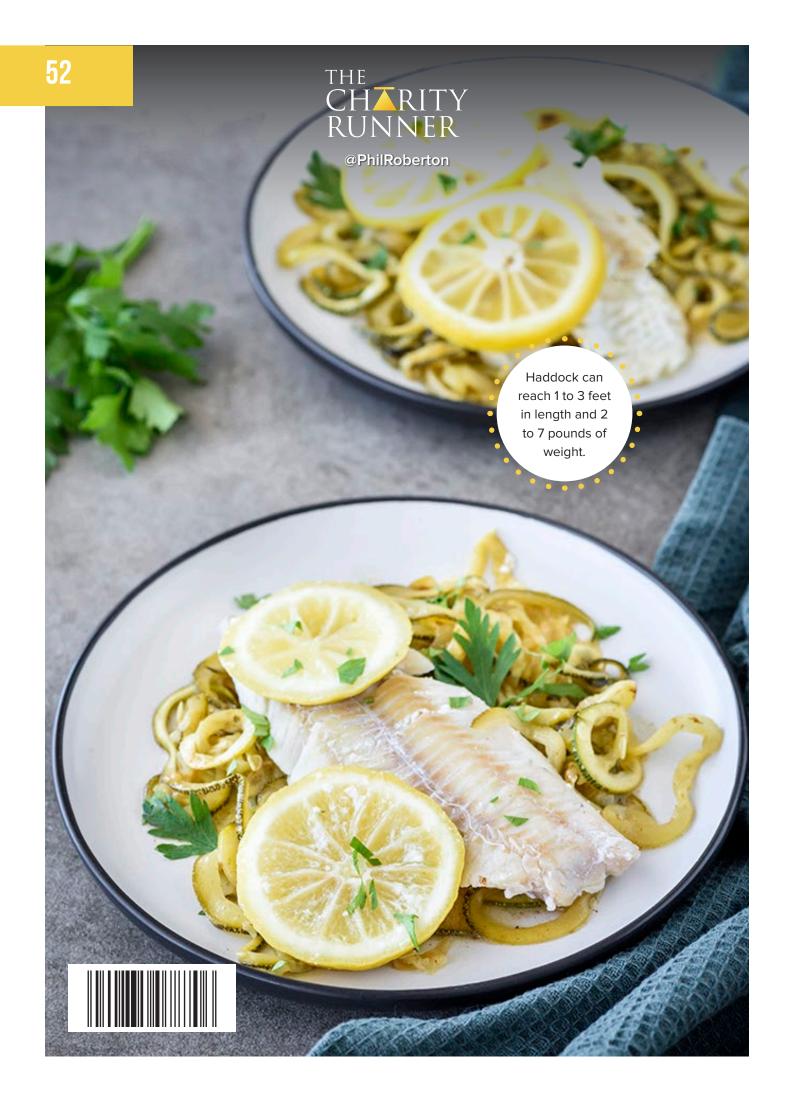
Start by threading the lamb, onion, bell pepper and courgette onto 12 skewers and place on a long plate or shallow dish.

Mix together the garlic, oregano and olive oil. Pour over the skewers and place them in the fridge to marinate for

Bring a grill plate to high heat and cook skewers for about 10 minutes, or until cooked to your liking, making sure you rotate often to ensure all sides are cooked.

Serve with a simple Greek salad.

MACROS PER PORTION				
CALORIES	351	PROTEIN	18	
CARBS	9	FATS	27	
FIBRE	2			



BAKED HADDOCK WITH COURGETTE NOODLES

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

2 fillets Haddock

4 thin slices lemon

2 tbsp **butter**

1 tbsp fresh parsley, diced

1 clove garlic, minced

2 tbsp lemon juice

60ml white wine

60ml chicken stock

1 tbsp olive oil

2 courgette, spiralised

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Place two slices of lemon on each Haddock fillet and wrap in tin foil. Cook for 20 minutes or until fish is cooked through.

Bring a frying pan to medium heat and add butter, parsley and garlic. Once the butter has melted add the lemon juice, white wine and chicken stock. Season with salt & cracked pepper and allow to simmer for 5 minutes.

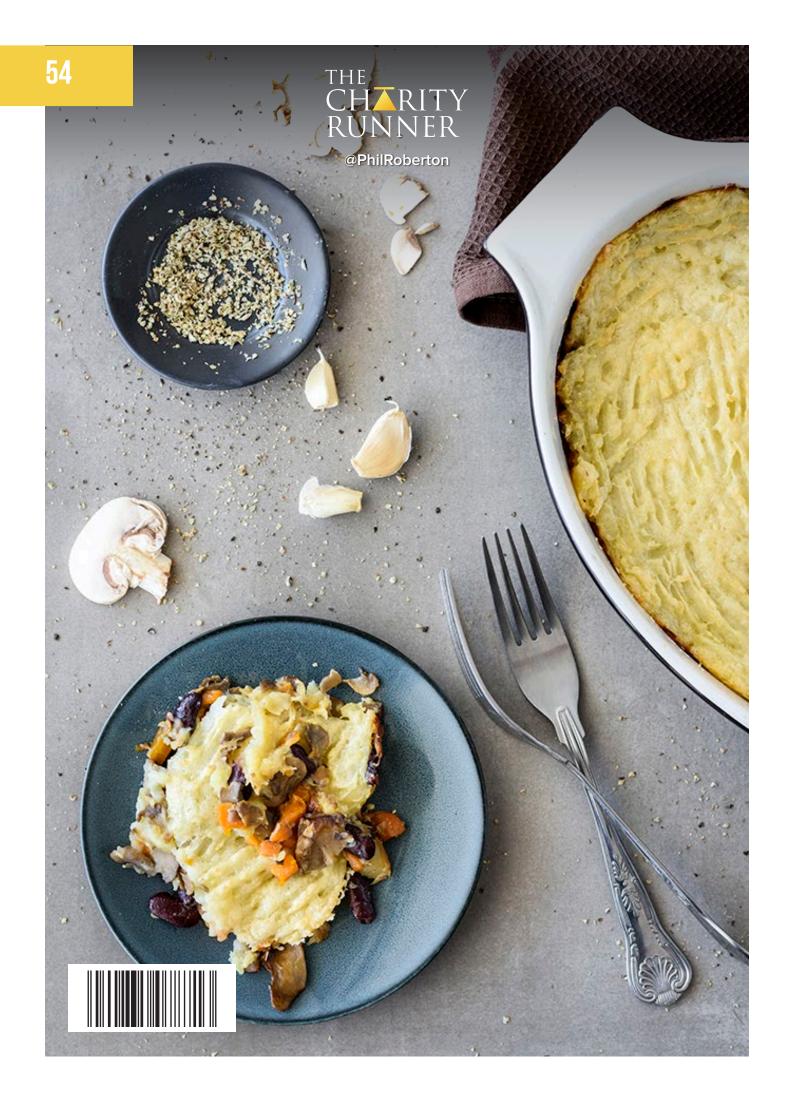
Remove from heat and pour into a jug. (making sure you get all of the sauce from the pan)

Add olive oil to the same pan and bring to medium heat, again. Add the courgette noodles and cook for 3-4 minutes.

Pour the sauce back in the pan, over the courgette noodles and heat through for 2 minutes.

Divide courgette noodles on two plates and top with cooked Haddock.

MACROS PER PORTION				
CALORIES	369	PROTEIN	33	
CARBS	12	FATS	21	
FIBRE	3			



VEGAN COTTAGE PIE

SERVES: 4

TOTAL TIME: 50 MINUTES



INGREDIENTS

1 tbsp olive oil

1 brown onion, diced

1 tsp garlic paste

1 large courgette, diced

2 carrots, diced

250g mushrooms, thinly sliced

1 tbsp oregano

2 x (420g) tin kidney beans, drained and rinsed

1 tbsp vegan Worcestershire sauce

125ml Vegetable Stock

1x (400g) tin chopped tomatoes

2 large potatoes, peeled and chopped

80g vegan cheese

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4.

Heat olive oil in a large frying pan. Add onion, garlic paste, courgette, carrot, mushrooms and oregano. Cook for 5 minutes.

Add the kidney beans and continue to cook for another 5 minutes.

Next, add the Worcestershire sauce, vegetable stock and tinned tomatoes. Allow to simmer for 10-15 minutes while the liquid reduces.

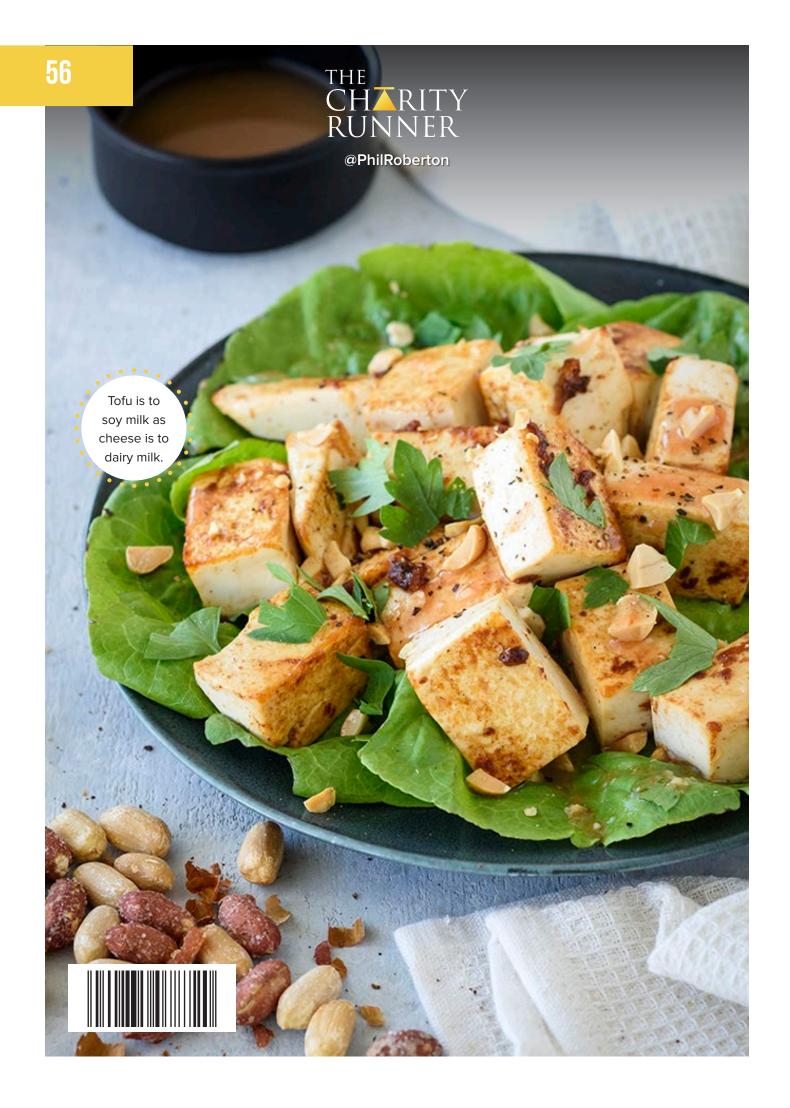
Meanwhile, add chopped potatoes to a saucepan and cover with salted water. Bring water to a boil and cook potatoes for 15-20 minutes or until easily pierced with a fork.

Once potatoes are cooked, drain, return to the saucepan and mash until smooth.

Pour the bean and vegetable mixture into an ovenproof dish and spread mashed potato on top. Sprinkle with cheese and season generously with salt & cracked pepper.

Place in the oven and cook for 15-20 minutes or until cheese has melted.

MACROS PER PORTION				
CALORIES	417	PROTEIN	17	
CARBS	67	FATS	9	
FIBRE	7			



CRISPY TOFU CUPS

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

For the **sauce**:

80g peanut butter

60ml sesame oil

60ml Tamari

60ml rice vinegar

30ml honey

2 tsp sambal oelek (or chilli paste)

1 tbsp lime, juiced

Salt & cracked pepper

For the **tofu** cups:

450g extra firm tofu, cut into 1cm cubes

1 tbsp canola oil

1 Iceberg lettuce, leaves removed for wrapping

For serving:

4 tbsp peanuts, chopped

15g coriander, leaves picked

INSTRUCTIONS

Firstly, make the peanut sauce by adding all ingredients to a blender or food processor and blending until smooth.

Add canola oil to a large frying pan and bring to a medium heat. Add tofu and cook for about 10-12 minutes. Flipping 2-3 times.

Add the peanut sauce and gently stir to coat the tofu pieces. Cook for another 4-5 minutes, then remove from the heat.

Fill the lettuce leaves with the tofu mixture and top with chopped peanuts and fresh coriander.

MACROS PER PORTION				
CALORIES	502	PROTEIN	22	
CARBS	18	FATS	38	
FIBRE	4			



ONE POT VEGO SAUSAGE STEW

SERVES: 6

TOTAL TIME: 40 MINUTES



INGREDIENTS

1 tbsp olive oil

8 vegetarian sausages

1 onion, sliced

2 garlic cloves, minced

1/2 tsp ground cumin

1/2 tsp dried parsley

1 x (400g) tin chopped tomatoes

1 x (400g) tin kidney beans, drained and rinsed

1 x (400g) tin chickpeas, drained and rinsed

1 x (400g) tin sweet corn, drained

INSTRUCTIONS

Start by heating the oil in a large frying pan over medium heat. Add the sausages and cook for 5 minutes, rotating regularly to make sure all sides are cooked. Remove from the pan and set aside.

Add the onion to the same pan and cook for 5 minutes or until soft. Stir through the garlic, cumin and parsley.

Next, add the tomatoes, kidney beans, chickpeas, corn and 250ml boiling water. Bring to a boil before reducing the heat and simmering for 10 minutes.

Place the sausages back in the pan, cover with a lid and cook for another 10 minutes.

Serve immediately.

MACROS PER PORTION				
CALORIES	364	PROTEIN	34	
CARBS	30	FATS	12	
FIBRE	7			



CRISPY KALE & PRAWNS

SERVES: 3

TOTAL TIME: 30 MINUTES



INGREDIENTS

2 cloves garlic, thinly sliced

3 tbsp olive oil

2 tbsp lemon, juiced

Salt & cracked pepper

2 bunches kale, stemmed and leaves torn

250g cherry tomatoes

1 tbsp red curry paste

2 tsp fish sauce

2 tsp ginger, grated

1 tsp olive oil

500g prawns, teeled and tails removed

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Line a baking tray with baking paper.

In a large bowl, mix together the garlic, olive oil, lemon juice, salt & cracked pepper. Transfer kale to the bowl and massage the juices into it for 1-2 minutes.

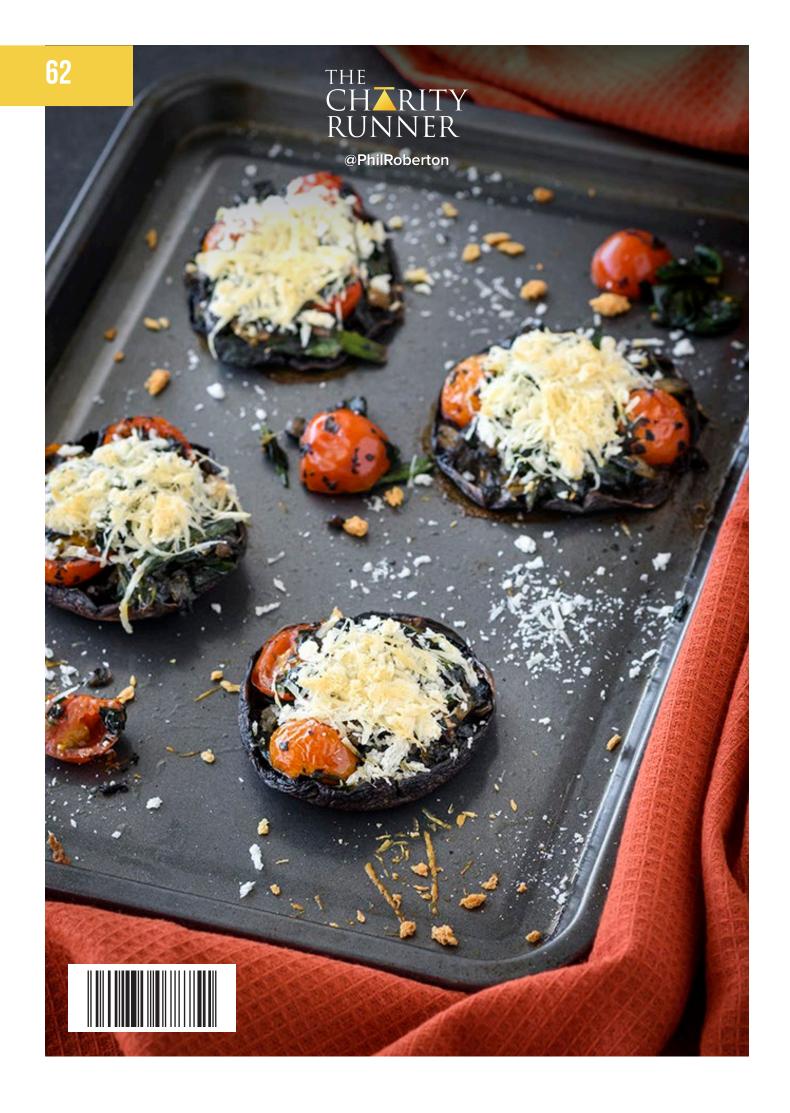
Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.

Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.

Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides

Transfer kale to a large serving platter and spread prawns out on top.

MACROS PER PORTION				
CALORIES	351	PROTEIN	49	
CARBS	23	FATS	7	
FIBRE	5			



VEGAN STUFFED MUSHROOMS

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

3 large mushrooms

2 tsp avocado oil

1 brown onion, diced

1 clove garlic, minced

120g baby spinach, chopped

200g cherry tomatoes, diced

125g bread crumbs

1/2 tbsp basil

1/2 tbsp oregano

1/2 tbsp onion powder

Salt & cracked pepper

3 tbsp vegan parmesan

INSTRUCTIONS

Preheat oven to 165c/325f/Gas 3. Line a baking tray with baking paper. Cut the stems from the mushrooms and place on the tray and brush with a tsp of oil. Cook mushrooms for 10 minutes.

Meanwhile, add the remaining tsp of oil to a frying pan along with onion, garlic and spinach. Cook for 3 minutes before adding the tomatoes and cooking for another 2 minutes.

Remove from the heat and stir in breadcrumbs and herbs.

Spoon the mixture into the mushrooms, top with vegan cheese, then place them back in the oven to cook for another 10-15 minutes or until the cheese has melted.

MACROS PER PORTION				
CALORIES	423	PROTEIN	21	
CARBS	60	FATS	11	
FIBRE	13			







STICKY DATE PUDDING

SERVES: 4

TOTAL TIME: 90 MINUTES



INGREDIENTS

150g pitted dates 120ml honey

2 tsp vanilla extract

2 eaas

75g self-raising flour

1/2 tsp **salt**

INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4. Grease your ramekins with a little butter or olive oil cooking spray.

Place the dates and 150ml water in a pan and simmer for 5 minutes. Transfer the dates and water to a food processor or high speed blender, add the honey and vanilla extract and blend until smooth.

Next, seperate the egg yolks from the egg whites, keeping both.

Pour the mixture into a large bowl and mix in the egg yolks, followed by the flour and salt.

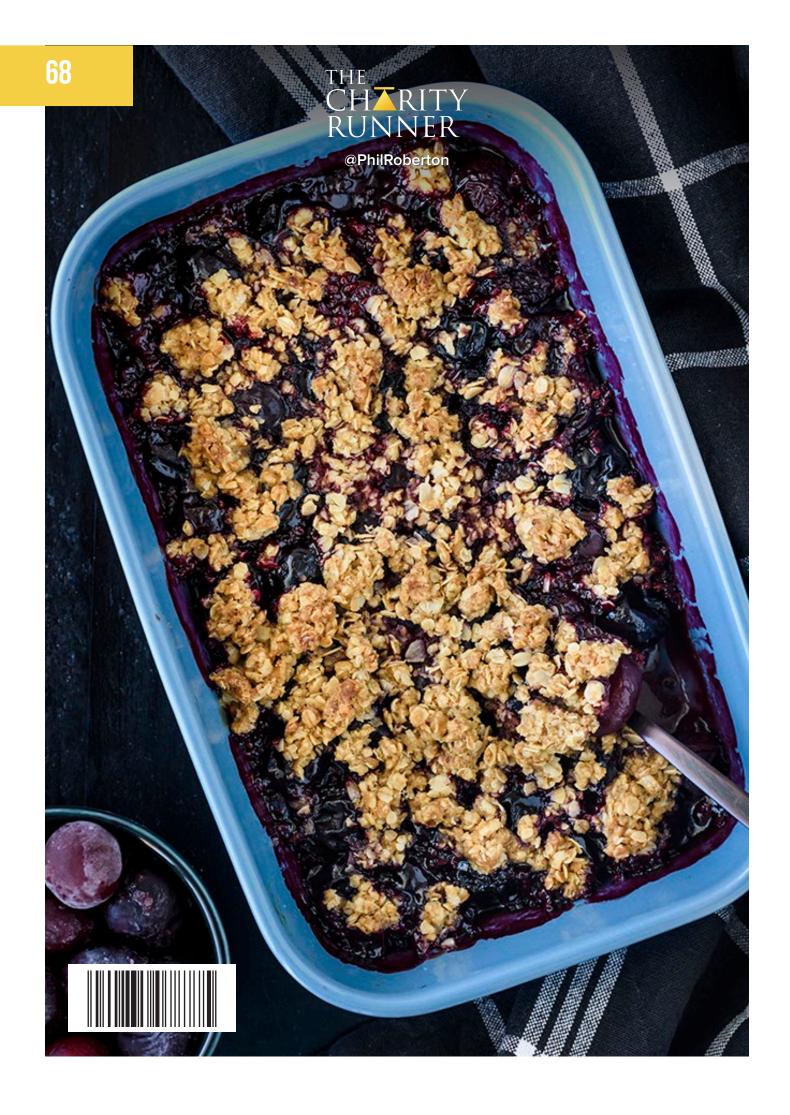
In a separate bowl, whisk the egg whites until stiff, then fold into the rest of the ingredients.

Pour the mixture into the ramekins and place a little piece of foil tightly on top of each.

Transfer the remekins to an ovenproof dish and fill the dish with water, halfway up the height of the ramekins.

Cook for 45-55 minutes, or until a skewer comes out dry.

MACROS PER PORTION				
CALORIES	227	PROTEIN	6	
CARBS	44	FATS	3	
FIBRE	2			



BERRY CRUMBLE

SERVES: 1

TOTAL TIME: 1 HOUR



INGREDIENTS

100g frozen mixed berries

1/2 tbsp lemon juice

For the Crumble:

25g old fashioned rolled oats

1/2 tbsp coconut sugar

1 tbsp **flour**

1/2 tbsp **butter**, cut into 1cm cubes

INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4.

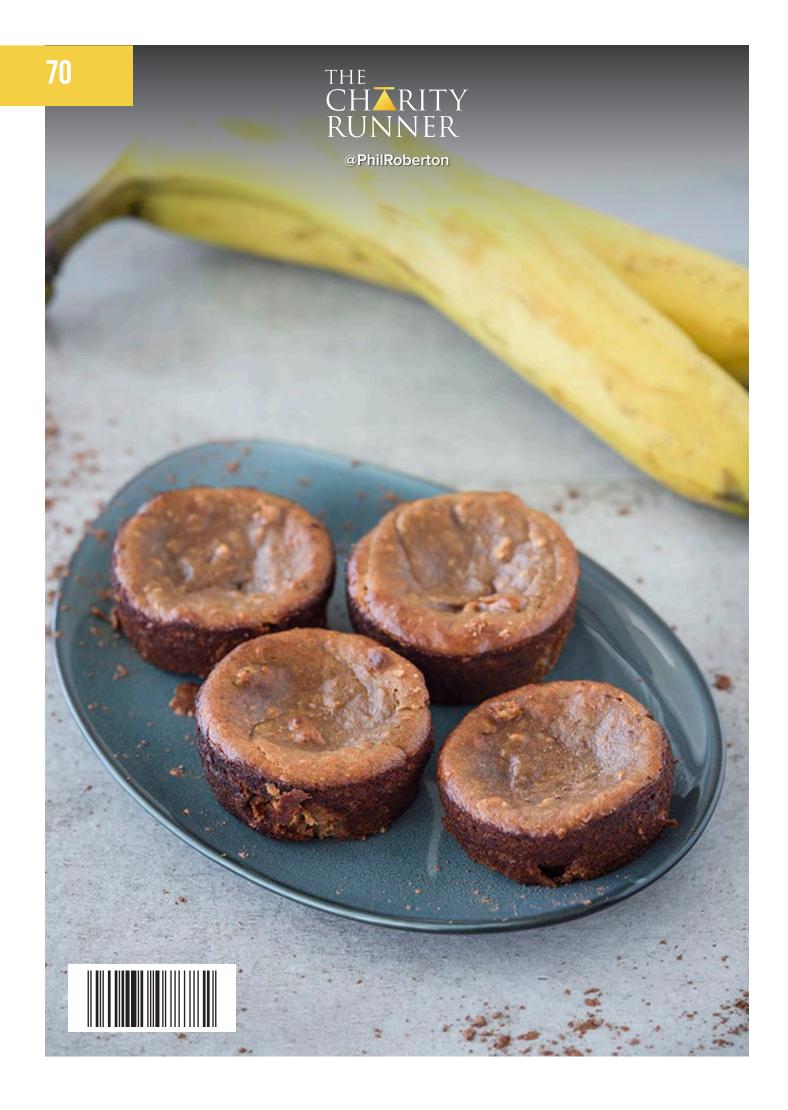
Mix the berries and lemon together in a small bowl and pour into a ramekin.

In a separate mixing bowl, make the crumble by combining all ingredients. You can use your hands to pinch the butter and mush it into the oats, until combined.

Pour the crumble on top of the berry mixture.

Cook for 40 minutes or until a skewer comes out hot.

MACROS PER PORTION				
CALORIES	240	PROTEIN	4	
CARBS	38	FATS	8	
FIBRE	2			



PROTEIN BROWNIE BITES

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

250g mashed **banana**

125g nut butter

1 scoop chocolate protein powder (vegan if required)

1 tbsp cacao

1 tbsp maple syrup

INSTRUCTIONS

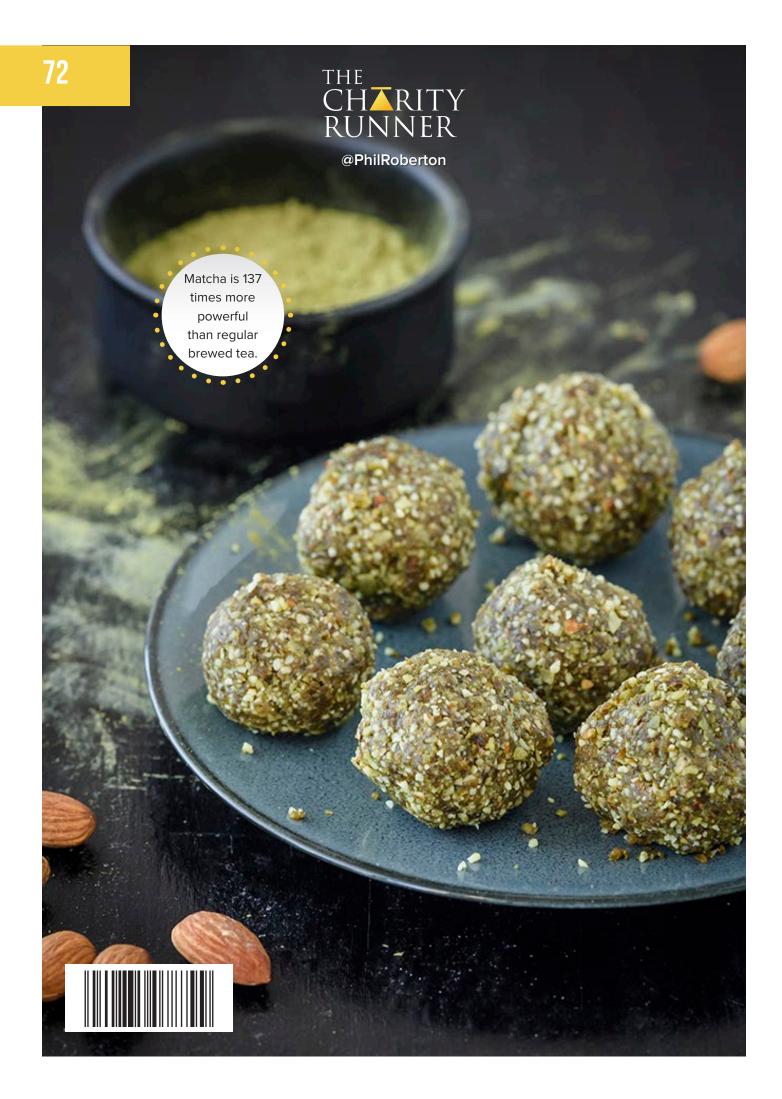
Preheat the oven to 180c/350f/Gas 4. Line a mini muffin tray with with mini muffin liners and lightly spray with olive oil cooking spray.

Next, blend all ingredients in a food processor or blender.

Pour the brownie mixture into the muffin tins and place in the oven for 13 minutes or until a skewer comes out clean.

Keep in the refrigerator or freezer.

MACROS PER PORTION				
CALORIES	217	PROTEIN	10	
CARBS	15	FATS	13	
FIBRE	2			



MATCHA BALLS

SERVES: 12

TOTAL TIME: 10 MINUTES

INGREDIENTS

160g almonds

20g shredded coconut

1/2 tbsp vanilla extract

2 tbsp matcha

Sea salt flakes

350g pitted dates

INSTRUCTIONS

Place the almonds, coconut, vanilla, matcha and salt flakes in a blender and blitz until roughly chopped.

Next, add the dates and blend until combined.

Roll the mixture into 12 balls and place in the refrigerator for 30 minutes before serving.

MACROS PER PORTION			
CALORIES	159	PROTEIN	3
CARBS	21	FATS	7
FIBRE	4		

