

The background of the entire image is a dark, moody photograph of a meal. In the foreground, a large dark bowl is filled with a dish that appears to be ravioli or dumplings in a light-colored sauce, garnished with fresh green herbs. In the upper left corner, a smaller dark bowl contains a pile of chopped, toasted nuts. The overall lighting is low, creating a sophisticated and intimate atmosphere.

# THE CH<sup>▲</sup>ARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

# THE CHARITY RUNNER

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"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 Robertson*

**Phil Robertson**

Coach





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## 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

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<b>V</b>	VEGETARIAN
<b>VE</b>	VEGAN
<b>DF</b>	DAIRY FREE
<b>GF</b>	GLUTEN FREE
<b>N</b>	CONTAINS NUTS
<b>Q</b>	QUICK

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Bacon has been called the food most likely to convince vegetarians to eat meat.



# BREAKFAST SANDWICH

SERVES: 1

TOTAL TIME: 20 MINUTES

GF

## INGREDIENTS

2 rashers bacon  
2 slices brown bread (gluten free if required)  
1/2 tomato, sliced  
1/2 avocado, sliced  
1 slice cheddar cheese  
2 tsp tomato sauce

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper. Lay bacon on the tray and cook for 15-20 minutes or until crispy.

Meanwhile, toast your bread and layer it with tomato, avocado, cheese and tomato sauce.

Top with bacon and eat it while it's hot!

## MACROS PER PORTION

CALORIES	482	PROTEIN	25
CARBS	37	FATS	26
FIBRE	14		



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# BREAKFAST MEATBALLS

SERVES: 2

TOTAL TIME: 45 MINUTES

GF DF

## INGREDIENTS

200g sweet potato, peeled and chopped into small chunks

1/2 brown onion, diced

300g ground pork

80g mushrooms, chopped

1/2 tsp dried sage

1/2 tsp dried rosemary

Sea salt & cracked pepper

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with non-stick aluminium foil.

Start by placing sweet potato in a microwave safe bowl with 1-2cm water. Nuke the sweet potato in 1 minute increments until it's soft enough to mash.

Next, mix the sweet potato together with the pork, onion, mushrooms and fresh herbs. Season well with salt & cracked pepper.

Roll the mixture into 8 meatballs and cook for 12-13 minutes on each side or until cooked through. Lastly turn the oven to grill and cook for an additional 2 minutes to create a golden brown colour.

## MACROS PER PORTION

CALORIES	384	PROTEIN	16
CARBS	17	FATS	28
FIBRE	3		







# ASPARAGUS & RICOTTA OMELETTE

SERVES: 2

TOTAL TIME: 30 MINUTES

GF V

## INGREDIENTS

6 egg whites  
2 tsp olive oil  
8 spears asparagus, thinly sliced  
1 tbsp spring onion, thinly sliced  
60ml milk  
60g ricotta

## INSTRUCTIONS

Start by preheating the grill.

Heat the olive oil in a medium-large frying pan over medium heat. Add half the asparagus and spring onion and cook for 2-3 minutes.

Meanwhile, whisk the egg and milk together and season with salt & pepper.

Pour half the egg over the asparagus and spring onions and cook for another 2-3 minutes.

Top the omelette with ricotta and cook under the grill for 2 minutes. Remove from the pan and keep warm while you cook the next one.

Season with salt & cracked pepper and serve immediately.

## MACROS PER PORTION

CALORIES	177	PROTEIN	16
CARBS	8	FATS	9
FIBRE	1		





# STRAWBERRY CHIA POT

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS 8  
HOURS REFRIGERATION)

GF V VE DF

## INGREDIENTS

180g frozen strawberries, thawed  
125ml almond milk  
80g coconut yoghurt  
1/2 tsp vanilla extract  
2 tsp honey (or maple syrup)  
45g chia seeds

## INSTRUCTIONS

Place strawberries, milk, yogurt, vanilla extract, and honey in a blender and blitz.


Add chia seeds and stir well.

Refrigerate overnight or for at least 8 hours.

### MACROS PER PORTION

CALORIES	500	PROTEIN	12
CARBS	59	FATS	24
FIBRE	24		





You can sometimes find fresh, in the pod cannellini beans at farmers' markets. But it's more common to eat and cook with canned or dried beans.





# SPICY BEANS & EGGS

SERVES: 2

TOTAL TIME: 30 MINUTES

GF V DF

## INGREDIENTS

2 tsp olive oil  
2 cloves of garlic, minced  
1/2 tsp chilli flakes  
1 x (400g) cannellini beans, rinsed & drained  
1 x (400g) chopped tomatoes  
1/2 tsp ground paprika  
1/2 tsp maple syrup  
Salt & cracked pepper  
4 eggs

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

In a medium oven-proof frying pan, add olive oil, garlic and chilli flakes. Saute for 1-2 minutes.

Add the beans, chopped tomatoes, paprika and maple syrup, stir well, cover and simmer on low-medium heat for 10-15 minutes or until the sauce has thickened.

Use a spoon to make indents and then crack the eggs into the spaces. Season with salt & cracked pepper.

Place the frying pan under the grill for 5-6 minutes or until the eggs are cooked to your liking.

## MACROS PER PORTION

CALORIES	463	PROTEIN	36
CARBS	46	FATS	15
FIBRE	12		







# CHICKPEA BREAKFAST RATATOUILLE

SERVES: 4

TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

2 tsp olive oil  
1 brown onion, diced  
1 clove garlic, minced  
1 x (400g) tin chopped tomatoes  
1 aubergine, cut into cubes  
1 courgette, cut into cubes  
1 tsp dried oregano  
1 x (400g) butter beans  
125ml vegetable stock  
4 slices crusty bread (gluten free if required)

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4.

Add oil to an ovenproof frying pan and bring to medium heat. Add the onion and cook for about 5 minutes before adding the garlic and cooking for an additional 1 minute.

Add the tinned tomatoes and aubergine. Cook, stirring often for 5-7 minutes.

Add the courgette, oregano, butter beans and stock.

Cook for 20-25 minutes.

Serve with crusty bread.

## MACROS PER PORTION

CALORIES	480	PROTEIN	56
CARBS	55	FATS	4
FIBRE	8		

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Cranberries are  
a very good  
source of vitamin  
C, dietary fiber,  
and manganese.





# BREKKIE BAR

SERVES: 12

TOTAL TIME: 30 MINUTES



## INGREDIENTS

- 400g muesli
- 45g dried cranberries
- 45g dried apricots
- 25g rice puffs
- 35g flour
- 175g unsalted butter
- 80ml golden syrup
- 25g coconut sugar
- 1 egg, lightly beaten

## INSTRUCTIONS

Preheat oven to 160°C/350°F/gas 4.

Grease a 20cm x 30cm pan with butter or olive oil cooking spray, and line the bottoms and sides with baking paper.

Place the muesli, cranberries and apricots in a food processor and blitz until finely chopped.

Transfer to a large bowl, add the rice puffs and flour, and stir to combine.

Next, place the butter, golden syrup and coconut sugar in a saucepan and stir constantly over medium heat for about 3 minutes, or until butter has fully melted.

Add the beaten egg to the muesli mixture, followed by the melted butter and stir to combine. Spoon into the prepared pan and press down evenly.

Cook for 20-25 minutes or until the top has become golden. Allow to cool before removing from the pan.

Cut into bars and serve or keep in the freezer.

### MACROS PER PORTION

CALORIES	320	PROTEIN	6
CARBS	38	FATS	16
FIBRE	4		













# EASY TOSSED SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

GF V

## INGREDIENTS

For the dressing:

1/2 avocado

2 tbsp fresh flat-leaf parsley

1 1/2 tbsp fresh dill

2 tbsp lime juice, plus 1 tsp lime zest

1 1/2 tbsp avocado oil

Salt & cracked pepper

For the salad:

1/2 red onion, thinly sliced

1 large Romaine lettuce, leaves torn

3/4 Lebanese cucumber, sliced

2 tomatoes, chopped

To serve:

80g Parmesan cheese

## INSTRUCTIONS

Add all dressing ingredients to a food processor or blender and blitz to combine.

Prepare the salad ingredients in a large bowl and pour dressing all over.

Toss really well to combine. Sprinkle with Parmesan cheese before serving.

## MACROS PER PORTION

CALORIES	214	PROTEIN	8
CARBS	14	FATS	14
FIBRE	4		

Research suggests that jalapeños and other spicy peppers may promote weight loss by boosting metabolism, increasing fat burn and reducing appetite.





# LEMON AND JALAPEÑO POTATO SALAD

SERVES: 5

TOTAL TIME: 60 MINUTES

GF V VE DF

## INGREDIENTS

1kg baby potatoes, cut in quarters  
2 tbsp olive oil, divided  
Sea salt & cracked pepper  
2 tbsp jalapeños, diced  
1 tbsp lemon juice, 1 tsp lemon zest  
1/2 tbsp honey (or maple syrup)  
2 stalks spring onion, thinly sliced

## INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper. Spread potatoes evenly across the tray (don't overcrowd) and toss in 1 tbsp olive oil, salt & cracked pepper. Cook for 25-30 minutes or until potatoes are cooked through and golden.

Meanwhile, mix the remaining tbsp of olive oil with the jalapeños, lemon juice & zest and honey.

Allow potatoes to cool, transfer to a large bowl, toss with dressing, sprinkle with spring onions and a little extra salt & cracked pepper.

## MACROS PER PORTION

CALORIES	225	PROTEIN	4
CARBS	41	FATS	5
FIBRE	5		





# BACON & TOMATO SALAD

SERVES: 4

TOTAL TIME: 30 MINUTES

GF

## INGREDIENTS

5 rashers bacon, chopped  
3 tbsp sherry vinegar  
2 tbsp olive oil  
2 tsp Dijon mustard  
100g halloumi cheese, chopped into cubes  
1 tsp olive oil  
500g heirloom tomatoes, cut into wedges  
1 tbsp fresh chives, chopped

## INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper and cook bacon for 20-25 minutes or until very crispy. Once cooked, transfer to a plate lined with paper towel to allow some of the oil to absorb.

In a small bowl, mix together the sherry vinegar, olive oil and Dijon mustard.

Meanwhile, in a medium sized frying pan, add the tsp of olive oil and halloumi and cook on medium-high heat for 2 minutes on each side.

Arrange tomatoes on a large plate, toss with sherry dressing and top with halloumi and chives.

## MACROS PER PORTION

CALORIES	260	PROTEIN	11
CARBS	9	FATS	20
FIBRE	1		



Green beans are high in chlorophyll. Eating chlorophyll increases the number of red blood cells in the body, which means better oxygenation to the organs and tissues and more energy for you.





# GARLIC & PARMESAN GREEN BEANS

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V

## INGREDIENTS

1kg green beans, ends trimmed

1 tbsp extra virgin olive oil

Sea salt & cracked pepper

2 cloves garlic, minced

40g parmesan, grated

## INSTRUCTIONS

Start by preheating oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Toss the beans in olive oil, garlic, salt & cracked pepper and place on the baking tray.

Cook for 15 minutes, remove from the oven and sprinkle with Parmesan cheese. Place back in the oven and cook for an additional 5 minutes.

Serve hot!

## MACROS PER PORTION

CALORIES	158	PROTEIN	8
CARBS	18	FATS	6
FIBRE	7		













# RUSSIAN BORSCHT

SERVES: 2

TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

450g beetroot, peeled and cut into cubes  
2 carrots, peeled and cut into cubes  
1 onion  
1l chicken stock  
1 tbsp honey  
1 tbsp lemon juice  
1/2 tsp salt

## INSTRUCTIONS

Start by placing the beetroot, carrots, onion and chicken stock in a large pot and bring it to a boil. Cover, reduce heat to a simmer and cook for 45 minutes - 1 hour, or until the vegetables are tender.

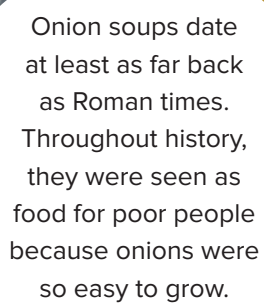
Add the vegetables and half the stock to a blender or food processor and blitz until smooth.

Next, stir in the honey, lemon juice, salt, and a little extra stock if it needs.

Refrigerate until cooled and serve cold if you want to try the traditional way. Otherwise, it's delicious served hot!

### MACROS PER PORTION

CALORIES	288	PROTEIN	10
CARBS	62	FATS	0
FIBRE	12		



Onion soups date at least as far back as Roman times. Throughout history, they were seen as food for poor people because onions were so easy to grow.





# ONION AND BUTTER BEAN SOUP

SERVES: 4

TOTAL TIME: 30 MINUTES



## INGREDIENTS

60g butter  
5 brown onions, thinly sliced  
1 1/2 tbsp plain flour  
1 x (400g) tin butter beans, drained and rinsed  
1.2l vegetable stock  
150g cheddar cheese, grated

## INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6.

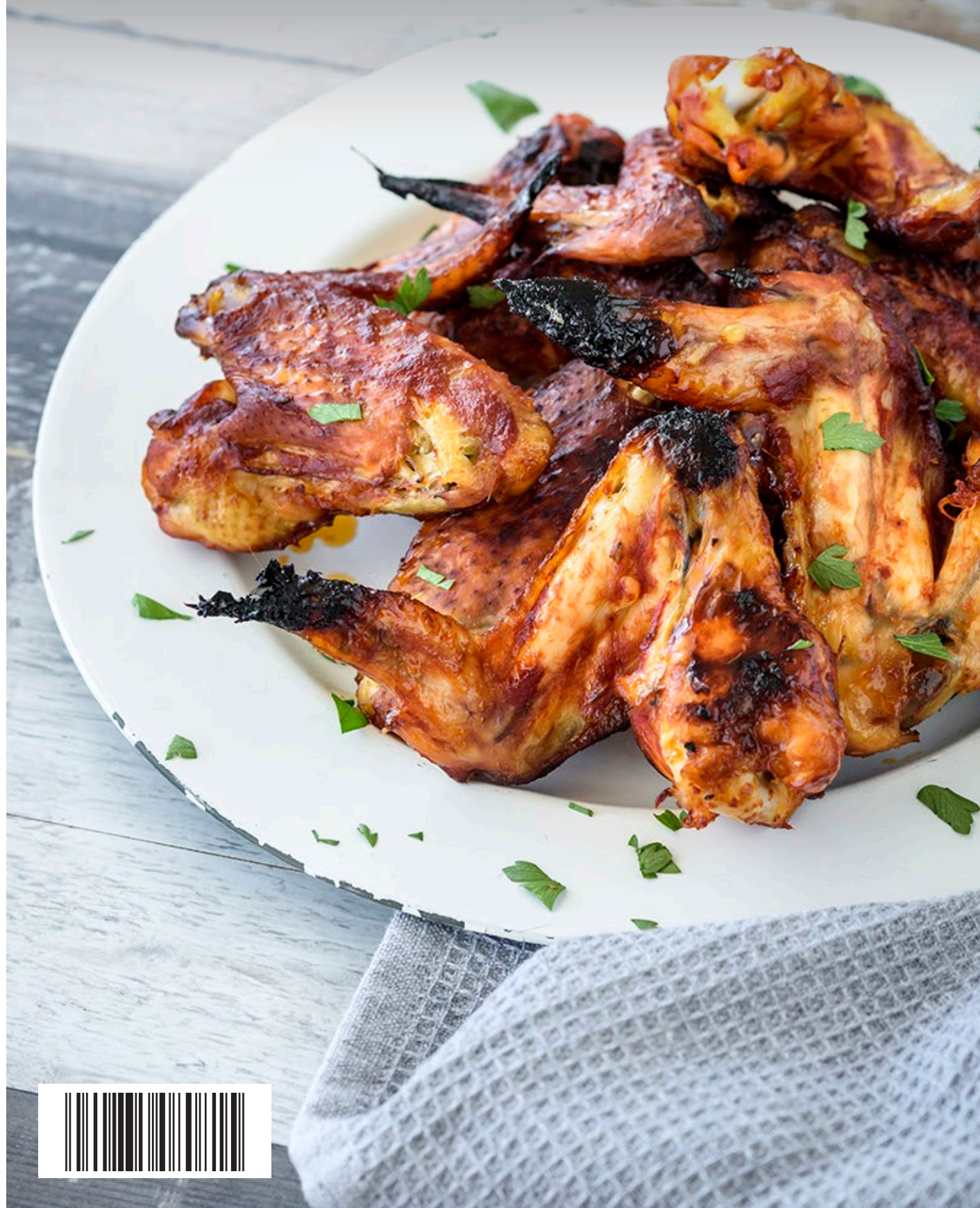
Melt the butter in a pan, add the onions and flour and cook for about 5 minutes or until the onions have softened.

Next, add the butter beans and stock. Simmer for 10 minutes or until the beans have softened.

Transfer into an ovenproof casserole dish, sprinkle with cheese, salt & cracked pepper. Place in the oven and cook for 10 minutes or until cheese has melted and turned golden.

## MACROS PER PORTION

CALORIES	413	PROTEIN	15
CARBS	32	FATS	25
FIBRE	6		





# GINGERY CHICKEN WINGS

SERVES: 5

TOTAL TIME: 1 HOUR (PLUS 8 HOURS OVERNIGHT)

GF DF

## INGREDIENTS

1kg chicken wings

For the sauce:

80ml tamari

1 tsp ground ginger

1/2 tsp ground garlic

3 tsp honey

1 1/2 tbsp tomato sauce

1 1/2 tbsp lime juice

## INSTRUCTIONS

Start by mixing all the sauce ingredients together.

Place the chicken wings in a large dish, pour the sauce all over, cover and leave in the fridge for at least four hours, or ideally overnight.

Preheat oven to 190°C/375°F/Gas 5. Line a large ovenproof dish with baking paper.

Transfer the wings to the ovenproof dish, brushing the chicken wings with any extra sauce. Place in the oven and cook for 1 hour or until wings are crispy.

## MACROS PER PORTION

CALORIES	261	PROTEIN	21
CARBS	6	FATS	17
FIBRE	0		





One of the secrets of fried rice is that the ingredients are cooked separately which helps them maintain their distinct flavours.





# ROAST CHICKEN FRIED RICE

SERVES: 4

TOTAL TIME: 40 MINUTES

GF DF

## INGREDIENTS

- 250g brown rice (uncooked)
- 1 tbsp coconut oil
- 1 brown onion, diced
- 1 clove garlic, diced
- 300g frozen vegetable mix
- 1 egg
- 350g roast chicken, pulled
- 1 tbsp tamari
- 1/2 tbsp sriracha

## INSTRUCTIONS

Start by cooking the rice according to packet instructions.

Meanwhile, bring a large wok to medium high heat, add coconut oil and onion and cook for 4-5 minutes or until onion has softened.

Next, add the garlic and vegetables and cook for another five minutes.

Meanwhile, crack the eggs into a small bowl and whisk. Transfer the eggs to a medium sized fry pan and cook like an omelette. Remove from the pan, chop into bite sized pieces and add to the wok.

Add the pulled roast chicken, sriracha and tamari and heat through.

Divide into 4 bowls and serve hot.

### MACROS PER PORTION

CALORIES	432	PROTEIN	28
CARBS	53	FATS	12
FIBRE	8		





# OKONOMIYAKI

SERVES: 2

TOTAL TIME: 40 MINUTES

GF V DF

## INGREDIENTS

500g potatoes, grated  
1 egg  
3 stalks spring onion  
Salt & cracked pepper  
50ml teriyaki sauce  
4 tsp Kewpie mayonnaise

## INSTRUCTIONS

Start by draining as much water out of the grated potato as you can. Transfer to a large bowl, add the egg, spring onion, salt & cracked pepper, mix to combine.

Bring a large frying pan to medium heat and add olive oil. Spoon half the mixture into a pancake shape into the pan. Cook for about 5 minutes each side or until the potato has turned golden. Set aside and cook the remainder of the potato.

Add the teriyaki sauce to the same pan and heat on low. Place the pancakes gently back into the pan and coat in the sauce.

Remove from the pan, divide on two plates and drizzle with Kewpie mayonnaise and extra spring onions.

## MACROS PER PORTION

CALORIES	466	PROTEIN	13
CARBS	81	FATS	10
FIBRE	7		

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Stews have been made since ancient times. The world's oldest evidence of stew was found in Japan!





# LAMB STEW

SERVES: 4

TOTAL TIME: 120 MINUTES

DF

## INGREDIENTS

- 2 tbsp flour
- Salt & cracked pepper
- 1 tbsp fresh rosemary
- 700g lamb neck chops
- 1 large brown onion, diced
- 2 large carrots, sliced
- 1 large bell pepper, chopped
- 1 large courgette, sliced
- Water
- 1 tbsp worcestershire sauce

## INSTRUCTIONS

Mix the flour, salt & cracked pepper and rosemary together in a large bowl and coat the lamb.

Add the chopped vegetables and lamb to a very deep casserole dish. (Make sure you layer the vegetables and the meat all the way up, with a vegetable layer last).

Fill the pot with enough water to just cover the top layer. Add the Worcestershire sauce.

Bring to a boil, cover and then reduce the heat to a simmer. Cook for approximately 1 1/2 hours or until the water has reduced, vegetables are tender and meat is cooked.

Divide into four bowls and serve with crusty bread, optional.

### MACROS PER PORTION

CALORIES	463	PROTEIN	35
CARBS	11	FATS	31
FIBRE	2		

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# BAKED CHICKEN

SERVES: 2

TOTAL TIME: 75 MINUTES.

GF DF

## INGREDIENTS

- 2 tsp olive oil
- 700g chicken breast
- 1 brown onion, diced
- 3 stalks celery, sliced
- 1 tsp Italian seasoning
- 1 x (400g) tinned tomatoes
- To serve:
- 180g rice (cooked)

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Add the oil to a frying pan and bring to medium-high heat. Add the chicken and brown the pieces all over.

Transfer the chicken to an ovenproof casserole dish.

In the same pan, add the onion, celery, Italian seasoning and tinned tomatoes and bring to a boil.

Pour the tomato sauce all over the chicken and place in the oven for 45-55 minutes, or until chicken is fully cooked.

Serve with a side of rice.

### MACROS PER PORTION

CALORIES	311	PROTEIN	40
CARBS	22	FATS	7
FIBRE	2		

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The earliest  
known recorded  
mac'n'cheese  
recipe was  
scribbled down in  
1769.





# BEEF MACARONI

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

- 200g macaroni (uncooked)
- 2 tsp tbsp olive oil
- 1 clove garlic, minced
- 400g beef mince
- 150g peas
- 150g tinned corn
- 50g butter
- 35g gluten free flour
- 400ml skim milk
- 150g cheese

## INSTRUCTIONS

Start by cooking the macaroni according to packet instructions.

Next, heat the oil and cook the onion for five minutes. Add the garlic and beef and cook for 7-10 minutes or until fully cooked. Add the peas and corn and cook for an additional 2 minutes.

In a separate pan, melt the butter on low heat before adding the flour. Slowly pour in the milk, stirring constantly for about five minutes or until bubbling slightly. Add the cheese and stir for another 3 minutes.

Transfer the cheese mix to the beef and stir through.

Finally, stir through the macaroni and season with salt & pepper.

Divide into four bowls and serve hot.

### MACROS PER PORTION

CALORIES	565	PROTEIN	34
CARBS	51	FATS	25
FIBRE	2		





# COCONUT FISH

SERVES: 2

TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

- 400g white fish
- 1 tbsp coconut oil
- 1 1/2 tsp ground allspice
- 1 clove garlic, minced
- 75ml coconut milk
- 1 large carrot
- To serve:
- Fresh parsley

## INSTRUCTIONS

Start by steaming the carrot over boiling water or in the microwave.

Meanwhile, heat the coconut oil in a large frying pan on medium heat.

Add the all spice, garlic, and coconut milk, stirring constantly.

Place the fish in the frying pan, cover and cook for 10-12 minutes.

Serve fish with carrots and fresh parsley.

### MACROS PER PORTION

CALORIES	334	PROTEIN	45
CARBS	7	FATS	14
FIBRE	2		

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Hokkien Noodles are made from wheat flour and egg. They were introduced to Malaysia by Hokkien Chinese and are now found in stir-fries around the world





# EASY CHINESE NOODLES

SERVES: 3

TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

500g Hokkien noodles  
1 tsp olive oil  
500g beef mince  
1/4 white cabbage, shredded  
75g frozen carrot  
75g frozen beans  
For the sauce:  
4 tsp corn flour  
3 tbsp dark soy sauce  
1 tbsp Mirin  
1 tsp honey  
Salt & cracked pepper

## INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Next, add the olive oil and beef to a large wok and cook for 5-7 minutes.

Next, stir through the vegetables.

In a small bowl, whisk together all the sauce ingredients until well combined.

Pour the sauce over the beef and vegetables and heat through for about 3 minutes.

Divide into 3 bowls and top with fresh chilli if you desire.

## MACROS PER PORTION

CALORIES	380	PROTEIN	31
CARBS	46	FATS	8
FIBRE	1		

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# VEGETABLE & BEAN STEW

SERVES: 3

TOTAL TIME: 20 MINUTES

GF

## INGREDIENTS

2 brown onions, diced  
8 rashers bacon  
500ml vegetable stock  
2 x (400g) tin kidney beans  
1 tsp dried thyme  
To serve:  
4 tbsp sour cream

## INSTRUCTIONS

Bring a large frying pan to high heat. Add the onion, bacon and vegetable stock and bring to a boil. Reduce the heat and simmer for 10 minutes.

Add the kidney beans and thyme and simmer for an additional 5 minutes or until the kidney beans have softened.

Divide into 4 bowls and serve with sour cream

### MACROS PER PORTION

CALORIES	380	PROTEIN	33
CARBS	35	FATS	12
FIBRE	2		

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It takes about  
540 peanuts  
to make a  
12-ounce jar of  
peanut butter.





# SATAY TOFU

SERVES: 3

TOTAL TIME: 30 MINUTES

GF V VE DF

## INGREDIENTS

270ml coconut milk  
70g crunchy peanut butter  
2 tbsp tamari  
2 tsp olive oil  
200g tofu, cut into cubes  
2 bunches bok choy, chopped  
1 large cucumber, cut into matchsticks  
2 carrots, cut into ribbons  
To serve:  
Spring onions, sliced  
Fresh red chilli

## INSTRUCTIONS

Preheat oven to 190°C/375°F/gas 5.

Place the coconut milk, peanut butter and soy sauce in a saucepan over low heat. Cook for 10 minutes, stirring occasionally, allowing the sauce to thicken.

Meanwhile, in a large saucepan, add the olive oil and cook the tofu for 7-10 minutes, constantly shaking the pan and flipping the tofu.

Transfer the tofu to a baking tray and place in the oven for 5 minutes while you cook the remainder of the meal.

Place the bok choy in the same pan the tofu was in and cook for 5 minutes.

Transfer to 3 serving bowls, along with the carrot and cucumber.

Top with tofu, satay sauce, fresh spring onion and chilli if you desire.

## MACROS PER PORTION

CALORIES	415	PROTEIN	14
CARBS	20	FATS	31
FIBRE	6		





# MEDITERRANEAN CHICKEN

SERVES: 2

TOTAL TIME: 50 MINUTES

GF

## INGREDIENTS

100g large green olives  
100g artichoke hearts (marinated in a jar)  
1 red bell pepper, chopped  
2 courgette, chopped  
Salt & cracked pepper  
2 chicken thigh cutlets  
1 tsp oregano  
50g feta, crumbled

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line an oven-proof baking dish with baking paper.

Combine the olives, artichoke, bell pepper, and courgette in a large bowl, along with a little liquid from the artichoke hearts, salt & cracked pepper. Toss well to coat and set aside.

Place chicken in the baking dish, skin side up, season with oregano and cook for 20 minutes.

Remove from the oven, add all the vegetables to the dish (with the chicken still sitting on top) and cook for another 20 minutes or until the chicken is fully cooked.

Divide on two plates and top with feta.

## MACROS PER PORTION

CALORIES	381	PROTEIN	22
CARBS	17	FATS	25
FIBRE	9		

Aubergines  
aren't actually  
vegetables,  
they're  
berries!





# AUBERGINE TORTILLAS

SERVES: 4

TOTAL TIME: 30 MINUTES

V VE DF

## INGREDIENTS

500g aubergine, cut into cubes

2 tbsp olive oil

1 packet burrito spice mix

4 tortillas

1/2 iceberg lettuce

2 tomatoes, diced

1 Lebanese cucumber, sliced

1 avocado, sliced

To serve:

4 tbsp salsa

2 tbsp fresh coriander, leaves picked

## INSTRUCTIONS

Bring a large frying pan to high heat, add olive oil and cook aubergine for 12-15 minutes or until very soft.

After 15 minutes, add the spice mix, stir to coat and cook for another 5 minutes.

Meanwhile, prepare the tortillas by placing them in the microwave for 30 seconds.

Next, layer them with lettuce, tomato, cucumber and avocado.

Top with aubergine, salsa and fresh coriander. Serve immediately.

## MACROS PER PORTION

CALORIES	336	PROTEIN	8
CARBS	40	FATS	16
FIBRE	13		





# TUNA RAVIOLI

SERVES: 3

TOTAL TIME: 20 MINUTES

## INGREDIENTS

200g spinach and cheese ravioli  
400g tuna in springwater, drained  
500ml passata  
2 tsp oregano  
1 tsp Italian herbs  
1/2 tsp chilli flakes

## INSTRUCTIONS

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

In a separate pan, add the tuna, passata, oregano, Italian herbs and chilli flakes.

Cook stirring constantly for 4-5 minutes.

Add the cooked ravioli to the pan and stir through to heat for 2 minutes.

Transfer to 3 bowls and season with salt & cracked pepper.

## MACROS PER PORTION

CALORIES	347	PROTEIN	44
CARBS	36	FATS	3
FIBRE	2		

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Overall, turkey  
contains fewer  
calories than  
chicken and  
more protein.





# BURGER BOWL

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

- 1/2 tbsp olive oil
- 4 turkey burgers
- 2 tomatoes, sliced
- 4 large dill pickles, sliced
- 8 slices tinned beetroot
- 8 iceberg lettuce leaves
- 2 tbsp mayonnaise
- 2 tbsp tomato sauce

## INSTRUCTIONS

Heat a large frying pan on medium-high heat, add the olive oil and cook the burgers for about 5 minutes on each side or until fully cooked through.

Meanwhile, prepare the four bowls by adding all salad ingredients.

Transfer 1 burger to each bowl and serve with mayonnaise and tomato sauce.

### MACROS PER PORTION

CALORIES	311	PROTEIN	20
CARBS	24	FATS	15
FIBRE	5		









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# DATE PUDDINGS

SERVES: 2

TOTAL TIME: 45 MINUTES



## INGREDIENTS

- 200g sweet potato, cooked and mashed
- 3 pitted Medjool dates, chopped
- 30ml maple syrup
- 2 tbsp cocoa powder
- 2 eggs
- 1/2 tsp vanilla extract
- 2 1/2 tbsp plain flour
- 1/4 tsp Himalayan salt

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Grease 2 ramekins with coconut oil, or coconut oil cooking spray.

In a large bowl, add the mashed sweet potato, maple syrup and cocoa powder. Stir to combine.


Next, add the eggs and stir well, before adding the flour and salt.

Transfer to the greased ramekins and place in the oven for 15-18 minutes or until edges are beginning to look hardened.

Serve with Greek yoghurt.

### MACROS PER PORTION

CALORIES	374	PROTEIN	10
CARBS	70	FATS	6
FIBRE	7		



The word macaron  
stems from the  
same origin of the  
word macaroni,  
both meaning  
“fine dough”.





# MACARONS

SERVES: 15

TOTAL TIME: 40 MINUTES

V DF

## INGREDIENTS

- 3 egg whites
- 100g coconut sugar
- 2 tbsp lime juice
- 70g almond meal
- 100g desiccated coconut
- 1 tbsp self-raising flour
- 1/2 tsp baking powder

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4 and line a baking tray with baking paper.

Beat the egg white with an electric beater until soft peaks begin to form. Add the sugar and continue to beat until the peaks stiffen. Add the lime juice and beat for another 10 seconds.

Next, add the almond meal, coconut, flour and baking powder and fold to combine.

Using a spoon, transfer the mixture to the baking tray (leaving room for them to spread).

Cook for 15-20 minutes. Once cooked, transfer to a cooling tray and allow to cool for five minutes.

### MACROS PER PORTION

CALORIES	132	PROTEIN	3
CARBS	12	FATS	8
FIBRE	12		





# APRICOT CRUMBLE POT

SERVES: 1

TOTAL TIME: 35 MINUTES

GF V

## INGREDIENTS

170g tinned apricots

1 tsp cornstarch

1/8 tsp ground ginger

1/8 tsp ground cinnamon

2 tsp maple syrup

For the crumble:

2 tbsp rolled oats (gluten free if required)

1/4 tsp cinnamon

2 tsp butter

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4.

Toss together the apricots, corn starch, ginger, cinnamon and maple syrup and place in a ramekin.

In a separate bowl, mix together the rolled oats, cinnamon, and butter. Use your hands to mush the butter into the oats.

Transfer oats to the ramekin and cook for 20 minutes or until golden and bubbling.

## MACROS PER PORTION

CALORIES	229	PROTEIN	2
CARBS	35	FATS	9
FIBRE	3		



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