



THE
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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

- V** VEGETARIAN
 - VE** VEGAN
 - DF** DAIRY FREE
 - GF** GLUTEN FREE
 - N** CONTAINS NUTS
 - Q** QUICK
-

BREAKFASTS





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APPLE PIE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V DF

INGREDIENTS

1 large **apple**
1/2 frozen **banana**
3 tbsp **oats** (gluten-free if required)
250ml **almond milk**
1 tsp **honey**
1/4 tsp **nutmeg**
1/2 tsp **cinnamon**

INSTRUCTIONS

Place all ingredients in the blender and blitz until smooth.
Pour into a tall glass.

MACROS PER PORTION

CALORIES	350	PROTEIN	6
CARBS	68	FATS	6
FIBRE	11		

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NUT BUTTER & BANANA TOAST

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V V DF

INGREDIENTS

4 slices **dark rye bread** (gluten-free if required)

2 tbsp **nut butter**

1 **banana**, sliced

1 tsp **ground cinnamon**

INSTRUCTIONS

Start by toasting the bread.

Spread the nut butter evenly across each slice of toast.

Top with sliced banana and a sprinkling of cinnamon.

MACROS PER PORTION

CALORIES	294	PROTEIN	8
CARBS	43	FATS	10
FIBRE	5		

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FRUIT PIKELETS

SERVES: 5

TOTAL TIME: 25 MINUTES

INGREDIENTS

120g **self-raising flour**
1 tsp **baking soda**
2 **eggs**, beaten
250g **ricotta**
250ml **skim milk**
95g **dried mixed fruit**
2 tbsp **honey**
2 tbsp **butter**

V

INSTRUCTIONS

In a large bowl, mix together the flour and baking soda.

In a separate bowl whisk together the eggs, ricotta and milk. Once combined stir through the dried fruit and honey.

Transfer the wet ingredients to the dry ingredients and stir to combine.

Bring a large non-stick frying pan to high heat and melt half the butter.

Transfer the batter to the pan (making one pikelet from two tbsp of batter). Once cooked, set aside under aluminium foil to keep warm or place in the preheated oven.

Add more butter as you need.

The batch should make 15 pikelets. Divide between 5 plates and serve with a dollop of Greek yoghurt.

MACROS PER PORTION

CALORIES	359	PROTEIN	11
CARBS	45	FATS	15
FIBRE	0		

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SMOKED SALMON EGG SCRAMBLE

SERVES: 4

TOTAL TIME: 20 MINUTES

GF

INGREDIENTS

10 **eggs**
125ml **milk**
2 stalks **spring onions**, chopped
Salt & cracked pepper
2 tbsp **butter**
450g **smoked salmon**, chopped into small pieces

INSTRUCTIONS

Start by whisking together the eggs, milk, 3/4 of the spring onion, salt & cracked pepper.

Heat the butter in a large non-stick frying pan over medium heat. Add the eggs and gently fold them around the pan. When the eggs are half way to cooked, stir through the salmon.

Remove from the heat when the eggs are just slightly underdone.

Divide on four plates and top with extra chopped spring onion.

MACROS PER PORTION

CALORIES	483	PROTEIN	58
CARBS	2	FATS	27
FIBRE	0		

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BLUEBERRY CHIA POT

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS
8 HOURS OVERNIGHT)

GF V VE DF

INGREDIENTS

80g frozen **blueberries**

2 tbsp **chia seeds**

125ml **coconut milk**

1/2 tsp **vanilla extract**

1 tbsp **coconut yoghurt**

INSTRUCTIONS

Start by mashing the blueberries with the back of a fork or spoon.

Add the rest of the ingredients and stir to combine.

Transfer to a jar, cover and place in the fridge overnight.

In the morning top with a little extra yoghurt.

MACROS PER PORTION

CALORIES	250	PROTEIN	6
CARBS	25	FATS	14
FIBRE	12		

SIDES & SMALL PLATES





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SAUTEED SPINACH & EGGS

SERVES: 1

TOTAL TIME: 10 MINUTES

GF V

INGREDIENTS

1/2 tbsp **olive oil**

2 **eggs**

2 big handfuls **spinach**

1 tbsp **parmesan cheese**

Salt & cracked pepper

INSTRUCTIONS

Add the olive oil to a frying pan and bring it to high heat. Crack the eggs directly in the pan and cook for about 2 minutes or until the edges turn white. Place the lid on and cook for another 4-5 minutes. Remove from the pan and set aside under some aluminium foil.

Add the spinach to the same pan and cook for 2-3 minutes or until wilted and cooked through.

Transfer the eggs and spinach to your serving plate and sprinkle with parmesan cheese, salt & cracked pepper.

MACROS PER PORTION

CALORIES	234	PROTEIN	15
CARBS	3	FATS	18
FIBRE	1		



SUNDRIED TOMATO CAULIFLOWER STEAKS

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V

INGREDIENTS

1 large head **cauliflower**
2 tbsp **olive oil**
Salt and black pepper
70g **sundried tomato pesto sauce**
100g **mozzarella**, shredded

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper.

Trim the stalk of the cauliflower and any leaves. Cut the cauliflower lengthways down the middle.

Brush well with olive oil on both sides and season with salt & cracked pepper.

Cook for 10 minutes, flip and continue to cook for another 5 minutes.

Remove from the oven, brush with pesto, top with mozzarella and cook for another 5 minutes or until cheese is melting.

Serve hot.

MACROS PER PORTION

CALORIES	285	PROTEIN	9
CARBS	15	FATS	21
FIBRE	5		

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BEETROOT HUMMUS

SERVES: 4

TOTAL TIME: 75 MINUTES

GF V VE DF

INGREDIENTS

2 large **beetroots**
1 x (400g) tin **chickpeas**, drained and rinsed
1 **clove garlic**
1 **tbsp tahini**
60ml **lemon juice**
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook beetroot for 50-60 minutes or until soft.

Add the cooked beetroot and all the other ingredients to a food processor and blitz until smooth. If the consistency is too thick, add 1-2 tbsp of water.

Serve with Turkish bread.

MACROS PER PORTION

CALORIES	124	PROTEIN	6
CARBS	16	FATS	4
FIBRE	4		



BEEF SKEWERS WITH SALSA VERDE

SERVES: 4

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

For the **salsa verde**:

25g **parsley**

25g **basil**

1 1/2 **cloves garlic**

80ml **olive oil**

1/2 **lime**, juiced

Salt & cracked pepper

For the skewers:

2 tsp **olive oil**

500g **flank steak**, sliced into 10 thin strips

1 tsp **dried parsley**

INSTRUCTIONS

Add the parsley, basil and garlic to a food processor, and blitz until the leaves are chopped into small, fine pieces.

Add the olive oil and lime juice while the motor is still running. Season with salt & cracked pepper and blitz one last time. Set aside.

Toss the steak in olive oil and dried parsley and thread pieces onto individual skewers.

Bring a grill plate to medium high heat and cook the skewers for 2-3 minutes each side or until cooked to your liking.

Drizzle salsa verde all over the skewers and serve hot.

MACROS PER PORTION

CALORIES	398	PROTEIN	27
CARBS	5	FATS	30
FIBRE	1		

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SALMON BITES

SERVES: 6

TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

350g **salmon steaks** (cooked), cut into bite-sized chunks
60g **all-purpose flour**
1 tsp **ground coriander**
1 tsp **salt**
2 **eggs**, whisked
150g **bread crumbs**
100g **almonds**, chopped
80ml **sweet chilli sauce**

INSTRUCTIONS

Preheat the oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Start by preparing three medium sized bowls. Add flour, ground coriander and salt to the first and toss to combine. In the second bowl, crack the eggs and whisk well. In the third bowl, add the breadcrumbs and almonds.

Submerge the salmon pieces in the flour, dip them in the egg mix, and finally roll them in the bread crumb/almond mix.

Lay the salmon bites on the baking tray and cook for 10-12 minutes or until golden.

Serve with sweet chilli sauce.

MACROS PER PORTION

CALORIES	390	PROTEIN	19
CARBS	38	FATS	18
FIBRE	3		

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ZESTY PRAWN SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES (PLUS 4-5 HOURS TO MARINATE)

GF DF

INGREDIENTS

1kg **prawns**
60ml **olive oil**
60ml **lemon juice**
2 tbsp **lemon zest**
5g **fresh basil**, leaves chopped
2 tsp **honey**
1 **red onion**, sliced
250g **cherry tomatoes**, quartered
1 **lemon**, cut into wedges

INSTRUCTIONS

Mix together the olive oil, lemon juice, lemon zest, basil and honey. Submerge the prawns in the marinade, cover and refrigerate for 4-5 hours.

Meanwhile, toss together the red onion and cherry tomatoes.

Bring a bbq grill plate to high heat and cook the prawns for 2-3 minutes each side.

Toss the prawns with the onion and cherry tomatoes. Serve with lemon wedges.

MACROS PER PORTION

CALORIES	424	PROTEIN	59
CARBS	11	FATS	16
FIBRE	2		



SALT & PEPPER TOFU

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V VE DF

INGREDIENTS

- 1 tsp **dried chilli flakes**
- 1 tsp **Chinese five spice**
- 1/2 tsp **garlic powder**
- 1 tsp **salt**
- 1 tsp **black pepper**
- 2 tbsp **rice flour**
- 800g **firm tofu**, patted dry with kitchen towel and cut into cubes
- 30ml **vegetable oil**
- 1 tbsp **sesame seeds**

INSTRUCTIONS

Combine the chilli flakes, Chinese five spice, garlic, salt & cracked pepper and rice flour together in a large shallow dish. Submerge the tofu in the flour and spices, making sure all edges are well coated.

Add the vegetable oil to a large frying pan and bring it to a medium-low heat. Add the tofu and cook for 2-3 minutes each side or until golden and a little crispy.

Sprinkle with sesame seeds and serve hot.

MACROS PER PORTION

CALORIES	305	PROTEIN	37
CARBS	10	FATS	13
FIBRE	2		

MAINS







SPICY CHORIZO COUSCOUS

SERVES: 6

TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

1/2 tbsp **olive oil**
2 **red onions**, sliced
1 x (225g) packet **chorizo ring**
2 **cloves garlic**, minced
100g **black olives**, chopped
250g **cherry tomatoes**
200g **couscous** (uncooked)
70ml **chicken stock**
1 **lemon**, cut into wedges

INSTRUCTIONS

Start by heating the olive oil in a deep fry pan. Add the onion and chorizo and cook for 5 minutes. Add the garlic and black olives and cook for another 3-4 minutes.

Next, throw in the cherry tomatoes, couscous and stock. Reduce to a low heat, cover, and simmer for 8-10 minutes or until the stock is absorbed. Give it a quick stir every few minutes to make sure it's not sticking.

Serve with lemon wedges.

MACROS PER PORTION

CALORIES	400	PROTEIN	13
CARBS	33	FATS	24
FIBRE	1		

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GRILLED CHICKEN BITES WITH RANCH DRESSING

SERVES: 4

TOTAL TIME: 20 MINUTES (PLUS 1-8 HOURS FOR MARINATING)

GF

INGREDIENTS

800g **chicken breast**, cut into large bite-sized pieces

2 tbsp **olive oil**

60ml **balsamic vinegar**

2 tbsp **honey**

2 **cloves garlic**, minced

Salt & cracked pepper

For the ranch dressing

2 **red chillies**, diced

125ml **buttermilk**

120g **sour cream**

1 tbsp **lemon juice**

Cracked pepper

INSTRUCTIONS

Mix together the olive oil, balsamic vinegar, honey, garlic, salt & cracked pepper.

Submerge the chicken in the marinade, cover and place in the fridge for at least 1 hour, or you can leave it overnight.

Heat a barbeque or char-grill plate over high heat and cook the chicken for 3-4 minutes each side or until fully cooked through.

Make the dressing by mixing together the chillies, buttermilk, sour cream, lemon juice and cracked pepper.

Transfer chicken to a serving platter and serve with ranch dressing.

MACROS PER PORTION

CALORIES	250	PROTEIN	32
CARBS	8	FATS	10
FIBRE	0		

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SLOW COOKER APRICOT CHICKEN

SERVES: 4

TOTAL TIME: 6 HOURS
AND 30 MINUTES

GF DF

INGREDIENTS

1 tbsp **olive oil**
600g **chicken thigh fillets**
1 **onion**, diced
2 tsp **garlic**, minced
400ml **apricot nectar**
1/2 tbsp **balsamic vinegar**
1 tsp **parsley**
1 tsp **thyme**
400g tinned **apricot halves**, drained

INSTRUCTIONS

Bring a large frying pan to high heat, add the oil and brown the chicken for about 3-4 minutes.

Transfer to a 5.5L slow cooker.

Add onion to the same pan and cook for about 5 minutes or until translucent.

Add the garlic, apricot nectar, balsamic vinegar, parsley and thyme.

Pour the mixture into the slow cooker, cover and cook on low for 6 hours. Add the apricot halves for the last 30 minutes.

Optional: serve with brown rice or couscous.

MACROS PER PORTION

CALORIES	462	PROTEIN	18
CARBS	48	FATS	22
FIBRE	1		



LAMB RACKS WITH SPROUTS

SERVES: 2

TOTAL TIME: 60 MINUTES

GF DF

INGREDIENTS

300g **lamb cutlets**
80ml **red wine vinegar**
15g **fresh rosemary**, finely chopped
1 tsp **fine sea salt**
For the **sprouts**:
250g **Brussels sprouts**
2 tsp **olive oil**
1 **clove garlic**, minced
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Slice very thin slices in the lamb racks.

In a medium bowl, mix together the red wine vinegar, rosemary and sea salt.

Submerge the lamb racks in the sauce with the fatty side down. Let it sit for 20 minutes.

Meanwhile, toss the Brussels sprouts in olive oil, garlic, salt & cracked pepper.

Transfer the lamb and Brussels sprouts to an ovenproof dish and cook for 25 minutes or until the lamb is cooked to your liking. (keep the leftover marinade and set aside) Give the pan a shake half way through to make sure the Brussels sprouts don't stick.

Meanwhile add the reserved sauce to a small saucepan and bring to a boil. Cook for 2-3 minutes or until thickened.

Divide the lamb and Brussels sprouts between two plates and serve with sauce.

MACROS PER PORTION

CALORIES	470	PROTEIN	47
CARBS	12	FATS	26
FIBRE	5		

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LEMONY FISH BURGERS

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

INGREDIENTS

For the tartaree **sauce**:

80g **mayonnaise**

2 tbsp **pickles**, finely chopped

1 **spring onion**, finely chopped

1 tbsp **lemon juice**

For the burgers:

4 **white fish fillets**

1 tbsp **olive oil**

Zest 1 **lemon**, finely grated

1 tbsp **dill**, finely chopped

Sea salt & cracked pepper

4 **soft bread rolls** (gluten-free if required)

4 **butter lettuce leaves**

INSTRUCTIONS

Add the mayonnaise, pickles, spring onion and lemon juice to a small dish and stir well to combine. Set aside.

Next, mix together the olive oil, lemon zest, dill, sea salt & cracked pepper in a shallow dish. Submerge the fish fillets and turn to coat both sides.

Heat the barbeque or grill plate and cook fish for about 3 minutes each side or until cooked to your liking.

Slice buns in half, add a generous dollop of tartaree sauce, a butter lettuce leaf and finally, the fish.

MACROS PER PORTION

CALORIES	435	PROTEIN	27
CARBS	30	FATS	23
FIBRE	4		



BEEF WITH BOK CHOY

SERVES: 4

TOTAL TIME: 25 MINUTES (PLUS 30 MINUTES FOR MARINATING)

GF DF

INGREDIENTS

450g **beef sirloin steak**, sliced into bite-sized pieces

2 bunches **bok choy**

1 tbsp **coconut oil**

2 **cloves garlic**, minced

2cm piece **ginger**, finely chopped

For the marinade:

2 tbsp **tamari**

1 tbsp **sesame oil**

1 tbsp **rice wine vinegar**

Salt & cracked pepper

1 tsp **cornstarch**

1/4 tsp **baking soda**

For the **sauce**:

2 tbsp **tamari**

2 tsp **Sambal Oelek**

2 tsp **sesame oil**

INSTRUCTIONS

Start by mixing all the marinade ingredients together. Submerge the beef in the marinade and allow it to sit for 30 minutes.

Next, mix together the sauce ingredients and set aside.

Place the bok choy in a large fry pan, along with 3 tbsp of water. Put the lid on and bring the fry pan to medium heat. Cook for 3 minutes, drain and set aside.

Add the coconut oil to a large wok and bring to medium heat. Cook the garlic and ginger for 1-2 minutes, stirring continuously so it doesn't stick. Turn the heat up a little higher and add the beef. Allow the beef to cook for 3-4 minutes before flipping and cooking the other side.

Pour the sauce all over the beef, add the bok choy and stir to heat through.

Serve immediately.

MACROS PER PORTION

CALORIES	301	PROTEIN	25
CARBS	3	FATS	21
FIBRE	1		

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GREEN SPAGHETTI

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V VE DF

INGREDIENTS

350g **whole-wheat spaghetti** (uncooked) (gluten-free if required)

250g **asparagus**, trimmed

1 large **courgette**, sliced and cut into quarters

1 bunch **spring onions**, trimmed

125g **basil pesto** (vegan if required)

1 **lemon**, juiced

INSTRUCTIONS

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

In a large wok or frying pan add the asparagus, courgette and spring onions. Cook for 2 minutes. Add the basil pesto and cook for another 3-4 minutes or until the vegetables are just tender.

Toss the spaghetti with vegetables, season with salt & pepper and squeeze the juice of the lemon all over.

MACROS PER PORTION

CALORIES	435	PROTEIN	16
CARBS	59	FATS	15
FIBRE	10		

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TUNA & BUTTER BEAN SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

350g **mangetout**
20g **basil leaves**
2 tbsp **avocado oil**
1 tbsp **red wine vinegar**
4 large **cos lettuce leaves**
1 x (400g) tin **butter beans**, drained and rinsed
150g **tuna** in springwater, drained
2 hard boiled **eggs**

INSTRUCTIONS

Start by bringing a pot of salted water to boil. Add the mangetout and cook for 2-3 minutes or until just tender. Drain and rinse under cold water immediately.

Meanwhile, add the basil, avocado oil, vinegar, salt & cracked pepper to a blender and blitz until smooth.

Toss the tuna with the mangetout, white beans and lettuce. Pour the dressing all over.

Divide between two bowls and serve with boiled eggs.

MACROS PER PORTION

CALORIES	396	PROTEIN	36
CARBS	27	FATS	16
FIBRE	5		

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EASY CHICKEN STIR-FRY

SERVES: 6

TOTAL TIME: 35 MINUTES

GF DF

INGREDIENTS

2 tbsp **sesame oil** (divided)
500g **chicken breast**, sliced into strips
2 long **red chillies**, diced
2 **brown onions**, diced
3 **cloves garlic**, minced
1 head **broccoli**, cut into florets
1 head **cauliflower**, cut into florets
2 **red bell pepper**, sliced
2 **courgette**, sliced
125ml **tamari**
60ml **sesame oil**
30ml **rice wine vinegar**
3 tbsp **honey**

INSTRUCTIONS

Add the sesame oil to a large wok and bring to medium-high heat. Add the chicken and cook for 8-10 minutes or until lightly browned and cooked through. Set aside and cover with aluminium foil to keep warm.

In the same pan, add the chillies and onion and cook for 5 minutes or until onion is translucent.

Next, add the garlic, broccoli, cauliflower, bell pepper and courgette. Cook for 10 minutes or until tender.

Meanwhile, mix together the tamari, sesame oil, rice wine vinegar and honey.

Once the vegetables are cooked, toss through the cooked chicken and sauce. Heat through for 1-2 minutes.

Divide between six bowls and serve with rice or just on it's own.

MACROS PER PORTION

CALORIES	451	PROTEIN	36
CARBS	34	FATS	19
FIBRE	7		



VIETNAMESE PORK NOODLES

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

75g **vermicelli noodles**
1/2 tbsp **peanut oil**
300g **pork mince**
2 long **red chillies**, sliced
1 1/2 tbsp **fish sauce**
30ml **lime juice**
1/2 tbsp **coconut sugar**
1 large **carrot**, shredded
2 1/2 tbsp **fresh mint**, leaves torn
2 1/2 tbsp **coriander**, leaves picked

INSTRUCTIONS

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

Next, add the peanut oil to a large wok and bring it to a medium-high heat. Add the pork mince and cook for 5-7 minutes or until cooked through.

Mix together the fish sauce, lime juice and coconut sugar in a small bowl, then pour it over the pork. Stir to heat through.

Toss the pork with the cooked noodles, shredded carrot, mint leaves and coriander.

MACROS PER PORTION

CALORIES	470	PROTEIN	27
CARBS	23	FATS	30
FIBRE	3		

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SHIITAKE TACOS

SERVES: 6

TOTAL TIME: 20 MINUTES

GF V VE DF

INGREDIENTS

1 tbsp **olive oil**
2 **garlic cloves**, minced
1 tsp **chilli flakes**
250g **shiitake mushrooms**
1 bunch **broccolini**, stems cut in half lengthways
1 **avocado**, mashed
1 **lime** juiced
4 **corn tortillas**, warmed
1/2 bunch **coriander**, leaves picked
Chilli sauce

INSTRUCTIONS

Start by mixing together the olive oil, garlic and chilli flakes and toss the mushrooms and broccolini to coat.

Transfer the vegetables to a large frying pan and cook for 5-6 minutes.

Meanwhile, mash the avocado with the lime juice.

Divide the vegetables between the tortillas, top with avocado, coriander and chilli sauce.

MACROS PER PORTION

CALORIES	439	PROTEIN	13
CARBS	54	FATS	19
FIBRE	9		

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VEGAN BOLOGNESE

SERVES: 4

TOTAL TIME: 30 MINUTES

GF V VE DF

INGREDIENTS

350g **brown spiral pasta** (gluten-free if required)
1 tbsp **olive oil**
1 **brown onion**, diced
3 **cloves garlic**, minced
1 **courgette**, grated
1 **carrot**, grated
1 x (800g) can diced Italian **tomatoes**
1 tbsp **dried oregano**
1 tbsp **dried parsley**
1 x (425g) can **brown lentils**, drained
2 tbsp **nutritional yeast**

INSTRUCTIONS

Start by cooking the pasta according to packet instructions.

Meanwhile, heat the oil in a large frying pan on medium-high heat. Add the onion and cook for 5 minutes.

Add all the other ingredients and cook, stirring regularly for 7-10 minutes.

Divide pasta between four bowls, top with bolognese sauce and sprinkle with nutritional yeast flakes.

MACROS PER PORTION

CALORIES	475	PROTEIN	19
CARBS	84	FATS	7
FIBRE	10		

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SIZZLE BEEF STIR FRY

SERVES: 4

TOTAL TIME: 15 MINUTES

GF

INGREDIENTS

1 tbsp **olive oil**
400g **beef sizzle steak**, sliced
500g frozen stir fry **Asian mixed vegetables**
200ml **peppercorn sauce**

INSTRUCTIONS

Heat the oil in a large wok on medium-high heat.

Cook the beef for 4-5 minutes or until cooked to your liking. Remove from the pan, cover with aluminium foil and set aside.

Add the vegetables to the same wok and cook for 3-4 minutes.

Return the beef to the wok, add the sauce and stir through for 2 minutes.

Divide between four bowls and serve immediately.

MACROS PER PORTION

CALORIES	298	PROTEIN	22
CARBS	3	FATS	22
FIBRE	0		

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PIZZA JACKET POTATOES

SERVES: 4

TOTAL TIME: 85 MINUTES

GF

INGREDIENTS

2 medium-large **sweet potatoes**
2 tsp **olive oil**
2 tbsp **tomato paste**
100g **cheddar cheese**, grated
1/2 **red onion**, thinly sliced
1 **red bell pepper**, thinly sliced
200g **black olives**, pitted & sliced
50g **salami**
2 tsp **chilli flakes**

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Brush sweet potatoes with oil, wrap in aluminium foil and cook for 50-60 minutes.

Once potatoes are cooked, remove from the oven, unwrap and cut in half lengthways.

Top with cheese, onion, red bell pepper, olives, salami and chilli flakes.

Place back in the oven and cook for 15 minutes or until the cheese has melted and salami is crispy.

MACROS PER PORTION

CALORIES	320	PROTEIN	10
CARBS	25	FATS	20
FIBRE	3		

DESSERTS







RICOTTA CHEESECAKE

SERVES: 12

TOTAL TIME: 60 MINUTES (PLUS 3 HOURS FOR COOLING)

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INGREDIENTS

250g **cream cheese**, softened

200ml **maple syrup**

2 **eggs**

2 **oranges**, juiced

1 tbsp **cornflour**

1kg **fresh ricotta**

2 tsp **vanilla essence**

250g **blueberries**

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Using an electric mixer, beat together the cream cheese and maple syrup on high for about 5 minutes.

Next, add the eggs, orange juice, cornflour, ricotta and vanilla essence. Beat for another 4-5 minutes or until very smooth. Gently mix through the blueberries.

Place in the oven and cook for 40 minutes.

Cool for 4 hours in the fridge before serving.

MACROS PER PORTION

CALORIES	311	PROTEIN	9
CARBS	26	FATS	19
FIBRE	2		

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OATMEAL PROTEIN COOKIES

SERVES: 15

TOTAL TIME: 40 MINUTES



INGREDIENTS

300g **rolled oats** (gluten-free if required)

30g **protein powder** (of your choice)

3/4 tsp **baking soda**

1/2 tsp **salt**

60g **butter**, softened

45g **coconut sugar**

1 large **egg**

1 tsp **vanilla extract**

125ml **peanut butter**

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Blend up 100g of the oats in a food processor or blender.

Combine the ground oats with the remaining whole oats, protein powder, baking soda, and salt. Stir to combine and set aside.

Next, using an electric beater, cream together the butter and coconut sugar. Add the egg, vanilla extract and peanut butter and mix to combine.

Slowly pour the dry ingredients into the wet mix and stir until just combined.

Roll the cookie mixture into balls, place on the baking tray and flatten with the back of a fork.

Bake for 8-10 minutes or until turning golden.

MACROS PER PORTION

CALORIES	185	PROTEIN	6
CARBS	20	FATS	9
FIBRE	3		

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COCO PUFFS

SERVES: 12

TOTAL TIME: 5 MINUTES (PLUS
1 HOUR FOR COOLING)



INGREDIENTS

150ml **coconut oil**, melted
35g **cocoa powder**
75ml **honey**
50g **desiccated coconut**
100g **whole grain puffed rice**

INSTRUCTIONS

Start by melting the coconut oil in a large mixing bowl. Add the cocoa powder and mix to combine. Next, whisk in the honey and desiccated coconut. Finally, gently mix through the puffed rice. Spoon the mixture into cupcake and refrigerate for one hour.

MACROS PER PORTION

CALORIES	171	PROTEIN	2
CARBS	7	FATS	15
FIBRE	1		

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PEANUT BUTTER MUG CAKE

SERVES: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS

35g **self-raising flour**
60ml **almond milk**
2 tbsp runny **peanut butter**
1 tbsp **coconut sugar**
1 tbsp **white chocolate chips**

INSTRUCTIONS

Place all the ingredients (except the white choc chips) in a large microwave safe mug. Gently mix in the chocolate chips and also sprinkle some on top.

Microwave for 1 minute 30 seconds or until cooked through.

MACROS PER PORTION

CALORIES	504	PROTEIN	15
CARBS	57	FATS	24
FIBRE	3		

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