



ELEVATED-MD

April Recipe Pack for GLP-1 Patients

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

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- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (20g- serve)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (20g+ per serve)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Beetroot Berry Smoothie Bowls	Santa Fe Chicken Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Roasted Tomato Balsamic Chicken Breast
Tue	Beetroot Berry Smoothie Bowls	Santa Fe Chicken Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Roasted Tomato Balsamic Chicken Breast
Wed	Fried Egg Spinach Pesto Toast	Turkey Chili	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Salmon Burgers
Thu	Fried Egg Spinach Pesto Toast	Zucchini, Quinoa & Balsamic Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Salmon Burgers
Fri	Sweet Potato Toasts	Zucchini, Quinoa & Balsamic Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Blackened Fish Tacos with Chipotle Yogurt Sauce
Sat	Super Green Smoothie	Roasted Vegetable & Za'atar Chicken Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Meal Out - Enjoy!
Sun	Super Green Smoothie	Roasted Vegetable & Za'atar Chicken Salad	E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts & Sweet Potato Pancakes	Lentil & Zucchini Pasta



Weekly Shopping List

Fruits & Vegetables

Fruits

- 1 large banana
- 1 small box raspberries
- 1 small box blueberries
- 1 small box strawberries
- 1 apple
- 3 limes
- 1 lemon

Vegetables

- 1 small piece of ginger root
- 1 small beetroot
- 1 small bunch of kale
- 1 small cucumber
- 1 bunch of spinach
- 3 bulbs of garlic
- 1 pack mixed greens/lettuce leaves
- 5x small red onions
- 1 small pack baby tomatoes
- 1 avocado
- 1 yellow bell pepper
- 2 red bell peppers
- 1 orange bell pepper
- 2 stalks celery
- 7 medium carrots
- 6 medium zucchinis
- 1 small head of cauliflower
- 7 sweet potatoes
- 10 large Brussels sprouts
- 1 large pack cherry tomatoes
- 3 small yellow onions
- green leaf lettuce
- 2 large tomato
- ½ small red or green cabbage

Frozen

- frozen strawberries
- frozen raspberries
- frozen mangoes
- frozen peaches

Protein, Dairy, Grains & Baking

Protein

- 1 dozen eggs
- 4 chicken breasts – skinless and boneless
- 3 large chicken breasts – skin on and bone in
- 1 lb. (450g) turkey mince
- 1.4 lbs. (620g) fresh salmon fillet
- 4 small fresh or thawed out frozen fillets (Basa or fish of choice)

Dairy

- almond milk
- milk 1 or 2%
- Greek yogurt
- small container feta cheese

Grains & Baking

- sprouted grain bread
- 16 small sized soft taco shells (wheat or corn)
- dried quinoa
- baking soda
- baking powder
- dried dates
- maple syrup
- panko breading crumbs
- puffed quinoa or rice
- dried cranberries
- cocoa powder
- dates

Seeds, Herbs & Spices

Seeds, Nuts & Legumes

- small bag raw almonds
- red split lentils
- small bag pecans
- small bag sesame seeds
- small bag sunflower seeds
- small bag hemp seeds

Fresh Herbs

- mint
- coriander
- basil
- parsley
- thyme
- dill

Dried Spices

- ground ginger
- ground cinnamon
- ground allspice
- paprika
- garlic powder
- onion powder
- chili powder
- ground cumin
- cayenne pepper
- za'atar spice blend
- Italian mixed herbs
- dried thyme
- salt
- pepper

Cans, Condiments & Misc

Cans

- sundried tomatoes
- sweet potato puree or pumpkin puree
- 1 small can of sweetcorn
- 650ml can of kidney beans
- 2x 828ml can of fire roasted tomatoes (or chopped tomatoes)
- 2x 160ml can of tomato paste
- 3x containers chicken stock (or chicken stock cubes)
- 1 container vegetable stock (or vegetable stock cubes)
- 1 small can chickpeas

Condiments

- peanut butter or almond butter
- maple syrup
- pesto
- olive oil
- balsamic vinegar
- honey
- apple cider vinegar
- avocado oil
- malt rice syrup or honey
- vanilla extract
- coconut oil

Other

- coconut water
- whey or vegan protein powder (vanilla)
- chocolate protein powder of choice





Beetroot Berry Smoothie Bowls

Serves 2

1 cup (225g) chopped banana
1 cup (250g) frozen raspberries
2 cups (300g) frozen strawberries
¼ cup (38g) chopped & peeled beetroot
1 tsp. fresh ginger root peeled and diced
1 ½ cups (360ml) almond or cashew milk
1 (optional) scoop unflavored protein powder

Topping:

1 cup (190g) freshly chopped berries

What you need to do

1. Prepare the beetroot and ginger root by first washing and peeling, then chop and measure out.
2. Add the milk, banana, raspberries, strawberries, beetroot, and ginger into a blender. Blend on high setting until smooth.
3. Divide the mixture into two bowls and top each bowl with ½ cup of chopped fresh fruit of your choice. Serve immediately.

Tip:

If you want a thicker smoothie, use frozen bananas.



GF	DF	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	307	3	52	23

*Nutrition per serving





Sweet Potato Toasts

Serves 2

1 large sweet potato
4 tbsp. nut butter of choice
1 ½ cups (285g) chopped
berries of choice
1 tsp. of honey for drizzle
(optional)

What you need to do

1. Cut the sweet potato into 4 slices, roughly 5cm thick. Use a large kitchen knife to do this, you want each slice of sweet potato for "bread slices".
2. Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.
3. While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.
4. Once the sweet potatoes have cooked, spread each slice with 1 tablespoon of nut butter and topped with berries. Add a little drizzle of honey and serve immediately.



GF DF HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
2 mins	6 mins	403	18	57	10

*Nutrition per serving





Super Green Smoothie

Serves 2

2 cups (135g) fresh kale packed
1 ½ cups (210g) frozen mangoes
1 apple
¼ cup (12g) mint leaves loosely packed
½ heaped cup (60g) cucumber
1 ½ cup (320ml) coconut water
3 tbsp. hemp seeds

What you need to do

1. Chop and remove the core of the apple. Chop and measure out the cucumber.
2. Place the kale, mangoes, apple, mint, cucumber, hemp seeds, and water into a blender.
3. Blend on high speed until smooth.
4. Pour into 2 glasses and serve immediately.

Tip:

For a sweeter smoothie, add stevia, dates, or maple syrup before blending.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	277	9	47	10

*Nutrition per serving





Fried Egg Spinach Pesto Toast

Serves 2

2 cups (60g) spinach packed
2 slices of whole grain bread
4 sundried tomatoes rehydrated
2 eggs
3 tsp. pesto
salt & pepper

What you need to do

1. Rehydrate sun-dried tomatoes by covering them with hot water and letting them stand on the counter for 5 minutes.
2. Add the spinach and 1 teaspoon of water to a small saucepan and cover with a lid. Allow the spinach to steam on medium-low heat for 3 minutes. Stir and once the spinach has wilted, remove from heat.
3. While the spinach is cooking, spray a frying pan with a little oil. Place the pan over a medium heat. Crack the two eggs into the pan and lightly season with salt and pepper. For a running yolk, cook the eggs for 2-3 minutes and for a firm set yolk flip the egg and cook for another minute.
4. Meanwhile, toast the bread in the toaster.
5. To assemble, chop the sundried tomatoes and spinach. Spread 1 ½ teaspoon of pesto on each slice of toast, top with the wilted spinach and sundried tomatoes and lastly place an egg on each

Tip:

To reduce carbs further, replace the bread with sliced pieces of sweet potatoes and toast them in the toaster.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	342	19	29	19

*Nutrition per serving





Sweet Potato Pancakes

Serves 4

½ cup (125g) sweet potato puree or can sub with pumpkin puree
2 eggs
1 cup (240ml) milk
1 tbsp. maple syrup
1 cup + 3 tbsp. (250g) whole wheat flour
2 cups (500g) frozen peaches
¼ tsp. ground ginger
½ tsp. ground cinnamon
¼ tsp. ground allspice
1 tsp. baking soda
½ tsp. baking powder
⅓ tsp. salt
1 tsp. maple syrup

What you need to do

1. Whisk the sweet potato puree, eggs, milk, and maple syrup in a large bowl.
2. In a separate bowl, mix the dry ingredients together (whole wheat flour, spices, baking soda, baking powder and salt).
3. Place a non-stick frying pan over a medium-low heat and spray the pan with a little oil.
4. Mix the dry and wet ingredients together to form a smooth batter.
5. Pour the pancake batter into the frying pan, allowing approximately under ¼ cup of batter per pancake. Cook the pancake until bubbles start to form on the top then flip the pancake over and cook for a further minute on the second side.
6. While the pancakes are cooking, place 2 cups of frozen peaches into a small saucepan with the maple syrup. Heat over a medium heat until the peaches are heated through.
7. Serve the pancakes topped with the peaches and a little maple syrup.

Tip:

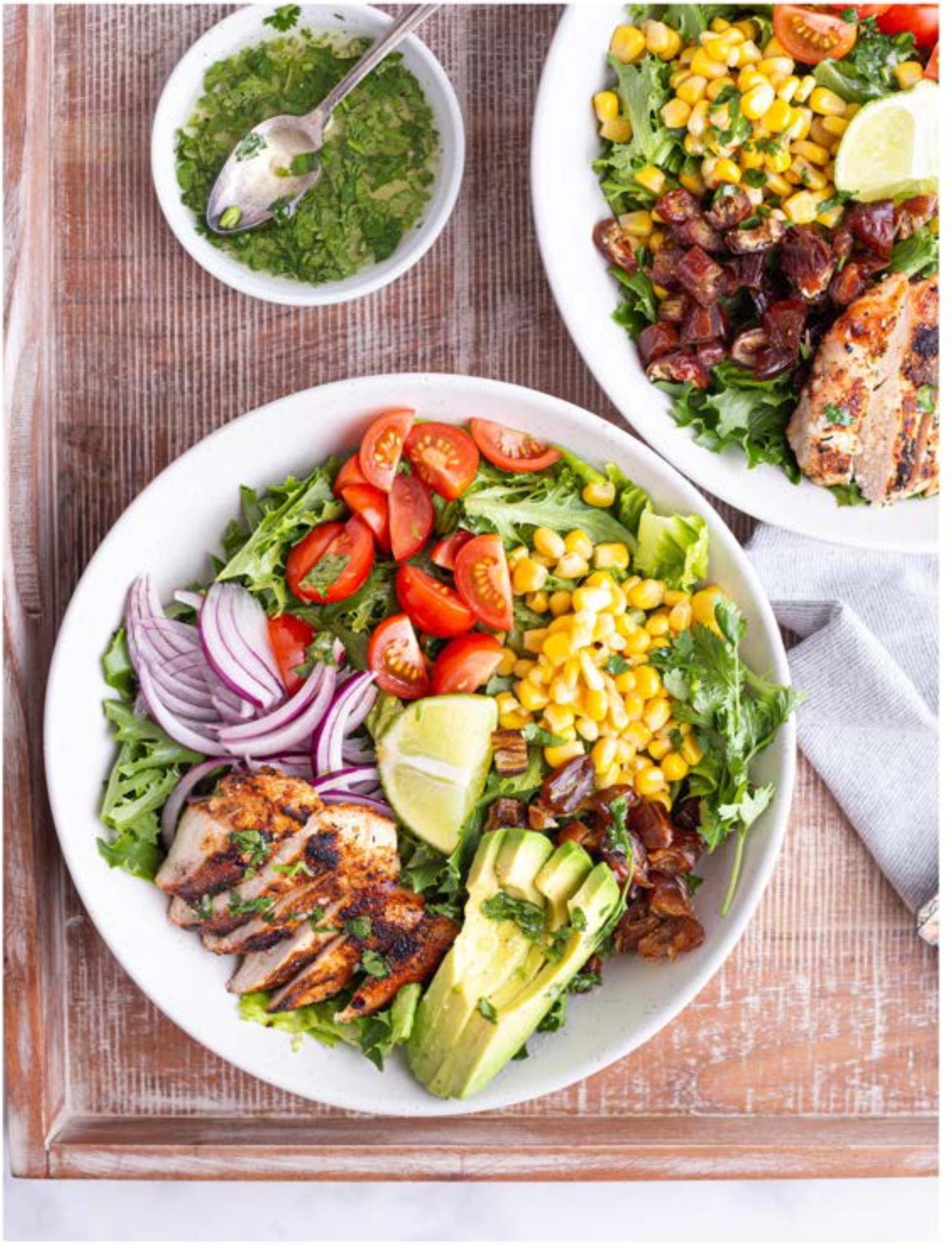
- For added protein substitute 3 tablespoon of extra whole wheat flour for a protein powder of your choice.
- If making for a single serving freeze the pancakes and only heat ½ a cup of peaches. Frozen pancakes can be warmed up in the toaster.

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	228	3	48	10

*Nutrition per serving





Santa Fe Chicken salad

Serves 3

2x 5 oz. (280g) skinless, boneless chicken breast
4 cups (170g) mixed greens
½ cup (250g) canned sweetcorn
½ diced red onion, chopped
½ cup (75g) baby tomatoes, chopped
½ cup (90g) chopped dates, chopped
2 limes
1 avocado

Chicken Spice Rub:

½ tsp. paprika
½ tsp. cayenne pepper
½ tsp. powdered garlic powder
½ tsp. powdered onion powder
½ tsp. dried thyme
½ tsp. ground allspice
½ tsp. salt and pepper

Dressing:

2 tbsp. olive oil
2 tbsp. freshly squeezed lime juice
2 tsp. honey or agave
1 garlic clove, crushed
1 tbsp. chopped coriander leaf
small pinch salt and pepper

What you need to do

1. Preheat the BBQ grill.
2. Mix the chicken rub spices together in a small bowl. Rub on both sides of the chicken breasts with a spoon or with your hands.
3. Place the chicken on the grill for 5-8 minutes on each side. The chicken is done when the internal temperature reaches 165°F (75°C).
4. While the chicken is cooking put 2 cups of greens into two separate bowls. Chop the onion, dates and baby tomatoes and divide equally into each bowl. Drain and rinse the sweetcorn from the can and measure out ½ cup for each bowl.
5. Slice the avocado in half, remove the pit, peel off skin and slice. Cut the lime in ½ and squeeze the juice onto the avocados to stop them from browning.
6. To make the dressing, finely chop the coriander and garlic. Juice the limes to measure out ½ of a cup. Mix the oil, lime juice, garlic, coriander and honey, and season to taste with salt and pepper.
7. Slice the cooked chicken and place on top of the salad. Pour the dressing over the two bowls. Serve immediately with an extra lime wedge and some fresh coriander.

Tip:

This is a great prep ahead dish. Make this dish the day before and keep the chicken and dressing separate until ready to serve. Don't slice avocado until ready to eat.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	480	23	41	34

*Nutrition per serving



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Turkey Chili

Serves 4

16 oz. (450g) turkey mince
1 medium onion, chopped
1 yellow pepper, chopped
1 cup (100g) celery, chopped
1 cup (130g) carrots, chopped
19 oz. (650ml) can of kidney beans
28 oz. (828ml) can of fire-roasted tomatoes or chopped tomatoes
3 cups (700ml) chicken stock
½ cup (160ml) can of tomato paste
2 cloves garlic
1 tbsp. chili powder
1 ½ tsp. ground cumin
¼ tsp. ground cinnamon
¼ tsp. salt
½ tsp. pepper
⅛-¼ tsp. cayenne pepper, optional
½ cup fresh chopped coriander

What you need to do

1. Drain the can of kidney beans and rinse with cold water. Set aside.
2. Chop all the vegetables into small even sized pieces. Keep the onions separate.
3. Place a non-stick frying pan over a medium-high heat. Sauté the onions in 1 tablespoon of oil and season with salt and pepper for 2 minutes. Now add in the turkey, mince and cook until the mince has browned. Now add in the rest of the vegetables and cook for 2 minutes.
4. Add in the chicken stock, canned tomatoes, garlic, chili powder, kidney beans, ground cumin, tomato paste, ground cinnamon and cayenne pepper. Stir well to combine, bring to a boil then turn down to simmer and simmer gently for 20 minutes.
5. With 5 minutes of cooking time left, add in freshly chopped coriander and stir through.

Tip:

- A great make ahead dish, cook the night before for an easy grab and go lunch.
- Freeze the chili into individual-sized portions for easy weekly meal planning.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	390	17	32	32

*Nutrition per serving





Zucchini, Quinoa & Balsamic Salad

Serves 2

1 cup (180g) dried quinoa
2 cups (480ml) water
pinch salt and pepper
1 ½ cups (185g) zucchini,
chopped
1 medium tomato, chopped
¼ cup (25g) raw almonds,
chopped
¼ cup (40g) red onion,
chopped
1 small can chickpeas
3 tsp. fresh basil, chopped

Dressing:

2 tbsp. olive oil
2 tbsp. balsamic vinegar
1 garlic clove
1 tsp. honey

What you need to do

1. Rinse the quinoa under cold running water for 2 minutes then place it into a small saucepan. Add in the water and season with salt and pepper. Bring to a boil then reduce the heat to a simmer and put on a lid on the pan. Let it simmer for 10 minutes.
2. While the quinoa is cooking, chop the zucchini and place into a pan with a little oil. Sauté for 4 minutes until brown on the edges. Do not overcook the zucchini or it will become soggy.
3. Chop the almonds, basil, tomato, and red onion into small pieces and place into a large bowl.
4. Open the canned chickpeas, drain into a colander and rinse before placing into the bowl with the vegetables.
5. Once the zucchini has cooled down add it to the bowl too.
6. When the quinoa has cooked, allow it to cool for 5 minutes, giving it the occasional stir. Now add the zucchini to the salad bowl with vegetables and chickpeas.
7. To make the dressing, mix the oil, balsamic vinegar, honey, and crushed garlic clove into a small bowl and mix to combine. Pour over salad.
8. Serve the salad at room temperature or place in the fridge for 20 minutes to cool completely.



GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	444	19	57	17

*Nutrition per serving

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Roasted Vegetable & Za'atar Chicken Salad

Serves 2

1 medium red onion
1 large red bell pepper
1 large orange bell pepper
2 heaped cups (130g)
chopped cauliflower
6 small carrots
1 ½ tbsp. za'atar spice
1 tbsp. olive oil
2 small chicken breasts

Dressing:

1 tbsp. of apple cider vinegar
½ tbsp. water
½ tbsp. olive oil
¼ tsp. za'atar spice

To serve:

¼ cup (40g) feta cheese
¼ cup (12g) chopped parsley

What you need to do

1. Preheat the BBQ and preheat the oven to 400°F (200°C).
2. Prepare and cut the vegetables into large bite-sized pieces. Keeping them uniform for even cooking.
3. Once the vegetables are chopped, place onto a baking sheet and drizzle with oil and sprinkle with za'atar spice, mix well to coat thoroughly.
4. Place the tray in the oven and cook for 25 minutes.
5. Season the chicken breasts with za'atar spice and a little salt and pepper.
6. Place the chicken on the BBQ grill. Cook the chicken for 5-8 minutes each side. Chicken is done when internal temperature reaches 165°F (75°C).
7. While the chicken and vegetables are cooking, place the salad dressing ingredients into a bowl and give a good mix to combine.
8. Remove the vegetables from the oven once they are cooked and a little brown on the edges.
9. Place the vegetables into two separate bowls or salad jars if taking to work. Slice the chicken breast and place on top. Sprinkle with the feta cheese and chopped parsley and drizzle over the salad dressing.
10. Serve immediately. Alternatively place it in the fridge for lunch the next day.

Tip:

This is a great meal prep dish for easy workweek lunches.

GF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	466	20	44	30

*Nutrition per serving





Roasted Tomato Balsamic Chicken Breast

Serves 4

4 cups (530g) sweet potato,
chopped
4 cups (350g) Brussels sprouts,
halved
1 tbsp. oil (avocado works excellent
for high heat)
1 tbsp. maple syrup
1 clove of garlic
1 tbsp. balsamic vinegar
1 tsp. fresh thyme
½ tsp. salt
½ tsp. pepper

Chicken:

3 large breasts with skin on and
bone-in
3 cloves garlic
3 tsp. fresh thyme
½ tsp. salt
½ tsp. pepper
1 ½ tsp. oil (avocado or olive)
3 tsp. balsamic vinegar
18 cherry tomatoes

What you need to do

1. Preheat the oven to 375°F (190°C).
2. Peel and chop sweet potatoes into similar sized pieces as the Brussels sprouts for an even cooking time.
3. Cut the ends off the Brussels sprouts and cut in half if they are medium- large sized.
4. Remove the thyme leaves from the stem and crush. Peel and crush the garlic.
5. In a small bowl, mix the maple syrup with one of the crushed garlic cloves and add in the balsamic vinegar, 1 teaspoon of thyme and season with a little salt and pepper.
6. Place the sweet potatoes and Brussels sprouts onto a large cooking sheet and mix well with balsamic marinade. Set aside.
7. In a separate bowl, mix the remaining 3 crushed garlic cloves with 3 teaspoon of thyme, oil, balsamic vinegar, and salt and pepper. Stir to combine and spread over the chicken breasts, covering both sides.
8. Place a non-stick frying pan over a medium heat. Place the chicken into the hot pan and sear for 3-4 minutes on each.
9. Now place the chicken into an ovenproof dish along with the cherry tomatoes. Sprinkle the cherry tomatoes with a little salt and pepper and balsamic vinegar.
10. Place chicken in the oven and roast for 30 minutes.
11. After the chicken has been in the oven for 5 minutes, place the tray with the sweet potatoes and Brussels sprouts into the oven.
12. The chicken is cooked when the internal temperature reaches 165°F (75°C). Remove both dishes from the oven and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	500	16	36	50

*Nutrition per serving





Salmon Burgers

Serves 4

Salmon Patties:

22 oz. (620g) fresh salmon fillet
½ cup (75g) yellow onion, chopped
½ cup (75g) red bell pepper, chopped
1 garlic clove, crushed
½ tsp. salt and pepper
2 tbsp. fresh dill, chopped
½ lemon juiced
½ cup (60g) panko crumbs
1 egg

Burger Toppings:

8 pieces of green leaf lettuce
1 large tomato
1 small red onion

Yogurt Dill Sauce:

1 cup (245g) plain full fat Greek yogurt
2 tbsp. fresh dill, chopped
½ lemon juiced
2 cloves of garlic, crushed
½ tsp. onion powder
pinch of cayenne pepper (optional)
pinch of salt and pepper

Sweet Potato Fries:

4 medium sweet potatoes
1 tbsp. olive oil
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. pepper

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.
3. Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.
4. Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.
5. While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.
6. Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.
7. Add the egg, panko crumbs, dill, lemon, salt and pepper to the bowl and mix.
8. Remove salmon from the oven and set it aside to cool for 5 minutes.
9. Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.
10. While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.
11. Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the panko breadcrumbs, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.
12. Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.
13. To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.

Tip: Want to save time? Omit the dill sauce and replace with store-bought tzatziki instead.

Substitution: Omit the lettuce leaves and replace with a regular burger bun instead.

Allergy: For a gluten-free diet use Gluten Free Panko crumbs.

Note: Nutrition info with our fries.

MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	25 mins	464	23	21	43

*Nutrition per serving





Blackened Fish Tacos With Chipotle Yogurt Sauce

Serves 4

4 small fresh or thawed out frozen fillets
(Basa or fish of choice)
1 cup (120g) panko bread crumbs
3 tsp. paprika
½ tsp. cayenne pepper
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. salt
¼ tsp. pepper
2 eggs
16 small soft taco shells (either wheat or
corn)

Slaw:

3 cups (210g) shredded cabbage
1 tsp. apple cider vinegar
pinch salt and pepper

Chipotle Yogurt Sauce:

½ cup (120g) Greek yogurt
1 tsp. paprika
1 tsp. chili powder
2 tbsp. lime juice
1 tsp. honey

What you need to do

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Mix the panko breadcrumbs, and spices together in a shallow baking dish.
3. Place the egg into a separate shallow dish and beat well.
4. Now take the fillets of fish and place them one at a time, first into the egg wash and then into the panko mixture. Cover the fish in the breadcrumbs.
5. Once all fish have been coated in the panko, place them in a preheated non-stick pan that has been sprayed with oil.
6. Place 2 fish fillets at a time into the pan and sear each side for 1 minute and remove from the pan. Re-spray the pan with oil and repeat for the next 2 fillets. Place the seared fish onto a baking sheet and place in the the oven for 8 minutes.
7. While the fish is cooking, shred the cabbage (use green or purple cabbage, or a combination of both). For ease, use a food processor with appropriate cutting blade, alternatively thinly slice with a knife. Place the cabbage into a bowl and add in 1 teaspoon of apple cider vinegar and a small pinch of salt and pepper. Mix well and set aside.
8. With 3 minutes left on the cooking time for the fish, wrap the soft taco shells in foil and place in the oven to warm up.
9. To make the yogurt dip, place the yogurt into a small bowl and add in the lime juice, chili powder, honey, paprika and mix well.
10. The fish is cooked when it is flaky but not dry on the inside, the internal temperature should be 145°F (63°C).
11. To assemble the tacos take a taco shell and fill with a few small pieces of fish, top with cabbage slaw, and chipotle sauce.

Tip: Other topping options are sour cream, salsa, guacamole, and feta cheese.

Note: Makes 16 tacos & nutrition for 2 tacos.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	653	22	67	45

*Nutrition per serving



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Lentil & Zucchini Pasta

Serves 3

½ medium onion, chopped
1 tsp. olive oil
2 cloves garlic, crushed
½ tbsp. Italian herbs
¼ tsp. salt
⅓ tsp. pepper
2x 14 oz. (400g) canned
chopped tomatoes
5 oz. (156ml) canned
tomato paste
½ cup (95g) red split lentils
½ cup (120ml) vegetable
stock or water
½ tbsp. sugar or maple
syrup
10 cups zucchini noodles
¼ cup (12g) chopped parsley
¼ cup (12g) chopped basil

What you need to do

1. Spiralise the zucchini into noodles using a spiraliser. Alternatively buy store-bought zucchini noodles. Place the noodles into a large bowl, sprinkle with ¼ teaspoon of salt, mix well and set aside to sit.
2. Place a saucepan over a medium-high heat, add the oil and sauté the onions for 3 minutes, stirring often. Add the garlic, salt and pepper and spices and stir well for a further minute.
3. Add the crushed tomatoes, red split lentils, vegetable stock or water, and sugar or maple syrup and mix well. Bring to a boil and then reduce heat to a simmer. Cover the pan with a lid and simmer for 15 minutes.
4. Remove the lid from the pan and add in the can of tomato paste and the fresh parsley and basil. Cook for another 5 minutes uncovered.
5. Take the zucchini noodles and place some of them into the middle of a tea towel. Fold the sides up and grab, slowly twist the tea towel to wring out the excess water into the sink. Do this for all the zucchini noodles and then place into a large frying pan. Cook on high for 3-5 minutes, depending on the thickness of the noodles.
6. Once the zucchini noodles are cooked place them into a large bowl and top with sauce. Sprinkle with more fresh herbs and a little parmesan cheese.

Tip:

Replace the zucchini noodles with 320 grams of pasta.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	300	5	59	19

*Nutrition per serving





Seedy Granola Bars

Serves 12 bars

2 cups (35g) puffed quinoa or puffed rice
½ cup (75g) whole almonds
½ cup (75g) pecans
½ cup (65g) dried cranberries
2 tbsp. roasted sesame seeds
2 tbsp. roasted sunflower seeds
2 tbsp. hemp seeds
½ cup (120g) almond butter or peanut butter
⅓ cup (225g) malt rice syrup or honey
½ tsp. vanilla extract
¼ tsp. salt (omit if nut butter is salted)

What you need to do

1. Preheat the oven to 375°F (190°C).
2. Line a 8inch x 12inch (20cmx30cm) baking tray with parchment paper. (if you don't have parchment paper, grease the pan instead).
3. Chop the almonds and pecans into small pieces and place onto a baking sheet. Place in the oven, on the middle rack, and bake for 8 minutes, until the nuts are roasted.
4. While the nuts are roasting, place the rice or quinoa puffs into a bowl along with the cranberries, sesame seeds, hemp seeds, sunflower seeds and salt. Mix well to combine.
5. Place the nut butter, vanilla extract, and rice syrup or honey into a small saucepan. Place the pan on the stove over a low heat, stir gently until hot.
6. Place the roasted nuts into a bowl along with the quinoa puff mixture and stir. Pour in the hot nut butter syrup and mix well.
7. Pour into the lined dish and use the back of a spoon to press the mixture into the pan until even and smooth.
8. Place the dish into the fridge for 30-60 minutes until the mixture sets hard. Once hard remove from the fridge and cut into 12, 1 ½ inch wide bars. Store in an airtight container in the fridge.

Tip:

Don't want to roast the nuts? No problem these bars can also be made with raw nuts.

GF	DF	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	8 mins	163	8	23	3

*Nutrition per serving





Chocolate Energy Protein Balls

Serves 10

½ cup (50g) chocolate protein powder of choice
2 cups (350g) soft dates
1 tbsp. cocoa powder
⅛ tsp. salt
½ tbsp. coconut oil

What you need to do

1. Make sure the dates are soft. If not, measure out the dates and place them into a bowl and cover with hot water. Allow the dates to soak for 5 minutes, then drain the water and towel dry the dates.
2. Place the protein powder, dates, cocoa powder, salt and coconut oil into a food processor. And pulse until well combined.
3. If the mixture looks too dry, add a teaspoon of coconut oil. If the mixture is too wet, add an extra teaspoon of protein powder.
4. Roll out the balls into roughly 1.5 inch balls. Place in the fridge for 15 minutes. Roll in more cocoa powder (optional).

Tip:

Want a crunch in the energy protein balls, add in some puffed rice cereal.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	108	1	23	5

*Nutrition per serving



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