

FEBRUARY

Recipe Pack

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CHUNKY MONKEY OVERNIGHT OATS



CHUNKY MONKEY OVERNIGHT OATS

Serves 1

- 1 serving whey
- 30g dry oats
- 2/3 cup milk
- 2 tsp natural peanut butter
- 1/2 tsp vanilla essence
- 1/2 small banana sliced
- pinch of salt
- 1 tsp honey

What you need to do

Prepare the night before:

Mix the oats, whey and salt. Add milk, peanut butter and vanilla, and mix to combine. Leave in the fridge overnight.

Enjoy cold or heat the next morning. Top with sliced banana and honey.

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Nutrition
373 kcal

Fats (g)

11.5

Carbs (g)

37.6

Protein (g)

28.4



Prep:
5 min

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THE BEST BERRY PROTEIN SMOOTHIE



THE BEST BERRY PROTEIN SMOOTHIE

Serves 1

- 1 serving whey protein (vanilla or berry)
- 100g frozen mixed berries
- 1 tsp chia seeds
- 1 cup milk
- 100g Greek yoghurt

What you need to do

Add all the ingredients to a high powered blender and blend until desired consistency.

You can add more or less liquid depending on how thick you like your smoothies. You can also add ice if you like.

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Nutrition
338 kcal

Fats (g)

12.7

Carbs (g)

24.6

Protein (g)

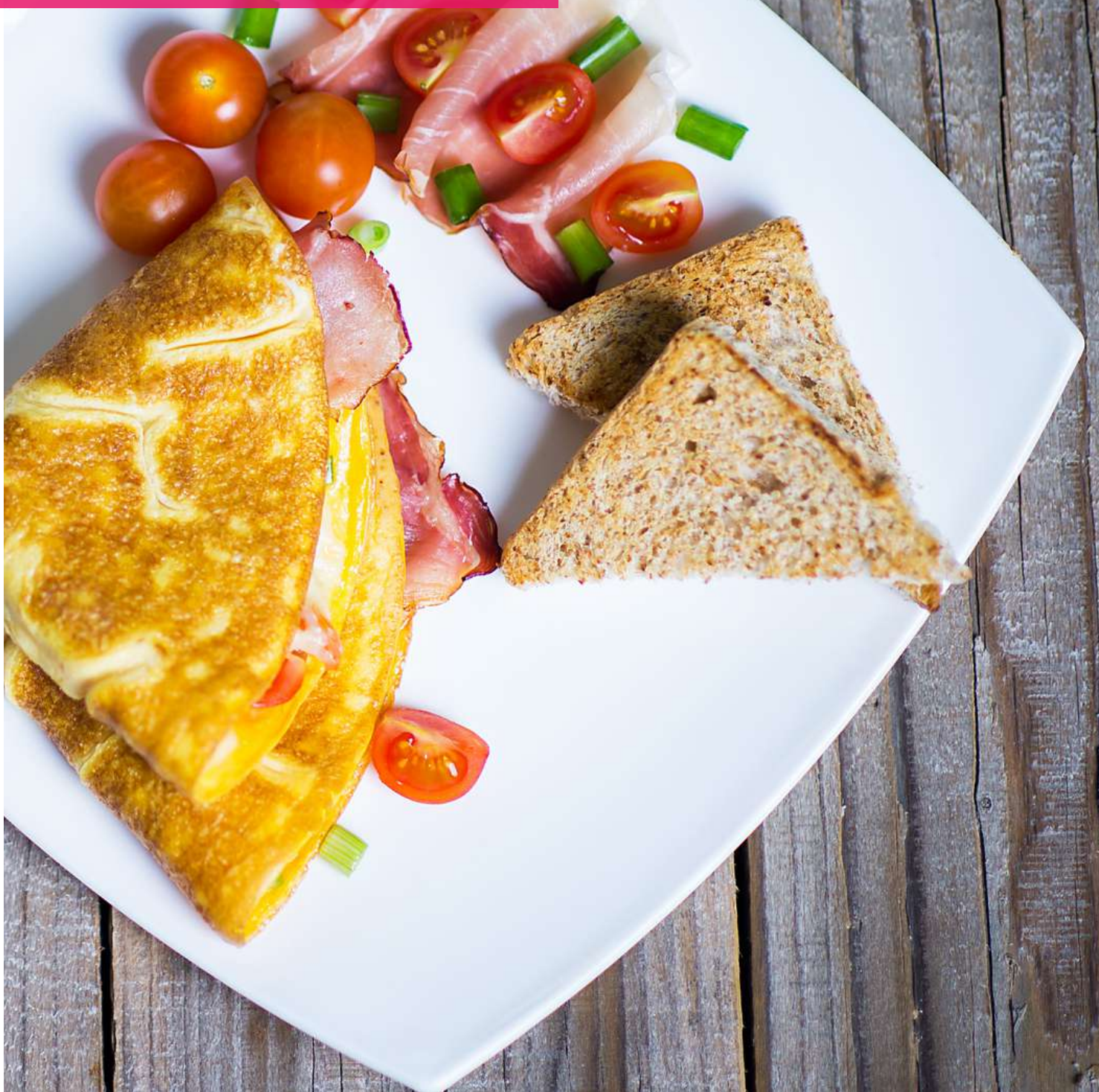
29.7



Prep:
5 min

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HAM OMELETTE & TOAST



HAM OMELETTE & TOAST

Serves 1

- 1 whole egg
- 2 egg whites
- 50g low fat cottage cheese
- 30g sandwich ham, chopped
- 2 slices brown bread
- handful of cherry tomatoes & fresh greens or herbs of choice
- salt & pepper to taste

What you need to do

Toast the bread.

Crack eggs and egg whites into a bowl, add a dash of water and whisk.

Spray a pan with non stick cooking spray. Place over medium heat and pour the egg mix into the pan. As it starts to heat pull the edges gently toward the center (about a third or halfway) allowing the egg to spill over into the gaps.

A minute or two before the omelette is cooked through add the cottage cheese (smearing or in lumps) with the ham. Fold the omelette, turn off heat and allow to cook through in residual heat for 2 to 3 minutes.

Serve with toast and cherry tomatoes and greens on the side.

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Nutrition
324 kcal

Fats (g)

8.5

Carbs (g)

28.6

Protein (g)

36.5



Prep: 5 min
Cook: 10 min

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OMELETTE WRAPS



OMELETTE WRAPS

Serves 1

1 serving = 2 wraps

- 100g low fat cottage cheese
- 2 handfuls watercress or rocket
- ½ lemon, peel only
- 2 eggs
- 2 egg whites
- 2 tbsp. (30ml) milk
- ½ tsp. mixed herbs
- 1 tsp. coconut oil
- 4 slices (50g) sandwich ham

What you need to do

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until a smooth paste forms .

Beat the eggs and whites with the milk and herbs in a separate bowl.

Heat ½ tsp. of oil in the medium size frying pan and fry ½ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set aside. Fry the other omelet with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with ham. Roll up the omelet as a wrap and cut in half.

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Nutrition
352 kcal

Fats (g)

18.8

Carbs (g)

9

Protein (g)

38



Prep: 10 min
Cook: 5 min

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600 CALORIE
DATE NIGHT
DINNER FOR 2

LOW CALORIE BOBOTIE



LOW CALORIE BOBOTIE

Serves 2

- 2 slices bread
- 1 cup milk
- 1 tsp olive oil
- ½ onion finely chopped
- 300g extra lean mince
- 1/4 beef stock cube
- 1 clove garlic minced
- 2 tsp medium curry powder
- 1/2 tsp dried herbs
- 1/2 tsp ground cumin
- 1/4 tsp tumeric
- 1 tbsp chutney
- 1/2 lemon zest and juice
- 2 tsp tomato paste
- 1 egg
- 2 bay leaves

What you need to do

Pre-heat oven to 175 degrees Celsius. Soak the bread in 1/3 cup of the milk.

Heat oil in a pan over medium heat. Cook the onions until soft, add the spices and garlic and cook for a minute stirring continuously. Add the mince and stock cube and brown.

Remove the mince from heat, add the chutney, lemon zest, half of the lemon juice, and tomato paste and mix well. Taste test and add more salt, pepper and lemon juice if needed.

Squeeze the milk from the bread (saving for later). Break up into small pieces and add to the mince. Spread the mince mix evenly into an oven proof dish (don't pack the mince tightly).

Beat the remaining milk, milk from the bread and egg together. Pour over the mince and top with bay leaves.

Bake uncovered for 35 minutes.

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Nutrition
239 kcal

Fats (g)

9

Carbs (g)

13.3

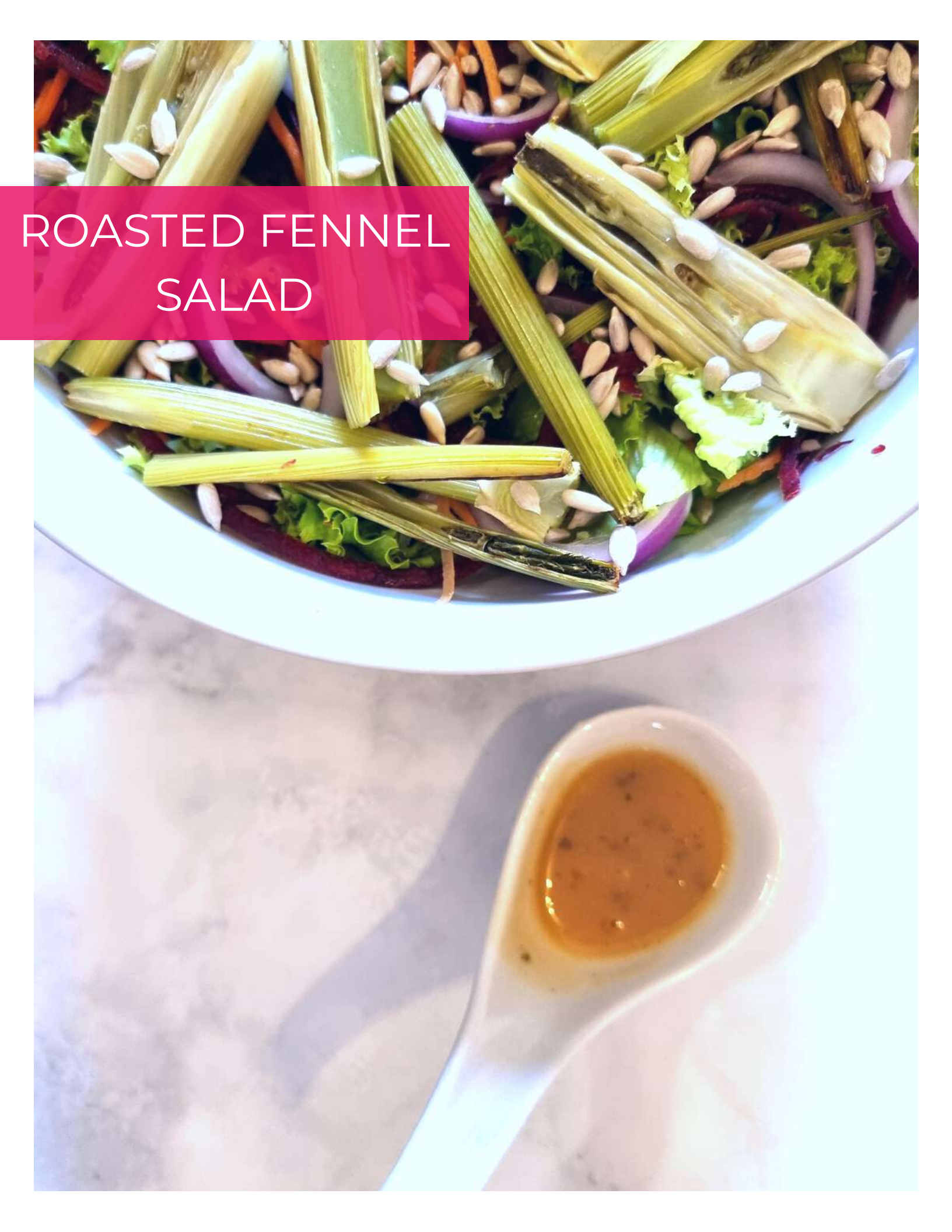
Protein (g)

26.2



Prep: 15 min
Cook: 35 min

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A top-down photograph of a white ceramic bowl filled with a salad. The salad features large, roasted fennel stalks that are yellowish-green with some charred edges. Mixed in are smaller green leafy vegetables, thin slices of red onion, and a generous sprinkling of light-colored pine nuts. The bowl is set on a light-colored, possibly marble, surface. Below the bowl, a white ceramic spoon is positioned diagonally, containing a smooth, orange-brown dressing. A semi-transparent pink rectangular box is overlaid on the upper left portion of the bowl, containing the text 'ROASTED FENNEL SALAD' in white, uppercase, sans-serif font.

ROASTED FENNEL SALAD

ROASTED FENNEL SALAD

Serves 2

- 1 cup chopped fennel bulbs
- 2 cups shredded lettuce
- 1/4 cup julienne carrots
- 1/4 cup julienne beetroot
- 1/4 cup chopped red onion
- 2 tsp sunflower seeds
- 30ml salad dressing

What you need to do

Preheat oven to 175 degrees Celsius.

Spread the fennel evenly on a roasting pan and roast in the oven for 35 minutes. (Keep an eye on it, if it begins to burn remove immediately).

Add the lettuce, carrots, beetroot and onion in a salad bowl and toss.

Top with roasted fennel, sprinkled seeds and dressing.

PS: chop the fennel into smaller chunks than what you see in the recipe photo. It's a strong flavour and mixes with the salad well in smaller pieces.

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Nutrition
76 kcal

Fats (g)

2.4

Carbs (g)

10.8

Protein (g)

2.6



Prep: 5 min
Cook: 35 min

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DECONSTRUCTED
PROTEIN CHEESECAKE

DECONSTRUCTED PROTEIN LEMON CHEESECAKE

Serves 2

- 3 lemon cream biscuits
- 1/2 serving vanilla whey protein
- 1 tsp melted coconut oil
- 2 tbsp milk
- 150g low fat cottage cheese (smooth)
- 2 tbsp granulated sweetener (erythritol recommended)
- 1/2 tsp vanilla essence
- 2 tbsp lemon juice
- sliced lemon zest to garnish

What you need to do

Crush 2 of the biscuits and mix with whey, oil, milk. Continue mixing until it forms a cookie like dough consistency.

Divide the dough into two and press into cookie cutter (heart shape recommended for a dinner date). Press the dough out of the cookie cutter and store in the fridge.

Mix the remaining ingredients in a small bowl until well combined.

When ready to serve add the dough hearts to the bowl, top with the remaining biscuit crushed and lemon zest.

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Nutrition
245 kcal

Fats (g)

8

Carbs (g)

29.3

Protein (g)

14.5



Prep:
10 min

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SESAME CHICKEN WITH RICE & VEG



SESAME CHICKEN WITH RICE & VEG

Serves 1

- 40g brown rice
- 2/3 cup broccoli
- 1/4 red bell pepper
roughly chopped
- 120g chicken breast
cut into cubes

For the sauce:

- 2 tsp honey
- 2 tsp soy sauce
- 1 1/2 tbsp water
- 3/4 tsp cornstarch
- 1 tsp sesame seeds
- ginger to taste
- crushed red pepper
flakes (optional)

What you need to do

Cook brown rice according to package instructions.

while the rice is cooking, chop the broccoli into small florets and cook in a pot of boiling water (about 7-8 minutes), or steam if you prefer.

Fry the chicken in a non-stick pan with some water. In a bowl, mix the sauce ingredients together. Add the sauce to the chicken and let simmer on low until the chicken has absorbed the sauce (about 5 minutes).

Add the broccoli and peppers to the chicken and stir to combine.

Sprinkle the chicken mix with sesame seeds and serve with rice.

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Nutrition
358 kcal

Fats (g)

4.6

Carbs (g)

48.5

Protein (g)

33



Prep: 5 min
Cook: 20 min

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CAULI & MINCE SWEET POTATO BAKE



CAULI & MINCE SWEET POTATO BAKE

Serves 2

- 1 medium sweet potato, peeled
- ½ onion finely chopped
- 1 garlic clove minced
- 200g extra lean mince
- salt & pepper to taste
- 1 tsp oregano
- 1 tbsp tomato paste
- ½ head of cauliflower, thinly sliced
- ⅓ cup milk
- 1 egg
- 45g mozzarella, shredded

What you need to do

Preheat oven to 200°C.

Boil or steam the sweet potato until cooked (about 20 minutes).

In the meantime add the garlic, onion and mince to a non stick pan. Brown and season with salt, pepper, oregano and tomato paste. Mix well to combine.

Allow the sweet potato to cool slightly and cut into thin strips. Layer the bottom of a small casserole dish with half of the sweet potato. Then add half of the kicne mix. Top again with the remaining sweet potato and mince, layer the top with cauliflower.

Whisk together the egg and milk and pour over the casserole.

Top with shredded mozzarella and cook in the oven for about 30 minutes.

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Nutrition
342 kcal

Fats (g)

12.9

Carbs (g)

25.4

Protein (g)

34.3



Prep: 20 min
Cook: 30 min

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DIY NANDOS HOT POT



DIY NANDOS HOT POT

Serves 4

- 150g brown rice
- 1 tsp tumeric
- 500g chicken breast
- 1/3 cup (6 tbsp) Nandos Mild sauce
- 1 chicken stock cube
- 2 cups sliced Zucchini
- 1 red bell pepper roughly chopped
- 1 green bell pepper roughly chopped
- 1 onion roughly chopped
- 1 tbsp tomato paste

What you need to do

Cook the rice according to package instructions adding 1 tsp of tumeric.

Slice the chicken breasts in half (so that you have thinner layers) and cook on medium heat with a splash of water and the chicken stock cube. Once the outer breast has turned white add the nandos sauce and simmer for another 10 minutes on low heat and set aside.

Add all the vegetables to a wok with the oil and stir fry on high heat until desired tenderness, just before done stir in the tomato paste. Add the chicken and rice to the wok and mix everything up.

Serve hot.

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Nutrition
365 kcal

Fats (g)

10.9

Carbs (g)

35.8

Protein (g)

32.1



Prep: 10 min
Cook: 30 min

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BEEF GOULASH



BEEF GOULASH

Serves 1

- 1/4 onion, chopped
- 1/2 clove garlic, minced
- 1 carrot peeled and sliced
- 1/2 medium potato, peeled and cubed
- fresh parsley to taste
- 120g stewing beef cut into bite sized pieces
- 1 tsp coconut oil
- salt & pepper to taste
- 1/2 beef stock cube
- 1/2 cup water
- 1/4 cup frozen peas
- 1/2 tsp worcestershire sauce
- 1/4 tsp dried thyme
- 1/4 cup tinned tomatoes

What you need to do

heat oil in a pot with beef. Season with salt and pepper and cook over high heat to brown (about 6 minutes). Place the beef in a bowl and set aside.

In the same pot, saute the onion for about 2 minutes. Add the garlic and cook for a other 30 seconds. Add the water and stock cubes to deglaze. Add the beef back along with the remaining ingredients. Cover and simmer over medium heat for 45 minutes to an hour. Adding more water little bits at a time if needed to prevent sticking/ burning.

Serve garnished with parsley.

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Nutrition
349 kcal

Fats (g)

11.3

Carbs (g)

31.1

Protein (g)

32.4



Prep: 15 min
Cook: 60 min

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FUSILLI CHICKEN SALAD



FUSILLI CHICKEN SALAD

Serves 4

- 170g wholewheat fusilli pasta
- 400g chicken breast
- salt & pepper to taste
- 125g sliced sandwich ham
- 1 head broccoli
- 1 yellow bell pepper
- 2 tbsp mayonnaise
- 2 tbsp lemon juice
- 1 tsp mustard

What you need to do

Cook the pasta according to package instructions. While the pasta is cooking broil, steam, or grill the chicken adding salt and pepper to taste.

PREPARE THE SALAD:

Chop the remaining ingredients (chicken included) to your preferred sizes. You can keep it bigger and chunkier or chop everything into smaller pieces, whatever suits your fancy.

Once the pasta is cooled add all the ingredients into a large bowl and mix until well combined.

Serve with your favourite fresh herbs like coriander, basil, or rocket.

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Nutrition
358 kcal

Fats (g)

8.6

Carbs (g)

38

Protein (g)

35.8



Prep: 10 min
Cook: 20 min

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CLASSIC BEEF STIRFRY



CLASSIC BEEF STIRFRY

Serves 2

- 2 tbsp soy sauce
- 1/2 tsp sugar
- twist ground black pepper
- 1 tbsp olive oil
- 350g lean/ stir fry beef cut into strips
- 1 clove garlic
- 1 spring onion thinly sliced, plus more for garnish
- 3/4 cups broccoli florets
- 1/2 cup mushrooms sliced
- 1/2 red bell pepper julienned
- 170g baby corn
- 2 tsp sesame seeds

What you need to do

In a medium bowl, whisk together the soy sauce, oil, sugar, pepper and beef strips. Toss to coat.

Heat the oil in a wok over medium-high heat. Add beef with liquid and cook, stirring until browned (3-4 minutes). Transfer to a bowl and set aside.

Allow the remaining liquid in the skillet to simmer until it reduces and begins to thicken, then add the garlic and onion and cook for a minute.

Add the remaining vegetables and cook, stirring for 2-3 minutes or until crisp-tender. Return the beef to the wok and fry for another 2 minutes.

Garnish with sesame seeds.

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Nutrition
354 kcal

Fats (g)

16.3

Carbs (g)

15.4

Protein (g)

37.9



Prep: 15 min
Cook: 10 min

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SWEET & SOUR CHICKEN



SWEET & SOUR CHICKEN

Serves 1

- 125g chicken breast
- 1 tsp vinegar
- 1 tsp cornstarch
- 1/4 tsp ground ginger
- 1/8 chicken stock cube
- 1 tbsp boiling water
- 1/2 tbsp tomato paste
- 2 1/4 tsp soy sauce
- 1/2 tbsp apple cider vinegar
- 1 tsp honey
- 1/2 tbsp olive oil
- 1 garlic clove, thinly sliced
- 1/4 onion thinly sliced
- 1/4 each red & yellow bell pepper, roughly chopped
- 1/4 cup mango chunks
- 125g cauli rice OR cauli noodles

What you need to do

In a small bowl soak the chicken stock in the boiling water.

Cut the chicken into bite sized cubes. Place in a bowl with vinegar, a third of the cornstarch and ginger. Toss to coat and set aside.

Add the remaining cornstarch to the bowl with stock and stir. Gradually whisk in the tomato paste, soy sauce, vinegar and honey, set aside.

Heat a wok over high, add half the oil, and chicken. Cook without stirring for 2 minutes. Then stir, and continue to cook until just done through (about 3 minutes.) Transfer to a bowl and set aside.

Add the remaining oil to the wok and turn down to medium-high heat. Add garlic and cook for 30 seconds. Add onions and peppers and continue to stir fry until crisp-tender. Return the chicken to the wok along with the mango. Stir in the sauce mixture. Stir fry for another minute or two until the sauce is thick and bubbly. Remove from heat.

Cook the cauliflower rice or noodles according to package instructions. Serve Sweet & Sour Chicken over cauli rice/noodles.

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Nutrition
363 kcal

Fats (g)

11.1

Carbs (g)

34.7

Protein (g)

32.3



Prep: 10 min
Cook: 15 min

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A close-up photograph of two pieces of spinach and cheese stuffed chicken on a white plate. The chicken is breaded and fried, with a golden-brown crust. The filling is visible, showing a mixture of green spinach and melted white cheese. In the background, there are some vegetables, including green beans, broccoli, and orange bell peppers. A silver fork is visible in the bottom right corner, resting on a brown textured surface.

SPINACH & CHEESE STUFFED CHICKEN

SPINACH & CHEESE STUFFED CHICKEN

Serves 1

- 125g chicken breast
- 30g mozzarella slices
- 100g baby spinach
- 1/4 cup Kelloggs cornflake crumbs
- salt & pepper to taste
- 1 egg (1/4 egg per serving, so you can use 1 egg for up to 4 servings)
- 1 cup/ 80g fresh or frozen country veg (cauliflower, broccoli, carrots & green beans)

What you need to do

Preheat oven to 175 degrees Celsius.

Boil the spinach in salt water for 2 minutes. Drain, dab dry and cut into small pieces.

Wash the chicken breast, dab dry and cut a shallow opening into the fillets. Stuff the fillet with the spinach and mozzarella slices.

Scramble the egg in a bowl. Toss the fillet in the egg and then coat with crumbs.

Place onto a baking sheet and bake for 25 minutes.

While the chicken is in the oven cook the country veg according to package instructions.

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Nutrition
352 kcal

Fats (g)

9.6

Carbs (g)

23.8

Protein (g)

41.4



Prep: 15 min
Cook: 25 min

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CRUMBED FISH & SALAD



CRUMBED FISH & SALAD

Serves 1

- 2 tbsp mayonnaise
- 1 tsp finely chopped onion
- 1/2 tsp mustard
- 1/4 tsp honey
- 1/2 tsp chopped fresh herbs of choice (optional)
- 2 tbsp all-purpose flour
- 1/2 teaspoon salt
- 1 egg (1/2 egg per serving, so up to 1 egg for 2)
- 1 tbsp water
- 1/4 cup Kellogs cornflake crumbs
- 200g hake fillets
- 2 tsp olive oil
- side salad (lettuce, tomato, cucumbers, onion)
- 1 serving salad dressing of choice

What you need to do

If fish is frozen, allow to defrost completely.

In shallow dish, mix flour and salt. In another shallow dish, beat eggs and water with fork. Place cornflake crumbs in a third shallow dish. Dip fish in flour, coating well; shake off excess. Dip floured fish in egg mixture, then in cereal, coating all sides completely. Set aside.

In a skillet, heat oil over medium heat until hot. Keeping space between fish fillets and cooking in batches if needed, cook fish in oil 3 to 4 minutes on each side, turning once, until well browned and fish flakes easily with fork.

Serve with a light side salad and dressing.

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Nutrition
413 kcal

Fats (g)

15.4

Carbs (g)

31.7

Protein (g)

37.3



Prep: 10 min
Cook: 10 min

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