

Goal Reaching Recipes Healthy & Nutritious



**HIGH PROTEIN
LOW CARB
GLUTEN FREE
& VEGETARIAN OPTIONS**

Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Thick berry & coconut smoothie

MJI PERSONAL
TRAINING
& NUTRITION COACHING

50ml unsweetened coconut milk
150ml unsweetened almond milk
50g frozen blueberries
50g ripe avocado
30g vanilla or coconut flavour whey
or rice protein powder
10g peanut or almond butter
5g desiccated coconut

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
429 Calories
13g Carbs
29g Protein
29g Fat



SCAN TO MYFITNESSPAL

Coconut dream smoothie

140ml dairy free alternative coconut milk (or use milk of your choice)
40g tinned sweetcorn, rinsed and drained
40ml unsweetened coconut milk
1 tsp vanilla extract
25g vanilla flavour whey or rice protein powder
4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
234 Calories
14g Carbs
22g Protein
10g Fat



Almond spice smoothie

200ml unsweetened almond milk
2 tps almond butter
80g frozen banana
25g vanilla flavour whey or rice protein powder
1 tsp ground cinnamon
½ tsp ground turmeric

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
241 Calories
16g Carbs
24g Protein
9g Fat



SCAN TO MYFITNESSPAL

Creamy coconut & cashew protein yoghurt

MJI PERSONAL TRAINING & NUTRITION COACHING

200g Greek yoghurt (use dairy free if preferred)

40g coconut cream (use the fat part from the top of a tin of coconut milk)

25g vanilla or coconut flavour whey or rice protein powder

1 tsp cashew butter

1 tsp vanilla extract or vanilla bean paste

50g frozen banana

for the topping:

a sprinkle of hemp or chia seeds

a drizzle of maple syrup (optional)

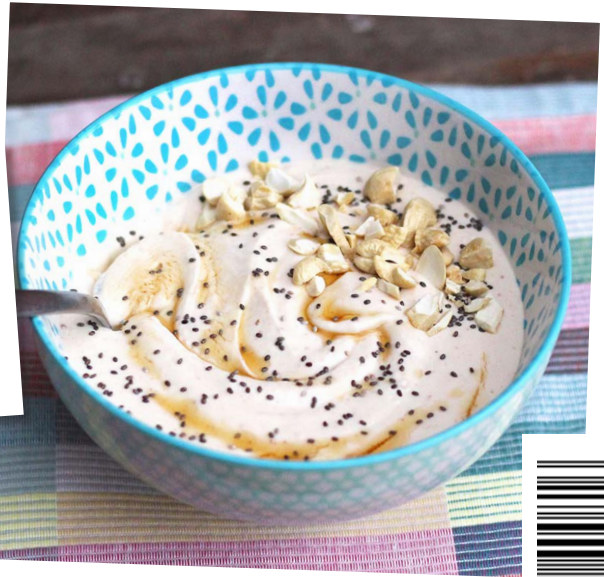
a sprinkle of cashew nuts, chopped

Place all of the ingredients in a food processor or blender. Blend well until smooth.

Divide the mixture between two serving bowls. Add the toppings and serve.

Consume immediately

SERVES 2



PER SERVING:

240 Calories

13g Carbs

20g Protein

12g Fat



SCAN TO MYFITNESSPAL

Chewy choc chip & peanut bars

1 tbsp crunchy peanut butter
1 tbsp cocoa powder
1½ tbsps dark chocolate chips
(minimum 70% cocoa)
2 tsps sunflower seeds
¼ tsp ground cinnamon
1 tbsp cold water or unsweetened almond milk
25g vanilla or chocolate flavour whey or rice protein powder (optional)

MAKES 3 BARS

Place the ingredients in a bowl and mix until well combined.

Line the base of a baking tray with greaseproof paper. Transfer the mixture to the tray and shape into a long rectangle using a spatula. Level the surface and neaten the sides with the spatula.

Refrigerate for 30 minutes or until firm. Cut into 3 bars. Serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days.



PER BAR:
133 Calories
3g Carbs
10g Protein
9g Fat



SCAN TO MYFITNESSPAL

Pecan & coffee brownies

30g flaxseed
90ml cold water
270g (drained weight) tinned chickpeas, rinsed
40g coconut oil, melted
30g cocoa powder
a pinch of sea salt
2 tsps granulated coffee (use decaffeinated if preferred), dissolved in 10ml recently boiled water
55g vanilla or chocolate flavour protein powder
a small pinch of baking powder

for the topping:
25g pecans, roughly chopped

MAKES 6 BROWNIES

Mix the flaxseed and water in a jug and leave to stand for 10 minutes. Meanwhile, preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Pat the chickpeas with kitchen paper to remove excess water. Place the, in a large bowl and mash well until smooth. Add the remaining ingredients, except for the pecans. Mix well with a spatula, until thoroughly combined. Taste the mixture and add more sweetener if required.

Transfer the mixture to the baking tin and gently even out the surface using a spatula. Sprinkle the pecans evenly over the surface and press in gently with a spoon.

Bake for 20-25 minutes or until the brownies spring back lightly to the touch. Allow to cool in the tin then cut into 6 pieces.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER BROWNIE:
197 Calories
8g Carbs
12g Protein
13g Fat



'Full English' egg muffins

1 tsp olive oil or butter, plus a little extra to grease tin
2 good quality butcher's sausages
4 rashers unsmoked back bacon, cut in half lengthways
6 eggs
5 button mushrooms, chopped
4 cherry tomatoes, halved
2 tbsps whole milk or unsweetened almond milk
a pinch of sea salt (optional)
a pinch of ground black pepper
1 tsp dried oregano
40g Cheddar cheese, grated (use dairy free if preferred)

MAKES 8 MUFFINS



PER MUFFIN:
154 Calories
2g Carbs
14g Protein
10g Fat

Preheat oven to 180°C/350°F. Lightly grease 8 compartments of a muffin tin, or prepare a silicon muffin tray.

Melt the oil/butter in a frying pan. Add the sausages and fry gently over a medium heat for 6-8 minutes, turning occasionally until fully cooked. Transfer to a plate and cut into small pieces.

Line the sides of each muffin compartment with a half strip of bacon, to create a 'case'.

Crack the eggs into a jug and beat with a fork. Add the mushrooms, tomatoes, milk, salt (if using), pepper, oregano and cheese. Stir well and pour into the muffin tin compartments.

Add a few pieces of sausage to each compartment. Bake for 20-25 minutes, or until firm in the centre.

Allow to cool for 5 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

Avocado salmon brunch

3 eggs
a pinch of sea salt and ground black pepper
1 tsp ghee or coconut oil
4 button mushrooms, sliced
2 spring onions, sliced
1 tbsp Cheddar cheese, grated (use dairy free if preferred)
½ a small ripe avocado, sliced
30g smoked salmon

SERVES 1



PER SERVING:
441 Calories
7g Carbs
29g Protein
33g Fat

Whisk the eggs in a jug. Season with salt and pepper.

Melt the ghee/oil in a frying pan over a medium heat. Add the mushrooms and spring onions and sauté gently for 3-4 minutes, stirring until soft.

Transfer to a plate. Remove pan from heat and gently wipe out any debris.

Place the pan back on the heat. Add the eggs and cook gently, stirring continuously. As the eggs start to cook, add the cheese. Stir the eggs until thoroughly cooked and remove pan from heat. Mix the smoked salmon with the scrambled eggs.

Place the avocado rashers on a plate. Top with the remaining ingredients and serve.

Consume immediately.

Serving suggestion:

Enjoy with a slice or rye toast (or use a gluten free alternative if preferred).



SCAN TO MYFITNESSPAL

Bacon & egg frittata

- 3 eggs
- 6 cherry tomatoes, halved
- 1 tsp butter
- 2 rashers unsmoked back bacon, diced
- a sprinkle of fresh parsley, chopped

SERVES 1

Preheat oven to 175°C/350°F.

Beat the eggs in a bowl until stiff peaks form.

Gently melt the butter in a skillet or frying pan and fry the bacon until crispy. Add the tomatoes and cook for 2 minutes.

Pour the egg batter into the skillet so that it covers the base of the pan evenly. Cook on a medium heat for two minutes, then bake in the oven for 15 minutes.

Remove the frittata gently from the skillet, loosening with a spatula. Serve with a leafy green salad.

Store in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
413 Calories
1g Carbs
28g Protein
33g Fat



SCAN TO MYFITNESSPAL

Quick & easy protein pancakes

2 tsps coconut oil

for the pancakes:

2 eggs

40g vanilla flavour whey or rice protein powder

½ tsp baking powder

½ tsp xanthan gum (optional)

60ml unsweetened almond milk

SERVES 1

Place the pancake ingredients in a blender and blend well until smooth. Heat ½ tsp coconut oil in a large frying pan over a medium heat.

When the oil is hot, pour around ¼ of the batter into the frying pan.

When bubbles start to form on the top of the pancake, turn or flip the pancake.

Cook for another 1-2 minutes.

Repeat steps with the remaining oil and batter. Serve.

Consume immediately.

Serving suggestion:

Serve with fresh berries of your choice.



PER SERVING:
398 Calories
5g Carbs
45g Protein
22g Fat



Berry soufflé

1½ tps butter or coconut oil
100g mixed berries
35ml unsweetened coconut milk
3 eggs, yolks and whites separated
plus 3 egg whites
1 tsp vanilla extract
a pinch of ground cinnamon

SERVES 1

Preheat oven to 200°C/400°F.

Melt the butter/oil in an ovenproof skillet or pan over a medium heat.

Add the berries and simmer gently for around 4 minutes, stirring occasionally.

Meanwhile, whisk the egg whites with an electric mixer until stiff peaks form.

In a separate bowl hand whisk the egg yolks, coconut milk, cinnamon and vanilla extract for 1-2 minutes.

Gently fold the yolks into the egg whites.

Pour the mixture over the berries and cook for 2 minutes then transfer to the oven.

Bake for 10-12 minutes until lightly browned. Serve warm or cold.

Serve immediately.



PER SERVING:
382 Calories
10g Carbs
27g Protein
26g Fat



Easy chicken skewers

4 bamboo or metal skewers
½ tbsp olive oil
juice of 1 lemon
2 tsps paprika
2 tsps ground cumin
2 garlic cloves, minced
1 tbsp dried mixed herbs
1 tsp sea salt
1 tsp ground black pepper
250g chicken breast, diced

SERVES 2

Soak 4 wooden skewers in cold water for 30 minutes, or prepare 4 metal skewers.

Place the olive oil, lemon juice, paprika, cumin, garlic, mixed herbs, salt and pepper in a jug. Whisk well.

Place the chicken in a bowl and top with the marinade. Stir well to coat. Refrigerate for 30 minutes.

Preheat oven to 180°C/350°F. Line a baking tray with foil.

Thread the chicken pieces onto the skewers and place onto the baking tray.

Cover loosely with foil and bake for 10 minutes. Remove the foil, turn the skewers and bake uncovered for 5 minutes, or until thoroughly cooked. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with a mixed leaf salad.



PER 2 SKEWERS:
273 Calories
8g Carbs
40g Protein
9g Fat



SCAN TO MYFITNESSPAL

Basil-infused sea bass

2 tps dried basil (or 3 fresh basil leaves, chopped)

$\frac{3}{4}$ tsp sea salt

$\frac{1}{2}$ tsp ground black pepper

1 tsp olive oil

juice of $\frac{1}{2}$ a lemon

3 garlic cloves, minced

1 tsp paprika

350g sea bass fillets

80g red onion, cut into quarters

1 tbsp fresh coriander, chopped

SERVES 2

Preheat oven to 180°C/350°F.

Place the basil, salt, black pepper, olive oil, lemon juice, garlic, and paprika in a jug. Mix well.

Place the sea bass fillets onto a foil-lined baking tray. Spread the marinade over the fish.

Arrange the onion onto the fish.

Bake for 20 minutes, or until the fish begins to flake away with a fork.

Serve garnished with fresh coriander and lemon wedges.

Store any leftover sea bass in an airtight container and refrigerate for up to 2 days.



PER SERVING:
230 Calories
10g Carbs
34g Protein
6g Fat



SCAN TO MYFITNESSPAL

Green lentil & pesto soup

2 tsps coconut oil
1 large red onion, finely diced
2 garlic cloves, finely chopped
600g chicken breast, diced
100g cherry tomatoes, left whole or halved
150g green beans, ends trimmed and cut into bite-sized pieces
300ml recently boiled water
300g tinned chopped tomatoes
400g tinned green lentils, drained
60g green pesto
a pinch of sea salt and ground black pepper, to taste
a handful of fresh basil, chopped (optional)

SERVES 4

Heat the oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring frequently until soft.

Add the garlic and fry for 1 minute, stirring continuously.

Add the chicken and fry for 5 minutes, stirring to seal on all sides.

Add the cherry tomatoes and green beans. Fry for 2 minutes, stirring occasionally.

Add the water, tinned tomatoes, green lentils and pesto. Stir well and bring to a boil then reduce heat to simmer. Cover and cook for 10 minutes, stirring occasionally.

Season to taste. Serve garnished with fresh basil, if using.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
441 Calories
18g Carbs
54g Protein
17g Fat



SCAN TO MYFITNESSPAL

Italian egg bake

1 tsp olive oil
30g white onion, chopped
1 garlic clove, finely chopped
100g tinned chopped tomatoes
30g cherry or plum tomatoes
½ tsp dried red chilli flakes
¼ tsp sea salt
¼ tsp ground black pepper
1 tbsp fresh parsley, chopped
60ml unsweetened almond milk
30g Parmesan cheese, grated
4 eggs

SERVES 2

Preheat oven to 200°C/400°F.

Heat the oil in an ovenproof skillet or frying pan over a medium heat. Add the onion and fry for 3 minutes, stirring frequently.

Add the garlic and fry for 1 minute, or until fragrant. Remove skillet from the heat.

Add the tinned tomatoes, fresh tomatoes, chilli flakes, salt, pepper and parsley.

Whisk in the almond milk and half of the cheese.

Using a spoon, create 4 wells in the mixture and crack an egg into each well.

Bake for 16-18 minutes, or until firm in the centre. Sprinkle the remaining cheese over the top and serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
253 Calories
7g Carbs
18g Protein
17g Fat



Crustless tomato & basil quiche

a small amount of coconut oil or butter, to grease dish
2 vine-ripened tomatoes
4 eggs
2 egg whites
¼ tsp dried Italian herbs
½ tsp paprika
a pinch of sea salt and ground black pepper
4 spring onions, finely sliced
100g plain cottage cheese
35g Swiss cheese, finely grated
20g Parmesan cheese, finely grated
10 basil leaves, chopped

SERVES 3

Preheat oven to 180°C/350°F. Lightly grease a medium-sized oven dish with coconut oil or butter.

Finely slice one of the tomatoes and finely chop the other.

Crack the eggs and whites into a jug. Add the Italian herbs, paprika, salt and pepper and stir well.

Stir in the chopped tomato, spring onions, and cheese. Pour the mixture into the dish. Bake for 40 minutes.

Distribute the tomato slices evenly around the surface of the quiche. Add the chopped basil. Bake for 20 minutes, or until the centre of the quiche is cooked.

Cut into 3 pieces. Serve warm or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
341 Calories
8g Carbs
30g Protein
21g Fat



Mexican beef stew

1 tbsp olive oil
80g red onion, chopped
4 garlic cloves, finely chopped
½ tsp dried red chilli flakes
½ tbsp ground cumin
½ tsp sea salt
½ tsp ground black pepper
300g diced beef
700ml vegetable stock (made with one organic stock cube)
400g tinned chopped tomatoes
80g carrots, peeled and chopped
100g tinned sweetcorn, drained
80g tinned black beans, drained

SERVES 4

Heat the oil in a large saucepan over a medium heat. Add the onion and fry for 5 minutes, or until softened.

Add the garlic, red chilli flakes, cumin, salt, and black pepper. Cook for 2 minutes, stirring continuously.

Add the beef and cook for 3 minutes, stirring to brown on all sides.

Add the stock and tinned tomatoes. Stir well and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally. Add more stock or water if the mixture becomes too dry.

Add the carrots, sweetcorn, and black beans and cook for 10 minutes, or until the carrots are tender. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed vegetables and/or potatoes of your choice.



PER SERVING:
226 Calories
14g Carbs
20g Protein
10g Fat



SCAN TO MYFITNESSPAL

Pan fried garlic & herb chicken

350g chicken breast, cut into large pieces
4-5 garlic cloves, finely chopped
1 heaped tsp dried mixed herbs
1 tsp sea salt
1 tsp ground black pepper
50g unsalted butter
1 Tbsp. fresh parsley, chopped

SERVES 2

Place the chicken pieces onto a plate and pat gently with kitchen roll to remove excess moisture.

Transfer the chicken to a bowl. Add the garlic, mixed herbs, salt and pepper and stir well.

Melt the butter in a saucepan over a medium heat. Add the chicken and fry for 4 minutes on each side, or until golden brown.

Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Serve on a bed of steamed rice.



PER SERVING:

416 Calories

6g Carbs

44g Protein

24g Fat



Minted lamb burgers

2 tsps butter or coconut oil
500g lean lamb mince
1 small white onion, very finely chopped
a handful of fresh mint leaves, very finely chopped
½ tsp sea salt

MAKES 4 BURGERS

Mix all of the ingredients in a bowl, except for the butter/oil.

Use your hands to break the lamb mince up finely. Form the mixture into 4 patties.

Heat the butter/oil in a wide frying pan over a medium heat.

Add the patties and fry for 4-5 minutes. Gently turn and fry for 4-5 minutes, or until thoroughly cooked. Serve.

Once cooled, store any leftover burgers in an airtight container and refrigerate for up to 3 days. Alternatively, wrap each uncooked patty in cling film and freeze on same day.



PER BURGER:
295 Calories
5g Carbs
35g Protein
15g Fat



SCAN TO MYFITNESSPAL

Cajun spiced salmon

- 1 tsp dried red chilli flakes
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground coriander
- a pinch of ground black pepper
- 1 tbsp olive oil
- 185g fresh salmon fillet

SERVES 1

Mix the spices together in a bowl and add the olive oil. Stir well to combine. Spoon onto the salmon and turn to coat in the marinade. Refrigerate for 1 hour minimum (or overnight if you have time).

Preheat oven to 180°C/350°F. Line an oven tray with a large sheet of foil.

Place the salmon on the foil and seal loosely in a parcel.

Cook for 25 minutes, or until the salmon is cooked throughout (the flesh will be a pale pink colour when cooked).

Serve with salad or steamed vegetables and a wedge of lemon.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
509 Calories
5g Carbs
39g Protein
37g Fat



SCAN TO MYFITNESSPAL

Mexican meatballs

for the meatballs:

- 200g lean minced beef
- 15g pecorino cheese, grated (use dairy free if preferred)
- 3 garlic cloves, minced
- ½ tsp dried red chilli flakes
- ½ tsp sea salt
- ½ tsp ground black pepper
- 2 spring onions, finely chopped

for the sauce:

- 2 tps olive oil
- 40g white onion, finely chopped
- 2 garlic cloves, minced
- ½ tsp sea salt
- 1 tsp dried mixed herbs
- ½ tsp dried red chilli flakes
- 200g tinned chopped tomatoes

to serve:

- 1 tsp fresh parsley, finely chopped
- 2 tps Parmesan cheese, finely grated (use dairy free if preferred)

SERVES 2



PER SERVING:
296 Calories
11g Carbs
27g Protein
16g Fat

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

Place the meatball ingredients in a large bowl. Use your hands to combine well. Form the mixture into 15 balls and place onto the baking tray. Bake for 15-20 minutes, turning them after 10 minutes of cooking time.

Heat the olive oil in a saucepan over a medium heat. Add the onion and fry for 4 minutes, or until soft.

Add the garlic, salt, mixed herbs and chilli flakes. Cook for 2 minutes, stirring frequently. Stir in the tinned tomatoes. Reduce heat to low and cook for 20 minutes, or until the sauce has thickened.

Allow to cool for 5 minutes. Blend until smooth using a stick blender. Serve the meatballs and sauce topped with cheese and parsley.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with pasta of your choice.



SCAN TO MYFITNESSPAL