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LIGHT BITES RECIPE COLLECTION

This collection of snack recipes is perfect when hunger hits.



A close-up photograph of a white ceramic bowl filled with a thick, light-colored hummus. The hummus is garnished with several dollops of golden olive oil, a sprinkle of red chili flakes, and two fresh lime slices. The bowl is placed on a dark grey cloth on a light-colored surface.

**BLACK BEAN
HUMMUS**

BLACK BEAN HUMMUS



Serves: 8
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
91 kcal
4g Fats
9g Carbs
4g Protein



WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water for the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.



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**SOYBEAN
HUMMUS**

SOYBEAN HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
129 kcal
9g Fats
8g Carbs
6g Protein



WHAT YOU NEED

- 2 1/3 cups (400g) chickpeas, drained
- 2 cups (150g) soy beans
- 1/2 cup (15g) mint
- 3 tbsp. tahini
- 1 garlic clove
- 3 tbsp. lemon juice
- 2 tbsp. olive oil
- water, as needed

WHAT YOU NEED TO DO

Put the chickpeas, beans, mint, tahini and garlic in a high-speed blender and puree until smooth. Add in the lemon juice and olive oil, season to taste with salt & pepper, and blend again. Add water as necessary to achieve desired texture. Serve as a dip with vegetables.



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**SUN-DRIED
TOMATO HUMMUS**

SUN-DRIED TOMATO HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
7g Fats
19g Carbs
6g Protein



WHAT YOU NEED

- 1 15oz. (425g) can chickpeas, drained and rinsed
- ¼ cup (15g) sundried tomatoes
- 2 tbsp. tahini
- 1 clove garlic, crushed
- juice of 1 lemon
- 2 tbsp. oil from tomatoes

WHAT YOU NEED TO DO

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed.

If necessary add water to bring it to the consistency that you like. Season with salt and pepper to taste.



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**SWEET POTATO
PASTE**

SWEET POTATO PASTE



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
140 kcal
1g Fats
27g Carbs
5g Protein



WHAT YOU NEED

- 2 large sweet potatoes
- ½ red chili pepper
- ¾ cup (150g) chickpeas, drained
- 1 tsp. garam masala

WHAT YOU NEED TO DO

Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.

Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.

Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.



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A top-down photograph of a white ceramic bowl with black speckles, filled with a mixture of mashed avocado, hard-boiled egg pieces, and fresh cilantro leaves. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered cloth holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black letters.

AVOCADO & EGG PASTE

AVOCADO & EGG PASTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
298 kcal
24g Fats
9g Carbs
11g Protein



WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.



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**TOFU & GREEN
PEAS PASTE**

TOFU & GREEN PEAS PASTE



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
290 kcal
21g Fats
17g Carbs
11g Protein



WHAT YOU NEED

- 2/3 cup (100g) green peas, frozen
- 3/8 cup (50g) natural tofu
- 1/4 avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Cover the frozen peas with boiling water and wait a few minutes until defrosted, then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary add some more mint and lemon to adjust taste. Serve with toast (not included in nutrition info).



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A close-up photograph of a bowl of Mediterranean guacamole. The guacamole is a vibrant green, chunky dip, topped with finely diced red tomatoes, sliced purple onions, and dark olives. A generous amount of white, crumbly cheese is sprinkled over the top. The bowl has a white base with a blue geometric pattern. In the background, several golden-brown tortilla chips are scattered on a light-colored surface. In the foreground, a cluster of fresh, bright red tomatoes with green stems is visible.

MEDITERRANEAN GUACAMOLE

MEDITERRANEAN GUACAMOLE



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
76 kcal
7g Fats
2g Carbs
1g Protein



WHAT YOU NEED

- 2 ripe avocados, halved, pit removed
- 1 lemon, juiced
- 1 tbsp. chopped sun-dried tomatoes
- 4 cherry tomatoes, diced
- ½ small red onion, diced
- 1 tsp. dried herbs de province
- 2 tbsp. chopped parsley
- 8 black olives, chopped
- 1 tbsp. feta crumbled (optional)

WHAT YOU NEED TO DO

Place the avocado and lemon juice into a large bowl and mash it up with a fork. Add remaining ingredients (apart from the feta) and mix well. Season with salt and pepper.

Crumble the feta on just before serving.



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A close-up photograph of a salmon tatar dish. The tatar is a mound of finely diced salmon, avocado, mango, and green herbs, garnished with a slice of lime. It is served on a light blue ceramic plate. In the background, there are two slices of dark, seeded bread. A copper-colored fork is placed on the plate to the right of the tatar. A white text box is overlaid on the center of the image.

**SALMON TATAR WITH
AVOCADO AND MANGO**

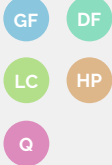
SALMON TATAR WITH AVOCADO AND MANGO



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
282 kcal
17g Fats
9g Carbs
26g Protein



WHAT YOU NEED

- 1 small salmon filet (100g), cut in cubes
- ¼ avocado, cut in cubes
- ¼ cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

WHAT YOU NEED TO DO

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).



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NUT BREAD

NUT BREAD



Serves: 12
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
160 kcal
13g Fats
4g Carbs
7g Protein



WHAT YOU NEED

- 1 ½ cup (140g) almond flour
- 1/3 cup (40g) sunflower seeds
- 1/3 cup (50g) sesame seeds
- ¼ cup (20g) pumpkin seeds
- 2 tbsp. flax seeds
- 2 ½ tsp baking powder
- 2 tbsp. coconut oil, melted
- 4 eggs
- 1 tsp. mixed dried herbs

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

In a large bowl mix almond flour, sunflower seeds, sesame seeds, pumpkin seeds, flax seeds and baking powder.

Add in the melted coconut oil, eggs, salt and oregano and mix well until a batter has formed.

Line a bread tin with baking paper and transfer the batter into it.

Bake the bread for about 40 minutes in the oven. Before removing the bread from the oven insert a wooden skewer inside the bread to check if it is ready. If the skewer comes out clean, then it is cooked, if not then bake for another 5-10 minutes.

Remove the bread from the tin and allow to cool completely before slicing.



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**MEXICAN
LETTUCE WRAPS**

MEXICAN LETTUCE WRAPS



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
246 kcal
8g Fats
20g Carbs
22g Protein



WHAT YOU NEED

- 1 onion, chopped
- 1 tbsp. coconut oil
- 10.5 oz. lean ground beef (300g)
- 14 oz. Mexican stir-fry vegetables (400g) (corn, green beans, red pepper, leek)
- 2 tsp. Mexican spice mix
- 14 oz. can kidney beans (400g)
- lettuce leaves

WHAT YOU NEED TO DO

Heat the oil in a wok and fry the onion for 2-3 mins on low heat. Add the meat, turn up the heat and cook for 3 min. Add in the vegetables and Mexican spices and stir fry for another 4 min, stirring often.

In the meantime, drain the beans & rinse under cold running water. Turn the heat to low, add the beans and cook for 2 mins. Season with pepper and salt if necessary. Wash and dry the lettuce leaves.

Serve the Mexican stir fry wrapped in lettuce leaves with a dollop of crème fraiche and salsa (optional).



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A top-down view of five lettuce wraps arranged on a white marble surface. Each wrap consists of a large green lettuce leaf filled with a chunky, reddish-brown tuna salad. To the right of the wraps, two slices of a yellow apple are visible. A white rectangular box with a thin black border is centered over the middle of the image, containing the text 'TUNA SALAD LETTUCE WRAPS' in bold, black, uppercase letters.

**TUNA SALAD
LETTUCE WRAPS**

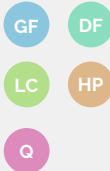
TUNA SALAD LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
286 kcal
9g Fats
14g Carbs
38g Protein



WHAT YOU NEED

- 1 1/4cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.



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A top-down photograph of two BLT lettuce wraps on a wooden cutting board. Each wrap is made with a large, fresh green lettuce leaf filled with a mixture of diced, cooked salmon, crumbled hard-boiled egg, and crumbled cooked bacon. To the left of the wraps are two slices of a large, red tomato. To the right is a single hard-boiled egg, cut in half to show the yolk. The background is a rustic wooden surface with visible grain and planks.

**BLT LETTUCE
WRAPS**

BLT LETTUCE WRAPS



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
316 kcal
17g Fats
6g Carbs
30g Protein



WHAT YOU NEED

- 2 hard-boiled eggs, chopped
- 4 slices bacon medallions, cooked and chopped
- 1 medium tomato, diced
- 1 tsp. mayo
- 3-4 large lettuce leaves

WHAT YOU NEED TO DO

Firstly, cook the eggs to your liking, then set aside. In the meantime, heat a dry non-stick pan and fry the bacon for a few minutes until crispy, set aside to cool.

Once both egg and bacon have cooled, chop them into small pieces. Mix the diced tomato with mayonnaise and season with salt and pepper to taste.

Prepare 3-4 large lettuce leaves, and place them on a plate. Top with tomatoes, bacon, egg, and serve seasoned with freshly ground black pepper.



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**PAPRIKA
LETTUCE WRAPS**

PAPRIKA LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
402 kcal
25g Fats
17g Carbs
30g Protein



WHAT YOU NEED

- 9 oz. (250g) lean ground beef (5% fat)
- 1 tsp. paprika
- 2 spring onions, chopped
- 1 avocado, flesh diced
- 1 tsp. lemon juice
- 5/8 cup (125g) cherry tomatoes, halved
- 1 pepper, diced
- handful parsley, chopped
- 8 leaves baby Romanian lettuce

WHAT YOU NEED TO DO

Heat a dry, non-stick frying pan and cook the ground beef until lightly browned. Season with salt & pepper, and paprika. Then add the spring onions and mix well. Set aside.

In a bowl mix together the avocado, lemon juice, tomatoes, pepper, and parsley. Season lightly with salt & pepper.

Divide the beef and avocado mix between the lettuce leaves and serve.



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TOFU CAESAR SUMMER ROLLS



TOFU CAESAR SUMMMER ROLLS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
191 kcal
10g Fats
8g Carbs
5g Protein



WHAT YOU NEED

- 5/8 cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(Pro tip: dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)



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SALMON SPRING ROLLS



SALMON SPRING ROLLS



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
154 kcal
10g Fats
4g Carbs
13g Protein



WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



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ZUCCHINI PIZZA BITES

ZUCCHINI PIZZA BITES



Serves: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
54 kcal
3g Fats
3g Carbs
4g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 3 medium zucchini
- 1/3 cup (75g) tomato puree
- 4 oz. (115g) light mozzarella, grated
- Italian herb seasoning

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Slice the zucchini into ¼-inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 mins each side. Season with salt & pepper.

Place the cooked zucchini on a large baking sheet and top with the tomato purée and grated mozzarella.

Cook this in the oven for about 2-3 minutes or until the cheese has melted. Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.



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CRISPY TOFU

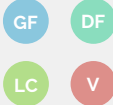
CRISPY TOFU



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
151 kcal
10g Fats
4g Carbs
11g Protein



WHAT YOU NEED

- 2 $\frac{3}{4}$ cup (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favourite seasoning
- 1 tbsp. corn-starch

WHAT YOU NEED TO DO

Preheat the oven to 200°C (400° F) and line a large baking tray with baking paper.

Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let rest for 10 mins.

Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.

Sprinkle the starch over the tofu, and toss them again until evenly coated.

Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges.

Use tofu in salads, or as a snack.



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ZUCCHINI FRIES

ZUCCHINI FRIES



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
177 kcal
12g Fats
14g Carbs
5g Protein



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WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.

Season with salt and serve.



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**PROSCIUTTO
WRAPPED ASPARAGUS**

PROSCIUTTO WRAPPED ASPARAGUS



Serves: 4
Prep: 15 mins
Cook: 6 mins



Nutrition per
serving:
120 kcal
11g Fats
1g Carbs
12g Protein



WHAT YOU NEED

- 20 asparagus spears
- 1 tbsp. olive oil
- 10 slices prosciutto, halved lengthwise

WHAT YOU NEED TO DO

Heat the oven to broil and place a rack about 5 to 6 inches below the heat.


Rub the asparagus with olive oil then season with salt and pepper. Next, wrap each spear with the prosciutto, starting from the bottom.

Place the wrapped asparagus on a baking tray and under the heat. Broil for about 3 mins, then turn the asparagus and broil for another 3 more minutes.

Serve as a snack.



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A wooden cutting board with several sweet potato pancakes. Each pancake is topped with different ingredients: some have a dollop of white cream with cherry tomatoes, others have arugula, a slice of white cheese, and a drizzle of balsamic vinegar. The pancakes are golden-brown and appear to be made from shredded sweet potatoes.

SWEET POTATO PANCAKES

SWEET POTATO PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10-15 mins



Nutrition per
serving:
199 kcal
9g Fats
25g Carbs
5g Protein



WHAT YOU NEED

- 2 cups (300g) sweet potato, grated
- 1/2 small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- 1/2 tsp. sweet paprika

WHAT YOU NEED TO DO

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.

Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion



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POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



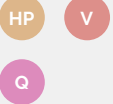
POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
502 kcal
20g Fats
56g Carbs
28g Protein



WHAT YOU NEED

Pancakes:

- 5/8 cup (140g) potatoes, peeled and grated
- ¼ cup (50g) zucchini, grated
- 1 egg
- ½ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

Cheese:

- 1/5 cup (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- ½ shallot, chopped

WHAT YOU NEED TO DO

Wash, peel and grate the potatoes using the fine grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined.

Heat up a dry non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.



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**ASIAN FISH
BURGER**

ASIAN FISH BURGER



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
120 kcal
1g Fats
7g Carbs
18g Protein



WHAT YOU NEED

- 12 oz. (350g) white fish fillet (catfish, cod or other)
- 2 tbsp. corn flour
- 1 lime, juice and zest
- 2 tbsp. yellow Thai curry paste
- 3 spring onions, chopped

WHAT YOU NEED TO DO

Preheat the oven to 430F (220C). Dab the fish dry with a paper towel and cut into pieces. Place the fish, cornflower, lime zest & juice and curry paste in a bowl and puree with the hand blender until smooth. Add in the chopped spring onions and mix well.

With moist hands form 4 fish burgers and place on a baking tray covered with baking paper. Cook for about 10 minutes in the middle of the oven.

Once ready put straight away in a bun or with a side salad, or store refrigerated until required.



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**TUNA & AVOCADO
FILLING**

TUNA & AVOCADO FILLING



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
247 kcal
14g Fats
8g Carbs
20g Protein



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WHAT YOU NEED

- 1 can tuna in water, drained
- 1 medium avocado
- 1 small red onion, diced
- 1 small carrot, peeled and grated
- 1 hard-boiled egg, diced
- 1 tbsp. 0% fat Greek yogurt
- 1 tsp. Dijon mustard
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Drain the tuna flakes and place in a bowl. Add in the rest of the ingredients, season with salt and pepper and combine.

Serve with a salad, in a wrap or as a jacket potato filling.



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**LOW CARB BBQ CHICKEN PIZZA
(CAULIFLOWER BASE)**

LOW CARB BBQ CHICKEN PIZZA (CAULIFLOWER BASE)



Serves: 3
Prep: 15 mins
Cook: 45 mins



Nutrition per
serving:
370 kcal
13g Fats
23g Carbs
43g Protein



WHAT YOU NEED

- 1 large head of cauliflower (approx. 1.8lbs / 840g)
- 3/4 cup (90g) almond flour
- 2 garlic cloves, minced
- 1.5 tbsp. herbs de Provence
- 1 egg
- 2 eggs whites
- 1/4 cup (55g) BBQ sauce
- 2 3/8 cups (300g) cooked chicken, shredded
- 1 small red onion, sliced
- 3/4 cup (75g) mozzarella or dairy free alternative cheese

WHAT YOU NEED TO DO

Heat the oven to 350F (180C).

Chop the cauliflower into smaller bits and add into a high-speed blender or food processor. Pulse until you have cauliflower rice.

Alternatively many shops now sell cauliflower rice. Squeeze any excess water from the cauliflower rice into a paper towel.

Place the cauliflower rice, almond flour, garlic, herbs and eggs in a large bowl, season with salt and pepper. Mix everything until a smooth but moist batter forms.

Place the batter on a baking tray lined with baking paper and flatten it out, leaving the edges a bit thicker. Bake the crust in the oven for 25-30 mins until the edges start to turn golden brown.

Next, top the crust with the BBQ sauce, chicken, onions and finally cheese. Return to the oven for another 10-15 mins, until the cheese has melted and started browning up.



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**GLUTEN FREE
PIZZA WRAPS**

GLUTEN FREE PIZZA WRAPS



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
349 kcal
18g Fats
22g Carbs
26g Protein



WHAT YOU NEED

- 2 gluten free wraps
- 4 tbsp. tomato paste
- 3 oz. (80g) tuna, canned, drained
- 2 tbsp. capers
- 2 handfuls rocket
- 2 slices Parma ham, halved
- 10 black olives, chopped
- 2.1 oz. (60g) cheese, grated

WHAT YOU NEED TO DO

Preheat the oven to 400F(200C).

Spread the tomato paste over the wraps and place them on a baking tray covered with parchment paper.

Pizza 1: Spread half the cheese, the tuna, and capers over the tomato paste. Once cooked garnish with rocket.

Pizza 2: Spread the remaining cheese and the olives over the tomato paste. Once cooked layer with Parma ham.

Bake the pizzas in the oven for about 7-10 mins until the cheese has melted.

Finish garnishing before serving.



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**GRILLED AVO WITH
BLACK BEANS & SALSA**



GRILLED AVO WITH BLACK BEANS & SALSA



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
300 kcal
14g Fats
32g Carbs
12g Protein



WHAT YOU NEED

- 2 avocados, halved, stone removed
- 1 medium tomato
- zest and juice of 1 lime
- 1 cup (184g) black beans, drained
- 1 clove garlic, crushed
- 2 tbsp. coriander, chopped
- 2 tbsp. smoked almonds, chopped

WHAT YOU NEED TO DO

Heat the grill to high or prepare the barbecue.

Finely chop the tomatoes and combine with zest of whole lime and juice of ½ lime. Mix in the chopped coriander and season with salt & pepper.

In a separate bowl, mix together the black beans and crushed garlic. Season with salt and pepper.

Place the avocados on the grill or bbq and cook for about 3 mins or until slightly browned.

To serve fill the avocado halves with black beans and top with the tomato salsa, almonds and more coriander.



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**STEAMED ITALIAN
STYLE MEATBALLS**

STEAMED ITALIAN STYLE MEATBALLS



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
189 kcal
9g Fats
12g Carbs
15g Protein



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WHAT YOU NEED

- 9 oz. (250g) 50/50 lean pork beef mince
- 2-3 slices bread of choice, soaked in water
- 1 small chili pepper, deseeded and chopped
- 1 garlic clove, finely chopped
- 1 handful fresh parsley, finely chopped
- 1 ½ tbsp. olive oil

WHAT YOU NEED TO DO

Soak the bread in water for about 10 mins.

Place the meat mix in a bowl. Squeeze out excess water from the bread and add to the meat. Season with salt and pepper. Next add the chopped chili (but use only half if it is very hot), garlic, parsley and 1 tbsp. olive oil. Using your hands mix everything together.

Bring a pot of water to the boil, placing a plate on top instead of the lid. Once water has boiled, grease the plate with ½ tbsp. of olive oil and add in ¼ cup of boiling water.

Next, using wet hands form meatballs about the size of a cherry tomato and place on the plate. Carry on until you've used all the meat, at this stage add in a little bit more boiling water to the meatballs, but make sure not to cover them. Finally, cover the meatballs with a plate or lid and steam for 30-35 mins.

Once ready serve with pasta and an extra sprinkle of fresh parsley. Also great with parmesan.



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**KETO TAGLIATELLE WITH
PEA SAUCE AND HAM**

KETO TAGLIATELLE WITH PEA SAUCE AND HAM



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
212 kcal
13g Fats
18g Carbs
17g Protein



WHAT YOU NEED

- 3 zucchinis
- 1 onion, chopped
- 5 cups (400g) chestnut mushrooms, sliced
- 1 tsp. coconut oil
- 3 cups (450g) of garden peas, frozen
- 1 vegetable stock tablet
- 2/3 cup (150ml) of hot water
- 5 oz. (140g) bacon, cut into pieces
- ½ cup (125ml) of soy cooking cream

WHAT YOU NEED TO DO

Wash and spiralize the zucchinis, then set aside.

Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.

Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to the boil and cook the garden peas for 4 minutes until done.

Heat another dry frying pan and fry the bacon for 5 mins, increase the heat and add the mushrooms, cook for another 5 mins.

Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 mins.

To serve, divide the zucchini between plates and top with the ham and mushrooms.

NOTE:

- replace zucchini with whole-wheat pasta if not on a low-carb diet

A close-up photograph of a light blue ceramic bowl filled with a low-carb carbonara. The dish features spiralized zucchini noodles (zoodles) coated in a vibrant green avocado-based sauce. The noodles are garnished with several pieces of cooked, sliced bacon. The bowl is set against a neutral, light-colored background.

**LOW CARB AVOCADO
CARBONARA**

LOW CARB AVOCADO CARBONARA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
278 kcal
22g Fats
4g Carbs
16g Protein



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WHAT YOU NEED

- 2 medium zucchinis
- juice of half a lemon
- 5/8 cup (140g) bacon, cut into strips
- 2 garlic cloves, sliced
- 2 medium avocados
- 5/8 cup (60g) Parmesan cheese, grated
- ¾-1 cup (175-250ml) water, hot

WHAT YOU NEED TO DO

Spiralize the zucchini and place them in a bowl, drizzle with lemon juice.

Heat a dry non-stick frying pan and fry the bacon strips for 8 min, on medium heat until golden brown and crispy. Add in the garlic and fry for another 1 min then set aside.

Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. Place the avocado with half Parmesan cheese in a blender, add water and season with salt and pepper. Purée until smooth.

Mix the avocado puree and bacon through the zoodles (zucchini noodles), divide onto four plates and sprinkle with the rest of the Parmesan to serve.



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The image shows two glass jars filled with a clear, yellowish chicken broth. The jars are placed on a white and black striped cloth. In the foreground, there are several sprigs of fresh green herbs, likely thyme, with small leaves and thin stems. The background is a plain, light-colored surface. The overall scene is clean and fresh, suggesting a healthy and natural product.

**IMMUNITY BOOSTER
CHICKEN BROTH**

IMMUNITY BOOSTER CHICKEN BROTH



Serves: 4
Prep: 20 mins
Cook: 2 hrs



Nutrition per
serving:
130 kcal
9g Fats
0g Carbs
12g Protein



WHAT YOU NEED

- 1 onion
- 4 garlic cloves
- 2 leeks
- 1 carrot
- 4 stalks of celery
- 2 stalks lemon grass
- 1 tsp. black peppercorns
- 4.7 inch (12cm) ginger
- 1 tbsp. peanut oil
- 1½ tsp. ground turmeric
- 1 free-range chicken
- 3 litres of tap water
- 4 sprigs thyme
- 2 laurel leaves

WHAT YOU NEED TO DO

Halve the onion and heat a dry non-stick frying pan. Cook the onion, cut side down for 8 minutes on medium heat (the bottom of the onion may become browned).

Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces. Crush the peppercorns with a spoon and peel the ginger and cut into slices.

Heat the oil in a large soup pot and fry the ground turmeric 30 sec. Place the chicken in the pot and pour in the water, then bring to the boil. Scoop off any foam with a spoon.

Next, add in all the vegetables, pepper, thyme, bay leaves and half of the lemongrass, and half of the ginger and gently simmer for 2 hours on low heat. Scrape off any foam with a spoon.

Take the chicken out of the broth and set aside and strain the broth. Allow the broth to cool to room temperature, and then place in the refrigerator so that the fat solidifies, and you can scoop it out with a spoon.

In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes, like pasta, salads or stews.

Put the pot with the broth back on the heat. At this point add the rest of the ginger and lemongrass and let it simmer for 45 minutes on low heat.

Remove the ginger and lemongrass, before serving or allow to cool to room temperature and freeze.