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TASTY AND HASTY

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

WHAT YOU NEED TO DO



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RECIPE KEY

Look for these helpful icons throughout the file.

- Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- Meal Prep/Freezer Friendly
- High Protein (over 20g per serving)
- Vegetarian
- Quick (under 30 mins)
- Contains Nuts



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WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

French Toast with Avocado & Fried Egg

LUNCH

Thai Chicken Salad

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Spanish Tombet

TUESDAY WHAT YOU NEED

BREAKFAST

French Toast with Avocado & Fried Egg

LUNCH

Thai Chicken Salad

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Asian Noodles with Chicken & Veg

WEDNESDAY

BREAKFAST

Curried Scrambled Eggs

LUNCH

Leftover Asian Noodles with Chicken & Veg

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Vegan Sweet Potato & Cauliflower Curry

THURSDAY

BREAKFAST

Banana Bread Chia Pudding

LUNCH

Avocado & Tuna Layered Salad

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Vegan Sweet Potato & Cauliflower Curry

FRIDAY

BREAKFAST

Roasted Balsamic Tomatoes & Hummus Toast

LUNCH

Avocado & Tuna Layered Salad

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Beef & Broccoli Stir-Fry

SATURDAY

BREAKFAST

Roasted Balsamic Tomatoes & Hummus Toast

LUNCH

Roasted Sweet Potatoes with Hummus & Pesto

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Mango & Turmeric Smoothie

LUNCH

Roasted Sweet Potatoes with Hummus & Pesto

SNACK

E.g. Peanut Butter Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie

DINNER

Beef & Broccoli Stir-Fry

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 5x tomatoes
- 3x avocados
- 2x garlic
- 1x lemon
- 4x limes
- salad leaves
- spinach
- 1x cucumber
- 1x red onion
- 3x white onion
- 1x zucchini
- 5 oz. (150g) mushrooms
- 1x jalapeno pepper
- 2x red bell pepper
- 1x cauliflower
- 1x eggplant
- 1 lb. (450g) white potato
- 2 lb. (900g) sweet potatoes
- 1x broccoli
- ginger
- 2x banana
- frozen mango

Herbs

- parsley
- mint
- 2x coriander
- _____

MEAT, DAIRY & SPICES

Meats

- 7 oz. (200g) chicken thighs
- 7 oz. (200g) beef tenderloin
- 5 oz. (150g) chicken breast

Dairy

- Greek yogurt

Non-Dairy

- 11x eggs
- oat milk
- almond milk

Spices

- curry powder
- ground cardamom
- ground cumin
- ground coriander
- hot paprika
- turmeric
- sweet paprika
- bay leaves
- oregano
- thyme
- ground cinnamon
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS & BEANS & TOFU

Grains

- white rice
- potato starch

Nuts & Seeds

- peanuts
- sesame seeds
- cashew nuts
- dates
- ground almonds
- chia seeds
- desiccated coconut
- walnuts
- _____
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CANS, CONDIMENTS & MISC

Oils

- olive oil
- coconut oil
- sesame oil

Cans & Condiments

- balsamic vinegar
- chickpeas
- tahini
- fish sauce
- soy sauce
- tuna
- mayonnaise
- 2x coconut milk (can)
- green pesto
- peanut butter
- 2x can chopped tomatoes

Sweeteners

- coconut sugar

Other

- whole meal bread
- sourdough bread
- Asian noodles
- chicken stock
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WHAT YOU NEED

WHAT YOU NEED TO DO

CURRIED SCRAMBLED EGGS

CURRIED SCRAMBLED EGGS



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
182 kcal
11g Fats
4g Carbs
13g Protein



WHAT YOU NEED

- 8 large eggs
- 1/4 cup (60ml) oat milk
- 1/2 tsp. curry powder
- 1/8 tsp. ground cardamom, optional
- 2 medium tomatoes, chopped
- 1 tsp. coconut oil

WHAT YOU NEED TO DO

In a large bowl, whisk eggs, milk, curry powder, salt, pepper and, if desired, cardamom until blended.

Heat the oil over medium heat. Pour in the egg mixture; cook and stir until eggs are thickened, and no liquid egg remains. Serve with fresh chopped tomatoes or Pico de Gallo (recipe on page 18).



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WHAT YOU NEED

WHAT YOU NEED TO DO

FRENCH TOAST WITH AVOCADO & FRIED EGG

FRENCH TOAST WITH AVOCADO & FRIED EGG



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
535 kcal
31g Fats
43g Carbs
19g Protein



WHAT YOU NEED

- 1 avocado
- 1 garlic clove, minced
- 4 slices bread, wholemeal
- 3 eggs
- 5 tbsp. oat milk
- 1 tbsp. coconut oil
- parsley, to garnish

WHAT YOU NEED TO DO

Peel the avocado, cut it in half, remove the stone. Cut the pulp into pieces and then crush with a fork. Add garlic, season with salt and pepper, and mix.

In a deep plate, beat one egg with the milk and a pinch of salt. Divide the avocado paste on 2 slices of bread, cover with a second slice of bread, and press lightly.

Dip both sides of the bread in the beaten egg and fry on a pan with heated oil over medium heat until golden brown, about 2 mins each side. In a separate pan, fry the other 2 eggs.

Transfer the toasts onto plates, top with a fried egg and season with salt and pepper. Garnish with parsley and serve.



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WHAT YOU NEED

WHAT YOU NEED TO DO

ROASTED BALSAMIC TOMATOES & HUMMUS TOAST

ROASTED BALSAMIC TOMATOES & HUMMUS TOAST



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
408 kcal
19g Fats
49g Carbs
12g Protein



WHAT YOU NEED

- 2 vines cherry tomatoes
- 2 garlic cloves, minced
- 2 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 4 tbsp. hummus
- 2 slices sourdough bread
- 2 tbsp. nuts or seeds (sunflower, pumpkin, almonds)

WHAT YOU NEED TO DO

Preheat the oven to 375F (170C).

Mix the garlic, balsamic vinegar, and olive oil in a small bowl. Place the vine tomatoes into an ovenproof dish and drizzle with the balsamic mixture. Season with salt and black pepper. Roast in the preheated oven for 20 minutes, or until soft.

Toast the bread and spread the hummus over it. Top with the roasted tomatoes and a spoonful of the balsamic mixture from the bottom of the baking dish.

Finally, sprinkle with your favorite nuts or seeds and season with black pepper.

You can use store-bought hummus or make your own, using the Classic Hummus recipe (page 12).



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A top-down view of a white ceramic bowl filled with creamy hummus. The hummus is garnished with a drizzle of olive oil and a dusting of red paprika. The bowl sits on a light-colored, textured fabric background.

WHAT YOU NEED

WHAT YOU NEED TO DO

CLASSIC HUMMUS

CLASSIC HUMMUS



Serves: 6
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
100 kcal
7g Fats
6g Carbs
3g Protein



WHAT YOU NEED

- 14 oz. (400g) can chickpeas, drained
- 1 clove garlic
- 1 tbsp. tahini
- ½ tsp. cumin
- juice of ½ lemon
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Add all the ingredients into a food processor along with 1 tsp of salt and a pinch of black pepper. Blend until smooth, adding more olive oil if required to reach desired consistency.

Taste and adjust the seasoning as preferred. Transfer the hummus into a bowl/airtight container and serve chilled.



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WHAT YOU NEED

WHAT YOU NEED TO DO

THAI CHICKEN SALAD

THAI CHICKEN SALAD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
444 kcal
24g Fats
18g Carbs
25g Protein



WHAT YOU NEED

- 7 oz. (200g) chicken thighs, skinless
- 1 tbsp. coconut oil
- 2 limes, juiced
- 1 tbsp. fish sauce
- 1 tsp. coconut sugar
- 1 clove garlic, minced
- 1 tbsp. olive oil
- 2 handfuls salad leaves
- 1 medium cucumber, sliced
- 1 red onion, sliced
- 1 red pepper, sliced
- 1 handful fresh mint
- 1 handful fresh coriander
- ¼ cup peanuts, roasted

WHAT YOU NEED TO DO

Season the chicken with salt and pepper. Heat the coconut oil in frying pan over high heat and fry the chicken until brown and cooked through. Remove from the pan and let it rest on a plate.

Meanwhile, make the dressing by mixing the fish sauce, lime juice, sugar, garlic, and olive oil in a small bowl.

Then, mix the salad leaves and sliced vegetables in a large bowl and drizzle with the dressing.

Divide the salad between plates, cut the chicken into strips, and place it on top of the salad. Garnish with the mint and coriander leaves and sprinkle with roasted peanuts.



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WHAT YOU NEED

WHAT YOU NEED TO DO

AVOCADO & TUNA LAYERED SALAD

AVOCADO & TUNA LAYERED SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
279 kcal
20g Fats
14g Carbs
15g Protein



GF

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WHAT YOU NEED

- 5 oz. (140g) canned tuna in brine, drained
- 1 tbsp. mayonnaise
- 1 tbsp. coriander, chopped
- 1 lime, juiced
- 1 avocado
- 1/2 cup

WHAT YOU NEED TO DO

In a bowl, mix tuna, mayonnaise, coriander and juice from half a lime. Season with salt and pepper to taste.

Chop the flesh of the avocado and place in a bowl. Drizzle it with the remaining half of a lime—season with salt and pepper.

On a plate layer, the salad with half of the avocado, then half of the tuna, and finish with a layer of Pico de Gallo. Use the other half of the salad for the second serving.



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WHAT YOU NEED

WHAT YOU NEED TO DO



PICO DE GALLO

PICO DE GALLO



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
22 kcal
0g Fats
5g Carbs
1g Protein



WHAT YOU NEED

- 3 medium tomatoes, diced
- ½ small white onion, diced
- ½ jalapeno pepper, de-seeded, diced
- 1 clove garlic, minced
- ½ cup coriander, chopped
- 1 lime, juice only

WHAT YOU NEED TO DO

Mix the tomatoes, onion, jalapeno, garlic, and cilantro in a bowl.

Squeeze in the lime juice and season with salt. Mix gently until well combined.



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WHAT YOU NEED

WHAT YOU NEED TO DO

ROASTED SWEET POTATOES WITH HUMMUS & PESTO

ROASTED SWEET POTATOES WITH HUMMUS & PESTO



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
334 kcal
20g Fats
34g Carbs
8g Protein



GF

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WHAT YOU NEED

- 1 lb. (450g) sweet potatoes
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 1 tsp. hot paprika or chili flakes
- 2 tbsp. olive oil
- 10 oz. (300g) hummus
- 2 tbsp. green pesto

WHAT YOU NEED TO DO

Prepare the hummus (you can use store-bought or follow THIS recipe for home-made).

Heat the oven to 375F (190C). Wash the potatoes and cut lengthwise into wedges—season with salt, pepper, and spices (coriander, cumin, paprika).

Then grease with olive oil and place in an ovenproof dish or on a baking tray. Bake for about 30 - 35 minutes (or until soft).

Serve the roasted potatoes on a bed of hummus (recipe can be found on page 12) and pesto.



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WHAT YOU NEED

WHAT YOU NEED TO DO

BEEF & BROCCOLI STIR-FRY



BEEF & BROCCOLI STIR-FRY



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
626 kcal
29g Fats
62g Carbs
34g Protein



DF

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Q



WHAT YOU NEED

- ½ cup (115g) rice, raw
- ½ broccoli head
- 7 oz. (200g) beef tenderloin
- 1 tbsp. coconut oil
- 2 tbsp. sesame seeds, to garnish

For the sauce:

- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 2 tsp. coconut sugar
- 5 tbsp. soy sauce
- 2/3 cup (150ml) of water
- 2 tbsp. sesame oil
- 2 tsp. potato starch

WHAT YOU NEED TO DO

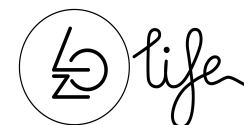
Cook the rice according to instructions on the packaging. Wash the broccoli and separate it into small florets.

Mix all the sauce ingredients in a bowl and set aside until required.

Heat ½ of the coconut oil in a wok or deep pan over medium heat. Stir-fry the broccoli with some salt, adding a few tablespoons of water now and then and cook in this way for about 7 minutes. Remove broccoli from the pan and set aside.

Cut the beef into thin strips or chunks. Heat the remaining oil over high heat and stir-fry the meat for about 3-4 mins.

Pour in the sauce and bring to a boil. Simmer for another 2-3 minutes, then add in the broccoli. Serve with the cooked rice, and garnished with sesame seeds.



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WHAT YOU NEED

WHAT YOU NEED TO DO

ASIAN NOODLES WITH CHICKEN & VEG

ASIAN NOODLES WITH CHICKEN & VEG



Serves: 4
Prep: 10 mins
Cook: 16 mins



Nutrition per
serving:
312 kcal
13g Fats
33g Carbs
16g Protein



DF

MP

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WHAT YOU NEED

- 5 oz. (150g) Asian noodles (e.g. chow mein)
- 1 cup (240ml) coconut milk
- 1 cup (240ml) chicken stock
- 4 tbsp. soy sauce
- 1/2 tsp. turmeric
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika
- 1 tbsp. lime juice
- 1 tsp. coconut sugar
- 1 tbsp. peanut butter
- 5 oz. (150g) chicken breast, chopped
- 1 medium zucchini, chopped
- 5 oz. (150g) mushrooms, chopped
- 2 handfuls spinach
- 1/3 cup (10g) basil leaves

WHAT YOU NEED TO DO

Place noodles in a bowl and cover with boiling water, then let it stand for 5 minutes and drain (or cook according to the instructions on the package).

Pour the coconut milk into a wok or pan and bring to a boil. Then add the soy sauce, spices, lime juice, sugar, and peanut butter. Simmer for 5 minutes, stirring now and then.

Add the chopped chicken and cook for 5 minutes, then add the zucchini, continuing cooking for another 5 minutes.

Finally, add in the cooked noodles and spinach. Mix well and cook for another 1 minute until spinach has wilted. Garnish with basil, to serve.



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WHAT YOU NEED

WHAT YOU NEED TO DO

VEGAN SWEET POTATO & CAULIFLOWER CURRY

VEGAN SWEET POTATO & CAULIFLOWER CURRY



Serves: 4
Prep: 10 mins
Cook: 36 mins



Nutrition per
serving:
361 kcal
21g Fats
39g Carbs
9g Protein



WHAT YOU NEED

- 1 medium onion, sliced
- 1 tbsp. coconut oil
- 2 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 2 tsp. ground cumin
- 1 tsp. hot paprika
- 2 tsp. turmeric
- 1 tsp. ground coriander
- 1 can chopped tomatoes
- 1 cup (240ml) water
- 1 lb. (450g) sweet potatoes, peeled, chopped
- 10 oz. (300g) cauliflower
- 1 cup (240ml) coconut milk
- ½ cup (70g) cashew nuts
- coriander, to serve

WHAT YOU NEED TO DO

Peel the onion, cut it in half, then cut into thin half slices. Heat the oil in a pot, add the onions and cook, stirring for about 3-4 minutes.

Next, add in the garlic and ginger and stir-fry for 1 minute. Add in the spices, mix well, and fry together for another minute. Add the chopped tomatoes and water and bring to the boil.

In the meantime, add the peeled and cubed sweet potatoes and season with salt and pepper. Simmer for 30 mins uncovered.

Next, divide the cauliflower into small florets and add to the pot. Pour in the coconut milk, mix, cover, and cook for another 10 minutes. In the meantime, roast the cashew nuts in a dry frying pan.

Serve the curry, topped with cashew nuts and coriander, alongside a portion of rice.



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WHAT YOU NEED

WHAT YOU NEED TO DO

SPANISH TOMBET



SPANISH TOMBET



Serves: 4
Prep: 10 mins
Cook: 60 mins



Nutrition per
serving:
275 kcal
15g Fats
34g Carbs
2g Protein



WHAT YOU NEED

- 1 eggplant, sliced
- 1 lb. (450g) potatoes, peeled, sliced
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 14oz. (400g) can chopped tomatoes
- 1 red bell pepper, sliced
- 4 tbsp. olive oil

Spices:

- 2 bay leaves
- 1 tsp. oregano
- 1 tsp. thyme

WHAT YOU NEED TO DO

Cut the aubergine into slices and sprinkle with sea salt on both sides, then place on a paper towel and let it rest for about 20 minutes.

Peel the potatoes and cut into slices. In a large frying pan, heat 1 tbsp. of olive oil and fry the potatoes for 5-10 minutes until golden brown.

Layer the fried potatoes on the bottom of an ovenproof dish, and season with sea salt and pepper.

In the meantime, heat another tbsp. of oil in a pot and fry the onion, garlic, and spices, for about 3 minutes.

Add in the chopped tomatoes and bring to the boil. Cook uncovered for about 10 minutes in the meantime, occasionally stir until the sauce is reduced.

In the pan, heat another tbsp. of oil and fry the sliced pepper, for about 5 mins. Layer them on top of the potatoes.

Next, pat dry the aubergine heat the last tbsp. of olive oil and fry it for about 5 minutes on each side until golden brown. Arrange the aubergine on top of the peppers.

Remove the bay leaves from the tomato sauce and pour it over the layered vegetables.

Place in the oven and bake for around 30 mins in 375°F (190°C).



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WHAT YOU NEED

WHAT YOU NEED TO EAT



PEANUT BUTTER & COCONUT ENERGY BALLS

PEANUT BUTTER & COCONUT ENERGY BALLS



Makes: 9
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
135 kcal
9g Fats
13g Carbs
3g Protein



WHAT YOU NEED

- 1 cup (130g) pitted dates
- 3/4 cup (40g) ground almonds
- 1/2 cup (40g) desiccated coconut
- 2 tbsp. chia seeds
- 1 tbsp. coconut oil
- 1 tbsp. peanut butter

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender and blitz into a paste.

Form walnut-sized balls by pressing the paste together with your hands. Place in the fridge for a few hours so that they become more solid.



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WHAT YOU NEED

WHAT YOU NEED TO DO

BANANA BREAD CHIA PUDDING

BANANA BREAD CHIA PUDDING



Serves: 1
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
361 kcal
17g Fats
47g Carbs
10g Protein



WHAT YOU NEED

- 1 banana, halved
- 3 tbsp. chia seeds
- 1/2 tsp. ground cinnamon
- 3/4 cup (180ml) almond milk
- 2-3 walnuts, to garnish

WHAT YOU NEED TO DO

Mash half of the banana in a small bowl. Add in the chia seeds, cinnamon, and almond milk and mix to combine. Allow the chia seeds to rest for 10 – 15 minutes, or overnight.

When ready to eat, add half the chia pudding into your jar. Layer with slices of the remaining banana, then add the rest of the chia pudding and garnish with some chopped walnuts.

TIP:

If you like the pudding to have more sweetness add in a tablespoon of honey or your favourite sweetener. For an extra protein boost, add in a scoop of vanilla protein powder.



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WHAT YOU NEED

WHAT YOU NEED TO DO

MANGO & TURMERIC SMOOTHIE

MANGO & TURMERIC SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
417 kcal
18g Fats
52g Carbs
18g Protein



WHAT YOU NEED

- 1 cup (240ml) almond milk
- ½ cup (125g) Greek yogurt (or plant-based)
- 1 cup (160g) frozen mango
- ½ avocado
- ½ banana
- 1 inch(2.5cm) fresh ginger, peeled
- 1 tsp. ground turmeric

WHAT YOU NEED TO DO

*Add all ingredients to a blender and blend until smooth.
Pour into a glass and serve.*



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