



# Danna - DF recipe plan

LISA HAYNE

## MON



**BREAKFAST**  
Mocha Smoothie

**SNACK 1**  
Apple Walnut Overnight Oats

**LUNCH**  
Chicken Tacos with Chipotle Coleslaw

**DINNER**  
Roasted Broccoli, Chicken & Barley Bowl

## TUE



**BREAKFAST**  
Blackberry & Pear Oat Smoothie

**SNACK 1**  
Raw Chocolate

**LUNCH**  
Pumpkin Chickpea Curry

**DINNER**  
Apple Quinoa Salad with Roasted Chicken

## WED



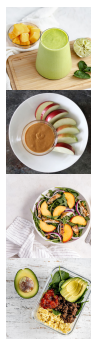
**BREAKFAST**  
Mango Banana Smoothie

**SNACK 1**  
Blender banana muffins

**LUNCH**  
Turkey & Cranberry Apple Wrap

**DINNER**  
Fish Taco Bowls

## THU



**BREAKFAST**  
Mango Mint Smoothie

**SNACK 1**  
Apple with Peanut Butter

**LUNCH**  
Grilled Chicken & Peach Salad

**DINNER**  
Meal Prep Taco Bowl

## FRI



**BREAKFAST**  
Dragon Fruit & Kiwi Smoothie

**SNACK 1**  
Pineapple Coconut Overnight Oats

**LUNCH**  
Chicken & Lettuce Wrap

**DINNER**  
Breaded Turkey with Broccoli & Potatoes

## SAT



**BREAKFAST**  
Salted Peanut Butter & Chocolate Smoothie

**SNACK 1**  
Chocolate Pistachio Protein Balls

**LUNCH**  
Crispy-skinned barramundi with Vietnamese-style salad

**DINNER**  
Sweet & Sour Chicken with Broccoli

## SUN



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie

**SNACK 1**  
Blueberries

**LUNCH**  
Sweet Potato Brekky Hash with Egg

**DINNER**  
Baked Chicken Schnitzel & Apple Coleslaw

## MON

**FAT 29%**   **CARBS 45%**   **PROTEIN 26%**

**Calories** 1526      **Cholesterol** 198mg  
**Fat** 51g      **Sodium** 483mg  
**Saturated** 7g      **Vitamin C** 193mg  
**Carbs** 175g      **Calcium** 1156mg  
**Fiber** 33g      **Iron** 10mg  
**Sugar** 31g      **Magnesium** 392mg  
**Protein** 102g      **Zinc** 8mg

## TUE

**FAT 32%**   **CARBS 53%**   **PROTEIN 15%**

**Calories** 1516      **Cholesterol** 62mg  
**Fat** 55g      **Sodium** 220mg  
**Saturated** 27g      **Vitamin C** 51mg  
**Carbs** 205g      **Calcium** 653mg  
**Fiber** 41g      **Iron** 15mg  
**Sugar** 73g      **Magnesium** 226mg  
**Protein** 60g      **Zinc** 5mg

## WED

**FAT 38%**   **CARBS 39%**   **PROTEIN 23%**

**Calories** 1402      **Cholesterol** 154mg  
**Fat** 61g      **Sodium** 1400mg  
**Saturated** 11g      **Vitamin C** 179mg  
**Carbs** 142g      **Calcium** 682mg  
**Fiber** 23g      **Iron** 6mg  
**Sugar** 80g      **Magnesium** 232mg  
**Protein** 82g      **Zinc** 4mg

## THU

**FAT 52%**   **CARBS 25%**   **PROTEIN 23%**

**Calories** 1571      **Cholesterol** 463mg  
**Fat** 94g      **Sodium** 1355mg  
**Saturated** 26g      **Vitamin C** 139mg  
**Carbs** 101g      **Calcium** 882mg  
**Fiber** 25g      **Iron** 11mg  
**Sugar** 65g      **Magnesium** 308mg  
**Protein** 95g      **Zinc** 10mg

## FRI

**FAT 29%**   **CARBS 41%**   **PROTEIN 30%**

**Calories** 1388      **Cholesterol** 193mg  
**Fat** 46g      **Sodium** 1139mg  
**Saturated** 29g      **Vitamin C** 211mg  
**Carbs** 142g      **Calcium** 816mg  
**Fiber** 19g      **Iron** 9mg  
**Sugar** 56g      **Magnesium** 303mg  
**Protein** 104g      **Zinc** 6mg

## SAT

**FAT 41%**   **CARBS 33%**   **PROTEIN 26%**

**Calories** 1805      **Cholesterol** 86mg  
**Fat** 70g      **Sodium** 2020mg  
**Saturated** 23g      **Vitamin C** 51mg  
**Carbs** 128g      **Calcium** 310mg  
**Fiber** 14g      **Iron** 8mg  
**Sugar** 40g      **Magnesium** 349mg  
**Protein** 101g      **Zinc** 5mg

## SUN

**FAT 44%**   **CARBS 36%**   **PROTEIN 20%**

**Calories** 1562      **Cholesterol** 321mg  
**Fat** 79g      **Sodium** 1335mg  
**Saturated** 16g      **Vitamin C** 135mg  
**Carbs** 143g      **Calcium** 969mg  
**Fiber** 27g      **Iron** 8mg  
**Sugar** 72g      **Magnesium** 342mg  
**Protein** 79g      **Zinc** 6mg

## FRUITS

- 5 3/4 Apple
- 3 1/4 Avocado
- 1 1/2 Banana
- 2 Bananas
- 1/2 cup Blackberries
- 1 cup Blueberries
- 3 Green Apple
- 1/2 Kiwi
- 2 Lime
- 1/3 cup Lime Juice
- 2 Limes
- 1 Mango
- 1 Peach
- 1 Pear

## BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 2 tbsps Almond Butter
- 1/4 cup Coffee
- 2/3 cup Maple Syrup
- 70 gs Maple Syrup

## SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1/4 tsp Chipotle Powder
- 1 1/2 tsps Cinnamon
- 2 tsps Coriander
- 1/2 bunch Coriander
- 2 tsps Cumin
- 10 Fresh Curry Leaves
- 1 tsp Garlic Powder
- 1 tsp Ground Mustard
- 1/8 tsp Onion Powder
- 1 cup Pistachios
- 1/2 cup Raw Peanuts
- 1 1/3 tsps Sea Salt
- 1 pinch Sea Salt

## VEGETABLES

- 6 cups Arugula
- 12 1/4 cups Baby Spinach
- 6 cups Broccoli
- 1 Carrot
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 3 3/4 cups Coleslaw Mix
- 3/4 Cucumber
- 1 ea French Shallot
- 7 Garlic Clove
- 2 tbsps Ginger
- 1/16 head Green Lettuce
- 1 head Iceberg Lettuce
- 1/3 cup Mint Leaves
- 1/4 bunch Mint Leaves
- 1 Orange Bell Pepper
- 800 gs Pumpkin
- 1 Red Chilli
- 1 Red Hot Chili Pepper
- 1 2/3 cups Red Onion
- 6 leaves Romaine
- 2 tbsps Sunflower Sprouts
- 1 Sweet Potato
- 1/2 bunch Thai Basil
- 1 Yellow Onion
- 1 Yellow Potato

## BOXED & CANNED

- 3/4 cup Bread Crumbs
- 1 cup Canned Coconut Milk
- 400 milliliters Canned Coconut Milk
- 425 gs Chickpeas
- 1 tbsp Cranberry Sauce
- 1/2 cup Crushed Pineapple
- 1 cup Jasmine Rice
- 1 cup Lite Coconut Milk
- 1 cup Quinoa

## BREAD, FISH, MEAT & CHEESE

- 4 slices Bacon
- 4 ea Barramundi Fish
- 1.7 kilograms Chicken Breast
- 227 grams Chicken Breast, Cooked
- 2 Cod Fillet
- 2 Corn Tortilla
- 454 grams Lean Ground Beef
- 43 grams Sliced Turkey Breast
- 283 grams Turkey Breast
- 1 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 2 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Fish Sauce
- 2 tbsps Ghee Or Coconut Oil
- 1/3 cup Mayonnaise
- 1 tsp Sesame Oil
- 2/3 cup Sunflower Seed Butter
- 1/3 cup Tahini

## COLD

- 1 cup Cow's Milk, Reduced Fat
- 8 Egg
- 2 Eggs
- 3/4 cup Oat Milk
- 2 1/4 cups Plain Coconut Milk
- 2/3 cup Plain Greek Yogurt
- 2 3/4 cups Unsweetened Almond Milk

## OTHER

- 1/4 cup Chocolate Protein Powder
- 1/3 cup Coconut Meat
- 71 grams Collagen Powder
- 1 1/2 cups Pearl Barley
- 0 Rice



- 0 Sea Salt & Black Pepper
- 2 tsps Smoked Paprika
- 1 1/2 tsps Taco Seasoning
- 1 1/4 tsps Turmeric
- 1/2 cup Walnuts

## FROZEN

- 1 Brown Rice Tortilla
- 113 grams Dragon Fruit
- 1/2 cup Frozen Banana
- 2 cups Frozen Broccoli
- 1 cup Frozen Cauliflower
- 2 1/4 cups Frozen Mango
- 1/2 cup Frozen Pineapple
- 9 Ice Cubes

- 100 grams Rice Vermicelli Noodles
- 1/2 cup Salsa
- 2 tsps Tomato Paste

- 2/3 cup Vanilla Protein Powder
- 1/2 cup Water

## BAKING

- 1 cup Almond Flour
- 1 tsp Arrowroot Powder
- 1 tsp Baking Powder
- 1 tbsp Cacao Powder
- 70 gs Cacao Powder
- 1/3 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 170 grams Dark Chocolate
- 2 3/4 tsps Honey
- 1/2 tsp Monk Fruit Sweetener
- 2 2/3 cups Oats
- 120 gs Raw Cacao Butter
- 1 tsp Vanilla Extract

# Mocha Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/4 cup Coffee (brewed)  
1 Banana (medium)  
1/4 cup Vanilla Protein Powder  
1 tbsp Cocoa Powder  
1 tsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Cholesterol	4mg
Fat	4g	Sodium	202mg
Saturated	1g	Vitamin C	10mg
Carbs	33g	Calcium	579mg
Fiber	7g	Iron	2mg
Sugar	15g	Magnesium	125mg
Protein	22g	Zinc	2mg

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### NO PROTEIN POWDER

Omit, or add a few spoonfuls of hemp seeds instead.

### NUT-FREE

Use nut-free milk such as oat milk.

# Blackberry & Pear Oat Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear (cored and chopped)  
1/2 cup Blackberries (fresh or frozen)  
3/4 cup Oat Milk  
1/4 cup Oats (rolled)

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Cholesterol	0mg
Fat	6g	Sodium	79mg
Saturated	1g	Vitamin C	23mg
Carbs	60g	Calcium	310mg
Fiber	13g	Iron	2mg
Sugar	26g	Magnesium	55mg
Protein	7g	Zinc	1mg

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to two cups.

# Mango Banana Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Cow's Milk, Reduced Fat  
1 cup Frozen Cauliflower  
3/4 cup Frozen Mango  
1/2 Banana (frozen)  
1/3 cup Plain Greek Yogurt  
19 grams Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	407	Cholesterol	31mg
Fat	8g	Sodium	233mg
Saturated	4g	Vitamin C	112mg
Carbs	54g	Calcium	517mg
Fiber	8g	Iron	2mg
Sugar	40g	Magnesium	76mg
Protein	36g	Zinc	2mg

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### DAIRY-FREE

Use dairy-free milk such as almond, cashew, coconut, or oat.

### NO FROZEN FRUIT

Use fresh instead.

### NO COLLAGEN

Omit or use a vanilla protein powder instead.

### MAKE IT VEGAN

Omit the collagen and use dairy-free milk.

# Mango Mint Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Plain Coconut Milk  
(unsweetened from the carton)  
1 cup Frozen Mango  
1/4 Avocado  
1 cup Baby Spinach  
2 tbsps Mint Leaves (stems removed)  
1/2 Lime (juiced)  
19 grams Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	14g	Sodium	112mg
Saturated	7g	Vitamin C	81mg
Carbs	41g	Calcium	639mg
Fiber	7g	Iron	2mg
Sugar	32g	Magnesium	63mg
Protein	20g	Zinc	1mg

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MORE FLAVOR

Add a pitted date before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.



# Dragon Fruit & Kiwi Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Plain Coconut Milk (unsweetened from the carton)  
113 grams Dragon Fruit (red, cubed, fresh or frozen)  
1/2 Kiwi  
1/2 Lime (juiced)  
1 tsp Maple Syrup  
19 grams Collagen Powder  
5 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	5g	Sodium	75mg
Saturated	5g	Vitamin C	41mg
Carbs	33g	Calcium	504mg
Fiber	4g	Iron	2mg
Sugar	23g	Magnesium	58mg
Protein	18g	Zinc	0mg

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO COCONUT MILK

Use cow's milk or any other alternative milk.

### ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

### NO RED DRAGON FRUIT

Use a white flesh dragon fruit or strawberries.

### DRAGON FRUIT SIZE

Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.

# Salted Peanut Butter & Chocolate Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Lite Coconut Milk  
2 tbsps All Natural Peanut Butter  
1/4 cup Chocolate Protein Powder  
14 grams Collagen Powder  
1 tbsp Cacao Powder  
1/2 tsp Monk Fruit Sweetener  
1/8 tsp Sea Salt  
4 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	511	Cholesterol	4mg
Fat	34g	Sodium	428mg
Saturated	16g	Vitamin C	0mg
Carbs	16g	Calcium	147mg
Fiber	4g	Iron	2mg
Sugar	6g	Magnesium	145mg
Protein	39g	Zinc	2mg

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO COCONUT MILK

Use cow's milk or any other milk alternative.

### MORE FIBER

Add spinach, hemp seeds, or chia seeds to your smoothie before blending.

### MAKE IT VEGAN

Omit collagen powder.

# Cucumber, Mango & Banana Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/2 cup Frozen Banana  
1/2 cup Frozen Mango  
1/4 Cucumber (medium, chopped)  
1 cup Baby Spinach  
2 tbsps Almond Butter  
1/2 tsp Cinnamon  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	477	Cholesterol	4mg
Fat	21g	Sodium	228mg
Saturated	2g	Vitamin C	50mg
Carbs	51g	Calcium	743mg
Fiber	11g	Iron	3mg
Sugar	28g	Magnesium	224mg
Protein	30g	Zinc	3mg

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO ALMOND MILK

Use another plant-based milk such as cashew or oat.

### NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

### ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds.

### PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

# Apple Walnut Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

3/4 cup Oats  
3/4 cup Unsweetened Almond Milk  
1 tbsp Chia Seeds  
1 1/2 tsp Maple Syrup  
1/2 tsp Cinnamon  
1/4 cup Water  
1/2 Apple (cored and diced)  
1/2 cup Walnuts (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	390	Cholesterol	0mg
Fat	25g	Sodium	64mg
Saturated	2g	Vitamin C	3mg
Carbs	38g	Calcium	265mg
Fiber	8g	Iron	3mg
Sugar	9g	Magnesium	117mg
Protein	10g	Zinc	2mg

## DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

### WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

### NO MAPLE SYRUP

Use another sweetener instead.



# Raw Chocolate

24 SERVINGS 5 MINUTES



## INGREDIENTS

120 gs Raw Cacao Butter  
70 gs Cacao Powder  
70 gs Maple Syrup  
1 pinch Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	89	Cholesterol	0mg
Fat	0g	Sodium	11mg
Saturated	0g	Vitamin C	0mg
Carbs	23g	Calcium	35mg
Fiber	0g	Iron	0mg
Sugar	21g	Magnesium	7mg
Protein	0g	Zinc	1mg

## DIRECTIONS

- 01 Add cacao butter into a saucepan and heat on low heat until melted, stirring as needed.
- 02 Add remaining ingredients and stir to combine. Turn off the heat.
- 03 Pour into silicon moulds and move to the fridge to set for 1-2 hours.
- 04 Variations - sprinkle with sea salt, stir through some desiccated coconut, pour onto baking paper and top with goji berries and slivered almonds as 'bark', or layer with peanut butter.



# Blender banana muffins

12 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Oats (rolled)  
1 cup Almond Flour  
1/3 cup Coconut Meat (desiccated)  
1 tsp Baking Powder  
2 Eggs  
2 Bananas (mashed)  
1/3 cup Maple Syrup  
1/3 cup Plain Greek Yogurt (or coconut yoghurt for DF)  
2 tbsps Oats (rolled, extra)  
1/2 tsp Cinnamon (ground)

## DIRECTIONS

- 01 Preheat oven to 180°C and line a 12-hole, 1/3 cup (80ml) muffin pan.
- 02 Blend the oats, almond meal, desiccated coconut and baking powder in a blender until well combined.
- 03 Add the eggs, banana, maple-flavoured syrup and yoghurt and pulse until just combined.
- 04 Pour among the prepared holes. Sprinkle with extra oats and cinnamon.
- 05 Bake for 25 mins or until a skewer inserted in the centres comes out clean. Transfer to a wire rack to cool slightly. To freeze, wrap individually and freeze for up to 1 month.

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Cholesterol	32mg
Fat	7g	Sodium	58mg
Saturated	1g	Vitamin C	2mg
Carbs	18g	Calcium	76mg
Fiber	2g	Iron	1mg
Sugar	8g	Magnesium	44mg
Protein	5g	Zinc	1mg

# Apple with Peanut Butter

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 Apple  
1/2 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Saturated	3g	Vitamin C	8mg
Carbs	32g	Calcium	27mg
Fiber	6g	Iron	1mg
Sugar	22g	Magnesium	63mg
Protein	8g	Zinc	1mg

## DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## NOTES

### KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

# Pineapple Coconut Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1/2 cup Oats  
1 cup Canned Coconut Milk  
1 tbsp Chia Seeds  
1/2 cup Frozen Pineapple  
1 tsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	0mg
Fat	25g	Sodium	32mg
Saturated	20g	Vitamin C	20mg
Carbs	27g	Calcium	58mg
Fiber	4g	Iron	1mg
Sugar	8g	Magnesium	51mg
Protein	5g	Zinc	1mg

## DIRECTIONS

01 Whisk all of the ingredients together in a bowl. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 3/4 cup.

### MORE FLAVOR

Use crushed canned pineapple instead of frozen pineapple.

### ADDITIONAL TOPPINGS

Top with toasted coconut.

### THINNER CONSISTENCY

Use cow's milk or any other milk alternative.



# Chocolate Pistachio Protein Balls

15 SERVINGS 15 MINUTES



## INGREDIENTS

170 grams Dark Chocolate (roughly chopped)  
1/4 cup Cocoa Powder  
1 1/2 tbsps Vanilla Protein Powder  
2/3 cup Sunflower Seed Butter  
1 cup Pistachios (removed from shell, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	189	Cholesterol	0mg
Fat	15g	Sodium	4mg
Saturated	4g	Vitamin C	1mg
Carbs	11g	Calcium	29mg
Fiber	3g	Iron	2mg
Sugar	5g	Magnesium	79mg
Protein	5g	Zinc	1mg

## DIRECTIONS

- 01 Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
- 02 Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
- 03 Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to seven days or in the freezer for three months.

### SERVING SIZE

One serving is equal to one ball.

### MORE FLAVOR

Add vanilla extract.

# Blueberries

1 SERVING 2 MINUTES



## INGREDIENTS

1 cup Blueberries

## DIRECTIONS

01 Wash the berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	1mg
Saturated	0g	Vitamin C	14mg
Carbs	21g	Calcium	9mg
Fiber	4g	Iron	0mg
Sugar	15g	Magnesium	9mg
Protein	1g	Zinc	0mg



# Chicken Tacos with Chipotle Coleslaw

1 SERVING 10 MINUTES



## INGREDIENTS

2 tsps Mayonnaise  
1 tsp Lime Juice  
1/4 tsp Honey  
1/8 tsp Garlic Powder  
1/8 tsp Onion Powder  
1/4 tsp Chipotle Powder  
Sea Salt & Black Pepper (to taste)  
3/4 cup Coleslaw Mix  
113 grams Chicken Breast, Cooked (shredded)  
2 tbsps Cilantro (chopped)  
2 Corn Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	401	Cholesterol	122mg
Fat	11g	Sodium	141mg
Saturated	2g	Vitamin C	29mg
Carbs	35g	Calcium	240mg
Fiber	4g	Iron	2mg
Sugar	4g	Magnesium	40mg
Protein	38g	Zinc	1mg

## DIRECTIONS

- 01 Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
- 02 Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to two tacos.

### MAKE IT VEGAN

Use lentils, chickpeas, tofu, or tempeh instead of chicken.

### GRAIN-FREE

Use cassava, coconut, or almond flour tortillas instead.

# Pumpkin Chickpea Curry

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Ghee Or Coconut Oil (or olive oil)  
1 Yellow Onion (diced)  
5 Garlic Clove (minced)  
2 tbsps Ginger (finely grated)  
1 Red Chilli (optional, finely chopped)  
2 tsps Cumin  
2 tsps Coriander (ground)  
1 tsp Turmeric (ground)  
1 tsp Ground Mustard (seeds)  
10 Fresh Curry Leaves (optional)  
400 milliliters Canned Coconut Milk  
425 gs Chickpeas (can, drained and rinsed)  
800 gs Pumpkin (approx, peeled and diced)  
Sea Salt & Black Pepper (to taste)  
1/2 bunch Coriander (fresh leaves)  
Rice (to serve, quinoa or cauliflower rice)

## DIRECTIONS

- 01 Start with heating the ghee or oil in a large saucepan.
- 02 Add the onion and saute over a moderate heat to soften it for 4-5 minutes.
- 03 Add the garlic, ginger, chilli and spices (including curry leaves) and stir for a couple of minutes until the spices release their aroma. Add the coconut milk, chickpeas, pumpkin and seasoning and simmer until the pumpkin softens (about 20 minutes).
- 04 Serve with fresh coriander leaves, rice, quinoa or cauliflower rice.
- 05 Re-heat in a pot over a low heat until just hot.
- 06 Store in an airtight container in the fridge or freezer.

## NUTRITION

### AMOUNT PER SERVING

Calories	658	Cholesterol	0mg
Fat	31g	Sodium	56mg
Saturated	23g	Vitamin C	24mg
Carbs	74g	Calcium	144mg
Fiber	20g	Iron	8mg

Sugar	15g	Magnesium	18mg
Protein	23g	Zinc	0mg

# Turkey & Cranberry Apple Wrap

1 SERVING 5 MINUTES



## INGREDIENTS

2 **tsps** Mayonnaise  
1 Brown Rice Tortilla  
1 **tbsp** Cranberry Sauce (homemade or canned)  
1/4 **cup** Baby Spinach  
43 **grams** Sliced Turkey Breast  
1/4 Apple (small, sliced)  
2 **tbsps** Sunflower Sprouts (optional)

## DIRECTIONS

01 Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, apple, and sunflower sprouts, if using. Roll up the tortilla tightly and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Store in an airtight container for up to one day.

### MORE FLAVOR

Add mustard. Use your favorite salad dressing in place of mayonnaise.

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	25mg
Fat	12g	Sodium	618mg
Saturated	1g	Vitamin C	4mg
Carbs	42g	Calcium	17mg
Fiber	5g	Iron	1mg
Sugar	14g	Magnesium	17mg
Protein	10g	Zinc	0mg



# Grilled Chicken & Peach Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

283 grams Chicken Breast (boneless, skinless)  
2 tbsps Extra Virgin Olive Oil (divided)  
1/4 cup Lime Juice (divided)  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
2 cups Baby Spinach  
2 cups Arugula  
1 Peach (pitted, sliced)  
1/4 cup Red Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	103mg
Fat	18g	Sodium	685mg
Saturated	3g	Vitamin C	27mg
Carbs	14g	Calcium	83mg
Fiber	3g	Iron	2mg
Sugar	8g	Magnesium	84mg
Protein	34g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
- 03 Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 04 To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 2 1/2 cups of salad.

### ADDITIONAL TOPPINGS

Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.



# Chicken & Lettuce Wrap

1 SERVING 10 MINUTES



## INGREDIENTS

1/16 head Green Lettuce (leaves separated)  
113 grams Chicken Breast, Cooked (sliced)  
1/4 cup Red Onion (small, sliced)  
1/2 Cucumber (small, sliced)  
1 Whole Wheat Tortilla (large)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	118mg
Fat	8g	Sodium	317mg
Saturated	3g	Vitamin C	7mg
Carbs	28g	Calcium	140mg
Fiber	5g	Iron	2mg
Sugar	5g	Magnesium	97mg
Protein	40g	Zinc	2mg

## DIRECTIONS

01 Arrange the lettuce, chicken, red onion, and cucumber in the center of the tortilla. Season with salt and pepper. Fold or roll the tortilla around the filling and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use a gluten-free tortilla.

### MORE FLAVOR

Add your favorite dressing.

### ADDITIONAL TOPPINGS

Add cheese, avocado, bell peppers, sliced olives, or corn.

# Crispy-skinned barramundi with Vietnamese-style salad

4 SERVINGS 18 MINUTES



## INGREDIENTS

100 grams Rice Vermicelli Noodles  
1 ea French Shallot (thinly sliced)  
1/4 cup Fish Sauce  
1/4 cup Coconut Sugar  
2 Limes (juiced, plus 1 extra cut into wedges to seve)  
1 Red Hot Chili Pepper (thinly sliced)  
2 Garlic Clove (thinly sliced)  
4 eas Barramundi Fish (skin on)  
1 tbsp Extra Virgin Olive Oil  
1 head Iceberg Lettuce (or cos lettuce, trimmed, leaves separated)  
1 Carrot (julienned)  
1/4 bunch Mint Leaves (leaves picked)  
1/2 bunch Thai Basil (leaves picked)  
1/2 cup Raw Peanuts (toasted, roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	702	Cholesterol	0mg
Fat	14g	Sodium	1516mg
Saturated	2g	Vitamin C	6mg
Carbs	44g	Calcium	90mg

## DIRECTIONS

- 01 Cook noodles according to packet instructions.
- 02 Meanwhile, combine shallot, fish sauce, sugar, lime juice, chilli and garlic in a small bowl. Set aside until needed.
- 03 Heat a large non-stick frying pan over medium heat. Pat barramundi skin with paper towel. Drizzle oil over both sides of barramundi, then cook, skin-side down, for 6 minutes or until skin is golden and crisp. Turn barramundi and cook for 7 minutes or until just cooked through. Remove pan from heat and rest for 2 minutes.
- 04 Divide barramundi, noodles, lettuce, carrot and herbs among plates. Drizzle with dressing and scatter over peanuts. Serve with lime wedges.

Fiber	4g	Iron	3mg
Sugar	15g	Magnesium	79mg
<b>Protein</b>	27g	Zinc	1mg

# Sweet Potato Brekky Hash with Egg

2 SERVINGS 30 MINUTES



## INGREDIENTS

4 slices Bacon (diced)  
1 tbsp Extra Virgin Olive Oil  
1 Sweet Potato (medium, peeled and cut into small cubes)  
1/2 cup Red Onion (chopped)  
1 Green Apple (diced)  
2 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)  
2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	478	Cholesterol	223mg
Fat	33g	Sodium	554mg
Saturated	10g	Vitamin C	13mg
Carbs	30g	Calcium	94mg
Fiber	6g	Iron	3mg
Sugar	13g	Magnesium	61mg
Protein	17g	Zinc	2mg

## DIRECTIONS

- 01 Heat a pan over medium heat and add half the oil. Add the sweet potato and cook, stirring for 5-6 minutes. Add the bacon and onion and continue to cook until potato is tender and bacon is crispy.
- 02 Add the apple and spinach at the end to warm through. Season with salt and pepper to taste.
- 03 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!
- 04 Note: Add any extra veggies you like, or that need using up from the fridge. Brussel sprouts, broccoli, mushrooms are all great additions.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

### SERVING SIZE

One serving is approximately equal to one cup of the sweet potato hash and one egg.

### MORE FLAVOR

Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

### SWEET POTATO

One medium sweet potato yields approximately two cups of sweet potato cubes.

### NO SPINACH

Use kale instead.

### NO RED ONION

Use yellow onion instead.



# Roasted Broccoli, Chicken & Barley Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

397 grams Chicken Breast  
2 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3 cups Broccoli (florets, chopped)  
1 Orange Bell Pepper (medium, chopped)  
2/3 cup Red Onion (cut into chunks)  
1 1/2 cups Pearl Barley (uncooked, rinsed and drained)  
1 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	491	Cholesterol	72mg
Fat	11g	Sodium	76mg
Saturated	2g	Vitamin C	151mg
Carbs	69g	Calcium	72mg
Fiber	14g	Iron	3mg
Sugar	3g	Magnesium	110mg
Protein	32g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 02 Coat the chicken with 1/2 of the oil and season with salt and pepper. Place in the oven and bake for 15 minutes. The chicken will not be cooked through.
- 03 Add the broccoli, bell pepper, and red onion to the tray. Season the vegetables with salt and pepper and toss with the remaining oil. Bake for about 15 minutes or until everything is cooked through.
- 04 Meanwhile, cook the barley according to package directions.
- 05 Divide the ingredients evenly between bowls and squeeze lime juice on top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### GLUTEN-FREE

Use brown rice or quinoa instead of barley.

### MORE FLAVOR

Add zucchini and/or corn.

### ADDITIONAL TOPPINGS

Parsley, cilantro, salsa, and/or your favorite dressing.

### MAKE IT VEGAN

Use tofu instead of the chicken.

### NO LIME

Use lemon instead.

# Apple Quinoa Salad with Roasted Chicken

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 tsp Sesame Oil  
2 tsps Smoked Paprika  
Sea Salt & Black Pepper (to taste)  
340 grams Chicken Breast  
1 cup Quinoa  
1/3 cup Tahini  
1/4 cup Water  
2 tsps Honey  
4 cups Arugula  
2 Green Apple (sliced)  
1/4 cup Mint Leaves (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	470	Cholesterol	62mg
Fat	18g	Sodium	74mg
Saturated	3g	Vitamin C	4mg
Carbs	48g	Calcium	164mg
Fiber	8g	Iron	5mg
Sugar	11g	Magnesium	146mg
Protein	30g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 02 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 03 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 04 Make the dressing by whisking the tahini, water, and honey together. Season with salt and pepper.
- 05 Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately three cups.

### MORE FLAVOR

Add red onion.

### MAKE IT VEGAN

Omit the chicken or use chickpeas, tofu, or tempeh instead.

### NO ARUGULA

Use mixed greens instead.

# Fish Taco Bowls

3 SERVINGS 20 MINUTES



## INGREDIENTS

2 Cod Fillet  
1/3 cup Extra Virgin Olive Oil (divided)  
1/4 tsp Turmeric (ground)  
1/4 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
2 tbsps Lime Juice  
1/4 cup Cilantro (finely chopped)  
6 leaves Romaine (large, chopped)  
1 cup Cherry Tomatoes (halved)  
1 Mango (peeled and cubed)  
1 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	523	Cholesterol	66mg
Fat	34g	Sodium	491mg
Saturated	5g	Vitamin C	61mg
Carbs	28g	Calcium	72mg
Fiber	8g	Iron	2mg
Sugar	18g	Magnesium	95mg
Protein	31g	Zinc	1mg

## DIRECTIONS

- 01 Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
- 02 Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
- 03 Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
- 04 Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

### ADDITIONAL TOPPINGS

Add crushed tortilla chips to the salad for crunch.

### NO BLENDER

Finely chop the cilantro and shake the dressing ingredients together in a jar.

### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.



# Meal Prep Taco Bowl

4 SERVINGS 15 MINUTES



## INGREDIENTS

454 grams Lean Ground Beef  
1 1/2 tsps Taco Seasoning  
6 Egg  
Sea Salt & Black Pepper (to taste)  
6 cups Baby Spinach  
2 Avocado (sliced)  
1/2 cup Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	580	Cholesterol	360mg
Fat	45g	Sodium	551mg
Saturated	13g	Vitamin C	23mg
Carbs	14g	Calcium	133mg
Fiber	9g	Iron	6mg
Sugar	3g	Magnesium	98mg
Protein	33g	Zinc	7mg

## DIRECTIONS

- 01 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 02 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 03 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to two days.

### ADDITIONAL TOPPINGS

Top with shredded cheese or sour cream.



# Breaded Turkey with Broccoli & Potatoes

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 tbsps Honey  
2 tbsps Dijon Mustard  
1/4 tsp Sea Salt (divided, to taste)  
283 grams Turkey Breast (sliced lengthwise into fillets)  
1/4 cup Bread Crumbs  
1 Yellow Potato (sliced into wedges)  
1 1/2 tps Avocado Oil  
3 cups Broccoli (chopped into florets)

## NUTRITION

### AMOUNT PER SERVING

Calories	449	Cholesterol	75mg
Fat	8g	Sodium	715mg
Saturated	1g	Vitamin C	143mg
Carbs	54g	Calcium	114mg
Fiber	6g	Iron	4mg
Sugar	20g	Magnesium	97mg
Protein	41g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- 02 Whisk together the honey, dijon, and half the salt. Coat the turkey in half of the honey-dijon mixture, then pat evenly with the bread crumbs. Transfer to one side of the baking sheet.
- 03 Toss the potato wedges in oil and the remaining salt. Arrange on the other side of the baking sheet. Bake the potatoes and turkey for about 15 to 20 minutes, or until golden brown and cooked through, flipping halfway. Remove the potato wedges earlier if needed.
- 04 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes, or until fork tender.
- 05 Cut the turkey into slices and serve alongside the broccoli, potatoes, and remaining honey-dijon sauce. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Sweet & Sour Chicken with Broccoli

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Jasmine Rice (dry, rinsed)  
1/2 cup Crushed Pineapple  
3 tbsps Maple Syrup  
2 tsps Tomato Paste  
1 tsp Arrowroot Powder  
1 1/2 tsps Apple Cider Vinegar  
2 cups Frozen Broccoli  
1 tbsp Extra Virgin Olive Oil  
454 grams Chicken Breast (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	403	Cholesterol	82mg
Fat	7g	Sodium	72mg
Saturated	1g	Vitamin C	44mg
Carbs	57g	Calcium	44mg
Fiber	3g	Iron	1mg
Sugar	14g	Magnesium	46mg
Protein	30g	Zinc	1mg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Blend the pineapple, maple syrup, tomato paste, arrowroot powder, and apple cider vinegar in a blender. Set aside.
- 03 Boil the broccoli for three to four minutes or until tender-crisp.
- 04 Heat the oil in a pan over medium heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Add the sauce and the broccoli, and cook for one minute or until warmed through. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 1 cup of chicken and broccoli and 1/2 cup of rice.

### MAKE IT VEGAN

Use tofu or tempeh instead of chicken.

# Baked Chicken Schnitzel & Apple Coleslaw

2 SERVINGS 20 MINUTES



## INGREDIENTS

227 grams Chicken Breast (patted dry)  
1/4 cup Mayonnaise (divided)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Bread Crumbs  
3 cups Coleslaw Mix  
1 Apple (small, grated)  
1 tbsp Dijon Mustard  
1 tbsp Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	523	Cholesterol	94mg
Fat	25g	Sodium	552mg
Saturated	4g	Vitamin C	58mg
Carbs	41g	Calcium	123mg
Fiber	6g	Iron	2mg
Sugar	16g	Magnesium	48mg
Protein	31g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Cut the chicken breast(s) in half lengthwise. Coat the chicken cutlets with half the mayonnaise, salt, and pepper. Then, coat evenly in the bread crumbs. Bake for 20 minutes in the oven or until cooked through.
- 03 Meanwhile, combine the remaining mayonnaise, coleslaw mix, apple, dijon mustard, vinegar, salt, and pepper in a large bowl until well combined. Set aside.
- 04 Divide the baked chicken and coleslaw evenly between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately four ounces of chicken and 1 1/2 cups of coleslaw.

### GLUTEN-FREE

Use gluten-free bread crumbs or crushed gluten-free crackers instead of bread crumbs.

### MORE FLAVOR

Pan fry the chicken prior to baking. Add your sweetener of choice to the coleslaw.