



Recommended Recipes

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Thai Beef Stir Fry

Ingredients: (1 Serving)

155-160g beef fillet, trimmed and cut into thin strips

7g Sesame oil

Sprinkle of garlic granules

1 tsp chopped fresh root ginger, peeled and cut in tiny pieces

Half a red chilli, trimmed and roughly sliced

100g chestnut mushrooms, trimmed and quartered

1/2 pepper, cored, deseeded and sliced into thin strips

100g mange tout

80g asparagus cut in half

2 spring onions, trimmed and sliced on the diagonal Sea salt and freshly ground black pepper

10g coconut oil

For the sauce:

1 tbsp. light soy sauce

1 tsp oyster sauce 1 tsp rice vinegar

Instructions:

Have the beef and all the aromatics and vegetables chopped and ready before you begin to cook.

For the sauce, mix all the ingredients together in a small bowl and set aside. Drizzle the beef with sesame oil making sure all the pieces are coated and season with salt and pepper.

Heat a wok or a large frying pan until hot then add half the coconut oil, swirling the wok to coat the surface evenly. Add half the beef strips and stir-fry for about a minute just until brown on the surface, but still medium rare in the middle. Remove to a plate and repeat with the remaining beef. Set the beef aside.

Add remaining coconut oil to the pan along with the garlic, ginger and chilli. Stir-fry the mixture for about a minute until lightly golden and fragrant. Toss in the mushrooms and stir-fry for a minute and add a splash of water (this will create steam, which will help to cook the vegetables evenly). After a minute, toss in the red pepper, asparagus and mange tout. Stir-fry for another 2 minutes or until the vegetables are just tender.

Give the sauce a stir and pour into the wok, then return the beef to the pan. Toss over the heat for another minute until the sauce has thickened. Turn off the heat and stir in the spring onions.

Chicken Masaman Curry

Ingredients:

Coconut Oil
Chicken Breast
Red onion
Fresh Chilli
Aubergine
Red peppers
Broccoli
Baby Corn
Mange Tout
Massaman Curry Paste
Coconut Milk
Cashew nuts
Wholegrain Rice

Instructions:

Add the Coconut oil to a wok
Add the Red onion and fresh chilli
Add the chicken breast and fry for 2-3 mins before adding all the veg
Use half a can of coconut milk
Add tablespoon of massaman curry paste
Cook the rice
Top with cashew nuts and enjoy!

Stuffed Peppers

Ingredients: (2 Servings)

4 red/yellow/Green peppers

300g Extra Lean Turkey or Beef Mince

1 onion (chopped)

6 mushrooms (chopped)

1 garlic clove or 2 teaspoon minced garlic

1 tablespoon soy sauce

3/4 can (400g) chopped tomatoes 1 tablespoon tomato puree 60g grated mozzarella

Spray olive oil & water

10g coconut oil

Instructions:

Halve your peppers down the middle (stalk too), WITHOUT chopping off the tops, and carefully scrape out the seeds/pith

Give the peppers a 4-6 sprays each with spray oil before baking them for 20 minutes at 200 degrees C to soften.

Meanwhile, add coconut oil and fry the onion for 2-3 minutes until softened before adding the mushrooms and frying for a further 2-3 minutes. Add the turkey mince, chopped tomatoes and tomato puree along with the soy sauce and mix well in the pan.

Once the peppers have been baking for 20 minutes, and the turkey mix has been simmering for 10 minutes, switch your oven on to grill and grill the 'stuffed peppers' topped with 15g mozzarella each for 5 minutes until the cheese has melted.

Honey cashew coated chicken with avocado salad

Ingredients:

Chicken breasts

Honey

Cashew nuts

Avocado

Lettuce

Lucy bee coconut oil

Rocket

Baby tomatoes

Instructions:

Slice the chicken breast into strips.

Crush some cashew nuts.

Cover the chicken in honey and then coat in the cashew nuts

Fry in Lucy bee Coconut oil

Add the salad to a bowl and top with the chicken

Cashew Curry

Ingredients: (2 Servings)

1 onion, chopped
Thumb-sized piece ginger, peeled and roughly chopped
4 garlic cloves, peeled (optional)
2 green chillies, seeds removed
Small bunch coriander, stalks roughly chopped, leaves picked 7g coconut oil
2 tablespoon Garam masala
60g unsalted cashews
225g can chopped tomatoes
420ml chicken stock
365g chicken breast
80g Total 0% Greek yoghurt
1 teaspoon single cream (optional)

Instructions:

Put the onion, ginger, garlic, chillies and coriander stalks in a small food processor and mix to a paste. Meanwhile, heat the coconut oil in a large pan. Add the paste to the pan and stir-fry for 5 mins to soften. Add the garam masala and cook for a further 2 mins.

Meanwhile, toast the cashew nuts in a separate small pan until golden. Tip into the food processor and blend until finely ground.

Add the blended cashews, the tomatoes and the chicken stock to the pan. Season and bring to a boil, then lower the heat and simmer. Add the chicken to the pan and cover with a lid, for 45 mins. Once meat is totally cooked then add the yogurt stir well to form a creamy sauce. Scatter with the coriander leaves

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Serve with:

Boiled/Steamed Greens (either spinach/kale/beans/asparagus or broccoli)
and or wholegrain rice

Chicken Stir Fry

Ingredients: (1 Serving)

180g Chicken breast, cut into strips
1/2 Broccoli stalk, cut into florets
1/2 Medium green pepper, sliced
1/2 Medium red pepper, sliced
1/2 Small yellow onion, halved and sliced
1 Clove garlic, diced
1 1/2 tablespoon Soy sauce
1 tablespoon Cholula hot sauce
1 teaspoon Splenda granules
5g coconut oil
Salt & pepper
Cajun Spice

Instructions:

Season chicken strips with a good sprinkle of Cajun Spice & a little salt and pepper to taste. Combine Cholula, soy and Splenda in a small bowl. Heat oil in large skillet to medium heat. Add peppers, onion and garlic to pan and cook until softened (about 6 minutes) then add Cholula, soy and Splenda. Stir every couple of minutes. Add a dash of water whenever pan becomes too dry. Turn heat to medium-high and add broccoli and chicken to pan and cook for 2 minutes.

Salmon Fish Cakes

Ingredients: 2 Serving (4 Fish Cakes)

1 x 213g tin of pink salmon drained. Can use tuna if you prefer. 50g finely chopped red onion or spring onion.

1 clove crushed garlic

1 teaspoon fresh lemon juice

1 whole egg + 2 egg whites

2 tablespoons of ground golden/cold milled flaxseeds Pinch of salt

Mixed Herbs

Instructions:

Place all ingredients in a bowl and combine well. Let it sit for a few minutes so the flax soaks up a lot of the liquid- you should be able to easily shape balls for your patties without the mixture falling apart (you don't want it dry either!) Shape into 4 patties and drop onto a heated pan. Cook until both sides are brown and enjoy.

Serve with:

110g Low Fat Cottage Cheese and 1 Small Avocado

Paprika Chicken

Ingredients: (1 Serving)

180g Chicken Breast chopped into cubes

Half a red pepper chopped

45g white onion chopped

1 teaspoon smoked paprika

25ml Coconut Milk

Sprinkle of mixed herbs 7g Coconut Oil

Instructions:

Mix and ingredients together (leave overnight is best for seasoning) and add to heated pan with oil. Stir until cooked and serve.

Serve with:

175g Boiled/Steamed Greens (either spinach/kale/beans/asparagus or broccoli)

Greek Omlette

Ingredients: (1 Serving)

100g cooked spinach

4 Medium eggs

27g crumbled feta cheese

4 spring onions, thinly sliced

2 tablespoons chopped fresh dill Freshly ground pepper, to taste

7g coconut oil

Instructions:

Squeeze spinach to remove any excess water. Blend eggs with a fork in a medium bowl. Add feta, spring onions, dill, pepper and the spinach; mix gently with a rubber spatula. Heat oil in a non-stick pan over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium- low and cook until the bottom is light golden brown both sides.

Chinese Chicken Salad

Ingredients: (2 Servings)

3 teaspoons extra-virgin olive oil, divided 1 teaspoon Chinese five-spice powder

Sprinkle of low sodium salt x 2

Sprinkle freshly ground pepper x 2

360g boneless, skinless chicken breasts

2 oranges

400g mixed Asian or salad greens

1 red bell pepper, cut into thin strips

120g red onion chopped

1 tablespoons cider vinegar

1 tbsp. Dijon mustard

Instructions:

Preheat oven to 200c. Combine 1 teaspoon oil, five-spice powder, sprinkle of salt and pepper in a small bowl. Rub the mixture into both sides of the chicken breasts.

Heat 1 teaspoon oil in a large ovenproof non-stick skillet over medium heat (do not take to smoking point). Add chicken breasts; cook until browned on one side, 3 to 5 minutes. Turn them over and transfer the pan to the oven. Roast until the chicken is just cooked through. Transfer the chicken to a cutting board; let rest for 5 minutes.

Meanwhile, peel and segment one of the oranges collecting segments and any juice in a large bowl. (Discard membranes, pith and skin.)

Add the greens, bell pepper and onion to the bowl. Zest and juice the remaining orange. Place the zest and juice in a small bowl; whisk in vinegar, mustard, the remaining teaspoons oil, remaining salt and freshly ground pepper to taste. Pour the dressing over the salad; toss to combine. Slice the chicken and serve on the salad

Teriyaki Salmon

Ingredients: (1 Serving)

- 2 salmon fillets
- 1 teaspoon sesame oil
- 1 1/2 tablespoon light soy sauce
- 2 teaspoons lime juice (or lemon)
- 1/2 teaspoon chopped or crushed fresh ginger

Instructions:

Pre-heat grill on high. Blend all ingredients to form a sauce and marinade fish for 15 mins wrapped in foil. Remove and grill each side for 10 mins and serve.

Serve with:

1-pack low carb noodles and 170g Boiled/Steamed Greens
(either spinach/kale/beans/asparagus or broccoli)

Mushroom Omelette

Ingredients: - (1 Serving)

3 medium eggs

1 Egg White

Sea salt and freshly ground black pepper 8 button mushrooms

10g Coconut Oil

30g Grated Mozzarella

Instructions:

Mix eggs and whites together

Quarter or roughly chop the mushrooms and add to a small frying pan on a high heat with a coconut oil and a pinch of salt and pepper

Fry and toss around until golden, then turn the heat down to medium.

Add your eggs and move the pan around to spread them out evenly

When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the mozzarella.

Ease around the edge of the omelette with a spatula, then fold it in half

When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

Serve with:

185g Boiled/Steamed Greens (either spinach/kale/beans/asparagus or broccoli)

Ginger Salmon

Ingredients: (1 Serving)

1 tablespoon white miso
1 tablespoon mirin
1 tablespoon unseasoned rice vinegar
1 1/2 tablespoon soy sauce
1 tablespoon minced green onions
1/2 tablespoon minced fresh ginger
1 1/2 teaspoon toasted sesame oil
2 salmon fillets
Salt and freshly ground pepper

Instructions:

Whisk together the miso, mirin, vinegar, soy sauce, green onions, ginger, and sesame oil in a small bowl. Place the salmon in a baking dish, pour the marinade over, and turn to coat. Cover and marinate for 30 minutes in the refrigerator.

Heat grill to high. Remove the fish from the marinade and season with salt and pepper. Grill the salmon, skin side down, with the cover closed, until

golden brown and a crust has formed, about 3 to 4 minutes. Turn the salmon over and continue grilling for 3 to 4 minutes for medium doneness.

Serve with:

Small handful wholegrain rice and Boiled/Steamed Greens
(either asparagus/spinach/kale/beans/ or broccoli)

Italian Beef & Chicken Sausage Casserole

Ingredients: 4 Servings

2 tablespoons olive oil,
215g chopped red onion, divided
145g chopped carrot
1 tablespoon minced garlic
35g all-purpose flour
750g boneless stewing beef, trimmed and cut into cubes
4 Chicken Breast Sausages (1 per portion served)
3/4 teaspoon salt, divided
1/2 teaspoon black pepper
425g chopped seeded peeled plum tomato
225g low sodium beef stock
45g water
2 teaspoons chopped fresh oregano
2 teaspoons chopped fresh thyme
1 bay leaf
240g button mushrooms, quartered or sliced 125g (1/4-inch-thick) slices
carrot
2 tablespoons chopped fresh basil
1 tablespoon chopped parsley

Instructions:

Heat casserole pot over medium heat. Add 1 tablespoon oil to pan (do not take to smoking point). Add onion and chopped carrot; sauté 8 minutes, stirring occasionally. Add garlic; sauté for 45 seconds, stirring constantly. Remove from pan.

Add 1 tablespoon oil to pan. Place 1/4 cup flour in a shallow dish. Sprinkle beef with 1/2 teaspoon salt and pepper; dredge in flour. Add sausages and beef to pan with the oil and sauté 6 minutes, browning on all sides.

Add tomato and next 6 ingredients; bring to a boil. Cover, reduce heat, and simmer for 45 minutes, stirring occasionally. Uncover, and stir in sliced carrot. Simmer, uncovered, for 1 hour or until meat is very tender, stirring occasionally. Discard bay leaf. Stir in remaining 1/4 teaspoon salt, basil, and parsley.

Tasty Tuna Salad

Ingredients: - 1 Serving

1 tin tuna in brine/water drained 40ml Low Fat Sour Cream

1 teaspoon olive oil

55g Avocado

4 spring onions sliced

1 red pepper

100g chopped tomatoes

A sprinkle of salt and pepper

Instructions:

Mix all ingredients in a bowl and season with a little salt and pepper to finish.

Peanut/Almond Butter Chicken with Low Carb Noodles

Ingredients: (1 Serving)

175g Low Carb Noodles/100g Wholewheat Noodles

175g cooked chicken breasts

1 cup thinly sliced red bell pepper

1 teaspoon olive oil

1 garlic clove, minced

1 tablespoon minced fresh ginger

1 level tbsp.

Natural Smooth Peanut Butter - could use Almond Butter if you wish (boil water in a kettle and add 50ml to a cup and stir in peanut butter, leave to sit for 5 mins as it makes cooking with it very easy and avoids sticky dry texture

1 tsp hoisin sauce

1 teaspoon seasoned rice wine vinegar

50g chopped green onions

50g chopped fresh spring onions

Instructions:

Cook noodles according to package directions. Combine chicken and bell peppers in a colander. Drain pasta over chicken mixture; let stand 5 minutes.

Heat oil in a small saucepan over medium-high heat; add garlic and ginger and peanut butter mixture. Cook 3 minutes, stirring frequently; add water and next 4 ingredients. Cook 1 minute or until thoroughly heated, stirring.

Combine noodle mixture and sauce in a large bowl; toss to coat. Stir in onions and cilantro.

Tuna Bake

Ingredients:

520g cauliflower

roughly chopped 335g tinned tuna - drained 1 spring onion - sliced

Pinch of cracked pepper

100g cottage cheese

80g total 0% greek yoghurt

74g grated cheese

Instructions:

Preheat oven to 220°C (420°F)

Place cauliflower in pan and boil until cooked.

Place the tuna, spring onion, pepper, yoghurt and cottage cheese into a bowl and mix together Add steamed cauliflower then place all into a baking dish

Top with the cheese and bake for 12 minutes until done

Serve with:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Garlic & Lime Chicken & Noodles

Ingredients: (2 Servings)

335g chicken breast
150g noodles
Spring Onions
3/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1/8 teaspoon paprika
1/4 teaspoon garlic powder
1/8 teaspoon onion powder
1/4 teaspoon dried thyme
1/4 teaspoon dried parsley
17g butter
10g coconut oil
2 teaspoons garlic powder
45ml lime juice

Instructions:

In a small bowl, mix together salt, black pepper, cayenne, paprika, 1/4 teaspoon garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts. Heat butter and coconut oil in a large non-stick pan over medium heat. Cook chicken until golden brown, about 6 minutes on each side. Sprinkle with 2 teaspoons garlic powder and lime juice. Add Spring Onions, Cook for 5 minutes, stirring frequently to coat evenly with sauce.

Serve with:

75g Noodles and 150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Courgette Frittata

Ingredients: (1 Serving)

50ml water

10g coconut oil

80g green pepper - seeded and chopped

1 courgette - cut into thin slices

1 cloves garlic - peeled

60g red onion - diced

80g mushrooms - chopped

5g butter

4 eggs

32g mozzarella cheese, grated

Salt and freshly ground black pepper to taste

Instructions:

Preheat oven to 180 C / Gas mark 4.

In a large ovenproof frying pan over medium high heat, combine water, oil, salt, green pepper, and courgette and garlic cloves. Simmer until courgette is tender, about 5 to 7 minutes. Drain off water and discard garlic. Stir in onion, mushrooms and butter. Cook until onion is transparent. Add eggs and stir; season with salt and pepper. Cook over low heat until eggs are firm. Sprinkle mozzarella cheese over eggs. Bake in preheated oven for 10 minutes. Remove from oven and sprinkle with Parmesan cheese. Place under grill for 5 minutes.

Serve with:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/asparagus or broccoli)

Super Lean Beef Burger

Ingredients: (2 Servings)

320g extra lean minced beef

15g chopped coriander

1/2 onion, chopped

15g teaspoon Dijon mustard

1 free-range egg yolk

16 ml teaspoon olive oil

salt and freshly ground black pepper

Instructions:

Place all the burger ingredients in a mixing bowl and stir to combine. Using your hands, shape into two equal-sized patties. Preheat the grill to hot. Cook the burgers under the grill for 15 minutes, or until cooked through, turning once.

Serve with:

25g 0% total greek yoghurt

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Baked Salmon with Mustard

Ingredients: (2 Servings)

100ml low fat sour cream

50g chopped fresh dill

55g finely chopped onions

15g dijon mustard

salt and pepper

2 cloves garlic minced

2 salmon fillets (approx 75g per fillet)

10g coconut oil melted

Instructions:

In a small bowl, whisk together the first 4 ingredients. Add salt and pepper to taste and blend well.

Allow to stand at room temperature for 1 hour.

Preheat oven to 200 degrees

Oil a baking sheet with the melted coconut oil. Put salmon, skin side down, on baking sheet. Sprinkle with garlic, salt and pepper.

Spread with sauce.

Bake for 15-20 minutes or until cooked.

Serve with:

100g wholemeal/brown rice and 150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Lemon Soy Cod with Avocado Butter

Ingredients: (1 Serving)

Fish:

15 ml soy sauce

Peel of lemon grated

15 ml fresh lemon juice

1 garlic clove - crushed

1 teaspoon Dijon mustard

10 ml olive oil

180g Cod Fillet

Avocado Butter:

12g butter, softened 37g Avocado, mashed

1 tablespoon fresh lemon juice

1 teaspoon fresh parsley, minced

Half a teaspoon Worcestershire sauce Sprinkle of garlic salt

Instructions for Fish:

Combine first 6 ingredients in a large zip lock bag. Add Cod Fillets.

Refrigerate for 1-3 hours, turning a few times.

To cook, place fish on a preheated non-stick pan. Cook 5-6 minutes with lid on top - on each side or until fish flakes easily when tested with a fork.

Serve hot with avocado butter.

Instructions for Avocado Butter:

In a small blender throw it all in and blitz. Refrigerate until firm and ready to use.

Serve with:

100g Sweet Potatos

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Dijon Broccoli Chicken

Ingredients: (1 Serving)

30g Dijon mustard

10g coconut oil

165g chicken breasts, cut into thin strips 120ml chicken stock

1 clove garlic - minced

180g broccoli flowerets

10 ml soy sauce

Instructions:

Mix chicken broth and soy sauce. Set aside.

Cook broccoli and garlic in hot oil over medium-high heat until crisp-tender. Remove from pan. Cover to keep warm.

Add chicken to pan. Cook and stir until cooked through.

Stir in broth mixture. Bring to a boil. Reduce heat to medium-low. Stir in mustard until well blended. Return broccoli to pan. Cook until heated through, stirring occasionally.

Cheesy Chicken & Spinach

Ingredients: (1 Serving)

165g chicken breast

155g fresh spinach leaves

130g chopped or sliced cherry tomatoes 62g mozzarella cheese

Sprinkle of garlic granules, pepper and salt

Instructions:

Cook chicken in a non-stick pan with lid on in 5g coconut oil, season with a sprinkle of salt. Cut up tomatoes and spinach in to bite sized pieces.

Add vegetables to pan, season with garlic, pepper and salt.

When chicken is nearly cooked shred or grate mozzarella, and add to pan.

Serve with:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Parmesan Turkey Bake

Ingredients: (2 Servings)

52g parmesan cheese
1 tablespoon oregano
1 tablespoon basil
17g coconut oil
400g turkey breast cut into chunks
1 clove garlic
90g medium mushrooms
80g chopped onions
80g chopped green peppers
310g tomatoes
80g red peppers

Instructions:

Season turkey in a little salt and pepper and cook in the coconut oil with onions, mushrooms and sauté until partially cooked for a few minutes.

Add tomatoes, parsley and basil and simmer until mushrooms are just tender. Add peppers and simmer for a few more minutes.

Pour all into a baking tray and add the parmesan cheese and bake until chicken is cooked.

Serve With:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Steak and Pepper Tacos

Ingredients: (1 Serving)

- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- 3 ounces steak strips
- 1/2 sliced green and red bell pepper
- 1/2 sliced onion
- 2 small whole-grain tortillas
- 4 tablespoons salsa
- 2 tablespoons low-fat sour cream

Instructions:

In a pan, saute olive oil, cumin and garlic for 1 minute. Add steak strips and cook about 5 minutes. Add pepper and onion slices and cook for another 8 minutes. Place mixture in tortillas and fold. Top with salsa and sour cream.

Grilled Salmon with Pineapple

Ingredients: (2 Servings)

1/2 chopped fresh pineapple

1 tablespoon finely chopped red onion 1 tablespoon chopped cilantro

1/2 tablespoon rice vinegar

sprinkle ground red pepper

10g coconut oil

2 large salmon fillets

1/4 teaspoon salt

Instructions:

Combine first 5 ingredients (through pepper) in a bowl; set aside.

Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork. Top with salsa.

Serve With:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Chipotle Glazed Roast Chicken with Sweet Potatoes

Ingredients: (2 Servings)

- 1 large sweet potato peeled and cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 garlic clove - minced
- 1 tablespoon honey
- 1 teaspoons cider vinegar
- 1/2 teaspoon salt, plus additional to taste
- 1/4 teaspoon cumin
- sprinkle of cinnamon
- 2 boneless, skinless chicken breasts rinsed and patted dry

Instructions:

Preheat the oven to 200 degrees. In a medium bowl, toss the sweet potatoes in the olive oil and scatter on the bottom of a roasting pan. Roast for 15 minutes.

In a small bowl, mix together the garlic, honey, vinegar, salt, cumin, and cinnamon to make a paste. Rub the paste evenly over each breast.

Place the chicken breasts on top of the sweet potatoes and roast until the chicken is just cooked through, about 25 to 30 minutes.

Serve With:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)

Beef Stroganoff

Ingredients: (2 Servings)

335g of stir fry lean steak cut into inch thick strips

40ml red wine

1/2 teaspoon salt

1/2 teaspoon ground black pepper

5g coconut oil

10g butter

145g onion - diced

3 cloves garlic, minced

5g butter

105g sliced mushrooms

10g butter

15g all-purpose flour

100ml beef stock

1 teaspoon Worcestershire sauce

1 teaspoon prepared dijon mustard

1 teaspoon crushed red pepper flakes

35ml sour cream

74g cream cheese, softened

Instructions:

Place the beef into a large bowl. Stir in the red wine, salt, and black pepper. Marinate for 10 minutes, then remove the beef and pat dry with a paper towel. Reserve the remaining marinade. Heat the oil in a large non-stick pan over medium heat. Stir in the beef; cook and stir until browned, then transfer to a plate, 5 to 7 minutes. Drain any remaining grease from the skillet. Melt 5g butter over medium heat. Stir in the onion, garlic, and a pinch of salt. Cook and stir until the onion is soft and translucent. Transfer the onion mixture to the plate with the prepared beef; set aside.

Melt another 5g butter in the same non-stick pan over medium heat, and stir in the mushrooms. Cook and stir until the mushrooms are tender, about 10 minutes. Place the cooked mushrooms in a bowl and set aside. Melt 10g of butter in the skillet. Whisk in the flour, cook and stir until the flour no longer tastes raw, about 4 minutes. Slowly whisk in the beef stock. Bring to a boil, stirring constantly, then reduce heat to medium low. Pour in the reserved red wine marinade, Worcestershire sauce, prepared mustard, and red pepper flakes, then add the beef and onion mixture. Cover and simmer until the meat is tender, about 1 hour. Season with salt and black pepper. Stir in the mushrooms, sour cream, and cream cheese about 5 minutes before serving.

Serve With:

150g Boiled/Steamed Greens (either spinach/ kale/ beans/ asparagus or broccoli)