

A top-down view of a bowl of food, likely a salad or a meal with rice and vegetables, garnished with green herbs. The bowl is placed on a yellow and white patterned cloth. A semi-transparent red rectangular overlay is centered over the bowl, containing white text and a circular logo.

# HIGH PERFORMANCE RECIPE PACK

POWERED BY  
HIGHER LEVEL PERFORMANCE



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- Apple & Cinnamon Oatmeal
- Spinach, Mushroom & Bacon Quiche
- Red Kidney Bean & Mackerel Salad
- Warm Salmon & Quinoa Salad
- Sweet Potato Spread
- Chunky Beef Soup
- Vegetarian Moussaka
- Spicy Chicken Pasta
- Jerk Chicken with Cauliflower Rice
- Tofu in Peanut Sauce
- Peanut Butter & Jam Oat Muffins
- Grapefruit Smoothie

## RECIPE KEY

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**GF** Gluten Free

**DF** Dairy Free

**LC** Low Carb (under 20g per serving)

**MP** Meal Prep/Freezer Friendly

**HP** High Protein (over 20g per serving)

**V** Vegetarian

**Q** Quick (under 30 minutes)



# MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> (Ideally 30-60 min after waking e.g. 7-8am)	Peanut Butter & Jam Oat Muffins	Spinach, Mushroom & Bacon Quiche	Apple & Cinnamon Oatmeal	Peanut Butter & Jam Oat Muffins	Apple & Cinnamon Oatmeal	Spinach, Mushroom & Bacon Quiche	Apple & Cinnamon Oatmeal
<b>LUNCH</b> (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Red Kidney bean and Mackerel Salad	Leftover Vegetarian Moussaka	Leftover Chunky Beef Soup	Leftover Spicy Chicken Pasta	Sweet Potato Spread with veg and crackers	Tofu in Peanut Sauce	Warm Salmon & Quinoa Salad
<b>SNACK</b> (Ideally between lunch and dinner e.g. 4pm)	E.g. Grapefruit Smoothie	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Peanut Butter & Jam Oat Muffins	E.g. Grapefruit Smoothie	E.g. Peanut Butter & Jam Oat Muffins	E.g. Peanut Butter & Jam Oat Muffins	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
<b>WORKOUT NUTRITION</b> (If applicable)	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Vegetarian Moussaka  + Remaining macros as you see fit	Chunky Beef Soup  + Remaining macros as you see fit	Spicy Chicken Pasta  + Remaining macros as you see fit	Jerk chicken with Cauliflower Rice  + Remaining macros as you see fit	Leftover Jerk chicken with Cauliflower Rice  + Remaining macros as you see fit	Meal Out – Enjoy!	Leftover Tofu in Peanut Sauce  + Remaining macros as you see fit

# SHOPPING LIST

## VEGETABLES

- ☐ 1x leek
- ☐ 8 oz. (225g) mushrooms
- ☐ 1x garlic
- ☐ cucumber
- ☐ radishes
- ☐ bag rocket
- ☐ 14 oz. (400g) spinach
- ☐ 1x red bell pepper
- ☐ 7 oz. (200g) sugar snaps
- ☐ 14 oz. (400g) sweet potato
- ☐ 14 oz. (400g) white potato
- ☐ 1x chili pepper
- ☐ 2x white onion
- ☐ 1x red onion
- ☐ celery sticks
- ☐ 2x carrots
- ☐ white cabbage
- ☐ 2x aubergine
- ☐ 1x zucchini
- ☐ 4x tomatoes
- ☐ 7oz. (200g) cherry toms
- ☐ 14 oz. (400g) cauliflower rice
- ☐ 14 oz. (400g) tender stem broccoli
- ☐ ginger

## FRUIT

- ☐ 1x apple
- ☐ 1x lemon
- ☐ 3x limes
- ☐ 1x pink grapefruit
- ☐ 1x banana
- ☐ 7 oz. (200g) strawberries

## HERBS & SPICES

- ☐ ground cardamom
- ☐ ground cinnamon
- ☐ garam masala
- ☐ bay leaves
- ☐ moussaka herb mix
- ☐ harissa paste
- ☐ allspice
- ☐ garlic powder
- ☐ cayenne powder
- ☐ chili flakes
- ☐ dried thyme
- ☐ fresh parsley
- ☐ chives
- ☐ fresh coriander

## CANS & CONDIMENTS

- ☐ applesauce
- ☐ honey
- ☐ olive oil
- ☐ 2x can chickpeas
- ☐ 1x can kidney beans
- ☐ 2x chopped tomatoes
- ☐ coconut oil
- ☐ tomato puree
- ☐ 1x can butter beans
- ☐ canned light coconut milk
- ☐ tamari
- ☐ sesame oil
- ☐ raspberry jam
- ☐ natural peanut butter
- ☐ brown sugar

## MEATS

- ☐ 2 lbs. (900g) chicken breast
- ☐ 1.1 lbs. (500g) lean round beef
- ☐ 6x bacon slices
- ☐ 5.2 oz. (150g) smoked mackerel
- ☐ 14 oz. (400g) salmon

## GRAINS & SEEDS

- ☐ 8.4 oz. (240g) rolled oats
- ☐ 3 oz. (85g) pecans
- ☐ quinoa
- ☐ penne

## BAKING

- ☐ flour
- ☐ vanilla extract
- ☐ baking powder

## DAIRY & NON DAIRY

- ☐ butter
- ☐ 8x eggs
- ☐ almond milk
- ☐ grated cheese
- ☐ soy cream
- ☐ 12 oz (350g) tofu
- ☐ Greek yogurt

## OTHER

- ☐ vanilla whey
- ☐ beef stock



## APPLE & CINNAMON OATMEAL



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
249 kcals    9g Fats  
41g Carbs    4g Protein

### WHAT YOU NEED:

- 1 cup (100g) rolled oats
- 1 cup (200g) unsweetened applesauce
- 3 cups water (700ml)
- 1 apple cut into cubes
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 2 tsp. vanilla extract
- 2 tbsp. honey
- 1/3 cup (35g) pecans

### WHAT YOU NEED TO DO:

Combine all ingredients (apart from pecans) in a pot and mix well.

Bring to a boil, reduce heat and simmer, covered, occasionally stirring for 10-15 mins. Add additional cooking liquid if required.

Serve topped with pecans and additional honey if desired.

Reheating: Add additional liquid and heat in the microwave or pot until hot.

## SPINACH, MUSHROOM & BACON QUICHE



**Serves: 8**  
**Prep: 10 mins**  
**Cook: 50 mins**



**Nutrition per serving:**  
**230 kcals**      **14g Fats**  
**19g Carbs**      **8g Protein**

### WHAT YOU NEED:

- 6.1 oz. (175g) flour
- 3.5 oz. (100g) butter
- 1 egg
- 6 slices smoked bacon
- 1 leek chopped
- 8 oz. (225g) mushrooms sliced
- 6 eggs
- 1 cup (235ml) unsweetened almond milk
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

### WHAT YOU NEED TO DO:

Heat oven to 450F (230C).

Make the crust by combining the flour, butter, and 1 egg, then pre-bake it for 10 mins in a 9" (22cm) pie tin.

In the meantime, cook the bacon, transfer onto a chopping board and once cooled chop into pieces.

To the same pan add the leeks and mushrooms, and cook for 5 minutes, until softened. Beat together the eggs and milk, and season with salt, pepper, to taste. Next add in the chopped bacon, leeks and mushrooms.

Reduce the oven heat to 350F (170C) and pour egg mixture into the pre-baked crust. Bake for 40-50 minutes, until cooked through.

To Freeze: Cool completely and cover with plastic wrap, and then aluminium foil. Freeze for up to 3 months.

To reheat: Thaw completely. Heat oven to a 350F (170C) and bake for 30 minutes, until heated through.

## RED KINDEY BEAN & MACKEREL SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
422 kcals    27g Fats  
27g Carbs    20g Protein



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### WHAT YOU NEED:

- 1 garlic clove, crushed
- 1/2 lemon, juiced
- 2 tbsp. olive oil
- 1/2 cucumber, sliced
- 8 radishes, sliced
- handful parsley, chopped
- 8.5 oz. (240g) chickpeas, drained
- 8.5 oz. (240g) kidney beans, drained
- 3 oz. (85g) rocket
- 5.2 oz (150g) smoked mackerel
- 1.7 oz (50g) pecans, chopped

### WHAT YOU NEED TO DO:

Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.

In a bowl toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.

Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.





## WARM SALMON & QUINOA SALAD



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per serving:  
325 kcals      26g Fats  
17g Carbs      28g Protein



GF

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### WHAT YOU NEED:

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets (100g each)
- 1 tsp. spices for salmon
- 7 oz. (200g) sugar snaps
- 1 litre of boiling water
- 8 oz. (250g) of cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

### WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.





## SWEET POTATO SPREAD



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



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



### WHAT YOU NEED:

- 14 oz. (400g) sweet potatoes
- ½ red chili pepper
- 5.2 oz. (150g) chickpeas, drained
- 1 tsp. garam masala

### WHAT YOU NEED TO DO:

Peel the sweet potatoes and cut into  $\frac{3}{4}$  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.



GF

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## CHUNKY BEEF SOUP



Serves: 6  
Prep: 5 mins  
Cook: 50 mins



Nutrition per serving:  
221 kcals      9g Fats  
15g Carbs      20g Protein

### WHAT YOU NEED:

- 1.1 lb (500g) 90% lean ground beef
- 1-1/2 tsp. salt
- 1 onion, diced
- 2 celery sticks, chopped
- 2 medium carrots, peeled, chopped
- 2 cans (28oz/800g) chopped tomatoes
- ½ green cabbage, chopped
- 4 cups beef stock
- 2 bay leaves

### WHAT YOU NEED TO DO:

Heat a large pot on medium and stir-fry the beef until browned, around 5-7 mins. Season with salt.

Next add the onion, celery, and carrots and sauté for another 5 minutes.

Add the chopped tomatoes, cabbage, beef stock and bay leaves, cover and simmer for 30-40 mins, until vegetables are soft.

Remove bay leaves before serving.

GF DF LC MP HP





# VEGETARIAN MOUSSAKA



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 45 mins**



**Nutrition per serving:**  
**256 kcals**      **10g Fats**  
**37g Carbs**      **10g Protein**



## WHAT YOU NEED:

- 2 aubergines, sliced
- 1 zucchini, sliced
- 1 red onion, chopped
- 2 garlic cloves, sliced
- 2 potatoes (400g), sliced
- 1 tbsp. coconut oil
- 5 oz. (140g) tomato puree
- 4 tomatoes, chopped
- 10.5 oz. (300g) butter beans, drained
- 05. oz. (15g) moussaka herb mix
- 1 ¼ cups (300ml) skimmed milk (or plant based)
- 5.2 oz. (150g) cheese, grated

## WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C) and grease an oven dish.

Cut the aubergine and zucchini into thin slices and the tomatoes into cubes. Peel and chop the onion and garlic. Peel the potatoes and also cut them into thin slices.

Heat the oil in a large pan and sauté the onion and garlic for 2 minutes at high heat. Add in the tomato paste and cook for another 2 minutes at medium temperature, stirring well.

Next add the tomatoes, beans, moussaka herb mix, and milk, bring to the boil while stirring and simmer for 10 minutes at low temperature.

Divide 1/3 of the sauce over the bottom of the oven dish and arrange half of the aubergine and half of the zucchini on top.

Place half of the remaining sauce on top of the zucchini and sprinkle with half of the grated cheese.

Arrange the remaining slices of aubergine and zucchini on top of each other. Top with the remaining sauce and cover with the potato slices, then top with the remaining cheese.

Place the dish in the middle of the oven and bake the moussaka for 45 minutes until golden brown. Serve hot.

GF

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# SPICY CHICKEN PASTA



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
308 kcals  
27g Carbs  
9g Fats  
31g Protein



## WHAT YOU NEED:

- 8oz. (225g) penne
- 14 oz. (400g) chicken breast, diced
- 1 tbsp. coconut oil
- 1 cup (250ml) single soy cream
- 3 tsp. harissa paste (or more to taste)
- 14 oz. (400g) spinach, roughly chopped
- 7 oz. (200g) cherry toms

## WHAT YOU NEED TO DO:

Cook the penne according to instructions on the packaging. Once cooked drain and set aside.

Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 mins).

Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.

When adding the last batch of spinach also add in the tomatoes. Cook for another 2 mins before adding in the cooked penne.

Stir well and heat for another 1-2 mins. Serve hot with freshly ground black pepper.

DF HP Q



# JERK CHICKEN WITH CAULIFLOWER RICE



**Serves:** 4  
**Prep:** 15 mins  
**Cook:** 15 mins



**Nutrition per serving:**  
**397 kcals**      **24g Fats**  
**15g Carbs**      **33g Protein**



## WHAT YOU NEED:

### *For Marinade:*

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

### *Chicken & rice:*

- 1.1 lbs (500g) chicken breast
- 14oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zested and juiced
- handful coriander, to garnish
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinate for 15 mins or overnight.

Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.

GF

DF

LC

MP

HP

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## TOFU IN PEANUT SAUCE



Serves: 4  
Prep: 30 mins  
Cook: 15 mins



Nutrition per serving:  
310 kcals    18g Fats  
17g Carbs    18g Protein



### WHAT YOU NEED:

- 1 tbsp. coconut oil
- 14 oz. (400g) tender stem broccoli
- 12.5 oz. (350g) firm tofu

#### *For the Sauce:*

- 1/4 cup (65g) natural peanut butter
- 2 tbsp. tamari or soy sauce
- 2 tbsp. water
- 5 tbsp. honey
- 1 tsp. sesame oil
- 1/2 tsp. chili flakes
- 1 tbsp. ginger, grated

### WHAT YOU NEED TO DO:

Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.

Cut the tofu into 1/2 inch (1.25 cm) cubes.

Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.

In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 mins, occasionally turning, until browned. Add in the earlier prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.





## PEANUT BUTTER & JAM OAT MUFFINS



Serves: 8  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
288 kcals      11g Fats  
41g Carbs      7g Protein

### WHAT YOU NEED:

- 1 1/2 cups (140g) rolled oats
- 1 tsp. baking powder
- 1/4 cup (60ml) honey
- 1 egg
- 1 cup (235ml) almond milk
- 1/2 cup (120g) natural peanut butter
- 8 tsp. raspberry jam

### WHAT YOU NEED TO DO:

Heat the oven to 350°F (180C).  
Line a muffin tray parchment with muffin liners.

In a large bowl mix all ingredients, apart from the jam into the muffin liners.

Bake for 20-25 minutes, until lightly golden. Cool completely before storing.

Store in a sealed container at room temperature for up to 4 days or freeze for up to 3 months.



DF

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## GRAPEFRUIT SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0



Nutrition per serving:  
233 kcals  
37g Carbs  
4g Fats  
16g Protein



### WHAT YOU NEED:

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries
- ¼ cup (65g) Greek yogurt
- 1 scoop vanilla whey

### WHAT YOU NEED TO DO:

Blend all the ingredients in a blender and serve.

GF

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