

High-Protein, Low-Carb Cookbook

100+ Delicious, Quick and Easy Recipes to Burn Fat and Stay Full. Your Everyday Clean-Eating Guide for Muscle Gain and Healthy Living

by Tina Burns

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Introduction

Welcome In

If you're a busy professional racing from meetings to mealtime, a parent juggling school pick-ups, a student finding your way round the kitchen, an older adult keeping an eye on blood sugar, or an athlete building strength between sessions—this cookbook is for you. I'm Tina Burns, and I'm thrilled to welcome you to a fresh, practical way to cook that fits real life. Here, high-protein, low-carb doesn't mean fussy or joyless; it means plates that satisfy, energise and make sense for weeknights.

In these pages, you'll discover how to build meals with 25–55 g protein and 5–25 g net carbs, balanced with heart-healthy fats and plenty of fibre. We'll stick to supermarket staples, lean on fresh produce and store-cupboard heroes, and keep hands-on time in the 20–45 minute sweet spot. Whether you eat everything or prefer plant-forward choices, you'll find flexible, flavour-first options designed for meal prep and everyday rhythm.

You'll see straightforward methods that work on the hob, under the grill and in the oven, plus speedy air-fryer and microwave wins for nights when time is tight. Leftovers are planned, not accidental—tomorrow's packed lunch sorted while tonight's washing-up dries. Where gadgets help, we'll use them; where a trusty frying pan does the job, we'll keep it simple. Metric measures keep things clear, and UK ingredients—tinned tomatoes, frozen peas, leafy greens, Greek-style yoghurt—lead the way.

My passion for this style grew from watching how protein-forward, veg-rich cooking steadied energy, appetite and mood for people I love. The more I cooked this way, the more I felt it myself: steadier mornings, easier afternoons, clearer evenings. This book is my invitation to you—to eat for strength and satisfaction without giving up comfort, culture or convenience.

Why It Works

High-protein, low-carb simply means we prioritise protein to maintain or build lean muscle and to feel full for longer, then round out the plate with lower-glycaemic vegetables and smart stand-ins for traditional grains. Think colourful non-starchy veg, berries, nuts and seeds; thoughtful portions of heart-healthy fats; and just enough carbs to support steady energy without big swings.

Here's the science snapshot: protein has a higher thermic effect—it takes more energy to digest—and it nudges appetite hormones such as GLP-1 and PYY in a direction that naturally supports fullness. Fibre from non-starchy vegetables and seeds slows digestion and helps with glycaemic control. Omega-3s from seafood, walnuts and flax seed contribute to cardiometabolic health, supporting healthy triglycerides. Put simply, protein, fibre and unsaturated fats work together to keep you powered and satisfied.

Protein can come from many places: fish and seafood, poultry and lean meats, eggs, Greek-style yoghurt and cottage cheese, tofu, tempeh and edamame. Carbs still have a place—especially from veg,

pulses used mindfully, and lower-glycaemic fruit—while refined, ultra-processed options take a back seat. The effect is a quieter appetite, steadier concentration and fewer mid-afternoon crashes.

This approach can be especially supportive for weight management, strength goals and stabilising appetite. Under medical guidance, it may also complement care for pre-diabetes, type 2 diabetes, insulin resistance, PCOS, elevated triglycerides or non-alcoholic fatty liver disease (NAFLD). But you don't need a diagnosis to benefit. You just need a plate that makes it easier to eat well today and again tomorrow—no willpower contests required.

Not Keto, Smarter

Let's clear the air: this isn't keto. You won't drown vegetables in butter or drive carbs down to near-zero. Our lane is moderate carbs, not ultra-low; balanced, unsaturated fats (think olive oil, avocado, nuts), not high-fat by default. You'll see a veg-forward mindset and protein at the centre, with flavour leading the way.

The US low-carb movement has evolved—from the Atkins and South Beach eras to more nuanced, evidence-based approaches. Today's practical style is less about exclusion and more about intention. We're keeping the helpful lessons (steadier blood sugar, fewer ultra-processed carbs) and pairing them with what we know now: vegetables are non-negotiable, protein quality matters, and flexibility wins. That might look like choosing lower-glycaemic swaps, enjoying legumes mindfully if they fit your plan, or leaning into seafood and lean meats one night and tofu or eggs the next.

On some days, that balance may include a small portion of wholegrain, such as a scoop of quinoa alongside a big salad and grilled salmon; on others, it might be courgetti under a rich tomato and turkey ragu. We're not chasing perfection. We're building a pattern you can enjoy, repeat and share.

This book honours that evolution. It respects culture, budget and bandwidth, and it invites both omnivores and plant-forward eaters to the same table. The result is food that's vibrant, simple and sustainable—the kind of cooking you can actually live with.



BREAKFAST





TRAY-BAKE SOFT SCRAMBLED EGGS WITH SPINACH & ALMOND CRUNCH



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 10 eggs
- 480 ml egg whites
- 360 g baby spinach
- 80 ml almond flour
- 60 ml flaxseed meal
- 15 ml olive oil
- 2 cloves garlic
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
- 15 ml dill
- 45 g feta cheese



Directions:

1. Heat the oven to 220°C/gas mark 7. Line a rimmed baking tray; heat the empty tray for 5 min.
2. Toss spinach and garlic with 10 ml oil, 1/4 tsp pepper, and paprika. Spread on the hot tray; roast for 5–7 min until wilted.
3. Whisk the eggs, egg whites, dill, and remaining pepper in a large bowl until frothy.
4. Push the spinach to one half. On the empty half, mix the almond flour and flaxseed meal with 5 ml oil; spread thin. Roast for 3 min to toast.
5. Remove the tray. Pour egg mix over the spinach side. Scrape and fold with a spatula every 45–60 sec, returning the tray to the oven between folds, until soft curds form, 3–4 min.
6. Remove from the oven. Gently combine the eggs with the spinach; sprinkle over the feta and the toasted crumble. Serve hot.



Nutritional Information:

Calories: 415, Protein: 37g, Carbs: 10g, Fat: 26g, Fibre: 5g, Sodium: 560mg, Sugar: 1.5g



SAVOURY EGG-WHITE FRYING PAN WITH RED ONION & LEMON YOGHURT



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 960 ml egg whites (liquid)
- 30 g coconut flour
- 1 large red onion, thinly sliced
- 960 ml baby spinach, loosely packed
- 30 ml avocado oil, divided
- 240 ml plain Greek yoghurt (fat-free)
- 1 medium lemon, zest + 15 ml juice
- 30 ml fresh dill, chopped
- 60 g feta cheese, crumbled
- 1 medium avocado, sliced
- 1 tsp sea salt & black pepper
- 1/4 tsp chilli flakes (optional)



Directions:

1. Whisk egg whites, coconut flour, 1/4 tsp salt and 1/4 tsp pepper until smooth; rest 5 min.
2. Heat frying pan on medium; add 15 ml oil. Fry the red onion with a pinch of salt until golden, 5–7 min.
3. Stir in spinach; saute 1–2 min to wilt. Transfer veg to a bowl.
4. Add 15 ml oil. Pour in the batter; fry on medium-low until edges set and base is golden, 7–9 min.
5. Scatter onions/spinach on top; cook 1–2 min. Slide to board; cut into 4 wedges.
6. Off the heat, add 30 ml water and lemon juice to the frying pan; whisk in the yoghurt, zest and dill; warm gently 1–2 min (do not boil).
7. Serve the wedges with sauce, feta, avocado and chilli flakes; finish with black pepper.



Nutritional Information:

Calories: 370, Protein: 38g, Carbs: 16.5g, Fat: 17g, Fibre: 6.5g, Sodium: 780mg, Sugar: 5g



MORNING PROTEIN GRILL WITH KALE YOGHURT DIPS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 480 ml Greek yoghurt
- 1920 ml kale
- 80 ml flaxseed meal
- 240 g turkey sausages (lean)
- 240 g firm tofu
- 2 each peppers
- 1 each red onion
- 25 ml olive oil
- 1 clove garlic
- 1 each lemon
- 60 ml dill & parsley
- 2 tsp smoked paprika & black pepper



Directions:

1. Heat the grill or a grill pan to medium-high. Prepare peppers, onion, sausage (2.5cm), tofu (cubes), and tear the kale.
2. Blend yoghurt, 480ml kale, garlic, lemon zest and 30ml juice, dill and parsley, and flaxseed meal until silky.
3. Divide the sauce: keep half green; stir 1/2 tsp smoked paprika into the other for a smoky dip. Chill.
4. In a bowl, toss sausage, tofu, peppers, and onion with olive oil and black pepper.
5. Grill sausage, tofu, peppers, and onion, turning, until charred and cooked through, 6–8 min.
6. Grill the remaining kale in batches until the edges crisp and it wilts, 1–2 min.
7. Pile the grilled proteins and veg on a platter; serve family style with both yoghurt dips.



Nutritional Information:

Calories: 390, Protein: 34g, Carbs: 27g, Fat: 16g, Fibre: 10g, Sodium: 560mg, Sugar: 8g



COURGETTI BREAKFAST BOWL WITH COTTAGE SCRAMBLE & AVOCADO



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 1440 ml courgette (spiralised)
- 8 ea eggs
- 480 ml cottage cheese
- 1 ea avocado
- 120 ml Greek yoghurt
- 30 ml chia seeds
- 1 lemon zest & juice
- 30 ml fresh dill
- 1 clove garlic
- 15 ml olive oil
- 1/2 tsp black pepper
- 1/4 tsp sea salt



Directions:

1. Whisk yoghurt, chia, lemon zest/juice, half the dill, and a pinch of salt and pepper. Leave for 10 min to thicken.
2. Warm 1/2 tbsp oil in a frying pan. Sauté garlic for 30 secs. Add courgetti; toss 1–2 mins until just tender. Season and divide between 4 bowls.
3. Beat eggs with cottage cheese, pepper, and a pinch of salt until creamy.
4. Return the frying pan with 1/2 tbsp oil; pour in the egg–cottage mix. Soft-scramble over medium-low heat, stirring, for 3–4 mins until just set.
5. Spoon the warm scramble over the courgetti to make a hearty mound.
6. Fan avocado over each bowl; drizzle the chia–lemon yoghurt. Top with the remaining dill and black pepper. Serve at once.



Nutritional Information:

Calories: 390, Protein: 29g, Carbs: 16g, Fat: 21g, Fibre: 7g, Sodium: 620mg, Sugar: 6g



SAVOURY WHEY-SPINACH FRITTERS ON GARLIC CAULI-RICE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 3 scoops whey protein powder (unflavoured)
- 240 ml egg whites
- 960 ml fresh spinach, chopped
- 30 ml psyllium husk
- 960 ml cauliflower rice
- 3 cloves garlic, finely chopped
- 360 ml pepper & red onion, diced
- 1 medium avocado, sliced
- 45 ml olive oil
- 1 tsp smoked paprika
- 0.5 tsp ground cumin
- 0.5 tsp coarse salt



Directions:

1. Whisk egg whites, whey and psyllium; fold in spinach with a pinch of salt. Rest 5 min.
2. Heat 30 ml oil in a 30 cm frying pan over medium heat. Pan-fry 8 fritters (about 30 ml each) for 2–3 min per side. Keep warm.
3. Add the remaining 15 ml oil to the pan. Fry the garlic for 30 sec until fragrant.
4. Stir in the cauliflower rice, smoked paprika, cumin and remaining salt. Cook 5–6 min until hot and tender.
5. Push the rice aside; sear the diced pepper and onion for 2–3 min until crisp-tender. Fold half into the rice; reserve half.
6. Portion 240 ml rice per bowl. Top each with 2 fritters. Scatter the reserved crisp veg.
7. Finish with avocado slices. Serve hot.



Nutritional Information:

Calories: 325, Protein: 29g, Carbs: 19g, Fat: 16g, Fibre: 8g, Sodium: 520mg, Sugar: 6g



BUILD-YOUR-OWN CASEIN BREAKFAST LETTUCE WRAPS



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 3 scoops casein protein powder
- 360 ml Greek yoghurt
- 1 tsp lemon zest
- 30 ml fresh dill
- 15 ml olive oil
- 720 ml cauliflower rice
- 180 ml red onion
- 120 g smoked salmon
- 12 leaves lettuce leaves
- 240 ml pepper
- 60 ml ground linseed
- 30 ml almonds



Directions:

1. Blend the yoghurt, casein, lemon zest, dill, black pepper and ground linseed until smooth and thick. Chill.
2. Heat the oil in a frying pan over medium heat. Fry the red onion for 2–3 minutes until glossy.
3. Add the cauliflower rice; cook for 5–7 minutes until tender and the moisture evaporates. Season with black pepper.
4. Prepare toppings: separate the lettuce, dice the pepper, slice or tear the salmon, toast the almonds if needed.
5. Set up a build-your-own station: lettuce, warm cauli-onion, casein cream, salmon, pepper, almonds.
6. To assemble: spread 30 ml casein cream on a leaf, add 30–45 ml cauli mix, top with salmon, pepper and almonds; fold.
7. Repeat with remaining leaves and serve immediately.



Nutritional Information:

Calories: 360, Protein: 36g, Carbs: 18g, Fat: 16g, Fibre: 6g, Sodium: 620mg, Sugar: 6g



TURKEY BACON & KALE BREAKFAST JAR



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 8 slices turkey bacon (no added sugar)
- 8 large eggs
- 240 ml egg whites
- 1440 ml kale, chopped
- 1 each low-carb tortilla
- 1 medium avocado
- 180 ml Greek yoghurt, plain, fat-free
- 1 each lemon
- 1 clove garlic
- 10 ml olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp black pepper



Directions:

1. Cook turkey bacon in a non-stick frying pan over medium heat until crisp, 6–8 min. Cool and crumble.
2. In the same frying pan, toss tortilla strips with 5 ml oil and smoked paprika; toast over medium heat 2–3 min. Cool.
3. Whisk eggs, egg whites, and pepper. Heat 5 ml oil; scramble over medium-low heat to soft curds, 3–5 min. Cool.
4. Whisk yoghurt, lemon juice, and grated garlic to make a tangy dressing.
5. Finely chop the kale; dice the avocado.
6. Layer 4 x 500 ml jars: 45 ml dressing, avocado, scrambled eggs, kale, bacon. Top with tortilla strips.
7. Seal and chill for up to 3 days. Shake before eating or tip into a bowl to serve.



Nutritional Information:

Calories: 400, Protein: 31g, Carbs: 18g, Fat: 23g, Fibre: 8g, Sodium: 640mg, Sugar: 3g



SUNRISE CHICKEN SAUSAGE SKEWERS WITH AVOCADO HERB SAUCE



Servings:
4



Prep:
15 min



Cook:
18 min



Ingredients:

- 360 g chicken sausage (lean, pre-cooked)
- 1 ea avocado
- 1 large pepper
- 1 small red onion
- 480 ml Greek yoghurt (fat-free)
- 10 ml olive oil
- 1 ea lemon
- 1 clove garlic
- 30 ml fresh dill
- 1/2 tsp black pepper
- 4 slices almond flour bread



Directions:

1. Blend yoghurt, half the avocado, 2 tbsp lemon juice, dill, garlic and a pinch of pepper until smooth; chill.
2. Toss sausage rounds, pepper, onion and cubed avocado with 1 tsp oil, lemon zest and pepper.
3. Thread onto 8 short skewers: sausage, pepper, onion, avocado; pack gently so the avocado holds.
4. Heat a griddle pan over medium-high; brush with 1 tsp oil. Pan-fry skewers 6–8 min, turning to char all sides.
5. Toast almond flour bread; cut each slice into 3 batons.
6. Arrange toast on plates, set skewers on top, and spoon avocado herb sauce over and alongside. Serve at once.



Nutritional Information:

Calories: 430, Protein: 33g, Carbs: 22g, Fat: 24g, Fibre: 9g, Sodium: 680mg, Sugar: 6g



SMOKED SALMON PREP BOWLS WITH SPINACH 'RICE'



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 240 g smoked salmon
- 2 packs shirataki rice
- 480 ml egg whites
- 1920 ml baby spinach
- 480 ml Greek yoghurt (fat-free)
- 60 ml dill and chives
- 1 lemon
- 1 clove garlic
- 20 ml olive oil
- 1 avocado
- 480 ml tomatoes
- 1 tsp black pepper



Directions:

1. Blend 480 ml spinach, yoghurt, dill, chives, lemon zest/juice, garlic, 10 ml oil and pepper until silky. Chill.
2. Rinse shirataki in a sieve for 1 min. Heat a frying pan on medium-high; dry the rice 2–3 min, stirring, until steam subsides.
3. Add 10 ml oil. Wilt remaining 1,440 ml spinach for 1–2 min. Pour in egg whites; scramble into the rice until just set, 3–4 min. Pepper to taste.
4. Fold in halved tomatoes off the heat. Divide the spinach-egg 'rice' among 4 containers.
5. Top each with 60 g smoked salmon. Nestle 1/4 avocado in each container.
6. Portion 120 ml green yoghurt sauce into lidded pots; add one to each container.
7. To serve: Eat chilled, or reheat only the base for 60–90 seconds; then add the salmon and sauce.



Nutritional Information:

Calories: 340, Protein: 35g, Carbs: 15g, Fat: 14g, Fibre: 7g, Sodium: 780mg, Sugar: 5g



SCRAMBLED BACK BACON BURGER STACKS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 300 g back bacon
- 8 eggs
- 20 g ground almonds
- 1 red onion
- 480 ml kale
- 60 ml Greek yoghurt
- 1 lemon
- 4 tsp chia seeds
- 30 g Cheddar cheese
- 1 avocado
- 5 ml olive oil
- 1 tsp monk fruit sweetener



Directions:

1. Quick-pickle the onions: In a bowl, toss half the red onion with the juice of half a lemon and monk fruit sweetener. Leave for 10 min.
2. Make the slaw: In another bowl, mix kale, yoghurt, lemon zest, 1 tbsp lemon juice and chia. Massage for 1 min to soften; chill.
3. Heat the oil in a non-stick frying pan over medium heat. Fry diced back bacon and 60 ml diced onion for 2–3 min.
4. Beat the eggs with ground almonds. Pour into the frying pan. Scramble with the bacon until softly set, 3–4 min.
5. Divide the scramble into 4 mounds; top each with Cheddar. Cover for 30 sec to melt; remove from the heat.
6. Plate each burger: a mound of scramble, a scoop of slaw, avocado slices and lemon-pickled onions.
7. Serve bunless on plates. Spoon a little pickling liquor over the onions if desired.



Nutritional Information:

Calories: 405, Protein: 32g, Carbs: 15g, Fat: 26g, Fibre: 6.5g, Sodium: 700mg, Sugar: 3g



CRISPY TOFU & KALE BREAKFAST HASH WITH LEMON YOGHURT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 g tofu, extra firm
- 1920 ml kale, chopped
- 45 ml coconut flour
- 30 ml olive oil
- 120 ml red onion, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 3/4 tsp sea salt
- 480 ml Greek yoghurt (0%)
- 1 tsp lemon zest
- 30 ml fresh dill, chopped



Directions:

1. Heat oven to 200°C/gas mark 6. Drain tofu, pat very dry, cut into 2.5cm cubes.
2. In a bowl, toss the tofu with coconut flour, paprika, 1/2 tsp salt and pepper.
3. Heat 25 ml oil in a 30cm oven-safe frying pan on medium-high. Pan-fry the tofu, turning, until golden, 6–8 min.
4. Push the tofu aside. Add 10 ml oil, onion and garlic; sauté for 2 min.
5. Add the kale; toss to wilt for 2–3 min. Sprinkle over the remaining 1/4 tsp salt.
6. Move the frying pan to the oven; roast for 5–7 min to crisp the edges and tenderise the kale.
7. Mix the yoghurt with the lemon zest, 10 ml juice and the dill. Serve the hash hot with 120 ml sauce each.



Nutritional Information:

Calories: 400, Protein: 36g, Carbs: 25g, Fat: 19g, Fibre: 7g, Sodium: 560mg, Sugar: 7g



FRYING PAN TURKEY SAUSAGE WITH AVOCADO-LINSEED CREMA



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 480 g turkey sausage (lean)
- 1 large avocado
- 120 ml Greek yoghurt
- 240 ml egg whites
- 480 ml mixed peppers and red onion
- 960 ml baby spinach
- 30 ml ground linseed
- 1 clove garlic
- 1 each lime
- 1 tsp smoked paprika
- 0.5 tsp black pepper
- 10 ml avocado oil



Directions:

1. Blend the avocado, yoghurt, lime zest/juice, garlic, ground linseed and 1/4 tsp pepper to a smooth crema; thin with 15–30 ml water if needed.
2. Heat the oil in a 25–30 cm frying pan over medium-high heat. Add the turkey sausage; sear and crumble until browned, 5–6 mins. Spoon off any excess fat.
3. Add the sliced peppers and red onion with the smoked paprika; cook, stirring, until crisp-tender, 3–4 mins.
4. Stir in the spinach to wilt, 1–2 mins.
5. Pour in the egg whites; cook, stirring gently, to soft curds, 2–3 mins.
6. Remove from the heat; spoon or drizzle the avocado-linseed crema over the pan; toss lightly or leave as a topping.
7. Divide into 4 bowls; finish with the remaining pepper to taste and a squeeze of lime, if you like. Serve hot.



Nutritional Information:

Calories: 370, Protein: 31g, Carbs: 13g, Fat: 21g, Fibre: 6g, Sodium: 1050mg, Sugar: 4g



POULTRY MAINS





CRISPY LEMON TURKEY ESCALOPES & AIR-FRIED BROCCOLI



Servings:
4



Prep:
15 min



Cook:
16 min



Ingredients:

- 675 g turkey breast escalopes
- 120 ml Greek yoghurt, plain
- 1 each lemon
- 3 cloves garlic
- 70 g almond flour
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 3/4 tsp sea salt
- 720 g broccoli florets
- 30 ml olive oil



Directions:

1. Preheat air fryer to 200°C for 5 min.
2. Whisk yoghurt, lemon zest, 30 ml juice, garlic, 1/4 tsp salt. Coat turkey; leave 5 min.
3. In a shallow dish, mix almond flour, paprika, oregano, 1/2 tsp salt. Coat turkey; press to stick.
4. Toss broccoli with olive oil and a pinch of salt.
5. Arrange turkey on one side of the air fryer tray; spread broccoli on the other in a single layer.
6. Air-fry 10–12 min; turn turkey and shake broccoli at 6 min, until turkey reaches 74°C.
7. Leave to rest 2–3 min; serve with extra lemon if desired.



Nutritional Information:

Calories: 470, Protein: 51g, Carbs: 18g, Fat: 20g, Fibre: 7g, Sodium: 590mg, Sugar: 6g



SMOKY LEMON CHICKEN & BROCCOLI JAR SALADS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g chicken breast
- 960 ml broccoli florets
- 960 ml cauliflower rice
- 120 ml Greek yoghurt (2%)
- 70 ml olive oil
- 1 lemon
- 3 cloves garlic
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 120 ml flaked almonds
- 2 spring onions



Directions:

1. Heat the oven to 200°C/gas mark 6. Toss broccoli with 15 ml oil and a pinch of salt on a baking tray; set aside.
2. Pat chicken dry; season with paprika, 3/4 tsp salt and lemon zest. Heat 15 ml oil in an ovenproof frying pan; sear 2–3 min per side.
3. Move the frying pan and baking tray to the oven. Roast chicken 8–12 min until 74°C; broccoli 12–15 min. Rest chicken 5 min.
4. In the frying pan, sauté the cauliflower rice with 15 ml oil and 1 clove garlic and a squeeze of lemon, 3–4 min to steam off; cool.
5. Whisk the dressing: yoghurt, 25 ml oil, 2 cloves garlic, 30 ml lemon juice, a pinch of salt.
6. Slice chicken thinly. Layer 4 x 500 ml jars: 30 ml dressing, 240 ml cauliflower rice, 240 ml broccoli, chicken (~135 g).
7. Top with flaked almonds and spring onions. Seal; chill for up to 4 days. Shake to coat before eating.



Nutritional Information:

Calories: 525, Protein: 49g, Carbs: 17g, Fat: 29g, Fibre: 7g, Sodium: 650mg, Sugar: 6g



AIR-FRIED CHICKEN & COURGETTE SKEWER BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g chicken thighs (trimmed)
- 720 g courgette noodles
- 2 medium courgettes
- 960 ml broccoli florets
- 45 ml olive oil
- 1 lemon
- 3 cloves garlic
- 2 tsp Italian seasoning
- 80 ml olives, pitted
- 1 tsp sea salt
- 3/4 tsp black pepper



Directions:

1. Whisk 30 ml oil, half the lemon zest and juice, 2 finely chopped garlic cloves, Italian seasoning, 3/4 tsp salt and 1/2 tsp pepper.
2. Toss chicken, courgette chunks and broccoli with the marinade; chill for 10 min.
3. Heat air fryer to 200°C (gas mark 6). Thread chicken, courgette and broccoli onto skewers; leave space.
4. Air-fry for 10–12 min, turning at 6 min, until chicken reaches 74°C and edges char. Cook in batches if needed.
5. Mix olive-herb sauce: olives, 15 ml oil, remaining lemon juice and zest, 1 finely chopped garlic clove, and a pinch of pepper.
6. Lightly salt the courgetti, squeeze dry, and toss with 30 ml olive-herb sauce.
7. Divide courgetti between bowls, top with skewers and spoon over sauce. Rest for 3 min; adjust salt to taste.



Nutritional Information:

Calories: 540, Protein: 45g, Carbs: 15g, Fat: 33g, Fibre: 6g, Sodium: 700mg, Sugar: 6g



GRILLED MEDITERRANEAN CHICKEN KOFTA PREP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g chicken mince
- 1 large spaghetti squash
- 300 g baby spinach
- 240 ml Greek yoghurt (plain, 2%)
- 4 cloves garlic
- 1 each lemon
- 30 ml olive oil
- 2 tsp dried oregano
- 1 tsp ground cumin
- 45 ml sesame seeds
- 1 each avocado
- 1.25 tsp kosher salt



Directions:

1. Halve squash; scoop seeds. Place cut side down in a microwave-safe dish with 120 ml water. Microwave 10–12 min until tender. Scrape strands; toss with 5 ml oil + 1/4 tsp salt.
2. Set shelf 6 in from the grill; heat grill to high. Line/oil a baking tray (5 ml).
3. In a bowl, mix chicken mince, 2 cloves garlic, 15 ml yoghurt, cumin, 1 tsp oregano, 3/4 tsp salt. Form 16 oval patties (about 60 g), 1/2 in thick; brush tops with 5 ml oil.
4. Grill 6–8 min; flip with a spatula and grill 5–7 min more, until browned and 74°C.
5. Toss spinach with 5 ml oil, 1 clove garlic, 1/4 tsp salt, 1 tsp oregano. Push patties to one side; add spinach to the tray. Grill 1–2 min to wilt.
6. Sauce: Stir remaining yoghurt, 1 clove garlic, lemon zest + 30 ml juice, sesame seeds, a pinch of salt.
7. Portion into 4 containers: squash, spinach, 4 kofta each. Top with diced avocado. Pack sauce in cups. Chill for up to 4 days.



Nutritional Information:

Calories: 540, Protein: 44g, Carbs: 21g, Fat: 31g, Fibre: 7g, Sodium: 820mg, Sugar: 8g



TURKEY SMASH STACKS WITH ASPARAGUS-SHIRATAKI SLAW



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g turkey mince
- 450 g asparagus
- 420 g shirataki noodles
- 120 g Cheddar cheese
- 1 large avocado
- 1 small onion
- 120 ml Greek yoghurt
- 2 each lemon
- 2 cloves garlic
- 10 ml olive oil
- 1 tsp Italian seasoning
- 3/4 tsp kosher salt



Directions:

1. Heat the oven to 200°C/gas 6. Rinse, drain and pat dry the shirataki.
2. Whisk the yoghurt with 15 ml lemon juice, 1 tsp zest, 5 ml oil, the garlic and a pinch of salt.
3. Shave the asparagus into ribbons; toss with the noodles and dressing. Chill.
4. Mix the turkey mince with the Italian seasoning and 1/2 tsp salt; form 4 x 180 g patties.
5. Heat 5 ml oil in an ovenproof frying pan over medium-high heat. Sear the patties for 2–3 min per side.
6. Top with Cheddar; transfer the pan to the oven. Roast for 5–7 min until the centres reach 74°C.
7. Toss the onion with 30 ml lemon juice and a pinch of salt (quick pickle). Plate the slaw, patty with cheese, avocado and onions.



Nutritional Information:

Calories: 545, Protein: 45g, Carbs: 17g, Fat: 33g, Fibre: 9g, Sodium: 700mg, Sugar: 5g



GRILLED CHICKEN & COURGETTE FRYING PAN ENCHILADAS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 565 g rotisserie chicken (skinless)
- 565 g courgettes
- 4 each low-carb tortillas (15 cm)
- 30 ml olive oil
- 3 cloves garlic
- 1.5 tsp chilli powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 120 ml Greek yoghurt (plain)
- 120 ml mozzarella, grated
- 1 lime
- 1 avocado



Directions:

1. Heat the grill to high; set shelf 15 cm below. Zest and juice the lime (reserve half the juice). Halve, de-stone and slice the avocado.
2. Heat the oil in a 30 cm ovenproof frying pan over medium-high heat. Fry the courgettes for 5–6 min until browned; add the garlic for 30 sec.
3. Stir in the chicken, chilli powder, cumin and smoked paprika; cook for 2–3 min to warm and lightly sear.
4. Off the heat, fold in the Greek yoghurt and half the lime zest/juice to coat; toss until creamy.
5. Divide the filling among 4 tortillas; roll tightly. Nestle seam-side down in the frying pan; spoon any veg around.
6. Top with mozzarella. Grill for 2–4 min, until the cheese bubbles and the edges char slightly.
7. Drizzle over the remaining lime juice; fan the avocado over the tops. Rest for 2 min; serve 1 enchilada plus extra veg per plate.



Nutritional Information:

Calories: 478, Protein: 50g, Carbs: 18g, Fat: 22g, Fibre: 10g, Sodium: 780mg, Sugar: 4g



SAUSAGE & CHICKEN PLATTER WITH SPINACH AND HEARTS OF PALM



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 360 g turkey sausages (no sugar)
- 450 g chicken breast
- 2 each peppers
- 360 g broccoli florets
- 360 g hearts of palm pasta
- 1440 ml spinach
- 4 cloves garlic
- 1 each lemon
- 45 ml olive oil
- 2 tsp Italian seasoning
- 180 ml Greek yoghurt
- 60 ml almonds



Directions:

1. Heat oven to 200°C/gas 6. Halve sausages; cube chicken. Toss with 15 ml oil, Italian seasoning, and 2 finely chopped garlic cloves.
2. Sear the meats in a hot ovenproof griddle pan for 2–3 min each side until browned. Add sliced peppers and broccoli; toss.
3. Roast for 10–12 min until the chicken reaches 74°C and the sausages are cooked through.
4. Dips: Mix yoghurt + 2 finely chopped garlic cloves + 1 tsp lemon zest (Dip 1). Whisk 15 ml lemon juice + 15 ml oil + a pinch of Italian seasoning (Dip 2).
5. Rinse and drain hearts of palm pasta. In a large bowl, add pasta, spinach, 1 tsp lemon zest, 15 ml oil; toss.
6. Add hot meats/veg and pan juices; toss to wilt the spinach. Scatter over the almonds; squeeze the remaining lemon on top.
7. Serve on a platter, family style, with both dips for dipping.



Nutritional Information:

Calories: 580, Protein: 52g, Carbs: 24g, Fat: 31g, Fibre: 8.5g, Sodium: 1050mg, Sugar: 7g



COURGETTI ALFREDO WITH AIR-FRIED SAUSAGE & ASPARAGUS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 505 g chicken sausage (lean)
- 360 g asparagus
- 1920 ml courgette noodles
- 480 ml cauliflower rice
- 3 cloves garlic
- 30 ml olive oil
- 1 tsp Italian seasoning
- 240 ml Greek yoghurt (plain)
- 120 ml Parmesan
- 1 tsp lemon zest



Directions:

1. Preheat the air fryer to 200°C/gas mark 6. Slice the sausage; trim and cut the asparagus.
2. Toss the sausage with 15 ml oil, 1/2 tsp Italian seasoning, and half the garlic.
3. Air-fry the sausage for 6–8 min, shaking once, until browned. Transfer to a bowl.
4. Toss the asparagus with 15 ml oil and 1/2 tsp Italian seasoning. Air-fry for 5–7 min, until tender-crisp.
5. In a frying pan, cook the remaining garlic for 30 sec; add the cauliflower rice and 120 ml water; simmer for 4–5 min.
6. Off the heat, stir in the yoghurt, Parmesan and lemon zest; add the courgetti; warm for 1–2 min on low, tossing.
7. Divide the sauced courgetti between bowls; top with the sausage and asparagus. Serve immediately.



Nutritional Information:

Calories: 445, Protein: 36g, Carbs: 18g, Fat: 25g, Fibre: 5g, Sodium: 1025mg, Sugar: 8g



BISTRO GRILLED DUCK WITH COURGETTI ON CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 790 g duck breast (trimmed)
- 1200 ml broccoli florets
- 960 ml courgette noodles
- 1200 ml cauliflower rice
- 45 ml olive oil
- 4 cloves garlic
- 1 tsp lemon zest
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 2 ea spring onions
- 60 ml parmesan



Directions:

1. Position shelf 15 cm from the heat; preheat the grill. Pat duck dry; score skin if present.
2. Rub duck with 1 tbsp oil, half the zest, 1 clove garlic, smoked paprika, and 1/2 tsp salt. Set on a rack over a baking tray.
3. Grill duck skin-side up 8–12 min to 54–57°C (medium-rare). Rest 5 min; slice.
4. Toss broccoli with 1 tbsp oil and a pinch of salt; spread on tray. Grill 6–8 min, turning once, until charred and crisp.
5. Heat a frying pan with 1 tbsp oil. Sauté cauliflower rice, remaining garlic, and spring onions 4–5 min. Stir in remaining zest and parmesan; season.
6. Add the courgette noodles; toss 1–2 min to warm, keeping crisp.
7. Serve: mound cauliflower rice, top with courgette noodles, sliced duck, and broccoli. Spoon over any duck juices.



Nutritional Information:

Calories: 710, Protein: 37g, Carbs: 19g, Fat: 54g, Fibre: 7g, Sodium: 720mg, Sugar: 6g



LETTUCE WRAP BAR: SEAR-ROAST CHICKEN & SQUASH



Servings:
4



Prep:
15 min



Cook:
28 min



Ingredients:

- 900 g chicken mini fillets
- 1 ea spaghetti squash
- 2 ea courgettes
- 12 leaves lettuce leaves
- 1 ea avocado
- 120 ml Greek yoghurt (2%)
- 60 ml parmesan
- 45 ml olive oil
- 2 cloves garlic
- 1 ea lemon
- 2 tsp smoked paprika and cumin
- 60 ml flaked almonds



Directions:

1. Halve the squash; deseed. Place cut sides down on a microwave-safe plate with 30 ml water. Microwave 10–12 min until tender; cool for 5 min.
2. Heat the oven to 220°C/gas 7. Pat the chicken dry; toss with 15 ml oil, paprika, cumin, salt and pepper.
3. Heat an oven-safe frying pan on medium-high with 15 ml oil. Sear chicken 2 min per side. Add garlic; transfer the pan to the oven; roast 6–8 min until 74°C. Rest 5 min; slice.
4. Scrape the squash into strands; toss with 15 ml oil, parmesan, salt and pepper. Keep warm.
5. Julienne the courgettes; toss with lemon zest and 15 ml lemon juice, a pinch of salt.
6. Stir the yoghurt with 15 ml lemon juice and a pinch of salt; thin with water if needed.
7. Build-your-own: set out the lettuce. Layer squash, sliced chicken, courgette, avocado and almonds; drizzle with yoghurt; serve.



Nutritional Information:

Calories: 560, Protein: 60g, Carbs: 21g, Fat: 26g, Fibre: 7g, Sodium: 700mg, Sugar: 6g



LEMON-OREGANO CHICKEN LIVER SKEWERS WITH HERB YOGHURT



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 450 g chicken livers
- 450 g chicken breast
- 675 g asparagus
- 2 medium peppers
- 70 g ground almonds
- 30 ml olive oil
- 1 each lemon
- 3 cloves garlic
- 2 tsp dried oregano
- 180 ml Greek yoghurt
- 2 each spring onions
- to taste sea salt & black pepper



Directions:

1. Soak 8 wooden skewers for 10 min. Heat grill to high; rack 15 cm from heat. Line a baking tray and set an oiled wire rack on top.
2. Cut breast into 2.5 cm cubes; trim livers. In a bowl mix 15 ml oil, lemon zest, 30 ml juice, 1 clove garlic, oregano, 1 tsp salt, pepper. Toss meats; marinate 10 min.
3. For herb sauce, mix yoghurt, 15 ml oil, 15 ml lemon juice, spring onions, 2 cloves garlic, a pinch of salt. Chill.
4. Season ground almonds with a pinch of salt/pepper. Pat livers dry; toss in ground almonds to lightly coat; shake off excess.
5. Thread skewers, alternating liver, chicken, asparagus and pepper. Lightly season with salt and pepper.
6. Grill for 8–10 min, turning once, until chicken and livers read 74°C and veg are lightly charred. Rest 3 min.
7. Arrange skewers on a platter; drizzle some herb yoghurt and serve the rest alongside.



Nutritional Information:

Calories: 530, Protein: 57g, Carbs: 17g, Fat: 25g, Fibre: 7.3g, Sodium: 750mg, Sugar: 8g



GREEK-STYLE SPINACH JARS WITH AIR-FRIED TURKEY MEATBALLS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 720 g turkey meatballs (lean)
- 2 packs shirataki noodles
- 960 ml baby spinach
- 240 ml Greek yoghurt
- 30 ml olive oil
- 1 each lemon
- 1 clove garlic
- 1 tsp dried oregano
- 240 ml roasted red peppers
- 120 ml olives
- 1 each avocado
- 240 ml cherry tomatoes



Directions:

1. Rinse shirataki 1 min; drain. Dry-fry in a non-stick frying pan over medium heat 3–4 min to evaporate moisture. Cool.
2. Toss meatballs with 15 ml oil. Air-fry at 200°C/gas mark 6 for 8–10 min, shaking once, until centres reach 74°C. Cool 5 min.
3. Whisk yoghurt, 15 ml oil, lemon zest and juice, garlic and oregano until smooth.
4. Layer 4 wide-neck jars: dressing, noodles, olives, roasted peppers, tomatoes, avocado, spinach. Top with meatballs.
5. Seal jars; chill for up to 4 days.
6. To eat: Shake to coat and eat from the jar, or tip into a bowl. Optional: warm meatballs 30–60 secs separately, then return.



Nutritional Information:

Calories: 460, Protein: 40g, Carbs: 14g, Fat: 27g, Fibre: 7g, Sodium: 700mg, Sugar: 6g



ADOBO LIME CHICKEN MEAL PREP WITH BROCCOLI & TORTILLA CHIPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g chicken breast fillets
- 180 ml Greek yoghurt
- 1920 ml broccoli florets
- 1 ea lime
- 4 ea low-carb tortillas
- 1 tsp chilli powder
- 45 ml olive oil
- 1 tsp cumin
- 3 cloves garlic
- 3/4 tsp coarse sea salt
- 30 ml pumpkin seeds



Directions:

1. Heat oven to 200°C/gas 6. Mix 15 ml oil, chilli powder, cumin, 2 finely chopped garlic cloves, 1/2 tsp salt. Coat the chicken; set aside 10 min.
2. Heat 15 ml oil in an ovenproof frying pan on medium-high. Sear chicken 2–3 min per side. Transfer pan to the oven; roast 8–12 min to 71°C. Rest 5 min; slice.
3. Toss broccoli with 15 ml oil and 1/4 tsp salt. Spread on a baking tray; roast 12–15 min. Scatter over the pumpkin seeds; toast 2 min more.
4. Cut tortillas into 6 wedges each. Bake on a baking tray (same oven) 6–8 min until crisp, turning once.
5. Stir the yoghurt, remaining finely chopped garlic, 15–30 ml lime juice and a pinch of salt. Thin with 5–10 ml water if desired.
6. Squeeze the remaining lime over the broccoli. Slice the chicken across the grain.
7. Divide into 4 containers: 1/4 chicken, broccoli, tortilla chips and a small sauce pot. Chill up to 4 days; reheat chicken/broccoli, keep chips/sauce cold.



Nutritional Information:

Calories: 490, Protein: 49g, Carbs: 33g, Fat: 21g, Fibre: 17g, Sodium: 780mg, Sugar: 4g



AIR-FRIED CHICKEN THIGH BURGER STACKS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 900 g chicken thighs (trimmed)
- 120 ml Greek yoghurt (fat-free)
- 2 cloves garlic
- 1 lemon
- 1 tsp Italian seasoning
- 15 ml olive oil
- 3 medium courgettes
- 120 g cheddar
- 480 ml kale
- 1 large avocado
- 360 g hearts of palm pasta
- 1/2 small onion



Directions:

1. Preheat air fryer to 200°C (gas mark 6). Finely chop thighs; mix with garlic, Italian seasoning, salt and pepper. Form 4 patties, about 2 cm thick.
2. Air-fry patties for 8 min. Flip; top each with 30 g cheddar. Air-fry 4–5 min more, until 74°C. Rest 2 min.
3. Whisk yoghurt, 15 ml lemon juice, olive oil, salt and pepper.
4. Toss courgettes, kale and hearts of palm pasta with the dressing; season to taste.
5. In a small bowl, toss onion with 15 ml lemon juice and a pinch of salt; let stand 10 min.
6. Slice avocado. On each plate, set a patty (cheese on top); layer avocado, a mound of slaw and the pickled onion.
7. Serve without buns, with extra slaw on the side.



Nutritional Information:

Calories: 580, Protein: 53g, Carbs: 21g, Fat: 32g, Fibre: 8.5g, Sodium: 700mg, Sugar: 7g



PLANT-BASED MAINS (VEGAN)





TRAYBAKE VEGAN SAUSAGES, BROCCOLI & CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 600 g plant-based sausage (low-carb)
- 1440 ml broccoli florets
- 480 ml shelled edamame
- 960 ml cauliflower rice
- 30 ml olive oil
- 3 cloves garlic
- 1.5 tsp Italian seasoning
- 1 each lemon
- 3 each spring onions



Directions:

1. Heat oven to 220°C/gas mark 7. Line a rimmed baking tray; have aluminium foil ready.
2. In a bowl, toss sausage, broccoli, edamame, garlic, zest, Italian seasoning and 15 ml oil.
3. Spread mix on tray. Mound cauliflower rice in a loose pile; drizzle with 15 ml oil and 15 ml lemon juice.
4. Cover tray tightly with aluminium foil to trap steam. Bake for 10 minutes to steam-cook.
5. Uncover; stir contents to spread evenly. Roast for 10–12 minutes until broccoli edges brown and sausage is sizzling.
6. Fluff cauliflower rice; toss with pan juices and remaining 15 ml lemon juice. Top with spring onions; serve.



Nutritional Information:

Calories: 560, Protein: 39g, Carbs: 29g, Fat: 32g, Fibre: 12g, Sodium: 740mg, Sugar: 7g



CHARRED TOFU & SEITAN PLATTER, BROCCOLI, TWO DIPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 420 g extra-firm tofu, pressed, cubed
- 360 g seitan, sliced
- 960 ml broccoli florets
- 960 ml cauliflower rice
- 60 ml avocado oil, divided
- 4 cloves garlic, minced
- 15 ml fresh ginger
- 4 spring onions, thinly sliced
- 2 limes (zest & juice)
- 1 jalapeño, seeded, chopped
- 6 tomatillos, husked, chopped
- 120 ml pumpkin seeds (pepitas), toasted



Directions:

1. Make the salsa: finely chop tomatillos, jalapeño, 2 garlic cloves, and 60 ml pepitas; mix with the juice of 1 lime. Set aside.
2. Whisk the dip: in a bowl combine spring onions, ginger, lime zest and juice (1 lime), and 15 ml oil. Set aside.
3. Toss tofu and seitan with 15 ml oil and the remaining 2 minced garlic cloves. Heat a wok over high heat until very hot.
4. Stir-fry seitan 2–3 min; add tofu; stir-fry 3–4 min to char. Transfer to a platter; sear 1–2 min each side on a hot grill pan.
5. Add 15 ml oil to the wok; stir-fry the broccoli 3–4 min until crisp-tender. Return the proteins; toss 1 min.
6. Push to the edges; add 15 ml oil and the cauliflower rice; stir-fry 3–4 min. Fold in the remaining 60 ml pepitas.
7. Mound the cauliflower rice on a platter; top with tofu, seitan and broccoli. Serve family-style with both dips.



Nutritional Information:

Calories: 507, Protein: 40g, Carbs: 26g, Fat: 27g, Fibre: 7g, Sodium: 600mg, Sugar: 7g



MEDITERRANEAN TEMPEH COURGETTI WITH ROASTED AUBERGINE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 600 g tempeh
- 450 g aubergine
- 450 g cherry tomatoes
- 480 ml edamame, shelled
- 1920 ml courgetti noodles
- 4 cloves garlic
- 40 ml olive oil
- 1 lemon
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- 60 ml hemp seeds



Directions:

1. Heat oven to 220°C/gas mark 7. Cut tempeh and aubergine into 2.5cm pieces; halve tomatoes.
2. Toss tempeh with 15 ml oil, 2 minced garlic cloves, lemon zest, paprika, and 1 tsp Italian seasoning.
3. On a baking tray, spread tempeh, aubergine, tomatoes and edamame. Drizzle 25 ml oil; sprinkle 1 tsp Italian seasoning; toss.
4. Roast 20–25 mins, stirring once, until tempeh browns and aubergine is tender. Squeeze half the lemon over the tray.
5. Warm a frying pan on medium. Add courgetti with remaining garlic and 15 ml lemon juice; toss for 2–3 mins to soften.
6. Roughly squash the roasted tomatoes on the tray to make a chunky sauce; fold in edamame and aubergine.
7. Divide courgetti between bowls. Top with tempeh and saucy veg; sprinkle hemp seeds and the remaining lemon juice. Serve.



Nutritional Information:

Calories: 605, Protein: 44g, Carbs: 35g, Fat: 32g, Fibre: 15g, Sodium: 300mg, Sugar: 12g



GINGER-SESAME SEITAN & MUSHROOMS POWER BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g seitan
- 360 g mushrooms
- 360 g pak choi
- 420 g shirataki noodles
- 960 ml cauliflower rice
- 2 cloves garlic
- 15 ml ginger
- 120 ml spring onions
- 75 ml sesame oil
- 1 lime
- 1 tsp five-spice powder
- 0.5 tsp kosher salt



Directions:

1. Rinse and drain shirataki. Slice seitan and mushrooms; halve pak choi. Finely chop garlic, grate ginger, slice spring onions; zest and juice lime.
2. Toss seitan with five-spice. Set a steamer over 2.5 cm of simmering water.
3. In the basket, arrange seitan, mushrooms and pak choi; cover and steam 10–12 min until seitan is hot, mushrooms tender, greens crisp-tender.
4. Steam shirataki 3–4 min to warm and dry slightly; set aside.
5. Heat 30 ml sesame oil in a frying pan. Saute 1 clove garlic and half the spring onions for 30 sec; add cauliflower rice, lime zest, 1/4 tsp salt; cook 4–5 min.
6. Whisk 45 ml sesame oil, ginger, remaining garlic, lime juice, and 1/4 tsp salt into a bright dressing.
7. Divide cauliflower rice between bowls; add seitan, mushrooms, pak choi and noodles. Drizzle with dressing; finish with remaining spring onions.



Nutritional Information:

Calories: 470, Protein: 45g, Carbs: 20g, Fat: 21g, Fibre: 8g, Sodium: 780mg, Sugar: 4g



LUPINI KOFTA & AUBERGINE SKEWERS WITH BASIL-LIME



Servings:
4



Prep:
20 min



Cook:
25 min



Ingredients:

- 720 ml lupini beans, jarred
- 360 g pea protein crumbles
- 450 g aubergine
- 30 ml chia seeds
- 4 cloves garlic
- 75 ml olive oil
- 2.5 tsp ground cumin & smoked paprika
- 240 ml fresh basil
- 2 ea limes
- 2 wraps almond flour wraps
- 3/4 tsp fine sea salt & black pepper



Directions:

1. Rinse lupini; soak 10 min in water, drain. Mix chia + 45 ml water; rest 5 min.
2. Finely chop 720 ml lupini. Mix with pea crumbles, half the garlic, 15 ml oil, 1 tsp cumin, 1/2 tsp paprika, chia gel, 1/2 tsp salt. Form 16 small ovals.
3. Line a steamer with baking paper. Steam kofta over simmering water, covered, 8-10 min until set; cool 5 min.
4. Toss aubergine with 30 ml oil, 1/2 tsp cumin, 1/2 tsp paprika, a pinch of salt. Steam 4-5 min to soften.
5. Thread kofta and aubergine onto skewers. Brush with 15 ml oil; season with pepper.
6. Grill over medium-high heat, turning, 4-6 min until lightly charred. Warm wraps 30-60 sec each side; cut into wedges.
7. Chop basil + remaining garlic; mix with lime zest, 45 ml juice, 15 ml oil, a pinch of salt. Serve skewers with the sauce and wrap wedges.



Nutritional Information:

Calories: 504, Protein: 40g, Carbs: 23g, Fat: 28g, Fibre: 14g, Sodium: 720mg, Sugar: 5g



MEAL PREP TVP MUSHROOM TACO BOXES WITH SALSA VERDE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 600 ml textured vegetable protein (TVP), dry
- 240 g pea protein mince
- 480 g mushrooms
- 1/2 each onion
- 4 cloves garlic
- 75 ml avocado oil
- 2 tsp chilli powder
- 1 tsp dried oregano
- 360 g tomatillos
- 1 each jalapeño
- 1 each lime
- 4 each coconut flour tortillas



Directions:

1. In a bowl, pour 600 ml boiling water over TVP, 1 tsp chilli powder, 1/2 tsp oregano and 15 ml lime juice. Cover for 5 min, fluff, drain excess.
2. Blend tomatillos, jalapeño, 1 garlic clove, lime zest plus remaining juice, and 15 ml oil. Simmer in a small saucepan for 5-7 min to thicken; cool.
3. Heat 30 ml oil in a large frying pan on high. Stir-fry mushrooms and onion for 5-6 min until browned; add 3 minced garlic cloves, cook 30 sec.
4. Push veg aside; add 30 ml oil, pea protein mince and rehydrated TVP. Stir-fry 5-7 min until hot with crisp edges. Season with 1 tsp chilli powder and 1/2 tsp oregano.
5. Warm tortillas in a dry pan for 10-15 sec per side or microwave for 20 sec. Leave whole or cut into 4 wedges.
6. Divide stir-fry into 4 containers. Add 1 tortilla to each (wrapped) and 1 small lidded cup of salsa.
7. To serve, reheat stir-fry for 1-2 min; spoon onto tortilla or scoop with wedges, then add salsa. Refrigerate for up to 4 days.



Nutritional Information:

Calories: 553, Protein: 44g, Carbs: 38g, Fat: 25g, Fibre: 18g, Sodium: 520mg, Sugar: 7g



SESAME-GINGER EDAMAME WRAP CUPS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 1440 ml edamame beans, shelled
- 120 g tofu skin (yuba), strips
- 960 ml pak choi, chopped
- 900 g spaghetti squash
- 12 leaves green cabbage leaves
- 45 ml garlic and ginger, finely chopped
- 4 ea spring onions
- 25 ml avocado oil
- 10 ml sesame oil
- 1 ea lime
- 1/2 tsp Chinese five-spice powder
- 30 ml hemp seeds



Directions:

1. Halve and deseed squash. Pressure cook on rack with 240 ml water, High pressure 8 min; quick release. Scrape strands; set 720 ml aside.
2. Whisk lime zest and juice, sesame oil, and five-spice; set aside.
3. Separate 12 cabbage leaves. Slice spring onions; mix greens with hemp seeds for topping.
4. Heat avocado oil in a large frying pan on high heat. Stir-fry yuba 2–3 min until crisp at the edges. Add finely chopped garlic and ginger; cook 30 sec.
5. Add edamame and pak choi; stir-fry 3–4 min until hot and just wilted. Stir in the sauce; simmer 30 sec.
6. Toss 720 ml squash strands with a spoonful of pan sauce to season.
7. Serve DIY: fill cabbage leaves with squash, then edamame–pak choi–yuba; top with hemp–spring onion mix.



Nutritional Information:

Calories: 540, Protein: 37g, Carbs: 40g, Fat: 25g, Fibre: 18g, Sodium: 220mg, Sugar: 6g



CHARRED BROCCOLI & BLACK SOYA BEAN PASTA JAR SALAD



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 2 450g tins black soya beans, low-salt
- 1440 ml broccoli florets
- 720 ml pea protein mince
- 540 g hearts of palm pasta
- 960 ml baby spinach or kale ribbons
- 60 ml hemp seeds
- 120 ml olives
- 80 ml lemon juice
- 45 ml olive oil
- 2 cloves garlic
- 2 tsp dried oregano
- 1.5 tsp smoked paprika



Directions:

1. Heat oven to 220°C/gas mark 7. Toss broccoli and pea protein mince with 15 ml oil, paprika and 1 tsp oregano; spread on a baking tray.
2. Roast for 18–20 min, stirring once, until edges char. Cool for 10 min.
3. Whisk the dressing: 30 ml oil, lemon juice, olives, garlic and 1 tsp oregano.
4. Rinse and drain the black soya beans and hearts of palm pasta; pat dry.
5. Layer 4 wide-neck 1-litre jars: 45–60 ml dressing in each.
6. Add in order: beans, hearts of palm pasta, roasted broccoli mix, spinach/kale. Top each with 15 ml hemp seeds.
7. Seal and chill for up to 4 days. To eat, invert into a bowl and toss.



Nutritional Information:

Calories: 560, Protein: 44g, Carbs: 36g, Fat: 27g, Fibre: 20g, Sodium: 560mg, Sugar: 5g



ROASTED PEA BURGER STACKS, PAK CHOI SLAW & AVOCADO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 720 g pea protein mince (frozen)
- 1440 ml pak choi
- 720 ml konjac rice
- 1 ea avocado
- 2 ea jalapeños
- 80 ml cashews, raw
- 2 ea limes
- 2 cloves garlic
- 30 ml olive oil
- 15 ml sesame oil
- 45 ml chia seeds
- 2 tsp chilli powder



Directions:

1. Heat oven to 220°C/gas mark 7. Line 2 baking trays.
2. Soak cashews in hot water for 10 min; drain. Blend with 30 ml lime juice, 1 garlic clove, 30 ml water and a pinch of salt to a smooth 'cheese'.
3. Slaw: Toss pak choi with 15 ml lime juice, 1 tsp sesame oil and a pinch of salt. Chill.
4. Pickles: Toss jalapeño slices with 15 ml lime juice and a pinch of salt; leave 10 min.
5. Patties: Mix mince, chia, chilli powder, 15 ml olive oil, 1 minced garlic clove and salt. Shape 8 patties; roast for 12–15 min, turning at 8.
6. Rice: Toss konjac rice with 15 ml olive oil and 10 ml sesame oil. Spread on a baking tray; roast 10–12 min to dry, stirring once.
7. Plate: Mound rice. Top each with 2 patties, cashew 'cheese', avocado, pak choi slaw and jalapeño pickles.



Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 21g, Fat: 34g, Fibre: 9g, Sodium: 720mg, Sugar: 4g



SOYA CHORIZO & SEITAN STIR-FRY WITH AUBERGINE COURGETTI



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 240 g soya chorizo (low-carb)
- 480 g seitan
- 450 g aubergine
- 720 g courgette noodles
- 1 ea brown onion
- 3 cloves garlic
- 30 ml olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 ea lime
- 60 ml hemp seeds



Directions:

1. Prep: pat seitan dry; cube aubergine; slice onion; mince garlic; blot courgetti dry.
2. Heat 15 ml oil in a 30 cm frying pan on high. Stir-fry seitan 3–4 min until browned; transfer to a bowl.
3. Add 15 ml oil. Stir-fry aubergine 5–6 min until deep golden; add onion and cook 2 min.
4. Push veg to the sides; add soya chorizo. Cook 3 min, breaking it up, until sizzling and browned.
5. Stir in garlic, cumin, paprika and oregano; cook 30 sec until fragrant.
6. Add courgetti; toss 2–3 min until just tender. Add 30 ml lime juice + 30 ml water; scrape up browned bits.
7. Return seitan; toss to coat. Divide between bowls, sprinkle over hemp seeds. Serve hot.



Nutritional Information:

Calories: 490, Protein: 40g, Carbs: 19g, Fat: 28g, Fibre: 9g, Sodium: 950mg, Sugar: 10g



YUBA & MUSHROOM ROAST PLATTER WITH SHIRATAKI AND DIPS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 720 g tofu skin (yuba)
- 480 g mushrooms
- 2 peppers
- 4 spring onions
- 960 g shirataki noodles
- 45 ml avocado oil
- 35 ml sesame oil
- 2 tsp each garlic & ginger
- 2 limes
- 1.5 tsp five-spice powder
- 0.5 tsp chilli powder
- 80 ml cashews



Directions:

1. Heat oven to 220°C/gas mark 7. Line a baking tray. Rinse and drain the shirataki; pat dry.
2. Toss mushrooms and peppers with 30 ml avocado oil and 1 tsp five-spice. Spread on the tray.
3. Tear yuba into 2.5 cm strips; toss with 15 ml avocado oil and 1/2 tsp five-spice. Add to the tray.
4. Roast for 18–22 min, turning once, until browned and crisp at the edges.
5. Dip 1: whisk 30 ml sesame oil, juice of 1 lime, 2 tsp each grated garlic and ginger, half the spring onions.
6. Dip 2: blitz cashews, juice of 1/2 lime, 1/2 tsp chilli powder, 30–45 ml water until creamy.
7. Dry-fry shirataki in a frying pan for 3–4 min; toss with 5 ml sesame oil, lime zest, and the remaining spring onions. Serve the platter with the dips.



Nutritional Information:

Calories: 560, Protein: 36g, Carbs: 16g, Fat: 39g,
Fibre: 9g, Sodium: 250mg, Sugar: 4g



GINGER-SPRING ONION COURGETTI WITH STEAMED PAK CHOI & HEMP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1920 ml courgette noodles
- 450 g baby pak choi
- 1 spaghetti squash
- 240 ml hemp seeds (hulled)
- 480 ml TVP (dry)
- 4 cloves garlic
- 30 ml ginger
- 4 each spring onions
- 30 ml sesame oil
- 1 tsp five-spice powder
- 1 each lime
- 3/4 tsp iodised salt



Directions:

1. Set a steamer over 2.5 cm water; bring to the boil. Steam squash halves cut-side down 15–18 min until strands pull easily. Cool; scrape out 480 ml strands.
2. Steam pak choi 4–5 min until tender-crisp; drain and keep warm.
3. In a bowl, cover TVP with 480 ml boiling water + 1/4 tsp salt. Cover 5 min, then squeeze out excess liquid.
4. Heat sesame oil in a frying pan on medium; sauté garlic, ginger and spring-onion whites with five-spice 1–2 min. Add TVP, lime zest and juice, 1/2 tsp salt; cook 2–3 min, fold in hemp seeds.
5. Steam courgette noodles 1–2 min to warm. Toss with 480 ml spaghetti squash strands.
6. Divide courgette noodles/squash among bowls. Top with hemp-TVP crumble. Add pak choi; scatter spring onion greens; serve.



Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 31g, Fat: 27g,
Fibre: 13g, Sodium: 480mg, Sugar: 7g



SALADS & BOWLS





LEMON-POACHED COURGETTI & KALE CHICKEN SALAD BOWL



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 565 g rotisserie chicken, skinless
- 1440 ml kale, thinly sliced
- 1440 ml courgette noodles
- 2 ea lemons
- 3 ea garlic cloves
- 30 ml fresh dill
- 60 ml olive oil
- 1/2 tsp black pepper
- 1/4 tsp chilli flakes
- 1 ea avocado
- 60 ml pumpkin seeds



Directions:

1. Add 1,920 ml water, zest & slices of 1 lemon, 2 smashed garlic cloves, and 15 ml dill to a large saucepan; bring to a bare simmer.
2. Poach kale 60–90 sec; lift to a colander. Poach courgette noodles 1 min; drain well.
3. Off the heat, add shredded chicken to the hot poaching liquid 1–2 min to warm; drain thoroughly.
4. Whisk juice of remaining lemon, remaining 15 ml dill, finely chopped garlic clove, olive oil, black pepper, and chilli flakes.
5. Toss kale and courgette noodles with 2/3 of the dressing in a large bowl until glossy.
6. Divide greens and courgette noodles into 4 bowls; top with warm chicken and avocado slices; drizzle remaining dressing.
7. Finish with pumpkin seeds and extra pepper to taste; serve warm or at room temperature.



Nutritional Information:

Calories: 560, Protein: 49g, Carbs: 19g, Fat: 35g, Fibre: 8g, Sodium: 700mg, Sugar: 5g



CHARRED RADISH & PRAWN COURGETTI SALAD, LEMON & PARSLEY



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 900 g prawns, large, peeled and deveined
- 720 g courgette noodles
- 240 g radishes, halved
- 1440 ml mixed salad leaves
- 2 avocados, diced
- 60 g feta, crumbled
- 60 ml olive oil
- 2 lemons (zest and juice)
- 2 cloves garlic, minced
- 60 ml parsley, chopped
- 1 tsp smoked paprika
- 1 tsp black pepper



Directions:

1. Heat the grill to medium-high. Pat the prawns dry; toss with 15 ml oil, lemon zest, garlic, smoked paprika and black pepper.
2. Toss radishes with 10 ml oil. Thread prawns and radishes onto skewers (or use a grill basket).
3. Grill radishes for 6–8 min, turning, until charred and tender. Grill prawns for 2–3 min per side until opaque; leave to rest 2 min.
4. Whisk the dressing: 30 ml oil, juice of 2 lemons, parsley and a pinch of pepper.
5. In a large bowl, toss the courgette noodles and mixed salad leaves with half the dressing.
6. Divide the base among 4 bowls. Top with grilled prawns, radishes, avocado and feta.
7. Spoon the remaining dressing over the salads and serve straightaway.



Nutritional Information:

Calories: 530, Protein: 46g, Carbs: 19g, Fat: 30g, Fibre: 9g, Sodium: 560mg, Sugar: 6g



HERB-LEMON SALMON CAULI-TABBOULEH SALAD BOWLS



Servings:
4



Prep:
15 min



Cook:
0 min



Ingredients:

- 675 g salmon, cooked (baked or grilled), skinless
- 960 ml cauliflower rice, raw
- 480 ml cauliflower florets, thinly sliced
- 1440 ml mixed salad leaves
- 240 ml cucumber, diced
- 240 ml cherry tomatoes, halved
- 60 ml red onion, thinly sliced
- 1 avocado, diced (small)
- 120 ml parsley & dill
- 1 lemon
- 15 ml olive oil
- 1 clove garlic, finely chopped



Directions:

1. Whisk the lemon zest and juice, olive oil, garlic and black pepper in a small bowl.
2. In a large bowl, toss cauliflower rice, thinly sliced florets and herbs with half the dressing; leave to stand 5 mins.
3. Fold in the cucumber, cherry tomatoes and red onion to make a cauli-tabbouleh.
4. Divide the mixed salad leaves among 4 bowls; spoon the cauli-tabbouleh over the leaves.
5. Flake the cooked baked/grilled salmon into chunks; top each bowl with about 180 g.
6. Add the avocado; drizzle over the remaining dressing and more pepper to taste. Serve immediately.



Nutritional Information:

Calories: 510, Protein: 42g, Carbs: 15g, Fat: 29g, Fibre: 7g, Sodium: 360mg, Sugar: 6g



DILL-LEMON SPINACH EGG BOWL WITH POACHED SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 12 large hard-boiled eggs
- 360 g tofu
- 840 g shirataki noodles
- 1920 ml spinach
- 480 ml cucumber
- 1 large avocado
- 480 ml Greek yoghurt
- 2 each lemons
- 30 ml olive oil
- 60 ml fresh dill
- 2 cloves garlic
- to taste kosher salt & black pepper



Directions:

1. Rinse shirataki for 1 min. Poach in a saucepan with 1 smashed garlic clove and lemon zest strips for 5 min. Drain, rinse and cool.
2. Whisk yoghurt, 30 ml lemon juice, olive oil, dill, grated garlic, salt & pepper. Thin with 15–30 ml water if needed.
3. Slice eggs (halves or quarters). Cube tofu. Dice avocado. Slice cucumber.
4. Toss spinach and cucumber with half the dressing in a large bowl.
5. Divide noodles over greens. Top with tofu, eggs and avocado.
6. Drizzle over the remaining dressing. Finish with extra lemon, dill and pepper to taste. Serve chilled or at room temperature.



Nutritional Information:

Calories: 585, Protein: 42g, Carbs: 25g, Fat: 35g, Fibre: 10g, Sodium: 650mg, Sugar: 7g



AEGEAN CHICKEN COS BOWL WITH LEMON CAULI RICE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 675 g chicken breast
- 2 each cos lettuce hearts
- 960 ml cauliflower rice
- 1 large avocado
- 120 ml Greek yoghurt
- 45 ml olive oil
- 1 each lemon
- 3 cloves garlic
- 1.5 tsp dried oregano
- 60 ml parsley
- 120 ml feta
- 0.5 tsp black pepper



Directions:

1. Preheat the grill to medium-high. Toss chicken with 15 ml oil, 1 clove garlic, 1 tsp oregano, lemon zest and pepper. Rest for 10 mins.
2. Whisk yoghurt, 10 ml oil, 30 ml lemon juice, 1 clove garlic, a pinch of pepper until smooth; set aside.
3. Grill chicken 5–6 mins per side to 75°C. Transfer and rest for 5 mins; slice.
4. Brush cos lettuce with 5 ml oil. Grill cut-side down for 1–2 mins until lightly charred; chop into ribbons.
5. Sauté cauliflower rice in a frying pan with 15 ml oil and 1 clove garlic for 4–5 mins. Stir in parsley, 15 ml lemon juice, 1/2 tsp oregano and pepper.
6. Dice the avocado. Gather the feta and dressing.
7. Build 4 bowls: 240 ml warm cauli rice, grilled cos lettuce, 135 g chicken, avocado, 30 ml feta. Drizzle dressing; crack pepper.



Nutritional Information:

Calories: 480, Protein: 48g, Carbs: 16g, Fat: 26g, Fibre: 7g, Sodium: 520mg, Sugar: 5g



CUCUMBER-KALE TOFU SALAD WITH SPAGHETTI SQUASH



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 900 g extra-firm tofu
- 1575 g spaghetti squash
- 1 large cucumber
- 300 ml Greek yoghurt, plain 2%
- 1 each lemon
- 25 ml olive oil
- 60 ml dill & parsley, chopped
- 1 clove garlic
- 80 ml hemp seeds
- 4 each hard-boiled eggs
- 1/2 tsp sea salt & black pepper
- 960 ml kale, stemmed & shredded



Directions:

1. Microwave the squash for 5 min to soften. Halve and remove seeds. Place cut sides down in 1 cm water; microwave 8–10 min. Scrape out strands; spread to cool.
2. Pat the tofu dry; slice into 1 cm slabs. Brush with 15 ml oil; season with 1/4 tsp salt and pepper. Cook 3–4 min per side on a hot griddle pan. Cool; cube.
3. In a bowl, toss the kale with the juice of 1/2 lemon, 10 ml oil and a pinch of salt. Massage for 1–2 min to soften.
4. Whisk the yoghurt with the zest and juice of the remaining 1/2 lemon, dill, parsley, garlic, 1/4 tsp salt and pepper.
5. Thinly slice the cucumber. Peel and quarter the eggs.
6. Divide the cooled squash and kale among 4 bowls. Top with cucumber and tofu.
7. Spoon on the dressing. Sprinkle over the hemp seeds; add more pepper to taste. Serve chilled or at room temperature.



Nutritional Information:

Calories: 590, Protein: 45g, Carbs: 30g, Fat: 32g, Fibre: 7g, Sodium: 620mg, Sugar: 10g



MEDITERRANEAN TURKEY & SHIRATAKI NOODLE SALAD



Servings:
4



Prep:
15 min



Cook:
0 min



Ingredients:

- 565 g turkey breast, cooked
- 420 g shirataki noodles
- 480 ml cherry tomatoes
- 240 ml cucumber
- 960 ml rocket or mixed salad leaves
- 1 medium avocado
- 60 ml pumpkin seeds
- 60 g feta
- 45 ml olive oil
- 1 medium lemon
- 1 small clove garlic
- 1 tsp each oregano and parsley



Directions:

1. Rinse shirataki 1–2 min under cold water, drain well, and pat dry. Cut long strands if desired.
2. Whisk olive oil, lemon zest and juice, garlic, oregano, and parsley until emulsified.
3. In a large bowl, add rocket, shirataki, cherry tomatoes, and cucumber.
4. Add turkey and avocado. Drizzle over half the dressing; toss gently to coat.
5. Divide among bowls. Top with feta and pumpkin seeds.
6. Finish with remaining dressing. Serve immediately.



Nutritional Information:

Calories: 480, Protein: 44g, Carbs: 18g, Fat: 26g, Fibre: 8g, Sodium: 360mg, Sugar: 5g



CHARRED BROCCOLI & TURKEY SPAGHETTI SQUASH BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g turkey mince (cooked)
- 1 each spaghetti squash
- 960 ml broccoli florets
- 960 ml rocket
- 1 each avocado
- 45 ml olive oil
- 120 ml Greek yoghurt
- 1 each lemon
- 2 cloves garlic
- 30 ml dill
- 1 tsp smoked paprika
- kosher salt & black pepper



Directions:

1. Heat grill to medium-high (200–230°C/gas 6–8). Slice squash into 1.25 cm rings; remove seeds. Toss rings and broccoli with 30 ml oil, garlic, salt and pepper.
2. Grill squash 8–10 min/side, covered, until tender and charred. Cool 2 min, remove skin, and pull into strands (about 960 ml).
3. Grill broccoli 6–8 min, turning, until crisp-tender and charred; chop any large pieces.
4. Whisk yoghurt, lemon zest + 30 ml juice, dill, 15 ml oil, smoked paprika, salt and pepper.
5. In a large bowl, layer rocket; toss warm squash with 30 ml dressing. Mound squash over leaves.
6. Top with turkey mince and grilled broccoli. Spoon on more dressing to taste.
7. Scatter diced avocado; finish with black pepper. Serve immediately.



Nutritional Information:

Calories: 500, Protein: 43g, Carbs: 22g, Fat: 26g, Fibre: 7.5g, Sodium: 650mg, Sugar: 7g



HERB-POACHED SIRLOIN & AVOCADO SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 790 g sirloin steak, trimmed
- 960 ml low-salt beef stock
- 240 ml water
- 2 cloves garlic
- 1 whole lemon
- 30 ml olive oil
- 1920 ml mixed salad leaves
- 1 large avocado
- 240 ml cherry tomatoes
- 240 ml cucumber
- 120 ml ground almond croutons
- sea salt & black pepper



Directions:

1. In a large saucepan, combine stock, 240 ml water, smashed garlic and lemon zest. Bring to a bare simmer (82–88°C).
2. Season the steak with salt & pepper. Slide into the liquid; poach gently until 52–54°C for medium-rare, 8–12 min. Transfer to a plate; rest 10 min.
3. Whisk lemon juice, olive oil, parsley and a pinch of salt & pepper in a large bowl.
4. Add mixed salad leaves, cucumber and tomatoes to the bowl; toss with half the dressing.
5. Slice the rested steak thinly against the grain; toss with the remaining dressing.
6. Divide the salad among 4 bowls; top with steak, fanned avocado and ground almond croutons.
7. Taste and adjust salt & pepper. Serve immediately.



Nutritional Information:

Calories: 505, Protein: 48g, Carbs: 12g, Fat: 27g, Fibre: 7g, Sodium: 680mg, Sugar: 3g



STEAKHOUSE GREENS WITH LEMON PARMESAN CRUNCH



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 900 g flank steak
- 2400 ml mixed salad leaves
- 240 ml cherry tomatoes
- 240 ml cucumber
- 60 ml red onion
- 240 ml radishes
- 1 large avocado
- 60 g Parmesan crisps
- 45 ml olive oil
- 1 each lemon
- 1 clove garlic
- 1 tsp black pepper



Directions:

1. Pat the steak dry; rub with 1 tbsp oil, lemon zest, garlic and 1/2 tsp pepper.
2. Grill over high heat for 4–5 min each side to medium-rare (55–57°C). Rest 10 min.
3. Whisk the lemon juice with the remaining 2 tbsp oil and 1/2 tsp pepper.
4. In a large bowl, toss the salad leaves, tomatoes, cucumber, onion and radishes with half the dressing.
5. Slice the steak thinly against the grain; dice the avocado.
6. Divide the salad among 4 bowls; top with the steak and avocado.
7. Drizzle over the remaining dressing; crumble Parmesan crisps on each; serve.



Nutritional Information:

Calories: 630, Protein: 57g, Carbs: 12g, Fat: 39g, Fibre: 6g, Sodium: 350mg, Sugar: 4g



LEMON-DILL TUNA ROCKET BOWL WITH GRILLED CHIPS



Servings:
2



Prep:
15 min



Cook:
10 min



Ingredients:

- 450 g tinned tuna
- 960 ml rocket
- 240 ml cucumber, diced
- 240 ml cherry tomatoes, halved
- 1 medium avocado, sliced
- 120 ml Greek yoghurt, plain fat-free
- 15 ml olive oil
- 1 lemon lemon, halved
- 30 ml dill, chopped
- 1/2 tsp black pepper
- 2 each low-carb tortillas (15–18 cm)
- 30 ml pumpkin seeds



Directions:

1. Preheat the grill or a griddle pan to medium-high; oil the grill rack.
2. Brush the tortillas with 10 ml oil; grill 1–2 min each side to char. Grill the lemon halves, cut-side down, for 2 min. Cool; cut the tortillas into chips.
3. Whisk the yoghurt, 5 ml oil, juice of the grilled lemon, dill and black pepper until smooth.
4. Flake the tuna in a bowl; fold in 30 ml dressing to lightly coat.
5. Toss the rocket, cucumber and tomatoes with half the remaining dressing.
6. Divide the greens between bowls; top with tuna and avocado; sprinkle with pumpkin seeds.
7. Serve with grilled tortilla chips for scooping; pass extra dressing.



Nutritional Information:

Calories: 560, Protein: 46g, Carbs: 34g, Fat: 27g, Fibre: 18g, Sodium: 900mg, Sugar: 6g



MEDITERRANEAN TOFU BOWL WITH SQUASH & COURGETTE RIBBONS



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 900 g extra-firm tofu
- 1 each spaghetti squash
- 2 each courgettes
- 240 ml cherry tomatoes
- 1 each avocado
- 120 ml feta
- 45 ml olive oil
- 1.5 tsp spice blend
- 2 cloves garlic
- 1 each lemon
- 480 ml Greek yoghurt (plain, 0%)
- 60 ml parsley & dill



Directions:

1. Heat oven to 220°C/gas mark 7. Line a baking tray. Halve squash; scoop seeds. Press tofu dry; cut into 2.5cm cubes.
2. On tray, toss tofu with 30 ml oil + spice blend. Brush squash cut sides with 15 ml oil; place cut side down. Roast 30–35 min; turn tofu halfway.
3. Blend dressing: yoghurt, remaining 15 ml oil, garlic, lemon zest + 45 ml juice, parsley, dill. Pepper and a pinch of salt to taste.
4. Make courgette ribbons (knife or peeler). Halve cherry tomatoes. Dice avocado.
5. When squash is tender, scrape into strands. Push tofu aside; add ribbons + tomatoes to hot tray; roast 2–3 min to soften.
6. Build bowls: divide squash, tofu, warm ribbons, tomatoes, avocado. Top with feta; drizzle 30–45 ml dressing per bowl.
7. Serve warm or at room temperature. Pack leftovers; keep dressing separate for up to 3 days.



Nutritional Information:

Calories: 520, Protein: 32g, Carbs: 26g, Fat: 32g, Fibre: 7g, Sodium: 600mg, Sugar: 6g

A top-down view of a white ceramic bowl filled with a vibrant green soup. The soup is garnished with a swirl of white cream, small brown chickpeas, and thin, golden-yellow onion rings. The bowl sits on a dark wooden surface, with a few fresh green leaves and small herbs scattered around it. A semi-transparent white banner with the text "SOUPS & STEWS" is centered over the bowl.

SOUPS & STEWS



LEMON-DILL CHICKEN & CELERY SOUP WITH CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g chicken breast
- 45 ml olive oil
- 1 medium onion
- 4 sticks celery
- 4 cloves garlic
- 1680 ml water
- 1680 ml cauliflower rice
- 1440 ml kale
- 1 each lemon
- 30 ml dill
- 180 ml Greek yoghurt
- 1/2 tsp black pepper



Directions:

1. Heat the oil in a large pan over a medium heat. Sauté the onion, celery and garlic for 5–6 mins until soft.
2. Add the chicken; cook, stirring, until opaque at the edges, 3–4 mins.
3. Add the water; bring to the boil. Stir in the cauliflower rice and kale. Reduce the heat; simmer for 12–15 mins.
4. Off the heat, stir in lemon zest, lemon juice, dill and black pepper.
5. Whisk the yoghurt with 240 ml hot soup in a bowl to temper; stir back into the pan.
6. Adjust the seasoning; thin with a splash of water if needed. Ladle into bowls and serve hot.



Nutritional Information:

Calories: 440, Protein: 48g, Carbs: 22g, Fat: 18g, Fibre: 7g, Sodium: 340mg, Sugar: 7g



CREAMY GARLIC-LEMON CHICKEN SOUP WITH SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g boneless, skinless chicken thighs
- 30 ml olive oil
- 8 cloves garlic
- 1 medium onion
- 2 stalks celery
- 1200 ml kale
- 720 ml cauliflower rice
- 420 g shirataki noodles
- 1 each lemon
- 120 ml double cream
- 2 each bay leaves
- 1440 ml water



Directions:

1. Rinse shirataki under cold water for 1 min; drain well. Set aside.
2. Set Instant Pot to Sauté. Add oil; cook garlic, onion and celery 3–4 min until fragrant.
3. Add chicken, bay and 1440 ml water; scrape bottom. Lock lid; cook on High Pressure 12 min.
4. Natural release 5 min, then quick-release. Remove chicken; shred with forks. Discard bay.
5. Return pot to Sauté. Add kale and cauliflower rice; simmer 3–4 min to soften.
6. Add shirataki; heat 2 min. Stir in double cream, lemon zest and juice.
7. Return chicken; simmer 1–2 min. Taste and adjust lemon. Ladle hot into bowls.



Nutritional Information:

Calories: 575, Protein: 52g, Carbs: 22g, Fat: 31g, Fibre: 8.5g, Sodium: 400mg, Sugar: 6g



VELVETY SPINACH CHICKEN SOUP WITH SQUASH STRANDS



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 15 ml olive oil
- 675 g chicken mince
- 1 medium onion
- 4 cloves garlic
- 1200 ml cauliflower florets
- 1200 ml water
- 1 tsp thyme
- 1920 ml spinach
- 120 ml double cream
- 960 ml spaghetti squash strands
- 3/4 tsp salt
- 1/2 tsp black pepper



Directions:

1. Heat the oil in a large saucepan over medium-high heat. Add the chicken mince; cook 6-8 min, breaking it up. Season with salt and pepper. Transfer to a bowl.
2. In the same pan, sauté the onion and garlic for 3-4 min. Add the cauliflower, thyme and water; bring to the boil.
3. Reduce the heat; simmer for 12-15 min until the cauliflower is tender. Stir in the spinach to wilt, 1-2 min.
4. Take off the heat, carefully blend the soup until smooth and green (vent the lid). Return the puree to the pan.
5. Stir in the double cream. Add the browned chicken and spaghetti squash strands; simmer for 3-4 min to heat through.
6. Taste and adjust the salt and pepper; thin with water if needed. Ladle the hot soup into bowls.



Nutritional Information:

Calories: 420, Protein: 38g, Carbs: 22g, Fat: 20g, Fibre: 6g, Sodium: 620mg, Sugar: 7g



RUSTIC TURKEY-BROCCOLI NOODLE SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g turkey mince (93% lean)
- 15 ml olive oil
- 1 medium onion
- 4 cloves garlic
- 480 ml crushed tomatoes
- 1440 ml water
- 1440 ml broccoli florets
- 360 g hearts of palm noodles
- 1.5 tsp dried oregano
- 0.25 tsp chilli flakes
- 1 tsp lemon zest
- 60 ml Parmesan, grated



Directions:

1. Heat the oil in a casserole pan over medium heat. Sauté the onion, garlic, oregano and chilli flakes for 3-4 min until fragrant.
2. Add the turkey mince; cook for 6-8 min, breaking it up, until no pink remains and lightly browned.
3. Stir in the crushed tomatoes and 1,440 ml water. Bring to the boil, then reduce to a simmer for 10 min.
4. Add the broccoli; simmer for 5-7 min until tender-crisp.
5. Rinse and drain the hearts of palm noodles; add to the pan. Simmer for 2-3 min to warm through.
6. Take off the heat, stir in the lemon zest and Parmesan. Adjust the seasoning if needed; rest for 2 min.
7. Ladle into bowls and serve hot.



Nutritional Information:

Calories: 510, Protein: 51g, Carbs: 25g, Fat: 23g, Fibre: 7g, Sodium: 590mg, Sugar: 5g



TUSCAN BEEF AND CELERY COURGETTE NOODLE SOUP



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 900 g lean stewing beef
- 15 ml olive oil
- 1 medium onion
- 360 ml celery
- 4 cloves garlic
- 360 ml tomatoes, crushed
- 960 ml water
- 2 leaves bay leaves
- 1 tsp black pepper
- 1440 ml kale
- 360 g courgette noodles
- 80 ml parmesan



Directions:

1. Pat beef dry; toss with 1/2 tsp pepper. Set Instant Pot to Sauté (High); add oil. Brown beef in 2 batches, 5–7 min total; transfer to a bowl.
2. Add onion and celery; cook 3–4 min until translucent. Stir in garlic 30 sec.
3. Add crushed tomatoes and water; scrape up browned bits. Return beef with juices and bay leaves.
4. Lock lid. Cook on High Pressure 30 min.
5. Allow natural release 10 min, then quick release. Discard bay leaves; skim fat if needed.
6. Add kale; Sauté 3–4 min to wilt. Stir in courgette noodles; simmer 2–3 min until just tender.
7. Off the heat, stir in parmesan. Adjust pepper. Ladle into bowls and serve hot.



Nutritional Information:

Calories: 505, Protein: 54g, Carbs: 23g, Fat: 22g, Fibre: 7g, Sodium: 620mg, Sugar: 8g



SILKY GARLIC BEEF DUMPLING SOUP



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 675 g beef mince (90% lean)
- 2400 ml cauliflower florets
- 10 cloves garlic
- 1 medium onion
- 30 ml olive oil
- 1440 ml water
- 1 tsp dried thyme
- 240 ml Greek yoghurt (plain, unsweetened)
- 4 ea almond flour dumplings
- 960 ml baby spinach
- 1 tsp lemon zest
- kosher salt and black pepper



Directions:

1. Heat the oil in a large pan (medium-high). Brown the mince for 6–8 min; season with salt and pepper. Spoon off excess fat; transfer the mince to a bowl.
2. In the same pan, sauté the onion and half the garlic for 2–3 min. Add cauliflower, thyme and water. Bring to the boil, then cover and simmer until very tender, 12–15 min.
3. Carefully blend the cauliflower mixture with the remaining garlic and yoghurt until silky smooth. Return the purée to the pan; stir in the browned mince.
4. Add the almond flour dumplings; simmer gently, covered, until cooked/heated through, 6–8 min.
5. Stir in the spinach to wilt, 1–2 min. Add the lemon zest; adjust salt and pepper.
6. Ladle into bowls with 1 dumpling each; serve hot.



Nutritional Information:

Calories: 540, Protein: 42g, Carbs: 20g, Fat: 29g, Fibre: 7g, Sodium: 720mg, Sugar: 7g



ITALIAN PORK & SPINACH SOUP WITH KONJAC RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g pork fillet
- 45 ml olive oil
- 1 medium onion
- 4 cloves garlic
- 480 ml tomatoes
- 1440 ml water
- 1 bay + 1 tsp bay leaf & thyme
- 1/2 tsp each black pepper & chilli flakes
- 1440 ml spinach
- 480 g konjac rice
- 120 ml parmesan
- 60 ml chia seeds



Directions:

1. Heat the oil in a large saucepan over medium heat. Sauté the onion for 4 min. Add the garlic; cook for 30 sec until fragrant.
2. Add the pork; season with black pepper & chilli flakes. Cook, stirring, until lightly browned, 4–5 min.
3. Stir in the tomatoes, water, bay leaf & thyme. Bring to the boil; reduce to a simmer for 15 min, until the pork is tender.
4. Whisk in the chia seeds; simmer for 5 min to lightly thicken.
5. Stir in the spinach and rinsed konjac rice; simmer for 2–3 min until wilted and hot.
6. Remove the bay leaf. Stir in half the Parmesan.
7. Ladle into bowls; top with the remaining Parmesan. Serve hot.



Nutritional Information:

Calories: 460, Protein: 41g, Carbs: 14g, Fat: 24g, Fibre: 8g, Sodium: 480mg, Sugar: 6g



TUSCAN TURKEY SAUSAGE & BROCCOLI SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 360 g Italian-style turkey sausage
- 450 g chicken breast
- 1200 ml broccoli florets
- 960 ml kale
- 720 ml cauliflower rice
- 1 medium onion, diced
- 4 cloves garlic, finely chopped
- 1440 ml no added salt chicken stock
- 15 ml olive oil
- 1 tsp dried oregano
- 1/2 tsp chilli flakes
- 120 ml double cream



Directions:

1. Set Instant Pot to Sauté (High). Add oil, crumble in sausage; cook until browned, 4–5 mins.
2. Add chicken; cook, stirring, until opaque, 3 mins. Stir in onion and garlic; sauté 2 mins.
3. Stir in stock, oregano and chilli flakes, scraping up browned bits. Cancel Sauté.
4. Lock lid; cook on High Pressure for 1 min. Quick release immediately.
5. Stir in broccoli, kale and cauliflower rice. Sauté (Low) for 3–5 mins until greens wilt and broccoli is crisp-tender.
6. Stir in double cream; heat for 1 min. Taste and adjust heat with more flakes if desired. Ladle and serve hot.



Nutritional Information:

Calories: 590, Protein: 52g, Carbs: 24g, Fat: 32g, Fibre: 7g, Sodium: 840mg, Sugar: 7g



CELERY BISQUE WITH LEMON PRAWNS & SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g prawns
- 420 g shirataki noodles
- 960 ml celery
- 360 g cauliflower florets
- 240 g onion
- 3 cloves garlic
- 960 ml spinach
- 30 ml olive oil
- 90 g Parmesan
- 30 ml lemon juice
- 30 ml chia seeds
- 1/2 tsp sea salt & black pepper



Directions:

1. Rinse shirataki for 1 min. Boil in a pan for 2 min, drain well; set aside.
2. Heat the oil in a pan. Sauté onion and celery for 5 min; add garlic for 30 sec. Add cauliflower and 960 ml water; simmer until very tender, 10–12 min.
3. Blend: Transfer veg and 600 ml liquid to a blender with Parmesan, lemon zest and chia. Purée until smooth; return to the pan. Season with 1/2 tsp salt and 1/2 tsp pepper.
4. Bring the soup to a gentle simmer. Add the prawns; poach until just pink and opaque, 3–4 min.
5. Stir in the shirataki and spinach; heat until the noodles are hot and the greens wilt, 1–2 min.
6. Finish with 30 ml lemon juice; adjust salt and pepper to taste.
7. Serve hot; divide the prawns evenly among bowls.



Nutritional Information:

Calories: 400, Protein: 45g, Carbs: 19g, Fat: 15g, Fibre: 9g, Sodium: 800mg, Sugar: 6g



MEDITERRANEAN GARLIC COD SOUP WITH SPAGHETTI SQUASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g cod fillets
- 75 ml olive oil, divided
- 8 cloves garlic
- 1 medium onion
- 2 sticks celery
- 480 ml tomatoes
- 1200 ml water
- 1440 ml kale
- 960 ml spaghetti squash strands, cooked
- 80 ml olives
- 1 leaf + 1 tsp + 3/4 tsp bay leaf + dried thyme + black pepper
- 1 lemon



Directions:

1. Heat 45 ml oil in a large pan over medium heat. Sauté garlic 1 min, then onion and celery 4–5 min until translucent.
2. Stir in tomatoes, bay leaf, thyme and black pepper. Add 1200 ml water; bring to a simmer and cook 8 min.
3. Add kale; simmer 5 min until tender.
4. Slide in cod; simmer gently 5 min, just until opaque and flakes easily.
5. Stir in spaghetti squash, olives, lemon zest and juice; warm 2–3 min.
6. Off the heat, stir in remaining 30 ml oil. Adjust pepper and lemon to taste. Ladle into bowls and serve hot.



Nutritional Information:

Calories: 465, Protein: 45g, Carbs: 24g, Fat: 21g, Fibre: 7g, Sodium: 500mg, Sugar: 8g



LEMON-DILL SALMON SOUP WITH SPINACH & PALM NOODLES



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 790 g salmon fillet
- 720 g hearts of palm noodles
- 1920 ml baby spinach
- 240 ml onion
- 4 cloves garlic
- 240 g mushrooms
- 480 ml tomatoes
- 30 ml olive oil
- 80 ml fresh dill & parsley
- 1 each lemon
- 1/2 tsp black pepper
- 1 tsp kosher salt



Directions:

1. Rinse noodles. Pat salmon dry; cut into 5 cm pieces. Season with 1/2 tsp salt and a pinch of pepper.
2. Set Instant Pot to Sauté. Heat 15 ml oil. Cook onion and mushrooms 3 min. Add garlic; cook 30 sec.
3. Stir in tomatoes, 1440 ml water, lemon zest, remaining 1/2 tsp salt. Lock lid; cook High Pressure 3 min; quick release.
4. Open; add salmon. Cook High Pressure 1 min; quick release immediately.
5. Stir in spinach and noodles; set to Keep Warm 2–3 min until wilted and hot.
6. Stir in remaining 15 ml oil, lemon juice, dill & parsley. Adjust pepper and salt to taste.
7. Ladle into 4 bowls, ensuring a generous salmon portion in each.



Nutritional Information:

Calories: 580, Protein: 47g, Carbs: 22g, Fat: 33g, Fibre: 8g, Sodium: 900mg, Sugar: 6g



CREAMY BROCCOLI-TOFU SOUP WITH COURGETTE NOODLES



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 g extra-firm tofu
- 1200 ml low-salt vegetable stock
- 450 g broccoli
- 360 g courgette noodles
- 1 onion
- 3 cloves garlic
- 30 ml olive oil
- 720 ml Greek yoghurt
- 30 ml chia seeds
- 1 tsp lemon zest
- 3/4 tsp iodised salt
- 1/2 tsp black pepper



Directions:

1. Heat 15 ml oil in a large saucepan over medium. Sauté the onion and garlic for 4–5 min until soft.
2. Add the broccoli and stock. Bring to the boil, then simmer, covered, for 10–12 min until very tender.
3. Remove from the heat for 5 min. Carefully blend the soup with the tofu, yoghurt, chia, lemon zest, salt and pepper until silky smooth.
4. Return to the pan; simmer for 2–3 min to thicken. Stir in the remaining 15 ml oil.
5. Add the courgette noodles; cook for 1–2 min until just tender-crisp.
6. Taste and adjust the seasoning. Ladle into warm bowls and serve hot.



Nutritional Information:

Calories: 450, Protein: 41g, Carbs: 30g, Fat: 19g, Fibre: 7g, Sodium: 720mg, Sugar: 12g



SEAFOOD MAINS



LEMON-DILL COD OVER COURGETTE NOODLES, ALMOND CRUNCH



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 900 g cod fillets, skinless
- 1920 ml courgette noodles
- 960 ml kale, thinly sliced
- 30 ml olive oil
- 240 ml Greek yoghurt, 0% fat
- 1 each lemon
- 2 cloves garlic
- 30 ml fresh dill, chopped
- 60 ml parsley, chopped
- 120 ml almonds, toasted and chopped
- 60 ml ground flaxseed
- 1 tsp black pepper



Directions:

1. Heat the oven to 220°C/gas mark 7. Line a baking tray; pat the cod dry.
2. Rub the cod with 15 ml oil, lemon zest and some pepper. Bake 10–12 min until 57°C and flaky.
3. Stir yoghurt, dill, 1 grated garlic clove and 15 ml lemon juice; pepper to taste.
4. Transfer the cod to a plate to rest. Toss the courgette noodles and kale with 10 ml oil, 1 grated garlic clove and 15 ml lemon juice.
5. Spread on the same tray; bake 4–5 min until just wilted. Tilt the tray to drain any liquid.
6. Combine almonds, flaxseed, parsley and 5 ml oil; add a pinch of pepper for a crunchy topping.
7. Divide the courgette noodles, top with the cod, spoon over the yoghurt sauce and scatter the almond-herb crunch. Serve with lemon.



Nutritional Information:

Calories: 481, Protein: 54g, Carbs: 19g, Fat: 21g, Fibre: 8g, Sodium: 270mg, Sugar: 7.5g



CITRUS-POACHED HALIBUT WITH FENNEL & CAULI-SQUASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g halibut fillets, skinless
- 1 small spaghetti squash
- 1 large fennel bulb with fronds
- 1200 ml cauliflower rice
- 90 ml olive oil
- 1 lemon
- 2 cloves garlic
- 30 ml dill
- 30 ml capers
- 1 tsp Old Bay seasoning (low-sodium)
- 1/2 tsp black pepper
- 1440 ml water



Directions:

1. Heat oven to 220°C/gas mark 7. Halve the squash, deseed, rub with 15 ml oil. Roast cut-side down on a baking tray for 25–30 mins.
2. Bring 1440 ml water to a bare simmer. Add lemon zest strips and 15 ml juice, dill and fennel stems, 1/2 tsp Old Bay, and 1/4 tsp pepper.
3. Slide in halibut; poach gently for 8–10 mins until just opaque. Lift to a plate; cover loosely.
4. Base: Heat 30 ml oil. Sauté garlic for 30 secs; add cauli rice, 1/2 tsp Old Bay, 1/4 tsp pepper, lemon zest. Cook 4–5 mins. Fold in squash strands, capers, 15 ml dill.
5. Crisp fennel: Thinly slice the bulb. In the same frying pan heat 30 ml oil; sauté 1–2 mins. Toss with 15 ml lemon juice and 15 ml dill; keep crunchy.
6. Plate: Spoon the cauli-squash base into 4 bowls. Top with halibut, fennel and chopped fronds; drizzle over the remaining 15 ml oil.



Nutritional Information:

Calories: 470, Protein: 43g, Carbs: 21g, Fat: 24g, Fibre: 7g, Sodium: 620mg, Sugar: 7g



SIZZLING SALMON & PRAWN PLATTER WITH TWO YOGHURT DIPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g salmon fillets, skin-on
- 360 g large prawns, peeled and deveined
- 450 g asparagus
- 360 g green beans
- 1440 ml cauliflower rice
- 60 ml olive oil
- 2 each lemons
- 180 ml plain Greek yoghurt
- 120 ml fresh dill & parsley, chopped
- 3 cloves garlic
- 30 ml ground flaxseeds
- 2 tsp Old Bay, lemon pepper & red pepper flakes



Directions:

1. Pat the salmon/prawns dry. Toss with 1 tbsp oil + 1 tsp seasoning. Trim asparagus and green beans. Zest 1 lemon; juice both; save zest/juice and wedges. Split yoghurt into 2 bowls. Sauce A: 1 tsp oil, 1 tbsp lemon juice, half the zest, dill/parsley. Sauce B: 1 tsp oil, 1 tbsp lemon juice, pinch flakes, 1 minced garlic clove. Chill.
2. Heat a frying pan on medium-high with 1 tbsp oil. Pan-fry asparagus and green beans 4–6 min, turning, until char-tender. Transfer to a platter.
3. Pan-fry the prawns 1–2 min per side (add 1 tsp oil if needed) until just opaque. Move to the platter.
4. Add 1 tbsp oil. Pan-fry the salmon skin-side down 4–5 min; flip 2–3 min to medium. Rest 2 min; add to the platter.
5. In the same pan, sauté the remaining minced garlic 30 sec. Add cauliflower rice, flax, remaining seasoning and zest; cook 3–4 min to heat through. Mound the cauliflower rice on a large platter; top with salmon, prawns, asparagus and green beans.



Nutritional Information:

Calories: 510, Protein: 42g, Carbs: 18g, Fat: 30g, Fibre: 9g, Sodium: 680mg, Sugar: 8g



TILAPIA LETTUCE WRAPS WITH CAULIFLOWER & SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 900 g tilapia fillets
- 480 g shirataki noodles
- 960 ml cauliflower, riced
- 12 leaves cos lettuce leaves
- 1 large avocado, sliced
- 120 ml almonds, sliced
- 120 ml Greek yoghurt (plain, 0–2%)
- 1 each lemon
- 30 ml fresh dill, chopped
- 2 cloves garlic, finely chopped
- 45 ml avocado oil
- 1.5 tsp lemon pepper (no sugar)



Directions:

1. Prep: Rinse and dry shirataki and lettuce. Zest and juice the lemon. Chop dill, finely chop garlic, slice avocado.
2. Sauce: Mix yoghurt, 1 tsp zest, 15 ml lemon juice, half the dill. Chill.
3. Toast almonds in a dry frying pan 2–3 min; remove. Add shirataki; dry-fry 3–4 min, toss with 5 ml oil and 1 clove garlic; set aside.
4. Heat 15 ml oil; fry riced cauliflower and 1 clove garlic 5–6 min until golden; splash in 5 ml lemon juice; set aside.
5. Pat tilapia dry; season with lemon pepper. Add 15 ml oil; sear 2–3 min per side until opaque. Rest 2 min; slice.
6. Build wraps: Layer lettuce with noodles, cauliflower, tilapia, avocado, almonds. Spoon on yoghurt sauce; sprinkle remaining dill.
7. Serve with lemon wedges; eat immediately.



Nutritional Information:

Calories: 525, Protein: 52g, Carbs: 16g, Fat: 29g, Fibre: 9g, Sodium: 520mg, Sugar: 3g



LEMON-DILL SEA BASS SALAD JARS WITH ASPARAGUS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 675 g skinless sea bass fillets
- 450 g asparagus, trimmed
- 50 g ground almonds
- 25 g parmesan, finely grated
- 120 ml Greek yoghurt, plain
- 1 lemon
- 30 ml fresh dill, chopped
- 2 cloves garlic, finely chopped
- 15 ml olive oil
- 1920 ml baby spinach
- 240 ml cherry tomatoes, halved
- 1/2 tsp black pepper



Directions:

1. Heat oven to 200°C/gas 6. Line a rimmed baking tray. Toss asparagus with 10 ml oil and 1/4 tsp pepper; spread on half.
2. In a bowl, mix ground almonds, parmesan, 15 ml dill, lemon zest, and 1/4 tsp pepper.
3. Pat sea bass dry. Spread 30 ml yoghurt on tops; press crumb mix on. Place on empty half of tray.
4. Bake 12–15 min until fish flakes (57°C) and asparagus is crisp-tender. Cool 10 min.
5. Whisk remaining yoghurt with 45 ml lemon juice, garlic, 5 ml oil, 15 ml dill; thin with 15–30 ml water.
6. Layer 4 x 475 ml jars: dressing, tomatoes, chopped asparagus, flaked sea bass, packed spinach. Seal.
7. Chill for up to 3 days. Shake to coat before eating; enjoy chilled or at cool room temperature.



Nutritional Information:

Calories: 375, Protein: 46g, Carbs: 14g, Fat: 15g, Fibre: 5.8g, Sodium: 330mg, Sugar: 5g



POACHED TROUT SKEWERS WITH PARMESAN CRUST & COURGETTE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g trout fillets, skinless
- 3 medium courgettes
- 180 ml Greek yoghurt, plain
- 240 ml grated Parmesan
- 80 ml almond flour
- 80 ml almond flour breading
- 1 lemon
- 3 cloves garlic
- 120 ml dill + parsley
- 30 ml olive oil
- 2 tsp Old Bay seasoning (low-sodium)
- 1 tsp black pepper
- 480 ml kale



Directions:

1. Poach trout: Simmer 1,440 ml water with lemon zest, dill stems and 1 tsp Old Bay. Add trout; poach 4–5 min until opaque. Drain; cool 5 min.
2. Cut trout into 4 cm chunks. Toss courgettes with 15 ml oil, 1 tsp Old Bay and black pepper.
3. Parmesan crust: Mix 120 ml yoghurt, Parmesan, almond flour, 1 minced garlic clove and remaining lemon zest.
4. Herb sauce: Blend 60 ml yoghurt, kale, chopped dill & parsley, 15 ml oil, 2 garlic cloves and 30 ml lemon juice until smooth.
5. Thread skewers, alternating trout and courgette. Brush all sides with Parmesan crust; leave 5 min to adhere.
6. Grill over medium-high heat 2–3 min each side to brown crust and char the courgettes. Handle gently to avoid flaking.
7. Plate: Arrange skewers over swirls of green herb sauce. Finish with black pepper and extra herbs.



Nutritional Information:

Calories: 550, Protein: 54g, Carbs: 14g, Fat: 31g, Fibre: 4.5g, Sodium: 730mg, Sugar: 5g



SEARED TUNA MEAL PREP WITH FENNEL & CAPER YOGHURT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 x 180 g tuna steaks
- 2 fennel bulbs
- 240 g kale
- 720 ml hearts of palm rice
- 120 ml Greek yoghurt (2% fat)
- 1 lemon
- 30 ml fresh dill
- 30 ml capers
- 2 cloves garlic
- 60 ml olive oil
- 1.5 tsp lemon pepper (no added sugar)
- 1/2 tsp black pepper



Directions:

1. Whisk yoghurt, 1 tsp lemon zest, 10 ml juice, 15 ml dill, capers and black pepper. Chill.
2. Prep veg: slice fennel, chop kale, mince garlic. Pat tuna dry.
3. Heat 30 ml oil in a frying pan (medium-high). Saute fennel 6-8 min to brown. Add garlic, kale; cook 2-3 min. Season with 1/2 tsp lemon pepper + 10 ml lemon juice. Transfer.
4. Add 15 ml oil to the frying pan. Warm hearts of palm rice 2-3 min; fold in 15 ml dill + 1 tsp lemon zest. Transfer.
5. Rub tuna with 15 ml oil and 1 tsp lemon pepper. Sear 1-2 min per side to 49-52°C (medium-rare). Rest 3 min; slice.
6. Divide rice among 4 meal-prep containers. Top with fennel-kale and sliced tuna.
7. Portion sauce into small pots and add to containers. Chill promptly; keeps 3-4 days.



Nutritional Information:

Calories: 430, Protein: 49g, Carbs: 19g, Fat: 17g, Fibre: 8.5g, Sodium: 700mg, Sugar: 6.5g



PRAWN BURGER STACKS ON CAULIFLOWER STEAKS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g prawns
- 1 head cauliflower
- 480 ml cauliflower rice
- 240 ml Parmesan
- 1 avocado
- 480 ml kale
- 1 bulb fennel
- 80 ml Greek yoghurt
- 1 lemon
- 30 ml dill
- 1 shallot
- 30 ml olive oil



Directions:

1. Heat oven to 220°C/gas mark 7. Line 2 trays. Toss cauliflower steaks with 15 ml oil. Roast for 12 min.
2. On tray 2, make 4 mounds (60 ml each) of Parmesan. Bake for 6-8 min until crisp; cool.
3. Quick-pickle the shallot: toss with half the lemon juice; set aside.
4. Slaw: mix yoghurt, remaining lemon juice and zest, 15 ml dill, 5 ml oil. Toss with kale and fennel; chill.
5. Chop prawns finely. Wring moisture from cauli rice. Mix prawns, cauli rice, 15 ml dill, 10 ml oil; form 4 patties.
6. Flip steaks. Add patties to the tray; bake for 8-10 min until firm and opaque.
7. Stack on plates: cauliflower steak, prawn patty, Parmesan crisp, avocado, slaw, pickled shallots.



Nutritional Information:

Calories: 520, Protein: 52g, Carbs: 28g, Fat: 22g, Fibre: 10g, Sodium: 700mg, Sugar: 9g



LEMON-DILL POACHED SCALLOPS WITH TRAY-BAKE ASPARAGUS



Servings:
4



Prep:
15 min



Cook:
28 min



Ingredients:

- 675 g sea scallops, dry-packed
- 450 g asparagus
- 360 g courgette noodles
- 75 ml olive oil
- 1 lemon
- 2 cloves garlic
- 30 ml dill (stems & fronds)
- 120 ml almonds, sliced
- 120 ml Greek yoghurt (2% plain)
- 80 ml ground flaxseed
- to taste sea salt & black pepper



Directions:

1. Heat oven to 200°C/gas 6. Set a small baking dish on one side of a rimmed baking tray.
2. In the dish, add 240 ml water, 15 ml oil, half the lemon, sliced, garlic, dill stems, and a pinch of salt/pepper. Add scallops in a single layer.
3. Toss asparagus with 15 ml oil, lemon zest, and salt/pepper. Spread on the dry side of the tray.
4. Roast 10–12 min until asparagus is tender and scallops are just opaque (49–52°C).
5. Transfer scallops to a plate; strain 45 ml poaching liquid into a bowl. Add courgette noodles to the tray; toss with 15 ml oil, lemon juice, and 30 ml poaching liquid.
6. Return tray to the oven 2–3 min to wilt the noodles. In the bowl, whisk yoghurt, flaxseed, 15 ml poaching liquid, chopped dill fronds, and salt/pepper.
7. Plate the noodles and asparagus; top with scallops. Spoon over the sauce and finish with sliced almonds and black pepper.



Nutritional Information:

Calories: 480, Protein: 39g, Carbs: 19g, Fat: 28g, Fibre: 7g, Sodium: 600mg, Sugar: 4g



SEARED MUSSELS WITH LEMON COURGETTE & SPAGHETTI SQUASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2250 g mussels, live in shell
- 1 large spaghetti squash
- 2 medium courgettes
- 120 ml ground linseed
- 30 ml olive oil
- 15 ml butter
- 4 cloves garlic
- 1 lemon
- 30 ml capers
- 80 ml dill and parsley
- 1 tsp + 1/4 tsp black pepper & chilli flakes
- 60 ml hemp seeds



Directions:

1. Halve and deseed squash; place cut side down in a microwave-safe dish with 120 ml water. Microwave 10–12 min until tender. Cool, scrape about 1.2 litres of strands; keep warm.
2. Scrub and de-beard mussels; discard cracked shells. Rinse and drain well.
3. Heat 15 ml olive oil in a large frying pan over medium-high heat. Sear courgettes for 3–4 min until browned; season with pepper and chilli flakes. Transfer to a bowl.
4. Add 30 ml water and half the garlic to the pan. Add mussels, cover; cook on high 2–4 min until opened. Discard any that stay shut. Remove meat; pat dry.
5. Toss mussel meat with linseed meal. Wipe the pan; add 15 ml olive oil and butter. Pan-sear 1–2 min, tossing, until lightly crisp.
6. Add remaining garlic, capers, lemon zest and juice; simmer 30 sec. Return the courgettes and squash; toss to coat, warm 1–2 min. Stir in dill and parsley. Taste and add pepper or more lemon. Divide between bowls; top with hemp seeds and extra herbs.



Nutritional Information:

Calories: 530, Protein: 40g, Carbs: 32g, Fat: 27g, Fibre: 8g, Sodium: 760mg, Sugar: 8g



GRILL-STYLE CLAM & PRAWN BAKE WITH FENNEL SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.35 kg littleneck clams, scrubbed
- 675 g large prawns, peeled/deveined
- 3 each fennel bulbs, cored, 1/2" wedges
- 720 g shirataki noodles, rinsed, drained
- 75 ml olive oil, divided
- 4 cloves garlic, minced, divided
- 1 each lemon, zested and juiced
- 1.5 tsp Old Bay seasoning (low-salt)
- 120 ml Greek yoghurt (2%)
- 30 ml fresh dill, chopped
- 15 ml capers, rinsed, chopped
- 30 ml fresh parsley, chopped



Directions:

1. Heat oven to 220°C/gas mark 7. Rinse, drain and pat dry shirataki.
2. Toss fennel with 30 ml oil, half the garlic, lemon zest and Old Bay.
3. Spread shirataki on a baking tray; bake 8 min to dry. Add fennel; bake 10 min.
4. Scrub clams. Toss prawns with 15 ml oil and a pinch of Old Bay.
5. Add clams and prawns to the tray. Bake 10–12 min until clams open; discard any closed.
6. Sauces: Mix yoghurt, dill, 5 ml lemon juice and a pinch of garlic. In another bowl, whisk 30 ml oil, remaining juice, capers and parsley.
7. Pile noodles, fennel, clams and prawns on a platter, grill-style. Serve family-style with both sauces for dipping.



Nutritional Information:

Calories: 450, Protein: 48g, Carbs: 17g, Fat: 21g, Fibre: 8g, Sodium: 780mg, Sugar: 6g



POACHED SQUID OVER COURGETTI WITH CAULIFLOWER CREAM



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g squid (calamari)
- 1920 ml cauliflower florets
- 1440 ml courgette noodles
- 80 ml almond flour breading
- 30 ml ground flaxseeds
- 45 ml olive oil
- 4 cloves garlic
- 1 lemon
- 240 ml Greek yoghurt
- 60 g parmesan, grated
- 60 ml parsley
- 1 tsp black pepper and chilli flakes



Directions:

1. In a large saucepan, bring 1,920 ml water, 2 smashed garlic cloves and 2 wide lemon peel strips to a bare simmer, 5 min.
2. Add cauliflower; poach until very tender, 8–10 min. Lift out with a colander; keep the poaching liquid at a gentle simmer.
3. Blend cauliflower with yoghurt, 1 minced garlic, 30 g parmesan, 30 ml lemon juice and pepper; add 120–180 ml hot poaching liquid until silky.
4. Hold liquid at 75–80°C. Add squid; poach 60–90 sec until just opaque and tender. Drain well.
5. In a frying pan, warm 30 ml oil. Toast almond flour breading, flaxseeds, 1 minced garlic, lemon zest and chilli flakes 2–3 min; stir in parsley and 30 g parmesan.
6. Toss courgette noodles with 15 ml oil in the frying pan over medium-high heat for 1–2 min until crisp-tender.
7. To serve: twirl courgette noodles, spoon cauliflower cream, top with squid, shower with almond crumb; finish with black pepper.



Nutritional Information:

Calories: 560, Protein: 55g, Carbs: 30g, Fat: 24g, Fibre: 8g, Sodium: 500mg, Sugar: 10g



PARMESAN-CRUSTED SALMON WITH ASPARAGUS & DILL RICE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 720 g salmon fillets, skin-on
- 120 ml parmesan, finely grated
- 30 ml almond flour coating
- 1 lemon
- 2 cloves garlic
- 450 g asparagus
- 960 ml cauliflower rice
- 1440 ml kale
- 30 ml fresh dill
- 25 ml olive oil
- 1 tsp lemon pepper (no sugar)
- 30 ml ground linseeds



Directions:

1. In a bowl, mix parmesan, almond flour, lemon zest, 1 tbsp dill and 1/2 tsp lemon pepper. Pat the salmon dry; press the mixture onto the flesh side.
2. Heat 1 tbsp oil in a 30 cm non-stick frying pan over medium-high heat. Add asparagus and 1 clove garlic; season with lemon pepper. Sear 3–5 mins until tender-crisp; transfer and keep warm.
3. Add 1/2 tbsp oil. Place salmon crust-side down; sear 3–4 mins until golden. Flip; cook 2–4 mins to 52–54°C. Rest 2 mins off the heat.
4. In a medium frying pan, sauté the remaining garlic for 30 seconds. Add cauliflower rice; cook 4–5 mins. Stir in the kale to wilt, 2–3 mins. Season with lemon pepper.
5. Off the heat, fold in 1 tbsp dill and a squeeze of lemon; sprinkle over the ground linseeds and toss.
6. To serve in bowls: spoon the dill cauli-kale rice, top with salmon, add the asparagus. Serve with lemon wedges.



Nutritional Information:

Calories: 570, Protein: 46g, Carbs: 16g, Fat: 35g, Fibre: 7g, Sodium: 720mg, Sugar: 4g



COD LETTUCE WRAPS WITH COURGETTE & HEARTS OF PALM RICE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 900 g cod fillets
- 2 tsp Old Bay seasoning (low-salt)
- 1/2 tsp black pepper
- 60 ml olive oil
- 1 ea lemon
- 120 ml Greek yoghurt
- 30 ml fresh dill
- 2 medium courgette
- 360 g hearts of palm rice
- 12 leaves lettuce leaves
- 2 ea spring onions
- 120 ml flaked almonds



Directions:

1. Heat oven to 200°C/gas mark 6. Oil a baking tray. Pat cod dry; rub with 30 ml oil, Old Bay, pepper and lemon zest.
2. Bake cod 10–12 min until opaque and 63°C. In the last 5 min, spread drained hearts of palm rice on the tray to warm/dry.
3. Whisk yoghurt with 15 ml lemon juice, 5 ml oil and half the dill; season with black pepper.
4. Toss courgette and spring onions with the remaining dill and 15 ml lemon juice; drizzle 15 ml oil. Keep crisp.
5. Flake cod into thick strips. Set out lettuce leaves, warm rice, cod, courgette mix, almonds and sauce.
6. Build wraps: Spoon rice into lettuce, add cod, top with courgette and almonds; drizzle yoghurt-dill sauce.



Nutritional Information:

Calories: 445, Protein: 49g, Carbs: 14g, Fat: 22g, Fibre: 6g, Sodium: 450mg, Sugar: 5g



RED MEAT & PORK





CHARRED SIRLOIN, TRAY-BAKED BROCCOLI & CAULI MASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g sirloin steak
- 675 g broccoli
- 30 ml olive oil
- 3 cloves garlic
- 2 tsp rosemary
- 1 tsp smoked paprika
- 1 tsp black pepper
- 1 tsp lemon zest
- 720 ml cauliflower mash
- 80 ml Greek yoghurt
- 60 ml Parmesan



Directions:

1. Heat the grill to high (230–260°C). Put a baking tray in a 220°C/gas mark 7 oven to preheat.
2. Toss broccoli with 15 ml oil, half the garlic, paprika, rosemary and pepper.
3. Pat steak dry; rub with remaining 15 ml oil, garlic, lemon zest and more pepper.
4. Grill steak 2–3 min each side for a deep char; move to the hot baking tray. Scatter broccoli around.
5. Roast 8–12 min, flipping broccoli once, until steak is 54–57°C or to your liking.
6. Warm cauliflower mash in a saucepan; stir in the Greek yoghurt and Parmesan until creamy.
7. Rest steak 5 min; slice. Spoon mash onto plates; top with steak and roasted broccoli.



Nutritional Information:

Calories: 585, Protein: 53g, Carbs: 19g, Fat: 33g, Fibre: 7g, Sodium: 350mg, Sugar: 6g



ONE-PAN HERB FLANK STEAK WITH COURGETTE & CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g flank steak
- 1920 ml cauliflower rice
- 960 ml courgette
- 960 ml green cabbage
- 4 cloves garlic
- 1 tsp rosemary
- 1 tsp smoked paprika
- 1 tsp black pepper
- 3/4 tsp kosher salt
- 30 ml olive oil
- 15 ml butter
- 1 lemon



Directions:

1. Heat oven to 200°C/gas 6. Season steak with 1 tbsp oil, smoked paprika, 1/2 tsp salt and 1/2 tsp pepper.
2. Sear steak in a 30 cm ovenproof frying pan over high heat, 2–3 min per side, until well browned.
3. Move frying pan to the oven; roast 6–10 min to 52–54°C. Transfer steak to a board; tent with foil and rest 8–10 min.
4. Return frying pan to medium-high; add 1 tbsp oil. Sauté cabbage 3 min; add courgette 2 min.
5. Stir in cauliflower rice and half the garlic; cook 3–4 min. Add lemon zest, remaining salt and pepper.
6. Push veg aside; add butter, rosemary and remaining garlic. Sizzle 30 sec; add 1 tbsp lemon juice; scrape up any browned bits.
7. Slice steak thinly against the grain. Toss veg in the pan juices. Serve veg topped with steak; spoon the sauce over.



Nutritional Information:

Calories: 510, Protein: 45g, Carbs: 19g, Fat: 27g, Fibre: 7g, Sodium: 620mg, Sugar: 8g



PRESSURE-BRAISED BEEF & PORK PLATTER WITH COURGETTI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g topside steak
- 360 g pork fillet
- 2 ea onions
- 720 g courgette noodles
- 360 g cabbage
- 240 g spinach
- 4 cloves garlic
- 45 ml olive oil
- 2.5 tsp smoked paprika
- 1.5 tsp Italian seasoning
- 160 ml Greek yoghurt
- 1 ea lemon



Directions:

1. Add beef, half the onion wedges, 2 garlic cloves, 1 tsp paprika, 1 tsp Italian seasoning and 120 ml water to cooker. High pressure 20 min; quick release.
2. Toss pork with 15 ml oil, 1 tsp paprika, 1/2 tsp Italian seasoning.
3. Split yoghurt into 2 bowls. Dip 1: yoghurt + lemon zest + 15 ml juice + 1 finely chopped garlic clove. Dip 2: yoghurt + 1/2 tsp paprika + 5 ml juice. Chill.
4. Heat grill/griddle pan to high. Grill pork 2-3 min per side to 63°C; rest.
5. Drain beef; toss with 15 ml oil. Grill beef 1-2 min per side for char. Grill remaining onion wedges until lightly charred.
6. Toss courgetti, cabbage and spinach with 15 ml oil plus 15 ml lemon juice. Grill in a basket or saute 1-2 min to just wilt; keep crisp.
7. Pile veg on a platter. Top with grilled beef, pork and onions. Serve family style with both dips.



Nutritional Information:

Calories: 535, Protein: 67g, Carbs: 18g, Fat: 22g, Fibre: 6g, Sodium: 250mg, Sugar: 6g



CHARRED COURGETTI BOWL WITH BEEF RAGÙ & ASPARAGUS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g beef mince (90–95% lean)
- 2 courgettes
- 450 g asparagus
- 1 medium spaghetti squash
- 480 ml tomatoes
- 240 g mushrooms
- 3 cloves garlic
- 1.5 tsp Italian seasoning
- 45 ml olive oil
- 80 ml Parmesan cheese
- 1 lemon
- to taste kosher salt & black pepper



Directions:

1. Halve the squash; microwave cut-side down for 10–12 min until tender. Scrape out strands. Heat the grill to medium-high (220°C/gas mark 7).
2. Toss the asparagus with 15 ml oil and pepper. Spiralise the courgettes; lightly salt, blot dry.
3. Set a cast-iron frying pan on the grill. Add 30 ml oil; sauté garlic 30 sec, add mushrooms 2 min. Crumble in the beef mince; brown 5–7 min.
4. Stir in the tomatoes, Italian seasoning, pepper and a pinch of salt. Simmer 5 min on the grill. Fold in the squash strands; heat for 2 min.
5. Grill the asparagus 5–7 min, turning, until charred-tender. Zest the lemon over.
6. Mound the courgetti in 4 bowls. Spoon the beef-squash ragù on top.
7. Top with the grilled asparagus, grated Parmesan and a squeeze of lemon. Serve hot.



Nutritional Information:

Calories: 500, Protein: 42g, Carbs: 24g, Fat: 26g, Fibre: 8g, Sodium: 700mg, Sugar: 9g



BISON STEAK, ROASTED BROCCOLI & SHIRATAKI ON CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g bison steak
- 565 g broccoli florets
- 720 g shirataki noodles
- 960 ml cauliflower rice
- 30 ml olive oil
- 15 ml unsalted butter
- 4 cloves garlic
- 1 each lemon
- 1 tsp smoked paprika
- 1 tsp black pepper
- 120 ml parmesan, grated



Directions:

1. Preheat oven to 220°C/gas 7. Pat bison dry; season with smoked paprika and black pepper. Toss broccoli with 15 ml oil; spread on half of a baking tray.
2. Add steaks to the tray. Roast 12–16 min to 52–54°C, turning once. Move steak to a plate, loosely tent with aluminium foil, and rest 8 min; keep broccoli on the tray to stay crisp-tender.
3. Rinse and drain shirataki. Dry-fry in a large frying pan over medium-high heat for 2–3 min to remove moisture.
4. Add butter and 1 finely chopped garlic clove; cook 30 sec. Stir in half the lemon zest; transfer noodles to a bowl.
5. In the same frying pan, heat 15 ml oil. Fry 3 finely chopped garlic cloves for 30 sec. Add cauliflower rice; cook 4–5 min. Stir in the Parmesan and remaining zest.
6. Slice steak thinly. Toss broccoli with any tray juices. Serve a cauli rice base, nest the noodles, top with steak, add broccoli; finish with a squeeze of lemon.



Nutritional Information:

Calories: 480, Protein: 46g, Carbs: 18g, Fat: 25g, Fibre: 11g, Sodium: 420mg, Sugar: 5g



PRESSURE-COOKED BISON WRAPS, ALMOND-CRISP COURGETTE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g bison mince
- 50 g ground almonds for coating
- 450 g courgette
- 12 leaves cabbage leaves
- 160 ml Greek yoghurt
- 30 ml olive oil
- 3 cloves garlic
- 2 tsp spice blend
- 3/4 tsp coarse salt
- 240 ml Parmesan crisps, crushed
- 240 g avocado, sliced
- 15 ml lemon juice



Directions:

1. Mix bison mince, 80 ml yoghurt, 25 g ground almonds, garlic, spice blend, 1/2 tsp salt. Shape a 20 x 10 cm loaf.
2. Add 240 ml water to the pressure cooker; set the trivet. Place loaf on an aluminium foil sling on the trivet. Cook on high pressure 20 min; quick release.
3. Toss courgette with oil, remaining 25 g ground almonds, and a pinch of salt. Roast at 220°C/gas 7 on a baking tray 12–15 min until crisp.
4. Stir remaining 80 ml yoghurt with lemon juice and a pinch of salt.
5. Prepare wraps: separate 12 cabbage leaves, slice the avocado, and crush the Parmesan crisps.
6. Rest loaf 5 min; slice thinly.
7. Serve build-your-own wraps: leaves + bison slices + courgette crisps, avocado, Parmesan crunch, and yoghurt sauce.



Nutritional Information:

Calories: 665, Protein: 56g, Carbs: 18g, Fat: 41g, Fibre: 9g, Sodium: 760mg, Sugar: 5g



PORK FILLET SALAD JARS WITH ONIONS & PARMESAN CRISPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g pork fillet
- 1 large red onion
- 1920 ml baby spinach
- 240 ml roasted red peppers
- 1 large avocado
- 120 ml Greek yoghurt
- 1 lemon
- 3 cloves garlic
- 45 ml olive oil
- 1 tsp dried oregano
- 1 tsp black pepper
- 60 g Parmesan crisps



Directions:

1. Whisk yoghurt, 30 ml lemon juice + zest, 30 ml oil, garlic, oregano, 1/2 tsp pepper. Divide dressing among 4 jars.
2. Heat grill to medium-high (230°C/gas mark 8). Oil the grill bars with 15 ml oil. Season pork with remaining 1/2 tsp pepper.
3. Grill pork, turning, until 60°C at the centre, 12–15 min. Rest 5–10 min, then slice thin.
4. Grill onion rounds 3–4 min per side until char-tender; chop.
5. Toss avocado with 15 ml lemon juice to prevent browning.
6. Layer jars over dressing: onions, red peppers, sliced pork, spinach. Top with avocado; seal.
7. Pack Parmesan crisps separately; add just before eating. Shake jar to coat when ready.



Nutritional Information:

Calories: 500, Protein: 43g, Carbs: 19g, Fat: 27g, Fibre: 7g, Sodium: 480mg, Sugar: 6g



HERB PORK SKEWERS WITH ROASTED ASPARAGUS & MASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g pork loin chops
- 450 g asparagus
- 960 ml cauliflower mash
- 45 ml olive oil
- 4 cloves garlic
- 1 each lemon
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp black pepper
- 1 tsp kosher salt
- 80 ml olives
- 120 ml walnuts



Directions:

1. Heat the oven to 230°C/gas mark 8. Line a baking tray with a rack; oil lightly. Soak wooden skewers for 10 mins if using.
2. In a bowl, toss the pork and asparagus with 45 ml oil, 2 cloves garlic, 1 tsp lemon zest, paprika, 1 tsp oregano, 3/4 tsp salt, 1/2 tsp pepper. Marinate for 10 mins.
3. Thread the pork and asparagus alternately onto 8 skewers; set on the prepared rack with space.
4. Roast for 12–15 mins at 230°C/gas mark 8, turning once, until the pork reaches 63°C; rest for 5 mins.
5. Warm the cauliflower mash until hot; season with pepper to taste.
6. Make the sauce: mix the olives, walnuts, 15 ml oil, 2 cloves garlic, the remaining zest and lemon juice, 1 tsp oregano, and a pinch of salt and pepper.
7. Spoon the mash onto plates, arrange 2 skewers each, and drizzle with the olive-herb sauce.



Nutritional Information:

Calories: 560, Protein: 44g, Carbs: 14g, Fat: 33g, Fibre: 8g, Sodium: 780mg, Sugar: 4g



WEEK-LONG PORK RAGÙ BOWLS WITH BROCCOLI & CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g lean pork mince
- 450 g broccoli florets
- 960 ml cauliflower rice
- 480 ml tomatoes, diced
- 1 small + 4 cloves onion & garlic
- 960 ml baby spinach
- 30 ml olive oil
- 2 tsp dried oregano
- 1 tsp black pepper
- 3/4 tsp sea salt
- 1 tsp lemon zest
- 120 ml Parmesan cheese



Directions:

1. Set the Instant Pot to Sauté. Heat 15 ml oil; cook onion & garlic for 2 min until fragrant.
2. Add pork, 1/4 tsp salt and pepper. Cook 5–6 min, breaking it up, until lightly browned.
3. Stir in tomatoes, oregano, spinach. Lock lid; cook on High pressure for 5 min. Quick release.
4. Switch to Sauté; simmer 2–3 min to thicken. Transfer pork ragù to a bowl.
5. Add 10 ml oil; add broccoli, lemon zest, a pinch of salt. Sauté 3 min, splash in 30 ml water, cover 2 min.
6. Remove broccoli. Add 10 ml oil; add cauliflower rice, a pinch of salt & pepper; sauté 3–4 min until hot.
7. Portion 4 containers: 240 ml cauli rice, ~180 g pork ragù, broccoli. Top with Parmesan. Cool, seal, chill.



Nutritional Information:

Calories: 550, Protein: 41g, Carbs: 22g, Fat: 31g, Fibre: 8g, Sodium: 820mg, Sugar: 8g



LAMB CHOP BURGER STACKS WITH COURGETTI SLAW



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 900 g lamb loin chops
- 15 ml olive oil
- 2 cloves garlic
- 1 tsp oregano
- 1 tsp black pepper
- 1 large lemon
- 360 g courgette noodles
- 1200 ml cabbage
- 120 ml Greek yoghurt
- 60 g Cheddar cheese
- 1 medium avocado
- 1/2 small red onion



Directions:

1. Heat grill to medium-high. Toss chops with oil, garlic, oregano, lemon zest, and pepper; rest 15 min.
2. Slaw: Mix yoghurt with 15 ml lemon juice and a pinch pepper. Toss with cabbage and courgette noodles (patted dry); chill.
3. Quick pickles: Toss thinly sliced red onion with 30 ml lemon juice; set aside.
4. Grill chops 3–4 min/side to 57°C for medium. In last minute, top each with Cheddar to melt. Rest 5 min.
5. Slice avocado thinly.
6. Build stacks: mound slaw on plates, top with cheesy chop, avocado, and pickled onions. Serve extra slaw on side.



Nutritional Information:

Calories: 610, Protein: 44g, Carbs: 16g, Fat: 41g, Fibre: 6g, Sodium: 250mg, Sugar: 7g



TRAYBAKE LAMB KOFTA WITH SQUASH AND SWEET ONIONS



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 900 g lamb mince (lean)
- 1 medium spaghetti squash
- 2 medium brown onions
- 360 g Brussels sprouts
- 30 ml olive oil
- 3 cloves garlic
- 1.5 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 120 ml Greek yoghurt
- 1 lemon
- to taste sea salt & black pepper



Directions:

1. Heat oven to 220°C/gas mark 7. Set a rimmed baking tray on the centre shelf.
2. Halve squash; scoop seeds. Brush with 15 ml oil; season lightly. Place cut-side down on tray; roast 20 min.
3. Mix lamb, 1 onion grated, garlic, 15 ml oil, cumin, coriander, smoked paprika, 1 tsp salt, 1/2 tsp pepper. Shape 12 meatballs.
4. Cut remaining onion into 8 wedges; toss with sprouts. Turn squash cut-side up; add onion/sprouts and meatballs to tray. Roast 12–15 min until 71°C.
5. Stir yoghurt with 30 ml lemon juice and pepper.
6. Shred squash into strands. Plate squash, top with lamb and roasted onions/sprouts; spoon yoghurt over. Add lemon to taste.



Nutritional Information:

Calories: 560, Protein: 49g, Carbs: 26g, Fat: 29g, Fibre: 7g, Sodium: 650mg, Sugar: 9g



PRESSURE-BRAISED SHORT RIBS WITH ASPARAGUS & SHIRATAKI



Servings:
4



Prep:
15 min



Cook:
55 min



Ingredients:

- 1350 g beef short ribs (trimmed)
- 1.5 tsp kosher salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 30 ml olive oil
- 1 medium onion
- 240 g mushrooms
- 4 cloves garlic
- 4 sprigs fresh thyme
- 240 ml water
- 450 g asparagus
- 960 g shirataki noodles



Directions:

1. Pat the ribs dry. Season with 1.5 tsp salt, 1 tsp pepper, 1 tsp smoked paprika.
2. Set cooker to Sauté (High). Add 15 ml oil; sear ribs 2–3 min per side in batches. Remove.
3. Add 15 ml oil; sauté onion, mushrooms, garlic, thyme 3–4 min. Add 240 ml water, scrape browned bits.
4. Return ribs and juices. Lock lid; cook on High pressure 35 min. Natural release 10 min.
5. Transfer ribs to a plate. Skim fat. Simmer sauce on Sauté 5–7 min to reduce by 1/3; season to taste.
6. Add asparagus; cook 3–4 min until tender-crisp.
7. Rinse shirataki; drain well. Add to pot; toss 2–3 min to heat. Return ribs; coat with sauce. Serve.



Nutritional Information:

Calories: 600, Protein: 40g, Carbs: 14g, Fat: 42g, Fibre: 8g, Sodium: 740mg, Sugar: 3g



WRAPS, BURGERS & HANDHELDS



TURKEY KOFTA LETTUCE WRAPS WITH CAULI RICE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 790 g turkey mince
- 960 ml cauliflower rice
- 12 leaves cos lettuce leaves
- 30 ml olive oil
- 2 cloves garlic
- 2 tsp Cajun seasoning (no added sugar)
- 1 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 240 ml tomatoes
- 80 ml red onion
- 1 large avocado



Directions:

1. Heat the grill to medium-high (220°C/gas 7). Clean and oil the grates. Set a frying pan on the grill or hob.
2. In a bowl, mix turkey, garlic, Cajun, paprika, salt and pepper. Form 12 small patties (about 60–75 g). Brush with 15 ml oil.
3. Grill patties 3–4 min per side to 74°C; rest 3 min.
4. In the frying pan, heat the remaining 15 ml oil; sauté the cauliflower rice for 5–6 min. Season with a pinch of Cajun and pepper.
5. Toss tomatoes with onion; slice the avocado. Separate 12 large cos lettuce leaves.
6. Build wraps: on each cos lettuce leaf, spoon 60 ml cauli rice, top with 1 patty, tomatoes, onion and avocado.
7. Serve 3 wraps per person. Eat warm, hand-held.



Nutritional Information:

Calories: 465, Protein: 40g, Carbs: 13g, Fat: 28g, Fibre: 7g, Sodium: 650mg, Sugar: 4g



LEMON & DILL CHICKEN KOFTA WRAP BAR



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 790 g chicken mince
- 2 cloves garlic
- 2.5 tsp spice blend
- 10 ml olive oil
- 180 ml Greek yoghurt
- 30 ml dill
- 1 ea lemon
- 480 ml tomatoes
- 480 ml cabbage coleslaw mix
- 12 leaves lettuce leaves
- 4 ea low-carb tortillas
- 1 ea avocado



Directions:

1. Preheat air fryer to 200°C (gas mark 6). In a bowl, mix chicken, garlic, 2 tsp spice blend, and 5 ml oil until tacky.
2. Shape 4 tight logs (about 15 cm). Air-fry 6 min; flip with tongs; cook 4–6 min more to 74°C.
3. Rest 5 min; slice the logs thinly on the diagonal.
4. Stir yoghurt with lemon zest + 10 ml juice and 15 ml dill for the sauce.
5. Toss coleslaw with 5 ml oil, 10 ml lemon juice, 15 ml dill, and a pinch of the remaining spice blend.
6. Prep toppings: dice tomatoes; slice avocado; rinse and dry lettuce; warm tortillas.
7. Build-your-own: Fill tortillas or lettuce with sliced chicken, coleslaw, tomatoes, avocado; spoon over the yoghurt sauce.



Nutritional Information:

Calories: 530, Protein: 48g, Carbs: 32g, Fat: 27g, Fibre: 18g, Sodium: 550mg, Sugar: 6g



AVOCADO BURGER MEAL-PREP STACKS ON ALMOND BUNS



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 675 g beef mince (5–10% fat)
- 2 tsp everything bagel seasoning
- 4 almond flour buns
- 60 ml Greek yoghurt
- 15 ml mayonnaise (olive oil-based)
- 0.5 lemon
- 480 ml cabbage slaw
- 1 tomato
- 0.5 small red onion
- 120 ml gherkins
- 1 large avocado
- 1 spritz olive oil spray



Directions:

1. Mix mince with 1.5 tsp seasoning. Form four 180 g patties; press a shallow dimple in centres.
2. Sear patties in a hot, dry non-stick frying pan (light spray if needed) 3–4 min each side to 71°C. Cool.
3. Whisk yoghurt, mayonnaise, lemon juice and 0.5 tsp seasoning for a tangy burger dressing.
4. Layer 4 containers: dressing on the base (15–20 ml), then gherkins, onion, tomato, then slaw.
5. Top each with 1/4 avocado; press cling film onto avocado to limit browning.
6. Pack buns and patties separately. For lunch, reheat patty if desired; pile salad and avocado on bun, add patty, top.
7. Seal containers; chill for up to 3 days for grab-and-go burger builds.



Nutritional Information:

Calories: 550, Protein: 47g, Carbs: 22g, Fat: 30g, Fibre: 12g, Sodium: 850mg, Sugar: 4g



KOFTA TURKEY SKEWERS WITH CLOUD BREAD & GREENS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g turkey burgers (raw patties)
- 2 ea peppers
- 2880 ml baby spinach
- 1920 ml cabbage slaw (shredded)
- 30 ml olive oil
- 3 cloves garlic
- 1.5 tsp cumin
- 1 tsp smoked paprika
- 1 ea lemon
- 180 ml Greek yoghurt (fat-free)
- 80 ml parsley & dill
- 8 ea cloud bread rounds



Directions:

1. Heat the grill to medium-high (220–230°C/gas 7–8). Soak wooden skewers for 10 min; oil the grates.
2. Mix the oil, garlic, cumin, smoked paprika and lemon zest. Toss peppers with 1/3; coat turkey with 2/3.
3. Crumble the patties; form 8 kofta logs. Thread meat and peppers onto skewers, alternating; press to adhere.
4. Grill skewers 10–12 min, turning, to 74°C; char peppers 6–8 min. Warm cloud bread 30–60 sec on the cooler side.
5. Stir the yoghurt with 15 ml lemon juice, chopped parsley & dill, and 1 grated garlic clove.
6. Toss the spinach and slaw with the remaining lemon juice (add a pinch of smoked paprika if desired).
7. Spread sauce on cloud bread, pile on spinach-sl原因, slide kofta and peppers off skewers; drizzle more sauce. Serve warm.



Nutritional Information:

Calories: 570, Protein: 62g, Carbs: 19g, Fat: 27g, Fibre: 8g, Sodium: 950mg, Sugar: 8g



LEMON-DILL SALMON BURGER PREP, PORTOBELLO BUNS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 patty salmon burgers
- 8 each portobello caps
- 1440 ml cos lettuce leaves
- 960 ml cabbage slaw
- 1 each avocado
- 180 ml Greek yoghurt
- 80 ml gherkins
- 1 each lemon
- 30 ml dill
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 15 ml olive oil



Directions:

1. Make the sauce: Mix yoghurt, gherkins, lemon zest, 15 ml juice, dill, garlic powder and a pinch of pepper in a bowl. Chill.
2. Prep caps: Wipe dry; scrape gills if watery. Brush with 10 ml oil and 1/4 tsp pepper. Air-fry at 195°C/gas mark 6 for 8–10 min, turning once. Blot.
3. Cook burgers: Air-fry patties at 205°C/gas mark 6 for 8–10 min, turning halfway, to 63°C internal.
4. Toss slaw: In the same bowl, combine slaw with 5 ml oil, 15 ml lemon juice and the remaining pepper.
5. Portion: Divide cos lettuce and slaw among 4 containers. Spoon sauce into small lidded cups.
6. Pack: Add 2 portobello buns and 1 salmon patty per container. Top patty with avocado slices. Seal.
7. To serve: Reheat patty and caps in the air fryer for 2–3 min. Assemble the burger with cos lettuce and sauce; eat the slaw on the side.



Nutritional Information:

Calories: 460, Protein: 35g, Carbs: 21g, Fat: 26g, Fibre: 9g, Sodium: 650mg, Sugar: 6g



NORI-STACKED TUNA BURGER PLATES WITH AVOCADO SLAW



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 8 ea tuna patties (small)
- 120 g Cheddar, grated
- 960 ml cabbage slaw
- 120 ml Greek yoghurt
- 15 ml mayonnaise (olive oil-based)
- 1 tsp lemon zest
- 15 ml dill
- 1/2 tsp onion powder
- 4 sheets nori sheets
- 2 ea tomatoes
- 2 ea avocado
- 120 ml dill gherkins



Directions:

1. In a bowl, toss the cabbage slaw, Greek yoghurt, mayonnaise, lemon zest, dill and onion powder; chill for 10 min.
2. Heat a dry frying pan over medium; toast nori 10–15 sec per side until crisp. Cut each sheet into 2 squares (8 total).
3. Warm the tuna patties in the frying pan 2–3 min per side; sprinkle with Cheddar to melt.
4. Slice the tomatoes, avocados and gherkins.
5. Assemble 4 plates: nori square, cheesy patty, tomato slice, avocado, gherkins, a spoon of slaw.
6. Top each with a second patty and more slaw; add extra nori shards for crunch.
7. Serve bunless burger stacks on plates. Eat with a knife and fork.



Nutritional Information:

Calories: 495, Protein: 44g, Carbs: 16g, Fat: 28g, Fibre: 9g, Sodium: 850mg, Sugar: 5g



CHILLI-LIME CHICKEN & AVOCADO CHEESE-SHELL TACOS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 675 g chicken breast
- 2 peppers
- 1 red onion
- 2 avocado
- 8 cheese crisps
- 15 ml olive oil
- 1.5 tsp chilli powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 2 cloves garlic
- 1 lime
- 1/2 tsp black pepper



Directions:

1. Preheat the barbecue to medium-high (220–230°C/gas mark 7–8). Set a rimmed baking tray on the grates to heat for 5 min.
2. In a bowl, toss chicken, peppers and onion with olive oil, chilli powder, cumin, smoked paprika and garlic.
3. Spread mixture on the hot tray in one layer. Cover the barbecue; cook 8–10 min. Turn and stir; cook 6–8 min more, until chicken reaches 74°C.
4. Halve, stone and slice the avocados. Squeeze half the lime over the slices; reserve the rest as wedges.
5. Warm cheese crisps on a cooler zone for 30–60 sec to soften; quickly shape into taco shells with tongs.
6. Fill shells with chicken, peppers, onion and avocado. Finish with lime wedges and a pinch of black pepper.
7. Serve 2 tacos per person. Eat hot; keep the tray on the barbecue to stay warm between batches.



Nutritional Information:

Calories: 510, Protein: 48g, Carbs: 16g, Fat: 27g, Fibre: 8g, Sodium: 620mg, Sugar: 5g



CRISPY COLLARD PORK WRAPS WITH GARLICKY SPINACH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g pulled pork (lean, no sugar sauce)
- 8 leaves collard green wraps (large leaves)
- 1920 ml spinach, chopped
- 480 ml cabbage slaw (shredded)
- 2 cloves garlic, minced
- 30 ml olive oil
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 tsp black pepper
- 120 ml Greek yoghurt (0%)
- 1 tsp mustard powder
- 1 ea lemon



Directions:

1. Preheat air fryer to 190°C/gas 5. Trim thick collard stems; shave ribs flat so leaves roll easily. Reserve 5 ml oil for brushing.
2. Heat 15 ml oil in a 30 cm frying pan over medium-high. Sauté garlic 30 sec. Add pulled pork; sear 3–4 min with paprika, cumin and pepper.
3. Add spinach and cabbage; toss until wilted, 1–2 min. Remove pan from heat.
4. Stir in Greek yoghurt, mustard powder, lemon zest and a squeeze of juice to coat the pork. Mix well.
5. Lay 2 collard leaves per wrap, overlapping. Spoon filling across centres; tuck sides and roll tightly into 4 logs.
6. Brush wraps with reserved oil. Air-fry seam side down at 190°C/gas 5 for 5–7 min until edges crisp and leaves soften.
7. Rest 2 min. Slice in half. Serve with remaining lemon wedges.



Nutritional Information:

Calories: 412, Protein: 46g, Carbs: 12g, Fat: 20g, Fibre: 6g, Sodium: 300mg, Sugar: 5g



COS LETTUCE WRAP FEAST WITH BISON SLIDERS & DIPS



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 720 g bison burgers
- 240 g tofu slabs
- 16 leaves cos leaves
- 2 each peppers
- 10 ml olive oil
- 120 ml Greek yoghurt
- 1 each avocado
- 1 each lime
- 30 ml mayonnaise (olive oil based)
- 3 tsp Cajun seasoning (no sugar)
- 960 ml cabbage slaw



Directions:

1. Heat grill or grill pan to medium-high. Season bison and tofu with 1.5 tsp Cajun; toss peppers with oil and 1/2 tsp Cajun.
2. Grill bison 3–4 min per side to 71°C; rest 5 min. Grill tofu and peppers 2–3 min per side until charred-tender.
3. Mash avocado with lime juice; stir in yoghurt for a creamy green dip.
4. Mix mayonnaise with 1 tsp Cajun for a quick spicy dip.
5. Arrange cos leaves on a platter; top centres with the slaw.
6. Slice patties in halves. Add bison, tofu and peppers to the platter with both dips.
7. Assemble wraps at the table: fill cos with bison/tofu, peppers and dips; fold and eat.



Nutritional Information:

Calories: 570, Protein: 49g, Carbs: 18g, Fat: 30g, Fibre: 7g, Sodium: 720mg, Sugar: 6g



COURGETTE NOODLE MEATBALL WRAPS, TOMATO-DILL YOGHURT



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 565 g turkey meatballs
- 4 each low-carb tortillas
- 720 g courgette (spiralised)
- 360 ml tomatoes, diced
- 120 ml cucumber, grated
- 180 ml Greek yoghurt
- 1 clove garlic, minced
- 30 ml olive oil
- 15 ml fresh dill, chopped
- 1 each lemon
- 60 ml red onion, finely diced
- 0.5 tsp black pepper



Directions:

1. Heat grill to medium-high (200-230°C/gas mark 6-8). Thread turkey meatballs onto skewers; oil grill bars.
2. Grill meatballs 8-10 min, turning, until 74°C. Warm tortillas 20-30 sec per side until lightly charred.
3. Stir yoghurt, grated cucumber, lemon zest and 5 ml juice, dill, pepper; salt to taste. Chill.
4. Toss tomatoes, red onion, 5 ml oil and 5 ml lemon juice; season with pepper and salt to taste.
5. Lightly salt courgette noodles, leave 5 min, squeeze dry. Toss with 15 ml oil and garlic; pepper to taste.
6. Fill each tortilla with courgette noodles, top with meatballs, spoon on yoghurt sauce and tomato mix. Fold and serve.



Nutritional Information:

Calories: 475, Protein: 39g, Carbs: 30g, Fat: 22g, Fibre: 14g, Sodium: 720mg, Sugar: 7g



AVOCADO TOFU BURGER ON ALMOND BUN & CAULI RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 g Extra-firm tofu slabs
- 4 Almond flour buns
- 1 Avocado
- 960 ml Cauliflower rice
- 15 ml Olive oil
- 2 tsp Cajun seasoning (no sugar)
- 2 cloves Garlic
- 1 Lemon
- 180 ml Greek yoghurt
- 480 ml Cabbage slaw
- 480 ml Spinach
- 0.5 tsp Black pepper



Directions:

1. Pat tofu dry; cut 8 slabs. Toss with 10 ml oil, 1 tsp Cajun, 1 clove garlic, lemon zest, and pepper. Preheat air fryer to 200°C (gas 6).
2. Cook tofu 1–2 min/side on a hot griddle pan for marks. Transfer slabs to the air fryer basket in a single layer.
3. Air-fry 8–10 min at 200°C (gas 6), flipping halfway, until edges crisp. Reduce air fryer to 180°C (gas 4).
4. Toast almond buns in the air fryer 2–3 min at 180°C (gas 4); set aside.
5. Mix yoghurt with 15 ml lemon juice and a pinch of Cajun to make a tangy sauce.
6. Sauté cauli rice in a frying pan with 5 ml oil and remaining garlic, 4–5 min. Season with 1 tsp Cajun; finish with a squeeze of lemon.
7. Spread buns with yoghurt. Layer spinach, 2 tofu slabs, avocado, and slaw. Serve each burger over 240 ml seasoned cauli rice base.



Nutritional Information:

Calories: 560, Protein: 38g, Carbs: 27g, Fat: 33g, Fibre: 11g, Sodium: 750mg, Sugar: 6g



EGG PATTY SPINACH CRUNCH WRAP BAR



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 12 each egg patties
- 2400 ml spinach
- 8 leaves cos lettuce
- 4 rounds cloud bread rounds
- 1440 ml cabbage slaw
- 1/2 each avocado
- 120 g mozzarella
- 240 ml Greek yoghurt
- 2 cloves garlic
- 5 ml olive oil
- 2 tsp everything bagel seasoning
- 90 ml hemp seeds



Directions:

1. Warm egg patties in a dry frying pan over medium heat, 3–4 mins per side; keep warm.
2. Add oil and garlic; cook 30 secs. Add spinach; toss until just wilted, 2–3 mins. Transfer.
3. Stir yoghurt with 1 tsp everything bagel seasoning for a quick sauce.
4. Slice most egg patties into strips for wraps; leave 4 whole for cloud bread.
5. Set a wrap bar: cos lettuce, cloud bread, spinach, slaw, avocado, mozzarella, egg, yoghurt, hemp, 1 tsp seasoning.
6. Lettuce wraps: fill leaf with spinach + slaw, add egg strips, mozzarella; drizzle yoghurt; sprinkle hemp + seasoning.
7. Cloud slider: top 1 cloud round with whole patty, spinach, slaw, avocado, mozzarella; add sauce + hemp. Serve 2 wraps and 1 slider per person.



Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 19g, Fat: 33g, Fibre: 7g, Sodium: 720mg, Sugar: 6g



SNACKS



CRUNCHY CELERY YOGHURT NORI WRAPS



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 720 ml Greek yoghurt, plain (fat-free)
- 12 sticks celery sticks
- 4 sheets nori sheets
- 30 g low-carb crackers (almond flour)
- 30 ml almonds, chopped
- 10 ml olive oil
- 60 g roasted edamame
- 30 ml fresh dill
- 1 tsp lemon zest
- 1/2 tsp black pepper



Directions:

1. Crush crackers; chop almonds. Heat oil in a frying pan over medium heat. Toast almonds and cracker crumbs, stirring, until golden, 3–4 mins. Cool.
2. In a bowl, mix yoghurt, dill, lemon zest and pepper.
3. Lay 1 nori sheet on a board. Spread 180 ml yoghurt, leaving 2.5 cm at the top bare.
4. Line up 3 celery sticks and 15 g edamame along the bottom edge. Sprinkle 15 ml toasted crumbs.
5. Roll tightly, sealing with a dab of yoghurt; rest seam-side down for 1 min.
6. Repeat with remaining 3 sheets. Slice each roll in half. Top with leftover crumbs. Serve.



Nutritional Information:

Calories: 265, Protein: 27g, Carbs: 19g, Fat: 9g, Fibre: 7g, Sodium: 230mg, Sugar: 7g



BLISTERED TOMATO CUPS WITH COTTAGE CHEESE CRUNCH



Servings:
2



Prep:
15 min



Cook:
6 min



Ingredients:

- 16 each cherry tomatoes
- 420 ml cottage cheese
- 30 ml chives
- 0.5 tsp lemon zest
- 5 ml lemon juice
- 0.25 tsp black pepper
- 30 ml roasted edamame
- 10 g Parmesan crisps
- 0.25 tsp smoked paprika



Directions:

1. Heat the grill to high; line a baking tray.
2. Halve the cherry tomatoes; scoop out seeds to make cups. Arrange cut-side up.
3. Grill until edges blister but tomatoes stay firm, 3–4 min. Cool 5 min.
4. In a bowl, mash cottage cheese with chives, lemon zest, lemon juice, and black pepper until smooth.
5. Spoon or pipe filling into tomato cups, mounding slightly.
6. Top with roasted edamame and crushed Parmesan crisps; dust lightly with smoked paprika.
7. Serve slightly warm or chill for 5–10 min to set.



Nutritional Information:

Calories: 260, Protein: 32g, Carbs: 16g, Fat: 7.8g, Fibre: 3.4g, Sodium: 830mg, Sugar: 12g



NORI-BANDED GRIDDLED EGGS WITH CHARRED CAULI



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 8 large hard-boiled eggs
- 960 ml cauliflower florets
- 2 sheets nori sheets
- 10 ml avocado oil
- 180 ml Greek yoghurt (fat-free)
- 1/2 ea avocado
- 1 ea lemon
- 30 ml chives and dill
- 1/4 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper



Directions:

1. Make the dip: Mix yoghurt, mashed avocado, lemon zest plus 10 ml juice, chives and dill, garlic powder and pepper. Chill.
2. Halve eggs lengthways. Wrap each half with a nori band; press to adhere.
3. Heat grill pan to medium-high; brush with 5 ml oil. Add cauliflower; press to flatten; shallow-fry 3–4 min each side until charred and tender. Dust with paprika.
4. Brush pan with remaining 5 ml oil. Place eggs cut-side down; press 30–60 sec for grill marks.
5. Flip to the nori side; shallow-fry 10–15 sec to crisp. Remove.
6. Serve eggs and charred cauliflower with the avocado-yoghurt dip. Squeeze extra lemon to taste.



Nutritional Information:

Calories: 260, Protein: 20g, Carbs: 10g, Fat: 15g, Fibre: 3.5g, Sodium: 260mg, Sugar: 4g



WARM TURKEY & SWEET PEPPER YOGHURT BOWL



Servings:
4



Prep:
10 min



Cook:
8 min



Ingredients:

- 360 g deli turkey roll-ups, sliced
- 240 g mini sweet peppers, thinly sliced
- 1 tortilla low-carb tortilla
- 480 ml Greek yoghurt (plain, fat-free)
- 10 ml olive oil
- 1 tsp lemon zest
- 30 ml dill, finely chopped
- 1 tsp smoked paprika
- 1/4 tsp black pepper



Directions:

1. Slice the peppers and turkey. Cut the tortilla into very thin strips.
2. Heat 5 ml oil in a frying pan (medium). Fry the tortilla strips for 2–3 min until crisp; remove.
3. Add 5 ml oil. Fry the peppers with the smoked paprika for 3–4 min until tender-crisp.
4. Add the sliced turkey; toss for 1–2 min to warm. Season with black pepper.
5. Mix the yoghurt with the dill and lemon zest; add a pinch of paprika if desired.
6. Divide the yoghurt between 4 bowls. Top with the warm turkey and pepper mixture.
7. Finish with the tortilla crisps and serve immediately.



Nutritional Information:

Calories: 215, Protein: 30g, Carbs: 15g, Fat: 4g, Fibre: 5.5g, Sodium: 950mg, Sugar: 7g



SMOKED SALMON PEPPER CRUNCH WRAPS



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 240 g smoked salmon
- 2 coconut wraps
- 480 ml Greek yoghurt, fat-free
- 480 ml pepper strips
- 30 ml dill
- 30 ml chives
- 1 tsp lemon zest
- 1/4 tsp black pepper
- 2 tsp almonds, finely chopped
- 4 tsp low-carb seed crackers, crushed



Directions:

1. Toast almonds and crushed seed crackers in a dry frying pan for 2–3 min with 1/2 tsp lemon zest until fragrant. Cool.
2. Mix yoghurt, dill, chives, remaining 1/2 tsp lemon zest, and black pepper.
3. Halve coconut wraps to make 4 pieces. Spread 120 ml yoghurt mix on each, leaving a 2.5 cm border.
4. Layer 120 ml pepper strips on each. Top with 60 g smoked salmon per wrap.
5. Sprinkle each with 1 tsp seed crumb and 1/2 tsp almonds.
6. Roll snugly from the long side into mini wraps; rest seam-side down for 2 min.
7. Serve 1 mini wrap per person. For lower salt, use hot-smoked salmon and pat dry.



Nutritional Information:

Calories: 210, Protein: 24g, Carbs: 11g, Fat: 7g, Fibre: 3.0g, Sodium: 800mg, Sugar: 6g



GRILLED TUNA-STUFFED BROCCOLI, CRISP & HERBY



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 2 tins tinned tuna
- 960 ml broccoli florets
- 1 medium avocado
- 30 g cheese crisps
- 60 ml roasted edamame
- 60 ml Greek yoghurt
- 10 ml olive oil
- 1 tsp lemon zest
- 15 ml dill
- 15 ml chives
- 0.25 tsp black pepper



Directions:

1. Heat the grill to high; set the shelf 15 cm from the element. Line a baking tray.
2. Toss the broccoli with olive oil and pepper; spread on the tray. Grill for 6–8 min, turning once, until charred-tender.
3. In a bowl, mash the avocado; mix in the tuna, yoghurt, lemon zest, dill and chives.
4. Fold in the roasted edamame and 30 ml crushed cheese crisps; reserve the remaining crisps for topping.
5. Cool the broccoli for 2 min. Halve any large florets lengthways to make flat 'cups'.
6. Spoon the tuna mix onto the floret cups, pressing to stick; sprinkle with the remaining cheese crisp crumbs.
7. Grill for 2–3 min to warm and lightly brown. Serve immediately.



Nutritional Information:

Calories: 250, Protein: 24g, Carbs: 12g, Fat: 12g, Fibre: 7g, Sodium: 450mg, Sugar: 3g



CRISPED JERKY WITH GRIDDLED GHERKINS ON SEED CRACKERS



Servings:
4



Prep:
12 min



Cook:
8 min



Ingredients:

- 150 g jerky (no added sugar)
- 6 dill gherkin spears (low-salt)
- 20 seeded crackers
- 240 ml Greek yoghurt, fat-free
- 30 ml fresh dill, chopped
- 1 tsp lemon zest
- 1/4 tsp black pepper
- 15 ml olive oil



Directions:

1. Finely chop 2 gherkin spears; keep 4 spears as planks. Cut jerky into 2.5cm pieces and pat dry.
2. Mix yoghurt, chopped gherkins, dill, lemon zest and pepper in a small bowl. Chill.
3. Heat a griddle pan over medium-high heat; lightly oil. Griddle gherkin planks 1–2 min each side until marked. Set aside.
4. Heat 2 tsp oil in a frying pan over medium-high. Shallow-fry jerky in a single layer 1–2 min each side until crisp.
5. Transfer jerky to a plate and blot excess oil.
6. Spread dill-gherkin yoghurt on seeded crackers. Top each with a griddled gherkin piece and 2–3 jerky bites.
7. Arrange in neat rows for a chargrilled-platter look. Serve at once.



Nutritional Information:

Calories: 245, Protein: 23g, Carbs: 9g, Fat: 13g, Fibre: 5g, Sodium: 825mg, Sugar: 2g



SAUTÉED STRING CHEESE CRUNCH BOWL



Servings:
4



Prep:
10 min



Cook:
6 min



Ingredients:

- 240 g string cheese
- 5 ml olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 480 ml cucumber slices
- 120 ml Greek yoghurt
- 240 ml raspberries
- 25 g low-carb crackers (almond flour)
- 15 ml dill
- 1 tsp lemon zest



Directions:

1. Slice the string cheese into 1 cm coins; pat dry.
2. Heat a non-stick frying pan over a medium heat; add the olive oil. Sauté the cheese for 2–3 min per side until golden and just melting.
3. Season the cheese with smoked paprika and black pepper; transfer to a plate.
4. Divide the cucumber slices among 4 bowls; add 30 ml Greek yoghurt to each.
5. Top each bowl with the warm sautéed cheese coins.
6. Scatter the raspberries; crumble the almond flour crackers over each bowl.
7. Finish with dill and lemon zest; serve immediately.



Nutritional Information:

Calories: 255, Protein: 19g, Carbs: 11g, Fat: 15g, Fibre: 3g, Sodium: 455mg, Sugar: 3g



COURGETTE-EDAMAME NORI CRUNCH WRAPS



Servings:
4



Prep:
10 min



Cook:
5 min



Ingredients:

- 240 ml roasted edamame, unsalted
- 4 sheets nori sheets
- 360 ml courgette sticks
- 60 ml Parmesan crisps, crushed
- 15 ml pumpkin seeds, chopped
- 240 ml Greek yoghurt (plain)
- 5 ml olive oil
- 1 tsp lemon zest
- 15 ml fresh dill, chopped
- 1/2 tsp garlic powder
- 1/4 tsp black pepper



Directions:

1. Crush Parmesan crisps to coarse crumbs; chop pumpkin seeds.
2. Warm frying pan on medium; add oil, seeds, Parmesan crumbs, garlic, zest, pepper. Toast, stirring, 2–3 min until fragrant.
3. Transfer toasted crumb to a bowl; cool 1 min.
4. Lay nori shiny side down. Spread 60 ml yoghurt along one short edge of each sheet.
5. Top yoghurt with 60 ml edamame and a handful of courgette sticks.
6. Sprinkle each with about 15 ml warm crumb and dill. Roll tightly from the yoghurt end; seal the edge with a dab of yoghurt.
7. Serve seam side down. Enjoy immediately for best crunch.



Nutritional Information:

Calories: 230, Protein: 24g, Carbs: 16g, Fat: 8g, Fibre: 10g, Sodium: 150mg, Sugar: 3g



NORI-BANDED STUFFED RADISHES WITH PROTEIN SHAKE CREAM



Servings:
4



Prep:
15 min



Cook:
3 min



Ingredients:

- 16 medium radishes
- 330 ml protein shake (low-carb)
- 240 ml cottage cheese, low-fat
- 30 ml cream cheese
- 1 large avocado
- 15 ml dill
- 15 ml chives
- 5 ml lemon zest
- 1/4 tsp black pepper
- 2 sheets nori sheets
- 5 ml olive oil



Directions:

1. Heat grill to high; line a baking tray with aluminium foil and lightly oil.
2. Halve radishes; trim bases so they sit flat. Scoop a small cavity with a paring knife or 1/4 tsp.
3. Mash cottage and cream cheese until smooth. Whisk in protein shake, dill, chives, zest, pepper; fold in avocado. Chill 5 min.
4. Spoon protein cream into radish cups, mounding slightly.
5. Wrap each with a 1 cm nori strip; brush seam with oil to seal. Set on tray seam-side down.
6. Grill 1–2 min until nori crisps and radish edges char lightly (or cook on a barbecue over high heat 2–3 min, covered). Serve at once.



Nutritional Information:

Calories: 225, Protein: 16g, Carbs: 11g, Fat: 13g, Fibre: 5g, Sodium: 380mg, Sugar: 4g



RICOTTA-CELERY GRILL-PRESSED TORTILLA FOLDS



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 240 ml whipped ricotta
- 300 ml Greek yoghurt
- 240 ml cottage cheese
- 480 ml celery sticks
- 30 ml chives
- 15 ml dill
- 1 tsp lemon zest
- 1/4 tsp garlic powder
- 1/2 tsp black pepper
- 4 low-carb tortillas
- 10 ml avocado oil



Directions:

1. Whisk ricotta, yoghurt, cottage cheese, lemon zest, garlic, pepper, chives and dill until smooth.
2. Fold in 480 ml finely diced celery to keep some crunch.
3. Spread about 120 ml filling on each tortilla; fold into half-moons and press edges lightly.
4. Heat a ridged griddle pan over medium heat with about 5 ml oil. Add 2 folds; shallow-fry 2–3 min per side to crisp with griddle marks.
5. Repeat with remaining oil and folds until golden with defined ridges.
6. Rest 2 min. Cut each fold into 2–3 wedges. Serve with extra celery sticks.
7. Optional: Dust with more dill or chives to finish.



Nutritional Information:

Calories: 259, Protein: 26g, Carbs: 27g, Fat: 10g, Fibre: 14g, Sodium: 530mg, Sugar: 5.5g



CRISPED BEEF STICK & TOMATO PROTEIN BOWLS



Servings:
4



Prep:
12 min



Cook:
6 min



Ingredients:

- 120 g beef sticks (no added sugar)
- 1 wrap coconut wrap
- 480 ml cherry tomatoes
- 560 ml Greek yoghurt, fat-free
- 30 ml dill
- 1 tsp lemon zest
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 60 ml roasted edamame



Directions:

1. Slice beef sticks into 6mm coins. Cut coconut wrap into thin ribbons. Halve tomatoes; chop dill; zest lemon.
2. Heat a frying pan over medium heat. Add beef; sauté until the edges crisp and the fat renders, 3–4 minutes, stirring.
3. Push the beef aside. Add coconut ribbons to the rendered fat; sauté for 30–60 seconds until lightly golden. Transfer the beef and ribbons.
4. In a bowl, mix the yoghurt, dill, lemon zest, garlic powder and black pepper.
5. Divide the yoghurt into 4 bowls. Top with tomatoes, the warm beef coins and the coconut crisps.
6. Finish with the roasted edamame. Serve at once.



Nutritional Information:

Calories: 249, Protein: 26g, Carbs: 13g, Fat: 11g, Fibre: 4g, Sodium: 560mg, Sugar: 7g

A close-up photograph of a triangular slice of cheesecake. The slice features a thick, creamy white filling with a decorative swirl of vibrant purple blueberry puree. Several fresh blueberries are scattered across the top surface. The slice is garnished with fine, golden zest. It sits on a light-colored, textured ceramic plate. The background is a rustic wooden surface, with several loose blueberries and a sprig of green mint leaves visible. A semi-transparent white banner with the word 'DESSERTS' is centered over the image.

DESSERTS



STRAWBERRY-RHUBARB GREEK YOGHURT CRUMBLE BOWLS



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 480 ml strawberries
- 480 ml rhubarb
- 80 ml erythritol/monk fruit blend
- 1 tsp lemon zest
- 5 ml vanilla extract
- 50 g ground almonds
- 2 tsp chia seeds
- 10 g butter
- 1/2 tsp cinnamon
- 640 ml Greek yoghurt (0%)



Directions:

1. Heat oven to 190°C/gas mark 5. Lightly grease a 20-cm baking dish. Line a baking tray.
2. Toss strawberries, rhubarb, 60 ml sweetener, lemon zest, and 2.5 ml vanilla. Spread in the dish.
3. In a bowl, mix ground almonds, chia, cinnamon, 15 ml sweetener, and melted butter until clumpy.
4. Spread the crumble on the tray. Bake fruit for 20–25 min until bubbly; bake crumble for 10–12 min until golden.
5. Whisk yoghurt with the remaining 2.5 ml vanilla and 5 ml sweetener.
6. Divide yoghurt into 4 bowls. Spoon over the warm fruit, then scatter the crumble. Serve.



Nutritional Information:

Calories: 234, Protein: 18g, Carbs: 18g, Fat: 10g, Fibre: 5.5g, Sodium: 80mg, Sugar: 10g



NO-BAKE BLUEBERRY CHEESECAKE TRAYBAKE



Servings:
8



Prep:
20 min



Cook:
8 min



Ingredients:

- 180 ml flaxseed meal
- 160 ml powdered erythritol
- 0.5 tsp cinnamon
- 30 ml butter
- 360 ml blueberries
- 1 ea lemon
- 15 ml chia seeds
- 120 g cream cheese
- 10 ml vanilla extract
- 15 ml cocoa butter
- 720 ml Greek yoghurt (unsweetened)



Directions:

1. Line a 20 cm square dish. Mix flaxseed meal, 30 ml erythritol and cinnamon. Stir in melted butter; press into the dish. Chill for 10 min.
2. In a saucepan, cook blueberries, 15–30 ml erythritol and 5 ml lemon juice for 3–4 min; mash. Off the heat, stir in chia; cool.
3. Beat cream cheese with 80 ml erythritol, lemon zest and vanilla extract until smooth.
4. Whisk in the melted, cooled cocoa butter until fully incorporated.
5. Fold in Greek yoghurt until silky. Spread the filling over the chilled base.
6. Spoon the blueberry–chia over the top; swirl. Cover and chill for 4–6 hours to set. Slice into 8 squares and serve cold.



Nutritional Information:

Calories: 225, Protein: 12g, Carbs: 12g, Fat: 14g, Fibre: 4g, Sodium: 160mg, Sugar: 7g



RASPBERRY CHEESECAKE-FILLED ALMOND TARTLETS



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 50 g almond flour
- 45 g powdered erythritol
- 2 tsp psyllium husk
- 25 ml butter
- 480 ml Greek yoghurt (unsweetened)
- 30 g cream cheese
- 5 ml vanilla extract
- 1 tsp lemon zest
- 190 g raspberries



Directions:

1. Heat oven to 180°C/gas mark 4. Mix almond flour, 15 ml erythritol and psyllium. Stir in melted butter until evenly moistened.
2. Press mixture into 4 greased jumbo muffin tin holes (or ramekins), forming thin shells up the sides.
3. Bake 10–12 min until lightly golden. Cool in pan 10 min, then lift out and cool fully.
4. In a bowl, whisk yoghurt, cream cheese, remaining erythritol, vanilla and lemon zest until fluffy, 2–3 min.
5. Fold in 125 g raspberries, lightly crushing some to streak the cream.
6. Stuff cooled shells generously with the whipped filling. Top with remaining 65 g raspberries.
7. Chill 20 min to set, then serve.



Nutritional Information:

Calories: 230, Protein: 13g, Carbs: 12g, Fat: 13g, Fibre: 5g, Sodium: 150mg, Sugar: 7g



BLACKBERRY YOGHURT PROTEIN WRAPS



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 60 g ground sunflower seed flour
- 30 ml psyllium husk
- 45 ml powdered erythritol
- 1/8 tsp salt
- 160 ml boiling water
- 5 ml coconut oil
- 5 ml vanilla extract
- 480 ml Greek yoghurt, unsweetened
- 40 g peanut flour
- 225 g blackberries
- 5 ml lemon zest



Directions:

1. Mix sunflower seed flour, psyllium, 15 ml erythritol and salt. Stir in boiling water, half the vanilla, and coconut oil. Knead 1 min; rest 5 min.
2. Divide dough into 4. Roll each ball thin (15–18 cm) between baking paper or with a rolling pin.
3. Heat a non-stick frying pan on medium. Cook each wrap 60–90 seconds per side until set and flexible. Keep stacked under a towel.
4. Whisk yoghurt, peanut flour, 30 ml erythritol, the remaining vanilla, and lemon zest until thick and smooth.
5. Gently fold in blackberries to marble without crushing.
6. Spread 1/4 filling on each wrap. Fold sides in, then roll to seal. Chill 5–10 min for clean slices.
7. Slice on the diagonal and serve cold or at room temperature.



Nutritional Information:

Calories: 220, Protein: 19g, Carbs: 17g, Fat: 9g, Fibre: 8g, Sodium: 130mg, Sugar: 7g



LEMON CHEESECAKE POTS WITH RHUBARB COMPOTE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 30 g ground almonds
- 15 ml butter
- 60 g powdered erythritol
- 2 tsp lemon zest
- 45 ml lemon juice
- 90 g cream cheese
- 360 ml Greek yoghurt
- 5 ml vanilla extract
- 240 g rhubarb
- 15 ml chia seeds
- 1 pinch salt



Directions:

1. Preheat the oven to 150°C/gas 2. Set 4 ramekins in a 23 x 33 cm baking dish. Heat water for a water bath.
2. Mix ground almonds, 15 ml erythritol, 1/2 tsp zest and melted butter. Press about 30 ml into each ramekin.
3. Beat cream cheese, yoghurt, 60 ml erythritol, 1 tsp zest, vanilla, 30 ml lemon juice and salt until smooth. Divide over the crusts.
4. Pour hot water into the dish halfway up the ramekins. Bake 25–30 mins until edges set and centres wobble. Cool 10 mins; chill 1 hr.
5. Simmer rhubarb, 45 ml erythritol and 15 ml lemon juice for 5–7 mins until soft. Off the heat, stir in chia; cool to thicken.
6. Spoon compote over the chilled cheesecakes; sprinkle over the remaining zest. Serve in the ramekins (pot style).



Nutritional Information:

Calories: 221, Protein: 12g, Carbs: 11g, Fat: 15g, Fibre: 3.5g, Sodium: 180mg, Sugar: 5g



LIME-RHUBARB YOGHURT CHEESECAKE CASSEROLE



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 480 ml Greek yoghurt (unsweetened)
- 180 g ricotta (part-skimmed)
- 360 ml rhubarb, chopped
- 80 ml allulose, powdered
- 60 ml lime juice
- 2 tsp lime zest
- 2.5 tsp unflavoured gelatine
- 45 ml water (cold)
- 60 ml ground flaxseed
- 45 ml ground almonds
- 15 ml butter, melted
- 5 ml vanilla extract



Directions:

1. Stir ground flaxseed, ground almonds, 1 tsp allulose and melted butter. Press into a 20 cm square dish; chill 10 min.
2. Simmer rhubarb with 30 ml allulose and 15 ml lime juice for 5–7 min until tender; cool.
3. Bloom gelatine: sprinkle over 45 ml cold water; leave 5 min.
4. Whisk yoghurt, ricotta, remaining allulose, 30 ml lime juice, lime zest and vanilla until smooth.
5. Warm bloomed gelatine to dissolve (microwave 10–15 sec). Whisk into yoghurt mixture. Spread over the crust.
6. Dollop rhubarb on top; swirl with a knife. Chill until set, 3–4 hrs.
7. Slice into 4 squares. Serve chilled with a touch of extra lime zest, if desired.



Nutritional Information:

Calories: 240, Protein: 20g, Carbs: 13g, Fat: 12g, Fibre: 4g, Sodium: 160mg, Sugar: 6g



COCOA CHEESECAKE-STUFFED AVOCADOS



Servings:
4



Prep:
15 min



Cook:
18 min



Ingredients:

- 2 each avocados
- 360 ml Greek yoghurt (unsweetened)
- 40 g powdered erythritol
- 25 g cocoa powder
- 5 ml vanilla extract
- 1/2 tsp espresso powder
- 1 tsp psyllium husk (powder)
- 1/2 tsp lemon zest
- 10 ml sugar-free cocoa syrup



Directions:

1. Heat oven to 160°C/gas mark 3. Line a small baking dish.
2. Halve avocados, remove stones; scoop a spoonful to widen wells. Nestle halves cut-side up in dish.
3. Whisk yoghurt, erythritol, cocoa, vanilla, espresso, zest, and psyllium until smooth; rest 3 min to thicken.
4. Spoon filling into avocado wells, mounding slightly; tap pan to settle.
5. Bake 14–18 min until centres are just set with slight wobble.
6. Cool 15 min, then chill 30–60 min for best texture.
7. Drizzle cocoa syrup; serve cold.



Nutritional Information:

Calories: 210, Protein: 10g, Carbs: 12g, Fat: 12g, Fibre: 6g, Sodium: 65mg, Sugar: 3g



CHILLED RHUBARB CHEESECAKE WRAPS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 600 ml rhubarb
- 80 ml allulose
- 1 tsp orange zest
- 1/4 tsp ground ginger
- 480 ml Greek yoghurt (unsweetened)
- 60 g cream cheese
- 80 ml powdered erythritol
- 5 ml vanilla extract
- 120 ml ground sunflower seed flour
- 25 ml psyllium husk
- 15 ml butter
- 120 ml hot water



Directions:

1. Simmer rhubarb, allulose, orange zest and ginger for 8–10 min until jammy; cool to room temperature.
2. Mix sunflower seed flour, 15 ml psyllium, melted butter and 120 ml hot water to a soft dough; rest 5 min.
3. Heat the oven to 190°C/gas 5. Divide dough into 4; press 15 cm rounds on a baking tray lined with baking paper. Bake 6–8 min until set, pliable; cool under a towel.
4. Whisk yoghurt, cream cheese, powdered erythritol, vanilla extract and 1/2 tsp psyllium until smooth; chill 20 min to thicken.
5. Spread 1/4 of the cream on each wrap; spoon on 30–45 ml rhubarb compote; roll up snugly, tucking in the ends.
6. Place wraps seam side down; chill 30 min to set and meld flavours.
7. Slice each wrap diagonally and serve cold.



Nutritional Information:

Calories: 212, Protein: 18g, Carbs: 14g, Fat: 9g, Fibre: 6g, Sodium: 130mg, Sugar: 6g



COCONUT-RHUBARB YOGHURT CASSEROLE (NO-BAKE)



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 80 ml unsweetened coconut flakes
- 80 ml ground linseed
- 25 ml butter
- 90 ml powdered erythritol
- 1/2 tsp cinnamon
- 480 ml rhubarb, chopped
- 1 lemon
- 480 ml Greek yoghurt (unsweetened)
- 25 ml chia seeds
- 5 ml vanilla extract



Directions:

1. Melt the butter. Mix ground linseed, 15 ml erythritol and cinnamon. Stir in butter; press into a 20 cm square dish. Chill for 10 mins.
2. Simmer rhubarb with 30 ml erythritol and lemon juice over medium heat for 5–7 mins until saucy; cool.
3. Whisk yoghurt with 45 ml erythritol, vanilla and lemon zest. Sprinkle in chia; let thicken for 5 mins.
4. Fold the coconut flakes gently into the yoghurt mixture until evenly distributed.
5. Spread the yoghurt-coconut over the base. Spoon rhubarb on top; swirl lightly with a knife for a ripple.
6. Cover and chill for 3–4 hrs until set.
7. Slice into 4 squares and serve cold.



Nutritional Information:

Calories: 230, Protein: 15g, Carbs: 14g, Fat: 14g, Fibre: 6g, Sodium: 75mg, Sugar: 4g



MONK FRUIT RHUBARB YOGHURT PINWHEEL WRAPS



Servings:
5



Prep:
20 min



Cook:
10 min



Ingredients:

- 480 ml rhubarb, chopped
- 120 ml strawberries, diced
- 90 ml monk fruit sweetener (granular)
- 25 ml gelatine, unflavoured
- 480 ml Greek yoghurt (unsweetened)
- 120 ml ricotta
- 30 ml ground sunflower seed flour
- 15 ml chia seeds
- 5 ml vanilla extract
- 5 ml lemon zest
- 60 ml walnuts, finely chopped



Directions:

1. Bloom gelatine: in 2 bowls, sprinkle 2.5 tsp each over 45 ml (wrap) and 30 ml (filling) cold water; sit 5 min.
2. Simmer rhubarb, strawberries, 30 ml monk fruit sweetener + 30 ml water in a saucepan for 6–8 min until soft; blend smooth.
3. Microwave wrap gelatine 10–15 sec to melt; whisk into warm purée. Spread thinly on a lined 23x33 cm tray; chill 30–45 min to set.
4. Whisk yoghurt, ricotta, 60 ml monk fruit sweetener, vanilla, lemon zest, sunflower seed flour, and chia until smooth.
5. Microwave filling gelatine 10–15 sec to melt; whisk into mousse. Chill 10 min if loose.
6. Loosen gel sheet; spread mousse, leaving a 2.5 cm border. Sprinkle walnuts. Roll from the short end with baking paper; seam down.
7. Chill 1 hr. Slice into 10 pinwheels; serve 2 per portion.



Nutritional Information:

Calories: 188, Protein: 18g, Carbs: 11g, Fat: 9g, Fibre: 3g, Sodium: 150mg, Sugar: 5g



WHIPPED YOGHURT CRANBERRY- RHUBARB BOWLS



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 360 ml cranberries (unsweetened)
- 240 ml rhubarb, diced
- 75 ml allulose, divided
- 1 tsp orange zest
- 2 tsp chia seeds
- 25 g almond flour
- 5 g butter
- 0.5 tsp cinnamon
- 480 ml Greek yoghurt (unsweetened)
- 60 g mascarpone
- 5 ml vanilla extract
- 0.125 tsp salt



Directions:

1. Simmer the compote: In a saucepan, cook the cranberries, rhubarb, 3 tbsp allulose, orange zest, salt and 2 tbsp water over medium heat for 8–10 min until jammy.
2. Stir in the chia; cool for 5–10 min to thicken.
3. For the crumble: Toast the almond flour in a dry frying pan for 3–4 min; stir in the butter, 1 tbsp allulose, cinnamon and a pinch of salt; cook 1 min. Cool.
4. Whip the yoghurt: In a bowl, beat the yoghurt, mascarpone, vanilla and 1 tbsp allulose with a mixer for 2–3 min until light.
5. Divide the whipped yoghurt into 4 bowls.
6. Spoon the compote over each bowl.
7. Top with the almond crumble; serve.



Nutritional Information:

Calories: 205, Protein: 15g, Carbs: 13g, Fat: 11g, Fibre: 4g, Sodium: 160mg, Sugar: 5g



STEVIA-SWEETENED RHUBARB CHEESECAKE-STUFFED LEMON CUPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 each lemons
- 360 ml rhubarb
- 480 ml Greek yoghurt (unsweetened, 0%)
- 120 g cream cheese
- 30 ml psyllium husk
- 3/4 tsp stevia
- 5 ml vanilla extract
- 1/4 tsp cinnamon



Directions:

1. Heat oven to 160°C/gas mark 3. Boil water for a bain-marie. Zest lemons and reserve 30 ml juice.
2. Simmer rhubarb, 1/4 tsp stevia, cinnamon, and 15 ml lemon juice until soft, 5–7 min. Cool.
3. Halve lemons lengthways; trim bottoms to sit flat. Scoop pulp, leaving sturdy shells.
4. Whisk yoghurt, cream cheese, vanilla, zest, 1/2 tsp stevia, and psyllium. Rest 5 min to thicken.
5. Set lemon cups in a loaf tin. Fill halfway with batter, spoon rhubarb in the centre, cover with batter.
6. Place the loaf tin in a roasting tin; add hot water halfway up the sides. Bake 25–30 min until just set.
7. Cool 30 min, then chill for at least 2 hours. Serve cold; spoon any extra rhubarb on top.



Nutritional Information:

Calories: 184, Protein: 14g, Carbs: 10g, Fat: 10g, Fibre: 4g, Sodium: 120mg, Sugar: 5g

Conclusion

Thank you for inviting me into your kitchen and into your busy, beautiful life. Whether you're here to manage blood sugar, support weight goals, build lean strength or simply feel steady from breakfast to bedtime, I hope these pages have made high-protein, lower-carb cooking feel doable, delicious and deeply satisfying. You've taken real steps towards caring for yourself—and that deserves celebration.

Make these recipes your own. Swap salmon for chicken, tofu for turkey, cauliflower rice for courgetti, or spice blends to match your mood. Add more herbs, more crunch, more heat. Prefer plant-based? Lean into tofu, tempeh, edamame, seitan, and nuts and seeds. Omnivore today, meat-free tomorrow—this is a flexible kitchen.

A few last tips I've learnt along the way: lead with protein, then build a colourful halo of non-starchy veg and a splash of heart-healthy fat. Season boldly—salt early, acid often, fresh herbs at the end. Batch-cook a staple protein on Sunday, roast extra vegetables for the week, and whisk quick sauces you can drizzle on anything. Read labels with a gentle, curious eye: look for short ingredient lists, minimal added sugars and higher fibre. Stock weeknight heroes like eggs, Greek-style yoghurt, tinned tuna or salmon, rotisserie or ready-roasted chicken, tofu and frozen vegetables. Use high heat for a fast sear, and let your pan do the work.

Share what you make. Pack extra for a colleague, invite neighbours for a tray-bake supper, teach a child to whisk a vinaigrette, or bring a protein-packed dip to the match. Food is fuel, yes—but it's also connection. Your table can be both.

As you keep cooking, remember: progress beats perfection, and consistency builds confidence. May your meals steady your day, strengthen your body and remind you that caring for yourself can taste wonderful.

With gratitude and cheering you on,
Tina Burns