



CONSTANTLY FIT

# The Constantly Fit Cookbook

40 Amazing Recipes for Breakfasts and  
Lunchboxes

These are high in protein, low in carbs, and full of nutrients to keep you going whilst not sacrificing on taste!

# “Oatmeal” Choc-Chip Cookies

A healthy stand-in for oats makes these cookies taste like the real thing. Perfect as a tasty lunchbox treat or for a quick snack on the go.



35 minutes



24 serves



485 kJ, 4.1 C, 2.5 P, 10.4 F



- 1 cup flaked coconut
- ¾ cup sliced almonds
- 1 cup almond flour
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ cup butter softened
- ½ cup Swerve Sweetener
- 1 large egg room temperature
- ½ teaspoon vanilla
- ¼ cup dark chocolate chips, sugar-free
- ¼ cup unsweetened dried cranberries

**Preheat oven** to 160C and line a large baking sheet with parchment or a silicone liner.

**Combine** the flaked coconut and sliced almonds in the bowl of a food processor. Process until mixture

resembles oatmeal. Add almond flour, coconut flour, baking powder, cinnamon, and salt and pulse a few times to combine.

**Beat** butter with sweetener in a large bowl until creamy. Beat in egg and vanilla extract and then beat in coconut/almond mixture until well combined. Stir in chocolate chips by hand.

**Form into balls** a little over 2cm in diameter and place 5cm apart on prepared baking sheet. With the heel of your hand, press cookies down to about 1 cm thickness.

**Bake** for 15 to 18 minutes, until golden brown around the edges and just barely firm to the touch. Remove and let cool on pan.

# Soft Oatmeal Zucchini Banana Breakfast Cookies

These are nutrient-dense enough to serve for breakfast, but fun enough (especially since they have mini chocolate chips) to be called a cookie.



25 minutes



12 serves



594 kJ, 21 C, 4 P, 5 F



- 1 cup grated zucchini loosely packed, do not squeeze out
- ½ cup mashed ripe banana about 1 medium banana
- 1 large egg
- 1 tablespoon avocado oil or melted coconut oil or butter
- ¼ cup maple syrup
- 2 teaspoons vanilla
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1½ cup uncooked rolled oats
- ½ cup whole wheat flour
- ⅓ cup ground flax
- ¼ cup chocolate chips

**Preheat** your oven to 180C and line a large baking sheet with parchment paper or a silicone liner.

**Combine** the grated zucchini, mashed banana, egg, oil, maple

syrup, and vanilla and mix in a medium bowl

**Add** in the oats, flour, baking powder, ground flax, cinnamon, and salt. Mix again to combine.

**Fold** in chocolate chips

**Scoop** 2 Tablespoon-sized amounts of dough onto the baking sheet, making 12 medium-sized cookies. Use the back of the spoon to gently tap down the cookies a bit so that they don't cook in a mound.

**Bake** for 15 minutes or until the outside of the cookies are dry to the touch and the outside is starting to turn golden brown. Let cool for 5 minutes before transferring to a cooling rack.

# 4 Ingredient Crispy Choc Oatmeal Cookies

These are crispy and chocolatey, perfect for breakfast, dessert or a quick snack



25 minutes



12 serves



276 kJ, 10 C, 0.1 P, 3 F



- 1 cup (88 g) quick oats
- 1 tbsp (8 g) unsweetened Dutch process cocoa powder
- 2 tbsp (30 ml) melted coconut oil
- 5 tbsp (74 ml) maple syrup

**Preheat** oven to 170C. Line a large cookie sheet with parchment paper or a silicone baking mat.

**Add** oats and cocoa powder to a large mixing bowl. Mix with a spatula for about 20 seconds or until the cocoa powder is evenly mixed in with the oats.

**Drizzle** melted coconut oil evenly across. Mix with a spatula for about 20-30 seconds, stopping a few times to scrape the sides of your bowl, until the oats are moistened. Repeat with maple syrup.

Place 1 tbsp balls on the baking sheet and use the back of a metal spoon to press and shape the mixture until it becomes a 0.5cm disk. Lightly wet the back of the spoon with water before using it to press the oat mixture to prevent sticking

**Bake** for about 15 minutes. The surface of the cookies should turn a slightly lighter shade of brown.

**Remove** cookies from oven but don't attempt to move them from the baking sheet. Once they are cooled, the cookies will be fully set and crispy. Store in an airtight container to maintain crispiness.

# Whipped Cottage Cheese Bowls

These quick and easy, high-protein Whipped Cottage Cheese Bowls, topped with fruit and almonds, are perfect for breakfast or as a snack.



10 minutes



2 serves



1372 kJ, 45.5 C, 32.5 P, 10F

- ❑ 1 500g container low-fat cottage cheese
- ❑ ½ teaspoon vanilla bean paste (or vanilla extract)
- ❑ 3 tablespoons monk fruit sweetener (such as Lakanto, or sugar, honey or maple syrup)
- ❑ 1 cup strawberries (sliced and divided)
- ❑ 1 cup blueberries (or raspberries, blackberries (or a mix of each))
- ❑ 3 tablespoons slivered almonds (for topping)

**Add** cottage cheese, vanilla, and sweetener into a blender.

**Blend** on medium high until smooth, roughly 30 seconds. You may need to scrape down the sides.



**Pour** into 2 bowls and top with fresh berries and slivered almonds.

**Yogurt:** If you don't love cottage cheese, substitute Greek yogurt. You can skip the blender step, and if you use vanilla yogurt, omit the sweetener and vanilla.

**Fruit:** Use whatever fruit is in season, like peaches, figs, pineapple, mango, or pomegranate seeds.

**Nuts:** Swap almonds for walnuts or pecans.

**Seeds:** For more protein and fiber, top with flax, chia, or hemp seeds.



# Gluten-Free Cowboy Cookie Bars

These chewy, gooey cookie bars feature delicious goodies in a kitchen sink approach to the classic cookie.



35 minutes



16 serves



1355 kJ, 34 C, 2 P, 21 F



- 185g unsalted butter softened
- ¾ cup dark brown sugar packed
- 1 large egg
- 1 ½ tsp pure vanilla extract
- 1 cup gluten-free all-purpose flour
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ½ tsp sea salt
- ⅔ cup raw pecans chopped
- ⅔ cup quick oats or rolled oats
- ⅔ cup unsweetened shredded coconut
- 1 ½ cups chocolate chips

**Preheat** the oven to 180C and line a 20cm cake pan with parchment paper.

**Add** the softened butter and sugar to the bowl of a stand mixer fitted with a paddle attachment. Cream butter and sugar on medium-high

speed until the butter sugar mixture is fluffy.

**Add** the egg and vanilla extract and beat until the wet ingredients are well combined. In a separate bowl, stir together the dry ingredients.

**Leaving** the mixer on medium-low speed, slowly pour the flour mixture into the mixer. Mix just until combined.

**Add** the pecans, oats, shredded coconut and chocolate chips and mix until everything is well-distributed throughout the dough.

**Transfer** to the baking dish and press the dough into an even layer.

**Bake** for 20-30 minutes, depending on your chewy/crispy preferences.

# Butter Pecan Keto Ice Cream

This keto-friendly ice cream is the perfect way to satisfy your sweet cravings while keeping your carb intake in check.



6 hours



8 serves



1389 kJ, 4 C, 5 P, 32 F

- 2 cups heavy cream
- 1 cup unsweetened almond milk
- 1/2 cup powdered erythritol
- 4 large egg yolks
- 2 teaspoons vanilla extract
- 2 tablespoons unsalted butter
- 1 cup pecans, roughly chopped
- Pinch of salt

**Heat** the heavy cream and unsweetened almond milk over medium heat until it begins to simmer. Do not let it boil.

**Whisk** the egg yolks and powdered erythritol in a separate bowl until well combined. Slowly pour about 1/2 cup of the hot cream mixture into the egg yolk mixture, whisking continuously to temper the eggs and prevent curdling.

**Gradually pour** the tempered egg mixture back into the saucepan with the remaining cream, whisking constantly.

**Continue to cook** the mixture over medium heat, stirring frequently, until it thickens and coats the back of a spoon. This will create a custard-like base for the ice cream.

**Remove** the saucepan from the heat and stir in the vanilla extract. Let the custard base cool to room temperature.

**Melt** the unsalted butter over medium heat in a new pan. Add the chopped pecans and a pinch of salt, toasting the pecans until they become fragrant and slightly browned.

**Refrigerate** the custard at least 4 hours or preferably overnight. Then churn it in an ice cream maker. During the last minute of churning, add the toasted pecans into the ice cream.

**Transfer** to an airtight container and freeze it for an additional 2-3 hours.

# Breakfast Cookies

These healthy morning cookies are so simple to throw together and taste amazing, too! They're whole grain, all-natural, gluten-free, and vegan. Made without refined sugar, oil, or butter.



30 minutes



12 serves



578 kJ, 18 C, 3.5 P, 6 F



- 2 cups (170g) quick oats or old-fashioned whole rolled oats
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup (250g) almond butter, peanut butter, or sunflower seed butter
- 1/4 cup (60ml) pure maple syrup (or honey)
- 1/3 cup (60g) apple butter\*
- 1/2 cup (115g) mashed banana (about 1 large banana)
- 1/2 cup (75g) dried cranberries
- 1/2 cup (70g) pepitas (pumpkin seeds)
- 1/2 cup (75g) raisins
- optional: 1/4 cup (28g) ground flaxseed

**Preheat** oven to 160C. Line 2 large baking sheets with parchment paper or silicone baking mats. Set aside.

**Combine** all of the ingredients into a large bowl of a stand mixer (or use a hand mixer). Mix until all of the ingredients are combined. The dough is thick and heavy.

**Portion** 1/4 cup mounds of cookie dough (about 70g each) onto prepared cookie sheet. Use the back of a spoon to slightly flatten out into a cookie shape. (The cookies will not spread in the oven.)

**Bake** for 16–19 minutes or until the edges are lightly browned. Cool cookies on the baking sheets for 10 minutes, then transfer to a wire rack to cool completely.

**Cover** leftover cookies and store at room temperature for up to 5 days or in the refrigerator for up to 10 days.



# Tuna, Corn and Parsley Fritters

Perfect as a healthy lunchbox addition or a nutritious snack



45 minutes



16 serves



444 kJ, 7.9 C, 6.2 P, 5.3 F

- 4 eggs
- 1/3 cup milk
- 2 tbsp extra virgin olive oil
- 185g can tuna in springwater, drained
- 1 zucchini, grated
- 310g can corn kernels, drained
- 1 cup self-raising flour
- 3/4 cup grated mozzarella
- 1 green onion, thinly sliced
- 1/4 cup roughly chopped fresh flat-leaf parsley, plus extra to serve

**Preheat** oven to 180C/160C fan-forced. Grease 16 holes of two 12-hole (1/3-cup-capacity) muffin pans.

**Whisk** eggs, milk and oil in a jug.



**Combine** tuna, zucchini, corn, flour, mozzarella, onion and parsley in a large bowl. Season with salt and pepper. Make a well.

**Add** milk mixture. Stir until just combined. Divide mixture evenly among holes in prepared pans.

**Bake** for 25 to 30 minutes or until fritters are golden and just firm to the touch. Stand in pans for 5 minutes. Carefully transfer to a baking paper-lined wire rack to cool.

**Serve** warm or cold, sprinkled with extra parsley.

# Sweet Potato Oatmeal Muffin Cups

Flourless sweet potato oatmeal cups made with all wholesome ingredients. Quick, easy, perfect for meal prepping.



40 minutes



12 serves



916 kJ, 25 C, 8 P, 10 F



- 1 cup mashed sweet potato 1 large potato
- ½ cup unsweetened almond butter
- 2 eggs
- ½ cup milk of choice
- ¼ cup pure maple syrup
- 1 tsp pure vanilla extract
- 2 cups quick oats
- ½ tsp sea salt
- 1 tsp ground cinnamon
- 1 tsp ground ginger optional
- ½ to 1 cup chocolate chips

**Preheat** the oven to 180C and line a muffin tin with paper liners. If you don't have muffin liners, spray the holes with cooking spray or grease them with coconut oil.

**Transfer** the mashed sweet potato to a large bowl along with the

almond butter, eggs, milk, pure maple syrup, and vanilla extract (the wet ingredients). Mix well until everything is combined.

**Add** the oats, sea salt, ground cinnamon, and ground ginger to the mixing bowl (the dry ingredients) and mix well until a thick mixture forms. If desired, mix in chocolate chips.

**Pour** the sweet potato oatmeal mixture into the muffin cups, filling them most of the way up.

**Bake** on the center rack of the preheated oven for 20-25 minutes, or until the muffins test clean.

# Sneaky Veg Muffins

The kids will never notice all the nutrition they're getting in. Chuck them in a lunchbox for happy, healthy children!



30 minutes



12 serves



741 kJ, 24 C, 4.5 P, 6.5 F

- 300g (2 cups) wholemeal self-raising flour
- 1 tsp ground cinnamon
- 1 zucchini, grated
- 100g peeled pumpkin, grated
- 2 eggs
- 50ml (1/4 cup) honey
- 60ml (1/4 cup) grapeseed oil
- 160ml (2/3 cup) milk

**Preheat** oven to 190C/170C fan-forced, line 12 holes of an 80ml (1/3 cup) capacity muffin tin with paper cases.

**Sift** flour and cinnamon into a large bowl. Return husks from sieve into bowl.

**Set aside** to cool for 5 minutes before transferring to a wire rack to cool completely.

**Squeeze** excess moisture from zucchini. Add zucchini and pumpkin to flour and stir to combine.

**Whisk** eggs, honey, oil and milk together in a large jug. Add wet ingredients to dry ingredients and stir until just combined, do not over mix.

**Divide** mixture between prepared cases. For flavour variations, see notes.

**Bake** for 18 minutes, or until golden and just firm.

# Tahini and Maple Syrup

## Bliss Balls

Nutritious and delicious, full of fibre!



20 minutes



15 serves



377 kJ, 4.9 C, 3.3 P, 6.1 F



- 1/2 cup sunflower seeds
- 1/2 cup pepitas
- 1/2 cup traditional rolled oats
- 2 tsp flaxseed
- 2 tbsp unhulled tahini
- 2 1/2 tbsp maple syrup
- 2 tbsp sesame seeds, toasted

**Process** sunflower seeds, pepitas and oats in a food processor until finely chopped. Transfer to a large bowl.

**Add** flaxseed, 1 tablespoon water and a pinch of salt. Stir to combine. Add tahini and maple syrup.

**Stir** until well combined.

**Place** sesame seeds in a small bowl. Roll 1 level tablespoon mixture into a ball, then roll in sesame seeds to coat.

**Place** on a plate. Repeat with remaining mixture and sesame seeds.

**Serve** or place, covered in the fridge, to be added to the next lunchbox rush.

# Chickpea and Sweet Potato Cakes

A tasty vegetarian lunch that the whole family will love.



90 minutes



10 serves



356 kJ, 13 C, 4.5 P, 2 F



- ❑ 500g orange sweet potato, peeled, coarsely chopped
- ❑ 1 x 400g can chickpeas, rinsed, drained
- ❑ 1 brown onion, finely chopped
- ❑ 1/2 cup chopped fresh coriander
- ❑ 2 tbsp finely grated parmesan or vegetarian hard cheese
- ❑ 2 tbsp plain flour
- ❑ Finely grated parmesan or vegetarian hard cheese, extra, to coat
- ❑ Olive oil spray
- ❑ Mixed lettuce leaves, to serve
- ❑ Sweet chilli sauce, to serve

**Cook** the sweet potato in a saucepan of boiling water for 10 minutes or until tender. Drain. Return to the pan. Mash until smooth. Transfer to a bowl to chill in the fridge for 30 mins.

**Mash** the chickpeas in a bowl. Add the chickpeas, onion, coriander, parmesan and flour to the sweet potato and combine. Season with pepper. Divide the mixture into 10 portions and shape each portion into a patty.

**Preheat** oven to 180°C. Line a baking tray with non-stick baking paper. Place extra parmesan on a plate. Press patties in parmesan to coat. Place on the lined tray. Spray with olive oil spray.

**Bake** in oven, turning once, for 30 minutes or until golden. Divide among serving plates. Serve with lettuce and sweet chilli sauce.



# Sesame Puffed Rice Bars

Make your own healthier version of the beloved LCMs!



15 minutes



20 serves



1004 kJ, 21 C, 6.9 P, 16.1 F

- 3/4 cup tahini
- 3/4 cup honey
- 4 cups puffed rice
- 1 1/2 cups sunflower seeds
- 1 1/2 cups pepitas
- 1/2 cup sesame seeds

**Grease** a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan.

**Place** tahini and honey in a small saucepan over low heat. Cook, stirring occasionally, for 3 minutes or until honey has melted and mixture is combined.

**Combine** puffed rice, sunflower seeds, pepitas and sesame seeds in a bowl.

**Add** tahini mixture. Working quickly, stir until combined. Spoon mixture into prepared pan, pressing with the back of a spoon to level and compact.

**Refrigerate** overnight or until set.

**Cut** into 20 bars.

**Refrigerate** until required.

# Roasted Pumpkin

## Zucchini Slice

This delicious slice, made with roasted pumpkin and in-season zucchini is ideal for dinner, and lunch the next day, too!



70 minutes



6 serves



1463 kJ, 34.9 C, 14.1 P, 17.2 F

- 200g peeled pumpkin, cut into 1cm pieces
- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 1 corn cob, husk and silk removed
- 1 large zucchini, coarsely grated
- 1 carrot, peeled, coarsely grated
- 1 cup (240g) coarsely grated pumpkin
- 1 cup (240g) coarsely grated gold sweet potato
- 1 cup (150g) self-raising flour
- 1 cup (120g) coarsely grated cheddar
- 5 Coles Australian Free Range Eggs, lightly whisked
- ¼ cup (60ml) milk

**Preheat** oven to 180°C. Place pumpkin pieces on a lined tray. Spray with olive oil spray. Bake for 15 mins or until tender.

**Grease** a 20cm x 30cm lamington pan and line with baking paper,



allowing the sides to overhang. Heat 1 tsp of the oil in a medium frying pan over medium heat. Cook the onion for 5 mins. Cut down the side of the corn to release the kernels.

**Combine** the onion, zucchini, carrot, grated pumpkin, sweet potato, flour, cheddar, half the corn and half the roasted pumpkin in a large bowl.

**Whisk** egg, milk and remaining oil in a small bowl. Add to zucchini mixture. Stir and Season. Spoon into the prepared pan and smooth the surface. Sprinkle with the remaining corn and roasted pumpkin. Bake for 40 mins or until the slice is firm to the touch. Serve warm or at room temperature.

# Sugar-Free Banana Bread

Enjoy Australia's favourite snack without the guilt!



85 minutes



10 serves



1057 kJ, 31.6 C, 4.5 P, 13 F

- 4 very ripe bananas
- 2 eggs
- 1/2 cup olive oil
- 1/4 cup milk
- 1 tsp vanilla bean paste
- 1 tsp Coles Cinnamon Ground
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 tsp baking powder
- 1 tsp Coles Bicarbonate Soda
- Pinch salt

**Preheat** the oven to 160C or 140C fan-force. Grease and line an 11.5cm x 22cm (base measurements) loaf pan with baking paper.



**Mash** bananas in a large bowl with a fork until smooth. Add eggs, oil, milk and vanilla and stir until combined.

**Sift** wholemeal flour, plain flour, cinnamon, baking powder, bicarbonate and salt over banana mixture (tip in the flour kernels). Stir until combined.

**Spoon** into prepared pan and level top with a spatula.

**Bake** for 1 hour 10 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 5 minutes.

**Let cool** then store in an airtight container.

# Raspberry-Peach-Mango Smoothie Bowl

The gateway into a world of smoothie bowls. Make sure to use frozen fruit for a creamy, frosty base.



10 minutes



1 serve



1472.8 kJ, 46 C, 23 P, 9 F



- 1 cup frozen mango chunks
- $\frac{3}{4}$  cup nonfat plain Greek yogurt
- $\frac{1}{4}$  cup reduced-fat milk
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  ripe peach, sliced
- $\frac{1}{3}$  cup raspberries
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1 teaspoon chia seeds

**Combine** mango, yogurt, milk and vanilla in a blender. Puree until smooth.

**Pour** the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

**Customize** the toppings as you please!



# Tofu and Vegetable Scramble

Feel free to customize this speedy tofu and vegetable scramble with your favorite combination of vegetables and spice.



20 minutes



1 serve



1757 KJ, 26 C, 27 P, 26 F



- ❑ 1 ½ teaspoons extra-virgin olive oil
- ❑ 5 ounces extra-firm tofu, drained and cubed
- ❑ 1 cup chopped vegetables, such as zucchini, mushrooms and onions
- ❑ ½ teaspoon spice of choice, such as chili powder or ground cumin
- ❑ Pinch of ground pepper
- ❑ ⅓ cup canned chickpeas, rinsed
- ❑ ¼ cup pico de gallo or salsa
- ❑ ¼ cup shredded Cheddar cheese, preferably sharp (1 oz.)
- ❑ 1 dash Hot sauce and chopped coriander to taste

**Heat** oil in a large nonstick skillet over medium-high heat.

**Add** tofu, vegetables, spice and pepper; cook, stirring often, until the vegetables are softened, 5 to 7 minutes.

**Add** chickpeas and pico de gallo (or salsa) and heat through, 1 to 2 minutes.

**Remove** from heat, gather the scramble into one section of the pan, top with Cheddar cheese and let melt off the heat. Serve with hot sauce and coriander, if desired.



# Protein Pancakes with Banana

Add protein powder to these oat and banana pancakes for a filling breakfast. Serve stacked with a dollop of Greek yogurt, sliced bananas and maple syrup.



25 minutes



2 serves



1674 kJ, 38 C, 28 P, 14 F



- 3 eggs
- 75g porridge oats
- 1 large, ripe banana
- 2 tbsp protein powder, any kind
- 2 tbsp milk, any kind
- 1 tbsp baking powder
- ¼ tsp ground cinnamon
- neutral oil, for the pan

**Tip** the eggs, oats, banana protein powder, milk, baking powder and cinnamon into a blender and blitz for 1-2 mins until smooth. Check the oats have broken down, if not, blitz for another minute.

**Heat** a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread.

**Cook** for 1-2 mins until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through. Transfer to a warmed oven and repeat with the remaining batter.

**Serve** topped with a dollop of Greek yogurt, sliced bananas and maple syrup.

# Mushroom Baked Eggs with Squished Tomatoes

Start your day the healthy way with mushrooms, baked eggs and tomato. A low-fat, low-calorie dish that's two of your five-a-day - perfect for a weekend breakfast



35 minutes



2 serves



615 kJ, 5 C, 12 P, 8 F

- 2 large flat mushrooms (about 85g each), stalks removed and chopped
- rapeseed oil, for brushing
- ½ garlic clove, grated (optional)
- a few thyme leaves
- 2 tomatoes, halved
- 2 large eggs
- 2 handfuls rocket

**Preheat** oven to 200C.

**Brush** the mushrooms with a little oil and the garlic (if using).

**Place** the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper.



**Top** with the chopped stalks and thyme, cover with foil and bake for 20 mins.

**Remove** the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms.

**Season** and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny.

**Top** with the rocket and eat straight from the dishes.

# Porridge with Blueberry

## Compote

Top high-fibre porridge oats with creamy Greek yogurt and healthy blueberries – buy frozen to help cut the cost of this filling breakfast.



10 minutes



2 serves



895 kJ, 35 C, 13 P, 4 F



- 6 tbsp porridge oats
- just under ½ x 200ml tub 0% fat Greek-style yogurt
- ½ x 350g pack frozen blueberries
- 1 tsp honey (optional)

**Put** the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove

from the heat and add a third of the yogurt.

**Tip** the blueberries into a pan with 1 tbsp water and the honey if using and gently poach until the blueberries have thawed and they are tender, but still holding their shape.

**Spoon** the porridge into bowls, top with the remaining yogurt and spoon over the blueberries.

# Spinach and Pepper

## Frittata

A balanced, omelette-like dish of protein-rich eggs baked with cheese, garlic, tomatoes, peppers and spinach.



25 minutes



45 serves



828 kJ, 10 C, 22 P, 5 F

- 5 large eggs
- 300g tub low-fat natural cottage cheese
- 1 garlic clove, finely chopped
- 15g finely grated parmesan (or vegetarian alternative)
- 225g frozen leaf spinach, thawed, squeezed and finely chopped
- 2 roasted red peppers (not in oil), torn into strips
- generous grating of nutmeg
- 100g whole cherry tomato

**Heat** oven to 190C. Line a 20cm sandwich tin with a single sheet of baking parchment if your tin has a loose bottom.



**Beat** the eggs in a large bowl with the cottage cheese, garlic, half the Parmesan, the spinach, peppers, nutmeg and some black pepper.

**Tip** into the tin, top with the tomatoes and sprinkle with the remaining Parmesan.

**Bake** for 40 mins until set all the way through and starting to puff up.

**Cut** into wedges and serve hot or cold. Will keep for 3-4 days in the fridge.

# A Healthy Full-English

Higher protein and lower in calories compared to the beloved Full English Fry Up. This will keep you full for hours and hours!



25 minutes



1 serve



2870 kJ, 5 C, 87 P, 34 F

- 15 mL olive oil
- 130g tomatoes, halved
- 4 rashers turkey bacon
- 180g sirloin steak, trimmed of visible fat
- 150g mushrooms, sliced
- 160g spinach
- 1 egg

**Heat** grill to high. Drizzle a little of the oil on your tomatoes and season well. Lay the tomatoes on a baking tray lined with foil and place under the grill. Cook for 4-5 mins, then add the bacon to the tray. Turn the bacon as necessary until it is cooked through. Turn off the grill and shut the door to keep everything warm.

**Heat** the remaining oil in a large, non-stick frying pan over a high heat. Season your steak well and



sear for 3-4 mins each side for medium-rare, then leave it to rest before serving.

**Throw** the mushrooms into the still-hot pan, fry for 2-3 mins until browned, then move to one side of the pan. Add the spinach to the other side of the pan and cook until wilted. Put a saucepan of water on to boil.

**Crack** the egg into the boiling water, then reduce the heat until the water is gently simmering. Poach the egg for 3-4 mins or until the white has set but the yolk is still runny. Lift it out with a slotted spoon and drain on kitchen paper. Serve everything together.



# Green Shakshuka

A fresh twist on the classic Mediterranean dish. High protein, filling and full of micronutrients to get you through the day!



35 minutes



4 serves



1410 kJ, 13 C, 22 P, 20 F

- 3 tbsp olive oil
- 2 leeks, washed and sliced
- 200g bag baby spinach
- 250g frozen peas
- 2 fat garlic cloves, finely chopped
- 1 tbsp cumin seeds
- small pack parsley, roughly chopped
- small pack coriander, roughly chopped
- small pack mint, leaves picked and roughly chopped, reserving a few leaves to garnish
- 8 medium eggs
- 150g pot natural yogurt
- 1 tbsp harissa
- flatbread or crusty sourdough, to serve

**Heat** the oil in a wide, shallow frying pan over a medium heat. Add the leeks with a



pinch of salt and cook for 4 mins until softened. Add handfuls of spinach to the pan, stirring until wilted.

**Stir** in the peas, garlic, cumin, herbs and some seasoning. Cook for a few mins until it smells fragrant, then create four gaps and crack two eggs into each. Cover and cook for 10 mins or until the whites are set but the yolks are runny – they will carry on cooking slightly as you take them to the table.

**Season** the eggs with flaky sea salt, dollop spoonfuls of the yogurt interspersed with the harissa, and scatter over a few mint leaves. Serve with a pile of flatbread for scooping.

# Spicy Moroccan Eggs

This quick, spice brunch dish is packed with healthy eggplants, chickpeas, tomatoes and spinach. High protein with a spicy kick to start your day.



25 minutes



4 serves



1013 kJ, 22 C, 16 P, 10 F



- 2 tsp rapeseed oil
- 1 large onion, halved and thinly sliced
- 3 garlic cloves, sliced
- 1 tbsp rose harissa
- 1 tsp ground coriander
- 150ml vegetable stock
- 400g can chickpea
- 2 x 400g cans cherry tomatoes
- 2 eggplants, finely diced
- 200g bag baby spinach
- 4 tbsp chopped coriander
- 4 large eggs

**Heat** the oil in a large, deep frying pan, and fry the onion and garlic for about 8 mins, stirring every now and then, until starting to turn golden. Add the harissa and ground

coriander, stir well, then pour in the stock and chickpeas with their liquid. Cover and simmer for 5 mins, then mash about one-third of the chickpeas to thicken the stock a little.

**Tip** the tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold in the spinach so that it wilts into the pan.

**Stir** in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to settle for 2 mins before serving.

# Ricotta, Tomato & Spinach Frittata

Healthy veggie bites that are packed with flavour. A midweek must. Start your day right, or pack them into a lunchbox for a filling pick-me-up!



45 minutes



4 serves



987 kJ, 7 C, 16 P, 16 F

- 1 tbsp olive oil
- 1 large onion, finely sliced
- 300g cherry tomatoes
- 100g spinach leaves
- small handful basil leaves
- 100g ricotta
- 6 eggs, beaten
- salad, to serve

**Heat** oven to 200C. Heat oil in a large non-stick frying pan and cook the onion for 5-6 mins until softened and lightly golden.

**Add** the tomatoes and toss for 1 min to soften.



**Remove** from the heat, add the spinach leaves and basil, and toss together to wilt a little.

**Transfer** all the ingredients to a greased 30cm x 20cm rectangular baking tin. Take small scoops of the ricotta and dot over the vegetables.

**Season** the eggs and beat well, then pour over the vegetables and cheese.

**Cook** in the oven for 20-25 mins until pale golden and set.

**Serve** with salad.

# Eggplant Frittatas

If you're looking for lunchbox inspiration, try making these vegetarian eggplants frittatas. Serve with salad for an easy, filling and tasty lunch or pack in a lunchbox for a quick snack



45 minutes



2 serves



1301 kJ, 8 C, 20 P, 22 F



- 1 large or 2 small eggplants
- 4 spring onions
- 2 tsp avocado oil
- 1 crushed garlic clove
- 3 large eggs
- good pinch dill fronds
- 4 tbsp Greek yogurt

**Heat** oven to 220C, then put an empty muffin tin inside.

**Grate** 1 large or 2 small courgettes and slice 4 spring onions.

**Heat** 2 tsp rapeseed oil in a frying pan and fry the spring onions for about 3 mins.

**Stir** in 1 crushed garlic clove and the grated courgette and cook for another 1 min, then set aside to cool.

**Beat** 3 large eggs, a good pinch dill fronds and 4 tbsp Greek yogurt together in a jug, then season.

**Stir** in the courgette mixture. Take the muffin tin out of the oven and drop in eight muffin cases, divide the egg mixture between the cases and bake for 15-18 mins until set and golden.

**Serve** hot or cold with salad or in a lunchbox.



# Crustless Quiche

Make an easy crustless quiche to cut out the faff of making pastry. It's packed with cheese, smoky pancetta and green veg for a lovely lunch or picnic dish.



55 minutes



6 serves



1678 kJ, 3 C, 19 P, 34 F



- 20g butter, plus extra for the tin
- 1 onion, finely diced.
- 100g chopped pancetta or smoked bacon
- 200g asparagus or broccoli, trimmed.
- 8 large eggs
- 150 mL heavy cream
- 80g parmesan cheese

**Heat** the oven to 180C. Butter and line a 23cm round deep, springform cake tin so the paper comes 2-3cm up the sides of the tin.

**Melt** the butter in a frying pan. Add the onion and pancetta and cook over a low heat for 10 mins or until softened and translucent.

**Bring** a pan of lightly salted water to the boil. If using broccoli, cut into small florets, if using asparagus, keep whole. Blanch the veg for 2 mins, drain and leave to steam-dry.

**Whisk** the eggs, cream and two thirds of the cheese together in a bowl. Season with salt and black pepper. Mix through the onion and bacon mixture. Pour into the tin and top with the veg and remaining cheese.

**Bake** for 25-30 mins or until golden brown with a slight wobble in the centre.



# Mushroom Brunch

You only need mushrooms, eggs, kale and garlic to cook this tasty one-pan brunch. It's comforting yet healthy, low carb, fibre rich and gluten-free. The perfect way to start your day.



20 minutes



4 serves



644 kJ, 1 C, 13 P, 11 F

- 250g mushrooms
- 1-2 garlic cloves
- 1 tbsp olive oil
- 160g kale
- 4 eggs

**Slice** the mushrooms and crush the garlic clove.

**Heat** the olive oil in a large non-stick frying pan, then fry the garlic over a low heat for 1 min.

**Add** the mushrooms and cook until soft. Then, add the kale.

If the kale won't all fit in the



pan, add half and stir until wilted, then add the rest. Once all the kale is wilted, season.

**Crack** in the eggs and keep them cooking gently for 2-3 mins.

**Cover** with the lid to for a further 2-3 mins or until the eggs are cooked to your liking.

**Serve** with regular or keto bread for a keto-friendly version.

# Super Healthy Salmon

## Burgers

If you're after something a bit lighter than potato-packed fishcakes, try these simple salmon burgers with ginger, soy sauce and coriander.



30 minutes



4 serves



1222 kJ, 7 C, 29 P, 17 F



- 4 boneless, skinless salmon fillets, about 550g/1lb 4oz in total, cut into chunks
- 2 tbsp Thai red curry paste
- thumb-size piece fresh root ginger, grated
- 1 tsp soy sauce
- 1 bunch coriander, half chopped, half leaves picked
- 1 tsp vegetable oil
- lemon wedges, to serve
- 2 carrots
- half large or 1 small cucumber
- 2 tbsp white wine vinegar
- 1 tsp golden caster sugar

**Tip** the salmon into a food processor with the paste, ginger, soy

and chopped coriander. Pulse until roughly minced.

**Shape** the mix into 4 burgers.

**Heat** the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

**Peel** strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves.

**Divide** the salad between 4 plates. Serve with the burgers and rice.

# Tomato Baked Eggs

Whip up these easy baked eggs with a garlicky tomato sauce and serve with crusty keto bread for a lazy weekend brunch, or light lunch, that's sure to satisfy.



60 minutes



2 serves



854 kJ, 7 C, 9 P, 16 F



- 900g ripe vine tomatoes
- 3 garlic cloves
- 3 tbsp olive oil
- 4 large free range eggs
- 2 tbsp chopped parsley and/or chives

**Preheat** the oven to fan 180C. Cut the tomatoes into quarters or thick wedges, depending on their size, then spread them over a fairly shallow 1.5 litre ovenproof dish. Peel the garlic, slice thinly and sprinkle over the tomatoes.

**Drizzle** with the olive oil, season well with salt and pepper and stir everything together until the tomatoes are glistening.

**Slide** the dish into the oven and bake for 40 minutes until the tomatoes have softened and are tinged with brown.

**Make** four gaps among the tomatoes, break an egg into each gap and cover the dish with a sheet of foil.

**Return** it to the oven for 5-10 minutes until the eggs are set to your liking.

**Scatter** over the herbs and serve piping hot with thick slices of keto bread and a green salad on the side.

# Mediterranean Turkey- Stuffed Capsicums

This low-calorie meal is full of protein, essential vitamins, low in carbs and perfect to pack in a lunchbox or have for a brunch or lunch.



50 minutes



2 serves



1686 kJ, 15 C, 40 P, 19 F

- 2 red capsicums (about 220g)
- 1 ½ tbsp olive oil, plus an extra drizzle
- 240g lean turkey breast mince (under 8% fat)
- ½ small onion, chopped
- 1 garlic clove, grated
- 1 tsp ground cumin
- 3-4 mushrooms, sliced
- 400g can chopped tomatoes
- 1 tbsp tomato purée
- 1 chicken stock cube
- handful fresh oregano leaves
- 60g mozzarella, grated

**Preheat** oven to 190C. Halve the capsicums lengthways, then remove the seeds. Rub the capsicums with a drizzle of olive oil and season well. Put on a baking tray and roast for 15 mins.



**Heat** 1 tbsp olive oil in a large pan over a medium heat. Fry the mince for 2-3 mins, stirring to break up the chunks, then tip onto a plate.

**Heat** the rest of the oil over a medium-high heat. Add the onion and garlic, stir-fry for 2-3 mins, then add the cumin and mushrooms and cook for 2-3 mins more.

**Add** mince back into the pan and add the chopped tomatoes and tomato purée. Crumble in the stock cube and cook for 3-4 mins, then add the oregano and season. Fill the capsicums with the mince. Top with the cheese and return to the oven for 10-15 mins until the cheese starts to turn golden.



# Cinnamon and Apricot

## Trail Mix

Whip up this keto, vegan trail mix for when you're on the go. Up the quantities if you like and store in an airtight container or clip jar



5 minutes



1 serve



900 kJ, 10 C, 6 P, 16 F



- 5g popcorn
- 2 dried apricots, shredded
- 1 tsp toasted three-seed mix
- 3 walnut halves, snapped in half
- a few pinches of ground cinnamon, to taste

**Simply mix** everything together and enjoy.

**Will** keep in an airtight container or jar for up to three days.



# Sprout and Spinach Baked Eggs

Turn leftover greens into a beautiful, nutritious breakfast.



50 minutes




4 serves

- 1 tbsp olive oil
- 1 tsp cumin seeds
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 green chilli, chopped (deseeded if you don't want it very hot)
- 300g brussels sprouts, roughly shredded
- 450g spinach
- ½ lemon, juiced
- 6 eggs
- ½ small pack coriander, yogurt, sriracha and thick slices of sourdough or keto bread, to serve

**Heat** the oil in a frying pan with high sides, scatter in the cumin seeds and toast a little, then add the onion and fry until softened, around 5 mins. Add the garlic and chilli and fry for 1 min.



**Add** the sprouts  1 and cook for 5 mins until softened, then add the spinach – you may have to do this in batches. Cook until the spinach has wilted down, then squeeze in the lemon juice to taste. Season well.

**Create** six holes in the greens to crack the eggs into. Break the eggs into the holes, cover the pan with a lid and cook for 5-7 mins until the eggs have set, but the yolk remains runny. Sprinkle over the coriander and serve immediately, drizzled with natural yogurt and sriracha, and with sourdough or keto bread on the side.

# Korean Beef Bowls

This low-carb, high protein meal is a perfect low calorie lunch. Full of flavour and full of nutrients!



25 minutes



4 serves

- 30 mL olive oil
- 500g cauliflower (frozen or fresh riced in a food processor)
- 1/2 tsp black pepper
- 500g beef mince
- 2 tsp Sea salt
- 4 cloves garlic (minced)
- 1/4 cup beef broth
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1/4 cup green onions (sliced)
- 1 tsp Sesame seeds
- 1 small cucumber

**Heat** 1 tablespoon (15 mL) olive oil over medium-high heat. Add cauliflower rice. Season with salt and pepper. Cook for 3-5 minutes, until tender. Remove from heat, divide among 4 bowls, and cover to keep warm.



**Whisk** together the beef broth, sesame oil, ground ginger, and red pepper flakes. Set the sauce aside.

**Turn** the heat back on to medium-high. Add another tablespoon olive oil to the pan. Add the mince and season with sea salt. Cook until browned.

**Push** the beef to the sides of the pan, and add the minced garlic in the middle. Sauté for about 1 minute, until fragrant, then mix into the beef.

**Pour** the sauce over the beef. Bring to a boil, then reduce the heat and simmer for 3-4 minutes, until the sauce is reduced and mostly absorbs into the meat. Top each bowl with ground beef. Fan out the cucumber slices, and sprinkle with sliced green onions and sesame seeds.

# Salmon-Stuffed Avocados

Canned salmon is a valuable pantry staple and a practical way to include heart-healthy, omega-3-rich fish in your diet. Here, it's combined with avocados for a healthy lunch.



30 minutes

- ½ cup non-fat Greek yogurt
- ½ cup diced cucumber
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- Chopped chives for garnish



4 serves

**Combine** yogurt, parsley, lime juice,



mayonnaise, mustard, salt and pepper in a medium bowl; mix well.

**Add** salmon and mix well.

**Halve** avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl.

**Mash** the scooped-out avocado flesh with a fork and stir into the salmon mixture.

# High Protein Chocolate Raspberry Cheesecake Smoothie

Satisfy those sweet tooth and hunger cravings  
all at once, without the guilt!



2 minutes



1 serve



1071 kJ, 9 C, 24 P, 13 F



- 240 ml unsweetened almond milk
- 2 tbsp cream cheese
- 28 g (55 ml) fresh raspberries, or frozen
- ¼ tsp vanilla extract
- ¼ tsp stevia drops
- 60 ml (25 g) whey protein isolate (unflavored)
- 1 tbsp cocoa powder
- 240 ml ice cubes
- 60 ml heavy whipping cream or coconut cream (optional)

**Place** the almond milk, cream cheese, raspberries, vanilla extract, and stevia drops into a blender and blend until mixed.

**Add** the protein powder, cocoa powder, cream (if using) and ice.

**Blend** until smooth. Serve and enjoy

# Low Carb Mexican Breakfast Scramble

This savory breakfast is loaded with ground turkey and plant protein, Mexican flavors, and fresh veggies. It's an egg-free and dairy-free way to start your action-packed day.



20 minutes



4 serves



1674 kJ, 14 C, 32 P, 19 F



- 375 g firm tofu, drained and cut into small cubes (1.5 cm) (substitute for 8 eggs if needed)
- 450 g ground turkey
- 1 tbsp olive oil
- 3 tbsp taco seasoning
- 1 (120 g) red bell pepper, diced
- 1 (110 g) yellow onion, diced
- salt and pepper
- 1 (200 g) avocado mashed
- 1 tbsp fresh cilantro, finely chopped
- 4 tbsp sour cream, dairy-free or vegan
- 1 tbsp lime juice

**Brown** the turkey meat in a large frying pan, using half the oil.

**Season** with salt and pepper. Once the meat is almost cooked add  $\frac{2}{3}$  of

the taco seasoning. Stir well and finish cooking the meat.

**While** the meat is cooking, heat the other half of the oil in a separate skillet and cook peppers and onions for 2 min until they begin to soften.

**Add** the tofu and the rest of the taco seasoning. Gently cook for a few more minutes until the tofu begins to brown.

**Scoop** the meat and the veggie tofu mixture onto a plate or bowl and top with mashed avocado, sour cream, cilantro, and a drizzle of lime juice.



# Low Carb Chia Pudding

This sweet, low carb chia pudding is wonderful for breakfast - or a snack or dessert. Prepare the night before; that way, in the morning, you are all set. The proof is in the pudding!



240 minutes



1 serve



842 kJ, 14 C, 6 P, 14 F

- 1 cup unsweetened, canned coconut milk or unsweetened almond milk
- 2 tbsp chia seeds
- ½ tsp vanilla extract

**Mix** all of the ingredients in a glass bowl or jar. Mix well.

**Cover**, place in the fridge to let gel overnight (or for

at least 4 hours). **Before** you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.

**Serve** the pudding with cream, coconut milk or some fresh or frozen berries.

# Keto Low Carb Porridge

Low carb, filling and delicious. The perfect breakfast.



5 minutes



1 serves



903 kJ, 10 C, 8 P, 17 F



- 2 tablespoon flaxseed ground / flaxmeal
- 2 tablespoon almond flour
- 2 tablespoon ground sesame seeds
- ½ cup / 120 ml almond milk unsweetened
- 1 teaspoon Monk Fruit Sweetener optional
- berries, to decorate optional

**Place** the flaxmeal, almond flour and ground sesame seeds in a bowl and mix.

**Add** ½ cup of unsweetened almond milk and microwave on high for 1 minute.

**Stir.** Then microwave another 1 minute.

**Add** more almond milk to loosen if necessary.

**Sprinkle** with erythritol and berries and serve.

# Protein Fluff

This creamy protein fluff has only 4 ingredients. Easy, creamy, sugar free with 18 grams of protein.



5 minutes



2 serves



1067 kJ, 6 C, 18 P, 16 F

- 1 cup cottage cheese 220g
- 3 tablespoon peanut butter smooth, 48g
- 3 tablespoon allulose 30g, or sweetener of choice  
\*\*see notes
- ½ tablespoon vanilla extract

**Blend** all ingredients in a food processor, blender or in a tall

jug with an electric mixer until smooth, about 1 minute.

**Scrape** the sides in between to incorporate everything into a smooth and fluffy mixture.

**Fill** into 2 serving cups. Serve straight away or cover and chill in the fridge until ready to serve.