

Avocado & orange smoothie

W&G

- 1 small ripe avocado
- 1 small banana (fresh or frozen)
- 1 navel orange
- 1-2 tbsps fresh lime juice
- 300ml coconut water or cold water
- 1-2 ice cubes

Put all of the ingredients into a blender, liquid first and pulse until creamy.

Add more coconut water or water if required, to achieve the desired consistency.

Consume immediately.

SERVES 2



PER SERVING:

226 Calories

32g Carbs

2g Protein

10g Fat

Basil berry burst

W&G

1 small ripe banana
180ml unsweetened almond milk
50g frozen mixed berries
1-2 sprigs of fresh basil
1 tsp chia seeds
a good pinch ground cinnamon

SERVES 1

Place the ingredients in a blender (reserving a sprinkle of the chia seeds for the topping). Pulse until creamy.

Add a splash of cold water if required, to achieve the desired consistency.

Serve, topped with the remaining chia seeds.

Consume immediately.



PER SERVING:
168 Calories
30g Carbs
3g Protein
4g Fat

Blueberry & coconut smoothie

W&G

50g plain yoghurt
60g frozen blueberries
½ a large ripe banana
120ml coconut milk
1 tbsp coconut flakes

SERVES 1

Add all ingredients to a blender (except for the coconut flakes) and pulse until creamy.

Add more cold water if required to achieve the desired consistency.

Serve with the coconut flakes sprinkled on top.

Consume immediately.



PER SERVING:

346 Calories

28g Carbs

9g Protein

22g Fat

Blackcurrant citrus cheesecake

W&G

for the base:

50g crunchy nut butter of your choice

70g dried chopped dates

40g brazil nuts, finely chopped

20g coconut oil, melted

for the filling:

180g cream cheese (use dairy free cream cheese if preferred)

80g Greek yoghurt or quark (use dairy free if preferred)

120g creamed coconut (use the fat part from a tin of coconut milk)

1 tsp vanilla extract

finely grated zest and juice of one lime or lemon

70g blackcurrants

Line the base of a medium sized cake tin with greaseproof paper.

Mix the base ingredients together in a bowl until well combined.

Press the mixture firmly into the base of the tin, ensuring there are no gaps.

In a separate bowl, use an electric hand mixer to combine all of the filling ingredients, except for the blackcurrants. Gently fold the blackcurrants into the mixture.

Spoon the mixture into the tin and even the surface gently with a spatula.

Refrigerate for 2-3 hours until firm. Cut into 8 pieces and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 8



PER SERVING:
310 Calories
13g Carbs
6g Protein
26g Fat



Chocolate & strawberry bars

W&G

3 small ripe bananas
50g crunchy nut butter (any variety)
65g porridge oats (use gluten free oats if preferred)
30g chia seeds
2 medium sized eggs
1 egg white
50g vanilla flavour whey or rice protein powder (or replace with 1½ tbsps natural sweetener and 1 tsp vanilla extract)
30g pitted dates, finely chopped
20g white chocolate (low sugar variety) or dark chocolate (minimum 70% cocoa), finely chopped
2 tbsps freeze-dried or fresh strawberries, cut into small chunks

MAKES 9 BARS

Preheat oven to 190°C/375°F.

Line a baking tray with baking paper.

Mash the bananas in a large bowl.

Add all of the other ingredients and mix thoroughly. Pour the mixture onto the tray and shape into a rectangle.

Bake for 15 minutes or until the mixture is firm and golden in colour.

Transfer to a rack to cool, then cut into nine pieces.

Store in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER BAR:
130 Calories
15g Carbs
4g Protein
6g Fat

Pistachio cocoa balls

W&G

20 shelled pistachios, finely chopped

1 tsp coconut oil

1 heaped tbsp of coconut cream
(use the fat part from a tin of
coconut milk)

50g pitted dates, finely chopped

1 heaped tbsp raw cocoa

1 tbsp flaxseed

1 tbsp chia seeds

30g almonds, finely chopped

1 tsp stevia (or use sweetener
of your choice)

Mix all of the ingredients together in a
bowl.

Roll into 6 balls. Refrigerate for one hour or
more. Serve.

*Store in an airtight container and refrigerate
for up to 4 days or freeze on same day.*

MAKES 6 BALLS



PER BALL:
111 Calories
9g Carbs
3g Protein
7g Fat

Fluffy vanilla pancakes

W&G

175g self-raising flour (use gluten free flour if preferred)
small pinch of bicarbonate of soda
pinch of sea salt
2 tsps granulated natural sweetener of your choice
100ml buttermilk (or use dairy free milk of your choice)
200ml almond milk (or use milk of your choice)
1 egg
1 tsp vanilla extract
35g vanilla flavoured whey or rice protein powder (optional)
2 tbsps raisins
3 tsps coconut oil

Place all ingredients except for the raisins and coconut oil in a blender and mix until smooth. Stir the raisins into the batter.

Heat the coconut oil in a pan over a medium/high heat and then pour one sixth of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter.

Serve with yoghurt, berries and a drizzle of honey.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.

MAKES 6 PANCAKES



PER PANCAKE:
189 Calories
28g Carbs
8g Protein
5g Fat



Nutty breakfast bars

W&G

30g chopped dates, pre-soaked in hot water for 20 minutes to soften
40g vanilla flavour whey or rice protein powder (optional)
80g crunchy peanut or almond butter
1 tbsp coconut oil
40g porridge oats (use gluten free if preferred)
1 tsp vanilla extract
10g brazil nuts, almonds or cashews, chopped
pinch of cinnamon
60ml unsweetened almond milk or cold water

MAKES 8 BARS

Line a baking tray with greaseproof paper.

Place all of the ingredients except for the almond milk / cold water in a bowl and stir thoroughly to combine (or use a food processor if you have one).

Add the almond milk / water and stir / process again into a thick sticky dough.

Press the dough into the baking tray and place in the freezer for 30 minutes or more to set.

Slice into 8 bars.

Refrigerate in an airtight container for up to 3 days or freeze for up to one month.



PER BAR:
123 Calories
8g Carbs
7g Protein
7g Fat

Summer cous cous

W&G

100ml cold water
40g cous cous
½ an apple, core removed and
sliced finely
80g fresh apricot or berries
50g Greek yoghurt
1 tsp chia seeds (or use seeds of
choice)

Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.

Fluff up with a fork and transfer to a serving bowl. Top with the apple, apricot / berries, yoghurt and seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



PER SERVING:
275 Calories
45g Carbs
8g Protein
7g Fat

Chicken & bacon salad wrap

W&G

- 1 tsp ghee or coconut oil
- 120g chicken breast, diced
- 2 rashers back bacon
- handful of salad leaves
- 2 small vine tomatoes, sliced
- 1 seeded wrap (use gluten free if preferred)
- 1 tsp mayonnaise

SERVES 1

Melt the ghee / oil in a frying pan over a medium heat. Add the chicken and cook for 6-8 minutes, turning on all sides to brown.

Increase the heat slightly. Add the bacon and cook for 3-4 minutes each side, until crispy. Remove pan from heat.

Assemble the salad leaves on the wrap and add the cooked chicken, bacon, tomatoes and mayonnaise. Roll tightly and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:
489 Calories
34g Carbs
32g Protein
25g Fat

Creamy Parma ham, pea & spinach omelette

W&G

3 eggs
1 tbsp ricotta cheese (or use dairy free cheese if preferred)
salt and pepper to season
2 tps ghee or coconut oil
2 slices Parma ham
1 handful fresh spinach leaves
25g frozen peas

SERVES 1

Mix the eggs, cheese and salt and pepper in a jug until thoroughly combined.

Melt the ghee / oil in a large frying pan over a medium heat. Pour in the egg mixture, covering the base of the pan. Cook gently for 3-4 minutes until the centre of the omelette begins to firm up.

Add the ham, spinach and peas over one half of the omelette. Cook for around 2 minutes until the spinach has wilted.

Lift and fold the 'empty' half of the omelette over the filling ingredients to cover them. Cook for 1-2 minutes.

Cut the omelette in half and remove from the pan using a slice. Serve.

Consume immediately.



PER SERVING:
427 Calories
6g Carbs
31g Protein
31g Fat

Potato & sun-dried tomato frittata

W&G

- 4 eggs
- salt and pepper
- 1 small all-rounder potato, peeled and sliced quite finely.
- 2 tsps ghee or coconut oil
- 1 small red onion, sliced
- 25g sun-dried tomatoes, drained
- 2 sprigs fresh basil, chopped

SERVES 2

Whisk the eggs in a jug with the salt and pepper.

Preheat grill to medium / high.



PER SERVING:
357 Calories
35g Carbs
16g Protein
17g Fat

Bring a small saucepan of water to the boil. Add the potato and reduce to a simmer. Cook for 3-4 minutes until the potatoes are fork tender. Drain and set aside.

Melt the ghee / oil in a frying pan over a medium heat. Add the sliced potato and onion and sauté gently for around 5 minutes, turning occasionally, until the potatoes turn a golden colour.

Add the sun-dried tomatoes and basil and stir well. Transfer the contents to a skillet or ovenproof pan.

Add the eggs, covering the base of the pan evenly.

Place under the grill and cook for several minutes until golden (keep an eye on the frittata to ensure it doesn't burn).

Cut the frittata in half and remove from pan with a slice. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



Crispy tarragon baked chicken

W&G

500g sweet potatoes, scrubbed and cut into large pieces
1kg bone-in chicken thighs, skin on
salt and pepper to season
2 tbsps olive oil
small bunch of fresh tarragon
2 tbsps sherry vinegar
300g cherry tomatoes
200ml chicken stock

SERVES 4

Preheat oven to 200°C/400°F.

Bring a large saucepan of water to the boil. Add the potatoes and cook for 5-10 minutes, until soft. Drain and set aside.

Place the chicken in a large bowl. Add the salt, pepper and oil and mix thoroughly to coat.

Transfer the chicken to a large saucepan and cook over a medium heat for 10 minutes, stirring occasionally to seal the chicken on all sides.

Bash the tarragon leaves in a pestle and mortar. Place the leaves in a bowl and add the sherry vinegar. Stir well and pour onto the chicken.

Add the tomatoes, stock and potatoes, and stir. Transfer the contents of the saucepan to a large ovenproof dish. Bake for 40 minutes until golden.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



PER SERVING:
(chicken skin removed)

540 Calories

30g Carbs

42g Protein

28g Fat



Easy lamb vindaloo

W&G

10g ghee
5 dried red chillies
1 tsp mustard seeds
5-6 curry leaves
1 large white onion, finely diced
4 garlic cloves, finely chopped
equivalent amount of fresh ginger,
finely chopped
400g cooked lamb leg (make use of
leftovers after a lamb roast dinner)
200ml water
1 tsp ground cumin
1 tsp ground coriander
½ tsp paprika
1 tsp ground turmeric
1 tsp chilli powder
¼ tsp ground cinnamon
½ tsp sea salt

Melt the ghee in a large saucepan over a medium heat. Add the dried red chillies, mustard seeds and curry leaves. Fry gently for 1 minute.

Add the onion and sauté for 5 minutes until soft.

Add the finely chopped ginger and garlic. Stir and cook for 2 minutes.

Add the lamb, water, cumin, coriander, paprika, turmeric, chilli powder, cinnamon and salt. Stir to coat the lamb in the spices.

Cover and simmer and cook for 20 minutes, stirring occasionally. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 3

Serving suggestion:

Serve with basmati rice and garnish with chopped coriander.



PER SERVING:
302 Calories
10g Carbs
34g Protein
14g Fat



Salmon with a spicy salsa

W&G

3 ripe tomatoes, chopped quite finely
50g cucumber, diced finely
juice of ½ a lime
small handful of fresh coriander,
chopped finely
100g ripe avocado, chopped finely
1-2 red or green finger chilli peppers
2 tsps ghee or coconut oil
2 x 170g salmon fillets
sprig of fresh rosemary
pinch of sea salt
½ tsp dried oregano

SERVES 2



Mix the tomatoes, cucumber, lime juice, coriander, avocado and chillis thoroughly in a bowl.

Melt the ghee / oil in a frying pan over a medium / high heat.

Add the salmon fillets, skin side down. Add the rosemary to the pan and sprinkle the salt and oregano over the salmon.

Cook for 5 minutes, until the salmon skin is crispy.

Turn the fillets carefully onto their side and cook for a further 2-3 minutes, until the salmon flesh is cooked throughout. It should be a pale pink colour when cooked.

Serve the salmon topped with the spicy salsa.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Accompany with steamed vegetables.



PER SERVING:
506 Calories
6g Carbs
35g Protein
38g Fat