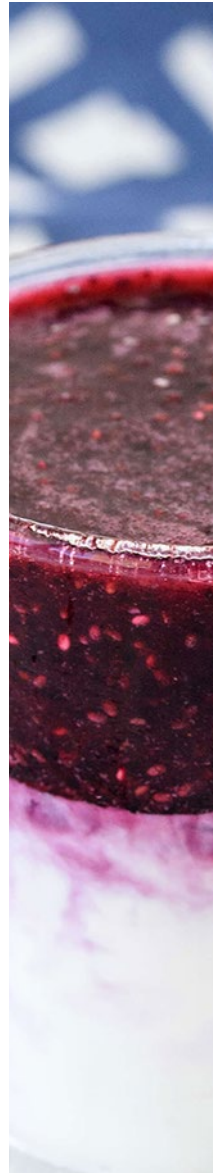




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# Tasty Eats for Tasty People





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# Tasty Eats for Tasty People

# INTRODUCTION

Welcome to the FFLC Physique Coaching recipe book - Tasty Eats for Tasty People!

Often eating 'healthy' can be seen as bland, boring or too complicated.

It doesn't have to be that way.

Packed full of mouthwatering recipes to help make the kitchen your bitch, Tasty Eats for Tasty People makes the route to unbelievable results unbelievably tasty!

All recipes are calorie friendly, high in protein and won't have you spending hours in the kitchen.

So get cooking, have fun and don't forget to tag @paul.broadbent.flc into your tasty meal photos on the gram!

**Paul Broadbent**  
Coach



# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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# BREAKFAST







# Egg Scramble



**SERVES:**  
2



**TIME:**  
30 minutes



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## INGREDIENTS

200g sweet potatoes, diced  
1/3 bunch of kale, roughly chopped  
1 tsp coconut oil  
Salt & pepper, to taste  
4 eggs  
2 tsp unsalted butter  
1 tsp curry powder  
1/2 lemon, cut in wedges

## MACROS

Calories: 313  
Protein: 15  
Carbs: 25  
Fat: 17  
Fibre: 7

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line baking tray with baking paper.

Toss sweet potato, kale, oil, salt and pepper in a bowl and transfer to baking tray. Roast for 20-25 minutes, or until soft.

Meanwhile, whisk eggs in a small bowl with a little salt and pepper. Add butter to a fry pan on low-medium heat. Add eggs and gently stir with a spatula. Remove eggs when they're still runny and slightly underdone, as they'll continue to cook in the pan once removed from the heat.

Serve eggs on top of sweet potato and kale with lemon wedges.





# Herby Fried Eggs

---



**SERVES:**  
4



**TIME:**  
10 minutes



---

## INGREDIENTS

1 tbsp olive oil  
4 sprigs dill, roughly chopped  
1 1/2 tbsp chives, roughly chopped  
8 large eggs  
salt & pepper, to taste

## INSTRUCTIONS

In a non-stick frypan, heat oil over medium heat, add the herbs and cook for a minute or so. Next, crack eggs on top of the herbs and continue to cook to your liking (you can flip them or have them sunny side up).

Season with salt and pepper, if you desire.

## MACROS

Calories: 165  
Protein: 12  
Carbs: 0  
Fat: 13  
Fibre: 0





# Pear Chia Pud

---



**SERVES:**  
2



**TIME:**  
5 minutes (plus 8 hours)



---

## INGREDIENTS

1 pear, peeled & grated  
30g walnuts, roughly chopped  
1/2 tsp vanilla bean paste  
40g Greek yoghurt  
30g chia seeds  
180ml milk  
Cinnamon, for dusting

## INSTRUCTIONS

Place all ingredients (except cinnamon) in a medium-sized bowl and whisk to combine.

Divide between 2 small bowls or jars, cover and refrigerate for an hour or ideally overnight.

Sprinkle with a little cinnamon before serving.

## MACROS

Calories: 320

Protein: 9

Carbs: 26

Fat: 20

Fibre: 13





# Choc Orange Smoothie Bowl

---



**SERVES:**  
1



**TIME:**  
5 minutes



---

## INGREDIENTS

125ml oat milk  
40g coconut yoghurt  
1 tbsp chocolate protein powder (vegan if required)  
1/2 medium frozen banana  
5-10 pieces ice  
To serve:  
1 tbsp toasted muesli or granola (use gluten-free variety if required)  
20g fresh orange, sliced

## INSTRUCTIONS

Blend milk, yoghurt, protein powder and banana until nice and smooth. If the texture is too runny, add a few ice cubes to thicken it.  
Transfer to a serving bowl and top with granola and orange slices.

## MACROS

Calories: 342  
Protein: 28  
Carbs: 44  
Fat: 6  
Fibre: 5







# Avocado on Toast



**SERVES:**  
2



**TIME:**  
10 minutes



---

## INGREDIENTS

2 slices sourdough (or gluten-free if required) bread  
1 avocado  
2 tsp lemon, juiced  
1 tbsp fresh mint, chopped  
1 tbsp dukkah  
Salt & pepper to taste  
1 tsp olive oil

## INSTRUCTIONS

Start by toasting your toast.

Smash the avocado in a small bowl with lemon and mint.

Once your toast is ready, transfer to two plates and spread a thick layer of avocado over both slices

Top with dukkah and drizzle with olive oil.

## MACROS

Calories: 259

Protein: 5

Carbs: 28

Fat: 16

Fibre: 6





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# SIDES & SMALL PLATES





# Sausage Breakfast Muffin



**SERVES:**  
4



**TIME:**  
25 minutes

---

## INGREDIENTS

500g beef mince  
1/2 tbsp Worcestershire sauce  
1 tsp onion powder  
1/2 tsp dried sage  
1/2 tsp dried thyme  
Salt & cracked pepper  
1 tbsp olive oil, divided  
80g cheese, sliced  
4 eggs  
4 English muffins, cut in half and  
toasted

## INSTRUCTIONS

Start by mixing beef, Worcestershire sauce, herbs salt & pepper together in a large bowl. Shape the mixture into four patty shapes.

Bring a non-stick skillet to medium heat with 1/2 tbsp olive oil. Cook patties for 3 minutes each side, or until cooked to your liking. With one minute remaining, place the sliced cheese on top of the patties and cover with a lid to melt the cheese.

Meanwhile in a separate pan, add the remaining olive oil and fry eggs for approximately 3 minutes. You can flip your egg and cook for an additional 1-2 minutes, or simply remove from the pan if you prefer sunny side up.

Take your toasted muffins and top with sausage, egg and a little tomato sauce or chutney, if you desire.

## MACROS

Calories: 516  
Protein: 41  
Carbs: 28  
Fat: 27  
Fibre: 3





# Sesame Kale



**SERVES:**  
4



**TIME:**  
25 minutes



---

## INGREDIENTS

500g kale  
1 tbsp olive oil  
2 tsp sesame oil  
2 tsp lemon, juiced  
2 tbsp sesame seeds

## INSTRUCTIONS

Preheat oven to 220°C/430°F/Gas 7. Line a baking tray with baking paper.

Toss kale together with olive oil, sesame oil and lemon juice, then spread it across the baking tray.

Sprinkle with sesame seeds, season with salt & pepper and cook for 20 minutes or until crispy.

## MACROS

Calories: 153  
Protein: 6  
Carbs: 12  
Fat: 9  
Fibre: 5







# Easy Eggs

---



**SERVES:**  
2



**TIME:**  
10 minutes



---

## INGREDIENTS

4 eggs  
1 tbsp sour cream  
60ml milk  
1 tbsp chives, chopped  
Salt and pepper to taste  
2 tsp olive oil

## MACROS

Calories: 212  
Protein: 14  
Carbs: 3  
Fat: 16  
Fibre: 0

## INSTRUCTIONS

Whisk together eggs, sour cream and milk until nice and smooth.

Add chives and give it one more quick whisk.

Bring a non-stick pan to medium heat and add olive oil. Gently pour eggs into the pan and slowly stir them from the outer edge for about 1-2 minutes, or until just under cooked.

Transfer to two plates immediately (otherwise the eggs will keep cooking in the hot pan).

Sprinkle with extra salt & pepper, if desired.





# Tahini Cucumber Salad

---



**SERVES:**  
2-4



**TIME:**  
5 minutes



---

## INGREDIENTS

60g tahini  
2 tbsp lemon juice  
1 tbsp warm water  
2 large Lebanese cucumbers, sliced  
1 tbsp black sesame seeds

## INSTRUCTIONS

In a small bowl, mix the tahini, lemon juice and water. If the consistency is too thick add another tbsp of water.

Lay cucumber slices on a serving plate, drizzle tahini dressing all over and sprinkle with black sesame seeds.

## MACROS

Calories: 118  
Protein: 3  
Carbs: 4  
Fat: 10  
Fibre: 2





# Creamy Guacamole



**SERVES:**  
6



**TIME:**  
10 minutes



---

## INGREDIENTS

3 ripe avocados, mashed  
80g sour cream  
1 lime, juiced  
1-2 cloves garlic, finely minced  
1 tsp red chilli flakes  
Large pinch sea salt flakes  
1 packet corn chips

## INSTRUCTIONS

Start by peeling and mashing the avocados in a medium-sized bowl.

Next, stir through the sour cream, lime juice and garlic.

Finally add chili flakes and a large pinch of sea salt flakes. Give it one final mix.

Serve with corn chips.

## MACROS

Calories: 316

Protein: 4

Carbs: 30

Fat: 20

Fibre: 7





# Jerk Chicken Bites



**SERVES:**  
8



**TIME:**  
35 minutes

---

## INGREDIENTS

900g chicken breast, cut into bite-sized pieces

125g all-purpose flour

2 eggs

60ml milk

125g corn flakes, lightly crushed

1 tsp garlic powder

1 tsp ginger powder

1 tsp dried oregano

1 tsp chilli powder

1/2 tsp paprika

Salt & cracked pepper to season

## INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6. Line a large baking tray with baking paper.

Place chicken pieces in a bowl, add flour and make sure all pieces are totally coated.

In a separate bowl, add eggs and milk and whisk to combine.

Next, take a shallow bowl and combine corn flakes, herbs, spices, salt & pepper.

Dip each piece of flour-coated chicken into the egg mixture, followed by the cornflakes and place on the baking tray.

Bake for 18-20 minutes. You'll need to flip the chicken at the 10 minute mark to ensure both sides turn out crispy.

Transfer to a large serving platter along with your favourite sauce.

## MACROS

Calories: 276

Protein: 29

Carbs: 31

Fat: 4

Fibre: 1





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# MAINS







# Prawn & Chorizo Skewers



**SERVES:**  
5



**TIME:**  
20 minutes (plus 3 hours)



---

## INGREDIENTS

1 tsp garlic, minced  
1/2 tsp red pepper flakes  
1 tbsp lime juice  
1 tbsp coriander, chopped  
Salt & cracked pepper  
10 large raw prawns  
10 slices spicy chorizo  
10 skewers

## MACROS

Calories: 188  
Protein: 29  
Carbs: 2  
Fat: 8  
Fibre: 0

## INSTRUCTIONS

In a medium-sized bowl, add garlic, red pepper flakes, lime juice, coriander, salt & cracked pepper.

Add the peeled and washed prawns to the bowl, cover and refrigerate for 2-3 hours.

Grab 10 skewers and slide just the tail on. Next, slide a piece of chorizo on, followed by the top of the prawn. (The chorizo should be in the middle of the prawn).

Bring the bbq to high heat, lightly oil the the cooking plate and cook each skewer for 3 minutes each side.

Serve immediately.





# Tuna Roll Ups



**SERVES:**  
2



**TIME:**  
5 minutes



---

## INGREDIENTS

2 wholemeal (or gluten-free if required) wraps  
4 tbsp cream cheese  
60g spinach  
1 small carrot, grated  
1/4 cucumber, sliced lengthways  
1 (125g) tin tuna in springwater, drained

## INSTRUCTIONS

Lay out the two wraps and spread cream cheese all over.  
Next, layer the spinach, carrot, cucumber and tuna.  
Roll the wraps up as tightly as you can to enclose the filling.  
Slice each wrap into three.  
These are great eaten straight away or wrapped in cling wrap and popped in your lunch box.

## MACROS

Calories: 419

Protein: 27

Carbs: 44

Fat: 15

Fibre: 4





# Beef stuffed Butternut



**SERVES:**  
6



**TIME:**  
90 minutes



---

## INGREDIENTS

1 butternut squash, halved lengthways  
1 tsp olive oil  
1/2 brown onion, diced  
200g beef mince  
200g kidney beans, drained and rinsed  
200ml (tin) tomatoes, chopped  
100g cheddar cheese, grated  
2 tbsp coriander, leaves picked

## MACROS

Calories: 330  
Protein: 18  
Carbs: 42  
Fat: 10  
Fibre: 10

## INSTRUCTIONS

Start by preheating oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper and set aside.

Use a spoon to scoop out all the squash seeds, then use a knife to make a criss-cross pattern across the soft side of the squash.

Add oil and onion to a fry pan and cook on high heat for 1-2 minutes. Next, add the beef and cook for about 6 minutes, or until browned. Throw the kidney beans in for the last 3 minutes. Stir through the tinned tomato, remove from the heat and set aside.

Place squash on the baking tray and cook for 1 hour.

Remove from the oven, spoon the beef mixture into the cavity of the squash, top with cheese and cook for an additional half an hour.

Season with salt & pepper and garnish with coriander.







# Cheesy Cauliflower Bake



**SERVES:**  
4



**TIME:**  
25 minutes



---

## INGREDIENTS

2 heads cauliflower, cut into florets  
200g three cheese pasta sauce  
60g cheddar cheese, grated  
3 rashers bacon, diced  
1 tbsp chives

## MACROS

Calories: 420  
Protein: 21  
Carbs: 57  
Fat: 12  
Fibre: 8

## INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6.

You'll need to slightly pre-cook the cauliflower. Bring a pot to high heat and boil the cauliflower for 2 minutes.

Transfer the drained cauliflower to a baking dish and cover with pasta sauce, followed by cheese and sprinkling of salt & cracked pepper. Place in the oven and cook for 15-20 minutes, or until the top starts to golden and the cheese is fully melted.

Meanwhile, bring a fry pan to high heat and cook the diced bacon for 3-4 minutes. Once cooked, transfer bacon to some kitchen towel.

Top the cauliflower bake with bacon and chives. Serve immediately.





# Chicken Tikka Curry



**SERVES:**  
4



**TIME:**  
35 minutes



---

## INGREDIENTS

2 tsp olive oil  
1 brown onion, chopped  
200g sweet potato, peeled and cut into cubes  
500g chicken mince  
70g tikka curry paste  
1 x (400g) tin tomatoes, chopped  
125ml chicken stock  
80g Tuscan kale  
2 tbsp double cream  
400g basmati rice, cooked  
Coriander leaves, chopped, to serve

## INSTRUCTIONS

Bring a large non-stick skillet to medium-high heat. Add olive oil, onion and sweet potato. Cook for 6 minutes.

Add the chicken mince and cook for an additional 5 minutes, or until chicken is cooked.

Mix curry paste through thoroughly. Add tomatoes and stock and bring to a boil. Once boiling reduce the heat to medium and partially cover.

Allow the curry to simmer for 15 minutes. With 5 minutes remaining, stir through the kale. With 1 minute remaining, stir through the cream, and then remove from heat.

Divide rice into 4 bowls, top with curry and sprinkle with coriander.

## MACROS

Calories: 613  
Protein: 36  
Carbs: 79  
Fat: 17  
Fibre: 5





# Mushroom Couscous



**SERVES:**  
4



**TIME:**  
25 minutes



---

## INGREDIENTS

300g pearl couscous  
60ml olive oil  
600g mushrooms, sliced  
1 brown onion, diced  
3 tbsp maple syrup  
3 tbsp soy sauce (tamari if gluten free)  
2.5 tbsp rice wine vinegar

## MACROS

Calories: 386  
Protein: 15  
Carbs: 77  
Fat: 2  
Fibre: 3

## INSTRUCTIONS

Bring a large pot of water to boil and cook pearl couscous according to packet instructions.

In a separate pot, add 1 tbsp of the olive oil, mushrooms and onion. Cook on medium-high heat for 3-4 minutes.

In a small bowl or jar, mix together the maple syrup, soy and rice wine vinegar. Pour over the mushrooms and reduce the heat to low-medium. Cook for 1 minute.

Add the pearl couscous and cook, stirring constantly on low heat for 3-4 minutes.

Divide into four bowls and serve immediately.





# Vietnamese Salad



**SERVES:**  
2



**TIME:**  
30 minutes



## INGREDIENTS

100g rice vermicelli noodles  
1 tsp coconut oil  
1 stalk lemongrass, finely chopped  
1 small shallot, diced  
200g beef mince  
1 tbsp lime juice  
2 tsp tamari (or soy sauce)  
1 tsp rice malt syrup  
1 tsp mirin  
6 iceberg lettuce leaves, thinly shredded  
1/2 Lebanese cucumber, sliced  
1/2 tbsp peanuts, roughly chopped  
2 tbsp fresh mint, leaves picked  
1 small red chilli, very finely chopped

## INSTRUCTIONS

Start by cooking noodles according to packet instructions. Meanwhile, heat oil in a large wok over medium-high heat. Add lemongrass and shallot and cook for 2 minutes. Next, add beef and cook for for 6-8 minutes, or until cooked through. Add lime, tamari, rice malt syrup and mirin. Cook for an additional minute then remove from heat. Transfer cooked noodles, lettuce and cucumber to a bowl and toss to combine. Top with mince, peanuts, mint, fresh chilli and a wedge of lime, if you have any left over.

## MACROS

Calories: 416  
Protein: 28  
Carbs: 58  
Fat: 8  
Fibre: 6







# Fennel and White Fish Risoni Salad

---



**SERVES:**  
4



**TIME:**  
40 minutes



---

## INGREDIENTS

200g risoni  
600g white fish (4 pieces)  
1 lemon, sliced  
1 tbsp olive oil  
1 red onion, thinly sliced  
1 small fennel, thinly sliced  
85g white beans, rinsed and drained  
2 tbsp oregano, chopped  
1 tbsp white wine vinegar  
Sea salt and fresh pepper, to taste

## MACROS

Calories: 392  
Protein: 35  
Carbs: 48  
Fat: 7  
Fibre: 6

## INSTRUCTIONS

Start by cooking the risoni according to packet instructions. Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.

Lay the fish fillets on the baking tray with slices of lemon on each. Cook for about 30 minutes or until the fish is easily pulled apart with a fork.

Meanwhile, heat the oil in a large fry pan. Add the onion and fennel and cook for about 3 minutes or until onion is soft.

Add the beans, followed by the oregano and white wine vinegar. Season with salt and cracked pepper and cook on low-medium heat for about 6 minutes or until the beans have softened.

Finally, toss through the cooked risoni.

Transfer the risoni to four plates, and top with a piece of fish,





# Super Quick Sausage Fajita

---



**SERVES:**  
1



**TIME:**  
20 minutes



---

## INGREDIENTS

1 beef sausage (75g), sliced  
1/2 tbsp olive oil  
1/4 red bell pepper, sliced  
1/4 green bell pepper, sliced  
1/4 yellow bell pepper, sliced  
1/4 red onion, sliced  
1/4 packet taco seasoning  
1 tsp water

## INSTRUCTIONS

Bring a medium skillet to medium-high heat. Add olive oil and sausage and cook for about 3 minutes.

Next, add all other ingredients. Give everything a good stir to make sure the seasoning is covering everything well.

Cook on medium heat for another 12-15 minutes or until the capsicum has softened and sausage is crispy.

Serve with a tortilla, optional

## MACROS

Calories: 304

Protein: 11

Carbs: 20

Fat: 20

Fibre: 1





# Lamb & Arugula Pizza



**SERVES:**  
2



**TIME:**  
25 minutes



## INGREDIENTS

1 large pizza base (gluten free if required)  
1 tbsp tomato paste  
1 tsp olive oil  
1 shallot, diced  
1 clove garlic, minced  
1/2 red bell pepper, chopped  
125g ground lamb  
1 tbsp fresh oregano leaves  
1 tsp dried basil  
Sea salt & cracked pepper  
100g feta  
1 tbsp pine nuts  
Handful arugula

## MACROS

Calories: 494  
Protein: 27  
Carbs: 47  
Fat: 22  
Fibre: 4

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.

Spread tomato paste evenly across the pizza base and set aside.

Bring a fry pan to high heat, add olive oil, shallot and garlic. Cook for 1 minute.

Next, add the bell pepper, mince, oregano, basil salt and pepper. Cook for 6-8 minutes or until the lamb is fully browned.

Spread lamb mince evenly across the pizza base.

Place in the oven and cook for 10-15 minutes (it will depend on the thickness of your base). With 5 minutes remaining, add the feta and pine nuts.

Remove from the oven and place arugula on top. Slice into pieces and serve on 2 plates.





# Dutch Carrot Panzanella



**SERVES:**  
4



**TIME:**  
30 minutes



---

## INGREDIENTS

2 bunches Dutch carrots  
1/3 cup olive oil  
1/2 loaf sourdough, cut into cubes  
30g parmesan, grated  
1/2 lemon rind  
100ml Greek yoghurt  
1 tbsp Champagne vinegar  
1 tsp Dijon mustard  
1 clove garlic, minced  
70g watercress  
1 pear, finely sliced  
1 avocado, sliced

## MACROS

Calories: 411  
Protein: 9  
Carbs: 33  
Fat: 27  
Fibre: 7

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.

Lay carrots evenly across the tray and drizzle with 1 tbsp olive oil. Cook for 25 minutes or until carrots are tender.

Next, combine the remaining olive oil, sourdough, parmesan and lemon rind in a bowl and toss to ensure bread is well covered. Add to the oven on a separate tray and cook for 15 minutes or until bread is toasted.

In a small jar, add the yoghurt, vinegar, mustard and garlic. Place the lid on and give it a good shake to combine.

Place the cooked carrots and bread in a bowl and cover with dressing. Toss to combine.

Finally take a large serving plate, lay the watercress down first, followed by carrots and bread, and top with sliced pear and avocado.







# Asian Greens

---



**SERVES:**  
2



**TIME:**  
20 minutes



---

## INGREDIENTS

200g basmati rice, cooked  
1 tbsp sesame oil  
1/2 brown onion, diced  
1 clove garlic, minced  
1/2 red chilli, chopped  
70g mangetout  
2 bunches bok choy  
1 tbsp soy sauce (tamari if gluten free)  
1 tbsp peanuts, chopped  
Extra fresh chilli to serve, optional

## INSTRUCTIONS

Firstly, bring a pot of water to boil and cook rice according to packet instructions.

Next, bring a wok to medium-high heat and add oil, onion, garlic and chilli. Cook for two minutes, stirring constantly.

Add the mangetout, bok choy and soy. Cook for about 7 minutes or until vegetables have softened.

Divide rice into two bowls, top with greens and sprinkle with peanuts and extra fresh chilli

## MACROS

Calories: 250  
Protein: 8  
Carbs: 32  
Fat: 10  
Fibre: 5





# Creamy Chicken Penne



**SERVES:**  
4



**TIME:**  
20 minutes



---

## INGREDIENTS

300g wholemeal (gluten free if required) pasta  
1 tsp olive oil  
1 brown onion  
400g chicken breast, sliced  
190g basil pesto  
150g green peas  
2 tbsp Greek yoghurt  
Salt & cracked pepper  
Fresh basil, to serve

## INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Meanwhile, add the oil and onion to a fry pan and cook on medium-high heat for 2 minutes.

Next, add the chicken and cook for 5 minutes, stirring continuously. Add the basil pesto and peas, reduce to low and simmer for 5 minutes. Stir through the Greek yoghurt and cook for 1 more minute.

Divide into four bowls, season with salt & cracked pepper and top with fresh basil.

## MACROS

Calories: 470  
Protein: 34  
Carbs: 52  
Fat: 14  
Fibre: 8





# Crispy Falafels



**SERVES:**  
4



**TIME:**  
25 minutes (plus 8 hours)



---

## INGREDIENTS

120g dried chickpeas (must be dried)  
2 cloves garlic  
25g coriander  
Sea salt & cracked pepper  
1 tsp ground cumin  
1 tsp ground cardamom  
1/4 tsp baking powder  
350ml vegetable oil, for frying

## MACROS

Calories: 487  
Protein: 6  
Carbs: 19  
Fat: 43  
Fibre: 6

## INSTRUCTIONS

Chickpeas will need to be soaked overnight. You can do this by placing them in a large bowl and fully covering them with cold water.

Add garlic, coriander, salt, pepper, cumin, cardamom and baking powder to a food processor and blitz until very finely minced. Transfer to a bowl, cover and refrigerate for 20 minutes.

Next, gently shape the mix into balls and set aside.

Add oil to a fry pan and bring to a medium-high heat. Fry falafels for about four minutes, making sure both sides are submerged in the oil for 2 minutes.

Transfer to kitchen towel before serving.





# Quick and Easy Chicken Quesadilla

---



**SERVES:**  
1



**TIME:**  
10 minutes



---

## INGREDIENTS

1 tortilla (gluten free if required)  
60ml tomato basil pasta sauce  
60g cooked BBQ chicken  
1 tbsp scallions, diced  
50g cheese, shredded

## INSTRUCTIONS

Lay tortilla flat on the bench.

Spread tomato basil sauce over half the tortilla.

Top with chicken, scallions and cheese.

Fold in half, place in a pan and heat over medium heat, flipping once, until cheese is melted and tortilla is slightly toasted.

## MACROS

Calories: 452

Protein: 21

Carbs: 56

Fat: 16

Fibre: 5





---

# DESSERTS







# Almond Butter Cookies



**SERVES:**  
20



**TIME:**  
20 minutes



---

## INGREDIENTS

240g almond butter  
200g coconut sugar  
1 egg

## MACROS

Calories: 123  
Protein: 3  
Carbs: 12  
Fat: 7  
Fibre: 1

## INSTRUCTIONS

Preheat oven to 175°C/350°F/Gas 4. Line a baking tray with baking paper.

Mix almond butter, sugar, and egg together in a bowl and use an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on the baking tray. Flatten each with a fork, making a criss-cross pattern. (there should be enough for 20 small cookies)

Bake for 10 minutes, then allow the cookies to cool 2 minutes before moving to a plate.





# Choccy Mousse



**SERVES:**  
4



**TIME:**  
5 minutes (plus 30 for cooling)



---

## INGREDIENTS

2 ripe avocados  
2 tbsp cacao powder  
1 tbsp chocolate protein powder (vegan if required)  
2 tbsp maple syrup  
1 tbsp almond milk  
Pinch sea salt  
To serve:  
Fresh mint leaves

## INSTRUCTIONS

Place all the ingredients in a food processor and blitz until smooth and creamy, scraping the sides as you need. Place in the fridge for 30 minutes.  
Divide into 4 dessert bowls and serve with fresh mint.

## MACROS

Calories: 212  
Protein: 8  
Carbs: 18  
Fat: 12  
Fibre: 6





# Dark Choc Date Slice



**SERVES:**  
16



**TIME:**  
35 minutes



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## INGREDIENTS

150g Digestives, crumbled  
25g butter  
2 tbsp maple syrup  
180g dates, pitted  
1 tbsp almond butter  
1 tbsp coconut oil  
150ml cream  
1 tsp salt flakes

## MACROS

Calories: 136  
Protein: 1  
Carbs: 15  
Fat: 8  
Fibre: 1

## INSTRUCTIONS

Firstly line the base and sides of a square pan with baking paper.

Add biscuits, butter and 1 tbsp maple syrup in a food processor and blend until smooth. Line the base of the pan with the mixture and place in the fridge to chill.

Meanwhile, process the dates, almond butter, oil, remaining maple syrup and 1/4 cup boiling water.

Pour this mixture on top of the biscuit base and freeze for 30 minutes.

Next, place chocolate and cream in a heat proof bowl over a saucepan and very slowly melt, stirring continuously.

Finally, pour chocolate mixture over the date layer and spread to smooth. Sprinkle with sea salt and freeze for another 3 hours.

Use a hot knife to cut the the slice into 20 pieces and keep in the freezer until serving.







# Blueberry Cheesecake Pots

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**SERVES:**  
6



**TIME:**  
7 hours



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## INGREDIENTS

Cream cheese layer:

1 (230g) packet vegan cream cheese

125ml coconut milk

60ml maple syrup

60ml lemon juice

1 tsp vanilla extract

Blueberry layer:

340g frozen blueberries, mostly thawed

½ tsp lemon juice

2 tbsp maple syrup

2 tbsp chia seeds

## INSTRUCTIONS

Firstly, blend the cream cheese, coconut milk, maple syrup, lemon juice and vanilla until completely creamy (about 1 minute). Pour the filling into individual jars or deep dessert bowls. Freeze for about 2 hours or until completely firm.

Next, add the blueberries, lemon juice, maple syrup and chia seeds to the blender and blend until smooth. Pour the blueberry mixture on top of the frozen cheesecake layer and smooth until even. Freeze for 4 hours or overnight.

When ready to serve, remove the pots from the freezer and let them sit for 30 minutes to thaw before eating.

## MACROS

Calories: 201

Protein: 3

Carbs: 27

Fat: 9

Fibre: 3





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# TASTY EATS FOR TASTY PEOPLE

