



COMPLIMENTARY RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



GET FIT IN 30

WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Roasted Broccoli Toast with Pepper Hummus	BREAKFAST Chocolate Overnight Oats	BREAKFAST Sweet Potato & Avo Breakfast Bowl	BREAKFAST Sweet Potato & Avo Breakfast Bowl	BREAKFAST Fireman's Breakfast Casserole	BREAKFAST Fireman's Breakfast Casserole	BREAKFAST Roasted Broccoli Toast with Pepper Hummus
LUNCH Roasted Vegetable & Quinoa Salad	LUNCH Roasted Vegetable & Quinoa Salad	LUNCH Leftover Turkey Stuffed Peppers	LUNCH Avocado & Tuna Salad	LUNCH Avocado & Tuna Salad	LUNCH Mediterranean Chickpea Salad	LUNCH Mediterranean Chickpea Salad
SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie	SNACK E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie
DINNER Salmon Avocado Rice Bowl	DINNER Turkey Stuffed Peppers	DINNER Honey Garlic Drumsticks with favorite sides	DINNER Honey Garlic Drumsticks with favorite sides	DINNER Egg Fried Rice	DINNER Meal Out - Enjoy!	DINNER Egg Fried Rice

FRUIT & VEGETABLES

Fresh

- ☐ 2x broccoli
- ☐ 2x sweet potato
- ☐ 6x white onion
- ☐ 8x bell pepper
- ☐ cherry tomatoes
- ☐ 3x avocado
- ☐ 8 oz. (230g) mushrooms
- ☐ 1x garlic
- ☐ 6x lemons
- ☐ 1x lime
- ☐ bunch kale
- ☐ 1x apple
- ☐ celery
- ☐ 2x red onion
- ☐ 2x tomatoes
- ☐ 1x cucumber
- ☐ ginger
- ☐ 2x carrots
- ☐ garlic
- ☐ 5 oz. (150g) green beans

Herbs

- ☐ 2x parsley
- ☐ mint
- ☐ coriander

Frozen

- ☐ strawberries
- ☐ _____

- Herbs**
- ☐ 2x parsley
 - ☐ mint
 - ☐ coriander

☐ strawberries

☐ _____

MEAT, DAIRY & SPICES

Meats

- ☐ 1 lb. (450g) ground pork
- ☐ 8x chicken drumsticks
- ☐ 1 lb. (450g) ground turkey breast

Fish & Seafood

- ☐ 2x salmon fillets
- ☐ 14 oz. (400g) raw prawns

Dairy

- ☐ Greek yogurt
- ☐ cheddar cheese
- ☐ feta cheese
- ☐ mozzarella

Non-Dairy

- ☐ almond milk
- ☐ 24x eggs
- ☐ oat or soy single cream
- ☐ coconut milk

Spices

- ☐ garlic powder
- ☐ hot paprika
- ☐ paprika
- ☐ cumin
- ☐ chili flakes
- ☐ mixed herbs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GRAINS, SEEDS & BAKING

[illegible]

- [illegible]

CANS, CONDIMENTS & MISC

[illegible]

- ☐ sourdough
- ☐ vanilla protein powder



**ROASTED BROCCOLI TOAST
WITH PEPPER HUMMUS**

ROASTED BROCCOLI TOAST WITH PEPPER HUMMUS



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
510 kcal
25g Fats
59g Carbs
18g Protein



WHAT YOU NEED

- ½ broccoli head
- 1 tbsp. olive oil
- 4 tbsp. roasted pepper hummus, store bought or homemade
- 1 tbsp. sunflower seeds
- 2 slices sourdough, or bread of choice

WHAT YOU NEED TO DO

Preheat oven to 400F (200C).

Cut the broccoli into small florets and drizzle with oil, season with salt and pepper.

Lay out on a baking tray evenly spaced and cook in the oven for 10 to 12 minutes until browned.

Toast the bread and spread the hummus over it, top with the roasted broccoli and sunflower seeds.

**CHOCOLATE
OVERNIGHT OATS**

CHOCOLATE OVERNIGHT OATS



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
220 kcal
6g Fats
28g Carbs
11g Protein



WHAT YOU NEED

- ½ cup (50g) old fashioned rolled oats
- 1/3 cup (85g) Greek yogurt
- ½ cup (120ml) almond milk
- 1 tsp. vanilla extract
- 1 tbsp. honey
- 1 ½ tbsp. cocoa powder

WHAT YOU NEED TO DO

Combine all the ingredients in a bowl or a jar. Leave to sit in the fridge overnight, then add your favorite toppings (optional) in the morning before you eat.



GET FIT IN 30



**SWEET POTATO &
AVO BREAKFAST BOWL**

SWEET POTATO & AVO BREAKFAST BOWL



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
417 kcal
24g Fats
28g Carbs
23g Protein



WHAT YOU NEED

- 1 large sweet potato, cut into cubes
- 1 tbsp. olive oil
- 1/2 onion, diced
- 1 yellow bell pepper, diced
- 4 large eggs
- 4 egg whites
- 1 tsp. garlic powder
- 10 cherry tomatoes, halved
- 1/2 avocado, diced
- 1/2 tsp. hot paprika

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C). Line a baking tray with parchment paper and spread the potato cubes over it evenly. Drizzle with half a tbsp olive oil and season with salt and pepper.

Roast the potatoes for 15 minutes, then toss them around and roast for another 10, until browned.

In the meantime, heat the remaining oil in a non-stick pan over medium heat. Add the onion and sauté for 2-3 minutes, until soft. Add the diced pepper and cook for another 3 minutes.

Next, add in the eggs and egg whites and cook for five minutes, mixing and folding them in with the onion and pepper. Stir in the garlic powder and season with salt, and pepper.

Add in the tomatoes and heat them until softened. Next, add the roasted sweet potatoes and stir to combine.

Divide the eggs between two bowls and top with the diced avocado, sprinkle with hot paprika. Serve immediately.



GET FIT IN 30



**FIREMAN'S BREAKFAST
CASSEROLE**

FIREMAN'S BREAKFAST CASSEROLE



Serves: 4
Prep: 10 mins
Cook: 70 mins



Nutrition per
serving:
439 kcal
26g Fats
8g Carbs
42g Protein



WHAT YOU NEED

- 1 lb (450g) ground pork
- 8 oz. (230g) mushrooms, sliced
- 1 onion, chopped
- 1 green bell pepper, chopped
- 6 eggs
- ½ cup (120ml) soy or oat cream
- 1 cup (115g) cheddar cheese

WHAT YOU NEED TO DO

Lightly grease an 8x6 inch baking dish. Preheat oven to 350F (180C).

Heat a dry non-stick pan over medium-high heat and cook the ground pork 4-5 minutes until browned.

Add in the mushrooms, onion and green pepper to the pan and cook over medium heat for 6-7 minutes. Season well with salt and pepper.

Break the eggs into the baking dish keeping the yolks intact. Try to evenly distribute the egg yolks around the pan. Poke a hole in each of the yolks with a knife. Pour the cream over the eggs and top with 1/2 of the cheese.

Next, add in the pork and veg mixture to the baking dish. Top with the remaining cheese, cover with foil, and covered for 30 minutes and uncovered for another 30 minutes.



**ROASTED RED
PEPPER HUMMUS**

ROASTED RED PEPPER HUMMUS



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
375 kcal
27g Fats
24g Carbs
10g Protein



WHAT YOU NEED

- 2 red bell peppers
- ½ white onion, diced
- 15 oz. (430g) canned chickpeas, drained
- 6 tbsp. tahini
- 2 garlic cloves, minced
- 1 tbsp. paprika
- 1/2 tsp. cumin
- 1/4 cup (60ml) olive oil
- 1/4 cup (60ml) lemon juice

WHAT YOU NEED TO DO

Preheat oven to 450F(230C).

Place bell peppers on a paper-lined tray. Roast in the oven for 30-35 minutes until the skin is charred, turning the peppers over halfway through.

Remove the peppers from the oven and allow to cool. Once cooled, remove the stem and the outer skin. Cut each pepper in half and remove the seeds.

In a food processor, pulse the roasted peppers, onion, chickpeas, garlic, paprika, cumin, lemon juice, tahini, and olive oil until completely smooth. Season with salt and pepper to taste.

Serve as a dip with fresh vegetables or on toast with roasted broccoli as in the Roasted Broccoli Toast with Pepper Hummus recipe.

A top-down view of a white ceramic bowl with a blue polka-dot pattern around the rim. The bowl is filled with a vibrant salad consisting of roasted broccoli florets, orange roasted carrot cubes, light-colored chickpeas, and small white quinoa grains. Fresh green herbs, likely parsley, are scattered throughout. The bowl sits on a light-colored, textured cloth. A semi-transparent white rectangular box is overlaid on the bottom left of the bowl, containing the title text.

ROASTED VEGETABLE & QUINOA SALAD

ROASTED VEGETABLE & QUINOA SALAD



Serves: 4
Prep: 15 mins
Cook: 35 mins



Nutrition per
serving:
539 kcal
21g Fats
74g Carbs
20g Protein



GF



WHAT YOU NEED

- 1 cup (170g) dry quinoa
- 2 cups (240ml) water (or veggie broth)
- 1 broccoli, cut into florets
- 1 sweet potato, cubed
- 1 can (15 oz./430g) chickpeas, drained
- 4 cups (270g) kale, roughly chopped
- 4 tbsp. olive oil
- ¼ cup (5g) fresh parsley, chopped
- ¼ cup (30g) feta cheese, crumbled
- 1 lemon, juice only
- 1/2 tbsp. apple cider vinegar
- 2 tbsp. honey
- chili flakes, to taste

WHAT YOU NEED TO DO

Preheat oven to 425F(220C).

Cook quinoa according to instructions on the packaging, then set aside in a large bowl. Drain and rinse the chickpeas.

While quinoa is cooking, toss broccoli and sweet potato chunks with 2 tablespoons of olive oil and roast in the oven for 20 minutes. Next, add kale and chickpeas to the roasting pan, and roast for another 15 minutes. Stirring the veggies around halfway through.

Once roasted remove from the oven and combine with the quinoa. Next, add in the chopped parsley and feta and mix gently.

In a small bowl, combine lemon juice, vinegar, maple syrup and remaining 2 tbsp. of olive oil. Season with salt, pepper, and chili flakes to taste.

Drizzle the dressing over the quinoa and vegetable mixture, and stir gently. Enjoy and store any leftovers in the fridge for 4-5 days.



GET FIT IN 30



AVOCADO & TUNA SALAD

AVOCADO & TUNA SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
311 kcal
16g Fats
18g Carbs
28g Protein



WHAT YOU NEED

- 2x 5oz. (145g) can tuna, in brine, drained
- ½ apple, diced
- 1 stalk celery, sliced
- ½ red onion, diced
- 1 avocado, cubed
- ½ lemon, juice only

WHAT YOU NEED TO DO

Combine all of the ingredients in a bowl and mix gently, season to taste with salt and pepper.

Serve on a piece of toast, as a filling or on its own.



GET FIT IN 30



MEDITERRANEAN CHICKPEA SALAD

MEDITERRANEAN CHICKPEA SALAD



Serves: 4
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
293 kcal
10g Fats
40g Carbs
12g Protein



WHAT YOU NEED

- 2x 15oz. (425g) cans chickpeas, drained
- 1 lemon, juice only
- 2 tbsp. olive oil
- 1 tsp. paprika
- 2 tomatoes, finely diced
- ½ cucumber, finely diced
- 1 yellow bell pepper, finely diced
- 1/2 red onion, finely diced
- 1/2 cup (15g) fresh parsley, finely chopped
- 1/2 cup (15g) fresh mint, finely chopped

WHAT YOU NEED TO DO

Place drained and rinsed chickpeas in a large bowl and combine with lemon juice, olive oil, and paprika. Cover, and transfer to the fridge to marinate while you dice the vegetables and herbs.

Add the diced vegetables and chopped herbs to the chickpeas, season with salt and pepper, and mix well. Add more lemon juice if required.

Serve on its own, with pita, or as a side with fish and meats. Store leftovers in the fridge in an airtight container for up to 3 days.



GET FIT IN 30

SALMON AVOCADO RICE BOWL



SALMON AVOCADO RICE BOWL



Serves: 2
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
643 kcal
26g Fats
72g Carbs
31g Protein



WHAT YOU NEED

- $\frac{3}{4}$ cup (140g) jasmine rice
- 2 salmon fillets
- 2 tbsp. lime juice
- 1 tbsp. honey
- 3 tbsp. coriander, chopped
- 1 avocado, cubed
- $\frac{1}{4}$ tsp. chili powder

WHAT YOU NEED TO DO

Cook rice according to instructions on the packaging.

Preheat oven to 425F (220C) and line a baking tray with aluminum foil. Rub the salmon skin with some oil and place the fillets skin down on the tray.

Mix 1 tbsp. lime juice, honey, and 2 tbsp. coriander together and rub the salmon fillets with, season with salt. Bake salmon for 12-15 minutes, until cooked through and browned.

Place the cubed avocado into a bowl and add the remaining 1 tbsp. lime juice, 1 tbsp. coriander, chili powder, and season with salt and pepper. Gently mix.

To assemble the rice bowls: divide rice among two bowls, top it off with a salmon fillet, and top each bowl with half the avocado mixture.



EGG FRIED RICE

EGG FRIED RICE



Serves: 4
Prep: 10 mins
Cook: 20-25 mins



Nutrition per
serving:
453 kcal
15g Fats
49g Carbs
30g Protein



GF DF
HP



WHAT YOU NEED

- 3 cups (480g) cooked rice, white
- 3 tsp. coconut oil
- 6 eggs
- 14 oz. (400g) raw prawns
- 2 onions, diced
- 3 tbsp. ginger, grated
- 2 carrots, peeled, chopped
- 1 bell pepper, diced
- 5 oz. (150g) green beans, cut into pieces
- 4 tbsp. tamari
- 1 tbsp. sesame oil

WHAT YOU NEED TO DO

Cook rice according to instructions on the packaging.

In the meantime, heat 1 tsp. coconut oil over medium heat in a large wok or pan. Beat the eggs together, season with salt and pepper, then add to the pan. Cook the eggs, mixing often, until cooked, then transfer to a clean bowl.

In the same pan heat, another 1 tsp. of coconut oil and stir fry the prawns until cooked, then set aside.

Add the remaining tbsp. of coconut oil to the pan, and cook the onions and ginger, for about 3 minutes. Next add the carrots, bell pepper, and green beans, and cook for another 5 minutes.

Add the soy sauce, sesame oil, and cooked rice to the pan and stir until everything is mixed well.

Lastly, add the eggs and cooked prawns, and season with salt and pepper if necessary.

HONEY GARLIC DRUMSTICKS



HONEY GARLIC DRUMSTICKS



Serves: 4
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
516 kcal
37g Fats
15g Carbs
32g Protein



WHAT YOU NEED

- 8 chicken drumsticks

For the Marinade:

- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/4 cup (60m) tamari sauce
- 2 tbsp. lemon juice
- 3 tbsp. honey
- 6 cloves garlic, minced
- 1-inch ginger, peeled and grated
- 1/2 tsp. chili flakes

WHAT YOU NEED TO DO

In a bowl, combine all of the ingredients for the marinade and mix well. Set aside.

If you have time, place the chicken in a Ziploc bag, add the marinade and refrigerate for as long as you can, up to 24 hours.

If baking straight away, massage them in the bag with the marinade for about 5 minutes.

Preheat oven to 375F(190C).

Transfer the drumsticks and the marinade into a baking dish and bake uncovered for 45-50 minutes, until they are cooked through and browned.

Serve hot, with pan juices and your favorite side dish (e.g. potatoes, rice, salad, etc.).

TURKEY STUFFED PEPPERS



TURKEY STUFFED PEPPERS



Serves: 2
Prep: 15 mins
Cook: 50 mins



Nutrition per
serving:
255 kcal
4g Fats
22g Carbs
33g Protein



GF HP



WHAT YOU NEED

- 1 cup (195g) brown rice, cooked
- 4 bell peppers
- 1 lb. (450g) ground turkey breast
- ½ yellow onion, chopped
- 2 cloves garlic, minced
- 1 ½ tbsp. mixed herbs
- 1 1/3 cup (300ml) tomato paste
- 1/3 cup (35g) mozzarella, grated

WHAT YOU NEED TO DO

Cook rice according to instructions on the packaging. Cut bell peppers in half, remove seeds and set aside.

In a large dry non-stick pan, cook the ground turkey with the onion and garlic for about 8 mins. Remove from the heat and add the rice, 1 cup tomato sauce mixed herbs, cinnamon, and season with salt and pepper, to taste. Mix well.

Preheat oven to 375F (190C). Place the bell peppers in a baking dish (if they are leaning too much, trim the bottom slightly to create a flat surface).

Stuff each bell pepper with the turkey and rice mixture. Top each pepper with 1 tbsp. tomato sauce and a sprinkle of cheese.

Pour 1 cup of water into the bottom baking dish, this will help steam the peppers. Cover the dish with foil and bake for 35 minutes. Remove bake uncovered for about 5 more minutes, until cheese melts.

Serve immediately or cool and store in the fridge for later.



GET FIT IN 30



3 INGREDIENT PB COOKIES

3 INGREDIENT PB COOKIES



Makes: 12
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
170 kcal
11g Fats
13g Carbs
7g Protein



WHAT YOU NEED

- 1 cup (250g) natural peanut butter, runny
- 3/4 cup (75g) oat flour
- 1/4 cup (60ml) maple syrup

WHAT YOU NEED TO DO

Preheat oven to 350F (180C) and line a baking tray sheet with baking paper.

In a mixing bowl add runny peanut butter with maple syrup. Combine with a spoon until creamy paste forms.

Fold in the flour and stir until a cookie dough forms (add additional flour as needed to reach the right consistency).

Divide the cookie dough into 12 pieces. Roll each piece into a ball and place it on a baking tray. Flatten each ball with a fork, forming a cross shape on the top of each cookie. Bake for 12-15 minutes until browned.

Remove from the oven and allow to cool for 10 minutes or longer on a baking rack. The longer you allow to cool these cookies the crunchier they will get.



**LEMON, COCONUT
& CHIA SEED MUFFINS**

LEMON, COCONUT & CHIA SEED MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
138 kcal
8g Fats
15g Carbs
3g Protein



WHAT YOU NEED

- ½ cup (60g) coconut flour
- 2 tbsp. chia seeds
- ¼ tsp. baking soda
- zest from 2 lemons
- pinch of salt
- ¼ tsp. vanilla extract
- 2 tbsp. lemon juice
- 1 tbsp. apple cider vinegar
- ½ cup almond milk
- 4 tbsp. honey
- 4 eggs
- ¼ cup (60ml) coconut oil, melted

WHAT YOU NEED TO DO

Preheat oven to 350F (180C). Line a muffin tray with paper muffin cups.

In a medium bowl add coconut flour, chia seeds, baking soda, lemon zest, and a pinch of salt. Mix well.

In another bowl crack the eggs and add, vanilla extract, almond milk mixed with stevia or honey, melted coconut oil, lemon juice, and apple cider vinegar.

Next fold in the dry ingredients into the wet, mixing well until a smooth batter is formed.

Pour the batter into paper muffin cups dividing equally between the 12 cups.

Bake for 20-25 minutes, or until an inserted toothpick comes out clean.

Once baked, remove from the oven and transfer the muffins onto a rack to cool completely.



GET FIT IN 30



**POST-WORKOUT
STRAWBERRY SMOOTHIE**

POST-WORKOUT STRAWBERRY SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
235 kcal
6g Fats
25g Carbs
23g Protein



WHAT YOU NEED

- 1 cup (200g) frozen strawberries
- 1 cup (240ml) carton coconut milk
- 1/4 cup (25g) vanilla protein powder, whey or vegan
- 1 tsp. vanilla extract
- 1 tsp. ground flax seed

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth.