



# HIGH PERFORMANCE RECIPES

[WWW.PHILIPGONCALVES.COM](http://WWW.PHILIPGONCALVES.COM)

# **HIGH PERFORMANCE RECIPES**



My top priority as a coach is to enable and empower you to reach your goals safely, effectively and efficiently.

An essential part of achieving your goals comes down to making better choices and that starts with what you're eating.

Cooking at home is a sure-fire way to plan and keep track of your calories, portion sizes and nutrients allowing you to remain in control of your progress.

Happy cooking!

**Philip Gonçalves**

Your 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.



# CONTENTS

## BREAKFASTS

- Avocado Lime Smoothie 8
- Berry Cherry Smoothie Bowl 10
- The Greenest Smoothie 12
- Mexican Corn Hummus Toast 14
- Scandi Breakfast 16

## SIDES & SMALL PLATES

- Courgette Cakes 20
- Three Pork Quiches 22
- Homemade Hummus 24
- Coconut Cashew Butter 26
- Creamy Spinach 28
- Loaded Mashed Potato 30

## MAINS

- Broccoli Salad 34
- Edamame & Mint Salad 36
- Tuna Tabbouleh 38
- Prosciutto, Corn & Courgette Plate 40
- Easy Asian Stir Fry 42
- Garlic & Rosemary Salmon 44
- Stuffed Potatoes 46
- Tandoori Chicken 48
- Mediterranean Lamb Skewers 50
- Baked Haddock with Courgette Noodles 52
- Vegan Cottage Pie 54
- Crispy Tofu Cups 56
- One Pot Vego Sausage Stew 58
- Crispy Kale & Shrimp 60
- Vegan Stuffed Mushrooms 62

## DESSERTS

- Sticky Date Pudding 66
- Berry Crumble 68
- Protein Brownie Bites 70
- Matcha Balls 72

## KEY

---

- V** VEGETARIAN
  - VE** VEGAN
  - DF** DAIRY FREE
  - GF** GLUTEN FREE
  - N** CONTAINS NUTS
  - Q** QUICK
- 



# BREAKFASTS







# AVOCADO LIME SMOOTHIE

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 155

PROTEIN 3

CARBS 11

FATS 11

FIBRE 7



In the summer of 2017, more than 3,000,000 photos of avocado toast were uploaded to Instagram every day.



# INGREDIENTS

---

2 tbsp **fresh lime**, juiced  
1/4 cup **coconut water**  
100g **cucumber**, chopped  
1/2 **avocado**  
1/2 tbsp **fresh mint leaves**  
5-10 **ice cubes**

CALORIES  
**155**

# INSTRUCTIONS

Add all ingredients to your blender in the order listed and blitz until nice and smooth.



# BERRY CHERRY SMOOTHIE BOWL

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 252

PROTEIN 3

CARBS 51

FATS 4

FIBRE 7





# INGREDIENTS

---

120ml **water**  
1/2 tbsp **acai powder**  
5 **pitted cherries**  
50g **frozen mixed berries**  
1 **frozen banana** (peeled)  
5-10 **ice cubes**  
1 tbsp **shaved coconut**  
1 tbsp **dried goji berries**

CALORIES  
**252**

# INSTRUCTIONS

Add all ingredients to your blender or vitamix and blitz until smooth. You may need to give your blender a shake half way through. The consistency is supposed to be thick, but if it's too thick, add a little more water.

Transfer to 2 serving bowls and top with shaved coconut and goji berries.



# THE GREENEST SMOOTHIE

GF V VE DF

SERVES: 1

TIME: 5 MINUTES

CALORIES 187

PROTEIN 14

CARBS 26

FATS 3

FIBRE 12



Incorporating a green smoothie into your diet is a great way to boost your veggie intake.





# INGREDIENTS

---

220g **spinach**  
150g **kale**  
40g frozen **courgette**  
40g **cucumber**  
1/2 **lemon**  
200ml **water**  
5-10 **ice cubes**

CALORIES  
**187**

# INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth and silky.



# MEXICAN CORN HUMMUS TOAST

GF V

SERVES: 4

TIME: 15 MINUTES

CALORIES 380

PROTEIN 12

CARBS 56

FATS 12

FIBRE 9



# INGREDIENTS

---

1 tbsp **butter**  
2 x (420g) tinned **corn**, drained  
1 **clove garlic**, minced  
2 tbsp **jalapenos**, diced  
50g **feta**, crumbled  
15g **coriander**, leaves picked  
**Salt & cracked pepper**  
4 slices **sourdough bread** (or gluten free if required)  
4 tbsp **hummus**

CALORIES  
**380**

# INSTRUCTIONS

Heat butter in a medium-sized fry pan. Add corn and cook for 7-8 minutes. Add garlic and cook for another 2 minutes.

Remove from heat and stir through jalapenos, feta, coriander salt & cracked pepper.

Meanwhile, toast your bread and spread hummus evenly on each slice.

Top with corn mix and serve with any extra fresh coriander.



# SCANDI BREAKFAST

GF DF

SERVES: 2

TIME: 15 MINUTES

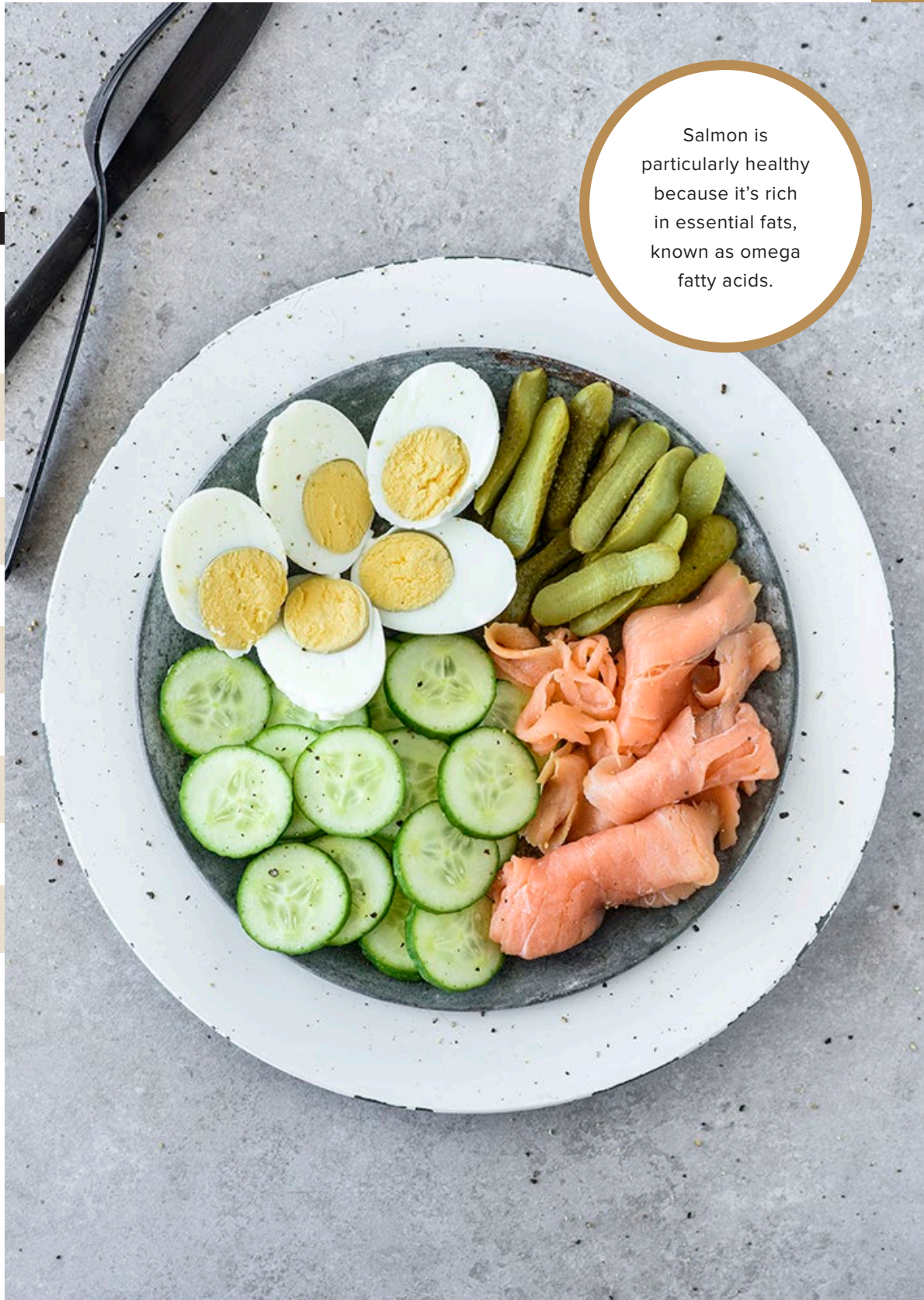
CALORIES 380

PROTEIN 36

CARBS 5

FATS 24

FIBRE 1



Salmon is particularly healthy because it's rich in essential fats, known as omega fatty acids.



# INGREDIENTS

---

4 **eggs**  
200g **smoked salmon**  
1 **cucumber**, sliced into coins  
4 **dill pickles**, sliced lengthways

CALORIES  
**380**

# INSTRUCTIONS

Start by boiling the eggs. Place the eggs in a saucepan, cover with cold water and bring to a boil. Once boiling, reduce to a simmer and cook for 5 minutes. (this will give you a slightly squidgy yolk). Once cooked, shell and cut each egg in half.

Meanwhile prepare your smoked salmon by rolling each slice into a cigar.

Prepare all ingredients on a shared serving platter or on two plates.

Option: serve with pumpernickel bread

# SIDES & SMALL PLATES







# COURGETTE CAKES

GF V

SERVES: 3

TIME: 25 MINUTES

CALORIES 348

PROTEIN 15

CARBS 45

FATS 12

FIBRE 4



# INGREDIENTS

---

450g **courgette**, thinly grated

3 **eggs**

150g **cornmeal**

1 tbsp **lemon**, juiced

15g **parsley**

**Salt & cracked pepper**

60g **feta**

CALORIES

**348**

# INSTRUCTIONS

Firstly, use a food processor or manually grate the courgette into a large bowl.

Add all other ingredients (except olive oil) and mix to combine.

Bring a skillet to medium heat and add a little olive oil. Cook cakes 2-3 at a time. (use a spoon to transfer batter to the pan and flatten each one with the back of the spoon). When one batch is cooked, set aside under some foil to keep warm.

Cook for 3-4 minutes before gently flipping with a spatula and cooking for another 3-4 minutes.

Transfer to serving plates, top with feta and extra fresh parsley.



# THREE PORK QUICHES

**SERVES: 7**

**TIME: 25 MINUTES**

**CALORIES 236**

**PROTEIN 13**

**CARBS 10**

**FATS 16**

**FIBRE 0**



Did you know, pork has more protein than chicken and is high in zinc, iron and B-vitamins?



# INGREDIENTS

---

15 mini **filo pastry cups**  
30g **ham**, diced  
1 **pork sausage**, cooked and crumbled  
2 rashers **bacon**, cooked and diced  
1/2 **brown onion**, diced  
60g **cheddar cheese**, grated  
2 **eggs**  
1 tbsp **milk**  
2 tsp **dried parsley**  
**Salt & cracked pepper**

CALORIES  
**236**

# INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with baking paper and spread mini filo pastry cups out on the tray evenly.

Mix ham, sausage, bacon, onion and cheese together and divide evenly into the filo cups.

Next, crack your eggs into a small bowl, add milk, parsley salt & cracked pepper and whisk. Pour the whisked egg mixture into the filo cups.

Place in the oven and cook for about 8 minutes or until the egg is fully cooked.



# HOMEMADE HUMMUS

GF V VE DF

SERVES: 5

TIME: 5 MINUTES

CALORIES 267

PROTEIN 11

CARBS 13

FATS 19

FIBRE 5





# INGREDIENTS

---

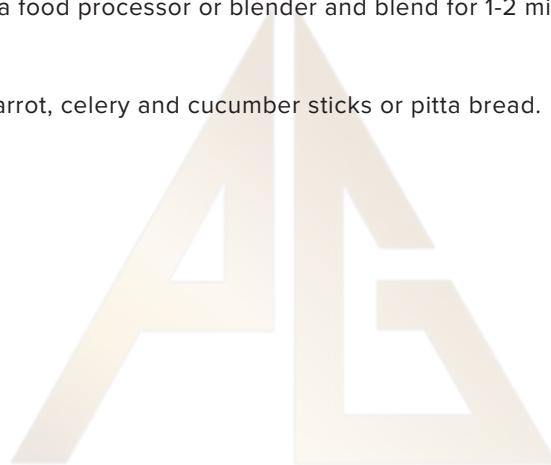
2 x (400g) **tin chickpeas**  
120ml **tahini**  
2 **cloves garlic**  
1 tbsp **olive oil**  
60ml **lemon juice**  
60ml **water**  
1 tsp **cumin**

CALORIES  
**267**

# INSTRUCTIONS

Add all ingredients to a food processor or blender and blend for 1-2 minutes or until smooth and creamy.

Serve with chopped carrot, celery and cucumber sticks or pitta bread.



# COCONUT CASHEW BUTTER

GF V VE DF

SERVES: 10

TIME: 5 MINUTES

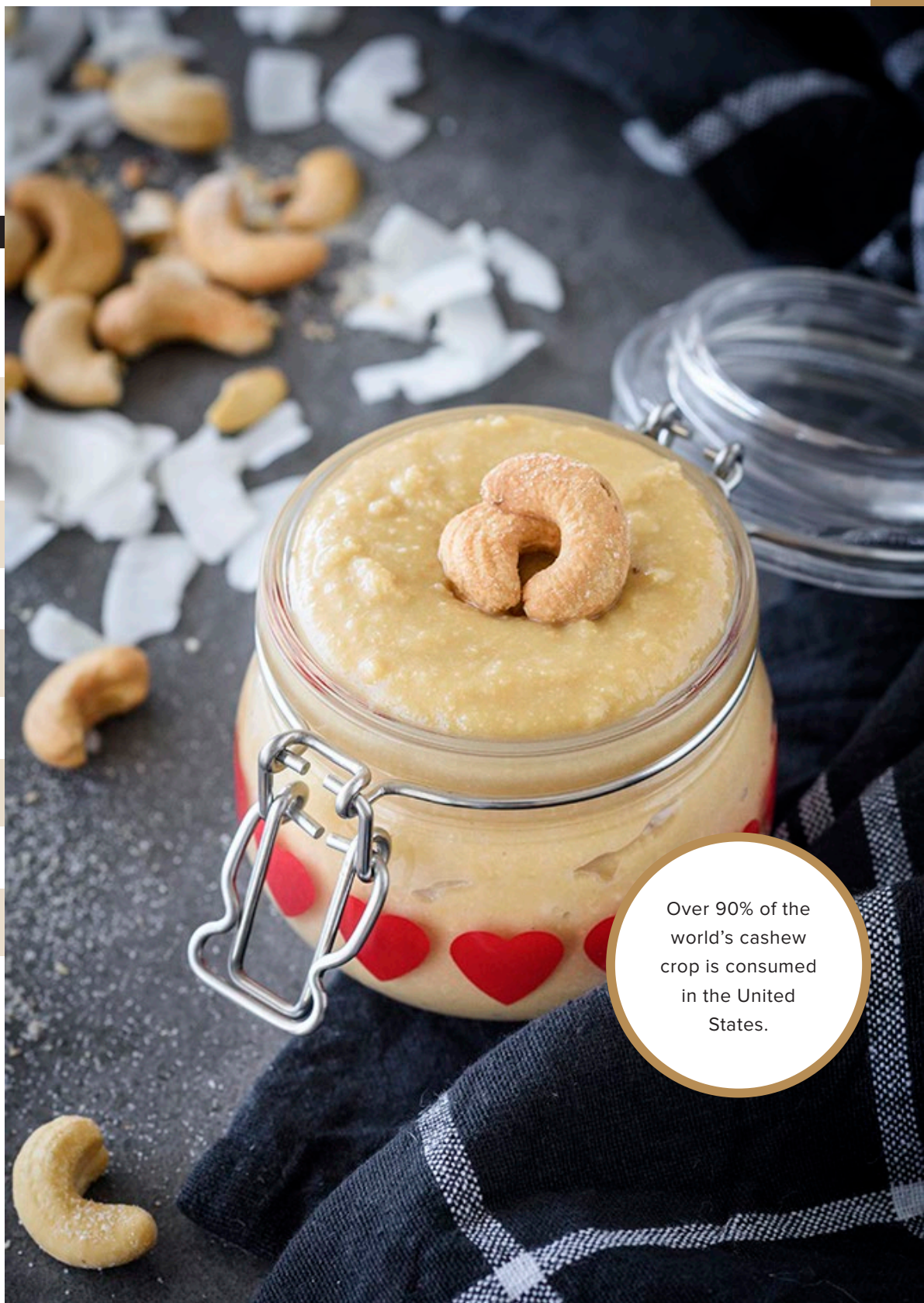
CALORIES 238

PROTEIN 6

CARBS 13

FATS 18

FIBRE 0



Over 90% of the world's cashew crop is consumed in the United States.



# INGREDIENTS

---

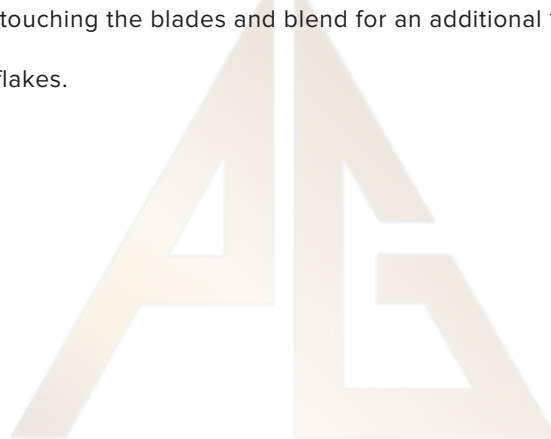
300g **salted cashews**  
50g **coconut flakes**  
2 tbsp **maple syrup**  
2 tbsp **coconut oil**  
Sprinkle **sea salt flakes** for serving, optional

CALORIES  
**238**

# INSTRUCTIONS

Add all ingredients to your food processor or blender and blend for 1 minutes. Scrape down the sides so everything is touching the blades and blend for an additional 1 minutes.

Sprinkle with sea salt flakes.





# CREAMY SPINACH

GF V

SERVES: 3

TIME: 15 MINUTES

CALORIES 263

PROTEIN 16

CARBS 16

FATS 15

FIBRE 8



# INGREDIENTS

---

280g **baby spinach**  
1/2 **brown onion**, diced  
1 tbsp **butter**  
1 **clove garlic**  
60ml **milk**  
40ml **heavy cream**  
1 tbsp **flour**  
1 tsp **nutmeg**  
**Salt & cracked pepper**  
60g **parmesan**

CALORIES  
**263**

# INSTRUCTIONS

Bring a large pot of salted water to boil and cook spinach for about 30 seconds. Drain and place in a bowl of iced water to cool it down. Once cold, drain and use your hands to squeeze out as much excess water from the spinach as you can.

Bring a medium-large frying pan to medium heat, add butter and onion and cook for 3-4 minutes or until onion is soft. Add the garlic and heat for another 1 minute before adding milk, cream, flour, nutmeg, salt & cracked pepper.

Once thickened slightly, add the spinach and parmesan and stir to combine.

Feel free to add extra parmesan when serving.



# LOADED MASHED POTATO

GF

SERVES: 3

TIME: 30 MINUTES

CALORIES 409

PROTEIN 10

CARBS 27

FATS 29

FIBRE 8



The word potato comes from the Spanish word patata





# INGREDIENTS

---

3 rashers **bacon**, cooked and crumbled  
700g **potatoes**, chopped  
60g **butter**  
60ml **milk**  
1 **avocado**, mashed  
1 **clove garlic**, minced  
1 tsp **chilli flakes**  
1 tbsp **green onions**, chopped

CALORIES  
**409**

# INSTRUCTIONS

Preheat oven to 200c/395f/Gas 6. Line a baking tray with foil, place bacon rashers on the tray and cook for 15-20 minutes or until crispy.

Place potatoes in a large pot of salted water. Bring to a boil and cook for 15-18 minutes, or until the potatoes have softened and can be easily pierced with a fork.

Meanwhile, melt butter with milk, either in the microwave or on the stove.

Once cooked, drain, return to the pot and mash. Pour butter and milk over the potatoes and stir through until nice and creamy. Season well with salt & cracked pepper.

In a separate bowl, mash avocado with garlic and chilli flakes.

Top potato with avocado mash, crumbled bacon and spring onions.

# MAINS







# BROCCOLI SALAD

GF V VE DF

SERVES: 6

TIME: 25 MINUTES

CALORIES 294

PROTEIN 11

CARBS 40

FATS 10

FIBRE 7



# INGREDIENTS

---

200g **quinoa** (uncooked)  
60g **Brazil nuts**, sliced  
700g **broccoli** (2 large or 3 medium heads)  
3 tbsp **fresh basil**, chopped  
For the **honey** mustard dressing:  
60g **Dijon mustard**  
3 tbsp **honey**  
60ml **olive oil**  
40ml **apple cider vinegar**  
2 tbsp **lemon**, juiced  
1 **clove garlic**, minced  
**Sea salt & cracked pepper**

CALORIES  
**294**

# INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater. (Because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss really well to combine.



# EDAMAME & MINT SALAD

GF V

SERVES: 4

TIME: 25 MINUTES

CALORIES 386

PROTEIN 22

CARBS 25

FATS 22

FIBRE 3



Edamame is pronounced ed-ah-MAH-may and is an edible soybean.





# INGREDIENTS

---

500g **frozen edamame**  
150g **frozen peas**  
60ml **olive oil**  
1 **lemon**, finely zested and juiced  
1/2 tbsp **olive oil**  
15g **mint leaves**  
100g **Persian feta**, crumbled

CALORIES  
**386**

# INSTRUCTIONS

Firstly, bring a pot of salted water to boil, add edamame and peas. Cook for about 4 minutes or until peas are vibrant and bright green. Drain and immediately rinse under cold water before peeling the edamame.

Meanwhile, in a small dish, whisk together the lemon zest, lemon juice and olive oil.

Assemble the edamame and peas on a serving plate, drizzle lemon dressing on top and toss to combine.

Top with torn mint leaves and chunks of Persian feta.

# TUNA TABBOULEH

GF DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 484

PROTEIN 16

CARBS 33

FATS 32

FIBRE 7



# INGREDIENTS

---

125ml **olive oil**  
5 tbsp **lemon juice**  
**Salt & cracked pepper**  
120g extra fine **bulgar wheat**  
4 **tomatoes**, finely chopped  
1 **cucumber**, finely chopped  
2 bunches **parsley**, finely chopped  
15g **fresh mint leaves**, finely chopped  
4 **green onions**, finely chopped  
180g **tinned tuna in Springwater**, drained

CALORIES  
**484**

# INSTRUCTIONS

Start by mixing the olive oil, lemon juice, salt & cracked pepper. Set aside.

Next, wash the bulgar wheat and soak it in water for 6 minutes. Make sure you drain it really well and squeeze out any excess water. Pour the bulgar wheat into the bowl with the lemon dressing so it can soak in the flavour.

Once you've chopped all the vegetables and herbs, transfer them, along with the tuna to the bowl with the bulgar wheat and toss really well to combine.

Refrigerate for 30 minutes before serving.



# PROSCIUTTO, CORN & COURGETTE PLATE

GF

SERVES: 2

TIME: 10 MINUTES

CALORIES 336

PROTEIN 17

CARBS 13

FATS 24

FIBRE 3



An ear or cob of corn is actually part of the flower and an individual kernel is a seed.



# INGREDIENTS

---

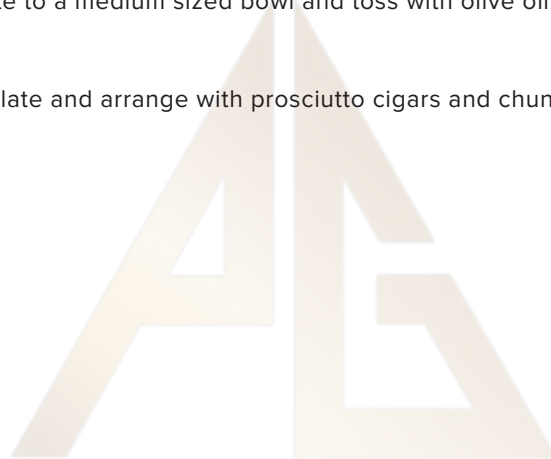
1 x (125g) tin **corn kernels**, drained  
1 medium **courgette**, peeled into ribbons  
1 tbsp **olive oil**  
1 tbsp **lime**, juiced  
60g **Persian fetta**  
100g **prosciutto**, cut into strips and rolled into cigars

CALORIES  
**336**

# INSTRUCTIONS

Add corn and courgette to a medium sized bowl and toss with olive oil, lime juice, salt & cracked pepper.

Transfer to a serving plate and arrange with prosciutto cigars and chunks of persian feta.





# EASY ASIAN STIR FRY

GF V VE DF

SERVES: 4

TIME: 20 MINUTES

CALORIES 396

PROTEIN 8

CARBS 91

FATS 0

FIBRE 3





# INGREDIENTS

---

360g **rice** (uncooked)  
500g **Asian frozen stir-fry vegetables**  
60ml **Hoisin sauce**  
2 tsp **chilli flakes**

CALORIES  
**396**

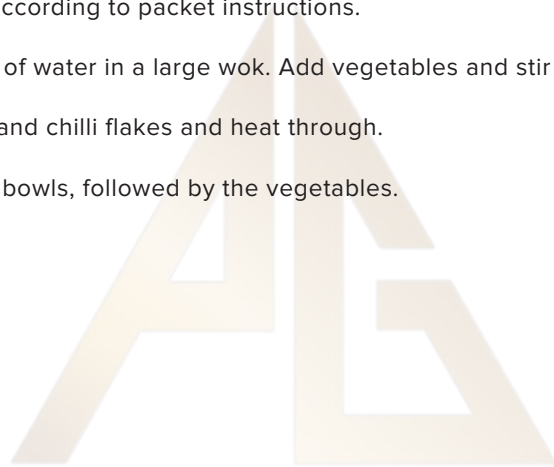
# INSTRUCTIONS

Start by cooking rice according to packet instructions.

Meanwhile, heat 60ml of water in a large wok. Add vegetables and stir fry for 4-5 minutes.

Add the Hoisin sauce and chilli flakes and heat through.

Divide rice between 4 bowls, followed by the vegetables.



# GARLIC & ROSEMARY SALMON

GF

SERVES: 4

TIME: 20 MINUTES

CALORIES 366

PROTEIN 34

CARBS 8

FATS 22

FIBRE 0

Salmon is high in protein, omega-3 fatty acids, and vitamin D.



# INGREDIENTS

---

1 tbsp **butter**  
2 **cloves garlic**, minced  
1 tbsp **rosemary** (**fresh** or dried)  
4 **salmon fillets**  
3 tbsp **dry white wine**

CALORIES  
**366**

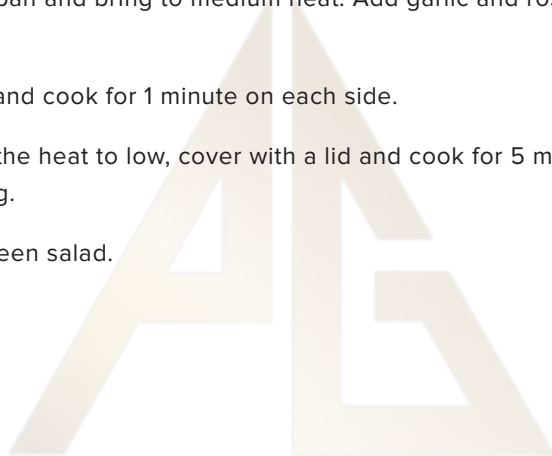
# INSTRUCTIONS

Add butter to a frying pan and bring to medium heat. Add garlic and rosemary and heat for another 1 minute.

Next, add the salmon and cook for 1 minute on each side.

Add the wine, reduce the heat to low, cover with a lid and cook for 5 minutes or until the salmon is cooked to your liking.

Serve with a simple green salad.





# STUFFED POTATOES

GF DF

SERVES: 2

TIME: 50 MINUTES

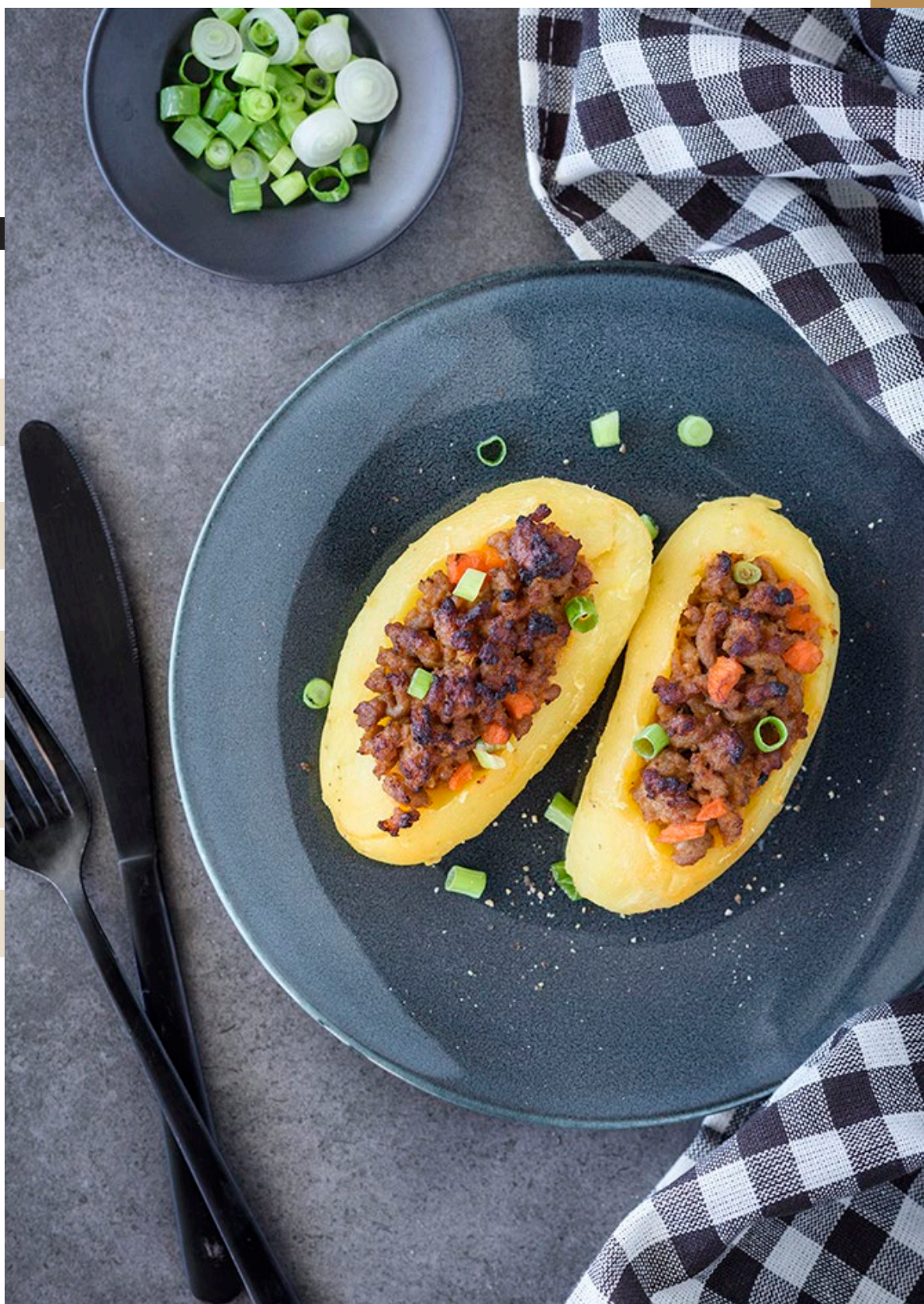
CALORIES 366

PROTEIN 24

CARBS 36

FATS 14

FIBRE 5



# INGREDIENTS

---

2 medium **potatoes**  
180g **beef mince**  
1/2 **celery stalk**, diced  
1/2 **carrot**, diced  
150ml **beef stock**  
2 tbsp **sun-dried tomato paste**  
1 tsp **cornflour**  
1 tbsp **green onions**, diced

CALORIES  
**366**

# INSTRUCTIONS

Firstly, preheat oven to 200c/395f/Gas 6. Wrap the potatoes in foil and bake for 15-20 minutes or until easily pierced with a skewer.

Place beef mince, carrot, celery, stock and sun-dried tomato paste in a saucepan and bring to the boil. Reduce heat, cover and cook for 20-25 minutes, stirring regularly.

Mix the cornflour with a little water, stir through the beef and cook for 1 more minute.

Scoop out the flesh of the potatoes leaving a hole for the filing. Mix potato with beef mixture and then return to potatoes.

Season with salt & pepper and garnish with green onions.



# TANDOORI CHICKEN

GF

SERVES: 4

TIME: 40 MINUTES

CALORIES 437

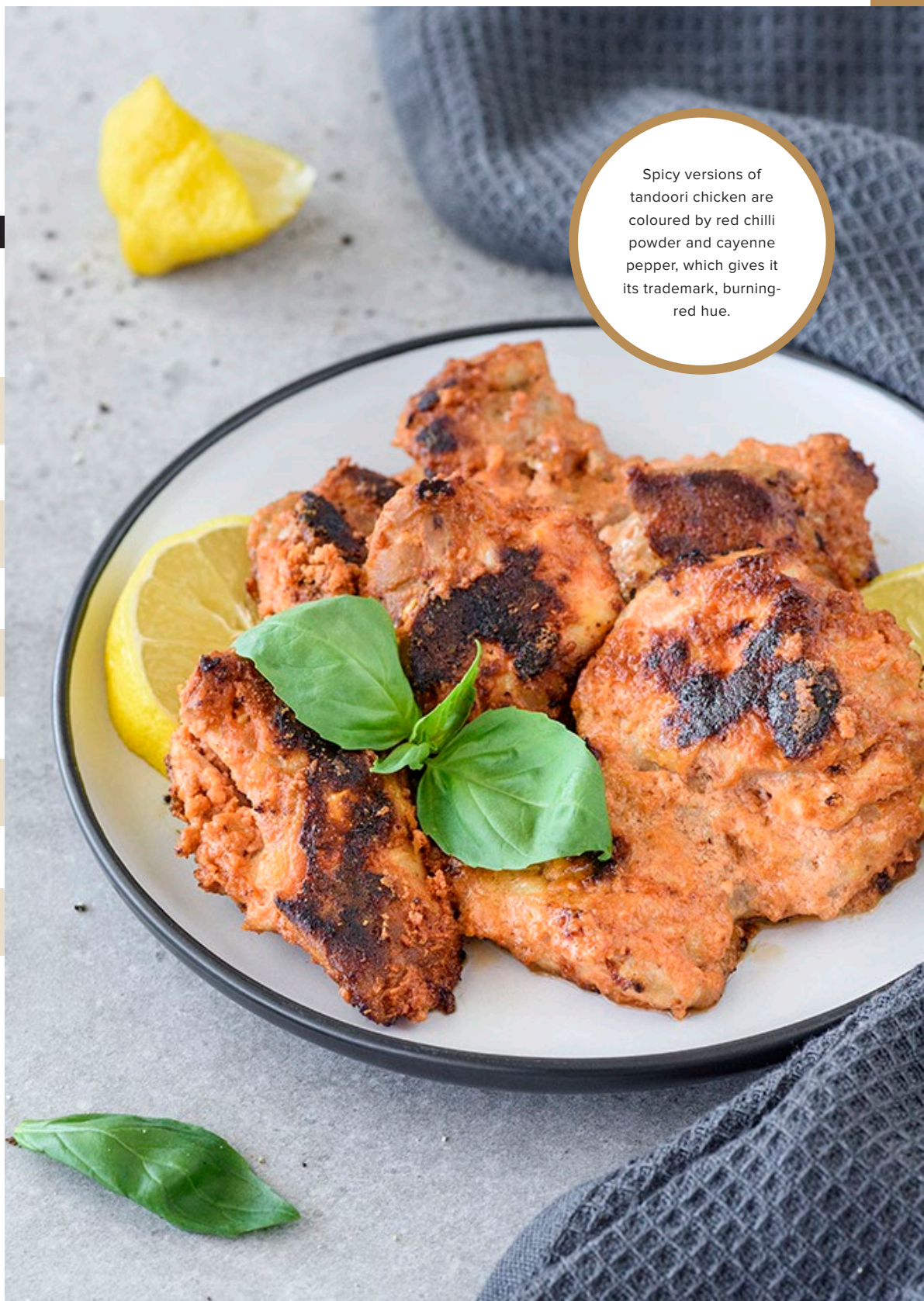
PROTEIN 38

CARBS 6

FATS 29

FIBRE 4

Spicy versions of tandoori chicken are coloured by red chilli powder and cayenne pepper, which gives it its trademark, burning-red hue.





# INGREDIENTS

---

8 **chicken thighs**  
200ml **natural yoghurt**  
3 tbsp **Tandoori paste**  
1/2 **lemon**, juiced  
**Salt & cracked pepper**

CALORIES  
**437**

# INSTRUCTIONS

In a large bowl, mix together the yoghurt, Tandoori paste, lemon juice salt & cracked pepper. Set aside.

Pat the chicken thighs dry with some paper towel. Use a sharp knife to make a couple of slices in the thickest part of each thigh. (This will allow the marinade to sink in).

Place the chicken in the Tandoori sauce and allow it to marinate in the fridge for at least 1 hour.

Preheat the oven to 200c/395f/Gas 6. Line a baking tray with baking paper.

Next, heat the grill. Brown the skin of the chicken on each side of each piece for 2-3 minutes. Basting with any extra marinade as you go.

Transfer chicken to the baking tray and cook for 10-15 minutes or until the chicken is cooked through and the juices are clear.

Once cooked, transfer to a warm dish, cover with foil and let rest for 5-10 minutes before serving.

# MEDITERRANEAN LAMB SKEWERS

GF DF

SERVES: 4

TIME: 30 MINUTES  
(PLUS 30  
MINUTES FOR  
MARINATING)

CALORIES 351

PROTEIN 18

CARBS 9

FATS 27

FIBRE 2



# INGREDIENTS

---

400g **lamb sausages**, cut into 2cm pieces  
2 **red onions**, cut into wedges  
2 **red bell peppers**, cut into 2cm pieces  
1 **courgette**, cut into 2cm pieces  
2 **garlic cloves**, minced  
1/2 tbsp **oregano**  
2 tbsp **olive oil**

CALORIES  
**351**

# INSTRUCTIONS

Start by threading the lamb, onion, bell pepper and courgette onto 12 skewers and place on a long plate or shallow dish.

Mix together the garlic, oregano and olive oil. Pour over the skewers and place them in the fridge to marinate for 30 minutes.

Bring a grill plate to high heat and cook skewers for about 10 minutes, or until cooked to your liking, making sure you rotate often to ensure all sides are cooked.

Serve with a simple Greek salad.



# BAKED HADDOCK WITH COURGETTE NOODLES

GF

SERVES: 2

TIME: 30 MINUTES

CALORIES 369

PROTEIN 33

CARBS 12

FATS 21

FIBRE 3



Haddock can reach 1 to 3 feet in length and 2 to 7 pounds of weight.



# INGREDIENTS

---

2 **fillets Haddock**  
4 thin slices **lemon**  
2 tbsp **butter**  
1 tbsp **fresh parsley**, diced  
1 **clove garlic**, minced  
2 tbsp **lemon juice**  
60ml **white wine**  
60ml **chicken stock**  
1 tbsp **olive oil**  
2 **courgette**, spiralised

CALORIES  
**369**

# INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Place two slices of lemon on each Haddock fillet and wrap in tin foil. Cook for 20 minutes or until fish is cooked through.

Bring a frying pan to medium heat and add butter, parsley and garlic. Once the butter has melted add the lemon juice, white wine and chicken stock. Season with salt & cracked pepper and allow to simmer for 5 minutes.

Remove from heat and pour into a jug. (making sure you get all of the sauce from the pan)

Add olive oil to the same pan and bring to medium heat, again. Add the courgette noodles and cook for 3-4 minutes.

Pour the sauce back in the pan, over the courgette noodles and heat through for 2 minutes.

Divide courgette noodles on two plates and top with cooked Haddock.



# VEGAN COTTAGE PIE

GF V VE DF

SERVES: 4

TIME: 50 MINUTES

CALORIES 417

PROTEIN 17

CARBS 67

FATS 9

FIBRE 7





# INGREDIENTS

---

1 tbsp **olive oil**  
1 **brown onion**, diced  
1 tsp **garlic paste**  
1 large **courgette**, diced  
2 **carrots**, diced  
250g **mushrooms**, thinly sliced  
1 tbsp **oregano**  
2 x (420g) **tin kidney beans**, drained and rinsed  
1 tbsp **vegan Worcestershire sauce**  
125ml **Vegetable Stock**  
1x (400g) **tin chopped tomatoes**  
2 large **potatoes**, peeled and chopped  
80g **vegan cheese**

CALORIES  
**417**

# INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4.

Heat olive oil in a large frying pan. Add onion, garlic paste, courgette, carrot, mushrooms and oregano. Cook for 5 minutes.

Add the kidney beans and continue to cook for another 5 minutes.

Next, add the Worcestershire sauce, vegetable stock and tinned tomatoes. Allow to simmer for 10-15 minutes while the liquid reduces.

Meanwhile, add chopped potatoes to a saucepan and cover with salted water. Bring water to a boil and cook potatoes for 15-20 minutes or until easily pierced with a fork.

Once potatoes are cooked, drain, return to the saucepan and mash until smooth.

Pour the bean and vegetable mixture into an ovenproof dish and spread mashed potato on top. Sprinkle with cheese and season generously with salt & cracked pepper.

Place in the oven and cook for 15-20 minutes or until cheese has melted.

# CRISPY TOFU CUPS

GF V DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 502

PROTEIN 22

CARBS 18

FATS 38

FIBRE 4



Tofu is to soy milk as cheese is to dairy milk.





# INGREDIENTS

---

For the **sauce**:

80g **peanut butter**

60ml **sesame oil**

60ml **Tamari**

60ml **rice vinegar**

30ml **honey**

2 tsp **sambal oelek** (or **chilli** paste)

1 tbsp **lime**, juiced

**Salt & cracked pepper**

For the **tofu** cups:

450g **extra firm tofu**, cut into 1cm cubes

1 tbsp **canola oil**

1 **Iceberg lettuce**, leaves removed for wrapping

For serving:

4 tbsp **peanuts**, chopped

15g **coriander**, leaves picked

CALORIES  
**502**

# INSTRUCTIONS

Firstly, make the peanut sauce by adding all ingredients to a blender or food processor and blending until smooth.

Add canola oil to a large frying pan and bring to a medium heat. Add tofu and cook for about 10-12 minutes. Flipping 2-3 times.

Add the peanut sauce and gently stir to coat the tofu pieces. Cook for another 4-5 minutes, then remove from the heat.

Fill the lettuce leaves with the tofu mixture and top with chopped peanuts and fresh coriander.

# ONE POT VEGO SAUSAGE STEW

GF V VE DF

SERVES: 6

TIME: 40 MINUTES

CALORIES 364

PROTEIN 34

CARBS 30

FATS 12

FIBRE 7





# INGREDIENTS

---

1 tbsp **olive oil**  
8 **vegetarian sausages**  
1 **onion**, sliced  
2 **garlic cloves**, minced  
½ tsp **ground cumin**  
1/2 tsp **dried parsley**  
1 x (400g) **tin chopped tomatoes**  
1 x (400g) **tin kidney beans**, drained and rinsed  
1 x (400g) **tin chickpeas**, drained and rinsed  
1 x (400g) **tin sweet corn**, drained

CALORIES  
**364**

# INSTRUCTIONS

Start by heating the oil in a large skillet over medium heat. Add the sausages and cook for 5 minutes, rotating regularly to make sure all sides are cooked. Remove from the pan and set aside.

Add the onion to the same pan and cook for 5 minutes or until soft. Stir through the garlic, cumin and parsley.

Next, add the tomatoes, kidney beans, chickpeas, corn and 250ml boiling water. Bring to a boil before reducing the heat and simmering for 10 minutes.

Place the sausages back in the pan, cover with a lid and cook for another 10 minutes.

Serve immediately.

# CRISPY KALE & SHRIMP

GF DF

SERVES: 3

TIME: 30 MINUTES

CALORIES 351

PROTEIN 49

CARBS 23

FATS 7

FIBRE 5





# INGREDIENTS

---

2 **cloves garlic**, thinly sliced  
3 tbsp **olive oil**  
2 tbsp **lemon**, juiced  
**Salt & cracked pepper**  
2 bunches **kale**, stemmed and leaves torn  
250g **cherry tomatoes**  
1 tbsp **red curry paste**  
2 tsp **fish sauce**  
2 tsp **ginger**, grated  
1 tsp **olive oil**  
500g **prawns**, peeled and tails removed

CALORIES  
**351**

# INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Line a baking tray with baking paper.

In a large bowl, mix together the garlic, olive oil, lemon juice, salt & cracked pepper. Transfer kale to the bowl and massage the juices into it for 1-2 minutes.

Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.

Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.

Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides.

Transfer kale to a large serving platter and spread prawns out on top.

# VEGAN STUFFED MUSHROOMS

DF V VE

SERVES: 2

TIME: 30 MINUTES

CALORIES 423

PROTEIN 21

CARBS 60

FATS 11

FIBRE 13





# INGREDIENTS

---

3 large **mushrooms**  
2 tsp **avocado oil**  
1 **brown onion**, diced  
1 **clove garlic**, minced  
120g **baby spinach**, chopped  
200g **cherry tomatoes**, diced  
125g **bread crumbs**  
1/2 tbsp **basil**  
1/2 tbsp **oregano**  
1/2 tbsp **onion powder**  
**Salt & cracked pepper**  
3 tbsp **vegan parmesan**

CALORIES  
**423**

# INSTRUCTIONS

Preheat oven to 165c/325f/Gas 3. Line a baking tray with baking paper. Cut the stems from the mushrooms and place on the tray and brush with a tsp of oil. Cook mushrooms for 10 minutes.

Meanwhile, add the remaining tsp of oil to a skillet along with onion, garlic and spinach. Cook for 3 minutes before adding the tomatoes and cooking for another 2 minutes.

Remove from the heat and stir in breadcrumbs and herbs.

Spoon the mixture into the mushrooms, top with vegan cheese, then place them back in the oven to cook for another 10-15 minutes or until the cheese has melted.

# DESSERTS







# STICKY DATE PUDDING

V DF

SERVES: 4

TIME: 90 MINUTES

CALORIES 227

PROTEIN 6

CARBS 44

FATS 3

FIBRE 2



Dates are rich in iron, potassium, calcium, magnesium, and they are a good source of fibre.



# INGREDIENTS

---

150g **pitted dates**  
120ml **honey**  
2 tsp **vanilla extract**  
2 **eggs**  
75g **self-raising flour**  
1/2 tsp **salt**

CALORIES  
**227**

# INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4. Grease your ramekins with a little butter or olive oil cooking spray.

Place the dates and 150ml water in a pan and simmer for 5 minutes. Transfer the dates and water to a food processor or high speed blender, add the honey and vanilla extract and blend until smooth.

Next, separate the egg yolks from the egg whites, keeping both.

Pour the mixture into a large bowl and mix in the egg yolks, followed by the flour and salt.

In a separate bowl, whisk the egg whites until stiff, then fold into the rest of the ingredients.

Pour the mixture into the ramekins and place a little piece of foil tightly on top of each.

Transfer the ramekins to an ovenproof dish and fill the dish with water, halfway up the height of the ramekins.

Cook for 45-55 minutes, or until a skewer comes out dry.



# BERRY CRUMBLE

V

SERVES: 1

TIME: 1 HOUR

CALORIES 240

PROTEIN 4

CARBS 38

FATS 8

FIBRE 2



# INGREDIENTS

---

100g **frozen mixed berries**

1/2 tbsp **lemon juice**

For the Crumble:

25g old fashioned **rolled oats**

1/2 tbsp **coconut sugar**

1 tbsp **flour**

1/2 tbsp **butter**, cut into 1cm cubes

CALORIES  
**240**

# INSTRUCTIONS

Start by preheating the oven to 180c/350f/Gas 4.

Mix the berries and lemon together in a small bowl and pour into a ramekin.

In a separate mixing bowl, make the crumble by combining all ingredients. You can use your hands to pinch the butter and mush it into the oats, until combined.

Pour the crumble on top of the berry mixture.

Cook for 40 minutes or until a skewer comes out hot.



# PROTEIN BROWNIE BITES

GF V VE DF

SERVES: 6

TIME: 20 MINUTES

CALORIES 217

PROTEIN 10

CARBS 15

FATS 13

FIBRE 2





# INGREDIENTS

---

250g mashed **banana**  
125g **nut butter**  
1 scoop **chocolate protein powder** (vegan if required)  
1 tbsp **cacao**  
1 tbsp **maple syrup**

CALORIES  
**217**

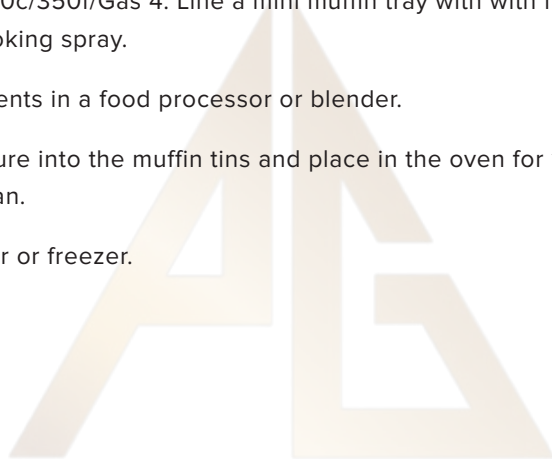
# INSTRUCTIONS

Preheat the oven to 180c/350f/Gas 4. Line a mini muffin tray with with mini muffin liners and lightly spray with olive oil cooking spray.

Next, blend all ingredients in a food processor or blender.

Pour the brownie mixture into the muffin tins and place in the oven for 13 minutes or until a skewer comes out clean.

Keep in the refrigerator or freezer.



# MATCHA BALLS

GF V VE DF

SERVES: 12

TIME: 10 MINUTES

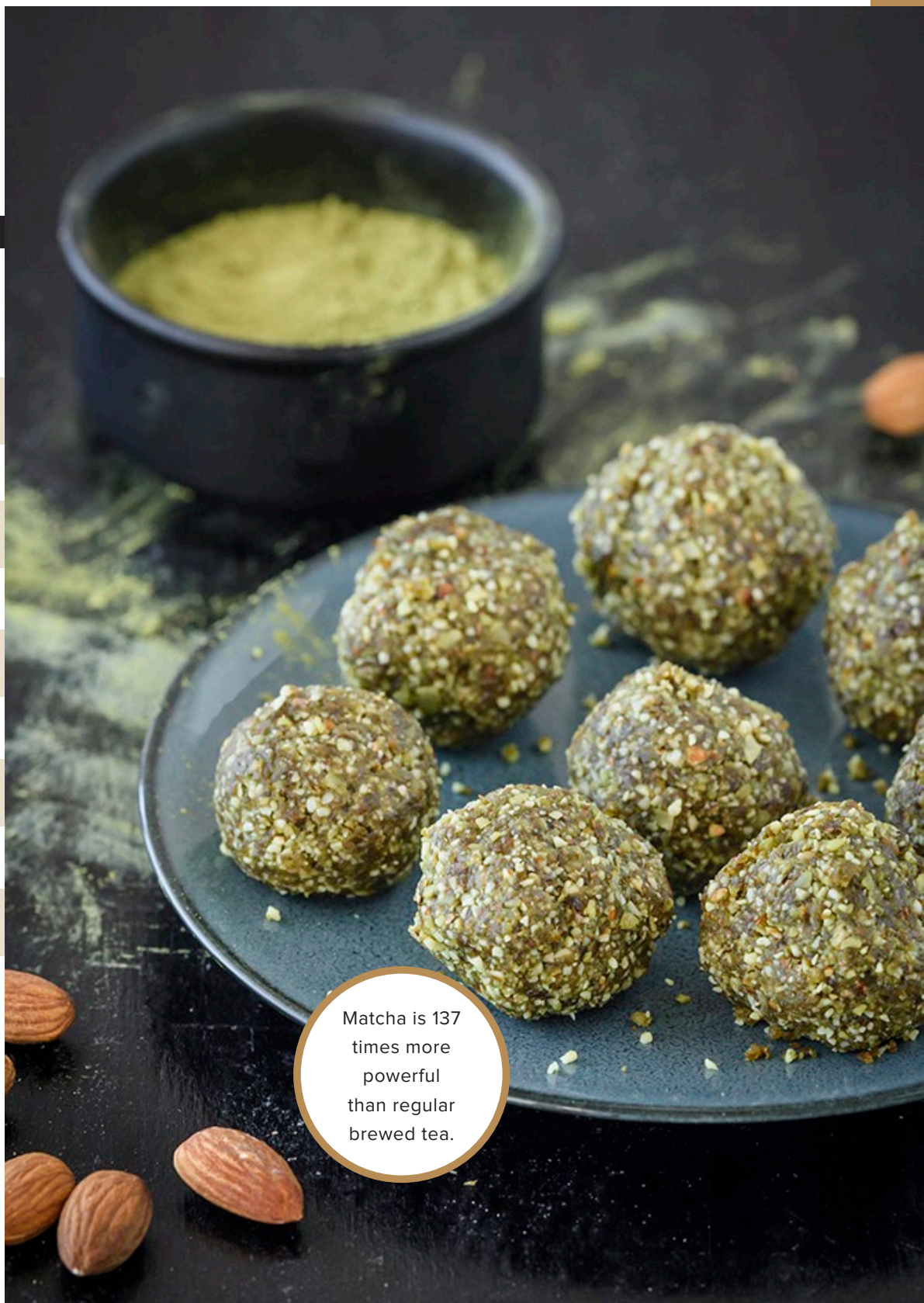
CALORIES 159

PROTEIN 3

CARBS 21

FATS 7

FIBRE 4



Matcha is 137 times more powerful than regular brewed tea.





# INGREDIENTS

---

160g **almonds**  
20g **shredded coconut**  
1/2 tbsp **vanilla extract**  
2 tbsp **matcha**  
**Sea salt flakes**  
350g **pitted dates**

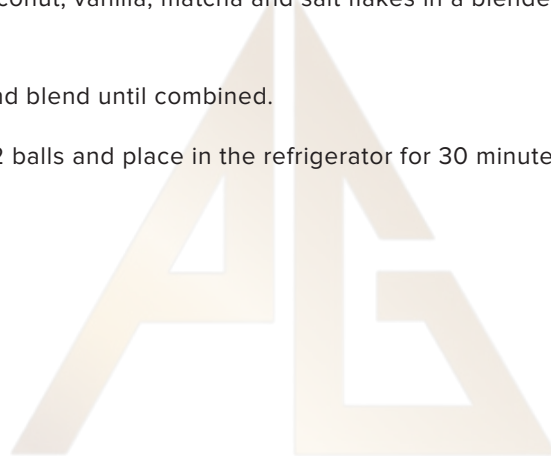
CALORIES  
**159**

# INSTRUCTIONS

Place the almonds, coconut, vanilla, matcha and salt flakes in a blender and blitz until roughly chopped.

Next, add the dates and blend until combined.

Roll the mixture into 12 balls and place in the refrigerator for 30 minutes before serving.





# HIGH PERFORMANCE RECIPES

