



November. recipes book

awesome recipes for busy people.

Calculate Your Caloric Needs

Weight	Daily Kcals Women	Daily Kcals Men
50	1,583	1,697
60	1,698	1,860
70	1,812	2,028
80	1,926	2,195
90	2,041	2,360
100	2,155	2,526
110	2,269	2,691
120	2,385	2,858

assumptions made: 10% deficit has been applied. We've also assumed an average level of daily physical activity.



10 new breakfasts

Easy to make recipes that are perfect for
breakfast or brunch.



Eggs Baked In Avocado

Nutrition Info:

465
calories

17g
protein

4g
carbs

41g
fats

serves 1. 20mins cook time.

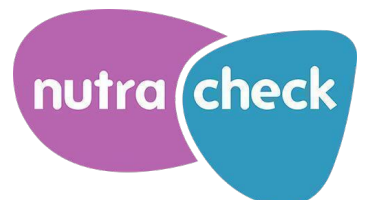
What you'll need

- 1 Avocado
- 2 whole Eggs
- 1 tsp Olive Oil
- Salt & Pepper (as desired)

How to make it

1. Cut the avocado in half and scoop out just enough to fit an egg in each half
2. Place the oil in a pan and shallow fry the avocado until slightly crisp
3. Place the eggs into each half
4. Cover & let cook until the eggs are cooked.
5. Alternatively: simply place the raw eggs into the avocado halves and bake in oven until done.
6. Season as desired when ready


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Brie & Cranberry Pillows

Nutrition Info:

247
calories

9.1g
protein

34g
carbs

8.2g
fats

serves 3. 25mins cook time. nutrition info per serving.

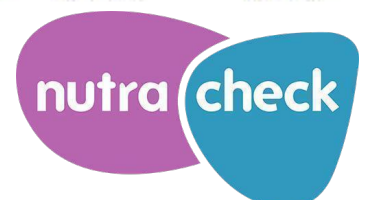
What you'll need

- 1/2 pack ready made pastry
- 80g Brie Cheese
- 3 tbsp Cranberry Sauce

How to make it

1. Pre-heat the oven
2. Unroll the pastry
3. Cut into triangles
4. In each, place some Brie & Cranberry then layer on top another pastry triangle
5. Squish the edges together
6. Bake until golden
7. NOTE: divide into 3 servings.


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Healthy Choco Quesadilla

Nutrition Info:

385
calories

10g
protein

51g
carbs

14g
fats

serves 1. 30mins cook time.

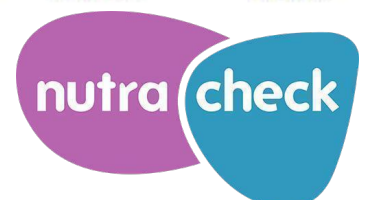
What you'll need

- 1 Wholewheat Tortilla Wrap
- 1 tbsp Chocolate Almond Butter
- 1 Banana

How to make it

1. Spread the almond butter over half the tortilla
2. Top with sliced banana
3. Fold tortilla in half
4. Bake until golden brown
5. Slice & enjoy


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3 Ingredient Breakfast Skillet

Nutrition Info:

351
calories

43g
protein

16g
carbs

10g
fats

serves 1. 17mins cook time.

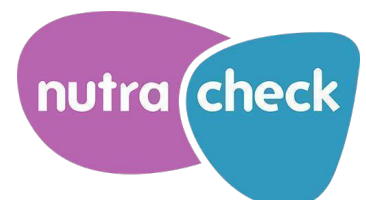
What you'll need

- 100g 5% Lean Mince Beef
- 1 whole Egg
- 1 tin Chopped Tomatoes

How to make it

1. Heat the mince in a pan until almost done
2. Season as desired
3. Make holes in the mince and crack in the eggs
4. Cook until done
5. Garnish with some greenery


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Bacon & Egg Breakfast Cups

Nutrition Info:

413
calories

32g
protein

17g
carbs

24g
fats

serves 1. 10mins cook time.

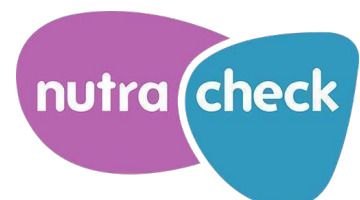
What you'll need

- 2 slices Bacon, chopped
- 2 Eggs
- Seasoning
- 1 slice Bread (for bottom of cups in muffin tray)

How to make it

1. Grease the muffin tray with low kcal spray
2. Place bread chunks at the bottom
3. layer on top eggs & bacon chunks
4. Season as desired
5. Bake until done


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Baked Egg Portobello

Nutrition Info:

224
calories

22g
protein

5.9g
carbs

16g
fats

serves 1. 20mins cook time.

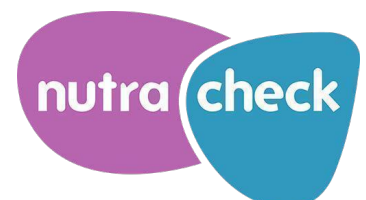
What you'll need

- 2 Eggs
- 2 Portabello Mushrooms
- 1 Slice of Prosciutto
- 1 tsp Olive Oil

How to make it

1. Clean the mushroom and scrape out the inside so you have a deep space for the egg
2. Rub a little olive oil outside the mushroom
3. Place prosciutto inside the mushroom
4. Layer on top raw eggs
5. Season as desired
6. Bake until cooked


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Pomegranate Toast

Nutrition Info:

366
calories

9.9g
protein

23g
carbs

25g
fats

serves 1. 7mins cook time.

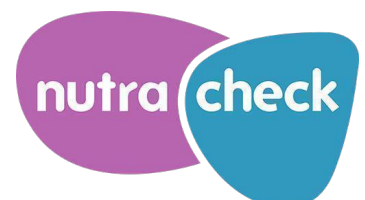
What you'll need

- 1 slice Wholemeal Toast
- 1/2 Avocado
- 30g Feta Cheese
- 40g Pomegranate Seeds
- 1 tsp Olive Oil

How to make it

1. Toast the bread
2. Slice the avocado
3. Layer everything
4. Drizzle a little olive oil to finish


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Pistachio Porridge

Nutrition Info:

339
calories

13g
protein

41g
carbs

12g
fats

serves 1. 5mins cook time.

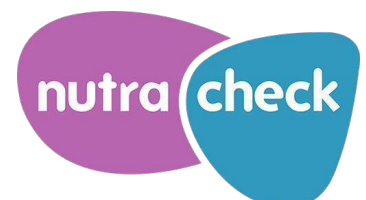
What you'll need

- 4 tbsp Porridge Oats
- 130ml Milk
- 2 tbsp Frozen Berries
- 1 Fig
- 10 Pistachios

How to make it

1. Put the oats & milk in a bowl or pan
2. Cook on the hob or in microwave until creamy
3. Microwave the berries until jammy
4. Top the porridge with the berries, fig & pistachios


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Raspberry Coconut Porridge

Nutrition Info:

354
calories

8g
protein

30g
carbs

21g
fats

serves 1. 2mins cook time.

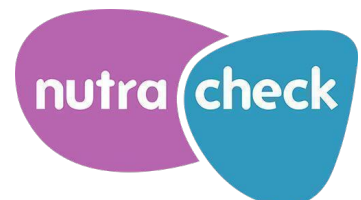
What you'll need

- 4 tbsp Porridge oats
- 10g creamed coconut, chopped
- 10g frozen Raspberries
- 50g Coconut Yogurt

How to make it

1. Soak the oats & coconut in a bowl of water overnight
2. Cook either in microwave or on the hob
3. Add the raspberries and cook again for 1-2mins
4. Stir in the yogurt


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Iced Coffee Protein

Nutrition Info:

239
calories

24g
protein

23g
carbs

5.1g
fats

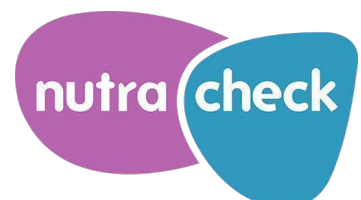
serves 1. 2mins prep time.

What you'll need

- Few Ice Cubes
- 250ml Almond Milk
- 1 Banana (fresh or frozen)
- 1 scoop Chocolate Protein Powder
- 1 tsp Coffee

How to make it

1. Blend everything.
2. Serve immediately.





10 new lunches

Quick lunches for busy people.



Green Cheese Turkey Roll Ups

Nutrition Info:

417
calories

36g
protein

43g
carbs

9.2g
fats

serves 1. 10mins prep time.

What you'll need

- 1 Wholemeal Tortilla Wrap
- 3 tbsp Frozen Peas
- 1 handful Baby Spinach
- 1 tsp Basil
- 2 tbsp 50% Fat Soft Cheese
- 4 Turkey Slices

How to make it

1. Boil or microwave the peas.
2. Blitz the spinach, basil & 1tbsp soft cheese in a blender until smooth
3. Combine with remainder of cheese & season
4. Spread green cheese onto wraps
5. Layer on the turkey slices
6. Tightly roll up the wraps and slice into sushi-like pieces


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Tuna Mayo Pitta

Nutrition Info:

340
calories

24g
protein

41g
carbs

7.5g
fats

serves 1. 15mins prep time.

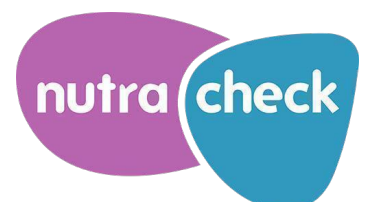
What you'll need

- 1 tin Tuna Chunks, drained
- 1 tbsp Sweetcorn, drained
- 1 tbsp Half Fat Mayonnaise
- 1 Wholemeal Pitta
- 20g Lettuce, shredded

How to make it

1. Mix the tuna, sweetcorn & mayo
2. Halve a wholemeal pitta
3. Stuff the pitta with the mixture
4. Wrap in foil for later


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Tuna Sweetcorn Spud

Nutrition Info:

374
calories

36g
protein

38g
carbs

7.4g
fats

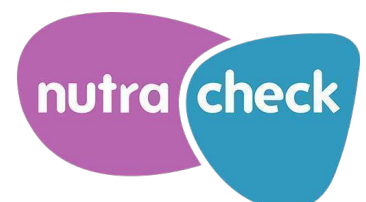
serves 1. 30mins prep time.

What you'll need

- 1 Jacket Potato
- 1 tin Tuna, drained
- 2 tbsp Sweetcorn, drained
- 1 tbsp Half Fat Mayo
- Seasoning, as desired

How to make it

1. Cook the potato ahead of time in the oven until soft
2. Mix the tuna with mayo and sweetcorn
3. Stuff the potato with the mixture
4. Season as desired
5. Enjoy cold or re-heat when needed





Chicken & Sweetcorn Cous Cous

Nutrition Info:

383
calories

47g
protein

37g
carbs

4.1g
fats

serves 1. 4mins prep time.

What you'll need

- 1 bag Cous Cous (approx 80g)
- 1 Red Bell Pepper
- 1 Chicken Breast
- 1 tbsp Sweetcorn

How to make it

1. Cook the cous cous as per instructions on the pack
2. Slice the red pepper
3. Cook the chicken
4. Mix everything
5. Enjoy immediately or enjoy later


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Scandi Open Sandwich

Nutrition Info:

278
calories

24g
protein

19g
carbs

11g
fats

serves 1. 5mins prep time.

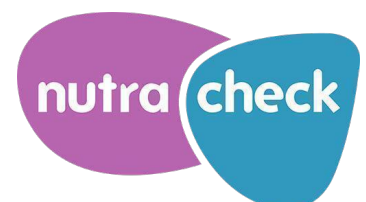
What you'll need

- 1 slice Rye Bread
- 1 Egg, boiled
- 1-2 slices Smoked Salmon (approx 50g)
- 1-2 tbsp Pickled Vegetables

How to make it

1. Layer everything on top of bread
2. Enjoy
3. Feel free to interchange the fish for white meat and the pickled vegetables for fresh
4. note: adding more rye bread will of course add more calories


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Greek Yogurt Chicken Sandwich

Nutrition Info:

369
calories

31g
protein

43g
carbs

7.1g
fats

serves 1. 4mins prep time.

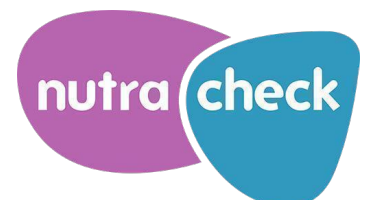
What you'll need

- 70g Chicken, left over from sunday dinner
- 1/2 Red Onion
- 1/2 Apple, diced
- 3 Grapes, halved
- 1 tbsp 0% Greek Yogurt
- Lemon Juice
- Seasoning
- 2 Slices Wholemeal Bread

How to make it

1. In a bowl, combine the chicken, onion, apple grapes, greek yogurt, lemon juice & season
2. Place the mixture between your bread
3. Enjoy now or later


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Prawn Avocado Salad

Nutrition Info:

360
calories

17g
protein

4.7g
carbs

29g
fats

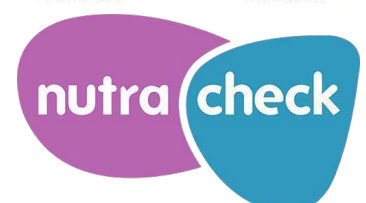
serves 1. 10mins prep time.

What you'll need

- 1 Avocado, smashed
- 1 tsp Lemon Juice
- Seasoning, as desired
- 1/4 Cucumber, diced
- 1 handful Spinach
- 10 Prawns

How to make it

1. Cook or heat the prawns as per the pack
2. Mash the avocado & season
3. Add lemon juice
4. Toss everything together
5. Enjoy immediately (the avocado doesn't keep well)





Greek Salad Wrap

Nutrition Info:

610
calories

28g
protein

63g
carbs

24g
fats

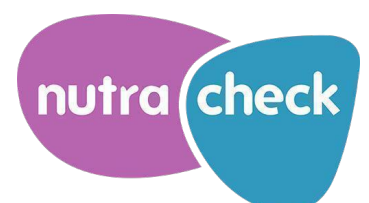
serves 1. 15mins prep time.

What you'll need

- 1 handful Lettuce, shredded
- 1/4 Cucumber, chopped
- 30g Greek Salad Cheese, crumbled
- 1/2 Red Onion, sliced
- 1 Tortilla Wrap
- 4 Sun-dried Tomatoes
- 1/2 tin Butter Beans, drained
- 1 tsp Lemon Juice

How to make it

1. Mix together the lettuce, cucumber, cheese & onion.
2. Pile the middle of the wrap with mixture
3. Close of the ends and wrap
4. Use foil or cling film if making ahead of time
5. In a tub, mix the butter beans, sun-dried tomatoes & lemon juice and store for when needed





Cauliflower Broccoli Ham Salad

Nutrition Info:

297
calories

24g
protein

8.4
carbs

18g
fats

serves 1. 3mins prep time.

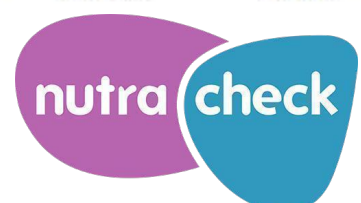
What you'll need

- 1 small portion Broccoli, pre-boiled
- 2 florets Cauliflower, pre-boiled
- 2 slices Ham, diced
- 4 Cherry Tomatoes
- 1 small ball Mozzarella, cubed
- 1 tbsp Parmesan, grated
- 1 tbsp Salad Dressing, pre made

How to make it

1. Combine all ingredients into a bowl
2. Pour the dressing over the salad
3. Chill and serve when needed


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Taco Salad

Nutrition Info:

381
calories

42g
protein

15g
carbs

16g
fats

serves 1. 20mins prep time.

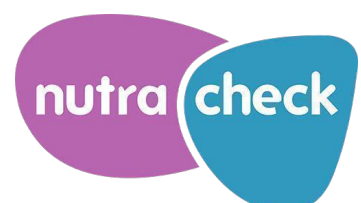
What you'll need

- 100g 5% Lean Beef Mince
- 1/2 pack Taco Seasoning
- 1 tbsp Taco Beans, drained
- 4 Cherry Tomatoes
- 30g Grated Cheddar
- 1 palmful Lettuce

How to make it

1. Cook the beef with the taco seasoning (or use left overs)
2. Assemble the salad by adding lettuce, beans, tomatoes and cheese
3. Place everything side by side in a tub until ready to eat


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10 new **snacks**

Yummy snacks & treats.



Quick Chocolate Fix

Nutrition Info:

297
calories

19g
protein

24g
carbs

14g
fats

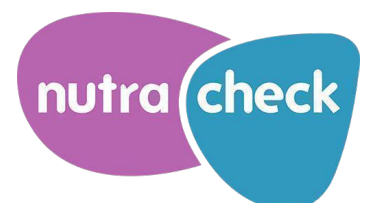
2min prep time.

What you'll need

- 4 tbsp Greek Yogurt, whole
- 1 tsp Cocoa Powder
- 1 tbsp Honey

How to make it

1. Mix everything and enjoy





Goats Cheese Stuffed Dates

Nutrition Info:

346
calories

7.2
protein

55g
carbs

9.4g
fats

12 mins prep time.

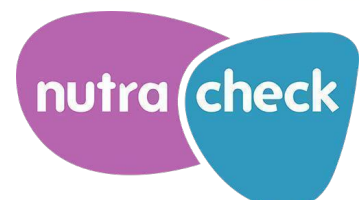
What you'll need

- 3 Medjool Dates
- 20g Goats Cheese
- 10 Pistachios
- 1 tsp Paprika
- Salt & Pepper

How to make it

1. Slice open the dates
2. remove the pits
3. use a spoon & fill with goat cheese
4. Crush the pistachios
5. Sprinkle the dates with seasoning & paprika
6. Sprinkle the pistachio dust
7. Drizzle little honey


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Greek Yogurt Ranch Dip

Nutrition Info:

124
calories

20g
protein

10g
carbs

0g
fats

5mins prep time.

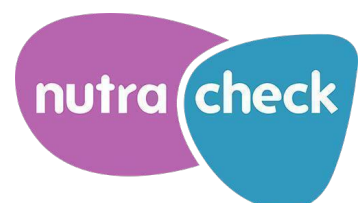
What you'll need

- 4 tbsp 0% Greek Yogurt
- 1 tsp Garlic Powder
- 1 tsp Dried Dill
- Seasoning
- 10 Carrot Battons

How to make it

1. Mix everything in a bowl
2. Mix well
3. Serve with carrot sticks or some other crunchy vegetable
4. NOTE: this dip can be served with other meals/recipes too


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Peanut Butter Frozen Yogurt Bites

Nutrition Info:

241
calories

24g
protein

15g
carbs

9.3g
fats

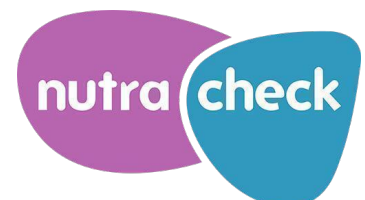
5mins prep time. 1hr freeze time.

What you'll need

- 4 tbsp 0% Greek Yogurt
- 1 tbsp Peanut Butter
- 1 tsp Vanilla Extract
- 1 tsp Honey

How to make it

1. Mix everything in a bowl
2. Place small circles of the mixture onto a baking sheet
3. Freeze for 1 hour then transfer to a freezer bag for keeping until you want to eat them





Chocolate Hummus

Nutrition Info:

314
calories

8.2g
protein

13g
carbs

24g
fats

5mins prep time.

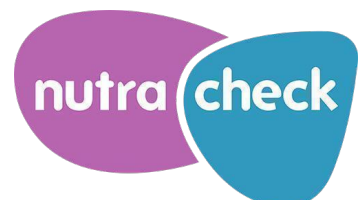
What you'll need

- 3 tbsp Hummus
- 1 tsp Vanilla Extract
- 1 tsp Cocoa Powder
- 1 tsp Honey

How to make it

1. Mix everything until ultra smooth
2. Serve with crunchy vegetables


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Bliss Balls

Nutrition Info:

143
calories

3.9g
protein

13g
carbs

7.8g
fats

makes 15 balls. 10mins + 30mins chilling time. nutrition info per ball.

What you'll need

- 10 Medjool Dates
- 75g Walnuts
- 75g Hazlenuts
- 1 scoop Chocolate Protein Powder
- 1 tsp Cacao Powder
- 1 tbsp Coconut Oil
- 1-2 tbsp Water
- 20 Frozen Raspberries, crushed

How to make it

1. Blitz the dates & nuts in a blender until combined.
2. Add the protein powder, cacao & coconut oil & blend again.
3. Add water if needed
4. Roll tablespoonfuls of mixture into snack sized balls and roll in the crushed raspberries to coat
5. Place in fridge for 30mins





Mint Nice Cream

Nutrition Info:

284
calories

3.7g
protein

32g
carbs

14g
fats

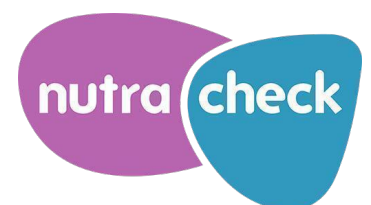
serve 2. 5mins prep time. nutrition info per serving.

What you'll need

- 1-2 Bananas, peeled & chopped
- 1 tbsp Cacao Powder
- 1 tbsp Fresh Mint
- 125ml Coconut Milk
- 1 tbsp Honey
- 1 tsp Cacao Nibs

How to make it

1. Place the banana, cacao powder, mint, coconut milk & honey in a blender until smooth & creamy
2. Serve in a bowl and sprinkle with cacao nibs





Chocolate Orange Overnight Oats

Nutrition Info:

471
calories

21g
protein

53g
carbs

16g
fats

5mins prep time + overnight chilling time.

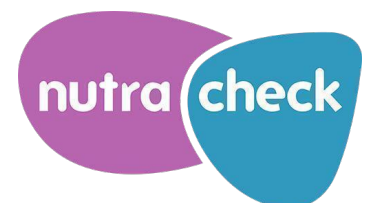
What you'll need

- 4 tbsp Oats
- 130ml Milk
- 1 tbsp Honey
- 1 tbsp Cacao Powder
- 1 tbsp Chia Seeds
- 1 tsp Vanilla Extract
- 1 tsp Orange Zest
- 1 tbsp 0% yogurt
- 1/2 medium orange
- 1 tsp cacao nibs
- 1 tsp desiccated coconut

How to make it

1. Place the oats, milk, honey, cacao powder, seeds, vanilla, orange juice and zest in a bowl and mix well
2. Place in fridge overnight
3. To serve: top with a layer of yogurt, orange segments, cacao nibs & coconut


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Almond Butter Stuffed Apple

Nutrition Info:

204
calories

1.1g
protein

25g
carbs

12g
fats

makes 4 servings. 20mins prep time. nutrition info per serving.

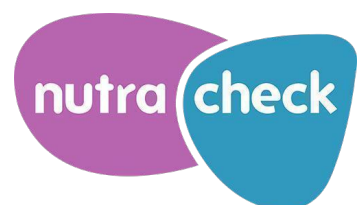
What you'll need

- 1 Apple
- 2 tbsp Almond Butter

How to make it

1. Slice the apple
2. Spread the almond butter on the apple slices


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Vegan Protein Bars

Nutrition Info:

199
calories

6.5g
protein

12g
carbs

13g
fats

makes 15 bars. 15mins prep + 60mins cooling time. nutrition info per bar.

What you'll need

- 1 tbsp Chia Seeds
- 4 tbsp Flax Seeds
- 120g Roasted Almonds
- 2 tbsp Sunflower Seeds
- 2 tbsp Goji Berries
- 4 tbsp Desicated Coconut
- pinch of Sea Salt
- 1 scoop Vanilla Vegan Protein Powder
- 6 Dates
- 6 tbsp Tahini
- 15 Dark Chocolate Squares

How to make it

1. Place the following in a blender: chia seeds, flax, almonds, sunflower seeds, goji berries, coconut, salt & protein powder
2. Add the dates & tahini and blend again
3. Line a baking tray with baking paper and press the mixture evenly across
4. Place in fridge for 1 hour
5. Cut into bars and store in the fridge





10 new dinners

Family friendly evening meals.



Chorizo & Pea Risotto

Nutrition Info:

580
calories

26g
protein

59g
carbs

26g
fats

serves 4. 5mins prep. 30mins cook time. nutrition info per serving.

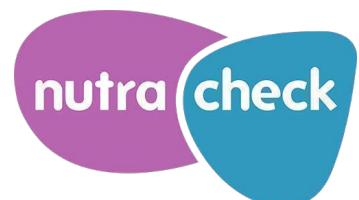
What you'll need

- 1 tbsp Olive Oil
- 200g Chorizo, peeled & chopped
- 300g Arborio Risotto Rice
- 1 tbsp Vinegar
- 1.2l Chicken Stock
- 200g Frozen Peas
- 60g Parmesan

How to make it

1. Heat the oil in a pan & add the chorizo and fry until crisp
2. Remove 1/4 of the chorizo and set aside
3. Tip the rice into the pan, stir and pour in the vinegar
4. Once absorbed add some stock, stir & keep adding until all cooked in
5. Add the peas, parmesan and stir well
6. Season as desired and serve with parmesan on top


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Ham & Cheese Potato Pie

Nutrition Info:

547
calories

16g
protein

39g
carbs

36g
fats

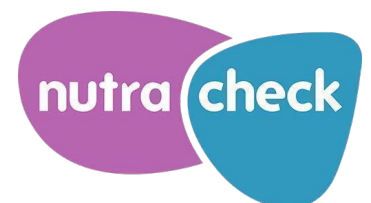
makes 4 servings. 40mins cook time. nutrition info per serving.

What you'll need

- 350g New Potatoes
- 375g Ready-Rolled Puff Pastry
- 100g Creme Fraiche, half fat
- 50g Ham, sliced thinly
- 125g Brie, sliced

How to make it

1. Boil the potatoes for 10mins. Leave to cool then slice
2. Heat the oven. Unroll the pastry onto the baking tray
3. Reserve 1tbsp creme fraiche, but spread the rest on the pastry. Season as desired
4. Layer the potatoes, ham & cheese over half the pastry & season
5. Fold the pastry over and use a fork to seal the edges
6. Bake for 35-45mins until golden





Simple Stuffed Peppers

Nutrition Info:

625
calories

22g
protein

62g
carbs

29g
fats

makes 2 servings. 35mins cook time. nutrition info per serving.

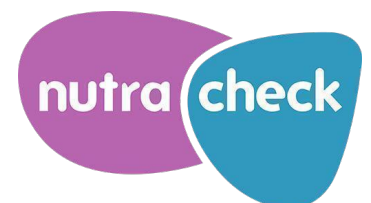
What you'll need

- 4 Sweet Bell Peppers, halved
- 1 tbsp Olive Oil
- 1 bag microwave Rice
- 1 tin Taco Beans, drained
- 50g Cheddar Cheese
- 4 tbsp Guacamole

How to make it

1. Heat the oven. Remove the seeds from the peppers and place cut side up on a baking tin
2. Drizzle with oil & season as desired.
3. Bake for 20mins
4. Combine rice & beans.
5. Fill the peppers with the rice & bean mixture
6. Top each with a slice of cheese
7. Bake until cheese is all melted
8. Serve with a dollop of guacamole


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Salmon Fajitas

Nutrition Info:

773
calories

39g
protein

48g
carbs

46g
fats

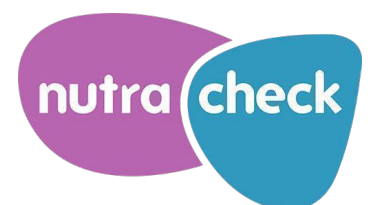
serves 4. 12mins cook time. nutrition info per serving.

What you'll need

- 4 Frozen Salmon Fillets
- 1 tbsp Olive Oil
- 1 Fajita Kit
- 2 Avocados
- 2 Limes

How to make it

1. Coat the salmon in a little oil & fajita spice mix
2. Add remaining oil to a pan and fry until crispy on the outside
3. Mash the avocados, season & squeeze over the lime juice
4. Serve the salmon in large flakes with the tortillas, avocado, salsa & lime wedges





Squash & Coconut Curry

Nutrition Info:

470
calories

9.4g
protein

51g
carbs

22g
fats

serves 2. 30mins cook time. nutrition info per serving.

What you'll need

- 2 tbsp Madras Curry Paste
- 1 large Butternut Squash, cubed
- 1 Red Pepper, sliced
- 1 tin (400g) Reduced Fat Coconut Milk
- 1 tbsp Coriander

How to make it

1. Heat a large pan, tip in the curry paste and fry for 1 minute
2. Add the squash & pepper then mix
3. Pour in the coconut milk with 200ml water and simmer
4. Cook until the butternut squash is tender
5. Season to taste then serve topped with coriander
6. NOTE: you can add naan bread but that will increase the calories





Harissa Lamb & Couscous

Nutrition Info:

404
calories

35g
protein

30g
carbs

16g
fats

serves 4. 10mins cook time. nutrition info per serving.

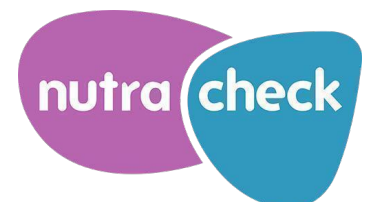
What you'll need

- 4 tbsp Harissa Paste
- 300g CousCous
- 1 bag Herb Salad
- 4 Lamb Steaks
- 1 tbsp Sugar

How to make it

1. Place 1 tbsp Harissa into a jig & fill it with 400ml boiling water then pour over the couscous
2. Cover & stand for 5mins
3. Fluff with a fork then put the salad on top
4. Heat the frying pan
5. Season the lamb then fry for 1min each side
6. Mix sugar & remaining harissa together then spread over the lamb
7. Cook for 2mins more on each side
8. Add a splash of water to the pan to make a sauce
9. Slice lamb and place on top of couscous. Drizzle over the sauce from the pan


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Goats Cheese & Beetroot Tart

Nutrition Info:

609
calories

18g
protein

45g
carbs

39g
fats

serves 4. 30mins cook time. nutrition info per serving.

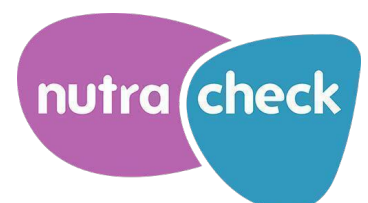
What you'll need

- 1 pack Pre-Rolled Pastry
- 4 Beets
- 200g Soft Goats Cheese
- 3 Red Onions
- 1 tbsp Olive Oil
- 1 tbsp Honey

How to make it

1. Diced the onions
2. Place into a pan along with the oil & honey
3. Fry until tender
4. Unroll the pastry onto a baking tray & bake for 10mins
5. Remove pastry & layer on top the onion mixture
6. Diced the beets & add those on top
7. Place goats cheese chunks on top of beets
8. Bake everything until golden


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Easy Chicken Kiev

Nutrition Info:

494
calories

44g
protein

17g
carbs

28g
fats

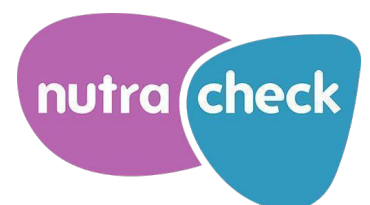
serves 4. 25mins cook time. nutrition info per serving.

What you'll need

- 6 Garlic Cloves, peeled
- 1 small bunch Parsley
- 85g Breadcrumbs
- 4 skinless Chicken Breasts
- 4 tbsp Garlic & Herb Soft Cheese
- 4 tbsp Olive Oil

How to make it

1. Heat the oven
2. Blitz 2 garlic cloves, parsley & 1 tbsp oil in a blender
3. Add the breadcrumbs and seasoning and blitz again. Tip mixture onto a plate
4. Cut a slit in each chicken breast
5. Spoon in 1/4 of the soft cheese into each slit and seal
6. Rub olive oil over the chicken breasts before pressing the herby crumbs into them
7. Drizzle with any remaining oil & bake until golden
8. Serve with a side salad of your choosing





Slow Cooker Stroganoff

Nutrition Info:

491
calories

24g
protein

45g
carbs

23g
fats

serves 3. 27mins cook time. nutrition info per serving.

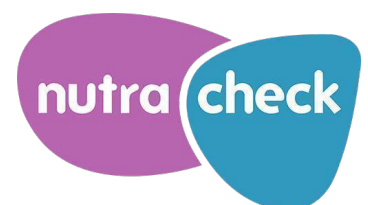
What you'll need

- 300g Stew Meat
- 1 pack Stroganoff Seasoning Mix
- 160g Pasta
- 4 tbsp Cream Cheese
- 1 Beef stock cube, made up
- 1 pack Fresh Mushrooms

How to make it

1. Lightly grease your slow cooker then add the stew meat chunks with a little seasoning
2. Add beef stock, mushrooms & stroganoff mix and cook on low for 6hrs+
3. About 30mins before serving, stir in cream cheese and sauce is creamy
4. Stir in pasta
5. Season again if desired (salt, pepper & thyme works well)


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Honey Chilli Chicken & Veggies

Nutrition Info:

439
calories

23g
protein

34g
carbs

22g
fats

serves 2. 37mins cook time. nutrition info per serving.

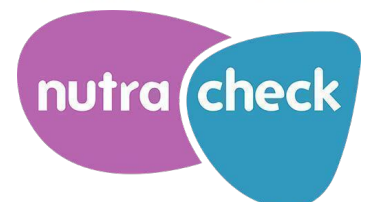
What you'll need

- 4 Chicken Thighs, skin on
- 1 tbsp Olive Oil
- 3 Bell Peppers, diced
- 1 Red Onion, diced
- 2 tbsp Honey
- 1 tbsp Soy Sauce
- 1 tbsp Chilli Sauce
- Lemon Juice
- 3 Garlic Cloves, minced

How to make it

1. Pre-heat the oven
2. In a bowl mix together the honey, soy sauce, chilli sauce, lemon juice & garlic cloves
3. Season the chicken as desired and cover thighs with the honey sauce mix & leave to marinade
4. Chop the veggies
5. Make a bed of veggies in a baking tray & place the thighs in the centre
6. Bake until done
7. Garnish with coriander


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**which were your
favourites?**

Let us know!