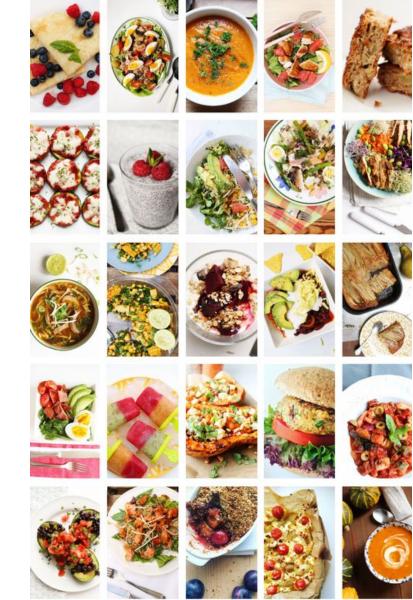


RECIPE KEY

- GF Gluten Free
- DF Dairy Free
- LC Low Carb (under 20g per serving)
- HP High Protein (over 30g per serving)
- V Vegetarian
- Q Quick (under 30 minutes)





BOOSTER SMOOTHIE



Serves: 4 Prep: 10 mins Cook: 0 mins



30g Carbs 2g Protein

WHAT YOU NEED:

- 1 small pineapple
- 1 apple
- 1 cucumber
- 4 basil stems (leaves only)

WHAT YOU NEED TO DO:

Prepare the pineapple and apple (peel, remove core and chop). Peel the cucumber and halve it in length. Remove the seeds and cut into pieces.

Place everything in a blender and blend until smooth. If you require a thinner texture add some water.



HOMEMADE GRANOLA



Makes: >3lbs (1.5 kb)

Prep: 5 mins Cook: 40 mins



Nutrition per 1.5 oz. (40g):

166 kcals 4g Fats 28g Carbs 5g Protein

WHAT YOU NEED:

- Apple compote from 4 big apples
- 1/3 cup (120g) honey
- 1 ½ tsp. vanilla extract
- · 2 tsp. cinnamon
- ¾ tsp. salt
- 2 ¼ lb. (1kg) oats
- ¾ cup (100g) brazil nuts, chopped
- ¾ cup (60g) flaked almonds
- scant ½ cup (80g) dates, chopped
- 10 (80g) dried apricots, chopped
- 2/3 cup (100g) golden raisins (sultans)

APPLE COMPOTE:

To make apple compote, stew four big, peeled, cored and chopped cooking apples in a little water until they turn into mush. Then mash the up with a fork (or use a food processor).

WHAT YOU NEED TO DO:

Preheat oven to 160C (320F).

In a large bowl, beat together the apple compote, honey, vanilla, cinnamon, and salt. Add the oats and stir well to combine. Spread the mixture onto two large baking sheets; bake for 10 min.

Remove from the oven and stir well, then return to the oven and bake for another 10 min.

Repeat, but this time add the nuts. Return to oven for another 10 min. Then stir again and bake for a final 10 min.

Remove from the oven and mix in the fruit. Store in an airtight jar.



BUCKWHEAT BANANA PANCAKES



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 237 kcals 11g Fats 36g Carbs 5g Protein

WHAT YOU NEED:

- · 1 cup (130g) buckwheat flour
- 1 tsp. baking powder (GF if possible)
- pinch salt
- 1 1/2 cup (350ml) coconut milk
- 1 tsp. vanilla paste
- · 2 medium bananas, sliced
- 2 tbsp. coconut oil
- toppings of choice

WHAT YOU NEED TO DO:

Mix all the dry ingredients together in a large bowl. Then add the milk and vanilla paste and mix well until a smooth mixture has formed. If necessary add extra milk or water.

Heat half a tbsp. of coconut oil in a non-stick pan and add the pancake mixture with a tablespoon (about 2 1/2 for one pancake). Cook for about 1 minute and then layer 3-4 banana slices on top of each pancake. Cook for another 1-2 min until the bottom has set and bubbles start to appear on the surface.

At this point flip the pancakes over and cook for another 1-2 min. Repeat this with the remaining pancake mixture.

Top pancakes with your favorite toppings. Walnuts, cinnamon and maple syrup work great with these pancakes.



CREAMY MUSHROOMS ON TOAST



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 225 kcals 11g Fats

6g Protein

WHAT YOU NEED:

- 1 slice wholegrain bread
- 2 tbsp. soft cream cheese
- · 3 handfuls, sliced mushrooms
- 1/2 tsp. coconut oil
- · 1 small garlic clove, crushed
- 2 tbsp. coconut/almond milk
- 1/2 tsp. wholegrain mustard
- 1 tbsp. chives, chopped
- salt & pepper, to taste

WHAT YOU NEED TO DO:

16g Carbs

Toast the bread and spread with a little bit of cheese. In the meantime, heat the coconut oil in a small pan, and add the garlic. Cook for 1 min.

Now add the mushrooms, and cook for a further 4-5 min until soft and browned. Add in the milk, remaining cheese and mustard. Stir well until mushrooms and cited with the cheese. Season with salt and pepper.

Top the toast with the mushrooms and sprinkle with chives. Serve hot, with a ham or prosciutto (optional).



MINTY FETA & PEA SMASH ON TOAST



Serves: 1 Prep: 5 mins Cook: 10 mins



Nutrition per serving:

328 kcals 15g Fats 21g Carbs 12g Protein

WHAT YOU NEED:

- 3.5 oz. (100g) feta cheese, crumbled
- 3.5 oz. (100g) frozen peas, defrosted
- 2 slices whole what or gluten free bread
- zest and juice of ½ lemon
- 2 tbsp. mint, copped
- 2 handfuls watercress

WHAT YOU NEED TO DO:

In a small bowl mix together the feta, peas, mint, lemon juice and zest. Season to taste with pepper and salt.

Toast the bread. Then divide the mixture between the two toasts and serve with a handful of watercress.



BREAKFAST BRUSCHETTA



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 293 kcals 14g Fats 29g Carbs

6g Protein

WHAT YOU NEED:

• 4 slices buckwheat bread, or other

For avocado bruschetta:

- 1 medium avocado
- juice of 1/2 lime
- · salt & pepper
- 1 tbsp. chopped parsley

For tomato bruschetta:

- 1 large tomato
- 1 garlic clove, minced
- · 1 tsp. olive oil
- · salt & pepper

WHAT YOU NEED TO DO:

Half the avocado and scoop out the flesh into a bowl. Add lime juice and then mash roughly, using a fork, and season to taste.

Chop the tomatoes and mix with the minced garlic, then season with salt and pepper. Drizzle with olive oil and mix again.

Toast the bread and top 2 slices with avocado, then 2 with tomatoes. Sprinkle the avocado with parsley and serve.



MAS HUNI (MALDIVIAN BREAKFAST)



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 276 kcals 7g Fats 28g Carbs 25g Protein

WHAT YOU NEED:

- 11.2 oz. (320g) canned tuna in water
- 1 small red onion
- 1 red chili pepper
- 1 lime, zest and juice
- 3/8 cup (25g) ground coconut
- 1 baby Romanian lettuce
- 4 mini pitta breads

WHAT YOU NEED TO DO:

Drain the tuna and transfer into a medium size bowl. Finely chop the onion, halve the chili, remove the seeds and chop finely, then add both onion and chili to the tuna.

Next add in the zest and juice of the lime and the coconut. Mix all the ingredients with a fork until you have a tuna salad with a nice texture.

Prepare the lettuce leaves. Toast the pitta bread. Cut them open as an envelope and fill them with lettuce and tuna salad. Or serve the tuna in lettuce wraps and the pitta on the side.



HERBY SAUSAGES



Makes: 6 Prep: 5 mins Cook: 15 mins



Nutrition per sausage: 59 kcals 3g Fat

59 kcals 3g Fats 0g Carbs 9g Protein

WHAT YOU NEED:

- 8.8 oz. (250g) ground lean pork
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tsp. fresh sage, chopped
- 2 tsp. fresh basil, chopped
- ½ tsp. coconut oil

WHAT YOU NEED TO DO:

In a large bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into six sausages.

Heat the coconut oil in a large nonstick frying pan and cook the sausages on medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.



BREAKFAST TURKEY BURGER



Serves: 3 Prep: 10 mins Cook: 15 mins



Nutrition per serving:

311 kcals 18g Fats 5g Carbs 32g Protein

WHAT YOU NEED:

- 10.5 oz. lean ground turkey
- 1 tbsp. mixed herbs
- · salt & pepper
- 1 tbsp. coconut oil
- 1 large ripe avocado
- juice of ½ lime
- 3 eggs
- · salad leaves, to serve

WHAT YOU NEED TO DO:

Season the ground turkey with herbs and salt & pepper, then form three burgers. Heat ½ the coconut oil in a pan and cook the burgers for about 10 min turning half way, until browned and cooked throughout.

In the meantime prepare the avocado mash. Remove the stone and scoop out the avocado flesh into a bowl. Mash it with a fork and mix with the lime juice.

Lastly, fry up the eggs using the remaining coconut oil.

Stack it all up by adding mashed avocado on top of the burger and then the fried egg. Serve on a bed of salad leaves.



SPANISH OMELETTE



Serves: 4 Prep: 15 mins Cook: 30 mins



Nutrition per serving:

308 kcals 16g Fats 20g Carbs 19g Protein

WHAT YOU NEED:

- 8 whole eggs, lightly beaten
- 14 oz. (400g) baby potatoes
- 7 oz. (200g cherry tomatoes
- 3 small onions, cut into wedges
- 3.5 oz. (100g) feta cheese, crumbled
- · handful fresh parsley, chopped
- 1 tsp. coconut oil

WHAT YOU NEED TO DO:

Firstly prepare the potatoes by cooking or steaming them until soft. Or use leftover potatoes.

Preheat the over to 360F (180C). Heat the coconut oil in a pan and fry the onions. Season with pepper and salt.

Whisk the eggs in a bowl and also season with pepper and salt.

Line a 9x9 inch baking dish with baking paper and scatter the potatoes and onions. Then top with the beaten eggs, cherry tomatoes and feta.

Place the dish in the oven and bake for 25-30 mins until eggs have set and top has browned slightly.

Serve with fresh parsley.



LEEK & MUSHROOM OMELETTE



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving:

283 kcals 20g Fats 8g Carbs 18g Protein

WHAT YOU NEED:

- 1 tsp. coconut oil
- ½ cup (45g) leek, chopped (green part only)
- 1 tsp. dried thyme
- 2 cups mushrooms (150g), sliced
- 6 eggs

WHAT YOU NEED TO DO:

Heat the oil in the frying pan and fry the leeks and thyme for about 3 min, on medium heat.

Meanwhile, slice the mushrooms and cook with the leeks for another 5 minutes. Season with salt and pepper.

Beat the eggs and pour over the vegetables. Put the lid on the pan and leave for about 10 min. until cooked.

Cut the omelet into quarters and serve garnished with fresh herbs (optional).