



STANZA FITNESS RECIPE BOOK

MADE TO MEASURE

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MADE TO MEASURE



Our Made to Measure Recipe Book is complete with tasty, easy to make, macro and Myfitnesspal friendly recipes.

At Stanza Fitness we utilise an evidence based approach in conjunction with years of practical experience helping people reach their goals.

We wanted to give you the tools that will enable you to have freedom, flexibility and and enjoyment in your approach to your nutrition.

What gets measured, gets managed and with this complete nutrition guide, your nutrition can be tracked efficiently using a barcode system.

We hope you enjoy it and don't forget to tag us in your recipes!

Carl, Ben & Abi

Directors



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 & Prawns 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







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



AVOCADO LIME SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

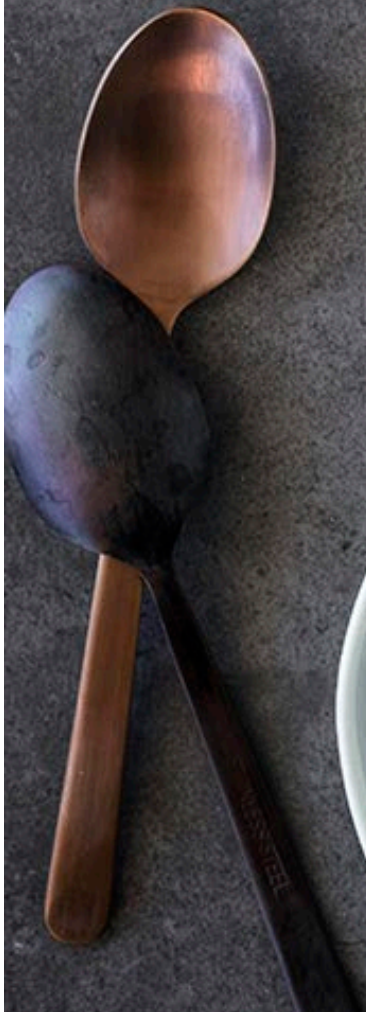
2 tbsp **fresh lime**, juiced
1/4 cup **coconut water**
100g **cucumber**, chopped
1/2 **avocado**
1/2 tbsp **fresh mint leaves**
5-10 **ice cubes**

INSTRUCTIONS

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

MACROS PER PORTION

CALORIES	155	PROTEIN	3
CARBS	11	FATS	11
FIBRE	7		



BERRY CHERRY SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

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**

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.

MACROS PER PORTION

CALORIES	252	PROTEIN	3
CARBS	51	FATS	4
FIBRE	7		



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



THE GREENEST SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

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

INSTRUCTIONS

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

MACROS PER PORTION

CALORIES	187	PROTEIN	14
CARBS	26	FATS	3
FIBRE	12		



MEXICAN CORN HUMMUS TOAST

SERVES: 4

TOTAL TIME: 15 MINUTES

GF V

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**

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.

MACROS PER PORTION

CALORIES	380	PROTEIN	12
CARBS	56	FATS	12
FIBRE	9		



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



SCANDI BREAKFAST

SERVES: 2

TOTAL TIME: 15 MINUTES

GF DF

INGREDIENTS

4 **eggs**

200g **smoked salmon**

1 **cucumber**, sliced into coins

4 **dill pickles**, sliced lengthways

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

MACROS PER PORTION

CALORIES	380	PROTEIN	36
CARBS	5	FATS	24
FIBRE	1		

SIDES & SMALL PLATES







COURGETTE CAKES

SERVES: 3

TOTAL TIME: 25 MINUTES

GF V

INGREDIENTS

450g **courgette**, thinly grated

3 **eggs**

150g **cornmeal**

1 tbsp **lemon**, juiced

15g **parsley**

Salt & cracked pepper

60g **feta**

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 frying pan 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.

MACROS PER PORTION

CALORIES	348	PROTEIN	15
CARBS	45	FATS	12
FIBRE	4		

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



THREE PORK QUICHES

SERVES: 7

TOTAL TIME: 25 MINUTES

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

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.

MACROS PER PORTION

CALORIES	236	PROTEIN	13
CARBS	10	FATS	16
FIBRE	0		



HOMEMADE HUMMUS

SERVES: 5

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

2 x (400g) **tin chickpeas**

120ml **tahini**

2 **cloves garlic**

1 tbsp **olive oil**

60ml **lemon juice**

60ml **water**

1 tsp **cumin**

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.

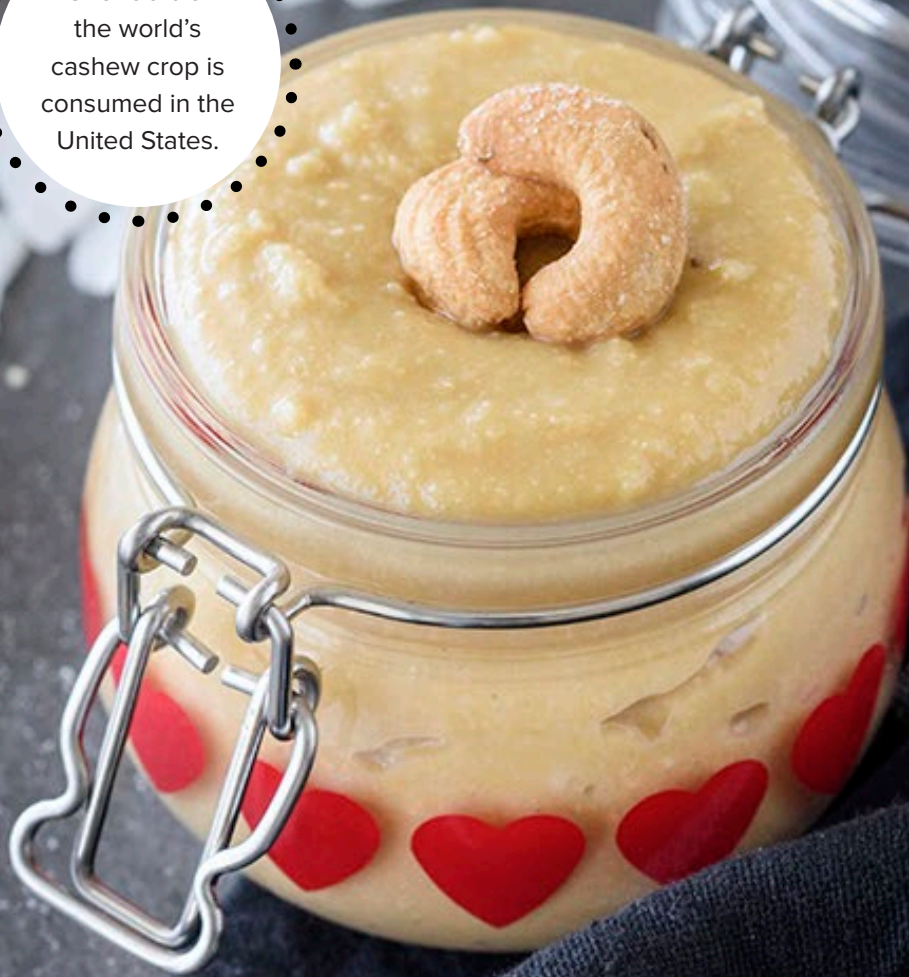
MACROS PER PORTION

CALORIES	267	PROTEIN	11
CARBS	13	FATS	19
FIBRE	5		



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



COCONUT CASHEW BUTTER

SERVES: 10

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

300g **salted cashews**

50g **coconut flakes**

2 tbsp **maple syrup**

2 tbsp **coconut oil**

Sprinkle **sea salt flakes** for serving, optional

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.

MACROS PER PORTION

CALORIES	238	PROTEIN	6
CARBS	13	FATS	18
FIBRE	0		



CREAMY SPINACH

SERVES: 3

TOTAL TIME: 15 MINUTES

GF V

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**

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.

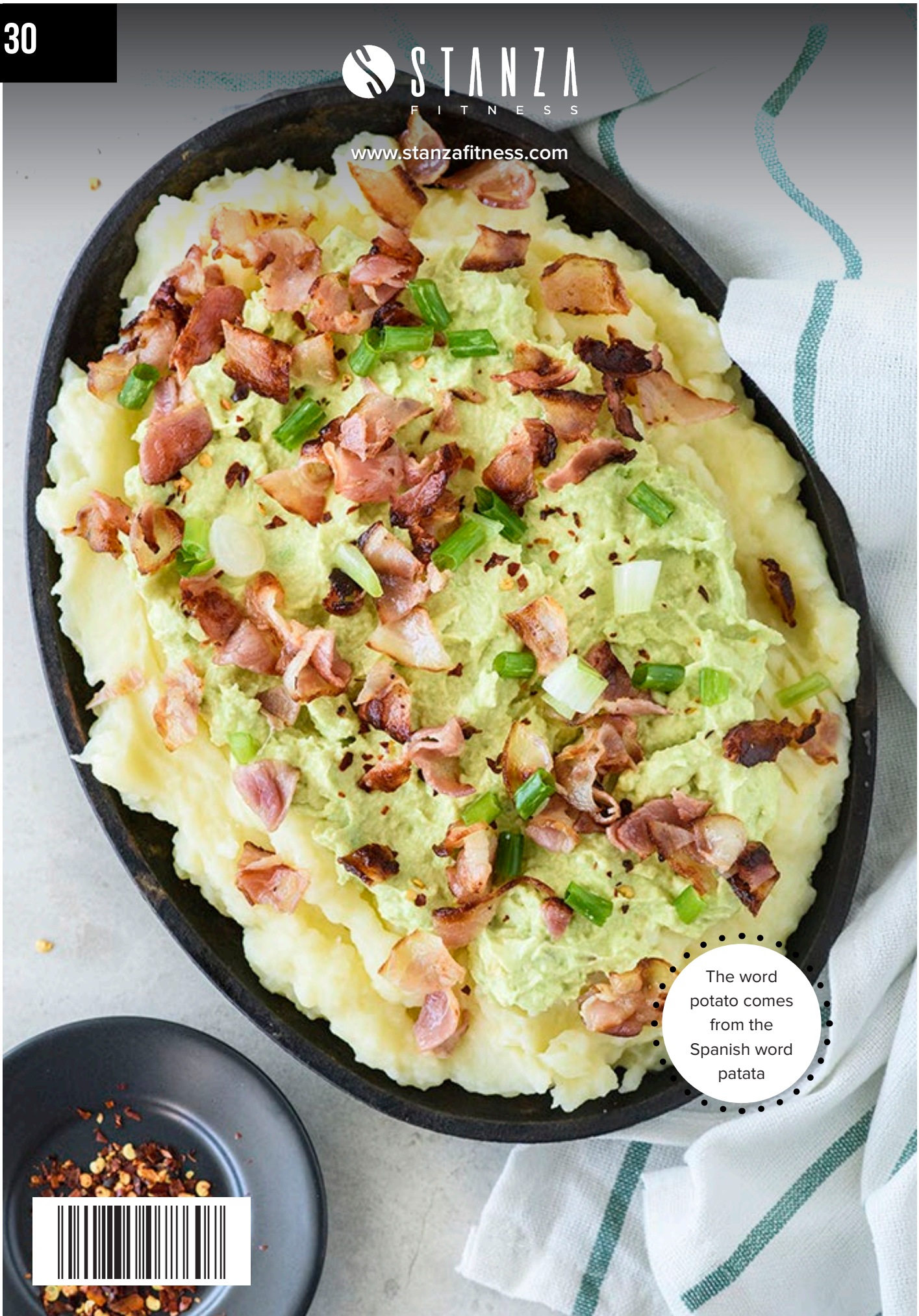
Bring a medium-large frying pan to medium heat, add butter and onion and cook for 3-4 minutes or until onion is soft. Add the garlic and heat for another 1 minute before adding milk, cream, flour, nutmeg, salt & cracked pepper.

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

Feel free to add extra parmesan when serving.

MACROS PER PORTION

CALORIES	263	PROTEIN	16
CARBS	16	FATS	15
FIBRE	8		



The word potato comes from the Spanish word patata



LOADED MASHED POTATO

SERVES: 3

TOTAL TIME: 30 MINUTES

GF

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

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.

MACROS PER PORTION

CALORIES	409	PROTEIN	10
CARBS	27	FATS	29
FIBRE	8		

MAINS







BROCCOLI SALAD

SERVES: 6

TOTAL TIME: 25 MINUTES

GF V VE DF

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

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.

MACROS PER PORTION

CALORIES	294	PROTEIN	11
CARBS	40	FATS	10
FIBRE	7		

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



EDAMAME & MINT SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V

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

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.

MACROS PER PORTION

CALORIES	386	PROTEIN	22
CARBS	25	FATS	22
FIBRE	3		



TUNA TABBOULEH

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

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

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.

MACROS PER PORTION

CALORIES	484	PROTEIN	16
CARBS	33	FATS	32
FIBRE	7		



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



PROSCIUTTO, CORN & COURGETTE PLATE

SERVES: 2

TOTAL TIME: 10 MINUTES

GF

INGREDIENTS

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

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.

MACROS PER PORTION

CALORIES	336	PROTEIN	17
CARBS	13	FATS	24
FIBRE	3		



EASY ASIAN STIR FRY

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V VE DF

INGREDIENTS

360g **rice** (uncooked)

500g **Asian frozen stir-fry vegetables**

60ml **Hoisin sauce**

2 tsp **chilli flakes**

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.

MACROS PER PORTION

CALORIES	396	PROTEIN	8
CARBS	91	FATS	0
FIBRE	3		

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



GARLIC & ROSEMARY SALMON

SERVES: 4

TOTAL TIME: 20 MINUTES

GF

INGREDIENTS

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

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.

MACROS PER PORTION

CALORIES	366	PROTEIN	34
CARBS	8	FATS	22
FIBRE	0		



STUFFED POTATOES

SERVES: 2

TOTAL TIME: 50 MINUTES

GF DF

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

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 filling. Mix potato with beef mixture and then return to potatoes.

Season with salt & pepper and garnish with green onions.

MACROS PER PORTION

CALORIES	366	PROTEIN	24
CARBS	36	FATS	14
FIBRE	5		



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



TANDOORI CHICKEN

SERVES: 4

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

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

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.

MACROS PER PORTION

CALORIES	437	PROTEIN	38
CARBS	6	FATS	29
FIBRE	4		



MEDITERRANEAN LAMB SKEWERS

SERVES: 4

TOTAL TIME: 30 MINUTES
(PLUS 30 MINUTES FOR MARINATING)

GF DF

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**

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.

MACROS PER PORTION

CALORIES	351	PROTEIN	18
CARBS	9	FATS	27
FIBRE	2		

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



BAKED HADDOCK WITH COURGETTE NOODLES

SERVES: 2

TOTAL TIME: 30 MINUTES

GF

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

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.

MACROS PER PORTION

CALORIES	369	PROTEIN	33
CARBS	12	FATS	21
FIBRE	3		



VEGAN COTTAGE PIE

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V VE DF

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**

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.

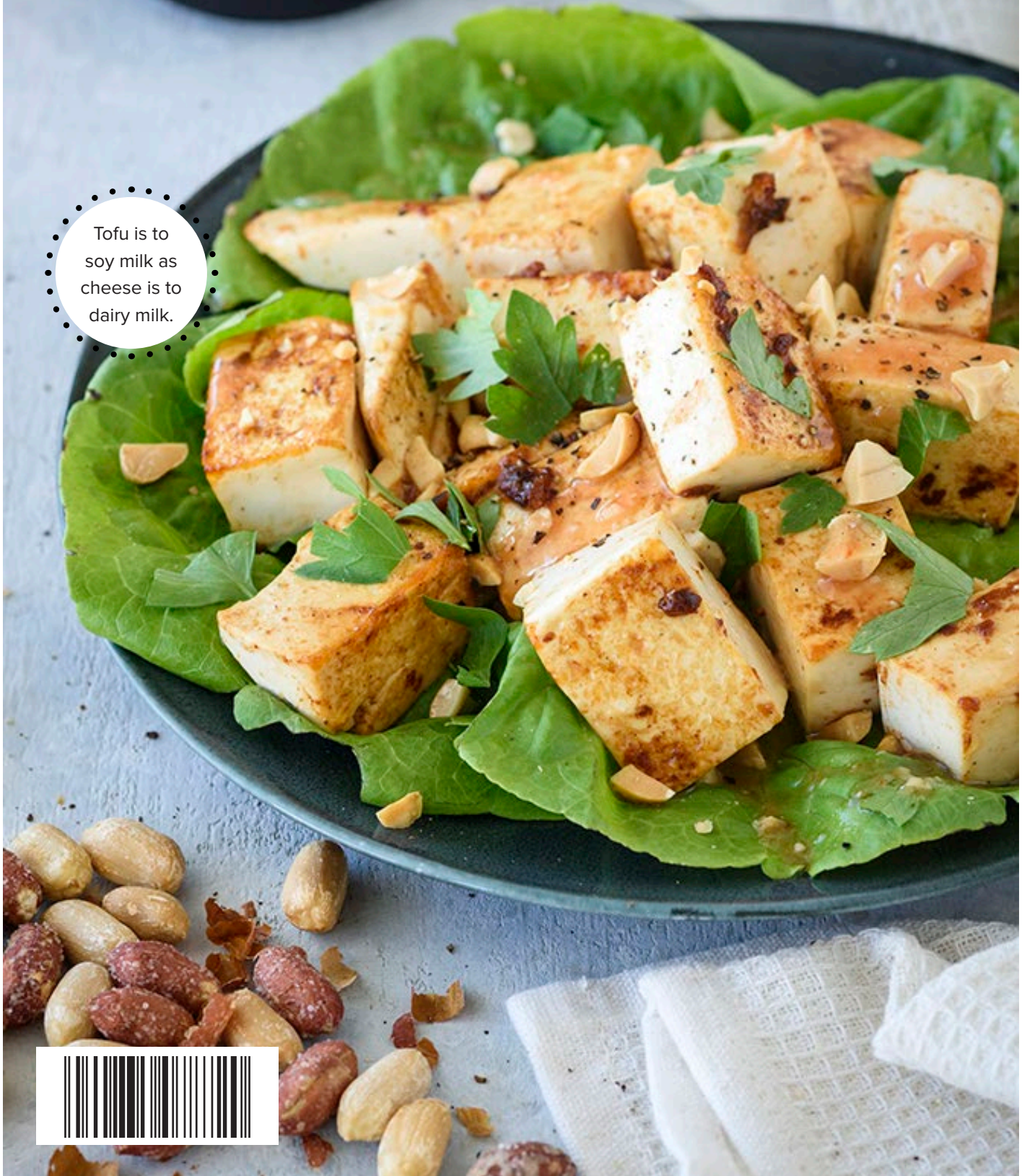
Pour the bean and vegetable mixture into an ovenproof dish and spread mashed potato on top. Sprinkle with cheese and season generously with salt & cracked pepper.

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

MACROS PER PORTION

CALORIES	417	PROTEIN	17
CARBS	67	FATS	9
FIBRE	7		

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



CRISPY TOFU CUPS

SERVES: 4

TOTAL TIME: 30 MINUTES

GF V DF

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

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.

MACROS PER PORTION

CALORIES	502	PROTEIN	22
CARBS	18	FATS	38
FIBRE	4		



ONE POT VEGO SAUSAGE STEW

SERVES: 6

TOTAL TIME: 40 MINUTES

GF V VE DF

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

INSTRUCTIONS

Start by heating the oil in a large frying pan 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.

MACROS PER PORTION

CALORIES	364	PROTEIN	34
CARBS	30	FATS	12
FIBRE	7		

Over five billion pounds of prawns are produced every single year.



CRISPY KALE & PRAWNS

SERVES: 3

TOTAL TIME: 30 MINUTES

GF DF

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**, teeled and tails removed

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.

MACROS PER PORTION

CALORIES	351	PROTEIN	49
CARBS	23	FATS	7
FIBRE	5		



VEGAN STUFFED MUSHROOMS

SERVES: 2

TOTAL TIME: 30 MINUTES

DF V VE

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**

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 frying pan 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.

MACROS PER PORTION

CALORIES	423	PROTEIN	21
CARBS	60	FATS	11
FIBRE	13		

DESSERTS





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



STICKY DATE PUDDING

SERVES: 4

TOTAL TIME: 90 MINUTES

V DF

INGREDIENTS

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

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 remekins 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.

MACROS PER PORTION

CALORIES	227	PROTEIN	6
CARBS	44	FATS	3
FIBRE	2		



BERRY CRUMBLE

SERVES: 1

TOTAL TIME: 1 HOUR



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

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.

MACROS PER PORTION

CALORIES	240	PROTEIN	4
CARBS	38	FATS	8
FIBRE	2		



PROTEIN BROWNIE BITES

SERVES: 6

TOTAL TIME: 20 MINUTES

GF V VE DF

INGREDIENTS

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

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.

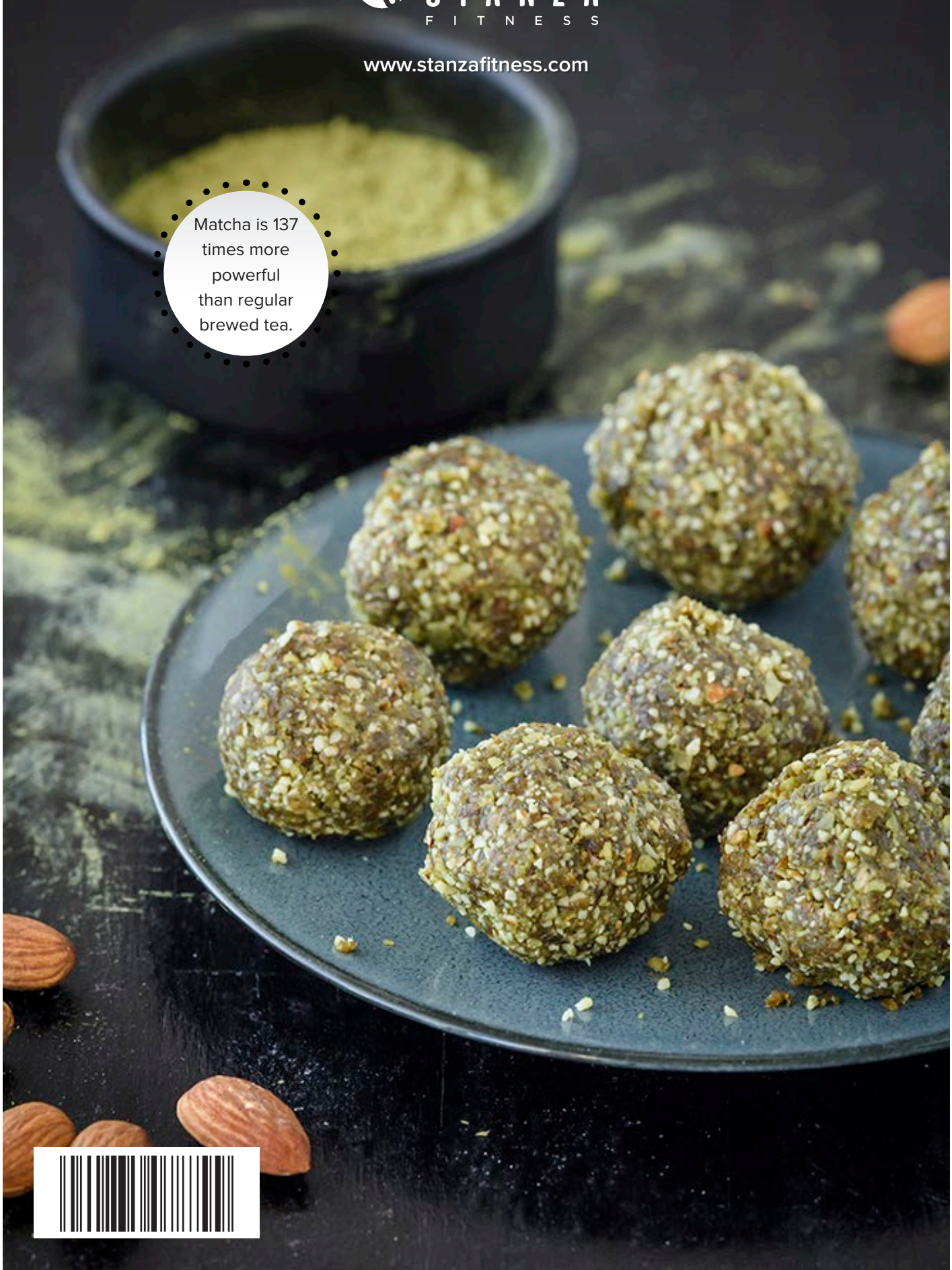
Pour the brownie mixture into the muffin tins and place in the oven for 13 minutes or until a skewer comes out clean.

Keep in the refrigerator or freezer.

MACROS PER PORTION

CALORIES	217	PROTEIN	10
CARBS	15	FATS	13
FIBRE	2		

Matcha is 137
times more
powerful
than regular
brewed tea.



MATCHA BALLS

SERVES: 12

TOTAL TIME: 10 MINUTES

GF V VE DF

INGREDIENTS

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

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.

MACROS PER PORTION

CALORIES	159	PROTEIN	3
CARBS	21	FATS	7
FIBRE	4		



STANZA
FITNESS

MADE TO MEASURE

