









Homemade Method™

Special Occasions Recipes that Nourish & Satisfy

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GF	Gluten Free
DF	Dairy Free
MP	Meal Prep/Freezer Friendly
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



High Protein Breakfast Burrito

Make everyday a fiesta with this protein-packed hearty breakfast! **Packed with antioxidant-rich veggies and fiber, this simple breakfast will keep you satisfied for hours**. Enjoy this portable and freezer-friendly version of the breakfast classic, bacon & eggs, with a twist.

These burritos are **completely customizable**, so you can use any veggies you have on hand. Bell peppers contain a massive amount of **vitamin C, which is great news for your immune system and every cell in your body.**

Enjoying a good source of protein in the morning helps to stabilize your blood sugar and keep you feeling energized. Eggs are a fantastic source of omega-3 fats, which are critical for **proper brain function and a healthy heart, as well as reducing inflammation.**

If you're a bacon-lover, this is a great way to enjoy that treat in moderation so you stay on track with your health and weight loss goals!

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High Protein Breakfast Burrito

Serves 4

8 eggs
1 tbsp milk of choice
4 slices bacon
1 tbsp olive oil
1 tbsp garlic, minced
1 red bell pepper, finely chopped
1 red onion, finely chopped
4 tortillas, wheat or corn

Directions:

1. In a bowl, whisk the eggs and milk, season to taste with salt and pepper then set aside.

2. Heat a dry non-stick pan over medium high heat and cook the bacon until crispy, then remove from the pan and set aside.

3. Add the garlic to the hot pan and cook for 30 seconds until fragrant, taking care not to burn. Add in the chopped pepper and onion and sauté for 2-3 minutes until softened, then set aside on a plate.

4. Using the same pan, fry the eggs for 3-5 minutes until cooked, but still soft.

5. Divide the bacon, vegetable mixture and eggs equally between the four tortillas and wrap up tightly. Place the wraps onto a grill pan and place under a medium grill. Toast the wraps on both sides until browned.

6. Serve either hot or cold.

Storage: Once cooled, wrap the burritos in foil and keep refrigerated for 3-4 day

DF Q

Prep	Cook
10m	15m



Pumpkin Spice Smoothie

Fall in love with this creamy and delicious Autumn smoothie! The addition of oats is just what your body needs to **feel satisfied** and keep your **blood sugar balanced**. Oats **improve digestion and lower cholesterol,** making this smoothie a smart snack or light meal.

Technically a nut, hemp hearts provide a great source of plant-based protein. They're also exceptionally rich in omega-3 fats and vitamin E. This means that hemp hearts not only contribute to healthy glowing skin, but can **reduce inflammation** and **reduce your risk of heart disease.**

Naturally sweetened with potassium-rich bananas and dates, this divine drink helps **reduce blood pressure** and water retention too.

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Pumpkin Spice Smoothie

Serves 2

2 ripe bananas (can freeze for a creamier smoothie)

1 cup pumpkin puree or chunks

2 ½ cups (360ml) soy milk

2 tbsp. hemp seeds

¾ tsp. pumpkin pie spice blend

2 soft dates

½ cup (45g) quick oats

Directions:

1. Place all the ingredients into a blender and blend until smooth. Serve immediately.

2. Optional: Sprinkle with pumpkin pie spice blend before serving.

GF V Q

Prep	Cook
5m	0m



Citrus Prawn Salad

This salad is a beautiful crowd pleaser that can be served a BBQ as well as a holiday meal! **The bright citrus in this dish makes it pop with flavor as well as energy and immune boosting vitamin C.** It also makes the perfect flavor pairing with prawns (or shrimp).

These little crustaceans make the dish elegant while adding protein and **omega 3 fatty acids,** crucial to helping you **stabilize your blood sugars, lose weight and reduce inflammation**, naturally.

The fresh parsley here highlights the prawns and citrus with earthy flavor, as well as providing potent **antioxidants that can help reduce free radicals in your body.** It also provides vitamin K that is important for **bone and heart health.**

Lastly, your immune system gets a reboot with the garlic and red onion, providing your body with **antibacterial and antiviral benefits,** both crucial as seasons change!

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Citrus Prawn Salad

Serves 4

For the prawns:

1 tbsp olive oil

2 lemons, juiced

3 garlic cloves, crushed

1 tbsp red onion, diced

1 tbsp fresh parsley, chopped

pinch of red chili flakes

For the salad:

8 cups (600g) mixed green salad leaves

2 tbsp olive oil

1 avocado, cubed

1 small red onion, diced

1/4 cup (30g) flaked almonds

1 orange, juiced

salt & pepper

Directions:

1. In a small bowl, whisk together the olive oil, lemon juice, garlic, onion, half the parsley, and a pinch of red chili flakes.

2. Heat a non-stick frying pan over a medium heat and add the sauce, bring to a simmer and cook until reduced half way, about 5-8 minutes.

3. Add in the shrimps, season with salt and pepper, cover and cook for about 5 minutes until the prawns turn pink. Take of the heat, allow to cool slightly and top with the remaining parsley.

4. Mix the shrimps with the salad greens in a large bowl. Drizzle with olive oil, add the avocado, red onion and flaked almonds. To serve, season to taste with salt and pepper and drizzle with more orange juice if required.

GF DF Q

Prep	Cook
10m	15m



Baked Chicken Bruschetta

Take a quick trip to Italy with this fresh and colorful chicken dish. Simply marinated tender chicken meets herbed tomatoes, creamy mozzarella cheese and tangy balsamic vinegar to create a balanced meal fast.

Tomatoes are a nutrient-dense superfood packed with **antioxidants and carotenoids** - nutrients that are important for maintaining **healthy blood pressure and managing blood sugar.** The lean protein provided by chicken breasts provides our bodies with all the amino acids essential for human health - **perfect for repairing your cells and healing your body.**

Who doesn't love melt-y gooey cheese? **Mozzarella provides fats and extra protein to this recipe, boosting satisfaction and providing you with that comfort-food feeling.**

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Baked Chicken Bruschetta

Serves 4

For the chicken marinade:

4 tbsp balsamic vinegar
2 tbsp olive oil
3 tbsp Honey Dijon mustard
5 tbsp lemon juice
1 1/2 tbsp garlic, minced
pinch of red chili flakes
1/4 tsp salt
1/4 tsp black pepper
1.5 lb (680g) chicken breasts

For the bruschetta:

4 large tomatoes, diced
1/4 tsp salt
1/2 small red onion, diced
2 garlic cloves, minced
1 tbsp olive oil
2 tbsp balsamic vinegar
10 basil leaves, chopped
4 oz (115g) Mozzarella sliced

Directions:

1. Prepare the chicken marinade by placing all of the ingredients for the marinade into a bowl and mixing well. Add in the chicken breasts, ensuring they are coated in the marinade. Set aside to marinade.

2. In the meantime, prepare the bruschetta topping. Place the diced tomatoes in a sieve over a bowl and sprinkle over ¼ teaspoon of salt. Set aside for about 10 minutes to drain the excess water from the tomatoes.

3. Discard the water from the tomatoes and place them into a bowl. Add the red onion, garlic, olive oil, balsamic vinegar and basil, season with pepper and mix to combine.

4. Preheat the oven to 390°F (200°C). Place the chicken breast and some of the marinade into an oven-proof dish and bake in the oven for 20-25 minutes, until the chicken has cooked through. Top the chicken with mozzarella slices and bake for a further 1-2 minutes until the cheese has melted.

5. Place the chicken breast onto 4 plates, top with the tomato bruschetta and drizzle of balsamic glaze.

GF MP

Prep	Cook
20m	30m



Juicy Chicken Meatballs with Charred Green Beans

These tender savory meatballs make incredible hors d'oeuvres, and can double as part of a quick weeknight dinner! Ground chicken is very lean, but the addition of milk and breadcrumbs lends a succulent, juicy quality to these Asian-inspired morsels.

Meatballs are the perfect **freezer-friendly batch-cooked protein!** You can serve them with a salad, a side of veggies, in a wrap, or even make them into larger patties to enjoy as a full-fledged burger.

Miso paste is the star of the show in this unique recipe; an earthy and smoky fermented soybean paste with a creamy texture - there is truly nothing like it. **Miso adds a salty savoriness to foods, and is incredibly nutritious with many known health benefits.**

Not only is miso credited with **improving the immune system and aiding digestion**, it is also an excellent source of **probiotic bacteria for a healthy happy gut.**

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Juicy Chicken Meatballs with Charred Green Beans

Serves 4

¼ cup (60ml) milk of choice
3 tbsp. white miso
2 cloves garlic, crushed
1 tbsp. root ginger, grated
1-2 chilies, diced
2 spring onions, sliced
1 tsp. salt
¾ tsp. black pepper
½ cup (55g) breadcrumbs
1 lb. (450g) minced chicken

For the charred beans:

1 lb. Green beans, with the stem pinched off
2 tbsp Avocado Oil
salt & pepper to taste

Directions:

1. Heat oven to 425°F (220°C).
2. Place all the ingredients into a large bowl. Lightly wet your hands to prevent the mixture from sticking. Now using your hands combine all the ingredients together, mixing well.
3. Wet your hands again and shape the mixture into 12 meatballs, and place them on a baking tray lined with baking paper. Bake the meatballs in the oven for 15 minutes until golden and cooked through. Serve warm.
4. Heat a large skillet over medium-high heat.
5. In a large mixing bowl, toss together bean, oil, salt and pepper.
6. When the skillet is nice and hot, throw in your green beans. Do not stir immediately.
7. Flip your green beans around every one minute or so, until you see nice dark spots forming on them. This is caramelization - it tastes amazing!
8. After 4-5 minutes, remove from pan and serve hot with your favorite dipping sauce, steamed vegetables or rice.

DF Q MP

Prep	Cook
10m	15m



Italian Orzo Lemon Soup

There is something so light, healthy, yet cozy about this comforting and nutritious soup. **Chock-full of fibre, protein, and healthy fats, this soup is a complete and balanced meal-in-a-bowl!**

Don't be fooled - while this soup is made of humble wholesome everyday ingredients, the addition of tahini makes it really special. **Rich with protein, minerals and healthy fat, tahini is simply a paste made of sesame seeds which gives this soup a unique creamy broth.**

The addition of lemon juice and fresh parsley provide a refreshingly light flavor, while chickpeas and orzo make this **high-protein soup a vegetarian winner.**

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Italian Orzo Lemon Soup

Serves 2

½ cup (100g) orzo pasta, dried
1 x 14 oz. (400g) can chickpeas, drained
3 carrots
3 stalks celery
1 medium cooking onion
2 handfuls baby spinach
8 cups (2ltr) vegetable stock
4 cloves garlic, crushed
1 tbsp. avocado oil
½ tsp. salt
⅛ tsp. pepper
¼ cup lemon juice
½ tsp. Italian seasoning
1 bay leaf
2 tbsp. tahini
¼ cup chopped parsley

Directions:

1. Dice the carrots, onion, and celery. Pour the avocado oil into a large soup pan and place over a medium-high heat. Add the onions and sauté for 1 minute. Next add in the celery, carrots and garlic, and continue to sauté for a further minute.

2. Pour in the vegetable stock, and add the chickpeas, bay leaf, tahini paste, lemon juice, orzo pasta, Italian seasoning, parsley, salt and pepper.

3. Bring the soup to the boil and then reduce the heat to a simmer. Allow the soup to simmer gently for 15-18 minutes, until the pasta and vegetables are soft. Just before serving add in the spinach and stir until wilted. Serve immediately.

4. Optional: Garnish with a squeeze of fresh lemon juice and sprinkle over some freshly chopped parsley.

GF V DF

Prep	Cook
10m	25m



Greek Tofu Bowl

This warm flavorful bowl is packed with nourishing vegetables and healthy fats! Savory sun-dried tomatoes and kalamata olives will satisfy your cravings for Greek flavors so you can **stay on track with your weight loss goals.**

There are endless options when making a warm salad like this one - so be sure to **throw in any vegetables that inspire you!** There's no wrong way to enjoy this quick and satisfying meal.

Tofu is a fantastic inexpensive source of **protein, iron and calcium** - making it a must-have for good **bone health.**

Tofu also contains a compound called **isoflavones** which has many benefits for women in particular. It has the potential to improve and **reduce menopausal symptoms** like hot flashes and night sweats.

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Greek Tofu Bowl

Serves 2

½ small onion

½ red bell pepper

5 sun-dried tomatoes
(rehydrate in boiling water)

6 kalamata olives

½ tbsp. olive or avocado oil

¼ cup (12g) chopped parsley

1 x 14 oz. (400g) pack extra firm tofu,
drained & pressed

1 ½ tbsp. Greek seasoning

½ lemon, juiced

2 cups (60g) mixed greens

pinch of salt & pepper to taste

Directions:

1. Chop the pepper and onion and slice the olives and sun-dried tomatoes. Set aside.

2. Pour the oil into a frying pan and place over a medium heat. Crumble the tofu into the pan with your hands, then add in the Greek seasoning, parsley, red bell pepper, onion, olives, lemon juice, and sun-dried tomatoes. Stir well and cook for 3 minutes. Season to taste with salt and pepper and add more Greek seasoning if required.

3. Place a cup of mixed greens and half of the Greek tofu into each bowl. Serve immediately.

GF V DF Q

Prep	Cook
7m	5m



Kale and Blue Cheese Salad

This **antioxidant-rich** salad is exploding with texture and bright colors! Sometimes ultra-good-for-you dark green kale gets a bad rep for being tough - but not in this recipe. **By dressing our salad with a creamy acidic yogurt dressing, the fiber-rich kale is cleverly tenderized.**

Rich pecans offer a satisfying crunch and a dose of **healthy fats**, while seasonal squash provides us with **beta-carotene and vitamin C for healthy skin and sharp vision.**

Not a blue cheese fan? No problem! Make this recipe your own by swapping out the blue for feta or goat cheese. This gorgeous salad is sure to impress, all while **boosting your metabolism and reducing inflammation.**

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Kale and Blue Cheese Salad

Serves 2

For the salad:

2 cups (230g) pumpkin or squash, chopped into 1-inch pieces

2 tbsp. olive oil

4 cups (270g) curly kale, chopped

¼ cup (30g) cranberries, dried

2 oz. (60g) blue cheese, crumbled

⅓ cup (30g) pecan nuts

salt & pepper

For the dressing:

4 tbsp. Greek yogurt

2 tbsp. olive oil

2 tbsp. Dijon mustard

2 tbsp. honey

1 tbsp. lemon juice

1 tbsp. apple cider vinegar

1 garlic clove, crushed

salt & pepper

Directions:

1. Preheat the oven to 450°F (230°C). In a large bowl, toss the diced pumpkin or squash with 2 tablespoons of olive oil and season with salt and pepper. Spread out the pumpkin onto a large baking tray lined with baking paper, and bake for 25-30 minutes or until golden and tender. Remove the pumpkin from the oven and set aside to cool slightly.

2. In a small bowl, whisk together the dressing ingredients, and season to taste with salt and pepper.

3. In a large bowl, toss the kale with half of the dressing, ensuring it is well coated. Add the cooled pumpkin (or squash), cranberries, crumbled cheese and pecans and gently toss together.

4. Transfer the salad into serving bowls and drizzle with the remaining dressing. Season with more salt and pepper, if necessary, and serve immediately

GF MP V N

Prep	Cook
15m	30m



Cod in Curry Sauce with Green Beans

This flavorful curry sauce will have your guests thinking you were cooking for hours, but thanks to the use of red curry paste, **dinner will be ready in a flash!**

Featuring traditional Thai flavors, this recipe uses cod fish - **a great source of iodine which is an important mineral for thyroid function.**

Coconut milk provides a tasty alternative to dairy milk, while providing a host of health benefits. Research suggests that **not only is coconut milk anti-inflammatory, the type of fat in coconut milk may naturally help reduce appetite compared to other fats.** This makes coconut curry sauce a total winner in **helping you lose weight and achieve your health goals.**

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Cod in Curry Sauce with Green Beans

Serves 4

1 lb. (450g) cod fillets, skinless
1 tbsp. of red curry paste
1 tbsp. coconut oil
7 oz. (200ml) can coconut milk
2 tsp. tomato puree
1 tbsp. fish sauce
1 tsp. lime zest
5 oz. (150g) green beans
7 oz. (200g) uncooked rice
4 lime wedges, to serve
salt & pepper

Directions:

1. Cook the rice as per instructions on the packaging.
2. Season the cod with salt and pepper and rub with half of the red curry paste.
3. Heat the coconut oil in a large frying pan and fry the fish on both sides, then transfer it onto a plate.
4. Pour the coconut milk into the pan and add the remaining curry paste, tomato puree, fish sauce and lime zest. Cook for 6 minutes.
5. Add the green beans and the cod into the curry sauce. Cook for a further 5 minutes then serve with the rice and lime wedges.

GF DF Q MP

Prep	Cook
5m	20m



Homemade Blueberry Cheesecake Bars

Guests will be delighted when you serve these beautiful bars! This creamy, dreamy treat comes together super quickly with the help of a food processor. **Greek yogurt plays an important role in adding protein, probiotic bacteria, and delicious tangy flavor to this classic dessert.**

Juicy blueberries are packed with **antioxidants**! Not only can they **help lower your risk of heart disease, they are also anti-inflammatory.** This dessert is lightly sweetened with honey - the naturally sweet blueberries balance the flavor of fresh tart lemon.

Blueberry cheesecake bars freeze perfectly, so you can **prepare a batch and pull out a portion to enjoy in moderation, or several to share with friends.**

Homemade Blueberry Cheesecake Bars

Serves 12

10 Graham crackers or digestive biscuits (approx 2.5 oz./70g)

4 tbsp. butter, room temperature

8 oz. (230g) cream cheese, e.g. Philadelphia or similar

½ cup (75g) Greek yogurt

4 tbsp. honey

1 egg white

1 tsp. vanilla extract

1 tbsp. lemon juice

1 cup (190g) fresh blueberries

lemon zest, to serve

Directions:

1. Preheat the oven to 350°F (180°C) and line a 8×8 inch baking tin (20x20cm) with baking paper.

2. Place the crackers or biscuits into a food processor along with the butter and blitz until a crumble forms. Transfer the crumb into the baking tin and press it into the bottom. Bake it for 7 minutes, then remove from the oven.

3. In a clean food processor, blend together the cream cheese, Greek yogurt, and honey. Add the egg white, vanilla extract and lemon juice, blend until smooth and creamy. Finally, add the fresh blueberries into the cheese mixture in the food processor and blend until pureed.

4. Transfer the mixture into the pan and spread evenly over the biscuit base. Return to the oven and bake for 25-30 minutes. Once cooked, remove from the oven and allow to cool completely on a wire rack.

5. Once cooled, place the cheesecake into the refrigerator and chill for 2 hours or overnight before serving. Serve with lemon zest.

MP V

Prep	Cook
30m	35m