# ZONE

# JULY RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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#### **RECIPE KEY**

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



## **WEEKLY MEAL PLANNER**

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Quinoa, Egg & Quinoa, Egg & Green Overnight Green Overnight Chickpea & Egg Chickpea & Egg Salmon Salmon Oats Oats Salad Salad **Breakfast Salad** Breakfast Salad LUNCH **LUNCH LUNCH** LUNCH **LUNCH LUNCH** Leftover Garlic High Protein Quinoa, Asparagus Green Bean & Green Bean & Quinoa, Mushroom & Chicken Salad & Radish Roasted Beets Roasted Beets Asparagus & Chicken Stir Fry Balsamic Salad Balsamic Salad Tabbouleh Radish Tabbouleh SNACK **SNACK SNACK** SNACK SNACK **SNACK** E.g. Banana Coffee Smoothie, Best Smoothie, Best Smoothie, Best Smoothie, Best Smoothie, Best Smoothie, Best Carrot Cake. Carrot Cake. Carrot Cake, Carrot Cake, Carrot Cake. Carrot Cake, Blueberry Frozen Blueberry Frozen Blueberry Frozen Blueberry Frozen Blueberry Frozen Blueberry Frozen Yogurt Yogurt Yogurt Yogurt Yogurt Yogurt

#### DINNER

Tomato Risotto

#### **DINNER**

Garlic Mushroom & Chicken Stir Fry

#### DINNER

Chicken & Zucchini Green Curry

#### DINNER

Chicken & Zucchini Green Curry

#### DINNER

Mexican Beef Mince

Meal Out -Enjoy!

**DINNER** 

SNACK

**SUNDAY** 

**BREAKFAST** 

Coconut Porridge

with Raspberries

and PB Sauce

LUNCH

Caprese Salad

E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt

#### DINNER

Mexican Beef Mince

## **WEEKLY SHOPPING LIST**

#### **FRUIT & VEGETABLES**

## Fresh 2x wild rockets avocado 2x lemons 2x bananas spinach raspberries asparagus radishes 7x tomatoes cucumber 6x onions 1x bulb garlic spring onions 4x beets green beans 2x box cherry tomatoes 1x apple red grapes green bell pepper 8 oz. (250g) mushrooms 1x zucchini 3x carrots Dried cranberries Frozen blueberries

#### **MEAT, DAIRY & GRAINS**

Meuts
oroasted chicken breast
○ 1 lb. (450g) chicken thighs
1 lb. (450g) chicken breast
○ 1.1 lb. (500g) lean beef mince
Fish & Seafood
osmoked salmon
Dairy
○ butter
○ mini mozzarella
<ul><li>2x regular mozzarella</li></ul>
O Philadelphia cream cheese
○ 0% fat Greek yogurt
Non-Dairy
○ 8x eggs
ococonut milk
○ almond milk
Grains
quinoa
O porridge oats
orolled oats
risotto rice (arborio)
0
0 —
0 —
0

#### **SEEDS, BAKING & SPICES**

Nuts & Seeds

opine nuts
○ walnuts
Baking
O desiccated coconut
oall-purpose wheat flour
<ul><li>baking powder</li></ul>
obaking soda
○ cocoa powder
Spices
O garlic powder
○ oregano
<ul> <li>Italian seasoning</li> </ul>
O onion powder
○ paprika
○ cinnamon
O ground cumin
Oground coriander
O hot paprika
Fresh Herbs
○ 2x parsley
○ 2x basil
<ul><li>coriander</li></ul>
0
0

#### CANS, CONDIMENTS & MISC

Oils
olive oil
Sweeteners
coconut sugar
honey
powdered sugar
maple syrup
Cans & Condiments
chickpeas
mayonnaise
capers
Dijon mustard
2x coconut milk
peanut butter
balsamic vinegar
roasted red peppers
green curry paste
black beans
passata
chopped tomatoes
pineapple
Other
whey protein (or vegan)
chicken stock
vegetable stock
white wine (dry)
espresso



## QUINOA, EGG & SALMON BREAKFAST SALAD



Serves: 2 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 394 kcal 24g Fats 26g Carbs 20g Protein



#### WHAT YOU NEED

- 1 cup (185g) quinoa, cooked
- 2 oz. (60g) wild rocket
- 1 avocado, cubed
- 1 tbsp. lemon juice
- 2 tbsp. chopped parsley
- 2 oz. (60g) smoked salmon
- 1 tsp. olive oil
- 2 eggs, fried

#### WHAT YOU NEED TO DO

In a bowl, mix the quinoa with rocket, parsley, and lemon juice. Add the cubed avocado and smoked salmon and mix. Then divide between 2 serving dishes.

Heat the olive oil in the pan over medium heat and fry the eggs, once cooked, place an egg on each of the salads, season with salt & pepper, and serve.





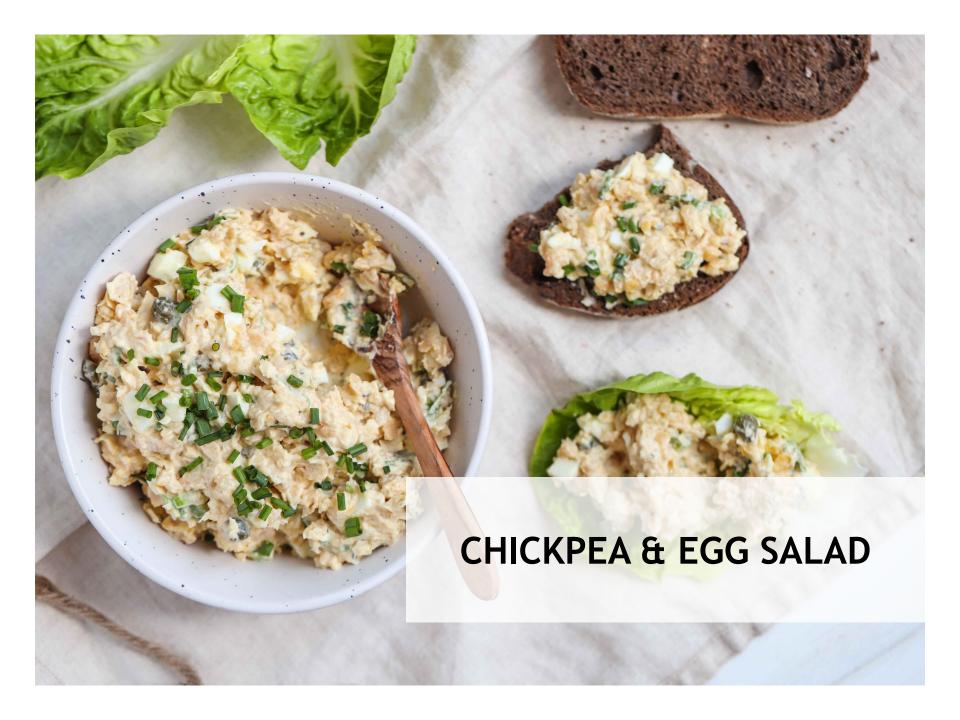












## CHICKPEA & EGG SALAD



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 241 kcal 16g Fats 8g Carbs 11g Protein





#### WHAT YOU NEED

- 4 eggs
- 14 oz. (400g) can chickpeas, drained and rinsed
- 4 tbsp. mayonnaise
- 2 spring onions, chopped
- 2 tbsp. capers, drained
- 1 tbsp. Dijon mustard

#### WHAT YOU NEED TO DO

Cook the eggs in water until hard-boiled, around 5 minutes. Once cooked, rinse with hot water and chop.

In a large bowl, mash chickpeas with a fork. Add chopped eggs and stir to combine. Next, stir in mayonnaise, spring onions, capers, mustard, and season with salt & pepper.

Serve on its own, over lettuce leaves, or on bread.





## **GREEN OVERNIGHT OATS**



Serves: 2 Prep: 5 mins Chill: 4 hrs



Nutrition per serving: 316 kcal 6g Fats 52g Carbs 17g Protein









#### WHAT YOU NEED

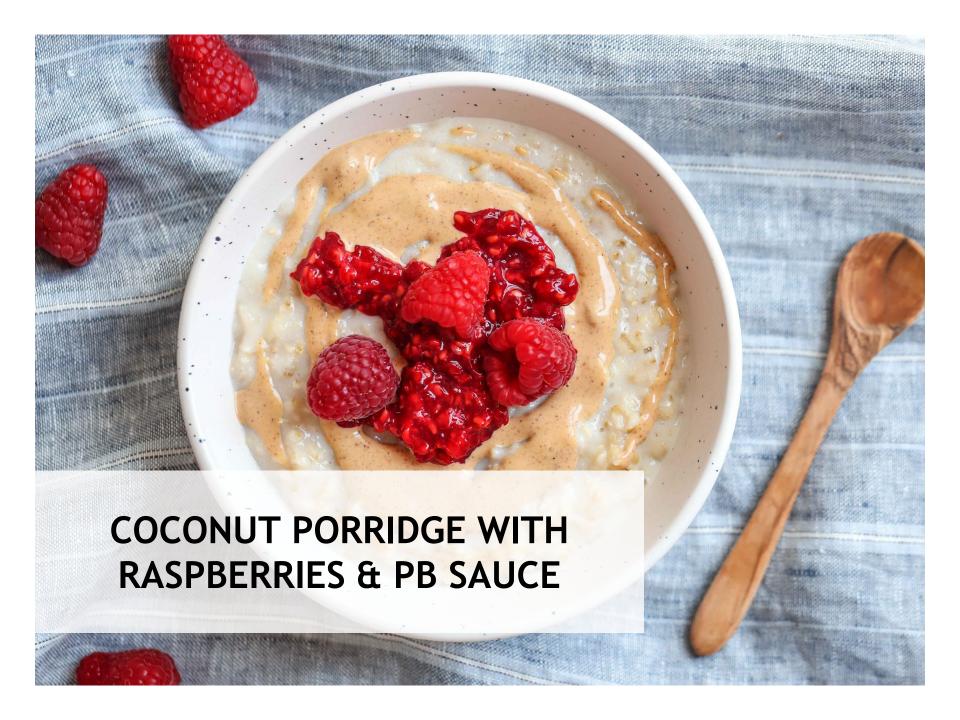
- ¾ cup (180ml) coconut milk, carton
- 1 medium banana
- 2 big handfuls spinach
- 1 scoop (25g) vanilla whey protein
- 1 cup (100g) oats

#### WHAT YOU NEED TO DO

Place the milk, banana, spinach, and protein powder in a blender and blitz until smooth.

Place the oats in a tub and pour the spinach mixture over them. Stir to mix, then cover and refrigerate for at least 4 hours or up to overnight, before serving.





## COCONUT PORRIDGE WITH RASPBERRIES & PB SAUCE



Serves: 2 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 427 kcal 24g Fats 43g Carbs 12g Protein





#### WHAT YOU NEED

- 1 cup (100g) oats
- 1 cup (235ml) water
- <sup>2</sup>/<sub>3</sub> cup (160ml) canned coconut milk
- ½ tsp. sugar or any sweetener
- pinch of salt
- ½ cup (65g) raspberries

#### For the PB Sauce:

- 2 tbsp. peanut butter
- 4 tbsp. warm water
- pinch of salt

#### WHAT YOU NEED TO DO

Add the oats, coconut milk, water, sugar, and salt to a small pot. Bring everything to a boil and then simmer over low heat without mixing for 5-7 minutes, or until the porridge thickens.

In the meantime, mix peanut butter with water and salt, then crush the raspberries in a different bowl.

Place the porridge in a bowl, top with a tablespoon of the peanut butter sauce and crushed raspberries. This can be served hot or cold.





## QUINOA, ASPARAGUS & RADISH TABBOULEH



Serves: 6 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 220 kcal 11g Fats 26g Carbs 6g Protein





#### WHAT YOU NEED

- 1 cup (170g) raw quinoa
- 12 spears asparagus, chopped
- 6 radishes, diced
- 2 medium tomatoes, diced
- 1 cucumber, core removed, chopped
- 1 small onion, diced
- 2 spring onions, sliced
- · 4 tbsp. olive oil
- 1 tbsp. lemon juice
- 0.5 oz. (15g) parsley, chopped
- 1 clove garlic, minced

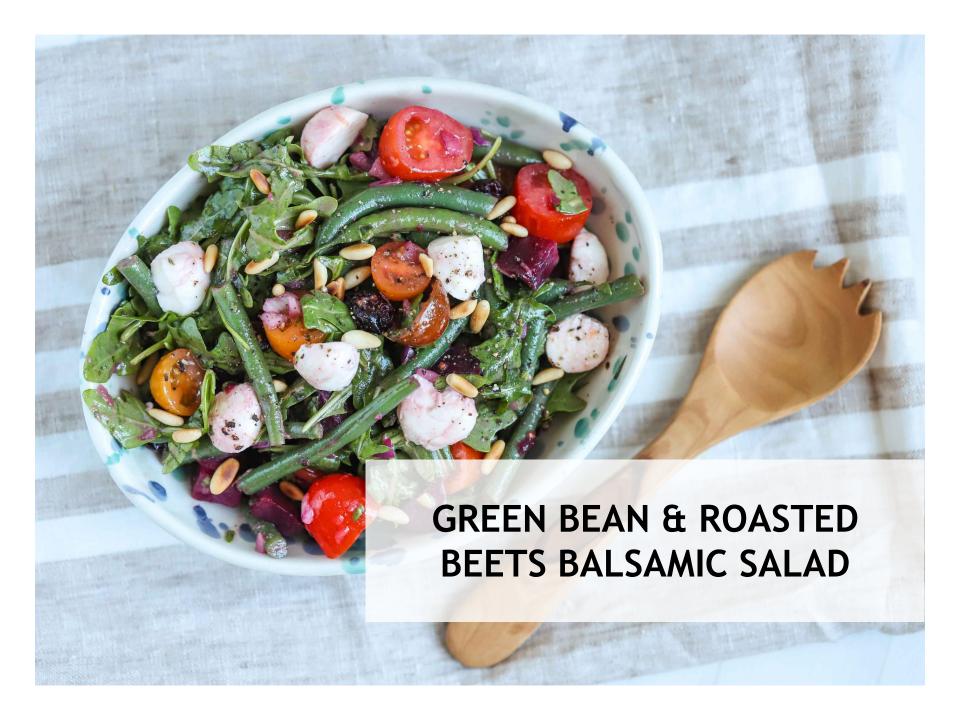
#### WHAT YOU NEED TO DO

Cook the quinoa according to instructions on the packaging, then set aside and cool.

Break off and discard hard ends of the asparagus. Boil the remaining for 2 minutes and then place immediately in cold water. Slice diagonally and place in a bowl. Add in the radishes, tomatoes, onion, spring onion and cucumber.

Mix olive oil with lemon juice, chopped parsley, garlic, season with salt and pepper. Drizzled over the vegetables, add cooled quinoa and mix. Season with more salt and pepper if necessary. Add more lemon juice to suit your liking.





## GREEN BEAN & ROASTED BEETS BALSAMIC SALAD



Prep: 30 mins Cook: 35 mins



Nutrition per serving: 367 kcal 26g Fats 27g Carbs 10g Protein





#### WHAT YOU NEED

#### For the salad:

- 4 beets
- 1 tbsp. olive oil
- 8 oz. (230g) green beans, trimmed, cut in half
- 2 cups (300g) cherry tomatoes, halved
- 1 small onion, diced
- ½ cup (60g) dried cranberries
- 2 oz. (60g) wild rocket
- 4½ oz. (125g) mini mozzarella balls, halved
- ¼ cup (35g) pine nuts, toasted

### For the dressing:

- 3 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- 1 tsp. honey
- 2 tbsp. basil, chopped
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper

#### WHAT YOU NEED TO DO

Preheat oven to  $400^{\circ}F$  ( $200^{\circ}C$ ). Peel the beets and cut them into 1- 1  $\frac{1}{2}$  inch chunks. Place them on a lined baking sheet and drizzle with 1 tablespoon of olive oil. Season with salt and pepper. Roast for 35 minutes or until the beets are tender.

In the meantime, prepare the rest of the salad. Add all of the dressing ingredients to a bowl and mix well. Refrigerate until needed.

Bring a large pot of water to a boil and cook the green beans for 2-3 minutes, until tender-crisp, then transfer to a large serving bowl.

Combine green beans with tomatoes, beets, onion, cranberries, mozzarella and pine nuts. To serve, drizzle with the dressing and season with more salt and pepper to taste.





## HIGH PROTEIN CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving: 315 kcal 14g Fats 9g Carbs 35g Protein

#### WHAT YOU NEED

- 1 lb. (450g) roasted chicken breast, shredded
- 1 small onion, chopped
- ½ apple, chopped
- <sup>2</sup>/<sub>3</sub> cup (100g) red grapes, halved
- 4 tbsp. mayonnaise
- 2 tbsp. lemon juice
- ½ tsp. garlic powder

#### WHAT YOU NEED TO DO

In a large bowl, combine shredded chicken, onion, apple, grapes, mayonnaise, lemon juice, and garlic powder. Season to taste with salt and pepper and mix well until combined.

Serve as a sandwich filling, over lettuce leaves, or a jacket potato.





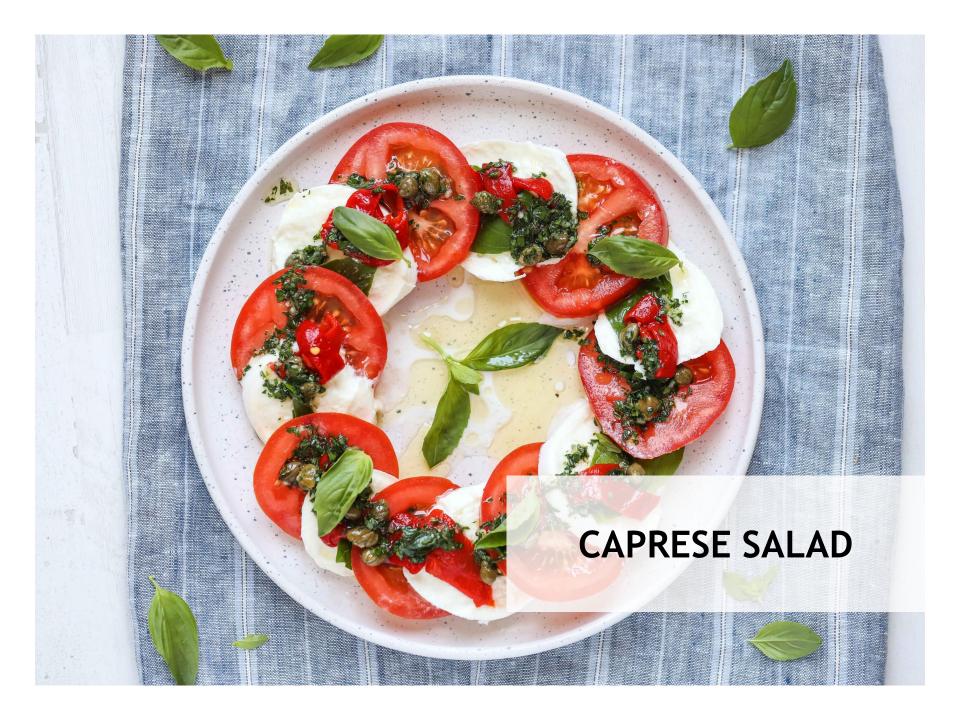












## **CAPRESE SALAD**



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 346 kcal 27g Fats 6g Carbs 20g Protein





#### WHAT YOU NEED

- 1 tbsp. parsley, finely chopped
- 1/4 tsp. oregano, dried
- 1 tbsp. capers, drained
- 1 clove garlic, minced
- 2 tbsp. olive oil
- 1 lb. (450g) mozzarella, sliced
- 2 large tomatoes, sliced
- 0.5 oz. (15g) basil, leaves only
- 4 oz. (115g) roasted red peppers, drained and sliced

#### WHAT YOU NEED TO DO

In a small bowl, mix parsley, oregano, capers, garlic, and olive oil. Season to taste with salt and pepper.

On a serving platter, arrange mozzarella slices and tomato slices in alternating layers. Add a basil leaf between each layer—top everything with roasted red peppers and drizzle with the dressing.

Serve straight away or store in the fridge until needed.





## GARLIC MUSHROOM & CHICKEN STIR-FRY



Serves: 4 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 292 kcal 20g Fats 6g Carbs 23g Protein





#### WHAT YOU NEED

- 1 tbsp. olive oil
- 1 lb. (450g) chicken thighs, chopped
- 2 tsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 2 tbsp. butter
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 8 oz. (250g) mushrooms, sliced
- 2 tbsp. parsley, chopped

#### WHAT YOU NEED TO DO

Heat the olive oil in a large pan over medium-high heat and add the chicken. Season with salt and pepper, Italian seasoning, garlic powder, onion powder, and paprika. Mix well and cook for 5-6 minutes until chicken is browned. Then, remove it from the pan and set aside.

In the same pan, heat the butter and add the onion and garlic, cooking for 3-4 minutes until it is fragrant. Next, add in the mushrooms and bell pepper, continue cooking for another 4-5 minutes, until soft.

Add the chicken back to the pan and mix well with the vegetables. Continue cooking for another 2 minutes. At the end of cooking, sprinkle with the parsley and adjust seasoning if needed.

Serve on its own or with a portion of rice.





## **CHICKEN & ZUCCHINI GREEN CURRY**



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 259 kcal 11g Fats 8g Carbs 31g Protein





#### WHAT YOU NEED

- 1 small onion, sliced
- 1 cup (240ml) coconut milk, canned
- 2 tbsp. green curry paste, or more/less to taste
- 1 cup (240ml) chicken stock
- 1 lb. (450g) chicken breast, cut into bite-size pieces
- 1 large zucchini, chopped
- 3-4 handfuls spinach
- coriander leaves, to serve

#### WHAT YOU NEED TO DO

Place 2 tablespoons of coconut milk into a wok or large pan and add the onion. Cook for about 2 minutes, stirring occasionally. Then add green curry paste, mix well, and cook for another 2 minutes.

Add in the stock and the rest of the coconut milk, mix it, and bring it to a boil over high heat.

Next, add the chicken breast and cook for 5 minutes, then add the zucchini and cook for another 4 minutes, stirring constantly.

Lastly, add in the spinach and cook until wilted, for 1-2 minutes. Sprinkle with coriander leaves to serve.

Best paired with a portion of jasmine rice.





## TOMATO RISOTTO



Serves: 2 Prep: 10 mins Cook: 45 mins



Nutrition per serving: 308 kcal 2g Fats 57g Carbs 7g Protein





#### WHAT YOU NEED

- 1 cup (150g) cherry tomatoes
- 3 tsp. olive oil
- 1 onion, chopped
- 1 clove garlic, sliced
- ½ tsp. cinnamon
- ½ cup (90g) risotto rice, for example, arborio
- ½ cup (120ml) dry white wine, optional
- 1 large basil sprig
- 3 large tomatoes, diced
- 3 cups (720ml) vegetable stock

#### WHAT YOU NEED TO DO

Heat 2 tsp. oil in a large pan over medium heat, add the cherry tomatoes and fry them until they turn golden and start cracking for about 5-7 minutes. Once cooked, remove from the pan and set aside.

In the same pan, heat another 1 tsp. of oil and add onions, garlic, and cinnamon. Fry for 1-2 minutes and then add the rice, mixing well until combined. Next, add the basil sprig and white wine.

When the wine evaporates, add the chopped tomatoes, season with salt, and simmer on medium heat for 5 - 8 minutes - after this pour in the first portion of the stock. Keep adding the stock as needed, stirring frequently. This process will take about 15-18 minutes. The risotto is ready when the rice is slightly al dente.

Once prepared, add the cherry tomatoes back to the prepared risotto, season with salt and pepper, and serve immediately.





## MEXICAN BEEF MINCE



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per serving: 269 kcal 8g Fats 18g Carbs 33g Protein





#### WHAT YOU NEDD

- 1 tsp. olive oil
- 1 onion, diced
- 1.1 lb. (500g) lean beef mince
- 14 oz. (400g) can black beans, drained
- 1 cup (240ml) passata
- ½ cup (120ml) chopped tomatoes, canned
- ½ cup (120ml) water

#### Spices:

- ½ tsp. sugar
- ½ tsp. garlic powder
- 1 tsp. oregano
- 2 tsp. ground cumin
- ½ tsp. paprika
- 1 tsp. ground coriander
- 1 tsp. hot paprika

#### WHAT YOU NEED TO DO

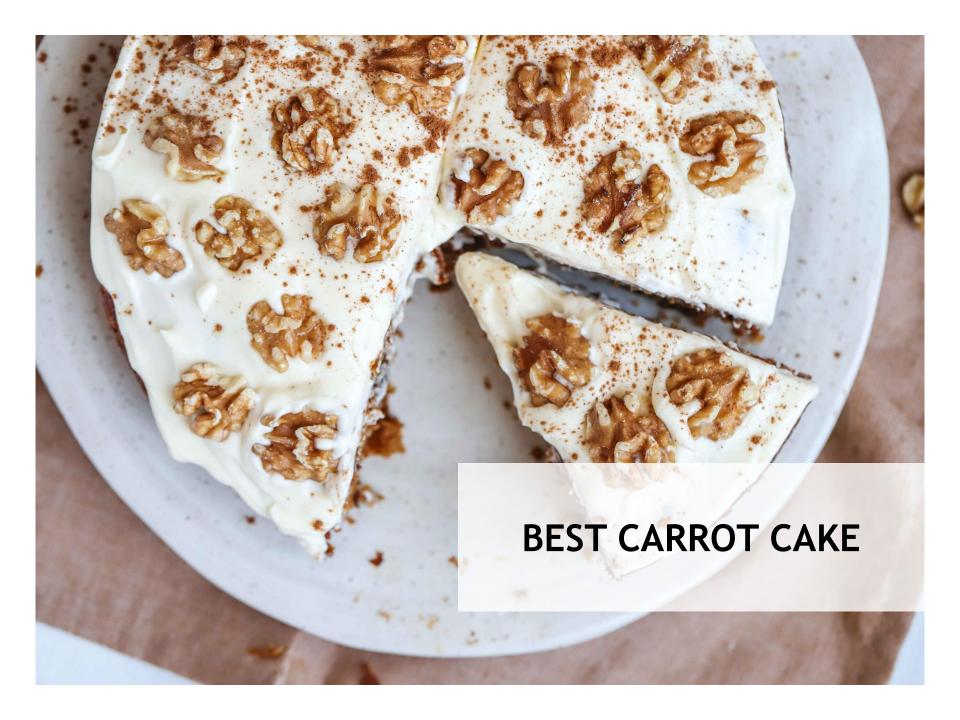
Heat the olive oil in the pan over medium heat and fry onions until fragrant, about 3-4 minutes.

Add in the minced beef and cook for 4-5 minutes, until browned. Add in all the spices to the pan and fry for another 5 minutes, stirring frequently.

Next, add the beans, passata, chopped tomatoes, and water. Cook on low-medium heat for 10 minutes—season with more salt and pepper to taste if necessary.

Serving suggestion: mashed avocado, natural yogurt, rice





## **BEST CARROT CAKE**



Serves: 16 Prep: 20 mins Cook: 60 mins





30g Carbs

3g Protein







#### WHAT YOU NEED

#### For the cake:

- 2 eggs
- 1 cup (200g) coconut sugar
- scant \(^2\)3 cup (150ml) olive oil
- 3 large carrots, finely grated
- ¾ cup (50g) walnuts, chopped + more to garnish
- ¾ cup (75g) pineapple, finely chopped (fresh or canned)
- ½ cup (50g) desiccated coconut
- 2 cups (200g) all-purpose wheat flour, sifted
- ½ tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- pinch of salt

#### For the frosting:

- 4 ½ oz. (130g) Philadelphia cream cheese
- 1/4 cup (50g) butter, soft
- 4 tbsp. powdered sugar or other sweeteners

#### WHAT YOU NEED TO DO

Keep the eggs at room temperature. Whisk them with a hand blender until they are double the volume. Add sugar and continue to whisk until the mass is smooth and fluffy. Still whisking at high speed, slowly pour the oil, then transfer into a bowl.

Add in the grated carrots, pineapple, walnuts, coconut and mix gently. Pre-heat the oven to 300°F (150°C).

Sift flour into a separate bowl, add baking powder, soda, cinnamon, and salt, then mix well. Fold in with the carrot mixture and gently combine all ingredients.

Transfer the dough into a 9 inch (24cm) cake tin lined with baking paper. Bake for 1 hour or an inserted skewer comes out clean. Let the cake cool completely before covering with frosting.

#### To make the frosting:

While the cake is baking, beat the cream cheese together with the soft butter and powdered sugar. Place in the fridge until ready to use.

Cut the completely cooled cake horizontally into two parts. Cover the bottom part with  $\frac{1}{3}$  of the frosting and then place the other piece of the cake back on top. Spread the remaining frosting over the top of the cake. Garnish with walnuts (optional).

Store in the fridge.





## **BLUEBERRY FROZEN YOGURT**



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 162 kcal Og Fats 37g Carbs 5g Protein





#### WHAT YOU NEED

- 2 cups (28g) blueberries, frozen
- ⅓ cup (80g) 0% fat Greek yogurt
- 2 tbsp. maple syrup
- 2 tsp. lemon juice

#### WHAT YOU NEED TO DO

Place all the ingredients in a food processor or blender and mix until smooth. Serve immediately with your favorite toppings.





## **BANANA COFFEE SMOOTHIE**



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 387 kcal 15g Fats 52g Carbs 8g Protein











#### WHAT YOU NEED

- ¼ cup (30g) rolled oats
- 1 cup (240ml) unsweetened almond milk
- 1/4 cup (60ml) espresso
- 1 tbsp. cacao powder
- 1 banana
- 1/8 cup (15g) walnuts, chopped

#### WHAT YOU NEED TO DO

Place all ingredients in a blender and blend until smooth. Serve straight away.

