



January Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

www.rzonefitness.com



Contents & Key

6	Roasted Butternut Squash, Pecan & Egg	GF	Gluten Free
8	Red Pesto, Avocado & Soft Egg Toast	DF	Dairy Free
10	Homemade High Protein Breakfast Sausage	LC	Low Carb (20g- serve)
12	Waffles with Bacon, Blueberries & Maple Syrup	MP	Meal Prep/Freezer Friendly
14	Marinated Peanut Sauce Chicken Skewers	HP	High Protein (20g+ per serve)
16	Grilled Salmon with Avocado Salsa	V	Vegetarian
18	Cod with Creamy Roasted Pepper Sauce	Q	Quick (under 30 mins)
20	Egg Salad Sandwich	N	Contains Nuts
22	One Pot Spanish Chicken & Rice		
24	Slow Cooked Filipino Adobo Pulled Pork		
26	Pulled Pork Stuffed Peppers		
28	Pot-Roast Beef with French Onion Gravy		
30	Raspberry Jam Thumbprint Cookies		
32	Golden Milk Smoothie		
34	Chewy Matcha Cookies		

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 banana 1 mango 1 lemon 1 lime 2 avocados blueberries Vegetables bunch green onions 1.1 lbs. (500g) white onions + 2 extra 2 red onions 2 bulbs of garlic 8 carrots 1 celery stick 5 bell peppers cherry tomatoes 1 tomato 1 jalapeño butternut squash Fresh Herbs parsley thyme cilantro (coriander) chives sage	Meats 2.2 lbs. (1kg) silverside beef 1.75 lbs. (800g) lean pork, center loin 2 lbs. (900g) ground pork, lean 5% fat 4 lbs. (1.75kg) skinless boneless chicken thighs 4 oz. (115g) turkey ham pack 10 slices smoked bacon Fish & Seafood 4x 6 oz. (170g) cod filet 2x 6 oz. (170g) salmon filets Cold 14 eggs carton egg whites almond milk, unsweetened oat cream butter Greek yogurt mozzarella	Grains rolled oats long grain white rice Nuts & Seeds cashews pecans peanuts Baking almond flour coconut flour all-purpose flour (plain flour) white whole wheat flour baking soda baking powder vanilla extract white chocolate chips Dried Herbs & Spices black pepper whole black peppercorns ground cinnamon ground nutmeg ground ginger ground cumin ground turmeric saffron smoked paprika onion powder chili powder red pepper flakes (chili flakes) fennel seeds bay leaves	Oils coconut oil olive oil sesame oil Sweeteners honey coconut sugar maple syrup Boxed, Canned & Condiments peanut butter raspberry jam dijon mustard white wine vinegar apple cider vinegar applesauce, unsweetened (apple puree) chicken broth (chicken stock) beef broth (beef stock) tamari tomato sauce (tomato passata) green olives capers roasted peppers red pesto matcha powder Misc/Other sea salt sliced whole wheat bread bamboo skewers

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Roasted Butternut Squash, Pecan & Egg	Egg Salad Sandwich	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	One Pot Spanish Chicken & Rice
Tue	Roasted Butternut Squash, Pecan & Egg	Egg Salad Sandwich	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Marinated Peanut Sauce Chicken Skewers
Wed	Homemade High Protein Breakfast Sausage	Leftover Marinated Peanut Sauce Chicken Skewers	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Slow Cooked Filipino Adobo Pork
Thu	Homemade High Protein Breakfast Sausage	Grilled Salmon with Avocado Salsa	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Pulled Pork Stuffed Peppers
Fri	Red Pesto, Avocado & Soft Egg Toast	Grilled Salmon with Avocado Salsa	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Pulled Pork Stuffed Peppers
Sat	Red Pesto, Avocado & Soft Egg Toast	Cod with Creamy Roasted Pepper Sauce	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Meal Out - Enjoy!
Sun	Waffles with Bacon, Blueberries & Maple Syrup	Cod with Creamy Roasted Pepper Sauce	E.g. Raspberry Jam Thumbprint Cookies, Golden Milk Smoothie, Chewy Matcha Cookies	Pot-Roast Beef with French Onion Gravy



Roasted Butternut Squash, Pecan & Egg

Serves 2

1 medium butternut squash,
about 1½ to 2 lbs.
1 tbsp. olive oil
2 eggs
salt & pepper
⅛ tsp. ground nutmeg
2 tbsp. chopped pecans,
optional

What you need to do

Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with aluminum foil.

Cut the butternut squash in half lengthwise and use a large spoon to remove the seeds.

Brush the cut side of the squash with olive oil and place it cut side down on the baking sheet.

Place the squash into the oven and roast for 20 minutes. Remove the squash from the oven, flip it over and carefully crack an egg into each hole. Season with salt, black pepper and nutmeg, then return to the oven and roast for a further 20 minutes.

Once cooked, remove from the oven, garnish with chopped pecans and serve.

GF	DF	MP	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	344	16	45	11	8

*Nutrition per serve

myfitnesspal



07814785



Red Pesto, Avocado & Soft Egg Toast

Serves 2

4 eggs
2 slices whole wheat bread,
toasted
4 tbsp. red pesto
1 avocado, sliced

What you need to do

Bring a small pot of water to a boil. Add the eggs, cover and continue to boil for six minutes (or longer, depending on how you like your eggs cooked).

After six minutes, remove the eggs from the pot and run them under cold water until they are cool enough to handle and peel.

Toast the bread and spread each slice with 2 tablespoons of the red pesto, then top with the sliced avocado and eggs.

DF	HP	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	6 mins	479	32	29	22	10

*Nutrition per serve

myfitnesspal



05665703



Homemade High Protein Breakfast Sausage

Serves 8

What you need to do

For the seasoning:

1 tbsp. chopped fresh sage leaves
2 tsp. chopped fresh thyme leaves
1 tsp. fennel seeds, crushed
½ tsp. red pepper flakes, optional
⅛ tsp. ground nutmeg
salt & black pepper, to taste

For the patties:

2 lbs. (900g) ground pork, lean 5% fat
6 slices smoked bacon, diced
2 tbsp. maple syrup
1 tbsp. coconut oil

In a small bowl, combine all the seasoning ingredients and set aside.

In a large bowl, place the ground pork, bacon, maple syrup and the seasoning. Mix until well combined.

Shape into patties, using about ¼ cup of the pork mixture to form around 16 patties.

Heat the coconut oil in a large skillet over a medium heat and cook the patties for 2-3 minutes on each side, until browned and cooked through. Work in batches until all the sausage patties have been cooked.

Allow 2 patties per serving.



GF	DF	LC	MP	HP		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	10 mins	359	28	4	23	0

*Nutrition per serve



Waffles with Bacon, Blueberries & Maple Syrup

Serves 2

What you need to do

For the waffle:

¼ cup (30g) coconut flour, sifted
1 tsp. coconut sugar
¼ tsp. baking powder
¾ cup (180ml) egg whites, (use cartoned egg white, or separate approx. 4 eggs)
¼ cup (60ml) almond milk, unsweetened
1 tbsp. applesauce, unsweetened
1 tsp. coconut oil, melted

To serve:

4 slices bacon, fried
¼ cup (35g) blueberries
2 tbsp. maple syrup

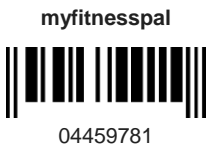
Add the coconut flour, sugar and baking powder to a bowl, mix to combine and set aside.

In a separate bowl, add the egg whites, almond milk and unsweetened applesauce, and mix lightly.

Now fold the wet mixture into the dry ingredients and mix until a thick batter is formed. Add the melted coconut oil, gently mix and set aside for 5 minutes.

Heat up the waffle iron and if necessary grease slightly. Once hot, add the waffle batter and cook until browned on the outside and cooked on the inside. Repeat this process until all the batter is used up.

Serve with fried bacon and blueberries, and drizzle over the maple syrup.



DF	HP	Q				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	426	26	28	20	6

*Nutrition per serve



Marinated Peanut Sauce Chicken Skewers

Serves 8

What you need to do

½ cup (130g) natural peanut butter, creamy
4 garlic cloves, minced
2 tbsp. tamari
2 tbsp. sesame oil, toasted
1 tbsp. white wine vinegar
4 green onions, minced, divided
4 tbsp. cilantro, minced
2 tsp. ground ginger
1 tsp. salt
3 lbs. (1.3kg) boneless skinless chicken thighs, cut into 1 inch pieces
½ cup (75g) chopped peanuts, to serve
red pepper flakes, to garnish
12 metal skewers (or bamboo skewers, soaked in water for minimum 30 minutes)
1 cucumber, peeled & sliced

In a bowl, mix together the peanut butter, garlic, tamari, sesame oil, white wine vinegar, half of the green onions, cilantro, ground ginger and salt.

Add the chopped chicken to the peanut sauce, toss until evenly coated. If you have time, allow it to marinate for at least 1 hour or overnight.

When ready to cook, heat the oven to 400°F (200°C). Place a wire rack on top of a rimmed baking sheet and spray it with a little oil.

Thread the marinated chicken onto skewers, lay onto the wire rack and place into the hot oven to bake for 20-25 minutes, until the chicken has cooked through.

Serve with sliced cucumber, garnished with chopped peanuts and red pepper flakes.

GF	DF	LC	MP	HP	N
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	391	24	7	39	3

*Nutrition per serve

myfitnesspal



03046661



Grilled Salmon with Avocado Salsa

Serves 2

What you need to do

1 tbsp. olive oil
1 clove garlic, minced
½ tsp. chili powder
½ tsp. ground cumin
½ tsp. onion powder
¼ tsp. black pepper
¼ tsp. salt
2x 6 oz. (170g) salmon filets

For the avocado salsa:

1 ripe avocado, pitted & diced
1 tomato diced
2 tbsp. onion diced
2 tbsp. cilantro, minced
1 tbsp. olive oil
1 tbsp. lime juice
salt & pepper to taste

Heat the oven to 400°F (200°C). Line a baking sheet with aluminum foil.

Place the olive oil, garlic and spices into a small bowl, mix well to combine then brush over the salmon filets.

Lay the salmon on the baking sheet and place into the hot oven to bake for 12-15 minutes or until cooked through.

In the meantime, make the avocado salsa. Place the avocado, tomato, onion, and cilantro into a large mixing bowl. Drizzle with the olive oil, fresh lime juice and season with a pinch of salt and pepper. Mix well and set aside until ready to serve.

Top the salmon with avocado salsa and serve immediately.

GF	DF	LC	MP	HP	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	12 mins	540	39	12	37	7

*Nutrition per serve

myfitnesspal



08976376



Cod with Creamy Roasted Pepper Sauce

Serves 4

1.8 lbs. (840g) cod filets
salt & pepper, to taste
1 tbsp. olive oil
9.5 oz. (275g) roasted peppers, drained
¼ tsp. coconut sugar
1 cup (240ml) oat cream
1 tbsp. chives, chopped

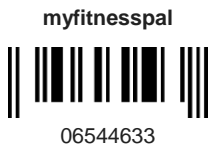
What you need to do

Season the cod with salt and pepper. Heat the olive oil in a large skillet and cook the cod for 3-4 minutes on each side, depending on the thickness of the filets. Once cooked through, set aside and cover with aluminum foil until ready to serve.

In the same skillet, with the reserved cod juices, sauté the roasted peppers with the coconut sugar. Add the oat cream and bring to a gentle simmer.

Continue cooking for 1-2 minutes and then transfer the sauce into a food processor or high-speed blender. Blitz until smooth and creamy. Season with salt and pepper, to taste.

To serve, divide the sauce between 4 deep plates, place a cod filet in the middle and garnish with freshly chopped chives.



GF	DF	LC	MP	HP	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
7 mins	10 mins	241	13	7	24	0

*Nutrition per serve



Egg Salad Sandwich

Serves 4

What you need to do

8 eggs
2 tbsp. celery, diced
3 tbsp. red onion, diced
3 tbsp. dill, chopped
3 tbsp. chives, chopped
8 slices wholemeal bread,
toasted
salad leaves

For the dressing:

4 tbsp. mayonnaise
2 tbsp. natural yogurt
2 tsp. dijon mustard
2 tsp. lemon juice
1 clove garlic, minced
½ tsp. ground paprika
salt & pepper, to taste

Place the eggs in a saucepan and fill it with cold water so that the eggs are covered by at least an inch or two of water. Turn the heat to high and bring the water to a boil. Cook for 10-12 minutes then take off the heat and cool with cold running water.

Once cool enough to handle, peel and chop the eggs and place in a mixing bowl. Add the celery, red onion, dill and chives.

In a separate bowl, combine ingredients for the dressing, the mayonnaise, yogurt, mustard, lemon juice, garlic and paprika, season to taste with salt and pepper and mix. Then gently stir dressing into the egg salad until coated.

Toast your bread, divide the egg salad between 4 servings and top with salad leaves and cover with another slice of toasted bread to serve.



GF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	468	24	38	25	6

*Nutrition per serve



One Pot Spanish Chicken & Rice

Serves 4

What you need to do

1 tbsp. olive oil
1 lb. (450g) skinless boneless chicken thighs cut into pieces
½ tsp. salt
½ tsp. black pepper
½ medium onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
1 cup (160g) long grain white rice, rinsed
½ tbsp. smoked paprika
1½ cups (360ml) chicken broth
1 cup (240ml) tomato sauce
pinch of saffron
½ cup (70g) green olives
½ cup (8g) cilantro, chopped
1 lemon, cut into wedges

Heat the olive oil in a large skillet over a medium heat. Add the chicken and season with salt and pepper. Cook for 5-6 minutes until slightly brown.

Add in the onion, red bell pepper and garlic and cook for a few minutes until they slightly soften. Now add the rice, stir to combine and cook for a further 1-2 minutes.

Next add in the paprika, chicken broth and tomato sauce. Bring to a boil, then turn down the heat to low. Add the saffron, cover the pan with a lid and cook gently for 25 minutes until the rice is ready.

Season with a little more salt and pepper to taste, and stir through the olives and cilantro. Serve with lemon wedges.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	370	11	43	27	4

*Nutrition per serve

myfitnesspal



07292434



Slow Cooked Filipino Adobo Pulled Pork

Serves 8

What you need to do

1.75 lbs. (800g) lean pork, center loin
1/3 cup (80ml) tamari
1/3 cup (80ml) apple cider vinegar
1/2 cup (120ml) water
4 cloves garlic, crushed
6 peppercorns
4 bay leaves
1 jalapeño, chopped
2 tbsp. green onion, chopped

Place the pork, tamari, apple cider vinegar, water, garlic, peppercorns, bay leaves and jalapeño in the slow cooker.

Cover with a lid and set to low heat for 6 hours turning the pork half way through cooking.

Once ready, remove the pork from the slow cooker, shred with two forks and place back in the slow cooker for one more hour to allow the juices and flavor to get inside the meat.

Discard the bay leaves and serve with chopped green onion.

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	7 hrs	177	8	1	22	0

*Nutrition per serve

myfitnesspal



08737694



Pulled Pork Stuffed Peppers

Serves 4

4 bell peppers, sliced in half,
seeds removed
4 servings, pulled Filipino
adobo pork (see recipe in this
recipe pack)
½ cup (75g) cherry tomatoes,
chopped
2 tbsp. red onion, diced
pinch salt & pepper
¼ cup (55g) mozzarella, grated
2 tbsp. parsley, chopped, to
garnish

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with aluminum foil.

Remove the stem and seeds from each of the peppers. Fill the peppers with pulled pork mixture, top with cherry tomatoes and diced onion, season with salt and pepper and sprinkle over the cheese.

Place the baking sheet into the hot oven and bake the peppers for 20 to 25 minutes, or until the cheese is golden. Sprinkle with parsley and serve.

GF	LC	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	251	11	10	23	3

*Nutrition per serve

myfitnesspal



03184592



Pot-Roast Beef with French Onion Gravy

Serves 8

What you need to do

2.2 lbs. (1kg) silverside beef
2 tbsp. olive oil
salt & pepper
8 carrots, tops trimmed
1 celery stick, finely chopped
3 cups (700ml) beef broth
1 tbsp white wine vinegar
2 bay leaves
1.1 lbs. (500g) onion, thinly slice
2 thyme sprigs
1 tsp. butter
1 tsp. coconut sugar
2 tsp. all purpose flour

Heat the oven to 320°F (160°C).

Rub the beef with 1 teaspoon of olive oil and season with salt and pepper. Heat a large ovenproof casserole dish on the stove top, and brown the beef all over for about 10 minutes.

Meanwhile, heat another 2 teaspoons of olive oil in a skillet and cook the carrots and celery for 10 minutes until lightly golden.

Remove the beef from the casserole dish, onto a plate. Pour in the beef broth and white wine vinegar, and return the beef to the casserole. Now add the carrots, celery and bay leaves. Cover the casserole with a lid and cook in the oven for 2 hours turning the beef halfway through cooking.

Heat the remaining tablespoon of olive oil in the same skillet and add in the onions, thyme and season with salt and pepper. Cover and bring to a gentle simmer, cooking for 20 minutes until the onions have softened. Remove the lid, turn up the heat, add the butter and coconut sugar, and let the onions caramelize to a dark golden brown, stirring often. Remove the thyme sprigs, then set aside.

When the beef has finished cooking, remove the beef and the carrots from the casserole dish and set aside. Reheat the onion pan, stir in the flour and cook for 1 minute. Whisk the onions into the beefy juices in the casserole, to make a thick onion gravy. Check for taste and season with salt and pepper if necessary. Add the beef and carrots back to the casserole and serve.

LC	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	2 hrs 15 mins	437	31	13	25	3

*Nutrition per serve

myfitnesspal



02132933



Raspberry Jam Thumbprint Cookies

Serves 20

What you need to do

1 cup (120g) white whole wheat flour
 ¾ tsp. baking powder
 ⅛ tsp. salt
 ½ tbsp. butter, melted
 1 egg white, room temperature
 1 tsp. vanilla extract
 4½ tbsp. peanut butter, creamy
 ½ cup (100g) coconut sugar
 ½ cup (140g) raspberry jam

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a medium bowl, mix together the flour, baking powder and salt.

In a separate bowl, whisk together the butter, egg white and vanilla extract. Stir in the peanut butter and mix until smooth, then add in the coconut sugar. Add in the flour mixture and stir just until incorporated.

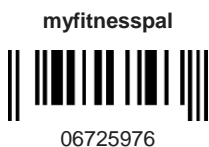
Divide the dough into 24 balls and place on the baking sheet. Gently press your thumb or index finger into the center of each cookie to make a well. Fill the centers of the cookies with the jam.

Place the baking sheet into the hot oven and bake for 10-12 minutes. Remove from the oven and set the baking sheet onto a wire rack to cool for 5 minutes, then place the cookies onto the wire rack to cool completely.

Storage: Store cookies in an airtight container at room temperature for up to 5 days.

DF	LC	MP	V	Q	N	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	24 mins	91	3	14	2	1

*Nutrition per serve





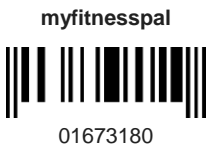
Golden Milk Smoothie

Serves 1

1 cup (165g) mango, diced, frozen
½ banana, frozen
1 cup (240ml) almond milk, unsweetened
1 scoop (25g) vanilla whey protein powder
1 tbsp. cashew butter
1 tsp. honey
½ tsp. ground turmeric
½ tsp. ground cinnamon
¼ tsp. ground ginger

What you need to do

Place all the ingredients in a high speed blender and blitz until smooth. Serve immediately.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	388	11	50	28	5

*Nutrition per serve



Chewy Matcha Cookies

Serves 10 cookies

1 cup (95g) almond flour
1 cup (80g) rolled oats
2 tsp. matcha powder
½ tsp. baking soda
1 tsp. vanilla extract
1 egg, room temperature
½ cup (100g) coconut sugar
4 tbsp. coconut oil, melted
⅓ cup (55g) white chocolate chips

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a bowl, combine the almond flour, rolled oats, matcha powder, baking soda, vanilla extract, egg, coconut sugar and coconut oil. Fold in the chocolate chips.

Make 10 cookie balls using 2 tablespoons of dough per cookie. Place the cookie balls onto the baking sheet, then press and flatten to form round cookies.

Place the baking sheet into the hot oven and bake for 9-12 minutes. Once baked, place the cookies onto a wire rack to cool before eating. The cookies will harden and firm up as they cool.

Storage: Store cookies in an airtight container at room temperature for up to 5 days.

DF	MP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	207	13	21	4	2

*Nutrition per serve

myfitnesspal



06562542