THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1200-1800 CALORIE NON VEGAN RECIPES

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How to use this meal plan

The recipes in this meal plan constitute one day of eating and you will eat five times a day.

The five meal categories that comprise your daily calorie intake are:

- **Breakfast**
- **Post Workout**
- **Lunch**
- **Dinner**
- **Evening Snack**

Choose one recipe from each meal category option and eat at any time of the day, within a 24 hour period.

If you prefer to batch cook, simply multiply the ingredients by seven and that will make seven meals. Put half in the fridge, and freeze the rest. Take your frozen meals out the night before you need them.

You cannot replace a meal with one from another category. For example, you cannot have two lunch meals instead of a breakfast meal as this will throw the macros off. One meal must be chosen from each category for each meal. You can, of course, change the order of the meals. You just cannot skip choosing from one category. You cannot swap recipes between plans, such as the vegan and non vegan plan.

NOTE: As we are a vegan company, we request that when you discuss these meal plans in The Sculpted Vegan communities or coaching calls, you use the wording “non-vegan protein” rather than the specifics of eggs, chicken, etc., to be respectful to our vegan members. We would really appreciate it. Thank you!

Breakfast Recipes

Spicy Herb Egg White Scramble with Spinach and Kale

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 15g (1 oz) fresh spinach, chopped
- 15g (1 oz) fresh kale, chopped
- Salt to taste

METHOD

1. Prepare Aromatics

- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.

2. Add Spices and Chili

- Add the finely chopped green chili, ground cumin, turmeric, paprika, coriander, and black pepper to the skillet.
- Sauté for another 1-2 minutes until the spices are well combined and aromatic.

3. Cook Spinach and Kale

- Add the chopped spinach and kale to the skillet.
- Sauté for 2-3 minutes until the greens are wilted and tender.

Recipe Continues

4. Cook Egg Whites

- Pour the egg whites into the skillet, stirring constantly to prevent sticking.
- Cook for about 3-4 minutes, or until the egg whites are fully set and cooked through.

5. Season and Finish

- Add the soy sauce and lemon juice, mixing well.
- Stir in the chopped cilantro and mint.
- Taste and add salt as needed.

6. Serve

- Plate the scramble and garnish with a few extra herbs if desired.
- Serve hot and enjoy.

Herb-Infused Egg Muffin

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 7g (1/4 oz) fresh spinach, chopped
- 7g (1/4 oz) fresh kale, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Aromatics and Greens

- Preheat the oven to 180°C (350°F).
- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the finely chopped green chili to the skillet and sauté for another 1-2 minutes.
- Add the chopped spinach and kale to the skillet, sauté for 2-3 minutes until the greens are wilted and tender.

2. Mix Egg Whites and Season

- In a mixing bowl, combine the egg whites, soy sauce, lemon juice, chopped cilantro, and chopped mint.
- Add the sautéed spinach and kale mixture to the egg whites.
- Stir well to ensure all ingredients are evenly distributed.
- Taste the mixture and add salt and pepper as needed.

Recipe Continues

3. Bake the Muffin

- Lightly grease a muffin tin with a bit of the melted butter from the skillet.
- Pour the egg mixture into the muffin tin, filling it about 3/4 full.
- Bake in the preheated oven for 12-15 minutes, or until the egg muffin is set and lightly golden on top.
- Remove from the oven and let it cool slightly before removing it from the tin.

4. Serve

- Plate the egg muffin and garnish with a few extra herbs if desired.
- Serve hot and enjoy.

Herb-Spiced Vegetable Egg White Omelet

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 7g (1/4 oz) fresh kale, chopped
- 7g (1/4 oz) fresh spinach, chopped
- 7g (1/4 oz) green cabbage, finely shredded
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- Salt to taste

METHOD

1. Prepare Aromatics and Vegetables

- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the finely chopped green chili, ground cumin, turmeric, paprika, coriander, and black pepper to the skillet.
- Sauté for another 1-2 minutes until the spices are well combined and aromatic.
- Add the chopped kale, spinach, and shredded green cabbage to the skillet.
- Sauté for 2-3 minutes until the vegetables are wilted and tender.
- Remove the vegetables from the skillet and set aside.

2. Cook Egg Whites

- In a mixing bowl, combine the egg whites, soy sauce, and lemon juice.
- Pour the egg white mixture into the skillet, swirling to evenly coat the bottom of the pan.

Recipe Continues

- Cook on medium-low heat without stirring until the egg whites begin to set around the edges, about 2-3 minutes.

3. Add Vegetables and Herbs

- Once the egg whites are mostly set but still slightly runny on top, evenly spread the sautéed vegetable mixture over one half of the omelet.
- Sprinkle the chopped cilantro and mint over the vegetables.

4. Fold and Finish

- Carefully fold the other half of the omelet over the vegetables.
- Continue to cook for another 1-2 minutes until the omelet is fully set and cooked through.
- Remove the omelet from the skillet and slide it onto a plate.

5. Serve

- Garnish with additional fresh herbs if desired.
- Serve hot and enjoy.

Post Workout Recipes

Vanilla Spice Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (4 fl oz) water
- 1/2 tsp fresh ginger, finely grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground turmeric
- 1 tbsp fresh mint leaves, finely chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Pinch of salt

METHOD

1. Prepare the Mixture

- In a mixing bowl, combine the Vegan Wondershake Vanilla Crème, water, finely grated fresh ginger, ground cinnamon, ground nutmeg, and ground turmeric.
- Add the finely chopped fresh mint leaves, lemon juice, lime juice, and a pinch of salt.
- Whisk the mixture until smooth and well combined.

2. Freeze the Mixture

- Pour the mixture into a shallow, freezer-safe container.
- Place the container in the freezer.
- After 30 minutes, take the container out and stir the mixture to break up any ice crystals.
- Repeat this process every 30 minutes for 2-3 hours, until the mixture reaches a smooth, ice cream-like consistency.

3. Serve

- Scoop the ice cream into a bowl.
- Garnish with a few extra mint leaves if desired.
- Serve immediately and enjoy.

Vanilla Cinnamon Protein Pudding

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (4 fl oz) water
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp ground cardamom
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare the Mixture

- In a mixing bowl, combine the Vegan Wondershake Vanilla Crème, water, ground cinnamon, ground nutmeg, ground ginger, and ground cardamom.
- Add the lemon juice, lime juice, finely chopped fresh mint leaves, and a pinch of salt.
- Whisk the mixture until smooth and all ingredients are well incorporated.

2. Chill the Pudding

- Pour the mixture into a small serving dish or bowl.
- Cover the dish and refrigerate for at least 2 hours, or until the pudding is set and chilled.

3. Serve

- Once the pudding is set, remove it from the refrigerator.
- Garnish with a sprinkle of ground cinnamon and a few mint leaves if desired.
- Serve immediately and enjoy.

Vanilla Mint Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (8 fl oz) water
- 1 tbsp fresh mint leaves, finely chopped
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Pinch of salt

METHOD

1. Prepare Ingredients

- Gather all ingredients: Vegan Wondershake Vanilla Crème, water, finely chopped fresh mint leaves, finely grated fresh ginger, ground cinnamon, ground nutmeg, lemon juice, lime juice, and a pinch of salt.

2. Blend Ingredients

- In a blender, add the water, Vegan Wondershake Vanilla Creme protein powder, finely chopped mint leaves, finely grated ginger, ground cinnamon, ground nutmeg, lemon juice, lime juice, and a pinch of salt.

3. Blend Smoothie

- Blend all the ingredients together on high speed until smooth and creamy.
- If the smoothie is too thick, add a little more water to achieve the desired consistency.

4. Serve

- Pour the smoothie into a glass.
- Garnish with a sprig of fresh mint if desired.
- Serve immediately and enjoy.

Lunch Recipes

Spiced Chicken and Bean Salad with Greens

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 30g (1 oz) fresh lettuce, chopped
- 15g (1/2 oz) fresh spinach, chopped
- 15g (1/2 oz) fresh kale, chopped
- Salt to taste

METHOD

1. Prepare and Cook Chicken

- Season the chicken breast with salt, ground cumin, ground paprika, ground turmeric, ground coriander, and ground black pepper.
- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the seasoned chicken breast to the skillet and cook for 6-8 minutes on each side, or until fully cooked through and browned.
- Remove the chicken from the skillet and let it rest for a few minutes, then dice it into bite-sized pieces.

Recipe Continues

2. Prepare the Salad

- In a large bowl, combine the black beans, chickpeas, cherry tomatoes, diced avocado, chopped cilantro, and chopped mint.
- Add the diced chicken to the bowl.
- Add the chopped lettuce, spinach, and kale.

3. Season and Mix

- In a small bowl, whisk together the lemon juice, lime juice, and a pinch of salt.
- Pour the dressing over the salad and toss to combine all ingredients thoroughly.

4. Serve

- Transfer the salad to a serving plate or bowl.
- Garnish with extra cilantro and mint if desired.
- Serve immediately and enjoy.

Spiced Baked Chicken with Bean Medley and Cruciferous Salad

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Salt to taste

METHOD

1. Prepare and Marinate Chicken

- Preheat the oven to 200°C (400°F).
- In a small bowl, mix the garlic, ginger, ground cumin, ground paprika, ground turmeric, ground coriander, ground black pepper, and salt.
- Rub the spice mixture onto the chicken breast, ensuring it is well-coated.
- Place the chicken breast in a baking dish.

2. Prepare Bean Medley

- In a mixing bowl, combine the black beans, chickpeas, and cherry tomatoes.
- Add the olive oil, lemon juice, and a pinch of salt. Toss to combine.
- Spread the bean medley around the chicken in the baking dish.

Recipe Continues

3. Bake the Chicken and Beans

- Place the baking dish in the preheated oven.
- Bake for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Remove from the oven and let it rest for a few minutes.

4. Prepare Cruciferous Salad

- While the chicken and beans are baking, prepare the cruciferous salad.
- In a large bowl, mix chopped cruciferous vegetables such as kale, broccoli, and Brussels sprouts.
- Add the lemon juice, lime juice, chopped cilantro, and a pinch of salt. Toss to combine.

5. Serve

- Plate the baked chicken and bean medley.
- Add the diced avocado on top of the bean medley.
- Serve with the fresh cruciferous salad on the side.
- Garnish with additional fresh cilantro if desired.
- Serve and enjoy.

Herb-Crusted Chicken and Bean Zucchini Pasta with Roasted Broccoli

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 medium zucchini, spiralized into noodles
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 cup broccoli florets
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- Salt to taste

METHOD

1. Prepare and Roast Broccoli

- Preheat the oven to 200°C (400°F).
- Place the broccoli florets on a baking sheet.
- Drizzle with half of the olive oil and season with salt and pepper.
- Roast in the preheated oven for 15-20 minutes, until tender and slightly crispy.

2. Prepare and Cook Herb-Crusted Chicken

- In a small bowl, combine the chopped parsley, thyme, rosemary, salt, and black pepper.
- Coat the chicken breast with the herb mixture, pressing gently to adhere.
- Heat a non-stick skillet over medium heat.
- Add the remaining olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the herb-crusted chicken breast to the skillet and cook for 6-8 minutes on each side, or until fully cooked through and browned.

Recipe Continues

- Remove the chicken from the skillet and let it rest for a few minutes, then dice it into bite-sized pieces.

3. Prepare the Zucchini Pasta

- While the chicken is cooking, spiralize the zucchini into noodles using a spiralizer.
- In the same skillet, add the zucchini noodles and sauté for 2-3 minutes until just tender but still firm (al dente).
- Remove the zucchini noodles from the skillet and set aside.

4. Prepare Bean Medley

- In the same skillet, add the black beans, chickpeas, and cherry tomatoes.
- Add the soy sauce, lemon juice, and lime juice.
- Cook for 3-4 minutes until heated through and well combined.
- Add the diced chicken back into the skillet and stir to combine with the bean medley.

5. Combine and Serve

- Add the zucchini noodles back into the skillet and toss everything together.
- Sprinkle the fresh cilantro over the top.
- Plate the zucchini pasta, topping it with the diced avocado.
- Serve immediately with the roasted broccoli on the side.
- Serve and enjoy.

Herb Turkey and Potato Pie with Roasted Broccoli and Cauliflower

Serves 1

Prep time: 25 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200 g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower florets
- 1 clove garlic, finely minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare and Cook Turkey Filling

- Preheat the oven to 200°C (400°F).
- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat up.
- Add the finely minced garlic and sauté for 1 minute until fragrant.
- Add the diced turkey breast to the skillet and cook for 5-7 minutes until browned and cooked through.
- Season with salt & pepper, to taste and remove from heat.

2. Prepare Potato Topping

- In a pot, bring water to a boil and add the diced potatoes.
- Cook the potatoes for 10-12 minutes, or until tender.
- Drain the potatoes and mash them until smooth.
- Mix in the chopped parsley, chopped thyme, and lemon juice.
- Add salt to taste and set aside.

Recipe Continues

3. Assemble and Bake the Pie

- Transfer the cooked turkey mixture to a small oven-safe dish.
- Spread the mashed potato mixture evenly over the turkey filling.
- Place the dish in the preheated oven and bake for 20-25 minutes, or until the top is golden brown.

4. Prepare and Roast Broccoli and Cauliflower

- While the pie is baking, place the broccoli and cauliflower florets on a baking sheet.
- Drizzle with a small amount of lemon juice and season with salt.
- Roast in the preheated oven for 15-20 minutes, or until tender and slightly crispy.

5. Serve

- Remove the turkey and potato pie from the oven and let it cool slightly.
- Plate the pie and serve with the roasted broccoli and cauliflower on the side.
- Serve and enjoy.

Herb-Roasted Turkey and Potatoes with Garlic Asparagus

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) asparagus, trimmed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp lemon juice
- Salt to taste

METHOD

1. Prepare and Roast Potatoes

- Preheat the oven to 200°C (400°F).
- In a bowl, toss the diced potatoes with half of the olive oil, ground cumin, ground paprika, ground turmeric, ground coriander, and salt to taste.
- Spread the potatoes on a baking sheet in a single layer.
- Roast in the preheated oven for 20-25 minutes, or until the potatoes are golden brown and tender.

2. Prepare and Cook Turkey

- In a non-stick skillet over medium heat, add the remaining olive oil.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the diced turkey breast to the skillet and cook for 5-7 minutes until browned and cooked through.
- Add salt, ground black pepper, and lemon juice, and stir to combine.
- Remove from heat and set aside.

Recipe Continues

3. Prepare and Cook Garlic Asparagus

- In the same skillet used for the turkey, add the trimmed asparagus.
- Sauté over medium heat for 5-7 minutes until tender but still crisp.
- Add the finely minced garlic in the last 2 minutes of cooking and sauté until fragrant.
- Season with salt and lemon juice to taste.

4. Combine and Serve

- Plate the roasted potatoes and top with the cooked turkey.
- Garnish with chopped parsley and thyme.
- Serve with the garlic asparagus on the side.
- Serve and enjoy.

Spicy Turkey with Mashed Potatoes and Roasted Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower florets
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground cayenne pepper (adjust to taste)
- 1 tbsp lemon juice
- 1 tbsp fresh cilantro, chopped
- Salt to taste

METHOD

1. Prepare and Roast Vegetables

- Preheat the oven to 200°C (400°F).
- Place the broccoli florets, cauliflower florets, and halved Brussels sprouts on a baking sheet.
- Drizzle with half of the olive oil, season with salt, and toss to coat.
- Roast in the preheated oven for 20-25 minutes, or until the vegetables are tender and slightly crispy.

2. Prepare and Cook Spicy Turkey

- In a bowl, combine the diced turkey breast with ground cumin, ground paprika, ground turmeric, ground coriander, ground cayenne pepper, and salt to taste.
- Heat a non-stick skillet over medium heat.
- Add the remaining olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the spiced turkey to the skillet and cook for 5-7 minutes until browned and cooked through.

Recipe Continues

- Add the lemon juice and stir to combine.
- Remove from heat and set aside.

3. Prepare Mashed Potatoes

- In a pot, bring water to a boil and add the diced potatoes.
- Cook the potatoes for 10-12 minutes, or until tender.
- Drain the potatoes and mash them until smooth.
- Season with salt to taste and mix well.

4. Serve

- Plate the mashed potatoes and top with the spicy turkey.
- Garnish with chopped fresh cilantro.
- Serve with the roasted broccoli, cauliflower, and Brussels sprouts on the side.
- Serve and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Toast

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 tsp lemon juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare Toast and Peanut Butter

- Toast the slice of wholemeal bread until it is crispy and golden brown.
- In a small bowl, combine the peanut butter with ground cinnamon, ground nutmeg, ground ginger, lemon juice, finely chopped mint leaves, and a pinch of salt. Mix well until all ingredients are thoroughly incorporated.

2. Assemble the Snack

- Spread the spiced peanut butter mixture evenly over the toasted slice of wholemeal bread.

3. Serve

- Place the prepared toast on a plate.
- Serve immediately and enjoy.

Lemon Mint Peanut Butter Bites

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1 tbsp peanut butter
- 1 tsp lemon juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare the Lemon Mint Peanut Butter

- In a small bowl, combine the peanut butter, lemon juice, finely chopped mint leaves, and a pinch of salt. Mix well until all ingredients are thoroughly incorporated.

2. Prepare the Toast

- Toast the slice of wholemeal bread until it is crispy and golden brown.
- Let the toast cool slightly, then cut it into bite-sized squares.

3. Assemble the Bites

- Spread a small amount of the lemon mint peanut butter mixture on each square of toast.
- Arrange the peanut butter bites on a plate.

4. Serve

- Serve immediately and enjoy.

Breakfast Recipes

Blueberry Vanilla Chia Pudding Parfait

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) Vegan Wondershake Vanilla Crème
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped
- 1 tsp fresh ginger, grated
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Chia Pudding

- In a small bowl, combine the chia seeds, soya milk, 1/2 tsp lemon juice, 1/2 tsp lime juice, and vanilla extract. Stir well to ensure there are no clumps.
- Cover and refrigerate for at least 1 hour, or overnight if possible, until the mixture thickens into a pudding-like consistency.

2. Prepare Oat Mix

- In a separate bowl, mix the rolled oats with the Vegan Wondershake Vanilla Crème, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Add a small amount of water (about 1-2 tbsp) to the oat mixture to moisten it slightly. Stir well and let it sit for about 5 minutes to soften.

Recipe Continues

3. Prepare Blueberry Compote

- In a small saucepan, combine the blueberries, grated ginger, remaining lemon juice, and lime juice. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

4. Assemble Parfait

- In a serving glass or bowl, start by layering half of the chia pudding at the bottom.
- Add a layer of the oat mixture on top of the chia pudding.
- Spoon half of the blueberry compote over the oats.
- Repeat the layers with the remaining chia pudding, oat mixture, and blueberry compote.

5. Garnish and Serve

- Sprinkle the finely chopped mint on top of the parfait for a fresh finish.
- Serve immediately or chill for a few more minutes if you prefer it colder.

Vanilla Blueberry Protein Overnight Oats

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped
- 1 tsp fresh ginger, grated
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Overnight Oats

- In a bowl, combine the rolled oats, Vegan Wondershake Vanilla Crème, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Add the soya milk and mix well. Cover and refrigerate for at least 1 hour, or overnight if possible, to allow the oats to soften and absorb the liquid.

2. Make Chia Pudding

- In a small bowl, mix the chia seeds with 1/2 tsp lemon juice, 1/2 tsp lime juice, and a small amount of water (about 2 tbsp). Stir well and let sit for at least 15 minutes until it forms a gel-like consistency.

3. Prepare Blueberry Compote

- In a small saucepan, combine the blueberries, grated ginger, remaining lemon juice, and lime juice. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

Recipe Continues ›

4. Combine Ingredients

- After the oats have soaked and the chia pudding has set, mix the chia pudding into the oat mixture thoroughly.
- Stir in the blueberry compote, ensuring it's well distributed throughout the oats.

5. Garnish and Serve

- Transfer the mixture to a serving bowl.
- Sprinkle the finely chopped mint on top for a fresh, fragrant garnish.
- Serve immediately or chill for a few more minutes if you prefer it colder.

Blueberry Vanilla Protein Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) Vegan Wondershake Vanilla Crème
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped (optional)
- 1 tsp fresh ginger, grated
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Chia Egg

- In a small bowl, mix the chia seeds with 3 tbsp of water. Stir well and let sit for at least 10 minutes until it forms a gel-like consistency, creating a chia egg substitute.

2. Prepare Pancake Batter

- In a blender, combine the rolled oats, Vegan Wondershake Vanilla Crème, soya milk, lemon juice, lime juice, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Blend until the mixture is smooth and well combined.
- Add the chia egg to the blender and blend briefly to incorporate.

Recipe Continues

3. Cook Pancakes

- Preheat a non-stick skillet or griddle over medium heat.
- Pour a portion of the batter onto the skillet to form a small pancake. Depending on the size, you can make 2-3 pancakes.
- Cook for about 2-3 minutes on one side until bubbles form on the surface and the edges start to set.
- Sprinkle some blueberries onto the uncooked side of the pancake.
- Flip the pancake and cook for another 2-3 minutes until golden brown and cooked through.
- Repeat with the remaining batter.

4. Prepare Blueberry Compote

- In a small saucepan, combine the remaining blueberries, grated ginger, and a splash of water. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

5. Garnish and Serve

- Stack the cooked pancakes on a plate.
- Spoon the blueberry compote over the top of the pancake stack.
- Sprinkle the finely chopped mint on top for a fresh, fragrant garnish (optional).
- Serve immediately and enjoy.

Post Workout Recipes

Vanilla Spice Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 200ml (7 fl oz) cold water
- 1 tsp fresh ginger, grated
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- A pinch of ground turmeric (optional for a warm spice twist)
- A few ice cubes

METHOD

1. Prepare the Ingredients

- Gather all the ingredients. Ensure the water is cold and ice cubes are ready to use.

2. Blend the Smoothie

- In a blender, add the Vegan Wondershake Vanilla Crème, cold water, grated ginger, lemon juice, lime juice, cinnamon, nutmeg, and a pinch of ground turmeric (if using).
- Add a few ice cubes to the blender for a chilled smoothie.

3. Blend and Serve

- Blend on high speed until the mixture is smooth and frothy.
- Pour the smoothie into a glass and serve immediately.

Vanilla Mint Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 150ml (5 fl oz) cold water
- 1 tbsp fresh mint leaves, finely chopped
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/4 tsp vanilla extract
- A pinch of salt
- A few ice cubes

METHOD

1. Prepare the Mixture

- In a blender, add the Vegan Wondershake Vanilla Cème, cold water, finely chopped fresh mint leaves, lemon juice, lime juice, vanilla extract, and a pinch of salt.
- Blend until the mixture is smooth and well combined.

2. Freeze the Mixture

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1 hour, until the edges start to freeze.

3. Mix and Refreeze

- After 1 hour, remove the container from the freezer and stir the mixture well to break up any ice crystals.
- Return the container to the freezer and repeat this process every 30 minutes for 2-3 hours, until the mixture reaches a smooth, ice cream-like consistency.

4. Serve

- Once the ice cream has reached the desired consistency, scoop it into a bowl.
- Serve immediately and enjoy.

Lunch Recipes

Lemon Herb Chicken with Greens and Spiced Couscous

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 30g spinach (1 oz)
- 50g shredded green cabbage (2 oz)
- 30g kale, chopped (1 oz)
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock (fresh or dried, prepared)
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, lemon juice, lime juice, cumin, paprika, ground coriander, turmeric, cinnamon, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and parsley, and season with the remaining salt.

Recipe Continues

3. Cook the Greens

- In a large skillet, heat the olive oil over medium heat.
- Add the shredded green cabbage and chopped kale. Cook for about 5 minutes, stirring occasionally, until the greens are wilted.
- Add the spinach and cook for an additional 2-3 minutes until all the greens are tender.
- Season with a pinch of salt and black pepper. Remove the greens from the skillet and set aside.

4. Cook the Chicken

- In the same skillet, add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the sautéed greens.
- Slice the chicken breast and arrange it on top of the greens and couscous.
- Garnish with additional fresh herbs if desired and serve immediately, with a crisp, green salad.

Mediterranean Spiced Chicken with Roasted Broccoli and Asparagus

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) kale, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) asparagus, trimmed
- 1 tbsp soy sauce
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, soy sauce, cumin, paprika, ground coriander, turmeric, cinnamon, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and parsley, and season with the remaining salt.

Recipe Continues

3. Prepare and Roast the Vegetables

- Preheat the oven to 200°C (400°F).
- In a large bowl, toss the broccoli florets, asparagus, and halved Brussels sprouts with 1/2 tbsp olive oil, 1 minced garlic clove, 1/4 tsp cumin, 1/4 tsp paprika, 1/4 tsp black pepper, and a pinch of salt.
- Spread the vegetables on a baking sheet in a single layer.
- Roast for 20-25 minutes, until the vegetables are tender and slightly crispy.

4. Cook the Chicken

- Heat the remaining 1/2 tbsp olive oil in a skillet over medium heat.
- Add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Sauté the Kale

- In the same skillet, add the chopped kale and a splash of water. Cook for 2-3 minutes until the kale is wilted.
- Season with a pinch of salt and black pepper.

6. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the sautéed kale and sliced chicken breast.
- Arrange the spiced roasted broccoli and asparagus on the side.
- Garnish with additional fresh herbs if desired and serve immediately.

Spicy Ginger Chicken with Roasted Brussels Sprouts and Couscous Salad

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) lettuce, chopped
- 50g (2 oz) cucumber, sliced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili flakes
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh cilantro, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, soy sauce, lime juice, cumin, paprika, ground turmeric, chili flakes, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and cilantro, and season with the remaining salt.

Recipe Continues

3. Roast the Brussels Sprouts

- Preheat the oven to 200°C (400°F).
- Toss the halved Brussels sprouts with a pinch of salt, black pepper, and 1/2 tbsp olive oil.
- Spread the Brussels sprouts on a baking sheet in a single layer.
- Roast for 15-20 minutes, until the Brussels sprouts are tender and slightly crispy.

4. Cook the Chicken

- Heat the remaining 1/2 tbsp olive oil in a skillet over medium heat.
- Add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Prepare the Salad

- In a large bowl, combine the chopped lettuce and sliced cucumber.
- Add the roasted Brussels sprouts once they are done.
- Toss the salad with a splash of lime juice and soy sauce for extra flavor.

6. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the crisp salad of lettuce, roasted Brussels sprouts, and cucumber.
- Slice the chicken breast and arrange it on top of the salad and couscous.
- Garnish with additional fresh cilantro and mint if desired, and serve immediately.

Spiced Beef and Vegetable Stew with Basmati Rice and Crisp Cucumber Salad

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 50g (2 oz) spinach, chopped
- 50g (2 oz) green cabbage, shredded
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) garden peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 400ml (14 fl oz) vegetable stock
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) lettuce, chopped

METHOD

1. Prepare the Vegetables

- Chop the spinach and shred the green cabbage.
- Halve the Brussels sprouts.
- Slice the cucumber and chop the lettuce for the salad.
- Measure out the garden peas.

2. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, cumin, paprika, ground turmeric, cinnamon, black pepper, and salt. Cook for another 2 minutes to combine the flavors.

Recipe Continues

3. Add Vegetables and Stock

- Add the halved Brussels sprouts, shredded cabbage, and garden peas to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 20 minutes.

4. Cook the Rice

- While the stew is simmering, rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

5. Finish the Stew

- Add the chopped spinach to the stew and cook for another 5 minutes until wilted.
- Stir in the soy sauce and lemon juice. Taste and adjust the seasoning if needed.

6. Prepare the Salad

- In a small bowl, combine the sliced cucumber and chopped lettuce.
- Toss with a splash of lemon juice and a pinch of salt and black pepper for seasoning.

7. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the beef and vegetable stew over the rice.
- Serve the crisp cucumber salad on the side.

Spiced Beef and Vegetable Stir-Fry with Basmati Rice

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 50g (2 oz) spinach, chopped
- 50g (2 oz) green cabbage, shredded
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili flakes (optional)
- 1/4 tsp black pepper
- 1/2 tsp salt
- 60ml (2 fl oz) vegetable stock

METHOD

1. Prepare the Vegetables

- Chop the spinach and shred the green cabbage.
- Halve the Brussels sprouts.

2. Cook the Rice

- Rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

3. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, cumin, paprika, ground turmeric, chili flakes (if using), black pepper, and salt. Cook for another 2 minutes to combine the flavors.

Recipe Continues

4. Add Vegetables and Stock

- Add the halved Brussels sprouts and shredded cabbage to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 10 minutes.

5. Finish the Dish

- Add the chopped spinach to the pot and cook for another 5 minutes until wilted.
- Stir in the soy sauce and lime juice. Taste and adjust the seasoning if needed.

6. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the spiced beef and vegetable stir-fry over the rice.
- Serve immediately.

Savory Beef Ratatouille with Basmati Rice and Roasted Vegetables

Serves 1

Prep time: 45 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 100g (4 oz) broccoli florets
- 100g (4 oz) zucchini, sliced
- 100g (4 oz) asparagus, trimmed
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/4 tsp black pepper
- 1/2 tsp salt
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped (optional)

METHOD

1. Prepare the Vegetables

- Cut the broccoli into florets and slice the zucchini.
- Trim the asparagus and halve the Brussels sprouts.

2. Roast the Vegetables

- Preheat the oven to 200°C (400°F).
- Arrange the asparagus, broccoli florets, and Brussels sprouts on a baking sheet.
- Sprinkle with a pinch of salt, black pepper, and dried thyme.
- Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly crispy.

3. Cook the Rice

- Rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

Recipe Continues

4. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, dried thyme, dried oregano, black pepper, and salt. Cook for another 2 minutes to combine the flavors.

5. Add Vegetables and Stock

- Add the broccoli florets and sliced zucchini to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 15-20 minutes, until the vegetables are tender and the flavors are well combined.

6. Finish the Dish

- Stir in the soy sauce and lemon juice. Taste and adjust the seasoning if needed.
- If using, add the chopped fresh parsley for extra flavor.

7. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the savory beef ratatouille over the rice.
- Serve with the side of roasted asparagus, broccoli, and Brussels sprouts.
- Serve immediately.

Evening Snack Recipes

Zesty Avocado Toast with Herbs

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 1 tsp lime juice
- 1 clove garlic, minced
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh cilantro, chopped
- A pinch of chili flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lime juice, minced garlic, cumin, paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

3. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Sprinkle the chopped fresh mint, cilantro, and a pinch of chili flakes (if using) on top.
- Serve immediately and enjoy.

Spiced Avocado Toast with Spinach and Rocket

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 20g (1 oz) fresh spinach, chopped
- 20g (1 oz) fresh arugula, chopped
- 1 tsp lemon juice
- 1 clove garlic, minced
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh mint, chopped (optional)
- A pinch of chili flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lemon juice, minced garlic, cumin, paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

3. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Top with the chopped spinach and rocket.
- Sprinkle with chopped fresh mint and a pinch of chili flakes (if using) on top.
- Serve immediately and enjoy.

Citrus Garlic Avocado Toast with Sautéed Spinach and Kale

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 20g (1 oz) fresh spinach, chopped
- 20g (1 oz) fresh kale, chopped
- 1 tsp lime juice
- 1 clove garlic, minced
- 1/4 tsp ground coriander
- 1/4 tsp smoked paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh cilantro, chopped
- A pinch of red pepper flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lime juice, ground coriander, smoked paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Sauté the Spinach and Kale

- In a small pan over medium heat, add the minced garlic and cook for about 1 minute until fragrant.
- Add the chopped spinach and kale. Sauté for 2-3 minutes until wilted. Remove from heat and set aside.

3. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

4. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Top with the sautéed spinach and kale.
- Sprinkle with chopped fresh cilantro and a pinch of red pepper flakes (if using) on top.
- Serve immediately and enjoy.
- Serve and enjoy.

Breakfast Recipes

Lemon Blueberry Chia Pudding

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 120 ml (4 fl oz) water

METHOD

1. Prepare the Chia Pudding Base

- In a small mixing bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well to ensure the chia seeds are evenly distributed.
- Let the mixture sit for about 10 minutes, stirring occasionally, until it begins to thicken. If needed, add a bit more water to reach your desired consistency.

2. Add Sweetness and Flavor

- Once the chia mixture has thickened, add the maple syrup and Stevia (if using) to the bowl. Mix thoroughly to incorporate.

Recipe Continues

3. Combine with Cooked Oats

- Fold the cooked rolled oats into the chia pudding mixture. This will add texture and make the pudding more substantial.

4. Incorporate the Blueberries

- Gently fold in the blueberries, ensuring they are evenly distributed throughout the mixture.

5. Chill the Pudding

- Transfer the mixture to a serving bowl or jar. Cover and refrigerate for at least 1 hour, or overnight if preparing in advance, to allow the flavors to meld and the pudding to fully set.

6. Serve and Enjoy

- Once chilled, give the pudding a quick stir. Garnish with a sprinkle of cinnamon, if desired, before serving.

Lemon Blueberry Chia Snack Bar

Serves 1

Prep time: 20 minutes (plus chilling time)

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 1 tbsp water

METHOD

1. Prepare the Chia Mixture

- In a small bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well to mix all the ingredients thoroughly.
- Allow the mixture to sit for about 10 minutes, stirring occasionally, until it starts to thicken.

2. Mash the Blueberries

- In a separate bowl, mash the blueberries with a fork until they are broken down into small pieces and slightly juicy.

3. Combine Ingredients

- Add the mashed blueberries, cooked rolled oats, maple syrup, and Stevia (if using) to the chia mixture.
- Mix thoroughly to ensure all ingredients are well combined.

Recipe Continues

4. Form the Snack Bar

- Line a small container or a section of a container with parchment paper.
- Pour the mixture into the lined container and press it down firmly to form an even layer.

5. Chill and Set

- Cover the container and refrigerate for at least 1 hour, or until the mixture has firmed up enough to hold its shape.

6. Cut and Serve

- Once set, remove the snack bar from the container using the parchment paper to lift it out.
- Cut into a bar shape and serve immediately.

Blueberry and Lemon Baked Oatmeal

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 60 ml (2 fl oz) water

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C).
- Grease a small oven-safe dish or ramekin with a bit of water or lemon juice to prevent sticking.

2. Prepare the Chia Mixture

- In a small bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well and let it sit for about 10 minutes, stirring occasionally, until it starts to thicken.

3. Combine Ingredients

- Once the chia mixture has thickened, add the cooked rolled oats, maple syrup, and Stevia (if using). Mix well.
- Gently fold in the blueberries, ensuring they are evenly distributed.

Recipe Continues

4. Transfer to Baking Dish

- Pour the mixture into the prepared baking dish, spreading it evenly.

5. Bake the Oatmeal

- Place the dish in the preheated oven and bake for 20-25 minutes, or until the top is golden brown and the mixture is set.

6. Cool and Serve

- Remove from the oven and let it cool for a few minutes before serving.
- Serve warm and enjoy.

Post Workout Recipes

Vanilla Peanut Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 30 ml (1 fl oz) lemon juice
- Stevia, to taste (optional)
- 120 ml (4 fl oz) water

METHOD

1. Blend the Cauliflower Base

- In a blender, combine the frozen riced cauliflower, water, and lemon juice.
- Blend until smooth and creamy. If needed, add more water to reach your desired consistency.

2. Add Flavor and Protein

- Add the Vegan Wondershake Vanilla Crème, peanut butter, ground cinnamon, ground ginger, and Stevia (if using) to the blender.
- Blend again until all ingredients are well combined and the mixture is smooth.

3. Serve the Smoothie Bowl

- Pour the smoothie into a bowl.
- Optionally, top with a sprinkle of ground cinnamon for added flavor.

Spicy Peanut Butter Bites

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 1 tbsp lime juice
- 1 tsp soy sauce
- Stevia, to taste (optional)
- Fresh cilantro (for garnish)

METHOD

1. Preheat Oven

- Preheat your oven to 375°F (190°C).
- Line a baking sheet with parchment paper.

2. Prepare the Cauliflower Mixture

- In a mixing bowl, combine the frozen riced cauliflower, peanut butter, Vegan Wondershake Vanilla Crème, ground cumin, ground coriander, ground turmeric, ground ginger, and garlic powder.
- Add lime juice, soy sauce, and Stevia (if using).
- Mix thoroughly until all ingredients are well combined and the cauliflower is evenly coated with the spices and peanut butter.

3. Form and Bake the Bites

- Using your hands, form the cauliflower mixture into small bite-sized balls or patties.
- Place the bites on the prepared baking sheet, spacing them evenly.
- Bake in the preheated oven for 20 minutes, or until the bites are golden brown and slightly crispy on the outside.

4. Garnish and Serve

- Remove the bites from the oven and let them cool slightly.
- Garnish with fresh cilantro before serving.

Spiced Protein Muffin

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1 tsp lemon juice
- Stevia, to taste (optional)
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt

METHOD

1. Preheat Oven and Prepare Muffin Tin

- Preheat your oven to 350°F (175°C).
- Grease a single muffin cup with a bit of lemon juice or line with a muffin liner.

2. Prepare the Cauliflower Mixture

- In a microwave-safe bowl, microwave the frozen riced cauliflower for about 2-3 minutes until thawed and slightly tender.
- Allow to cool slightly, then transfer to a clean kitchen towel or cheesecloth. Squeeze out as much moisture as possible to ensure a good texture in the muffin.

3. Mix Dry Ingredients

- In a separate bowl, mix the Vegan Wondershake Vanilla Crème, ground cinnamon, ground ginger, ground nutmeg, baking powder, baking soda, and salt.

Recipe Continues

4. Combine Wet Ingredients

- In another bowl, mix the squeezed cauliflower, peanut butter, lemon juice, and Stevia (if using).
- Stir until well combined.

5. Combine Wet and Dry Mixtures

- Add the dry mixture to the wet mixture, stirring until just combined. The batter will be thick.

6. Bake the Muffin

- Spoon the batter into the prepared muffin cup, filling it to the top.
- Bake in the preheated oven for 20-25 minutes, or until a toothpick inserted into the center comes out clean and the top is golden brown.

7. Cool and Serve

- Remove the muffin from the oven and let it cool in the tin for a few minutes.
- Transfer to a wire rack to cool completely before serving.

Lunch Recipes

Spiced Herb Fish with Basmati Rice and Steamed Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 60ml (2 fl oz) vegetable stock
- 100g (3.5 oz) Brussels sprouts, halved
- 100g (3.5 oz) cabbage, chopped
- 100g (3.5 oz) broccoli florets
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Cook the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, grated ginger, ground cumin, ground coriander, ground turmeric, ground paprika, salt, and pepper to make a spice paste.
- Rub the spice paste evenly over both sides of the white fish filet.

Recipe Continues

3. Cook the Spiced Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the spiced fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Steam the Vegetables

- In a large pot, bring water to a boil and place a colander or steaming basket over it, ensuring the bottom does not touch the water.
- Add the Brussels sprouts, cabbage, and broccoli florets to the colander or steaming basket.
- Cover with a lid or aluminum foil and steam for 8-10 minutes, or until the vegetables are tender but still vibrant in color.

5. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the steamed Brussels sprouts, cabbage, and broccoli around the fish and rice.
- Garnish with chopped fresh cilantro and mint.

Asian-Inspired Soy Ginger White Fish with Basmati Rice and Stir-Fried Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp soy sauce
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground white pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh basil, chopped
- 60ml (2 fl oz) vegetable stock
- 100g (3.5 oz) Brussels sprouts, halved
- 100g (3.5 oz) cabbage, chopped
- 100g (3.5 oz) broccoli florets
- 1 tsp lime juice
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Marinate the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, grated fresh ginger, soy sauce, ground coriander, ground turmeric, ground white pepper, and lime juice to make a marinade.
- Rub the marinade evenly over both sides of the white fish filet.
- Allow the fish to marinate for 10 minutes.

Recipe Continues

3. Cook the Marinated Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Stir-Fry the Vegetables

- In the same skillet, add the Brussels sprouts, cabbage, and broccoli florets.
- Stir-fry over medium-high heat for 5-7 minutes, or until the vegetables are tender but still vibrant in color.
- Season with a little salt & pepper, to taste.

5. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the stir-fried Brussels sprouts, cabbage, and broccoli around the fish and rice.
- Garnish with chopped fresh cilantro, mint, and basil.
- Serve with a green salad.

Greek-Style White Fish with Basmati Rice and Spicy Cruciferous Vegetables

Serves 1

Prep time: 25 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground black pepper
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 60ml (2 fl oz) vegetable stock
- Salt to taste

For the Spicy Cruciferous Vegetables:

- 100g (3.5 oz) broccoli florets
- 100g (3.5 oz) cauliflower florets
- 100g (3.5 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp chili flakes
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Marinate the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, dried oregano, dried thyme, ground cumin, ground coriander, ground black pepper, fresh lemon juice, and salt to taste.
- Rub the marinade evenly over both sides of the white fish filet.
- Allow the fish to marinate for 10 minutes.

Recipe Continues

3. Cook the Marinated Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Prepare the Spicy Cruciferous Vegetables

- While the fish is cooking, bring a pot of water to a boil.
- Add the broccoli, cauliflower, and Brussels sprouts to the boiling water and cook for 3-4 minutes until tender but still crisp.
- Drain the vegetables and set aside.

5. Cook the Spicy Cruciferous Vegetables

- In a large skillet, add the minced garlic, ground cumin, smoked paprika, and chili flakes.
- Stir-fry over medium heat for 1-2 minutes until fragrant.
- Add the cooked vegetables to the skillet and toss to coat evenly with the spices.
- Drizzle with fresh lemon juice and season with salt & pepper, to taste.
- Cook for another 2-3 minutes until the vegetables are well-coated and heated through.

6. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the spicy cruciferous vegetables on the side.
- Garnish with chopped fresh parsley and mint.

Dinner Recipes

Spicy Chicken Sweet Potato Pie with Steamed Cruciferous Vegetables

Serves 1

Prep time: 25 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, diced
- 200g (7 oz) sweet potato, peeled and cubed
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp onion powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili powder
- 230ml (7.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped
- Salt & pepper, to taste

For the Steamed Cruciferous Vegetables:

- 100g (3.5 oz) broccoli florets
- 100g (3.5 oz) cauliflower florets
- 100g (3.5 oz) Brussels sprouts, halved
- 1 tbsp fresh lime juice
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Filling

- Preheat your oven to 375°F (190°C).
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and onion powder, sautéing until fragrant.
- Add the cubed sweet potato and cook for 5 minutes until slightly softened.
- Add the diced chicken breast, ground cumin, ground coriander, smoked paprika, ground turmeric, and chili powder.
- Cook until the chicken is browned and cooked through, about 5-7 minutes.

2. Prepare the Pie Filling

- Pour in the vegetable stock and bring the mixture to a simmer.
- Reduce the heat and let it cook until the sweet potatoes are tender and the sauce has thickened, about 10 minutes.
- Season with salt & pepper, to taste.
- Stir in the chopped fresh cilantro.

Recipe Continues

3. Bake the Chicken Pie

- Transfer the chicken and sweet potato mixture into a small oven-safe dish.
- Spread the mixture evenly in the dish.
- Place the dish in the preheated oven and bake for 15-20 minutes, or until the top is slightly crispy and golden.

4. Steam the Cruciferous Vegetables Using Microwave

- Place the broccoli florets, cauliflower florets, and halved Brussels sprouts in a microwave-safe bowl.
- Add 2 tbsp of water to the bowl.
- Cover the bowl with a microwave-safe lid or plastic wrap with a small vent.
- Microwave on high for 3-5 minutes, or until the vegetables are tender but still vibrant in color.
- Drizzle with fresh lime juice and season with salt & pepper, to taste.

5. Serve the Dish

- Plate the chicken sweet potato pie.
- Arrange the steamed cruciferous vegetables on the side.
- Serve and enjoy.

Chili Lime Chicken with Sweet Potato and Green Cruciferous Salad

Serves 1

Prep time: 25 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, diced
- 200g (7 oz) sweet potato, peeled and cubed
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1 tsp lime zest
- 1 tbsp fresh lime juice
- 230ml (7.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped
- Salt & pepper, to taste

For the Green Cruciferous Salad:

- 50g (1.8 oz) kale, chopped
- 50g (1.8 oz) arugula
- 50g (1.8 oz) broccoli florets, finely chopped
- 50g (1.8 oz) cauliflower florets, finely chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lime juice
- 1 tsp olive oil
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Chicken and Sweet Potato

- Preheat your oven to 375°F (190°C).
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and sauté until fragrant.
- Add the cubed sweet potato and cook for 5 minutes until slightly softened.
- Add the diced chicken breast, ground cumin, chili powder, smoked paprika, ground coriander, ground turmeric, lime zest, and lime juice.
- Cook until the chicken is browned and cooked through, about 5-7 minutes.

2. Bake the Chicken and Sweet Potato

- Transfer the chicken and sweet potato mixture into a small oven-safe dish.
- Pour in the vegetable stock and spread the mixture evenly in the dish.
- Place the dish in the preheated oven and bake for 15-20 minutes, or until the sweet potatoes are tender and the top is slightly crispy.

Recipe Continues

3. Prepare the Green Cruciferous Salad

- In a large bowl, combine the chopped kale, arugula, broccoli florets, cauliflower florets, chopped mint, and chopped parsley.
- In a small bowl, whisk together the fresh lime juice, olive oil, salt, and pepper to create a dressing.
- Pour the dressing over the salad and toss well to combine.

4. Serve the Dish

- Plate the chili lime chicken and sweet potato.
- Serve with the crisp green cruciferous salad on the side.

Mediterranean Chicken Burger with Spiced Vegetables

Serves 1

Prep time: 30 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, ground
- 200g (7 oz) sweet potato, peeled and cubed (divided)
- 1 tbsp olive oil
- 1 clove garlic, minced (divided)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice (divided)
- 1 tbsp fresh mint, chopped
- 50g (1.8 oz) shredded lettuce
- 2-3 large lettuce leaves for the bun
- 2-3 pickle slices
- 50g (1.8 oz) broccoli florets
- 50g (1.8 oz) kale, chopped
- 50g (1.8 oz) garden peas
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Sweet Potato

- Preheat your oven to 375°F (190°C).
- Toss half of the cubed sweet potato (100g) with half of the minced garlic, a pinch of salt, and pepper.
- Spread the sweet potato on a baking sheet and bake for 20-25 minutes until tender and slightly crispy.

2. Prepare the Chicken Patty

- In a bowl, combine the ground chicken breast, ground cumin, ground coriander, smoked paprika, ground cinnamon, fresh mint, salt, and pepper.
- Mix well and form into a patty.
- Heat 1/2 tbsp of olive oil in a non-stick skillet over medium heat.
- Cook the chicken patty for 5-6 minutes on each side, or until cooked through and golden brown.

Recipe Continues

3. Prepare the Vegetables

- In the same skillet, add the remaining 1/2 tbsp of olive oil and the rest of the minced garlic.
- Sauté the garlic until fragrant.
- Add the remaining 100g of cubed sweet potato and cook for 5-7 minutes until slightly softened.
- Add the broccoli florets and cook for 3-4 minutes.
- Add the chopped kale and garden peas, cooking for an additional 2-3 minutes until the vegetables are tender.
- Drizzle with the fresh lemon juice, and season with salt & pepper, to taste.

4. Assemble the Burger

- Place one large lettuce leaf on a plate to serve as the bottom “bun.”
- Add the chicken patty on top of the lettuce leaf.
- Top the patty with shredded lettuce and pickle slices.
- Place another large lettuce leaf on top to serve as the top “bun.”

5. Serve the Dish

- Plate the spiced vegetables (sweet potato, broccoli, kale, and garden peas) alongside the chicken burger.
- Serve with a green salad.

Evening Snack Recipes

Vanilla Spice Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- 1 tbsp fresh lemon juice
- 1-2 tbsp water (as needed)
- Stevia, to taste (optional)

METHOD

1. Prepare the Ingredients

- Ensure the cauliflower is thoroughly frozen.

2. Blend the Ingredients

- In a high-speed blender or food processor, combine the frozen cauliflower, Vegan Wondershake Vanilla Crème, ground cinnamon, ground ginger, vanilla extract, and fresh lemon juice.
- Blend until smooth and creamy. If the mixture is too thick, add water 1 tablespoon at a time to reach the desired consistency.
- Taste and add a sweetener of your choice if needed.

3. Freeze the Mixture

- Pour the blended mixture into a freezer-safe container.
- Freeze for 1-2 hours or until the mixture is firm enough to scoop like ice cream. Stir the mixture every 30 minutes to ensure even freezing and to prevent ice crystals from forming.

4. Serve the Ice Cream

- Once the mixture has reached the desired consistency, scoop the ice cream into a bowl.
- Optionally, sprinkle with a pinch of ground cinnamon or garnish with fresh mint leaves for extra flavor.

Vanilla Mint Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower
- 1 tbsp fresh mint leaves
- 1 tsp fresh lime juice
- 1/2 tsp vanilla extract
- 200ml (7 fl oz) cold water
- Stevia, to taste (optional)
- Extra fresh mint leaves, for garnish (optional)

METHOD

1. Prepare the Ingredients

- Ensure the cauliflower is thoroughly frozen. If using fresh cauliflower, steam it first and then freeze it for at least 4 hours or overnight.

2. Blend the Ingredients

- In a high-speed blender, combine the frozen cauliflower, Vegan Wondershake Vanilla Crème, fresh mint leaves, fresh lime juice, vanilla extract, and cold water.
- Blend until smooth and creamy. If the mixture is too thick, add more cold water until you reach your desired consistency.
- Taste and add Stevia, if needed.

3. Serve the Smoothie

- Pour the smoothie into a glass.
- Garnish with extra fresh mint leaves if desired.

Vanilla Lemon Protein Cookies

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower, thawed and finely mashed
- 1/2 tsp vanilla extract
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp ground ginger
- Stevia, to taste (optional)
- A pinch of salt

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C).
- Line a baking sheet with parchment paper or a silicone baking mat.

2. Prepare the Dough

- In a bowl, combine the Vegan Wondershake Vanilla Crème, mashed cauliflower, vanilla extract, fresh lemon juice, lemon zest, baking powder, baking soda, and ground ginger.
- Mix well until all ingredients are thoroughly combined.
- Taste the dough and add Stevia, if desired. Add a pinch of salt to enhance the flavors.

3. Shape the Cookies

- Scoop spoonfuls of the dough and place them on the prepared baking sheet.
- Flatten each dough ball slightly with the back of a spoon to form cookie shapes.

4. Bake the Cookies

- Bake in the preheated oven for 15-20 minutes, or until the edges are golden brown and the cookies are set.
- Remove from the oven and let the cookies cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.
- Serve and enjoy.

Breakfast Recipes

Spiced Egg White and Spinach Over Wholemeal Toast

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60g egg whites (2 oz)
- 30g fresh spinach, chopped (1 oz)
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/4 tsp ground cumin
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1 tsp fresh lemon juice
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste
- Fresh herbs for garnish (optional, e.g., parsley or cilantro)

METHOD

1. Prepare the Toast

- Melt 1/2 tbsp of unsalted butter in a non-stick pan over medium heat. Once melted, add the wholemeal bread slice to the pan. Toast until golden brown and crisp on both sides, then set aside.

2. Prepare the Spiced Spinach

- In the same pan, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the ground cumin, paprika, and turmeric, stirring well to combine with the garlic and ginger mixture. Cook for another 1 minute to toast the spices slightly.
- Add the chopped spinach to the pan and cook until wilted, about 2-3 minutes.

Recipe Continues

3. Cook the Egg Whites

- Pour the egg whites into the pan with the spiced spinach, stirring gently. Cook until the egg whites are just set but still soft, about 2-3 minutes.

4. Season and Garnish

- Remove the pan from heat and stir in the lemon juice and chopped fresh mint. Adjust seasoning with additional salt and pepper if needed.

5. Assemble the Dish

- Place the toasted wholemeal bread on a plate and top it with the spiced egg white and spinach mixture.
- Garnish with fresh herbs and serve.

Spiced Egg White Frittata with Sautéed Greens on Toast

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60 g egg whites (2 oz)
- 30 g fresh spinach, chopped (1 oz)
- 2 cloves garlic, minced
- 1/2 tsp grated ginger
- 1/4 tsp ground cumin
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1 tsp fresh lemon juice
- 1 tsp soy sauce
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste
- Fresh herbs for garnish (optional, e.g., parsley or cilantro)

METHOD

1. Prepare the Toast

- Toast the wholemeal bread slice in a toaster until golden brown and crisp. Spread the unsalted butter on the toast while it's still hot. Set aside.

2. Sauté the Greens

- In a non-stick pan over medium heat, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the ground cumin, paprika, and turmeric, stirring well to combine with the garlic and ginger mixture. Cook for another 1 minute to toast the spices slightly.
- Add the chopped spinach to the pan. Sauté until the greens are wilted and tender, about 3-4 minutes.
- Stir in the soy sauce and lemon juice. Adjust seasoning with salt and pepper. Remove from heat and set aside.

Recipe Continues

3. Prepare the Frittata Mixture

- In a bowl, whisk together the egg whites, a pinch of salt, and pepper. Add the sautéed greens and mix well to combine.

4. Cook the Frittata

- Preheat a non-stick skillet over medium heat.
- Pour the egg white mixture into the skillet, spreading it evenly.
- Cook the frittata for about 5-7 minutes, or until the egg whites are set and cooked through. You can cover the skillet with a lid to help the top set if needed.

5. Assemble the Dish

- Place the buttered wholemeal toast on a plate.
- Carefully slide the frittata on top of the toast.
- Garnish with chopped fresh mint and additional fresh herbs, if using, and serve.

Egg White and Greens Muffin

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60g egg whites (2 oz)
- 30g fresh spinach, chopped (1/4 oz)
- 1 clove garlic, minced
- 1 tsp fresh lemon juice
- 1 tsp soy sauce
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste

METHOD

1. Prepare the Bread Crumbs

- Preheat the oven to 350°F (175°C).
- Toast the wholemeal bread slice in a toaster until golden brown and crisp.
- Crumble the toasted bread into fine crumbs. Mix the bread crumbs with the unsalted butter until evenly coated. Set aside.

2. Prepare the Greens

- In a non-stick pan over medium heat, add the minced garlic, sautéing until fragrant, about 1-2 minutes.
- Add the chopped spinach, kale to the pan. Sauté until the greens are wilted and tender, about 3-4 minutes.
- Stir in the soy sauce and lemon juice. Adjust seasoning with salt and pepper. Remove from heat and set aside.

3. Assemble the Muffin

- Line a muffin tin with paper muffin liners.
- In a bowl, whisk the egg whites with a pinch of salt and pepper.
- Mix the sautéed greens into the egg whites, ensuring they are evenly distributed.
- Pour the egg white and greens mixture into the prepared muffin tin, filling it about 3/4 full.
- Top with the buttered bread crumbs.

4. Bake the Muffin

- Bake in the preheated oven for 15-20 minutes, or until the egg whites are fully set and the top is golden brown.
- Remove from the oven and let it cool slightly before removing the muffin from the tin.
- Serve warm and enjoy.

Post Workout Recipes

Blueberry Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 1 cup cold water
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème protein powder, frozen cauliflower, and blueberries.
- Grate the ginger and set aside.

2. Blend the Ingredients

- In a high-speed blender, add the frozen cauliflower, blueberries, grated ginger, lemon juice, ground cinnamon, nutmeg, and cardamom.
- Pour in the cold water.
- Add the Vegan Wondershake Vanilla Crème protein powder.
- Blend on high until the mixture is smooth and creamy. If the smoothie is too thick, add more water a little at a time until desired consistency is reached.

3. Serve the Smoothie

- Pour the smoothie into a glass.
- Garnish with fresh mint leaves if desired and enjoy.

Blueberry Protein Bites

Serves 1

Prep time: 15 minutes

Chill time: 30 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower, thawed and well-drained
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème, thawed and well-drained cauliflower, and blueberries.
- Grate the ginger and set aside.

2. Blend the Ingredients

- In a high-speed blender, add the thawed cauliflower, blueberries, grated ginger, lemon juice, ground cinnamon, nutmeg, and cardamom.
- Add the Vegan Wondershake Vanilla Crème.
- Blend on high until the mixture is smooth and well-combined. If the mixture is too thick, add a small amount of water, one teaspoon at a time, until a thick, dough-like consistency is reached.

3. Form the Bites

- Using a spoon or your hands, scoop out small portions of the mixture and roll them into bite-sized balls.
- Place the protein bites on a parchment-lined plate or tray.

4. Chill the Bites

- Place the tray of protein bites in the refrigerator and let them chill for at least 30 minutes, or until firm.

5. Serve the Snack

- Once chilled and firm, remove the protein bites from the refrigerator.

Blueberry Protein Cookies

Serves 1

Prep time: 10 minutes

Bake time: 15 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower, thawed and well-drained
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/4 tsp ground cloves
- 1/4 tsp ground allspice
- 1/4 tsp ground coriander

METHOD

1. Prepare the Ingredients

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- Measure out the Vegan Wondershake Vanilla Crème, thawed and well-drained cauliflower, and blueberries.
- Grate the ginger and lemon zest, then set aside.

2. Blend the Ingredients

- In a high-speed blender, add the thawed cauliflower, blueberries, grated ginger, lemon juice, lemon zest, ground cloves, ground allspice, and ground coriander.
- Add the Vegan Wondershake Vanilla Crème.
- Blend on high until the mixture is smooth and well-combined. If the mixture is too thick, add a small amount of water, one teaspoon at a time, until a thick, dough-like consistency is reached.

Recipe Continues

3. Form the Cookies

- Using a spoon, scoop out portions of the mixture and place them onto the prepared baking sheet.
- Flatten each scoop slightly with the back of the spoon to form a cookie shape.

4. Bake the Cookies

- Bake in the preheated oven for about 15 minutes, or until the cookies are firm and slightly golden on the edges.
- Remove from the oven and let them cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

5. Serve

- Serve and enjoy while still warm.

Spiced Chicken with Basmati Rice and Sautéed Greens

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) Brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp fresh lime juice
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp dried chili flakes
- Salt to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Marinate the Chicken

- In a bowl, combine the chicken breast with soy sauce, lime juice, ground cumin, ground coriander, ground paprika, ground turmeric, ground black pepper, dried chili flakes, and a pinch of salt. Let it marinate for at least 15 minutes.

2. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the rice, reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and the water is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- Heat the olive oil in a non-stick pan over medium heat. Add the marinated chicken breast and cook for about 5-7 minutes on each side, or until fully cooked through and golden brown on the outside. Remove from the pan and let it rest for a few minutes before slicing.

4. Sauté the Greens

- In the same pan, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the halved Brussel sprouts and cook for about 5 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 3-4 minutes. Season with salt to taste.

5. Assemble the Dish

- Serve the cooked basmati rice on a plate. Top with sliced chicken breast.
- Add the sautéed greens and Brussel sprouts on the side.
- Garnish with fresh cilantro if desired.

Chicken and Greens Stir Fry with Basmati Rice

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast, sliced into thin strips
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 50g (2 oz) cabbage, shredded
- 100g (4 oz) brussels sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp fresh lime juice
- 1/4 tsp ground black pepper
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- Salt to taste
- Fresh cilantro or mint for garnish (optional)

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the rice, reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and the water is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

2. Prepare and Cook the Chicken

- Season the sliced chicken breast with ground black pepper, ground cumin, and ground coriander.
- Heat the olive oil in a non-stick pan or wok over medium-high heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the seasoned chicken strips to the pan and stir-fry until fully cooked and golden brown, about 5-7 minutes. Remove the chicken from the pan and set aside.

Recipe Continues

3. Stir Fry the Vegetables

- In the same pan, add the halved brussels sprouts and shredded cabbage, and stir-fry for about 3-4 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 2-3 minutes.
- Return the cooked chicken to the pan, then add the soy sauce and fresh lime juice. Stir well to combine and heat through for another 1-2 minutes. Adjust seasoning with salt to taste.

4. Assemble the Dish

- Serve the cooked basmati rice on a plate.
- Top with the chicken and greens stir fry.
- Garnish with fresh cilantro or mint if desired.
- Serve with a crisp, green salad.

Chicken and Greens Paella

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast, diced
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussels sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- 60ml (2 fl oz) vegetable stock
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh parsley or cilantro for garnish (optional)

METHOD

1. Prepare the Chicken

- Season the diced chicken breast with ground cumin, smoked paprika, ground turmeric, ground black pepper, dried thyme, and dried rosemary. Mix well to coat evenly.

2. Cook the Chicken

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the seasoned chicken to the pan and cook until browned and cooked through, about 5-7 minutes. Remove the chicken from the pan and set aside.

3. Cook the Vegetables

- In the same pan, add the halved brussels sprouts and cook for about 3-4 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 2-3 minutes.

Recipe Continues

4. Cook the Rice

- Add the dry basmati rice to the pan with the vegetables, stirring to combine.
- Pour in the vegetable stock and bring to a simmer. Reduce the heat to low, cover, and cook for about 15 minutes or until the rice is tender and the liquid is absorbed. If needed, add a little more vegetable stock or water to ensure the rice cooks fully.

5. Combine and Finish

- Return the cooked chicken to the pan and stir to combine with the rice and vegetables.
- Add the fresh lemon juice and season with salt to taste.
- Cook for an additional 1-2 minutes to heat everything through and allow the flavors to meld together.

6. Serve

- Serve the chicken and greens paella on a plate.
- Garnish with fresh parsley or cilantro if desired.
- Serve with a crisp, green salad.

Dinner Recipes

Spiced Beef Chilli with Cauliflower Rice and Steamed Broccoli

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) zucchini, diced
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1/4 tsp ground black pepper
- 1 tsp fresh lime juice
- Salt to taste
- 100g (4 oz) broccoli florets
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Vegetables

- Dice the zucchini and carrot.
- Halve the brussel sprouts.
- Chop the spinach and kale.
- Mince the garlic and grate the ginger.

2. Cook the Beef

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Spices

- Add the diced carrot, diced zucchini, and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the ground cumin, paprika, turmeric, chili powder, and ground black pepper. Cook for another 1-2 minutes to toast the spices.

Recipe Continues

4. Simmer the Chilli

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Stir in the chopped spinach and kale, cooking for an additional 2-3 minutes until the greens are wilted.
- Add fresh lime juice and season with salt to taste.

5. Prepare the Cauliflower Rice

- While the chili is simmering, prepare the cauliflower rice. (If you have fresh or frozen cauliflower, you can pulse it in a food processor until it resembles rice grains and then steam or microwave it until tender.)

6. Steam the Broccoli

- While the chili is simmering, steam the broccoli florets until tender, about 5-7 minutes. You can use a steamer basket over boiling water or microwave them in a covered dish with a small amount of water.

7. Assemble the Dish

- Serve the spiced beef chili over the cauliflower rice.
- Add the steamed broccoli on the side.
- Garnish with fresh cilantro if desired and serve.

Spiced Beef Bolognese with Zucchini Spaghetti

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) zucchini (for spaghetti)
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1/4 tsp ground black pepper
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh basil or cilantro for garnish (optional)

METHOD

1. Prepare the Zucchini Spaghetti

- Use a spiralizer or a vegetable peeler to create zucchini spaghetti. Set aside.

2. Cook the Beef

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Spices

- Add the diced carrot and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the ground cumin, paprika, turmeric, chili powder, and ground black pepper. Cook for another 1-2 minutes to toast the spices.

Recipe Continues

4. Simmer the Bolognese

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Stir in the chopped spinach and kale, cooking for an additional 2-3 minutes until the greens are wilted.
- Add fresh lemon juice and season with salt to taste.

5. Cook the Zucchini Spaghetti

- In a separate pan, lightly sauté the zucchini spaghetti over medium heat for 2-3 minutes until just tender but still firm (al dente). Season with a pinch of salt and pepper if desired.

6. Assemble the Dish

- Serve the spiced beef Bolognese over the zucchini spaghetti.
- Garnish with fresh basil or cilantro if desired.
- Serve with a crisp, green salad.

Herb-Infused Beef with Cauliflower Rice, Garlic Broccoli, and Asparagus

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) cauliflower (for rice)
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) broccoli florets
- 50g (2 oz) cabbage, shredded
- 100g (4 oz) Brussel sprouts, halved
- 100g (4 oz) asparagus, trimmed
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh parsley for garnish (optional)

METHOD

1. Prepare the Cauliflower Rice

- Pulse the cauliflower in a food processor until it resembles rice grains. Set aside.

2. Cook the Beef

- Heat half of the olive oil in a non-stick pan over medium heat. Add half of the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Herbs

- Add the diced carrot, shredded cabbage, and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the dried thyme, rosemary, oregano, and ground black pepper. Cook for another 1-2 minutes to infuse the flavors.

Recipe Continues

4. Simmer the Sauce

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Add fresh lemon juice and season with salt to taste.

5. Cook the Cauliflower Rice

- In a separate pan, lightly sauté the cauliflower rice over medium heat for 3-5 minutes until tender. Season with a pinch of salt and pepper if desired.

6. Prepare the Garlic Broccoli and Asparagus

- In another pan, heat the remaining olive oil over medium heat. Add the remaining minced garlic and sauté until fragrant, about 1-2 minutes.
- Add the broccoli florets and asparagus, sautéing until they are tender but still crisp, about 5-7 minutes. Season with salt to taste.

7. Assemble the Dish

- Serve the herb-infused beef and vegetable sauce over the cauliflower rice.
- Plate the garlic broccoli and asparagus on the side.
- Garnish with fresh parsley if desired.
- Serve and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Rice Cakes

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp fresh lemon juice
- 1 tsp honey (optional)

METHOD

1. Prepare the Spiced Peanut Butter

- In a small bowl, combine the peanut butter with ground cinnamon, ground ginger, and fresh lemon juice. Mix well until the spices are evenly distributed. If desired, stir in the honey for added sweetness.

2. Spread the Peanut Butter Mixture

- Spread the spiced peanut butter mixture evenly over the top of each rice cake.

3. Garnish and Serve

- Arrange the rice cakes on a plate and serve immediately.

Peanut Butter Rice Cake Bars

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1 tsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Prepare the Peanut Butter Mixture

- In a small bowl, combine the peanut butter with fresh lemon juice and the stevia. Mix well until the ingredients are evenly distributed.

2. Prepare the Rice Cake Base

- Crush the rice cakes into small pieces and place them in a mixing bowl.
- Pour the peanut butter mixture over the crushed rice cakes. Mix thoroughly until the rice cake pieces are evenly coated with the peanut butter mixture.

3. Form the Bars

- Line a small dish or container with parchment paper.
- Press the rice cake and peanut butter mixture firmly into the dish, spreading it evenly to form a solid layer.
- Chill the mixture in the refrigerator for about 30 minutes, or until it is firm and set.

4. Cut and Serve

- Once set, remove the mixture from the dish and cut it into bar shapes.
- Serve warm or cool and enjoy.

Peanut Butter Ginger Rice Cake Bites

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1/2 tsp grated fresh ginger
- 1 tsp fresh lime juice
- Stevia, to taste (optional)

METHOD

1. Prepare the Peanut Butter Mixture

- In a small bowl, combine the peanut butter with grated fresh ginger, fresh lime juice, and the stevia. Mix well until the ingredients are evenly distributed.

2. Prepare the Rice Cake Mixture

- Crush the rice cakes into small pieces and place them in a mixing bowl.
- Pour the peanut butter mixture over the crushed rice cakes. Mix thoroughly until the rice cake pieces are evenly coated with the peanut butter mixture.

3. Form the Bites

- Using your hands, shape the mixture into small bite-sized balls. Press firmly to ensure they hold together.
- Place the peanut butter rice cake bites on a plate or tray lined with parchment paper.
- Chill the bites in the refrigerator for about 30 minutes, or until they are firm and set.

4. Serve the Bites

- Serve immediately.

Breakfast Recipes

Peanut Butter Chia Oatmeal Delight

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- 1/2 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp vanilla extract

METHOD

1. Prepare the Oats and Chia Seeds

- In a small saucepan, combine the rolled oats, chia seeds, and Alpro soya milk.
- Stir in the ground cinnamon, ground nutmeg, and vanilla extract.

2. Cook the Oatmeal

- Place the saucepan over medium heat and bring the mixture to a gentle boil.
- Reduce the heat to low and simmer, stirring occasionally, for about 5-7 minutes or until the oats are cooked and the mixture has thickened.

3. Add the Peanut Butter

- Remove the saucepan from the heat and stir in the peanut butter until it is fully incorporated into the oatmeal.

4. Serve and Enjoy

- Transfer the oatmeal to a serving bowl.
- Serve warm and enjoy.

Spiced Peanut Butter Breakfast Snack Balls

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- 1/2 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- Stevia, to taste (optional)

METHOD

1. Prepare the Base

- In a small bowl, combine the rolled oats and chia seeds.
- Add the Alpro soya milk, ground cinnamon, ground nutmeg, ground ginger, and vanilla extract.
- Stir well to ensure all the dry ingredients are fully mixed with the milk.

2. Sweeten and Let Set

- Add the calorie-free sweetener to the mixture and stir until well incorporated.
- Let the mixture sit for about 5 minutes to allow the chia seeds to absorb some of the liquid and start to thicken.

3. Incorporate Peanut Butter

- After the mixture has started to thicken, stir in the peanut butter until it is fully combined and the mixture is smooth and creamy.

Recipe Continues

4. Form the Snack Balls

- Using your hands, form the mixture into small balls, about 1-inch in diameter. The mixture should be sticky enough to hold together. If it's too wet, you can add a bit more rolled oats or chia seeds to reach the desired consistency.

5. Chill and Serve

- Place the snack balls on a plate or tray and chill in the refrigerator for at least 30 minutes to firm up.
- Serve and enjoy.

Peanut Butter Chia Breakfast Bars

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- ½ tbsp peanut butter
- 1/4 tsp vanilla extract
- Stevia, to taste

METHOD

1. Prepare the Base

- In a small bowl, combine the rolled oats and chia seeds.
- Add the Alpro soya milk and vanilla extract.
- Stir well to ensure all the dry ingredients are fully mixed with the milk.

2. Sweeten and Let Set

- Add Stevia to the mixture and stir until well incorporated.
- Let the mixture sit for about 5 minutes to allow the chia seeds to absorb some of the liquid and start to thicken.

3. Incorporate Peanut Butter

- After the mixture has started to thicken, stir in the peanut butter until it is fully combined and the mixture is smooth and creamy.

4. Form the Bars

- Line a small tray or container with parchment paper.
- Spread the mixture evenly in the tray, pressing it down firmly to ensure it sticks together.
- Smooth the top with a spatula or the back of a spoon.

5. Chill and Serve

- Place the tray in the refrigerator for at least 30 minutes to firm up.
- Once set, remove from the fridge and cut into bars. Serve and enjoy.

Post Workout Recipes

Vanilla Banana Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 200ml (6.8 fl oz) cold water
- Stevia, to taste (optional)
- Ice cubes (optional, as desired)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into slices for easier blending.

2. Combine Ingredients

- In a blender, add the Vegan Wondershake Vanilla Crème, banana slices, cold water, and Stevia..
- Add ice cubes if you prefer a colder, thicker smoothie.

3. Blend Smoothie

- Blend all the ingredients on high speed until smooth and creamy.
- Check the consistency and add more water if you prefer a thinner smoothie.

4. Serve and Enjoy

- Pour the smoothie into a glass.
- Serve immediately and enjoy.

Banana and Vanilla Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 100ml (3.4 fl oz) cold water
- Stevia, to taste (optional)
- Ice cubes (optional, as desired)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into small slices.
- Place the banana slices on a plate or tray lined with parchment paper and freeze for at least 2 hours or until fully frozen.

2. Blend the Ingredients

- In a blender, add the frozen banana slices, Vegan Wondershake Vanilla Crème, cold water, and Stevia.
- Blend on high speed until the mixture is smooth and has the consistency of ice cream. If the mixture is too thick to blend, add a small amount of water or ice cubes gradually until the desired consistency is reached.

3. Serve the Ice Cream

- Scoop the blended mixture into a bowl.
- Serve immediately.

Vanilla Banana Protein Pudding

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 150ml (5 fl oz) cold water
- Stevia, to taste (optional)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into slices for easier blending.

2. Blend the Ingredients

- In a blender, add the banana slices, Vegan Wondershake Vanilla Crème, cold water, and Stevia.
- Blend on high speed until the mixture is smooth and well combined.

3. Chill the Pudding

- Pour the blended mixture into a small bowl or container.
- Place the bowl in the refrigerator and let it chill for at least 1 hour, or until the pudding has thickened to your desired consistency.

4. Serve and Enjoy

- Once chilled and set, stir the pudding to ensure it is smooth.
- Serve immediately.

Lunch Recipes

Thai Chicken and Vegetable Stir-Fry with Cauliflower Rice

Serves 1

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast, sliced into strips
- 1 tbsp olive oil
- 100g (4oz) mushrooms, sliced
- 100g (4oz) broccoli florets
- 100g (4oz) green beans, trimmed and cut into bite-sized pieces
- 100g (4oz) cauliflower florets, grated to make cauliflower rice
- 100g (4oz) Bok choy, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp fish sauce (optional for authentic Thai flavor)
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp chili flakes (adjust to taste)
- 50 ml (1.7 fl oz) vegetable stock
- Fresh cilantro for garnish
- Fresh mint for garnish

METHOD

1. Marinate the Chicken

- In a small bowl, combine the lime juice, soy sauce, fish sauce (if using), minced garlic, grated ginger, ground coriander, ground cumin, and chili flakes.
- Add the sliced chicken breast to the marinade and let it sit for at least 15 minutes to absorb the flavors.

2. Cook the Chicken

- Heat a non-stick pan over medium heat and add the olive oil.
- Once the pan is hot, add the marinated chicken strips.
- Cook the chicken for about 5-7 minutes, until fully cooked and lightly browned. Remove the chicken from the pan and set aside.

Recipe Continues

3. Sauté the Vegetables

- In the same pan, add the broccoli florets, green beans, and Bok choy.
- Sauté the vegetables for about 5 minutes, or until they start to soften.
- Add the sliced mushrooms and continue to sauté for another 3-4 minutes, or until all the vegetables are tender.
- Season with a pinch of salt and pepper.

4. Prepare the Cauliflower Rice

- While the vegetables are sautéing, grate the cauliflower florets using a box grater or food processor to create rice-sized pieces.
- In a separate pan, lightly steam or sauté the cauliflower rice for about 3-4 minutes until tender. If needed, add a splash of vegetable stock for moisture.

5. Combine and Simmer

- Return the cooked chicken to the pan with the vegetables.
- Add the vegetable stock and stir to combine.
- Let it simmer for 2-3 minutes to blend the flavors and reduce the sauce slightly.

6. Serve

- Place the cooked cauliflower rice on a plate.
- Top with the Thai chicken and vegetable stir-fry.
- Garnish with fresh cilantro and mint.
- Serve immediately.

Spicy Chicken Portobello Burger with Lettuce Wraps

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast,
- 1 tbsp olive oil
- 1 Portobello mushroom
- Pickles (amount to taste)
- 1/2 Tomato, sliced
- Shredded Lettuce
- Large lettuce leaves (for wrapping)
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1 tsp soy sauce
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper (adjust to taste)
- 1/4 tsp black pepper
- Salt to taste

METHOD

1. Prepare the Chicken Patty

- In a food processor, combine the chicken breast, minced garlic, lemon juice, soy sauce, paprika, onion powder, chili powder, cayenne pepper, black pepper, and salt.
- Pulse until the mixture is well combined and forms a ground meat texture.

2. Cook the Portobello Mushroom

- Heat a non-stick pan over medium heat and add the olive oil.
- Clean the Portobello mushroom and remove the stem.
- Place the mushroom cap in the pan and cook for about 5 minutes on each side, or until tender and slightly browned. Remove from the pan and set aside.

Recipe Continues

3. Cook the Chicken Patty

- Using the same pan, add the chicken mixture and form it into a patty shape.
- Cook the chicken patty for about 6-7 minutes on each side, or until fully cooked and golden brown.

4. Assemble the Burger

- Place a large lettuce leaf on a plate.
- Place the cooked chicken patty on the lettuce leaf.
- Top with the cooked Portobello mushroom, pickles, sliced tomato, and shredded lettuce.
- Cover with another large lettuce leaf to form a wrap.

5. Serve

- Serve the burger immediately with a crisp, green salad.

Ginger Soy Chicken with Cauliflower Rice

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast, sliced into strips
- 1 tbsp olive oil
- 100g (4oz) mushrooms, sliced
- 100g (4oz) broccoli florets
- 100g (4oz) green beans, trimmed and cut into bite-sized pieces
- 100g (4oz) Bok choy, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1/2 tsp ground black pepper
- 50 ml (1.7 fl oz) vegetable stock
- Fresh cilantro for garnish
- 200g Cauliflower (7 oz), grated to make cauliflower rice

METHOD

1. Prepare the Chicken Marinade

- In a small bowl, combine the soy sauce, lime juice, minced garlic, grated ginger, and ground black pepper.
- Add the sliced chicken breast to the marinade and let it sit for at least 15 minutes to absorb the flavors.

2. Cook the Chicken

- Heat a non-stick pan over medium heat and add the olive oil.
- Once the pan is hot, add the marinated chicken strips.
- Cook the chicken for about 5-7 minutes, until fully cooked and lightly browned. Remove the chicken from the pan and set aside.

3. Sauté the Vegetables

- In the same pan, add the broccoli florets and green beans.

Recipe Continues

- Sauté the vegetables for about 5 minutes, or until they start to soften.
- Add the sliced mushrooms and chopped Bok choy, and continue to sauté for another 3-4 minutes, or until all the vegetables are tender.
- Season with a pinch of salt and pepper if needed.

4. Prepare the Cauliflower Rice

- While the vegetables are sautéing, grate the cauliflower using a box grater or food processor to create rice-sized pieces.
- In a separate pan, lightly steam or sauté the cauliflower rice for about 3-4 minutes until tender. If needed, add a splash of vegetable stock for moisture.

5. Combine and Simmer

- Return the cooked chicken to the pan with the vegetables.
- Add the vegetable stock and stir to combine.
- Let it simmer for 2-3 minutes to blend the flavors and reduce the sauce slightly.

6. Serve

- Place the cooked cauliflower rice on a plate.
- Top with the ginger soy chicken and vegetable stir-fry.
- Garnish with fresh cilantro.
- Serve immediately with a crisp, green salad.

Dinner Recipes

Delicious Fish Pie with Sweet Potato Topping

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 100ml (3.4 fl oz) semi-skimmed milk
- 1 medium sweet potato
- 1 tsp salted butter
- 75g (3oz) garden peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1/4 tsp ground black pepper
- Salt to taste
- 50 ml (1.7 fl oz) vegetable stock

METHOD

1. Prepare the Sweet Potato Mash

- Peel and chop the sweet potato into small chunks.
- Place the sweet potato chunks in a pot of boiling water and cook until tender, about 10-15 minutes.
- Drain the sweet potatoes and return them to the pot.
- Add the salted butter and a small amount of semi-skimmed milk (start with 1-2 tablespoons and add more if needed).
- Mash until smooth and creamy. Season with a pinch of salt and set aside.

2. Prepare the Fish Filling

- Preheat your oven to 180°C (350°F).
- Pat the fish filet dry with kitchen paper and cut it into bite-sized pieces.
- In a small saucepan, combine the semi-skimmed milk, vegetable stock, minced garlic, grated ginger, lemon juice, dried thyme, dried parsley, ground black pepper, and a pinch of salt.

Recipe Continues

- Bring the mixture to a gentle simmer over medium heat.
- Add the fish pieces and poach for 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.
- Stir in the garden peas and cook for an additional 2 minutes.
- Remove the fish and peas from the saucepan with a slotted spoon and transfer them to a small baking dish.

3. Prepare the Sauce

- Continue to simmer the liquid in the saucepan until it reduces slightly and thickens, about 3-4 minutes.
- Pour the thickened sauce over the fish and peas in the baking dish.

4. Assemble and Bake the Pie

- Spread the mashed sweet potato evenly over the fish and pea filling.
- Use a fork to create a decorative pattern on the top of the mash.
- Bake in the preheated oven for 15-20 minutes, or until the top is lightly golden and the filling is bubbling.

5. Serve

- Remove from the oven and let it cool slightly.
- Serve immediately with a crisp, green salad.

Herb-Crusted Fish with Sweet Potato Mash and Steamed Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 100ml (3.4 fl oz) semi-skimmed milk
- 1 medium sweet potato
- 1 tsp salted butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tsp fresh parsley, finely chopped
- 1 tsp fresh thyme, finely chopped
- 1 tsp fresh rosemary, finely chopped
- 1/2 tsp ground black pepper
- 1/4 tsp ground paprika
- Salt to taste
- 50 ml (1.7 fl oz) vegetable stock
- 100g (4oz) broccoli florets
- 100g (4oz) asparagus spears

METHOD

1. Prepare the Sweet Potato Mash

- Peel and chop the sweet potato into small chunks.
- Place the sweet potato chunks in a pot of boiling water and cook until tender, about 10-15 minutes.
- Drain the sweet potatoes and return them to the pot.
- Add the salted butter and a small amount of semi-skimmed milk (start with 1-2 tablespoons and add more if needed).
- Mash until smooth and creamy. Season with a pinch of salt and set aside.

2. Steam the Vegetables

- While the sweet potatoes are cooking, steam the broccoli florets and asparagus spears until tender, about 5-7 minutes.
- Season with a pinch of salt and set aside.

Recipe Continues

3. Prepare the Fish

- Pat the fish filet dry with kitchen paper.
- Using a butter knife, spread a thin layer of butter on both sides of the fish.
- In a small bowl, mix together the chopped parsley, thyme, rosemary, ground black pepper, ground paprika, and a pinch of salt.
- Press the herb mixture onto both sides of the buttered fish filet, ensuring an even coating.

4. Cook the Fish

- Heat a non-stick pan over medium heat.
- Add the minced garlic and sauté for about 1 minute until fragrant.
- Place the herb-crusted fish filet in the pan.
- Pan fry the fish for about 3-4 minutes on each side, or until crispy and fully cooked. Remove the fish from the pan and set aside.

5. Prepare the Sauce

- In the same pan, add the remaining semi-skimmed milk, lemon juice, and vegetable stock.
- Bring the mixture to a gentle simmer over medium heat, stirring occasionally.
- Let it reduce slightly for 2-3 minutes until it thickens.

6. Serve

- Place the mashed sweet potato on a plate.
- Top with the herb-crusted fish filet.
- Drizzle the lemon garlic sauce over the fish.
- Arrange the steamed broccoli and asparagus on the side.
- Serve immediately.

Curried Fish and Sweet Potato Chips with Crisp Green Salad

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 1 medium sweet potato
- 1 tsp salted butter
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- Salt & pepper, to taste
- Mixed greens (lettuce, spinach, arugula) for salad
- 1 tbsp lemon juice (for salad dressing)
- 1 tsp olive oil (for salad dressing)
- 1/2 cucumber, sliced
- 1 small carrot, shredded

METHOD

1. Prepare the Sweet Potato Chips

- Preheat your oven to 200°C (400°F).
- Peel and cut the sweet potato into thin strips or wedges.
- Place the sweet potato chips on a baking sheet lined with parchment paper.
- Drizzle with olive oil and sprinkle with half of the curry powder, ground cumin, ground coriander, ground turmeric, ground paprika, salt, and pepper. Toss to coat evenly.
- Bake in the preheated oven for 25-30 minutes, turning halfway through, until crispy and golden brown.

2. Prepare the Curried Fish

- Pat the fish filet dry with kitchen paper.
- In a small bowl, mix the minced garlic, grated ginger, lemon juice, and the remaining half of the curry powder, ground cumin, ground coriander, ground turmeric, and ground paprika. Add a pinch of salt and pepper.

Recipe Continues

- Spread this spice mixture evenly over both sides of the fish filet.
- Heat a non-stick pan over medium heat and add the butter.
- Once the butter is melted and bubbling, add the fish filet.
- Cook for about 3-4 minutes on each side, or until the fish is fully cooked and has a nice crust. Remove from the pan and set aside.

3. Prepare the Salad

- In a large bowl, combine the mixed greens, sliced cucumber, and shredded carrot.
- In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper to make the dressing.
- Drizzle the dressing over the salad and toss to combine.

4. Serve

- Place the crispy sweet potato chips on one side of the plate.
- Add the curried fish filet next to the chips.
- Serve with the crisp green salad on the side.
- Serve immediately and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Banana Oat Bites

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)

METHOD

1. Mash the Banana

- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.

2. Mix the Ingredients

- Add the rolled oats, peanut butter, ground cinnamon, ground nutmeg, and Stevia to the mashed banana.
- Stir the mixture well until all ingredients are thoroughly combined.

3. Form the Bites

- Using your hands, form the mixture into small bite-sized balls or patties.
- Place the bites on a plate or tray lined with parchment paper.

4. Chill and Serve

- Refrigerate the bites for at least 30 minutes to firm up.
- Serve and enjoy.

Banana Oat Peanut Butter Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- Stevia, to taste (optional)
- 1/4 tsp vanilla extract

METHOD

1. Prepare the Dough

- Preheat your oven to 180°C (350°F) and line a baking sheet with parchment paper.
- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.
- Add the rolled oats, peanut butter, Stevia, and vanilla extract.
- Stir the mixture well until all ingredients are thoroughly combined and form a dough-like consistency.

2. Form the Cookies

- Using a spoon or your hands, scoop small portions of the dough and form them into balls.
- Place the balls on the prepared baking sheet and flatten them slightly with the back of a spoon or your fingers to form cookie shapes.

3. Bake the Cookies

- Bake the cookies in the preheated oven for about 10-12 minutes, or until they are golden brown and firm to the touch.
- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

4. Serve

- Once the cookies are completely cool, serve and enjoy.

Spiced Banana Oat Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 1/4 tsp vanilla extract
- 50ml (1.7 fl oz) water (or as needed to adjust batter consistency)

METHOD

1. Prepare the Batter

- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.
- Add the rolled oats, peanut butter, ground cinnamon, ground nutmeg, Stevia, vanilla extract, and water.
- Stir the mixture well until all ingredients are thoroughly combined and you have a smooth batter. Adjust the water quantity to get the desired pancake batter consistency.

2. Cook the Pancakes

- Heat a non-stick pan over medium heat.
- Pour small portions of the batter onto the pan to form pancakes.
- Cook each pancake for about 2-3 minutes on one side, or until bubbles start to form on the surface.
- Flip the pancake and cook for another 1-2 minutes on the other side, until golden brown.

3. Serve

- Stack the cooked pancakes on a plate.
- Serve immediately.

Breakfast Recipes

Herb Scrambled Eggs with Spinach

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- 1 tsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.
- Chop the fresh parsley and chives.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Transfer the cooked spinach to a plate and set aside.

Recipe Continues

3. Scramble the Eggs

- In a bowl, crack the two large eggs. Add the lemon juice and a pinch of salt and pepper. Whisk until well combined.
- Pour the egg mixture into the same pan over medium heat.
- Stir continuously with a spatula, scraping the eggs from the edges to the center until they begin to set but are still slightly runny.

4. Combine and Finish

- Once the eggs are mostly cooked but still a bit runny, add the wilted spinach back to the pan.
- Sprinkle in the chopped parsley and chives.
- Continue to cook for another minute, stirring gently, until the eggs are fully cooked and the herbs are well incorporated.
- Adjust seasoning with additional salt and pepper if needed.

5. Serve

- Transfer the scrambled eggs and spinach to a plate.

Poached Eggs with Garlic Spinach

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- 1 tsp lemon juice
- Salt & pepper, to taste
- 1 tsp white vinegar (optional, for poaching eggs)

METHOD

1. Prepare the Spinach

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Add the lemon juice, salt, and pepper to taste. Stir to combine.
- Transfer the cooked spinach to a plate and set aside.

Recipe Continues

3. Poach the Eggs

- Fill a saucepan with about 3 inches of water and bring it to a gentle simmer. If desired, add 1 tsp of white vinegar to help the eggs hold their shape.
- Crack each egg into a small bowl or ramekin.
- Create a gentle whirlpool in the water with a spoon and carefully slide one egg into the center of the whirlpool. Repeat with the second egg.
- Poach the eggs for 3-4 minutes, or until the whites are set but the yolks are still runny.
- Using a slotted spoon, carefully remove the poached eggs from the water and drain on a paper towel.

4. Assemble and Serve

- Place the cooked spinach on a serving plate.
- Gently place the poached eggs on top of the spinach.
- Sprinkle with chopped parsley, and add Salt & pepper, to taste.
- Serve immediately.

Eggs & Spinach Nargesi

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.
- Chop the fresh parsley.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Add the lemon juice, ground cumin, ground turmeric, salt, and pepper. Stir to combine.

3. Prepare the Eggs

- Push the spinach mixture to the sides of the pan, creating a well in the center.
- Crack the two large eggs into the well. Season the eggs with a pinch of salt and pepper.
- Cover the pan with a lid and cook on low heat until the egg whites are set but the yolks are still runny, about 3-4 minutes.

4. Combine and Serve

- Gently spoon the spinach mixture over the cooked eggs.
- Sprinkle with chopped parsley.
- Serve immediately.

Post Workout Recipes

Vanilla Banana Overnight Oats

Serves 1

Prep time: 10 minutes (plus overnight chilling)

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 120ml (4 oz) water

METHOD

1. Prepare the Base

- In a bowl or jar, combine the rolled oats and Vegan Wondershake Vanilla Crème. Stir to mix well.

2. Add the Flavorings

- Add the mashed banana, ground cinnamon, ground nutmeg, and Stevia (if using) to the oats and protein powder mixture. Stir until all ingredients are well combined.

3. Combine with Liquid

- Pour in the water and stir thoroughly to ensure all the dry ingredients are fully incorporated and there are no lumps.
- Cover the bowl or jar with a lid or plastic wrap.

4. Chill Overnight

- Place the covered bowl or jar in the refrigerator and let it chill overnight, or for at least 4 hours, to allow the oats to soften and the flavors to meld.

5. Serve

- In the morning, give the oats a good stir. If the mixture is too thick, you can add a bit more water to reach your desired consistency.
- Serve cold and enjoy.

Vanilla Banana Protein Bites

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)

METHOD

1. Prepare the Base

- In a bowl, combine the rolled oats and Vegan Wondershake Vanilla Crème. Stir to mix well.

2. Add the Banana and Spices

- Add the mashed banana, ground cinnamon, ground nutmeg, and Stevia (if using) to the oats and protein powder mixture. Stir until all ingredients are well combined and form a dough-like consistency.

3. Form the Bites

- Using your hands, shape the mixture into small, bite-sized balls (about 1 inch in diameter). You should be able to make around 4-6 bites depending on the size.

4. Chill and Serve

- Place the protein bites on a plate and refrigerate for at least 30 minutes to firm up. Enjoy.

Vanilla Banana Protein Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 1/2 tsp baking powder
- 1/4 tsp vanilla extract (optional)
- 60ml (2 oz) water

METHOD

1. Preheat Oven and Prepare Ingredients

- Preheat your oven to 350°F (175°C).
- In a bowl, combine the rolled oats, Vegan Wondershake Vanilla Crème, ground cinnamon, ground nutmeg, baking powder, and the Stevia (if using).

2. Mix Wet Ingredients

- In a separate bowl, mash the banana. Add the vanilla extract (if using) and water, then mix until well combined.

3. Combine Wet and Dry Ingredients

- Pour the wet ingredients into the dry ingredients. Stir until you have a thick, well-combined dough.

4. Form and Bake Cookies

- Line a baking sheet with parchment paper.
- Scoop the dough onto the baking sheet to form 2-3 small cookies, flattening them slightly with the back of a spoon.
- Bake in the preheated oven for 12-15 minutes, or until the cookies are set and slightly golden brown around the edges.

5. Cool and Serve

- Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
- Enjoy your delicious cookies.

Lunch Recipes

Lemon Herb Chicken with Rice

Serves 1

Prep time: 30 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 50ml (1.7 fl oz) vegetable stock

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, minced ginger, lemon juice, ground cumin, ground paprika, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the marinade. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- Rinse the uncooked rice under cold water until the water runs clear.
- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the rice to the boiling stock, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Serve

- Fluff the cooked rice with a fork and place it on a serving plate.
- Slice the cooked chicken breast and arrange it over the rice.
- Sprinkle the chopped parsley over the top for a fresh, vibrant garnish.
- Serve immediately with as many green cruciferous vegetables as you like!

Spanish-Style Chicken and Rice

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/2 small onion, finely chopped
- 1/2 small tomato, finely chopped
- 1/2 small zucchini, chopped
- 50ml (1.7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, smoked paprika, ground cumin, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the spice mixture. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the uncooked rice, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Prepare the Vegetables

- In the same skillet, add the finely chopped onion, tomato, and zucchini.. Cook for about 5 minutes until the vegetables are soft and the onion is translucent.
- Stir in the turmeric and cook for another minute.

5. Combine and Serve

- Fluff the cooked rice with a fork and mix it into the skillet with the vegetables.
- Add the lemon juice and chopped parsley to the rice and vegetable mixture, stirring to combine.
- Place the rice and vegetable mixture on a serving plate.
- Slice the cooked chicken breast and arrange it over the rice.
- Serve immediately and enjoy.

Asian-Inspired Chicken and Rice Bowl

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/2 small onion, finely chopped
- 1/2 small zucchini, julienned
- 50ml (1.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, minced ginger, soy sauce, lime juice, ground coriander, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the marinade. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the uncooked rice, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Prepare the Vegetables

- In the same skillet, add the finely chopped onion and julienned zucchini. Cook for about 5 minutes until the vegetables are tender.

5. Combine and Serve

- Fluff the cooked rice with a fork and place it in a serving bowl.
- Top the rice with the cooked vegetables.
- Slice the cooked chicken breast and arrange it over the vegetables and rice.
- Sprinkle with chopped cilantro.

6. Serve

- Serve immediately and enjoy.

Dinner Recipes

Sweet Potato and Beef Mince Stir-Fry

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and diced
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp fresh cilantro, chopped

METHOD

1. Prepare the Sweet Potatoes

- Peel and dice the sweet potatoes into small, even cubes.
- Bring a pot of water to a boil and add the diced sweet potatoes. Boil for about 5-7 minutes until tender but not mushy. Drain and set aside.

2. Cook the Beef

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and fresh ginger to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with ground cumin, smoked paprika, ground black pepper, and salt. Stir to combine.

3. Combine Sweet Potatoes and Beef

- Add the boiled sweet potatoes to the skillet with the beef mixture. Stir gently to combine.
- Add the soy sauce and lime juice to the skillet. Stir well to ensure everything is evenly coated.
- Cook for an additional 5 minutes, allowing the flavors to meld together and the sweet potatoes to get slightly crispy.

4. Finish and Serve

- Remove from heat and stir in the fresh cilantro.
- Serve immediately and enjoy.

Spiced Beef and Sweet Potato Bake

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and thinly sliced
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp fresh parsley, chopped

METHOD

1. Preheat Oven and Prepare Sweet Potatoes

- Preheat your oven to 400°F (200°C).
- Peel and thinly slice the sweet potatoes into rounds.

2. Prepare the Beef Mixture

- In a non-stick skillet, heat 1 tbsp of olive oil over medium heat.
- Add the minced garlic and fresh ginger to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with ground cumin, smoked paprika, ground black pepper, and salt. Stir to combine.
- Add the soy sauce and lemon juice to the beef mixture and stir well.

Recipe Continues

3. Assemble the Bake

- In a small baking dish, layer half of the sliced sweet potatoes on the bottom.
- Spread the beef mixture evenly over the sweet potatoes.
- Layer the remaining sweet potatoes on top of the beef mixture.

4. Bake

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 20-25 minutes, until the sweet potatoes are tender.

5. Finish and Serve

- Remove the foil and bake for an additional 5 minutes to allow the top to crisp up slightly.
- Remove from the oven and let it sit for a few minutes.
- Sprinkle with fresh parsley before serving.
- Serve immediately and enjoy.

Soy Garlic Beef and Sweet Potato Skillet

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and diced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 250ml (8 oz) vegetable stock
- 1 tbsp fresh parsley, chopped

METHOD

1. Prepare the Sweet Potatoes

- Peel and dice the sweet potatoes into small, even cubes.

2. Cook the Beef

- In a non-stick skillet, heat 1 tablespoon of olive oil over medium heat.
- Add the minced garlic to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with dried rosemary, dried thyme, ground black pepper, and salt. Stir to combine.

3. Cook the Sweet Potatoes

- Add the diced sweet potatoes to the skillet with the beef mixture. Stir well.
- Pour in the vegetable stock and soy sauce. Stir to combine.
- Bring the mixture to a simmer, cover the skillet, and let it cook for about 15-20 minutes, or until the sweet potatoes are tender and the liquid has mostly evaporated.

4. Finish and Serve

- Stir in the lemon juice and chopped parsley.
- Adjust seasoning with additional salt and pepper if needed.
- Serve immediately and enjoy.

Evening Snack Recipes

Vegan Wondershake Protein Shake

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- Ice cubes as needed
- Water as needed

METHOD

1. Combine Ingredients in Blender

- In a blender, add the Vegan Wondershake Vanilla Crème.
- Add a few ice cubes to make the shake cold and refreshing.

2. Blend Until Smooth

- Add water (about 1/2 cup to start) to the blender to help the blending process.
- Blend on high speed until smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well mixed.
- If the mixture is too thick, add more water, one tablespoon at a time, until you reach the desired consistency.

3. Serve

- Pour the blended protein shake into a glass.
- Serve immediately and enjoy.

Cinnamon Vanilla Vegan Protein Ice Cream

Serves 1

Prep time: 10 minute

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 tsp ground cinnamon
- Ice cubes as needed
- Water as needed

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème.
- Prepare the ground cinnamon.

2. Blend the Ingredients

- In a blender, add the VVegan Wondershake Vanilla Crème and ground cinnamon.
- Add a few ice cubes to the blender to give the mixture a thicker, ice cream-like texture.
- Add a small amount of water (about 1-2 tablespoons) to help the blending process. You can add more water if needed, but be careful not to add too much as it will make the mixture too runny.

3. Blend Until Smooth

- Blend all the ingredients on high speed until smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well mixed.
- If the mixture is too thick, add a bit more water, one tablespoon at a time, until you reach the desired consistency.

4. Serve

- Scoop the blended mixture into a bowl.
- Serve immediately and enjoy.

Breakfast Recipes

Creamy Vanilla Peanut Butter Oats

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 40g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Prepare the Base

- In a small saucepan, combine the oats and soya milk.
- Heat over medium heat, stirring occasionally until the mixture starts to simmer.

2. Cook the Oats

- Reduce the heat to low and let the oats cook for about 5-7 minutes, stirring occasionally until they reach a creamy consistency.

3. Add Protein Powder

- Once the oats are cooked, remove the saucepan from heat.
- Stir in the Vegan Wondershake Vanilla Crème protein powder until fully dissolved and the mixture is smooth.

4. Incorporate Peanut Butter

- Add the peanut butter to the oat mixture.
- Stir until the peanut butter is evenly distributed, giving the oats a rich, nutty taste .

5. Serve

- Transfer the creamy vanilla peanut butter oats to a bowl and enjoy!

Peanut Butter Vanilla Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 40g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Combine Dry Ingredients

- In a small bowl or jar with a lid, add the oats and Vegan Wondershake Vanilla Crème.
- Stir well to ensure the protein powder is evenly distributed with the oats.

2. Add Wet Ingredients

- Pour in the soya milk, topping up with water if needed to make a wetter consistency.
- Add the peanut butter.

3. Mix Thoroughly

- Stir the mixture thoroughly until the peanut butter is well incorporated. Make sure there are no dry clumps of oats or protein powder.

4. Refrigerate Overnight

- Cover the bowl or jar with a lid or plastic wrap.
- Place it in the refrigerator and let it sit overnight, or for at least 6-8 hours.

5. Serve

- In the morning, give the oats a good stir to ensure everything is well mixed.
- Add more water if needed to loosen the oats.

Peanut Butter Vanilla Oat Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 40g (1.4 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100ml (3.4 oz) water (add more if needed for desired consistency)

METHOD

1. Blend Dry Ingredients

- Add the oats to a blender and blend until they form a fine powder.

2. Combine Wet Ingredients

- Pour the soya milk and water into the blender with the ground oats.
- Add the peanut butter and Vegan Wondershake Vanilla Crème.

3. Blend Until Smooth

- Blend all the ingredients on high speed until the mixture is smooth and creamy.
- Check the consistency and add more water if needed, blending again to incorporate.

4. Serve

- Pour the smoothie into a glass and enjoy!

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.

Lunch Recipes

Marinated Chicken Breast with Baked Cauliflower

Serves 1

Prep time: 20 minutes (plus 1 hour marination)

Cook time: 30 minutes

INGREDIENTS

Marinated Chicken:

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) soy sauce
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tbsp fresh flat leaf parsley, chopped
- Salt & pepper, to taste

Baked Cauliflower:

- 200g (7 oz) cauliflower florets
- 1 tsp vegetable stock powder
- 1 tsp dried thyme
- 1 tsp paprika
- 1 clove garlic, minced
- Salt & pepper, to taste

METHOD

Marinated Chicken:

1. Prepare the Marinade

- In a bowl, combine olive oil, soy sauce, minced garlic, grated ginger, dried thyme, dried oregano, and a pinch of salt and pepper. Mix well.

2. Marinate the Chicken

- Place the chicken breast in a resealable plastic bag or shallow dish.
- Pour the marinade over the chicken, ensuring it is well coated.
- Seal the bag or cover the dish and refrigerate for at least 1 hour, or overnight for better flavor.

3. Cook the Chicken

- Preheat your oven to 200°C (400°F).
- Remove the chicken from the marinade and place it on a baking sheet lined with parchment paper.

Recipe Continues

- Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Let the chicken rest for 5 minutes before slicing.

Baked Cauliflower:

1. Preheat Oven

- Preheat your oven to 200°C (400°F).

2. Season the Cauliflower

- In a bowl, toss the cauliflower florets with vegetable stock powder, dried thyme, paprika, minced garlic, salt, and pepper.

3. Bake the Cauliflower

- Spread the seasoned cauliflower florets on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, or until the cauliflower is tender and golden brown, turning halfway through for even cooking.

4. Serve

- Arrange the sliced marinated chicken on a plate.
- Serve with the baked cauliflower on the side.
- Garnish with freshly chopped flat leaf parsley for added flavor and presentation and serve with a crisp, green salad.

Chicken Supreme with Cauliflower Rice and Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

Chicken Supreme:

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tbsp fresh flat leaf parsley, chopped
- 200 ml (7 oz) vegetable stock
- 1 tbsp soy sauce
- Salt & pepper, to taste

Cauliflower Rice:

- 200g (7 oz) cauliflower, grated or processed into rice-sized pieces
- 1 clove garlic, minced
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt & pepper, to taste

Vegetables:

- 100g (4 oz) mixed vegetables (e.g., carrots, green beans, peas)
- 1 tsp vegetable stock powder
- 1 tsp dried basil
- Salt & pepper, to taste

METHOD

Chicken Supreme:

1. Marinate the Chicken

- In a small bowl, mix the olive oil, minced garlic, grated ginger, dried thyme, dried oregano, soy sauce, salt, and pepper.
- Rub the mixture all over the chicken breast and let it marinate for at least 15 minutes.

2. Cook the Chicken

- Preheat your oven to 200°C (400°F).
- Heat a non-stick skillet over medium heat and sear the marinated chicken breast on both sides until golden brown.
- Transfer the chicken to a baking dish, add the vegetable stock, and bake in the preheated oven for 20 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Let the chicken rest for 5 minutes before slicing.

Recipe Continues

Cauliflower Rice:

1. Prepare the Cauliflower Rice

- Heat a non-stick skillet over medium heat.
- Add the minced garlic and sauté for 1 minute until fragrant.
- Add the cauliflower rice, dried thyme, dried parsley, salt, and pepper.
- Cook, stirring occasionally, for 5-7 minutes until the cauliflower rice is tender.

Vegetables:

1. Prepare the Vegetables

- Steam or boil the mixed vegetables until tender, about 5-7 minutes.
- In a bowl, toss the cooked vegetables with vegetable stock powder, dried basil, salt, and pepper to taste.

Serve:

1. Plate the Dish

- Arrange the sliced chicken supreme on a plate.
- Serve the cauliflower rice and seasoned vegetables on the side.
- Garnish with freshly chopped flat leaf parsley for added flavor and presentation.

Mexican Chicken Salad

Serves 1

Prep time: 30 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 100g (4 oz) mixed salad leaves
- 100g (4 oz) cherry tomatoes, halved
- 50g (2 oz) white cabbage, shredded
- 1 fresh chili, finely chopped
- 1 small carrot, grated
- 1 tbsp fresh coriander, chopped
- Juice of 1 lime
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1 tsp dried oregano
- Salt & pepper, to taste

METHOD

1. Marinate the Chicken

- In a small bowl, mix the olive oil, minced garlic, ground cumin, ground paprika, dried oregano, lime juice, salt, and pepper.
- Coat the chicken breast with the marinade and let it sit for at least 15 minutes.

2. Cook the Chicken

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken breast and cook for about 6-7 minutes on each side, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Remove the chicken from the skillet and let it rest for 5 minutes before slicing into thin strips.

3. Prepare the Salad

- In a large bowl, combine the mixed salad leaves, cherry tomatoes, shredded white cabbage, chopped chili, and grated carrot.
- Add the chopped coriander and toss the salad to mix well.

4. Assemble the Salad

- Arrange the salad mixture on a plate.
- Top with the sliced chicken breast.
- Drizzle with lime juice and soy sauce for extra zing.

Dinner Recipes

Lemon Herb Fish with Basmati Rice and Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 1175g (6 oz) raw white skinless fish
- 100g (4 oz) cooked Basmati rice
- 1 tsp butter
- 150g (5 oz) fresh asparagus
- 30g (1 oz) frozen garden peas
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt & pepper, to taste
- 200ml (7 fl oz) vegetable stock

METHOD

1. Prepare the Vegetables

- Trim the asparagus and cut into bite-sized pieces.
- In a pot of boiling water, blanch the asparagus and frozen peas for 2-3 minutes until just tender. Drain and set aside.

2. Cook the Fish

- Season the fish with salt, pepper, lemon zest, and dried thyme.
- In a non-stick pan over medium heat, add the butter and let it melt.
- Add the minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the fish to the pan and cook for 3-4 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the pan and set aside.

Recipe Continues

3. Prepare the Vegetables and Rice

- In the same pan, add the vegetable stock, blanched asparagus, and peas.
- Cook for 2-3 minutes until the vegetables are heated through and the stock has reduced slightly.
- Add the cooked Basmati rice to the pan and stir to combine.
- Season with dried parsley, lemon juice, salt, and pepper to taste.

4. Serve

- Plate the vegetable and rice mixture.
- Place the cooked fish on top of the rice and vegetables.
- Garnish with additional dried herbs if desired.

Hearty Fish and Vegetable Stew

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

- 175g (6 oz) raw white skinless fish, cut into chunks
- 100g (4 oz) cooked Basmati rice
- 1 tsp butter
- 150g (5 oz) fresh green beans, trimmed and cut into bite-sized pieces
- 30g (1 oz) frozen garden peas
- 100g (4 oz) broccoli, cut into florets
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 small onion, finely chopped
- 1 small carrot, diced
- 1 stalk celery, diced
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 bay leaf
- 200ml (7 0z) vegetable stock
- 1 tsp lemon juice
- Salt & pepper, to taste

METHOD

1. Sauté Aromatics

- In a large pot, melt the butter over medium heat.
- Add the minced garlic, grated ginger, and chopped onion. Sauté for 2-3 minutes until fragrant and the onion is translucent.

2. Add Vegetables

- Add the diced carrot and celery to the pot, cooking for another 3-4 minutes until they begin to soften.
- Add the green beans, broccoli florets, and frozen peas to the pot. Stir to combine.

3. Prepare the Stew

- Pour in the vegetable stock and add the bay leaf, dried thyme, and dried parsley.
- Bring the mixture to a simmer and cook for 10 minutes, or until the vegetables are tender.

Recipe Continues

4. Cook the Fish

- Add the fish chunks to the pot and gently stir.
- Cook for an additional 5-7 minutes until the fish is cooked through and flakes easily with a fork.
- Season the stew with lemon juice, salt, and pepper to taste.

5. Serve

- Place the cooked Basmati rice in a bowl.
- Ladle the fish and vegetable stew over the rice, ensuring plenty of broth and vegetables are included.
- Garnish with additional dried herbs if desired.

Evening Snack Recipes

Spiced Hummus with Toasted Pitta

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 100g (4 oz) hummus
- 100g (4 oz) toasted white or wholemeal pitta bread
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground cayenne pepper (optional for heat)
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Spiced Hummus

- In a small bowl, combine the hummus, minced garlic, lemon juice, ground cumin, ground paprika, and ground cayenne pepper (if using).
- Mix well until all the spices are fully incorporated into the hummus.
- Season with Salt & pepper, to taste.

2. Toast the Pitta Bread

- Toast the pitta bread until it is warm and slightly crispy.
- Cut the toasted pitta into wedges for easy dipping.

3. Assemble and Serve

- Place the spiced hummus in a serving bowl.
- Sprinkle the chopped fresh parsley on top of the hummus for garnish.
- Arrange the toasted pitta bread wedges around the hummus.

Mediterranean Hummus Platter

Serves 1

Prep time: 15 minutes

INGREDIENTS

- 100g (4 oz) hummus
- 100g (4 oz) toasted white or wholemeal pitta bread
- A handful of cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1 stalk celery, cut into sticks
- 100g (4 oz) cauliflower florets
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Spiced Hummus

- In a small bowl, combine the hummus, minced garlic, lemon juice, ground cumin, and ground paprika.
- Mix well until all the spices are fully incorporated into the hummus.
- Season with Salt & pepper, to taste.

2. Toast the Pitta Bread

- Toast the pitta bread until it is warm and slightly crispy.
- Cut the toasted pitta into wedges for easy dipping.

3. Prepare the Vegetables

- Halve the cherry tomatoes.
- Slice the cucumber.
- Cut the celery into sticks.
- Separate the cauliflower into bite-sized florets.

4. Assemble and Serve

- Place the spiced hummus in a serving bowl.
- Arrange the cherry tomatoes, cucumber slices, celery sticks, and cauliflower florets around the hummus.
- Sprinkle the chopped fresh mint on top of the hummus for garnish.
- Place the toasted pitta bread wedges alongside the vegetables.

Breakfast Recipes

Fluffy Egg White Scramble with Toasted Bagel

Serves 1

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS

- 250g (9 oz) egg whites
- 1 regular bagel
- 1 tbsp butter
- 1 tbsp fresh chives, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Bagel:

- Slice the bagel in half.
- Toast the bagel halves until they are golden brown.

2. Butter the Bagel:

- Spread half of the butter (0.5 tbsp) on the toasted bagel halves.
- Set the buttered bagel aside.

3. Cook the Egg Whites:

- In a non-stick skillet, melt the remaining 0.5 tablespoon of butter over medium-low heat.
- Pour the egg whites into the skillet.
- Season with a pinch of salt and pepper.
- Cook gently, stirring frequently, until the egg whites are set and fluffy (about 3-5 minutes).

4. Add the Chives:

- Once the egg whites are cooked, remove the skillet from the heat.
- Stir in the chopped fresh chives.

5. Serve:

- Transfer the fluffy egg white scramble to a plate.
- Serve with the buttered bagel halves on the side.
- Optionally, garnish with a few extra chopped chives for a fresh touch.

Protein Packed Egg White Omelette with Toasted Bagel

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 250g (9 oz) egg whites
- 1 regular bagel
- 1 tbsp butter
- 1 tbsp fresh chives, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Bagel:

- Slice the bagel in half.
- Toast the bagel halves until they are golden brown.
- Spread half of the butter (0.5 tablespoon) on the toasted bagel halves.
- Set the buttered bagel aside.

2. Cook the Omelette:

- In a non-stick skillet, melt the remaining 0.5 tablespoon of butter over medium heat.
- Pour the egg whites into the skillet, tilting the pan to ensure they cover the entire surface evenly.
- Season with salt and pepper to taste.
- Cook undisturbed for about 2-3 minutes, or until the edges start to set.

3. Add the Chives:

- Sprinkle the chopped fresh chives evenly over the egg whites.
- Continue to cook for another 1-2 minutes until the omelette is fully set but still tender.

4. Fold and Serve:

- Carefully fold the omelette in half using a spatula.
- Slide the folded omelette onto a plate.
- Serve immediately with the buttered bagel halves on the side.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.

Lunch Recipes

Lemon Herb Chicken with Roasted Sweet Potatoes

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

Lemon Herb Chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- 1 tbsp fresh chopped herbs (such as parsley, thyme, or rosemary) or 1/2 tsp dried herbs
- Juice of 1 lemon
- Salt & pepper, to taste

Roasted Sweet Potatoes:

- 200g (7 oz) sweet potato
- 1/2 tbsp olive oil
- Salt & pepper, to taste

METHOD

1. Prepare the Marinade:

- In a small bowl, mix the olive oil, fresh chopped herbs or dried herbs, lemon juice, salt, and pepper.
- Slice the chicken and place in the bowl and coat it with the marinade. Let it marinate for at least 30 minutes, but several hours or overnight is better.

2. Prepare the Sweet Potatoes:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the olive oil, salt, and pepper.
- Spread the sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

Recipe Continues

3. Cook the Chicken:

- While the sweet potatoes are roasting, heat a non-stick skillet over medium heat.
- Add the chicken to the skillet.
- Cook for 5-7 minutes on each side, or until golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes. If cooked whole, slice after cooking.

4. Serve:

- Place the roasted sweet potatoes and chicken on a plate. Serve with unlimited amounts of green salad or steamed green cruciferous vegetables.

Spiced Lean Chicken with Roasted Sweet Potatoes

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

Spiced Lean Chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1/2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt & pepper, to taste

Spiced Roasted Sweet Potatoes:

- 200g (7 oz) sweet potato
- 1/2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- A pinch of cayenne pepper
- Salt & pepper, to taste

METHOD

1. Prepare the Sweet Potatoes:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into 1-inch cubes.
- In a bowl, toss the sweet potato cubes with 1/2 tablespoon of olive oil, ground cumin, smoked paprika, ground cinnamon, cayenne pepper, salt, and pepper.
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

2. Marinate the chicken:

- In a small bowl, mix 1/2 tablespoon of olive oil, ground cumin, smoked paprika, salt, and pepper.
- Rub the mixture onto the chicken, ensuring it is evenly coated.
- Let it marinate for at least 10 minutes while the sweet potatoes are roasting.

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

4. Serve:

- Place the roasted sweet potatoes on a plate.
- Slice the spiced chicken and arrange it alongside the sweet potatoes.
- Serve with unlimited amounts of green salad or steamed green cruciferous vegetables.

Dinner Recipes

Lemon Herb Chicken with Garlic Vegetables and Brown Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

Lemon Herb chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- Juice of half a lemon
- Pinch of tarragon
- Salt & pepper, to taste

Garlic Vegetables:

- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans
- 1 clove fresh garlic, chopped
- 1/2 tbsp olive oil
- Salt & pepper, to taste

Brown Rice:

- 30g (1 oz) uncooked brown rice
- Salt, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water several times until the water runs clear.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix the olive oil, lemon juice, tarragon, salt, and pepper.
- Add the chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

Recipe Continues

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes before slicing.

4. Prepare the Garlic Vegetables:

- While the chicken is cooking, heat 1/2 tablespoon of olive oil in another skillet over medium heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Season with salt and pepper to taste.
- Sauté the vegetables for 5-7 minutes, stirring occasionally, until they are tender but still crisp.

5. Serve:

- Arrange the cooked brown rice on a plate.
- Place the sliced lemon herb chicken on top of the rice.
- Serve the garlic vegetables on the side.
- Optionally, drizzle any remaining lemon juice over the chicken for extra.

Herb Lemon Chicken with Vegetable Stir-Fry and Brown Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

Herb Lemon chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- Juice of half a lemon
- Pinch of tarragon
- Salt & pepper, to taste

Vegetable Stir-Fry:

- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans
- 1 clove fresh garlic, chopped
- 1/2 tbsp olive oil
- Salt & pepper, to taste

Brown Rice:

- 30g (1 oz) uncooked brown rice
- Salt, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix the olive oil, lemon juice, tarragon, salt, and pepper.
- Add the chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes before slicing.

Recipe Continues

4. Prepare the Vegetable Stir-Fry:

- While the chicken is resting, heat 1/2 tablespoon of olive oil in a skillet or wok over medium-high heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Season with salt and pepper to taste.
- Stir-fry the vegetables for 5-7 minutes, stirring frequently, until they are tender but still crisp.

5. Serve:

- Arrange the cooked brown rice on a plate.
- Place the sliced herb lemon chicken on top of the rice.
- Serve the vegetable stir-fry on the side.
- Optionally, drizzle any remaining lemon juice over the chicken for extra.

Lemon Herb Chicken Fried Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1 clove fresh garlic, chopped
- 30g (1 oz) uncooked brown rice
- Juice of half a lemon
- Pinch of tarragon
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt & pepper, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix half of the olive oil, lemon juice, tarragon, ground cumin, smoked paprika, salt, and pepper.
- Add the sliced chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

Recipe Continues

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet, let it rest for a few minutes.

4. Prepare the Stir-Fry:

- In the same skillet, add the remaining olive oil and heat over medium-high heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet (add a little water if needed).
- Stir-fry the vegetables for 5-7 minutes, until they are tender but still crisp.

5. Combine and Cook the Fried Rice:

- Add the cooked brown rice to the skillet with the vegetables.
- Add the chopped chicken back to the skillet.
- Stir well to combine all ingredients.
- Cook for another 2-3 minutes, stirring frequently, until everything is heated through.
- Season with additional salt and pepper to taste.

6. Serve:

- Transfer the lemon herb chicken fried rice to a plate.
- Optionally, drizzle any remaining lemon juice over the top for extra.

Evening Snack Recipes

Peanut Butter Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 tbsp peanut butter
- 6-8 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, peanut butter, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- You may need to stop and scrape down the sides of the blender to ensure everything is well combined.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Peanut Butter Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 tbsp peanut butter
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, peanut butter, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- If the smoothie is too thick, add more water a little at a time until you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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