UNDIVIDED

FEMALE TO FEMALE COACHING

Recipe Pack

121 high protein meals, made simple

300 kcal | 450 kcal | 600 kcal

Breakfasts, meat, fish, vegetarian and vegan meals. Every recipe is labelled dairy free and gluten free where it fits.

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Recipes are numbered 001 to 121. Use the numbers to jump between the finder pages and the recipes.

Welcome to the Undivided Recipe Hub

Eating towards your goals doesn't need to mean spending hours meal prepping every Sunday, or cooking a completely different meal every single day.

This hub has been designed to make nutrition simple, flexible and easy to fit into real life whilst hitting your calories and macros.

Inside, you'll find 300, 450 and 600 calorie meal options, with recipes across meat, fish, vegetarian and vegan options, alongside dairy-free and gluten-free choices.

One of the easiest ways to stay consistent with your nutrition is to keep things simple. Find meals you like, repeat them, get efficient at shopping and prepping them, and rotate different options in when you fancy a change.

You can use this pack to:

- Find meals that fit easily into your current calorie target
- Add more variety
- Build a handful of reliable “go-to” meals for busy weeks
- Make simple swaps based on your preferences
- Take some of the thinking out of planning, shopping and cooking

And remember: you don't have to make everything from scratch.

Pre-cooked ingredients, frozen veg, microwave rice, an air fryer and a few meals repeated throughout the week can make your life considerably easier.

Before you jump into the recipes, the next section will take you through some of our favourite ways to shop, prep, cook, portion and track your food so you can spend less time in the kitchen and make staying consistent with your nutrition feel much easier.

Making nutrition easier

1 Repeat meals to save time

You don't need to eat something different every day!

One of the easiest ways to make your nutrition simpler is to repeat a few meals throughout the week. For example, choose one lunch you enjoy and have that Monday–Friday, then change it the following week.

This means fewer ingredients to buy, less food waste and much less time spent thinking about what you're going to eat.

2 Ingredient prep instead of meal prep

Rather than preparing five identical meals in containers, try batch cooking individual ingredients that you can mix and match throughout the week.

For example, cook a 2kg pack of chicken in the air fryer, store it in a container in the fridge and weigh out what you need at each meal.

You can do the same with your vegetables. Roast a big tray of courgette, tenderstem broccoli, peppers, asparagus and onion, then simply add a portion to each meal.

It gives you the convenience of meal prep without having to eat the exact same complete meal every day.

3 Invest in a few kitchen basics

You don't need a fancy kitchen set-up, but a few pieces of equipment will make prepping, cooking and tracking your food much easier.

Some of our favourites are:

- Digital food scales (essential)
- Plastic Tupperware for storing ingredients
- Glass Tupperware for reheating meals
- Meal prep bag for eating on the go
- Rice cooker
- Microwave steamer
- Air fryer

You definitely don't need all of these, but anything that makes cooking quicker and easier is a win.

4 Build a good seasoning cupboard

Simple food doesn't have to mean bland food.

Keep your cupboard stocked with plenty of dry herbs, spices and seasonings so you can completely change the flavour of the same basic ingredients.

A few staples include paprika, garlic, coriander, curry powder, chilli powder and stock cubes. Stuff like the old el paso BBQ seasoning is fab and things like fajita seasonings work really well!

Experiment with different combinations - chicken, rice and vegetables can taste completely different depending on how you season them. I would also add salt to your meals (helps with taste and also important for muscle contraction)

5 Portion batch-cooked meals accurately

Making something like chilli, curry or bolognese? You don't need to try and make four completely identical portions as you cook.

If one portion of your recipe requires 100g of one ingredient, multiply this by four when making four servings.

Once everything is cooked, weigh the entire finished recipe.

For example:

> **Total cooked chilli = 1,600g**
> **1,600 ÷ 4 = 400g per portion**

You can then portion 400g into each container.

6 Learn to use your food scales properly

Place your bowl or plate on your digital scales and press zero/tare before adding your first ingredient.

Add the ingredient, record the amount, then press zero again before adding the next one.

There's also an easy trick for foods you're taking directly from a container or jar. Put the whole jar on the scales after pressing zero. Take out the amount you want and the scales will drop

This is particularly useful for things like sauces, spreads, nut butters and condiments.

7 Prep twice per week

You don't need to spend your entire Sunday preparing seven days' worth of food.

We generally recommend doing smaller ingredient preps around twice per week. It keeps things fresher while still saving you a huge amount of time day-to-day.

Cooked foods should be cooled and refrigerated promptly and stored appropriately. Follow the storage instructions for the foods you're using, particularly with foods such as cooked rice, and freeze portions you won't use within the recommended timeframe.

8 Swap similar foods for variety

Your meal plan doesn't have to be rigid.

If you've got approximately 150 calories allocated to a lean protein source, for example, you could swap chicken breast for a similar calorie amount of another lean protein.

The same principle can be used with your carbohydrate and fat sources.

This allows you to rotate foods, try different recipes and keep your nutrition interesting without completely changing the structure of your day.

Just remember that foods aren't always nutritionally identical, so check the calories/macros of your chosen alternative and adjust the portion accordingly.

Quick wins

Keep it simple

You don’t need 7 different breakfasts, lunches and dinners every week. Pick 1–2 breakfasts, 1–2 lunches and a few dinners. Repetition makes shopping, tracking and prep dramatically easier

Have emergency meals

Keep 2–3 meals available that require virtually no cooking for busy days, e.g. microwave rice + pre-cooked chicken + microwave veg + sauce. Convenience doesn't automatically mean poor nutrition.

Raw vs cooked weights matter

You need to track foods in the same state as the nutrition information/recipe specifies. E.g. 100g raw chicken isn't nutritionally equivalent to 100g cooked chicken because cooking changes water weight.

Easy go-to foods

- Buy your chicken pre cooked/flavoured or use cooked prawns/tuna
- Use easy carbs eg bagels, wraps, microwave rice or oats that don't need prepping
- Use frozen veggies or pre bagged salad
- Whey protein
- Pre portioned greek yoghurt pots / fruit

How to use this pack

Pick your size

Every recipe comes in three sizes: 300, 450 and 600 kcal. Use the size your coach has set for you. Each one is a single serving. For beef and salmon meals, the 300 size has veg instead of rice, pasta or potato.

Weigh it the same way every time

- Chicken and turkey show the cooked weight, with the raw weight in brackets.
- Beef mince is weighed raw, and is always 125g. Salmon is always a 130g fillet.
- Raw fish, potatoes, pasta, couscous and oats are weighed before cooking.
- Tinned tuna, beans, lentils and chickpeas are weighed drained.
- Microwave rice is weighed straight from the pack.
- Weigh sauces and pesto. Pouring by eye adds up fast.
- Don't add oil unless the recipe lists it.

The numbers

Calories, protein, carbs and fat are worked out from typical UK supermarket products, using the brands named where there is one. Your brand might be a little different, so log the actual product you buy in your tracker. Salt, pepper, herbs, spices and water are free.

The labels

(V) Vegetarian (VG) Vegan (DF) Dairy free (GF) Gluten free

GF* means gluten free when you use oats labelled gluten free. Always check labels on sauces, as some contain wheat or milk. If you are coeliac, check every label for "may contain".

Most pesto contains Parmesan, which isn't strictly vegetarian. Choose one labelled vegetarian or vegan if that matters to you.

Swaps

Each recipe lists its easiest gluten free, dairy free or vegan swap. Some swaps change the numbers, so re-log the meal in your tracker when the recipe says so.

Dairy free finder

59 recipes. Every recipe here is dairy free as written. Many others have a dairy free swap listed under the method.

Breakfasts

015 Egg mushroom bagel thin
018 Vegan chia berry yoghurt
019 Vegan berry overnight oats
020 Vegan banana peanut oats
021 Vegan Weetabix berry pot

Meat mains

030 Chicken sweet chilli rice
031 Chicken teriyaki rice
032 Mexican chicken rice bowl
033 Chicken curry rice
034 Chicken potato traybake
035 Chicken sweet potato bowl
038 Chicken sweet chilli wrap
042 Chicken noodle bowl
047 Turkey curry rice
053 Beef teriyaki rice
055 Beef avocado taco bowl
056 Pork potato traybake
057 BBQ chicken thigh and rice
062 Thai green curry

Fish mains

063 Salmon rice broccoli
065 Salmon potato greens
066 Salmon avocado rice
067 Salmon tomato pasta
068 Smoked salmon egg bagel thin
070 Cod tomato rice
072 Cod potato broccoli
073 Cod sweet chilli rice
075 Prawn sweet chilli rice
076 Prawn teriyaki noodles
077 Prawn tomato pasta
079 Prawn jacket potato
080 Tuna sweetcorn pasta
082 Tuna rice bowl
083 Tuna jacket potato
085 Mackerel potato tomato
087 Mackerel tomato pasta

Vegetarian mains

096 Quorn sweet chilli rice

Vegan mains

100 Tofu curry rice
101 Chickpea tofu curry
102 Seitan sweet chilli rice
103 Seitan teriyaki noodles
104 Seitan tomato pasta
105 Seitan salsa rice
106 Seitan potato chilli
107 Seitan sweet potato bowl
108 Tofu sweet chilli rice
109 Tofu tomato pasta
110 Tofu peanut noodles
111 Tofu quinoa bowl
112 Tempeh sweet chilli rice
113 Tempeh tomato pasta
114 Tempeh potato greens
115 Tempeh peanut noodles
116 Edamame tofu rice
117 Edamame tofu noodles
118 Lentil seitan bolognese
119 Chickpea seitan tomato rice
120 Lentil tofu potato bowl
121 Red lentil pasta

Gluten free finder

55 recipes. Every recipe here is gluten free as written. * means use oats labelled gluten free.

Breakfasts

001 Berry protein oats*
002 Banana peanut protein oats*
003 Apple cinnamon protein oats*
004 Chocolate berry protein oats*
005 Honey yoghurt protein oats*
006 Peanut butter banana overnight oats*
007 Berry cheesecake overnight oats*
010 Peanut yoghurt bowl
017 Protein rice cakes and yoghurt
018 Vegan chia berry yoghurt
019 Vegan berry overnight oats*
020 Vegan banana peanut oats*
022 Protein smoothie

Meat mains

030 Chicken sweet chilli rice
032 Mexican chicken rice bowl
033 Chicken curry rice
034 Chicken potato traybake
035 Chicken sweet potato bowl
036 Chicken feta potato bowl
044 Turkey tomato rice
045 Turkey baked potato
047 Turkey curry rice
048 Beef taco rice
051 Beef potato chilli bowl
055 Beef avocado taco bowl
056 Pork potato traybake
057 BBQ chicken thigh and rice
059 Cottage pie
062 Thai green curry

Fish mains

063 Salmon rice broccoli
065 Salmon potato greens
066 Salmon avocado rice
070 Cod tomato rice
072 Cod potato broccoli
073 Cod sweet chilli rice
075 Prawn sweet chilli rice
079 Prawn jacket potato
082 Tuna rice bowl
083 Tuna jacket potato
085 Mackerel potato tomato
086 Mackerel rice cucumber

Vegetarian mains

089 Tofu potato bowl
090 Paneer tomato rice
091 Paneer curry rice
093 Paneer sweet potato bowl
097 Egg cottage cheese potato
099 Feta lentil quinoa bowl

Vegan mains

100 Tofu curry rice
101 Chickpea tofu curry
108 Tofu sweet chilli rice
111 Tofu quinoa bowl
112 Tempeh sweet chilli rice
114 Tempeh potato greens
120 Lentil tofu potato bowl
121 Red lentil pasta

Breakfasts

25 recipes. Oats, yoghurt bowls, smoothies, eggs and toast. Lots can be made the night before.

001 Berry protein oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g oats, 20g PER4M whey protein, 70g mixed berries, 70g 0% fat Greek yoghurt	**297**	26g	35g	5g
450	50g oats, 25g PER4M whey protein, 105g mixed berries, 100g 0% fat Greek yoghurt, 10g peanut butter	**448**	36g	47g	11g
600	75g oats, 20g PER4M whey protein, 140g mixed berries, 100g 0% fat Greek yoghurt, 15g peanut butter, 10g honey	**599**	37g	73g	15g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Top with yoghurt, berries and peanut butter.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

Vegan: See recipe 20, which is already worked out for you.

002 Banana peanut protein oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	30g oats, 20g PER4M whey protein, 55g banana, 10g peanut butter	**297**	21g	32g	9g
450	55g oats, 30g PER4M whey protein, 85g banana, 10g peanut butter	**454**	31g	54g	11g
600	70g oats, 40g PER4M whey protein, 115g banana, 15g peanut butter	**605**	41g	71g	15g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Top with banana and peanut butter.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

003 Apple cinnamon protein oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g oats, 20g PER4M whey protein, 70g apple, 60g 0% fat Greek yoghurt	**296**	25g	37g	4g
450	55g oats, 35g PER4M whey protein, 105g apple, 90g 0% fat Greek yoghurt	**444**	40g	52g	7g
600	75g oats, 45g PER4M whey protein, 145g apple, 120g 0% fat Greek yoghurt	**595**	52g	71g	9g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Cook the diced apple in a pan with Fry Light and cinnamon until soft, then spoon it over the oats. Top with yoghurt.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

004 Chocolate berry protein oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g oats, 25g PER4M whey protein, 75g mixed berries, 5g dark chocolate	**305**	23g	36g	7g
450	55g oats, 35g PER4M whey protein, 115g mixed berries, 10g dark chocolate	**444**	32g	52g	10g
600	75g oats, 45g PER4M whey protein, 150g mixed berries, 15g dark chocolate	**600**	42g	70g	14g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Top with berries and chopped chocolate.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Supplement Needs Vegan ISO and dark chocolate labelled dairy free. Re-log it in your tracker, as the numbers will change.

005 Honey yoghurt protein oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	35g oats, 25g PER4M whey protein, 90g 0% fat Greek yoghurt, 10g honey	**308**	30g	34g	4g
450	50g oats, 25g PER4M whey protein, 135g 0% fat Greek yoghurt, 15g honey, 10g chia seeds	**454**	38g	50g	9g
600	80g oats, 15g PER4M whey protein, 180g 0% fat Greek yoghurt, 20g honey, 15g chia seeds	**595**	40g	72g	12g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Finish with yoghurt, honey and chia seeds.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

006 Peanut butter banana overnight oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	30g oats, 20g PER4M whey protein, 50g banana, 5g peanut butter, 55g 0% fat Greek yoghurt	**294**	25g	33g	6g
450	45g oats, 30g PER4M whey protein, 70g banana, 10g peanut butter, 85g 0% fat Greek yoghurt	**454**	38g	48g	10g
600	60g oats, 35g PER4M whey protein, 95g banana, 15g peanut butter, 110g 0% fat Greek yoghurt	**596**	47g	64g	15g

Method: Stir oats, whey and yoghurt with water; chill overnight. Add banana and peanut butter.

Gluten free: Use oats labelled gluten free.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

007 Berry cheesecake overnight oats

V GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	35g oats, 20g PER4M whey protein, 65g mixed berries, 65g Fage full fat Greek yoghurt	**297**	24g	31g	7g
450	50g oats, 30g PER4M whey protein, 95g mixed berries, 95g Fage full fat Greek yoghurt, 5g honey	**448**	36g	48g	11g
600	70g oats, 25g PER4M whey protein, 125g mixed berries, 125g Fage full fat Greek yoghurt, 10g honey, 5g peanut butter	**592**	39g	68g	16g

Method: Stir together with a splash of water; refrigerate overnight.
Gluten free: Use oats labelled gluten free.
Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.
Vegan: See recipe 19, which is already worked out for you.

008 Weetabix berry cheesecake

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 Weetabix, 20g PER4M whey protein, 105g 0% fat Greek yoghurt, 60g mixed berries	**301**	29g	37g	2g
450	3 Weetabix, 20g PER4M whey protein, 130g 0% fat Greek yoghurt, 90g mixed berries, 40g banana, 5g honey	**449**	35g	66g	3g
600	3 Weetabix, 20g PER4M whey protein, 150g 0% fat Greek yoghurt, 120g mixed berries, 60g banana, 20g honey, 10g peanut butter	**599**	40g	86g	8g

Method: Soften Weetabix with water. Mix whey into yoghurt separately, spread over base and chill.
Gluten free: Use a gluten free wheat biscuit cereal. Re-log it in your tracker, as the numbers will change.
Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.
Vegan: See recipe 21, which is already worked out for you.

009 Berry yoghurt crunch

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	155g 0% fat Greek yoghurt, 20g PER4M whey protein, 90g mixed berries, 25g bran flakes	**300**	32g	37g	2g
450	170g 0% fat Greek yoghurt, 20g PER4M whey protein, 135g mixed berries, 35g bran flakes, 15g dried fruit, like raisins, 5g chia seeds, 5g honey	**451**	36g	64g	4g
600	170g 0% fat Greek yoghurt, 20g PER4M whey protein, 180g mixed berries, 55g bran flakes, 20g dried fruit, like raisins, 10g chia seeds, 10g honey	**601**	38g	93g	6g

Method: Mix whey into yoghurt; add fruit and cereal just before eating.
Gluten free: Use gluten free flakes. Re-log it in your tracker, as the numbers will change.
Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

010 Peanut yoghurt bowl

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	175g 0% fat Greek yoghurt, 20g PER4M whey protein, 15g peanut butter, 65g mixed berries	**299**	36g	16g	9g
450	200g 0% fat Greek yoghurt, 15g PER4M whey protein, 25g peanut butter, 95g mixed berries, 50g apple, 5g chia seeds, 10g honey	**450**	39g	34g	16g
600	160g 0% fat Greek yoghurt, 15g PER4M whey protein, 25g peanut butter, 175g mixed berries, 150g apple, 15g chia seeds, 20g honey	**593**	37g	60g	19g

Method: Mix whey into yoghurt, then add peanut butter and berries.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

011 Egg and cheese bagel thin

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 bagel thin, 1 medium egg, 120g liquid egg white, 20g reduced fat cheese	**295**	30g	23g	9g
450	2 bagel thins, 1 medium egg, 130g liquid egg white, 30g reduced fat cheese	**445**	38g	46g	11g
600	2 bagel thins, 2 medium eggs, 130g liquid egg white, 40g reduced fat cheese, 10g Lurpak Lighter	**594**	48g	46g	23g

Method: Scramble the eggs and whites, then melt the cheese in. Toast the bagel thin, spread with Lurpak Lighter if listed, and fill.

Gluten free: Use a gluten free bagel thin. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite and a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

012 Egg and spinach toast

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 slice Hovis wholemeal bread, 1 medium egg, 200g liquid egg white, 55g spinach, 5g Lurpak Lighter	**294**	33g	16g	9g
450	2 slices Hovis wholemeal bread, 2 medium eggs, 170g liquid egg white, 85g spinach, 5g Lurpak Lighter	**449**	41g	31g	15g
600	3 slices Hovis wholemeal bread, 2 medium eggs, 230g liquid egg white, 115g spinach, 10g Lurpak Lighter	**602**	53g	47g	20g

Method: Cook the egg and whites with wilted spinach. Serve on toast spread with Lurpak Lighter.

Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

013 Cottage cheese berry toast

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 slice Hovis wholemeal bread, 140g cottage cheese, 60g mixed berries, 20g honey	**297**	21g	40g	5g
450	2 slices Hovis wholemeal bread, 210g cottage cheese, 95g mixed berries, 15g honey	**449**	34g	57g	8g
600	3 slices Hovis wholemeal bread, 280g cottage cheese, 125g mixed berries, 10g honey	**598**	46g	73g	11g

Method: Toast bread; spoon on cottage cheese, berries and honey.
Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.

014 Peanut banana toast

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 slice Hovis wholemeal bread, 20g PER4M whey protein, 15g peanut butter, 55g banana	**307**	23g	30g	10g
450	2 slices Hovis wholemeal bread, 25g PER4M whey protein, 15g peanut butter, 85g banana	**444**	30g	52g	11g
600	3 slices Hovis wholemeal bread, 35g PER4M whey protein, 15g peanut butter, 115g banana	**600**	42g	74g	13g

Method: Toast bread with peanut butter and banana; have whey mixed with water alongside.
Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.
Dairy free: Use Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

015 Egg mushroom bagel thin

V DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 bagel thin, 1 medium egg, 190g liquid egg white, 90g mushrooms	**297**	34g	24g	6g
450	2 bagel thins, 1 medium egg, 240g liquid egg white, 135g mushrooms	**450**	45g	48g	7g
600	2 bagel thins, 3 medium eggs, 240g liquid egg white, 185g mushrooms	**601**	59g	49g	18g

Method: Cook mushroom and eggs; fill toasted bagel thin.
Gluten free: Use a gluten free bagel thin. Re-log it in your tracker, as the numbers will change.

016 Cottage cheese tomato bagel thin

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 bagel thin, 195g cottage cheese, 85g tomatoes	**301**	29g	31g	6g
450	2 bagel thins, 220g cottage cheese, 125g tomatoes	**450**	37g	56g	8g
600	3 bagel thins, 245g cottage cheese, 165g tomatoes	**599**	45g	81g	9g

Method: Toast the bagel thin, spread with Lurpak Lighter if listed, then top with cottage cheese and chopped tomato.
Gluten free: Use a gluten free bagel thin. Re-log it in your tracker, as the numbers will change.

017 Protein rice cakes and yoghurt

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 Kallo rice cakes, 190g 0% fat Greek yoghurt, 20g PER4M whey protein, 65g mixed berries, 10g honey	**304**	35g	34g	2g
450	4 Kallo rice cakes, 280g 0% fat Greek yoghurt, 15g PER4M whey protein, 100g mixed berries, 10g honey, 5g peanut butter	**443**	43g	53g	5g
600	6 Kallo rice cakes, 260g 0% fat Greek yoghurt, 15g PER4M whey protein, 130g mixed berries, 20g honey, 15g peanut butter	**594**	45g	76g	11g

Method: Mix the whey into the yoghurt. Spread the rice cakes with peanut butter and honey, and serve with the yoghurt and berries.

Dairy free: Use Alpro Greek Style and Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

018 Vegan chia berry yoghurt

V DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	180g Alpro Greek Style, 20g vegan protein powder, like Supplement Needs Vegan ISO, 15g chia seeds, 75g mixed berries	**300**	29g	14g	12g
450	290g Alpro Greek Style, 20g vegan protein powder, like Supplement Needs Vegan ISO, 15g chia seeds, 115g mixed berries, 10g honey, 5g peanut butter	**450**	36g	29g	18g
600	400g Alpro Greek Style, 10g vegan protein powder, like Supplement Needs Vegan ISO, 25g chia seeds, 150g mixed berries, 5g honey, 15g peanut butter	**594**	40g	32g	30g

Method: Mix protein and chia into yoghurt; top with berries.

019 Vegan berry overnight oats

V DF GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	30g oats, 125g Alpro Greek Style, 20g vegan protein powder, like Supplement Needs Vegan ISO, 60g mixed berries	**296**	26g	28g	8g
450	50g oats, 150g Alpro Greek Style, 25g vegan protein powder, like Supplement Needs Vegan ISO, 90g mixed berries, 10g honey	**450**	34g	52g	11g
600	70g oats, 150g Alpro Greek Style, 35g vegan protein powder, like Supplement Needs Vegan ISO, 110g mixed berries, 10g honey, 5g peanut butter	**603**	45g	67g	15g

Method: Mix with a splash of water and refrigerate overnight.

Gluten free: Use oats labelled gluten free.

020 Vegan banana peanut oats

VG DF GF*

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	30g oats, 85g Alpro Greek Style, 15g vegan protein powder, like Supplement Needs Vegan ISO, 45g banana, 5g peanut butter	**295**	21g	31g	9g
450	40g oats, 125g Alpro Greek Style, 25g vegan protein powder, like Supplement Needs Vegan ISO, 65g banana, 10g peanut butter	**445**	34g	43g	14g
600	55g oats, 165g Alpro Greek Style, 30g vegan protein powder, like Supplement Needs Vegan ISO, 90g banana, 15g peanut butter	**599**	43g	59g	19g

Method: Make the oats with water or unsweetened almond milk and a pinch of salt. Microwave, then stir the protein powder in after. Top with yoghurt, banana and peanut butter.

Gluten free: Use oats labelled gluten free.

021 Vegan Weetabix berry pot

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 Weetabix, 90g Alpro Greek Style, 20g vegan protein powder, like Supplement Needs Vegan ISO, 60g mixed berries	**299**	25g	36g	5g
450	2 Weetabix, 150g Alpro Greek Style, 30g vegan protein powder, like Supplement Needs Vegan ISO, 95g mixed berries, 10g peanut butter	**453**	39g	42g	13g
600	3 Weetabix, 150g Alpro Greek Style, 40g vegan protein powder, like Supplement Needs Vegan ISO, 125g mixed berries, 15g peanut butter	**604**	50g	59g	16g

Method: Soften Weetabix; mix vegan protein into Alpro, layer and chill.

Gluten free: Use a gluten free wheat biscuit cereal. Re-log it in your tracker, as the numbers will change.

022 Protein smoothie

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	80g mixed berries, 25g PER4M whey protein, 100g 0% fat Greek yoghurt, 90g banana, 200g unsweetened almond milk	**294**	30g	31g	4g
450	100g mixed berries, 25g PER4M whey protein, 100g 0% fat Greek yoghurt, 105g banana, 250g unsweetened almond milk, 15g peanut butter, 10g honey	**445**	34g	46g	12g
600	100g mixed berries, 25g PER4M whey protein, 100g 0% fat Greek yoghurt, 125g banana, 250g semi skimmed milk, 20g peanut butter, 15g honey	**594**	44g	66g	16g

Method: Blend everything until smooth. Use frozen berries for a thicker smoothie.

Dairy free: Use Alpro Greek Style, Supplement Needs Vegan ISO and unsweetened almond milk. Re-log it in your tracker, as the numbers will change.

023 Turkey bacon omelette

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 medium eggs, 2 slices turkey bacon, like Mattessons, 40g reduced fat cheese, 40g liquid egg white	**302**	37g	2g	16g
450	3 medium eggs, 2 slices turkey bacon, like Mattessons, 35g reduced fat cheese, 1 slice Hovis wholemeal bread, 30g liquid egg white	**447**	45g	17g	22g
600	3 medium eggs, 3 slices turkey bacon, like Mattessons, 30g reduced fat cheese, 2 slices Hovis wholemeal bread, 10g Lurpak Lighter, 30g liquid egg white	**603**	52g	32g	28g

Method: Grill the turkey bacon or bacon medallions. Whisk the eggs with salt and pepper, cook in a pan with Fry Light, then add the bacon and cheese. Serve with toast if listed.

Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite and a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

024 Veggie omelette

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 medium eggs, 80g liquid egg white, 60g peppers, 40g spinach, 35g reduced fat cheese	**292**	34g	5g	15g
450	3 medium eggs, 70g liquid egg white, 80g peppers, 50g spinach, 30g reduced fat cheese, 1 slice Hovis wholemeal bread	**446**	42g	21g	20g
600	3 medium eggs, 100g liquid egg white, 100g peppers, 60g spinach, 35g reduced fat cheese, 2 slices Hovis wholemeal bread, 5g Lurpak Lighter	**599**	51g	38g	25g

Method: Whisk the eggs and whites with salt and pepper. Cook in a pan with Fry Light, add the peppers and spinach, then the cheese. Use feta instead of cheddar if you like. Serve with toast if listed.

Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite and a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

025 Yoghurt and granola bowl

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	150g 0% fat Greek yoghurt, 30g granola, 60g mixed berries, 50g kiwi, 5g honey	**296**	19g	40g	6g
450	200g 0% fat Greek yoghurt, 35g granola, 80g mixed berries, 75g kiwi, 10g honey, 10g mixed nuts	**448**	27g	55g	13g
600	200g Fage full fat Greek yoghurt, 50g granola, 80g mixed berries, 75g kiwi, 15g honey, 10g mixed nuts	**605**	26g	67g	25g

Method: Spoon the yoghurt into a bowl. Top with granola, berries, sliced kiwi, nuts and honey.

Gluten free: Use a gluten free granola. Re-log it in your tracker, as the numbers will change.

Dairy free: Use Alpro Greek Style. Re-log it in your tracker, as the numbers will change.

Pre and post workout

1 recipes. Quick, easy carbs and protein around your training.

026 Cereal and shake

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g Coco Pops or Rice Krispies, 200g unsweetened almond milk, 30g PER4M whey protein	**293**	24g	37g	5g
450	60g Coco Pops or Rice Krispies, 250g unsweetened almond milk, 35g PER4M whey protein, 60g banana	**449**	29g	66g	6g
600	85g Coco Pops or Rice Krispies, 300g unsweetened almond milk, 40g PER4M whey protein, 100g banana	**606**	35g	95g	8g

Method: Have the cereal with almond milk. Shake the protein powder with water and have it alongside. Good 60 to 90 minutes before training, or straight after.

Gluten free: Use a gluten free rice cereal. Re-log it in your tracker, as the numbers will change.

Dairy free: Use Supplement Needs Vegan ISO. Re-log it in your tracker, as the numbers will change.

Meat mains

36 recipes. Chicken, turkey, beef and pork. Batch cook the meat once and these come together in minutes.

027 Chicken red pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g cooked chicken breast (about 75g raw), 45g asparagus, 10g reduced fat cheese, 10g red pesto, 40g dry pasta	**306**	26g	31g	8g
450	80g cooked chicken breast (about 105g raw), 65g asparagus, 15g reduced fat cheese, 15g red pesto, 60g dry pasta	**454**	38g	46g	12g
600	105g cooked chicken breast (about 140g raw), 85g asparagus, 20g reduced fat cheese, 20g red pesto, 80g dry pasta	**602**	51g	61g	16g

Method: Cook the pasta and asparagus. Toss with the pesto and hot chicken, then finish with cheese.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite and a vegan pesto. Re-log it in your tracker, as the numbers will change.

028 Chicken green pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	35g dry pasta, 65g cooked chicken breast (about 85g raw), 35g spinach, 10g green pesto, 20g Philadelphia Lightest	**304**	28g	27g	8g
450	55g dry pasta, 90g cooked chicken breast (about 120g raw), 50g spinach, 15g green pesto, 30g Philadelphia Lightest	**452**	40g	42g	12g
600	70g dry pasta, 125g cooked chicken breast (about 165g raw), 70g spinach, 20g green pesto, 40g Philadelphia Lightest	**599**	55g	54g	17g

Method: Cook the pasta. Mix the pesto with the Philadelphia and a splash of pasta water to make a sauce. Fold in the spinach and chicken.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cream cheese and a vegan pesto. Re-log it in your tracker, as the numbers will change.

029 Chicken tomato pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	35g dry pasta, 65g cooked chicken breast (about 85g raw), 60g passata, 10g reduced fat cheese, 60g peppers, 40g onion	**307**	29g	35g	5g
450	50g dry pasta, 100g cooked chicken breast (about 135g raw), 90g passata, 15g reduced fat cheese, 80g peppers, 50g onion	**448**	44g	50g	7g
600	70g dry pasta, 135g cooked chicken breast (about 180g raw), 120g passata, 20g reduced fat cheese, 100g peppers, 60g onion	**608**	60g	68g	9g

Method: Cook the pasta. Soften the peppers and onion in a pan with Fry Light, add the passata and chicken and warm through. Toss with the pasta and top with cheese.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

030 Chicken sweet chilli rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g cooked basmati or microwave rice, 70g cooked chicken breast (about 95g raw), 55g frozen mixed veg, 10g sweet chilli sauce	**298**	26g	38g	4g
450	150g cooked basmati or microwave rice, 105g cooked chicken breast (about 140g raw), 85g frozen mixed veg, 15g sweet chilli sauce	**448**	39g	57g	6g
600	195g cooked basmati or microwave rice, 140g cooked chicken breast (about 185g raw), 115g frozen mixed veg, 25g sweet chilli sauce	**601**	52g	77g	8g

Method: Heat rice, veg and chicken thoroughly; finish with sauce.

031 Chicken teriyaki rice

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	95g cooked basmati or microwave rice, 70g cooked chicken breast (about 95g raw), 65g broccoli, 20g teriyaki sauce, 50g peppers	**302**	27g	38g	4g
450	145g cooked basmati or microwave rice, 105g cooked chicken breast (about 140g raw), 95g broccoli, 30g teriyaki sauce, 70g peppers	**454**	41g	57g	6g
600	185g cooked basmati or microwave rice, 145g cooked chicken breast (about 195g raw), 130g broccoli, 40g teriyaki sauce, 90g peppers	**603**	56g	73g	8g

Method: Stir-fry the peppers, then add the chicken, rice and broccoli. Stir through the teriyaki.

Gluten free: Use a gluten free teriyaki or tamari sauce.

032 Mexican chicken rice bowl

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g cooked basmati or microwave rice, 70g cooked chicken breast (about 95g raw), 55g tomatoes, 30g avocado, 40g black beans, drained, 30g salsa	**305**	28g	27g	8g
450	85g cooked basmati or microwave rice, 110g cooked chicken breast (about 145g raw), 80g tomatoes, 45g avocado, 60g black beans, drained, 40g salsa	**457**	43g	39g	12g
600	115g cooked basmati or microwave rice, 145g cooked chicken breast (about 195g raw), 105g tomatoes, 60g avocado, 80g black beans, drained, 50g salsa	**608**	57g	52g	16g

Method: Heat the chicken, rice and black beans. Top with tomato, avocado and salsa.

033 Chicken curry rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	70g cooked basmati or microwave rice, 70g cooked chicken breast (about 95g raw), 50g peppers, 40g onion, 30g spinach, 10g curry paste, like Patak's, 50g light coconut milk	**307**	26g	29g	9g
450	115g cooked basmati or microwave rice, 100g cooked chicken breast (about 135g raw), 60g peppers, 50g onion, 40g spinach, 15g curry paste, like Patak's, 70g light coconut milk	**453**	38g	45g	13g
600	155g cooked basmati or microwave rice, 135g cooked chicken breast (about 180g raw), 80g peppers, 60g onion, 50g spinach, 20g curry paste, like Patak's, 90g light coconut milk	**602**	50g	60g	17g

Method: Fry the onion and peppers in Fry Light, stir in the curry paste, then the coconut milk. Add the chicken and spinach and simmer until hot. Serve with rice.

034 Chicken potato traybake

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	145g potato (raw weight), 65g cooked chicken breast (about 85g raw), 65g green beans, 5g olive oil, 60g tenderstem broccoli	**305**	26g	30g	8g
450	250g potato (raw weight), 95g cooked chicken breast (about 125g raw), 100g green beans, 5g olive oil, 80g tenderstem broccoli	**453**	39g	50g	9g
600	285g potato (raw weight), 130g cooked chicken breast (about 175g raw), 135g green beans, 10g olive oil, 100g tenderstem broccoli	**601**	52g	58g	16g

Method: Roast the potato with the measured oil. Heat the chicken and steam the green beans and tenderstem.

035 Chicken sweet potato bowl

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	150g sweet potato (raw weight), 70g cooked chicken breast (about 95g raw), 50g spinach, 10g light mayo, 30g kale, 50g tomatoes, 5g sriracha	**307**	27g	34g	6g
450	225g sweet potato (raw weight), 100g cooked chicken breast (about 135g raw), 75g spinach, 15g light mayo, 40g kale, 70g tomatoes, 10g sriracha	**452**	39g	52g	8g
600	300g sweet potato (raw weight), 135g cooked chicken breast (about 180g raw), 100g spinach, 20g light mayo, 50g kale, 90g tomatoes, 10g sriracha	**601**	52g	68g	11g

Method: Bake the sweet potato. Wilt the kale, then add the hot chicken, tomatoes, mayo and a drizzle of sriracha.

036 Chicken feta potato bowl

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	155g potato (raw weight), 70g cooked chicken breast (about 95g raw), 60g tomatoes, 20g feta	**301**	28g	29g	7g
450	230g potato (raw weight), 105g cooked chicken breast (about 140g raw), 90g tomatoes, 30g feta	**449**	42g	43g	11g
600	295g potato (raw weight), 145g cooked chicken breast (about 195g raw), 120g tomatoes, 40g feta	**598**	58g	56g	15g

Method: Bake potato; add chicken, tomato and crumbled feta.
Dairy free: Use a dairy free feta style cheese. Re-log it in your tracker, as the numbers will change.

037 Chicken pesto wrap

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	45g cooked chicken breast (about 60g raw), 35g spinach, 10g red pesto, 1 wholemeal wrap	**305**	21g	30g	10g
450	115g cooked chicken breast (about 155g raw), 50g spinach, 15g red pesto, 1 wholemeal wrap	**445**	44g	30g	14g
600	85g cooked chicken breast (about 115g raw), 65g spinach, 20g red pesto, 2 wholemeal wraps	**601**	41g	59g	19g

Method: Warm wrap and chicken; spread pesto and add spinach.
Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

038 Chicken sweet chilli wrap

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	50g cooked chicken breast (about 65g raw), 50g peppers, 10g sweet chilli sauce, 1 wholemeal wrap	**300**	22g	36g	6g
450	120g cooked chicken breast (about 160g raw), 70g peppers, 20g sweet chilli sauce, 1 wholemeal wrap	**442**	44g	43g	8g
600	95g cooked chicken breast (about 125g raw), 95g peppers, 25g sweet chilli sauce, 2 wholemeal wraps	**601**	42g	75g	12g

Method: Fill warmed wrap with hot chicken, peppers and sauce.
Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.

039 Chicken cheese quesadilla

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g cooked chicken breast (about 80g raw), 5g reduced fat cheese, 30g salsa, 1 wholemeal wrap	**304**	26g	31g	7g
450	90g cooked chicken breast (about 120g raw), 40g reduced fat cheese, 45g salsa, 1 wholemeal wrap	**446**	46g	32g	12g
600	125g cooked chicken breast (about 165g raw), 5g reduced fat cheese, 60g salsa, 2 wholemeal wraps	**603**	52g	61g	13g

Method: Fill wrap and toast in a dry pan; serve with salsa.
Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

040 Chicken pitta with yoghurt

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g pitta, 75g cooked chicken breast (about 100g raw), 55g cucumber, 40g 0% fat Greek yoghurt	**304**	33g	32g	4g
450	75g pitta, 115g cooked chicken breast (about 155g raw), 85g cucumber, 65g 0% fat Greek yoghurt	**443**	49g	44g	6g
600	105g pitta, 155g cooked chicken breast (about 205g raw), 110g cucumber, 85g 0% fat Greek yoghurt	**606**	67g	61g	8g

Method: Fill warmed pitta with chicken and cucumber; add yoghurt.
Gluten free: Use a gluten free pitta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use Alpro Greek Style. Re-log it in your tracker, as the numbers will change.

041 Chicken couscous bowl

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g couscous (dry weight), 65g cooked chicken breast (about 85g raw), 45g peppers, 15g feta	**306**	28g	32g	7g
450	60g couscous (dry weight), 95g cooked chicken breast (about 125g raw), 70g peppers, 20g feta	**448**	40g	48g	9g
600	75g couscous (dry weight), 130g cooked chicken breast (about 175g raw), 95g peppers, 30g feta	**595**	54g	61g	13g

Method: Hydrate couscous with boiling water; stir in hot chicken, peppers and feta.
Gluten free: Use cooked quinoa. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a dairy free feta style cheese. Re-log it in your tracker, as the numbers will change.

042 Chicken noodle bowl

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g straight-to-wok noodles, 65g cooked chicken breast (about 85g raw), 15g teriyaki sauce, 50g beansprouts, 40g peppers, 30g onion	**308**	27g	37g	5g
450	155g straight-to-wok noodles, 95g cooked chicken breast (about 125g raw), 20g teriyaki sauce, 70g beansprouts, 50g peppers, 40g onion	**456**	39g	56g	7g
600	200g straight-to-wok noodles, 130g cooked chicken breast (about 175g raw), 30g teriyaki sauce, 90g beansprouts, 60g peppers, 50g onion	**602**	53g	72g	9g

Method: Stir-fry the peppers, onion and beansprouts. Add the noodles and chicken, then the sauce.
Gluten free: Use a gluten free teriyaki or tamari sauce and rice noodles. Re-log it in your tracker, as the numbers will change.

043 Turkey red pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g dry pasta, 70g cooked turkey breast (about 95g raw), 50g asparagus, 10g red pesto	**300**	26g	31g	7g
450	65g dry pasta, 100g cooked turkey breast (about 135g raw), 70g asparagus, 15g red pesto	**458**	39g	49g	11g
600	85g dry pasta, 130g cooked turkey breast (about 175g raw), 95g asparagus, 20g red pesto	**600**	51g	65g	14g

Method: Cook pasta and asparagus; toss with hot turkey and pesto.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

044 Turkey tomato rice

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g cooked basmati or microwave rice, 75g cooked turkey breast (about 100g raw), 55g peppers, 60g passata, 5g Parmesan	**305**	28g	35g	5g
450	135g cooked basmati or microwave rice, 115g cooked turkey breast (about 155g raw), 85g peppers, 95g passata, 10g Parmesan	**453**	43g	49g	9g
600	195g cooked basmati or microwave rice, 150g cooked turkey breast (about 200g raw), 110g peppers, 125g passata, 10g Parmesan	**604**	55g	69g	11g

Method: Heat the turkey and peppers in the passata. Serve over rice with Parmesan grated on top.
Dairy free: Use Vitalite dairy free cheese. Re-log it in your tracker, as the numbers will change.

045 Turkey baked potato

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	185g potato (raw weight), 75g cooked turkey breast (about 100g raw), 20g light cream cheese, 40g spinach	**301**	28g	33g	6g
450	270g potato (raw weight), 115g cooked turkey breast (about 155g raw), 30g light cream cheese, 65g spinach	**451**	43g	48g	8g
600	355g potato (raw weight), 155g cooked turkey breast (about 205g raw), 40g light cream cheese, 85g spinach	**599**	58g	63g	11g

Method: Bake potato; top with hot turkey, wilted spinach and cheese.
Dairy free: Use a dairy free cream cheese. Re-log it in your tracker, as the numbers will change.

046 Turkey pesto pitta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	50g pitta, 75g cooked turkey breast (about 100g raw), 55g tomatoes, 10g green pesto	**306**	27g	29g	8g
450	80g pitta, 110g cooked turkey breast (about 145g raw), 80g tomatoes, 10g green pesto	**446**	40g	46g	10g
600	105g pitta, 150g cooked turkey breast (about 200g raw), 110g tomatoes, 15g green pesto	**604**	55g	60g	14g

Method: Warm pitta; fill with turkey, tomato and pesto.
Gluten free: Use a gluten free pitta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

047 Turkey curry rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	85g cooked basmati or microwave rice, 70g cooked turkey breast (about 95g raw), 60g broccoli, 10g curry paste, like Patak's, 50g light coconut milk	**303**	25g	29g	9g
450	125g cooked basmati or microwave rice, 110g cooked turkey breast (about 145g raw), 90g broccoli, 15g curry paste, like Patak's, 70g light coconut milk	**455**	39g	43g	13g
600	170g cooked basmati or microwave rice, 145g cooked turkey breast (about 195g raw), 120g broccoli, 20g curry paste, like Patak's, 90g light coconut milk	**606**	52g	58g	17g

Method: Stir the curry paste into a hot pan, add the coconut milk, then the turkey and broccoli. Simmer until hot and serve with rice.

048 Beef taco rice

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 40g salsa, 40g reduced fat cheese, 30g lettuce, 40g cucumber, 40g tomatoes, 30g peppers	**297**	40g	8g	11g
450	125g 5% fat beef mince (raw weight), 145g cooked basmati or microwave rice, 60g salsa, 20g reduced fat cheese, 40g lettuce, 50g cucumber, 50g tomatoes, 40g peppers	**456**	39g	53g	10g
600	125g 5% fat beef mince (raw weight), 200g cooked basmati or microwave rice, 80g salsa, 40g reduced fat cheese, 50g lettuce, 60g cucumber, 60g tomatoes, 50g peppers	**595**	47g	72g	13g

Method: Cook the mince with taco seasoning. Serve with rice, salad, salsa and cheese. For the 300 kcal size, skip the rice and have extra veg instead.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

049 Beef tomato pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 70g passata, 10g reduced fat cheese, 100g frozen mixed veg, 5g olive oil	**295**	33g	11g	13g
450	125g 5% fat beef mince (raw weight), 65g dry pasta, 100g passata, 15g reduced fat cheese	**449**	40g	52g	9g
600	125g 5% fat beef mince (raw weight), 100g dry pasta, 135g passata, 20g reduced fat cheese	**594**	46g	79g	10g

Method: Brown the mince with smoked paprika, chilli powder and garlic. Add the passata and simmer, then toss through the pasta. Top with cheese. For the 300 kcal size, skip the pasta and have extra veg instead.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

050 Beef pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 45g spinach, 10g red pesto, 10g olive oil	**296**	28g	1g	20g
450	125g 5% fat beef mince (raw weight), 60g dry pasta, 70g spinach, 15g red pesto	**443**	36g	45g	13g
600	125g 5% fat beef mince (raw weight), 100g dry pasta, 85g spinach, 20g red pesto	**607**	42g	74g	15g

Method: Toss hot mince, pasta, spinach and pesto. For the 300 kcal size, skip the pasta and have extra veg instead.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

051 Beef potato chilli bowl

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 45g kidney beans, drained, 60g passata, 100g frozen mixed veg, 10g reduced fat cheese	**295**	37g	17g	8g
450	125g 5% fat beef mince (raw weight), 255g potato (raw weight), 65g kidney beans, drained, 90g passata	**446**	38g	57g	6g
600	125g 5% fat beef mince (raw weight), 410g potato (raw weight), 85g kidney beans, drained, 120g passata	**595**	43g	88g	7g

Method: Warm beef and beans in passata; spoon onto baked potato. For the 300 kcal size, skip the potato and have extra veg instead.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

052 Homemade beef burger

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 40g reduced fat cheese, 45g tomatoes, ½ medium egg, beaten, 30g lettuce	**304**	42g	3g	13g
450	125g 5% fat beef mince (raw weight), 30g reduced fat cheese, 70g tomatoes, ½ medium egg, beaten, 1 brioche bun, 30g lettuce	**454**	44g	30g	17g
600	125g 5% fat beef mince (raw weight), 35g reduced fat cheese, 95g tomatoes, ½ medium egg, beaten, 1 brioche bun, 30g lettuce, 160g potato (raw weight)	**594**	49g	58g	18g

Method: Mix the mince with the beaten egg, chilli powder, paprika and garlic. Shape into a burger and cook all the way through. Serve in the bun with cheese, lettuce and tomato. Swap the bun for potato wedges if you prefer. For the 300 kcal size, skip the bun and have it with salad.

Gluten free: Use a gluten free bun. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free bun and a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

053 Beef teriyaki rice

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 90g broccoli, 15g teriyaki sauce, 10g olive oil	**292**	29g	7g	16g
450	125g 5% fat beef mince (raw weight), 170g cooked basmati or microwave rice, 100g broccoli, 25g teriyaki sauce	**444**	35g	59g	8g
600	125g 5% fat beef mince (raw weight), 265g cooked basmati or microwave rice, 135g broccoli, 35g teriyaki sauce	**594**	39g	90g	9g

Method: Heat cooked beef and broccoli with sauce; serve on rice. For the 300 kcal size, skip the rice and have extra veg instead.

Gluten free: Use a gluten free teriyaki or tamari sauce.

054 Beef noodle bowl

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 50g peppers, 15g teriyaki sauce, 10g reduced fat cheese, 10g olive oil	**301**	30g	6g	17g
450	125g 5% fat beef mince (raw weight), 165g straight-to-wok noodles, 75g peppers, 25g teriyaki sauce	**444**	34g	55g	9g
600	125g 5% fat beef mince (raw weight), 260g straight-to-wok noodles, 100g peppers, 30g teriyaki sauce	**594**	39g	83g	11g

Method: Stir-fry cooked noodles, beef and peppers with sauce. For the 300 kcal size, skip the noodles and have extra veg instead.

Gluten free: Use a gluten free teriyaki or tamari sauce and rice noodles. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

055 Beef avocado taco bowl

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 30g avocado, 40g salsa, 90g frozen mixed veg, 5g olive oil	**307**	30g	10g	16g
450	125g 5% fat beef mince (raw weight), 145g cooked basmati or microwave rice, 45g avocado, 60g salsa	**442**	32g	47g	14g
600	125g 5% fat beef mince (raw weight), 235g cooked basmati or microwave rice, 60g avocado, 80g salsa	**594**	35g	75g	17g

Method: Heat beef and rice; top with avocado and salsa. For the 300 kcal size, skip the rice and have extra veg instead.

056 Pork potato traybake

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	135g potato (raw weight), 75g cooked lean pork, 65g peppers, 5g olive oil	**300**	25g	27g	10g
450	235g potato (raw weight), 110g cooked lean pork, 100g peppers, 5g olive oil	**449**	38g	46g	12g
600	265g potato (raw weight), 150g cooked lean pork, 135g peppers, 10g olive oil	**598**	50g	53g	20g

Method: Roast potatoes and peppers in measured oil; serve with reheated pork.

057 BBQ chicken thigh and rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	70g cooked chicken thigh (about 100g raw), 15g BBQ sauce, 80g cooked basmati or microwave rice, 60g peppers, 40g onion	**303**	22g	35g	8g
450	105g cooked chicken thigh (about 150g raw), 20g BBQ sauce, 130g cooked basmati or microwave rice, 80g peppers, 50g onion	**457**	32g	53g	13g
600	135g cooked chicken thigh (about 195g raw), 25g BBQ sauce, 180g cooked basmati or microwave rice, 100g peppers, 60g onion	**601**	42g	72g	16g

Method: Bake or air fry the chicken thighs until cooked through, then coat in BBQ sauce. Fry the peppers and onion and serve with the rice.

058 Chicken fajitas

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g lettuce, 100g cooked chicken breast (about 135g raw), 60g peppers, 40g onion, 5g fajita seasoning, 40g salsa, 25g reduced fat cheese	**297**	41g	14g	7g
450	1 wholemeal wrap, 110g cooked chicken breast (about 145g raw), 80g peppers, 50g onion, 5g fajita seasoning, 40g salsa, 5g reduced fat cheese	**449**	44g	43g	9g
600	2 wholemeal wraps, 95g cooked chicken breast (about 125g raw), 100g peppers, 60g onion, 5g fajita seasoning, 50g salsa	**607**	44g	74g	12g

Method: Slice the chicken, peppers and onion and fry with Fry Light and fajita or Old El Paso Smoky BBQ seasoning. Fill the warmed wraps and top with salsa and cheese. For the 300 kcal size, use crunchy lettuce leaves as the wraps.

Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

059 Cottage pie

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 15g tomato puree, 40g onion, 40g peas, 60g tenderstem broccoli, 50g potato (raw weight), 40g sweet potato (raw weight)	**305**	33g	28g	6g
450	125g 5% fat beef mince (raw weight), 15g tomato puree, 40g onion, 50g peas, 80g tenderstem broccoli, 135g potato (raw weight), 80g sweet potato (raw weight), 5g Lurpak Lighter	**446**	36g	52g	10g
600	125g 5% fat beef mince (raw weight), 20g tomato puree, 50g onion, 60g peas, 80g tenderstem broccoli, 150g potato (raw weight), 100g sweet potato (raw weight), 5g Lurpak Lighter, 25g reduced fat cheese, 5g olive oil	**597**	45g	62g	18g

Method: Brown the mince with the onion, garlic and thyme. Stir in the tomato puree, Worcester sauce and peas and simmer. Boil and mash the potatoes with Lurpak Lighter, spread over the mince and bake until golden. Serve with tenderstem.

Dairy free: Use a dairy free cheese, like Vitalite and a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

Vegetarian: Use 150g Quorn mince instead of the beef. Re-log it in your tracker, as the numbers will change.

060 Ham and cheese sandwich with crisps

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	2 slices Hovis wholemeal bread, 5g Lurpak Lighter, 50g sliced ham, 10g reduced fat cheese, 20g lettuce	**292**	21g	32g	8g
450	2 slices Hovis wholemeal bread, 5g Lurpak Lighter, 55g sliced ham, 20g reduced fat cheese, 20g lettuce, 1 25g bag Walkers crisps	**454**	26g	45g	17g
600	2 slices Hovis wholemeal bread, 10g Lurpak Lighter, 115g sliced ham, 40g reduced fat cheese, 30g lettuce, 1 25g bag Walkers crisps	**597**	44g	46g	25g

Method: Spread the bread with Lurpak Lighter and fill with ham, cheese and lettuce. Have the crisps on the side.

Gluten free: Use gluten free bread. Re-log it in your tracker, as the numbers will change.

Dairy free: Use Walkers Ready Salted, a dairy free cheese, like Vitalite and a dairy free spread, like Vitalite. Re-log it in your tracker, as the numbers will change.

061 Spaghetti bolognese

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g 5% fat beef mince (raw weight), 120g passata, 50g carrot, 50g onion, 100g courgette, 20g reduced fat cheese	**297**	36g	18g	9g
450	125g 5% fat beef mince (raw weight), 50g dry pasta, 120g passata, 50g carrot, 50g onion, 15g reduced fat cheese	**443**	39g	51g	9g
600	125g 5% fat beef mince (raw weight), 85g dry pasta, 150g passata, 60g carrot, 60g onion, 20g reduced fat cheese	**595**	46g	80g	10g

Method: Brown the mince with the onion, carrot and garlic. Add the passata or Loyd Grossman sauce, a little Marmite and a beef stock cube, then simmer. Serve over the spaghetti and top with cheese. For the 300 kcal size, serve it over spiralised courgette.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

Vegetarian: Use 150g Quorn mince instead of the beef. Re-log it in your tracker, as the numbers will change.

062 Thai green curry

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	70g cooked chicken breast (about 95g raw), 75g cooked basmati or microwave rice, 15g Thai green curry paste, 60g light coconut milk, 60g green beans, 30g spinach	**303**	27g	27g	9g
450	100g cooked chicken breast (about 135g raw), 130g cooked basmati or microwave rice, 20g Thai green curry paste, 80g light coconut milk, 80g green beans, 40g spinach	**456**	38g	45g	12g
600	130g cooked chicken breast (about 175g raw), 180g cooked basmati or microwave rice, 25g Thai green curry paste, 100g light coconut milk, 100g green beans, 50g spinach	**601**	50g	61g	16g

Method: Fry the curry paste for a minute, add the coconut milk and green beans and simmer. Add the chicken and spinach, heat through and serve with rice.

Fish mains

25 recipes. Salmon, cod, prawns, tuna and mackerel. Every meal here is pescatarian.

063 Salmon rice broccoli

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g raw salmon fillet, 45g broccoli, 10g sweet chilli sauce	**307**	27g	7g	17g
450	130g raw salmon fillet, 90g cooked basmati or microwave rice, 95g broccoli, 15g sweet chilli sauce	**455**	31g	37g	18g
600	130g raw salmon fillet, 180g cooked basmati or microwave rice, 130g broccoli, 20g sweet chilli sauce	**598**	35g	67g	19g

Method: Cook the salmon all the way through. Heat the rice, steam the broccoli and drizzle with sweet chilli. For the 300 kcal size, skip the rice and have extra veg instead.

064 Salmon pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g raw salmon fillet, 40g spinach, 5g green pesto	**302**	27g	1g	19g
450	130g raw salmon fillet, 35g dry pasta, 60g spinach, 10g green pesto	**451**	32g	26g	22g
600	130g raw salmon fillet, 70g dry pasta, 80g spinach, 15g green pesto	**600**	37g	52g	25g

Method: Cook salmon and pasta; toss with spinach and pesto. For the 300 kcal size, skip the pasta and have extra veg instead.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

065 Salmon potato greens

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g raw salmon fillet, 70g green beans	**292**	27g	3g	17g
450	130g raw salmon fillet, 200g potato (raw weight), 105g green beans	**457**	32g	38g	17g
600	130g raw salmon fillet, 365g potato (raw weight), 140g green beans	**595**	36g	68g	18g

Method: Bake salmon and potatoes; steam green beans. For the 300 kcal size, skip the potato and have extra veg instead.

066 Salmon avocado rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g raw salmon fillet, 60g cucumber, 15g avocado	**303**	27g	2g	19g
450	130g raw salmon fillet, 85g cooked basmati or microwave rice, 90g cucumber, 35g avocado	**454**	30g	28g	23g
600	130g raw salmon fillet, 165g cooked basmati or microwave rice, 120g cucumber, 45g avocado, 10g light mayo	**608**	32g	52g	28g

Method: Cook the salmon. Serve over rice with cucumber, avocado and light mayo. For the 300 kcal size, skip the rice and have extra veg instead.

067 Salmon tomato pasta

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g raw salmon fillet, 60g passata, 35g spinach	**296**	28g	3g	17g
450	130g raw salmon fillet, 40g dry pasta, 90g passata, 55g spinach	**449**	34g	34g	18g
600	130g raw salmon fillet, 80g dry pasta, 120g passata, 70g spinach	**601**	39g	64g	19g

Method: Cook salmon; fold through pasta, passata and spinach. For the 300 kcal size, skip the pasta and have extra veg instead.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

068 Smoked salmon egg bagel thin

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g smoked salmon, 1 bagel thin, 1 medium egg, 40g spinach	**307**	25g	23g	12g
450	85g smoked salmon, 1 bagel thin, 2 medium eggs, 60g liquid egg white, 60g spinach	**454**	44g	23g	20g
600	100g smoked salmon, 2 bagel thins, 2 medium eggs, 60g liquid egg white, 80g spinach	**606**	53g	46g	22g

Method: Scramble egg and whites; fill toasted bagel with salmon and spinach.

Gluten free: Use a gluten free bagel thin. Re-log it in your tracker, as the numbers will change.

069 Smoked salmon cream cheese pitta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g smoked salmon, 55g pitta, 25g light cream cheese, 55g cucumber	**306**	21g	32g	10g
450	90g smoked salmon, 80g pitta, 35g light cream cheese, 85g cucumber	**448**	30g	46g	15g
600	120g smoked salmon, 105g pitta, 50g light cream cheese, 115g cucumber	**599**	41g	61g	21g

Method: Spread cream cheese in pitta; fill with salmon and cucumber.

Gluten free: Use a gluten free pitta. Re-log it in your tracker, as the numbers will change.

Dairy free: Use a dairy free cream cheese. Re-log it in your tracker, as the numbers will change.

070 Cod tomato rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	120g raw cod fillet, 115g cooked basmati or microwave rice, 75g passata, 75g green beans	**298**	27g	40g	2g
450	180g raw cod fillet, 175g cooked basmati or microwave rice, 110g passata, 110g green beans	**448**	41g	60g	3g
600	235g raw cod fillet, 235g cooked basmati or microwave rice, 150g passata, 150g green beans	**598**	54g	81g	5g

Method: Cook cod; warm passata and serve with rice and beans.

071 Cod pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g raw cod fillet, 45g dry pasta, 60g asparagus, 10g red pesto	**297**	26g	34g	6g
450	160g raw cod fillet, 70g dry pasta, 90g asparagus, 15g red pesto	**456**	40g	53g	8g
600	210g raw cod fillet, 90g dry pasta, 120g asparagus, 20g red pesto	**593**	52g	69g	11g

Method: Cook cod and pasta; toss with asparagus and pesto.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

072 Cod potato broccoli

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	125g raw cod fillet, 165g potato (raw weight), 75g broccoli, 5g olive oil	**301**	28g	31g	6g
450	185g raw cod fillet, 275g potato (raw weight), 115g broccoli, 5g olive oil	**449**	42g	51g	7g
600	250g raw cod fillet, 330g potato (raw weight), 150g broccoli, 10g olive oil	**602**	56g	62g	13g

Method: Roast potatoes in measured oil; cook cod and steam broccoli.

073 Cod sweet chilli rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	115g raw cod fillet, 105g cooked basmati or microwave rice, 65g frozen mixed veg, 15g sweet chilli sauce	**298**	26g	42g	2g
450	170g raw cod fillet, 165g cooked basmati or microwave rice, 100g frozen mixed veg, 20g sweet chilli sauce	**452**	38g	65g	3g
600	230g raw cod fillet, 220g cooked basmati or microwave rice, 135g frozen mixed veg, 25g sweet chilli sauce	**602**	52g	86g	4g

Method: Cook cod; heat rice and veg; finish with sauce.

074 Cod creamy pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	110g raw cod fillet, 45g dry pasta, 50g spinach, 25g light cream cheese	**300**	29g	34g	5g
450	165g raw cod fillet, 70g dry pasta, 75g spinach, 35g light cream cheese	**455**	43g	53g	7g
600	220g raw cod fillet, 90g dry pasta, 95g spinach, 50g light cream cheese	**600**	57g	68g	10g

Method: Cook cod and pasta; toss with cream cheese, spinach and a little pasta water.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a dairy free cream cheese. Re-log it in your tracker, as the numbers will change.

075 Prawn sweet chilli rice

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	115g cooked prawns, 105g cooked basmati or microwave rice, 70g frozen mixed veg, 15g sweet chilli sauce	**297**	26g	43g	2g
450	170g cooked prawns, 165g cooked basmati or microwave rice, 105g frozen mixed veg, 20g sweet chilli sauce	**449**	38g	65g	3g
600	225g cooked prawns, 215g cooked basmati or microwave rice, 140g frozen mixed veg, 30g sweet chilli sauce	**597**	51g	87g	4g

Method: Heat prawns until piping hot with veg; serve over rice.

076 Prawn teriyaki noodles

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g cooked prawns, 105g straight-to-wok noodles, 60g broccoli, 20g teriyaki sauce, 50g peppers, 40g beansprouts	**305**	27g	40g	3g
450	160g cooked prawns, 155g straight-to-wok noodles, 90g broccoli, 30g teriyaki sauce, 70g peppers, 50g beansprouts	**451**	41g	58g	5g
600	215g cooked prawns, 210g straight-to-wok noodles, 120g broccoli, 40g teriyaki sauce, 90g peppers, 60g beansprouts	**605**	55g	78g	6g

Method: Stir-fry the peppers, beansprouts, broccoli and noodles. Add the prawns, heat through and add the sauce.
Gluten free: Use a gluten free teriyaki or tamari sauce and rice noodles. Re-log it in your tracker, as the numbers will change.

077 Prawn tomato pasta

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	120g cooked prawns, 50g dry pasta, 80g passata, 40g spinach	**302**	30g	40g	2g
450	180g cooked prawns, 75g dry pasta, 115g passata, 65g spinach	**453**	45g	60g	3g
600	240g cooked prawns, 100g dry pasta, 155g passata, 85g spinach	**604**	60g	80g	3g

Method: Heat prawns in passata; toss through pasta and spinach.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

078 Prawn pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	110g cooked prawns, 45g dry pasta, 60g asparagus, 10g green pesto	**300**	27g	34g	6g
450	160g cooked prawns, 70g dry pasta, 90g asparagus, 15g green pesto	**455**	40g	53g	9g
600	215g cooked prawns, 90g dry pasta, 120g asparagus, 20g green pesto	**597**	53g	68g	11g

Method: Toss hot prawns, pasta, asparagus and pesto.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

079 Prawn jacket potato

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	130g cooked prawns, 180g potato (raw weight), 15g light mayo, 60g green beans	**300**	28g	34g	5g
450	190g cooked prawns, 285g potato (raw weight), 20g light mayo, 90g green beans	**450**	42g	53g	6g
600	255g cooked prawns, 385g potato (raw weight), 25g light mayo, 120g green beans	**601**	56g	72g	8g

Method: Bake potato; top with hot prawns and measured mayo; serve beans.

080 Tuna sweetcorn pasta

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	80g tinned tuna, drained, 45g dry pasta, 35g sweetcorn, 10g light mayo	**300**	27g	38g	4g
450	120g tinned tuna, drained, 70g dry pasta, 50g sweetcorn, 15g light mayo	**457**	40g	58g	6g
600	165g tinned tuna, drained, 85g dry pasta, 70g sweetcorn, 25g light mayo	**601**	54g	73g	10g

Method: Cook pasta, cool slightly and fold through tuna, corn and mayo.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

081 Tuna pesto pasta

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	85g tinned tuna, drained, 45g dry pasta, 10g green pesto, 55g tomatoes	**306**	28g	35g	6g
450	125g tinned tuna, drained, 65g dry pasta, 15g green pesto, 85g tomatoes	**448**	40g	51g	9g
600	165g tinned tuna, drained, 90g dry pasta, 20g green pesto, 115g tomatoes	**608**	54g	70g	12g

Method: Toss cooked pasta with tuna, pesto and chopped tomato.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

082 Tuna rice bowl

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	90g tinned tuna, drained, 105g cooked basmati or microwave rice, 40g sweetcorn, 10g light mayo	**298**	27g	37g	5g
450	140g tinned tuna, drained, 155g cooked basmati or microwave rice, 60g sweetcorn, 15g light mayo	**449**	41g	54g	7g
600	185g tinned tuna, drained, 210g cooked basmati or microwave rice, 80g sweetcorn, 20g light mayo	**602**	55g	74g	10g

Method: Heat rice; mix with drained tuna, sweetcorn and mayo.

083 Tuna jacket potato

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g tinned tuna, drained, 180g potato (raw weight), 15g light mayo, 55g tomatoes	**299**	29g	34g	5g
450	150g tinned tuna, drained, 280g potato (raw weight), 20g light mayo, 85g tomatoes	**451**	44g	52g	7g
600	195g tinned tuna, drained, 385g potato (raw weight), 25g light mayo, 115g tomatoes	**600**	58g	71g	9g

Method: Bake potato; top with tuna mixed with mayo and tomato.

084 Tuna cheese wrap

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g tinned tuna, drained, 20g reduced fat cheese, 55g cucumber, 1 wholemeal wrap	**296**	35g	22g	6g
450	145g tinned tuna, drained, 30g reduced fat cheese, 85g cucumber, 1 wholemeal wrap	**446**	52g	34g	10g
600	190g tinned tuna, drained, 40g reduced fat cheese, 115g cucumber, 1 wholemeal wrap	**596**	69g	46g	13g

Method: Fill wrap with tuna, cheese and cucumber; toast if preferred.
Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

085 Mackerel potato tomato

DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	70g mackerel fillet, 145g potato (raw weight), 75g tomatoes, 45g spinach	**302**	18g	28g	12g
450	105g mackerel fillet, 215g potato (raw weight), 110g tomatoes, 65g spinach	**449**	27g	41g	19g
600	140g mackerel fillet, 285g potato (raw weight), 145g tomatoes, 90g spinach	**598**	36g	54g	25g

Method: Bake potato; serve with mackerel, tomato and spinach.

086 Mackerel rice cucumber

GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g mackerel fillet, 95g cooked basmati or microwave rice, 65g cucumber, 40g 0% fat Greek yoghurt	**302**	19g	31g	11g
450	90g mackerel fillet, 140g cooked basmati or microwave rice, 100g cucumber, 60g 0% fat Greek yoghurt	**450**	28g	45g	17g
600	120g mackerel fillet, 185g cooked basmati or microwave rice, 135g cucumber, 80g 0% fat Greek yoghurt	**597**	37g	60g	23g

Method: Heat rice; flake mackerel over and add cucumber and yoghurt.
Dairy free: Use Alpro Greek Style. Re-log it in your tracker, as the numbers will change.

087 Mackerel tomato pasta

DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g mackerel fillet, 40g dry pasta, 65g passata, 45g spinach	**298**	18g	32g	10g
450	80g mackerel fillet, 65g dry pasta, 95g passata, 65g spinach	**458**	26g	52g	15g
600	110g mackerel fillet, 80g dry pasta, 125g passata, 90g spinach	**595**	35g	64g	21g

Method: Flake mackerel into warmed passata; toss with pasta and spinach.
Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

Vegetarian mains

12 recipes. No meat or fish. These use egg, dairy or Quorn, so they are not vegan.

088 Seitan pesto pasta

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	90g seitan, 40g dry pasta, 40g spinach, 10g red pesto	**303**	29g	34g	6g
450	130g seitan, 60g dry pasta, 65g spinach, 15g red pesto	**449**	42g	52g	8g
600	175g seitan, 80g dry pasta, 85g spinach, 20g red pesto	**600**	57g	69g	11g

Method: Warm seitan; toss with pasta, spinach and dairy-free red pesto.

Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

089 Tofu potato bowl

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	110g firm tofu, 140g potato (raw weight), 45g spinach, 10g green pesto	**300**	19g	26g	12g
450	180g firm tofu, 215g potato (raw weight), 70g spinach, 10g green pesto	**451**	30g	40g	17g
600	235g firm tofu, 285g potato (raw weight), 90g spinach, 15g green pesto	**600**	40g	53g	24g

Method: Bake potato; top with crispy tofu, spinach and vegan green pesto.

Dairy free: Use a vegan pesto. Re-log it in your tracker, as the numbers will change.

090 Paneer tomato rice

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g paneer, 85g cooked basmati or microwave rice, 60g passata, 50g spinach	**297**	15g	30g	13g
450	85g paneer, 125g cooked basmati or microwave rice, 90g passata, 70g spinach	**448**	22g	44g	20g
600	115g paneer, 165g cooked basmati or microwave rice, 120g passata, 95g spinach	**600**	30g	58g	28g

Method: Brown paneer in a dry pan; warm in passata with spinach; serve with rice.

091 Paneer curry rice

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g paneer, 65g cooked basmati or microwave rice, 55g frozen mixed veg, 30g curry sauce	**297**	14g	27g	15g
450	80g paneer, 110g cooked basmati or microwave rice, 85g frozen mixed veg, 40g curry sauce	**452**	20g	44g	21g
600	105g paneer, 150g cooked basmati or microwave rice, 110g frozen mixed veg, 55g curry sauce	**602**	27g	60g	28g

Method: Brown paneer; warm with veg and measured sauce; serve with rice.

092 Paneer pepper wrap

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	55g paneer, 60g peppers, 30g salsa, 1 wholemeal wrap	**297**	14g	25g	15g
450	90g paneer, 85g peppers, 50g salsa, 1 wholemeal wrap	**452**	23g	36g	24g
600	115g paneer, 115g peppers, 65g salsa, 1 wholemeal wrap	**593**	29g	48g	30g

Method: Brown paneer and peppers; fill warm wrap and add salsa.

Gluten free: Use a gluten free wrap. Re-log it in your tracker, as the numbers will change.

093 Paneer sweet potato bowl

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g paneer, 120g sweet potato (raw weight), 50g spinach, 60g passata	**300**	15g	29g	14g
450	85g paneer, 200g sweet potato (raw weight), 75g spinach, 85g passata	**452**	22g	47g	19g
600	115g paneer, 260g sweet potato (raw weight), 100g spinach, 115g passata	**602**	29g	62g	26g

Method: Bake sweet potato; top with browned paneer and spinach in passata.

094 Paneer pesto pasta

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	50g paneer, 35g dry pasta, 40g spinach, 5g green pesto	**294**	15g	27g	14g
450	75g paneer, 50g dry pasta, 60g spinach, 10g green pesto	**443**	22g	39g	22g
600	105g paneer, 65g dry pasta, 80g spinach, 15g green pesto	**606**	30g	52g	31g

Method: Brown paneer; toss through hot pasta, spinach and pesto.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

095 Quorn tomato pasta

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g Quorn pieces, 40g dry pasta, 65g passata, 5g reduced fat cheese, 50g peppers, 30g spinach	**299**	23g	40g	4g
450	155g Quorn pieces, 55g dry pasta, 100g passata, 20g reduced fat cheese, 70g peppers, 40g spinach	**457**	38g	56g	7g
600	200g Quorn pieces, 75g dry pasta, 135g passata, 25g reduced fat cheese, 90g peppers, 50g spinach	**604**	49g	75g	9g

Method: Cook the Quorn as the pack says. Add the peppers, passata and spinach, then toss through the pasta and top with cheese.

Dairy free: Use a dairy free cheese, like Vitalite. Re-log it in your tracker, as the numbers will change.

096 Quorn sweet chilli rice

V DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g Quorn pieces, 100g cooked basmati or microwave rice, 65g frozen mixed veg, 15g sweet chilli sauce	**302**	20g	45g	3g
450	160g Quorn pieces, 150g cooked basmati or microwave rice, 95g frozen mixed veg, 20g sweet chilli sauce	**450**	30g	67g	5g
600	215g Quorn pieces, 200g cooked basmati or microwave rice, 125g frozen mixed veg, 25g sweet chilli sauce	**597**	40g	88g	7g

Method: Cook Quorn fully; add rice, veg and sauce.

097 Egg cottage cheese potato

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	1 medium egg, 90g cottage cheese, 180g potato (raw weight), 50g spinach	**296**	22g	34g	8g
450	2 medium eggs, 130g cottage cheese, 230g potato (raw weight), 70g spinach	**442**	35g	44g	14g
600	3 medium eggs, 175g cottage cheese, 295g potato (raw weight), 95g spinach	**606**	49g	56g	20g

Method: Bake potato; top with cooked eggs, cottage cheese and wilted spinach.

098 Feta chickpea couscous

V

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g feta, 60g tinned chickpeas, drained, 30g couscous (dry weight), 55g cucumber	**296**	13g	35g	11g
450	55g feta, 90g tinned chickpeas, drained, 50g couscous (dry weight), 80g cucumber	**448**	20g	56g	15g
600	75g feta, 125g tinned chickpeas, drained, 65g couscous (dry weight), 105g cucumber	**602**	27g	74g	20g

Method: Hydrate couscous; combine with chickpeas, feta and cucumber.
Gluten free: Use cooked quinoa. Re-log it in your tracker, as the numbers will change.
Dairy free: Use a dairy free feta style cheese. Re-log it in your tracker, as the numbers will change.

099 Feta lentil quinoa bowl

V GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	40g feta, 75g tinned lentils, drained, 90g cooked quinoa, 50g tomatoes	**301**	15g	34g	11g
450	60g feta, 115g tinned lentils, drained, 130g cooked quinoa, 75g tomatoes	**448**	22g	50g	17g
600	80g feta, 150g tinned lentils, drained, 180g cooked quinoa, 100g tomatoes	**602**	30g	67g	22g

Method: Heat lentils and quinoa; top with feta and tomato.
Dairy free: Use a dairy free feta style cheese. Re-log it in your tracker, as the numbers will change.

Vegan mains

22 recipes. Fully plant based. Tofu, tempeh, seitan, lentils and chickpeas.

100 Tofu curry rice

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g firm tofu, 70g cooked basmati or microwave rice, 55g broccoli, 10g curry paste, like Patak's, 50g light coconut milk	**304**	18g	26g	13g
450	160g firm tofu, 105g cooked basmati or microwave rice, 80g broccoli, 15g curry paste, like Patak's, 70g light coconut milk	**454**	27g	38g	20g
600	215g firm tofu, 140g cooked basmati or microwave rice, 105g broccoli, 20g curry paste, like Patak's, 90g light coconut milk	**605**	36g	51g	27g

Method: Stir the curry paste into a hot pan, add the coconut milk, then the tofu and broccoli. Simmer and serve with rice.

101 Chickpea tofu curry

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	85g firm tofu, 55g tinned chickpeas, drained, 40g cooked basmati or microwave rice, 10g curry paste, like Patak's, 50g light coconut milk, 40g spinach, 40g peppers	**307**	18g	27g	13g
450	125g firm tofu, 80g tinned chickpeas, drained, 65g cooked basmati or microwave rice, 15g curry paste, like Patak's, 70g light coconut milk, 50g spinach, 50g peppers	**452**	26g	40g	19g
600	170g firm tofu, 110g tinned chickpeas, drained, 85g cooked basmati or microwave rice, 20g curry paste, like Patak's, 90g light coconut milk, 60g spinach, 60g peppers	**602**	35g	53g	25g

Method: Fry the peppers, stir in the curry paste, then the coconut milk. Add the tofu, chickpeas and spinach and simmer. Serve with rice.

102 Seitan sweet chilli rice

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	90g seitan, 95g cooked basmati or microwave rice, 65g frozen mixed veg, 15g sweet chilli sauce	**303**	27g	44g	2g
450	135g seitan, 145g cooked basmati or microwave rice, 95g frozen mixed veg, 20g sweet chilli sauce	**452**	41g	65g	3g
600	180g seitan, 195g cooked basmati or microwave rice, 125g frozen mixed veg, 25g sweet chilli sauce	**600**	54g	87g	4g

Method: Heat seitan and veg; serve over rice with sauce.

103 Seitan teriyaki noodles

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	85g seitan, 110g straight-to-wok noodles, 60g broccoli, 15g teriyaki sauce	**302**	28g	40g	3g
450	130g seitan, 160g straight-to-wok noodles, 90g broccoli, 25g teriyaki sauce	**452**	42g	59g	5g
600	170g seitan, 215g straight-to-wok noodles, 115g broccoli, 35g teriyaki sauce	**601**	56g	79g	7g

Method: Stir-fry seitan, noodles and broccoli; add sauce.

104 Seitan tomato pasta

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	90g seitan, 45g dry pasta, 70g passata, 45g spinach	**301**	30g	41g	2g
450	140g seitan, 65g dry pasta, 105g passata, 65g spinach	**448**	46g	59g	3g
600	180g seitan, 90g dry pasta, 140g passata, 90g spinach	**601**	60g	81g	4g

Method: Warm seitan in passata; toss with pasta and spinach.

105 Seitan salsa rice

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g seitan, 105g cooked basmati or microwave rice, 60g peppers, 40g salsa	**298**	29g	42g	2g
450	150g seitan, 160g cooked basmati or microwave rice, 90g peppers, 60g salsa	**451**	43g	64g	3g
600	195g seitan, 215g cooked basmati or microwave rice, 120g peppers, 80g salsa	**597**	57g	85g	5g

Method: Heat seitan, peppers and rice; add salsa.

106 Seitan potato chilli

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	95g seitan, 155g potato (raw weight), 40g kidney beans, drained, 60g passata	**298**	31g	40g	1g
450	145g seitan, 230g potato (raw weight), 60g kidney beans, drained, 90g passata	**447**	47g	60g	2g
600	195g seitan, 310g potato (raw weight), 80g kidney beans, drained, 120g passata	**601**	63g	80g	3g

Method: Bake the potato. Heat the seitan and beans in the passata with garlic, chilli powder and paprika, then spoon over.

107 Seitan sweet potato bowl

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g seitan, 150g sweet potato (raw weight), 60g green beans, 10g sweet chilli sauce	**299**	30g	43g	1g
450	150g seitan, 225g sweet potato (raw weight), 95g green beans, 20g sweet chilli sauce	**451**	43g	66g	2g
600	200g seitan, 305g sweet potato (raw weight), 125g green beans, 25g sweet chilli sauce	**602**	58g	88g	3g

Method: Bake sweet potato; add warm seitan, beans and sauce.

108 Tofu sweet chilli rice

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	110g firm tofu, 85g cooked basmati or microwave rice, 60g frozen mixed veg, 10g sweet chilli sauce	**302**	19g	35g	9g
450	150g firm tofu, 130g cooked basmati or microwave rice, 90g frozen mixed veg, 20g sweet chilli sauce	**448**	26g	56g	12g
600	210g firm tofu, 170g cooked basmati or microwave rice, 120g frozen mixed veg, 25g sweet chilli sauce	**602**	36g	72g	17g

Method: Dry tofu, cube and air fry; serve with rice, veg and sauce.

109 Tofu tomato pasta

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	105g firm tofu, 40g dry pasta, 65g passata, 40g spinach	**299**	21g	33g	8g
450	155g firm tofu, 60g dry pasta, 100g passata, 65g spinach	**448**	31g	50g	12g
600	210g firm tofu, 80g dry pasta, 130g passata, 85g spinach	**600**	41g	67g	16g

Method: Air fry tofu; toss with hot pasta, spinach and passata.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

110 Tofu peanut noodles

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	80g firm tofu, 80g straight-to-wok noodles, 45g frozen mixed veg, 10g peanut butter	**300**	18g	27g	12g
450	120g firm tofu, 120g straight-to-wok noodles, 65g frozen mixed veg, 15g peanut butter	**448**	26g	40g	19g
600	155g firm tofu, 165g straight-to-wok noodles, 90g frozen mixed veg, 20g peanut butter	**600**	35g	55g	25g

Method: Stir peanut butter with hot water into a sauce; toss through tofu, noodles and veg.

Gluten free: Use rice noodles. Re-log it in your tracker, as the numbers will change.

111 Tofu quinoa bowl

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	110g firm tofu, 110g cooked quinoa, 55g peppers, 35g salsa	**299**	20g	30g	10g
450	165g firm tofu, 165g cooked quinoa, 85g peppers, 55g salsa	**450**	29g	45g	15g
600	225g firm tofu, 215g cooked quinoa, 115g peppers, 70g salsa	**599**	40g	59g	21g

Method: Air fry tofu; serve with heated quinoa, peppers and salsa.

112 Tempeh sweet chilli rice

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	80g tempeh, 80g cooked basmati or microwave rice, 60g broccoli, 10g sweet chilli sauce	**301**	19g	37g	10g
450	120g tempeh, 120g cooked basmati or microwave rice, 90g broccoli, 15g sweet chilli sauce	**451**	29g	56g	15g
600	160g tempeh, 160g cooked basmati or microwave rice, 120g broccoli, 20g sweet chilli sauce	**601**	39g	74g	20g

Method: Pan sear tempeh in a nonstick pan; add rice, broccoli and sauce.

113 Tempeh tomato pasta

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	75g tempeh, 40g dry pasta, 60g passata, 35g spinach	**308**	21g	38g	9g
450	115g tempeh, 55g dry pasta, 95g passata, 55g spinach	**451**	31g	54g	14g
600	155g tempeh, 70g dry pasta, 125g passata, 75g spinach	**593**	42g	70g	19g

Method: Sear tempeh; fold through pasta, passata and spinach.

Gluten free: Use gluten free pasta. Re-log it in your tracker, as the numbers will change.

114 Tempeh potato greens

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	85g tempeh, 140g potato (raw weight), 65g green beans, 30g salsa	**300**	21g	35g	10g
450	130g tempeh, 205g potato (raw weight), 95g green beans, 50g salsa	**452**	31g	53g	15g
600	175g tempeh, 265g potato (raw weight), 130g green beans, 65g salsa	**600**	42g	69g	20g

Method: Bake potato and pan sear tempeh; serve with beans and salsa.

115 Tempeh peanut noodles

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	65g tempeh, 85g straight-to-wok noodles, 45g frozen mixed veg, 5g peanut butter	**300**	18g	32g	12g
450	95g tempeh, 120g straight-to-wok noodles, 65g frozen mixed veg, 10g peanut butter	**448**	27g	46g	18g
600	125g tempeh, 155g straight-to-wok noodles, 90g frozen mixed veg, 15g peanut butter	**599**	37g	60g	25g

Method: Mix peanut butter with hot water and toss with seared tempeh, noodles and veg.
Gluten free: Use rice noodles. Re-log it in your tracker, as the numbers will change.

116 Edamame tofu rice

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	90g firm tofu, 55g edamame beans, 80g cooked basmati or microwave rice, 15g teriyaki sauce	**301**	20g	31g	10g
450	135g firm tofu, 80g edamame beans, 120g cooked basmati or microwave rice, 25g teriyaki sauce	**452**	30g	46g	15g
600	180g firm tofu, 105g edamame beans, 160g cooked basmati or microwave rice, 30g teriyaki sauce	**597**	40g	61g	20g

Method: Air fry tofu; heat edamame and rice; add sauce.
Gluten free: Use a gluten free teriyaki or tamari sauce.

117 Edamame tofu noodles

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	80g firm tofu, 45g edamame beans, 85g straight-to-wok noodles, 10g sweet chilli sauce	**298**	19g	31g	10g
450	115g firm tofu, 70g edamame beans, 130g straight-to-wok noodles, 15g sweet chilli sauce	**447**	28g	48g	14g
600	160g firm tofu, 95g edamame beans, 170g straight-to-wok noodles, 20g sweet chilli sauce	**602**	38g	63g	19g

Method: Air fry tofu; toss with hot noodles, edamame and sauce.
Gluten free: Use rice noodles. Re-log it in your tracker, as the numbers will change.

118 Lentil seitan bolognese

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	70g seitan, 55g tinned lentils, drained, 40g dry pasta, 70g passata	**303**	27g	44g	2g
450	105g seitan, 80g tinned lentils, drained, 60g dry pasta, 105g passata	**452**	41g	65g	3g
600	135g seitan, 110g tinned lentils, drained, 80g dry pasta, 140g passata	**599**	53g	88g	3g

Method: Simmer seitan and lentils in passata; serve over pasta.

119 Chickpea seitan tomato rice

VG DF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	75g seitan, 60g tinned chickpeas, drained, 85g cooked basmati or microwave rice, 65g passata	**298**	26g	42g	3g
450	115g seitan, 85g tinned chickpeas, drained, 130g cooked basmati or microwave rice, 95g passata	**448**	39g	62g	4g
600	155g seitan, 115g tinned chickpeas, drained, 170g cooked basmati or microwave rice, 130g passata	**597**	52g	83g	6g

Method: Simmer seitan and chickpeas in passata; add rice.

120 Lentil tofu potato bowl

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	100g firm tofu, 60g tinned lentils, drained, 135g potato (raw weight), 35g salsa	**301**	20g	35g	8g
450	150g firm tofu, 90g tinned lentils, drained, 200g potato (raw weight), 55g salsa	**451**	30g	53g	11g
600	200g firm tofu, 120g tinned lentils, drained, 265g potato (raw weight), 75g salsa	**600**	40g	70g	15g

Method: Bake potato; add crisp tofu, warmed lentils and salsa.

121 Red lentil pasta

VG DF GF

SIZE	INGREDIENTS, ONE SERVING	KCAL	PROTEIN	CARBS	FAT
300	60g red lentil pasta (dry weight), 150g passata, 60g spinach, 10g nutritional yeast	**295**	24g	39g	2g
450	95g red lentil pasta (dry weight), 180g passata, 80g spinach, 15g nutritional yeast	**445**	36g	59g	3g
600	135g red lentil pasta (dry weight), 200g passata, 100g spinach, 20g nutritional yeast	**608**	50g	81g	4g

Method: Cook the pasta. Warm the passata, stir in the spinach until wilted, then toss with the pasta and nutritional yeast.
Not vegan: Use reduced fat cheese instead of the nutritional yeast if you prefer.