

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL

SAVVYMEALPLANS.COM



Contents & Key

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| 1. Overnight Blueberry Chia Protein Oats | GF | Gluten Free |
| 2. Spinach & Feta Tortilla | DF | Dairy Free |
| 3. Tomato, White Bean & Egg Skillet | LC | Low Carb (<20g per serve) |
| 4. Sausage & Potato Breakfast Hash | MP | Meal Prep/Freezer Friendly |
| 5. Arugula, Strawberry & Avo Steak Salad | HP | High Protein (>20g per serve) |
| 6. Spinach & Feta-Stuffed Chicken Breasts | V | Vegetarian |
| 7. Salmon Bites with Maple Tahini Dressing | Q | Quick (under 30 mins) |
| 8. Chicken Kale Salad with Maple Tahini Dressing | N | Contains Nuts |
| 9. Parchment Garlic Butter Haddock | | |
| 10. Spiced Tomato-Baked Chicken Thighs | | |
| 11. Maple Tahini Dressing | | |
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Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Overnight Blueberry Chia Protein Oats	Spinach & Feta-Stuffed Chicken Breasts	Spinach Feta Almond Biscuits	Parchment Garlic Butter Haddock
Tuesday	Spinach & Feta Tortilla	Spinach & Feta-Stuffed Chicken Breasts	Spinach Feta Almond Biscuits	Salmon Bites with Maple Tahini Dressing
Wednesday	Spinach & Feta Tortilla	Salmon Bites with Maple Tahini Dressing	Soft Banana Oat Cookies	Chicken Kale Salad with Maple Tahini Dressing
Thursday	Sausage & Potato Breakfast Hash	Chicken Kale Salad with Maple Tahini Dressing	Soft Banana Oat Cookies	Chicken Kale Salad with Maple Tahini Dressing
Friday	Sausage & Potato Breakfast Hash	Chicken Kale Salad with Maple Tahini Dressing	PB Coffee Protein Smoothie	Spiced Tomato-Baked Chicken Thighs
Saturday	Tomato, White Bean & Egg Skillet	Arugula, Strawberry & Avo Steak Salad	Soft Banana Oat Cookies	Meal Out - Enjoy!
Sunday	Overnight Blueberry Chia Protein Oats	Arugula, Strawberry & Avo Steak Salad	PB Coffee Protein Smoothie	Spiced Tomato-Baked Chicken Thighs

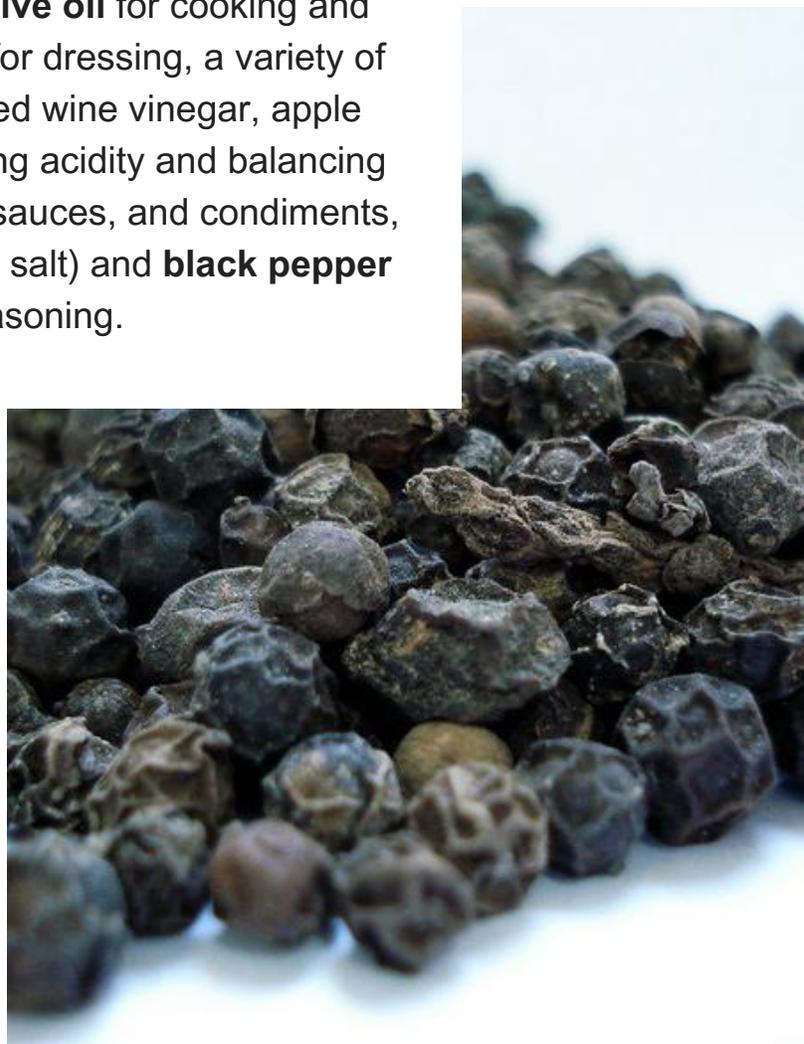
Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none">• 5 bananas• 1.1 lbs (500g) spinach• 7 oz (200g) strawberries• 2 avocados• 2 zucchinis (courgettes)• 7.5 oz (213g) carrots• 3 tomatoes• 10 oz (284g) cherry tomatoes• 4 yellow onions• garlic• sun-dried tomatoes• green onions (scallions)• parsley• 5.2 oz (148g) blueberries• 1 lemon• ginger• frozen peas	<ul style="list-style-type: none">• 10 eggs• 34.6 oz (980g) chicken breast• 12 oz (340g) herby chicken sausages• 8 chicken thighs, skinless• 24 oz (680g) salmon, skinless• 4 oz (113g) cottage cheese• 2 oz (57g) shredded cheese• 5 oz (142g) feta• 2 oz (60g) vanilla protein powder• 3.5 oz (100g) parmesan cheese, grated	<ul style="list-style-type: none">• 7.4 oz (209g) oats• 4.5 oz (128g) oat flour• 4 oz (113g) almond flour• dried cranberries• pumpkin seeds• pecans• walnuts• pine nuts• sliced almonds• raisins• chia seeds• ground flaxseed• baking powder• baking soda• 14 oz (400g) basmati rice• 2.8 oz (80g) dark chocolate chips• 3.5 oz (100g) coconut sugar• 2 flour tortillas• garlic powder• onion powder• Italian seasoning• dried oregano• smoked paprika• paprika• chili flakes• cumin• ground turmeric• ground cinnamon• ground coriander	<ul style="list-style-type: none">• 15 oz (425g) cannellini beans• peanut butter• 2.8 oz (80g) tomato paste• coconut oil• tahini• maple syrup• rice vinegar• oat milk• unsweetened almond milk• 8.5 fl oz (250ml) brewed coffee• tamari• vanilla extract



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Overnight Blueberry Chia Protein Oats

Serves 2

5 Minutes

2.9 oz. (81g) oats

1 tbsp. chia seeds

10.1 fl oz. (300ml) oat milk

3 tbsp. vanilla protein powder

2 tsp. ground flaxseed

5.2 oz. (148g) blueberries

1 tbsp. natural peanut butter

2 tbsp. pecans, chopped

Combine oats, chia seeds, and oat milk in a bowl. Stir and refrigerate for 8 hours or overnight.

Stir in protein powder and flaxseed. Add more oat milk, one tablespoon at a time, if too thick.

Divide into bowls and top with blueberries, peanut butter, and pecans.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	457kcal	55g	21g	17g



Spinach & Feta Tortilla

Serves 2

35 Minutes

- 4 large eggs
- 4 oz. (113g) cottage cheese
- 2 oz. (57g) shredded cheese
- 1 oz. (28g) crumbled feta cheese
- 1 oz. (28g) sun-dried tomatoes, drained, chopped
- 1 oz. (28g) spinach, packed & chopped
- 2 flour tortillas
- ½ tsp. garlic powder
- ¼ tsp. Italian seasoning
- fresh basil, to garnish

Preheat the oven to 350°F (175°C). Blend eggs, cottage cheese, and shredded cheese until smooth.

Stir in spinach, sun-dried tomatoes, feta cheese, spices and ¼ tsp. salt. Grease a 9 or 10-inch pie dish and layer tortillas inside. Pour in the filling and spread evenly.

Bake for 20-25 minutes until set. Garnish with basil and enjoy.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	454kcal	24g	31g	26g



Tomato, White Bean & Egg Skillet

Serves 3

30 Minutes

3 slices bread, chopped

4 tbsp. Parmesan cheese, grated

2 cloves garlic, minced

10 oz. (284g) cherry tomatoes

14 oz. (400g) can cannellini beans, drained

½ tsp. dried oregano

6 eggs

fresh basil, to serve (optional)

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Add bread and fry until golden.

Toss toasted bread with Parmesan in a bowl.

Wipe the skillet clean, add 1 tbsp. olive oil, and cook garlic for 30-60 seconds. Add tomatoes and beans. Cook for 7-10 minutes until tomatoes burst. Stir in most of the bread.

Make 4 wells and crack in eggs. Cover and cook for 3-4 minutes. To serve, top with remaining bread, season with pepper, and garnish with basil.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	428kcal	31g	22g	24g



Sausage & Potato Breakfast Hash

Serves 2

25 Minutes

1 tbsp. butter

12 oz. (340g) herby chicken
sausages, skinned

1 onion, sliced

3.5 oz. (100g) potatoes
(skin on), grated, squeeze
out moisture

2 eggs

Heat butter in a pan. Add sausages and brown the meat. Add onion and cook until soft. Set aside.

Add grated potatoes and cook until golden. Set aside. Crack in eggs and cook until whites are set.

Divide everything between two plates, season with salt and pepper and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	359kcal	18g	38g	15g



Arugula, Strawberry & Avo Steak Salad

Serves 4

25 Minutes

21 oz. (600g) ribeye steaks, boneless

6 oz. (170g) arugula

7 oz. (200g) strawberries, quartered

2 avocados, sliced

6 servings Maple Tahini Dressing (Find the recipe on page 27.)

Season steak with salt, pepper, and ½ tsp. olive oil. Sear steaks 4-7 minutes per side. Rest for 5-10 minutes, then slice.

Toss arugula with 2 tbsp. Maple Tahini Dressing (page 27), then divide onto plates.

Top with strawberries, avocado, and steak. Drizzle with remaining dressing.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	596kcal	23g	36g	40g



Spinach & Feta-Stuffed Chicken Breasts

Serves 2

35 Minutes

1 clove garlic, chopped

2.8 oz. (80g) spinach

1.4 oz. (40g) feta cheese, diced

0.7 oz. (20g) sun-dried tomatoes, chopped

10.6 oz. (300g) chicken breasts (2 small)

1 tsp. paprika

1 tsp. chili flakes

Heat 1 tbsp. olive oil in a pan. Sauté garlic for 2 minutes. Add spinach and cook until wilted. Season with salt and pepper. Mix in feta cheese and sun-dried tomatoes. Set aside.

Butterfly the chicken breasts and gently pound to flatten. Season with paprika, chili flakes, salt, and pepper. Add filling, fold, and secure with toothpicks.

Heat another 1 tbsp. olive oil and cook chicken for 20 minutes, turning to brown all sides. Serve with salad or a side of choice.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	336kcal	9g	39g	16g



Salmon Bites with Maple Tahini Dressing

Serves 4

25 Minutes

24 oz. (680g) salmon,
skinless, cut into cubes

1 tsp. garlic powder

1 tsp. onion powder

4 tbsp. green onions, sliced,
for garnish

2 tsp. sesame seeds, for
garnish

4 tbsp. Maple Tahini
Dressing (Find the recipe
on page 27.)

Toss salmon with 2 tbsp. olive oil, spices, ½ tsp. salt and ½ tsp. ground pepper. Heat a skillet over medium heat and cook salmon for 8-10 minutes, turning to brown all sides.

To serve, drizzle Maple Tahini Dressing (page 27) over cooked salmon and garnish with green onions and sesame seeds.

Serving suggestion: Over rice or quinoa (not included in nutritional information).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	364kcal	6g	40g	20g



Chicken Kale Salad with Maple Tahini Dressing

Serves 4

25 Minutes

Juice of 1 lemon
2 cloves garlic, crushed
24 oz. (680g) chicken breast
1 tsp. paprika
½ tsp. cumin
6 tbsp. Maple Tahini Dressing, divided (Find the recipe on page 27.)
10 oz. (284g) kale leaves
1 avocado, cubed
1.2 oz. (34g) dried cranberries
1.2 oz. (34g) pumpkin seeds

Mix 2 tbsp. olive oil, lemon juice, and garlic in a bowl. Add chicken and coat with spices as well as ½ tsp. salt and ½ tsp. ground pepper. Let it marinate.

Massage 2 tbsp. Maple Tahini Dressing (page 27) into kale.

Heat 1 tsp. oil in a pan over medium heat and cook chicken for 5-7 minutes per side or until cooked through. Let rest, then slice.

Top salad with avocado, cranberries, pumpkin seeds, and chicken. Drizzle with remaining dressing.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	546kcal	22g	47g	30g



Parchment Garlic Butter Haddock

Serves 2

25 Minutes

- 1½ tbsp. soft butter
- 1 tbsp. parsley, chopped
- 1 clove garlic, minced
- 2 small zucchinis, sliced
- 1 medium carrot, sliced
- 12 oz. (340g) haddock filets

Preheat the oven to 400°F (205°C). Cut two 18-inch parchment sheets and fold in half.

Mix butter, parsley, and garlic.

Divide vegetables onto parchment. Season fish with salt and pepper, place on top, and spread with butter mix. Fold and crimp parchment to seal.

Bake for 15-16 minutes until the fish is cooked. Open and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	290kcal	10g	40g	10g



Spiced Tomato-Baked Chicken Thighs

Serves 8

1 Hour

For the Chicken:

28.2 oz. (800g) skinless chicken thighs
3 medium yellow onions, thinly sliced
3 tomatoes, sliced
fresh parsley, to garnish

For the Spiced Rub:

2.8 oz. (80g) tomato paste
Juice of 1 lemon
4 cloves garlic, minced
1 tsp. dried oregano
1 tsp. smoked paprika
1 tsp. ground cumin

Preheat the oven to 425°F (220°C). Season chicken with salt and pepper. Mix the spiced rub ingredients with 1 tsp. black pepper and 2.8 oz. (80ml) olive oil. Coat chicken thoroughly.

Brush a baking dish with 2 tsp. olive oil, layer $\frac{3}{4}$ onions, and place chicken on top.

Add tomatoes and remaining onions. Pour 2 fl oz. (60ml) water into corners without disturbing the rub.

Bake for 40 minutes. Broil 1-3 minutes to crisp. Rest 5-10 minutes, garnish with parsley, and serve.

Serving suggestion: Serve with Spiced Veggie Pilaf Rice ((Find the recipe on page 29.).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	174kcal	9g	21g	6g



Maple Tahini Dressing

Serves 24 Tbsp | 5 Minutes

- 6 oz. (180g) tahini
- 2.8 fl oz. (84ml) maple syrup
- 2.8 fl oz. (84ml) tamari
- 4 tsp. rice vinegar
- 4 tsp. ginger, grated
- 4 cloves garlic, crushed

Whisk all ingredients together until smooth. Add 1 tsp. water to start, then add 2-7 tsp. more if needed for a thick, pourable consistency.

Season with salt to taste.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	60kcal	4g	2g	4g



Spiced Veggie Pilaf Rice

Serves 8

30 Minutes

14 oz. (400g) basmati rice

1 small yellow onion, finely chopped

2 cloves garlic, minced

4.8 oz. (135g) frozen peas

5.3 oz. (150g) carrots, chopped

½ tsp. coriander

½ tsp. paprika

¼ tsp. ground turmeric

Rinse rice several times until water is clear. Soak for 10 minutes.

In a large pan, heat 2 tbsp. olive oil. Sauté onion and garlic for 3-5 minutes. Add peas, carrots, season with salt and pepper, and spices. Cook for 5 minutes until carrots soften.

Drain rice, add to pan, and stir to coat. Pour in 18.2 fl oz. (540ml) water, season with more salt, and bring to a boil. Cover and simmer on low for 15-20 minutes until liquid is absorbed.

Let it rest 5-10 minutes before serving with nut toppings (optional).

Serving suggestion: Serve with Spiced Tomato-Baked Chicken Thighs (Find the recipe on page 25.).

Optional Nut Toppings: 1 oz. (28g) walnut halves, toasted, 1 oz. (28g) pine nuts, toasted, 1 oz. (28g) sliced almonds, toasted, 1 oz. (28g) raisins

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	240kcal	46g	5g	4g



Spinach Feta Almond Biscuits

Makes 6

40 Minutes

1 oz. (28g) green onions, chopped

5 oz. (142g) fresh spinach, chopped

4 oz. (113g) egg whites (4-5 eggs)

4 oz. (113g) almond flour

1 tsp. baking powder

4 oz. (113g) crumbled feta cheese

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment.

Heat 1 tbsp. olive oil in a pan and cook green onions for 1-2 minutes. Add spinach and cook until wilted. Season with salt and pepper and cool slightly.

Mix spinach mixture with egg whites, almond flour, baking powder, and feta cheese.

Form 6 biscuits or drop spoonfuls onto the baking sheet. Bake for 20-25 minutes until the edges are golden. Cool slightly before serving.

Note: 1 biscuit is 1 serving.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	204kcal	6g	9g	16g



Soft Banana Oat Cookies

Makes 20

25 Minutes

4.5 oz. (128g) rolled oats

4.5 oz. (128g) oat flour

7 oz. (200g) bananas,
mashed (about 2 bananas)

4 oz. (113g) coconut oil,
softened

2 large eggs

3.5 oz. (100g) coconut
sugar

1 tsp. vanilla extract

½ tsp. cinnamon

½ tsp. baking soda

2.8 oz. (80g) dark chocolate
chips

Preheat the oven to 350°F (175°C). In a bowl, whisk bananas, eggs, sugar, coconut oil, and vanilla extract until smooth. Stir in oats, oat flour, cinnamon, baking soda, and ¼ tsp. salt. Fold in chocolate chips.

Scoop 2 tbsp. portions onto a lined baking sheet, 1 inch apart. Bake for 12-15 minutes until edges are browned. Cool and store airtight.

Note: 1 cookie 1 is serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	127kcal	14g	2g	7g



PB Coffee Protein Smoothie

Serves 2

5 Minutes

13.5 fl oz. (400ml) coffee, cooled

1.1 oz. (30g) peanut butter

6.3 oz. (180g) ripe banana, frozen (about 1.5 bananas)

2.1 oz. (60g) protein powder (vanilla or chocolate)

2-3 tbsp. almond milk, unsweetened, as needed

Add coffee, peanut butter, banana, protein powder to a blender and blend until smooth and creamy.

Adjust with a splash of almond milk for desired consistency. Serve immediately.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	305kcal	28g	28g	9g