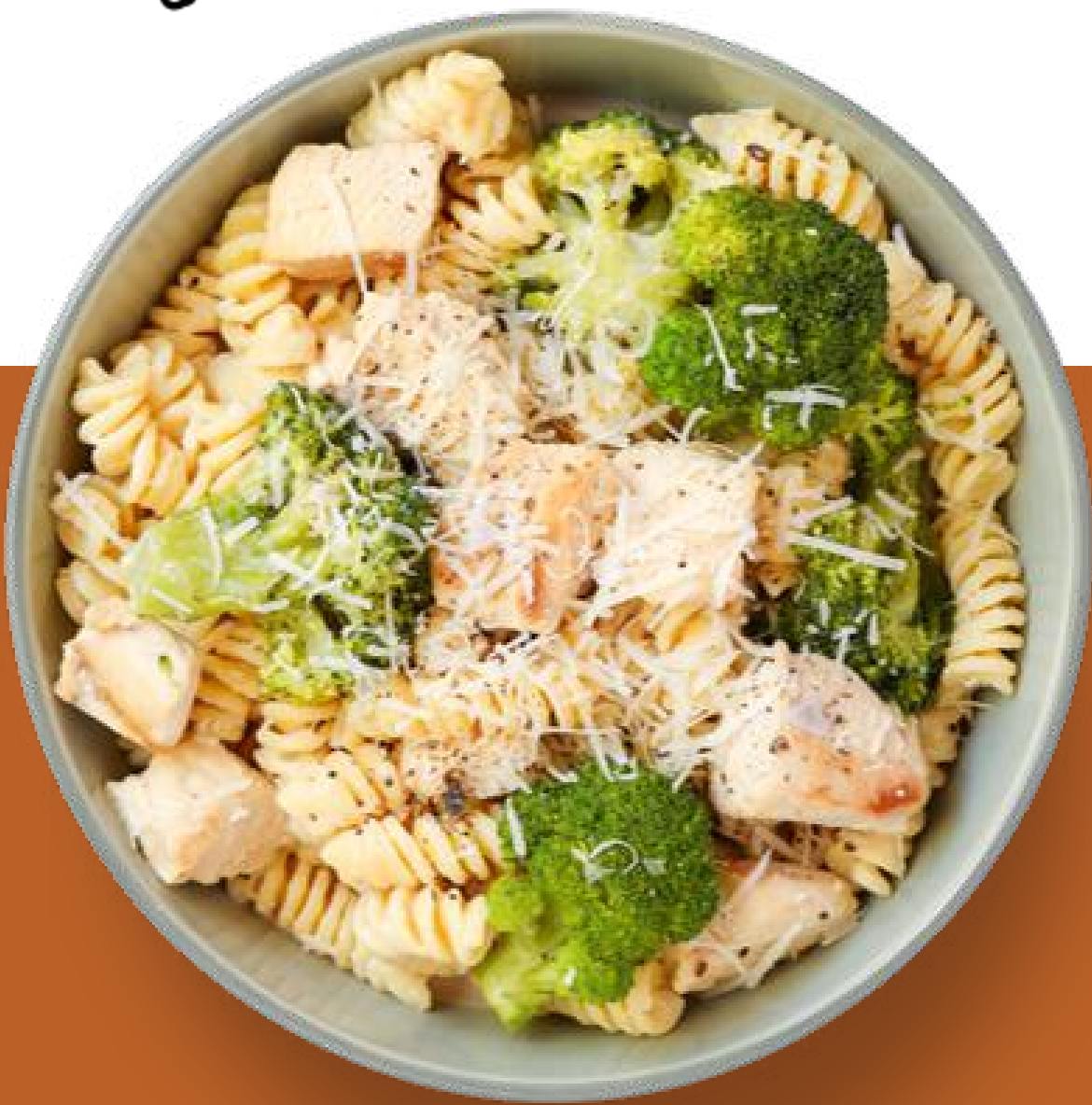


GOOD FOOD GOOD SENSE

SAVVY MEAL★PLANS



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

1. Avo Feta Toast	GF	Gluten Free
2. Kai Jeow (Thai Omelet)	DF	Dairy Free
3. Cottage Cheese & Oat Pancakes	LC	Low Carb (<20g per serve)
4. Curried Egg Salad	MP	Meal Prep/Freezer Friendly
5. Baked Fish with Lemon Sauce	HP	High Protein (>20g per serve)
6. Chop Suey	V	Vegetarian
7. Classic Beef Stroganoff	Q	Quick (under 30 mins)
8. Chicken Broccoli Alfredo	N	Contains Nuts
9. Mexican Beef & Bean Bake		
10. Baked Salmon		
11. Garlic Sautéed Kale		
12. Lemon Garlic Chicken Drumsticks		
13. Whole-Grain Banana Yogurt Muffins		
14. Seed Crackers with Lemon-Ricotta Dip		
15. Blueberry Yogurt Oat Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Curried Egg Salad	Chop Suey	Blueberry Yogurt Oat Smoothie	Lemon Garlic Chicken Drumsticks
Tuesday	Kai Jeow (Thai Omelet)	Chop Suey	Seed Crackers with Lemon-Ricotta Dip	Classic Beef Stroganoff
Wednesday	Avo Feta Toast	Classic Beef Stroganoff	Whole-Grain Banana Yogurt Muffins	Chicken Broccoli Alfredo
Thursday	Cottage Cheese & Oat Pancakes	Baked Fish with Lemon Sauce	Blueberry Yogurt Oat Smoothie	Chicken Broccoli Alfredo
Friday	Cottage Cheese & Oat Pancakes	Baked Fish with Lemon Sauce	Seed Crackers with Lemon-Ricotta Dip	Mexican Beef & Bean Bake
Saturday	Blueberry Yogurt Oat Smoothie	Mexican Beef & Bean Bake	Whole-Grain Banana Yogurt Muffins	Meal Out - Enjoy!
Sunday	Avo Feta Toast	Baked Salmon & Garlic Sautéed Kale	Whole-Grain Banana Yogurt Muffins	Lemon Garlic Chicken Drumsticks

Weekly Shopping List

Produce	Protein & Dairy	Dry Goods	Staples & Misc
• 1 avocado • 2 green onions (scallions) • 1 Thai chili • 1 bunch kale • 2 medium carrots • 1 red onion • 1 white onion • 1 green bell pepper • 1 red bell pepper • 2 celery stalks • 4 small cucumbers • 2 garlic bulbs • 2 bananas • 1 lemon • rosemary • 7 oz (200g) fresh blueberries	• 19 large eggs • 8.75 oz (250g) cottage cheese • feta cheese • mayonnaise • large Greek yogurt • 4x 5.5 oz (155g) white fish filets • 1.25 lbs (680g) chuck beef • 16 oz (450g) chicken breast • 1 lb (450g) ground beef • 3.3 lbs (1.5 kg) chicken drumsticks • 4x 6 oz (170g) salmon filets • 5.3 oz (150g) ricotta • large natural plain yogurt • 1 oz (30g) Parmesan cheese • 6 oz (170g) shredded cheese	• 3.5 oz (100g) porridge oats • 3.5 oz (100g) quick oats • 5.3 oz (150g) whole-wheat flour • 2.6 oz (75g) spelt flour • 8 oz (225g) rotini pasta • Mexican spice mix (or make your own) • coconut sugar • curry powder • sweet paprika • paprika • baking powder • baking soda • cayenne pepper • mixed seeds	• honey • agave syrup • butter • oat cream • vegetable stock • chicken stock • beef stock • fish sauce • oyster sauce • tamari • Dijon mustard • 14 oz (400g) canned red kidney beans • 8.5 oz (240g) tomato passata • 2 oz (60g) capers



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.





Avo Feta Toast

Serves 2

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10 Minutes

- 2 large eggs, poached
- 1 avocado
- 1.75 oz. (50g) feta cheese
- 1 tsp. chili flakes
- Juice of ½ lemon
- 2 slices toasted bread

Poach eggs using your chosen method.

Mash avocado, feta cheese, chili flakes, and lemon juice. Season with black pepper.

Spread the avocado mixture over the toast and top each slice with a poached egg.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	29g	10g	25g



Kai Jeow (Thai Omelet)

Serves 1

10 Minutes

3 large eggs
2 tsp. fish sauce
¼ tsp. coconut sugar
1 green onion, minced
½ Thai chili, minced

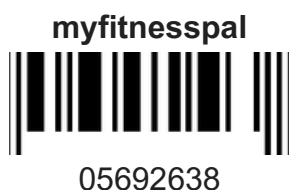
Whisk together eggs, fish sauce, sugar, green onions, chili, and a pinch of black pepper.

Heat 1 tbsp olive oil in a nonstick skillet over medium-high heat. Pour in egg mixture. Cook for 3 minutes, pushing edges in and tilting the pan.

Flip and cook for another few seconds on the other side.

Serve with suggested servings.

Serving suggestions (optional): green onions, chili and cucumber.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	348kcal	4g	20g	28g



Cottage Cheese & Oat Pancakes

Serves 4

20 Minutes

8.75 oz. (250g) cottage cheese

In a food processor, blend cottage cheese, oats, baking powder, and eggs into a smooth batter.

3.5 oz. (100g) porridge oats

Heat 1 tsp olive oil in a nonstick pan. Drop in 3-4 tbsp of batter per pancake. Cook for 3 minutes, flip, and cook 2 minutes more. Repeat until you have used all the batter.

1 heaped tsp. baking powder

Serve with suggested servings.

2 large eggs

Serving suggestions (optional): pineapple, mango, Greek yogurt, coconut, honey, chia seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	222kcal	20g	13g	10g



Curried Egg Salad

Serves 4

20 Minutes

8 eggs, hard-boiled

2 oz. (60g) mayonnaise

6 tbsp. plain Greek yogurt

2 tsp. curry powder

2 tsp. Dijon mustard

1 tbsp. fresh dill, finely
chopped

1 tsp. cayenne pepper

4 small cucumbers, halved,
seeds discarded

Boil eggs for 8-10 minutes. Drain and rinse under cold water. Once cool enough to handle, peel the eggs and finely chop them.

In a medium bowl, combine the eggs, mayonnaise, yogurt, curry powder, mustard, dill, and cayenne. Mix thoroughly with a fork. Season with salt and black pepper to taste.

Serve immediately in cucumber boats. Store leftovers in the fridge for up to 3 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	291kcal	6g	15g	23g



Baked Fish with Lemon Sauce

Serves 4

15 Minutes

4x 5.5 oz. (155g) white fish filets, about 0.5 inch thick

4 tbsp. (50g) unsalted butter

2 fl oz. (60ml) oat cream

2 cloves garlic, minced

1 tbsp. Dijon mustard

1.5 tbsp. lemon juice

1.5 tbsp. shallots, finely chopped

Preheat the oven to 390°F (200°C).

Place fish in a baking dish. Season both sides with salt and pepper.

In a small pot, combine butter, cream, garlic, mustard, lemon juice, salt, and pepper. Heat, stirring between, until melted.

Sprinkle fish with shallots and pour over the sauce. Bake in the preheated oven for 10-12 minutes until just cooked.

Serve with sauce and with suggested servings.

Serving suggestions (optional): parsley and lemon slices.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	250kcal	2g	29g	14g



Chop Suey

1 lb. (450g) boneless, skinless chicken thighs, cut into 1.5-inch pieces

1 medium white onion, chopped

2 medium carrots, sliced into 0.25-inch coins

2.7 fl oz (80ml) low-sodium chicken stock

2 tbsp. oyster sauce

1 tbsp. tamari

2 tsp. coconut sugar

2 tsp. sesame oil

8-10 shiitake mushrooms, stemmed

1 red bell pepper, cut into 1-inch pieces

2 celery stalks, cut into 1-inch pieces

4 oz. snow peas, trimmed

1.5 tsp. cornstarch mixed with 1.5 tsp. water

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Serves 3-4

35 Minutes

Heat 2 tbsp olive oil in a wok or deep skillet over medium-high heat. Add chicken and stir-fry until no longer pink, about 5 minutes.

Add onion, carrots, chicken stock, oyster sauce, tamari, sugar, and sesame oil. Stir-fry for 5 minutes. Add mushrooms, bell pepper, celery, and snow peas. Cook for another 5 minutes.

Stir in the cornstarch mixture and cook for 1-2 minutes until the sauce thickens.

Adjust seasoning and serve with suggested servings.

Serving suggestions (optional): cooked rice, sesame seeds.

GF	DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	392kcal	21g	23g	24g



Classic Beef Stroganoff

Serves 6

2 Hours 55 Minutes

1.25 lbs. (680g) chuck beef,
cut into 2-inch cubes

24 oz. (680g) mushrooms,
sliced

1 onion, thinly sliced

1 tbsp. apple cider vinegar

4 tbsp. all-purpose flour

2 tsp. Dijon mustard

1 tsp. paprika

24 fl oz. (710ml) beef stock

2 tbsp. Greek yogurt

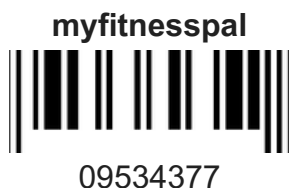
Heat 1 tbsp olive oil in a large pot. Season beef with ½ tsp salt and ½ tsp pepper. Sear for 3-4 minutes per side. Remove and set aside.

Add mushrooms and onions to the pot. Cook for 6-8 minutes until golden. Deglaze with vinegar.

Stir in flour, mustard, and paprika. Add beef and beef stock, season with more salt and pepper, and bring to a boil.

Cover, reduce the heat to low, and simmer for 120 minutes or until the beef is tender. Take off the heat and stir in yogurt.

Garnish with parsley and serve with rice and gherkins (optional).



LC	MP	HP		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	331kcal	11g	29g	19g



Chicken Broccoli Alfredo

Serves 4

30 Minutes

8 oz. (225g) rotini pasta

10.6 oz. (300g) broccoli
florets

2 tbsp. butter, divided

16 oz. (450g) chicken
breast, cut into bite-sized
pieces

2 cloves garlic, minced

2 tbsp. all-purpose flour

12.7 fl oz. (375ml) milk

1 oz. (30g) grated
Parmesan cheese

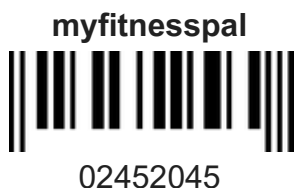
Cook pasta according to package instructions. Reserve $\frac{1}{2}$ glass of pasta water. Cook broccoli for 3-4 minutes. Add it to the cooked pasta.

In a skillet, heat 1 tbsp butter. Season chicken with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp black pepper. Cook for 3-4 minutes per side, until cooked through.

In the same pan, heat the remaining butter. Add garlic and cook for 1 minute.

Add flour, stir for 1 minute, then slowly whisk in milk and $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Simmer for 2-3 minutes.

Stir in Parmesan and combine with pasta, chicken, and broccoli. Add reserved pasta water to loosen sauce, if needed. Serve with extra Parmesan (optional).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	488kcal	55g	40g	12g



Mexican Beef & Bean Bake

Serves 5-6

45 Minutes

1 red onion, finely chopped

2 cloves garlic, minced

1 green bell pepper,
chopped into cubes

1 lb. (450g) ground beef

14 oz. (400g) canned red
kidney beans, drained

8.5 oz. (240g) tomato
passata

6 oz. (170g) shredded
cheese

2 tbsp. Mexican spice mix

**Tip: Make your own
Mexican seasoning:**

1½ tsp. cumin

1½ tsp. smoked paprika

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. dried oregano

½ tsp. cayenne pepper

1 tsp. salt

Preheat the oven to 400°F (200°C).

Heat 2 tbsp olive oil in a large oven-proof skillet over medium-high heat. Add onion, garlic, and bell pepper. Sauté for 3 minutes until softened.

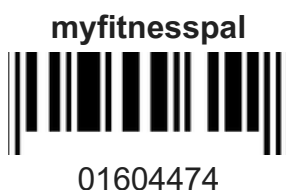
Add ground beef and cook, breaking it up with a spoon, until browned and cooked through. Stir in the Mexican seasoning (store-bought or home-made) and cook for 1 minute to toast the spices.

Add the beans and tomato passata. Stir to combine and bring to a simmer.

Top with shredded cheese and transfer skillet to the oven. Bake uncovered for 15 minutes until the cheese is melted and golden.

Serve hot with your favorite Mexican toppings (see suggested servings below).

Serving suggestions (optional): sour cream, jalapeños, tortilla wraps, rice, salsa, guacamole.



DF	LC	MP	HP	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	404kcal	18g	29g	24g



Baked Salmon

Serves 4

30 Minutes

4x 6 oz. (170g) salmon filets
(skin-on or skinless)

2 tsp. garlic, minced

2 tsp. coconut sugar

1 tsp. sweet paprika

Juice of ½ lemon, for
serving

Preheat the oven to 400°F (200°C) and line a sheet pan with parchment paper. Pat the salmon filets dry and place them on the prepared sheet. Brush each filet evenly with olive oil (2 tbsp total).

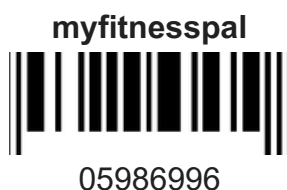
In a small bowl, combine garlic, coconut sugar, 1 tsp salt, sweet paprika, and ½ tsp black pepper.

Sprinkle the spice mixture over the tops and sides of each fillet, pressing gently to adhere.

Bake for 12-15 minutes, depending on thickness, until the salmon flakes easily with a fork and is just cooked through.

Squeeze lemon juice over the filets before serving.

Serving suggestions (optional): Garlic Sautéed Kale (Find in page 27).



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	418kcal	3g	34g	30g



Garlic Sautéed Kale

Serves 4

15 Minutes

3 cloves garlic, sliced

1 large bunch kale, stems removed, leaves coarsely chopped

4 fl oz. (120ml) vegetable stock

1 fl oz. (30ml) red wine vinegar

Heat 4 tbsp olive oil in a large pan over medium-high heat. Add garlic and cook until soft and fragrant, about 1 minute.

Add kale and turn heat to high. Pour in the stock and toss the kale to coat, then cover and cook for 5-7 minutes until wilted but still vibrant green.

Uncover and cook for 1-2 minutes more, stirring occasionally, until most of the liquid has evaporated.

Season to taste with salt, and black pepper. Add vinegar and toss well before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	7g	4g	14g



Lemon Garlic Chicken Drumsticks

Serves 6

40 Minutes

3.3 lbs. (1.5kg) bone-in, skin-on chicken drumsticks

5 cloves garlic, peeled

6 fl oz. (180ml) low-sodium chicken stock

¼ tsp. dried oregano

¼ tsp. thyme

pinch of red pepper flakes

2 tbsp. lemon juice

2 oz. (60g) capers, drained

1.5 oz. (42g) cold butter, cut into small cubes

2 tbsp. parsley, chopped, to garnish (optional)

Season the chicken with 2 tsp salt and ½ tsp black pepper, then leave to marinate in the refrigerator for at least 4 hours or up to 24 hours.

Preheat the oven to 350°F (175°C). Remove chicken from the refrigerator and pat dry.

Heat 2 tbsp olive oil in a large oven-safe pan over medium heat. Sear chicken skin for about 10 minutes until the skin is golden brown. Flip and cook for 1-2 minutes. Remove chicken to a plate.

Drain all but 1 tbsp of oil from the pan. Add garlic cloves and sauté for 1 minute.

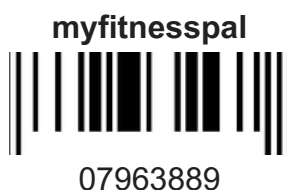
Deglaze the pan with chicken stock. Stir in oregano, thyme, red pepper flakes, and lemon juice.

Return chicken to the pan. Cover and bake for 20-30 minutes, or until the internal temperature reaches 165°F (74°C).

Remove chicken. Place pan back on low heat, add capers, and slowly whisk in the cold butter, a few cubes at a time, until the sauce emulsifies.

Return chicken to the pan or transfer to a platter and spoon sauce over. Garnish with chopped parsley and serve.

Note: Deglazing: making a gravy or sauce by adding liquid to the cooking juices and food particles in a pan in which meat has been cooked.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	664kcal	2g	56g	48g



Whole-Grain Banana Yogurt Muffins

Makes 12 muffins

30 Minutes

5.3 oz. (150g) whole-wheat
flour

1 tsp. baking powder

1 tsp. baking soda

1 tsp. ground cinnamon

2 large bananas, mashed

4.2 oz. (120g) plain yogurt

1 large egg

3.9 oz. (110g) coconut
sugar

4 tbsp. honey

Optional toppings:

oats

nuts

seeds

coconut, or cacao nibs

Preheat the oven to 375°F (190°C). Line or grease a 12-cup
muffin tin.

In a large bowl, whisk together the flour, baking powder,
baking soda, cinnamon, and 1 tsp salt.

In a separate bowl, whisk together the bananas, yogurt, egg,
sugar, 4 tbsp olive oil, and honey until smooth.

Gently fold the wet mixture into the dry ingredients until no
flour remains.

Divide batter evenly among muffin cups. Add the optional
toppings.

Bake for 20-23 minutes or until a toothpick inserted into the
center comes out clean.

Cool in the tin for 5 minutes, then transfer muffins to a rack to
cool completely or serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	173kcal	29g	3g	5g



Seed Crackers with Lemon-Ricotta Dip

Serves 4

35 Minutes

3.2 oz. (90g) mixed seeds

2.6 oz. (75g) spelt flour

5.3 oz. (150g) ricotta

zest & juice of ½ lemon

1 fresh rosemary sprig

Preheat the oven to 340°F (170°C).

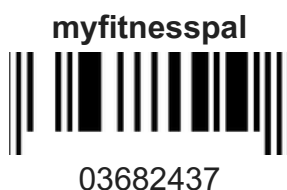
In a bowl, mix seeds, flour, and a pinch of salt. Add 4 tbsp water and 1 tbsp olive oil. Mix into a dough.

Roll out the dough between two sheets of parchment paper until about 0.2 inch (5mm) thick. Transfer to a baking tray, remove the top sheet, and score into squares.

Bake for 20-25 minutes until crisp. Cool on a wire rack. Meanwhile, zest and juice the lemon. Finely chop the rosemary leaves.

In a bowl, mix ricotta with 1 tbsp olive oil, 2 tsp lemon juice, 2 tsp lemon zest, and chopped rosemary. Season with salt and pepper.

Break cooled crackers into pieces and serve with lemon-ricotta dip.



LC

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	297kcal	18g	9g	21g



Blueberry Yogurt Oat Smoothie

Serves 2

5 Minutes

3.5 oz. (100g) quick oats

7 oz. (200g) fresh
blueberries

14 oz. (400g) plain yogurt

2 tbsp. agave syrup

Add all ingredients to a blender and blitz until smooth. Pour into glasses and serve. Top with a few extra oats or berries (optional).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	424kcal	72g	16g	8g