

**PCS** NUTRITION

**BONUS: 5-STEP  
QUICK-START  
GUIDE  
+ CHEAT  
SHEETS**

# FIBRE FEAST

**More Fibre, More Flavour**

Healthy

**20**

Recipes







*Fibre is a special nutrient found in many foods. It supports your digestive system and heart health.*

*Some people online say you should eat more fibre, but is that always a good idea?*

*Fibre is important, but so are other nutrients.*

*Science recommend increasing fibre slowly, choosing a variety of whole foods, drinking enough fluid, and eating a balanced diet.*

*Increasing fibre too quickly, or eating more than your body can comfortably tolerate, may cause gas, bloating, stomach pain, constipation, or loose stools.*

*Focus on meeting your needs rather than following extreme social media trends.*

*That's why I created this guide.*

*Inside you will learn how much fibre you need, which foods to choose, and how to support your overall health. Plus, my top fibre recipes that are simple and yummy.*

*Enjoy!*

*Your coach,*

*Michael Beiter*

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# ***FIBRE MADE SIMPLE***

**DISCOVER HOW TO EAT FIBRE  
THE HEALTHY WAY...  
— THE QUICK START GUIDE —**

# #1

## Two Types of Fibre

There are two main kinds of fibre: **soluble** and **insoluble**.

Some **soluble** fibres dissolve in water and may help manage cholesterol and blood sugar. You can find soluble fibre in foods like oats, beans, and apples.

**Insoluble** fibre adds bulk to your stool and helps support regular bowel movements. It is found in foods such as whole grains, nuts, and the skins of fruits and vegetables.

Your body needs a variety of fibre-rich foods.

Fibre is a carbohydrate. Unlike sugars and starches, your body cannot fully digest it in the small intestine.

Some fibre passes through the gut, while bacteria ferment other types in the large intestine. This helps support digestion and overall health.



#2

## Know How Much Fibre You Need

Most adults should aim for around **25 to 30 grams of fibre each day**. Individual needs can vary.

Many people do not eat enough fibre.

Some fibre-rich foods can help you feel fuller, support regular bowel movements, and aid healthy weight management as part of a balanced diet.

Your needs may vary, and increasing fibre too quickly can cause digestive discomfort.



**#3**

## **Avoid the Fibremaxxing Trend**

You may see people online trying to eat as much fibre as possible, with many people turning to fibre supplements.

Some people can tolerate a high-fibre diet, but more is not automatically better for everyone.

Increasing fibre too quickly can cause gas, bloating, stomach pain, constipation, or loose stools. Some highly fermentable fibres are more likely to cause symptoms than others.

Aim to meet your normal fibre needs first.

Increase your intake slowly, drink enough fluids, and get most of your fibre from a variety of fruits, vegetables, beans, lentils, nuts, seeds, and whole grains.



## #4

# Choose the Best Fibre Foods

A good way to get fibre is by eating a variety of nutritious whole foods. Good sources of fibre include:

- Chia seeds
- Beans, such as black beans and kidney beans
- Peas and lentils
- Apples
- Sweet potatoes
- Whole grains
- Broccoli and carrots
- Nuts and seeds

Together, these foods provide vitamins, minerals, protein, healthy fats, and other helpful plant nutrients.



**#5**

## Remember to Eat a Balanced Diet

Do not focus only on fibre.

Your body also needs carbohydrates for energy, protein to support your muscles, and healthy fats to support your brain and general health.

Eating a variety of nutritious foods helps provide the different nutrients your body needs.



# Legumes

(Fibre per cooked cup)



1

**Lentils**  
15.6g fibre



2

**Chickpeas**  
12.5g fibre



3

**Navy Beans**  
19g fibre



4

**Green Peas**  
8.8g fibre



5

**Pinto Beans**  
15g fibre



6

**Black Beans**  
15g fibre

# Whole Grains

(Fibre per cooked cup)



1

**Steal-Cut Oats**  
8g fibre



2

**Barley**  
6g fibre



3

**Whole Grain Bread**  
3g fibre



4

**Wheat Bran**  
13g fibre



5

**Bulgur**  
8g fibre



6

**Quinoa**  
5g fibre

# Fruits



1

**Pear**  
6g fibre



2

**Raspberries**  
8g fibre per cup



3

**Blackberries**  
7.6g fibre per cup



4

**Kiwi**  
~2.5g fibre



5

**Avocado**  
10g fibre



6

**Apple**  
4.8g fibre

# Veg



1

**Broccoli**  
5g fibre per cup



2

**Sweet Potato**  
4g fibre



3

**Artichoke**  
7g fibre



4

**Collard Greens**  
5g fibre per cup



5

**Carrots**  
4.5g fibre per cup



6

**Brussels Sprouts**  
6g fibre per cup

# Nuts & Seeds

(Per ounce)



1

**Chia Seeds**  
10g fibre



2

**Pumpkin Seeds**  
5g fibre



3

**Sunflower Seeds**  
3g fibre



4

**Pistachios**  
3g fibre



5

**Almonds**  
3.5g fibre



6

**Flaxseeds**  
8g fibre

# Checklist:

## 10 Simple Things to Improve Your Fibre Intake

- ☐ Get soluble and insoluble fibre from a mix of plant foods.
- ☐ Most adults should aim for around ~30 grams each day.
- ☐ Add more fibre over time to reduce gas, bloating, and discomfort.
- ☐ Include fruits, vegetables, beans, lentils, nuts, seeds, and whole grains.
- ☐ More is not always better, especially if you increase it too quickly.
- ☐ Stay well hydrated as you increase your fibre intake.
- ☐ Slow down if you notice ongoing pain, bloating, constipation, or loose stools.
- ☐ Fibre matters, but so do protein, carbohydrates, healthy fats, vitamins, and minerals.
- ☐ Compare fibre per serve when choosing packaged foods.
- ☐ Add one extra fibre-rich food to a meal today.

# Evidence-based sources & Further Reading...



1. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fibre

<https://pubmed.ncbi.nlm.nih.gov/26514720/>

2. Carbohydrate Quality and Human Health: A Series of Systematic Reviews and Meta-Analyses

<https://pubmed.ncbi.nlm.nih.gov/30638909/>

3. Dietary Fibre and Cardiovascular Health: A Review of Current Evidence and Policy

<https://pubmed.ncbi.nlm.nih.gov/31266545/>

4. Gastrointestinal Effects and Tolerance of Nondigestible Carbohydrates

<https://pubmed.ncbi.nlm.nih.gov/36041173/>

5. Dietary Fibre Intake and Risk of Cardiovascular Disease: Systematic Review and Meta-Analysis

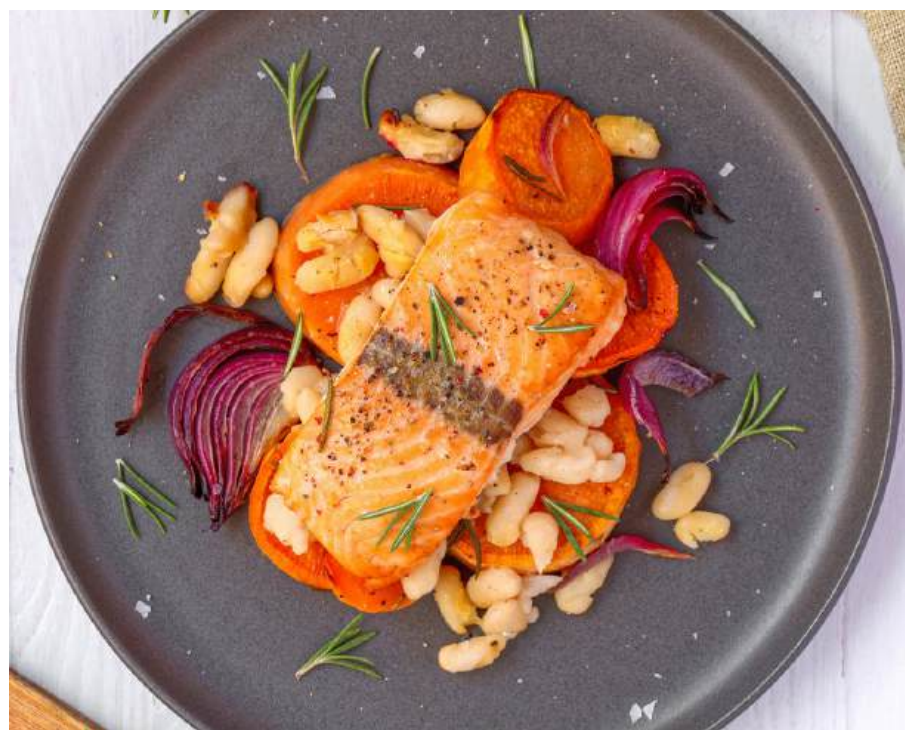
<https://pubmed.ncbi.nlm.nih.gov/24355537/>

6. The Health Benefits of Dietary Fibre

<https://pubmed.ncbi.nlm.nih.gov/33096647/>

7. Association Between Dietary Fibre Intake and Mortality in Populations With Accelerated Biological Ageing: A Study Based on NHANES 1999–2018 Data

<https://pubmed.ncbi.nlm.nih.gov/42182946/>



# Recipe Contents

- |                                          |                                      |
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## Diet Key

**GF** Gluten Free

**DF** Dairy Free

**LC** Low Carb (<20g per serve)

**MP** Meal Prep/Freezer Friendly

**HP** High Protein (>20g per serve)

**V** Vegetarian

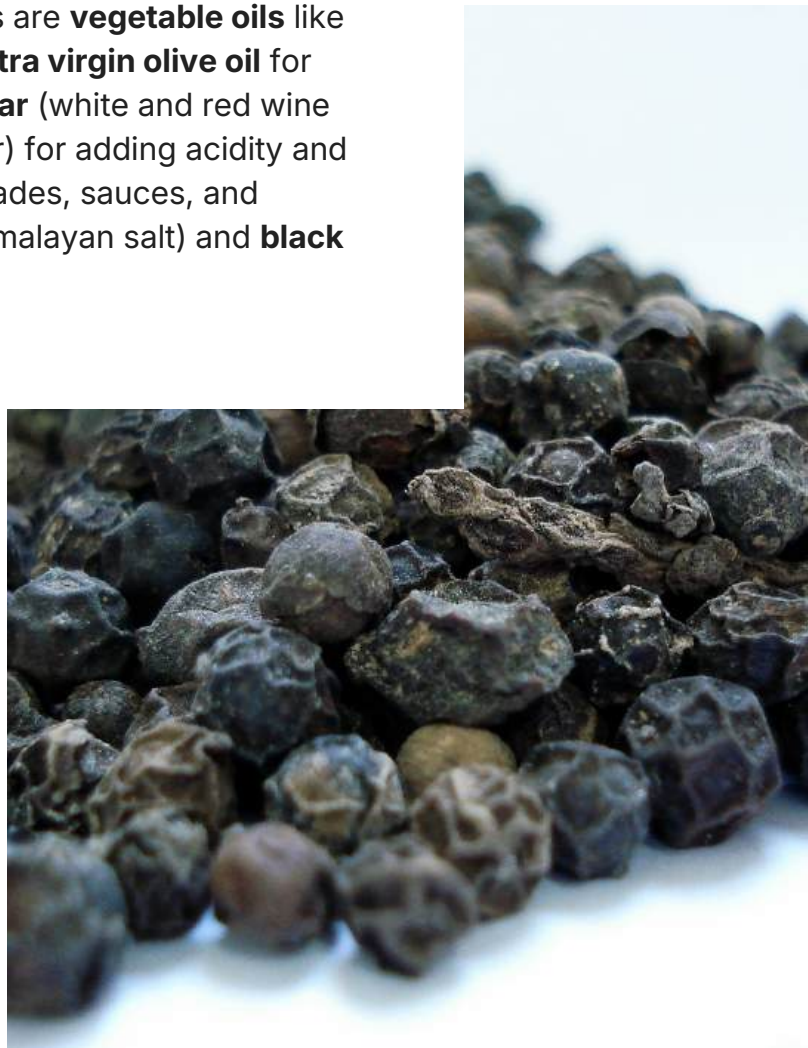
**Q** Quick (under 30 mins)

**N** Contains Nuts



## 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.





# Protein Banana Oats

Serves 1

7 Minutes

1.5 oz. (45g) rolled oats

1 oz. (30g) chocolate protein powder

1 banana, mashed

1 tbsp. natural peanut butter

1 tbsp. chia seeds

½ tsp. ground cinnamon

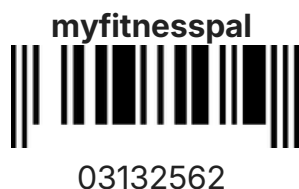
8 fl oz. (240ml) unsweetened almond milk

In a small pot, combine oats, mashed banana, chia seeds, cinnamon, and almond milk.

Cook over medium heat, stirring, for 4-5 minutes until thickened.

Remove from heat and stir in the protein powder and peanut butter until smooth.

Add a splash of almond milk if too thick. Taste and adjust the sweetness if needed. Serve warm.



| GF | MP | HP | Q | N |
|----|----|----|---|---|
|----|----|----|---|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 583kcal | 69g   | 34g     | 19g |



# Smoky Chickpea & Zucchini Egg Skillet

Serves 4

30 Minutes

1 large onion, halved & thinly sliced

3 cloves garlic, sliced

1 tbsp. rose harissa

1 tsp. ground cilantro

5 fl oz. (150ml) vegetable stock

14 oz. (400g) chickpeas canned

2x 14 oz. (400g) cans chopped tomatoes

1 zucchini, finely diced

7 oz. (200g) baby spinach

4 tbsp. cilantro, chopped

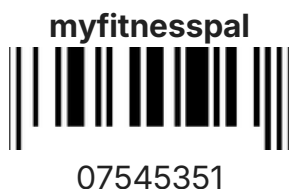
4 large eggs

Heat the 2 tsp olive oil in a large, deep skillet over medium heat. Add the thinly sliced onion and garlic and cook for 8 minutes, stirring occasionally, until they begin to turn golden.

Stir in the harissa paste and ground coriander, then pour in the vegetable broth and add the chickpeas along with the liquid from the can. Cover the skillet and let it simmer for 5 minutes, then use a fork to mash about one-third of the chickpeas to thicken the sauce.

Add the tomatoes and zucchini and cook gently for 10 minutes. Then add in the baby spinach and chopped cilantro, and allow to wilt. Make 4 hollows in the mixture and carefully crack one egg into each hollow.

Cover the skillet and cook for 2-3 minutes or until the eggs are cooked to your preference. Remove the skillet from the heat and allow it to settle for a further 2 minutes before serving.



| GF | DF | MP | HP | V | Q |
|----|----|----|----|---|---|
|----|----|----|----|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 383kcal | 49g   | 22g     | 11g |



# Pesto Avocado Toast

Serves 2

11 Minutes

4 eggs

2 slices bread, whole wheat, toasted

4 tbsp. red pesto

1 avocado, sliced

Bring a small pot of water to a boil. Add the eggs, cover, and boil for 6 minutes (or longer for firmer yolks).

Remove from the pot and run under cold water until cool enough to handle. Peel the eggs.

Spread each slice of toast with 2 tbsp of red pesto, then top with sliced avocado and eggs.



| DF                     | HP      | V     | Q       |     |
|------------------------|---------|-------|---------|-----|
| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|                        | 492kcal | 29g   | 22g     | 32g |



# Chickpea Egg Breakfast Salad

Serves 4

5 Minutes

16.9 oz. (480g) canned chickpeas, drained & rinsed

6 hard-boiled eggs, sliced

2 tbsp. red onion, chopped

2 tbsp. apple cider vinegar

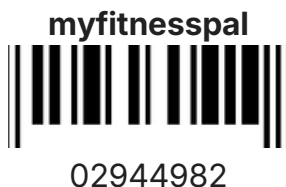
1 tbsp. parsley, chopped

Combine chickpeas, eggs, and red onion in a medium bowl.

Drizzle with 2 tbsp olive oil and apple cider vinegar, then toss to coat.

Stir in parsley and season with salt and black pepper to taste.

Serve immediately or store in an airtight container in the refrigerator for up to 5 days.



| GF | DF | MP | HP | Q |
|----|----|----|----|---|
|----|----|----|----|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 369kcal | 34g   | 20g     | 17g |



# Hearty Sausage & Bean Breakfast Stew

Serves 8

45 Minutes

12 oz. (340g) chicken sausages, pricked with a fork

2.1 oz. (60g) panko breadcrumbs

1 yellow onion, chopped

1 carrot, grated

4 cloves garlic, crushed

1 lb. (450g) ground pork

2 tbsp. tomato paste

14 oz. (400g) can chopped tomatoes

2 sprigs thyme or rosemary, plus extra to garnish

2x 14 oz. (400g) cans cannellini beans, drained & rinsed

Heat 2 tbsp olive oil in a large pot or Dutch oven over medium heat. Add the sausage and cook for 8 minutes. Transfer sausage to a plate and when cool, slice.

Add panko and ¼ tsp salt to the pot, cook for 2 minutes, stirring constantly, until golden. Transfer to a bowl.

Wipe the pot, then heat 2 tbsp olive oil over medium heat. Add onion, carrot and garlic, and cook for 5 minutes.

Increase heat to medium-high. Add ground pork, season with salt & pepper, cook for 6-8 minutes, breaking up pork with a wooden spoon.

Add tomato paste, coat the pork and cook for 2 minutes. Stir in 14.2 fl oz (420ml) water, tomatoes and thyme (or rosemary), scraping up browned bits from the base of the pot, and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes, stirring often, until sauce thickens slightly.

Add the beans and sliced sausage to the pot. Cook over medium heat for 2 minutes, stirring occasionally, until warmed through. Discard thyme sprigs (or rosemary).

Serve topped with panko and thyme leaves or rosemary springs.

**Storage:** Store seasoned panko in an airtight container at room temperature for up to 2 days. The sausage can be stored in an airtight container in the refrigerator for 3 days, or in the freezer for 2 months.



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

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 338kcal | 22g   | 22g     | 18g |



# Sweet Potato Turkey Chili

Serves 5

40 Minutes

1 yellow onion, sliced

1½ lbs. (680g) ground turkey, lean

2 tbsp. taco seasoning, divided

24 oz. (680g) sweet potatoes, chopped into small pieces

3 cloves garlic, minced

16-24 fl oz. (480-720ml) chicken stock (start with 16 oz, add more if needed)

1 can (14 oz. / 400g) black beans, drained & rinsed

5 tbsp. Greek yogurt, for serving

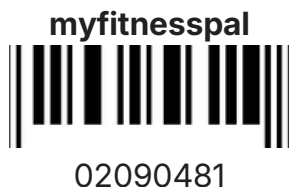
Heat 1 tbsp olive oil in a large pot over medium-high heat. Add onion, turkey, and 1 tbsp taco seasoning. Cook, adding tablespoons of water as needed to keep the turkey moist until it is browned and the onions are soft. Remove and set aside.

In the same pot, add sweet potatoes and the remaining 1 tbsp taco seasoning. Stir to coat.

Once the sweet potatoes start to brown, add garlic, 16 oz (480ml) water, and stock. Bring to a boil and simmer for 10 minutes, or until the sweet potatoes are very soft.

Use an immersion blender to puree the mixture to your desired consistency, leaving some sweet potato chunks if you like. Return the browned turkey to the pot, add black beans, and stir to combine. Simmer for a few minutes, adjusting seasoning if needed.

Serve each dish with a tbsp of Greek yogurt.



| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 443kcal | 44g   | 33g     | 15g |



# Honey Apple Roasted Chicken

Serves 6

1 Hour 10 Minutes

- 6 tbsp. honey
- 2 tbsp. lemon juice
- 2 cloves garlic, grated
- 1 tbsp. fresh thyme, chopped
- 6 bone-in, skin-on chicken thighs (about 2.25 lbs/1kg)
- 1.5 lbs. (680g) baby potatoes, halved
- 3 shallots, peeled, halved & sliced ¼-inch thick
- 2 apples, cored & sliced ¼-inch thick

Preheat the oven to 425°F (220°C). Place a rack in the center of the oven.

In a medium bowl, whisk together 4 tbsp olive oil, honey, lemon juice, garlic, and thyme. Add the chicken thighs and toss to coat. Marinate for at least 15 minutes at room temperature, or up to 8 hours in the refrigerator.

On a large baking sheet, toss the potatoes with 2 tbsp olive oil. Season with salt and pepper. Roast for 25 minutes, until lightly browned and just tender.

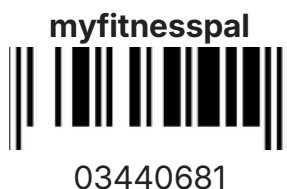
Remove the baking sheet from the oven. Scatter the shallots and apples around the potatoes.

Remove the chicken from the marinade and place it skin-side down on top of the potatoes and apples. Season with salt and pepper, then flip the thighs skin-side up and season again.

Drizzle the remaining marinade over the chicken, apples, and shallots, tossing gently to coat while keeping the chicken skin-side up. Season the apples and shallots lightly with salt and pepper.

Return the pan to the oven and roast for 30-35 minutes, until the chicken is cooked through, the skin is golden and crisp, and the apples and shallots are tender. Serve immediately.

**Storage:** Leftovers keep well in an airtight container in the refrigerator for up to 3 days.



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

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 689kcal | 49g   | 31g     | 41g |



# Harissa Cod with Creamy White Beans

Serves 2

25 Minutes

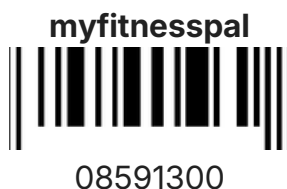
1 oz. (30g) harissa paste  
1.8 oz. (50g) breadcrumbs  
10.6 oz. (300g) cod filets  
14 oz. (400g) can cannellini beans  
1.7 fl oz. (50ml) whole milk  
0.7 oz. (20g) fresh parsley, chopped  
½ lemon, juiced  
1 oz. (30g) Parmesan cheese, grated  
1 tsp. chili flakes  
1 clove garlic, peeled

Preheat the oven to 390°F (200°C). Mix harissa paste, 1 tbsp olive oil, and breadcrumbs into a spreadable paste. Spread over the cod filets and bake for 12-15 minutes.

Meanwhile, add beans (with liquid), garlic, milk, and 1.7 fl oz (50ml) water to a pot. Simmer for 10-15 minutes until thickened. Remove and discard the garlic.

Stir in parsley, Parmesan cheese, and lemon juice. Season with salt and pepper.

Serve the cod over the creamy beans. Garnish with chili flakes and extra cheese and parsley if desired.



| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 427kcal | 42g   | 31g     | 15g |



# Herbed Cod & Lentil Stew

Serves 2

40 Minutes

½ white onion, diced  
2 cloves garlic, chopped  
3.5 oz. (100g) red lentils  
4.4 oz. (125g) tomato sauce  
12 fl oz. (355ml) vegetable stock  
1 lb. (460g) cod filets  
mint leaves, chopped

Heat ½ tbsp olive oil in a pot over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and sauté for 2-3 minutes.

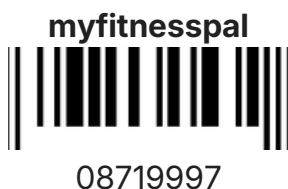
Add the lentils, stir, and cook for another minute. Add the tomato sauce and stock and season with salt and pepper, stir to combine.

Cover the pan with a lid, turn the heat down to low, and simmer for 15 minutes, or until the lentils are almost cooked.

Check and stir the lentils occasionally, adding more stock if necessary. Season the cod all over with salt and pepper. Place the cod filets on top of the lentils and cover with a lid.

Simmer for 7-10 minutes, or until the fish has cooked through.

Remove from the heat and serve with a garnish of fresh mint.



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

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 383kcal | 41g   | 39g     | 7g  |



# Tomato & Lentil Bolognese

Serves 2

30 Minutes

5 oz. (140g) spaghetti, whole wheat

½ small white onion

2 clove garlic, minced

1 stalk celery

1 carrot

1 tsp. oregano, dried

4 tbsp. fresh basil, plus extra for garnish

1 tbsp. tomato paste

14 oz. (400g) chopped tomatoes canned

7 oz. (200g) red lentils canned, drained

1 tsp. balsamic vinegar

1 tbsp. tamari sauce

1 bay leaf

1 tsp. coconut sugar

2 tbsp. walnuts, chopped

1 tbsp. nutritional yeast

Cook the pasta according to the instructions on the packaging

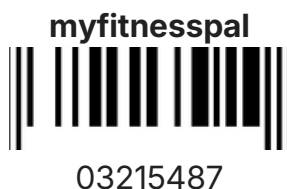
Cut the onion, garlic, celery and carrot cut into rough chunks and place into the food processor. Pulse to mince the vegetables.

Heat the 1 tbsp olive oil in a medium sized pot over a medium heat and add the minced vegetables. Cook, stirring often, until the vegetables become translucent.

Next add the oregano and chopped basil leaves, and cook for 1 minute. Then add the tomato paste, chopped tomatoes, lentils, balsamic vinegar, tamari, bay leaf and 4 fl oz (120ml) water. Allow to simmer for 10 minutes.

Season the sauce with ½ tsp salt and coconut sugar. Add the walnuts and cooked spaghetti and cook for a further 4 minutes.

Serve the lentil bolognese topped with nutritional yeast and basil leaves.



| DF | MP | HP | V | N |
|----|----|----|---|---|
|----|----|----|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 598kcal | 92g   | 26g     | 14g |



# Olive Tomato Tuna Salad

Serves 4

10 Minutes

**For the dressing:**

2 tbsp. red wine vinegar  
1 tbsp. Dijon mustard  
½ tbsp. lemon juice  
zest of 1 lemon

**For the salad:**

14 oz. (400g) cannellini bean, canned, rinsed, drained  
8.8 oz. (250g) tuna in spring water, canned, drained  
5.2 oz. (150g) cherry tomatoes, halved  
4 tbsp. basil, chopped

Whisk together all the dressing ingredients, including 4 tbsp olive oil, and season with salt and pepper to taste.

In a large bowl, combine the cannellini beans, tuna, tomatoes, and basil.

Pour the dressing over the salad and toss gently until evenly coated.

Cover and refrigerate until ready to serve.

**Storage:** Store leftovers in an airtight container in the refrigerator for up to 4 days.



| GF | DF | LC | MP | HP | Q |
|----|----|----|----|----|---|
|----|----|----|----|----|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 327kcal | 18g   | 21g     | 19g |



# Spicy Chicken & Sweet Potatoes

Serves 2

30 Minutes

18 oz. (500g) sweet potatoes, peeled, chopped

Cook the sweet potatoes in salted boiling water for 12-15 minutes, until tender.

1 broccoli, cut into florets

Cook broccoli in salted boiling water for 5-6 minutes until just tender, then drain.

8.8 oz. (250g) boneless, skinless chicken breasts

Heat 2 tbsp olive oil in a large pan over medium heat. Add the chicken breasts and cook for about 10 minutes per side, until golden and cooked through.

1 lime, juice, zest

1 chili pepper, deseeded, diced

In a small bowl, mix 2 tbsp lime juice with 1 tsp lime zest, the chili pepper, and honey. Season with salt and black pepper.

1 tsp. honey

Pour the chili-lime mixture over the chicken and sauté for 1 minute, turning to coat evenly. Remove from the heat.

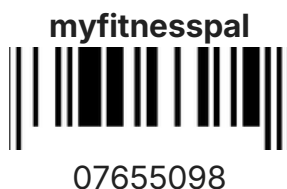
1 tsp. butter

2 tbsp. fresh ginger, grated

Drain the sweet potatoes, reserving a small amount of the cooking water. Add the butter and ginger, mash until smooth, and season with salt and black pepper.

0.25 oz. (7g) fresh cilantro, chopped

Serve the chicken with the mashed sweet potatoes and broccoli. Garnish with chopped cilantro.



| GF | DF | MP | HP | Q |
|----|----|----|----|---|
|----|----|----|----|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 582kcal | 67g   | 38g     | 18g |



# One-Pot Mushrooms & White Beans

Serves 2

25 Minutes

5 oz. (144g) button mushrooms, sliced

12.8 oz. (364g) canned white beans, drained

1½ tsp. curry powder

5.3 fl oz. (158ml) vegetable stock

4.1 fl oz. (121ml) canned coconut milk

3.8 oz. (108g) spinach

½ lemon, juiced

Heat a non-stick pan over medium-high heat. Add mushrooms with a splash of water and cook for 5 minutes, stirring occasionally, until browned.

Stir in beans, curry powder, salt, and black pepper. Cook for 1 minute.

Add vegetable stock and coconut milk. Cover and simmer on low heat for 10 minutes.

Remove the lid, add spinach, and cook uncovered for 2-4 minutes until wilted. Adjust seasoning if needed.

Remove from heat and stir in lemon juice. Divide into bowls and serve.



| GF | DF | MP | HP | V | Q |
|----|----|----|----|---|---|
|----|----|----|----|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 408kcal | 55g   | 20g     | 12g |



# Ground Beef & Potato Curry

Serves 4

1 Hour

1 onion, diced

1 lb. (450g) lean ground beef, 5% fat

3 potatoes

1 tbsp. curry powder

4.4 oz. (125g) tomato paste

20 fl oz. (600ml) beef stock

5.6 oz. (160g) frozen green peas

2 tbsp. lemon juice

1 tbsp. cilantro

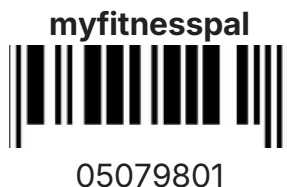
Heat 1 tbsp olive oil in a pot over medium-high heat. Add the onion and sauté for 5 minutes.

Add the beef and cook for 5 minutes, breaking it up as it cooks. Add the potato, curry powder, salt and pepper, and cook for 2-3 minutes, stirring occasionally.

Add the tomato purée and stock, stir and bring to a simmer. Turn the heat down to low and cover the pan with a lid. Simmer for 30 minutes, until the potatoes are tender. Check the stew occasionally and add more bro if necessary.

Remove the lid and stir in the peas. Cook for 5 minutes, taste and adjust the seasoning.

Remove from the heat and stir in the lemon juice. Top with cilantro and serve.



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

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 435kcal | 44g   | 31g     | 15g |



# Black Bean Steak Stir Fry

Serves 2

15 Minutes

4 cloves garlic, peeled,  
finely sliced

1½" (4cm) root ginger,  
peeled, finely sliced

12 oz. (350g) asparagus,  
woody ends trimmed

2x 4.4 oz. (125g) steaks  
filet

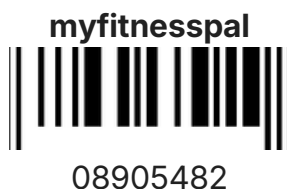
2 tbsp. black bean sauce

Place a large cold non-stick frying pan with 1 tablespoon of olive oil, garlic and ginger over medium heat, warm up, stirring regularly. Once golden, scoop out the garlic and ginger and set aside, leaving oil in the skillet. Add the asparagus spears to the skillet.

Season the steaks with salt and pepper, add to the skillet and turn the heat up to high. Cook for just 3 minutes, turning everything regularly.

Add the black bean sauce and 1 tablespoon of red wine vinegar, cook for 1 minute for medium-rare steaks. Alternatively, cook steaks to your liking.

Slice the steaks, serve into bowls and scatter over the crispy garlic and ginger.



| GF | DF | LC | MP | HP | Q |
|----|----|----|----|----|---|
|----|----|----|----|----|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 321kcal | 11g   | 31g     | 17g |



# Salmon Sweet Potato Tray

Serves 2

47 Minutes

2 sweet potatoes, peeled & sliced

2 red onions, sliced into wedges

8.4 oz. (240g) canned cannellini beans, drained

4 sprigs fresh rosemary

2 cloves garlic, sliced

7 oz. (200g) salmon filet

¼ lemon, juiced

Preheat the oven to 410°F (210°C).

Toss the sweet potatoes, onions, beans, rosemary and garlic with 2 tbsp olive oil, season with salt and pepper. Spread on a sheet pan and bake for 12-15 minutes.

Season the salmon with salt, pepper and lemon juice, add to the pan, and bake for a further 22-25 minutes. Serve warm.



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

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 511kcal | 56g   | 30g     | 19g |



# Peanut Green Bean Stir-Fry

Serves 4

15 Minutes

7 oz. (200g) crunchy peanut butter

1½ tbsp. hoisin sauce

1 tbsp. fresh lime juice

1½ tsp. coconut sugar

¼ tsp. chili flakes, plus more for garnish

12 oz. (340g) green beans, trimmed & cut

14 oz. (400g) extra-firm tofu, cubed

1 tsp. red pepper flakes

Bring a pot of salted water to a boil.

In a bowl, combine peanut butter, hoisin, lime juice, sugar, and chili flakes. Add 2 tbsp boiling water to the dressing and stir until smooth. Add more water if needed.

In the pot, cook green beans for 2-3 minutes until just tender, then drain and rinse under cold water.

Toss beans and tofu in the dressing. Season with salt and garnish with chili flakes.

Serve immediately or refrigerate for up to 2 days.



| GF | DF | MP | HP | V | Q | N |
|----|----|----|----|---|---|---|
|----|----|----|----|---|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 463kcal | 23g   | 23g     | 31g |



# Raspberry Jam Thumbprint Cookies

Serves 24

27 Minutes

4.2 oz. (120g) white whole wheat flour

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

¾ tsp. baking powder

In a bowl, mix flour, baking powder, and ⅛ tsp salt.

½ tbsp butter, melted

In a separate bowl, whisk melted butter, egg white, and vanilla. Stir in peanut butter until smooth, then mix in coconut sugar. Add flour mixture and stir until just combined.

1 egg white, room temperature

1 tsp. vanilla extract

Divide dough into 24 balls and place on the baking sheet. Press your thumb into the center of each cookie to create a well. Fill with jam.

4½ tbsp. peanut butter creamy

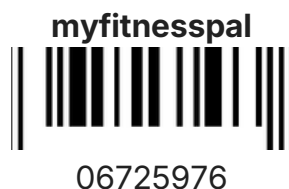
Bake for 10–12 minutes. Let cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely

3.5 oz. (100g) coconut sugar

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

4.9 oz. (140g) raspberry jam

**Note:** One serving is one cookie.



| DF | LC | MP | V | Q | N |
|----|----|----|---|---|---|
|----|----|----|---|---|---|

| Nutrition<br>Per Serve | Energy | Carbs | Protein | Fat |
|------------------------|--------|-------|---------|-----|
|                        | 91kcal | 14g   | 2g      | 3g  |



# Chia & Raspberry Pudding

Serves 1

5 Minutes

4.2 fl oz. (125ml) almond milk, unsweetened

2 tbsp. coconut yogurt

1.4 oz. (40g) raspberries

1 tbsp. maple syrup

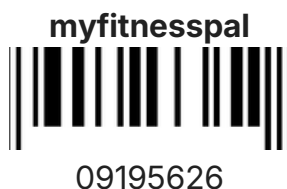
2 tbsp. chia seeds

Place the almond milk, coconut yogurt, raspberries, and maple syrup in a high-speed blender and blend until smooth.

Pour the mixture into a bowl and stir in the chia seeds until well combined.

Refrigerate for at least 15 minutes, or overnight, to allow the pudding to thicken.

**Serving suggestion:** Top with your favorite toppings before serving.



| GF | DF | V | Q | N |
|----|----|---|---|---|
|----|----|---|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 230kcal | 30g   | 5g      | 10g |



# Raspberry Coconut Bites

Serves 16

10 Minutes

5 oz. (140g) desiccated coconut

6.7 oz. (190g) frozen raspberries

2 tsp. vanilla extract

4 tbsp. maple syrup

8.8 oz. (250g) dark chocolate, 80%

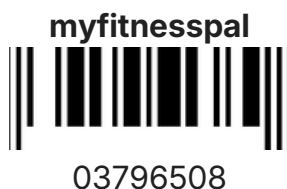
Line a loaf tin with baking paper.

Add the desiccated coconut, raspberries, vanilla extract and maple syrup to a food processor and pulse for a few seconds until the mixture starts to come together.

Press the mixture into the loaf tin and place in the freezer for 1-2 hours until solid. Slice into 16 even-sized bars and place back in the freezer while you melt the chocolate using your preferred method.

Spear each bar using two forks, and dip each bar in the melted chocolate, before placing on a baking sheet lined with baking paper.

Once each bar has been coated in chocolate, place the bars back into the freezer to set.



| GF | DF | LC | MP | V |
|----|----|----|----|---|
|----|----|----|----|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 181kcal | 14g   | 2g      | 13g |