



Simple Ingredient Recipe Pack

Discover our collection of 40 simple ingredient recipes, including breakfast, lunch, dinner, treats and smoothie options. Inspiration to kickstart your clean-eating journey...

www.healthxchange.co.za



Contents & Key

9	Mushroom & Brie Omelet	39	Cajun Salmon With Corn Salsa
11	Green Pea, Sweet Potato & Goat's Cheese Frittata	41	Baked Carrot Fritters
13	Shakshuka	43	Curried Cauliflower Soup
15	Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter	45	Quinoa & Beetroot Salad
17	Protein Crumpets	47	Vegetable Chili Salad
19	Purple Power Smoothie	49	Slow-Cooked Chicken Fajita
21	Cinnamon Granola	51	Chicken Piccata
23	Strawberry Protein Smoothie Bowl	53	Prosciutto Wrapped Chicken With Lentils
25	Protein Porridge	55	Spinach Risotto
27	Chickpea Bruschetta	57	Salmon En Papillote
29	Pesto Pasta Salad	59	Chickpea & Broccoli Curry
31	Chickpea & Quinoa Tabbouleh	61	Mexican Stuffed Peppers
33	Baked Lentil Falafels	63	Sesame Crusted Miso Tuna
35	Quinoa, Beef & Zucchini Burgers	65	Fish Curry
37	Spicy Tuna	67	Meatballs In Tomato Sauce



Contents & Key

69	Sweet Potato Hummus
71	Tahini Protein Energy Balls
73	Almond & Cranberry Energy Balls
75	Nut Butter & Cranberry Cookies
77	Sweet Potato & Black Bean Brownies
79	Apple Cake
81	Pumpkin Cake
83	Coconut & Chia Seed Pudding
85	Blueberry Protein Ice Cream
87	Tropical Carrot Smoothie

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon	Mushroom & Brie Omelet	Spicy Tuna	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Meatballs In Tomato Sauce
Tue	Mushroom & Brie Omelet	Spicy Tuna	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Chicken Piccata
Wed	Purple Power Smoothie	Leftover Chicken Piccata	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Mexican Stuffed Peppers
Thu	Shakshuka	Curried Cauliflower Soup	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Mexican Stuffed Peppers
Fri	Shakshuka	Curried Cauliflower Soup	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Salmon En Papillote
Sat	Chickpea Bruschetta	Leftover Salmon En Papillote	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Meal Out - Enjoy!
Sun	Purple Power Smoothie	Chickpea Bruschetta	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake, or Nut Butter & Cranberry Cookies	Meatballs In Tomato Sauce



Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Baking	Grains, Seeds & Spices	Cans, Condiments, Misc
Fruits <i>(preferably organic and/or non-GMO)</i> • 2 apples • 1 banana • 4 lemons Vegetables <i>(preferably organic and/or non-GMO)</i> • large bag rocket • 1 beetroot • 1 cauliflower • garlic • green onions • 7 oz. (200g) mushrooms • 5 red bell peppers • 1 yellow bell pepper • 2 red onions • 3 white onions • 1 zucchini Herbs <i>(preferably organic and/or non-GMO)</i> • dill • parsley Dried <i>(preferably organic or non-GMO, seed oil free)</i> • cranberries • dates Frozen <i>(preferably organic and/or non-GMO)</i> • berries (wild harvested best)	Fish, Seafood <i>(preferably wild-caught)</i> • 4 oz. (115g) tuna steak • 12 oz. (340g) salmon fillet Meats / Protein <i>(preferably free-range and/or pasture-raised)</i> • 1 lb. (450g) chicken breast • 14 oz. (400g) ground beef • 14 oz. (500g) ground beef or lamb • 14 eggs Dairy <i>(preferably organic, grass-fed, A2-casein)</i> • brie cheese • real butter • unflavoured whey concentrate or isolate Non-dairy <i>(preferably organic, seed oil free, sugar free, preservative free)</i> • almond milk Baking <i>(preferably organic and/or non-GMO)</i> • self-raising gluten-free flour • baking powder (aluminium-free)	Grains <i>(preferably organic and/or non-GMO)</i> • red lentils • white rice • oats Nuts, Seeds <i>(preferably organic and/or non-GMO)</i> • almonds • sesame seeds • almond flour • macadamia nut butter • tahini Spices <i>(preferably organic and/or non-GMO)</i> • fennel seed	Oils <i>(preferably organic, cold-pressed, extra-virgin)</i> • olive oil • avocado oil • coconut oil • sesame oil Cans / Condiments <i>(preferably organic and/or non-GMO, preservative free, sugar free, seed oil free)</i> • chickpeas • 2 cans diced tomato • apple cider vinegar • capers • sriracha • tomato passata • yellow curry paste Sweeteners <i>(preferably organic or non-GMO)</i> • coconut sugar Misc, Other <i>(preferably organic and/or non-GMO, preservative, gluten-free)</i> • Health bread options: quality clean sourdough or flax psyllium husk loaf • pure vanilla extract



Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	Green Pea, Sweet Potato & Goat's Cheese Frittata	Quinoa & Beetroot Salad	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Spinach Risotto
Tue	Green Pea, Sweet Potato & Goat's Cheese Frittata	Quinoa & Beetroot Salad	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Cajun Salmon with Corn Salsa
Wed	Cinnamon Granola	Leftover Cajun Salmon With Corn Salsa	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Fish Curry
Thu	Protein Crumpets	Quinoa, Beef & Zucchini Burgers	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Fish Curry
Fri	Protein Crumpets	Quinoa, Beef & Zucchini Burgers	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Slow-Cooked Chicken Fajita
Sat	Baked Carrot Fritters	Leftover Slow-Cooked Chicken Fajita	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Meal Out - Enjoy!
Sun	Cinnamon Granola	Baked Carrot Fritters	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Spinach Risotto



Weekly Shopping List for Meal Plan 02

Fruits, Vegetables	Meat, Dairy	Grains, Seeds, Spices	Cans, Condiments, Misc
Fruits <i>(preferably organic and/or non-GMO)</i> • 2 clementines • 2 kiwis • 1 lemon • 1 lime • 1 mango • 1 pineapple Vegetables <i>(preferably organic and/or non-GMO)</i> • large bag rocket • 2 beetroots • 4 carrots • 2 boxes cherry tomato • 2 corn on the cobs • garlic • ginger • 7 oz. (200g) sweet potatoes • 2 red bell peppers • 3 white onions • 1 zucchini Frozen <i>(preferably organic and/or non-GMO)</i> • green peas • spinach	Fish, Seafood <i>(preferably wild-caught)</i> • 1.3 lb. (600g) white fish fillets • 1.5 lb. (680g) salmon fillet Meats / Protein <i>(preferably free-range and/or pasture-raised)</i> • 1.5 lb. (680g) chicken breast • 14 oz. (400g) ground beef • 15 eggs Dairy <i>(preferably organic, grass-fed, A2-casein)</i> • feta cheese • goat cheese • parmesan • cottage cheese Non-Dairy <i>(preferably organic and/or non-GMO, preservative free, sugar free)</i> • coconut milk (canned) • coconut milk (carton)	Grains <i>(preferably organic and/or non-GMO)</i> • risotto rice • quinoa Spices <i>(preferably organic and/or non-GMO)</i> • cajun spice • cinnamon • ground coriander • ground cumin Nuts & Seeds <i>(preferably organic and/or non-GMO)</i> • chia seeds • walnuts	Oils <i>(preferably organic, cold-pressed, extra-virgin)</i> • coconut oil • olive oil • avocado oil Cans, Condiments <i>(preferably organic and/or non-GMO, preservative free, sugar free, seed oil free)</i> • yellow curry paste • almond butter • chickpeas • salsa (16 oz./450g) • vegetable stock Sweeteners <i>(preferably organic or non-GMO)</i> • maple syrup (Canadian) Misc, Other <i>(preferably organic and/or non-GMO)</i> • carrot juice





Mushroom & Brie Omelet

Serves 4

1 clove garlic, minced
2 cups (200g) mushrooms
8 eggs
7 oz. (200g) brie cheese, sliced
4 oz. (120g) rocket
1 tbsp. avocado oil
salt & pepper

What you need to do

1. Heat a large stainless steel frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.
2. Heat a small stainless steel frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with $\frac{1}{4}$ cup (60ml) cold water. Season well with salt and pepper.
3. Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.
4. Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.

GF	LC	HP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	359	27	4	25

*Nutrition per serving





Green Pea, Sweet Potato & Goat's Cheese Frittata

Serves 4

1 large sweet potato
1 cup (120g) frozen peas
8 eggs
3 oz. (85g) goat's cheese, crumbled
4 oz. (120g) rocket
1 tbsp. avocado oil
salt & pepper

Xchange:

If you do not enjoy peas - swap for steam broccoli florets, diced steamed asparagus or fried mushrooms.

What you need to do

1. Preheat the oven to 375°F (190°C). Grease a glass oven proof dish with oil. Peel and slice the sweet potato into 0.2 inches (5mm) disks. Layer the sweet potato disks in the glass dish to form a "crust", brush with oil. Roast in the oven until golden brown for approximately 30 minutes.
2. Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.
3. Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.
4. Layer the peas, goats cheese on top of the sweet potato crust. Pour the egg mixture over.
5. Bake in the oven for approximately 30 minutes - until a knife comes out clean. Cut the frittata into portion size pieces, and serve with a handful of rocket.

GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	295	18	16	19

*Nutrition per serving





Shakshuka

Serves 2

1 white onion, sliced
2 bell peppers, sliced
2x 14 oz. (400g) cans chopped tomatoes
4 eggs
¼ cup (15g) parsley leaves, chopped
1 tbsp. olive oil
salt & pepper

What you need to do

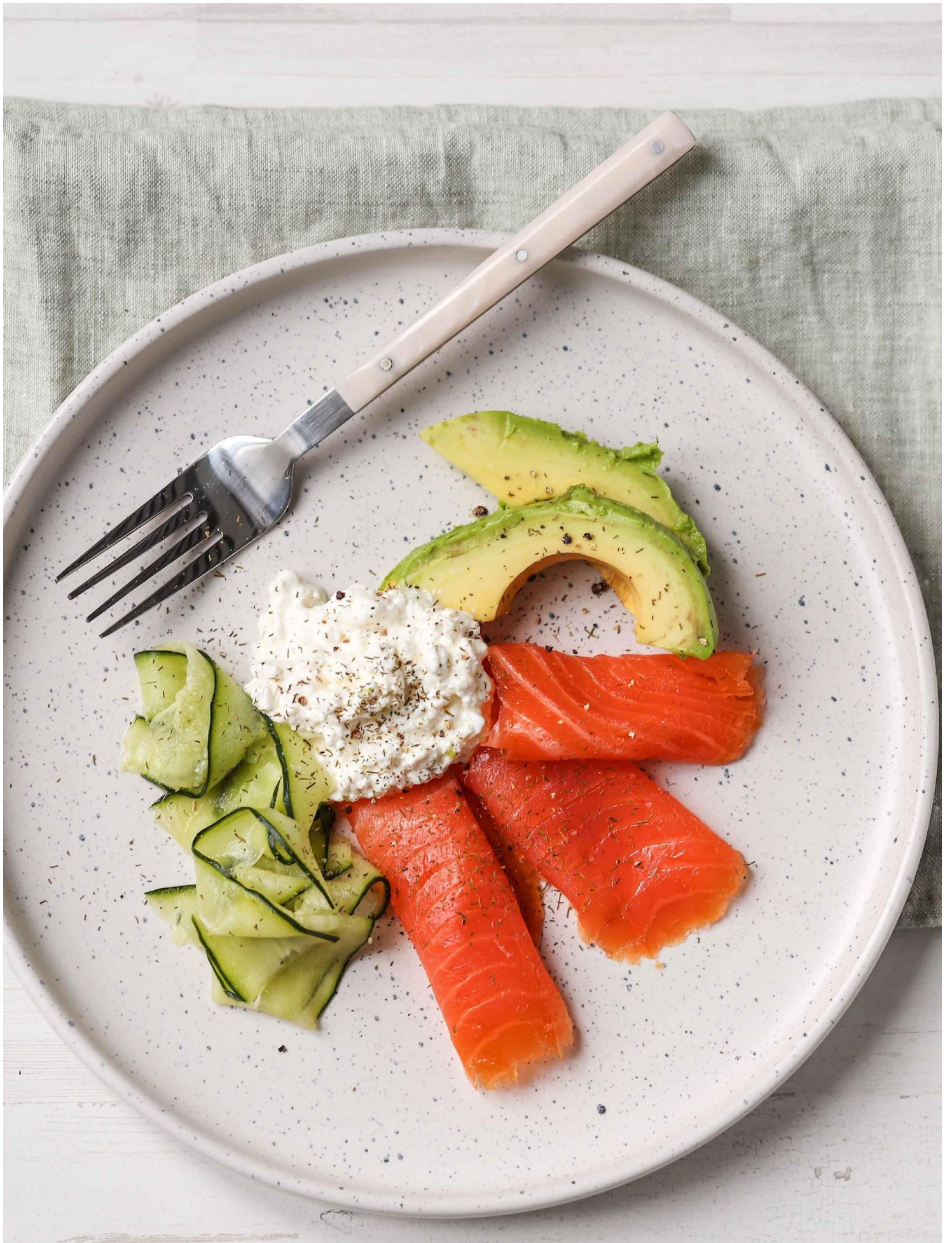
1. Heat the oil in a large stainless steel frying pan (or a enamelled cast iron skillet) over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	308	17	22	16

*Nutrition per serving





Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter

Serves 4

1 cucumber
7 oz. (200g) smoked salmon
1 avocado
½ cup (110g) cottage cheese
1 tsp. dried dill
salt and pepper
2 tbsp. apple cider vinegar

What you need to do

1. Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
2. Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
3. Sprinkle with dill and season to taste with salt and pepper. Serve immediately with optional extra health bread.

GF	LC	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	179	11	8	14

*Nutrition per serving





Protein Crumpets

Serves 4

1 cup (225g) cottage cheese
1 cup (80g) rolled oats
5 eggs
2 tsp. cinnamon
1 tbsp. maple syrup
2 tbsp. coconut oil

What you need to do

1. Place all ingredients into a blender or food processor and blitz together until smooth.
2. Heat $\frac{1}{4}$ of the coconut oil in a large stainless steel frying pan over low-medium heat, pour about $\frac{1}{4}$ cup of batter per crumpet, and repeat until the pan is filled.
3. Cook until you start to see bubbles form on the surface of the crumpets, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.
4. Repeat this process until all the batter has been used. Top the crumpets with your favorite toppings (see serving suggestions below).

Serving suggestion:

- Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple
- Nuts: almonds, hazelnuts, walnuts
- Sweeteners: Maple syrup or honey

MP	V	Q
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	298	17	20	17

*Nutrition per serving





Purple Power Smoothie

Serves 1

1 cup (240ml) almond milk
1 cup (150g) frozen berries
1 banana
1 medium beetroot, cooked,
grated
1 scoop (25g) whey powder
1 tsp vanilla extract

What you need to do

1. Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.

Xchange:

You can easily replace nut milk with 1 cup (240ml) water and 1 Tbsp nut butter.

GF	MP	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	322	3	53	24

*Nutrition per serving





Cinnamon Granola

Serves 16

2 cups (160g) rolled oats
1 cup (115g) walnuts, chopped
1 tbsp. cinnamon
4 tbsp. macadamia nut butter
½ cup maple syrup
salt

What you need to do

1. Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.
2. Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.
3. Next, add the almond butter and maple syrup, mix until well combined and sticky.
4. Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.
5. Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.

DF	LC	MP	V	N		
Prep		Cook		Kcal	Fats(g)	Carbs(g)
10 mins		30 mins		136	8	15
						3

*Nutrition per serving





Strawberry Protein Smoothie Bowl

Serves 4

4 cups (600g) cottage cheese

1 ½ cup (225g) frozen strawberries, thawed

4 tbsp. maple syrup

½ cup granola

1 cup (150g) mixed berries

What you need to do

1. Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.
2. Divide between 4 serving bowls, top with granola and fresh berries, to serve.

GF	MP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	315	10	37	19

*Nutrition per serving





Protein Porridge

Serves 2

2 cups (480ml) almond milk
1 cup (80g) rolled oats
1 scoop (25g) whey powder
1 banana, sliced
¼ cup (30g) walnuts, chopped

What you need to do

1. In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

Xchange:

You can replace the almond milk for coconut milk, real dairy milk or water.

Stir in some macadamia nut butter for extra creaminess.

MP	V	Q	N			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	7 mins	375	10	37	19	

*Nutrition per serving





Chickpea Bruschetta

Serves 2

2 slices health bread, toasted
1 cup (165g) chickpeas, drained
1 tbsp. tahini
½ cup (75g) cherry tomatoes, quartered
1 tbsp. parsley, chopped
1 tbsp. olive oil
1 tsp. apple cider vinegar
salt & pepper

What you need to do

1. Toast the bread on both sides.
2. Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.
3. Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving Suggestion:

Enjoy with fresh lemon wedges

DF	MP	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
10 mins	0 mins	357	15	44	14	

*Nutrition per serving





Pesto Pasta Salad

Serves 4

11 oz. (320g) gluten-free pasta

13 oz. (360g) roasted peppers,
drained, sliced

6 tbsp. basil pesto made with
olive oil (seed oil free)

1 mozzarella ball, chopped
(125g)

4 oz. (120g) rocket

salt & pepper

What you need to do

1. Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.
2. In a large bowl, toss the pasta and the remaining ingredients together until combined. Season to taste with salt and pepper and serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.

MP	V
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	501	17	67	19

*Nutrition per serving





Chickpea & Quinoa Tabbouleh

Serves 4

What you need to do

¾ cup (130g) quinoa, uncooked

1 x 14 oz. (400g) can
chickpeas, drained

2 medium tomatoes, diced

1 small cucumber, diced

1 cup (60g) parsley, chopped

3 tbsp. olive oil

2 tbsp. oak barrel aged
balsamic vinegar (preservative
free)

salt & pepper

1. Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
2. In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.
3. Store refrigerated in an airtight container for up to 2-3 days.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	12 mins	334	14	43	11

*Nutrition per serving





Baked Lentil Falafels

Serves 4

2 cups (400g) lentils, cooked
1 cup (60g) fresh parsley
2 cloves garlic
juice of 1 lemon
2 tbsp. gluten-free flour
1 ½ tbsp. olive oil
1 tsp. salt

What you need to do

1. Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.
2. Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.
3. Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerator for 2-3 days or frozen for 3 months.

DF	MP	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	189	6	26	10

*Nutrition per serving





Quinoa, Beef & Zucchini Burgers

Serves 8

1 zucchini, grated
14 oz. (400g) lean, ground beef
1 cup (185g) quinoa, cooked
2 cloves garlic, minced
½ yellow onion finely chopped
1 egg, beaten
1 tsp. salt and pepper
2 tbsp. avocado oil

What you need to do

1. Grate the zucchini and squeeze out any excess moisture using some clean kitchen towel.
2. Transfer the zucchini into a bowl. Add the beef, quinoa, garlic, egg, onion, 1 teaspoon of salt, and ¼ teaspoon of pepper. Combine all the ingredients together using clean hands.
3. Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.
4. Alternative airfryer method - mix the oil into the beef mixture, form into patties and cook on 350°F (180°C) for 10 minutes for rare and 15 minutes for well done.
5. The burgers can be stored in an airtight container in the refrigerator for 3-4 days.

GF	DF	LC	MP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	30 mins	160	10	6	12

*Nutrition per serving





Spicy Tuna

Serves 2

4 oz. (115g) sashimi tuna
1 ½ tbsp. sriracha sauce
2 green onions, sliced
1 tsp. sesame seeds
1 tsp. sesame oil

Xchange:

Opt for your favourite low-carb chilli sauce brand instead of sriracha, if you want to avoid sugar.

You can replace the sesame seed oil for coconut oil.

What you need to do

1. Cut the tuna into small cubes and place in a bowl. Slice the spring onions, keeping the white and green parts separate.
2. Add the sriracha sauce, white parts of the onion and sesame oil to the tuna. Mix until well combined.
3. Transfer the tuna into a serving bowl, garnish with the green parts of the onion and serve.

Serving Suggestion:

Serve on a bed of white jasmine rice.

GF	DF	LC	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	108	3	4	15

*Nutrition per serving





Cajun Salmon With Corn Salsa

Serves 4

2 corn cobs, cooked
10.5 oz. (350g) cherry tomatoes, quartered
1 cup (60g) coriander, leaves
4 salmon fillets (6oz./170g each)
2 tbsp. Cajun seasoning
2 tbsp. avocado oil

What you need to do

1. Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the avocado oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.
2. Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.
3. To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	407	21	21	38

*Nutrition per serving





Baked Carrot Fritters

Serves 10

4 medium carrots, grated
1 small egg
4 tbsp. gluten-free flour
1 clove garlic, minced
1 tsp. ground cumin
salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C) and prepare a baking tray lined with uncoated baking paper.
2. In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
3. Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.
4. Serve hot or cold. These fritters can be refrigerated in an airtight container for up to 2-3 days.

Serving Suggestion:

Top with hummus or a cottage cheese based dip.

DF	LC	MP	V			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	25 mins	33	1	6	1	

*Nutrition per serving





Curried Cauliflower Soup

Serves 4

What you need to do

1 yellow onion, chopped
1 cauliflower head
2 tsp. fennel seeds
1 cup. (190g) red lentils, dry
3 tbsp. yellow curry paste
salt and pepper
2 tbsp. avocado oil

1. Heat the oven to 400°F (200°C).
2. Separate the cauliflower head into small florets. Drizzle $\frac{1}{4}$ of the cauliflower with 1 tablespoon of oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.
3. Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 litre of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
4. In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
5. Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

Serving suggestion:

Swirl in a dollop of coconut cream and enjoy with toasted health bread.

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	296	8	44	15

*Nutrition per serving





Quinoa & Beetroot Salad

Serves 4

2 cups (370g) cooked quinoa
7 oz. (200g) feta cheese, cubed
2 medium beets, cooked, cubed
1 cup (165g) chickpeas, drained
1 lemon, zest and juice
2 tbsp. olive oil
salt & pepper

What you need to do

1. Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium sized bowl. Drizzle with olive oil, lemon juice and add in the finely grated lemon zest.
2. Season to taste with salt and pepper and mix well to combine. Divide between 4 plates and serve immediately.

GF	MP	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	395	21	38	16

*Nutrition per serving





Vegetable Chili Salad

Serves 4

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

2 corn cobs, cooked

1 red bell pepper, sliced

bunch coriander, chopped

5 oz. (150g) hot salsa

What you need to do

1. Rinse the black beans in filtered water, rinse thoroughly and drain well.
2. Slice the pepper into small strips. Chop the coriander coarsely.
3. Use a small knife to cut down the side of the corn cobs to remove the kernels.
4. Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

Serving Suggestion:

Enjoy with fresh guacamole and organic non-GMO corn chips.

.

GF	DF	MP	V	Q		
Prep		Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins		0 mins	144	2	28	8

*Nutrition per serving





Slow-Cooked Chicken Fajita

Serves 6

1.5 lb. (680g) chicken breast
1 large onion, sliced
2 bell pepper, sliced
1 x 16 oz. (450g) jar salsa
juice of 1 lime
salt & pepper

What you need to do

1. Add the chicken, onions, peppers, salsa, and salt to a slow cooker. Stir well to combine.
2. Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.
3. Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.
4. Season to taste, with salt and pepper.

Serving Suggestion:

Enjoy with fresh guacamole and organic non-GMO corn chips, salsa and lime wedges.

GF	DF	LC	MP	HP		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	4-6 hrs	177	3	10	27	

*Nutrition per serving





Chicken Piccata

Serves 4

1 lb. (450g) chicken breasts
3.5 oz. (100g) butter
¼ cup (50g) capers, drained
3 lemons, zested, juiced
½ cup (30g) parsley, chopped
salt & pepper

What you need to do

1. Place the chicken breasts on a sturdy chopping board and use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.
2. Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.
3. Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.
4. Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.
5. To serve, sprinkle with parsley and remaining lemon zest.

GF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	328	23	4	26

*Nutrition per serving





Prosciutto Wrapped Chicken With Lentils

Serves 4

4 chicken thighs, skinless
(480g)

8 prosciutto slices (Nitrate free)

8 tsp. red pesto (seed oil free)

2x 14 oz. (400g) can lentils,
drained

5 oz. (145g) sun-dried
tomatoes, drained (seed oil
free)

2 tbsp. apple cider vinegar

2 tbsp. oil from sun-dried
tomatoes

salt & pepper

What you need to do

1. Heat the oven to 360°F (180°C).
2. Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.
3. In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoon of oil from the sun-dried tomatoes.
4. Divide the lentils between 4 plates and, top with the chicken. Serve immediately.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	462	14	41	46

*Nutrition per serving





Spinach Risotto

Serves 4

1 yellow onion, diced
1 ½ cup (300g) risotto rice, dry
5 cups (1.2L) gluten free,
MSG-free vegetable stock
8 oz. (225g) spinach, frozen
3 oz. (85g) parmesan
2 tbsp. avocado oil
2 tbsp. olive oil
salt & pepper

What you need to do

1. Heat the avocado oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.
2. Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.
3. Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper and a dash of olive oil and serve immediately.

GF	MP	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	449	13	68	14

*Nutrition per serving





Salmon En Papillote

Serves 2

1 zucchini, sliced
1 red onion, sliced
2 salmon fillets (6oz./170g each)
½ cup (30g) dill
1 lemon, sliced
2 tbsp. avocado oil
salt & pepper

What you need to do

1. Heat the oven to 350°F (180°C).
2. Prepare 2 pieces of uncoated baking paper. Each piece should be large enough to create a parcel to fit the salmon and vegetables inside once folded up.
3. Arrange a layer of 8 zucchini slices on each piece of paper. Cover the zucchini with the sliced onion. Drizzle each serving with 1 tablespoon of avocado oil, and season to taste with salt and pepper.
4. Next place one salmon piece on top of the vegetables, and season with salt and pepper.
5. Top with the dill, and cover with a layer of sliced lemon.
6. Seal the parchment paper well by folding the ends over each other to form a parcel.
7. Bake for 18-20 minutes, or until cooked through. Place the entire packet on each plate, tear the parchment paper to open and serve immediately.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	409	25	10	36

*Nutrition per serving





Chickpea & Broccoli Curry

Serves 4

1 x 14 fl. oz. (400ml) can
coconut milk

2 tbsp. red curry paste

2 broccoli heads, florets

1 x 14 oz. (400g) can
chickpeas, rinsed and drained

1 tbsp. arrowroot powder

1 tbsp. coconut oil

What you need to do

1. Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes. Now add coconut milk and simmer gently for 5-8 minutes.
2. Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.
3. Mix the arrowroot with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving.

Serving Suggestion:

Steamed white rice & fresh coriander

DF	MP	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	10 mins	399	21	43	15	

*Nutrition per serving





Mexican Stuffed Peppers

Serves 4

4 bell peppers
14 oz. (400g) lean ground beef
1 x 14 oz. (400g) can chopped tomatoes
1 cup (160g) cooked rice
2 tbsp. Mexican spice blend

What you need to do

1. Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.
2. Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers in a ceramic casserole dish and fill the peppers with the beef mixture.
3. Cover the dish with the casserole lid and bake in the oven for 35 minutes, or until the peppers are tender.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	281	10	23	23

*Nutrition per serving





Sesame Crusted Miso Tuna

Serves 2

1 tbsp. white miso

2 tuna steaks (5 oz. /140g each)

4 tbsp. sesame seeds

bunch spring onions, trimmed and sliced

7 oz. (200g) mange tout, steamed

1 tbsp. coconut oil

What you need to do

1. Heat 1 tablespoon of coconut oil in a large pan over a medium-high heat.
2. Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
3. In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Season to taste with salt and pepper, then divide between two serving plates.
4. Slice the steaks and place on top of the vegetables. Serve immediately.

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	371	17	15	41

*Nutrition per serving





Fish Curry

Serves 4

1 medium yellow onion,
chopped

3 tbsp. green curry paste

1 x 14 oz. (400ml) can coconut
milk

1.3 lb. (600g) white fish fillets
coarsely chopped

2 cups. (360g) fresh vegetable
mix

1 tbsp. coconut oil

What you need to do

1. Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
2. Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish. Simmer for 15 minutes, until fish is cooked.
3. Steam the vegetables until al dente and stir into the fish curry.
4. Serve immediately.

Serving Suggestion:

Serve with jasmine rice and lime wedges.

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

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	351	20	14	29

*Nutrition per serving





Meatballs In Tomato Sauce

Serves 4

17 oz. (500g) beef or lamb mince
1 clove garlic, minced
1 free range egg
2 Tbsp gluten free flour or almond flour
1 small yellow onion, chopped
2 cups (480ml) passata
¼ cup (15g) parsley leaf, chopped
2 tbsp. avocado oil
salt & pepper

What you need to do

1. Place the mince, egg & flour in a medium bowl, season with salt and pepper to taste. Add in the garlic and mix thoroughly. Using 1 tablespoon of mince, form meatballs, roughly the size of a walnut.
2. Heat 1 tablespoon of avocado oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside. Alternatively air-fry for 10 min on 360°F (180°C).
3. Heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Season with salt and pepper, bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with the parsley.

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	320	23	10	20

*Nutrition per serving





Sweet Potato Hummus

Serves 8

1 ½ cup (250g) canned chickpeas, drained

1 cup (255g) cooked sweet potato

4 tbsp. tahini

½ tsp. smoked paprika

1 garlic clove, minced

What you need to do

1. Place all the ingredients to a high speed blender or food processor and blitz smooth.
2. Serve as a dip.

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	182	12	16	5

*Nutrition per serving





Tahini Protein Energy Balls

Serves 24

2 cups (180g) rolled oats

1 cup tahini

4 tbsp. honey

2 scoops (64g) vanilla protein powder

2 tbsp. mini chocolate chips

What you need to do

1. Place the rolled oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine to form a dough.
2. Once combined, use a large tablespoon of the dough and form into balls.
3. Store in a covered container in the fridge for up to 2 weeks. Alternatively place in a container and freeze for up to 3 months.

LC	MP	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	115	6	11	5

*Nutrition per serving





Almond & Cranberry Energy Balls

Makes 20

10 Medjool dates, pitted
1 cup (90g) rolled oats
¼ cup (35g) cranberries, dried
¼ cup (35g) almonds
4 tbsp. almond butter

What you need to do

1. Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
2. Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set. Store in an airtight container in the refrigerator for up to 2 weeks.

DF	LC	MP	V	Q	N
Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	59	3	7	2

*Nutrition per serving





Nut Butter & Cranberry Cookies

Serves 20

1 cup (280g) almond
macadamia nut butter blend

1 cup (180g) coconut sugar

1 egg

1 tsp. baking powder

¼ cup (35g) cranberries, dried

What you need to do

1. Preheat the oven to 360°F (180°C). Line 2 baking trays with uncoated baking paper.
2. Place the nut butter and sugar in a bowl and using a hand mixer beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.
3. Roll tablespoonfuls of the cookie dough into balls. Place the balls on lined trays, allowing room between each ball for spreading in the oven.
4. Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool.
5. Once cooled, store in an airtight container.

DF	LC	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	123	7	13	3

*Nutrition per serving





Sweet Potato & Black Bean Brownies

Serves 12

9 oz. (250g) sweet potato

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

½ cup (60g) walnuts

3.5 oz. (100g) coconut sugar

3.5 oz. (100g) dark chocolate, chopped

3 tbsp. macadamia nut oil

What you need to do

1. Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.
2. Heat the oven to 360°F (180°C) and prepare an 11x7-inches (28x18cm) baking tin lined with baking paper.
3. Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the oil and blitz again.
4. Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.

GF	DF	MP	V	N		
Prep		Cook		Kcal	Fats(g)	Carbs(g)
15 mins		50 mins		183	10	22
						Protein(g)
						3

*Nutrition per serving





Apple Cake

Serves 12

2 cups (250g) gluten-free flour

3 tsp. baking powder

1 cup (180g) coconut sugar

1 egg

2 apples, peeled, cored and cut into chunks

½ cup coconut oil, melted

What you need to do

1. Preheat the oven to 360°F (180°C). Prepare an 8-inch (20cm) baking tin lined with baking paper.
2. Place the flour, baking powder and sugar into a large bowl and mix well. Add in the egg and melted coconut oil and stir until combined.
3. Now add in the apples; using your hands incorporate them into the batter.
4. Place the batter into the lined tin and bake for 35-40 minutes. Once ready remove from the oven and allow to cool. Store this cake in an airtight container.

DF	MP	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	227	10	36	2

*Nutrition per serving





Pumpkin Cake

Serves 8

3 eggs

¾ cup (150g) coconut sugar

1 cup (230g) pumpkin puree

2 tsp. cinnamon

1 cup (125g) gluten-free
self-raising flour

What you need to do

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, combine the eggs and sugar. Beat with a hand mixer for 5 minutes until the mixture is fluffy and has tripled in volume. Add the pumpkin puree and cinnamon and beat until everything is well-combined.
3. Sift the flour into the egg mixture and very gently fold, making sure that you do not deflate the eggs.
4. Grease an 8-inch (20cm) diameter cake pan and pour the batter into it. Bake for about 50 minutes or until a toothpick inserted into the middle of the cake comes out clean.
5. Remove the cake from the oven, let it cool, then slice and serve. Store this cake in an airtight container.

DF	MP	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	154	2	34	3

*Nutrition per serving





Coconut & Chia Seed Pudding

Serves 4

⅓ cup (70g) chia seeds
 14 oz. (400ml) can coconut milk
 ¼ cup (60ml) maple syrup
 2 clementine's, peeled, segmented, chopped
 2 kiwis, peeled, chopped

Xchange:

Replace the maple syrup for raw honey for a more neutral flavour.

Pair with any other fruit you prefer.

What you need to do

1. Combine the chia seeds, coconut milk and 2 tablespoon of the maple syrup in a jar.
2. Screw the lid on the jar and place in the fridge for 6 hours or until the mixture thickens. Occasionally give it a good shake.
3. Combine the clementine and kiwi fruit in a bowl. Add the remaining maple syrup and stir to combine. Set this bowl aside in the fridge until the chia seed pudding has thickened.
4. Divide the pudding between 4 serving bowls or glasses. Top with the fruit mix and serve immediately.
5. Alternatively, the chia seed pudding can be stored in the refrigerator for up to 5 days. Just add the fresh fruits when you are ready to eat.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 hrs	240	12	31	4

*Nutrition per serving





Blueberry Protein Ice Cream

Serves 2

1 cup (145g) cottage cheese

1 banana

½ cup whey powder

4 tbsp. dried wild harvested
blueberry powder

¼ cup (75g) blueberries, fresh

What you need to do

1. Place the cottage cheese, banana and whey powder in a food processor and blend everything together.
2. Transfer the mixture into a Tupperware dish or similar type of container, and mix in the dried berry powder. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.
3. Take the dish out of the freezer, mix again and serve with fresh berries.

Note:

If you keep in the freezer longer, the thaw for 10-15 minutes before serving.

Serving Suggestion:

Enjoy with dried toasted coconut flakes.

GF	MP	HP	V			
Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	
10 mins	90 mins	243	4	26	28	

*Nutrition per serving





Tropical Carrot Smoothie

Serves 4

1 cup (240ml) carrot juice
1 mango, peeled, chopped
1 cup (165g) pineapple,
chopped
1 tsp. ginger, grated
¼ cup (60ml) coconut water

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	95	0	24	1

*Nutrition per serving



RECIPE PACK DISCLAIMER

We understand the importance of your health and wellbeing, which is why we want to be upfront about the limitations of this recipe pack. As a faith-based community, we're not a medical organisation, so we can't provide you with any official medical advice or assistance. Nothing in this recipe pack should be taken as a substitute for seeking guidance from a qualified dietary practitioner who can offer personalised support for your unique circumstances and needs.

We've compiled these recipes with care, but we make no claims or representations about the risks, results, or accuracy of the content. You are solely responsible for evaluating whether this information is suitable for your health condition and using it at your own discretion.

Your wellbeing is in your hands, and we are here to walk alongside you on your journey, but the ultimate decisions regarding your health belong to you. Use this recipe pack with wisdom, discernment, and a prayerful heart.

Together, let's pursue vibrant living - One Xchange at a time!

