



December Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

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Contents & Key

- 6 Coconut & Date Oatmeal
- 8 Warm Indian-Spiced Egg Breakfast Salad
- 10 Pecan Granola With Coconut & Cranberries
- 12 Squash & Goat's Cheese Toast
- 14 Skirt Steak Citrus & Rocket Salad
- 16 Bonus: Simple Shredded Chicken 2 Ways
- 18 Thai Instant Noodle Soup
- 20 Salmon Satay Burgers With Onion Relish
- 22 Green Curry Chicken Salad
- 24 Marbella Chicken Bake
- 26 Sweet Potato Coconut Soup
- 28 Slow Cooker Balsamic Pork Tenderloin With Strawberry Salsa
- 30 Noodle Salad With Pork & Asian Lime Vinaigrette
- 32 Honeydew Kiwi Cooler
- 34 Cinnamon Zucchini Muffins
- 36 Maple Roasted Pecans

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

	Breakfast	Lunch	Snack	Dinner
Mon	Coconut & Date Oatmeal	Thai Instant Noodle Soup	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Sweet Potato Coconut Soup
Tue	Warm Indian-Spiced Egg Breakfast Salad	Thai Instant Noodle Soup	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Slow Cooker Balsamic Pork Tenderloin With Strawberry Salsa
Wed	Warm Indian-Spiced Egg Breakfast Salad	Slow Cooker Balsamic Pork Tenderloin With Strawberry Salsa	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Marbella Chicken Bake
Thu	Squash & Goat's Cheese Toast	Salmon Satay Burgers With Onion Relish	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Marbella Chicken Bake
Fri	Squash & Goat's Cheese Toast	Green Curry Chicken Salad	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Noodle Salad With Pork & Asian Lime Vinaigrette
Sat	Coconut & Date Oatmeal	Skirt Steak Citrus & Rocket Salad	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Meal Out - Enjoy!
Sun	Pecan Granola With Coconut & Cranberries	Skirt Steak Citrus & Rocket Salad	E.g. Honeydew Kiwi Cooler, Cinnamon Zucchini Muffins, Maple Roasted Pecans	Sweet Potato Coconut Soup



Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 2 oranges • 6 limes • strawberries • honeydew melon • 4 kiwi fruits <p>Vegetables</p> <ul style="list-style-type: none"> • 3 white onions • 2 red bell peppers • 2 red chillis • 2 jalapeño pepper • 2 tomatoes • squash • bulb of garlic • large piece root ginger • pack of rocket • pack of radishes • 1 cucumber • 3 red onions • 2 shallots • 1 lemongrass stalk • 2 zucchinis (courgettes) • 5 large sweet potatoes • 1 carrot • shiitake mushrooms <p>Dried</p> <ul style="list-style-type: none"> • dates • cranberries • prunes • apricots <p>Frozen</p> <ul style="list-style-type: none"> • vegetable mix • green peas (garden peas) • 5 edamame beans 	<p>Meats</p> <ul style="list-style-type: none"> • 1.7 lbs. (750g) skirt steak • 2.7 lbs. (1.25kg) skinless, boneless, chicken breast • 2 lbs. (900g) skinless, boneless, chicken thighs • 1 lb. 8 oz. (800g) pork tenderloin <p>Fish, Seafood</p> <ul style="list-style-type: none"> • 1 lb. (450g) salmon <p>Cold</p> <ul style="list-style-type: none"> • almond milk, unsweetened • 11 eggs • butter • goats cheese • Greek yogurt 	<p>Grains</p> <ul style="list-style-type: none"> • rolled oats • rice <p>Nuts, Seeds</p> <ul style="list-style-type: none"> • roasted cashews • pecans • pumpkin seeds <p>Baking</p> <ul style="list-style-type: none"> • desiccated coconut • vanilla extract • coconut flakes • all-purpose flour • baking soda <p>Fresh Herbs</p> <ul style="list-style-type: none"> • cilantro (coriander) • parsley <p>Dried Herbs, Spices</p> <ul style="list-style-type: none"> • black pepper • cayenne pepper • ground turmeric • ground cinnamon • ground cumin • chili flakes • paprika • dried oregano • bay leaves 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • honey • maple syrup <p>Boxed, Canned, Condiments</p> <ul style="list-style-type: none"> • tamari sauce • Sriracha sauce • chili paste • 2x 14 oz. (400g) cans coconut milk, full fat • chicken bouillon cubes (stock cubes) • chicken broth (chicken stock) • Thai green curry paste • Thai red curry paste • vermicelli noodles • rice wine vinegar • red wine vinegar • balsamic vinegar • panko breadcrumbs • jar green olives • jar capers • pack dried Chinese egg noodles <p>Misc, Other</p> <ul style="list-style-type: none"> • salt • sliced bread • 4 burger buns





Coconut & Date Oatmeal

Serves 4

3 ¼ cups (780ml) water
¼ tsp. salt
2 cups (180g) rolled oats
1 cup (240ml) almond milk,
unsweetened

For the toppings:

4 tbsp. desiccated coconut,
unsweetened
8 dates, sliced
4 tbsp. roasted cashews
4 tbsp. honey

What you need to do

1. Pour the water and salt into a pot and place over a high heat and bring to a boil. Now add in the rolled oats, reduce the heat to low and simmer gently, stirring occasionally until creamy, for around 5 minutes. Add in the milk and stir until well combined.
2. Divide the oats between 4 bowls and top with the coconut, sliced dates, cashews and honey. Serve immediately.



DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	7 mins	360	11	62	8	7

*Nutrition per serving





Warm Indian-Spiced Egg Breakfast Salad

Serves 6

8 eggs
2 tbsp. butter
1 onion, finely chopped
1 tsp. root ginger, grated
1 red chili pepper, sliced
¼ tsp. cayenne pepper
⅛ tsp. ground turmeric
2 tomatoes, diced
salt
¼ cup (10g) cilantro, chopped
6 slices bread, toasted

What you need to do

1. Firstly, hard boil the eggs. Place the eggs into a pot and cover with cold water. Bring the water to a boil and boil eggs for 7-8 minutes. Once cooked, drain with cold water and transfer into a bowl to cool. Then peel, chop into pieces and set aside.
2. In a non-stick skillet, melt the butter over a medium heat and add the onion, cook for 5 minutes until soft and golden. Stir in the ginger, chili pepper, cayenne pepper, ground turmeric and the chopped eggs. Mix well to combine, cooking for a further 3 minutes.
3. Add in the tomatoes and turn off the heat. Season to taste with salt and sprinkle over the chopped cilantro. Serve with the hot toast.

LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	223	13	16	11	2

*Nutrition per serving





Pecan Granola With Coconut & Cranberries

Serves 12

- 2 cups (180g) rolled oats
- ½ cup (60g) pecan nuts, chopped
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- ½ cup (170g) honey
- 4 tbsp. coconut oil, melted
- 2 tsp. vanilla extract
- ½ cup (65g) dried cranberries
- ⅓ cup (30g) coconut flakes

What you need to do

1. Preheat the oven to 300°F (150°C). Line a baking tray with baking paper.
2. In a large bowl, stir together the rolled oats, pecans, ground cinnamon and salt, then set aside.
3. In a small pot, combine the honey, coconut oil and vanilla extract. Place over a medium heat and cook, stirring constantly, until smooth. Pour the honey mixture into the oat mixture and stir well until combined.
4. Pour onto the baking sheet and spread the mixture out in a single layer.
5. Bake in the oven for 25 minutes until golden brown, stirring twice during the cooking time. Then remove the tray from the oven and set it aside to cool completely.
6. Once cooled, stir through the dried cranberries and coconut flakes. Place in an airtight container with a tight fitting lid and store on the counter top.



DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	188	11	21	3	3

*Nutrition per serving





Squash & Goat's Cheese Toast

Serves 4

½ squash, seeded, peeled & cut into cubes

3 tbsp. olive oil

salt & pepper

2 tbsp. pumpkin seeds, toasted

½ onion, chopped

1 tsp. chili flakes

4.5 oz. (125g) goat's cheese

4 slices bread, toasted

What you need to do

1. Preheat the oven to 450°F (230°C). Line a baking tray with baking paper.
2. Place the squash onto the baking tray and drizzle over 2 tablespoons of olive oil and spread evenly. Season the squash with salt and pepper. Place the tray into the oven and roast the squash for 25-30 minutes until golden.
3. Heat a non-stick skillet over a medium high heat and add the pumpkin seeds. Shake the skillet to keep the seeds moving, as they should toast and not burn. After they are toasted remove the skillet from the heat and set aside to cool.
4. Heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat and add the onion. Cook, stirring occasionally, until soft, for around 5 minutes. Add the chili flakes and the roasted squash, stir to combine. Using a potato masher or fork, mash the squash and onion together.
5. Divide the goat's cheese between the 4 slices of toast, then top with the squash mixture and sprinkle over the toasted pumpkin seeds. Season to taste with salt, pepper and add more chili flakes if desired.

MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	294	21	22	8	2

*Nutrition per serving





Skirt Steak Citrus & Rocket Salad

Serves 6

- 4 tbsp. tamari sauce
- 1 orange, juiced
- 1 lime, juiced
- 1 tbsp. root ginger, grated
- 2 cloves garlic, minced
- ½ tsp. chili paste
- 1.5 lbs. (750g) skirt steak, cut into 2-3 pieces
- 3 tbsp. olive oil
- 8 oz. (250g) rocket
- 1 orange, peeled, sliced
- 6 radishes, sliced

What you need to do

1. Combine the tamari sauce, orange juice, 1 tablespoon of lime juice, ginger, garlic and chili paste in a zip bag. Add the steak to the bag, shake to combine and massage the marinade into the beef. Place the bag into the refrigerator to marinate for 8-24 hours.
2. Heat 1 tablespoon of olive oil in a pan over a high heat and cook the steak for 4-6 minutes (for medium-rare), turning once. Transfer onto a plate and allow the steak to rest for 10 minutes.
3. Place the rocket, sliced orange and radishes into a large bowl. Drizzle with the remaining 2 tablespoons of olive oil and 3 tablespoons of lime juice. Divide the salad between 4 plates.
4. Now cut the steak across the grain into slices, roughly ¼ inch (6mm) thick. Arrange the steak over the salad and serve immediately.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins + marinating time	10 mins	348	23	9	28	2

*Nutrition per serving





Simple Shredded Chicken 2 Ways

Serves 4

What you need to do

Slow Cooked:

- 4 chicken breasts (500g/1.1 lb)
- 1 cup (250ml) chicken stock
- ½ tsp salt
- ¼ tsp. ground pepper

Oven Baked:

- 4 chicken breasts (500g/1.1 lb)
- 2 tbsp. olive oil
- ½ tsp salt
- ¼ tsp. ground pepper

Slow Cooked:

1. Season the chicken breasts on both sides with salt and pepper and place in the slow cooker. Pour over the stock, place the lid on the slow cooker and cook on low for 3-4 hours.
2. Once cooked, remove the chicken breasts from the slow cooker and place on a large cutting board. Using two forks, pull the chicken apart until shredded into bite-size pieces.

Oven Baked:

1. Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.
2. Set the chicken breasts onto the baking paper, drizzle with olive oil and season with salt and pepper.
3. Place the chicken in the oven and bake for 25-35 minutes or until the chicken is cooked through (internal temperature of 165°F (74°C)).
4. Remove the chicken from the oven and set it aside to rest for 10-15 minutes. Use two forks to shred the chicken.

Note: Once shredded, the chicken can be used as it is or added to soups, salads and sauces for extra flavor and protein.

Storage: Once cooked and cooled, place the chicken in an airtight container and store in the refrigerator for up to 5 days.



GF	DF	LC	MP	HP
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Ways	Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
Oven Baked	5 mins	35 mins	211	10	0	28	0
Slow Cooked		4 hrs	154	3	0	29	0

*Nutrition per serving





Thai Instant Noodle Soup

Serves 4

1 cup (240ml) canned coconut milk, full fat

4 tsp. Thai green curry paste

2 chicken bouillon cubes, halved

4 tsp. lime juice

2 tsp. coconut sugar

2 cups (180g) vermicelli noodles

½ cup (35g) shiitake mushrooms, sliced

¼ cup (40g) edamame beans

1 carrot, chopped into matchsticks

2 servings simple shredded chicken

What you need to do

1. Place the ingredients into a large mason jar in the following order: coconut milk, green curry paste, chicken bouillon cube, lime juice, coconut sugar, noodles, mushrooms, edamame, shredded chicken. Secure with the lid and store in the refrigerator for up to 3 days.
2. When ready to serve, pour roughly ½ - ¾ cup of boiling water into the jar and set aside to sit for 3 minutes. Now cover the jar with the lid and shake until combined. Serve immediately.



GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	445	18	49	18	2

*Nutrition per serving





Salmon Satay Burgers With Onion Relish

Serves 4

For the relish:

- 1 cucumber, peeled, diced
- 1 small red onion, sliced
- 3 tbsp. rice wine vinegar
- 1 tsp. coconut sugar
- ¼ tsp. salt

For the burgers:

- 1 lb. (450g) salmon, finely chopped
- 2 tbsp. shallot, finely chopped
- 1 jalapeño pepper, seeds removed, diced
- 1 stalk lemongrass, tender part finely chopped
- 2 tbsp. fresh cilantro, chopped
- 2 tsp. ground cumin
- 1 tsp. ground turmeric
- 1 egg, beaten
- 5 tbsp. panko breadcrumbs
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tbsp. coconut oil
- 4 burger buns

What you need to do

1. Make the relish by combining the relish ingredients together in a bowl. Set the bowl aside to sit at room temperature until ready to assemble the burgers.
2. Now combine the salmon, shallot, jalapeño pepper, lemongrass, cilantro, ground cumin, and turmeric in a large bowl. Add in the egg and panko breadcrumbs, season with salt and pepper and mix well. Form into 4 even sized burgers.
3. Heat the coconut oil in a large, non-stick skillet over a medium-high heat. Cook the burgers for 4 minutes on each side until golden and cooked through.
4. Place a burger into each bun, top with the onion relish and serve immediately.

DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	455	15	47	35	6

*Nutrition per serving





Green Curry Chicken Salad

Serves 6

For the sauce:

- 1 cup (240g) Greek yogurt
- 2 tbsp. Thai green curry paste
- 4 tbsp. fresh cilantro, chopped
- 1 lime, juiced
- 1 tsp. chili powder
- 1 tsp. ground turmeric
- ½ tsp. paprika
- 1 tbsp. honey
- salt

For the salad:

- 4 servings simple shredded chicken
- 1 cup (145g) green peas
- 1 red bell pepper, chopped
- ½ red onion, diced
- salt & pepper

What you need to do

1. In a bowl, mix together all the ingredients for the sauce, stir well to combine and set aside until needed.
2. In a separate bowl, combine the ingredients for the salad and season to taste with salt and pepper. Add the sauce to the salad and mix until well combined.
3. Divide the salad between 4 bowls and serve with fresh salad greens or toast (not included within nutritional breakdown).

GF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 mins	191	4	12	28	2

*Nutrition per serving





Marbella Chicken Bake

Serves 6

2 cloves garlic, minced
1 tsp. dried oregano
½ tsp. salt
½ tsp. ground black pepper
4 tbsp. red wine vinegar
1 cup (175g) pitted prunes, chopped
½ cup (95g) dried apricots, chopped
½ cup (90g) green olives, pitted
½ cup (120ml) chicken broth
4 tbsp. honey
¼ cup (30g) capers, drained
2 lbs. (900g) chicken thighs, skinless, boneless
2 bay leaves
1 tbsp. olive oil
4 tbsp. fresh parsley, chopped

What you need to do

1. In a large bowl, combine the minced garlic, dried oregano, salt, pepper, red wine vinegar, prunes, apricots, green olives, chicken broth, honey and capers. Add in the chicken thighs and bay leaves. Cover and marinate in the refrigerator for at least 1 hour or overnight.
2. Preheat the oven to 375°F (190°C).
3. Heat the olive oil in a large non-stick skillet over medium-high heat. Remove the chicken from the marinade and sear for 5 minutes on each side.
4. Place the marinade ingredients in a large roasting dish, discard the bay leaves and transfer the seared chicken into the dish. Place in the oven and bake for 20 minutes or until the chicken has cooked through.
5. Serve the chicken, along with the sauce, over white rice (not included in nutrition information breakdown) and sprinkle over the freshly chopped parsley.

GF DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins + marinating time	30 mins	330	7	38	31	3

*Nutrition per serving





Sweet Potato Coconut Soup

Serves 6

- 1 tbsp. olive oil
- 1 onion, diced
- 1 jalapeño pepper, deseeded, sliced
- 3 cups (390g) sweet potato, peeled, cubed (about 3 medium)
- 1 tbsp. Thai red curry paste
- 3 cups (700ml) chicken stock
- 1x 14 oz. (400ml) can coconut milk, full fat
- 4 servings simple shredded chicken
- 4 tbsp. coriander, chopped
- chili flakes, to garnish

What you need to do

1. Heat the olive oil in a heavy-bottomed saucepan over medium heat. Add the onion and jalapeño pepper and cook for about 5 minutes, until the onion is soft and translucent.
2. Add the sweet potatoes, curry paste, and chicken stock. Mix and bring to a boil, then reduce the heat to a simmer for about 10 minutes, until the potatoes are tender.
3. Take off the heat and allow it to cool slightly. Then using an immersion blender blend until smooth. Finally, add in the coconut milk, and heat over medium heat for 3-4 minutes.
4. To serve, divide between bowls, top with shredded chicken, and garnish with chopped coriander and chili flakes.



GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	300	15	19	22	3

*Nutrition per serving





Slow Cooker Balsamic Pork Tenderloin With Strawberry Salsa

Serves 4

What you need to do

For the pork:

- 1 red onion, sliced
- 14 oz. (400g) pork tenderloin
- 2 large sweet potato, cut into chunks
- ½ cup (120ml) chicken broth
- ½ cup (120ml) balsamic vinegar
- 4 tbsp. coconut sugar
- 3 cloves garlic, minced
- 4 tbsp. Greek yogurt
- salt & pepper

For the salsa:

- 2 cups (290g) strawberries
- 2 tbsp. red onion, finely diced

1. Place the sliced red onion on the bottom of the slow cooker, add the pork tenderloin and top with sweet potato chunks.
2. In a small bowl, whisk together the chicken broth, balsamic vinegar, coconut sugar and garlic. Pour over the pork and sweet potatoes, place the lid on the slow cooker and cook on a low heat for 6 hours.
3. In the meantime, dice the strawberries and combine with the onion, then set aside in the refrigerator until needed.
4. Once the pork has finished cooking, remove the sweet potato from the slow cooker, and place into a large bowl. Mash the potato with a potato masher, add the Greek yogurt and mix well. Taste and season with salt and pepper.
5. Slice the pork tenderloin and serve alongside the mashed sweet potato and strawberry salsa.

GF DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	6 hrs	266	3	35	24	4

*Nutrition per serving





Noodle Salad With Pork & Asian Lime Vinaigrette

Serves 6

For the pork:

14 oz. (400g) pork tenderloin, trimmed, sliced into 6 even sized medallions

1 tbsp. olive oil

salt & pepper

For the dressing:

2 tbsp. olive oil

1 tbsp. tamari sauce

1 lime, juiced

2 tsp. rice wine vinegar

1 tsp. root ginger, peeled, minced

¼ tsp. coconut sugar

¼ tsp. sriracha sauce

For the salad:

1 lb. (450g) dried Chinese egg noodles

1 red bell pepper, sliced

1 red chili, seeded, sliced

4 tbsp. fresh parsley, chopped

What you need to do

1. Brush the pork medallions with 1 tablespoon of the olive oil, and season with salt and pepper.
2. Heat a large non-stick skillet over a medium-high heat and cook the pork medallions for around 3 minutes on each side, until cooked through. Remove from the heat, cover with tin foil and set aside to rest until needed.
3. Place all the ingredients for the dressing into a blender and blend until smooth.
4. Cook the noodles according to instructions on packaging, drain well and transfer into a large bowl. Add the sliced bell pepper and chili, pour over the dressing and add half the parsley. Toss to combine.
5. To serve, divide the noodles between 6 bowls, top with the cooked pork medallion and the remaining fresh parsley. This dish can be served warm or cold.

DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein (g)	Fibre(g)
10 mins	12 mins	407	10	54	25	4

*Nutrition per serving





Honeydew Kiwi Cooler

Serves 2

½ honeydew melon, seeds removed

4 kiwi fruits

1 lime

What you need to do

1. Peel the melon, kiwi fruits and lime, and cut into pieces that fit into a juicer. Place all the fruit into the feeder and juice. Divide between 2 glasses and enjoy straight away.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	180	1	45	3	6

*Nutrition per serving





Cinnamon Zucchini Muffins

Makes 12

For the muffins:

6 tbsp. coconut oil, melted
¾ cup (135g) coconut sugar
2 large eggs
1 tsp. vanilla extract
½ cup (140g) Greek yogurt
2 cups (300g) all-purpose flour
1 tsp. baking soda
½ tsp. salt
2 cups zucchini, grated and squeezed to remove excess water

For the Cinnamon Swirl:

¼ cup (45g) coconut sugar
1 tbsp. ground cinnamon

What you need to do

1. Preheat the oven to 400°F (200°C). Prepare a muffin tin with paper or silicone muffin liners.
2. In a large bowl, mix together the melted coconut oil, coconut sugar, eggs, vanilla extract and Greek yogurt until well combined.
3. In a separate bowl, whisk together the flour, baking soda and salt. Add the grated zucchini and toss together. Add the zucchini and flour mixture to the large bowl of wet ingredients and gently fold through until well combined.
4. In a small bowl, stir together the granulated sugar and cinnamon. Add this mixture to the muffin batter and fold through 2-3 times to form the swirl. Do not over mix.
5. Scoop the batter into the muffin liners and place the tray into the oven to bake for 22-25 minutes or until a toothpick inserted into the center of the muffin comes out clean.
6. Remove the tray from the oven, and set aside to cool in the tin for 5 minutes before removing the muffins from the tray to a wire rack to cool completely.

MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	212	8	33	4	5

*Nutrition per serving





Maple Roasted Pecans

Serves 8

4 cups (400g) raw pecans
3 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. salt

What you need to do

1. Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.
2. Place the pecans, maple syrup, ground cinnamon, and salt into a large bowl and mix ensuring the pecans are fully coated. Pour onto the baking tray and spread in a single layer across the baking paper.
3. Place the tray into the hot oven and roast the nuts for 10 minutes.
4. Remove the tray from the oven and cool for 10 minutes before transferring into an airtight container.



GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	366	36	12	5	5

*Nutrition per serving

