



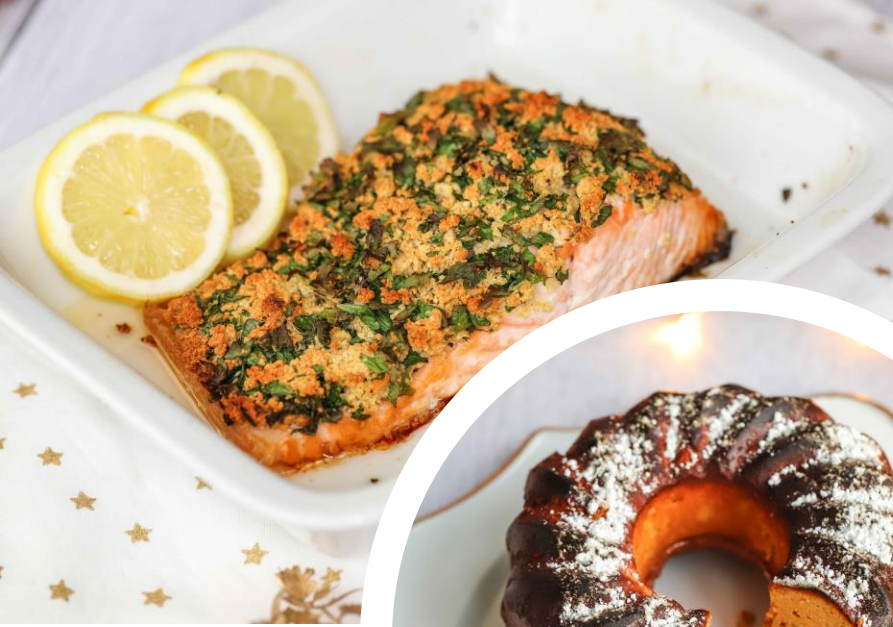
# Christmas Recipe Pack

*Healthy cooking doesn't have to be difficult. These 10 recipes are packed with nutritional benefits & couldn't be easier to make!*

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|    |                               |
|----|-------------------------------|
| 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                 |



# Weekly Shopping List

| Fruits, Vegetables   | Protein, Dairy   | Seeds, Baking, Spices   | Cans, Condiments, Misc   |
|--|--|---|--|
| <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• 4 clementines</li> <li>• 3 lemons</li> <li>• 2 limes</li> <li>• 2 oranges</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1.3 lbs. (600g) carrots</li> <li>• garlic</li> <li>• lettuce</li> <li>• bunch kale</li> <li>• box mushrooms</li> <li>• 2 shallots</li> <li>• 3 lbs. (1.4 kg) potatoes</li> </ul> <p><b>Dried</b></p> <ul style="list-style-type: none"> <li>• apricots</li> <li>• plums</li> <li>• raisins</li> </ul> | <p><b>Meats</b></p> <ul style="list-style-type: none"> <li>• 1.8 lbs. (830g) beef tenderloin</li> <li>• 3 oz. (85g) pancetta</li> <li>• 2.2 lbs. (1kg) pork tenderloin</li> <li>• 6.3 oz. (180g) Parma ham</li> </ul> <p><b>Fish, Seafood</b></p> <ul style="list-style-type: none"> <li>• 1.4 lbs. (650g) salmon fillet</li> <li>• 10.5 oz. (300g) cooked shrimps</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>• Parmesan</li> <li>• butter</li> <li>• 11 eggs</li> <li>• almond milk</li> <li>• oat cream</li> </ul> | <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• whole meal spelt flour</li> <li>• potato starch</li> <li>• almond meal</li> </ul> <p><b>Nuts, Seeds</b></p> <ul style="list-style-type: none"> <li>• almonds</li> <li>• cashews</li> <li>• pine nuts</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>• baking powder</li> <li>• baking soda</li> <li>• vanilla extract</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>• basil</li> <li>• chives</li> <li>• mint</li> <li>• parsley</li> <li>• rosemary</li> <li>• thyme</li> </ul> <p><b>Spices</b></p> <ul style="list-style-type: none"> <li>• black pepper</li> <li>• cayenne pepper</li> <li>• ground cinnamon</li> <li>• ground cumin</li> <li>• ground cloves</li> <li>• thyme</li> <li>• ground ginger</li> <li>• ground nutmeg</li> <li>• onion powder</li> <li>• oregano</li> <li>• paprika</li> <li>• turmeric</li> </ul> | <p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• coconut sugar</li> <li>• honey</li> </ul> <p><b>Boxed, Canned, Condiments</b></p> <ul style="list-style-type: none"> <li>• harissa paste</li> <li>• mayonnaise</li> <li>• miso paste</li> <li>• tabasco</li> <li>• tahini</li> <li>• chicken stock</li> <li>• vegetable stock</li> <li>• bread crumbs</li> </ul> <p><b>Misc, Other</b></p> <ul style="list-style-type: none"> <li>• nutritional yeast</li> <li>• 9.5 oz. (270g) puff pastry</li> </ul> |





# Shrimp Cocktail

## Serves 4

½ lettuce  
10.5 oz. (300g) cold water shrimps, cooked  
cayenne pepper, to garnish

### *For the sauce:*

6 tbsp. mayonnaise  
3 tbsp. tomato ketchup  
2 tsp. Worcestershire sauce  
Tabasco, to taste  
1 tsp. lemon juice  
salt & pepper

## What you need to do

1. Place all the ingredients for the sauce in a small bowl, season with salt and pepper and mix well.
2. Divide the lettuce between 4 serving bowls, top with the shrimps and drizzle with the sauce. Sprinkle with cayenne pepper and serve immediately.

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

| Prep    | Cook   | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 15 mins | 0 mins | 225  | 16      | 3        | 18         |

\*Nutrition per serving







# Beef Carpaccio With Fresh Salad

## Serves 4

8 oz. (230g) beef tenderloin (fillet)  
¼ cup (30g) pine nuts  
½ lemon, zest & juice  
2 tbsp. mayonnaise  
½ tbsp. olive oil  
¼ cup (25g) Parmigiano Reggiano, grated  
2 oz. (60g) mixed salad leaves  
handful basil leaves  
salt & pepper

## What you need to do

1. Wrap the beef tenderloin tightly in cling film and place in the freezer for 30 minutes. The meat should not freeze, but it will become firm, you will then be able to cut it easily into wafer thin slices.
2. Meanwhile, heat a dry frying pan and roast the pine nuts for 3 minutes. Keep tossing them in the pan to avoid burning, the nuts are ready when golden brown in color. Then set aside the pine nuts to cool.
3. Create a dressing by mixing the mayonnaise with the lemon zest, lemon juice and olive oil. Season with salt and pepper to taste.
4. Once ready to serve, remove the beef tenderloin from the fridge and cut into thin slices with a sharp knife. Divide the beef between the 4 plates. Drizzle with the dressing and scatter over the parmesan cheese. Top each plate with salad leaves and basil, and finally sprinkle over the roasted pine nuts.

GF LC



| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 20 mins | 30 mins | 301  | 27      | 2        | 14         |

\*Nutrition per serving







# Parsnip Soup With Thyme & Pancetta

## Serves 4

- 14 oz. (400g) parsnips
- 1 medium onion
- 2 garlic cloves
- 4 sprigs thyme
- 2 tbsp. olive oil
- 1 tsp. ground cumin
- 4 ¼ cups (1L) vegetable stock
- 3 oz. (85g) pancetta
- 4 tbsp. oat cream

## What you need to do

1. Peel and cut the parsnips into small pieces. Chop the onion and finely slice the garlic. Remove the leaves from the thyme sprigs.
2. Heat the oil in a large pot and fry the onion and garlic for 1 minute. Add the parsnip, half of the thyme leaves and the ground cumin, fry for another 2 minutes. Add the vegetable stock and bring to the boil, then lower the heat and simmer gently for 10 minutes.
3. Meanwhile, heat a dry frying pan and fry the pancetta until crispy, for approximately 5 minutes. Once ready, transfer the crispy pancetta onto a kitchen towel to drain off the fat, then crumble the pancetta as finely as possible.
4. Remove the soup from the heat and puree to a smooth consistency with the hand blender. Season with salt and pepper to taste.
5. Divide the soup between 4 bowls and spoon 1 tablespoon of oat cream into each bowl creating a swirl in the middle. To serve, sprinkle with the pancetta crumbs and the remaining thyme leaves.

GF DF MP



| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 20 mins | 254  | 15      | 39       | 8          |

\*Nutrition per serving







# Vegan Potato Gratin

Serves 8

3 lbs. (1.4kg) white potatoes

**For the sauce:**

1 cup (150g) cashews

1 2/3 cup (420ml) almond milk, unsweetened

4 cloves garlic

1 shallot

1/2 lemon, juiced

1 1/2 tbsp. white miso paste

4 tbsp. nutritional yeast

2 sprigs rosemary, leaves only

6 sprigs thyme, leaves only

1/4 tsp. ground nutmeg

1/4 tsp. cayenne pepper

1 3/4 tsp. salt

1 tsp. ground black pepper

## What you need to do

1. Firstly, soak the cashews in boiling water for 1 hour, then add the almond milk and blitz to a smooth consistency. Add in the remaining sauce ingredients and blend again until smooth and creamy. Transfer the sauce into a large mixing bowl.
2. Wash and dry the potatoes. Then using a mandolin, or a very sharp knife, slice the potatoes evenly and place them in the bowl with the sauce. Mix well until the potatoes are well coated.
3. Preheat the oven to 400°F (200°C). Grease a 7x10 inch (18x25cm) deep sided baking dish.
4. Arrange the potatoes tightly in the baking dish, then pour over the remaining sauce and tightly cover with kitchen foil.
5. Bake in the oven for 30 minutes, then remove the foil and bake for a further 45 minutes, until the top is crispy and the potatoes are cooked through. Test the potatoes by piercing them with a sharp knife. Serve immediately.

|    |    |    |   |   |
|----|----|----|---|---|
| GF | DF | MP | V | N |
|----|----|----|---|---|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 30 mins | 75 mins | 279  | 10      | 42       | 10         |

\*Nutrition per serving







# Spicy Roast Carrots With Tahini Sauce

## Serves 4

1.3 lbs. (600g) carrots, peeled  
2 tsp. harissa paste  
2 tbsp. olive oil  
½ lemon, zest and juice  
1 tbsp. tahini  
1 tsp. honey  
4 sprigs mint, leaves only  
salt & pepper

## What you need to do

1. Preheat the oven to 400°F (200°C). Cut the carrots into quarters lengthways, leaving the green tips attached. Place the carrots separately onto a baking tray.
2. Mix the harissa paste with the olive oil and brush over the carrots. Roast the carrots in the oven for about 25 minutes.
3. In the meantime, mix the lemon zest and juice with the tahini and honey to form a dressing. Add enough water to give the mixture the thickness of thin yogurt, starting with 1 tablespoon of water and adding a little more if necessary. Season the dressing to taste with salt and pepper.
4. Once the carrots have roasted, transfer them into a serving dish and drizzle over the sesame and lemon dressing. Cut the mint leaves into thin strips and sprinkle over the carrots. Serve immediately.



GF DF LC MP V

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 25 mins | 149  | 9       | 17       | 2          |

\*Nutrition per serving







# Salmon Fillet With Crunchy Herb Topping

## Serves 4

1 lemon  
1 clove garlic, minced  
1/3 cup (20g) parsley, chopped  
1/4 cup (25g) panko breadcrumbs  
1 medium egg, whites only  
1.4 lbs. (650g) salmon fillet  
salt & pepper

## What you need to do

1. Preheat the oven to 400°F (200°C). Half the lemon. Grate the peel off one half of the lemon and slice the other half. In a bowl, mix the garlic, lemon zest, and chopped parsley. Add the panko breadcrumbs and season with salt and pepper.
2. Whisk the egg white and mix in with the breadcrumb mixture. Place the salmon on a lined baking tray and season with salt and pepper. Top the salmon with the breadcrumb mixture.
3. Bake the salmon in the middle of the oven, for 15 minutes, until cooked through. Remove from the oven, place on a serving dish and serve immediately with lemon slices.



| DF | LC | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 20 mins | 279  | 12      | 6        | 35         |

\*Nutrition per serving







# Stuffed Pork Tenderloin

## Serves 8

2.2 lbs. (1kg) pork tenderloin  
2 tbsp. of salt  
1/3 cup (40g) dried apricots and prunes  
1 tsp. dried thyme  
1 tsp. dried oregano  
1 tsp. paprika  
1 tsp. ground black pepper  
1 tsp. salt  
1/2 tsp. ground turmeric  
2 tbsp. olive oil  
2/3 cup (160ml) vegetable or chicken stock  
1 orange, juiced  
4 cloves garlic

### **For the sauce:**

1 tsp. honey  
2 tbsp. potato starch

## What you need to do

1. Wash the pork and place it in a container. Add 2 tablespoons of salt, and cover with cold water, stir until the salt dissolves. Cover the dish and place it in the fridge overnight.
2. Preheat the oven to 360°F (180°C). Remove the meat from the brine, dry it and use a narrow, sharp knife to punch through the center of the meat to create a tunnel. Stuff the pork with the apricots and prunes, pushing the fruits in through the slit made with the knife.
3. Season the pork with the spices and herbs (thyme, oregano, paprika, pepper, salt and turmeric), and rub with the olive oil. Place in a hot frying pan and fry on each side for a few minutes.
4. Place the prepared pork into an ovenproof dish and pour in the orange juice and stock. Add in the garlic and cover tightly with kitchen foil. Place in the oven and cook for 1 hour.
5. Remove the pork from the oven and take off the kitchen foil. Let the pork rest for 10 minutes.
6. In the meantime, remove the garlic from the leftover stock, transfer the stock into a small saucepan and bring to the boil. Add the honey and potato starch, simmer gently, stirring often, for 5 minutes until the sauce has thickened. Season with salt and pepper and serve the sauce along with the pork.



GF DF LC MP HP

| Prep      | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|-----------|---------|------|---------|----------|------------|
| overnight | 65 mins | 279  | 15      | 9        | 27         |

\*Nutrition per serving







# Beef Wellington

Serves 8

1.3 lbs. (600g) beef tenderloin (fillet)

1 oz. (30g) unsalted butter

9 oz. (250g) chestnut mushrooms, finely chopped

¼ cup (20g) parsley, leaves only, chopped

2 tbsp. chives, chopped

6 oz. (180g) Parma ham

9.5 oz. (270g) ready made puff pastry

1 egg, yolk only

salt & pepper

## What you need to do

1. Preheat the oven to 400°F (200°C). Pat dry the beef tenderloin with kitchen paper and sprinkle with salt and pepper. Heat half of the butter in a frying pan, over a medium heat, and brown the meat all over. Remove the beef from the pan and set it aside to cool on a plate.
2. In the meantime, finely chop the mushrooms, parsley and chives. Heat the remaining butter in a frying pan and fry the mushrooms over a medium heat until the moisture has evaporated from the mushrooms. Mix in the parsley and chives and season with salt and pepper. Set aside and leave this mixture to cool to room temperature.
3. Place the slices of Parma ham next to each other in 3 rows onto a piece of cling film measuring 12x16 inch (3x40cm). Overlap the slices of ham slightly. Spread the mushroom mixture over the ham and place the beef tenderloin on top. Using the cling film, roll the ham tightly around the tenderloin.
4. Roll out the puff pastry on baking paper and place in a baking tray. Remove the beef tenderloin from the cling film and place in the center of the pastry. Fold the pastry into a package around the beef and let the edges overlap by 1 cm. Cut off any excess pastry and press the edges down well to seal. Carefully turn the beef Wellington over so that the seam of the pastry is on the bottom of the tray.
5. Beat the egg yolk and brush it over the top of the beef Wellington with a pastry brush. Bake the beef Wellington for approximately 35 minutes in the middle shelf of the oven, or until the meat thermometer inserted into the center of the beef indicates an internal temperature of 120°F (50°C).
6. Remove the beef Wellington from the oven and let it rest for 10 minutes with some kitchen foil placed loosely on top. Use a sharp knife to cut the Wellington into thick slices at the table and serve immediately.

|    |    |    |    |
|----|----|----|----|
| DF | LC | MP | HP |
|----|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 30 mins | 40 mins | 445  | 33      | 14       | 24         |

\*Nutrition per serving







# Sugar Free Christmas Cake

## Serves 16

1.4 lbs. (650g) dried fruits, chopped (dates, raisins, apricots, figs)

1 orange, peeled

3 eggs

2 tsp vanilla extract

¼ tsp. ground nutmeg

½ tsp. ground ginger

1 tsp. ground cinnamon

¼ tsp. ground cloves

¼ tsp baking soda

4 ½ oz. (120g) coconut oil, melted

3 ½ oz. (100g) wholemeal spelt flour

½ cup (70g) almonds

## What you need to do

1. Preheat the oven to 300°F (150°C).
2. Combine your choice of dried fruits in a large mixing bowl.
3. Meanwhile add the eggs, orange juice, vanilla extract and spices into a blender and blitz until smooth.
4. Pour the egg mixture over the top of the dried fruit, add the melted coconut oil and mix well to combine. Now add in the flour and baking soda and mix again.
5. Line a 7.5 inch (18cm) baking tin with baking paper and spoon in the cake mix.
6. Decorate the top with almonds and bake for 80 minutes or until a wooden skewer inserted into the center of the cake comes out clean. Remove the cake from the oven, place on a wire cooling rack and allow to cool completely before serving.

DF V N



| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 80 mins | 245  | 11      | 36       | 5          |

\*Nutrition per serving







# Clementine & Almond Bundt Cake

Serves 16

4 clementines

6 eggs

1 cup (200g) coconut sugar

2  $\frac{2}{3}$  cups (250g) ground almonds

1 heaped tsp. baking powder

$\frac{1}{4}$  tsp. salt

## What you need to do

1. In a saucepan, cover the clementines with water and bring them to the boil. Lower the heat and simmer gently for two hours.
2. Drain the clementines and set aside to cool. Once they are cool, cut them open and remove any seeds. Place in a food processor and puree until smooth.
3. Preheat your oven to 350°F (180°C) and prepare a silicon Bundt tin (or a 8 inch (20cm) diameter round cake tin).
4. Add in the eggs, ground almonds, sugar, baking powder and salt to the food processor and blitz with the clementine puree until smooth.
5. Pour the batter into your prepared Bundt pan and bake for 45-50 minutes or until a wooden skewer inserted into the center of the cake comes out clean.
6. Check the color of the cake as it bakes and cover it with kitchen foil if it starts browning before it is cooked through.
7. Remove the cake from the oven and place the tin on a wire cooling rack. Allow the cake to cool in the pan for 10 minutes, before turning it out onto the wire rack to cool completely before serving.

GF DF LC MP V N

| Prep  | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|-------|---------|------|---------|----------|------------|
| 2 hrs | 50 mins | 169  | 10      | 18       | 6          |

\*Nutrition per serving

