W/s. Fit

APRIL RECIPE PACK

Discover 11 easy, healthy and tasty recipes, including breakfast, lunch, dinner and treat options.

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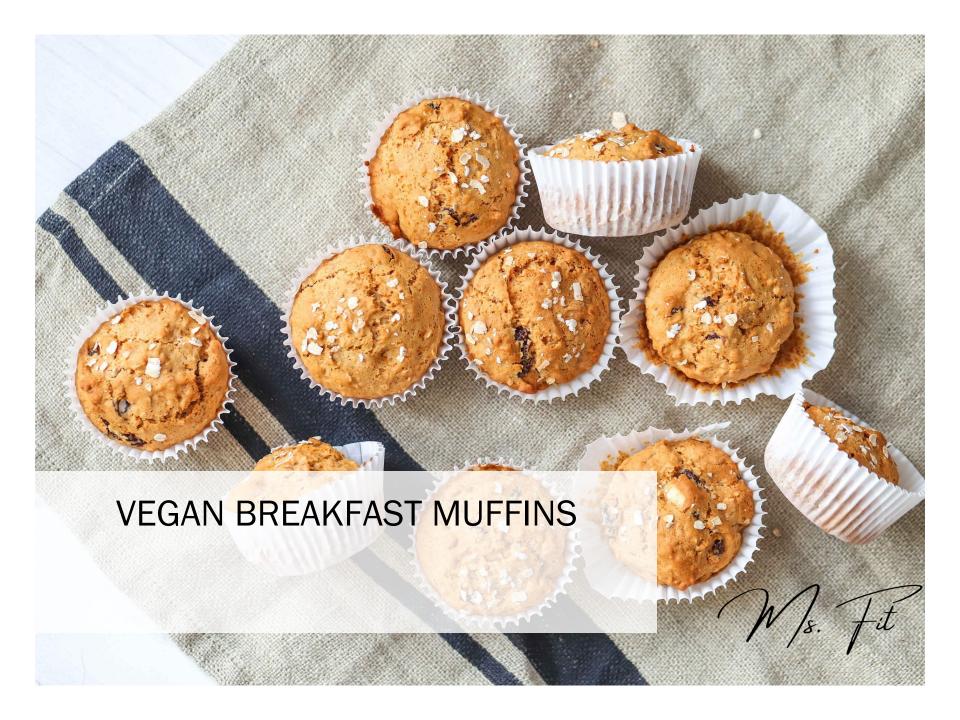
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RECIPE KEY

Look for these helpful icons throughout the file.

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



VEGAN BREAKFAST MUFFINS





WHAT YOU NEED

- 1/3 cup (50g) raisins
- 1/3 cup (40g) almonds, chopped
- 2 cups (230g) spelt flour
- 5/8 cup (50g) oats
- 5 tbsp. almond milk
- ½ cup (150g) maple syrup
- 1 tbsp. almond butter
- 2 tsp. baking powder

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C) and line a 12 hole muffin tin with muffin liners.

Roughly chop the almonds before mixing all of the ingredients. Spoon the mixture into the muffin liners.

Bake for 30-35 mins until cooked through. Store in an airtight container.

I recommend increasing protein content by having a protein shake/"hot chocolate" with it or a small bowl of non-fat Greek Yoghurt







QUINOA & ZUCCHINI TABBOULEH WITH HARISSA CHICKEN



Serves: 4 Prep:10 mins Cook: 25 mins



Nutrition per serving: 459 kcal Ilg Fats 60g Carbs 30g Protein





WHAT YOU NEED

- 12 oz. (350g) chicken fillets
- · 4 tbsp. harissa pasta
- 300g quinoa
- · 2 medium zucchinis, sliced
- 1 tbsp. olive oil
- 4 sprigs mint
- 4 sprigs coriander
- 2 spring onions
- 1 lemon
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

Brush the chicken fillets with the harissa paste and let them stand for a moment.

Cook the quinoa according to the instructions on packaging.

Heat the oil in a pan and fry the sliced zucchini, for 4-5 minutes until browned.

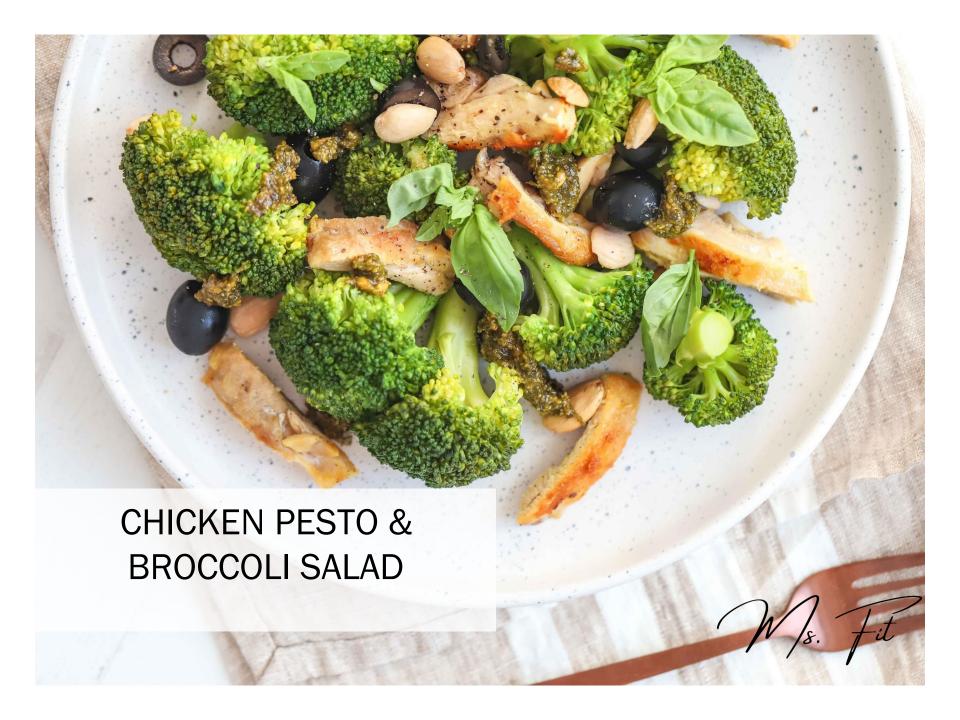
Coarsely chop the herbs and spring onion, and mix with the fried zucchini and quinoa (this is called tabbouleh).

Zest the lemon and squeeze the juice. Mix this with the quinoa and season the tabouleh with salt and pepper.

Heat the oil in a pan over medium-high heat and fry the chicken fillets until brown and cooked through. Cut them into slices.

Divide the tabbouleh between plates and serve with the chicken.

To decrease carb content of the meal reduce quinoa to 50g or less per person or swap entirely with cauliflower rice.



CHICKEN PESTO & BROCCOLI SALAD



Serves: 4 Prep:10 mins Cook: 15 mins



Nutrition per serving: 366 kcal 26g Fats Ilg Carbs 22g Protein





WHAT YOU NEED

- 12 oz. (350g) chicken thighs
- 14 oz. (400g) broccoli
- 1/3 cup (50g) almonds
- 3 tbsp. black olives, sliced
- 1 tbsp. coconut oil
- Handful basil leaves, for garnish
- 3/8 cup (85g) green pesto

WHAT YOU NEED TO DO

Season the chicken thighs with salt. Divide the broccoli into and cook for 4-5 minutes in salted water. Roast the almonds in a dry frying pan.

Heat the coconut oil in a frying pan and fry the chicken until brown and cooked through. Let cool a little and then slice.

Drain the broccoli, but keep 1 tbsp. of the cooking liquid to mix in with the pesto.

Divide chicken and broccoli onto serving dishes and drizzle with the pesto, garnish with almonds, black olives and basil leaves, and serve.

To reduce fat content of the meal swap chicken thighs for breast and reduce pesto by half.



DILL SOUP WITH TURKEY MEATBALLS





Nutrition per serving: 278 kcal IDg Fats 26g Carbs 21g Protein





WHAT YOU NEED

For the meatballs:

- 9 oz. (250g) ground turkey breast
- 1 tbsp. breadcrumbs
- 1/2 onion, finely chopped
- 1 tbsp. dill, chopped
- 1 egg
- 1 tbsp. wheat flour
- · 1tsp. coconut oil

For the soup:

- 1 tbsp. coconut oil
- 1 onion, chopped
- 10 oz. (300g) potatoes, peeled, chopped
- 1 carrot, peeled, chopped
- 4 ¼ cup (1I) vegetable stick
- ½ tsp. turmeric
- ½ bunch dill, chopped
- 4 tbsp. cream (oat or dairy)

WHAT YOU NEED TO DO

Place all meatball ingredients, apart from the flour, into a bowl, season with salt and pepper and mix well with your hands.

Using slightly wet hands, form small balls (around 12), and coat them in flour.

Heat the coconut oil in a pan and fry the meatballs briefly until golden brown, then transfer onto a plate.

To make the soup, heat the oil in a large pot, over medium heat and fry the onion for 2-3 mins until soft.

In a butter pot, fry the diced onion, then add the potatoes, as well as the carrot. Season with salt, pepper and turmeric then cook for about 5 minutes stirring often.

Pour in the stock and bring to a boil, then cover and cook for about 5 minutes.

Add in the fried meatballs, reduce the heat and cook for 15 minutes. At the end of cooking, add the chopped dill.

Take the soup off the heat and add the cream, mix well and serve.



AUBERGINE TAGINE



Serves: 4 Prep:10 mins Cook: 30 mins



Nutrition per serving: 180 kcal 8g Fats 25g Carbs 2g Protein





WHAT YOU NEED

- 1 large eggplant
- 2 tbsp. coconut oil
- 1 onion, sliced
- 1 tbsp. lemon juice
- · 1 tomato, diced
- 1 tsp. smoked paprika
- pinch of saffron
- pinch of sugar
- · 6 dried apricots, halved
- ½ cup (125ml) vegetable stock

WHAT YOU NEED TO DO

Cut the eggplant into thicker slices, and then half again. Heat 1 tbsp. of oil in a frying pan and cook the eggplant until browned on both sides, but still firm inside.

Heat the remaining tablespoon of oil in a second pan and fry the onion for about 5 mins.

Add the lemon juice, diced tomato, smoked paprika, saffron, sugar and apricots. Pour in the broth, mix well and bring to a boil.

Add in the fried eggplant, cover and cook for about 20 minutes until tender. Then remove the lid and cook for another 2-3 minutes until the sauce thickens a little.

Serve with couscous, bulgur or rice and grilled chicken breast or fish (not included in nutrition information).



VEGAN SPINACH STEW



Serves: 4 Prep: 5 mins Cook: 20 mins



Nutrition per serving: 287 kcal Ilg Fats 31g Carbs 16g Protein











WHAT YOU NEED

- 1 tbsp. coconut oil
- 14 oz. (400g) spinach, fresh
- 2 cups (400g) lentils, can, drained
- 1 ½ cup (300g) chickpeas, can, drained
- ½ cup (15g) parsley, chopped
- ½ cup (15g) basil, chopped
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 2 tbsp. tahini
- 2 cups (500ml) vegetable stock

WHAT YOU NEED TO DO

Heat a large pot over medium heat, add the spinach with a splash of water and cook until wilted. Remove from pan and allow to cool.

In the same pot heat the coconut and cook the onion and garlic until frequent and soft.

Add the cumin and coriander powder and mix well, fry together with the onion for another 2 minutes.

Next, add the lentils and pour in the stock. Bring to a boil, reduce the heat and simmer for 10 minutes covered.

Put the spinach together with the parsley and basil in a highspeed blender or food processor and mix until smooth. Stir in the tahini and season with salt and pepper.

Add the spinach mixture and chickpeas to the lentils and warm through to serve.

You can increase protein content by adding tofu/tempeh or low fat cottage cheese.



CHICKPEA PANCAKES WITH BEEF & LENTILS



Serves: 4 Prep:10 mins Cook: 25 mins







WHAT YOU NEED

- 2 2/3 cup (200g) chickpea flour, sifted
- 1 ½ (350ml) oat milk
- 1 ½ cup (300g) lentils, can, drained
- 10.5 oz. (300g) ground lean beef, 5% fat
- 3 tbsp. coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. Greek yoghurt
- · 4 spring onions, sliced
- 6 sprigs coriander, chopped
- 6 sprigs mint, chopped

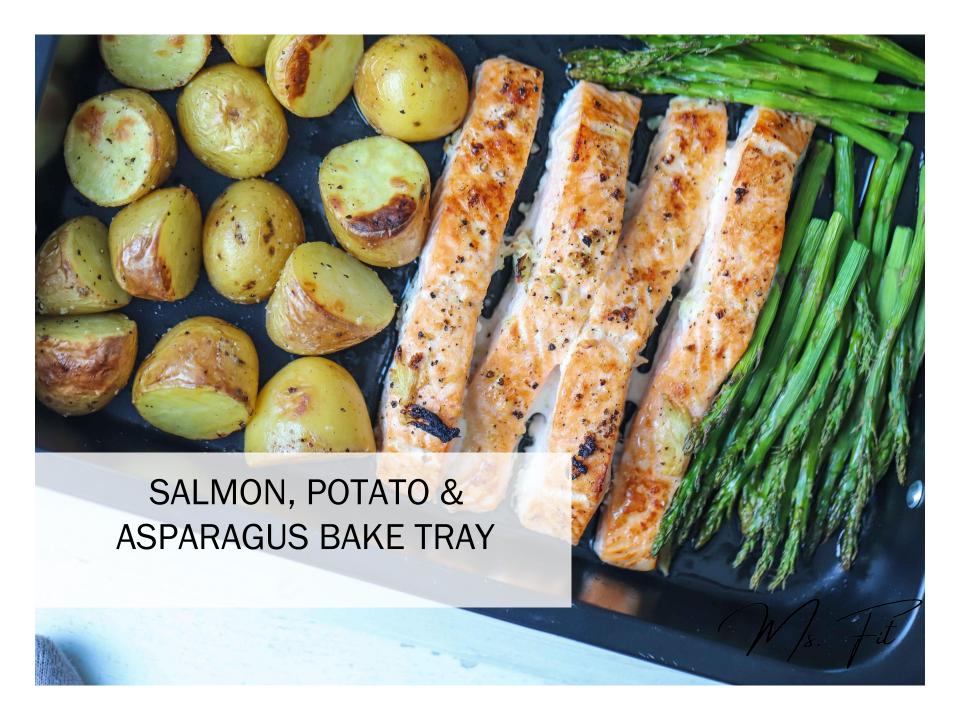
WHAT YOU NEED TO DO

Sift the flour over a bowl. Mix with 1 tsp. of salt and pepper. Pour in the milk and let stand for 10 minutes.

Finely chop the onion and garlic. Heat 1 tbsp. oil in a pan over medium-high heat and fry the onion and garlic until golden. Add the minced beef and cook until brown. Next, add the lentils and stir until the lentils are warm, then take off the heat.

In a separate pan, heat some of the remaining coconut oil, over medium heat. Pour around 2-2.5 serving spoons of batter into the pan and fry the pancakes on both sides for around 3 minutes until golden brown. Continue with the process to make 8 pancakes.

To serve, place 2 pancakes on a plate top with the minced meat mixture, a tbsp. of Greek yoghurt and the chopped fresh herbs and some spring onion.



SALMON, POTATO & ASPARAGUS BAKE TRAY



Serves: 4 Prep: 5 mins Cook: 35 mins



Nutrition per serving: 421 kcal 21g Fats 21g Carbs 37g Protein





WHAT YOU NEED

- 1lb (450g) potatoes, quartered
- 3 tbsp. olive oil
- · 2 garlic cloves, minced
- ½ lemon, juice only
- 4 salmon fillets, 4.5 oz.
 (130g) each
- 9oz. (250g) asparagus

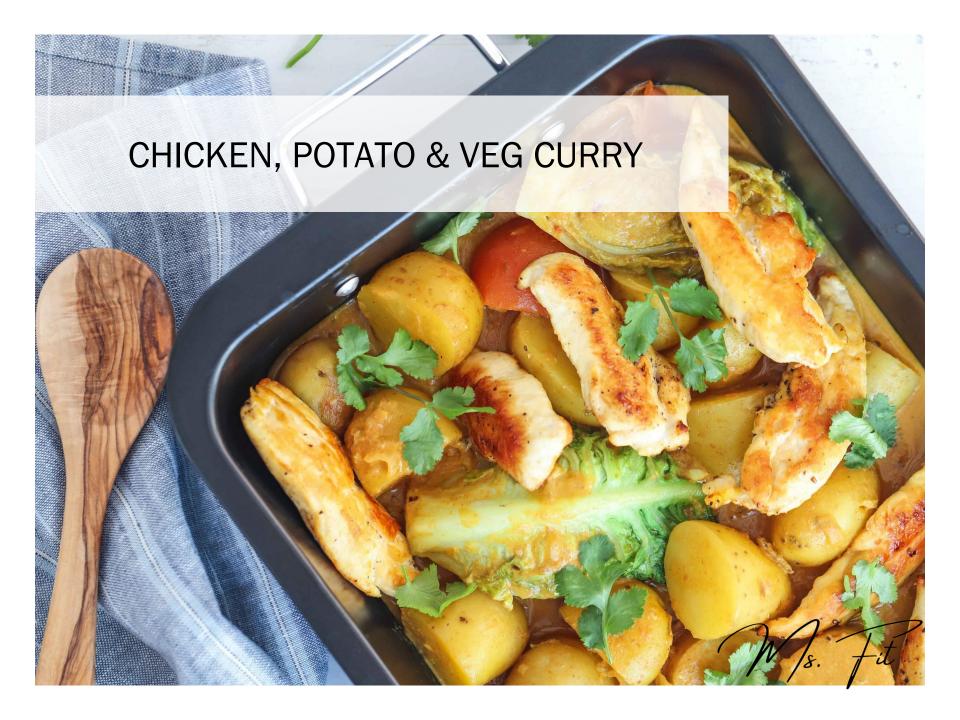
WHAT YOU NEED TO DO

Preheat the oven to 400F (200C). Toss the potatoes in 1 tbsp of olive oil. Season with salt and pepper, arrange on a large baking tray and bake for 15 mins, then remove from the oven.

While the potatoes are roasting, combine 2 tbsp. of olive oil with the minced garlic and lemon juice.

Season the salmon and asparagus with salt and pepper. Once potatoes are removed from the oven, push them to one side of the baking tray and arrange the salmon and asparagus next to the potatoes. Drizzle the salmon with the garlic and lemon oil.

Bake for another 15 mins or until salmon is cooked through. Turn the oven to broil and broil everything for 5 mins until crispy.



CHICKEN, POTATO & VEG CURRY



Serves: 4 Prep:10 mins Cook: 20 mins



Nutrition per serving: 581 kcal 25g Fats 54g Carbs 35g Protein





WHAT YOU NEED

- 1 lb. (450g) chicken fillets
- 2 lb. (900g) new potatoes, halved
- 2 tbsp. coconut oil
- · 2 red onions, chopped
- 2 cloves garlic, finely chopped
- 2 romaine lettuce heads, halved
- 4 tomatoes, quartered
- 2 tbsp. yellow Thai curry paste, or more to taste
- 13.5 f. oz. (400ml) can coconut milk
- 1 cup (250ml) vegetable stock
- 4 sprigs coriander, chopped

WHAT YOU NEED TO DO

Season the chicken with salt and pepper, and set aside. Wash the potatoes and cut in half. Cut the tomatoes into quarters.

Heat 1 tbsp. of oil in a deep frying pan or saucepan, over medium heat and cook the onion and garlic for around 2 minutes, then add the curry paste. Stir well and cook for another 2 mins, then add the new potatoes, tomatoes, coconut milk and stock.

Bring to boil and simmer everything for 15 minutes covered with a lid. Taste for flavour and add more curry paste if required. Now add the halved Romaine lettuce heads and for another 3 minutes.

Meanwhile, in another frying pan, heat the remaining tbsp. of coconut oil and fry the chicken fillets until brown and cooked through. Allow to cool slightly and cut into pieces.

Divide the curry and chicken between plates, and garnish with coriander to serve.

You can reduce fat content by reducing coconut oil to 1 Tbsp, omitting it altogether or opting for powdered curry rather than curry paste.



BANANA & COCONUT BREAD



Serves: 12 Prep: 10 mins Cook: 45 mins



Nutrition per serving: 170 kcal 7g Fats 22g Carbs 5g Protein

WHAT YOU NEED

- 3 ripe bananas
- 3 eggs
- 1 ½ cup (150g) oat flour, sifted
- 3 medjool dates
- 2 tsp. baking powder
- ¼ cup (40g) dark chocolate chips
- ½ cup (65g) walnuts, chopped
- 1/3 cup (30g) desiccated coconut
- · Pinch of salt

WHAT YOU NEED TO DO

Preheat the oven to 350F (175C).

Place the bananas and dates in a high-speed blender and blitz until smooth. Add in the eggs and combine with the batter. Finally, fold in all the remaining ingredients and mix well.

Line a bread tin with baking paper, transfer the batter and bake the banana bread for 45 minutes in the preheated oven. Let the banana bread cool slightly in the tin and then move on a cake rack to cool completely.







CHOCOLATE OAT COOKIES



Serves: 9 Prep:15 mins Cook: 30 mins



Nutrition per serving: 165 kcal 9g Fats 17g Carbs 4g Protein





WHAT YOU NEED

- 2 ripe bananas
- 1 ½ cup (120g) oatmeal
- · 2 tbsp. natural cocoa powder
- · 2 tbsp. coconut oil, melted
- 1/3 cup (50g) hazelnuts
- 1 oz. (30g) dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat the oven to 360F (180F).

Mash the bananas in a bowl with a fork until smooth. Add the oatmeal, cocoa powder and the melted coconut oil.

Coarsely chop the hazelnuts and chocolate and add to the banana mash, mix everything well. The mixture should become slightly sticky.

Take a baking tray and cover it with baking paper. Spread the dough with an ice cream scoop over the baking sheet. Press them slightly flat with your fingers creating 9 large cookies.

Bake the cookies in the preheated oven for about 25 to 30 minutes. If they become too dark during baking, cover them with tin foil. Let the cookies cool on a rack.

The chocolate oatmeal cookies are the tastiest immediately after baking. They remain slightly and become even softer, especially 2-3 days after baking.