



Freshers Week Recipe Book

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies, with Peri to Post Menopausal woman in mind

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Contents & Key

6	Chocolate Pancakes	GF	Gluten Free
8	Yogurt with Oats, Mixed Seeds & Ginger Syrup	DF	Dairy Free
10	Keto Waffles	LC	Low Carb (20g- serve)
12	Mediterranean Breakfast Wrap	MP	Meal Prep/Freezer Friendly
14	Halibut en Papillote with Tomatoes, Capers & Garlic	HP	High Protein (20g+ per serve)
16	Turkey Bolognese	V	Vegetarian
18	Bolognese Stuffed Peppers	Q	Quick (under 30 mins)
20	Bolognese Zucchini Boats	N	Contains Nuts
22	Broccoli, Egg, Corn & Pineapple Salad		
24	Air Fryer Sesame Coconut Chicken Nuggets with Peanut Sauce		
26	Pineapple Marinated Chicken with Pineapple Salsa		
28	Mongolian Stir Fried Beef		
30	Protein Chocolate Mousse		
32	Sweet Potato Cinnamon Protein Smoothie		
34	Almond Coffee Cake		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Keto Waffles	Broccoli, Egg, Corn & Pineapple Salad	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Air Fryer Sesame Coconut Chicken Nuggets with Peanut Sauce
Tue	Chocolate Pancakes	Halibut en Papillote with Tomatoes, Capers & Garlic	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Air Fryer Sesame Coconut Chicken Nuggets with Peanut Sauce
Wed	Chocolate Pancakes	Bolognese Stuffed Peppers	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Mongolian Beef Stir Fry
Thu	Yogurt with Oats, Mixed Seeds & Ginger Syrup	Bolognese Stuffed Peppers	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Mongolian Beef Stir Fry
Fri	Mediterranean Breakfast Wrap	Bolognese Zucchini Boats	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Pineapple Marinated Chicken with Pineapple Salsa
Sat	Mediterranean Breakfast Wrap	Bolognese Zucchini Boats	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Meal Out - Enjoy!
Sun	Yogurt with Oats, Mixed Seeds & Ginger Syrup	Broccoli, Egg, Corn & Pineapple Salad	E.g. Protein Chocolate Mousse, Sweet Potato Cinnamon Protein Smoothie, Almond Coffee Cake	Pineapple Marinated Chicken with Pineapple Salsa

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits • 1 banana • 1 peach • 2 lemons • pineapple Vegetables • 1 sweet potato • ginger • baby spinach • 2 red onions • cherry tomatoes • shallots • carrots • onion • celery • 4 bell peppers • 4 zucchinis • broccoli • green onions Fresh Herbs • basil • parsley • coriander	Meats • 1 lb. (450g) ground turkey • 1 lb. (450g) chicken tenders • 1 ½ lbs. (680g) chicken breasts • 1 ½ (680g) New York strip steaks Fish & Seafood • 8 oz. (240g) halibut filets Cold • 2 Greek yogurt • almond milk • 23 eggs • cheddar cheese • milk • feta cheese	Grains • all-purpose flour • oat flour • oats • almond flour • white rice • cornstarch Nuts & Seeds • sunflower seeds • pumpkin seeds • poppy seeds • chia seeds • black sesame seeds • white sesame seeds Baking • baking powder • baking soda • cacao powder • vanilla sugar • vanilla extract • desiccated coconut Dried Herbs & Spices • ground cinnamon • ground nutmeg • thyme • chili flakes • garlic powder • onion powder • cayenne pepper	Oils • olive oil • coconut oil Sweeteners • honey • coconut sugar Boxed, Canned & Condiments • dark chocolate chips • almond butter • peanut butter • whole wheat tortillas • sun-dried tomatoes • capers • balsamic vinegar • 2x 14 oz. (400g) cans chopped tomatoes • sweetcorn • mayonnaise • dijon mustard • Worcestershire sauce • panko • sriracha • rice vinegar • tamari • fish sauce Misc/Other • vanilla whey protein



Chocolate Pancakes

Serves 4

1 cup (250g) Greek yogurt, room temperature
2 eggs, room temperature
1 tbsp. vanilla sugar
1 tbsp. coconut sugar
1 ⅓ cup (170g) all-purpose flour
1 tbsp. cocoa powder, unsweetened
1 ½ tsp. baking powder
½ tsp. baking soda
1 tbsp. coconut oil
toppings of choice

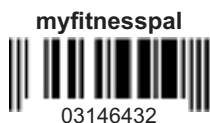
What you need to do

1. In a bowl, whisk the yogurt with the eggs, vanilla sugar and coconut sugar. In a second bowl, sift the flour, cocoa, baking powder and baking soda. Fold the wet ingredients into the dry and mix until the ingredients are combined.
2. Preheat a frying pan over low heat, brush it with some oil and place 2 tablespoons of batter per pancake. Fry over low heat until golden brown, about 3 minutes. Flip the pancakes and cook again for about 3 minutes.
3. Serve with your favorite toppings (not included in the nutrition information).

MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	279	7	41	12	7

*Nutrition per serving.





Yogurt with Oats, Mixed Seeds & Ginger Syrup

Serves 4

For the yogurt:

4 tbsp. oats
1 ¼ cup (315g) Greek yogurt
2 tbsp. sunflower seeds
2 tbsp. pumpkin seeds
1 tsp. poppy seeds
1 tbsp. chia seeds
1 peach, sliced

For the syrup:

¼ cup (60ml) water
4 tbsp. honey
2 tbsp. ginger, sliced

What you need to do

1. Combine the yogurt with the oats, cover and refrigerate overnight or at least 1 hour. Mix all the seeds in a small bowl, set aside until ready to serve.
2. To make the syrup, combine all the syrup ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 10 minutes, until slightly thickened, then strain the ginger.
3. To serve, divide the yogurt between four bowls, and top with the seed mixture, sliced peach, and syrup.

MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins + chill	205	7	28	11	2

*Nutrition per serving.





Keto Waffles

Serves 2

2 large eggs
1 cup (115g) cheese, shredded
4 tbsp. almond flour
½ tsp. baking powder
2 tbsp. Greek yogurt

What you need to do

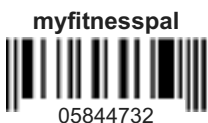
1. Place the eggs, shredded cheese, almond flour, baking powder and yogurt in a medium size bowl. Whisk until combined.
2. Heat a waffle iron and add about 2 tablespoons (for a mini iron) or more of the batter. Close the lid and cook for 3-4 minutes or until the waffles are golden and crisp. You will be able to make 6-8 waffles depending on the size of your waffle iron.
3. Enjoy on their own or with your favorite toppings.
4. Store leftovers refrigerated in an airtight container for up to 5 days.

Topping suggestions (not included in nutritional breakdown): avocados, tomatoes, yogurt, green onions, egg.

GF	LC	MP	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	395	31	6	24	2

*Nutrition per serving.





Mediterranean Breakfast Wrap

Serves 2

2 tsp. olive oil
2 cups (60g) baby spinach
3 eggs, whisked
2 tbsp. milk
salt & pepper
2 whole wheat tortillas
4 tbsp. sun dried tomatoes,
chopped
4 tbsp. feta cheese, crumbled
2 tbsp. red onion, sliced

What you need to do

1. Heat 1 teaspoon of oil in a medium pan over medium-high heat. Add spinach and cook until wilted, 2-3 minutes. Remove from the pan and set aside.
2. Whisk the eggs with the milk, season with salt and pepper. In the same skillet, heat the remaining 1 teaspoon of olive oil and cook the eggs. Mix with a spatula and cook until scrambled, 3-4 minutes.
3. Heat the tortillas in a pan over medium heat and assemble the wrap. Place the scrambled eggs in the center, then add spinach, sun dried tomatoes, feta, and onions. Wrap, cut in half, and serve.

GF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	362	21	27	19	6

*Nutrition per serving.





Halibut en Papillote with Tomatoes, Capers & Garlic

Serves 2

2x fresh halibut fillets (4 oz./120g each)
salt & pepper
1 tsp. thyme
1 cup (150g) cherry tomatoes
1 tsp. lemon zest, grated
1 tsp. garlic, minced
1 shallot, sliced
1 tbsp. capers, chopped
2 tsp. olive oil
1 tsp. balsamic vinegar
2 lemon wedges

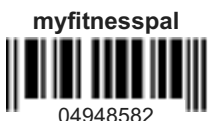
What you need to do

1. Preheat the oven to 400°F (200°C). Season the fish with salt and pepper, to taste.
2. In a medium bowl, mix thyme, tomatoes, lemon zest, garlic, shallot, capers, olive oil and vinegar. Season with salt and pepper.
3. Place fish just below the center on a large baking paper sheet. Place half of the tomato mixture on top of each piece of fish, leaving any juices at the bottom of the bowl. Fold paper over to make the top and bottom corners meet. Beginning with the left corner fold up 1", overlapping sections to seal in the contents, and ending with the right corner. Fold each corner under.
4. Bake for 12-15 minutes. Adjust cooking time by a couple of minutes depending on the thickness of the filets.
5. Remove from the oven and serve immediately, placing the pouches in shallow bowls. Unwrap carefully to avoid direct contact with hot steam and serve with lemon wedges.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	15 mins	141	2	8	23	2

*Nutrition per serving.





Turkey Bolognese

Serves 6

1 tbsp. olive oil
1 lb. (450g) ground turkey
2 carrots, diced
2 cloves garlic, minced
1 onion, diced
2 celery sticks, diced
2x 14 oz. (400g) cans chopped tomatoes
salt & pepper
¼ tsp. chili flakes
4 tbsp. basil, chopped
4 tbsp. parsley, chopped

What you need to do

1. Heat the oil in a large pot over medium heat. Cook the ground turkey for 5-7 minutes until starting to brown. Remove from pan and set aside, reserving the juices.
2. To the same pan, add carrots, garlic, onion and celery. Sauté until onions are softened, about 5 minutes. Add back the cooked turkey, along with chopped tomatoes, the spices and herbs. Season to taste with salt & pepper. Stir to combine, and bring to a boil, then reduce to low heat and simmer for 45 minutes, stirring occasionally.
3. Serve over pasta, zucchini noodles, in stuffed pepper or baked zucchini boats.

GF	DF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	180	9	9	16	2

*Nutrition per serving.





Bolognese Stuffed Peppers

Serves 4

4 large bell peppers, halved, deseeded
turkey bolognese, previous recipe
2 tbsp. parsley, chopped, to garnish
8 eggs

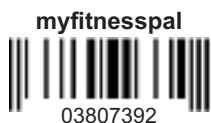
What you need to do

1. Prepare the bolognese from this recipe and use half of it to fill the peppers, the other half can be used for the Zucchini Boats Recipe that follows.
2. Preheat the oven to 400°F (200°C). Place the halved pepper onto a baking tray lined with baking paper.
3. Spoon the bolognese into the halved bell peppers, leaving any juices out. Make an indent in each to fit the egg. Carefully break an egg into indent and bake for 15 minutes or until eggs are cooked to your liking. Serve garnished with parsley.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	445	23	22	38	6

*Nutrition per serving.





Bolognese Zucchini Boats

Serves 4

4 medium zucchini, halved lengthwise
turkey bolognese, this recipe
½ cup cheddar cheese, grated
2 tbsp. parsley, chopped

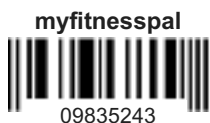
What you need to do

1. Prepare the bolognese from this recipe and use half of it to fill the zucchini, the other half can be used for the Stuffed Peppers Recipe. Preheat the oven to 400°F (200°C).
2. Half the zucchini and scoop out the seeds in the center, making a canoe-like shape. Place the zucchini halves onto a baking tray lined with baking paper.
3. Spoon the turkey bolognese into the zucchini canoes, and top with the grated cheddar cheese.
4. Bake the zucchini boats in the oven for 10-15 minutes, until the cheese is melted and golden brown. Sprinkle with parsley to serve.

GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	420	24	21	33	5

*Nutrition per serving.





Broccoli, Egg, Corn & Pineapple Salad

Serves 2

For the salad:

½ broccoli, divided into florets
3 eggs, hard boiled
¼ red onion, sliced
3 slices pineapple, chopped
1 cup (150g) sweet corn, canned, drained

For the dressing:

4 tbsp. mayonnaise
1 tsp. dijon mustard
1 tsp. honey
1 tsp Worcestershire sauce

What you need to do

1. Boil salted water in a small pot and cook broccoli for about 5 minutes, until tender. Hard-boil the eggs, cool them and peel them, cut them into quarters. Mix the ingredients for the sauce in a small bowl.
2. Place the cooked broccoli and the rest of the salad ingredients in a bowl, drizzle with the sauce and season with salt and pepper to serve.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	469	29	40	16	6

*Nutrition per serving.





Air Fryer Sesame Coconut Chicken Nuggets with Peanut Sauce

Serves 4

What you need to do

For the tenders:

1 lb. (450g) chicken tenders
 ½ cup all-purpose flour
 1 tbsp. garlic powder
 1 tbsp. onion powder
 ½ tsp. cayenne pepper
 ½ tsp. salt
 2 eggs
 1 cup panko
 ½ cup desiccated coconut, unsweetened
 2 tbsp. black sesame seeds
 1 tbsp. white sesame seeds

For the sauce:

1 garlic clove, finely grated
 juice of 1 lemon
 ½ cup peanut butter
 1 tbsp. honey
 2 tsp. sriracha

1. Heat the air fryer to 400°F (200°C). Season the chicken tenders with salt and pepper on both sides.
2. Combine flour, garlic powder, onion powder, cayenne, and ½ teaspoon of salt in a medium bowl. Whisk eggs in another medium bowl. Combine panko, coconut, sesame seeds in a third medium bowl.
3. Dip tenders, one at a time in the flour mixture, then dip in egg mixture, letting excess drip off into the bowl. Next, coat in the panko mixture, pressing lightly to coat.
4. Working in batches, arrange tenders in a single layer in the air fryer. Cook for 7–9 minutes, until lightly browned the turn and cook for another 7–9 minutes, until cooked through.
5. In the meantime, mix the sauce ingredients in a bowl until smooth. Add up to ¼ cup water until desired consistency is reached and serve with the chicken tenders.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	556	28	40	39	6

*Nutrition per serving.





Pineapple Marinated Chicken with Pineapple Salsa

Serves 4

3 tbsp. coconut sugar
 2 tbsp. rice vinegar
 1 tbsp. tamari
 1 tbsp. fish sauce
 3 tbsp. olive oil
 1 tsp. garlic powder
 ½ tsp. cayenne pepper
 1 cup pineapple, diced
 1 small red onion, diced
 2 tbsp. coriander, chopped
 2 tbsp. pineapple, grated, including juices
 1 ½ lbs. (680g) chicken breasts, diced
 2 cups white rice, cooked

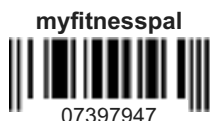
What you need to do

- For the marinade:** In a large bowl, stir together the coconut sugar, rice vinegar, tamari, fish sauce, 2 tablespoons of olive oil, garlic powder, ground cayenne and salt and black pepper.
- For the salsa:** Transfer 1 tablespoon of the marinade to a medium bowl and add the diced pineapple, red onion and coriander. Toss until well mixed and set aside.
- Add the grated pineapple and its juices to the marinade, then add the chicken and toss to coat. Set aside to marinate for 15 minutes.
- Once the chicken is done marinating, heat a large pan over medium-high and add the remaining 1 tablespoon of olive oil. Add the chicken, leaving the marinade behind. Cook until browned on all sides, 7-8 minutes.
- Serve the chicken over rice and topped with the pineapple salsa.

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	458	15	38	42	2

*Nutrition per serving.





Mongolian Stir Fried Beef

Serves 4

1 ½ (680g) New York strip steaks, thinly sliced
salt & pepper
3 tbsp. cornstarch
2 tbsp. olive oil, divided
3 cloves garlic, minced
1 tbsp. ginger, grated
⅓ cup (80ml) tamari
⅓ cup (80ml) water
½ cup coconut sugar
2 green onions, sliced
1 tsp. sesame seeds, toasted
steamed rice for serving

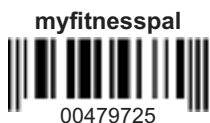
What you need to do

1. Season the steak with salt and pepper, then toss in cornstarch until evenly coated. Set aside.
2. Heat 1 tablespoon of the oil in a large pan over medium-high heat. Add garlic and ginger and sauté for 1 minute. Add tamari, water and sugar and bring to a boil, stringing until sugar dissolves. Transfer the sauce into a bowl or jar set aside.
3. Place the pan back over the heat and add remaining oil. Sear the steak until evenly browned on both sides, 1 to 2 minutes per side.
4. Transfer the sauce back into the skillet and stir together with the beef. Simmer for 1-2 minutes to allow the sauce to thicken.
5. Add in green onion and continue to cook for 1 more minute. Serve over cooked rice.

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	419	19	26	39	1

*Nutrition per serving.





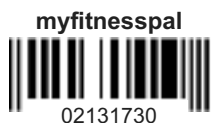
Protein Chocolate Mousse

Serves 4

1 cup (170g) dark chocolate chips
1 ½ cups (360g) Greek yogurt
⅓ cup (30g) cacao powder

What you need to do

1. Melt the chocolate chips in the microwave or in a water bath. Allow the chocolate to cool down a bit before making the mousse.
2. Place melted chocolate, Greek yogurt and cacao powder in a high bowl and mix whip using a hand mixer until well combined and creamy.
3. Divide between 4 serving glasses, cover and place the mousse into the fridge for at least 2 hours or overnight. It will get thicker as it chills in the fridge.



GF	MP	V	Q
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	2 hrs	345	21	29	14	7

*Nutrition per serving.



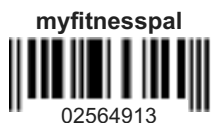
Sweet Potato Cinnamon Protein Smoothie

Serves 2

1 cup (130g) sweet potato, cubed, frozen
1 banana, sliced, frozen
1 cup (240ml) almond milk, unsweetened
½ cup (125g) Greek yogurt
1 tbsp. almond butter
1 scoop (30g) vanilla whey protein powder
½ tsp. ground cinnamon
pinch ground nutmeg

What you need to do

1. Place all ingredients in a high speed blender and blitz until smooth. Add more milk if necessary to reach desired consistency.



GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	278	7	32	23	5

*Nutrition per serving.



Almond Coffee Cake

Makes 12

For the cake:

3 eggs, room temperature
3 tbsp. almond milk,
unsweetened, room temperature
4 tbsp. coconut oil, melted
2 tsp. vanilla extract
1/3 cup coconut sugar
2 cups (240g) almond flour
4 tbsp. cornstarch
1 tbsp. baking powder

For the crumble:

1 cup oat flour
2 tbsp. coconut oil melted
3 tbsp. coconut sugar
1 tsp. cinnamon
1 tsp. vanilla extract

What you need to do

1. Preheat the oven to 350°F (170°C). Line a 8x8 inch baking tray with baking paper.
2. In a bowl, whisk together the eggs, almond milk, coconut oil, vanilla, and coconut sugar. Add in the almond flour, cornstarch and baking powder. Mix until combined.
3. Press the batter into the baking tray and make the crumble topping. Combine the crumble ingredients in a small mixing bowl until crumbly. Sprinkle the topping evenly over the batter in the baking dish.
4. Bake for around 35 minutes in the oven, until a toothpick comes out clean. Allow to cool completely before slicing.
5. Store the cake in an airtight container on the kitchen top for a couple of days.

DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	219	16	14	7	3

*Nutrition per serving.

