



Midlife Weight Management Recipe pack

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

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Hi Girls,

Losing weight during the menopausal years can be a unique challenge. As you transition through menopause, your body undergoes significant hormonal changes that affect metabolism, muscle mass, and fat distribution. Oestrogen levels drop, which can slow down metabolism and lead to increased fat storage, particularly around the abdomen. Additionally, declining muscle mass means fewer calories are burned at rest, making it harder to lose weight. These changes, coupled with common menopausal symptoms like fatigue, mood swings, and sleep disturbances, can make weight loss feel like an uphill battle.

That's where the Midlife Weight Management Pack comes in. This carefully designed program offers targeted guidance and coaching to help you navigate these challenges and achieve your weight loss goals. Understanding that menopause is a time of transition, this pack focuses on strategies specifically tailored to the needs of women in their midlife. It's not just about counting calories or hitting the gym harder; it's about working with your body, not against it.

The pack provides practical advice on nutrition, helping you make choices that boost metabolism, support hormonal balance, and sustain energy levels. It also includes customized exercise routines that are effective and sustainable, focusing on strength training to rebuild muscle mass and cardio to burn fat efficiently. Alongside these, mindfulness and stress management techniques are introduced to help you maintain emotional well-being and avoid stress-related eating.

With expert coaching and community support, the Midlife Weight Management Pack empowers you to take control of your health. You'll receive the encouragement, accountability, and motivation needed to make lasting changes. This is more than just a weight loss program; it's a comprehensive approach to feeling your best and living vibrantly through the menopausal years and beyond.

GOOD LUCK,

Susan K



nourish

Good nutrition is essential for weight loss. By choosing whole foods like fruits, vegetables, lean proteins, and whole grains, you can satisfy hunger, boost metabolism, and reduce cravings. It's about eating smart, not less, to help your body burn fat efficiently while staying energized and healthy.

sleep

Good quality sleep is crucial for weight loss. It regulates hormones that control hunger, reducing cravings and overeating. Sleep also boosts metabolism and supports muscle recovery, making your workouts more effective. When well-rested, you're more likely to make healthier food choices and have the energy to stay active.

Midlife Weight Loss

move

Moving your body releases endorphins, boosting your mood and motivation. Regular exercise builds confidence as you see progress, making you feel more capable of reaching your weight loss goals. It also reduces stress and anxiety, helping you stay focused and positive about your journey, making healthy choices feel easier.

manage stress

Managing stress is key to weight loss because chronic stress increases cortisol levels, leading to cravings and fat storage, especially around the belly. Reducing stress through mindfulness, exercise, or relaxation techniques helps balance hormones, curb emotional eating, and keeps your metabolism functioning optimally, making it easier to shed pounds.

H . E . C

HUNGER . ENERGY . CRAVINGS

Hunger, Energy and Cravings (HEC) are the three most useful biofeedback clues for the body. We call them “clues” because when you give up the dieter and become the fat loss detective.

When HEC is in check, it is an indication of metabolic balance.

Work to keep your hunger and cravings less than 5 on a scale from 1 to 10.

Work to keep your energy above 6 on a scale of 1 to 10.

Below you will find the 3 most critical considerations for balancing HEC. There is much more detail plus many other tips and tricks on the remaining pages.

Hunger:

Eat more protein at each meal

Choose shorter more intense exercise or longer more relaxing exercise

Learn to “surf” the hunger urge. Let it arise, peak & dissipate without reacting

Work to keep your hunger and cravings less than 5 on a scale from 1 to 10.

Energy:

Balance blood sugar by eating smaller more frequent meals

Don't cut carbohydrates, but control the amounts. Find what is perfect for you

Sleep 8 to 10 hours per night. When you can't sleep, nap. When you can't nap,

meditate. Do what is needed to recharge.

Work to keep your energy above 6 on a scale of 1 to 10.

Cravings:

Control stress hormones by NOT missing meals, doing excessive exercise or depriving yourself of sleep

Avoid foods that lead to cravings for more of the wrong foods later. Called “trigger foods”

Control stress hormones and reduce cravings by including rest and recovery activities into daily life.

Aim to keep your cravings at less than 5 on a scale of 1-10.

MEAL tracker

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				
				WATER
TUE				
				WATER
WED				
				WATER
THU				
				WATER
FRI				
				WATER
SAT				
				WATER
SUN				
				WATER

EXERCISE tracker

	MORNING	AFTERNOON	EVENING	STEP COUNT
MON				
				WATER
TUE				
				WATER
WED				
				WATER
THU				
				WATER
FRI				
				WATER
SAT				
				WATER
SUN				
				WATER



Weight Loss

16 POINT CHECK LIST

- ☐ GO OUTSIDE SOON AFTER WAKING DAILY
- ☐ DRINK WATER DAILY
- ☐ NO ALCOHOL DAILY
- ☐ NO SUGAR DAILY
- ☐ NO ULTRA PROCESSED FOODS DAILY
- ☐ MEDITATE/BE STILL 10 MINS - 3 TIMES A WEEK
- ☐ WORKOUT - STRENGTH 30 MINS - TWICE A WEEK
- ☐ WALK 5000 - 8000 STEPS DAILY
- ☐ STRETCH/YOGA - THREE TIMES A WEEK
- ☐ EAT A PROTEIN BREAKFAST - DAILY
- ☐ EAT ONLY IN A 12 HOUR WINDOW - DAILY
- ☐ GO TO BED BEFORE 11PM - DAILY
- ☐ SLEEP PREP - NO TECH 1 HOUR BEFORE BED - DAILY
- ☐ DO A HOBBY/SOMETHING FUN WEEKLY
- ☐ CONNECT WITH OTHERS WEEKLY
- ☐ EAT 30 DIFFERENT VARIETIES OF VEGETABLES, SPICES, HERBS IN A WEEK

DIET Myths



Myth

Truth

Eating fat makes you fat

Healthy fats, like those from avocados and nuts, are essential for overall health and can actually aid in weight loss by keeping you full.

All calories are equal

The source of calories matters. Nutrient-dense foods like vegetables and lean proteins are more satisfying and beneficial than empty calories from processed foods.

Exercise alone is enough to lose weight

While exercise is important, diet plays a larger role in weight loss. It's challenging to out-exercise a poor diet.

Carbs are the enemy

Not all carbs are bad. Whole grains, fruits, and vegetables provide essential nutrients and energy. It's refined carbs and sugars you should limit.

You have to starve yourself to lose weight

Extreme calorie restriction slows metabolism and leads to muscle loss. Sustainable weight loss comes from balanced eating and not deprivation.

All weight gain is fat gain

Weight fluctuations can be due to water retention, muscle gain, or other factors, not just fat. The scale doesn't always tell the full story.

Suggested Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Oatmeal Cottage Cheese Waffles	The Best Chili Con Carne	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Teriyaki Chicken Cucumber Sushi
Tue	Oatmeal Cottage Cheese Waffles	Ground Beef Korean Meal Prep Bowls	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Thai Green Chicken Curry
Wed	Breakfast Egg Sausage Muffins	Ground Beef Korean Meal Prep Bowls	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Thai Green Chicken Curry
Thu	Breakfast Egg Sausage Muffins	Hot Chicken Deviled Eggs	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Chicken Caesar Mason Jar
Fri	Breakfast Tacos	Chicken Caesar Mason Jar	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Salmon Quinoa Salad
Sat	Berry Kefir Smoothie	Salmon Quinoa Salad	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Meal Out - Enjoy!
Sun	Sweet Potato Hash with Smoked Salmon	The Best Chili Con Carne	E.g. Frozen Yogurt Bark, Berry Kefir Smoothie, Hot Chicken Deviled Eggs	Teriyaki Chicken Cucumber Sushi

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 avocado 1 banana 2 lemons 2 limes strawberries Vegetables 1 onion 1 red onion bunch green onions (spring onions) 2 bulbs garlic root ginger 1 red bell pepper 8 oz. (225g) tomatoes cherry tomatoes 3 cucumbers mixed salad leaves 1 broccoli green beans pack new potatoes 1 sweet potato Fresh Herbs basil cilantro (coriander) lime leaves (or use lime zest) Frozen mixed berries	Meats 12 oz. (340g) ground sausage (sausage meat) 2.1 lbs. (950g) 90% lean ground beef (minced beef) 4 slices bacon 1.25 lbs. (570g) cooked chicken breast (or leftover cooked chicken) 2½ lbs. (1kg 130g) boneless skinless chicken breast Fish & Seafood 12 oz. (340g) salmon filet 3.5 oz. (100g) smoked salmon Cold 33 eggs whole milk Greek yogurt plain kefir sour cream cheddar cheese cheese of choice for grating cottage cheese cream cheese Parmesan cheese	Grains rolled oats white or brown rice Nuts & Seeds almonds pistachios quinoa sesame seeds Baking baking powder cornstarch (corn flour) vanilla extract Dried Herbs & Spices black pepper cayenne pepper chili powder hot chili powder red pepper flakes (chili flakes) paprika ground cumin ground ginger dried marjoram	Oils cooking spray olive oil vegetable or sunflower oil sesame oil Sweeteners brown sugar caster sugar honey Boxed, Canned & Condiments 1x 14 oz. (400g) can red kidney beans 1x 14 oz. (400ml) can chopped tomatoes 1x 14 oz. (400g) can coconut milk 1x 3.8 oz. (107g) can black olives anchovy filets dijon mustard almond butter mayonnaise tomato paste (puree) jar jalapeno peppers jar dill pickles Thai green curry paste Thai fish sauce reduced sodium soy sauce rice vinegar apple cider vinegar sriracha sauce hot sauce beef stock cubes Misc/Other sea salt small corn tortillas granola



Oatmeal Cottage Cheese Waffles

Serves 4

4 large eggs
1 lb. (450g) cottage cheese
4.2 oz. (120g) rolled oats
1 tsp. baking powder
1 tsp. olive oil

What you need to do

Place all the ingredients into a blender and blend until completely smooth. Set the waffle batter aside for 5 minutes while the waffle iron is preheating.

Brush the waffle iron with a little of the olive oil. Pour the batter into the waffle maker and cook until the waffles are golden brown, cooking time will vary depending on your waffle iron.

Serve immediately with your favorite toppings.

GF	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	309	13	25	23	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Sweet Potato Hash with Smoked Salmon

Serves 2

1 sweet potato, peeled, grated
coarsely
1 egg
2 tbsp. cornstarch
sea salt & black pepper, to
taste
2 tbsp. olive oil
3.5 oz. (100g) Greek yogurt
½ lime, zest & juice
4.2 oz. (120g) smoked salmon

What you need to do

Place the grated potato into a bowl and add the egg and cornstarch. Season with salt and pepper to taste and mix until well combined.

Heat the olive oil in a skillet over medium-high heat. Portion the sweet potato mixture into the skillet with a tablespoon. Press down and sauté for about 3 minutes on each side until golden brown.

Mix the Greek yogurt with the lime zest and juice and season with a little more salt and pepper.

Serve the sweet potato hash topped with the lime yogurt and smoked salmon.

GF	MP	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	351	19	27	18	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Breakfast Egg Sausage Muffins

Serves 12

- 12 oz. (340g) ground chicken sausage
- 12 large eggs, beaten
- 4 fl oz. (120ml) whole milk
- 2 tsp. chili powder
- 1 tsp. sea salt
- ¼ tsp. black pepper
- cooking spray (around 1 tsp.)
- 8.1 oz. (230g) cheese of choice, grated
- 3.8 oz. (107g) can sliced black olives

What you need to do

Preheat the oven to 350°F (180C), place a rack in the center position.

Heat a large skillet over medium-high heat. Add the sausage and cook until browned, breaking it up with a wooden spoon. This will take around 5 minutes.

In a large mixing bowl, whisk together the eggs, milk, chili powder, salt and black pepper.

Spray a 12 cup muffin tin with cooking spray to prevent the egg mixture from sticking.

Equally divide half of the sausage and half of the cheese into the prepared muffin tin. Pour the egg mixture into the cups, filling about half way full. Top with remaining sausage, the remaining cheese and the olives.

Bake in the hot oven until the egg muffins are puffed up and lightly browned, about 20-25 minutes.

Serve warm, topped with cilantro, salsa and a slice of avocado (optional, not included in nutritional breakdown).

GF

LC

MP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	198	14	4	14	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Breakfast Tacos

Serves 4

8 oz. (225g) tomatoes,
quartered
4 tbsp. jalapeños, drained
1 tbsp. olive oil
sea salt
8 small corn tortillas
6 oz. (170g) cheddar cheese,
grated
8 large eggs
4 tbsp. cilantro
2 tbsp. lime juice
4 sliced cooked bacon,
chopped

What you need to do

Arrange one oven rack 6" (15cm) from broiler and another below that, about 12" (30cm) from broiler. Heat the broiler.

On a large rimmed baking sheet, toss the tomatoes and jalapeños with the olive oil and pinch of sea salt. Broil on top rack until tender and charred in spots, around 8-10 minutes. Transfer to blender.

Meanwhile, place the corn tortillas on a second rimmed baking sheet. Top each tortilla with ¼ cup of cheese, leaving a slight well in the center.

Add a little extra oil to a skillet and fry the eggs until almost done then add an egg on top of each tortilla. Place the baking sheet under the broiler on the middle rack until done, around 2-3 minutes.

Now add the cilantro, lime juice and ¼ teaspoon of salt to the vegetables in the blender and puree until smooth. Serve the salsa on top of the tacos and add some of the chopped bacon.

GF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	533	33	30	29	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Caesar Salad Dressing

Serves 4

7 tbsp. plain Greek yogurt
3 small garlic cloves
½ lemon, juiced
1 tbsp. Dijon mustard
1.6 oz. (45g) freshly grated
Parmesan cheese
2 small anchovy filets
1 tbsp. olive oil

What you need to do

Place all the ingredients into a high speed blender. Turn on the blender and let it run for 15-20 seconds until smooth and fully combined.

Serve the dressing with salads, in sandwiches, or any other dishes.

Storage: Store the dressing in an airtight container in the refrigerator for up to 7 days.

GF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	99	7	2	7	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chicken Caesar Mason Jar

Serves 2

1.6 oz. (45g) quinoa
2 servings Caesar salad dressing (see recipe in this pack)
7 oz. (200g) chicken breasts, cooked, shredded
2.7 oz. (75g) cherry tomatoes, halved
¼ cucumber, chopped
2.1 oz. (60g) mixed salad leaves
0.7 oz. (20g) almonds, chopped
1 tbsp. Parmesan cheese, grated

What you need to do

Cook the quinoa according to the package directions. Drain and set aside to cool to room temperature.

Divide and layer the ingredients into 2 mason jars in the following order: Caesar dressing, chicken breast, quinoa, cherry tomatoes, cucumber, mixed greens, almonds and parmesan cheese.

Seal the jar and refrigerate until ready to serve.

When ready to eat, shake well and pour into a bowl.

GF	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	389	17	22	37	3



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Ground Beef Korean Meal Prep Bowls

Serves 4

1 lb. (450g) 90% lean ground beef
3 garlic cloves minced
1.8 oz. (50g) brown sugar
2 fl oz. (60ml) tamari
2 tsp. sesame oil
¼ tsp. ground ginger
¼ tsp. crushed red pepper flakes
¼ tsp. black pepper
14 oz. (400g) white or brown rice, cooked
6.3 oz. (180g) broccoli florets, steamed
green onions, sliced, for garnish (optional)
sesame seeds, for garnish (optional)

What you need to do

In a large skillet, cook the ground beef and garlic over medium heat. Use a spoon to break down the meat into smaller pieces and cook until no longer pink.

In a small bowl whisk together the brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and black pepper. Pour this mixture over the ground beef and simmer for a further 1-2 minutes.

To assemble the bowls, divide the cooked rice equally into 4 sealable containers (for convenience use leftover rice or pre-packaged cooked rice).

Now divide the Korean beef equally into each of the 4 containers, followed by equal portions of the cooked broccoli florets (to make things easier use frozen florets in steam safe bags).

Seal the containers and store in the refrigerator until ready to eat.

When ready to serve, warm up in the microwave and garnish with green onions and sesame seeds (not included in nutritional breakdown).

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	438	14	49	29	2



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Salmon Quinoa Salad

Serves 2

3.2 oz. (90g) quinoa
12 oz. (340g) salmon filets
1 small red onion, sliced
4 tbsp. lemon juice, divided
10.6 oz. (300g) cherry tomatoes, halved
½ cucumber, sliced
2 tbsp. cilantro, to serve
salt & pepper, to taste

What you need to do

Cook the quinoa according to package directions. Drain and set aside.

Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.

Place the salmon in the baking dish. Top with the sliced onion and 2 tablespoons of the lemon juice. Cook in the hot oven for 12 minutes, or until the salmon is cooked through.

Meanwhile, add the tomatoes, cucumber, remaining 2 tablespoons of lemon juice and cilantro to the cooked quinoa and mix well. Add salt and pepper to taste and mix again.

To serve, divide the quinoa salad between 2 bowls and top with the salmon.

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	12 mins	447	11	41	46	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



The Best Chili Con Carne

Serves 4

1 tbsp. olive oil
1 large onion, finely diced
1 red pepper, diced
2 garlic cloves, minced
1 heaped tsp. hot chili powder (or use mild if preferred)
1 tsp. paprika
1 tsp. ground cumin
1.1 lbs. (500g) 90% lean ground beef
1 beef stock cube
10 fl oz. (300ml) boiling water
14 oz. (400g) can chopped tomatoes
½ tsp. dried marjoram
1 tsp. sugar
½ tsp. sea salt
½ tsp. black pepper
2 tbsp. tomato paste
14 oz. (400g) can red kidney beans, drained and rinsed
plain boiled long grain rice, to serve (not included in nutritional breakdown)
soured cream, to serve (not included in nutritional breakdown)
jalapeño pepper, sliced to serve
coriander, to serve

What you need to do

Place a large pot on the stove over medium heat. Add the olive oil and leave it for 1-2 minutes until hot. Add the onion to the pot and cook, stirring fairly frequently, for about 5 minutes, or until the onion has softened and is slightly translucent.

Add the red pepper, garlic, chili powder, paprika and cumin and stir well to combine all the flavours. Cook for a further 5 minutes, stirring occasionally.

Now turn up the heat to medium-high and add the beef to the pot. Use a spoon to break up the meat into smaller pieces and continue to cook for a further 5 minutes, until the mince is broken down and cooked through. Keep the heat hot enough to fry and brown the beef, rather than stewing it.

Meanwhile crumble the beef stock cube into the boiling water and pour the stock into the pan with the beef. Now add the chopped tomatoes, marjoram, sugar, salt, pepper and tomato puree, and stir the sauce well.

Bring the pot to the boil, give it a good stir and place a lid on the pot. Turn down the heat until it is gently simmering and bubbling and leave it for 20 minutes.

Check on the pot occasionally to stir it, ensuring the sauce does not catch on the bottom of the pot. If it looks to be drying out add a couple of tablespoons of water. After simmering gently, the mixture should look thick, moist and juicy.

Add the kidney beans to the pot, bring to a boil then turn down to medium and cook the chili, without the lid on, for a further 10 minutes, adding a little more water if it looks too dry.

Taste the chili and season with a little extra salt and black pepper if needed.

Now replace the lid, turn off the heat and set the chili aside for 10 minutes before serving, to allow all the flavors to incorporate.

Serve with soured cream and plain boiled long grain rice (not included in nutritional breakdown).

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	1 hr	360	16	22	32	8

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Easy Slow Cooker Teriyaki Chicken

Serves 6

1½ lbs. (680g) boneless, skinless chicken breasts
2 tsp. garlic minced
2 tsp. ginger minced
2 fl oz. (60ml) honey
3 tbsp. brown sugar
4 fl oz. (120ml) tamari
2 tsp. toasted sesame oil
2 tbsp. rice vinegar
2 fl oz. (60ml) cold water
2 tbsp. cornstarch
1 tbsp. sesame seeds
2 tbsp. sliced green onions, to garnish

What you need to do

Place the chicken breasts in a slow cooker.

In a small bowl, whisk together the garlic, ginger, honey, brown sugar, soy sauce, sesame oil and rice vinegar. Pour the soy sauce mixture over the chicken.

Place the lid on the slow cooker and cook on HIGH for 3-4 hours or LOW for 6-7 hours.

Remove the chicken from the slow cooker and shred with two forks.

Pour the teriyaki sauce from the slow cooker through a strainer into a saucepan. Place the saucepan on the stove over medium high heat and bring to a simmer.

In a small bowl, mix together the cornstarch and water and stir until dissolved. Pour the cornstarch into the pan and bring to a boil. Cook for 1-2 minutes or until the sauce has just thickened.

Pour the sauce over the shredded chicken and toss to coat the chicken evenly in the sauce. Sprinkle the chicken with sesame seeds and green onions, and serve.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	4 hrs	237	5	20	28	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Teriyaki Chicken Cucumber Sushi

Serves 4

2 large cucumbers
4 tbsp. mayonnaise
1 tsp. sriracha sauce
4 tbsp. cream cheese
3 portions Slow Cooker
Teriyaki Chicken (see recipe in
this pack)
1 avocado, thinly sliced
1 tbsp. toasted sesame seeds

What you need to do

Trim the ends off the cucumbers and use a vegetable peeler or mandoline to slice the cucumber into thin, flat strips. Continue until you reach the center of the cucumbers then flip it over and repeat the process. You should get 8-12 strips from each cucumber.

In a small bowl, mix the mayonnaise with the sriracha sauce until well combined.

Place all the cucumber slices on a large board, slightly overlapping them to create a big base-square for the sushi roll. Use kitchen paper towels to dry the cucumber slices to make them more malleable.

Spread a layer of cream cheese on the lower half of the cucumber slices.

Place a big portion of chicken teriyaki on the lower middle side on top of the cream cheese, then add 3-4 slices of avocado on top. Don't overfill or it will become difficult to roll. Now add some sriracha mayo sauce and sprinkle with sesame seeds.

Using a long knife or spatula, tuck and start to roll the cucumber over the rest. Continue rolling gently pressing to shape the roll.

Use a sharp knife to cut the sushi, wiping the knife clean with a damp towel between each cut.

GF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	447	27	26	25	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Thai Green Chicken Curry

Serves 4

8 oz. (225g) new potatoes, cut into chunks
3.5 oz. (100g) green beans, trimmed & halved
1 tbsp. vegetable or sunflower oil
1 garlic clove, minced
1 rounded tbsp. or 4 tsp. Thai green curry paste
14 oz. (400ml) can coconut milk
2 tsp. Thai fish sauce
1 tsp. coconut sugar
1 lb. (450g) boneless, skinless chicken breasts, cut into bite-size pieces
2 lime leaves finely shredded (or use 3 wide strips lime zest), plus extra to garnish
good handful of basil leaves
boiled rice, to serve (not included in nutritional breakdown)

What you need to do

Place the new potatoes into a pot of boiling water and cook for 5 minutes.

Add the green beans to the pot of potatoes and continue to cook for a further 3 minutes, by which time both potatoes and green beans should be just tender but not too soft. Drain and set side.

Heat the vegetable oil in a large wok or skillet until very hot, then add the garlic and cook until golden, this should take only a few seconds. Don't let it go very dark or the garlic will become bitter.

Spoon in the Thai green curry paste and stir it around for a few seconds to begin to cook the spices and release all the flavors. Next add the coconut milk and allow the curry to bubble.

Stir in the Thai fish sauce and caster sugar, then add the chicken. Turn the heat down to a simmer and cook, covered, for around 8 minutes until the chicken is cooked through.

Add the potatoes and beans to the wok and warm through in the hot coconut milk, then add the shredded lime leaves. Finally, add the basil leaves and remove the wok from the heat.

Garnish with further lime leaves and serve immediately with boiled rice.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	396	24	16	29	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.





Hot Chicken Deviled Eggs

Serves 12 (allow 2 deviled eggs per serving)

12 large eggs
12 oz. (340g) cooked chicken, finely chopped, divided
5 oz. (140g) dill pickle, drained and finely chopped, divided
5 oz. (140g) mayonnaise
2 tbsp. apple cider vinegar
1½ tsp. paprika
1 tsp. cayenne pepper
1 tsp. sea salt
2 green onions, green parts only, thinly sliced
3 tbsp. hot sauce

What you need to do

Bring a large pot of water to a boil over high heat. Using a slotted spoon or strainer, carefully lower the eggs into the boiling water and cook for 12 minutes. Drain and immediately plunge the eggs into a bowl of ice and water to stop the cooking process. Cool completely, about 20 minutes, then peel the eggs and discard the shells.

Cut the eggs in half lengthwise. Carefully scoop out the yolks, leaving the egg whites intact. Set aside whites for later. Place the egg yolks in a medium bowl.

Reserve 2 tablespoons each of the chopped chicken and chopped pickles.

Add the remaining chicken, remaining pickles, mayonnaise, vinegar, paprika, cayenne and salt to yolks and stir until well combined.

Arrange the egg whites, cut side up, on a work surface. Divide the yolk mixture evenly between all the egg whites. Transfer to a serving platter.

Sprinkle each egg with the reserved chopped chicken, reserved pickles and green onions. Drizzle with hot sauce and serve.

GF	DF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
35 mins	25 mins	207	15	2	16	0

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Berry Kefir Smoothie

Serves 1

- 7.9 oz. (225g) frozen mixed berries
- 2.7 oz. (80ml) plain kefir
- ½ medium banana
- 2 tsp. almond butter
- ½ tsp. vanilla extract

What you need to do

Place all the ingredients into a blender and blend until smooth. Pour into a glass and serve immediately.



GF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	275	7	45	8	9

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Frozen Yogurt Bark

Serves 16

1.6 lbs. (720g) full-fat Greek yogurt
2.7 oz. (80ml) honey
1 tsp. vanilla extract
4 strawberries, thinly sliced
3.2 oz. (90g) granola
2 tbsp. pistachios, crushed

What you need to do

Line a 10x15" (25x38cm) sheet pan with baking paper or aluminum foil.

In a medium bowl, stir together the yogurt, honey and vanilla extract. Pour the mixture onto the sheet and spread into an even layer.

Sprinkle the top with the thinly sliced strawberries, granola and crushed pistachios (or the toppings of your choice).

Freeze for 3 hours, then break or cut into pieces and serve.

Store the pieces in a sealed container in the freezer for up to 2 weeks.

Other topping ideas: chocolate chips, peanut butter, crushed almonds or peanuts, sliced bananas.

LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	87	3	10	5	1



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.