

@coachmulligan

DIET

CHEAT SHEET



SIMPLE RECIPE IDEAS

RECIPE IDEAS

BREAKFAST

SCRAMBLED TOFU



Ingredients

- 1 block (14 oz) firm tofu
- 2 tablespoons nutritional yeast
- ½ teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black salt (kala namak)
- ¼ cup unsweetened plant milk
- 1 tablespoon olive oil (or other cooking oil)

Optional add-ins:

- Chopped vegetables (spinach, peppers, onions, mushrooms)
- Black pepper, paprika, or chili flakes for extra flavour

Simple pantry ingredients, but they come together

Instructions

Prepare the tofu

Drain the tofu and gently press out excess water. Crumble it into small, bite-sized pieces using your hands or a fork.

1. Make the seasoning mix

In a small bowl, whisk together plant milk, nutritional yeast, turmeric, garlic powder, onion powder, and black salt (kala namak).

2. Cook the tofu

Heat a little oil in a pan over medium heat. Add the crumbled tofu and cook for a few minutes, stirring occasionally.

3. Add flavour

Pour the seasoning mixture over the tofu. Stir well so everything is evenly coated.

4. Simmer

Let it cook for another 5–7 minutes, stirring occasionally, until the tofu is heated through and slightly creamy.

5. Adjust and serve

Taste and adjust seasoning if needed. Serve hot with toast, vegetables, or your favourite toppings.

Quick, simple, and ready in about 10 minutes 👍

SMOKED SALMON COTTAGE CHEESE TOAST



Instructions

1. Toast the sourdough bread until crispy.
2. Spread cottage cheese evenly over each slice.
3. Drizzle a little hot honey on top.
4. Sprinkle with everything bagel seasoning.
5. Add a handful of arugula.
6. Layer the smoked salmon on top.
7. Finish with pickled onions and extra seasoning if desired.
8. Serve immediately and enjoy.

Ingredients

- 2 slices sourdough bread (toasted)
- $\frac{2}{3}$ cup cottage cheese
- Hot honey (for drizzling)
- Everything bagel seasoning (for sprinkling)
- 1 cup arugula
- 2–3 oz smoked salmon
- Pickled onions (for topping)

Simple kitchen ingredients, but they come together really well.

HEALTHY SAUSAGE EGG MCMUFFIN



Instructions

1. Make the Sausage Patties

1. Mix ground pork with all seasonings until well combined.
2. Divide into 5 portions and shape into flat patties (slightly larger than muffins).
3. Cook in a nonstick pan over medium heat until browned and fully cooked.

2. Cook the Eggs

4. Lightly grease a pan and cook eggs over medium-low heat.
5. Cover with a lid to gently steam until cooked to your liking.

3. Assemble

6. Toast the English muffins.
7. Layer: muffin → cheese → sausage patty → egg → muffin top.
8. Serve warm or store for meal prep.

Ingredients (5 servings)

Sausage Patties

- 500g lean ground pork
- 1¼ tsp salt
- 1 tsp sweetener (e.g. monk fruit)
- ½ tsp black pepper
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp chili powder
- ¼ tsp rosemary
- ¼ tsp coriander
- Pinch of nutmeg
- Cooking spray

Other Ingredients

- 5 eggs
- 5 slices reduced-fat cheddar cheese
- 5 English muffins

AVOCADO WITH EGG AND TOAST



Ingredients

- 2 slices multigrain (or wholegrain) bread
- 2 eggs
- 1 ripe avocado (peeled & pitted)
- 1 teaspoon butter
- 1 teaspoon lemon juice (optional)
- Pinch of cayenne pepper
- Salt & black pepper to taste

Instructions

1. Toast the bread until golden and crispy.
2. Mash the avocado in a bowl with lemon juice, salt, and pepper.
3. Spread the mashed avocado evenly over the toast.
4. Heat butter in a pan over medium heat.
5. Crack the eggs into the pan and cook to your liking (fried works best).
6. Place one egg on each slice of toast.
7. Sprinkle with cayenne, salt, and pepper.
8. Serve immediately.

OVER NIGHT OATS



Ingredients

- ½ cup rolled oats
- ¾ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ½ tablespoon chia seeds
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon

Optional toppings:

- Fresh berries
- Almond butter

Instructions

1. Add oats, almond milk, protein powder, chia seeds, vanilla, and cinnamon to a jar or container.
2. Stir well until fully combined.
3. Cover and refrigerate overnight (or at least a few hours).
4. In the morning, stir again and add a splash of milk if needed.
5. Add toppings like berries and almond butter.
6. Serve cold or heat briefly if preferred.

CHICKEN SAUSAGE AND EGG SANDWICH



Instructions

1. Slice the sausage lengthwise and cook in a pan until browned.
2. Scramble the egg and fold into a patty shape.
3. Toast the bagel until golden.
4. Layer the sandwich:
 - Bottom bagel
 - Sausage
 - Egg
 - Avocado slices
 - Broccoli sprouts
5. Add the top half of the bagel and serve warm.

Ingredients

- 1 Gilbert's craft sausage (sliced lengthwise, cooked, then halved)
- 1 bagel (halved and toasted)
- 1 egg (scrambled and folded)
- Avocado slices
- Broccoli sprouts

PEANUT BUTTER PROTEIN SMOOTHIE



Instructions

1. Add kale, banana, hemp seeds, and peanut butter to a blender.
2. Pour in almond milk, water, and ice, then blend until combined.
3. Add cacao powder and protein powder.
4. Blend again until smooth and creamy.
5. Pour into a glass and serve immediately.

Ingredients

- 2 cups kale leaves (stems removed)
- 1 ripe banana
- 2 tbsp hemp seeds
- 1 tbsp natural peanut butter (no added sugar/salt)
- 1 cup unsweetened almond milk (or cashew milk)
- $\frac{2}{3}$ cup water
- 2 cups ice cubes
- 2 tbsp cacao (cocoa) powder
- 1 scoop vanilla plant-based protein powder

SPINACH OMELETTE



Instructions

1. Beat the eggs in a bowl.
2. Stir in spinach, Parmesan, onion powder, nutmeg, salt, and pepper.
3. Heat a nonstick pan over medium heat and lightly grease.
4. Pour in the egg mixture and cook until partially set (about 3 minutes).
5. Flip the omelet carefully and cook for another 2–3 minutes.
6. Reduce heat if needed and cook until done to your liking.
7. Serve hot.

Ingredients

- 2 large eggs
- 1 cup baby spinach (torn)
- 1½ tablespoons grated Parmesan cheese
- ¼ teaspoon onion powder
- ⅛ teaspoon ground nutmeg
- Salt & black pepper to taste

HEALTHY FRY-UP



Ingredients

- 400g ground turkey or Lean sausage of choice.
- 1 tsp cayenne pepper
- 1 tsp dried thyme
- 1 tsp dried sage
- Pinch nutmeg
- 285g sweet potatoes (cubed)
- 1 red onion (quartered)
- 1 tbsp olive oil
- 1 tsp dried rosemary
- Salt & black pepper
- 4 tomatoes (halved)
- 3 cups mushrooms
- 4 rashers bacon
- 1 cup kale (chopped)
- 4 eggs

Instructions

1. Preheat oven to 180°C / 350°F.
2. Mix ground turkey with herbs and spices, then form into small meatballs.
3. Place meatballs, sweet potatoes, and onion on a baking tray. Drizzle with olive oil and seasoning.
4. Bake for 15–20 minutes.
5. Remove tray, toss ingredients, then add tomatoes, mushrooms, and bacon.
6. Return to oven and bake another 15 minutes.
7. Add kale and mix everything together.
8. Make small gaps and crack eggs onto the tray.
9. Bake again until egg whites are set but yolks remain soft.
10. Serve straight from the tray.

HIGH PROTEIN PORRIDGE



Ingredients

- ½ cup rolled oats
- 1½ cups milk (or milk alternative/water)
- 1 tsp cinnamon
- 1 egg (whisked) **OR** ¼ cup cottage cheese
- **OR** 1–2 scoops protein powder
- Small amount of honey (optional)
- 1 tbsp ground chia or flax seeds
- 1 tbsp unsalted nuts

Instructions

1. Add oats, cinnamon, and milk to a pan and cook over medium heat, stirring until it starts to simmer.
2. Reduce heat and continue cooking until you reach your preferred consistency.
3. Stir in the whisked egg and honey (if using) until creamy.
 - If using cottage cheese or protein powder, remove from heat before mixing in.
4. Pour into a bowl.
5. Top with fruit, seeds, nuts, and yogurt.
6. Serve warm and enjoy.

WANT MORE HELP THAN JUST RECIPES?

These recipes are here as inspiration, but real progress comes from a plan built around *you*.

Get a personalised nutrition plan tailored to your goals, lifestyle, and training so you can stop guessing and start seeing results.

Hit the link - [APPLY FOR COACHING](#)

DINNER

VEGAN SAUSAGE CASSEROLE



Instructions

1. Heat oil in a large pan and cook the onion with a pinch of salt for ~20 minutes until soft and golden.
2. Add chilli flakes, smoked paprika, and rosemary. Cook for 1 minute, then add garlic and cook briefly.
3. Pour in red wine (if using) and let it reduce. Add chopped tomatoes and water.
4. Stir in peppers, beans, thyme, bay leaf, salt, and pepper. Cover and simmer for 10 minutes.
5. Meanwhile, cook the vegan sausages separately until browned, then slice in half.
6. Add sausages to the casserole and simmer uncovered for another 10 minutes until thickened.
7. Stir in fresh parsley and serve.

Ingredients

- 1 large onion (sliced)
- 1½ tbsp olive oil
- 2 Romano peppers (sliced)
- ¼ tsp chilli flakes
- ½ tsp smoked paprika
- 1 tbsp fresh rosemary (chopped)
- 2 cloves garlic (minced)
- 50 ml vegan red wine (optional)
- 2 × 400g tins chopped tomatoes
- 80 ml water
- 1 × 400g tin butter beans (drained & rinsed)
- Fresh thyme (small bunch)
- 1 bay leaf

SIMPLE DAL (EVERYDAY LENTILS)



Ingredients

Dal Base

- 1 cup lentils (red split lentils work best)
- Water
- Whole garlic cloves
- ½ tsp turmeric

Tarka (Flavour Boost)

- 1 cup onion (finely diced)
- 3 tbsp neutral oil
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 jalapeño (finely diced)
- 1 large tomato (chopped)
- 3 tbsp fresh cilantro (chopped)
- 1 tsp salt (adjust to taste)

Instructions

1. Cook the Dal

1. Combine lentils, water, garlic, and turmeric in a pot.
2. Bring to a simmer, then reduce heat and cover.
3. Cook until the lentils break down into a soft, creamy texture (about 40–45 minutes).
4. Stir occasionally to prevent sticking.

2. Make the Tarka (Flavour Boost)

5. Heat oil in a pan over medium-low heat.
6. Add onions and cook until soft and translucent.
7. Add jalapeño and cook briefly.
8. Add cumin and mustard seeds and let them sizzle.
9. Stir in tomato and cilantro, cook until softened.

3. Combine & Serve

10. Add the tarka mixture into the cooked dal.
11. Season with salt and adjust to taste.
12. Serve with rice, chapati, or as a side dish.

KEEMA PAU (SPICED MINCE & BREAD)



Instructions

1. Grate ginger and garlic. Blend coriander, mint, chilli, and spring onions into a green paste.
2. Heat oil in a pan and cook chopped onion until soft.
3. Add ginger, garlic, and spices, cooking for a few minutes.
4. Stir in yoghurt and simmer briefly.
5. Add lamb mince, salt, and bay leaves. Cook until browned.
6. Sprinkle in flour and mix well.
7. Add the green paste with a splash of water and simmer for ~20 minutes.
8. Add peas and whole chillies, then simmer for another 15 minutes.
9. Let it rest briefly off heat.
10. Toast buttered buns and serve keema with onion, coriander, and lime.

Ingredients

- Lamb mince
- Ginger & garlic (grated)
- Spring onions
- Fresh coriander & mint
- Green chillies
- Red onion
- Ground coriander
- Greek yoghurt
- Bay leaves
- Plain flour
- Frozen peas
- Salt
- Vegetable oil

To serve:

- Burger buns (or pav bread)
- Butter
- Red onion (chopped)
- Fresh coriander
- Lime wedges

CHILLI CON CARNE



Ingredients

- 500g lean minced beef (use vegan)
- 2 medium onions (chopped)
- 3 garlic cloves (finely chopped)
- 1–2 tsp chilli powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tbsp plain flour
- 150ml red wine (or extra stock)
- 300ml beef stock
- 1 × 400g tin chopped tomatoes
- 1 × 400g tin kidney beans (drained & rinsed)
- 3 tbsp tomato purée
- 1 tsp sugar
- 1 tsp dried oregano
- 1 bay leaf
- Salt & black pepper

Instructions

1. Heat a large pan over medium heat and cook the beef and onions together for about 5 minutes, breaking up the mince.
2. Add garlic, chilli powder, cumin, and coriander. Cook for 1–2 minutes.
3. Sprinkle in the flour and stir well.
4. Gradually pour in the red wine, then add the beef stock, stirring continuously.
5. Add chopped tomatoes, kidney beans, tomato purée, sugar, oregano, and bay leaf. Season well.
6. Bring to a simmer, then reduce heat and cover loosely.
7. Cook gently for around 45 minutes, stirring occasionally, until thick and rich.
8. Taste, adjust seasoning, and serve.

LENTIL MOUSSAKA STYLE RICE BOWL



Instructions

1. Preheat oven to 240°C / 220°C fan. Slice aubergine, drizzle with oil, season, and roast for 12–15 minutes until soft.
2. Meanwhile, cook rice in boiling salted water for 10–12 minutes. Drain and set aside.
3. Peel and grate garlic. Drain and rinse lentils.
4. Heat oil in a pan and fry garlic briefly. Add passata, lentils, stock paste, cinnamon, sugar, and a splash of water. Simmer until slightly thickened.
5. Stir roasted aubergine into the sauce and simmer for 1–2 minutes. Season to taste.
6. Serve rice in bowls, top with lentil mixture. Add crème fraîche, crumble over cheese, and finish with rocket and balsamic glaze.

Ingredients

- 1 aubergine (sliced)
- 150g basmati rice
- 2 garlic cloves
- 1 carton/tin lentils (drained & rinsed)
- 1 carton tomato passata
- 1 sachet red wine stock paste
- ½ tsp ground cinnamon
- 75g crème fraîche
- 50g Greek-style cheese (feta-style)
- Handful of rocket
- Balsamic glaze

Pantry items:

- Oil
- Salt & pepper
- ½ tsp sugar
- Water

SALMON EGG FRIED RICE



Ingredients

- Thumb-sized piece ginger (grated)
- 1–2 garlic cloves (grated)
- 2 tbsp low-salt soy sauce
- ½ tbsp rice wine or vinegar
- 2 tbsp vegetable oil
- 1 large carrot (chopped)
- 1 pack mixed veg (e.g. baby corn, mangetout)
- 2 salmon fillets
- 250g cooked rice (preferably day-old)
- 2 eggs
- Hot sauce (optional)
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Instructions

1. Mix ginger, garlic, soy sauce, and vinegar in a small bowl and set aside.
2. Heat oil in a large pan or wok. Add vegetables and salmon, cooking for a few minutes each side until the salmon starts to cook through.
3. Add cooked rice and stir, breaking the salmon into chunks. Push everything to one side of the pan.
4. Crack eggs into the empty side of the pan and scramble until cooked.
5. Mix everything together thoroughly and cook until heated through.
6. Serve with optional hot sauce.

KOREAN INSPIRED HIGH PROTEIN CHICKEN MEAL PREP



Ingredients

- Chicken thighs (boneless or bone-in)
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & black pepper
- 3 tbs rapeseed (or olive) oil

Salsa / Sauce:

- 1 tin plum tomatoes
- 1 chilli (adjust to taste)
- 2–3 garlic cloves
- Handful fresh coriander

Vegetables (mix of):

- Peppers
- Onion
- Courgette
- Carrots or other veg of choice
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Instructions

1. Add cumin, paprika, and garlic powder to the chicken. Toss to coat, then add oil, salt, and pepper.
2. Blend tomatoes, chilli, garlic, and coriander into a rough salsa.
3. Chop all vegetables and place onto a large baking tray.
4. Pour the salsa over the vegetables along with oil and mix well.
5. Add the seasoned chicken to the tray.
6. Roast in the oven for 30–35 minutes until chicken is cooked through.
7. Portion into containers for meal prep and store.

THAI RED CURRY WITH TOFU(VEGAN)



Ingredients

Tofu Marinade

- 1 block firm or extra-firm tofu (pressed)
- 3 tbsp coconut milk
- 1 tsp red curry paste
- Salt & black pepper
- 2 tsp cornstarch
- 1 tbsp coconut oil

Curry

- 2 tbsp coconut oil
- 2 tbsp red curry paste
- 1 red onion (chopped)
- 4 cloves garlic (minced)
- 1 head broccoli (chopped)
- 1 red bell pepper (sliced)
- 1 green bell pepper (sliced)
- 3 carrots (sliced)
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 tbsp coconut sugar
- 1 tbsp soy sauce (or tamari)
- 1 can coconut milk
- Juice of 1 lime

Optional:

- Thai basil
- Sriracha or chilli sauce

Instructions

1. Prepare the Tofu

1. Cut pressed tofu into cubes.
2. Mix coconut milk, curry paste, seasoning, and cornstarch.
3. Toss tofu in the marinade and leave for at least 15 minutes.
4. Heat oil in a pan and cook tofu until golden and crispy. Set aside.

2. Cook the Curry

5. In the same pan, heat coconut oil and cook curry paste for ~1 minute until fragrant.
6. Add onion and cook until softened, then add garlic.
7. Add vegetables and stir well.
8. Season with salt, pepper, sugar, and soy sauce.
9. Cook until vegetables are tender-crisp (10–15 minutes).

3. Combine & Serve

10. Pour in coconut milk and stir.
11. Add crispy tofu and simmer for 5 minutes.
12. Finish with lime juice and optional basil/chilli sauce.
13. Serve with rice or your preferred grain.

THAI RED CURRY WITH CHICKEN



Instructions

1. Heat oil in a pan over medium-high heat.
2. Add curry paste, garlic, ginger, and lemongrass. Cook for ~2 minutes until fragrant.
3. Pour in chicken stock and simmer until reduced by half.
4. Add coconut milk, lime leaves, sugar, and fish sauce. Stir well.
5. Add chicken and simmer for 8–10 minutes until cooked through.
6. Add pumpkin and green beans. Cook for another 3–5 minutes until tender.
7. Remove from heat and stir in Thai basil.
8. Serve with rice and garnish if desired.

Ingredients

Curry Base

- 5–6 tbsp Thai red curry paste
- 2 garlic cloves (minced)
- 2 tsp fresh ginger (grated)
- 1 tbsp lemongrass paste (optional)

Curry

- 3 tbsp vegetable oil
- 1 cup chicken stock
- 400ml coconut milk
- 6 kaffir lime leaves
- 1 tbsp sugar
- 2 tsp fish sauce
- 350g chicken thighs (sliced)
- 150g pumpkin or squash (cubed)
- 120g green beans
- Thai basil leaves

To serve:

- Jasmine rice
- Fresh chilli & coriander (optional)

COTTAGE PIE



Ingredients

Meat Filling

- 2 lbs lean ground beef
- 1 small onion (chopped)
- 1½ cups frozen peas & carrots
- 1 cup frozen corn
- 6 garlic cloves (minced)
- 1 tbsp Worcestershire sauce
- 1 tbsp apple cider vinegar
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 1 tsp salt
- ¼ cup flour
- 2 cups beef broth

Garlic Mash Topping

- 2 lbs potatoes (peeled & chopped)
- 3 tbsp olive oil
- 6 garlic cloves (minced)
- Salt & black pepper
- ½–1 cup broth
- Fresh chives or herbs

Instructions

1. Cook the Potatoes

1. Bring a pot of salted water to a boil.
2. Add potatoes and cook until fork tender.
3. Drain, then mash with olive oil, garlic, seasoning, and broth until smooth.

2. Make the Filling

4. In a large pan, cook ground beef and onion until browned.
5. Add garlic, vegetables, Worcestershire sauce, vinegar, herbs, and salt.
6. Sprinkle flour over the mixture and stir well.
7. Pour in broth and simmer until thickened into a gravy.

3. Assemble & Bake

8. Preheat oven to 200°C / 400°F.
9. Spread mashed potatoes evenly over the meat mixture.
10. Bake for ~25 minutes until golden on top.
11. Let sit briefly, then serve.

CREAMY HIGH PROTEIN PASTA (VEGAN)



Instructions

1. Make the Sauce

1. Add spinach, basil, garlic, and silken tofu to a blender.
2. Blend until smooth and creamy.

2. Roast the Vegetables

3. Chop vegetables into bite-sized pieces.
4. Toss with olive oil, salt, and pepper.
5. Roast in air fryer (≈20 mins) or oven (≈30–40 mins) until tender.

3. Cook & Combine

6. Boil pasta in salted water until just before al dente. Reserve some pasta water.
7. Add roasted vegetables and sauce to the pasta.
8. Add fresh tomatoes and chillies (optional).
9. Stir in reserved pasta water until creamy.
10. Season to taste and cook for 1 more minute.

Ingredients

Creamy Sauce

- 349g silken tofu
- 100g fresh spinach
- Handful fresh basil
- 2 cloves garlic

Roasted Vegetables

- 1 aubergine (eggplant)
- 1 courgette (zucchini)
- 200g mushrooms
- 1 red onion
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

Main

- 350g pasta of choice
- 250g cherry tomatoes (halved)
- 2 red chillies (optional)
- Salt & black pepper

ROAST CHICKEN WITH VEGETABLES



Instructions

1. Preheat oven to **200°C / 400°F**.
2. Place chopped vegetables, onion, and garlic in a roasting tray. Drizzle with oil and season.
3. Season the chicken all over with salt, pepper, and oil/butter.
4. Stuff the cavity with lemon and herbs.
5. Place the chicken on top of the vegetables.
6. Roast for **1 hour 15–30 minutes**, depending on size.
7. Baste halfway through with juices for extra flavour.
8. Add a splash of stock if needed to keep everything moist.
9. Remove chicken and let it rest for 10–15 minutes.
10. Serve with roasted vegetables.

Ingredients

- 1 whole chicken (~1.5kg)
- 1 onion (chopped)
- 2–3 carrots (chopped)
- 2–3 potatoes (chopped)
- 1 lemon (halved)
- 2–3 garlic cloves
- Fresh thyme or rosemary
- 2–3 tbsp olive oil or butter
- Salt & black pepper
- 300ml chicken stock (optional)

SALMON AND ROASTED VEG



Ingredients

- 1¼ lb salmon fillet (cut into portions)
- 2 medium sweet potatoes (cubed)
- 4 cups broccoli florets
- ½ cup fresh cilantro (chopped)
- 2 limes (zest + juice, plus wedges to serve)
- ¼ cup feta or cotija cheese (crumbled)
- 3 tbsp low-fat mayonnaise
- 4 tsp olive oil (divided)
- 1 tsp chilli powder
- ½ tsp salt (divided)
- ¼ tsp black pepper (divided)

Instructions

1. Preheat oven to **220°C / 425°F** and line a baking tray.
2. Mix mayonnaise and chilli powder in a small bowl and set aside.
3. Toss sweet potatoes with half the oil, salt, and pepper.
4. Spread on tray and roast for **15 minutes**.
5. Toss broccoli with remaining oil, salt, and pepper.
6. Remove tray, push potatoes aside, and add broccoli and salmon.
7. Spread mayo mixture over salmon.
8. Bake for **15 minutes**, until salmon flakes easily and veg is tender.
9. Finish with lime juice, zest, cilantro, and crumbled cheese.
10. Serve with lime wedges.

HEALTHY BIG MAC



Ingredients

- 1 lb extra lean ground beef (96/4)
- 2 tbsp dehydrated onion
- 1 tbsp Worcestershire sauce
- 4 sesame seed burger buns
- 6 slices American cheese
- ½ cup diced onion
- 2 tbsp white vinegar

Sauce:

- 4 tsp ketchup
- ¼ cup light mayonnaise
- 4 tsp sweet relish

Toppings:

- Shredded lettuce

Instructions

1. In a bowl, mix ground beef, dehydrated onion, and Worcestershire sauce.
2. Divide into 8 thin patties (about 2 oz each).
3. Cook patties in a pan for ~3 minutes per side until fully cooked.
4. Add cheese to patties and let melt.
5. Dice onion and soak in vinegar (for flavour).
6. Mix ketchup, mayo, and relish to make the sauce.
7. Slice buns into three layers (optional for Big Mac style).
8. Assemble:
 - Bottom bun → sauce → patty → onion → lettuce
 - Middle bun → repeat layers
 - Top bun
9. Serve immediately.

HEALTHY BEEF ROAST DINNER



Ingredients

- 285g potatoes (thickly sliced)
- 4 small carrots (halved lengthways)
- 2 red onions (quartered)
- 170g Brussels sprouts (trimmed)
- 2½ tsp rapeseed oil
- 2 tsp thyme leaves
- 2 tsp balsamic vinegar
- 1 garlic clove (grated)
- 2 pinches mustard powder
- 170g lean fillet steak
- ½ tsp vegetable bouillon powder
- Salt & black pepper

Instructions

1. Preheat oven to **180°C (fan 160°C)**.
Parboil potatoes for 5 minutes, then drain (reserve some water).
2. Toss potatoes, carrots, onions, and sprouts with oil, thyme, and seasoning.
3. Spread on a tray and roast for **30 minutes**.
4. Mix garlic, mustard, vinegar, oil, and pepper. Rub over the steak.
5. Turn vegetables and roast for another **15 minutes**.
6. Fry steak for **2–3 minutes per side** (to your liking), then rest.
7. Add leftover marinade + a little reserved water to the pan to make a quick gravy.

CHICKEN BURGER



Ingredients

- 1 lb (500g) ground chicken
- ½ cup Italian breadcrumbs
- 2 tbsp mayonnaise
- 2 tbsp minced onion
- 1 tbsp fresh parsley (chopped)
- 1 garlic clove (minced)
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp oil (for cooking)

To serve:

- Burger buns
- Lettuce, tomato, red onion

Instructions

1. In a bowl, combine ground chicken, breadcrumbs, mayo, onion, parsley, garlic, paprika, salt, and pepper.
2. Mix gently until just combined (don't overmix).
3. Form into 4 patties and press a small indent in the centre.
4. Heat oil in a pan over medium heat.
5. Cook patties for **5–6 minutes per side** until golden and fully cooked (internal temp 75°C / 165°F).
6. Assemble burgers with buns and toppings.
7. Serve immediately.

HIGH PROTEIN PIZZA



Instructions

1. Add flour, Greek yogurt, salt, and seasoning to a bowl and mix into a dough.
2. Transfer to a floured surface and knead lightly until smooth.
3. Roll out into a pizza base (around 10–12 inches).
4. Place on a baking tray or pizza stone and brush edges with olive oil.
5. Spread pizza sauce evenly over the base.
6. Add cheese and your chosen protein toppings.
7. Bake at **200°C / 400°F for 15–20 minutes** until golden and cooked through.

Ingredients

Dough

- 1 cup self-rising or high-protein flour
- 1 cup non-fat Greek yogurt
- ¼ tsp salt
- 1 tsp Italian seasoning
- 1 tsp olive oil

Toppings

- ½ cup pizza sauce
- ½ cup low-fat mozzarella cheese
- ½ cup lean protein (e.g. turkey pepperoni or chicken)

TOFU PALAK



Ingredients

Tofu

- 1 block firm tofu (pressed & cubed)
- 1–2 tbsp oil
- Salt

Spinach Curry

- 4–5 cups fresh spinach
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 1 tsp grated ginger
- 1–2 tomatoes (chopped)
- 1 tsp cumin seeds
- 1 tsp garam masala
- ½ tsp turmeric
- ½ tsp chilli powder (optional)
- Salt & pepper
- ½ cup plant cream or coconut milk

Instructions

1. Cook the Tofu

1. Heat oil in a pan over medium heat.
2. Add tofu cubes and cook until golden on all sides.
3. Remove and set aside.

2. Prepare the Spinach

4. Blanch spinach in boiling water for 1–2 minutes.
5. Drain and blend into a smooth puree.

3. Make the Curry

6. Heat oil in a pan and add cumin seeds.
7. Add onion, garlic, and ginger. Cook until soft.
8. Stir in tomatoes and spices. Cook until thick.
9. Add the blended spinach and simmer.

4. Combine & Serve

10. Add tofu back into the curry.
11. Stir in cream or coconut milk.
12. Simmer for 5 minutes and adjust seasoning.
13. Serve with rice or naan.

CHICKEN MEAL PREP



Ingredients

- 3–4 chicken breasts (or thighs)
- 1–2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried herbs (thyme or oregano)
- Salt & black pepper

Sides (example meal prep combo):

- Cooked rice, potatoes, or quinoa
- Broccoli, green beans, or mixed vegetables

Instructions

1. Preheat oven to **200°C / 400°F**.
2. Season chicken with olive oil, paprika, garlic powder, onion powder, herbs, salt, and pepper.
3. Place chicken on a lined baking tray.
4. Bake for **20–25 minutes** until cooked through.
5. Meanwhile, cook your carbs (rice, potatoes, or quinoa).
6. Steam or roast your vegetables.
7. Let chicken rest, then slice into portions.
8. Divide into containers with carbs and vegetables.
9. Store in fridge (3–4 days) or freeze for longer.

WANT MORE HELP THAN JUST RECIPES?

These recipes are here as inspiration, but real progress comes from a plan built around *you*.

Get a personalised nutrition plan tailored to your goals, lifestyle, and training so you can stop guessing and start seeing results.

Hit the link - [APPLY FOR COACHING](#)

RECIPE SOURCES

BREAKFAST:

- [Scrambled Tofu](#)
- [Smoked salmon and cottage cheese on toast](#)
- [Healthy sausage and egg mcmuffin](#)
- [Avacado on toast](#)
- [Over night protein oats](#)
- [Chicken sausage sandwich](#)
- [Vegan peanut butter sandwich](#)
- [Spinach omelette](#)
- [Healthy full english](#)
- [High protein porridge](#)

DINNER:

- [Vegan sausage casserole](#)
- [Lentil dahl](#)
- [Keema pau](#)
- [Palak TOFU](#)
- [Chilli con carne](#)
- [Lentil moussaka](#)
- [Salmon and egg fried rice](#)
- [Chicken prep](#)
- [Korean inspired chicken prep](#)
- [Vegan red thia curry with tofu](#)
- [Red thai curry with chicken](#)
- [Protein pizza](#)
- [Protein cottage pie](#)
- [Creamy roasted vegatable pasta](#)
- [Roast chicken dinner](#)
- [Sheet pan Salmon prep](#)
- [Healthy roast dinner](#)
- [Healthy big mac](#)
- [Chicken burger](#)
- [Air fryer fish and chips](#)