

MY

NUTRITIOUS

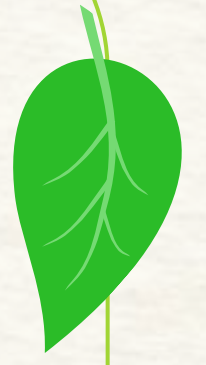
RECIPE



BOOK



# WHOLESOME Menu



Protein-packed blueberry pancake

Banana protein oats smoothie

Honey granola yoghurt bowl

Lemon herb chicken skillet

High protein paneer burjy

Mushroom leek omelette

Egg and spinach curry

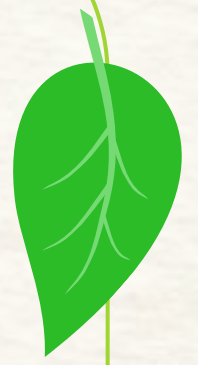
Overnight oats delight

Chickpea bruschetta

Green kale smoothie



# PROTEIN-PACKED BLUEBERRY PANCAKE



## NUTRITION INFO

Calories: 261 Kcal

protein: 36g

carbs: 18g

fat: 5g

Pescatarian

Shellfish-Free

Vegetarian

High Protein

## INGREDIENTS

Egg Whites

2 eggs

Vanilla Whey Powder

1 scoop

Banana

1/2 fruit

Blueberry

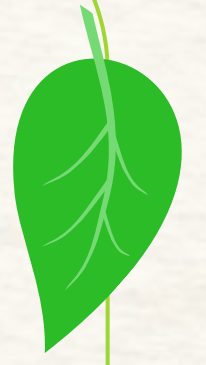
1/4 cup

Extra-virgin Olive Oi

1/2 teaspoon



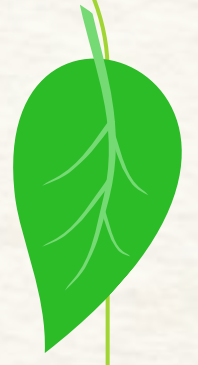
## INSTRUCTIONS



- Mash the banana with a fork.
- Whisk together the egg whites and protein powder.
- Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.



# BANANA PROTEIN OATS SMOOTHIE



## NUTRITION INFO

Calories: 268Kcal

Protein: 23g

Carbs: 35g

Fat: 4g

Lactose-free

Low fat

Vegetarian

High Protein

## INGREDIENTS

Rolled Oats: 4 tablespoons

Unsweetened Almond Milk: 2 cup

Banana: 1 fruit

Apple: 1 fruit

Ground Cardamom: 1 teaspoon

Vanilla Protein Powder: 2 scoops



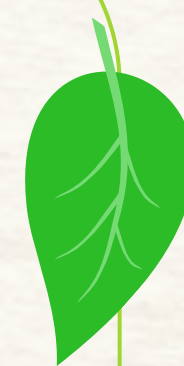


## INSTRUCTIONS

- Combine oats, almond milk, banana, apple, and ground cardamom.
- Enhance with vanilla protein powder.
- A creamy, protein-rich smoothie to kickstart your day with nourishing goodness.



# HONEY GRANOLA YOGHURT BOWL



## NUTRITION INFO

calories - 305 Kcal

protein - 38 g

carbs - 38 g

fat - 5 g

Pescatarian

Shellfish-Free

Vegetarian

## INGREDIENTS

Low Fat Greek Yoghurt -

200 grams

Granola -

40 grams

Honey -

15 grams

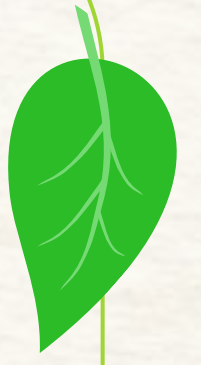
Cinnamon -

1 dash

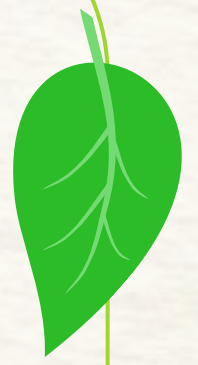


## INSTRUCTIONS

- In a bowl mix the yogurt with the honey, then add a dash of cinnamon. Mix the granola in and serve.
- Add berries or bananas for more sweetness and fiber.



# LEMON HERB CHICKEN SKILLET



## NUTRITION INFO

calories - 350 cal

protein - 52g

carbs - 0g

fat - 6g

Pescatarian

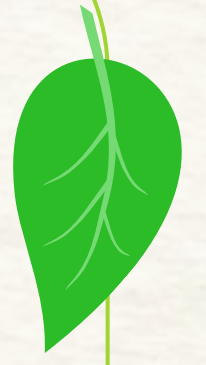
Shellfish-Free

Vegetarian

## INGREDIENTS

Chicken Breasts -	4 Pieces, boneless
Olive Oil -	2 tablespoons
Garlic -	4 cloves
Minced Thyme Leaves -	2 tablespoons
Fresh Oregano -	2 tablespoons,
Chopped Lemons -	2 (1 sliced, 1 for juice)





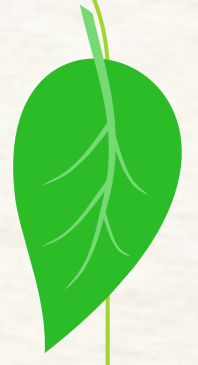
Salt -	1/2 teaspoon
Black Pepper -	1/4 teaspoon
Butter (for the sauce) -	1 tablespoon
Chicken Broth (for the sauce) -	1/2 cup

## INSTRUCTIONS

- Marinate the chicken in a mixture of lemon juice, dried oregano, garlic powder, salt, and pepper (avoid oil in the marinade to keep it low-fat).
- Grill, bake, or pan-fry in a non-stick skillet with a very light spritz of cooking spray or a tiny amount of olive oil.
- Low-Fat Sides: Serve with a large portion of steamed or roasted broccoli, asparagus, or a big spinach salad with a vinegar-based dressing.



# HIGH PROTEIN PANEER BURJY



## NUTRITION INFO

Calories - 350 cal

Protein - 52g

Carbs - 0g

Fat - 6g

Shellfish - Free  
vegetarian

High protein

## INGREDIENTS

Paneer cubes -

(200-250g)

Oil (low-fat) -

1 tablespoon

Cumin Seeds -

1/2 teaspoon

Chopped onion -

1/3 cup

Chopped tomato -

3/4 cup

Chopped Ginger -

1 inch piece

Chopped Green Chilli -

1 (adjust to taste)

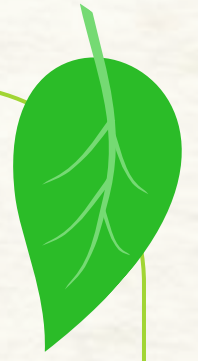


## Spices:

Turmeric Powder -	1/2 teaspoon
Red Chilli Powder -	1/2 teaspoon
Garam Masala -	1/4 teaspoon
Salt -	To taste
Chopped coriander Leaves -	2 tablespoons

## INSTRUCTIONS

- Crumble the paneer (Indian cottage cheese) with your hands or a grater. Set aside.
- Heat oil/ghee in a pan. Add cumin seeds and let them splutter.
- Add finely chopped onions, ginger, garlic, and green chilies. Sauté until the onions turn light golden brown and soft.



- Add chopped tomatoes and cook until they soften and the oil starts to release. Then, mix the spice powders and a little salt. Cook for about a minute.
- Add the crumbled paneer to the pan. Mix everything gently until the paneer is coated with the spiced mixture.
- Cook for just 2–3 minutes on low heat (do not overcook, or the paneer will become chewy). Stir in fresh coriander leaves and a squeeze of lemon juice.



# MUSHROOM LEEK OMELETT



## NUTRITION INFO

Calories - 284 Kcal

Protein - 18 g

Carbs - 8 g

Fat - 20 g

Dairy-Free

Low Carb

Gluten-Free

Nut-Free

High Protein

Vegetarian

## INGREDIENTS

Extra-virgin Olive Oil -

1 teaspoon

Leeks -

1/2 cup

Dried Thyme -

1 teaspoon

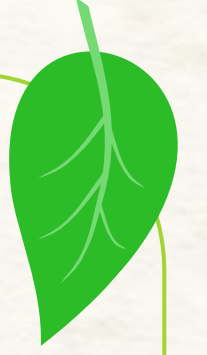
Mushrooms -

2 cups

Eggs -

6 medium





## INSTRUCTIONS

- Heat the oil in the frying pan and fry the leeks and thyme for about 3 minutes on medium heat.
- Meanwhile, slice the mushrooms and cook with the leeks for another 5 minutes. Season with salt and pepper.
- Beat the eggs and pour over the vegetables. Put the lid on the pan and leave for about 10 minutes until cooked.
- Cut the omelette into quarters and serve garnished with fresh herbs (optional).



# EGG AND SPINACH CURRY



## NUTRITION INFO

Calories - 260 Kcal

Protein - 13 g

Carbs - 7 g

Fat - 20 g

Gluten-Free

Low-Carb

Dairy-Free

Low Sugar

Vegetarian

## INGREDIENTS

Eggs -

6 large

Turmeric -

1 teaspoon

Chilli Powder -

1 teaspoon

Sunflower Oil -

4 tablespoons

Granulated Sugar -

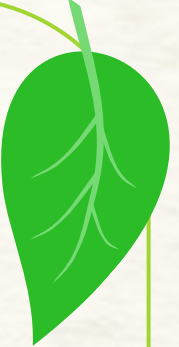
1/2 teaspoon

Bay Leaf -

1 medium

Onions -

1 medium

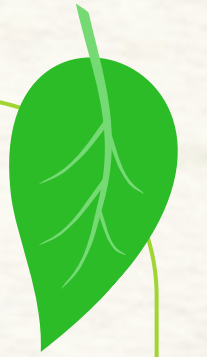


Ginger -	1 piece
Garlic -	2 clove
Tomato -	3 large
Spinach -	200 gram
Garam Masala -	1/2 teaspoon

## INSTRUCTION

- Boil the eggs in plenty of water for 10 minutes, shell and make 2 diagonal slits on them. Toss them in  $\frac{1}{2}$  the turmeric and  $\frac{1}{2}$  the chilli in a bowl. Warm the oil over a high heat in a frying pan, then sauté the eggs for a couple of minutes until the skin blisters. Remove with a slotted spoon into the bowl for later.
- Reduce the heat to medium. Tip the sugar into the oil remaining in the pan, add the bay leaf and cook the onion with a pinch of salt for 10 minutes, or until golden/ Add the ginger and garlic and sauté for another 2 minutes.





- Mix in the tomatoes with the remaining turmeric and chilli powder. Cook for 10 minutes, or until the spices integrate and the tomatoes lose their shape.
- Add about 125ml water and the spinach, then let it heat through and simmer. As it wilts, stir through the garam masala, add the eggs, stir through and add salt to taste. Serve sprinkled with fresh coriander. Steamed rice is great to serve with it."





# Overnight oats delight

## NUTRITION INFO

calories - 345 kcal

protein - 34 g

carbs - 32 g

fat - 9 g

High Protein

Pescatarian

Shellfish-Free

Vegetarian

## INGREDIENTS

Gluten-Free Oats -

1/2 cup

Vanilla Whey -

1 scoop

Natural Cocoa Powder -

1/2 tablespoon

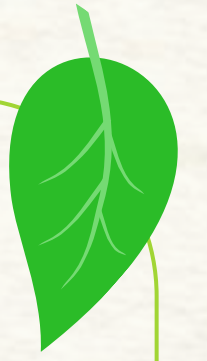
Chia Seeds -

1 teaspoon

Unsweetened Almond Milk -

1 cup

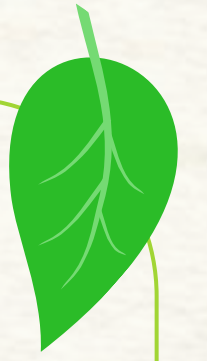




## INSTRUCTIONS

- Place all the ingredients in a jar/container and mix well.
- Leave to soak in the fridge for at least 8 hours, or overnight.
- To serve, sprinkle with dark chocolate or top with berries.





# CHICKPEA BRUSCHETTA

## NUTRITION INFO

calories - 367 kcal

protein - 14 g

carbs - 44 g

fat - 15 g

Free Vegan

Free Vegetarian

Pescatarian

Shellfish-Free

## INGREDIENTS

Wholegrain Bread -

2 slice

Chickpeas -

1 cup

Tahini -

1 tablespoon

Cherry Tomato -

1/2 cup

Parsley -

1 tablespoon

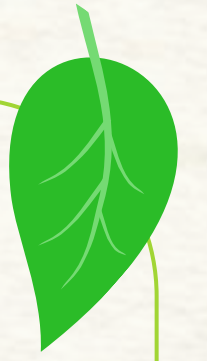
Extra-virgin Olive Oil -

1 tablespoon

Apple Cider Vinegar -

1 teaspoon



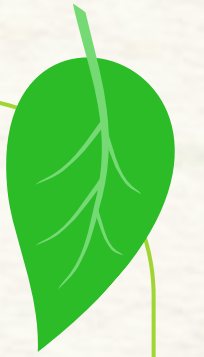


## INSTRUCTIONS

- Drain the chickpeas, chop the parsley & quarter the tomatoes.
- Toast the bread on both sides.
- Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and season with salt and pepper.
- Combine the tomatoes, parsley and extra-virgin olive oil in a small bowl. Spread the chickpea mixture over the toasted bread.
- Top with the tomatoes and serve immediately.



# GREEN KALE SMOOTHIE



## NUTRITION INFO

Calories - 224 kcal

Protein - 5 g

Carbs - 24 g

Fat - 12g

Gluten-Free

Vegan

Vegetarian

Low Calorie

## INGREDIENTS

Kale -

2 leaves

Avocado -

1/2 fruit

Apple -

1/2 fruit

Cucumbers -

1/2 medium

Celery -

1 stalk

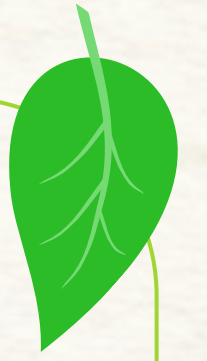
Lemon Juice -

1/2 fruit

Mint -

1 sprig





## INTRUCTIONS

- Wash all ingredients and place in a high-speed blender.
- Blend everything until smooth and serve with ice cubes.

