



RECIPE BOOK

McGUCKIN
FITNESS

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BREAKFAST

BASIC OMELETTE : Serves 1

150ML EGG WHITES
1-2 WHOLE EGG
2 TSP COTTAGE CHEESE
½ CUP FROZEN DICED ONION
HANDFUL FRESH SPINACH
PARSLEY

- Fry onion until browned & add spinach.
- In a bowl combine egg whites, egg, cottage cheese, salt & pepper.
- Pour mixture over spinach & onion in frying pan.
- Top with fresh parsley.

SCRAMBLED EGGS : Serves 1

150ML EGG WHITES
1-2 WHOLE EGGS
1 CUP MIXED VEGETABLES
1 TSP MIXED HERBS
SALT & PEPPER

- Whisk together egg whites, eggs & herbs in a large mixing bowl.
- Heat a non-stick frying pan to a medium temperature & add oil.
- Add mixed vegetables & sauté off for a couple of minutes.
- Once vegetables have softened, pour in egg mixture & continue to stir mixture until egg starts to set.
- Season with salt & pepper & serve immediately.

ZUCCHINI OATS : Serves 1

30-50G OATS
1 TSP CINNAMON, NUTMEG or OTHER FLAVOURS OF CHOICE
GRATED ZUCCHINI
120-200ML WATER

- Cook in microwave for 2 minutes. Checking & stirring every 30 seconds to ensure it doesn't spill over your bowl.

BREAKFAST

NAKED QUICHE : Serves 8

1000ML EGG WHITES
6 WHOLE EGGS
HAM / CHICKEN
1 CUP MUSHROOMS (SLICED)
1 TOMATO (SLICED)
1 ONION (DICED)
1 ZUCCHINI (GRATED)
1 SHALLOT (SLICED)
FRESH PARSLEY
SALT & PEPPER

- Preheat oven to 170°C.
- Line baking dish with baking paper.
- Combine egg whites & eggs into large mixing bowl.
- Place all vegetables into egg mix & leave to the side.
- Cook ham / chicken in frying pan with onion until browned. Once cooked, place into egg mix.
- Add in fresh parsley & salt & pepper to taste.
- Pour mixture into baking dish & place in oven for approximately 25-30 minutes.

SAVOURY MINCE : Serves 4

500G LEAN BEEF MINCE
1 CAN TINNED TOMATO (CRUSHED)
½ ONION (DICED)
½ CUP CARROTS (DICED)
½ CUP MUSHROOMS (SLICED)
½ CUP CELERY (DICED)
1 GARLIC CLOVE (CRUSHED)
1 TBSP TOMATO PASTE

- Heat a non-stick frying pan to a medium temperature.
- Add oil, garlic, onion & cook until onion softens.
- Add mince & cook until browned.
- Add all vegetables to mince in frying pan.
- Stir through to combine a good mixture, then add tomato paste & cook for 2–4 minutes.
- Pour in crushed tomatoes & increase heat to bring mixture to the boil for 2 minutes.
- Reduce heat to medium-low & simmer uncovered for 20–30 minutes or until sauce has thickened.

BREAKFAST

SPICED UP EGGS : Serves 2

1 TSP OLIVE OIL
1 GARLIC CLOVE (MINCED)
1 TSP PAPRIKA
1 TSP CUMIN
½ RED CHILLI (DESEEDED & FINELY CHOPPED)
½ RED CAPSICUM (DICED)
1 CUP SPINACH
1 CAN DICED TOMATOES
2-4 WHOLE EGGS
300ML EGG WHITE
CORIANDER (CHOPPED)

- Heat the oil in frypan to a medium heat.
- Add garlic, paprika, cumin, chilli, capsicum & sauté for 5 minutes.
- Add spinach & quickly wilt.
- Stir in tomatoes & simmer until thick.
- Serve with 2-4 Eggs & 300ml Egg Whites.

MAINS**BAKED CHICKEN : Serves 4**

500G CHICKEN BREAST
½ ONION (DICED)
1 GARLIC CLOVE (CRUSHED)
1 TSP PAPRIKA
1 TINNED TOMATO (CRUSHED)
½ CUP PITTED KALAMATA OLIVES
½ CUP OF FRESH PARSLEY

- Preheat oven to 200°C.
- Lightly oil a non-stick frying pan & brown chicken breast. Once cooked, transfer to an ovenproof dish.
- Add onion to frying pan & cook until soft.
- Add garlic, paprika & tinned tomatoes to onion. Leave to simmer for 1–2 minutes.
- Pour tomato mix over chicken breast & top with olives.
- Place in oven & cook for approximately 10–12 minutes or until chicken is golden & cooked.
- Once cooked, remove from oven & top with fresh parsley & crumbled feta.

BBQ CALAMARI SALAD : Serves 1-2

1 LEMON
1 LIME
1 RED CHILLI
½ GARLIC CLOVE (CRUSHED)
¼ CUCUMBER (SLICED)
¼ RED ONION (DICED)
200G SQUID
¼ CUP CORIANDER LEAVES

- Combine rind & juice from half a lemon & lime, chilli, garlic, oil, salt & pepper & set aside.
- Toss cucumber, coriander, & onion & place on a serving plate.
- Cook squid on grill for 2–5 minutes (careful not to overcook).
- Add squid to salad & top with dressing.

MAINS**TASTY TUNA : Serves 2-3**

1 ONION (DICED)
1 GARLIC CLOVE (CRUSHED)
½ CUP OF MUSHROOMS (SLICED)
CHILLI (TO TASTE)
HERBS (TO TASTE)
425G TUNA IN SPRINGWATER
½ CUP CELERY (DICED)

- Heat frying pan to a medium temperature & add small amount of oil.
- Place onion, garlic & mushrooms into pan & cook until onion is soft.
- Add in chilli & herbs to taste.
- Place tuna & celery into mix & continue cooking until all ingredients have been well combined.

THAI BEEF SALAD : Serves 4**SALAD**

500G LEAN BEEF STRIPS
2 CUPS FRESH SPINACH LEAVES
1 CUCUMBER (DICED)
½ CUP CHERRY TOMATOES
¼ RED ONION (DICED)

DRESSING

1 TSP CHILLI FLAKES
1 TSP FISH SAUCE
1 TSP GINGER (CRUSHED)
1 GARLIC CLOVE (CRUSHED)
1 LIME (JUICE)

- Combine all dressing ingredients together into a bowl & set aside.
- Heat frying pan to high & cook beef strips to your liking.
- Mix together spinach, cucumber, cherry tomatoes & red onion in a salad bowl. Pour over dressing.
- Serve salad on plate & top with beef strips.

MAINS**CHICKEN MEATBALLS : Serves 8**

1KG CHICKEN MINCE
1 CUP ZUCCHINI (GRATED)
1 CUP CARROT (GRATED)
1 ONION (DICED)
1 WHOLE EGG
PARSLEY (TO TASTE)
ROSEMARY (TO TASTE)
SALT & PEPPER
2 TINNED TOMATOES (CRUSHED)

- Combine mince, zucchini, carrot, onion, egg, parsley, salt & pepper.
- Roll mixture into meatballs & place into fridge for 10-15 minutes to set.
- Preheat frying pan & add oil to a medium heat. (Having the temperature too high will cause the meatballs to burn on the outside & not cook through).
- Place in frying pan and leave for approximately 5-8 minutes. Once the base of the meatball is cooked, use a pair of tongs & turn over.
- Once meatball has cooked through, turn down heat on frying pan to a simmer & add in both tins of tomatoes. (To add extra flavour to sauce, add in a little more parsley, rosemary sprigs & / or chilli).
- Leave to simmer in covered pan for 5-10 minutes.

PASTRYLESS PIE : Serves 8

1KG CHICKEN MINCE
500G SWEET POTATO
2 PACKS OF CHICKEN & SWEET CORN CUP-A-SOUP
1 CUP PEAS
1 CUP CARROTS (DICED)
1 LITRE CHICKEN STOCK

- Preheat oven to 180°C.
- Place chicken mince in frying pan & cook until browned.
- Steam sweet potato until soft then mash. Season with salt & pepper & set aside.
- Sprinkle 2 packets of cup a soup mixes over chicken, add vegetables then pour in chicken stock.
- Reduce heat & simmer until stock has been absorbed into the mix.
- Place chicken mix into an oven proof dish & spread sweet potato mash over the top.
- Put in oven at 180°C for around 15 minutes or until sweet potato has browned & formed a crust.

MAINS**CHICKEN + VEGETABLE KEBABS : Serves 4**

1 TBSP EXTRA VIRGIN OLIVE OIL
3 TBSP LEMON JUICE
SALT & PEPPER
500G CHICKEN BREAST (DICED)
2 ZUCCHINIS (THICK CIRCLES)
2 CARROTS (THICK CIRCLES)
1 CAPSICUM (DESEEDED & CUT INTO SQUARES)

- Preheat oven to 180°C or heat up BBQ Plate.
- Mix oil, lemon juice, salt & pepper in bowl & leave to side.
- Thread chicken & vegetables onto skewers.
- Place kebabs into oven or on BBQ Plate & coat with oil mix.
- Bake in oven (30-40 minutes) or on BBQ plate (5-6 minutes) or until chicken is cooked.

LEAN BEEF MEATBALLS : Serves 8

1KG LEAN BEEF MINCE
1 CUP ZUCCHINI (GRATED)
1 CUP CARROT (GRATED)
1 ONION (DICED)
2 WHOLE EGGS
PARSLEY (TO TASTE)
DRIED ITALIAN HERBS (TO TASTE)
SALT & PEPPER
2 TINNED TOMATOES (CRUSHED)

- Combine mince, zucchini, carrot, onion, egg, parsley, salt & pepper.
- Preheat frying pan & add oil to a medium heat. (Having the temperature too high will cause the meatballs to burn on the outside & not cook through).
- Roll mixture into meatballs & place into fridge for 10-15 minutes to set.
- Place in frying pan & leave for approximately 5-8 minutes. Once the base of the meatball is cooked, use a pair of tongs & turn over.
- Once meatball has cooked through, turn down heat on frying pan to a simmer & add in both tins of tomatoes. (To add extra flavour to sauce, add in a little more parsley, & dried Italian herbs).
- Leave to simmer in covered pan for 5-10 minutes.

MAINS**CHICKEN + VEGETABLE SOUP : Serves 8**

2 LITRES CHICKEN STOCK
½ ONION (DICED)
1 GARLIC CLOVE (SLICED)
4 BAY LEAVES
1KG CHICKEN BREAST (SLICED)
½ CUP CARROT (DICED)
½ CUP CELERY (DICED)
2 CUPS BROCCOLI (SMALL PIECES)
1 CUP MUSHROOM (SLICED)
PARSLEY (TO TASTE)
CHILLI FLAKES (TO TASTE)

- Combine chicken stock, onion, garlic & bay leaves to cook pot & bring to the boil. Once boiled, remove bay leaves from stock.
- Reduce heat & add sliced chicken, vegetables & parsley to the stock. Cover & cook for 40 minutes or until chicken is cooked & vegetables are soft.
- Just before serving, add a more parsley & chilli flakes to taste.

FRITTATA : Serves 6

1000ML EGG WHITES
6 WHOLE EGGS
MIXED HERBS (TO TASTE)
DRIED CHILLI (TO TASTE)
SALT & PEPPER

- Preheat oven to 170°C.
- Beat egg white & whole eggs together.
- Add herbs & spices to your liking then pour into pre-greased cooking dish (20cm x 20cm).
- Place in oven & leave to cook for roughly 15-20 minutes.

MAINS**BAKED FISH + PEA PUREE : Serves 4****FISH**

½ LEMON (JUICE)
½ TBSP OLIVE OIL
1 TSP LEMON RIND (FINELY GRATED / SLICED)
4 (ABOUT 600G) WHITE FISH FILLETS (SNAPPER IS NICE)
2 SHALLOTS (ENDS TRIMMED, COARSELY CHOPPED)

PEA PUREE

½ ONION (DICED)
1 GARLIC CLOVE (CRUSHED)
500G PACKET OF FROZEN BABY PEAS
½ - 1 CUP CHICKEN STOCK
½ TBSP OLIVE OIL

- Preheat oven to 220°C.
- In a bowl, mix the lemon rind, lemon juice & olive oil & coat the fish.
- Top with shallots & place into baking bags (If you don't have these, use foil or baking paper to make leak proof bags - you don't want the steam to escape).
- Place on a large baking tray & bake for roughly 10 minutes.
- Meanwhile, make the pea puree.
- Firstly, brown the onion & garlic using the olive oil in a medium saucepan.
- Add the peas & stock & bring to the boil.
- Cook for 5 minutes reducing the stock.
- Drain & reserve excess stock.
- Return the peas & onions to the pan & use a stick blender to process, adding a little of the reserved stock if necessary.
- You want to achieve a coarse puree – so lumpy & smooth. Season with salt & pepper.
- Divide the pea puree among serving plates. Top with the fish & drizzle over the lemon juices & rind.

SLOW COOKED PULLED PORK**PORK LOIN**

1 PACKET TACO SEASONING

- Remove rind (fat layer) from cut of Pork.
- Line slow cooker with baking paper (this will make the clean up easier).
- Place Pork in slow cooker & cook on high for 4-6 hours or low for 6-8 hours*.
- Using a fork, shred pork.
- Add taco seasoning & stir well to combine.

*Cooking time will vary depending on size of pork & slow cooker.

MAINS**SLOW COOKED BEEF CASSEROLE : Serves 12**

1.5KG CHUCK STEAK
2 WHITE ONIONS (CUT INTO SMALL WEDGES)
2 LARGE CARROTS (CUT INTO CHUNKS)
2 TINNED CRUSHED TOMATO
1 CUP BEEF STOCK
SALT
PEPPER
FRESH PARSLEY

- Place all of the above ingredients (except parsley) into slow cooker & stir until well combined.
- Cook in slow cooker on LOW temperature until meat becomes tender (roughly 4-6 hours dependent on slow cooker).
- Season with fresh parsley upon serving.

SLOW COOKED CHICKEN GREEN CURRY : Serves 16

2KG CHICKEN BREAST
4 TBSP GREEN CURRY PASTE (OR TO TASTE)
1 TIN COCONUT MILK
EGGPLANT (DICED)
BABY CORN (SLICED)
GREEN BEANS (SLICED)

- Turn slow cooker on to low heat approx. 15 minutes before following the below.
- Combine green curry paste & coconut milk into slow cooker & stir until well combined.
- Place in whole chicken breast (there is no need to cut & this will shred once cooked), eggplant & coat with the curry paste & coconut milk.
- Cook for approx. 3-3.5 hours on low or until chicken starts to pull apart with a fork.
- Add in baby corn & green beans in to slow cooker until soft.
- *Don't be fooled by thinking you need more coconut milk. Water will naturally cook out of the chicken & add to the sauce.*

SIDES

CAULIFLOWER RICE

CAULIFLOWER
2 GARLIC CLOVES (CRUSHED)
PARSLEY (TO TASTE)
SALT & PEPPER

- Slice cauliflower into small pieces & place in food processor with parsley & pulse until all has been broken down. (You can use a grater if you don't have a food processor).
- Heat frying pan & sauté garlic with olive oil (make sure you don't burn the garlic) then add in raw cauliflower & parsley mix & cook until soft.

BROCCOLI RICE

BROCCOLI
2 GARLIC CLOVES (CRUSHED)
PARSLEY (TO TASTE)
SALT & PEPPER

- Slice broccoli into small pieces & place in food processor with parsley & pulse until all has been broken down. (You can use a grater if you don't have a food processor).
- Heat frying pan & sauté garlic with olive oil (make sure you don't burn the garlic) then add in raw broccoli & parsley mix & cook until soft.

STEAMED GREENS

100G BROCCOLINI
100G GREEN BEANS

- Fill saucepan with water & place on stove to bring water to the boil.
- Place steamer on top of water & add broccolini & beans & leave to cook for 1–2 minutes.
- Remove from water & rinse quickly under cold water

SIDES

CRUNCHY COLESLAW

3 CARROTS (GRATED)
¼ RED CABBAGE (SHREDDDED)
¼ WHITE CABBAGE (SHREDDDED)
2 CELERY STALKS (DICED)
1 SHALLOT (SLICED)
1 LIME (JUICE)

- Combine all ingredients in bowl & squeeze over lime juice. Simple.

ROAST VEGGIE STACK

1 SWEET POTATO (SLICED)
2 SPUD LITE POTATO (SLICED)
1 RED CAPSICUM (QUARTERED)
2 ZUCCHINIS (SLICED LENGTHWISE)
1 RED ONION (WEDGES)
2 CUPS BABY SPINACH
BALSAMIC VINEGAR

- Preheat oven to 220°C & lightly grease baking tray.
- Place veggies onto baking tray & cook for 30 minutes or until browned.
- Place spinach on serving plate, top with cooked vegetables & drizzle with balsamic vinegar.

ROASTED VEGETABLES

1 WHOLE EGGPLANT (DICED)
4 ZUCCHINIS (DICED)
1 RED ONION (QUARTERED)
1 PUNNET OF CHERRY TOMATOES
2 TBSP ITALIAN HERBS
SALT & PEPPER

- Preheat oven to 180°C.
- Slice eggplant, zucchini & onion into medium sized chunks (keep cherry tomatoes whole as they will hold their flavour better).
- Combine all vegetables into baking dish & season with salt, pepper & Italian herbs, then place dish into oven.
- Stir vegetables frequently to ensure they don't burn.
- Cook for approximately 30 minutes or until all vegetables are cooked through.

SIDES

SWEET POTATO / SPUD LITE / PUMPKIN WEDGES

1KG SWEET POTATO / SPUD LITE / PUMPKIN
OLIVE OIL

- Preheat oven to 180°C.
- Line tray with baking paper.
- Slice sweet potato / pumpkin into wedges & place onto tray & season with your choice of spice.
- Lightly drizzle sweet potato / pumpkin with oil to help the cooking process.
- Place tray in oven & cook for approximately 30–45minutes.
- Ensure you turn your wedges over halfway through cooking to ensure the sweet potato / spud lite / pumpkin is crunchy & cooked all the way through.

ROAST CAPSICUM SALAD

2 RED CAPSICUM
1 GREEN CAPSICUM
250G GRAPE TOMATOES (HALVED)
2 CUPS BABY SPINACH
PARSLEY (TO TASTE)
BASIL (TO TASTE)
1 TSP APPLE CIDER VINEGAR

- Preheat oven to 180°C.
- Place whole capsicums on a baking tray & bake for 30 minutes or until charred & softened.
- Remove from oven, place into a container with air vent & set aside to cool.
- Once cooled, peel capsicum & remove seeds.
- Cut capsicum into strips & combine with tomato, spinach, parsley, basil & vinegar.

SAUTÉED ZUCCHINI + SQUASH

3 ZUCCHINIS (SLICED)
6 SQUASH (SLICED)
1 GARLIC CLOVE (SLICED)
PARSLEY (TO TASTE)
1 TBSP OLIVE OIL
SALT & PEPPER

- Heat oil in large frying pan on high heat.
- Place zucchini & squash into pan & cook for 5 minutes or until tender.
- Add garlic & parsley & cook until fragrant.
- Season with salt & pepper.

SIDES**ROASTED CARROT + PUMPKIN SOUP**

1KG PUMPKIN (PEELED & CHOPPED)
4 CARROTS (PEELED & CHOPPED)
1 TBSP OLIVE OIL
ROSEMARY (TO TASTE)
1 LITRE VEGETABLE STOCK
2 LARGE RED CHILLIES (DESEEDED & FINELY SLICED)
PARSLEY (TO TASTE)
SALT & PEPPER

- Preheat oven to 220°C.
- Place pumpkin & carrot on baking tray & coat with olive oil & rosemary.
- Bake in oven for 30 minutes or until tender.
- Meanwhile, place stock & chilli in saucepan & heat through.
- Place some of the vegetables, stock, parsley, salt & pepper into food processor & blend until smooth.
- Continue with this process until all vegetables & stock have been blended.

KALE + CABBAGE SALAD

½ BUNCH KALE (SHREDDED FROM STEM)
½ RED CABBAGE (SHREDDED)
1 CUP BROCCOLI (CHOPPED IN SMALL PIECES)
1 TIN 4 BEAN MIX (DRAINED & RINSED)

- Combine all ingredients into bowl & toss.
- Add yoghurt dressing (refer dips/dressings in recipe book) & serve.

SNACKS

VEGETABLE STICKS

CELERY
CARROT
CAPSICUM

- Slice vegetables into sticks & combine with your choice of dip.

BERRY YOGHURT

1 TSP CHIA SEEDS
½ CUP BERRIES
150G HIGH PROTEIN YOGHURT

- Simply mix all ingredients together.

EGG + LETTUCE ROLLS

COS LETTUCE LEAVES
2 WHOLE EGGS (BOILED)
1 TSP CURRY POWDER

- Mash eggs with curry powder.
- Spoon egg mixture onto Cos leaf & roll.

VITA WEAT PLUS

4 VITA WEAT BISCUITS
½ TOMATO (SLICED)
100G COTTAGE CHEESE
50G SMOKED SALMON

- Slice tomato & place on vita weat with cottage cheese & salmon.
-

SNACKS

KALE CHIPS

1 BUNCH OF KALE
1 TBSP OLIVE OIL
SALT & PEPPER

- Preheat oven to 175°C.
- Cut or tear Kale from stem into bite size pieces.
- Rinse with water & dry with paper towel.
- Place Kale in bowl along with oil, salt & pepper & mix until kale is covered.
- Place on lined baking tray & cook in oven for roughly 10 - 15 mins (cooking time is dependent on oven so keep an eye on them as they can burn very quickly).

SALMON WRAPS

75G SMOKED SALMON
½ CUCUMBER (SLICED FINELY)
½ RED CAPSICUM (SLICED FINELY)

- Wrap the smoked salmon around pieces of cucumber & capsicum.

CHIA PUDDING

15G CHIA SEEDS
15-20G PROTEIN POWDER
40G BLUEBERRIES
130ML UNSWEETENED ALMOND MILK
CINNAMON (TO TASTE)

- Combine all ingredients into an airtight container & shake well.
- Set in fridge overnight & enjoy.

DIPS / DRESSINGS

HOMMUS

400G CAN CHICKPEAS (RINSED & DRAINED)
1 LEMON (JUICE)
2 TBSP TAHINI
2 TBSP WATER
1 TSP GROUND CUMIN
1 GARLIC CLOVE (CRUSHED)
SALT & PEPPER

- Rinse chickpeas with water & drain.
- Place chickpeas, lemon juice, tahini, water, cumin & garlic into a food processor &
- Process until a smooth paste forms.
- Season with salt & pepper.

CITRUS SURPRISE

1 LEMON (RIND & JUICE)
1 LIME (RIND & JUICE)
1 RED CHILLI (CHOPPED)
1 GARLIC CLOVE (CRUSHED)
1 TSP OLIVE OIL
¼ CUP CORIANDER LEAVES

- Grate rind of half a lime & lemon & combine with juice, chilli, garlic, oil, coriander, salt & pepper.

YOGHURT

2 TBSP HIGH PROTEIN YOGHURT
1/2 LIME (JUICE)
SALT & PEPPER

- Combine all ingredients & stir.

DIPS / DRESSINGS

BABA GHANOUSH

1 LARGE EGGPLANT
1 GARLIC CLOVE (CRUSHED)
½ TSP SALT
½ CUP TAHINI PASTE
½ TSP CUMIN
1 TSP LEMON JUICE
PARSLEY (TO TASTE)

- Preheat oven to 180°C.
- Place whole eggplant onto baking tray & bake for 1 hour or until skin has wrinkled & eggplant is soft to touch.
- Remove from oven & cool.
- Remove skin from eggplant & mash flesh to a pulp.
- Add eggplant mash, garlic, salt, tahini, cumin, lemon juice & parsley into blender & blend to a smooth puree.

SHAKES

SHAKE MATRIX

1. PICK YOUR LIQUID (LESS LIQUID = THICK SHAKE : MORE LIQUID = THIN SHAKE)

WATER

UNSWEETENED ALMOND MILK

2. CHOOSE YOUR PROTEIN POWDER

3. PICK A FRUIT (CARBOHYDRATES)

** YOU CAN USE FRESH OR FROZEN*

BANANA

BERRIES

KIWI FRUIT

MANGO

PINEAPPLE

4. PICK A VEGETABLE

CUCUMBER

SPINACH

ZUCCHINI

5. EXTRAS

CHIA SEEDS

CINNAMON

MINT

***TIP:** Design your shakes around the nutrition guidelines in the manual.*

SHAKES

BERRY OAT SHAKE

WATER / UNSWEETENED ALMOND MILK
1 SCOOP PROTEIN POWDER
100-150G CUP FROZEN BERRIES
CINNAMON (TO TASTE)

- Add desired amount of water into blender, followed by remaining ingredients & blend till smooth.
- The more water, the thinner the consistency. The less water, the thicker the consistency.

BANANARAMA

WATER / UNSWEETENED ALMOND MILK
1 SCOOP PROTEIN POWDER
1 BANANA (FROZEN OR FRESH)

- Add desired amount of water into blender, followed by remaining ingredients & blend till smooth.
- The more water, the thinner the consistency. The less water, the thicker the consistency.

THICKSHAKE

100-200ML WATER / UNSWEETENED ALMOND MILK
1 SCOOP WHEY PROTEIN POWDER
50G BANANA (FROZEN)
100-150G BERRIES (FROZEN)
50G ZUCCHINI (FROZEN)

- Add desired amount of water into blender, followed by remaining ingredients & blend till smooth.
- The more water, the thinner the consistency. The less water, the thicker the consistency.