

# THE BALANCE CLUB

YOUR NUTRITION GUIDE



[thebalanceclubbylk.com](http://thebalanceclubbylk.com)

# MEAL PLAN

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## INTRODUCTION

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Eating healthy can be a challenge, especially if you are super busy and don't know where to start. That's why we've designed this meal plan to help you eat intuitively while providing your body with the right nutrients. Our plan focuses on proteins and vegetables, so your body gets what it needs to function optimally. We use the 80-20 rule, with 80% of the plan dedicated to healthy and balanced options and the remaining 20% to indulge in food that is 'in theory' not always considered 'healthy'.

This meal plan is designed to help you feel your best and healthiest self and is perfect for people with busy lifestyles. Each dish is carefully crafted to provide a variety of nutrients and tastes amazing. We've also included healthy recipes for snacks and treats so you can enjoy delicious bites anytime without worrying about the nutritional value.

Although we prioritize healthy eating, we never impose any restrictions on the food we consume. Our focus is on offering healthy, nutritious meals that will help you feel your best without ever feeling deprived. Whether you're a busy professional, a parent with little time, or just someone who loves eating healthy and tasty food, this meal plan is the perfect solution for you.

The meal plan is designed for one person. Keep in mind that the recipes can be adjusted to fit your individual needs and preferences. If you need to feed more than one person, you can simply increase the quantities of the ingredients accordingly. Similarly, if you prefer more or less of a certain ingredient, you can adjust the recipe to suit your taste. Don't be afraid to experiment and make the recipes your own!

# SHOPPING LIST

## GROCERIES

- 3 apples
- 1 mango
- 50g frozen mango
- 75g pineapple (or mango)
- strawberries (250g)
- 1 peach
- blueberries (500g)
- 1 pomegranate
- 8 bananas
- 100g frozen banana
- 1 orange
- 250g raspberries
- 1 pear
- 4 avocados
- 3 lemons, 2 limes
- 1 ginger
- 35g rocket salad
- 3 zucchinis
- 1 red onion
- 1 bush of spring onions
- 3 cucumbers
- 1 broccoli
- 200g peas
- 2 leeks
- 6 onions
- 1 red onion

- 1 bush of spring onions
- 2 tomatoes
- 250g cherry tomatoes
- 400g carrots
- 85g corn salad
- 410g mushrooms
- 150g red cabbage
- 1 cauliflower
- 200g lettuce of your choice
- 1 parsnip
- 1 chicory
- 1 corn
- 1 chili pepper
- 1 butternut
- 1 pack of spinach
- 100g green asparagus
- 1 bell pepper
- 1 shallot
- 50g flat beans
- 100g Chinese cabbage
- 300g frozen edamame
- celery
- 500g sweet potatoes
- 6 potatoes
- 1 garlic
- fresh mint

# SHOPPING LIST

## GROCERIES

- fresh basil
- fresh dille
- oregano
- curry powder
- paprika powder
- cumin powder
- turmeric powder
- cinnamon
- cardamom
- thyme
- chili powder
- onion powder
- rosemary
- ras el hanout
- bouillon cubes (vegetable)
- bouillon cubes (chicken)
- sesam seeds
- pumpkin seeds
- flax seeds
- chia seeds
- pine nuts
- pistachio nuts
- nut mix
- peanuts
- peanut butter (350g)
- honey

- 600g oats
- 1 pack rice cakes
- 1 pack of whole wheat wraps
- 1 pack of rice paper
- 1 whole wheat bread
- 150-200g noodles
- 500g pasta of your choice
- 75g orzo
- 1 pack of mini tortillas
- 12 eggs
- 1 roll of puff pastry
- 250g ricotta cheese
- 1 pack shredded cheese
- 2L (plant-based) milk
- 650ml coconut milk
- 1 pot of greek yoghurt
- 1 pot of yoghurt
- 150g feta
- 1 pack of halloumi (225g)
- cream cheese with herbs (250g)
- parmesan cheese
- 2 burrata
- 150g mozzarella
- 450ml Alpro (plant-based) cooking cream
- 1 pot vanilla yoghurt (150g)
- light mayonaise

# SHOPPING LIST

## GROCERIES

- cacao powder
- baking powder
- 3 bars of dark chocolate
- 1 jar pesto
- 50g hummus
- mustard
- light mayonaise
- sriracha (200ml)
- 1 jar harissa (230g)
- 70g tomato paste
- Thai red curry paste
- tahini
- fish sauce
- soy sauce
- sesam oil
- balsamic
- 250g minced meat
- 2 salmon filet
- 80g smoked salmon
- 50g chorizo
- 20g parmaham
- 125g bacon bits
- 3 chicken filets
- 100g chicken shawarma
- 150g chicken minced meat

# DAY

# 1

OVERNIGHT BANANA OATS

OVEN BAKED SALMON

GREEN HALLOUMI SALAD

BREAKFAST

OVERNIGHT OATS

- 35g oats
- 200ml (plant-based) milk
- 1/2 banana
- 1 tbsp Greek yoghurt
- 1 tbsp chia seeds

1. Mix all the ingredients together in a jar or food container with a lid the night before you want to eat your breakfast.
2. Store in the refrigerator and eat your overnight oats the next morning. Serve with toppings you enjoy like a nut butter, roasted seeds, anything!

LUNCH

OVEN BAKED SALMON

- 1 salmon fillet
- 1/2 leek
- 1/2 onion
- Coconut milk
- 1 bouillon cube
- 1 tsp curry powder
- 1/2 tsp cumin powder
- pepper and salt
- olive oil

SERVE WITH

- rice or (mashed) potatoes

1. Preheat the oven to 180°C and grease a large baking pan.
2. Arrange the salmon fillets on the baking sheet and season generously with salt and pepper.
3. Meanwhile, cut the leek and onion into half rings and fry them until soft. Season with some salt and pepper.
4. Bake the salmon in the oven for 12-15 minutes.
5. Add the coconut milk to the leek and onion. Season with the bouillon, curry powder and cumin powder.
6. Serve the salmon with the sauce on top and some rice or potatoes.

DINNER

GREEN HALLOUMI SALAD

- 35g rucola
- 35g corn salad
- 100g halloumi
- 1/2 pear
- 1/2 red onion
- 20g walnuts
- 1/2 avocado

DRESSING

- 1/2 tsp mustard
- 1/2 tsp olive oil
- 1/2 tsp honey

1. Cut the pear, red onion and avocado in slices.
2. Slice and sear the halloumi until golden on both sides, then set aside.
3. Mix the ingredients for the sauce together in a bowl, then set aside.
4. Mix all the ingredients together in a bowl and add the halloumi.
5. Top off with walnuts and the selfmade dressing.

# OVERNIGHT BANANA OATS

Overnight oats are the perfect option for a balanced and filling meal. They contain fiber and provide a satiating feeling after eating. Not only are overnight oats delicious for breakfast, it is also a great grab-and-go breakfast for busy moms or after a workout!

## INGREDIENTS

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- 35g oats
- 200ml (plant-based) milk
- 1/2 banana
- 1 tbsp greek yoghurt
- 1 tbsp chia seeds

## METHOD

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1. Mix all the ingredients together in a jar or food container with a lid the night before you want to eat your breakfast.
2. Store in the refrigerator and eat your overnight oats the next morning. Add toppings of choice, like nut-butters, roasted seeds, some berries, anything!



# OVEN BAKED SALMON

Some fish should not be missing from a healthy eating pattern. Especially a fish such as salmon has many useful nutrients. In fact, this fish contains fish fatty acids that reduce the risk of cardiovascular disease.

## INGREDIENTS

---

- 1 salmon fillet
- 1/2 leek
- 1/2 onion
- Coconut milk
- 1 bouillon cube
- 1 tsp curry powder
- 1/2 tsp cumin powder
- pepper and salt
- olive oil

### SERVE WITH

- rice or (mashed) potatoes

## METHOD

---

1. Preheat the oven to 180°C and grease a large baking pan.
2. Arrange the salmon fillets on the baking sheet and season generously with salt and pepper.
3. Meanwhile, cut the leek and onion into half rings and fry them until soft. Season with some salt and pepper.
4. Bake the salmon in the oven for 12-15 minutes.
5. Add the coconut milk to the leek and onion. Season with the bouillon, curry powder and cumin powder.
6. Serve the salmon with the sauce on top and some rice or potatoes.

# GREEN HALLOUMI SALAD

## INGREDIENTS

---

- 35g rucola
- 35g cornsalad
- 100g halloumi
- 1/2 pear
- 1/2 red onion
- 20g walnuts
- 1/2 avocado

### DRESSING

- 1/2 tsp mustard
- 1/2 tsp olive oil
- 1/2 tsp honey

### OPTIONAL

- roasted chickpeas

## METHOD

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1. Cut the pear, red onion and avocado in slices.
2. Slice and sear the halloumi until golden on both sides, then set aside.
3. Mix the ingredients for the sauce together in a bowl, set aside.
4. Next, mix all the ingredients together in a bowl and add the halloumi.
5. Top off with walnuts and the selfmade dressing.

# DAY 2

HEALTHY APPLE CRUMBLE

MANGO-FETA WRAPS

CREAMY ZUCCHINI PASTA

BREAKFAST

HEALTHY APPLE CRUMBLE

- 1/2 apple
- 1 tsp maple syrup/honey
- 35g oats
- 25g your favorite nuts
- 40g yoghurt

1. Cut the apple into pieces and sauté in the pan with some cinnamon and syrup of your choice. Let fry for a while.
2. Then add the oatmeal and stir.
3. Add some of your favorite nuts.
4. Serve with some yoghurt and top off with extra nuts!

LUNCH

MANGO-FETA WRAPS

- 1 wrap (any kind)
- 1/4 avocado
- 1/4 mango
- 50g feta
- 1/4 red onion
- pepper and salt

OPTIONAL

- fresh mint
- chia seeds
- homemade dressing of olive oil, mustard and lemon juice

1. Cut the mango and avocado in slices and chop the red onion and the feta in small cubes.
2. Place your tortilla on a plate and fill up with the avocado - and mangoslices, the feta and the onion.
3. Top with some peper and salt and the optional chia seeds and fresh mint. Drizzle a little bit of homemade dressing on top of the ingredients.

DINNER

CREAMY ZUCCHINI PASTA

- 1 onion
- 1 zucchini
- 200ml vegetable stock
- 1 tbspc cream cheese with herbs
- pepper and salt
- 125g pasta

OPTIONAL

- shrimps, bacon or chicken

1. Cut the onion and zucchini, add into a heated pan with a spoon of olive oil and let simmer until soft. Mix them all together with the cream cheese and the vegetable stock into a creamy sauce and season with some salt and pepper.
2. In the meantime cook the pasta until ready.
3. Put the sauce on the pasta, add grated cheese or other proteins like shrimps, smoked salmon, bacon or chicken and enjoy!

# HEALTHY APPLE CRUMBLE

## INGREDIENTS

---

- 1/2 apple
- 1 tsp maple syrup/honey
- 35g oats
- 25g your favorite nuts
- 40g yoghurt

## METHOD

---

1. Cut the apple into pieces and sauté in the pan with some cinnamon and syrup of your choice. Let fry for a while.
2. Then add the oatmeal and stir.
3. Add some of your favorite nuts.
4. Serve with some yoghurt and top off with extra nuts!

# MANGO-FETA WRAPS

## INGREDIENTS

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- whole wheat wraps
- 1/4 avocado
- 1/4 mango
- 50g feta
- 1/4 red onion
- pepper and salt

### DRESSING

- 1 tbsp mustard
- 1/2 tsp olive oil
- 1 tsp chopped green herbs (chives, parsley or dill)
- lemon juice

### OPTIONAL

- fresh mint
- chia seeds

## METHOD

---

1. Cut the mango and avocado in slices and chop the red onion and the feta in small cubes.
2. Place your tortilla on a board and fill up with the avocado -and mango slices, the feta and the onion.
3. Top with the self made dressing, some peper and salt and the optional chia seeds and fresh mint.

# CREAMY ZUCCHINI PASTA

## INGREDIENTS

---

- 1 onion
- 1 zucchini
- 200ml vegetable stock
- 1 tbsp cream cheese with herbs
- pepper and salt
- 125g pasta

### OPTIONAL

- shrimps, bacon, chicken or any vegetarian option

## METHOD

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1. Cut the onion and zucchini, add into a heated pan with a spoon of olive oil and let simmer until soft. Mix them all together with the cream cheese and the vegetable stock into a creamy sauce and season with some salt and pepper.
2. In the meantime cook the pasta until ready.
3. Put the sauce on the pasta, add grated cheese or other proteins like shrimps, smoked salmon, bacon or chicken and enjoy!

# DAY

# 3

BANANA OAT PANCAKES

RICOTTA-PEACH TOAST

OVEN DISH WITH MASHED  
POTATOES



BREAKFAST

BANANA OAT PANCAKES

- 1 ripe banana
- 2 eggs
- 85g oats
- pinch of salt
- coconut oil/butter for cooking

OPTIONAL

- pinch of cinnamon
- 1 tbsp peanut butter

1. Mash the banana with a fork. Whisk in the eggs, oats, salt (and cinnamon) until smooth.
2. (Add the peanut butter and swirl into the batter.)
3. Heat a bit of coconut oil/butter in a non-stick skillet over medium-low heat. Cook for about 2 minutes, until set. Cook on the other side for another 30 seconds.
4. Serve with bananas and maple syrup. Enjoy!

LUNCH

RICOTTA - PEACH TOAST

- whole wheat bread
- 1/2 peach
- some pistachio nuts
- 1 tsp honey
- 2 tbsp ricotta
- fresh basil

1. Cut the peach into slices and fry them in the pan with some honey until softened.
2. Meanwhile, toast your slice of bread.
3. Chop some pistachios and fresh basil.
4. When your toast is ready, spread a generous layer of ricotta on top, layer up with the fried peaches and top off with pistachios and fresh basil.

DINNER

OVEN DISH WITH MASHED POTATOES

- 1/2 broccoli
- 125g (vegetarian) minced meat
- 3 tbsp peas
- 2 potatoes
- 1/2 red onion
- 1/2 leek
- 1/2 garlic clove
- 30g shredded cheese
- salt, pepper and nutmeg

1. Preheat the oven to 200°C.
2. Cut the broccoli and potatoes in big cubes.
3. Cook the broccoli and potato until soft and mash with a fork. Season with some salt, pepper and nutmeg.
4. Chop the onion, garlic and leek finely.
5. Fry the red onion and the garlic, add the minced meat and the leek. Season with pepper, salt and nutmeg.
6. Next, add the peas and fry for 3 more minutes.
7. Add the mashed broccoli potatoes to an oven dish, layer up with the minced meat and vegetables and top off with the shredded cheese.
8. Bake in the oven for 5-10 minutes.

# BANANA OAT PANCAKES

A healthy a balanced alternative to regular pancakes! They provide the ideal balance of carbohydrates and protein. To keep you feeling satiated longer, you can vary a bit with the toppings! Add some peanut butter for extra healthy fats, or some yogurt and fruit for some extra protein and fiber!

## INGREDIENTS

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- 1 ripe banana
- 2 eggs
- 85g oats
- pinch of salt
- coconut oil/butter for cooking

### OPTIONAL

- pinch of cinnamon
- 1 tbsp peanut butter

## METHOD

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1. Mash the banana with a fork. Whisk in the eggs, oats, salt (and cinnamon) until smooth.
2. (Add the peanut butter and swirl into the batter.)
3. Heat a bit of coconut oil/butter in a non-stick skillet over medium-low heat. Cook for about 2 minutes, until set. Cook on the other side for another 30 seconds.
4. Serve with bananas and maple syrup. Enjoy!

# RICOTTA-PEACH TOAST

## INGREDIENTS

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- whole wheat bread
- 1/2 peach
- some pistachio nuts
- 1 tsp honey
- 2 tbsp ricotta
- fresh basil

## METHOD

---

1. Cut the peach into slices and fry them in the pan with some honey until softened.
2. Meanwhile, toast your slice of bread.
3. In the meantime, chop some pistachios and fresh basil.
4. When your toast is ready, spread a generous layer of ricotta on top, layer up with the fried peaches and top off with pistachios and fresh basil.

# OVEN DISH WITH MASHED POTATOES

## I N G R E D I E N T S

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- 1/2 broccoli
- 125g minced meat (or vegetarian minced meat)
- 2 potatoes
- 1/2 leek
- 1/2 garlic clove
- 30g shredded cheese
- salt, pepper and nutmeg

## M E T H O D

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1. Preheat the oven to 200°C.
2. Cut the broccoli and potatoes in big cubes.
3. Cook the broccoli and potato until soft and mash with a fork. Season with some salt, pepper and nutmeg.
4. Chop the garlic and leek finely.
5. Fry the garlic, add the minced meat and the leek. Season with pepper, salt and nutmeg.
6. Add the mashed broccoli potatoes to an oven dish, layer up with the minced meat and vegetables and top off with the shredded cheese.
7. Bake in the oven for 5-10 minutes.

# DAY

# 4

CHOCOLATE CHIA PUDDING

ZUCCHINI-CUCUMBER SALAD  
WITH BURRATA

THAI PEANUT NOODLES

## BREAKFAST

## CHOCOLATE CHIA PUDDING

- 3 tbsp chia seeds
- 250ml (plant-based) milk
- 1 tsp cacao powder
- 1/2 tsp cinnamon
- strawberries to top off

1. Start the night before (or at least 3 hours before) with making the chia pudding.
2. Mix the chia seeds with the milk, cocoa powder and cinnamon. Put this mixture in a sealed container in the refrigerator.
3. The next morning, take it out of the fridge, stir it, top with strawberries and enjoy!

## LUNCH

## ZUCCHINI - CUCUMBER SALAD WITH BURRATA

- 1 burrata
- 1/2 zucchini
- 1/2 cucumber
- lemon juice (1/2 lemon)
- olive oil
- pine nuts
- fresh basil
- pepper and salt
- 1 tsp honey

**SERVE WITH**

- whole wheat bread

1. Toast the pine nuts in the pan until they color, then chop them.
2. Grate the cucumber and zucchini into long slices and marinate them with lemon juice, squeezed garlic clove, dash of olive oil, pepper, salt and honey.
3. Chop some basil and mix with the zucchini.
4. Top off with the burrata and finish with some additional salt and pepper and the hazelnuts.

## DINNER

## THAI PEANUT NOODLES

- 1 chicken fillet (or tofu)
- 75 g noodles
- 1 egg
- spring onion
- 1/4 lime
- cashews (unsalted)
- 150g vegetable wok mix
- 1/4 pinch of salt and pepper
- 1/4 pinch curry powder
- 1/2 garlic clove

**PEANUT SAUCE**

- 100ml coconut milk
- 1 tbsp peanut butter
- 1/2 tsp fish sauce
- 1/2 tsp soy sauce
- 1/2 tsp Thai red curry paste
- pinch of salt
- 1/2 clove of garlic
- 1/2 tsp sugar/honey
- 1/2 tsp lime juice

1. Cook the noodles according to the package directions.
2. Cut the chicken breast into cubes, the spring onion into rings and finely chop the clove of garlic.
3. Fry the chicken in a hot wok pan with some olive oil. Add the wok mix and the garlic clove and fry. Season with curry powder, pepper and salt.
4. Add the egg and stir in.
5. If the noodles are ready, drain them and add them to the wok pan.
6. In a small bowl, mix all the ingredients for the peanut sauce. Mix with a fork until smooth.
7. Serve the noodles with the vegetables on a plate and top with the spring onion, parsley, chopped cashews, your homemade peanut sauce and some lime juice.

# CHOCOLATE CHIA PUDDING

Chia seed pudding is the perfect addition to a healthy diet. Chia seeds are packed with vitamins, minerals, fiber and healthy fats. The tiny seed contains a huge number of benefits and also the fiber ensures that you keep a satiated feeling for a long time!

## I N G R E D I E N T S

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- 3 tbsp chia seeds
- 250ml (plant-based) milk
- 1 tsp cacao powder
- 1/2 tsp cinnamon
- strawberries to top off

## M E T H O D

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1. Start the night before (or at least 3 hours before) with making the chia pudding.
2. Mix the chia seeds with the milk, cocoa powder and cinnamon. Put this mixture in a sealed container in the refrigerator.
3. The next morning, take it out of the fridge, stir it, top with strawberries and enjoy!

# ZUCCHINI- CUCUMBER SALAD WITH BURRATA

## INGREDIENTS

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- 1 burrata
- 1/2 zucchini
- 1/2 cucumber
- lemon juice (1/2 lemon)
- olive oil
- pine nuts
- fresh basil
- pepper and salt
- 1 tsp sugar/honey

### SERVE WITH

- whole wheat bread

## METHOD

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1. Toast the pine nuts in the pan until they color.
2. Grate the cucumber and zucchini into long slices and marinate them with lime juice, squeezed garlic clove, dash of olive oil, pepper, salt and honey.
3. Chop some basil and mix with the zucchini.
4. Bring the salad onto a platter with the burrata and finish with some additional salt and pepper and the pine nuts.



# THAI PEANUT NOODLES

## INGREDIENTS

---

- 1 chicken fillet (or replace with tofu or your favorite vegetarian option)
- 75 g noodles
- spring onion
- 1/4 lime
- cashews (unsalted)
- 150g vegetable wok mix
- 1/4 pinch of salt and pepper

### PEANUT SAUCE

- 100ml coconut milk
- 1 tbsp peanut butter
- 1/2 tsp fish sauce
- 1/2 tsp soy sauce
- 1/2 tsp Thai red curry paste
- pinch of salt
- 1/2 clove of garlic
- 1/2 tsp sugar/honey
- 1/2 tsp lime juice

## METHOD

---

1. Cook the noodles according to the package directions.
2. Cut the chicken breast into cubes, the spring onion into rings and finely chop the clove of garlic.
3. Fry the chicken in a hot wok pan with some olive oil. Add the wok mix and fry. Season with pepper and salt.
4. If the noodles are ready, drain them and add them to the wok pan.
5. In a small bowl, mix all the ingredients for the peanut sauce. Mix with a fork until smooth.
6. Serve the noodles with the vegetables on a plate and top with the spring onion, chopped cashews, your homemade peanut sauce and some lemon juice.

# DAY

# 5

OVEN BAKED EGGS

CARROT-COCONUT SOUP WITH  
NAANBREAD

QUICHE WITH LEEK, MUSHROOMS  
AND BACON

## BREAKFAST

## OVEN BAKED EGGS

- 1 egg
- 1/2 tomato
- 1/4 onion
- pepper and salt
- whole wheat toast

1. Preheat the oven to 200°C.
2. Cut the tomatoes and onion.
3. Divide the vegetables among small bowls (you can use a cupcake tray) and make a dimple in each bowl.
4. Crack an egg over it, sprinkle with pepper and salt, if desired, and bake about 20 min in the oven.

## LUNCH

## CARROT - COCONUT SOUP WITH NAADBREAD

- 300g carrots
- 1/2 onion
- 1 garlic clove
- 75ml coconut milk
- pinch of cumin
- 1/2 tbsp turmeric
- 2 cm of ginger
- 100ml water
- 1/2 cube of vegetable bouillon

1. Peel the onion, ginger and garlic and chop finely. Fry them with some olive oil in a pan and season with cumin
2. Peel and chop the carrots and add them.
3. Cover with water and bring to a boil. Add the stock cubes and simmer for about 20 minutes over medium heat until the carrots are tender.
4. Finely blend the soup with the hand blender and simmer again. Pour in the orange juice and season with turmeric, pepper and salt.
5. Coarsely chop the cilantro leaves. Top the soup with the chopped cilantro and a dash of coconut milk. Add some tabasco for spice.

## DINNER

## QUICHE WITH LEEK, MUSHROOMS AND BACON

- 1 roll of puff pastry
- 1 leek, chopped finely
- 125g bacon bits
- 2 eggs
- 125ml Alpro (plant-based) cooking cream
- 300g mushrooms, in slices
- some shredded cheese
- pepper and salt

## VEGETARIAN OPTION: TOFU BACON BITS

- 100 g tofu
- 2 tbsp Hot&Spicy BBQ seasoning mix
- 3 tbsp olive oil
- 2 tsp smoked oil

1. Preheat the oven to 180°C.
2. Line a pie dish with greaseproof paper or foil. Place the puff pastry in the dish and lightly prick the base of the pie with a fork. Bake 8 minutes.
3. In the meantime, fry the leek and mushrooms until soft and the bacon until almost crispy.
4. Mix the eggs together with the creams, salt and pepper in a bowl.
5. Fill up the puff pastry with the leek, mushrooms and bacon bits. Pour over the egg mixture and top off with some cheese. Bake for 30-40 minutes.

## TOFU BACON BITS

1. Put the olive oil and spices in a bowl and stir well.
2. Cut the tofu into thin strips like bacon strips.
3. Add the herb oil and stir well. Allow to soak for 10 minutes.
4. Heat a skillet (no oil). Fry the bacon strips over fairly high heat for 10 minutes until light brown and crispy.

# OVEN BAKED EGGS

## INGREDIENTS

---

- 1 egg
- 1/2 tomato
- 1/4 onion
- pepper and salt
- whole wheat toast

## METHOD

---

1. Preheat the oven to 200°C.
2. In the meantime, cut the tomatoes and onion.
3. Divide the vegetables among small bowls (you can use a cupcake tray) and make a dimple in each bowl.
4. Crack an egg over it, sprinkle with pepper and salt, if desired, and bake about 20 min in the oven.

# CARROT-COCONUT SOUP WITH NAANBREAD

## INGREDIENTS

---

- 300g carrots
- 1/2 onion
- 1 garlic clove
- 75ml coconut milk
- pinch of cumin
- 1/2 tbsp turmeric
- 2 cm of ginger
- 100ml water
- 1/2 cube of vegetable bouillon

## METHOD

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1. Peel the onion, ginger and garlic and chop finely. Fry them with some olive oil in a pan and season with cumin
2. Peel and chop the carrots and add them.
3. Cover with water and bring to a boil. Add the stock cubes and simmer for about 20 minutes over medium heat until the carrots are tender.
4. Finely blend the soup with the hand blender and simmer again. Pour in the orange juice and season with turmeric, pepper and salt.
5. Coarsely chop the cilantro leaves. Top the soup with the chopped cilantro and a dash of coconut milk. Add some tabasco for spice.

# QUICHE WITH LEEK, MUSHROOMS AND BACON

## INGREDIENTS

---

- 1 roll of puff pastry
- 1 leek, chopped finely
- 125g bacon bits
- 2 eggs
- 125ml Alpro (plant-based) cooking cream
- 300g mushrooms, in slices
- some shredded cheese
- pepper and salt

### VEGETARIAN OPTION: TOFU BACON BITS

- 100 g tofu
- 2 tbsp Hot&Spicy BBQ seasoning mix
- 3 tbsp olive oil
- 2 tsp smoked oil

## METHOD

---

1. Preheat the oven to 180°C.
2. Line a pie dish with greaseproof paper or foil. Place the puff pastry in the pie dish and lightly prick the base of the pie with a fork. Bake 8 minutes.
3. In the meantime, fry the leek and mushrooms until soft and the bacon until almost crispy.
4. Mix the eggs together with the creams, salt and pepper in a bowl.
5. Fill up the puff pastry with the leek, mushrooms and bacon bits. Pour over the egg mixture and top off with some cheese. Bake for 30-40 minutes.

### TOFU BACON BITS

1. Put the olive oil and spices in a bowl and stir well.
2. Cut the tofu into thin strips like bacon strips.
3. Add the herb oil and stir well. Allow to soak for 10 minutes.
4. Heat a skillet (no oil). Fry the bacon strips over fairly high heat for 10 minutes until light brown and crispy.

# DAY

# 6

HOMEMADE GRANOLA

SWEET POTATO SALAD

CRISPY CHICKEN-AVOCADO  
WRAPS

BREAKFAST

HOMEMADE GRANOLA

- 150g oats
- 50g nut mix
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 1 tbsp honey
- 1 tsp cinnamon
- 1,5 tbsp coconut oil

SERVE WITH

- yoghurt of your choice

1. Preheat the oven to 180°C.
2. Melt the coconut oil in the microwave.
3. Mix all the ingredients into a bowl. Place everything on a baking tray with baking paper and bake in the oven for 20 minutes.
4. Serve with yoghurt of your choice!

LUNCH

SWEET POTATO SALAD

- 50g corn salad
- 1/2 sweet potato
- 1/2 avocado
- 20g almond nuts
- 1/2 pomegranate
- 20g feta
- pepper, salt, oregano and paprikapowder

TAHINI DRESSING

- 1 1/2 tbsp tahini
- 1 tsp greek yoghurt
- 1 tsp honey
- salt and pepper
- pinch of turmeric
- splash of water

1. Preheat the oven to 180 degrees.
2. Cut the sweet potato into pieces and marinate in olive oil, paprika, oregano, pepper and salt.
3. Bake in the oven for about 20min until golden brown
4. Cut the avocado into pieces and divide it over your plate along with the lettuce.
5. Meanwhile, roast the nuts for a few minutes. Then chop them finely.
6. Meanwhile, mix everything together for the dressing.
7. When the sweet potato cubes are done, divide them among the plates. Top with the dressing, feta, pomegranate seeds and roasted nuts.

DINNER

CRISPY CHICKEN - AVOCADO WRAPS

- 50g chicken breast (or halloumi or your favorite vegetarian option)
- Pinch of cumin and paprika powder
- some pepper and salt
- 1 wrap
- light mayonaise
- sriracha
- 1/4 avocado
- lettuce of your choice
- shredded cheese

1. Season the chicken with cumin, paprika powder, pepper and salt and fry until crispy.
2. Meanwhile, mix in a bowl some mayonaise and sriracha.
3. Place a wrap on a plate and spread some of the selfmade sriracha mayonaise on it. Add the chicken, avocado, lettuce and some cheese.
4. Fry the wrap on both sides until crunchy.



# HOMEMADE GRANOLA

Homemade granola is a great way to start your day off right. Not only is it delicious, but it's also packed with nutrients that will keep you feeling energized throughout the day. One of the main benefits of making your own granola is that you can control the ingredients and avoid any unwanted additives or preservatives. You can customize it to your liking by adding your favorite nuts, seeds, or dried fruits. Homemade granola is also a cost-effective and time-efficient breakfast option, as you can make a large batch in advance and store it for several weeks. Lastly, it's a versatile ingredient that can be used in many ways, such as topping yogurt, oatmeal, or smoothie bowls, or even as a snack on its own.

## I N G R E D I E N T S

---

- 150g oats
- 50g a nut mix
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 1 tbsp honey
- 1 tsp cinnamon
- 1/2 tbsp coconut oil

## SERVE WITH

- yoghurt of your choice

## M E T H O D

---

1. Preheat the oven to 180°C.
2. Melt the coconut oil in the microwave.
3. Mix all the ingredients into a bowl. Place everything on a baking tray with baking paper and bake in the oven for 20 minutes.
4. Serve with yoghurt of your choice! You can add toppings like fruits too!

# ROASTED SWEET POTATO SALAD

## INGREDIENTS

---

- 50g corn salad
- 1/2 sweet potato
- 1/2 avocado
- 20g nuts of your choice
- 1/2 pomegranate
- 20g feta
- pepper, salt, oregano and paprika powder

### TAHINI DRESSING

- 1 1/2 tbsp tahini
- 1 tsp greek yoghurt
- 1 tsp honey
- salt and pepper
- pinch of turmeric
- splash of water

## METHOD

---

1. Preheat the oven to 180 degrees.
2. Cut the sweet potato into pieces and marinate in olive oil, paprika, oregano, pepper and salt.
3. Bake in the oven for about 20min until golden brown
4. Cut the avocado into pieces and divide them over your plate along with the lettuce.
5. Meanwhile, roast the nuts for a few minutes. Then chop them finely.
6. Mix all the ingredients for the dressing.
7. When the sweet potato cubes are done, bring them onto a plate. Top with the dressing, feta, pomegranate seeds and roasted nuts.

# CRISPY CHICKEN- AVOCADO WRAPS

## I N G R E D I E N T S

---

- 50g chicken breast (or replace with halloumi or your favorite vegetarian option)
- pinch of cumin and paprika powder
- some pepper and salt
- 1 wrap
- light mayonaise
- sriracha
- 1/4 avocado
- lettuce of your choice
- shredded cheese

## M E T H O D

---

1. Season the chicken with cumin, paprika powder, pepper and salt and fry until crispy.
2. Meanwhile, mix in a bowl some mayonaise and sriracha.
3. Place a wrap on a plate and spread a bit of the selfmade sriracha mayonaise on it. Add the chicken, avocado, lettuce and cheese.
4. Fry the wrap on both sides until crunchy.

# DAY

# 7

BLUEBERRY BREAKFAST CAKE

BUTTERNUT WITH CORN-SALSA,  
FETA AND GREEN ASPARAGUS

ROASTED PEPPER PASTA

BREAKFAST

BLUEBERRY BREAKFAST CAKE

- 1 banana
- 2 eggs
- 100ml (plant-based) milk
- 125g oats
- 2 tsp baking powder
- 40g blueberries
- 1 tsp cinnamon
- pinch of salt
- 2 tbsp sunflower oil (or olive oil)

1. Preheat the oven to 175 degrees .
2. Mix the oatmeal with the banana, baking powder, eggs and milk. Do not mix it too long. Add some honey if necessary.
3. Add the cinnamon and a pinch of salt and a dash of sunflower oil.
4. At the end, add the blueberries. Mix together.
5. Divide the mixture among the muffin cups. Bake them for about 30 - 35 minutes until golden brown. The muffin is done when a skewer comes out clean and dry.

LUNCH

BUTTERNUT WITH CORN-SALSA, FETA AND GREEN ASPARAGUS

- 1/4 butternut
- 1/2 corn
- olive oil
- pepper and salt
- 1 tbsp pumpkin seeds
- green asparagus (5)
- feta to top off

CORN-SALSA

- 1/2 corn
- olive oil
- 1/2 chili pepper
- pepper and salt
- 1/4 lemon juice
- some fresh mint

1. Cut the butternut into slices of 1cm. Place them on a baking tray, season with pepper and salt and bake for 15 minutes.
2. Meanwhile, cut the chilli pepper and fry the corn in a pan with some olive oil. Add to a bowl together with the other ingredients of the salsa.
3. Fry the asparagus. Next, fry the pumpkin seeds.
4. Place the pumpkin on a plate and top off with the corn-salsa, asparagus and feta.

DINNER

ROASTED PEPPER PASTA

- 1 small garlic clove
- 1/2 onion
- roasted peppers
- 125g pasta of your choice
- 150ml Alpro (plant-based) cooking cream
- some Italian herbs
- pepper, salt and basil

1. Chop the onion and garlic. Fry, along with some chili flakes, in some oil.
2. Put roasted peppers into a blender. Add the onion and garlic. Blend to a nice smooth sauce.
3. Put the sauce back into the pan and reduce for a moment.
4. Meanwhile, cook the pasta. Save some pasta water before draining.
5. When the sauce has thickened a bit, add the cream. Stir well and season with pepper, salt and the Italian herbs and let simmer for a few more minutes.
6. Add the pasta to the sauce and stir well. Add some pasta water.
7. Serve with parmesan cheese and basil if desired.

# BLUEBERRY BREAKFAST CAKE

## INGREDIENTS

---

- 1 banana
- 2 eggs
- 100ml (plant-based) milk
- 125g oats
- 2 tsp baking powder
- 40g blueberries
- 1 tsp cinnamon
- pinch of salt
- 2 tbsp sunflower oil (or olive oil)

## METHOD

---

1. Preheat the oven to 175 degrees .
2. Mix the oatmeal with the banana, baking powder, eggs and milk. Do not mix it too long. Add some honey if necessary.
3. Add the cinnamon and a pinch of salt and a dash of sunflower oil.
4. At the end, add the blueberries. Mix together.
5. Divide the mixture among the muffin cups. Bake them for about 30 - 35 minutes until golden brown. The muffin is done when a skewer comes out clean and dry.

# BUTTERNUT WITH CORN-SALSA, FETA AND GREEN ASPARAGUS

## INGREDIENTS

---

- 1/4 butternut
- 1/2 corn
- olive oil
- pepper and salt
- 1 tbsp pumpkin seeds
- green asparagus (5)
- feta to top off

### CORN-SALSA

- 1/2 corn
- olive oil
- 1/2 chili pepper
- pepper and salt
- cilantro
- 1/4 lemon juice
- some fresh mint

## METHOD

---

1. Cut the butternut into slices of 1 cm. Place them on a baking tray, season with pepper and salt and bake for 15 minutes.
2. Meanwhile, cut the chilli pepper finely and fry the corn in a pan with some olive oil. Add to a bowl together with the other ingredients of the salsa.
3. Fry the asparagus. Next, fry the pumpkin seeds.
4. Place the pumpkin on a plate and top off with the corn-salsa, asparagus and feta.

# ROASTED PEPPER PASTA

## I N G R E D I E N T S

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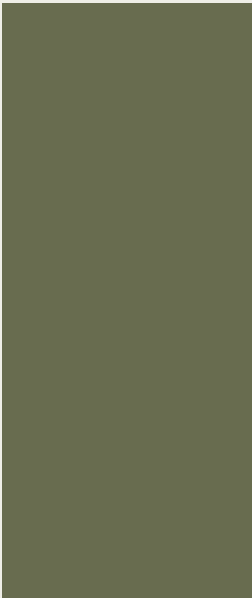
- 1 small garlic clove
- 1/2 onion
- roasted peppers (homemade or bought)
- 125g pasta of your choice
- 150ml Alpro (plant-based) cooking cream
- Italian herbs
- pepper, salt and basil

## M E T H O D

---

1. Chop the onion and finely chop the garlic. Fry, along with some chili flakes in oil.
2. Put the roasted peppers into a blender. Add the onion, garlic and chili flakes. Blend to a nice smooth sauce.
3. Put the sauce back into the pan and reduce for a moment.
4. Meanwhile, cook the pasta. Save some pasta water before draining.
5. When the sauce has thickened a bit, add the cream. Stir well and season with pepper, salt and the Italian herbs and let simmer for a few more minutes.
6. Add the pasta to the sauce and stir well. Add some pasta water.
7. Serve with parmesan cheese and basil if desired.





# DAY

# 8

OATMEAL CRUMBLE WITH APPLE  
AND BLUEBERRIES

ITALIAN COUSCOUS SALAD

COD PAPILOTE WITH  
MASHED POTATOES AND PARSNIP

BREAKFAST

OATMEAL CRUMBLE WITH APPLE AND BLUEBERRIES

- 60g blueberries
- 1/2 tsp coconut oil
- 1 tsp pumpkin seeds
- 3 tbsp oats
- 1/2 apple
- pinch of cinnamon
- some hazelnuts
- 1/2 baking powder
- 1 tsp honey

1. Preheat the oven to 200°C
2. Cut the apples into cubes.
3. Melt the coconut oil in the microwave
4. Add all the ingredients to a bowl and add to a baking dish.
5. Bake in the oven for 20 minutes.

LUNCH

ITALIAN COUSCOUS SALAD

- 100g couscous
- some spinach
- 50g cherry tomatoes
- 25-50g green asparagus tips
- 40g mozzarella
- 20g parmaham
- pepper and salt
- 1/4 lemon juice
- 1 tsp ras el hanout
- olive oil
- honey
- balsamic vinagre

1. Prepare the couscous as directed on the package. Once it is ready, add the ras el hanout and stir well.
2. Grill the asparagus tips in olive oil. Season with pepper and salt.
3. Put the couscous on a plate. Mix with spinach. Add the Parma ham, mozzarella cheese, tomatoes and asparagus tips.
4. Grate the zest of half a lemon and squeeze out the juice. Sprinkle some pepper over the salad and finish with balsamic and honey.

DINNER

COD PAPILOTE WITH MASHED POTATOES AND PARSNIP

- 1/4 leek
- 1/2 carrot
- 1/2 chicory
- 100ml Alpro (plant-based) cooking cream
- 1 cod fillet
- 1/2 parsnip
- some (plant-based) milk
- 3-5 potatoes (for 1 portion of mashed potatoes)
- pepper, salt and nutmeg
- 1/2 vegetable bouillon cube
- seafood seasoning

1. Preheat the oven to 180°C.
2. Chop the leek, carrot and chicory.
3. Add them to a pan and sear in olive oil. Season with pepper, salt and vegetable bouillon
4. Meanwhile, cut the potatoes and parsnip and boil until soft.
5. Place the raw fish on a piece of baking foil and season well on both sides with seafood seasoning. Add the vegetables and the cream and fold into a papillote.
6. Bake in the oven for 20 minutes.
7. Meanwhile, mash the potatoes together with the parsnip. Add milk and season with pepper, salt and nutmeg.

# OATMEAL CRUMBLE WITH APPLE AND BLUEBERRIES

## INGREDIENTS

---

- 60g blueberries
- 1/2 tsp coconut oil
- 1 tsp pumpkin seeds
- 3 tbsp oats
- 1/2 apple
- pinch of cinnamon
- some hazelnuts
- 1/2 baking powder
- 1 tsp honey

## METHOD

---

1. Preheat the oven to 200°C
2. Cut the apples into cubes.
3. Melt the coconut oil in the microwave
4. Add all the ingredients to a bowl and add to a baking dish.
5. Bake in the oven for 20 minutes.

# ITALIAN COUSCOUS SALAD

## INGREDIENTS

---

- 100g couscous
- 50g cherry tomatoes
- 25-50g green asparagus tips
- 40 grams burrata
- pepper and salt
- 1/4 lemon juice
- 1 tsp ras el hanout
- olive oil
- honey
- balsamic

### OPTIONAL

- 20g parmaham

## METHOD

---

1. Prepare the couscous as directed on the package. Once it is ready, add the ras el hanout and stir well.
2. Grill the asparagus tips in olive oil. Season with pepper and salt.
3. Add the couscous on a plate. Top with (the parmaham), the mozzarella cheese, tomatoes and asparagus tips.
4. Grate the zest of half a lemon and squeeze out the juice. Sprinkle some pepper over the salad and finish with balsamic and honey.

# COD PAPILOTE WITH MASHED POTATOES AND PARSNIP

## I N G R E D I E N T S

---

- 1/4 leek
- 1/2 carrot
- 1/2 chicory
- 100ml Alpro (plant-based) cooking cream
- 1 cod filet
- 1/2 parsnip
- some plant-based or regular milk
- 3-5 potatoes (for 1 portion of mashed potatoes)
- pepper, salt and nutmeg
- 1/2 vegetable bouillon cube
- seafood seasoning

## M E T H O D

---

1. Preheat the oven to 180°C.
2. Chop the leek, carrot and chicory.
3. Add them to a pan and sear in olive oil. Season with some pepper, salt and vegetable stock
4. Meanwhile, cut the potatoes and parsnip and boil until soft.
5. Place the raw fish on a piece of baking foil and season well on both sides with seafood seasoning. Add the vegetables and the cream and fold into a papillote.
6. Bake in the oven for 20 minutes.
7. Meanwhile, mash the potatoes together with the parsnip. Add some milk and season with pepper, salt and nutmeg.

# DAY

# 9

TROPICAL SMOOTHIE BOWL

RICOTTA AND SMOKED SALMON  
WRAPS

RIGATONI WITH CRUNCHY  
CHORIZO AND TOMATOSAUCE

## BREAKFAST

## TROPICAL SMOOTHIE BOWL

- 1 frozen banana
- 50g frozen mango
- 125ml (plant-based) milk

## TOPPINGS

- 1/2 banana
- 1/2 kiwi
- 1 tsp pomegranate seeds
- coconut flakes
- granola
- 1 tsp chia seeds

1. Blend the frozen mango and banana with the milk in a blender until smooth. If the smoothie remains too thick, pour in more milk and blend again. Then pour the smoothie into a bowl.
2. For the toppings, cut the fruit into pieces and spread them on top along with the coconut flakes and granola. Garnish with the pomegranate seeds and chia seeds.

## LUNCH

## RICOTTA AND SMOKED SALMON WRAPS

- 1 whole wheat wrap
- cucumber (in thin slices)
- 1 tbsp ricotta
- 40g smoked salmon
- some rocket salad or the one you prefer
- fresh herbs (dille, chive...)

1. Mix the ricotta with fresh herbs, pepper and salt and spread the wraps with it. Top with salmon, add cucumber and the rocket salad.
2. Roll up and enjoy!

## DINNER

## PASTA WITH CRUNCHY CHORIZO AND TOMATO SAUCE

- 125g pasta
- 60ml Alpro (plant-based) cooking cream
- 1/2 onion
- 1/2 garlic clove
- 60g mushrooms
- 50g chorizo
- 50g sweet cherry tomatoes
- salt and pepper
- basil and oregano
- parmesan cheese

1. Cook the pasta until ready.
2. Chop the onion and chorizo and press the garlic
3. Add the onion to a pan together with the garlic and the olive oil and bake for 5 minutes.
4. Next, add the chorizo, mushrooms and the tomatoes. Fry until the tomatoes are soft.
5. Add the cream and season with salt, pepper, basil and oregano.
6. Serve the pasta with the sauce and top off with parmesan cheese.



# TROPICAL SMOOTHIE BOWL

## INGREDIENTS

---

- 1 frozen banana
- 50g frozen mango
- 125ml (plant-based) milk

### TOPPINGS

- 1/2 banana
- 1/2 kiwi
- 1 tsp pomegranate seeds
- coconut flakes
- granola
- 1 tsp chia seeds

## METHOD

---

1. Blend the frozen mango and banana with the milk in a blender until smooth. If the smoothie remains too thick, pour in more milk and blend again. Then pour the smoothie into a bowl.
2. For the toppings, cut the fruit into pieces and spread them on top along with the coconut flakes and granola. Garnish with the pomegranate seeds and chia seeds.

# RICOTTA AND SMOKED SALMON WRAPS

## INGREDIENTS

---

- 1 whole wheat wrap
- cucumber (in thin slices)
- 1 tbsp ricotta
- 40g smoked salmon
- some rocket salad or the one you prefer
- fresh herbs (dille, chive...)

## METHOD

---

1. Mix the ricotta with fresh herbs, pepper and salt and spread the wraps with it. Top with salmon, add cucumber and the rocket salad.
2. Roll up and enjoy!

# PASTA WITH CRUNCHY CHORIZO AND TOMATOSAUCE

## I N G R E D I E N T S

---

- 125g pasta
- 60ml Alpro (plant-based) cooking cream
- 1/2 onion
- 1/2 garlic clove
- 60g mushrooms
- 50g chorizo (or vegan sensational chorizo)
- 50g sweet cherry tomatoes
- salt and pepper
- basil and oregano
- parmesan cheese

## M E T H O D

---

1. Cook the pasta until ready.
2. Chop the onion and chorizo and press the garlic
3. Add the onion to a pan together with the garlic and some olive oil and bake for 5 minutes.
4. Next, add the chorizo, mushrooms and the tomatoes. Fry until the tomatoes are soft.
5. Add the cream and season with salt, pepper, basil and oregano.
6. Serve the pasta with the sauce and top off with parmesan cheese.

# DAY

# 10

CHAI PORRIDGE

HALLOUMI TACOS WITH  
CAULIFLOWER

CREAMY HARISSA ORZO  
WITH BURRATA

## CHAI PORRIDGE

- 35g oats
- 80ml milk
- 80ml water
- 1/2 tsp cinnamon
- 1/4 tsp cardamom
- pinch of nutmeg
- pinch of ginger
- 1-2 tsp sweetener of choice
- pinch of salt

## TOPPINGS

- coconut chips, dates, seeds, fresh fruit or anything else you like

1. Add the oats and milk to a pan and start heating over a medium heat.
2. Add the spices, sweetener and salt.
3. Continue cooking, stirring occasionally.
4. Once it reaches the consistency you like, take off the heat and serve.
5. Mix in protein powder or nut butter (cashew or almond) if using any.
6. Go crazy with the toppings.
7. Enjoy!

## HALLOUMI TACOS WITH CAULIFLOWER

- 1/4 cauliflower
- 100g halloumi
- 50g lettuce
- 50g fresh, sliced red cabbage
- 3 mini corn tortillas
- pepper and salt
- smoked paprika, cumin and chili powder
- 1/4 cucumber or zucchini, shredded

## AVOCADO BASIL GUACAMOLE

- 1/2 avocado, halved
- a handful of fresh basil
- some pine nuts
- juice of 1/4 lime
- salt and pepper

1. Preheat the oven to 200°C.
2. On a baking sheet, toss together the cauliflower, oil, paprika, chili powder, cumin, salt and pepper. Transfer to the oven and roast for 20-30 minutes, tossing halfway through cooking.
3. Meanwhile, prep your veggies and make the guacamole. Add all the ingredients to a food processor and pulse until chunky smooth. Dice the remaining avocado half and stir into the pesto. Taste and season with salt and pepper.
4. Heat a skillet over medium heat and add the halloumi slices and bake for 1-2 minutes per side or until lightly golden.
5. To assemble, layer the cucumber, zucchini, lettuce, red cabbage and cauliflower in the tortillas. Top with the fried cheese and guacamole. Enjoy!!

## CREAMY HARISSA ORZO WITH BURRATA

- 1/2 onion
- 1 small garlic clove
- 100 grams cherry tomatoes
- 1 tsp tomato paste
- 1/2 tsp harissa
- 75g orzo
- 250ml vegetable stock
- 80 grams spinach
- 1 burrata
- parmesan cheese
- pepper, salt and basil

1. Chop the onion and press the garlic. Heat a splash of olive oil in a large pan and add the onion and garlic, bake for 3-5 minutes.
2. Halve the tomatoes, add them and let them soften.
3. When the tomatoes are a bit softer, add the tomato paste.
4. Then add the harissa. Season with salt, pepper and basil.
5. Add the orzo and fry briefly. Then add half of the stock and bring to a gentle boil. As with risotto, add the rest of the broth little by little until the orzo is cooked.
6. When the orzo is almost done, add the spinach (in parts) so that it still sinks in.
7. Finally add some parmesan cheese. Serve the orzo with the burrata on top.

# CHAI PORRIDGE

## I N G R E D I E N T S

---

- 35g oats
- 80ml milk
- 80ml water
- 1/2 tsp cinnamon
- 1/4 tsp cardamom
- pinch of nutmeg
- pinch of ginger
- 1-2 tsp sweetener of choice
- pinch of salt

## T O P P I N G S

- coconut flakes, dates, seeds, fresh fruits or anything else you like

## M E T H O D

---

1. Add the oats and milk to a pan and start heating over medium heat.
2. Add the spices, sweetener and salt.
3. Continue cooking, stirring occasionally.
4. Once it reaches the consistency you like, take off the heat and serve.
5. Mix in protein powder or nut butter (cashew or almond) if using any.
6. Go crazy with the toppings.
7. Enjoy!

# HALLOUMI TACOS WITH CAULIFLOWER

## INGREDIENTS

---

- 1/4 cauliflower
- 100g halloumi
- 50g lettuce
- 50g fresh, sliced red cabbage
- 3 mini corn tortillas
- pepper and salt
- smoked paprika, cumin and chili powder
- 1/4 cucumber or zucchini, shredded

### AVOCADO BASIL GUACAMOLE

- 1/2 avocado, halved
- a handful of fresh basil
- some pine nuts
- juice of 1/4 lime
- salt and pepper

## METHOD

---

1. Preheat the oven to 200°C.
2. On a baking sheet, toss together the cauliflower, oil, paprika, chili powder, cumin, salt and pepper.
3. Transfer to the oven and roast for 20-30 minutes, tossing halfway through cooking. Meanwhile, prep your veggies and make the avocado guacamole.
4. Add all the ingredients for the guacamole to a food processor and pulse until chunky smooth. Dice the remaining avocado half and stir into the guacamole. Taste and season with salt and pepper.
5. Heat a skillet over medium heat and add the halloumi slices and cook for 1-2 minutes per side or until lightly golden.
6. To assemble, layer the cucumber or zucchini, lettuce, red cabbage and cauliflower on the tortillas and top off with the avocado basil guacamole

# CREAMY HARISSA ORZO WITH BURRATA

## INGREDIENTS

---

- 1/2 onion
- 1 small garlic clove
- 100 grams cherry tomatoes
- 1 tsp tomato paste
- 1/2 tsp harissa
- 75g orzo
- 250ml vegetable stock
- 80g spinach
- 1 burrata
- parmesan cheese
- pepper, salt and basil

## METHOD

---

1. Chop the onion and press the garlic. Heat a splash of olive oil in a large pan and add the onion and garlic, bake for 3-5 minutes.
2. Halve the tomatoes, add them and let them soften.
3. When the tomatoes are a bit softer, add the tomato paste.
4. Then add the harissa. Season with salt, pepper and basil.
5. Add the orzo and fry briefly. Then add half of the stock and bring to a gentle boil. As with risotto, add the rest of the broth little by little until the orzo is cooked.
6. When the orzo is almost done, add the spinach (in parts) so that it still sinks in.
7. Finally add some parmesan cheese and stir well.
8. Serve the orzo with the burrata on top.



# DAY

# 11

STRAWBERRY BREAKFAST CAKE

SUMMER ROLLS

BULGUR WITH CHICKEN  
SHAWARMA

BREAKFAST

STRAWBERRY BREAKFAST CAKE

- 1 slice of whole wheat bread
- 1 egg
- splash of (plant-based) milk
- pinch of cinnamon
- vanilla yoghurt
- strawberries

1. Mix the eggs, milk and cinnamon in a bowl.
2. Drain the slice of bread in the mixture and fry in the pan until golden brown.
3. Top off with the vanilla yoghurt and strawberries.

LUNCH

SUMMER ROLLS

- 4 sheets of rice paper
- 1/2 carrot, julienne sliced
- 1/4 cucumber, julienne sliced
- 70g red cabbage, finely chopped
- 100g shrimps, peeled and cooked (or crispy tofu or extra veggies)
- 1 avocado, in slices
- some spring onions, finely chopped
- sesame seeds

PEANUT SAUCE

- 2 tbsp peanut butter
- 1/2 tbsp soy sauce
- 1/2 tbsp lime juice
- 1 cm of ginger, grated
- 1 tbsp warm water

1. Cut the carrot and cucumber julienne, finely chop the red cabbage and spring onion. Thinly slice the avocados. Halve the shrimp lengthwise. Set everything aside.
2. Make the peanut sauce: mix together all the ingredients for the sauce.
3. To assemble rolls, place a sheet of rice paper in a bowl of luke warm water until just softened. Place the sheet on a board. Place 2-3 slices of avocado, followed by the carrot, cucumber, red cabbage, 3-4 shrimps and spring onion. Fold edge closest to you up and over the filling; roll sheet to enclose filling, folding in sides after first complete turn of roll. Repeat these steps for the other rolls.
4. Sprinkle with some sesame seeds and serve with the peanut dip.

DINNER

BULGUR WITH CHICKEN SHAWARMA

- 1 tomato
- 1/2 bell pepper
- 1/2 clove of garlic
- 50g flat beans
- 85g bulgur
- 100g chicken shawarma (or replace by tofu, quorn or your favorite vegetarian option)
- 1/4 lime juice
- 50g yoghurt (Greek)
- 150ml vegetable stock
- pepper and salt
- some fresh parsley
- paprika powder

1. Prepare the vegetable stock, cut all the vegetables into small cubes and press the garlic.
2. Heat some oil in a large saucepan or skillet. Add the garlic, beans, bell pepper and sauté 3 - 4 minutes.
3. Add the bulgur and cook for another 1 minute.
4. Next, add the broth, bring to a boil and cook, covered, 8 - 10 minutes.
5. Heat some oil in a frying pan and fry the chicken shawarma for 6 - 8 minutes.
6. When the bulgur is ready, add the tomato, some chopped parsley leaves and the lime juice. Season with salt and pepper.
7. Season the yogurt with 1/2 tsp extra virgin olive oil, 1/2 tsp paprika, pepper and salt.
8. Bring the bulgur on a plate and top with the chicken shawarma. Garnish with the yogurt, lime wedges and remaining parsley leaves.

# STRAWBERRY BREAKFAST CAKE

## INGREDIENTS

---

- 1 slice of whole wheat bread
- 1 egg
- splash of (plant-based) milk
- pinch of cinnamon
- vanilla yoghurt
- strawberries

## METHOD

---

1. Mix the eggs, milk and cinnamon in a bowl.
2. Drain the slice of bread in the mixture and fry in the pan until golden brown.
3. Top off with the vanilla yoghurt and strawberries.

# SUMMER ROLLS

Summer rolls are a refreshing and healthy snack or meal that are perfect for warm weather. One of the main benefits of summer rolls is that they are low in calories and high in nutrients. They are also a great option for those with dietary restrictions, as they can be made vegetarian, vegan, or gluten-free. Additionally, they are easy to make and customizable to your taste preferences. Lastly, summer rolls are a convenient and portable option for a healthy lunch or snack on the go.

## INGREDIENTS

---

- 4 sheets of rice paper
- 1/2 carrot, julienne sliced
- 1/4 cucumber, julienne sliced
- 70g red cabbage, finely chopped
- 100g shrimps, peeled and cooked (or replace by crispy tofu or extra veggies)
- 1 avocado, in slices
- some spring onions, finely chopped
- sesame seeds

### PEANUT SAUCE

- 2 tbsp peanut butter
- 1/2 tbsp soy sauce
- 1/2 tbsp lime juice
- 1 cm of ginger, grated
- 1 tbsp warm water

## METHOD

---

1. Prep all your ingredients. Cut the carrot and cucumber julienne, finely chop the red cabbage and spring onion. Thinly slice the avocados. Halve the shrimp lengthwise. Set everything aside.
2. Make the peanut sauce: mix the peanut butter with the soy sauce, lime juice, ginger and water with a whisk until it forms a nice sauce. Add a little extra water if necessary.
3. To assemble rolls, place a sheet of rice paper in a medium bowl of warm water until just softened. Lift the sheet carefully from the water and place it on a board. Place 2-3 slices of avocado in the center of the sheet first, followed by the carrot, cucumber, red cabbage, 3-4 shrimps and spring onion. Fold edge closest to you up and over the filling; roll sheet to enclose filling, folding in sides after first complete turn of roll. Repeat these steps for the other rolls.
4. Sprinkle with some sesame seeds and serve with the peanut dip.

# BULGUR WITH CHICKEN SHAWARMA

## INGREDIENTS

---

- 1 tomato
- 1/2 bell pepper
- 1/2 clove of garlic
- 50g flat beans
- 85g bulgur
- 100g chicken shawarma (or replace by tofu, quorn or your favorite vegetarian option)
- 1/4 lime juice
- 50g yoghurt (Greek)
- 150ml vegetable stock
- pepper and salt
- some fresh parsley
- paprika powder

## METHOD

---

1. Prepare the vegetable stock, cut all the vegetables into small cubes and press the garlic.
2. Heat some oil in a large saucepan or skillet. Add the garlic, beans, pepper and sauté 3 - 4 minutes.
3. Add the bulgur and cook for another minute.
4. Next, add the broth, bring to a boil and cook, covered, 8 - 10 minutes.
5. Heat oil in a frying pan and fry the chicken shawarma for 6 - 8 minutes.
6. When the bulgur is ready, add the tomato, some chopped parsley leaves and the lime juice. Season with salt and pepper.
7. Season the yogurt with 1/2 tsp extra virgin olive oil, 1/2 tsp paprika, pepper and salt.
8. Bring the bulgur on the plate and top with the chicken shawarma. Garnish with the yogurt, lime wedges and remaining parsley leaves.

# DAY

# 12

BREAKFAST SMOOTHIE

CHICKEN MEATBALLS IN  
COCONUT SOUP

SPICY MISO NOODLES

BREAKFAST

BREAKFAST SMOOTHIE

- 5 strawberries
- 75g pineapple or mango
- 100ml (plant-based) milk
- 35g oatmeal
- 1 tbsp flax seeds
- 1 tsp vanilla extract or any other sweetener

1. Cut the pineapple or mango into chunks if necessary.
2. Blend all the ingredients in a blender until smooth.
3. Add toppings of your choice like seeds, nuts, nutbutter...
4. Enjoy!

LUNCH

CHICKEN MEATBALLS IN COCONUT SOUP

- 1/2 zucchini
- 1/2 carrot
- 1/2 shallot
- 1/2 bell pepper
- 1/2 chicken bouillon cube
- 150g minced chicken meat (or replace with veggie balls)
- 1/2 clove of garlic
- 100ml coconut milk
- 100g Chinese cabbage
- 1/2 tsp Thai red curry paste

1. Grate 2/3 of the zucchini and mix with the minced meat. Season with salt and pepper. Roll into balls and set aside refrigerated.
2. In the meantime, cut the other part of the zucchini in small cubes.
3. Heat a pan with some olive oil and fry the chicken balls until golden brown. When they are done, remove them from the pan and set them aside.
4. In the same pan, sauté the shallot. Add the zucchini, bell pepper, Chinese cabbage and carrots and fry for 3 minutes.
5. Deglaze with the coconut milk and add the stock cube and curry paste. Then add the chicken balls. Simmer on low heat for 8-10 minutes.
6. Serve the meatballs with the sauce on top.

DINNER

SPICY MISO NOODLES

- 75-100 g noodles
- 1/2 tbsp chili paste
- 1/2 tbsp soy sauce
- 1/2 tbsp sesame oil
- 1/2 tsp rice vinegar
- 1/2 glove of garlic
- 1cm of ginger, grated
- 1/2 tbsp hot water
- 50g mushrooms
- 1 egg
- some spring onions
- roasted sesam seeds
- olive oil

1. Bring water to a boil. Boil the egg for 6 minutes. Drain immediately and place the eggs in a bowl of (ice) cold water. Let rest.
2. Prepare the veggies and heat some oil in a frying pan. Fry the mushrooms for 3-4 minutes.
3. For the sauce, mix together the chili paste, soy sauce, sesame oil and rice vinegar. Finely add the ginger and garlic. Stir together and then add 1 tbsp hot water. Set aside.
4. Prepare the noodles as directed on the package.
5. Meanwhile, finely chop the spring onion.
6. Mix the noodles with the sauce. Add the mushrooms. Add half the spring onion and some sesame seeds.
7. Peel the eggs and cut in half lengthwise and add to the noodles. Top with extra spring onion and sesame seeds.

# BREAKFAST SMOOTHIE

Another delicious grab and go breakfast recipe. Start your day on a healthy note with a variety of vitamins, minerals, antioxidants and fiber. Breakfast smoothies are easy to take with you on the go or at work. Plus, of course, you can vary tremendously with your favorite fruits!

## INGREDIENTS

---

- 5 strawberries
- 75g pineapple or mango
- 100ml (plant-based) milk
- 35g oatmeal
- 1 tbsp flax seeds
- 1 tsp vanilla extract or any other sweetener

## METHOD

---

1. Cut the pineapple or mango into chunks if necessary.
2. Blend all the ingredients in a blender until smooth.
3. Top with seeds, nutbutters, anything you enjoy!
4. Enjoy



# CHICKEN MEATBALLS IN COCONUTSOUP

## INGREDIENTS

---

- 1/2 zucchini
- 1/2 carrot
- 1/2 shallot
- 1/2 bell pepper
- 1/2 chicken bouillon cube
- 150g minced chicken meat (or replace with veggie balls)
- 1/2 clove of garlic
- 100ml coconut milk
- 100g Chinese cabbage
- 1/2 tsp Thai red curry paste

## METHOD

---

1. Grate 2/3 of the zucchini and mix with the minced meat. Season with salt and pepper. Roll into balls and set aside refrigerated.
2. In the meantime, cut the other part of the zucchini in small cubes.
3. Heat a pan with some olive oil and fry the chicken balls until golden brown. When they are done, remove them from the pan and set them aside.
4. In the same pan, sauté the shallot. Add the zucchini, bell pepper, Chinese cabbage and carrots and fry for 3 minutes.
5. Deglaze with the coconut milk and add the stock cube and curry paste. Then add the chicken balls. Simmer on low heat for 8-10 minutes.
6. Serve the meatballs with the sauce on top.

# SPICY MISO NOODLES

## INGREDIENTS

---

- 75-100 g noodles
- 1/2 tbsp chili paste
- 1/2 tbsp soy sauce
- 1/2 tbsp sesame oil
- 1/2 tsp rice vinegar
- 1/2 glove of garlic
- 1cm of ginger, grated
- 1/2 tbsp hot water
- 50g mushrooms
- 1 egg
- spring onions
- roasted sesame seeds
- olive oil

## METHOD

---

1. Bring water to a boil. Boil the egg for 6 minutes. Drain immediately and place the eggs in a bowl of (ice) cold water. Let rest.
2. Prepare the veggies and heat some oil in a frying pan. Fry the mushrooms for 3-4 minutes.
3. For the sauce, mix together the chili paste, soy sauce, sesame oil and rice vinegar. Finely add the ginger and garlic. Stir together and then add 1 tbsp hot water. Set aside.
4. Prepare the noodles as directed on the package.
5. Meanwhile, finely chop the spring onion.
6. Mix the noodles with the sauce. Add the mushrooms. Add half the spring onion and some sesame seeds.
7. Peel the eggs and cut in half lengthwise and add to the noodles. Top with some extra spring onion and sesame seeds.

# DAY

# 13

STRAWBERRY RICOTTA TOAST

CHICKEN-PESTO WRIZZA

CREAMY BROCCOLI PASTA

BREAKFAST

STRAWBERRY RICOTTA TOAST

- 1 slice of whole wheat bread (toasted)
- 2 tbsp ricotta
- Some strawberries (sliced)
- Honey

OPTIONAL:

- pistachios
- fresh basil

1. Toast your slice of bread
2. Slice some strawberries into thin slices.
3. Spread a thick layer of ricotta on your slice of bread, followed by some slices of strawberry.
4. Top off with a drizzle of honey and some chopped pistachios and fresh basil if desired.

LUNCH

CHICKEN - PESTO WRIZZA

- 1 whole wheat wrap
- 125g chicken (cubes) (or replace with tomatoes)
- 1 tbsp pesto
- 100g mozzarella

1. Preheat the oven to 180°C.
2. Spread the pesto and place the chicken together with some slices of mozzarella on the wrap.
3. Season with some salt and pepper and bake in the oven for 10 minutes

DINNER

CREAMY BROCCOLI PASTA

- 150g broccoli
- 1 tbsp cream cheese with herbs
- 125g pasta
- pepper and salt
- parmesan cheese

OPTIONAL:

- bacon
- smoked salmon

1. Cook the pasta according to the instructions.
2. Meanwhile, cook the broccoli until soft.
3. When the broccoli is ready, mix until smooth and add some cream cheese.
4. Next, add some pasta water and season with pepper and salt.
5. Serve with parmesan cheese on top!

# STRAWBERRY-RICOTTA TOAST

## INGREDIENTS

---

- 1 slice of whole wheat bread (toasted)
- 2 tbsp ricotta
- some strawberries (sliced)
- honey

### OPTIONAL:

- pistachios
- fresh basil

## METHOD

---

1. Toast your slice of bread
2. Slice some strawberries into thin slices.
3. Spread a thick layer of ricotta on your slice of bread, followed by some slices of strawberry.
4. Top off with a drizzle of honey and some chopped pistachios and fresh basil if desired.

# CHICKEN-PESTO WRIZZA

Using a wrap for your pizza is a healthier and customizable option. Wraps are lower in calories and carbs and can be adapted to your dietary needs. They're also quick and easy to make and offer a convenient alternative to traditional pizza dough.

## INGREDIENTS

---

- 1 whole wheat wrap
- 125g chicken (cubes) (or replace by tomatoes)
- 1 tbsp pesto
- 100g mozzarella

## METHOD

---

1. Preheat the oven to 180°C.
2. Spread the pesto and place the chicken together with some slices of mozzarella on the wrap.
3. Season with some salt and pepper and bake in the oven for 10 minutes

# CREAMY BROCCOLI PASTA

## I N G R E D I E N T S

---

- 150g broccoli
- 1 tbsp cream cheese with herbs
- 125g pasta
- pepper and salt
- parmesan cheese

### OPTIONAL:

- bacon
- smoked salmon

## M E T H O D

---

1. Cook the pasta according to the instructions.
2. Meanwhile, cook the broccoli until soft.
3. When the broccoli is ready, mix until smooth and add some cream cheese.
4. Next, add some pasta water and season with pepper and salt.
5. Serve with parmesan cheese on top!

# DAY

# 14

HEALTHY FRENCH TOASTS

HALLOUMI WRAPS WITH HUMMUS

STUFFED SALMON WITH  
RICOTTA-FETA



BREAKFAST

HEALTHY FRENCH TOASTS

- 1 slice whole wheat bread
- 1 egg
- 100ml (plant-based) milk
- 1/4 tsp Cinnamon
- 1/2 tbsp syrup of your choice
- some yoghurt or fruits to top off

1. Add the egg, milk, cinnamon and syrup to a bowl and mix well.
2. Dip your slice whole wheat bread into the mixture until the mixture soaks into it.
3. Add butter to a pan and bring in the soaked slices of bread. Bake for around 2-3 minutes on each side, turned every minute or so.
4. Top off with your favorite fruit, yoghurt,....

LUNCH

HALLOUMI WRAPS WITH HUMMUS

- 3-4 slices of halloumi
- 1 tbsp hummus
- 1/4 avocado
- some lettuce of your choice
- a few cherry tomatoes or other veggies that you like!
- wrap of choice
- pepper and salt

1. Cut the halloumi into slices and sear for about 2 minutes each side
2. Warm the tortilla wraps briefly to soften them.
3. Spread some hummus on the tortilla, add your veggies and the halloumi.
4. Season with pepper and salt, roll up and enjoy!

DINNER

STUFFED SALMON WITH RICOTTA - FETA

- 1 salmon fillet
- 50g ricotta
- 50g feta
- spinach
- olive oil
- 1/2 tsp lemon juice
- fresh dill
- salt and pepper

SERVE WITH

- Rice

1. Preheat the oven to 220 degrees.
2. Mix the ricotta and feta together with the spinach, add the fresh dill, lemon juice and season with salt and pepper
3. Cut the salmon in half on the long side, without cutting it all the way through.
4. Spread the cheese-spinach mixture over the inside of the salmon.
5. Place the salmon on the baking sheet. Grease the salmon on the top, sides and bottom with some olive oil. Season with salt and pepper and some fresh herbs of your choice
6. Roast the salmon in the oven for over 20 minutes, until just cooked through.
7. Serve with rice.

# HEALTHY FRENCH TOAST

## INGREDIENTS

---

- 1 slice whole wheat bread
- 1 egg
- 100ml (plant-based) milk
- 1/4 tsp Cinnamon
- 1/2 tbsp syrup of your choice
- some yoghurt or fruits to top off

## METHOD

---

1. Add the egg, milk, cinnamon and syrup to a bowl and mix well.
2. Dip your slice of whole wheat bread into the mixture until the mixture soaks into it.
3. Add butter to a pan and add the soaked slices of bread. Cook for around 2-3 minutes on each side, turned every minute or so.
4. Top off with your favorite fruit, yoghurt,....

# HALLOUMI WRAP WITH HUMMUS

## INGREDIENTS

---

- 3-4 slices of halloumi
- 1 tbsp hummus
- 1/4 avocado
- lettuce of your choice
- cherry tomatoes or other veggies that you like!
- pepper and salt

## METHOD

---

1. Cut the halloumi into slices and sear for about 2 minutes each side
2. Warm the tortilla wraps briefly to soften them.
3. Spread some hummus on the tortilla, add your veggies and the halloumi.
4. Season with some pepper and salt, roll up and enjoy!

# STUFFED SALMON WITH RICOTTA-FETA

## INGREDIENTS

---

- 1 salmon filet
- 50g ricotta
- 50g feta
- some spinach
- olive oil
- 1/2 tsp lemon juice
- fresh dill
- salt and pepper

## SERVE WITH

- Rice

## METHOD

---

1. Preheat the oven to 220 degrees.
2. Mix the ricotta and feta together with the spinach, add the fresh dill, lemon juice and season with salt and pepper.
3. Cut the salmon in half on the long side, without cutting it all the way through.
4. Spread the cheese-spinach mixture over the inside of the salmon.
5. Place the salmon on the baking sheet. Grease the salmon on the top, sides and bottom with olive oil. Season with salt and pepper and some fresh herbs of your choice
6. Roast the salmon in the oven for over 20 minutes, until just cooked through.
7. Serve with rice.

# DAY

# 15

OVERNIGHT TIRAMISU OATS

LEEK-APPLE-COCONUT  
SOUP

SWEET PATATO LASAGNE

**BREAKFAST**

OVERNIGHT TIRAMISU OATS

- 35g oats
- 250ml (plant-based) milk
- 1 espresso
- 1 tsp cacao powder
- 1 tbsp chia seeds
- 1 tsp honey or syrup of your choice
- 1 tbsp yoghurt

1. Mix the oats, milk, espresso, chia seeds and syrup and top off with some yoghurt in a jar or food container with a lid the night before you want to eat your breakfast.
2. Store in the refrigerator and eat your overnight oats the next morning.

**LUNCH**

LEEK - APPLE - COCONUT SOUP

- 1 leek
- 1/2 onion
- 1 apple
- 1.25 dl coconut milk
- 1/2 l water
- 1 vegetable stock cube
- rosemary
- pepper and salt
- 1 tbsp curry powder

1. Clean and finely chop the leek and the onion. Peel 1/2 apple and cut it into small pieces. Sauté everything for 2 minutes in a saucepan and with the curry, pepper and salt.
2. Meanwhile, cut the other half of the apple into fine sticks.
3. Add the water, coconut milk and crumbled bouillon cube. Bring to boil and simmer on low heat for 20 min.
4. Finely blend the soup, season more if necessary and sprinkle with the remaining apple in fine sticks.
5. Finish with a little rosemary and some more curry powder if desired.

**DINNER**

SWEET PATATO LASAGNE

- 1/4 cauliflower
- 60g spinach
- 1/4 onion
- 250g sweet potatoes
- 50ml (plant-based) milk
- 120g minced meat
- Pepper, salt and nutmeg
- Oregano, thyme, rosemary
- 1 tbsp olive oil
- 25g shredded cheese

1. Preheat the oven to 200°C.
2. Cook the cauliflower until soft.
3. Meanwhile, cut the sweet potato into thin slices.
4. Preheat olive oil in a pan and fry the onion for a few minutes. Next, add the minced meat and spinach and season with pepper, salt, nutmeg, oregano, thyme and rosemary.
5. Mix the cauliflower together with the milk, olive oil and the cheese into a sauce.
6. Grease an oven dish with some olive oil. Start with a layer of the potato slices, next, some minced meat and spinach and finish with the sauce. Repeat this until you run out of ingredients.

# OVERNIGHT TIRAMISU OATS

## INGREDIENTS

---

- 35g oats
- 250ml (plant-based) milk
- 1 espresso
- 1 tsp cacao powder
- 1 tbsp chia seeds
- 1 tsp honey or syrup of your choice
- 1 tbsp yoghurt

## METHOD

---

1. Mix the oats, milk, espresso, chia seeds and syrup and top off with some yoghurt on top in a jar or food container with a lid the night before you want to eat your breakfast.
2. Store in the refrigerator and eat your overnight oats the next morning.

# LEEK-APPLE-COCONUT SOUP

## INGREDIENTS

---

- 1 leek
- 1/2 onion
- 1 apple
- 1.25 dl coconut milk
- 1/2 l water
- 1 vegetable stock cube
- rosemary
- pepper and salt
- 1 tbsp curry powder

## METHOD

---

1. Clean and finely chop the leek and the onion. Peel 1/2 apple and cut it into small pieces. Sauté everything for 2 minutes in a saucepan and with the curry, pepper and salt.
2. Meanwhile, cut the other half of the apple into fine sticks.
3. Add the water, coconut milk and crumbled bouillon cube. Bring to the boil and simmer on a low heat for 20 min.
4. Finely blend the soup, season more if necessary and sprinkle with the remaining apple in fine sticks.
5. Finish with a little rosemary and some more curry powder if desired.



# SWEET POTATO LASAGNA

This recipe is a healthy alternative to lasagna! This healthier version contains lots of greens and a creamy cauliflower-based sauce. Deliciously nutritious in other words! We also replace lasagna sheets with sweet potato, an alternative full of healthy nutrients such as vitamins, minerals and fiber.

## I N G R E D I E N T S

---

- 1/4 cauliflower
- 60g spinach
- 1/4 onion
- 250g sweet potatoes
- 50ml (plant-based) milk
- 120g minced meat
- Pepper, salt and nutmeg
- Oregano, thyme, rosemary
- 1 tbsp olive oil
- 25g shredded cheese

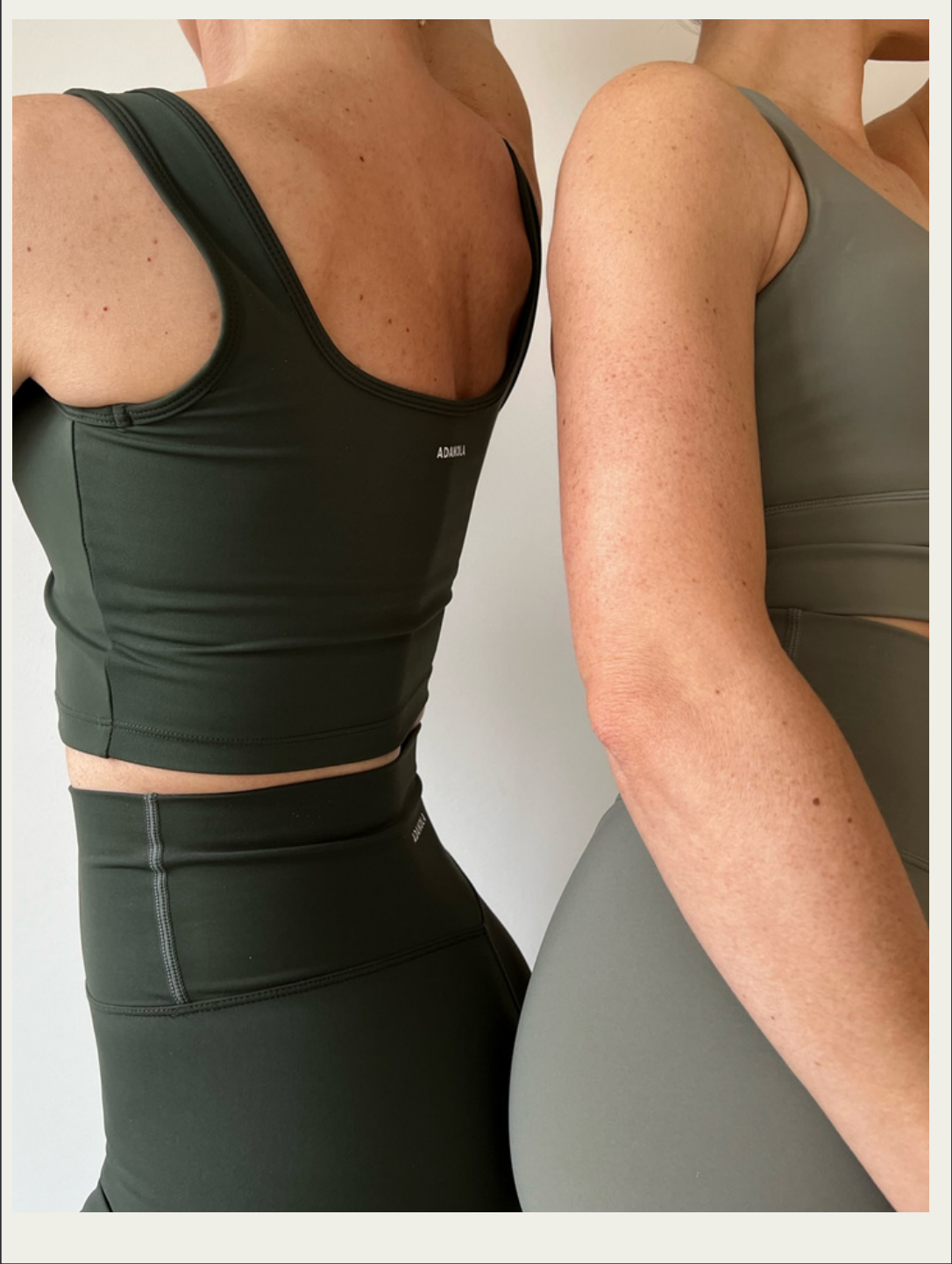
### SERVE WITH

- toasted bread

## M E T H O D

---

1. Preheat the oven to 200°C.
2. Cook the cauliflower until soft.
3. Meanwhile, cut the sweet potato into thin slices.
4. Preheat olive oil in a pan and fry the onion for a few minutes. Next, add the minced meat and spinach and season with pepper, salt, nutmeg, oregano, thyme and rosemary.
5. Mix the cauliflower together with the milk, olive oil and the cheese into a sauce.
6. Grease an oven dish with some olive oil. Start with a layer of the potato slices, next, some minced meat and spinach and finish with the sauce. Repeat this until you run out of ingredients.



# SNACKS

Eating healthy snacks throughout the day can help keep you energized and satisfied. However, finding nutritious snack options that are both tasty and easy to make can be a challenge. That's why we've put together a collection of delicious and easy-to-make healthy snack recipes that you can enjoy at home or on-the-go. From homemade granola to sweet potato chips and banana snickers, our recipes are packed with wholesome ingredients that will satisfy your cravings and keep you on track with your health goals.

GREEN JUICE

CRISPY TORTILLA CHIPS

FROZEN BANANA BITES

SPICY EDAMAME BEANS

CRISPY RICE CAKE BITES

BANANA SNICKERS

CHOC JAM BITES

SWEET POTATO CHIPS

OATMEAL CHOCOLATE CHIP  
COOKIES

---

# GREEN JUICE

This green juice is a delicious way to boost your vitamins, energy, and immune system. This juice recipe is rich in antioxidants and nutrients that can support healthy digestion, skin, and hair. It also provides a natural energy boost and can be made to fit your dietary needs.

## INGREDIENTS

---

- 1 orange
- 1/2 lime
- 1/2 lemon
- 1/4 cucumber
- 1 cm ginger
- 1 apple
- a few celery sticks
- 1 1/2 carrots

## METHOD

---

1. Wash and slice the veggies and fruits.
2. Put everything together in a juicer.
3. Enjoy!

# CRISPY TORTILLA CHIPS

## INGREDIENTS

---

- 1 whole wheat wrap
- 1/2 tsp onion powder
- 1 tsp paprika powder
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1 tsp parmesan cheese
- olive oil

## METHOD

---

1. Cut each tortilla into 6 triangle shaped wedges.
2. Put them in a plastic ziplock bag together with the onion powder, paprika powder, chili powder, some salt and parmesan cheese. Drizzle with some olive oil and shake until all the tortilla chips are covered with seasoning.
3. Place the chips on a baking tray with baking paper and bake until crispy and golden brown.

# FROZEN BANANA BITES

## INGREDIENTS

---

- 1 ripe banana
- half a bar of dark chocolate
- peanut butter or almond butter

## METHOD

---

1. Start by taking one ripe banana and cutting it into quarter inch pieces.
2. Lay those out on a tray and freeze for 10 minutes.
3. While that's freezing, melt half a bar of dark chocolate.
4. In the meantime, start with spreading some almond or peanut butter in between the bananas and make little sandwiches.
5. Pop those back in the freezer for about 10 minutes
6. After 10 minutes, take those out of the freezer and dip them in the chocolate.
7. Freeze for 5 more minutes.



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# CRISPY RICE CAKE BITES

## INGREDIENTS

---

- 4-5 rice cakes
- 120g dark chocolate
- 1 tbsp peanut butter

## METHOD

---

1. Start by melting the chocolate.
2. In the meantime, crush up the rice cakes.
3. Combine the rice cakes and chocolate together.
4. Add the mixture into a lined baking pan and put this in the freezer for 1 to 2 hours.
5. Cut them into squares so you get rice cake bars.



# SPICY EDAMAME BEANS

## INGREDIENTS

---

- 300g frozen edamame (in their pods)
- 1 tsp neutral oil
- 1 tsp minced garlic
- 1 tsp minced fresh ginger
- 2 tbsp light soy sauce or tamari
- 1 tsp pure maple syrup, sugar or honey
- 1/2 tbsp Sambal Oelek or Sriracha

## METHOD

---

1. Bring a large pot of water to a boil and add a teaspoon of salt. Add the edamame and return to a boil. Cook until bright green and heated through, 3 to 5 minutes. Drain.
2. Heat the oil in a medium skillet over medium heat. Add the garlic and ginger. Cook until fragrant, but before they brown, 30 to 60 seconds. Remove the skillet from the heat, and then stir in the soy sauce, maple syrup and hot sauce.
3. Toss the edamame with the sauce and serve.

# BANANA SNICKERS

## I N G R E D I E N T S

---

- 1 banana
- some peanut butter
- half a bar of chocolate
- some crushed peanuts

## M E T H O D

---

1. Cut the banana into 2 pieces and then through lengthwise.
2. Spread a thin layer of peanut butter on the pieces and top with some chopped peanuts
3. Meanwhile, melt some chocolate. When this is done drizzle the bananas with some of the melted chocolate.
4. Freeze for about 10 minutes

# CHOC JAM BITES

## I N G R E D I E N T S

---

- 250g raspberries
- 1 tbsp chia seeds
- 1 tbsp honey or other syrup of your choice
- some dark chocolate

## M E T H O D

---

1. Mash together some raspberries, chia seeds and honey.
2. Dollop onto a tray and set in the freezer.
3. Meanwhile, melt some dark chocolate.
4. Once the raspberry bites are frozen, coat each bit in melted dark chocolate.
5. Drizzle with any remaining chocolate and set in the freezer for 10 minutes

# SWEET POTATO CHIPS

This recipe is a healthy and delicious snack. Sweet potato chips are lower in calories and higher in nutrients than traditional potato chips, and making them at home lets you control the amount of salt and oil used. Plus, sweet potatoes are packed with vitamins, fiber, and antioxidants, making them an ideal addition to any diet. Enjoy these crispy and flavorful chips on their own or with your favorite dip for a guilt-free snack that is both satisfying and nutritious.

## I N G R E D I E N T S

---

- 1 sweet potato
- cumin
- paprika powder
- salt
- 2 tbsp greek yoghurt
- 1 tsp honey
- 1/2 glove of garlic
- some fresh mint leaves
- 1/2 lemon juice
- olive oil

## M E T H O D

---

1. Preheat the oven to 180°C.
2. Slice the sweet potato into thin chips (the thinner the crisper).
3. Place the chips on a baking tray with baking paper.
4. Lightly spread the chips with olive oil, then season with cumin, salt and paprika.
5. Put them in the oven until golden brown and crispy. Turn them halfway through to get them even crispier.
6. In the meantime, mix the yogurt with lemon juice, honey, a pinch of salt, crushed garlic and chopped mint.
7. Enjoy!

# OATMEAL CHOCOLATE CHIP COOKIES

## I N G R E D I E N T S

---

- 100g oats
- 2 ripe bananas
- 50g extra dark chocolate

## M E T H O D

---

1. Preheat the oven to 180 degrees.
2. Chop the chocolate into small pieces. Mash the bananas in a bowl with a fork. Then stir in the oatmeal and chocolate.
3. Make 16 balls of the mixture and press them flat on the baking sheet. Place the baking sheet in the oven for 20 minutes.
4. Tip: Store the healthy cookies in a sealed container. To make them nice and fresh again, you can also reheat them in the oven for a few minutes.

# HEALTHY SUSHI BITES

## I N G R E D I E N T S

---

- 1 cucumber
- 1/2 avocado
- some smoked salmon
- cream cheese (with herbs)

## M E T H O D

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1. Trim the ends off the cucumbers, then use a vegetable peeler to slice the cucumber into thin flat strips. Continue until you reach the center of the cucumbers. Then flip it over and repeat.. You can discard the first skin peel and should have about 8-12 strips.
2. To assemble the rolls, lay the cucumber slices down, spread the cream cheeses mixture on top.
3. Then place the smoked salmon and avocado slices on the top half of the cucumber slice. Starting from the top half, carefully roll the cucumber slices tightly.
4. Slice into sushi pieces and sprinkle with sesame seeds and enjoy!



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