



21 RECIPE KICKSTARTER



DAIRY FREE, GLUTEN FREE
& WHEAT FREE OPTIONS

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PREVIEW

Coconut dream smoothie

40g tinned sweetcorn, rinsed and drained

140ml dairy free alternative coconut milk (or use milk of your choice)

40ml tinned coconut milk

1 tsp vanilla extract

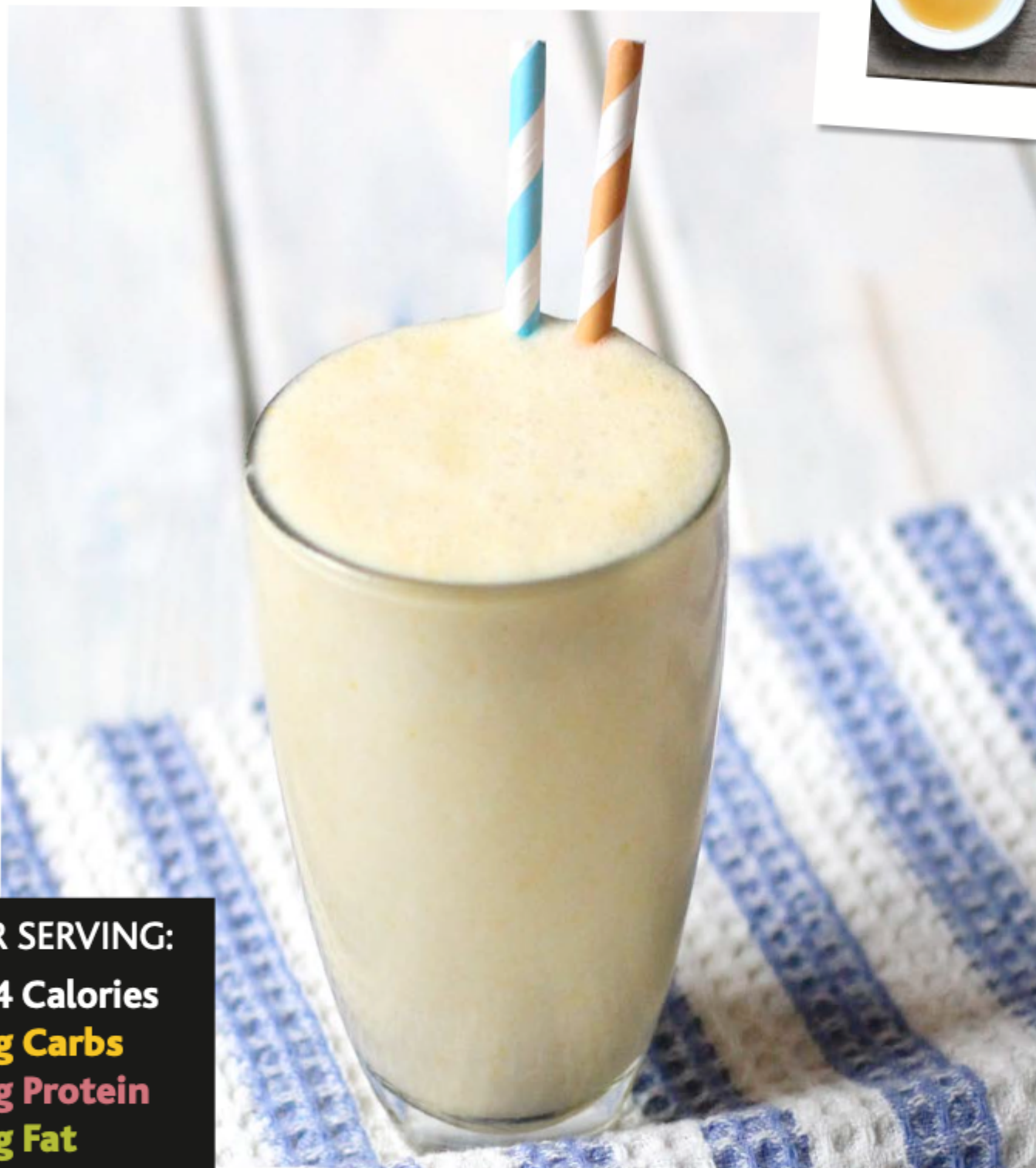
25g vanilla flavour whey or rice protein powder

4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:

234 Calories

14g Carbs

22g Protein

10g Fat

Strawberry cheesecake

for the base:

50g coconut oil
80g ground almonds
50g ground flaxseed
20g honey or maple syrup
30g crunchy peanut butter (or use
nut butter of your choice)
a pinch of sea salt
60g oats (use gluten free oats if
preferred)

for the topping:

120g cream cheese (use dairy free
if preferred)
100g Greek yoghurt (use dairy
free if preferred)
1 egg
30g vanilla or strawberry flavour
whey or rice protein powder
200g fresh strawberries

to serve:

a few fresh strawberries

SERVES 8

Preheat oven to 175°C/350°F. Line the
base of a 15x15cm square or round baking
tin with baking paper.

Place the base ingredients in a blender or
food processor and blend until smooth.

Transfer to the baking tin and press down
firmly to compact. Bake for 10 minutes
then allow to cool.

Place the topping ingredients in a blender
or food processor and blend until smooth.

Pour the mixture over the base, and spread
out evenly with a spatula.

Bake for 20 minutes then allow to cool.
Refrigerate for one hour or more until
ready to serve.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days or freeze on
same day.*

PER SERVING
304 Calories
10g Carbs
12g Protein
24g Fat



Salmon & chive omelette salad



a large handful of mixed salad leaves
1 salad tomato, sliced
20g cucumber, sliced
2 tsps balsamic vinegar
black pepper, to season
1 tsp olive oil
1 tsp ghee or coconut oil
3 spring onions, sliced finely
a small bunch of fresh chives,
finely chopped
3 eggs, whisked
50g smoked salmon, cut into
small pieces
juice of ½ a lemon

SERVES 1

Arrange the salad leaves in a bowl and add the cucumber and tomato. Mix the balsamic vinegar, black pepper and olive oil together and drizzle over the salad.

Melt the ghee / oil in a frying pan over a medium heat. Add the chives and spring onions and fry for 1 minute, stirring.

Pour the eggs into the pan and tilt gently to cover the base evenly. Cook for 2-3 minutes until the egg starts to firm up. Add the salmon pieces, distributing evenly over the omelette. Cook for 1 minute.

Using a slice, carefully turn the omelette over and cook for 1 minute, then remove from pan and transfer to a plate. Slice the omelette into bite-sized strips and place on top of the salad.

Drizzle the lemon juice over the omelette and serve.

Store in an airtight container and refrigerate for up to 1 day.



PER SERVING:
486 Calories
13g Carbs
32g Protein
34g Fat

