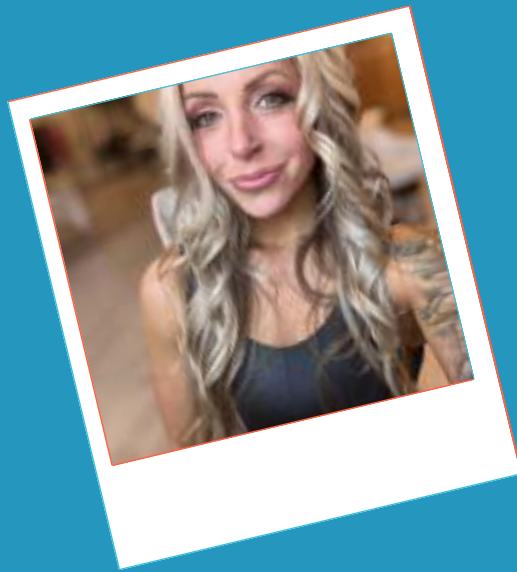


Thrive & nourish

with Catherine



www.catherinefit.com



HELLO!

We know first hand how hard it can be to get great tasting food that's also healthy, Our cookbook is packed full of tasty nutrient-rich foods enabling you to enjoy the process of reaching your goals & ensure you feel great doing it!

Your straightforward guide including macros for every dish!

The hope here is that this cookbook will support your fitness journey, compliment your lifestyle and essentially allow you & your family to enjoy good quality meals that you love everyday!

Catherine

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SHOPPING LIST

Organized by fridge/freezer and cupboard items, this shopping list will help streamline your shopping so you can easily prepare delicious meals whenever you're ready to cook!

Always in the Cupboard

Salt & pepper
Peri-peri seasoning
Garlic
Chilli
Cajun
Paprika
Oregano
Zero cal sweetener
Dizzly Peanut Butter
Siracha
Avocado/EVO Spray
Protein Powder
Honey
Rice Cakes
Jam
Coffee
Oats
Tortilla wraps
Bread

Always in the Fridge/Freezer

Sparkling water
Dark chocolate
Almond milk
Greek yogurt
5% fat mince
Chicken breasts
Mozzarella
Lettuce
Potatoes
Tomatoes
Peppers
Frozen broccoli
Frozen onions
Frozen raspberries
Frozen blueberries
Ice
Prawns
Peas
Homemade Ice-cream

PANCAKES



28g
CALORIES

19g
PROTEIN

40.1g
CARBS

2.8g
FATS

INGREDIENTS

- 40g oats
- ½ tsp baking powder
- ½ tsp ground cinnamon
- ½ medium banana (approximately 50g)
- 2 large egg whites
- 60g Fage 0% Greek yoghurt
- A dash of unsweetened almond milk
- ½ tsp vanilla extract

INSTRUCTIONS

1. **Blend:** Blitz all the ingredients using a food processor or handheld blender until the oats are smooth and the mixture becomes frothy.
2. **Cook:** Heat a non-stick pan over medium heat and spray lightly with 1-cal frying spray. Pour the mixture into the pan to your desired pancake size.
3. **Flip:** Cook each pancake for about 1 minute per side, flipping halfway through with a spatula.
4. **Serve:** Remove from heat and serve with your choice of toppings.

TOP TIP!

For fluffier pancakes, let the batter rest for 5–10 minutes after blending. This allows the baking powder to activate and create air bubbles, giving you lighter, fluffier pancakes!

1 SERVING

BREAKFAST BAP



332
CALORIES

25g
PROTEIN

34g
CARBS

11g
FATS

INGREDIENTS

- 1 breakfast muffin
- 2 bacon medallions
- 1 egg
- 10g Low Low cheese

TOP TIP!

Warm the cheese: Add the cheese to the hot egg or bacon just before assembling the bap. This allows it to melt slightly, adding extra flavor and texture to your sandwich!

INSTRUCTIONS

- 1. Prepare the Egg:** Cook the egg to your liking (e.g., frying with 1-cal spray or poaching).
- 2. Toast:** Toast the breakfast muffin until golden.
- 3. Cook Bacon:** Grill the bacon medallions for approximately 6 minutes per side until cooked through.
- 4. Assemble:** Layer the cooked bacon, egg, and cheese inside the toasted muffin to create your breakfast bap.

1 SERVING

BREAKFAST FRITTATA



366
CALORIES

29g
PROTEIN

11g
CARBS

22g
FATS

INGREDIENTS

- 12 Eggs
- 80g Spinach
- 80g Sundried Tomatoes
- 80g Reduced Fat Feta Cheese
- 1 Chilli Pepper (diced)
- 2 Spring Onions (diced)
- 80ml Unsweetened Almond Milk
- 1 tsp Italian Herbs
- Salt & Pepper (to taste)
- 6 Diced Turkey Bacon

TOP TIP!

For added flavor, try using a mix of fresh herbs like basil or parsley in place of or in addition to the Italian herbs!

INSTRUCTIONS

1. Preheat the oven to 200°C.
2. Fry the diced turkey bacon until cooked and crispy. Set aside.
3. Crack the eggs into a large mixing bowl.
4. Add the spinach, sundried tomatoes, spring onions, diced chilli pepper, and feta cheese. Lightly whisk for 2 minutes.
5. Add the almond milk, Italian herbs, salt, and pepper to the bowl and mix until fully combined.
6. Pour the mixture into a greaseproof dish.
7. Dice the cooked turkey bacon and distribute it evenly on top of the egg mixture.
8. Place the dish in the oven and bake for 20 minutes (or until the egg is fully cooked through).
9. Cut the frittata into four portions and serve.

4 SERVINGS

FULL ENGLISH BREAKFAST



603
CALORIES

68.4g
PROTEIN

35.8g
CARBS

17g
FATS

INGREDIENTS

- 8 bacon medallions
- 4 reduced-fat pork sausages
- 4 medium eggs, beaten
- 400g tin of baked beans (reduced sugar & salt)
- 200g cherry tomatoes
- 200g button mushrooms
- Low-calorie cooking spray
- Salt and pepper, to taste

TOP TIP!

For a touch of spice, add a pinch of smoked paprika or chili flakes to the eggs or baked beans before cooking.

INSTRUCTIONS

- 1. Prep the Veggies:**
 - Preheat the air fryer to 180°C.
 - Place mushrooms and cherry tomatoes on separate sheets of foil, spray with cooking spray, season, and seal into pouches.
- 2. Cook:**
 - Add sausages and foil pouches to the air fryer; cook for 5 minutes.
 - Add bacon and cook for another 5 minutes.
- 3. Finish the Eggs and Beans:**
 - Move bacon to the side and place two small bowls with baked beans and beaten eggs in the air fryer. Cook for 7 minutes, stirring eggs halfway through.
- 4.. Serve:**
 - Plate everything and enjoy!

2 SERVINGS

BAKED OATS



325
CALORIES

21g
PROTEIN

52g
CARBS

5g
FATS

INGREDIENTS

- 200g oats
- 200ml milk (I used red skimmed milk)
- 2 bananas
- 1 tsp baking powder
- 70g whey protein
- Toppings of choice (see suggestions below)

TOPPINGS

- Squeezy peanutbutter
- Greek yogurt
- Zero-calorie maple syrup
- Sprinkle of cinnamon

4 SERVINGS

INSTRUCTIONS

1. Preheat the oven to 150°C (top shelf).
2. Mash the bananas: On a plate, use a fork to mash 2 bananas. Once mashed, set aside.
3. Prepare the mixture: In a large mixing bowl, use food scales to measure and add the oats, whey protein, and baking powder.
4. Add 200ml of red skimmed milk and the mashed bananas to the mixture.
5. Mix thoroughly until everything is well combined.
6. Prepare the baking dish: Line the baking dish with parchment paper.
7. Pour the mixture into the prepared dish and use a fork to flatten and spread evenly.
8. Add toppings: Add fresh or frozen berries on top, or any other toppings you prefer.
9. Bake: Place the dish on the top shelf of the oven and bake for 25 minutes at 150 degrees
10. Cool and slice: Remove from the oven, let it cool, then cut into 8 slices.

FRENCH TOAST



391
CALORIES

23g
PROTEIN

60g
CARBS

5g
FATS

INGREDIENTS

- 1 banana, sliced
- 5g peanut butter (I use a drizzler one)
- 30ml almond milk
- 2 slices of bread (or use low-cal bread to up it to 4 slices)
- 100ml egg whites
- 37g berries
- Cinnamon
- Toppings of choice: fresh fruit, zero-calorie maple syrup

1 SERVING

INSTRUCTIONS

1. Prepare the egg mixture: In a deep dish or bowl, pour 30ml almond milk, add cinnamon to taste, and whisk in the egg whites.
2. Soak the bread: Dip both sides of the bread slices into the egg mixture, ensuring they are fully coated.
3. Preheat the pan: Heat a frying pan over medium heat and spray it with 1-calorie spray (or use butter, but note that calories will vary).
4. Cook the bread: Transfer the soaked bread slices to the pan and cook for 2-3 minutes on each side, until crispy and golden brown.
5. Assemble: Stack the two slices of French toast on a plate.
6. Add toppings: Top with sliced banana, drizzle 5g peanut butter, and add any other fresh fruit you like. Optionally, drizzle zero-calorie maple syrup and sprinkle extra cinnamon.

OVERNIGHT OATS



359
CALORIES

26g
PROTEIN

52g
CARBS

5.5g
FATS

INGREDIENTS

- 200g oats
- 200ml milk (I use red skimmed milk)
- 2 Bananas
- 100g Whey (I used chocolate flavour protein, use whatever flavour you prefer
- - changing the whey will change your flavour ,week after week its a handy tweak)
- Toppings of choice

INSTRUCTIONS

- 1.** Mash the bananas: Use a fork to mash the bananas on a plate. Set them aside.
- 2.** Prepare the mixture: In a large mixing bowl, use food scales for accuracy and add the oats, milk, whey protein, and mashed bananas.
- 3.** Mix well: Combine everything until it's fully mixed. Add toppings: Add your toppings of choice and stir them in.
- 4.** Chill: Place the mixture in the fridge.
- 5.** Serve: Eat as and when you want. You can store it in portable containers if you're on the go!

4 SERVINGS

POTATO PANCAKES



486
CALORIES

27g
PROTEIN

40g
CARBS

26g
FATS

INGREDIENTS

- Medium-sized, washed Agria potatoes
- (note: waxy potatoes won't work)
- 1 tablespoon olive oil
- 30g avocado
- 3 bacon medallions
- 1 poached egg

TOPPINGS

- Bacon medallions
- Mozzarella
- Poached egg
- Avocado
- Cherry tomatoes

INSTRUCTIONS

- 1. Prepare the potatoes:** Poke each potato with a fork in several places (about four times).
- 2. Microwave:** Place the potatoes in a heatproof bowl and microwave on high for 8-10 minutes. (Add extra time if cooking more than one potato.) The potatoes should be wrinkly on the outside and very soft when squeezed.
- 3. Cool:** Set aside to cool for 5-10 minutes.
- 4. Flatten the potatoes:** Place the potato on a clean chopping board. Using the palm of your hand (or the flat base of a measuring jug), gently squash the potato down to form a flat pancake about 1 cm thick.
- 5. Heat the skillet:** Drizzle a generous amount of oil into a skillet and heat it over high heat.
- 6. Fry the potatoes:** Carefully scrape the potato off the chopping board using a metal spatula and place it in the skillet. Fry for 4-5 minutes on each side until golden brown and crispy.
- 7. Season:** Sprinkle flaky salt on both sides of the



323
CALORIES

23g
PROTEIN

25g
CARBS

13g
FATS

COTTAGE CHEESE TOAST

INGREDIENTS

- 2 slices wholewheat toast
- ½ cup cottage cheese
- ¼ avocado, sliced
- 1 tsp sesame seeds (optional)

TOP TIP!

Boost flavour: Add some black pepper and chilli flakes for an extra kick to enhance the taste of the cottage cheese and avocado.

INSTRUCTIONS

- 1. Toast:** Toast the bread slices to your desired crispness.
- 2. Assemble:** Spread cottage cheese evenly over the toast, then top with avocado slices.
- 3. Garnish:** Sprinkle sesame seeds on top.
- 4. Serve:** Enjoy a quick, high-protein breakfast ready in just 5 minutes!

1 SERVING



553
CALORIES

51g
PROTEIN

52g
CARBS

10.5g
FATS

LIGHT & CREAMY CHICKEN PASTA

INGREDIENTS

- 100g grilled chicken, diced
- 1 bacon medallion, diced
- 30g light Philadelphia cream cheese
- 50g dry pasta
- Handful of mushrooms, sliced
- 1 small onion, diced
- Handful of peas
- ½ clove of garlic, minced
- Onion powder, garlic powder, salt, and pepper (to taste)

1 SERVING

INSTRUCTIONS

- 1. Sauté:** Heat 1-cal cooking spray in a pan and sauté the onion and garlic until softened.
- 2. Cook Chicken and Bacon:** Add the diced bacon and grilled chicken to the pan. Cook for several minutes until the bacon is done and the chicken is heated through.
- 3. Cook Pasta:** In a separate pot, boil salted water and cook the pasta until al dente. Drain and set aside.
- 4. Add Veggies and Season:** Add the mushrooms and peas to the chicken and bacon mixture. Season with onion powder, garlic powder, salt, and pepper to taste. Cook until the vegetables are tender.
- 5. Combine:** Add the cooked pasta to the chicken and bacon mixture. Remove from heat and stir in the light Philadelphia until melted, creating a creamy sauce.
- 6. Serve:** Plate and enjoy!

TOP TIP!

Save some pasta water: Before draining the pasta, reserve a few tablespoons of the starchy water. Add it to the sauce if needed to loosen the texture and make it extra creamy without adding more cheese!



515
CALORIES

44.5g
PROTEIN

53g
CARBS

11.2g
FATS

CHICKEN FRIED RICE

INGREDIENTS

- 80g grilled chicken, diced
- 1 bacon medallion, diced
- 1 egg, whisked
- 125g basmati rice, cooked
- 1 small onion, diced
- Handful of peas (or other vegetables of choice)
- ½ clove garlic, minced
- 2 tbsp light soy sauce
- Salt and pepper (to taste)

1 SERVING

TOP TIP!

Make sure all your ingredients are prepped and ready to go before you start cooking. Fried rice cooks quickly, so having everything chopped, measured, and within reach ensures a smooth process and prevents overcooking.

INSTRUCTIONS

- 1. Sauté:** Heat 1-cal cooking spray in a pan and sauté the onion and garlic until softened.
- 2. Cook Chicken and Bacon:** Add the diced bacon and grilled chicken to the pan. Cook for several minutes until heated through and the bacon is cooked.
- 3. Add Veggies:** Stir in the peas or any other vegetables you're using.
- 4. Combine with Rice:** Add the cooked basmati rice to the pan and season with salt and pepper. Stir well.
- 5. Cook the Egg:** Push the rice mixture to one side of the pan and pour the whisked egg into the empty space. Stir continuously until the egg is cooked, then mix it into the rice.
- 6. Finish with Soy Sauce:** Add the soy sauce and stir everything together to combine evenly.
- 7. Serve:** Remove from heat and enjoy!



425
CALORIES

33g
PROTEIN

52g
CARBS

8g
FATS

CHICKEN ARRABIATA

INGREDIENTS

- 80g grilled chicken
- 50g dried penne pasta
- Half an onion, finely chopped
- Half a red chilli, deseeded and chopped
- 100g passata
- 1 chicken stock cube
- Fresh basil leaves
- Pinch of dried oregano
- Half a clove of garlic, minced
- Low-calorie cooking spray

1 SERVING

TOP TIP!

For an extra kick, leave some of the seeds in the red chilli or add a sprinkle of crushed red pepper flakes. This will enhance the spiciness of the dish!

INSTRUCTIONS

1. Heat a non-stick pan over medium heat and spray with low-calorie cooking spray.
2. Sauté the onion and garlic until softened and fragrant.
3. Add the passata, chopped chilli, and the chicken stock cube dissolved in a small amount of boiling water.
4. Stir in a pinch of dried oregano and bring to the boil, then reduce to a simmer for 5 minutes.
5. Meanwhile, cook the penne pasta in salted boiling water until al dente. Drain and set aside.
6. Add the grilled chicken and cooked pasta to the sauce, stirring well to coat everything evenly.
7. Garnish with fresh basil leaves and serve immediately.



457
CALORIES

23.4g
PROTEIN

37.5g
CARBS

22g
FATS

CAJUN SALMON

INGREDIENTS

- 1 salmon piece (approx. 120g)
- Juice of ½ lime
- Chili powder (to taste)
- Cayenne pepper (to taste)
- Cumin (to taste)
- Paprika (to taste)
- 150g baby potatoes, cut into wedges or cubes
- Alternatively use 150g cooked white rice
- One-cal cooking spray
- Salt and pepper (to taste)

1 SERVING

TOP TIP!

Crispier Potatoes: For extra-crispy potato edges, turn them halfway through baking and add a sprinkle of garlic powder or dried herbs! (Macros shown above are for potatoes)

INSTRUCTIONS

- 1. Preheat Oven:** Preheat your oven to 180°C.
- 2. Prepare Potatoes:** Place the baby potatoes in a microwave-safe dish and microwave for 5 minutes to soften.
- 3. Season Potatoes:** Spray the microwaved potatoes with one-cal spray, then season with salt, pepper, paprika, and cayenne pepper. Spread them on a baking tray and bake for 25 minutes.
- 4. Prepare Salmon:** Place the salmon on a baking tray lined with tin foil. Squeeze the juice of half a lime over the fish, then sprinkle with chili powder, cayenne pepper, cumin, and paprika.
- 5. Bake Salmon:** Wrap the salmon in the tin foil to form a parcel and bake for 15 minutes. Open the foil for the remaining 10 minutes to crisp up the top.
- 6. Serve:** Plate the salmon alongside the roasted potatoes and enjoy!



419
CALORIES

30g
PROTEIN

59g
CARBS

11.7g
FATS

SPICY BBQ CHICKEN BURGER

INGREDIENTS

- 1x Large Chicken Breast
- 2 tsp. EACH of: BBQ Seasoning, Garlic Powder & Smoked Paprika
- 25g Panko Breadcrumbs
- 1x Egg White
- 3 tbsp. Sriracha Sauce
- 2 tbsp. BBQ Sauce
- 1x Portion Asian Slaw
- 2x Brioche Buns

2 SERVING

TOP TIP!

To ensure the chicken stays juicy and tender, use a meat thermometer to check the internal temperature. It should reach 75°C (165°F) for perfectly cooked chicken without overcooking.

INSTRUCTIONS

1. Cut the chicken breast in half and tenderize with a meat mallet or rolling pin.
2. Season the chicken with 1 tbsp. of each of the BBQ seasoning, garlic powder, and smoked paprika. Ensure the chicken is fully coated on both sides.
3. In a separate bowl, mix the panko breadcrumbs with the remaining 1 tbsp. of each seasoning. Combine well.
4. In another bowl, whisk the egg white and 1 tbsp. of sriracha sauce until combined.
5. Dip the seasoned chicken breasts into the egg white mixture, then coat them thoroughly in the breadcrumb mixture on both sides.
6. Air fry the chicken at the highest temperature for 12-15 minutes.
7. While the chicken is cooking, mix 2 tbsp. of BBQ sauce with 2 tbsp. of sriracha sauce in a small bowl.
8. Toast the brioche buns. Add a portion of Asian slaw to the base of each bun, place the chicken burger on top, and spread the spicy BBQ sauce over the chicken.



618
CALORIES

48g
PROTEIN

63.5g
CARBS

16.4g
FATS

CAJUN CHICKEN ALFREDO

INGREDIENTS

- 75g Dry Linguine
- 100g Chicken Breast
- 1 tsp Cajun, Smoked Paprika & Garlic
- 1 Handful Diced Bell Peppers
- 100ml Pasta Water
- 1 tsp Garlic Puree, Tomato Puree
- 1 Handful Chopped Spinach
- 50ml Single Light Cream
- 15g Lightest Cream Cheese
- 10g Parmesan

INSTRUCTIONS

1. Boil pasta in a saucepan with salt and water.
2. In a separate pan, fry off the chicken until it is semi-cooked.
3. Add all of the seasonings, a splash of water, and the diced peppers, and fry until the chicken is cooked through.
4. Reduce to a simmer and add the tomato puree, garlic puree, pasta water, spinach, and cream.
5. When the sauce starts to reduce, add in the cream cheese.
6. Drain your pasta and add this to the pan, give it a good stir so the pasta is fully coated in sauce.

1 SERVING

TOP TIP!

For a creamier texture, you can swap the single light cream for a bit of Greek yogurt or sour cream. This will give the sauce an extra smooth and rich consistency while keeping it light.



568
CALORIES

62g
PROTEIN

50g
CARBS

12g
FATS

SALTED CHILLI CHICKEN

INGREDIENTS

- 180g Diced Chicken Breast
- 1 Egg White
- 1 tsp Hot Chilli Powder
- 1 tsp Chinese 5 Spice
- 1 tsp Garlic Granules
- 15g Cornflour
- 1 tbsp Sweetener
- 1/2 tsp Salt
- 1 tsp Black Pepper
- 1/2 Red Bell Pepper, Sliced
- 1/2 Green Bell Pepper, Sliced
- 1/2 White Onion, Sliced

1 SERVING

TOP TIP!

Double-coat the chicken by dipping it back into the egg white and seasoning mixture for an extra crispy texture!

INSTRUCTIONS

1. Crack an egg white into a bowl and gently whisk it with a fork.
2. In a separate bowl, combine the chilli powder, Chinese 5 spice, garlic granules, cornflour, sweetener, salt, and black pepper.
3. Dip the chicken pieces into the egg white, shaking off any excess, then coat them in the seasoning mixture until fully covered.
4. Place tin foil in your air fryer basket and spray with fry-light.
5. Air fry the chicken pieces at the highest temperature for 20 minutes.
6. While the chicken is cooking, fry the peppers and onions in a pan with the same seasonings (minus the cornflour) and about 100ml of water.
7. Once the chicken is cooked, combine it with the veggies and serve.



562
CALORIES

28.5g
PROTEIN

76.6g
CARBS

12g
FATS

With toppings*

LOW CALORIE PIZZA

INGREDIENTS

- 75g Self Raising Flour
- 75g 0% Fat Greek Yoghurt
- 1/2 tsp EACH of Garlic & Onion Granules
- 1 tbsp Tomato Puree
- 1/2 tsp Oregano
- 40g Low Fat Cheese
- Optional Toppings:
- Handful of Sundried Tomatoes
- Handful of Diced Onion
- 10g Chorizo

1 SERVING

TOP TIP!

For extra flavor and a crispy crust, brush a little olive oil on the edges of the dough before baking!

INSTRUCTIONS

1. Mix together the self-raising flour, Greek yoghurt, garlic, and onion granules until fully combined.
2. Transfer the dough to a flat surface and knead it until smooth.
3. Form the dough into a ball.
4. Lightly flour your flat surface and use a rolling pin to roll the dough to your desired pizza size. Transfer it to a lined baking tray.
5. Spread the tomato puree evenly over the top of the pizza with the back of a spoon, then sprinkle with oregano.
6. Top with low-fat cheese and any other toppings you prefer.
7. Bake in the oven at 180°C for 20 minutes or until the crust is crispy.



332
CALORIES

26.8g
PROTEIN

8.7g
CARBS

19g
FATS

BUFFALO CHICKEN WINGS

INGREDIENTS

- 1kg Chicken Wings
- 25g Smoked Paprika
- 20g Garlic Granules
- 5 tsp Baking Powder

Sauce:

- 120g Franks Buffalo Sauce
- 50g Sriracha Sauce
- 50g Tomato Ketchup

4 SERVINGS

INSTRUCTIONS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Pat dry the chicken wings to soak up as much moisture as possible.

In a large bowl, mix together the smoked paprika, garlic granules, and baking powder.

Toss the chicken wings in the seasoning mixture until fully coated.

Place the wings on a wire rack and bake at the highest temperature for 20 minutes. After 20 minutes, flip the wings over and cook for another 10 minutes.

While the wings are cooking, prepare the sauce by combining Franks Buffalo Sauce, Sriracha sauce, and tomato ketchup.

Once the wings are cooked, toss them in the sauce until fully coated.

Serve with your choice of sides. This recipe serves 4 people (3 wings each)

TOP TIP!

Patting the wings dry before seasoning helps them get extra crispy when baking!



524
CALORIES

36g
PROTEIN

58g
CARBS

12g
FATS

SPICY MEXICAN SHRIMP BURRITO

INGREDIENTS

- 150g Cooked Prawns
- 1 tsp Hot Chilli Powder
- 1 tbsp Lime Juice
- 1/2 Chilli Pepper (diced)
- 1 Garlic Clove (diced)
- Handful of Diced Red Onion
- Handful of Diced Peppers
- 1 tbsp Tomato Puree
- 75g Spicy Mexican Microwave Rice
- 50ml Water
- 1 tbsp Parmesan Cheese
- 1 Tortilla Wrap

INSTRUCTIONS

1. Add the prawns to a bowl and season with hot chilli powder and lime juice. Set aside to marinate.
2. In a frying pan, fry the diced chilli pepper, garlic, onion, and peppers until softened.
3. Add the tomato puree, spicy rice, and 50ml of water. Stir until fully combined and fry for 2-3 minutes.
4. Mix in the seasoned prawns and parmesan cheese, and fry for an additional minute.
5. Warm the tortilla wrap lightly. Add the prawn and rice mixture to the center of the wrap. Roll it up into a burrito and place the folded side down in the frying pan.
6. Fry the burrito for approximately 30 seconds on each side or until the wrap becomes slightly crispy.
7. Remove from the pan and enjoy your crispy, spicy burrito!

TOP TIP!

Sealing the burrito in the pan not only helps keep the filling inside but also gives the outside a delicious crispy texture!

1 SERVING



466
CALORIES

42g
PROTEIN

49g
CARBS

9g
FATS

BIG MAC

INGREDIENTS

- 150g Lean Beef Mince
- Salt & Pepper
- 1 1/2 Burger Buns
- Handful of Shredded Lettuce
- Handful of Diced White Onion
- Handful of Sliced Pickles

Big Mac Sauce:

- 15g Lighter than Light Mayo
- 10g Reduced Sugar Ketchup
- 1/4 tsp Yellow Mustard
- 1/4 tsp Smoked Paprika
- 1/4 tsp Onion Granules
- 1/4 tsp Garlic Granules
- 15ml Water

TOP TIP!

Toast your bap face down in your pan for a diner feel restaurant quality bap!

INSTRUCTIONS

1. In a small bowl, mix together the mayo, ketchup, mustard, smoked paprika, onion granules, garlic granules, and water to make the Big Mac sauce. Set aside.
2. Add the lean mince to a bowl and season with salt and pepper. Mix well, then separate into two equal portions to form the patties.
3. Fry the patties in a pan with Frylite for around 2 minutes on each side, or until cooked through.
4. When the patties are nearly done, add a slice of cheese to each patty. Top with diced onions and sliced pickles. As the cheese starts to melt, remove the patties from the pan.
5. Place the burger buns in the pan for 1 minute to toast them lightly.
6. Assemble the burger: spread sauce on the bottom bun, add shredded lettuce, then place one burger patty on top. Add more sauce and place the middle bun on top. Add the second patty, then top with the remaining sauce and the top bun.

1 SERVING

**395**
CALORIES**20g**
PROTEIN**52g**
CARBS**8g**
FATS

BUTTERNUT SQUASH & CHILLI

INGREDIENTS

- 1x Butternut Squash
- 2x Red Onions
- 1x Chilli Pepper
- 2x Cloves Garlic
- 1x Bell Pepper
- 2x Carrots
- 600ml Vegetable Stock
- 1 tsp Smoked Paprika
- Salt & Pepper
- 100g Lightest Philadelphia
- Fresh Chives for Garnish
- 75g Low Fat Feta Cheese (Optional)

INSTRUCTIONS

1. Add all ingredients (except the Philadelphia cheese) to a slow cooker. Cook on low for 3-4 hours or high for 6-8 hours.
2. Alternatively, cook in a large pot on the stove until all vegetables are softened.
3. Once the vegetables are soft, blend with a hand blender until smooth.
4. Stir in the Philadelphia cheese and blend again for about a minute to incorporate.
5. Serve the soup, topped with fresh chives and 15g of low-fat feta cheese (optional).

TOP TIP!

This soup can be made ahead and stored in the fridge for 3-4 days or frozen for later use. The addition of feta adds a rich, tangy flavor but can be skipped if you're keeping it lighter!

5 SERVINGS



635
CALORIES

37g
PROTEIN

57g
CARBS

26g
FATS

MEXICAN CHICKEN NACHOS

INGREDIENTS

- 40g Popworks Nachos
- 100g Mild Salsa
- 75g Cooked Chicken
- 25g Low Fat Cheese
- 30g Kidney Beans
- 30g Sweetcorn
- 30g Avocado
- 1/2 Lime (Juice)
- 15g Sriracha Mayo

TOP TIP!

For an extra kick, you can add some fresh chopped chillies on top before serving!

INSTRUCTIONS

1. Line an air fryer basket with greaseproof paper (or use a baking tray if you're using an oven grill).
2. Add the nachos to the basket, then top with salsa, cooked chicken, low-fat cheese, kidney beans, and sweetcorn.
3. Cook in the air fryer at 200°C for 6 minutes, or place under an oven grill until the cheese has melted.
4. Once done, top with lime juice, diced avocado, and sriracha mayo. Serve and enjoy!

1 SERVING

**807**
CALORIES**48g**
PROTEIN**90g**
CARBS**25g**
FATS

BUFFALO CHICKEN FRIES

INGREDIENTS

- 400g Baby Potatoes
- 1/2 tsp Garlic Granules
- 1/2 tsp Onion Granules
- 1/2 tsp Smoked Paprika
- 100g Chicken Breast
- 30g Buffalo Sauce
- 30g Lightest Cream Cheese
- 20g Low Fat Cheese
- Handful of Diced Spring Onion
- 15g Low Kcal Garlic Mayo

1 SERVING

TOP TIP!

For extra crunch, you can double-fry the potatoes by letting them cool down for a few minutes after the first fry and then frying them again for a few more minutes.

INSTRUCTIONS

1. Cut the potatoes into chips and microwave them for 5 minutes to soften.
2. Once softened, season with garlic, onion, and smoked paprika. Place them in the air fryer at the highest temperature for 14 minutes.
3. Cut the chicken into small bite-size pieces and fry them off in a pan until cooked through (approx. 6 minutes).
4. Transfer the cooked chicken to a bowl, then add in the buffalo sauce and cream cheese. Mix until everything is fully combined.
5. Once the chips are cooked, transfer them to a dish and top with the buffalo chicken mixture, cheese, spring onion, and garlic mayo.



438
CALORIES

29g
PROTEIN

41g
CARBS

14g
FATS

CRISPY CHILLI BEEF

INGREDIENTS

- 250g thin-cut minute steak, thinly sliced into strips
- 2 tbsp cornflour
- 2 tbsp vegetable oil, plus a drizzle
- 2 garlic cloves, crushed
- Thumb-sized piece of ginger, peeled and cut into matchsticks
- 1 red chilli, thinly sliced
- 1 red pepper, cut into chunks
- 4 spring onions, sliced (green and white parts separated)
- 4 tbsp rice wine or white wine vinegar
- 1 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp tomato ketchup

2 SERVINGS

INSTRUCTIONS

- 1. Marinate the Beef:** Combine the marinade ingredients in a bowl and add the steak strips. Toss to coat the beef evenly. Let it marinate in the fridge for up to 24 hours, or proceed to the next step if you're short on time.
- 2. Coat the Beef:** Sprinkle the cornflour over the marinated steak and mix until each piece is coated in a floury paste. Separate the beef strips and drizzle each piece with a little oil.
- 3. Cook the Beef:**
 - Preheat your air fryer to 220°C (if it has a preheat setting).
 - Place the beef on the air fryer rack and cook for 6 minutes. Turn the beef and cook for another 4-6 minutes until crispy.
- 4. Stir-Fry the Veggies:**
 - While the beef is cooking, heat 2 tbsp of vegetable oil in a wok over high heat.
 - Add the garlic, ginger, chilli, pepper, and the white parts of the spring onions. Stir-fry for 2-3 minutes until the pepper softens, being careful not to burn the garlic and ginger.
 - Add the vinegar, soy sauce, sweet chilli sauce, and tomato ketchup. Mix well and cook for another minute until the sauce is bubbling.
- 5. Combine and Serve:** Tip the crispy beef into the wok with the sauce and toss to coat. Cook for another minute until piping hot. Serve the crispy chilli beef scattered with the green parts of the spring onions and a little extra sauce on the side.



541
CALORIES

47g
PROTEIN

47g
CARBS

19g
FATS

NACHO CHICKEN SCHNITZEL

INGREDIENTS

- 100g hot chilli flavour tortilla chips
- 40g plain flour
- 2 eggs
- 300g (2) chicken breast fillets
- Spray oil

2 SERVINGS

TOP TIP!

Serve with low fat homemade garlic mayo, or zero cal sriracha & a dash of honey for a spicy sticky kick!

INSTRUCTIONS

1. Put the tortilla chips in a food processor and pulse to a breadcrumb texture, or place them in a zip-lock bag and bash with a rolling pin. Transfer to a shallow bowl and set aside.
2. Tip the flour into another shallow bowl, season well with salt and black pepper. In a separate bowl, beat the eggs with 1 tbsp cold water.
3. Lay each chicken breast flat on a chopping board and halve horizontally. Place the chicken between 2 sheets of baking paper or in a zip-lock bag and bash with a rolling pin until less than 1cm thick. Repeat with the other chicken breast.
4. Preheat the air fryer to 220°C (or the hottest setting). Coat the chicken pieces first in the flour, then the egg, and finally in the tortilla chip crumbs, pressing the crumbs in well. Mist the air fryer and the tops of the schnitzels with spray oil.
5. Cook the schnitzels in batches (if needed) for 8-12 minutes, turning after 5 minutes, until the chicken is very crisp and starting to brown at the edges. Serve with potatoes and veg of your choice.



376
CALORIES

31g
PROTEIN

14.5g
CARBS

26g
FATS

SALT & PEPPER CHICKEN WINGS

INGREDIENTS

- For the chicken wings:
- 1 kg chicken wings
- 1 tsp sesame oil
- 1 tsp Shaoxing rice wine or Japanese mirin
- 30g plain flour
- 1/2 tsp white pepper
- 1/4 tsp ground ginger
- Sunflower oil spray
- 1 red chilli, thinly sliced
- 2-3 cloves of garlic, chopped
- 2 spring onions, thinly sliced

For the dipping sauce:

- 4 tbsp light mayo
- 100g natural yogurt
- 1 tbsp rice vinegar
- 1 tbsp caster sugar
- 2 tsp mild curry powder
- 1 tsp light soy sauce

INSTRUCTIONS

1. Preheat the air fryer to 180°C. Spray the air fryer basket lightly with oil. Working in two batches, arrange half the chicken wings in a single layer with space between them.
2. Spray with oil and cook for 10 minutes. Transfer to a clean bowl. Repeat with the remaining wings.
3. Add the sliced chilli, garlic, and spring onions to the bowl of partially cooked wings. Toss to coat. Return all wings and aromatics to the air fryer and cook for another 10–15 minutes, or until the wings are dark golden brown and cooked through.
4. While the wings are cooking, prepare the dipping sauce. Mix all sauce ingredients in a bowl, then cover and chill for 10 minutes.
5. Serve the crispy chicken wings with the spicy mayo dipping sauce on the side.

4 SERVINGS



320
CALORIES

29g
PROTEIN

19g
CARBS

12g
FATS

SALMON FISH CAKES

INGREDIENTS

- Cooking spray
- 2 tins unsalted pink salmon (with skin and bones)
- 1 large egg
- 60g whole-wheat panko breadcrumbs
- 2 tablespoons chopped fresh dill
- 2 tablespoons light mayonnaise
- 2 teaspoons Dijon mustard
- 1/4 teaspoon ground pepper
- 2 lemon wedges (to serve)

INSTRUCTIONS

1. Coat the air fryer basket with cooking spray.
2. Drain the salmon, removing and discarding any large bones and skin. Transfer the salmon to a medium bowl.
3. Add the egg, panko breadcrumbs, dill, mayonnaise, mustard, and pepper to the bowl. Stir gently until combined. Shape the mixture into 4 cakes, each about 3 inches in diameter.
4. Spray the cakes with cooking spray and place them in the prepared air fryer basket. Cook at 200°C until golden brown.
5. Serve with mixed vegetables and mashed or boiled potatoes. Garnish with lemon wedges.

2 SERVINGS

TOP TIP!

For an extra crispy texture, chill the salmon cakes in the fridge for 15 minutes before air frying. This helps them hold their shape better while cooking.



275
CALORIES

25.4g
PROTEIN

24g
CARBS

11g
FATS

CRISPY PORK CHOPS

INGREDIENTS

- 60g panko breadcrumbs
- 1 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 2 (200g) boneless lean pork loins
- Cooking spray
- 1/4 tsp salt

2 SERVINGS

TOP TIP!

Add a touch of grated Parmesan to the panko breadcrumb mixture for an extra layer of flavor and a golden, cheesy crust.

INSTRUCTIONS

1. Prepare the coating:
2. In a large zip-top plastic bag, combine the panko breadcrumbs, paprika, garlic powder, and onion powder.
3. **Coat the pork:**
 - Add the pork loins to the bag, seal, and shake until the pork is evenly coated. Remove the pork from the bag, shaking off any excess breading.
4. **Cook the pork:**
 - Preheat your air fryer to 180°C. Place the breaded pork chops in the air fryer basket and spray them lightly with cooking spray.
 - Cook for 15-17 minutes, or until the pork is browned and cooked through, flipping halfway if needed.
5. **Finish and serve:**
 - Transfer the pork chops to a plate and let them rest for 5 minutes. Sprinkle evenly with salt before serving.



286
CALORIES

38g
PROTEIN

23g
CARBS

4.1g
FATS

POPCORN CHICKEN

INGREDIENTS

- 2 slices of bread
- 300g chicken mince
- 2 tsp garlic powder
- 2 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp mustard powder
- 1/2 tsp ginger powder
- 2 lightly salted rice cakes
- Sweet chilli or BBQ sauce, for dipping

2 SERVINGS

INSTRUCTIONS

- 1. Prepare the spice mix:** Combine all the powdered seasonings (garlic powder, paprika, salt, pepper, mustard powder, and ginger powder) in a small bowl and mix well.
- 2. Make the breadcrumbs:** Blitz the slices of bread into fine crumbs using a hand blender. Combine these breadcrumbs with the chicken mince and mix in half of the prepared spice mix until evenly distributed.
- 3. Prepare the coating:** Blitz the rice cakes into a fine powder. Mix the powder with the remaining half of the spice mix. Shape the chicken balls: Scoop a teaspoon-sized amount of the chicken mixture and roll it into a small ball using your hands.
- 4. Coat the popcorn chicken:** Roll each chicken ball in the rice cake crumb mixture, ensuring a full coating.
- 5. Cook:** Arrange the coated chicken balls in an air fryer basket. Cook at 180°C for 18 minutes until golden and cooked through.
- 6. Serve:** Enjoy immediately with your choice of sweet chilli or BBQ sauce for dipping.



472
CALORIES

44g
PROTEIN

52.5g
CARBS

14g
FATS

PULLED BBQ CHICKEN BÜRGER

INGREDIENTS

- 2 brioche buns
- 2 chicken breasts (8oz)
- 40g BBQ sauce
- 40g light cream cheese
- 20g light cheddar cheese, grated
- Salt and pepper, to taste

TOP TIP!

Add a layer of coleslaw or crispy lettuce for extra crunch and freshness in your burger.

2 SERVINGS

INSTRUCTIONS

- 1. Cook the chicken:** Season the chicken breast with salt, pepper, and any additional seasonings of your choice. Cook in the air fryer at 200°C for 10–12 minutes, ensuring it is fully cooked and no pink remains.
- 2. Shred and coat:** Once cooked, shred the chicken using a fork and knife. Mix the shredded chicken with BBQ sauce, stirring until evenly coated.
- 3. Assemble the burgers:** Spread light cream cheese onto each brioche bun. Divide the BBQ chicken mixture between the buns, topping each with grated cheddar cheese.
- 4. Melt and toast:** Place the assembled buns into the air fryer or a preheated oven for a couple of minutes until the cheese melts and the buns are lightly toasted.
- 5. Serve:** Remove from the air fryer and serve immediately.



433
CALORIES

29g
PROTEIN

75g
CARBS

2g
FATS

DINNER

THAI PRAWN STIR-FRY

INGREDIENTS

- 125g Basmati Rice
- 100g raw tiger prawns, deveined
- 1 green chili, chopped
- ½ garlic clove, crushed
- Juice of ½ lime
- 1 tbsp fish sauce
- 1-inch piece fresh ginger, chopped
- 2 spring onions, finely chopped
- ½ red pepper, finely sliced
- Handful of beansprouts
- Handful of sugar snap peas
- Optional: Serve with 125g basmati rice, noodles, or zucchini noodles

INSTRUCTIONS

1. **Prepare Aromatics:** Heat a non-stick pan or wok over medium heat with 1-cal cooking spray. Sauté the ginger, garlic, and spring onions until fragrant.
2. **Cook Vegetables:** Add the red pepper and cook until it begins to soften.
3. **Add Prawns:** Stir in the green chilli and tiger prawns. Pour in the lime juice and fish sauce. Reduce the heat to low and cook, stirring occasionally, until the prawns turn opaque and pale pink.
4. **Add Remaining Vegetables:** Toss in the beansprouts and sugar snap peas, cooking for a few minutes until tender but still crisp. Be careful not to overcook the prawns.
5. **Serve:** Plate the stir-fry and serve with your choice of rice, noodles, or zucchini noodles for a low-carb option.

TOP TIP!

For extra flavor: Add a splash of low-sodium soy sauce or a pinch of brown sugar when cooking the prawns to balance the tangy lime and spicy chilli.

1 SERVINGS



552
CALORIES

47g
PROTEIN

43g
CARBS

20g
FATS

DINNER

THAI GREEN CURRY

INGREDIENTS

For the curry paste:

- 3 chilies (deseeded and finely chopped)
- 3 garlic cloves
- A big handful of coriander (stalks removed)
- 3cm cube of ginger
- 1 lime (juice and zest)
- 2 lemongrass stalks
- 1 tsp ground cumin
- A small handful of basil
- 1 tsp ground black pepper
- 1 tbsp olive oil
- 2 tbsp fish sauce

For the rest:

- 1 tbsp 100% coconut oil
- 500g chicken breast, diced
- 400ml light coconut milk
- Handful of green beans (chopped in half)
- Handful of baby corn (chopped)
- Handful of mange tout (chopped)
- 2 spring onions (thinly sliced lengthways)
- 600g egg noodles
- Chopped cashew nuts (to garnish)

INSTRUCTIONS

1. **Make the Curry Paste:** Blend all the curry paste ingredients in a blender or food processor until smooth.
2. **Cook the Chicken:** Heat 1 tbsp coconut oil in a wok or large, deep frying pan. Add the diced chicken, season with salt and pepper, and fry for 5-6 minutes until cooked through. Set aside.
3. **Cook the Paste:** Add the curry paste to the same pan and simmer for 2 minutes to release its flavors.
4. **Combine with Coconut Milk:** Stir in the coconut milk and return the cooked chicken to the pan. Simmer for 10 minutes.
5. **Add Vegetables:** Add green beans, mange tout, baby corn, and spring onions. Stir gently, cover, and simmer for 3-4 minutes.
6. **Add Noodles:** Remove the lid and stir the egg noodles into the curry. Mix gently to combine.
7. **Garnish:** Serve with a sprinkle of coriander and chopped cashew nuts.

4 SERVINGS



DINNER

BEEF QUESADILLA

INGREDIENTS

- 100g 5% lean beef mince
- Half a medium avocado
- 30g Monterey Jack cheese
- Salt
- Pepper
- Paprika/Fajita Seasoning/Cayenne Pepper
- One serving of homemade salsa
- Juice of 1 lime
- 1 wholewheat tortilla

INSTRUCTIONS

1. **Cook the Beef:** Heat a pan over medium heat and spray with zero-calorie cooking spray. Add the lean beef mince, season with salt, pepper, and your preferred seasoning, and cook while breaking up the mince until fully cooked. Remove from the pan and set aside.
2. **Prepare the Tortilla:** Spray the pan with non-stick spray. Cut the tortilla in half and place one half in the pan.
3. **Assemble the Quesadilla:** Layer half of the cheese on the tortilla, then add the cooked beef mince, avocado slices, lime juice, homemade salsa, and the remaining cheese.
4. **Cook the Quesadilla:** Top with the other half of the tortilla. Place under a medium grill for 3-4 minutes, or until the cheese is fully melted and the tortilla is crispy and golden.
5. **Serve:** Remove from the grill, cut into wedges, and enjoy!

TOP TIP!

Toast the tortilla in the pan for 30 seconds on each side before assembling to give it extra crispiness and a smoky taste!

1 SERVINGS

574
CALORIES

36g
PROTEIN

41g
CARBS

28.3g
FATS

DINNER

CRUNCHY CHICKEN GOUJONS

INGREDIENTS

- 3 tbsp plain flour
- 1 tsp smoked paprika (plus extra for sprinkling)
- 2 eggs
- 150g rice snaps or krispies (lightly crushed)
- 600g chicken breasts (cut into 1 cm strips)
- 1 tbsp olive oil
- 600g carrots (peeled and cut into thin fries)
- 350g frozen sliced green beans
- 100g low-fat Greek-style yogurt
- Juice of 1 lemon

INSTRUCTIONS

1. **Preheat the Oven:** Preheat the oven to gas mark 6, 200°C (fan 180°C).
2. **Prepare the Coatings:** In one bowl, place the flour and smoked paprika, and season. In a second bowl, beat the eggs. In a third bowl, place the lightly crushed rice snaps.
3. **Coat the Chicken:** Dust the chicken strips in the flour, dip in the egg, and coat with the rice snaps.
4. **Bake the Chicken:** Place the coated chicken strips on a lined baking tray and drizzle with half of the olive oil.
5. **Prepare the Carrots:** Place the carrots on a second tray, drizzle with the remaining oil, and season.
6. **Bake the Carrots and Chicken:** Put the chicken tray in the oven with the carrot tray underneath. Bake for 20 minutes, turning halfway through, until the chicken is cooked through and the carrots are tender and golden.
7. **Cook the Beans:** Meanwhile, bring a pan of water to a boil and cook the green beans according to the package instructions.
8. **Prepare the Yogurt Dip:** Mix the Greek yogurt with the lemon juice and season to taste.
9. **Serve:** Sprinkle paprika over the goujons and serve with dollops of the yogurt dip.

TOP TIP!

Add a pinch of garlic powder, onion powder, or even a little cayenne pepper to the flour mixture for a more savory kick. This will enhance the flavor without compromising the crunch!

4 SERVINGS

539

CALORIES

44g

PROTEIN

49g

CARBS

15g

FATS



383
CALORIES

40g
PROTEIN

18g
CARBS

10g
FATS

DINNER

STICKY SESAME CHICKEN

INGREDIENTS

For the chicken:

- 2x Chicken Breasts
- 6 tbsp Smash Instant Mashed Potato
- 2x Eggs
- 1 tsp Sesame Seeds (plus extra for garnish)
- 1 tsp Chilli Flakes
- 1 tsp Powdered Stock (chicken/vegetable)
- Salt & Pepper (to taste)

For the sauce:

- 4x Spring Onions (sliced thinly)
- 3x Cloves Garlic (minced)
- 1x Fresh Red Chilli (diced small)
- Fry Light (non-stick cooking spray)
- 4 tbsp Dark Soy Sauce
- 3/4 Pint Chicken Stock
- 1 tbsp Honey
- 1 tsp Sesame Seeds (for garnish)

INSTRUCTIONS

For the Chicken:

1. Preheat your oven to 180°C (350°F).
2. In a bowl, mix together the Smash Instant Mashed Potato, sesame seeds, chilli flakes, powdered stock, salt, and pepper.
3. Dice the chicken breasts into chunks and set aside.
4. Whisk the two eggs in a separate bowl.
5. Spray a large baking tray with Fry Light.
6. One by one, dip each piece of chicken into the egg and then coat it in the Smash mixture. Ensure the chicken is well covered.
7. Place the coated chicken pieces on the baking tray.
8. Spray the chicken with Fry Light and bake for 15-20 minutes, or until crispy.

For the Sauce:

1. Over high heat, spray a frying pan with Fry Light and stir-fry the spring onions, garlic, and fresh red chilli.
2. Add the soy sauce and chicken stock to the pan.
3. Stir in the sesame seeds and honey.
4. Reduce the heat and simmer until the sauce thickens.
5. Once the chicken is cooked, add it to the sauce and stir to coat each piece.
6. Serve over sticky white rice and fresh steamed vegetables.

2 SERVINGS

JERK CHICKEN STACK

INGREDIENTS

- 2 large chicken breasts
- 28g panko breadcrumbs
- 1 tsp celery salt
- 1 tsp onion granules
- 1 tsp garlic granules
- 1 tsp paprika
- 1 tsp ground black pepper
- 1/2 tsp dried rosemary
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 1 tbsp jerk seasoning
- 1 egg

INSTRUCTIONS

1. Preheat the oven to 180°C (350°F).
2. Line a baking tray with parchment paper.
3. In a bowl, mix the panko breadcrumbs, celery salt, onion granules, garlic granules, paprika, black pepper, chili powder, turmeric, and jerk seasoning.
4. In another bowl, beat the egg.
5. Slice the chicken breasts horizontally into "burger" sized portions.
6. Dip each chicken piece into the egg, then coat with the spicy breadcrumb mixture. Place each on the baking tray.
7. Spray each piece with low-calorie cooking spray and bake for 20-25 minutes or until golden brown.
8. Serve with your choice of accompaniment and garnish!

TOP TIP!

To add extra flavor and moisture to your jerk chicken, marinate the chicken breasts in the spice mix and a bit of olive oil for at least 30 minutes before breading and baking. This will allow the flavors to penetrate the chicken, making it more tender and juicy.

2 SERVINGS

253
CALORIES

30.5g
PROTEIN

20g
CARBS

8g
FATS

DINNER

MEXICAN POTATOES

INGREDIENTS

- 500g white potatoes
- 1 small red onion, chopped
- 2 tsp garlic granules
- 1/2 tsp chilli powder
- 1/2 tsp paprika
- 1 tsp ground cumin
- 1/2 tsp turmeric
- Salt and pepper, to taste
- Low-calorie cooking spray

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Chop the potatoes into 2cm cubes and place them in a microwaveable bowl. Microwave for 3 minutes to soften slightly.
3. In a small bowl, mix together all the spices.
4. Add the chopped onion and spice mix to the potatoes.
5. Mix thoroughly to coat evenly.
6. Spread the potatoes on a baking tray and spray with low-calorie cooking spray.
7. Bake in the oven for 10 minutes.
8. Remove from the oven, turn the potatoes, and spray again with cooking spray. Return to the oven and bake for another 5-7 minutes until crispy and golden.

TOP TIP!

Serve these Mexican potatoes with a dollop of low-fat Greek yogurt or salsa for a refreshing and tangy complement to the spices. Why not top with our jerk chicken for your protein hit!

2 SERVINGS

224
CALORIES

6.3g
PROTEIN

45g
CARBS

0.7g
FATS



DINNER

NANDO'S CHICKEN & CHORIZO RICE BAKE

INGREDIENTS

- 750g diced chicken breast
- 1 sachet Nando's Peri-Peri rub
- 2 tbsp tomato puree
- 75g diced chorizo
- 1 diced white onion
- 1 diced bell pepper
- 50g Nando's medium Peri-Peri sauce
- 1 chicken stock pot + 600ml water
- 300g washed basmati rice
- 100g low-fat cheese
- Handful of fresh coriander

INSTRUCTIONS

1. Combine the chicken, Nando's Peri-Peri rub, tomato puree, chorizo, onion, bell pepper, and Nando's sauce in the slow cooker. Stir well with a wooden spoon.
2. Cover and cook:
 - Low: 6–8 hours
 - High: 3–4 hours
3. **45 minutes before serving**, wash the basmati rice and add it to the slow cooker along with the chicken stock.
4. Stir thoroughly and cook on High for another 45 minutes.
5. Garnish with fresh coriander and additional Nando's Peri-Peri sauce as desired.

TOP TIP!

Add a handful of frozen peas or sweetcorn during the last 10 minutes of cooking to add a pop of color and extra nutrition to your rice bake.

4 SERVINGS

531

CALORIES

71g

PROTEIN

31g

CARBS

11g

FATS

BARBACOA BEEF BAKE

INGREDIENTS

- 500g Lean Beef Pieces
- 2x Diced Bell Peppers
- 1/2 Diced White Onion
- 2 tbsp Tomato Puree
- 1x Tin Black Beans
- 1x Packet Barbacoa Seasoning
- 250g Rice
- 600ml Beef Stock
- 50g Lightest Philadelphia
- Handful of Sliced Jalapeños

INSTRUCTIONS

1. Combine the beef, peppers, onions, tomato puree, black beans, and barbacoa seasoning in the slow cooker. Stir everything well with a wooden spoon.
2. Cover and cook:
 - Low: 6–8 hours
 - High: 3–4 hours
3. **45 minutes before serving**, wash the rice, then add it and the beef stock to the slow cooker. Stir everything together and cook on High for another 45 minutes.
4. Once the rice is cooked, top with hot sauce, Lightest Philadelphia cheese, and sliced jalapeños before serving.

TOP TIP!

For extra flavor, drizzle some additional hot sauce or your favorite salsa on top before serving on soft mini tortillas

4 SERVINGS

283
CALORIES

36g
PROTEIN

25g
CARBS

3g
FATS



DINNER

CHICKEN SATAY NOODLES

INGREDIENTS

- 630g Diced Chicken Breast
- 400ml Tin Light Coconut Milk
- 2 tbsp Garlic Puree
- 2 tbsp Mild Curry Powder
- 3 tbsp Soy Sauce
- 50g Peanut Butter
- 2x Sliced Bell Peppers (optional)
- 300ml Vegetable Stock
- 200g Dry Noodles

INSTRUCTIONS

1. Combine the chicken, coconut milk, garlic, curry powder, soy sauce, and peanut butter in the slow cooker. Stir well.
2. Cover and cook on:
 - low for 6-8 hours
 - high for 3-4 hours.
3. 15 minutes before serving, add the vegetable stock and dry noodles (and optional bell peppers) into the slow cooker.
4. Cover with a lid and cook on low for another 15 minutes

TOP TIP!

For extra crunch, try adding some chopped peanuts or bean sprouts to the dish just before serving!

3 SERVINGS

685
CALORIES

72g
PROTEIN

21g
CARBS

36g
FATS

DINNER

CHICKEN TIKKA MASALA

INGREDIENTS

Chicken Marinade:

- 400g Diced Chicken Breast
- 1/2 tsp. Onion Granules
- 1/2 tsp. Garlic Granules
- 20g Tikka Masala Paste
- 50g 0% Fat Yoghurt

Sauce:

- 1x Diced White Onion
- 1/2 Diced Red Bell Pepper
- 400g Tin Chopped Tomatoes
- 1 tsp. Ginger Granules
- 1 tsp. Garlic Granules
- 70g Tikka Masala Paste
- 125g 0% Fat Yoghurt
- 50g Light Cream Cheese

INSTRUCTIONS

1. Mix the chicken pieces with onion & garlic granules, tikka masala paste, and yoghurt until combined.
2. Fry the chicken in a pan over medium heat. Once semi-cooked, add ~50ml water to prevent sticking. Once fully cooked, remove the chicken from the pan and set aside.
3. In the same pan, add the onions and peppers, and fry until softened, adding ~50ml water to prevent sticking.
4. Add in the chopped tomatoes, ginger, garlic, and tikka masala paste. Stir until fully combined.
5. Reduce heat to a simmer and stir in the yoghurt. Then, add the cooked chicken back into the pan, stirring until fully combined.
6. Remove from heat, then stir in the cream cheese.
7. Serve one portion with 1/2 packet of microwave pilau rice and 1/2 toasted pita bread.

TOP TIP!

For a creamier texture, you can add a splash of unsweetened almond milk or coconut milk to the sauce along with the yoghurt and cream cheese. This adds a subtle richness without significantly affecting the calorie count.

Serve with your favourite rice & Naan bread

3 SERVINGS

334
CALORIES

47g
PROTEIN

18g
CARBS

7.5g
FATS

DINNER

TERIYAKI BEEF FRIED RICE

INGREDIENTS

- 80g Basmati Rice
- 200g Lean Beef Mince
- 1x Diced Red Onion
- 100g Shredded Red Cabbage
- 150g Stir-Fry Vegetable Mix
- 1x Sliced Bell Pepper
- 1 tsp Garlic Granules
- 1 tsp Ginger Puree
- 4 tbsp Light Soy Sauce
- 3 tbsp Teriyaki Sauce
- 1 Egg

INSTRUCTIONS

1. Boil the rice in a saucepan according to package instructions.
2. Fry the beef mince and diced red onion in a frying pan until the mince is semi-cooked.
3. Add garlic, ginger, and soy sauce. Stir everything together.
4. Add the chopped stir-fry vegetables and continue to stir for 2 minutes. Cover with a lid and cook for another 2 minutes to steam the vegetables.
5. Stir in the boiled rice, followed by the teriyaki sauce. Stir until everything is well coated in the sauce.
6. Create a well in the middle of the pan, crack in an egg, and scramble it into the rice mixture. Fry for 2-3 minutes until the egg is fully cooked through.

TOP TIP!

For extra flavor, you can drizzle some extra teriyaki sauce over the finished dish before serving!

2 SERVINGS

366
CALORIES

35g
PROTEIN

34g
CARBS

7.8g
FATS



257
CALORIES

29g
PROTEIN

21g
CARBS

6g
FATS

DINNER

MEAL PREP LASAGNE

INGREDIENTS

- 1x Diced White Onion
- 2x Grated Carrot
- 400g Lean Beef Mince
- 1 tsp Smoked Paprika
- 1 tsp Garlic Granules
- 1 tsp Italian Seasoning
- 400g Tin Chopped Tomatoes
- 1x Beef Stock Cube
- 300g Low Fat Cottage Cheese
- 100g Lightest Philadelphia
- 10g Parmesan
- 50ml Unsweetened Almond Milk
- 100g Fresh Lasagne Sheets
- 75g Low Fat Cheese

INSTRUCTIONS

1. Fry the diced onions and grated carrots in a pan for about 4 minutes until softened.
2. Add the beef mince and fry until browned.
3. Season with smoked paprika, garlic granules, and Italian seasoning. Mix everything together.
4. Add the tin of chopped tomatoes, crumble in the beef stock cube, and season with salt and pepper. Stir until the stock cube dissolves, then reduce to a simmer for 10-15 minutes.
5. To make the white sauce: Blend the cottage cheese, lightest Philadelphia, Parmesan, garlic granules, and Italian herbs with the almond milk until smooth.
6. Once the meat sauce and white sauce are ready, it's time to layer the lasagne.
 - Add half of the meat sauce to the base of the lasagne dish, cover with a layer of lasagne sheets.
 - Add the other half of the meat sauce on top of the lasagne sheets, followed by half of the white sauce.
 - Cover with another layer of lasagne sheets, top with the remaining white sauce.
7. Place the lasagne in the oven at 180°C for 20 minutes.
8. After 20 minutes, add the low-fat cheese on top and bake for an additional 10 minutes.
9. Let the lasagne cool for 30 minutes before cutting to help it keep its shape.

TOP TIP!

Let the lasagne rest after baking; this allows the layers to set, making it easier to slice and serve with some oregano!

6 SERVINGS



DINNER

TACO BEEF WITH CRISPY SWEET POTATO CUBES

INGREDIENTS

- 1kg Sweet Potato
- 1 tbsp Hot Chilli Powder
- 2 tsp Smoked Paprika
- 500g 5% Fat Mince
- 1 White Onion
- 100g Diced Peppers
- 1 Packet Taco Seasoning
- 200g Tomato Passata
- Salt & Pepper
- Spring Onion/Fresh Chilli (for garnish)
- 10g Sriracha Mayo (optional)

INSTRUCTIONS

1. Dice the sweet potatoes, then microwave them for 5 minutes to soften.
2. Spray with Frylite and season with hot chilli powder and smoked paprika.
3. Air-fry the sweet potatoes at the highest temperature for 15 minutes, or place them in the oven at the highest temperature for 20 minutes.
4. While the potatoes are cooking, fry the onions until softened.
5. Add the mince and cook until browned. Add the diced peppers, taco seasoning, and smoked paprika, stirring until everything is coated.
6. Add the tomato passata, salt, and pepper, and stir to combine. Reduce heat and simmer until the sweet potatoes are ready.
7. To serve, portion 1/4 of the sweet potatoes onto each plate, then top with 1/4 of the taco beef mixture.
8. Garnish with spring onions, fresh chilies, and 10g sriracha mayo on each portion.

TOP TIP!

Microwaving the sweet potatoes first helps them cook faster and get extra crispy when air-fried or baked!

4 SERVINGS

456

CALORIES

33.3g

PROTEIN

48.5g

CARBS

10g

FATS



DINNER

ONE PAN CREAMY TUSCAN SALMON

INGREDIENTS

- 2 Salmon Fillets
- 1 Shallot, diced
- 2 Cloves Garlic, minced
- 75g Sundried Tomatoes, chopped
- 200g Cherry Tomatoes, halved
- Handful of Fresh Basil, chopped
- 1 Vegetable Stock Cube
- 1 Vegetable Stock Cube
- 1 tsp Smoked Paprika
- 1 Tin Butterbeans, drained and rinsed
- 2 tbsp Low Fat Creme Fraiche
- Handful of Fresh Spinach
- 2 tbsp Parmesan, grated
- Salt & Pepper, to taste

INSTRUCTIONS

1. Season the salmon fillets with salt and pepper. Heat a pan over medium-high heat and sear the fillets on all sides until they are golden brown. Remove from the pan and set aside.
2. In the same pan, add the diced shallot and minced garlic. Cook for 2-3 minutes until softened.
3. Add the cherry tomatoes, sundried tomatoes, smoked paprika, and fresh basil. Sauté for a few minutes until the tomatoes begin to soften.
4. Dissolve the vegetable stock cube in 200ml of hot water and pour it into the pan. Bring to a simmer. Add the butterbeans and cook for 5 minutes.
5. Stir in the creme fraiche, Parmesan, and spinach. Let the spinach wilt and the sauce become creamy.
6. Place the salmon fillets back into the pan, spooning some of the sauce over the fillets. Cook for an additional 2-3 minutes, or until the salmon is warmed through and fully cooked.

TOP TIP!

Serve with a side of rice, roasted potatoes, or steamed vegetables to complete the meal.

2 SERVINGS

277
CALORIES

31g
PROTEIN

25g
CARBS

4.7g
FATS



DINNER

CHICKEN CHOW MEIN

INGREDIENTS

- 1 Fine Egg Noodle Nest
- 1 Chicken Breast, sliced
- 1/2 tsp Paprika
- 1/2 tsp Garlic (ground)
- 1 tsp Ginger Puree
- 3 tbsp Light Soy Sauce
- 50g Bell Peppers, sliced
- 50g Red Onion, sliced
- 1/2 tsp Garlic Puree
- 1 tsp Sesame Oil
- 1 tbsp Oyster Sauce
- 80g Bean Sprouts
- Handful of Spring Onions, chopped
- 1/2 tsp Sesame Seeds (Optional)

INSTRUCTIONS

1. Boil the egg noodles in a saucepan according to the package instructions until cooked.
2. Slice the chicken breast thinly and marinate with paprika, garlic, ginger puree, and 1 tbsp soy sauce for 10 minutes.
3. Heat a pan and fry the chicken for about 7 minutes, or until cooked through. Set the chicken aside.
4. In the same pan, stir-fry the bell peppers, red onion, and garlic puree for 2-3 minutes, until softened.
5. Add sesame oil, oyster sauce, and the remaining 2 tbsp of soy sauce. Stir until the vegetables are fully coated.
6. Add the cooked noodles and 100ml of water to the pan, and stir to combine the noodles with the vegetables.
7. Add the chicken and bean sprouts to the pan, stir-fry for another 2-3 minutes until the bean sprouts soften.
8. Remove from heat and garnish with spring onions and sesame seeds, if desired.

TOP TIP!

For extra flavor, you can add a dash of chili flakes or a splash of rice vinegar for some tanginess. You can also experiment with different vegetables like mushrooms or bok choy to mix up the textures and flavors.

1 SERVING

504
CALORIES

43g
PROTEIN

57g
CARBS

10g
FATS

CREAMY PEPPERCORN CHICKEN

INGREDIENTS

- 2 Chicken Breasts
- 1/2 White Onion
- 100g Chestnut Mushrooms
- 1 tbsp Garlic Puree
- 1 tsp Aromat Seasoning
- 150ml Water
- 10g Pepper Sauce Mix
- Handful Chopped Spinach
- 50ml Single Cream
- Salt & Pepper

INSTRUCTIONS

1. Fry the onion in a pan until browned.
2. Add the chicken and fry for another 5 minutes until almost cooked, then add the chestnut mushrooms.
3. Season with garlic puree and aromat, mixing well.
4. Add the water and pepper sauce mix. Stir continuously until the sauce thickens, then add the spinach. Stir until the spinach begins to wilt.
5. Reduce the heat to a simmer, add salt, pepper, and cream, and mix until fully combined. Let it simmer for 2 minutes.
6. Serve with basmati rice (suggested 50g uncooked rice per person).

2 SERVINGS

260
CALORIES

27g
PROTEIN

6g
CARBS

11g
FATS

CARBONARA

INGREDIENTS

- 60g Dry Pasta
- 3 Bacon Medallions
- 1 tsp Garlic Puree
- 2 Eggs
- 30g Parmesan Cheese
- 1 tsp Black Pepper
- 1/2 tsp Salt

INSTRUCTIONS

1. Cook the pasta in a large pan of boiling salted water according to the package instructions.
2. Crack the eggs into a bowl, add in the parmesan, season with black pepper, then mix well with a fork and set aside.
3. Dice the bacon medallions and fry them off in a pan with garlic puree until crispy.
4. Once the pasta is cooked, add it to the pan with some of the pasta cooking water. Toss well and remove from heat.
5. Pour the egg and parmesan mixture over the pasta and toss well, adding more pasta water until the sauce is glossy. Season with salt and pepper.

TOP TIP!

To add some extra flavor and nutrients, toss in some sautéed spinach or peas at the end. They'll blend seamlessly into the carbonara and boost the dish with additional vitamins and fiber.

1 SERVING

569
CALORIES

40g
PROTEIN

49g
CARBS

22g
FATS



334
CALORIES

24g
PROTEIN

50g
CARBS

5g
FATS

DINNER

FISH AND CHIPS

INGREDIENTS

For the Chips:

- 800g floury potatoes (e.g., Maris Piper or King Edwards), peeled and cut into finger-sized pieces
- 2 tsp vegetable oil

For the Fish:

- 15g plain flour
- 1 tsp garlic granules
- 1 medium egg
- 40g panko breadcrumbs
- 4 small skinless cod fillets

INSTRUCTIONS

1. Prepare the Chips:

- Preheat the air fryer to 200°C, following the manufacturer's instructions.
- In a medium bowl, toss the potatoes with the vegetable oil and season generously to coat.
- Place the potatoes in the air fryer basket and cook for 10 minutes, shaking or turning them halfway through.

2. Prepare the Fish Coating:

- In a bowl, mix the plain flour, garlic granules, and seasoning.
- In a separate bowl, beat the egg well.
- Put the panko breadcrumbs in a third bowl.

3. Coat the Fish:

- Pat the cod fillets dry with kitchen paper.
- Dip each fillet into the flour mixture, tapping off any excess. Then dip it into the egg, followed by coating it with the panko breadcrumbs.

4. Cook the Fish & Chips:

- After the chips have cooked for 10 minutes, give them another shake or turn.
- Carefully place the coated fish fillets on top of the potatoes in the air fryer. Continue to cook for 15 minutes, or until the fish is cooked and golden brown, carefully turning the fish halfway through.
- If the chips are done before the fish, remove them from the air fryer while the fish finishes cooking.

5. Serve:

- Serve your fish and chips with peas and tartare sauce, if desired.

4 SERVINGS



DINNER

TUNA PASTA BAKE

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g can chopped tomatoes
- 3 tsp chilli flakes (optional)
- 300g pasta of your choice, cooked following pack instructions
- 145g can tuna in oil, drained
- 50g grated mozzarella
- 2 tbsp chopped parsley

INSTRUCTIONS

1. Heat the air fryer to 190°C. Tip the oil, onion, and garlic into a heatproof dish and air fry for 3 minutes. Add the chopped tomatoes and chilli flakes (if using), along with some seasoning. Air fry for another 5 minutes.
2. Reduce the temperature to 170°C. Stir in the cooked pasta, tuna, most of the mozzarella, and the parsley.
3. Scatter the reserved mozzarella over the top.
4. Air fry for 5 minutes until golden, then cover with foil and cook for a further 5 minutes until bubbling.
5. Serve warm with salad.

TOP TIP!

To make the dish even more nutritious, try adding some chopped spinach or other leafy greens to the sauce before mixing in the pasta. This will boost the fiber and vitamin content without compromising on flavor.

2 SERVINGS

684
CALORIES

41g
PROTEIN

78g
CARBS

21g
FATS

DOUBLE PORK MEATBALLS

INGREDIENTS

For the meatballs:

- 1 tsp olive oil
- 1 small onion, very finely chopped
- 50g bacon medallions, finely chopped
- 10g garlic, minced or puree
- 500g 5% fat pork mince
- 1 egg
- 70g breadcrumbs
- 1 tsp oregano
- Few grinds of salt
- Few grinds of black pepper

For the sauce:

- 1 tsp olive oil
- 1 onion, finely chopped
- 10g garlic, minced or puree
- 400g chopped tomatoes
- 250ml chicken stock
- 1 tsp balsamic vinegar
- Fresh basil, a large handful

INSTRUCTIONS

1. Make the meatballs:

- Heat 1 tsp of olive oil in a frying pan on medium heat. Add the onion and bacon, frying for around 5 minutes until the onion turns brown and the bacon crisps up.
- Add the garlic and fry for another 30 seconds. Remove from the pan and let cool.

2. Once the mixture has cooled, transfer it to a mixing bowl and combine with the pork mince, egg, breadcrumbs, oregano, salt, and pepper. Mix everything together thoroughly and form into 16 meatballs.

3. Place the meatballs into the air fryer and cook at 190°C for 12-14 minutes, turning them midway through.

4. Prepare the sauce:

- While the meatballs are cooking, heat 1 tsp of olive oil in a large frying pan. Add the onion and fry for 5 minutes. Add the garlic and fry for 30 seconds more.
- Add the chopped tomatoes, chicken stock, balsamic vinegar, and fresh basil. Keep the heat high to allow the sauce to reduce quickly.

5. Once the meatballs are cooked, add them to the sauce and stir to combine. Serve the meatballs with the sauce, and enjoy!

4 SERVINGS

401
CALORIES

39g
PROTEIN

39g
CARBS

8g
FATS



428
CALORIES

28g
PROTEIN

88g
CARBS

22.5g
FATS

DINNER

FIRECRACKER SALMON BITES

INGREDIENTS

- 1 tbsp groundnut oil or sunflower oil
- 100g panko breadcrumbs
- Juice of 1 lime
- 1 tbsp runny honey
- 4 tbsp sweet chilli and garlic sauce
- 1 tsp ginger paste
- 1 tsp sesame oil
- 1 tbsp reduced-salt soy sauce
- 2 tbsp sesame seeds
- 1 green finger chilli, thinly sliced (optional)
- 4 boneless salmon fillets

INSTRUCTIONS

1. In a wide bowl, mix together the panko breadcrumbs and oil until well coated. Set aside. Preheat your air fryer to 200°C.
2. Stir together the lime juice, honey, sweet chilli sauce, ginger paste, sesame oil, soy sauce, sesame seeds, and sliced chilli. Divide the sauce between two bowls.
3. If you prefer skinless salmon, place the fillets skin-side down on your chopping board. Carefully run your knife between the flesh and the skin, as close to the skin as possible.
4. Chop the salmon fillets into 3cm chunks. Toss the pieces in one of the bowls of sauce until well coated. Then, toss the salmon in the panko breadcrumbs, discarding any sauce the raw salmon was in. Arrange the coated salmon pieces in a single layer in the air fryer basket.
5. Cook for 8-10 minutes, turning the pieces over after 5 minutes, until crispy and browned.
6. Gently toss the crispy salmon in the other bowl of sauce.
7. Serve with rice or noodles. Enjoy!

TOP TIP!

For a spicier kick, add extra slices of green chilli or a dash of hot sauce to the second bowl of sauce before tossing the crispy salmon in it. This will enhance the heat and give a deeper flavor!

4 SERVINGS

DINNER

CHICKEN FAJITAS

INGREDIENTS

- 600g skinless chicken breasts, cut into strips
- 2 tbsp olive oil
- 1 red bell pepper, cut into 1/4" slices
- 1 yellow bell pepper, cut into 1/4" slices
- 1 green bell pepper, cut into 1/4" slices
- 1 onion, cut into 1/4" slices
- 2 tsp chilli powder
- 1 tsp paprika
- 1/2 tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 2 1/2 tsp black pepper

INSTRUCTIONS

1. In a small bowl, combine the chili powder, paprika, cumin, onion powder, garlic powder, salt, and black pepper to create the fajita seasoning.
2. Slice the bell peppers into even pieces. In a large mixing bowl, add the chicken, onions, and bell peppers. Drizzle with olive oil and toss until everything is coated. Add the fajita seasoning and toss again until evenly coated.
3. Place the seasoned chicken and vegetables into the air fryer basket. Cook at 180°C (350°F) for 16-20 minutes, or until the chicken is cooked through. Toss halfway through cooking (around 9 minutes).
4. Serve the fajitas in tortillas and garnish with sour cream and guacamole.

TOP TIP!

To make your fajitas even more flavorful, marinate the chicken in the seasoning mix for 30 minutes before cooking. This allows the spices to infuse the chicken, making it extra juicy and tasty. Serve up with soft or crispy taco shells & salsa!

4 SERVINGS

357
CALORIES

40g
PROTEIN

26g
CARBS

9g
FATS

DINNER

MAC & CHEESE

INGREDIENTS

- 250g macaroni
- 410g tin evaporated milk
- 200g cheddar, coarsely grated
- 30g parmesan or pecorino, finely grated

INSTRUCTIONS

1. Bring a pan of water to the boil. Add the macaroni and cook for 6 minutes, then drain.
2. While the pasta is cooking, pour the evaporated milk into a large saucepan and heat over medium heat. Once simmering, add the cheddar and whisk until melted.
3. Add the cooked pasta to the cheese sauce, season with a pinch of salt and pepper, then transfer to a baking dish that fits inside your air fryer.
4. Preheat the air fryer to 180°C. Top the pasta with the grated parmesan or pecorino, and cook for 12 minutes, or until golden and bubbling on top.

TOP TIP!

For added crunch, sprinkle a mix of breadcrumbs and parmesan on top before air frying.

Serve up with chopped bacon medallions for a nice Smokey crunch and added protein!

4 SERVINGS

452
CALORIES

25.4g
PROTEIN

53g
CARBS

24.6g
FATS



550
CALORIES

21.5g
PROTEIN

39g
CARBS

33.5g
FATS

DINNER

CHEESE & BROCCOLI QUICHE

INGREDIENTS

For the filling:

- 3 medium free-range eggs
- 170ml evaporated milk
- 160g cheddar, (reduced fat) coarsely grated
- 3 thyme sprigs
- 2 small broccoli

4 SERVINGS

For the pastry:

- 175g plain flour, plus extra for dusting
- 100g unsalted butter, chilled and chopped, plus extra for greasing
- 20ml whole milk
- 1 tsp white wine vinegar
- 1 small free-range egg, beaten

INSTRUCTIONS

Make the pastry:

- In a mixing bowl, combine the flour and a pinch of salt. Rub in the butter using your fingertips until the mixture resembles coarse breadcrumbs.
- Add the milk, vinegar, and most of the beaten egg. Mix with a knife to bring the dough together, then briefly knead by hand. Shape into a ball, flatten into a disc, cover, and chill for 30 minutes.

Prepare the broccoli and pastry base:

- Heat the air fryer to 180°C. Chop the broccoli into florets and cook in the air fryer for 8 minutes until slightly tender. Set aside.
- Grease a tart tin with butter and roll out the chilled pastry on a floured surface into a circle slightly larger than the tin. Line the tin with the pastry, ensuring it reaches up the sides. Prick the base with a fork.
- Cover the pastry with baking paper, fill with baking beans or raw rice, and blind bake in the air fryer for 10 minutes at 180°C.

Prepare the filling:

- In a blender, combine the eggs and evaporated milk until smooth. Add the grated cheddar, salt, and pepper, then blend again.

Assemble the quiche:

- Remove the baking beans and paper from the pastry, and bake for another 2 minutes until golden.
- Layer most of the broccoli and thyme in the pastry base, pour over the egg mixture, and top with the remaining broccoli and thyme.
- Cook in the air fryer at 170°C for 30-35 minutes. Check after 20 minutes and cover with foil if the top is browning too quickly.

Serve: Cool for 5 minutes before removing the quiche from the tin. Enjoy warm or cold, sprinkled with a little salt.

PROTEIN BARS



287
CALORIES

21g
PROTEIN

12g
CARBS

17g
FATS

INGREDIENTS

- 60g corn cakes, crushed
- 100g 85% dark chocolate, melted
- 3.5 scoops protein powder (105g)
- 80g peanut butter
- 100g 0% Greek yoghurt
- Dark chocolate, crumbled

TOPPINGS

Use a silicone mold or parchment paper to make cutting the bars easier after they set, ensuring clean slices and less mess!

INSTRUCTIONS

1. Crush the corn cakes and mix them with the whey protein.
2. Add the melted dark chocolate and stir until well combined.
3. Transfer the mixture into a lined tin and press down firmly to create an even layer.
4. Add optional toppings: mix yoghurt and peanut butter into a paste and spread over the top.
5. Place the tin in the fridge to set. Once firm, cut into 10 mini bars. Enjoy!

6 SERVINGS

PANCAKE TACOS



236
CALORIES

18g
PROTEIN

31g
CARBS

4g
FATS

INGREDIENTS

- 35g all-purpose flour
- 25g protein powder (caramelized white chocolate flavor)
- 5g sugar-free granulated sweetener
- 1/2 tsp baking powder
- 1 egg
- 50g high-protein vanilla-flavored Greek yogurt
- 70ml almond milk

TOPPINGS

For extra fluffy pancakes, let the batter rest for at least 5-10 minutes before cooking to allow the baking powder to activate fully.

INSTRUCTIONS

1. In a bowl, mix all pancake ingredients together and let the batter sit for 5 minutes to thicken.
2. Heat a non-stick pan on low to medium heat. Cook each pancake for 1-2 minutes per side, flipping once bubbles form on the surface.
3. Assemble the tacos by filling the pancakes with protein yogurt, fresh raspberries, and the PB-cocoa mixture.
4. Optional: Serve with zero-calorie maple syrup, extra Greek yogurt, or fruit of choice.
5. Recipe Yields: 4-5 medium-sized pancakes

2 SERVINGS

NUTELLA TOAST



287
CALORIES

28g
PROTEIN

29g
CARBS

5g
FATS

INGREDIENTS

- 30g caramel-flavored whey protein powder or desired flavour
- 10ml maple zero syrup
- 100ml unsweetened almond milk
- 2 slices of bread (of your choice)

TOPPINGS

For an extra layer of flavor, try adding sliced bananas or berries on top of the spread before drizzling with maple syrup!

INSTRUCTIONS

1. In a bowl, mix 30g of caramel whey protein powder with water, stirring until you reach your desired consistency.
2. Toast your two slices of bread until hot and golden brown.
3. Spread the caramel whey mixture generously over the hot toast.
4. Drizzle with 10ml of maple zero syrup and enjoy!

1 SERVING

BISCOFF ICE CREAM



470
CALORIES

27g
PROTEIN

38g
CARBS

22g
FATS

INGREDIENTS

- 1 scoop vanilla or Biscoff protein powder
- Ice
- 2 Biscoff biscuits
- 40g Biscoff spread

TOPPINGS

Experiment with different protein powder flavors to customize your frozen dessert! Chocolate or salted caramel protein would pair beautifully with the Biscoff for a delicious twist.

INSTRUCTIONS

1. In a blender, add ice, vanilla or Biscoff protein powder, and Biscoff biscuits. Blend until smooth.
2. Pour the mixture into a container suitable for the freezer. Add spoonfuls of Biscoff spread and swirl it around the mixture.
3. Place the container in the freezer for 5 hours or ideally overnight.
4. To serve, top with crushed Biscoff biscuits (optional).
5. Enjoy!

1 SERVING

BANANA SPLIT



328
CALORIES

25g
PROTEIN

41g
CARBS

3g
FATS

INGREDIENTS

- 1 bananas
- 1 tsp cinnamon
- 1 tbsp honey (optional)
- 30g Greek yogurt (16 calories)
- 30g vanilla whey protein (107 calories)
- A handful of blueberries and raspberries

TOPPINGS

For an extra flavor boost, try adding a splash of vanilla extract to the Greek yogurt and whey mixture. This will enhance the overall taste and give your dish a delightful aroma!

INSTRUCTIONS

1. Slice the banana in half and place them in a pan over medium heat. Sprinkle with cinnamon and drizzle with honey, if using.
2. Cook until heated through and caramelised, about 3-5 minutes. Alternatively you can use zero cal maple syrup drizzle.
3. Remove from heat and cut the banana down the middle.
4. In a bowl, mix the Greek yogurt and whey protein until well combined.
5. Top the caramelised banana with the Greek yogurt mixture, then add blueberries and raspberries. Sprinkle with extra cinnamon if desired.
6. For an extra touch, add dark chocolate shavings or a drizzle of honey or zero-calorie maple syrup.

1 SERVING

THANK YOU!

We hope you enjoy every recipe!
Thank you so much for your support!

“to many great meals!”

in love and carbs.
Catherine

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