



Toogood Nutrition

Salad Recipe Collection

Salads never need to be boring again! Try the selection of super tasty and healthy salads and reach your goals in no time.

Toogoodnutrition.co.uk

Contents & Key

4	Goats Cheese, Pear & Walnut Salad	36	Tuna & Broccoli Salad with Honey Vinaigrette
6	Easy Greek Noodle Salad	38	Balsamic Glazed Beetroot & Goats Cheese Salad
8	Mediterranean Chicken Salad	40	Chicken Salad with Avocado Dressing
10	Quinoa Salad with Chili Tofu & Pomegranate Relish	42	Mango & Chicken Salad
12	Grilled Pumpkin, Tofu & Bulgur Salad	44	Red Kidney Bean & Mackerel Salad
14	Grilled Chicken & Pineapple Salad	46	Tuna & Potato Salad with Orange Dressing
16	Hot Smoked Salmon & Quinoa Salad	48	Spinach Salad with Cherries & Basil
18	Grilled Vegetable Salad with Tuna	50	Chipotle Chicken Salad Bowl
20	Caesar Salad	52	Chicken, Orange & Walnut Salad
22	Sunshine Salad	54	Chicken, Walnut & Chicory Salad
24	Rainbow Quinoa Salad with Grilled Turkey	56	Nicoise Salad with Grilled Shrimps
26	Superfood Tahini Salad	58	Vegan Caesar Salad
28	Sun-Dried Tomato & Tahini Salad	60	Moroccan Cod & Bulgur Salad
30	Real Detox Salad	62	Pesto Noodles with Prosciutto
32	Detox Salad	64	Grilled Chicken & Grapefruit Salad
34	Citrusy Quinoa Salad	66	Goats Cheese & Strawberry Salad

Contents & Key

- 68** BBQ Mexican Corn Salad
- 70** Watermelon & Feta Salad
- 72** Burrito Bowl with Grilled Chicken
- 74** Green Sushi Salad with Crispy Tofu
- 76** Kale & Tofu Salad with Peanut Butter Dressing
- 78** Balsamic Beetroot Salad with Feta
- 80** Winter Bean Salad
- 82** Warm Salmon & Quinoa Salad
- 84** Mexican Salad with Roasted Sweet Potato

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Goats Cheese, Pear & Walnut Salad

Serves 2

3.5 oz. (100g) mix salad leaves
1 ripe pear
2 tbsp. lemon juice
3.5 oz. (100g) goats cheese
1.1 oz. (30g) walnuts
1 tbsp. honey
1 tbsp. olive oil

What you need to do

1. Divide the salad leaves onto 2 plates.
2. Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.
3. In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.
4. Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.



GF	V	Q	N
----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	379	28	26	10

*Nutrition per serving



Easy Greek cucumber Salad

Serves 2

For the salad:

1 cucumber
8.8 oz. (250g) cherry tomatoes
2 spring onions
3.5 oz. (100g) feta cheese
1.1 oz. (30g) black olives

For the dressing:

1 tsp. dried oregano
1 tbsp. lemon juice
2 tbsp. olive oil
1 large garlic clove, crushed

What you need to do

1. Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.
2. Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.
3. In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.
4. This salad is also a perfect side for grilled meats.



GF	LC	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
10 mins	0 mins	267	25	7	10	

*Nutrition per serving



Mediterranean Chicken Salad

Serves 2

For the dressing:

2 tbsp. lemon juice
2 tbsp. olive oil
¼ tsp. herbs de Provence
1 tsp. minced garlic
1 tbsp. apple cider vinegar

For the salad:

2 ¾ cups (300g) chicken breast,
cooked, chopped
¼ cup (30g) feta cheese, crumbled
2 cups (150g) iceberg lettuce,
chopped
handful parsley, chopped
handful basil, chopped
1 small red onion, finely chopped
¼ cucumber, chopped
6 cherry tomatoes, halved
10 black olives, sliced

What you need to do

1. First prepare the dressing by mixing all the dressing ingredients together in a cup. Season to taste with salt and pepper.
2. Next, prepare and chop all the salad ingredients and place in a bowl. Pour over the dressing and mix well.
3. Divide between two bowls and serve.



GF	LC	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	381	29	10	45

*Nutrition per serving



Quinoa Salad With Chili Tofu & Pomegranate Relish

Serves 2

1 ¼ cup (200g) firm tofu
1 cup (200g) quinoa, cooked
2 tsp. chili powder
¼ tsp. smoked paprika
2 tsp. honey
2 tbsp. orange juice
1 tbsp. olive oil
1 pomegranate, seeded
½ small red onion, finely chopped
1 tbsp. orange zest
2 tbsp. fresh mint leaves, chopped
½ avocado, diced

What you need to do

1. Wrap the tofu in a paper towel or dish cloth, and leave a heavy item on top for at least 15 minutes to press out excess moisture.
2. In the meantime, make the marinade by mixing together the chili powder, paprika, honey, 1 tablespoon of orange juice and olive oil. Season with salt and pepper. Cut the tofu into ½" slices and coat them in the marinade for at least 10 minutes.
3. Cook the quinoa according to instructions on packaging.
4. In the meantime, make the relish, by mixing together the pomegranate, onion, orange zest and 1 tablespoon of juice, mint and a pinch of salt and pepper. Set aside.
5. Preheat a non-stick grill pan and fry the tofu for about 15 minutes, turning halfway, until edges are browned.
6. To serve, divide the quinoa between two plates, top with slices of tofu as well as relish and avocado on the side.



GF	DF	HP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	522	17	62	20

*Nutrition per serving



Grilled Pumpkin, Tofu & Bulgur Salad

Serves 2

2 ¼ cup (500g) pumpkin, cubed
1 tsp. sweet paprika
1 tsp. chili powder
2 tsp. dried rosemary
1 tbsp. olive oil
1 tbsp. honey
⅓ cup (40g) walnuts, chopped
¼ cup (55g) of bulgur wheat
few handfuls spinach
⅔ cup (80g) tofu, drained
1 tbsp. balsamic glaze

What you need to do

1. Heat the oven to 400°F (200°C).
2. Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.
3. Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.
4. Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.
5. Add the cooked bulgur to the roasted pumpkin on the baking tray and mix, collecting the whole flavor from the roasted pumpkin. Add the spinach and mix well.
6. Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.



DF	V	N
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	360	22	38	10

*Nutrition per serving



Grilled Chicken & Pineapple Salad

Serves 2

For the salad:

7 oz. (200g) chicken breast
4 slices pineapple, canned
2 handfuls salad leaves
⅓ cup (10g) mint leaves
½ small onion, finely chopped

For the dressing:

2 tbsp. olive oil
1 tsp. ginger, grated
1 clove garlic, minced
1 lime, juiced
1 tsp. honey
salt
tabasco, optional

What you need to do

1. Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
2. In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).
3. Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.
4. Add the chicken to the salad together with sliced pineapple and finely chopped onion. Mix before serving.

Vegetarian Option: Replace the grilled chicken with fried or baked tofu or feta cheese.



GF	DF	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	13 mins	356	16	34	27

*Nutrition per serving



Hot Smoked Salmon & Quinoa Salad

Serves 2

1 cup (185g) cooked quinoa
1 tsp. coconut oil
1 small red onion, chopped
½ cup (75g) mangetout
2 handfuls bean sprouts
2 large Romaine lettuce leaves
6.3 oz. (180g) hot smoked salmon fillet

For the dressing:

1 tbsp. olive oil
1 tbsp. tamari sauce
1 tbsp. rice wine vinegar
1 tsp. grated ginger
1 tbsp. honey

What you need to do

1. Heat the coconut oil in a pan and stir fry the onion for about 3 minutes. Then, add in the mangetout and cook for another 2 minutes. Take the pan off the heat and stir in the bean sprouts. Now add in the cooked quinoa, season with salt and pepper and mix well.
2. Divide the salmon fillets into bite size pieces. Chop the lettuce and divide it between two plates, making a bedding for the salad. Now, divide the quinoa between the plates and top it with the smoked salmon pieces.
3. Combine all the dressing ingredients and drizzle 2 tablespoons over each salad to serve.



GF	DF	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	458	24	35	26

*Nutrition per serving



Grilled Vegetable Salad With Tuna

Serves 4

1 lemon

$\frac{3}{4}$ cup (160g) tuna pieces in olive oil

$\frac{1}{2}$ cup (15g) fresh mint

1 garlic clove, crushed

2 courgettes

2 $\frac{3}{4}$ cups (350g) asparagus

$\frac{1}{2}$ cup (50g) pistachio nuts, peeled and chopped

What you need to do

1. Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.
2. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.
3. Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the courgettes for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.
4. Place the vegetables in a bowl and add in the marinade. Mix gently until covered.
5. To serve, divide veg and tuna between plates and top with chopped pistachio nuts.



GF	DF	LC	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	320	24	13	12

*Nutrition per serving



Caesar salad

Serves 2

2 bread slices
1 tbsp. olive oil
mixed herbs
2 smoked bacon rashers
4 quail eggs
1 tsp. coconut oil
10.5 oz. (300g) chicken breasts
2 big handfuls Romaine lettuce,
chopped

For the dressing:

1 garlic clove, crushed
4 tbsp. mayonnaise (low fat)
1 tbsp. white wine vinegar

What you need to do

1. Heat the oven to 390°F (200°C). Chop the bread into small squares and rub the oil and herbs into it. Season with salt and bake for 6-8 minutes, until browned, turning halfway. At the same time, place the bacon onto a baking dish and cook in the oven until browned and crispy.
2. Heat the coconut oil in a pan over medium heat. Season the chicken breasts with salt and pepper then lay it in the pan. Cook the chicken for about 8-10 minutes turning a few times, until cooked throughout.
3. In the meantime, cook the eggs. Bring a small pot of water to the boil then add the eggs and cook for 2-5 minutes. Rinse with cold water, peel, cut in half and set aside.
4. Make the dressing by mixing together all the dressing ingredients. Season with salt and pepper. Divide the lettuce between 2 plates.
5. Once chicken is ready, cut it into bite-size strips and scatter over the salad. Do the same with the crispy bacon and croutons, then drizzle with the dressing and top with quail eggs to serve.



DF	LC	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	457	24	13	46

*Nutrition per serving



Sunshine salad

Serves 2

2 oz. (60g) quinoa, uncooked
1 grapefruit
½ avocado
½ cup (90g) sweet corn, drained
2 mint springs, leaves only, chopped
¼ cup (25g) pistachio kernels
1 tbsp. olive oil
½ cup (50g) bean sprouts
2 handfuls lambs lettuce

What you need to do

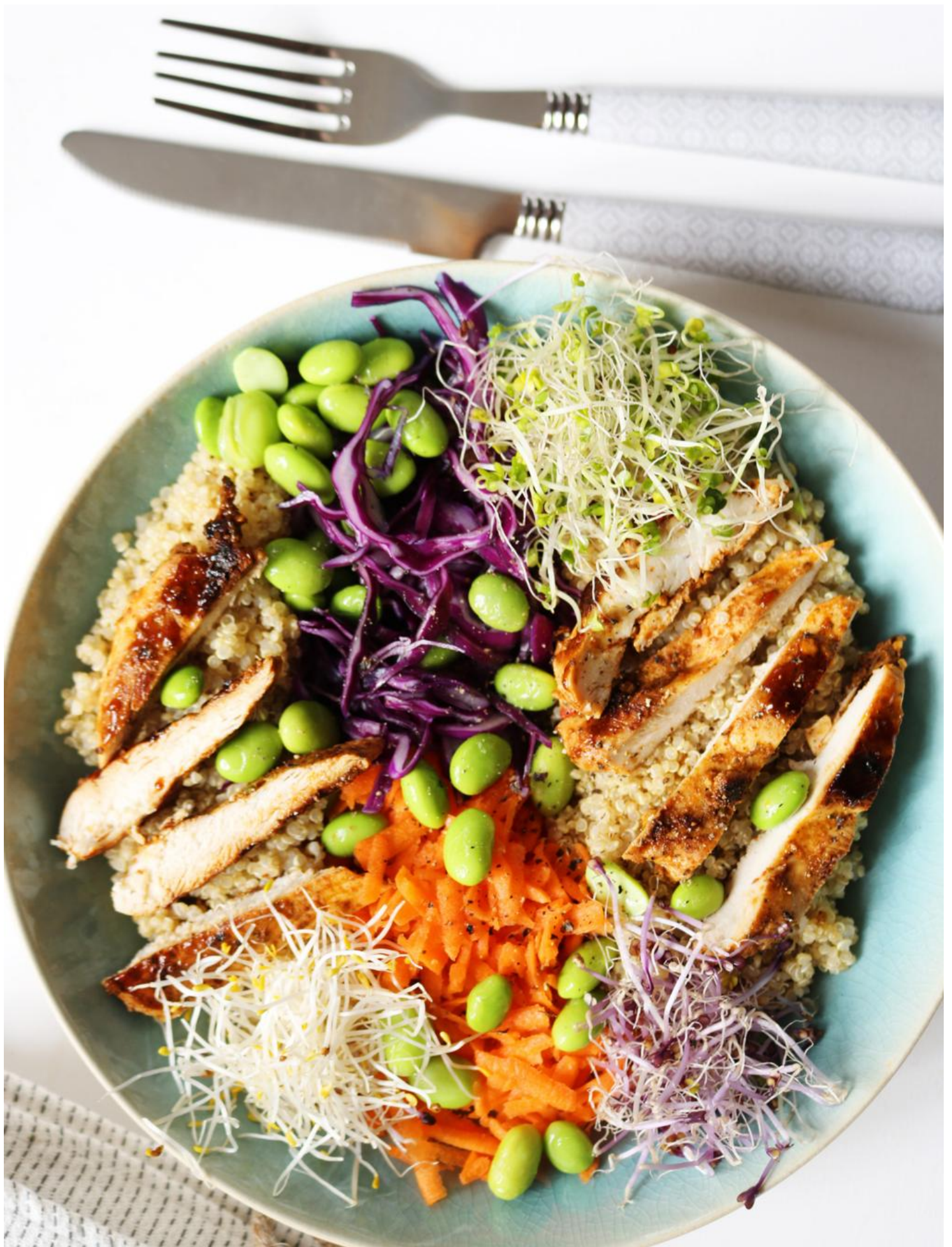
1. Cook the quinoa according to instructions on packaging, and then cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a bowl.
2. Cut the avocado in half, remove the pit and scoop out the flesh, then cut into strips and lay in the grapefruit juice.
3. In a bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season with salt and pepper.
4. Place a handful of lettuce on a serving dish and spoon the quinoa on top. Divide the avocado and grapefruit segments on top.
5. Serve drizzled with the grapefruit juice and top with pistachio nuts.



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	10 mins	328	17	17	9

*Nutrition per serving



Rainbow Quinoa Salad With Grilled Turkey

Serves 2

1 cup (185g) cooked quinoa
1 tbsp. coconut oil
8.1 oz. (230g) turkey fillet
1 small carrot, grated
½ cup (50g) red cabbage, shredded
⅔ cup (50g) edamame beans, frozen
1 tbsp. honey
1 tbsp. soy sauce
1 tbsp. sesame oil
handful sprouting alfalfa (or similar)
1 tbsp. sesame seeds

What you need to do

1. Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.
2. In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.
3. Mix the quinoa with the carrot, cabbage and soybeans.
4. Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.
5. Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.



GF	DF	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	498	22	38	37

*Nutrition per serving



Superfood Tahini Salad

Serves 2

For the salad:

2 cups (200g) baby kale
2 handfuls microgreens
2 carrots, shredded
8 radishes, thinly sliced

For the dressing:

½ lemon, juice
2 tbsp. tahini
1 tsp. honey
2 tbsp. water
salt
1 garlic clove, minced
cayenne

What you need to do

1. Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.
2. For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.
3. Top with microgreens or your favourite seeds (optional).



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	190	10	19	9

*Nutrition per serving



Sun-dried Tomato & Tahini Salad

Serves 2

1 ¾ cup (130g) lentils, drained
1 cup (70g) sun-dried tomatoes, drained
½ cup (80g) artichoke, drained
1 cup (225g) spinach
½ cucumber, chopped
2 tbsp. tahini
2 tsp. apple cider vinegar
1 tbsp. tamari or soy sauce
1 tsp. honey

What you need to do

1. Prepare the vegetables and place them in a large bowl.
2. Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.



DF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	295	20	19	13

*Nutrition per serving



Real Detox Salad

Serves 4

5 oz. (140g) rocket
1 red onion, chopped
2 avocados, chopped
1 cup (150g) grapes, halved
2 tbsp. apple cider vinegar
2 tbsp. lemon juice
1 tbsp. olive oil
1 tbsp. sesame seeds
salt & pepper

What you need to do

1. In a large bowl, mix together the rocket, onion, avocado and grapes.
2. In a separate bowl, mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.
3. Pour the dressing over the salad and sprinkle with sesame seeds before serving.



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	259	23	11	3

*Nutrition per serving



Detox Salad

Serves 2

2 bunches parsley, roughly chopped, around 1 oz. (30g)

¼ cup (46g) cooked quinoa

1 avocado, peeled, stone removed, cut into cubes

½ cucumber, cut into cubes

½ zucchini, cut into cubes

1 small red onion, finely diced

1 tsp. olive oil

juice of 1 lemon

¼ cup (30g) mixed seeds & nuts, to garnish

What you need to do

1. In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.
2. Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



GF	DF	LC	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	315	24	19	10

*Nutrition per serving



Citrusy Quinoa Salad

Serves 5

2 cups (370g) cooked quinoa
1 cup (225g) baby spinach,
chopped
⅓ cup (40g) dried cranberries
¼ cup (35g) pine nuts
2 tbsp. balsamic vinegar
1 tbsp. Dijon mustard
1 orange, juice only

What you need to do

1. Toss together the quinoa, spinach, cranberries and pine nuts in a large bowl.
2. Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt and pepper to taste.
3. Add the dressing to the salad and mix well. Season to taste with sea salt and pepper, and serve on its own or as a side with meats and fish.



GF	DF	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	174	6	27	5

*Nutrition per serving



Tuna & Broccoli Salad With Honey Vinaigrette

Serves 2

For the salad:

2 big handfuls salad leaves

3 radishes, sliced

½ cup (120g) tuna in water,
drained

2 slices bread

100g broccoli

2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil

3 tbsp. of lemon juice

1 tsp. of honey

salt & pepper

What you need to do

1. Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.
2. Toast the bread and cut into cubes, then add to the salad.
3. Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.
4. In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



HP	Q
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	328	14	26	21

*Nutrition per serving



Balsamic Glazed Beetroot & Goats Cheese Salad

Serves 4

5 oz. (150g) of rocket

7 oz. (200g) beets in mild vinegar

½ cup (50ml) balsamic glaze

1.5 oz. (40g) walnuts

3.5 oz. (100g) goats cheese

What you need to do

1. Put the rocket in a bowl. Cut the beetroot into quarters and mix through the rocket. Drizzle with the balsamic dressing and sprinkle with walnuts. Mix well and serve.



GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	168	12	7	7

*Nutrition per serving



Chicken Salad With Avocado Dressing

Serves 1

¼ cup (50g) edamame beans

4.2 oz. (120g) cooked chicken breast, chopped

¼ cucumber, peeled, deseeded and chopped

½ avocado

Tabasco sauce, to taste

juice of ½ lemon

2 tsp. extra-virgin olive oil

2 handfuls iceberg lettuce, chopped

1 tsp. mixed seed

What you need to do

1. Put the chicken, beans and cucumber in a bowl.
2. Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.
3. Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.
4. Serve immediately or chill until lunch, then serve with a lemon wedge.



GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	433	28	6	35

*Nutrition per serving



Mango & Chicken salad

Serves 2

7 oz. (200g) salad leaves

¾ cup (150g) soy beans

½ cup (90g) sweet corn,
drained

½ mango, cubed

7 oz. leftover cooked chicken
breast or thighs, shredded

3 tbsp. natural yogurt

1 tbsp. cress, chopped

What you need to do

1. In a bowl, mix together the salad leaves, soybeans, sweet corn and mango.
2. In a separate bowl or glass, mix together the yogurt and cress for the dressing. Pour over the salad and mix well.
3. Divide the salad between two plates and top with the leftover chicken. Chicken can be served hot or cold.



GF	HP	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	414	17	29	33

*Nutrition per serving



Red Kidney Bean & mackerel Salad

Serves 4

1 garlic clove, crushed
½ lemon, juiced
2 tbsp. olive oil
½ cucumber, sliced
8 radishes, sliced
handful parsley, chopped
1 ¼ cup (240g) chickpeas, drained
1 ¼ cup (240g) kidney beans, drained
⅔ cup (85g) rocket
⅔ cup (150g) smoked mackerel
⅔ cup (50g) pecans, chopped

What you need to do

1. Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.
2. In a bowl, toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.
3. Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.



GF	DF	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	422	27	27	20

*Nutrition per serving



Tuna & Potato Salad With orange Dressing

Serves 4

17.6 oz. (500g) baby potatoes

1 cup (180g) green beans

juice of 1 orange

2 tbsp. mustard

4 tbsp. olive oil

1 medium red onion

3 eggs, boiled

lettuce leaves

4 small tomatoes

11.2 oz. (320g) tuna pieces, in
water, drained

10 black olives

What you need to do

1. Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 minutes.
2. In the meantime, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt and pepper. Cut the onion into thin rings and mix through the dressing.
3. Drain the potatoes and beans, and mix with the dressing. Allow to cool a little.
4. In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.

GF DF



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	20 mins	429	19	34	30

*Nutrition per serving



Spinach Salad With Cherries & Basil

Serves 4

¼ cup (15g) basil
3 tbsp. white wine vinegar
2 tbsp. extra virgin olive oil
2 small red onions
½ cup (50g) walnuts or hazelnuts
1 tsp. coconut oil
1 ⅓ cup (200g) green beans
1 ⅓ cup (300g) spinach
¾ cup (100g) feta cheese
1 ¾ cup (400g) of cherries, pitted

What you need to do

1. Place the basil, vinegar and olive oil in a high speed blender and blitz to make dressing. Season with pepper and salt.
2. Cut the onions into thin rings and chop the nuts coarsely. Heat the coconut oil in a frying pan and fry the shallots 2 minutes. Add in the nuts, beans, and season well. Cook for about 6 minutes on medium heat, stirring regularly.
3. Now add the half the spinach to the pan and allow for it to wilt, then transfer into a serving platter.
4. Mix in the rest of the fresh spinach and drizzle with the earlier made dressing. Top the salad with crumbled feta and cherries. Serve with grilled meats.



GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	267	13	17	8

*Nutrition per serving



Chipotle Chicken Salad Bowl

Serves 2

For the chicken:

2 chicken breasts (5oz. / 150g each)
1 tbsp. coconut oil
juice of ½ lime
2 tbsp. taco seasoning
2 tsp. tomato paste

For the bean salad:

1 red sweet pepper, chopped
1 medium tomato, chopped
1 small red onion, diced
5 oz. (140g) sweetcorn, drained
5 oz. (140g) black beans, drained
few handfuls Romaine lettuce, chopped
2 green onions, chopped
bunch of coriander, chopped
2 tbsp. natural yogurt

For the rice:

8.8 oz. (250g) cooked white rice
½ lime, zest only
bunch of coriander, chopped

What you need to do

1. In a bowl, mix the ingredients for the chicken marinade, then add in the chicken breast and cover well. Marinade in the fridge for at least 15 minutes (or overnight).
2. In the meantime, make the bean salad by mixing all the salad ingredients apart from the yogurt. Season with salt and pepper.
3. Heat the oil in a pan to high heat and cook the chicken 5 minutes on each side. Take off the heat and set aside. Once ready to serve chop into pieces.
4. To prepare the rice, mix in the chopped coriander and lime peel into the cooked rice.
5. Assemble the salad. Divide the rice and bean salad between two bowls, then top with the cooked chicken. Serve with 1 tablespoon of natural yogurt.

GF	HP
----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	605	17	74	49

*Nutrition per serving





Chicken, Orange & Walnut Salad

Serves 2

For the dressing:

3 tbsp. of honey
2 tbsp. mustard
1 tbsp. olive oil
1 tbsp. lemon juice
2 tbsp. orange juice
⅓ tsp. cinnamon

For the salad:

7 oz. (200g) chicken breast
4 handfuls rocket
¼ iceberg lettuce
1 orange
⅓ pomegranate fruit, seeds
¼ cup (30g) pecans, roasted

What you need to do

1. Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
2. Mix the ingredients of the dressing in a cup, season with salt and pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tablespoon of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.
5. Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.



GF	DF	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	458	20	47	28

*Nutrition per serving



Chicken, Walnut & Chicory Salad

Serves 4

1 sweet apple
3 cups (400g) cooked or leftover chicken, shredded
4 cups (500g) chicory, shredded
1 ½ tbsp. mustard
4 tbsp. Greek yogurt (0% fat)
3 tbsp. extra virgin olive oil
1 tbsp. white wine vinegar
2 tbsp. parsley, chopped
⅓ cup (40g) walnuts, chopped

What you need to do

1. Cut the apple into quarters, remove the core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.
2. Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.
3. Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve immediately or store refrigerated until required.



GF	LC	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	385	21	15	37

*Nutrition per serving



Nicoise Salad With Grilled Shrimps

Serves 4

5.6 oz. (160g) artichoke antipasti, drained
12 oz. (350g) green beans, cooked
4 eggs, hard-boiled
juice of 1 small orange
1 tsp. Dijon mustard
3 tbsp. olive oil
16 oz. (450g) king prawns
1 garlic clove, sliced
2 sprigs fresh oregano, leaves removed
1 baby Romaine lettuce
2 tbsp. black olives

What you need to do

1. If you are using the BBQ, heat it up. If you're not using a BBQ, then prepare a non-stick grill pan.
2. Drain the artichokes. Cook the green beans and eggs, then set aside to cool.
3. Mix the orange juice with the mustard and 2 tbsp. olive oil to make the dressing. Mix the dressing in a bowl with the artichokes and green beans, then set aside.
4. Mix the shrimps with the sliced garlic, oregano leaves and remaining 1 tablespoon of olive oil. Grill the shrimps on the grill pan or the BBQ for about 3 to 5 minutes.
5. Remove the leaves from the lettuce and tear them slightly. Divide them over 4 bowls. Then add the artichokes, green beans, eggs, and olives.
6. Lastly, top the salad with the cooked shrimps and serve.



GF	DF	LC	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	349	21	11	29

*Nutrition per serving



Vegan Caesar salad

Serves 2

For the dressing:

¼ cup (62g) natural soy yogurt

juice of ½ lemon

1 tsp. honey

1 garlic clove, crushed

1 tsp. mustard

For the salad:

1 Romaine lettuce, chopped

1 avocado, chopped

2 slices brown bread, toasted
and chopped

1 pomegranate, seeds to serve

What you need to do

1. Firstly, toast your bread. In the meantime, make the dressing, place all the dressing ingredients in cup/bowl season to taste, and mix well until smooth, then set aside.
2. Next, assemble the salad in bowls (lettuce, avocado, bread) and garnish with the pomegranate seeds. Top with 2 tbsp. of the dressing and serve.



DF	V	Q
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	243	15	32	8

*Nutrition per serving



Moroccan Cod & Bulgur Salad

Serves 2

10 oz. (300g) cod fillets
1 tbsp. lemon juice
2 cloves garlic, crushed
½ tsp. turmeric
½ tsp. paprika
½ tsp. cumin
pinch of saffron
2 tbsp. olive oil
scant ½ cup (100g) of bulgur groats
1 tomato, chopped
¼ onion, chopped
15 green olives, halved
3 sprigs of parsley, chopped
lemon wedges, to serve

What you need to do

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tablespoon of oil. Leave for half an hour to marinate.
2. Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.



DF	HP
----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
35 mins	15-25 mins	447	18	42	34

*Nutrition per serving



Pesto Noodles With Prosciutto

Serves 2

2 medium courgettes, spiralized
juice from ½ lemon
2 tbsp. pesto
10 olives, sliced
¼ cup (15g) sundried tomatoes, chopped
¼ cup (30g) walnuts, chopped
4 slices prosciutto
basil leaves, to serve

What you need to do

1. Spiralize the courgette and toss it with the lemon juice. Add in the pesto and mix until well coated.
2. Mix in the olives, sundried tomatoes and walnuts.
3. Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.
4. Divide the courgettes between two bowls and garnish with fresh basil.



GF	DF	LC	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	299	23	9	15

*Nutrition per serving



Grilled Chicken & Grapefruit Salad

Serves 2

1 tsp. coconut oil
7 oz. (200g) chicken breasts
1 cup (150g) green beans
1 grapefruit
4 handfuls salad leaves
½ lemon, juiced
2 tbsp. olive oil

What you need to do

1. Season the chicken with salt and pepper and heat the coconut oil in a frying pan.
2. Fry the chicken on medium heat until browned and cooked throughout.
3. In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 minutes until tender, and then set aside.
4. Peel the grapefruit by using a sharp knife. Separate the skin from the flesh then cut out the grapefruit segments.
5. Place the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.
6. Divide the salad between two plates and place the chicken on top. Season with salt and pepper and serve.



GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	328	18	15	27

*Nutrition per serving



Goats Cheese & Strawberry Salad

Serves 4

1 ¼ cup (250g) strawberries
6-8 handfuls watercress or other greens
2 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar
½ clove of garlic, crushed
scant ½ cup (100g) soft goat's cheese
¼ cup (30g) walnuts, chopped

What you need to do

1. Remove the stems from the strawberries and cut them into quarters lengthwise. Put the watercress in a bowl and toss with the strawberries.
2. Make the dressing by whisking together olive oil, balsamic vinegar and garlic. Season with salt and pepper.
3. Drizzle the dressing over the salad and crumble the goat's cheese on top, sprinkle with nuts.
4. This salad is perfect served with grilled chicken.



GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	161	19	5	7

*Nutrition per serving



BBQ Mexican Corn Salad

Serves 8

4 corn cobs
1 tbsp. olive oil
4 spring onions, chopped
big handful coriander, chopped
1 jalapeño pepper, seeds removed, chopped
1 garlic clove, finely chopped
juice of 1 lime

What you need to do

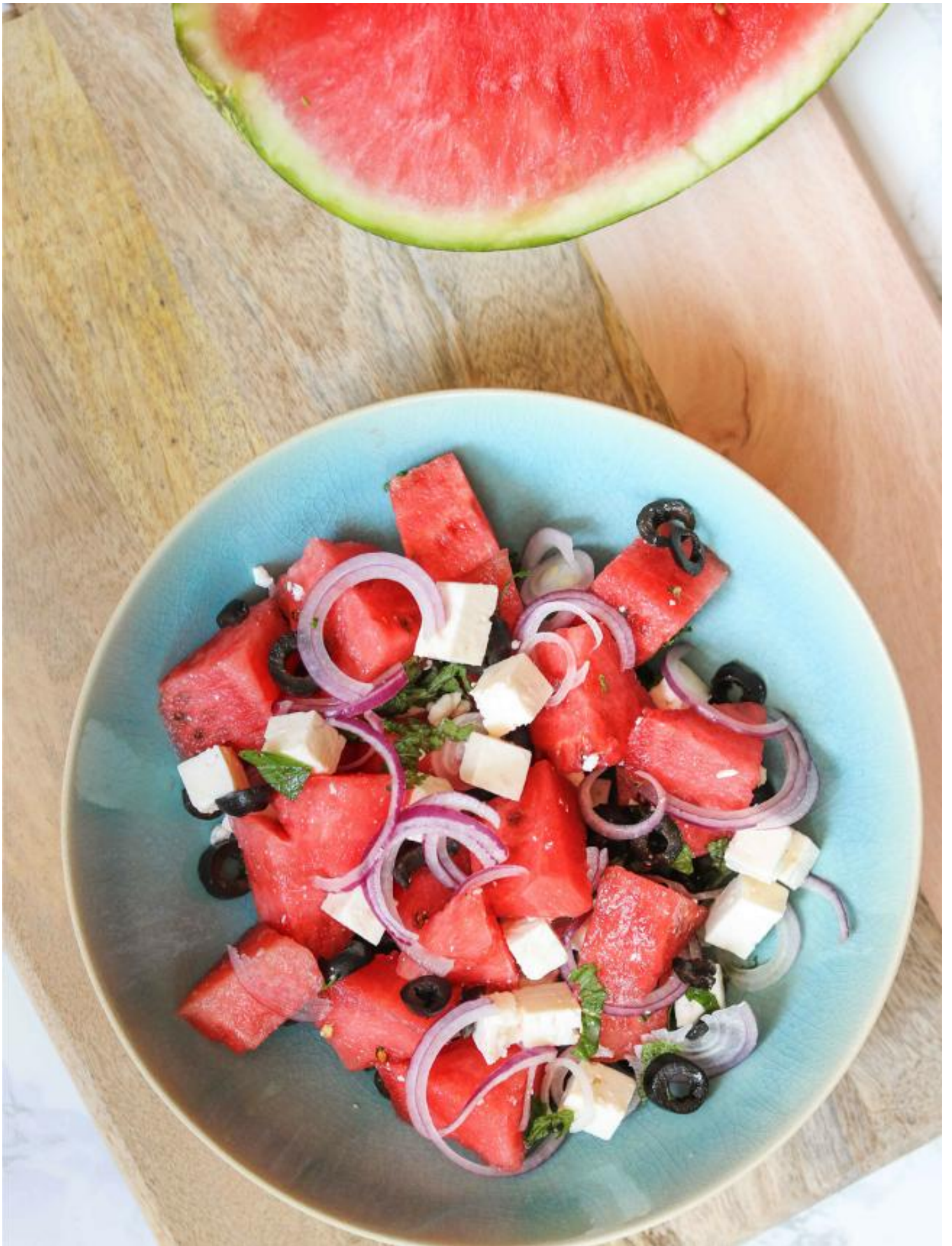
1. Prepare your barbecue.
2. Drizzle the corn with olive oil and season with salt and pepper.
3. Place the corn on the BBQ and cook for about 7-10 minutes, until golden brown, turn regularly. Once cooked, place the corn upright in a bowl and cut the kernels off with a knife.
4. Next, add in the chopped spring onions, coriander, pepper and garlic. Drizzle everything with lime juice, season with salt and pepper to taste and mix well. Serve lukewarm.



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	94	3	16	2

*Nutrition per serving



Watermelon & Feta Salad

Serves 4

3 cups (600g) watermelon, cut into cubes

½ red onion, cut in half rings

2 handfuls mint, chopped

3 tbsp. black olives, sliced

scant 1 ½ cup (200g) low fat feta cheese, cubes

What you need to do

1. Put all the ingredients in a bowl and gently toss until everything is mixed.
2. Serve as a side with BBQ meats or on it own as a refreshing light salad.



GF	LC	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	159	14	14	9

*Nutrition per serving



Burrito Bowl With Grilled Chicken

Serves 4

1 ⅝ cups (400g) brown rice, cooked
1 tbsp. coconut oil
fajita spices
14 oz. (400g) chicken breast
2 tomatoes, chopped
1 avocado, sliced
1 ⅓ cups (100g) iceberg lettuce, shredded
1 can (400g) kidney beans in chili sauce
4 tbsp. natural yogurt
4 tbsp. salsa

What you need to do

1. Prepare the rice earlier or use left overs.
2. In a bowl, mix the oil and spices, then cover the chicken with the mixture.
3. Heat a non-stick frying pan over medium heat and fry the chicken until cooked throughout, then set aside for a few minutes to cool. Once cool, slice the chicken breasts and assemble the bowl.
4. Divide the rice between 4 bowls, next add the lettuce, chopped tomato, chili beans and chicken. Finally, top with a dollop of yogurt and salsa.

Note: For a vegetarian option use some gilled smoked tofu.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	443	36	47	34

*Nutrition per serving



Green Sushi Salad With Crispy Tofu

Serves 4

1 cup (250g) sushi rice
1 tbsp. rice vinegar
2 cups (375g) natural tofu
1 tbsp. sesame oil
1 inch (3 cm) ginger, grated
2 tbsp. soy sauce
4 baby cucumbers, sliced
few slices nori
 $\frac{5}{8}$ cup (125g) seaweed salad
1 $\frac{1}{4}$ cup (200g) edamame
beans

What you need to do

1. Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.
2. In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.
3. Heat the sesame oil in a wok and stir fry the tofu for 5 minutes on a medium heat. Next, add in the ginger and soy sauce. Stir fry for 5-7 minutes. Season with salt and pepper.
4. Meanwhile, cut the cucumber into slices and cut the nori into pieces.
5. To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.



GF	DF	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	490	17	60	22

*Nutrition per serving



Kale & Tofu Salad With Peanut Butter Dressing

Serves 4

For the salad:

14 oz. (400g) natural tofu
3 cups (90g) kale, chopped
1 cup (100g) purple cabbage, shredded
1 red bell pepper, chopped
 $\frac{3}{4}$ cup (30g) carrot, grated
1 tbsp. coconut oil

For the dressing:

3 tbsp. peanut butter
2 tbsp. coconut milk
1 tbsp. rice vinegar
1 tbsp. honey
1 tbsp. soy sauce
 $\frac{1}{2}$ lime, juiced
 $\frac{1}{2}$ tsp. chili flakes
1-2 tbsp. water

What you need to do

1. Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.
2. In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.
3. In a small bowl, mix all the dressing ingredients.
4. Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.
5. Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.



GF	DF	LC	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	195	11	15	13

*Nutrition per serving



Balsamic Beetroot Salad With Feta

Serves 4

14 oz. (400g) cooked baby beetroot, cut into pieces

1 small red onion, finely chopped

1 tbsp. balsamic vinegar

salt and pepper to taste

1 apple, chopped

1/3 cup (30g) walnuts

3.5 oz. (100g) feta, diced

1 tbsp. olive oil, to serve

What you need to do

1. Put the cut beets in a bowl and top with the chopped red onion and a spoonful of balsamic vinegar. Mix well and season with salt and pepper to taste. Leave for 10 minutes, then drain.
2. Mix in the chopped apple, half the walnuts and half the feta. Divide between four plates and garnish with the remaining walnuts and feta.
3. Season with some extra pepper and drizzle with olive oil before serving.



GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	0 mins	225	18	17	7

*Nutrition per serving



Winter Bean Salad

Serves 4

2 medium red onions
2 tbsp. olive oil
2x 14 oz. (400g) can butter beans, drained
3 cups (450g) cherry tomatoes, halved
2 handfuls coriander
1 lemon
1 tbsp. balsamic vinegar
1 tsp. ground cumin
12 falafels , to serve (optional, not included in nutritional information above)

What you need to do

1. Cut the onions into rings. Heat ½ tablespoon of oil in a pan and fry the onions for 3 minutes.
2. In the meantime, drain the beans and rinse them under cold running water, add to the onion and cook for another 6 minutes, on low heat. Stir occasionally. Halve the tomatoes and add into the pan in the last two minutes.
3. Meanwhile, heat ½ tablespoon of the remaining oil in a frying pan and fry the falafels 6 minutes until heated through and browned, or according to packaging.
4. Chop the coriander and squeeze the lemon. Make the dressing by mixing together 2 tablespoon of lemon juice, the remaining oil, vinegar, cumin, pepper and salt.
5. Mix the dressing with the bean-tomato mixture and cilantro. Serve with falafels (optional).



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	146	7	15	5

*Nutrition per serving



Warm Salmon & Quinoa Salad

Serves 4

1 red pepper
1 tbsp. olive oil
4 wild salmon fillets
1 tsp. spices for salmon
1 ⅓ cup (200g) sugar snaps
4 cups (1L) boiling water
1 ⅓ cup (250g) cooked quinoa
2 handfuls fresh parsley
2 tbsp. fresh chives

What you need to do

1. Preheat the oven to 400°F (200°C).
2. In the meantime, cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 minutes.
3. Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.
4. Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.
5. Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.



GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	325	26	17	28

*Nutrition per serving



Mexican Salad With Roasted Sweet Potato

Serves 4

27 oz. (750g) sweet potatoes
1 tsp. smoked paprika
2 tbsp. olive oil
14 oz. (400g) can black beans
5 oz. (150g) sweet corn
2 small red onions
10 cherry tomatoes
2 avocados
lime wedges, to serve

What you need to do

1. Preheat the oven to 400°F (200°C). Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.
2. Mix together the paprika, olive oil, salt and pepper and rub into the wedges until well-covered. Bake the potatoes at the center of the oven for about 25 minutes until golden brown.
3. Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain. Chop the onion and mix in with the beans and corn.
4. Cut the tomatoes into quarters and season with salt and pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh. Cut the flesh into chunks.
5. Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.



GF	DF	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	540	28	54	11

*Nutrition per serving