

Toogood Nutrition

MEAT BASED RECIPE PACK VOLUME 1

Discover 26 easy, healthy and tasty meat based recipes. My Fitness Pal Bar code, calories and macro details provided

ToogoodNutrition.com



TABLE OF CONTENTS

GRILLED CHILLI AND LIME CHICKEN

SESEME AND GINGER BEEF

CHICKEN AND MANGO STIRFRY

GRILLED LEMON CHICKEN

CHICKEN ORANGE STIRFRY

CHILLI AND SWEET POTATO STIRFRY

QUICK BEEF CHOW MEIN

ZESTY TURKEY MEATBALLS

CAJUN BEEF AND VEG RICE

SLOW COOKED TERIYAKI CHICKEN

STICKY ASIAN SALAD



RECIPE KEY

Look for these helpful icons throughout the file.

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

TABLE OF CONTENTS

CHICKEN AND COURGETTE STIRFRY

BEEF KEEMA

MOROCCAN CHICKEN DRUMSTICKS

BEEF AND LENTIL BOLOGNESE

TURKEY AND EGG FRIED RICE

QUINOA AND COURGETTE HARISSA CHICKEN

CHICKEN PESTO AND BROCCOLI SALAD

DILL SOUP AND TURKEY MEATBALLS

CHICKPEA PANCAKES WITH BEEF LENTALS

THAI CHICKEN SALAD

BEEF AND BROCCOLI SALAD



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TABLE OF CONTENTS

AISAN CHICK NOODLES WITH VEGETABLES

HONEY GARLIC DRUMSTICKS

TURKEY STUFFED PEPPERS

BEEF AND LENTAL BOLOGNESE

CRUSTLESS CHICKEN QUICHE



RECIPE KEY

Look for these helpful icons throughout the file.

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (under 20g serving)
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- Q** Quick (under 30 mins)
- N** Contains Nuts



**GRILLED CHILLI &
LIME CHICKEN**

GRILLED CHILLI AND LIME CHICKEN



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
522 kcal
42g Fats
0g Carbs
35g Protein



GF

DF

LC

MP

HP

- 1.7 lb (800g) chicken drumsticks and/or legs
- green onion, chopped, to serve
- lime wedges, to serve

Marinade:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. onion powder
- ½ tsp. chipotle chilli pepper
- 2 tbsp. lime juice

Combine all the marinade ingredients a small bowl and cover the chicken either in a container or Ziploc bag. Seal the bag/container, place in a fridge to marinate for a minimum of 1 hour.

Preheat oven to 375F (190C). Line baking tray/dish with baking paper.

Arrange the chicken on the baking paper, and brush any leftover marinade over the tops.

Bake, uncovered, for approximately 30-45 minutes or until cooked through. To serve garnish with chopped green onions and lime wedges.

NOTE:

Baking time will vary depending on how large/meaty each drumstick and leg are.



A top-down view of a light-colored ceramic bowl with a textured base. The bowl is filled with a dish consisting of a portion of brown, crumbly beef topped with black sesame seeds, and a larger portion of bright green, spiralized courgette noodles also garnished with black sesame seeds. Two wooden chopsticks are placed diagonally across the top of the bowl. The bowl sits on a light-colored, distressed wooden surface. In the background, a piece of light brown fabric is draped. A semi-transparent white text box is overlaid on the bottom left of the image.

**SESAME & GINGER BEEF
WITH COURGETTE NOODLES**

SESAME & GINGER BEEF WITH COURGETTE NOODLES



Serves: 4
Prep: 5 mins
Cook: 12 mins



Nutrition per
serving:
242 kcal
12g Fats
10g Carbs
25g Protein



GF

DF

LC

HP

Q

- 1/4 cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium courgettes, spiralized

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the courgettes and heat slightly with the beef (if eating straight away), or divide courgettes and beef into containers and then heat in the microwave or pan when needed.



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A top-down view of a white ceramic bowl with a colorful polka-dot pattern around the rim. The bowl is filled with a chicken and mango stir fry. The chicken is cut into strips and coated in a light-colored sauce. It is mixed with sliced mango, red bell peppers, and green onions. The dish is garnished with fresh dill. To the left of the stir fry is a portion of white rice. The bowl sits on a light-colored wooden surface. A brown cloth napkin and a silver fork are visible to the right of the bowl.

**CHICKEN & MANGO
STIR FRY**

CHICKEN & MANGO STIR FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
308 kcal
9g Fats
31g Carbs
29g Protein



- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

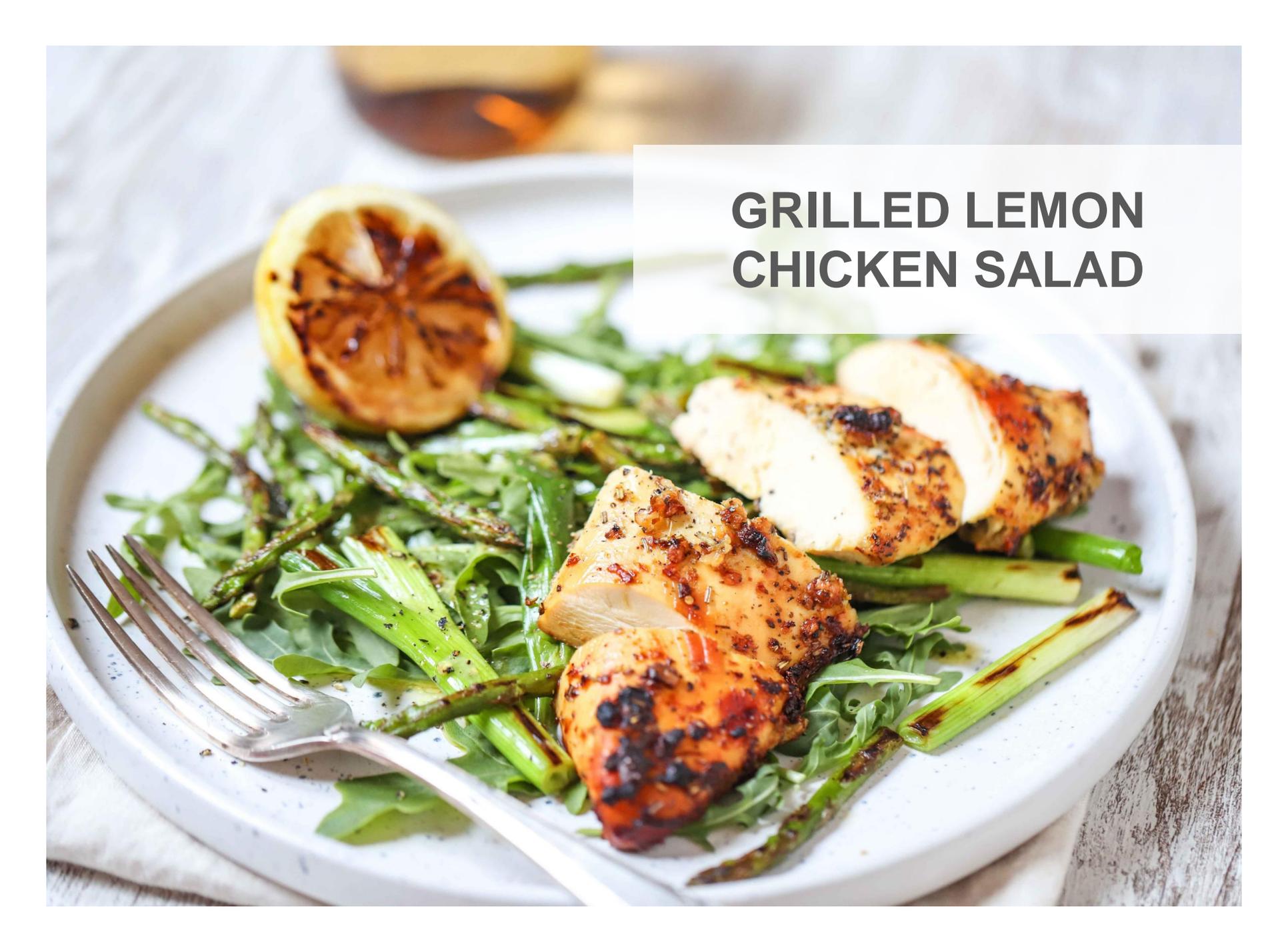
In a wok or large pan heat 1 tbsp. of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with rice (not included in nutrition information per serving).

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A close-up photograph of a white ceramic plate with a speckled pattern. The plate is filled with a salad consisting of fresh green arugula, several stalks of grilled asparagus with charred tips, and three pieces of grilled chicken breast. The chicken is cut into bite-sized pieces and has a golden-brown, slightly charred exterior. A half of a lemon, also charred, sits on the left side of the plate. A silver fork is placed on the left side of the plate. The background is a light-colored wooden surface, and a glass of amber liquid is visible in the upper left corner.

GRILLED LEMON CHICKEN SALAD

GRILLED LEMON CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
242 kcal
8g Fats
2g Carbs
38g Protein



GF

DF

LC

MP

HP

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.





CHICKEN ORANGE STIR FRY

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
397 kcal
7g Fats
53g Carbs
34g Protein



WHAT YOU NED

For the Sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

For the Stir Fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.

A top-down view of a grey ceramic bowl filled with a meal. The bowl sits on a light brown, textured cloth napkin. Inside the bowl, there are golden-brown, slightly charred sweet potato chips. Below the chips is a thick, red, chunky chilli sauce. A dollop of bright green guacamole is placed in the center, garnished with fresh green cilantro leaves and several slices of red chili. To the left of the bowl, a wooden spoon with a light-colored handle and a dark, patterned bowl is visible. To the right, a whole red chili pepper lies horizontally, and a small pile of fresh cilantro leaves is scattered. In the bottom right corner, a small white bowl contains more guacamole with a silver spoon resting inside it. The background is a light-colored, possibly white, wooden surface.

**SIMPLE CHILLI &
SWEET POTATO CHIPS**

SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
382 kcal
16g Fats
33g Carbs
29g Protein



For the Potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

For the Simple Chili:

- 1 lb. (450g) lean ground beef/pork
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the Garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef/pork. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.



QUICK BEEF CHOW MEIN

QUICK BEEF CHOW MEIN



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
325 kcal
10g Fats
33g Carbs
28g Protein



DF

MP

HP

Q

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- 1/2 leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onion, chopped

Prepare the noodles according to instructions on the packaging. Cut the beef into thin strips.

Heat the sesame oil in a wok or large frying pan. Add the garlic and ginger and fry for about a minute, add the beef and cook for another 2 minutes. Next add the leek, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes garnish with chopped spring onion.





**ZESTY TURKEY MEATBALLS
WITH COUSCOUS SALAD**

ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Serves: 4
Prep: 20 mins
Cook: 30 mins



Nutrition per
serving:
429 kcal
8g Fats
52g Carbs
42g Protein



MP HP



For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) pack turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yoghurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

Heat 1 tbsp of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes — season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yoghurt.



CAJUN BEEF & VEG RICE

CAJUN BEEF & VEG RICE



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
503 kcal
13g Fats
55g Carbs
40g Protein



GF

DF

MP

WHAT YOU NED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.





**SLOW COOKER
TERIYAKI CHICKEN/PORK**

SLOW COOKER TERIYAKI CHICKEN/PORK



Serves: 4
Prep: 10 mins
Cook: 2 hr



Nutrition per
serving:
322 kcal
7g Fats
22g Carbs
45g Protein



GF

DF

MP

HP



- 1½ lbs. (700g) chicken breast/pork loin
- 2 tsp. corn-starch + 3 tbsp. water
- 1 tbsp. sesame seeds, to garnish

For the Sauce:

- ¼ cup (60ml) + 1 tbsp. tamari
- ¼ cup (60ml) honey
- 1 large onion, diced
- 2 tbsp. ketchup
- 1 tbsp. olive oil
- 1 tsp. chilli garlic sauce (Sambal Oelek)

Mix the sauce ingredients in a small bowl. Add the chicken breast/strips of pork to slow cooker and cover with the sauce. Cook chicken/pork on high for 2 hours or low for 3-4 hours.

Once cooked transfer chicken/pork onto a cutting board and leave to cool.

Mix the corn-starch with water until it dissolves and pour into the slow cooker, stirring well.

Turn slow cooker to high and cook uncovered until the sauce thickens, for about 10 minutes.

In the meantime, shred the chicken/pork using two forks, then, add back into the slow cooker and mix with the sauce. Sprinkle with sesame seeds to serve.

SERVING SUGGESTION:

White rice and broccoli.

STICKY CHICKEN ASIAN SALAD



STICKY CHICKEN ASIAN SALAD



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
428 kcal
21g Fats
35g Carbs
30g Protein



- 300g (10 ½ oz.) chicken breast fillets
- 2 tbsp. soy sauce (gluten free)
- ¼ cup (90g) clear honey
- 1 clove garlic, minced
- 2 tbsp. sesame oil
- 3 ½ cups (350g) cabbage, finely sliced
- 1 large carrot, finely sliced
- 1 cucumber, finely sliced
- 3 spring onions, sliced
- 1 cup (30g) mint, leaves
- 1 cup (30g) fresh coriander, leaves
- ½ cup (80g) almonds, roughly chopped
- 1 tbsp. toasted sesame seeds

Lay the chicken between 2 sheets of clingfilm and pound with a rolling pin to slightly flatten.

To make the marinade, put the soy sauce, honey, garlic and 1 tbsp. sesame oil in a large bowl and stir to combine. Add the chicken and put in the fridge. Allow it to marinate for at least 10 minutes.

Heat 1 tbsp. of sesame oil in a large frying pan over high heat. Fry the chicken for 4-5 minutes each side or until brown. Then take off the pan, and set aside to slightly cool and thinly slice or shred.

Reduce the heat to medium, add the remaining marinade to the pan and cook for 5-6 minutes or until sticky. Set aside to cool.

Put the cabbage, carrot, cucumber, onion, mint, coriander, almonds, sesame seeds and the chicken in a large serving bowl. Add the soy dressing and toss to combine.

Serve straight away or store in the fridge.



QUICK COURGETTE & CHICKEN STIR FRY



QUICK COURGETTE & CHICKEN STIR FRY



Serves: 5
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
253 kcal
9g Fats
11g Carbs
30g Protein



- 1/4 cup (60ml) soy sauce (gluten free)
- 1 cup (240ml) chicken broth
- 1 tbsp. corn starch
- 2 tbsp. mirin
- 1 tbsp. sugar
- 2 tsp. sesame oil
- 1 tbsp. coconut oil, divided
- 1 tbsp. minced garlic
- 1 tbsp. minced ginger
- 1 lb (450g) chicken breast, thinly sliced
- 1 large Courgette, cut in thick half-moons
- 1 tbsp. sesame seeds
- 2 tbsp. spring onion, to garnish

In a large bowl add the soy sauce, chicken broth, corn starch, mirin, sugar, and sesame oil and whisk until everything is completely dissolved.

In a large skillet, add 2 tsp. coconut oil and the chicken, about 2-3 minutes on each side, on medium-high heat. Then set aside on a plate.

Using the same skillet, add in the remaining 1 tsp. of oil, garlic and ginger and sauté for 30-45 seconds until fragrant, but being careful not to burn it.

Stir the garlic and ginger well and add in the earlier prepared sauce. Whisk well.

Simmer the sauce for 1 minute, then add in the courgette and continue cooking for 2 more minutes, until thickened and the courgette is tender-crisp.

Remove from the heat, add in the chicken, and stir until well coated. Garnish with sesame seeds and scallions if desired.



BEEF KEEMA



BEEF KEEMA



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
278 kcal
8g Fats
16g Carbs
34g Protein



GF

LC

MP

HP

- 1.1 lb (500g) beef mince, 5% fat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ cup (25g) ginger, peeled and finely chopped
- ½ cup (15g) fresh coriander, leaves and stalks chopped separately
- 2 tbsp. curry powder
- 14 oz. (400g) can chopped tomatoes
- 7/8 cup (200ml) beef stock
- 7 oz. (200g) pot 0% fat natural yoghurt
- 2 cups (300g) peas, frozen

Heat a dry frying pan over high heat, and cook the beef mince until browned.

Add in the onion, garlic and ginger and sauté for 6-8 minutes until soft. Stir in the coriander stalks and curry powder and continue cooking for another 2-3 minutes, while stirring.

Add the chopped tomatoes and beef stock. Season with salt and pepper. Bring to a boil, then reduce heat, and simmer, uncovered, for 20 mins, stirring occasionally.

After 20 minutes of simmering, stir in 1 tbsp. of yoghurt. Add the frozen peas and half the coriander leaves. Cook for another 2 mins, until peas are heated through, then season again if needed.

Serve with a portion of rice, garnished with the remaining coriander and a spoonful of yoghurt.

Pork mince can be used as a substitute.





MOROCCAN CHICKEN DRUMSTICKS

MOROCCAN CHICKEN DRUMSTICKS



Serves: 4
Prep: 5 mins
Cook: 55 mins



Nutrition per
serving:
493 kcal
40g Fats
4g Carbs
31g Protein



- 2 tbsp. olive oil
- 8 chicken drumsticks
- 1 onion, halved, sliced
- 2 cloves garlic, crushed
- ½ cup (15g) parsley, chopped
- 2.5 oz. (70g) green olives,
- ¼ lemon, juice only
- 1 tsp. flour

Spices:

- 1 tsp. turmeric
- pinch saffron
- 1 tbsp. paprika
- ½ tsp. ground cumin

Heat the oil in a large pan, and fry the chicken drumsticks on all sides until golden.

Add the onion and garlic. Season with salt and pepper and cook for another 3-4 mins.

Pour in 1 cup (240ml) of boiling water and add the spices. Mix well and bring the boil.

Add half of the chopped parsley, mix, cover the pan with a lid, reduce the heat and simmer for 30 minutes. In the meantime, turn the meat over half-way through the cooking time.

Finally, add the green olives and lemon juice, and mix well.

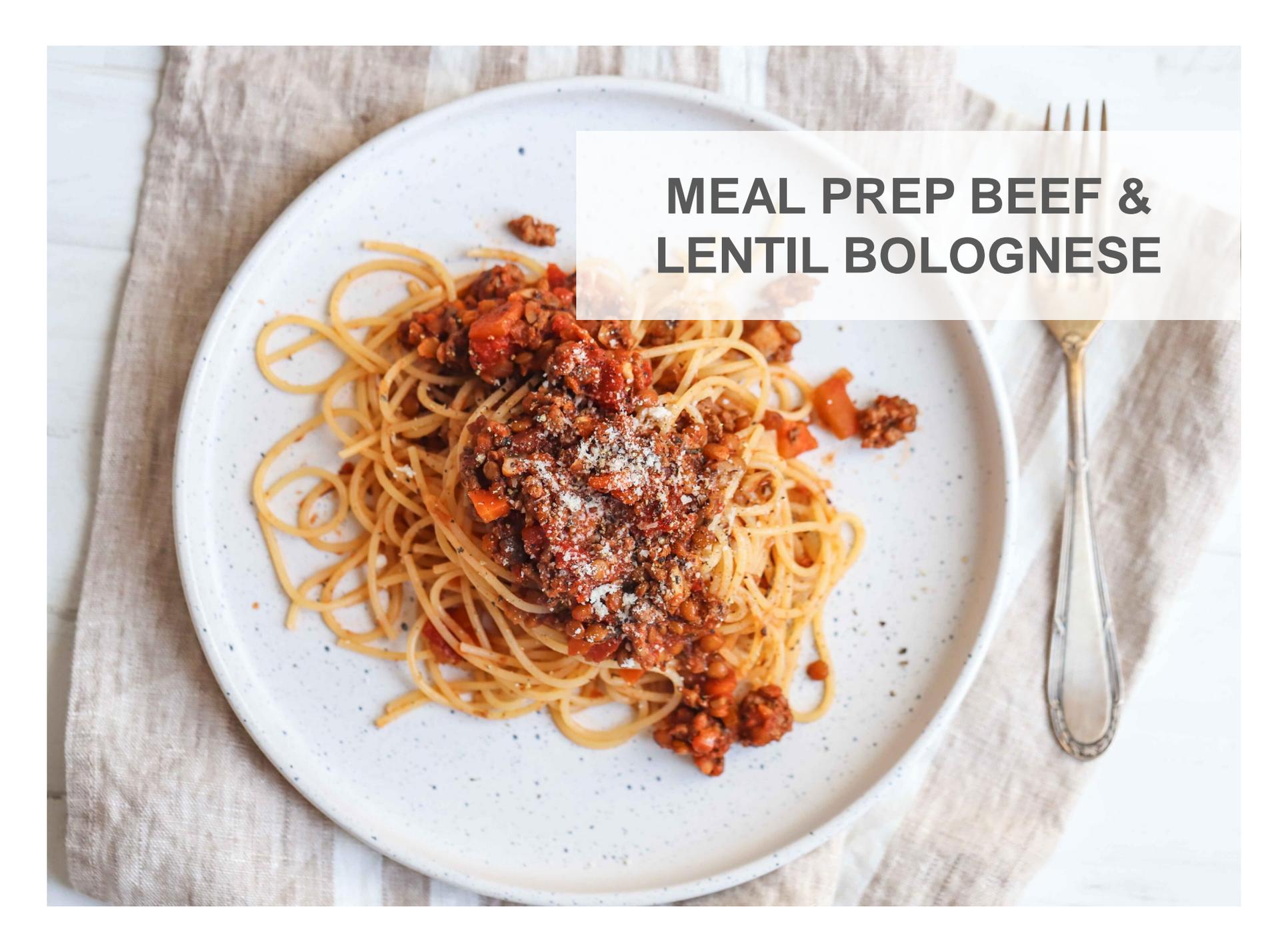
Mix the flour with 2 tbsp. of water, and then with 2 tbsp. of the sauce from the pan. Pour this mixture into the pan and mix well.

Cook uncovered for another 10-15 mins until the sauce thickens and the meat is tender.

Sprinkle with the remaining chopped parsley and serve.

Serving suggestion: bulgur, potatoes, brown rice, tomato salad

Chicken thighs can also be used.



**MEAL PREP BEEF &
LENTIL BOLOGNESE**

MEAL PREP BEEF & LENTIL BOLOGNESE



Serves: 6
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
302 kcal
9g Fats
22g Carbs
32g Protein



- 1 tbsp. coconut oil
- 4 springs rosemary, picked, chopped
- 3 cloves garlic, chopped
- 1 large onion, chopped
- 2 carrots, peeled, chopped
- 2 ½ cups (250g) chestnut mushrooms, finely sliced
- 1 lb. (450g) lean minced beef, 5% fat
- ½ cup (100g) dried brown lentils
- 2 tins (1.7lb/800g) chopped tomatoes

Heat the oil in a large pan over medium heat and add the chopped rosemary.

Next add in the garlic, onion, carrots and mushrooms and for about 10 mins, or until softened, stirring regularly.

Add the beef and lentils. Season with salt and pepper and cook for a further 5 mins, breaking up the meat with a spoon.

Add in the chopped tomatoes, along with 1 tin worth of water. Bring to the boil, lower the heat, and simmer for 30 mins, or until the sauce is thickened and reduced.

Season with salt and pepper, to taste, and serve straight away with spaghetti, other pasta or zoodles.

You can also freeze the Bolognese for up to 3 months.



EGG FRIED RICE WITH TURKEY



EGG FRIED RICE WITH TURKEY



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
316 kcal
10g Fats
25g Carbs
33g Protein



GF

DF

MP

HP

Q

WHAT YOU NED

- 1 lb. (450g) minced turkey breast
- 3.5 oz. (100g) spinach
- 3.5 oz. (100g) rice
- 2 tbsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp. tomato puree
- 1 egg

Spices:

- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/3 tsp. cayenne pepper

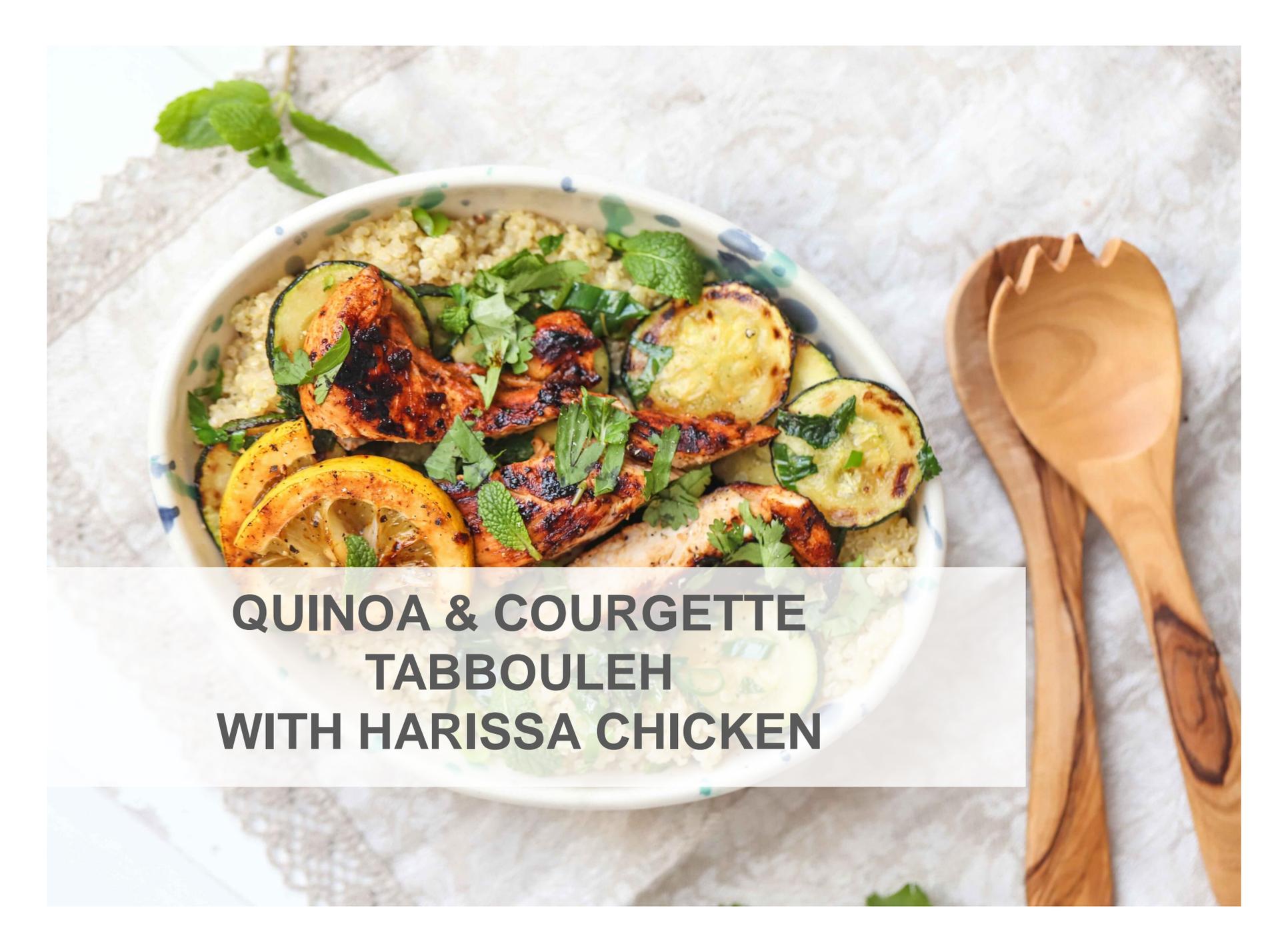
Cook the rice according to the instructions on the packaging, then set aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.



A top-down view of a white ceramic bowl with blue floral patterns, filled with a vibrant dish. The base is a bed of fluffy yellow quinoa. On top, there are several pieces of grilled chicken with a charred, golden-brown exterior. Interspersed with the chicken are slices of courgette (zucchini) and yellow squash, some showing grill marks. Fresh green herbs, including cilantro and mint, are scattered throughout. A few slices of lemon are also visible. To the right of the bowl, two wooden serving utensils, a spoon and a fork, are placed on a white lace tablecloth. The overall lighting is bright and natural, highlighting the textures and colors of the ingredients.

**QUINOA & COURGETTE
TABBOULEH
WITH HARISSA CHICKEN**

QUINOA & COURGETTES, WITH HARISSA CHICKEN



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
456 kcal
14g Fats
68g Carbs
33g Protein



- 12 oz. (350g) chicken fillets
- 4 tbsp. harissa pasta
- 300g quinoa
- 2 medium courgettes, sliced
- 1 tbsp. olive oil
- 4 sprigs mint
- 4 sprigs coriander
- 2 spring onions
- 1 lemon
- 1 tbsp. coconut oil

Brush the chicken fillets with the harissa paste and let them stand for a moment.

Cook the quinoa according to the instructions on packaging.

Heat the oil in a pan and fry the sliced courgette, for 4-5 minutes until browned.

Coarsely chop the herbs and spring onion, and mix with the fried courgette and quinoa.

Zest the lemon and squeeze the juice. Mix this with the quinoa and season with salt and pepper.

Heat the oil in a pan over medium-high heat and fry the chicken fillets until brown and cooked through. Cut them into slices.

Divide the dish between plates and serve with the chicken.

Toogood Nutrition



**CHICKEN PESTO &
BROCCOLI SALAD**

CHICKEN PESTO & BROCCOLI SALAD



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
352 kcal
26g Fats
11g Carbs
22g Protein



- 12 oz. (350g) chicken thighs
- 14 oz. (400g) broccoli
- 1/3 cup (50g) almonds
- 3 tbsp. black olives, sliced
- 1 tbsp. coconut oil
- Handful basil leaves, for garnish
- 3/8 cup (85g) green pesto

Season the chicken thighs with salt. Divide the broccoli into and cook for 4-5 minutes in salted water. Roast the almonds in a dry frying pan.

Heat the coconut oil in a frying pan and fry the chicken until brown and cooked through. Let cool a little and then slice.

Drain the broccoli, but keep 1 tbsp. of the cooking liquid to mix in with the pesto.

Divide chicken and broccoli onto serving dishes and drizzle with the pesto, garnish with almonds, black olives and basil leaves, and serve.

Toogood Nutrition



**DILL SOUP WITH
TURKEY MEATBALLS**

DILL SOUP WITH TURKEY MEATBALLS



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
254 kcal
10g Fats
26g Carbs
21g Protein



MP HP



For the meatballs:

- 9 oz. (250g) ground turkey breast
- 1 tbsp. breadcrumbs
- 1/2 onion, finely chopped
- 1 tbsp. dill, chopped
- 1 egg
- 1 tbsp. wheat flour
- 1 tsp. coconut oil

For the soup:

- 1 tbsp. coconut oil
- 1 onion, chopped
- 10 oz. (300g) potatoes, peeled, chopped
- 1 carrot, peeled, chopped
- 4 ¼ cup (1l) vegetable stock
- ½ tsp. turmeric
- ½ bunch dill, chopped
- 4 tbsp. cream (oat or dairy)

Place all meatball ingredients, apart from the flour, into a bowl, season with salt and pepper and mix well with your hands.

Using slightly wet hands, form small balls (around 12), and coat them in flour.

Heat the coconut oil in a pan and fry the meatballs briefly until golden brown, then transfer onto a plate.

To make the soup, heat the oil in a large pot, over medium heat and fry the onion for 2-3 mins until soft.

In a butter pot, fry the diced onion, then add the potatoes, as well as the carrot. Season with salt, pepper and turmeric then cook for about 5 minutes stirring often.

Pour in the stock and bring to a boil, then cover and cook for about 5 minutes.

Add in the fried meatballs, reduce the heat and cook for 15 minutes. At the end of cooking, add the chopped dill.

Take the soup off the heat and add the cream, mix well and serve.

Toogood Nutrition



**CHICKPEA PANCAKES
WITH BEEF & LENTILS**

CHICKPEA PANCAKES WITH BEEF & LENTILS



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
506 kcal
20g Fats
48g Carbs
33g Protein



GF

MP

HP



- 2 2/3 cup (200g) chickpea flour, sifted
- 1 ½ (350ml) oat milk
- 1 ½ cup (300g) lentils, can, drained
- 10.5 oz. (300g) ground lean beef, 5% fat
- 3 tbsp. coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. Greek yoghurt
- 4 spring onions, sliced
- 6 sprigs coriander, chopped
- 6 sprigs mint, chopped

Sift the flour over a bowl. Mix with 1 tsp. of salt and pepper. Pour in the milk and let stand for 10 minutes.

Finely chop the onion and garlic. Heat 1 tbsp. oil in a pan over medium-high heat and fry the onion and garlic until golden. Add the minced beef and cook until brown. Next, add the lentils and stir until the lentils are warm, then take off the heat.

In a separate pan, heat some of the remaining coconut oil, over medium heat. Pour around 2-2.5 serving spoons of batter into the pan and fry the pancakes on both sides for around 3 minutes until golden brown. Continue with the process to make 8 pancakes.

To serve, place 2 pancakes on a plate top with the minced meat mixture, a tbsp. of Greek yoghurt and the chopped fresh herbs and some spring onion.

Toogood Nutrition



THAI CHICKEN SALAD

THAI CHICKEN SALAD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
444 kcal
24g Fats
18g Carbs
25g Protein



GF

DF

LC

MP

HP

Q

N

- 7 oz. (200g) chicken thighs, skinless
- 1 tbsp. coconut oil
- 2 limes, juiced
- 1 tbsp. fish sauce
- 1 tsp. coconut sugar
- 1 clove garlic, minced
- 1 tbsp. olive oil
- 2 handfuls salad leaves
- 1 medium cucumber, sliced
- 1 red onion, sliced
- 1 red pepper, sliced
- 1 handful fresh mint
- 1 handful fresh coriander
- ¼ cup peanuts, roasted

Season the chicken with salt and pepper. Heat the coconut oil in frying pan over high heat and fry the chicken until brown and cooked through. Remove from the pan and let it rest on a plate.

Meanwhile, make the dressing by mixing the fish sauce, lime juice, sugar, garlic, and olive oil in a small bowl.

Then, mix the salad leaves and sliced vegetables in a large bowl and drizzle with the dressing.

Divide the salad between plates, cut the chicken into strips, and place it on top of the salad. Garnish with the mint and coriander leaves and sprinkle with roasted peanuts.



BEEF & BROCCOLI STIR-FRY



BEEF & BROCCOLI STIR-FRY



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
626 kcal
29g Fats
62g Carbs
34g Protein



DF

HP

Q

- ½ cup (115g) rice, raw
- ½ broccoli head
- 7 oz. (200g) beef tenderloin
- 1 tbsp. coconut oil
- 2 tbsp. sesame seeds, to garnish

For the sauce:

- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 2 tsp. coconut sugar
- 5 tbsp. soy sauce
- 2/3 cup (150ml) of water
- 2 tbsp. sesame oil
- 2 tsp. potato starch

Cook the rice according to instructions on the packaging. Wash the broccoli and separate it into small florets.

Mix all the sauce ingredients in a bowl and set aside until required.

Heat ½ of the coconut oil in a wok or deep pan over medium heat. Stir-fry the broccoli with some salt, adding a few tablespoons of water now and then and cook in this way for about 7 minutes. Remove broccoli from the pan and set aside.

Cut the beef into thin strips or chunks. Heat the remaining oil over high heat and stir-fry the meat for about 3-4 mins.

Pour in the sauce and bring to a boil. Simmer for another 2-3 minutes, then add in the broccoli. Serve with the cooked rice, and garnished with sesame seeds.





**ASIAN NOODLES WITH
CHICKEN & VEG**

ASIAN NOODLES WITH CHICKEN & VEG



Serves: 4
Prep: 10 mins
Cook: 16 mins



Nutrition per
serving:
312 kcal
13g Fats
33g Carbs
16g Protein



DF

MP

Q

- 5 oz. (150g) Asian noodles (e.g. chow mein)
- 1 cup (240ml) coconut milk
- 1 cup (240ml) chicken stock
- 4 tbsp. soy sauce
- 1/2 tsp. turmeric
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika
- 1 tbsp. lime juice
- 1 tsp. coconut sugar
- 1 tbsp. peanut butter
- 5 oz. (150g) chicken breast, chopped
- 1 medium courgette, chopped
- 5 oz. (150g) mushrooms, chopped
- 2 handfuls spinach
- 1/3 cup (10g) basil leaves

Place noodles in a bowl and cover with boiling water, then let it stand for 5 minutes and drain (or cook according to the instructions on the package).

Pour the coconut milk into a wok or pan and bring to a boil. Then add the soy sauce, spices, lime juice, sugar, and peanut butter. Simmer for 5 minutes, stirring now and then.

Add the chopped chicken and cook for 5 minutes, then add the zucchini, continuing cooking for another 5 minutes.

Finally, add in the cooked noodles and spinach. Mix well and cook for another 1 minute until spinach has wilted. Garnish with basil, to serve.





HONEY GARLIC DRUMSTICKS

HONEY GARLIC DRUMSTICKS



Serves: 4
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
516 kcal
37g Fats
15g Carbs
32g Protein



GF

DF

LC



- 8 chicken drumsticks

For the Marinade:

- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/4 cup (60m) tamari sauce
- 2 tbsp. lemon juice
- 3 tbsp. honey
- 6 cloves garlic, minced
- 1-inch ginger, peeled and grated
- 1/2 tsp. chili flakes

In a bowl, combine all of the ingredients for the marinade and mix well. Set aside.

If you have time, place the chicken in a Ziploc bag, add the marinade and refrigerate for as long as you can, up to 24 hours.

If baking straight away, massage them in the bag with the marinade for about 5 minutes.

Preheat oven to 375F(190C).

Transfer the drumsticks and the marinade into a baking dish and bake uncovered for 45-50 minutes, until they are cooked through and browned.

Serve hot, with pan juices and your favorite side dish (e.g. potatoes, rice, salad, etc.).

Chicken thighs can also be used.

TURKEY STUFFED PEPPERS



TURKEY STUFFED PEPPERS



Serves: 2
Prep: 15 mins
Cook: 50 mins



Nutrition per
serving:
255 kcal
4g Fats
22g Carbs
33g Protein



GF HP



WHAT YOU NED

- 1 cup (195g) brown rice, cooked
- 4 bell peppers
- 1 lb. (450g) ground turkey breast
- ½ yellow onion, chopped
- 2 cloves garlic, minced
- 1 ½ tbsp. mixed herbs
- 1 1/3 cup (300ml) tomato paste
- 1/3 cup (35g) mozzarella, grated

Cook rice according to instructions on the packaging. Cut bell peppers in half, remove seeds and set aside.

In a large dry non-stick pan, cook the ground turkey with the onion and garlic for about 8 mins. Remove from the heat and add the rice, 1 cup tomato sauce mixed herbs, cinnamon, and season with salt and pepper, to taste. Mix well.

Preheat oven to 375F (190C). Place the bell peppers in a baking dish (if they are leaning too much, trim the bottom slightly to create a flat surface).

Stuff each bell pepper with the turkey and rice mixture. Top each pepper with 1 tbsp. tomato sauce and a sprinkle of cheese.

Pour 1 cup of water into the bottom baking dish, this will help steam the peppers. Cover the dish with foil and bake for 35 minutes. Remove bake uncovered for about 5 more minutes, until cheese melts.

Serve immediately or cool and store in the fridge for later.



CRESTLESS CHICKEN QUICHE

CRUSTLESS CHICKEN QUICHE



Serves: 2
Prep: 15 mins
Cook: 45 mins



Nutrition per
serving:
350 kcal
17g Fats
13g Carbs
36g Protein



- 1 tsp. coconut oil
- 1 small courgette, sliced
- 1 bell pepper, chopped
- 3 eggs
- 3 egg whites
- ¾ cup (180ml) oat milk
- 1 tsp. garlic powder
- 4.5 oz. (125g) roast chicken slices
- ¼ cup (25g) parmesan, grated

Heat the oil in a pan over medium-high heat. Add the sliced zucchini and chopped peppers, season with salt and pepper. Cook for 6-7 minutes or until tender. Transfer into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350°F (180°C). Grease a 9-inch pie or square tin and set aside.

In a large bowl, whisk the eggs, egg whites, milk, garlic powder, salt, and pepper until combined. Arrange the veggies into the prepared pan and top with the chicken slices. Then pour the egg mixture on top, and sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Store tightly covered in the refrigerator for up to 4 days.

Serve with a side salad or veggies.

