



KINETIC ENERGY



April Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 avocado 2 bananas 3 lemons	Meats 14 oz. (400g) cooked shredded chicken breast 1 lb. (450g) ground chicken (chicken mince) 2¼ lbs. (1kg 20g) boneless skinless chicken breast 1 lb. (450g) 94% lean ground turkey (turkey mince) 12 slices bacon	Grains rolled oats quinoa	Oils olive oil
Vegetables 3 zucchinis 3 red bell peppers 1 bulb of garlic 1 onion 2 bunches green onions (spring onions) 1 leek 1 carrot celery 10 oz. (280g) asparagus (roughly 24 spears) head of romaine lettuce spinach 3 sweet potatoes	Fish & Seafood 2 oz. (60g) smoked salmon 2¼ lbs. (1kg) skin-on whole salmon filet	Nuts & Seeds peanuts, roasted walnuts	Sweeteners honey maple syrup brown sugar coconut sugar sweetener of choice
Fresh Herbs thyme chives cilantro (coriander)	Cold 22 eggs butter milk unsweetened almond milk Greek yogurt cheddar cheese cottage cheese low-fat cream cheese pomegranate juice	Baking potato starch (or sub cornstarch/corn flour) rice flour almond flour coconut flour baking powder vanilla extract banana extract dark chocolate chips	Boxed, Canned & Condiments 9-inch (23cm) prepared pastry pie crust pasta of choice pesto tamari sriracha hot sauce red enchilada sauce smooth peanut butter rice vinegar Dijon mustard panko breadcrumbs vegetable broth (stock) nutritional yeast 1x 5 oz. (140g) can tuna 2x 5.6 oz. (160g) cans tuna
Frozen green peas blueberries		Dried Herbs & Spices black pepper ground cinnamon ground cumin garlic powder onion powder paprika smoked paprika dried oregano chili powder red pepper flakes cayenne pepper	Misc/Other salt whole wheat sliced bread



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Asparagus & Leek Quiche	Asian Chicken Lettuce Wraps	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Yogurt Lemon Chicken
Tue	Asparagus & Leek Quiche	Asian Chicken Lettuce Wraps	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Maple Bacon Salmon
Wed	Quick Pesto Eggs	Leftover Maple Bacon Salmon	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Tuna Pasta Bake
Thu	Cottage Cheese Protein Pancakes	Chicken Quinoa Muffins	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Tuna Pasta Bake
Fri	Cottage Cheese Protein Pancakes	Chicken Quinoa Muffins	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Crispy Baked Chicken Nuggets
Sat	Quick Pesto Eggs	Tuna Melt Stuffed Peppers	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Meal Out - Enjoy!
Sun	Zucchini Breakfast Wraps	Turkey & Sweet Potato Sliders	E.g. Blueberry Pomegranate Smoothie, Air Fryer Bacon Wrapped Asparagus, Keto Banana Bread	Yogurt Lemon Chicken





Zucchini Breakfast Wraps

Serves 2

1 zucchini
1 egg, for the crepe
1 clove of garlic, minced
2 tsp.+ 1 tbsp. olive oil
salt & pepper
2 tsp. thyme
1 tbsp. potato starch
1 tbsp. rice flour
4 eggs, whisked, for the filling
2 oz. (60g) smoked salmon
2 tbsp. chives

What you need to do

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Grate the zucchini using a small-mesh grater, then place in a sieve and squeeze firmly to remove as much liquid from the zucchini as possible.

Place the zucchini into a bowl and add the egg, garlic, 2 teaspoons of olive oil, salt, pepper and thyme. Mix everything together, then add potato starch and rice flour and mix again.

Divide the zucchini mixture equally into 4 and place on the lined baking sheet. Spread the mixture into circles roughly 6-inches (15cm) in diameter. Place the tray into the oven for 15 minutes.

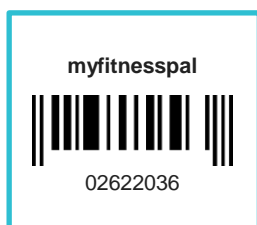
Meanwhile, add the remaining 1 tablespoon of olive oil to a non-stick skillet, add the eggs and scramble gently over a medium heat. Then remove the eggs from the heat to stop them cooking further.

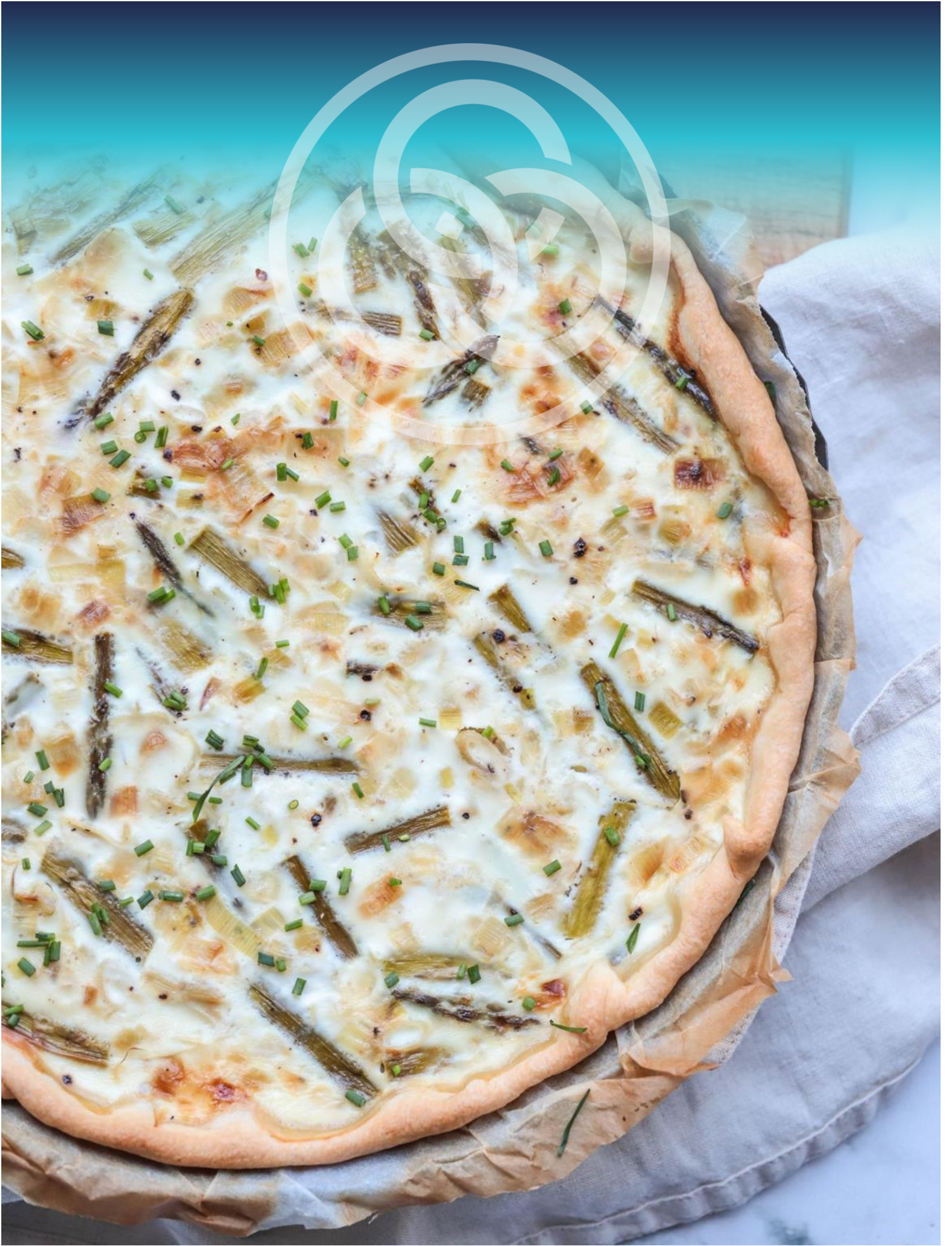
Arrange the smoked salmon and scrambled eggs over the zucchini tortilla. Sprinkle with chives and fold the sides of the zucchini tortilla over the filling. Serve immediately.

DF LC HP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	268	14	11	24	2

*Nutrition per serve







Asparagus & Leek Quiche

Serves 6

1 tbsp. butter
5 oz. (140g) asparagus spears,
trimmed & cut into ½ -inch
pieces
1 leek, white & light green
parts only, thinly sliced
salt & pepper
3 eggs
½ cup (140g) Greek yogurt
1 cup (240ml) milk
1 cup (115g) shredded cheddar
cheese
shortcrust pastry (320g/11oz.)

What you need to do

Preheat the oven to 350°F (180°C).

Melt the butter in a pot over a medium heat. Add the asparagus and leek, and sauté for 6-8 minutes, stirring occasionally. Season to taste with salt and pepper.

In a medium bowl, whisk together the eggs, Greek yogurt and milk. Season with salt and pepper.

Place the shortcrust pastry on a baking sheet. Sprinkle the shredded cheese over the crust and top with the asparagus and leek. Now pour over the egg mixture.

Place the baking sheet into the hot oven and bake the quiche until the edges are set but the eggs still wobble a little in the center. This will take roughly 35-45 minutes.

Once baked, set the quiche aside to cool on a wire rack for 15 minutes before slicing and serving.

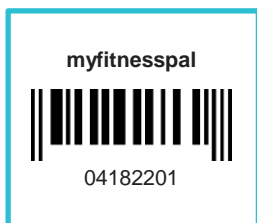
Quiche can be served warm at room temperature, or chilled in the refrigerator and served cold.

Store in an airtight container in the refrigerator for 3-4 days, or in the freezer for up to 3 months.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	430	28	28	15	1

*Nutrition per serve







Quick Pesto Eggs

Serves 4

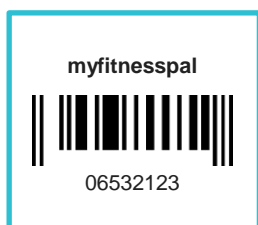
4 tbsp. pesto
4 eggs
1 avocado
4 slices of whole wheat bread,
toasted
salt & pepper

What you need to do

Heat the pesto in a non-stick skillet over a medium heat. Crack the eggs into the pan and fry until the eggs are cooked how you like them.

Meanwhile, mash the avocado and divide it equally between the 4 slices of toast.

Place the eggs over the pieces of toast, season with salt and pepper and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	295	20	19	11	5

*Nutrition per serve





Cottage Cheese Protein Pancakes

Serves 1

½ cup (40g) rolled oats
½ banana
½ tsp. vanilla extract
1 tsp. baking powder
½ tsp. ground cinnamon
1 egg
6 tbsp. cottage cheese
1 tsp. olive oil

What you need to do

Place all the ingredients, except for the olive oil, into a blender and blend to form a completely smooth pancake batter.

Heat the olive oil in a non-stick skillet over a medium-low heat. Cook the pancakes, allowing 4 tablespoons of the pancake batter for each pancake. Cook until bubbles appear on top of the pancake, then flip the pancakes over and cook until golden brown on the second side.

This recipe makes 4 pancakes.

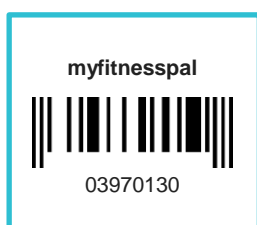
Serving suggestion: cashew butter, raspberries, maple syrup

NOTE: Toppings not included in nutritional breakdown.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	403	16	45	21	6

*Nutrition per serve







Asian Chicken Lettuce Wraps

Serves 5

What you need to do

For the sauce:

- 4 tbsp. tamari
- 3 tbsp. smooth peanut butter
- 3 tbsp. honey
- 1 tbsp. rice vinegar
- 2 tbsp. olive oil
- 1 tsp. sriracha
- ¼ tsp. paprika
- ¼ tsp. garlic powder

Place all the sauce ingredients into a large bowl and whisk until well combined. Add the shredded chicken and diced bell pepper and toss to coat in the sauce.

Serve the chicken mixture in a lettuce wrap, and top with peanuts and green onions.

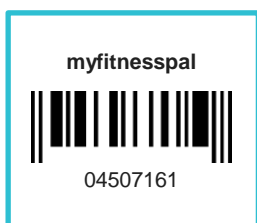
To serve:

- 14 oz. (400g) cooked shredded chicken breast
- 1 red bell pepper, diced
- 1 head romaine lettuce
- ¼ cup (50g) peanuts, roasted
- 4 green onions, sliced



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	6 mins	357	18	21	32	5

*Nutrition per serve







Chicken Quinoa Muffins

Serves 3

1/3 cup (60g) dried quinoa
4 cloves garlic
1 onion, diced
1 red bell pepper, diced
1 tsp. olive oil
1 tsp. ground cumin
1 tsp. dried oregano
1 tsp. chili powder
few dashes of hot sauce
1/2 tsp. red pepper flakes
1 cup (15g) cilantro, chopped
salt & black pepper, to taste
2/3 cup (180ml) red enchilada sauce, divided
1 lb. (450g) ground chicken
2 egg whites
2/3 cup (80g) cheddar cheese, shredded

What you need to do

Cook the quinoa according to instructions on the packaging.

Preheat the oven to 350°F (180°C). Prepare a 12-cup silicone muffin tin.

Heat the olive oil in a medium sized skillet over a medium heat. Add the garlic, onion and bell pepper, and cook for a few minutes until the onions have softened. Transfer to a large bowl to cool.

Add the cooked quinoa, cumin, oregano, chili powder, hot sauce, red pepper flakes, cilantro, salt and pepper and half the enchilada sauce.

Next stir in ground chicken and egg whites and a 1/4 of the cheddar cheese and mix until well combined.

Fill 4 tablespoons of the muffin mixture into each of the silicone muffin cups. Place into the oven to bake for 25-30 minutes. Next remove from the oven and divide the remaining enchilada sauce and cheddar cheese over the top of the muffins.

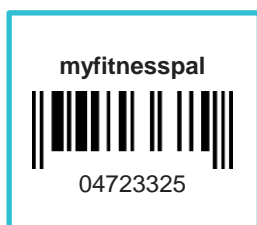
Place the muffin tin back in the oven and bake for an additional 3-5 minutes until the cheese melts.

NOTE: 2 muffins per serving



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	25 mins	337	17	27	22	6

*Nutrition per serve







Tuna Melt Stuffed Peppers

Serves 2

1 red bell pepper, cut in half & seeds removed
1 tbsp. olive oil
5 oz. (140g) can tuna, drained
1 celery stalk, diced
4 tbsp. shredded carrots
2 tbsp. diced green onion + 1
2 tbsp. plain Greek yogurt
1 tbsp. hot sauce
1 tsp. Dijon mustard
salt & pepper, to taste
4 tbsp. shredded cheddar cheese
1 tbsp. cilantro, chopped
sliced green onion for garnish

What you need to do

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Add bell peppers to the baking sheet and drizzle with the olive oil. Rub the outsides and insides of peppers with the oil and place into the oven to bake for 10-15 minutes until just fork tender.

While the peppers are baking, make the tuna mixture. Add the drained tuna, celery, carrots, green onion, Greek yogurt, hot sauce and Dijon mustard to a bowl, then season to taste with salt and pepper.

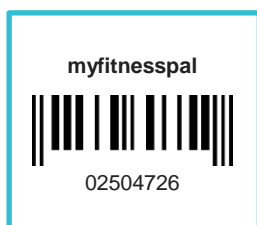
Evenly divide the tuna mixture into each of the cooked bell pepper halves. Sprinkle the cheddar cheese on top, and place the sheet back into the oven to bake for a further 5 minutes, until the cheese has melted.

Garnish with cilantro and green onion and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	321	20	10	26	4

*Nutrition per serve







Crispy Baked Chicken Nuggets

Serves 4

1½ cups (90g) panko breadcrumbs
2 tbsp. olive oil
1 tsp. salt
1 tsp. black pepper
1 tsp. onion powder
1 tsp. paprika
½ tsp. garlic powder
¼ tsp. cayenne pepper
2 eggs
2 tbsp. unsweetened almond milk
1 lb. (450g) boneless skinless chicken breast, cut into cubes

What you need to do

Preheat the oven to 400°F (200°C).

Place the breadcrumbs on a large baking sheet and spray with a little olive oil. Place in the oven and bake for 2 minutes, stir the breadcrumbs and return to the oven to bake for a further 2-3 minutes, until the breadcrumbs are golden brown.

Transfer the breadcrumbs to a bowl and add the salt, black pepper, onion powder, paprika, garlic powder and cayenne pepper. Set aside.

In a separate shallow bowl, whisk together the eggs and almond milk. Set aside.

Line the large baking sheet with baking paper and place a wire rack over it. Grease the rack with olive oil.

Dip each piece of chicken into the egg/milk mixture, then into the breadcrumb mixture, until evenly coated. Place the chicken directly onto the wire rack.

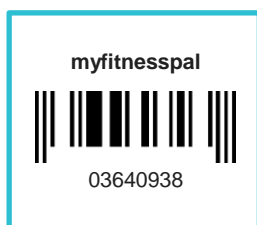
Generously spray the tops of the chicken nuggets with olive oil spray. Place the chicken into the hot oven to bake in the oven for 15-20 minutes until cooked through and golden.

Serve the chicken nuggets with your favorite sauce (not included in nutritional breakdown).



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	325	13	17	32	0

*Nutrition per serve







Maple Bacon Salmon

Serves 6

What you need to do

For the salmon:

1 lemon, sliced
2.2 lbs. (1kg) skin-on salmon filet
salt & pepper
1 tsp. garlic powder
1 tbsp. Dijon mustard
1/3 cup (80ml) olive oil
2 tbsp. fresh lemon juice
2 tbsp. maple syrup
3 tbsp. chopped chives, for garnish

For the candied bacon:

3 tbsp. maple syrup
1 tbsp. coconut sugar
salt & pepper
6 slices bacon

Preheat the oven to 400°F (200C).

Place lemon slices on the bottom of a baking dish. Place the salmon filet on top of the lemon slices and season with salt, pepper and garlic powder.

In a medium bowl, whisk together the Dijon mustard, olive oil, lemon juice, maple syrup and season with salt and pepper. Pour the sauce over the salmon.

Roast the salmon in the hot oven until cooked through and it flakes easily with a fork, roughly 20-25 minutes. Now turn the oven to broil and broil until golden, about 3 minutes.

Meanwhile, make the candied bacon. In a small bowl, whisk together the maple syrup, coconut sugar and season with salt and black pepper.

In a large skillet over a medium heat, cook the bacon until lightly golden on both sides, about 4 minutes per side. Drain off the fat from the bacon.

Place the skillet back over a medium heat and pour in the maple syrup mixture. Add the bacon back into the skillet and cook, turning the slices frequently until the liquid is almost absorbed and the bacon is glazed. This will take roughly 3-4 minutes.

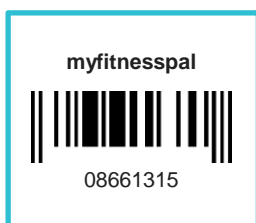
Using tongs, carefully transfer the bacon to a work surface to cool completely. Once cool, crumble the bacon.

Serve the salmon filet with the maple bacon crumb and chives sprinkled over the top.

GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	45 mins	484	33	7	37	0

*Nutrition per serve







Tuna Pasta Bake

Serves 6

10.5 oz. (300g) dried pasta
1 tsp. olive oil
2 zucchinis, diced
5 green onions, sliced
½ tsp. smoked paprika
½ tsp. garlic powder
1¾ cup (400ml) vegetable broth
⅔ cup (100g) frozen peas
3 cups (100g) spinach
juice of ½ lemon
⅔ cup (150g) low-fat cream cheese
2x 5.6 oz. (160g) tins tuna, drained
⅓ cup (40g) shredded cheddar cheese

What you need to do

Preheat the oven to 375°F (190°C).

Cook the pasta according to instructions on the packaging.

While the pasta is cooking, grease a large frying pan with the olive oil and place over a medium heat. Add the zucchinis and green onions and sauté for 5 minutes.

Next stir in the paprika and garlic powder, mix to combine then add the broth, peas, spinach and lemon juice. Cook for 2-3 minutes until the spinach has wilted, then stir in the cream cheese.

Break up the tuna into flakes in a bowl. Drain the pasta and add it to the pan of vegetables along with the tuna flakes.

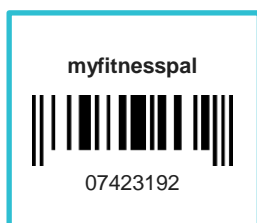
Stir together so that everything is well coated. Place the pasta mixture into a large ovenproof dish, sprinkle over the shredded cheese and place the dish into the hot oven for 15 minutes.

Remove the pasta bake from the oven and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	416	16	44	23	3

*Nutrition per serve







Yogurt Lemon Chicken

Serves 5

juice of ½ large lemon
 1 tbsp. olive oil
 ½ cup (140g) Greek yogurt
 ¼ tsp. sea salt
 black pepper
 1.3 lbs. (570g) chicken breasts

What you need to do

In a bowl, combine the lemon juice, olive oil, Greek yogurt and sea salt and stir. Add the chicken breasts and stir so that the chicken is covered in the marinade. Cover the bowl and place into the refrigerator for 20 minutes (or up to 1 hour if time allows).

When ready to cook the chicken, preheat the oven to 400°F (200°C).

Remove the chicken from the refrigerator, shake off any excess marinade, and place on a baking dish. Discard any excess marinade.

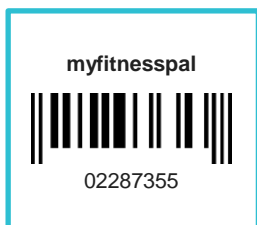
Place the dish into the hot oven for 25 minutes until the chicken is cooked through.

When ready to serve, season to taste with black pepper and a little extra salt if required.

GF LC MP HP

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20-60 mins	20 mins	183	6	1	28	0

*Nutrition per serve







Turkey & Sweet Potato Sliders

Serves 4

3 sweet potatoes, sliced into ½ inch (1.25cm) rounds
3 tbsp. olive oil

For the turkey sliders:

1 lb. (450g) 94% lean ground turkey
2 tbsp. green onion, sliced
1 egg
½ cup (55g) almond flour
½ tsp. paprika
1 tbsp. nutritional yeast
1 tbsp. tamari
1 tsp. Dijon mustard
salt & pepper to taste

What you need to do

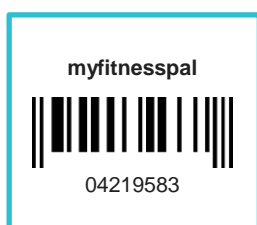
Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

Lay the sliced sweet potatoes on the baking sheet, drizzle with 1 tablespoon of olive oil and season with salt and pepper. Place the baking sheet into the oven and bake the sweet potatoes for 20 minutes.

Place all the ingredients for the turkey sliders into a large bowl and mix to combine. Using your hands shape the mixture into 8 even-sized patties.

Heat the remaining 2 tablespoons of olive oil in a skillet over a medium heat. Cook the patties for about 3 minutes on each side, until browned and cooked through.

To assemble the sliders, sandwich the turkey patty in between two sweet potato slices, adding the toppings of your choice. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
8 mins	22 mins	424	25	24	29	5

*Nutrition per serve





Blueberry Pomegranate Smoothie

Serves 2

1½ cups (225g) frozen blueberries
1 cup (240ml) pomegranate juice
⅔ cup (190g) Greek yogurt
½ cup (120ml) water
1 banana
1 tsp. honey

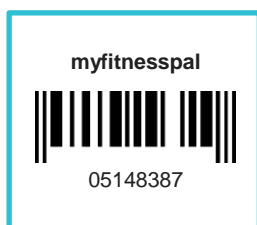
What you need to do

Place all the ingredients into a high speed blender and blend until smooth and creamy. Divide the smoothie between 2 glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	268	3	54	11	4

*Nutrition per serve







Air Fryer Bacon Wrapped Asparagus

Serves 4

What you need to do

12 asparagus spears
6 slices bacon, cut in half
1 tbsp. olive oil
1 tbsp. coconut sugar
1 tbsp. tamari

Cut each asparagus spear into 3 equal sized pieces and bundle the 3 pieces together.

Lay a strip of bacon flat on a cutting board horizontally. Place an asparagus bundle on the left side of the bacon and tightly roll the bacon around the asparagus. Repeat this process with the remaining 11 asparagus bundles and bacon strips.

In a small microwavable bowl, add the olive oil, coconut sugar and tamari. Microwave for 15-20 seconds then give the glaze a good stir and ensure the sugar has melted.

Brush each asparagus bacon bundle with the glaze.

Preheat the air fryer to 380°F (190°C) and set the timer for 10 minutes.

Once the air fryer is up to temperature, carefully add the asparagus bundles to the air fryer, bacon seam side down. Cook for 10 minutes until the bacon is crispy. Be sure to check halfway through.

Remove the asparagus bundles from the air fryer and set aside to cool a little before serving.

Oven instructions:

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

While the oven is heating up, prepare the asparagus and bacon bundles as per the recipe above, placing the bundles, bacon seam side down onto the lined baking sheet.

Place the baking sheet into the hot oven and bake for 20-25 minutes until the bacon is crispy.

Remove the asparagus bundles from the oven and set aside to cool a little before serving.

3 spears per serving.

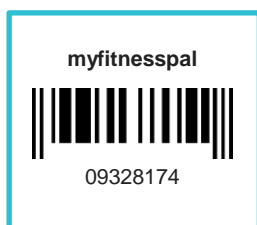
Storage:

Once assembled, these bacon wrapped asparagus bundles can be stored in an airtight container in the refrigerator for up to 24 hours before cooking.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	216	19	4	7	1

*Nutrition per serve







Keto Banana Bread

Serves 12

1 cup (100g) almond flour
4 tbsp. coconut flour
2 tsp. baking powder
1 pinch salt
1 tsp. ground cinnamon
1 cup (230g) butter, softened
½ cup (75g) granulated sweetener of choice (eg monk fruit, erythritol, etc.)
4 eggs
1 tbsp. banana extract
6 tbsp. Greek yogurt
4 tbsp. dark chocolate chips
4 tbsp. walnuts

What you need to do

Preheat the oven to 350°F (180°C). Prepare a 9x4-inch (23x10cm) loaf pan lined with baking paper.

In a large mixing bowl, combine the almond flour, coconut flour, baking powder, salt and cinnamon.

In a separate bowl, combine the softened butter and sweetener. Then add in the eggs, one at a time, and finally the banana extract and Greek yogurt. Mix until smooth.

Combine the wet ingredients with the dry mixture and stir to combine. Fold in the chocolate chips and walnuts.

Transfer the batter to the earlier prepared pan, cover with tin foil and bake in the hot oven for 45-50 minutes. Remove the tin foil around the 40 minute mark and return to the oven to finish baking.

Set the banana bread onto a wire rack and allow the bread to cool in the pan completely, before slicing and serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	50 mins	290	25	13	6	2

*Nutrition per serve

