



SEPTEMBER 2018
RECIPE PACK

POWERED BY



NICK HALL BODY
TRANSFORMATIONS
ESTABLISHED 2009

TABLE OF CONTENTS

- Asian Scrambled Eggs
- Parsley Crepes with Smoked Salmon
- Post-Workout Potato Pancakes with Cottage Cheese
- Burrito Bowl with Grilled Chicken
- Green Sushi Salad with Crispy Tofu
- Grilled Vegetable Salad with Tuna
- Lebanese Falafel Bowl
- Sweet and Sour Pork
- Keto Tagliatelle with Pea Sauce and Ham
- Matcha Chai Pudding
- Fiery Ginger Coconut Macaroons
- Carotene Boost Smoothie

RECIPE KEY

GF Gluten Free

HP High Protein (over 30g per serving)

DF Dairy Free

V Vegetarian

LC Low Carb (under 20g per serving)

Q Quick (under 30 minutes)



MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking e.g. 7-8am)	Parsley Crepes with Smoked Salmon	Asian Scrambled Eggs + handful of fresh berries	Potato Pancakes with Cottage cheese	Matcha Chia Pudding	Matcha Chia Pudding	Asian Scrambled Eggs + handful of fresh berries	Parsley Crepes with Smoked Salmon
LUNCH (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Green Sushi Salad with Crispy Tofu	Leftover Burrito Bowl with Grilled Chicken	Green Sushi Salad with Crispy Tofu	Potato Pancakes with Cottage cheese	Grilled Vegetable Salad with Tuna	Lebanese Falafel Bowl	Grilled Vegetable Salad with Tuna
SNACK (Ideally between lunch and dinner e.g. 4pm)	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Carotene Boost Smoothie	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
WORKOUT NUTRITION (If applicable)	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required	Pre: Protein powder with carbs if required Post: Protein powder with carbs if required
DINNER (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Burrito Bowl with Grilled Chicken + Remaining macros as you see fit	Sweet & Sour Pork + Remaining macros as you see fit	Leftover Sweet & Sour Pork + Remaining macros as you see fit	Keto Tagliatelle with Peas Sauce & Ham + Remaining macros as you see fit	Leftover Keto Tagliatelle with Peas Sauce & Ham + Remaining macros as you see fit	Meal Out – Enjoy!	Leftover Lebanese Falafel Bowl with serving of brown rice + Remaining macros as you see fit

SHOPPING LIST

VEGETABLES

- 2x avocado
- 1x chili pepper
- 1x red onion
- 1x white onion
- 1x shallot
- 5oz. (140g) potatoes
- 6x zucchini
- radishes
- 2x tomatoes
- iceberg lettuce
- ginger
- baby cucumbers
- 1x garlic
- 16oz. (450g) asparagus
- 1x red pepper
- beetroot matchsticks
- bunch spring onions
- 7oz. (200g) sugar snaps
- 8.8oz. (250g) cherry tomatoes
- 14oz. (400g) chestnut mushrooms
- 2x carrots
- 7oz. (200g) edamame beans

FRUIT

- 2x lemon
- 1x lime
- berries
- 1x orange
- 1x peach

HERBS & SPICES

- fresh coriander
- 2x fresh parsley
- fresh dill
- fresh mint
- fajita spices

PROTEIN

- smoked salmon
- 10.5oz (300g) pork loin
- 5oz. (140g) bacon
- 7x eggs

DAIRY & NON DAIRY

- 2x cottage cheese

- 2x natural yogurt
- 13oz. (375g) natural tofu
- soy cooking cream
- almond milk
- feta cheese

CANS & CONDIMENTS

- soy sauce
- olive oil
- coconut oil
- kidney beans in chili sauce
- salsa
- rice vinegar
- sesame oil
- 5.6oz. (160g) tuna in oil
- eggplant dip (Baba Ghanoush)
- ginger syrup
- 8.8 oz(250g) canned pineapple
- maple syrup

FROZEN

- 16oz. (450g) green peas

GRAINS & SEEDS

- sesame seeds
- flax seeds
- brown rice
- sushi rice
- basmati rice
- chia seeds
- goji berries

BAKING

- spelt flour
- coconut sugar
- 8oz. (225g) shredded coconut
- crystalized ginger

OTHER

- sparkling water
- 12x falafels
- soy protein
- matcha powder

**shopping list based on number of servings in recipes*

ASIAN SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
270 kcals 14g Fats
5g Carbs 19g Protein



WHAT YOU NEED:

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO:

Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

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PARSLEY CREPES WITH SMOKED SALMON



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per serving:
356 kcals 17g Fats
28g Carbs 19g Protein



WHAT YOU NEED:

- 2 tbsp. spelt flour
- 1 tbsp. flax seeds
- ½ cup (100 ml) sparkling water
- large handful parsley
- 1 tsp. olive oil
- 2 oz. (60g) smoked salmon, sliced
- 4 tbsp. cottage cheese
- 2 tsp. dill chopped
- 2 lemon wedges

WHAT YOU NEED TO DO:

In a high-speed blender or food processor blend the flour, flaxseeds, water, parsley and olive oil, and salt until smooth, and slightly runny.

Heat a dry non-stick pan on medium heat and using the earlier prepared mixture, make two thin crepes.

In a bowl, mix the cottage cheese with the dill and freshly ground black pepper.

Spread the cheese mixture over the crepe, then top with smoked salmon slices. Serve with a lemon wedge.

NOTE:

- the texture of the batter needs to be of a drinking yogurt, so add more water as required
- use buckwheat flour for gluten-free option

POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
502 kcals 20g Fats
56g Carbs 28g Protein



WHAT YOU NEED:

Pancakes:

- 5 oz. (140g) potatoes, peeled and grated
- 1.8 oz. (50g) zucchini, grated
- 1 egg
- ½ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

Cheese:

- 1.8 oz. (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- ½ shallot, chopped

WHAT YOU NEED TO DO:

Wash, peel and grate the potatoes using the fine grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined.

Heat up a dry non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.

BURRITO BOWL WITH GRILLED CHICKEN



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
443 kcals 36g Fats
47g Carbs 34g Protein



WHAT YOU NEED:

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

WHAT YOU NEED TO DO:

Prepare the rice earlier or use left overs.

In a bowl, mix the oil and spices, then cover the chicken with the mixture.

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.

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

GREEN SUSHI SALAD WITH CRISPY TOFU



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
490 kcals 17g Fats
60g Carbs 22g Protein



WHAT YOU NEED:

- 8 oz. (250g) sushi rice
- 1 tbsp. rice vinegar
- 13.2 oz. (375g) natural tofu
- 1 tbsp. sesame oil
- 3 cm ginger, grated
- 2 tbsp. soy sauce
- 4 baby cucumbers, sliced
- few slices nori
- 4.4 oz. (125g) seaweed salad
- 7 oz. (200g) edamame beans

WHAT YOU NEED TO DO:

Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.

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.

Heat the sesame oil in a wok and stir-fry the tofu for 5 minutes on medium heat. Next, add in the ginger and soy sauce. Stir-fry for 5-7 minutes. Season with salt and salt.

Meanwhile, cut the cucumber into slices and cut the nori into pieces.

To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.

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GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
320 kcals 24g Fats
13g Carbs 12g Protein



WHAT YOU NEED:

- 1 lemon
- 5.6 oz. (160g) tuna pieces in sunflower oil
- 0.5 oz. (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 12.3 oz. (350g) asparagus
- 1.8 oz. (50g) pistachio nuts, peeled and chopped

WHAT YOU NEED TO DO:

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

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 pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

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LEBANESE FALAFEL BOWL



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
356 kcals **26g Fats**
27g Carbs **11g Protein**



WHAT YOU NEED:

- 1 red onion
- 1 red pepper
- 3.5 oz. (100g) asparagus
- 2 tbsp. traditional olive oil
- 12 store-bought falafels, spicy
- 4 tbsp. store-bought roasted eggplant salad with mayonnaise
- 3.5 oz. (100g) low fat feta cheese
- 3.5 oz. (100g) beetroot, matchsticks

WHAT YOU NEED TO DO:

Cut the onion into wedges. Remove the stalks and seeds from the bell pepper and cut the flesh into strips. Sprinkle the onion, pepper, and asparagus with half the oil.

Heat the grill pan and grill the onion and pepper for 5 mins then add in the asparagus and grill for another 3 mins. Season with salt and pepper.

In the meantime, heat the remaining oil in a frying pan, cut the falafels in half and fry for 6 minutes.

To assemble the salad place the grilled veg, falafels, beetroot and eggplant dip in the bowl and crumble the feta cheese over it.

SWEET AND SOUR PORK



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
446 kcals 16g Fats
52g Carbs 22g Protein



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WHAT YOU NEED:

- 7 oz. (200g) basmati rice
- 10.5 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 7 oz. (200g) sugar snaps
- 8 oz. (250g) cherry tomatoes
- 8 oz. (250g) pineapple, canned or fresh

WHAT YOU NEED TO DO:

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry 2 min, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked divide everything onto 4 plates and serve.

NOTE:

- this dish is also very tasty with chicken breast or chicken thighs

KETO TAGLIATELLE WITH PEA SAUSE AND HAM



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
212 kcals **13g Fats**
18g Carbs **17g Protein**



WHAT YOU NEED:

- 3 zucchinis
- 1 onion, chopped
- 14 oz. (400g) chestnut mushrooms, sliced
- 1 tsp. coconut oil
- 15.8 oz. (450g) of garden peas, frozen
- 1 vegetable stock tablet
- 2/3 cup (150ml) of hot water
- 5 oz. (140g) of bacon, cut into pieces
- ½ cup (125ml) of soy cooking cream

WHAT YOU NEED TO DO:

Wash and spiralize the zucchinis, then set aside.

Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.

Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to the boil and cook the garden peas for 4 minutes until done.

Heat another dry frying pan and fry the bacon for 5 mins, increase the heat and add the mushrooms, cook for another 5 mins.

Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 mins.

To serve, divide the zucchini between plates and top with the ham and mushrooms.

NOTE:

- replace zucchini with whole-wheat pasta if not on a low-carb diet

MATCHA CHAI PUDDING



Serves: 2
Prep: overnight
Cook: 0 mins



Nutrition per serving:
275 kcals **9g Fats**
19g Carbs **23g Protein**



WHAT YOU NEED:

- 1 oz. (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 1.4 oz. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 3.5 oz. (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO:

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.

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FIERY GINGER COCONUT MACAROONS



Makes: 8
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
310 kcals **19g Fats**
30g Carbs **4g Protein**



WHAT YOU NEED:

- 3 eggs
- 7 oz. (200g) of coconut sugar
- 7.9 oz. (225g) shredded coconut, unsweetened
- 2 tbsp. crystallized ginger, finely chopped
- 1 tsp. red chili pepper, finely chopped

WHAT YOU NEED TO DO:

Preheat the oven to 180C.

Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.

Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.

Bake in the oven for about 20 min until golden brown.

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CAROTENE BOOST SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
194 kcals **8g Fats**
23g Carbs **6g Protein**



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WHAT YOU NEED:

- 2 medium carrots
- ½ orange
- 1 peach
- 7 oz. (200g) natural yogurt
- 6.5oz. (200ml) water
- 2 tbsp. goji berries

WHAT YOU NEED TO DO:

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost