

NU-FIT FOOD

Issue 2

Discover the best healthy recipes, including breakfasts, lunches, dinners and snacks.

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WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Protein Orange & Yogurt Pancakes	Protein Orange & Yogurt Pancakes	Sweetcorn Fritters	Very Berry Protein Smoothie	Sweetcorn Fritters	Zoodles with Quinoa & Poached Egg	Zoodles with Quinoa & Poached Egg
LUNCH Kale & Broccoli Salad	LUNCH Kale & Broccoli Salad	LUNCH Smoked Salmon & Strawberry Salad	LUNCH Spinach, tomato & Feta Stuffed Crepes	LUNCH Smoked Salmon & Strawberry Salad	LUNCH Spinach, tomato & Feta Stuffed Crepes	LUNCH Very Berry Protein Smoothie
SNACK						
E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve	E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve
DINNER Baked Salmon Tray with Rice & Tomatoes	DINNER Leftover Baked Salmon Tray with Rice & Tomatoes	DINNER Mexican Fried Chicken	DINNER Leftover Mexican Fried Chicken	DINNER Creamy Vegan Sundried Tomato Pasta	DINNER Meal Out – Enjoy!	DINNER Leftover Creamy Vegan Sundried Tomato Pasta

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh

- 1x orange
- spring onions
- 🔘 2x lime
- O 2x box cherry tomatoes
- O 2x zucchini
- 🔘 garlic
- 🔘 lamb's lettuce
- strawberries
- 3x lemon
- 🔘 broccoli
- 🔘 bag of kale
- $\bigcirc\,$ bag of spinach
- salad leaves
- 1x red onion
- 🔘 1x red pepper
- 🔘 1x tomato
- 🔘 1x avocado
- 🕕 1x chili
- 🔘 2x bananas
- berries

Frozen

- strawberries
- blueberries
- \bigcirc raspberries
- blackberries
- \bigcirc

Fish & Seafood

- Smoked salmon
- 14 oz. (400g) salmon fillets
 Meats
- 🔘 7 oz. chicken breast
- Dairy
- natural yogurt (0% fat)
- 🔘 mini mozzarella

🔵 feta

- Non-Dairy
- 6x eggs
- almond milk
- 🔘 coconut milk



- Grains
- 🔘 spelt flour
- 🔘 buckwheat flour
- 🔵 quinoa
-) wheat flour
- ◯ jasmin rice
- 🔘 brown rice pasta

Nuts & Seeds

- almonds
- raisins

Spices

- 🔘 paprika
- oregano/mixed herbs
- 🔘 chili flakes
- curry
- 🔵 cumin
- 🔵 cinnamon
- Herbs
- coriander
- 🔵 basil

Other

- sparkling water
- \bigcirc dark chocolate 70-80%
- instant coffee
- \bigcirc vanilla whey/pea protein

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Oils

- 🔾 coconut oil
- \bigcirc olive oil

Cans & Condiments

- 🔘 2x sweetcorn
- honey mustard
- 🔘 balsamic vinegar
- 🔘 almond butter
- sundried tomatoes
- osoy sauce
- 🔘 red kidney beans
- 🔘 tomato puree
- 🔘 coconut milk (full fat)

Sweeteners

- 🔘 coconut sugar
- honey

Baking

- 🔾 vanilla extract
- O baking powder
- 🔘 cocoa powder (natural)



PROTEIN ORANGE & YOGURT PANCAKES

PROTEIN ORANGE & YOGURT PANCAKES



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 259 kcal 12g Fats 48g Carbs 18g Protein





WHAT YOU NEED

- 2 eggs
- 8 tbsp. (160g) natural yogurt
- 2 tsp. coconut sugar
- 2 tsp. orange peel
- 2 tsp. vanilla extract
- 8 tbsp. (120g) spelt flour
- 1 tsp. baking powder
- 1 tsp. coconut oil, melted
- orange slices, to serve

WHAT YOU NEED TO DO

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

PRO TIP:

- If avoiding dairy, swap natural yogurt for soy or coconut yogurt.

- Spice up your pancakes with cinnamon or cardamom for a fiery kick



SWEETCORN FRITTERS

QUICK SWEETCORN FRITTERS



Makes: 9 Prep: 10 mins Cook: 10 mins



Nutrition per fritter: 56 kcal 4g Fats 5g Carbs 1g Protein

WHAT YOU NEED

- 2/3 cup (170g) sweetcorn, canned
- 2 spring onions, sliced
- handful coriander
- 4 tbsp. (30g) buckwheat flour
- ½ tsp. paprika
- 2 tbsp. olive oil
- 1 tbsp. water
- 1 tbsp. lime juice

WHAT YOU NEED TO DO

Add ¾ drained sweetcorn, spring onions, coriander, flour and paprika, 1 tbsp. olive oil, water and lime juice to a food processor. Season with salt and pepper and blend until chunky.

Stir the remaining sweetcorn into the mixture.

Heat the remaining 1 tbsp. of oil in a pan and scoop in the mixture (about 2 spoonful's per fritter). Cook on medium heat for about 5 mins each side, until golden brown.





ZOODLES WITH QUINOA & POACHED EGG

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ZOODLES WITH QUINOA & POACHED EGG



Serves: 2 Prep: 15 mins Cook: 10 mins



Nutrition per serving: 347 kcal 15g Fats 38g Carbs 15g Protein

WHAT YOU NEED

- 1 ½ cup (280g) cooked quinoa
- 1 tbsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium zucchinis, spiralized
- 12 cherry tomatoes, halved
- 1 tsp. oregano or mixed herbs
- 2 medium poached eggs
- chilli flakes, to taste

WHAT YOU NEED TO DO

Divide the cooked quinoa onto 2 plates.

Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 mins then add the zucchini noodles (zoodles), cook for another 3-4 mins stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.

On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 mins. Season with salt, pepper and oregano. Add to the quinoa and zoodles.

To serve, top the zoodles with a poached egg and season with chilli flakes and freshly ground black pepper.







SMOKED SALMON & STRAWBERRY SALAD

SMOKED SALMON & STRAWBERRY SALAD



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 302 kcal 19g Fats 16g Carbs 19g Protein



For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- Handful basil leaves

For the dressing:

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.







KALE & BROCCOLI SALAD

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KALE & BROCCOLI SALAD



Serves: 2 Prep: 5 mins Cook: 20 mins



Nutrition per serving: 370 kcal 20g Fats 42g Carbs 17g Protein



WHAT YOU NEED

For the salad:

- 1/2 head broccoli
- 1 tbsp. olive oil
- 1 ¹⁄₄ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

For the dressing:

- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

WHAT YOU NEED TO DO

Preheat oven to 400F (200C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.



SPINACH, TOMATO & FETA STUFFED CREPES

SPINACH, TOMATO & FETA STUFFED CREPES



Serves: 3 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 356 kcal 20g Fats 26g Carbs 18g Protein





WHAT YOU NEED

For the crepes:

- 1 cup (125g) flour, wheat
- 2 large eggs
- 1 cup (240ml) milk, plant or normal
- 3/4 cup (180ml) water, sparkling is best
- pinch of salt
- 3 tbsp. coconut oil

For the filling:

- 9 oz. (250g) spinach
- 1 tsp. coconut oil
- 1 garlic clove, crushed
- 1 tsp. oregano
- 1 1/8 cup (150g) feta cheese, light
- ¼ cup (30g) sundried tomatoes, drained

NOTE:

- The crepe recipe makes about 10-12 crepes, so you can store some for later and try different fillings or simply just half the amount of the crepes ingredients.

- The serving size is 2 stuffed crepes per portion.

WHAT YOU NEED TO DO

Mix the flour, eggs, milk, water and salt in a bowl until a smooth dough forms. Add the melted coconut oil and mix again (adding fat to the mixture means you will not need any during the frying process).

Fry crepes on a well-heated non-stick pan with a thin bottom. Turn over to the other side when the bottom of the crepe is nicely browned, and bubbles appear on the surface.

For the filling (for 6 crepes):

Place the spinach in a large frying pan or pot, and stirring it often until it wilts. Transfer onto a plate.

In the same pan heat the coconut oil and add the pressed garlic. Fry for 1-2 mins until slightly brown.

Transfer the spinach back into the pan and allow to heat up. Season with salt and pepper and oregano. Cut the feta cheese into cubes and roughly chop the sundried tomatoes.

To assemble the crepes, divide the spinach, feta and tomatoes evenly over the top of the crepes, then roll and repeat with the rest of the filling. Serve straight away or store in the fridge until required.



BAKED SALMON TRAY WITH RICE & TOMATOES

BAKED SALMON TRAY WITH RICE & TOMATOES



Serves: 4 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 476 kcal 19g Fats 44g Carbs 31g Protein





WHAT YOU NEED

- 14 oz. (400g) salmon fillet, skin removed
- 1 tsp. honey
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- 7/8 cup (200g) jasmine rice
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

Spices:

- 2 tsp. paprika
- 1/2 tsp. curry
- 1 tsp. oregano
- pinch of chilli flakes

WHAT YOU NEED TO DO

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. olive oil and 2 tbsp. of lemon juice, mix everything and cover the salmon.

Preheat oven to 400F (200C).

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.



MEXICAN FRIED RICE

MEXICAN FRIED RICE



Serves: 4 Prep: 10 mins Cook: 25-30 mins



Nutrition per serving: 360 kcal 16g Fats 32g Carbs 24g Protein





WHAT YOU NEED

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- 1/2 red onion, chopped
- 1 red pepper, diced
- 3/8 cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ¹/₂ chilli, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp. chilli flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.



CREAMY VEGAN SUNDRIED TOMATO PASTA

CREAMY VEGAN SUNDRIED TOMATO PASTA



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 455 kcal 16q Fats 43q Carbs 11g Protein







WHAT YOU NEED

• 2 cups (200g) brown rice pasta

For the sauce:

- 1 cup (100g) sundried tomatoes, drained
- 2/3 cup (100g) roasted almonds
- 2 tbsp. tomato puree
- 1 tbsp. balsamic vinegar
- 2 garlic cloves
- 1¹/₄ cup (300ml) almond milk, unsweetened
- 1 tsp. mixed herbs

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.

Pour the sauce over the pasta and heat for about 4-5 mins over medium-low heat.

Serve with freshly ground black pepper.



MOCHA TRUFFLES

MOCHA TRUFFLES



Makes: 10 Prep: 10 mins Chill: 2 hrs



Nutrition per serving: 103 kcal 7g Fats 7g Carbs 2g Protein





WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 cup (80ml) of fullfat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

WHAT YOU NEED TO DO

Place the chocolate in bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.



BANANA PROTEIN SOFT SERVE

BANANA PROTEIN SOFT SERVE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 188 kcal 3g Fats 31g Carbs 13g Protein



- 2 medium bananas, sliced, frozen
- 4 tbsp. vanilla or natural yoghurt
- 1 scoop (25g) vanilla whey or pea protein
- ¹/₂ tsp. cinnamon
- berries, to serve

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 mins.

Divide between two bowls, top with berries and enjoy.







VERY BERRY PROTEIN SMOOTHIE

VERY BERRY PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 155 kcal 3g Fats 21g Carbs 14g Protein

WHAT YOU NEED

- 1 ½ cups (350ml) almond milk, unsweetened
- 1 scoop (25g) vanilla whey or pea protein
- 1 cup (150g) strawberries, frozen
- 1 cup (100g) blueberries, frozen
- ½ cup (60g) raspberries, frozen
- ½ cup (75g) blackberries, frozen

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smoothie. Serve straight away.



