

radiate & rise

Meal Plan



TIU SUMMER CHALLENGE 2026

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Breakfast

Tone It Up®



Stuffed Omelet Roll-ups

Serves 4

25 Minutes

7 oz. (200g) cottage cheese

4 handfuls of watercress

peel of 1 lemon

6 eggs

4 tbsp. soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked salmon, chopped

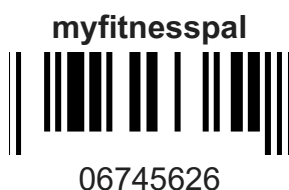
Combine the cottage cheese, watercress, and lemon peel in a high-sided bowl. Puree with a hand blender or food processor until a smooth paste is formed.

In a separate bowl, beat the eggs with the soy milk and mixed herbs.

Heat 1 teaspoon of coconut oil in a medium-sized frying pan over medium heat. Pour $\frac{1}{4}$ of the egg mixture into the pan. Cook for 2 minutes or until the egg sets, then flip and cook the other side for 30 seconds.

Remove the omelet from the pan and set aside. Repeat the process with the remaining egg mixture and coconut oil to make three more omelets.

To assemble, spread the cottage cheese paste evenly over each omelet. Top with chopped smoked salmon. Roll each omelet into a wrap and cut it in half.



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	235kcal	4g	21g	15g



Tomato-Tuna Egg Nest

Serves 1

10 Minutes

1 large tomato

1 tsp. coconut oil

2 eggs

3 oz. (85g) tuna in brine,
drained

pinch of oregano

pinch of chili flakes
(optional)

chopped parsley, for
garnish

Peel the tomato and chop it into cubes.

Heat the coconut oil in a small frying pan over high heat.
Add the chopped tomato and fry for about 3 minutes.

Make two gaps in the tomato mixture and crack an egg
into each. Season with salt and pepper.

Arrange the tuna pieces on top. Sprinkle with oregano and,
if desired, chili flakes.

Continue frying for 3 minutes until the egg whites are set.

Garnish with chopped parsley before serving.



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	287kcal	4g	34g	15g



Green Spinach & Mushroom Shakshuka

Serves 2

25 Minutes

1 tbsp. coconut oil
1 large onion, chopped
2 garlic cloves, crushed
10.5 oz. (300g)
mushrooms, sliced
1 lbs. (450g) spinach leaves
4 eggs
handful of chopped
parsley

Heat the coconut oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes, until soft, stirring occasionally.

Add the mushrooms and cook for another 3-4 minutes. Season with salt and black pepper to taste.

Add the spinach in batches, covering the pan with a lid to let it wilt. Repeat until all the spinach is added. Stir well and taste for seasoning.

Create four wells in the spinach mixture and break an egg into each well. Cover with a lid and cook for 5-6 minutes until the egg whites are set.

Garnish with chopped parsley and serve immediately.



GF	DF	LC	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	338kcal	20g	24g	18g



Spiced Turmeric Poached Egg Spinach

Serves 2

15 Minutes

2 tsp. pine nuts

14 oz. (400g) fresh spinach

4.4 oz. (125g) tomatoes,
halved

1 tbsp. white wine vinegar

1 tsp. ground turmeric

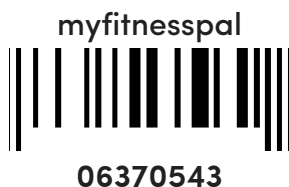
2 medium-sized eggs

Heat a dry pan over medium. Toast the pine nuts for 2 minutes, then set aside.

In the same pan, heat 1 tbsp olive oil. Stir-fry spinach and tomatoes for 2 minutes or until wilted. Season with salt and pepper.

Boil a pot of water. Add vinegar and turmeric. Reduce heat to simmer. Poach each egg for 3 minutes, then remove with a slotted spoon.

Divide the spinach mixture between two bowls. Top each with a poached egg and toasted pine nuts. Season with more salt and pepper if needed. Serve immediately, breaking the eggs just before eating.



GF	DF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	222kcal	11g	13g	14g



Egg & Smoked Mackerel Paste

Serves 4

10 Minutes

4 eggs, hard-boiled

7 oz. (200g) smoked mackerel

1 small onion, finely chopped

4 small pickled gherkins, chopped

2 tbsp. light mayonnaise

2 tbsp. natural yogurt

bunch of chives, chopped

Peel and chop the hard-boiled eggs. Place in a bowl.

Debone and chop the mackerel. Add to the bowl with the eggs.

Add chopped onion and gherkins.

Season with salt and pepper. Add mayonnaise, yogurt, and chives. Mix well.

Serve with bread, vegetables, or alone.



GF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	233kcal	3g	17g	17g



Egg Broccoli & Ham Breakfast Muffins

Serves 6

20 Minutes

½ head of broccoli

5 eggs

1 clove of garlic, minced

4 slices of ham, chopped

1 oz. (30g) of grated cheese

Preheat the oven to 360°F (180°C).

Boil the broccoli for 3 minutes, then drain and chop.

Beat the eggs in a bowl. Add minced garlic, a pinch of salt, and pepper.

Grease a 6-mold muffin tray. Evenly distribute the broccoli, ham, and cheese among the molds.

Pour the egg mixture into each mold. Bake for 10-15 minutes or until set.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	90kcal	1g	8g	6g



Tropical Coconut Smoothie Bowl

Serves 2

10 Minutes

2 bananas, frozen slices

4.4 oz. (125g) mango,
frozen cubes

5.4 fl. oz. (160ml) coconut
water

2.7 fl. oz. (80ml) coconut
milk

2 tbsp. blueberries

1 kiwi, peeled and sliced

2 tbsp. coconut chips

2 tbsp. granola

Place the bananas, mango, coconut water, and coconut milk in a blender or food processor. Blend until smooth.

Divide the smoothie between 2 bowls. Top with the kiwi, blueberries, coconut chips, and granola. Serve immediately.



GF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	315kcal	59g	4g	7g



Coconut Chocolate Oats

Serves 3

15 Minutes

3 oz. (90g) oats

2 tbsp. desiccated coconut

6.7 fl. oz. (200 ml) coconut milk

2 tbsp. coconut sugar or honey

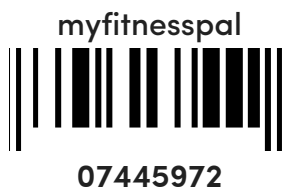
1.7 oz. (50 g) dark chocolate, chopped

handful of raspberries

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to a boil, then reduce the heat and cook, covered, for about 10 minutes, stirring 2-3 times.

Remove the lid, add the coconut milk and sugar. Mix well and take off the heat.

Divide the mixture between bowls, sprinkle with chopped chocolate, and top with raspberries. Serve.



HP	V	Q			
Nutrition Per Serve	Energy	Carbs	Protein	Fat	
	317kcal	44g	6g	13g	

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Lunch

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Superfood Salad with Tahini Dressing

Serves 2

10 Minutes

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

Dressing:
juice of ½ lemon
2 tbsp. tahini
1 tsp. honey
2 tbsp. water
1 garlic clove, minced
cayenne pepper, to taste

Mix all dressing ingredients in a blender until smooth. Taste and adjust seasoning if needed.

Toss the salad ingredients in a large bowl.

Drizzle the dressing over the salad and toss to combine.



GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	218kcal	25g	7g	10g



Sweet Potato Buckwheat Pancakes

Serves 4

25 Minutes

10.5 oz. (300g) sweet potato, grated

½ small onion, grated

1 clove garlic, crushed

2 eggs

3 heaped tbsp. buckwheat flour

½ tsp. sweet paprika

2 tbsp. coconut oil

Combine all ingredients (except coconut oil) in a bowl, adding a pinch of salt and pepper, and mix well.

Heat coconut oil in a pan over medium heat. Drop a heaped tablespoon of batter per pancake (makes about 16).

Fry each pancake for 3 minutes on one side, then flip and fry for 1-2 minutes until golden brown.

Serve with your favorite toppings, like hummus or avocado.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	173kcal	18g	5g	9g



Tuna & Quinoa Salad Bowl

Serves 2

20 Minutes

6.5 oz. (185g) cooked quinoa

4 tbsp. (50g) chickpeas, rinsed & drained

½ cucumber, chopped

1 tbsp. crumbled feta cheese

10 cherry tomatoes, halved

2 cans tuna (7 oz/200g each, drained)

Dressing:

1 tbsp. olive oil

2 tsp. red wine vinegar

1 tsp. fresh lemon juice

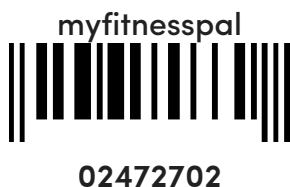
1 tsp. Dijon mustard

Cook the quinoa according to the package instructions.

Mix all the dressing ingredients in a bowl.

In a separate bowl, combine all salad ingredients.

Drizzle the dressing over the salad and toss gently to coat.



GF	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	359kcal	33g	32g	11g



Cajun Beef One Pot Rice

Serves 3

35 Minutes

1 tbsp. coconut oil
3 large carrots, sliced
2 bell peppers, sliced
4 spring onions, sliced,
greens & whites separated
1 lb. (450g) beef mince, 5%
fat
2 tsp. Cajun seasoning
1 tbsp. tomato purée
1.1 lb. (500g) cooked rice

Heat coconut oil in a large pan over medium heat. Add carrots, bell peppers, and the white parts of the spring onions. Sauté for 10 minutes until softened.

Add the beef and a pinch of salt and pepper. Cook for 10 minutes until browned.

Stir in Cajun seasoning and tomato purée. Mix in cooked rice and 4 tbsp of water. Cook for 3-4 minutes until heated through.

Garnish with the green parts of the spring onions.



GF	DF	MP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	565kcal	49g	27g	29g



Light Butter Bean, Tuna & Red Onion Salad

Serves 2

10 Minutes

½ red onion, peeled, sliced

1 tbsp. apple cider vinegar

1 celery stick, finely sliced

bunch of parsley, chopped

1 can (14 oz/400g) butter beans, drained & rinsed

1 can (3.8 oz/110g) tuna in olive oil, drained & flaked

Add onion to a large bowl and massage with apple cider vinegar, salt, and pepper.

Add celery, parsley, and flaked tuna to the bowl. Toss gently.

Divide the butter beans between two plates.

Pile the salad on top of the beans. Season with salt and pepper to taste.



GF	DF	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	173kcal	23g	18g	1g



Green Bean Chicken & Grapefruit Salad

Serves 2

22 Minutes

9 oz. (250g) chicken breast

Season the chicken with a pinch of salt and black pepper.

7.7 oz. (220g) green beans, trimmed

Heat 1 tbsp olive oil in a pan over medium-high heat. Fry the chicken for 5-6 minutes per side until cooked and browned.

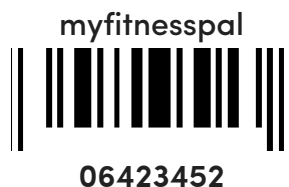
1 grapefruit

1 head green lettuce

Cook green beans in salted water until crisp-tender. Drain and rinse with cold water.

Peel the grapefruit and segment it, reserving the juice.

To serve, place lettuce on plates. Top with green beans, grapefruit segments, and chicken. Drizzle with grapefruit juice and season with salt and pepper.



GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	349kcal	18g	31g	17g



Beef, Zucchini & Quinoa Burgers

Serves 8

55 Minutes

1 zucchini, grated

14 oz. (400g) lean ground beef

6.5 oz. (185g) cooked quinoa

2 cloves garlic, minced

1 egg, beaten

Grate and squeeze the zucchini to remove moisture.

Mix the zucchini with beef, quinoa, garlic, egg, salt, and pepper in a bowl.

Form into 8 patties.

Cook in a hot, oiled grill pan for 5-6 minutes per side.

Store in an airtight container in the fridge for 3-4 days.



GF	DF	LC	MP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	162kcal	6g	12g	10g



Chickpea 'Tuna' Salad

Serves 4

10 Minutes

14 oz. (400g) chickpeas,
drained

2 nori sheets

2 tbsp. vegan mayo (or
tahini)

2 tbsp. lemon juice

6.1 oz. (175g) sweetcorn,
drained

1 small onion, finely diced

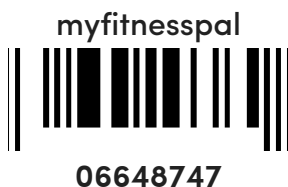
Mash the chickpeas with a fork, leaving some chunks.

Blend nori sheets until flaky and add to the chickpeas.

Mix in vegan mayo (or tahini), lemon juice, sweetcorn, and
diced onion. Stir well.

Serve as is or as a filling for sandwiches and jacket
potatoes.

Store in the fridge for 4-5 days.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	280kcal	41g	11g	8g

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Dinner

Tone It Up®



One Pot Lemon Chicken with Capers

Serves 4

30 Minutes

1 lb. (450g) chicken breast

3.5 oz. (100g) butter

4 tbsp. capers, drained

3 lemons, zested & juiced

0.5 oz. (15g) parsley,
chopped

Place a chicken breast between cling film and pound to 1.5 cm thick. Season with salt and pepper.

Heat $\frac{1}{4}$ of the butter in a pan over medium-high heat. Cook the chicken for 4 minutes per side until golden. Transfer to a plate.

Add the remaining butter to the pan. Stir until melted and golden. Add capers and cook for 1 minute. Stir in lemon juice and half the lemon zest.

Return chicken and juices to the pan. Cook for 2-3 minutes, turning occasionally, until the chicken is done and the sauce thickens.

Sprinkle with parsley and the remaining lemon zest before serving.



GF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	327kcal	4g	26g	23g



Turkey Broccoli Stir-Fry

Serves 2

30 Minutes

3.5 oz. (100g) black rice noodles

Cook the noodles as directed. Strain, rinse with cold water, and set aside.

7 oz. (200g) turkey fillet, chopped

Mix 1 tbsp of tamari, sesame oil, rice vinegar, and grated ginger in a small bowl to make the sauce. Set aside.

1 head of broccoli, cut into florets

Heat 1 tbsp olive oil in a wok over medium heat. Sauté the turkey for 3–4 minutes. Add broccoli and cook for 1–2 minutes. Then, add half a cup of water and 3 tbsps of tamari. Cook until the water evaporates and the broccoli is tender, about 10 minutes.

4 tbsp. tamari

2 tsp. sesame oil

Add noodles to the turkey and broccoli. Heat for 2–3 minutes, stirring gently.

1 tbsp. rice vinegar

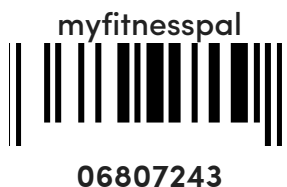
1 tbsp. grated ginger

Remove from heat, pour the sauce over, and toss to combine.

2 tbsp. chopped spring onions

Garnish with chopped spring onions and coriander. Serve and enjoy!

handful of coriander, chopped



GF	DF	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	523kcal	59g	38g	15g



Easy Tofu Pad Thai

Serves 4

30 Minutes

Sauce:

4 tbsp. tamari
4 tbsp. maple syrup
3 tbsp. water
2 tbsp. rice vinegar
2 tbsp. peanut butter
1 tbsp. sriracha

Tofu:

7 oz. (200g) firm tofu,
cubed
1 tbsp. flour
1 tbsp. coconut oil

Pad Thai:

8 oz. (225g) thick rice
noodles
1 tbsp. coconut oil
2 shallots, chopped
2 large carrots, sliced into
ribbons or matchsticks
3 cloves garlic, minced
2 handfuls bean sprouts
3 spring onions, sliced
(green part only)
4 tbsp. chopped peanuts,
for serving
1 lime, cut into wedges

Prepare the tofu by wrapping it in paper towels, placing it on a plate, and topping it with a heavy object like a cast-iron skillet. Let it drain for at least 15 minutes, then pat dry to remove excess moisture.

In a bowl, combine all sauce ingredients and set aside. Toss the tofu cubes with flour until well-coated and season with salt. Cook the noodles according to the package instructions.

Heat 1 tbsp of coconut oil in a wok or large skillet over medium-high heat. Add the tofu and cook for 1-2 minutes until browned. Remove from heat and set aside.

In the same wok, add another tablespoon of coconut oil if needed. Add the shallots, carrots, and garlic; stir-fry for 1-2 minutes until softened. Add the prepared sauce and noodles to the wok. Cook for 1 minute, stirring constantly.

Add the cooked tofu and bean sprouts; gently mix until well combined. Remove from heat, garnish with sliced green onions, and serve with chopped peanuts and lime wedges.



GF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	483kcal	75g	12g	15g



Tropical Chicken Mango Stir-Fry

Serves 4

20 Minutes

1 lb. (450g) chicken breasts, cut into strips

1 tbsp. buckwheat flour

1 mango, peeled and cut into strips

1 red bell pepper, sliced

1 red onion, chopped

2 cloves garlic, minced

1 small chili pepper, deseeded & chopped

2 tbsp. ginger, grated

2 tbsp. coconut oil

Sauce:

3 tbsp. rice vinegar

3 tbsp. water

5 tbsp. tamari

2 tbsp. honey

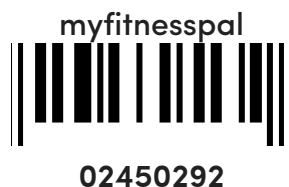
Make the sauce: Mix rice vinegar, water, tamari, and honey in a bowl. Set aside.

Next, season the chicken strips with salt and pepper, then coat with buckwheat flour; set aside.

Heat 1 tbsp coconut oil in a wok or large pan over high heat. Stir-fry the red bell pepper, red onion, chili pepper, garlic, and ginger for 3 minutes. Add mango strips and cook for 2 minutes. Remove from the pan and set aside.

Add 1 tbsp of coconut oil to the pan. Stir-fry the chicken for 3 minutes until cooked. Return the mango and vegetables to the pan. Add the sauce and mix well. Cook on high for 2 minutes, stirring occasionally, until the sauce thickens.

Serve hot with rice (rice not included in nutrition info).



GF	DF	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	306kcal	25g	29g	10g



Beef & Green Beans Pasta Bowl

Serves 2

25 Minutes

4 oz. (120g) whole-wheat pasta

10 oz. (300g) beef steak

4 spring onions

2 cloves garlic

1 tbsp. coconut oil

2 tbsp. tamari

2.7 fl.oz (80ml) beef stock

3.5 oz. (100g) green beans, frozen

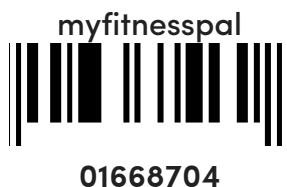
Cook the pasta according to instructions on the packaging.

Thinly slice the beef. Diagonally slice the spring onions into 1-1.5-inch pieces. Peel and finely slice the garlic.

Heat coconut oil in a large pan over medium-high heat. Cook the beef for 3 minutes, then transfer to a plate and drizzle with 1 tbsp tamari.

In the same pan, sauté the garlic and spring onions for 3 minutes or until softened. Return the beef to the pan, add the remaining tamari, beef stock, and green beans, and cook for 2-3 minutes.

Add the cooked pasta and stir. Cook for 2 minutes, stirring occasionally. Serve and enjoy!



DFMPHPQ				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	611kcal	52g	40g	27g



Salmon Baked in Tomato Sauce

Serves 4

40 Minutes

4 salmon filets (4.5 oz./130g each)

1 tbsp. mixed herbs

1 tsp. lemon zest

Sauce:

14 oz. (400g) can chopped tomatoes

1 small white onion, diced

2 garlic cloves, finely chopped

2 tbsp. capers

4 fl. oz. (120ml) chicken stock

1 tbsp. tomato paste

2 tsp. lemon zest

2 tsp. oregano

1 tsp. thyme

fresh parsley, chopped

Preheat the oven to 400°F (200°C).

Season the salmon filets with salt, pepper, mixed herbs, and lemon zest. Rub with 1 tsp olive oil.

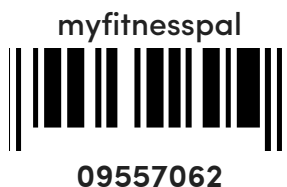
Heat 1 tbsp olive oil in a large pan over high heat. Once hot, place the salmon fillets skin-side up and sear for 3 minutes. Remove and set aside. Reduce the heat to medium.

Add 1 tbsp olive oil to the pan. Add the onion, garlic, and capers. Cook for 2–3 minutes until caramelized and slightly browned.

Add the chopped tomatoes, chicken stock, and tomato paste. Bring the sauce to a simmer. Add the remaining ingredients and season to taste with salt and pepper. Stir well and cook for 8–10 minutes, until the sauce has reduced.

Transfer the sauce to a baking dish and place the salmon filets in the tomato sauce. Bake in the oven for 10 minutes.

Garnish with chopped parsley and serve.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	228kcal	7g	32g	8g



Mexican Beef Skillet with Taco Seasoning

3 cloves garlic, minced

1 small white onion, finely
diced

1 red bell pepper, diced

1 green bell pepper, diced

1 lb. (450g) ground beef,
5% fat

4.4 oz. (125g) tomato
passata

8.2 oz. (235g) canned
black beans, drained

6.8 oz. (195g) white rice,
raw

12 fl. oz. (355ml) beef stock

1.9 oz. (55g) cheddar
cheese, shredded

Taco seasoning:

1 tbsp. paprika

1 tsp. garlic powder

1 tsp. cumin

1 tsp. oregano

½ tsp. smoked paprika

½ tsp. onion powder

½ tsp. red chili flakes

½ tsp. salt, or to taste

½ tsp. black pepper, or to
taste

Serves 6

50 Minutes

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add garlic, onion, and bell peppers. Sauté for 3-5 minutes.

Move vegetables to one side and add ground beef. Cook for 8-9 minutes until browned, then mix together.

Add taco seasoning, tomato passata, and black beans. Cook for 2-3 minutes.

Add rice and beef stock. Bring to a boil, then reduce the heat to low.

Cover and simmer for 15-20 minutes until rice is soft and liquid is absorbed.

Sprinkle with cheddar cheese. Let it melt or place in a 400°F (200°C) oven for a few minutes to melt the cheese.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	42g	24g	13g



Low Carb Pesto Zoodles with Chicken

Serves 4

25 Minutes

4 zucchini, spiralized
(zoodles)

1 lb. (450g) chicken breast,
chopped

2 tbsp. olive oil

4 tbsp. green pesto

10.5 oz. (300g) cherry
tomatoes, halved

1 oz. (30g) parmesan
cheese, grated

fresh basil

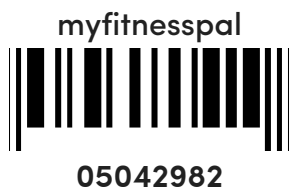
chili flakes

Heat 1 tbsp olive oil in a large pan over medium heat. Season the chicken with salt and pepper, and cook for 8-10 minutes until fully cooked. Set aside.

Add 1 tbsp olive oil, pesto, cherry tomatoes, and zucchini noodles in the same pan. Stir to coat the noodles.

Add the chicken and grated Parmesan. Toss and adjust seasoning.

Serve with fresh basil and chili flakes.



GF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	342kcal	11g	32g	19g

radiate
& *rise*

Snacks

Tone It Up®



Matcha Infused Chia Pudding

Serves 2

1 oz. (30g) chia seeds
12 fl. oz. (360ml)
unsweetened almond milk
2 tsp. maple syrup
1.4 oz. (40g) vanilla whey
protein powder
1 tsp. matcha powder
3.5 oz. (100g) fresh or
frozen berries, for serving

Combine chia seeds and almond milk in a bowl.
Refrigerate for 1 hour, then stir and refrigerate overnight.

The next day, add maple syrup, vanilla whey protein
powder, and matcha powder. Stir until well mixed.

Divide the pudding into two bowls and top with berries
before serving.



GF	DF	LC	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	211kcal	18g	19g	7g



Breakfast Oat & Berry Cookies

Serves 9

30 Minutes

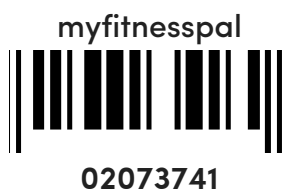
3 oz. (90g) rolled oats
1 oz. (30g) almond meal
3 tbsp. desiccated coconut
1 tsp. cinnamon
¼ tsp. baking soda
3 tbsp. almond butter
3 tbsp. maple syrup
1 medium ripe banana,
mashed
A handful of fresh berries

Preheat the oven to 320°F (160°C) and line a baking tray with parchment paper.

Mix oats, almond meal, coconut, cinnamon, baking soda, almond butter, syrup, and banana in a bowl. Chill in the freezer for 10–15 minutes.

With wet hands, form 9 balls, place them on the tray, and flatten. Press berries on top.

Bake for 20 minutes, until golden. Cool completely before serving.



DF	LC	MP	V	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	134kcal	17g	3g	6g



Easy Sundried Tomato Hummus

Serves 4

5 Minutes

8.8 oz. (250g) chickpeas,
drained

1.5 oz. (45g) sundried
tomatoes in oil

1 clove garlic

juice of ½ lemon

2 tbsp. olive oil

½ tsp. salt

4 tbsp. water

Place the chickpeas, sundried tomatoes, garlic, lemon juice, olive oil, and salt in a food processor. Blend until creamy, pausing to scrape down the sides as needed.

Gradually add water until the desired consistency is achieved.

Serve with raw vegetables or crackers.



GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	205kcal	24g	7g	9g



Roasted Sweet Potatoes with Miso Sauce

Serves 4

40 Minutes

1.3 lbs. (600g) sweet potatoes, washed

1 tbsp. olive oil

A handful of coriander, chopped

2 tbsp. chopped almonds

Sauce:

2 tbsp. white miso paste

1 tbsp. rice vinegar

1 tbsp. maple syrup

2 tsp. sriracha

1 tbsp. soy yogurt

Preheat the oven to 425°F (220°C).

Cut the sweet potatoes into wedges. Place them on a baking tray, drizzle with olive oil, and season with salt and pepper. Bake for 30 minutes or until soft and slightly charred.

Mix the sauce ingredients in a bowl.

Arrange the baked potatoes on a dish, drizzle with sauce, and top with chopped almonds and coriander.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	202kcal	33g	4g	6g



Quick Vegan Nutella

Serves 16

10 Minutes

8.8 oz. (250g) roasted hazelnuts

1 tbsp. vanilla extract

4 tbsp. cocoa powder

4 tbsp. maple syrup

¼ tsp. salt

2 tsp. coconut oil

4 oz. (115g) hazelnut milk

Blend the roasted hazelnuts until finely ground.

Add vanilla extract, cocoa powder, maple syrup, salt, and coconut oil, then blend until smooth.

Gradually mix in hazelnut milk until the texture is butter-like. Add more milk if needed.



GF	DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	126kcal	6g	3g	10g



Banana & Walnut Muffins

Serves 6

30 Minutes

2 ripe bananas, mashed
4 tbsp. maple syrup
4 tbsp. almond butter
1.9 oz. (55g) spelt flour
1 tsp. baking powder
¼ tsp. baking soda
4 tbsp. walnuts, chopped

Preheat the oven to 355°F (180°C) and line a muffin tray with paper cups.

Mash bananas in a bowl. Mix in maple syrup and almond butter.

Stir in spelt flour, baking powder, and baking soda until combined.

Divide batter among 6 muffin cups and top with walnuts.

Bake for 18–20 minutes, or until a toothpick comes out clean. Cool before serving.



DF	MP	V	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	213kcal	28g	5g	9g



Simple Almond & Oat Cookies

Serves 12

35 Minutes

6.3 oz. (180g) oats

3.5 oz. (100g) oat flour

2.4 oz. (70g) almond meal

6 tbsp. maple syrup

4 tbsp. coconut oil, melted

1 tsp. baking powder

pinch of salt

Preheat the oven to 360°F (180°C) and line a baking tray with paper.

Mix oats, oat flour, almond meal, baking powder, and a pinch of salt in a bowl. Stir in maple syrup and melted coconut oil until well combined.

Form the mixture into 12 balls and flatten them on the tray. Bake for 20 minutes or until golden.

Allow the cookies to cool before eating.



DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	197kcal	24g	5g	9g

radiate
& *rise*

Smoothies

Tone It Up®



The ‘Coffee Lover’ Smoothie

Serves 2

5 Minutes

4 tbsp. rolled oats

12.1 fl.oz. (360ml)
unsweetened almond milk

4 fl. oz. (120ml) water

1 oz. (30g) chocolate
protein powder

2 tsp. instant coffee
powder

2 tsp. natural cocoa
powder

1 banana

1 oz. (30g) pecans

Blend all the ingredients in a blender until smooth. Serve.



DF	LC	V	Q	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	282kcal	25g	14g	14g



The Green Matcha Protein Packed Smoothie

Serves 2

5 Minutes

- 4 tbsp. rolled oats
- ½ tsp. matcha green tea powder
- 16.2 fl. oz. (480 ml) unsweetened almond milk
- 1 banana, chopped & frozen
- 1.7 oz. (50 g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.



DF	LC	HP	V	Q	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat	
	220kcal	23g	23g	4g	



The Cherry Burst Protein Smoothie

Serves 2

5 Minutes

12.1 fl. oz. (360ml)
unsweetened almond milk

1 avocado

8 oz. (230g) frozen
cherries

1.7 oz. (50g) chocolate
protein powder

2 tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.



GF	DF	LC	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	350kcal	24g	23g	18g



The Anti-Inflammatory Turmeric Smoothie

Serves 2

5 Minutes

16.2 fl. oz.(480ml)
unsweetened almond milk

2 oz. (60g) packed spinach

½ tsp. ground turmeric

pinch of black pepper

2 tbsp. chia seeds

11.6 oz. (330g) frozen
pineapple chunks

Blend all the ingredients in a blender until smooth. Serve.



GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	203kcal	30g	5g	7g



The Golden Mango Smoothie

Serves 2

5 Minutes

1 mango, peeled, chopped, & frozen

10.5 oz. (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

Blend all the ingredients in a blender until smooth. Serve.



GF

V

Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	316kcal	53g	17g	4g



The Strawberry Summer Smoothie

Serves 2

5 Minutes

- 4.2 oz. (120g) Greek yogurt
- 4 tbsp. coconut milk
- 4 tbsp. orange juice
- 5.2 oz. (150g) frozen strawberries
- 1 orange, peeled
- 1 tbsp. honey
- Blend all the ingredients in a blender until smooth. Serve.



GF

V

Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	31g	7g	2g



The Post-Workout Cocoa Smoothie

Serves 2

5 Minutes

5.4 fl. oz. (160ml)
unsweetened almond milk

4.2 oz. (120g) Greek yogurt

1 tbsp. ground flaxseed

1 tbsp. natural cocoa
powder, unsweetened

2 tbsp. peanut butter

½ tsp. vanilla extract

1 medium banana,
chopped and frozen

Blend all the ingredients in a blender until smooth. Serve.



GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	488kcal	45g	23g	24g



The Sweet Potato Smoothie

Serves 2

5 Minutes

9.5 oz. (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

8 fl. oz. (240ml) unsweetened almond milk

4.2 oz. (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

Blend all the ingredients in a blender until smooth. Serve.



GF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	360kcal	50g	13g	12g

radiate
& *rise*

Desserts

Tone It Up®



Lemon & Berry Cheesecake

Serves 16

2 Hours 30 Minutes

For the crust:

1.4 oz. desiccated coconut
3.5 oz. (100g) walnuts,
chopped
12 medjool dates
pinch of salt

For the lemon layer:

8.1 oz. (230g) cashews,
soaked for 4 hours or
overnight
8 oz. (240ml) coconut
cream
4 tbsp. coconut oil,
softened
4 oz. (120ml) maple syrup
zest of 1 lemon
juice of 1 lemon
pinch of salt

For the berry layer:

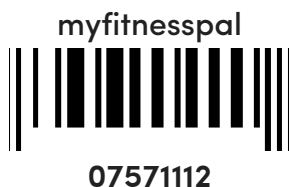
5.2 oz. (150g) frozen red
berries
2 tbsp. chia seeds
2 tbsp. lemon juice
2 tbsp. maple syrup

Place the crust ingredients in a food processor and blend until a sticky paste forms. Press the mixture evenly into a cake tin or springform pan to form the bottom layer. Freeze while you prepare the other layers.

Drain and pat dry the cashews. Blend all lemon layer ingredients in the food processor until smooth. Spread the lemon mixture over the crust and freeze until set.

For the berry layer, blend all ingredients until smooth. Once the lemon layer is set, spread the berry mixture on top. Garnish with extra berries if you like. Freeze until firm.

Remove the cheesecake from the freezer about 20 minutes before serving.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	303kcal	29g	4g	19g



Peach Almond Cake

Serves 12

1 Hour

4 tbsp. almond butter
4.4 oz. (125g) peach vegan yogurt (like Alpro)
4 4 fl. oz. (120ml) almond milk
4 fl. oz. (120ml) + 2 tbsp maple syrup
1 tbsp. lemon juice
2 tsp. vanilla extract
2 peaches, cut into 8 segments each
8.4 oz. (240g) all-purpose flour
2.8 oz. (80g) almond meal
1 tsp. baking powder
½ tsp baking soda
2 tsp. cinnamon
3 tsp. ground ginger

Preheat the oven to 355°F (180°C). Grease or line a round cake tin.

Whisk almond butter and yogurt until smooth in a bowl. Gradually mix in almond milk and ½ cup maple syrup, then add lemon juice and vanilla.

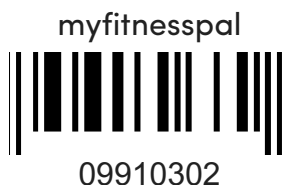
Sift flour and mix in almond meal, baking powder, baking soda, cinnamon, and ginger in another bowl.

Fold dry ingredients into the wet mixture until combined.

Pour batter into the tin and top with peach segments.

Bake for 50 minutes or until a toothpick comes out clean.

Drizzle with remaining maple syrup. Cool before serving.



DF	MP	V	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	211kcal	33g	4g	7g



Lime & Coconut Energy Balls

Serves 16

30 Minutes

1.7 oz. (50g) almonds
1.4 oz. (40g) cashews
1.7 oz. (50g) desiccated coconut, unsweetened
10 medjool dates, pitted
1 tsp. coconut oil
zest & juice of one lime
2 tbsp. lime juice
pinch of sea salt

Pulse almonds, cashews, and coconut in a food processor until finely chopped. Transfer to a bowl.

Pulse dates in the food processor until a paste forms. Add the nut mixture and pulse until combined.

Add coconut oil, lime juice, lime zest, and a pinch of salt. Pulse until combined.

Form the dough into 1-tablespoon balls.

Store in an airtight container in the fridge for 1-2 weeks or freeze for up to 3 months.



GF	DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	109kcal	14g	2g	5g



Roasted Maple & Cinnamon Pecans

Serves 8

15 Minutes

14 oz. (400g) raw pecans

3 tbsp. maple syrup

1 tsp. ground cinnamon

½ tsp. salt

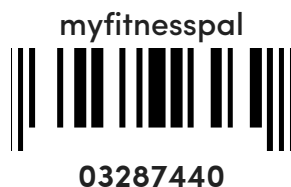
Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.

Mix pecans, maple syrup, cinnamon, and salt until coated.

Spread pecans on the baking tray in a single layer.

Roast for 10 minutes.

Cool for 10 minutes before transferring to an airtight container.



GF	DF	LC	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	392kcal	12g	5g	36g



Flourless Almond & Peanut Butter Brownies

Makes 12

40 Minutes

2 large eggs

4 tbsp. water

3 oz. (90g) ground almonds

1 oz. (30g) unsweetened cocoa powder

1/8 tsp. salt

3/4 tsp. baking soda

6.1 oz. (175g) honey

1 tsp. vanilla extract

3 oz. (90g) dark chocolate chips

2.9 oz. (85g) peanut butter

Preheat the oven to 325°F (160°C). Spray a 9x9-inch baking pan with non-stick spray and line with baking paper.

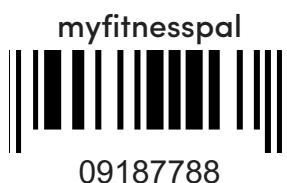
In a medium bowl, whisk 1 egg and 1 egg yolk. Add water, honey, and vanilla extract, stirring until combined.

In a large bowl, combine ground almonds, cocoa powder, salt, and baking soda. Pour in the egg mixture and mix well. Fold in chocolate chips.

Pour the batter into the prepared pan. Top with peanut butter and swirl with a fork.

Bake for 30 minutes or until a toothpick comes out clean.

Cool for 30 minutes before cutting into 12 pieces.



GF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	208kcal	20g	5g	12g



Chocolate & Yogurt Layered Chia Pudding

Serves 2

6 Hours 5 Minutes

4 tbsp. cocoa powder

4 tbsp. chia seeds

4 tbsp. maple syrup

16.2 fl. oz. (480ml) almond
milk, unsweetened

pinch of sea salt

4.2 oz. (120g) vanilla
coconut yogurt

Place the cocoa powder, chia seeds, maple syrup, almond milk, and sea salt in a bowl. Whisk until the cocoa powder is fully dissolved.

Refrigerate for about 6 hours or overnight, stirring occasionally, until thickened.

Divide the coconut yogurt between 2 glasses, then layer the chia seed pudding on top.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	334kcal	45g	7g	14g



Coconut Truffles

Makes 10

1 Hour 10 Minutes

7 oz. (200g) desiccated coconut + 3 tbsp. for coating

4 tbsp. canned coconut milk

1.7 oz. (50g) coconut oil

½ tsp. vanilla extract

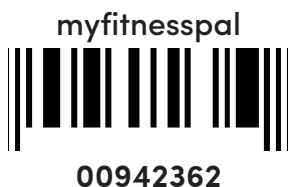
3 tbsp. maple syrup

Heat the coconut oil and coconut milk over low heat. Add 200g desiccated coconut, vanilla extract, and maple syrup. Mix well.

Chill the mixture in the fridge for 1 hour.

Once firm, form into 10 balls and roll in extra desiccated coconut.

Eat immediately or store in the fridge.



GF	DF	LC	V	Q
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	224kcal	10g	1g	20g



Avocado Chocolate Brownies

Serves 16

55 Minutes

8 oz. (220g) +70% dark chocolate, chopped

3 tbsp. coconut oil

2 ripe avocados

7 oz. (200g) coconut palm sugar

2 tbsp. flaxseed meal

1 tsp. vanilla extract

2.6 oz. (75g) almond meal

4 tbsp. cocoa powder, unsweetened

½ tsp. baking powder

½ tsp. sea salt

7 oz. (50g) walnuts, chopped

Preheat the oven to 350°F (175°C). Line an 8x8-inch pan with parchment paper.

Make two flax eggs; mix 2 tbsp. flaxseed meal with 5 tbsp. water. Let it rest for 5 minutes to thicken.

Melt coconut oil and chocolate in a heatproof bowl set over simmering water.

Mash avocados in a large bowl. Mix in melted chocolate, then sugar, flax eggs, and vanilla. Stir in cocoa powder, almond meal, baking powder, and sea salt. Fold in walnuts.

Spread batter in the pan. Bake for 25–30 minutes until set. Cool completely on a rack before cutting into 16 squares.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	299kcal	27g	5g	19g

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