



PORTION CONTROL

# QUICK MEAL GUIDE

PART ONE

All recipes serve one person.  
Simply double the quantities to serve two.

Refer to 'Your Guide to Portion  
Control' for male / female serving sizes.

In some of the following recipes, you can choose  
quantities of ingredients.

For example '2-3 eggs' in the  
Colourful Veggie Scramble recipe

Choose the quantity based on your size, gender, goals etc.

Refer to the Customise Page  
in 'Your Guide to Portion Control'  
if you are unsure of anything.

# Breakfast

## Colourful Veggie Scramble

Serving of spinach, chopped roughly

1 tsp coconut oil or butter

a handful of button mushrooms, chopped

1 tbsp sun-dried tomatoes, drained and chopped

1 clove garlic, finely chopped

2-3 eggs

1-2 egg whites

salt and pepper to season



Steam the spinach for around 5 minutes until fork tender.  
Set aside.

In a non-stick frying pan, heat the oil or butter over a medium heat. Add the mushrooms and sauté, stirring for 4 minutes.

Add the steamed spinach, sun-dried tomatoes and garlic. Sauté, stirring for 3 minutes.

Beat the eggs and whites for 30 seconds, then pour evenly over the vegetables.

Allow to cook untouched for around 2 minutes.

Gently stir the mixture together until the eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.

## **Vegetable Protein Breakfast**

½ a serving of broccoli, cut into small florets

½ a serving of courgette, chopped

a handful of finely sliced leeks

2 tbsps coconut milk

2-3 eggs

1-2 egg whites

pinch of oregano

salt and pepper

a small amount of Cheddar cheese (optional), grated  
(use dairy free if preferred)

Preheat oven to 200°C / 400°F. Grease a 10 inch round ovenproof dish.

Steam the broccoli, leeks and courgette for 4-5 minutes, or until tender.

Place the cooked vegetables in the base of the oven dish.

Whisk the eggs, coconut milk, oregano, salt and pepper together.  
Stir in the cheese if using.

Pour the egg mixture over the vegetables. Bake for around 20 minutes, or until thoroughly cooked.

## Overnight Cocoa Oats

- 1 serving oats (use gluten free oats if preferred)
- 2 scoops chocolate or vanilla flavour whey or rice protein powder
- 1 tbsp cocoa powder
- 1 dessert spoon Greek yoghurt
- 80ml unsweetened almond milk
- 1 tsp honey (or use sweetener of your choice)
- 1 serving raspberries

Place all ingredients except the raspberries into a sealable container and mix well.

Seal and refrigerate for at least 2 hours or overnight.

Mix in a little more extra almond milk if the mixture is too dry.

Spoon into a serving bowl and top with fresh raspberries.



## Summer Cous Cous

100ml cold water

1 serving cous cous

½ an apple, core removed and sliced finely

1 serving fresh apricot slices or berries

1-2 dessert spoons Greek yoghurt

1 tsp chia seeds (or use seeds of choice)

Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.

Fluff up with a fork and transfer to a serving bowl. Top with the apple, apricot / berries, yoghurt and seeds.



## Fruity Quinoa

2 tbsps uncooked quinoa

4 dessert spoons plain yoghurt

1 scoop strawberry flavour whey or rice protein powder or a sprinkle of natural sweetener to taste

2 tps chia seeds

a few flaked almonds

1 kiwi, diced (peeled or unpeeled)

**The night before:** Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions (usually around 20 minutes). Drain well and allow to cool. Refrigerate overnight.

**On the day:** Place the quinoa in a serving bowl and mix in the yoghurt. Add the protein powder or a sprinkle of natural sweetener to taste. Mix well.

Sprinkle on the chia seeds, flaked almonds and kiwi.



## Breakfast Egg Pizza

1 tsp ghee or butter

2-4 eggs

A sprinkle of Cheddar cheese, grated (use dairy free if preferred)

1 tsp tomato purée

pinch of pepper

pinch of paprika

pinch of Italian herbs

Prepare a medium grill. Melt the ghee/butter in a frying pan over a medium heat.

Crack the eggs into the frying pan. Cook on a medium heat until the whites are solid but the yolks are still runny. Placing a lid on the frying pan will speed up cooking time by a couple of minutes.

Slide the eggs onto a plate. Squeeze on a tsp of tomato purée. Add the cheese and seasonings.

Place under the grill for a few minutes until the cheese melts.

**Suggestion:** Serve with wilted spinach.



# Lunch & Dinner

## Salmon & Poached Egg With Vegetables

1 tsp organic butter, ghee or coconut oil

1 salmon fillet

½ tsp cayenne pepper

1 serving closed cup mushrooms, sliced or quartered

2 medium sized vine tomatoes, diced

1-2 eggs

1 serving fresh spinach

Bring a saucepan of lightly salted water to the boil. Add the salmon and reduce to a gentle simmer. Cover and cook for around 8-10 minutes until the salmon is a light pink colour throughout.

Remove salmon from the water and drain with a serrated spoon, reserving the water in the saucepan. Set aside.

Melt the butter, ghee or oil in a frying pan over a gentle heat.

Add the mushrooms and sauté for 3-4 minutes until softened. Add the tomatoes and continue to cook for 2-3 minutes. Remove from heat and set aside.

Bring the saucepan of water to the boil again. Reduce to a simmer, and carefully crack the egg into the water. Poach for 2-4 minutes (2 minutes for a runny egg). Remove from water with a serrated spoon and set aside.

Steam the spinach gently for 1-2 minutes. Serve.

## Fragrant Spiced Chicken

- 1 tsp butter or coconut oil
- ½ a medium white onion, diced
- 1 tsp fresh ginger, finely chopped
- 3 garlic cloves, finely chopped
- ½ a red bell-pepper, diced
- 1-2 fresh chicken breasts, diced
- ½ tsp cayenne pepper
- ½ tsp ground cinnamon
- 1 tsp curry powder
- 1 tsp turmeric
- 1 tsp Himalayan pink salt
- 1 serving basmati rice (white or wholegrain)

Melt the butter or oil in a large pan over a gentle heat. Add the onion and sauté for around 5 minutes until soft.

Add the ginger, garlic and pepper and cook for 5 minutes, stirring occasionally.

Add the chicken, spices and salt and cook for 10 minutes, stirring frequently.

Bring a small saucepan of water to the boil. Add the rice and simmer gently, stirring once to stop the rice sticking to the base of the pan. Refer to packet for cooking times. Drain.

Serve.

## Turkey Satay Spice

1 tsp organic coconut oil  
or ghee  
1 small red onion, diced  
120-200g turkey breast steaks,  
diced  
1 serving closed cup  
mushrooms, sliced  
1 serving baby plum tomatoes  
2-3 red or green chilli peppers,  
sliced

1 yellow bell-pepper, diced  
200ml fresh chicken stock  
(or use 1 organic stock cube)  
2 tbsps tomato purée  
1 serving fresh spinach leaves  
1 serving crunchy peanut butter  
salt to taste (optional)



Melt the oil / ghee in a large saucepan over a medium heat.

Add the onion and sauté for 3-4 minutes, stirring.

Add the turkey and cook for 3-4 minutes, stirring occasionally.

Add the mushrooms, baby plum tomatoes, chilli peppers and yellow pepper and sauté for 2-3 minutes, stirring, until soft.

Add the stock and tomato purée and bring to the boil, then reduce to a gentle simmer.

Cover and cook for 10-15 minutes, stirring occasionally.

Add the spinach leaves and stir well. Cook for 1 minute or until wilted.

Add the peanut butter and salt (if using), stir well and cook for 1 minute.

Serve.

## Thai Green Curry

1 tsp coconut oil

1 thumb sized piece of fresh ginger, finely chopped

3 cloves garlic, peeled and finely chopped

2-3 green chillis (optional), chopped

3 tbsps Thai green curry paste

½ a medium sized sweet potato, peeled and diced

1 serving fresh chicken or turkey breast, diced

4-5 lime leaves (optional)

¼ of a 400g can tinned chickpeas, drained and rinsed

80ml coconut milk

a splash of water

1 serving fresh spinach leaves

squeeze of lime juice

small bunch fresh coriander, chopped

Melt the oil over a medium heat in a large saucepan. Add the ginger, garlic, chillis and curry paste. Sauté gently for 2-3 minutes, stirring occasionally.

Add the sweet potato, chicken/turkey, lime leaves (if using) and chickpeas. Stir to coat in the curry paste.

Add the coconut milk and water and bring to a simmer. Cook uncovered for 15-20 minutes or until the sweet potato and chicken/turkey is cooked.

Add the spinach and stir. Cook for 1-2 minutes. Add the lime juice and stir. Remove from heat. Serve with chopped coriander.

## **Balsamic Beef Salad**

1 serving beef frying steaks, cut into strips

1 tsp coconut oil or butter

### **for marinade:**

1 tbsp balsamic vinegar

1 tsp garlic, finely chopped

1 tbsp Worcester sauce

### **for salad:**

1 serving mixed lettuce leaves

1 serving avocado or boiled egg, sliced (or half a serving of each)

1 serving plum tomatoes / celery / peppers / cucumber

Place the beef in a large bowl. Add the other marinade ingredients and mix well. Cover and refrigerate for 4 hours or more.

Melt the oil or butter in a non-stick frying pan over a medium / high heat. Add the beef and fry gently on both sides for around 3-4 minutes or until cooked to your liking.

Assemble the salad ingredients in a bowl and add the beef strips.



## **Creamy Parma Ham, Pea & Spinach Omelette**

2-3 eggs

1 tbspc ricotta cheese (or use dairy free cheese if preferred)

salt and pepper to season

1-2 tsps ghee or coconut oil

2 slices Parma ham

1 handful fresh spinach leaves

25g frozen peas

Mix the eggs, cheese and salt and pepper in a jug until thoroughly combined.

Melt the ghee / oil in a large frying pan over a medium heat. Pour in the egg mixture, covering the base of the pan. Cook gently for 3-4 minutes until the centre of the omelette begins to firm up.

Add the ham, spinach and peas over one half of the omelette. Cook for around 2 minutes until the spinach has wilted.

Lift and fold the 'empty' half of the omelette over the filling ingredients to cover them. Cook for 1-2 minutes.

Cut the omelette in half and remove from the pan using a slice. Serve.



## Smoked Salmon & Eggs With A Creamy Dill Sauce

1-2 eggs

### for the sauce:

few sprigs fresh dill, finely chopped

60g cream cheese (or use dairy free cream cheese if preferred)

juice of ½ a lemon

pinch of salt and pepper

splash of cold water

### for the salad:

80g-120g smoked salmon

large handful of rocket leaves

pinch of cayenne pepper

lemon wedges to garnish



Bring a small saucepan of water (around 4 inches deep) to the boil. Reduce heat to simmer water gently. Crack the eggs carefully into the water. Gently swirl the water for a few seconds to prevent the eggs sticking to the base of the pan. Poach the eggs for 4-5 minutes. Drain with a slotted spoon and set aside on a plate.

Place the sauce ingredients in a small saucepan over a medium/low heat and cook gently, stirring for 2-3 minutes.

Assemble rocket leaves on plate and add the smoked salmon. Top with the poached eggs and sauce. Sprinkle on the cayenne pepper and serve garnished with lemon wedges.

## Minted Lamb Kebabs

3 tbsps plain yoghurt

1 tsp finely grated unwaxed lemon zest

1 tsp fresh lemon juice

1 garlic clove, crushed

½ tsp English mustard

1 tbsp tomato purée

1 serving lean lamb leg steaks, diced

1 serving cherry / plum tomatoes

small sprig fresh mint, finely chopped

### **for salad:**

1 serving mixed lettuce leaves

1 serving plum tomatoes / celery / peppers / cucumber

small handful fresh coriander, finely chopped (optional)



Mix the yoghurt, lemon zest, lemon juice, garlic, mustard and tomato purée in a shallow bowl.

Add the lamb and coat well in the sauce.

Cover and refrigerate for at least one hour.

Soak 2 bamboo skewers in cold water for 30 minutes or more.

Prepare a medium grill.

Thread the lamb pieces and cherry tomatoes (alternating) onto the skewers.

Brush with the marinade and grill for 5 minutes each side or until cooked to your liking.

Sprinkle over the chopped mint.

Assemble the salad ingredients in a bowl and serve.

## Salmon & Dill Omelette

a pinch of dried dill

1 tsp ghee or butter

½ a fresh salmon fillet

¼ of a small white onion, finely chopped

1 serving button mushrooms, chopped

¼ of a medium sized tomato, diced

2-3 eggs plus 1 egg white

a pinch of sea salt and black pepper

A sprinkle of Cheddar cheese, grated (use dairy free cheese if preferred)

1 serving fresh spinach leaves



Season the salmon with dill.

Melt the ghee / butter in a large frying pan over a medium / high heat.

Add the salmon and cook for around 10-12 minutes, turning halfway. When cooked, the flesh should be a pale pink colour throughout. Remove from pan and set aside.

Reduce the heat to medium. Add the onion and mushrooms to the pan and sauté gently until soft for 2-3 minutes, stirring frequently. Add the tomatoes and cook for 2-3 minutes, until soft. Remove the vegetables from pan and set aside. Remove any bits from the pan.

Whisk the eggs and whites in a jug and season with salt and pepper. Pour the eggs into the pan. Cook gently for 3-4 minutes until the edges of the mixture start to crisp.

Add the cheese and spinach leaves and cook until the leaves have wilted.

Using a slice, carefully fold the omelette in half. Remove from the pan and serve.

## Asparagus, Bacon & Poached Egg Salad

1 tsp organic butter or coconut oil

1-2 unsmoked bacon rashers, cut into small pieces

4 button mushrooms

4 plum tomatoes

4 asparagus spears

1 serving tenderstem broccoli

2-3 eggs

pinch of salt (optional) and pepper to season

A few pieces of broken walnuts.



Melt the butter or oil in a large frying pan over a medium heat.

Add the bacon pieces and fry gently on both sides until crispy. Remove from pan and set aside.

Add the mushrooms and fry for 3-4 minutes, stirring, until soft.

Add the plum tomatoes and fry for several minutes, until soft. Remove pan from heat and set aside.

Steam the broccoli and asparagus gently (cook to your liking).

Meanwhile, bring a medium sized saucepan of water to the boil (around 3-4 inches deep). Reduce to a gentle simmer.

Carefully crack the eggs into the water. Cook gently for around 3 minutes. Use a serrated spoon to remove the eggs from the water and drain off excess water.

Place the steamed vegetables in the base of a serving bowl. Top with the bacon and cooked vegetables.

Add the poached eggs and sprinkle on the walnuts.

Season with salt (optional as bacon may add enough saltiness) and pepper and serve.