SERRIS FILLESS

KICK STARTER RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.





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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Avocado, Scrambled Egg and Smoked Salmon Toast **BREAKFAST**

Avocado, Scrambled Egg and Smoked Salmon Toast **BREAKFAST**

Avocado, Mango and Matcha Smoothie **BREAKFAST**

Avocado, Mango and Matcha Smoothie **BREAKFAST**

Egg and Tuna Breakfast Salad **BREAKFAST**

Creamy Broccoli Salad with Bacon **BREAKFAST**

Creamy Broccoli Salad with Bacon

LUNCH

Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw LUNCH

Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw **LUNCH**

Carrot and Ginger Soup **LUNCH**

Carrot and Ginger Soup **LUNCH**

Beef Lettuce Wraps LUNCH

Egg and Tuna Breakfast Salad **LUNCH**

Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw

SNACK

E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie **SNACK**

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DINNER

Curried Cod in Tomato Sauce **DINNER**

Curried Cod in Tomato Sauce **DINNER**

Slow Cooked Honey Garlic Beef Bowl **DINNER**

Slow Cooker Honey Garlic Beef Bowl **DINNER**

Chicken and Bok Choy Stir Fry **DINNER**

Meal Out – Enjoy! **DINNER**

Chicken and Bok Choy Stir Fry

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

MEAT, FISH AND CHEESE

SEEDS, BAKING AND SPICES

CANS, CONDIMENTS & MISC

Fruits
1x apple
2x avocados
2x lemons
1x lime
1x mango
1x pomegranate
Vegetables
bean sprouts
8oz. (230g) bok choy
1 head broccoli
2.2 lb. (1kg) carrots
2x cucumbers
2x bulbs garlic
2-3 green lettuce
7 oz. (200g) kale
2x leeks
½ purple cabbage
13x radishes
1x red onion
2x white onions
1x bell pepper
Dried
12x medjool dates
raisins
Fresh Herbs
parsley
coriander
Frozen

berries

Meats	Grains
12 oz. (340g) chicken breast	O basmati rice
6x slices bacon	 all-purpose flour (plain flour)
2.6 lb. (1.2kg) pork shoulder	Nuts & Seeds
3lb. (1.4kg) beef chuck roasting	O desiccated coconut
joint	O almonds
Fish and Seafood	O chia seeds
4x cod fillet (5oz./140g each)	O peanuts
(3.5oz.) 100g smoked salmon	sesame seeds
Cold	Dried Herbs and Spices
cheddar cheese	O cayenne pepper
butter	O chili flakes
12x eggs	O chili powder
oat milk	O ground cinnamon
large Greek yogurt	O ground cumin
almond milk	ocurry powder
oat cooking cream	onion powder
	O garlic powder
	O paprika
	smoked paprika
	white pepper
	O black pepper
	O dried thyme
	0
	O
	0
	0
	0

	Oils
0	olive oil
0	sesame oil
\bigcirc	coconut oil
	Sweeteners
\bigcirc	cane sugar
	coconut sugar
\bigcirc	honey
	Boxed, Cans & Condiments
	tomato ketchup
	apple cider vinegar
	Chipotle chili paste
	Dijon mustard
	mayonnaise
	rice vinegar
	tamari or soy sauce 1x 14oz. (400g) can chickpeas
	1x 140z. (400g) can coconut milk
	3x 14oz. (400g) can chopped
	tomatoes
	1x 5oz. (150g) can tuna in brine
	vegetable stock
	beef stock
	Worcestershire sauce
	natural crunchy peanut butter
	Other
0	bread
0	vanilla whey
)	nutritional yeast
	instant yeast
	almond meal
	baking powder
	matcha powder

o vanilla extract



EGG AND TUNA BREAKFAST SALAD



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 218 kcal 16g Fats 2g Carbs 17g Protein og Fiber





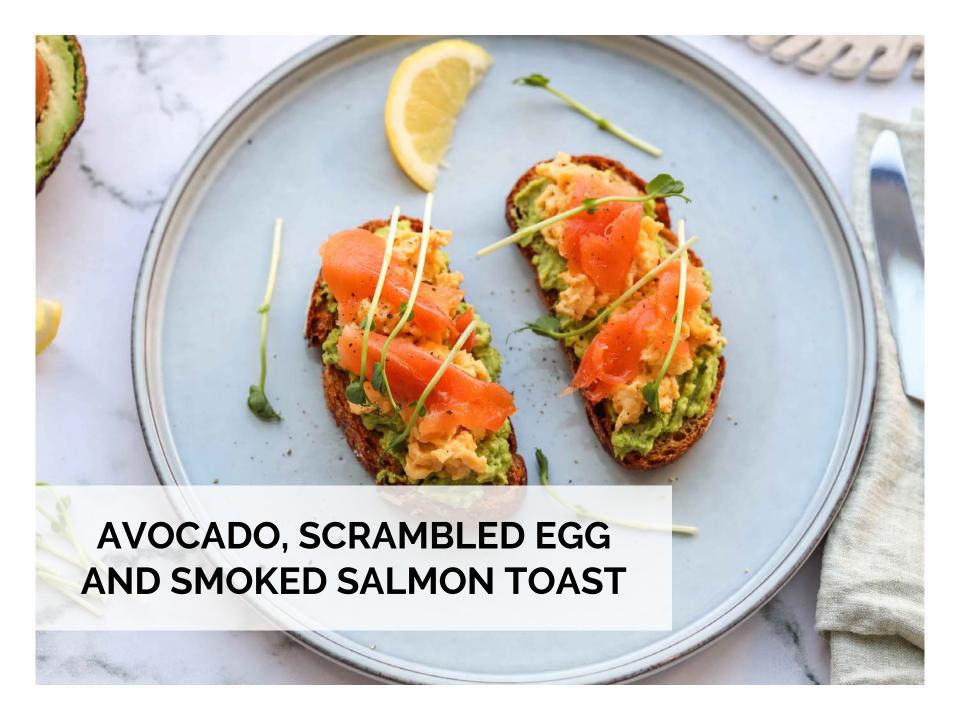
WHAT YOU NEED

- 4 hard boiled eggs, peeled and chopped
- 1 can tuna in brine (about 5 oz./150g), drained
- 5 radishes, diced
- 3 tbsp. mayonnaise
- 2 tbsp. tomato ketchup
- 2 tsp. Dijon mustard
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Mix all the ingredients in a bowl and season with a little salt and pepper to taste. Serve with bread or mixed salad.





AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 305 kcal 19g Fats 18g Carbs 17g Protein 5g Fiber





WHAT YOU NEED

- 6 eggs
- 2 tbsp. oat cream
- 1 tbsp. coconut oil
- · 4 slices bread, toasted
- 1 avocado, halved and pitted
- 1 tbsp. lemon juice
- 3.5 oz. (100g) smoked salmon
- bean sprouts, to garnish
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl whisk together the eggs and oat cream, season to taste with salt and pepper.

Heat the coconut oil in a non-stick frying pan over a medium-low heat. Add the egg mixture and cook, occasionally scraping the bottom of the pan with a spatula, until the egg is just barely set, approximately 3-4 minutes. Set aside.

Scoop the avocado into a bowl, mash with a fork, and drizzle with lemon juice. Season with salt and pepper to taste.

Spread the avocado over the slices of toast and top with the cooked eggs. Arrange the salmon slices over the top.

Garnish with bean sprouts, and season to taste with pepper.





CREAMY BROCCOLI SALAD WITH BACON



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving: 267 kcal 16g Fats 20g Carbs 13g Protein 6g Fiber





WHAT YOU NEED

For the salad dressing:

- 1 cup (285g) Greek yogurt
- 4 tbsp. apple cider vinegar
- 1 clove garlic, minced
- salt and pepper

For the salad:

- 1 broccoli head, cut into bitesize florets
- 1 pomegranate, seeded
- ½ cup (50g) almonds, chopped
- ½ small red onion, diced
- 6 bacon rashers

WHAT YOU NEED TO DO

Place all the ingredients for the salad dressing into a medium sized bowl. Season to taste with salt and pepper, give a good stir to combine and set aside until needed.

Bring a pot of water to the boil and cook the broccoli florets for 3-4 minutes, until just tender, then rinse in cold water, drain and place in a serving bowl.

Cook the bacon on a dry, non-stick pan over medium heat until brown and crispy. Set aside to cool, then break into smaller pieces.

Add the pomegranate seeds, almonds, onion and crispy bacon to the serving bowl. Drizzle with the salad dressing and mix until well combined. To serve, season with freshly ground black pepper.





AVOCADO, MANGO AND MATCHA SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 246 kcal 12g Fats 33g Carbs 4g Protein 8g Fiber













WHAT YOU NEED

- 1 mango, peeled, flesh only
- ½ avocado
- ½ tsp. vanilla extract
- 1 tbsp. chia seeds
- 2 cups (240ml) almond milk
- 1 tsp. matcha powder

WHAT YOU NEED TO DO

Place all the ingredients into a blender and blend together until really smooth. Serve immediately.





BEEF LETTUCE WRAPS



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 243 kcal 9g Fats 17g Carbs 24g Protein 2g Fiber

WHAT YOU NEED

- 4 servings Slow Cooker Honey Garlic Beef (see separate recipe card in pack)
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- 8 radishes, sliced
- 16 lettuce leaves
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Gently reheat the honey garlic beef in a frying pan, over medium heat, until warmed through.

Assemble the wraps by topping the lettuce leaves with beef, cucumber, carrots and radishes and sprinkle with sesame seeds to serve.

Note:

- Nutrition for 1 portion of Slow Cooker Honey Garlic Beef
- Nutrition for 1 portion of Salad Wrap



















CARROT AND GINGER SOUP



Serves: 6 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 187 kcal 13g Fats 18g Carbs 2g Protein 1g Fiber





WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp. ginger, grated
- 23 oz. (650g) carrots, peeled, chopped
- 4 cups (960ml) vegetable stock
- 1tsp. salt
- ½ tsp. white pepper
- 1 tsp. thyme leaves, dried
- 14 oz. (400ml) can coconut milk, full fat
- ½ lime, juice

WHAT YOU NEED TO DO

Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

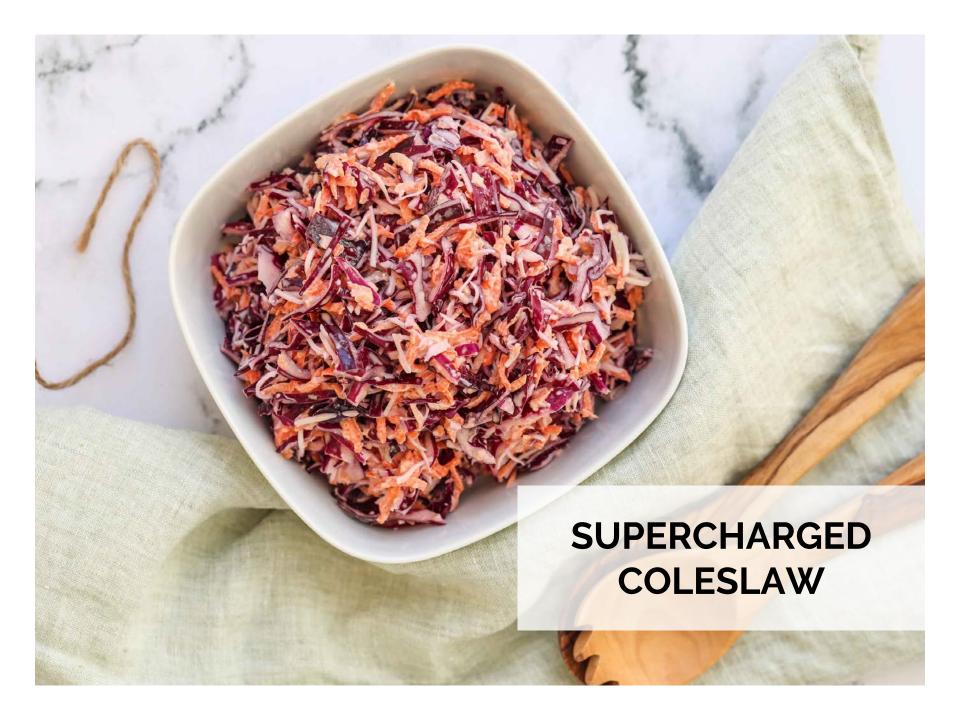
Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.





SUPERCHARGED COLESLAW



Serves: 6 Prep: 20 mins Cook: 0 mins



Nutrition per serving: 191 kcal 14g Fats 13g Carbs 6g Protein 3g Fiber











WHAT YOU NEED

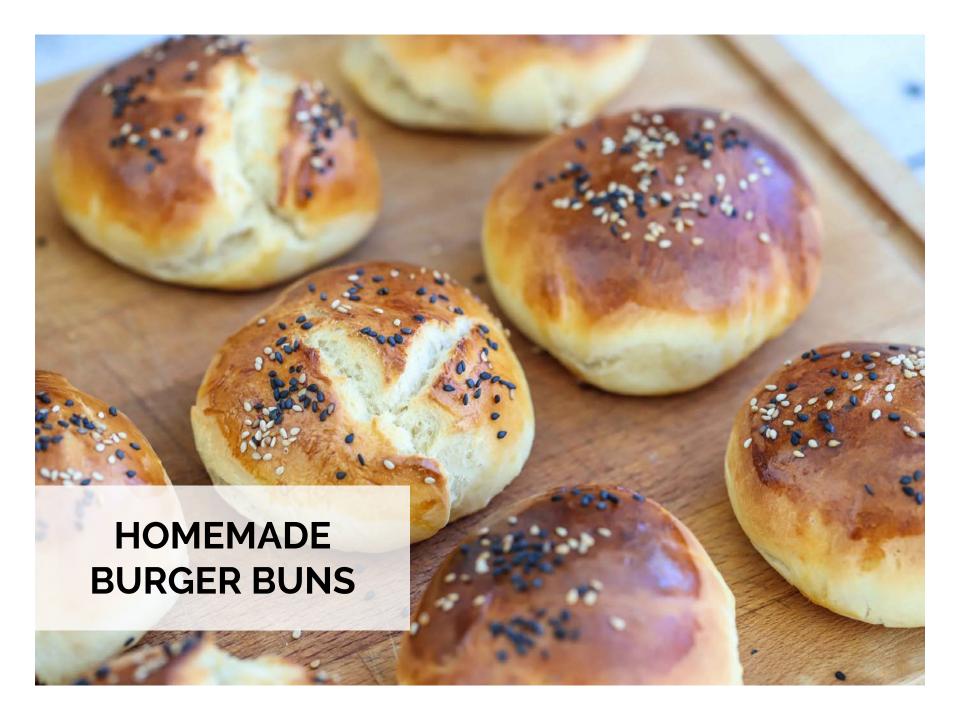
- 3 carrots, peeled and grated
- ½ medium red cabbage, shredded
- 1/4 tsp. coconut sugar
- 2 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 4 tbsp. mayonnaise
- 1 apple, peeled, cored and grated
- 1 cup (115g) cheddar, grated
- salt and pepper

WHAT YOU NEED TO DO

Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl. Season with salt, then add the sugar and vinegar and mix everything together. Leave to stand for 20 minutes.

Add in the grated apple and cheese. Then stir in the mustard and mayonnaise mixing well until combined. Season to taste with salt and pepper and serve immediately.





HOMEMADE BURGER BUNS



Makes: 10 Prep: 115 mins Cook: 15 mins



Nutrition per serving: 249 kcal 6g Fats 45g Carbs 4g Protein 8g Fiber





WHAT YOU NEED

- 4 cups (500g) all-purpose flour
- 1 tsp. salt
- 1 sachet (0.25 oz.) (7g) instant yeast
- 2 tbsp. sugar
- 1 1/4 cup (300ml) oat milk
- 1.7 oz. (50g) butter
- 1 egg
- 1 tbsp. sesame seeds

Egg wash:

- 1 egg yolk
- 1 tbsp. oat milk

WHAT YOU NEED TO DO

Sift the flour into a large bowl, add salt and combine.

Place the yeast and one teaspoon of sugar in a cup. Pour in half a glass of warm milk, add a teaspoon of flour and mix thoroughly. Place the mug into a pot with very warm water and leave to rise for about 7 minutes, until the mixture fills the cup.

Once it has risen, pour it into the bowl with the flour and start mixing gently with a spoon. Gradually pour in the remaining warm milk, stirring constantly with a spoon.

Add the remaining sugar, egg and continue mixing the ingredients together. When the dough starts to firm up, add in the melted butter. Knead the dough using your hands, until elastic for approx. 10-15 minutes. At the end of this time you should have a smooth ball of dough.

Place the dough into a bowl and cover with a clean tea towel. Set the dough aside in a warm place to rise for about 1 hour.

After this time, place the dough on a floured surface and give it a gentle knead. Divide the dough into 10 equal portions and form 10 balls. Place the balls of dough onto a large baking tray covered with baking paper. Allow space between each ball for the dough to rise and cover with some oiled cling film to stop the dough from drying out. Set aside again to rise for a further 30-40 minutes. Preheat the oven to 410°F (210°C).

Brush the bread rolls with the egg yolk and oat milk wash and sprinkle each roll with some sesame seeds. Place the buns in the oven and bake for 15 minutes until golden brown. Remove from the oven and cool.





SLOW COOKER PULLED PORK



Serves: 12 Prep: 10 mins Cook: 8 hrs



Nutrition per serving: 166 kcal 4g Fats 9g Carbs 23g Protein 0g Fiber





WHAT YOU NEED

- 14 oz. (400g) can diced tomatoes
- 1 tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chipotle chili paste
- 1 tsp. garlic powder
- ½ tsp. onion powder
- 1/3 cup (80ml) apple cider vinegar
- ½ cup (113g) honey
- 2.6 lb. (1.2kg) pork shoulder

WHAT YOU NEED TO DO

Place all ingredients except the pork into the base of your slow cooker and stir until well combined. Add in the pork shoulder and turn a few times to coat the pork thoroughly in the sauce. Cook on the low setting of your slow cooker for 8 hours.

Once cooked, place pork shoulder in a bowl. Remove and discard the fat using tongs, then shred the meat using two forks.

Add cooking juices to the shredded pork, according to preference. Or simply return the pork to the slow cooker and mix well.

Once cooled the pork can be stored in an airtight container in the fridge for up to 4 days.





CURRIED COD IN TOMATO SAUCE



Serves: 4 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 303 kcal 6g Fats 30g Carbs 32g Protein 9g Fiber









WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 tbsp. curry powder
- 2 tbsp. ginger, finely grated
- 3 garlic cloves, crushed
- 2 x 14oz. (400g) cans diced tomatoes
- 1 x 14 oz. (400g) can chickpeas, drained
- 4 cod fillets (5 oz./140g each)
- zest 1 lemon, then cut into wedges
- handful fresh coriander, to serve
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil over a high heat in a large pan. Use a pan that has a lid!

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

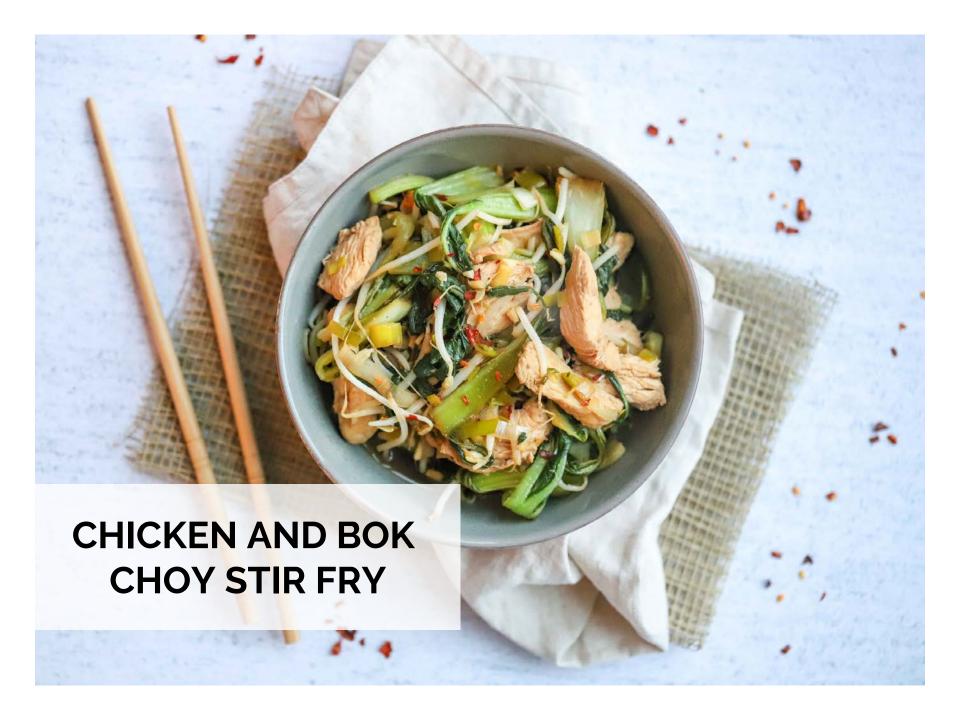
Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander. Serve immediately with lemon wedges.

Serving suggestions:

- Rice
- Boiled potatoes





CHICKEN AND BOK CHOY STIR FRY



Serves: 4 Prep: 20 mins Cook: 5 mins



Nutrition per serving: 288 kcal 18g Fats 11g Carbs 22g Protein 2g Fiber













WHAT YOU NEED

- 2 tbsp. tamari or soy sauce
- 2 tbsp. rice wine vinegar
- 1½ tbsp. sesame oil
- 2 tsp. coconut sugar
- 12 oz. (340g) chicken breast, cut into strips
- 2 tbsp. ginger, finely chopped
- 2 cloves garlic, finely chopped
- 3 tbsp. olive oil
- 8 oz. (230g) bok choy, trimmed and sliced
- 2 leeks, halved lengthwise and thinly sliced
- 1 cup (30g) bean sprouts
- ¼ tsp. chili flakes
- · salt and pepper

WHAT YOU NEED TO DO

In a medium bowl, whisk together the soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let the chicken sit for 20 minutes to marinate.

Heat a large pan over high heat, add 1 teaspoon of olive oil to the pan and add the chicken. Cook, stirring constantly, for about 3 minutes, then remove the chicken from the pan and transfer onto a plate. Set aside.

Add the remaining olive oil to the pan. Add the bok choy and cook 1 minute. Then add in the leeks, bean sprouts and chili flakes. Cook, for a further minute until the bok choy and leeks are tender.

Stir in the rest of the marinade and season with salt. Move the vegetables to one side of the pan. Add the remaining ginger and garlic to the centre of the pan and cook for 30 seconds, until fragrant.

Return the chicken to the pan and combine with the rest of the ingredients. Heat for 1 furthermore minute and then take off the heat. Serve immediately.

Serving suggestion:

• White rice





SLOW COOKER HONEY GARLIC BEEF BOWL



Serves: 4 Prep: 10 mins Cook: 8 hrs



Nutrition per serving: 622 kcal 9g Fats 38g Carbs 26g Protein 2g Fiber











WHAT YOU NEED

For the beef (serves 12):

- 1 cup (240ml) beef stock
- 4 tbsp. honey
- 4 tbsp. coconut sugar
- 2 tbsp. tamari sauce
- 1 tsp. Worcestershire sauce
- 6 cloves garlic, minced
- 3 lbs. (1.3kg) beef chuck roast

Rice salad to serve (serves 4):

- 4.2 oz. (120g) basmati rice, raw
- 2 carrots, peeled, julienned
- 1 cucumber, julienned
- 1 bell pepper, julienned
- 1 tbsp. sesame seeds, to garnish

WHAT YOU NEED TO DO

Firstly, prepare and cook the beef.

In the bottom of a 5 or 6 quart (5-6 liters) slow cooker, combine the stock, honey, sugar, tamari, Worcestershire sauce and garlic. Mix until well combined.

Cut the beef in half lengthwise. Place in the slow cooker and turn to coat the beef with sauce on all sides. Place the lid on the pot and cook the beef on a low setting for 8 hours.

Once the beef has cooked, remove it from the slow cooker and place in a large bowl. Gently pull the beef apart using two forks, then return the beef back into the slow cooker and mix with the cooking juices.

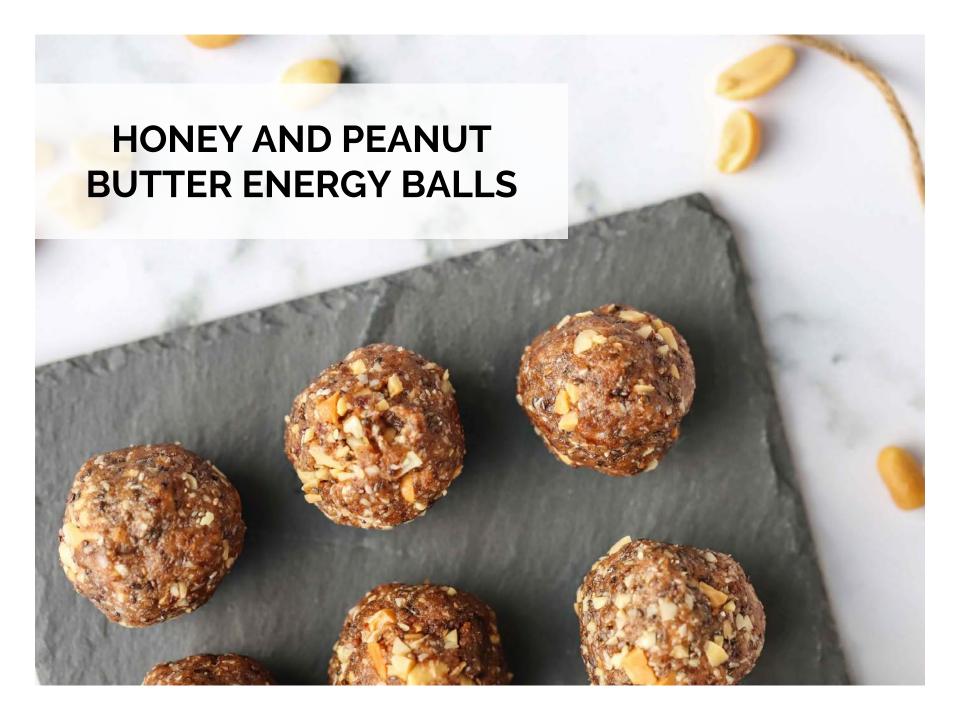
Cook the rice according to instructions on packaging and prepare the vegetables. Assemble the bowls by dividing the rice, beef and vegetables between serving bowls. Sprinkle with sesame seeds to serve.

Once cooled you can store the beef in an air tight container in the fridge for up to 4 days. Alternatively you can freeze the beef for up to 3 months.

Note:

- The slow cooker honey garlic beef recipe makes enough for 12 servings. The bowl ingredients are for 4 servings. Meaning that you can use the rest of the beef as you wish with other dishes, like the beef lettuce wraps.
- Nutrition for 1 portion of Honey Garlic Beef
- Nutrition for 1 portion of Rice Salad





HONEY AND PEANUT BUTTER ENERGY BALLS



Makes: 20 Prep: 10 mins Chill: 20 mins



Nutrition per serving: 113 kcal 6g Fats 14g Carbs 3g Protein 2g Fiber

WHAT YOU NEED

- 2 medjool dates, pitted (220g)
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- ½ cup (130g) crunchy peanut butter, natural
- $\frac{1}{2}$ cup (60g) almond meal
- ¼ cup (25g) desiccated coconut
- 1/4 cup (37g) raisins
- ¼ cup (37g) peanuts, chopped

WHAT YOU NEED TO DO

Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.









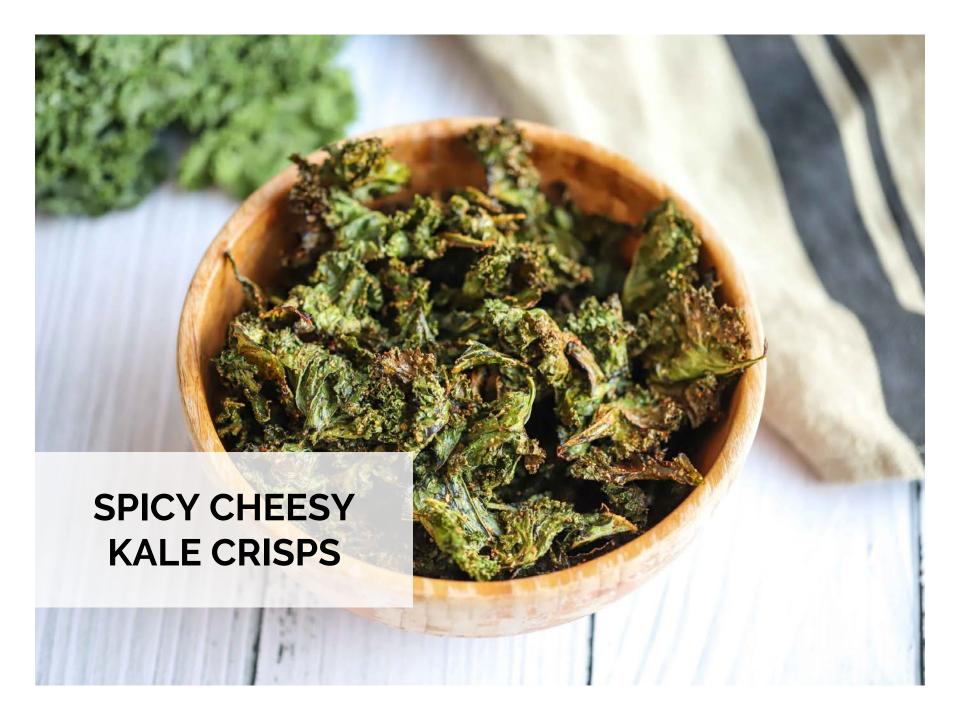












SPICY CHEESY KALE CRISPS





Nutrition per serving: 139 kcal 9g Fats 10g Carbs 7g Protein 7g Fiber





WHAT YOU NEED

- ½ bunch kale leaves (approx.7 oz./200g)
- 1 tbsp. olive oil
- 1.5 tbsp. nutritional yeast
- 1 tsp. paprika
- ¾ tsp. chilli powder
- ½ tsp. onion powder
- ½ tsp. smoked paprika
- ¼ tsp. sea salt
- ½ tsp. cayenne pepper

WHAT YOU NEED TO DO

Preheat the oven to 300°F (150°C). Line a large baking tray with parchment paper.

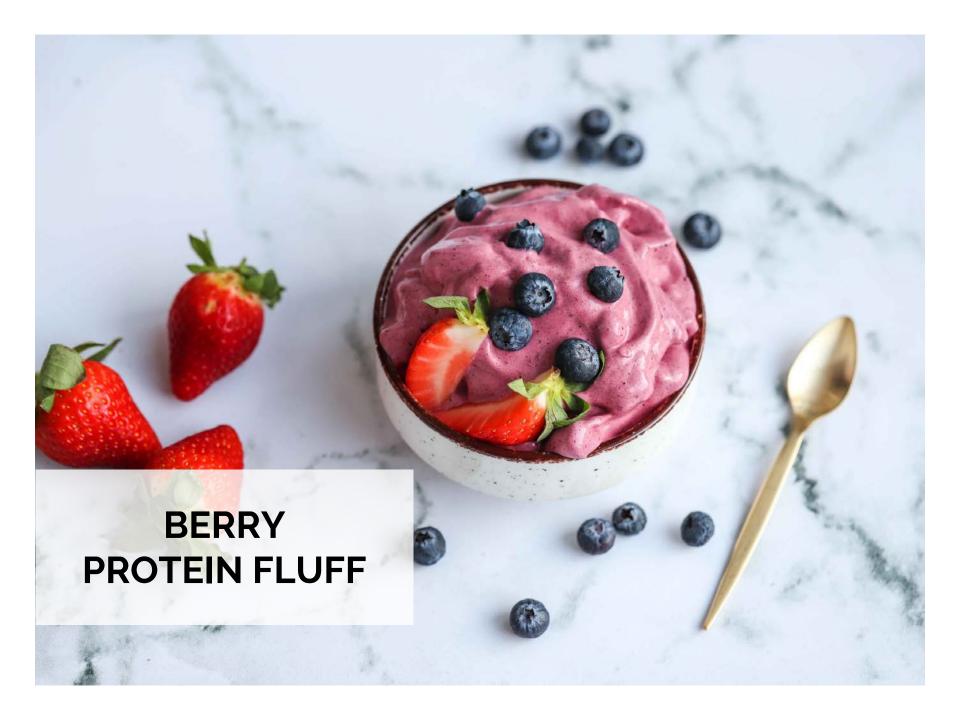
Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.





BERRY PROTEIN FLUFF



Serves: 1 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 165 kcal 1g Fats 17g Carbs 24g Protein 5g Fiber











WHAT YOU NEED

- 1 cup (150g) frozen berries
- ½ cup (25g) vanilla whey
- ¼ cup (60ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all ingredients in a bowl and, using a hand blender, blend together until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains in volume.

Serve immediately.

