

Toogood Nutrition

AUGUST

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

- | | | |
|---|----|-------------------------------|
| 1. Turkey & Green Onion Breakfast Patties | GF | Gluten Free |
| 2. Peach & Pecan Protein Smoothie | DF | Dairy Free |
| 3. Green Eggs & Ham Tortilla | LC | Low Carb (<20g per serve) |
| 4. Stove Top Baked Beans | MP | Meal Prep/Freezer Friendly |
| 5. Chicken Crust Pizza | HP | High Protein (>20g per serve) |
| 6. Chicken Coleslaw Salad | V | Vegetarian |
| 7. Smash Burger Tacos | Q | Quick (under 30 mins) |
| 8. Tuna Avo Rice Bowl | N | Contains Nuts |
| 9. Korean Beef Salad Wraps | | |
| 10. Baked Salmon Rice Waffles | | |
| 11. Baked Chicken with Lemon-Chive Sauce | | |
| 12. Spiced Haddock with Quinoa & Raisin Salad | | |
| 13. Salted Caramel Cottage Cheese Ice Cream | | |
| 14. Protein Peanut Butter Cups | | |
| 15. Kefir Chia Seed Pudding | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Turkey & Green Onion Breakfast Patties	Chicken Crust Pizza	Protein Peanut Butter Cups	Korean Beef Salad Wraps
Tuesday	Turkey & Green Onion Breakfast Patties	Korean Beef Salad Wraps	Protein Peanut Butter Cups	Tuna Avo Rice Bowl
Wednesday	Green Eggs & Ham Tortilla	Chicken Coleslaw Salad	Kefir Chia Seed Pudding	Baked Salmon Rice Waffles
Thursday	Stove Top Baked Beans	Chicken Coleslaw Salad	Kefir Chia Seed Pudding	Baked Chicken with Lemon-Chive Sauce
Friday	Stove Top Baked Beans	Smash Burger Tacos	Protein Peanut Butter Cups	Baked Chicken with Lemon-Chive Sauce
Saturday	Green Eggs & Ham Tortilla	Smash Burger Tacos	Salted Caramel Cottage Cheese Ice Cream	Meal Out - Enjoy!
Sunday	Peach & Pecan Protein Smoothie	Chicken Crust Pizza	Salted Caramel Cottage Cheese Ice Cream	Spiced Haddock with Quinoa & Raisin Salad

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 1 avocado • 1 banana • blueberries • 1 lemon • 2 limes • 2 peaches • 3 onions • ½ red onion • large bunch green onions (spring onions) • bulb garlic • root ginger • 3 carrots • 2 baby cucumbers • 1 cucumber • 1 orange bell pepper • 1 jalapeño pepper • 2 heads of lettuce • spinach • red cabbage • basil • chives • cilantro (coriander) • parsley • 6 medjool dates • raisins 	<ul style="list-style-type: none"> • 1.2 lbs. (530g) boneless, skinless chicken breast • 2 lbs. (900g) ground turkey (minced turkey) • 1 lb. (450g) ground chicken (minced chicken) • 1 lb. (450g) 95% lean ground beef (minced beef) • 9.2 oz. (260g) beef steak • pack sliced ham • 2x 4.2 oz. (120g) salmon filets • 2x 4.9 oz. (140g) haddock filets • 3 eggs • almond milk • Greek yogurt • kefir • shredded mozzarella cheese • ball of mozzarella cheese • sliced cheese of choice • 1.1 lb. (505g) cottage cheese 	<ul style="list-style-type: none"> • rolled oats • basmati rice • white rice • sushi rice • almonds • pecans • chia seeds • quinoa • sesame seeds • all purpose flour • dark chocolate chips • vanilla extract • red pepper flakes (chili flakes) • paprika • smoked paprika • ground cinnamon • ground cumin • fennel seeds • garlic powder • Italian seasoning 	<ul style="list-style-type: none"> • coconut oil • sesame oil • honey • maple syrup • 1x 14 oz. (400g) can cannellini beans • 1x 4.8 oz. (135g) can tuna • natural peanut butter • tamari sauce • kecap manis • tomato ketchup • tomato paste (puree) • sieved tomatoes (tomato passata) • barbecue sauce • Worcestershire sauce • hot sauce • rice wine vinegar • Dijon mustard • mayonnaise • dill pickles (gherkins) • kimchi • whole wheat tortillas • small corn tortillas • breadcrumbs • nori • vanilla protein powder



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Turkey & Green Onion Breakfast Patties

Makes 8

30 Minutes

- 2 lb. (900g) ground turkey
- 1 tbsp. tamari sauce
- 2 tsp. ginger, freshly grated
- 3 tbsp. green onions, minced
- 4 garlic cloves, minced
- ½ tsp. red pepper flakes
- 6 basil leaves, minced
- 1½ tsp. sea salt
- 2 tbsp. extra virgin olive oil

In a large bowl, combine the ground turkey with the tamari sauce, ginger, green onions, garlic, red pepper flakes, basil and salt. Mix well, then with wet hands, form the mixture into 16 even-sized patties and flatten them gently between your two hands until about ½" (1cm) thick.

Heat the olive oil in a large skillet over medium heat. Working in batches, add the patties to the skillet, and cook on both sides until the patties have browned, this will take around 6-8 minutes. Continue cooking, occasionally flipping the patties over, for a further 4-6 minutes. Repeat this process with remaining patties.

Storage: Once cooked and cooled, leftover patties can be stored in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 1 month.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	201kcal	0g	21g	13g



Peach & Pecan Protein Smoothie

Serves 1

5 Minutes

6 fl oz. (180ml) almond milk, unsweetened

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glass and serve immediately.

5.8 oz. (165g) Greek yogurt

1 peach, chopped, frozen

½ banana

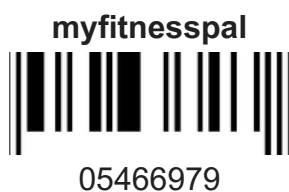
0.5 oz. (15g) pecans

2 tbsp. rolled oats

¼ tsp. vanilla extract

¼ tsp. ground cinnamon

pinch of sea salt



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	434kcal	46g	22g	18g



Green Eggs & Ham Tortilla

Serves 1

10 Minutes

2 eggs

1 green onion, sliced

handful spinach, chopped

1.9 oz. (55g) cottage
cheese

1 whole wheat tortilla

2.1 oz. (60g) sliced ham

In a bowl, whisk together the eggs, onion, spinach and cottage cheese. Season with salt and pepper.

Preheat a non-stick skillet over medium-high heat. Add the egg mixture to the skillet and top with the tortilla. Cook for 3-4 minutes, or until the eggs are cooked to your preference.

Using a plate to cover the skillet, flip the skillet upside down so the tortilla goes onto the plate. Then slide the tortilla back into the pan with the eggs facing up.

Top the eggs with the ham and fold the tortilla in two. Slice the tortilla in half and serve immediately.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	403kcal	23g	35g	19g



Stove Top Baked Beans

Serves 2

25 Minutes

- 1 tbsp. olive oil
- 2 onions, diced
- 2 tbsp. tomato ketchup
- 1 tbsp. tomato puree
- 2 tbsp. barbecue sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. Dijon mustard
- 1 tbsp. maple syrup
- ½ tsp. smoked paprika
- ½ tsp. ground cumin
- 14 oz. (400g) can cannellini beans, drained
- 3.4 fl oz. (100ml) water

Heat the olive oil in a pot and sauté the onions on low-medium heat for about 5 minutes.

In a small bowl, mix together the tomato ketchup, tomato puree, barbecue sauce, Worcestershire sauce, mustard, maple syrup, smoked paprika, cumin, salt and pepper. Add the sauce to the onions and mix well.

Now add the beans and water to the onion mixture and stir until well combined. Simmer the beans for 10 minutes, until the water has reduced. Check for seasoning and add more salt and pepper as required.

Serve the beans with bread or toast (not included in nutritional breakdown).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	267kcal	45g	6g	7g



Chicken Crust Pizza

Serves 4

35 Minutes

1 lb. (450g) ground chicken

2 oz. (57g) mozzarella
cheese, shredded

1 tsp. Italian seasoning

¼ tsp. sea salt

Pizza toppings:

2 fl oz. (120ml) passata

1 mozzarella ball, sliced

handful basil leaves

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper, or a silicone baking mat.

Add the ground chicken, cheese, Italian seasoning and salt to a bowl and mix thoroughly with your hands.

Place the mixture on the prepared baking sheet and spread into a pizza shape about ¼" (½cm) thick. Place into the preheated oven to bake for 20 minutes. If any liquid leaks out of the crust, absorb with kitchen towels.

Remove from the oven and spread the passata on top, then add the mozzarella cheese and bake for a further 10 minutes until the cheese has melted.

Remove from the oven and cool slightly, before topping with fresh basil leaves, slicing and serving.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	273kcal	2g	28g	17g



Chicken Coleslaw Salad

Serves 2

22 Minutes

8.1 oz. (230g) boneless, skinless chicken breast

2 tbsp. olive oil

2 tbsp. lime juice

1 tbsp. tamari sauce

1 tsp. honey

½ tsp. red pepper flakes

6 oz. (170g) red cabbage, shredded

2 carrots, grated

2 green onions, sliced

2 tbsp. cilantro, chopped

1.4 oz. (40g) roasted almonds, chopped

Add the chicken to a pot and cover with 1" (2.5cm) of water. Bring to a boil then reduce the heat to a medium-low. Partially cover the pot with a lid and simmer for 10-12 minutes, or until the chicken is cooked through. Place the cooked chicken into a bowl and shred it with two forks. Set aside to cool.

Meanwhile, place the olive oil, lime juice, tamari, honey and red pepper flakes in a large bowl, and whisk until well combined.

Now add the cabbage, carrots, green onions, cilantro and almonds to the bowls and toss gently to ensure all the ingredients are well coated in the dressing. Stir in the chicken and stir again.

Divide the salad equally between 2 bowls or plates and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	455kcal	21g	32g	27g



Smash Burger Tacos

Serves 4

20 Minutes

- 4 tbsp. mayonnaise
- 1 tbsp. tomato ketchup
- 1 tsp. Dijon mustard
- 1-2 dill pickles, diced
- ½ tsp. hot sauce
- 1 lb. (450g) 95% ground beef
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 4 (6"/15cm) corn tortillas
- 2 slices cheese, cut in half lengthwise
- 2.7 oz. (75g) shredded lettuce
- 1.2 oz. (35g) onions, diced

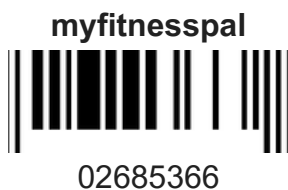
Place the mayonnaise, tomato ketchup, mustard, dill pickles and hot sauce in a small bowl, stir to combine and set aside.

Heat a skillet over medium-high heat.

Season the beef with salt and pepper and divide into 4 even-sized portions. Form burgers with your hands, then place on the hot pan and cook for 2 minutes. Place a tortilla on top of each beef burger and press down to flatten the beef into the shape and size of the tortilla.

Cook for a further 2-3 minutes, until the tortilla is golden brown. Flip each patty over and top with cheese. Once the cheese has melted, and the tortilla has lightly browned, top with lettuce and onions.

Drizzle with the sauce, then remove from the skillet and fold in half like a taco. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	411kcal	14g	28g	27g



Tuna Avo Rice Bowl

Serves 2

10 Minutes

4.8 oz. (135g) can tuna,
drained

½ avocado

4 tbsp. red onion, finely
diced

½ lemon, juiced

1 tsp. red pepper flakes

½ tsp. fennel seeds

1 tbsp. mayonnaise

¼ tsp. sea salt

6.3 oz. (180g) cooked white
rice

2 baby cucumbers, finely
chopped

½ carrot, grated

4 tbsp. chives, finely
chopped

2 tbsp. nori, chopped

Add the drained tuna, avocado, onion, lemon juice, red pepper flakes, fennel seeds, mayonnaise and salt into a bowl and mash with a fork to combine.

Mix in the cooked rice, cucumbers, carrots and chives.

Divide the mixture evenly between 2 bowls and top with the nori.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	365kcal	39g	23g	13g



Korean Beef Salad Wraps

Serves 2

25 Minutes

3.5 oz. (100g) basmati rice

Cook the rice according to package instructions.

4 tbsp. sesame oil

Heat the sesame oil in a skillet and sauté the steaks for 2 minutes on each side, until cooked to medium. Season with salt and pepper to taste and cut into strips

9.2 oz. (260g) beef steak

8 lettuce leaves

Fill the lettuce leaves with a layer of cooked rice, followed by beef strips, then top with kimchi and serve.

6 tbsp. kimchi



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	388kcal	20g	14g	28g



Baked Salmon Rice Waffles

Serves 2

35 Minutes

2x 4.2 oz. (120g) salmon filets

2 tbsp. kecap manis

6.4 oz. (180g) cooked sushi rice

1 tsp. rice wine vinegar

½ tsp. sesame oil

1 cucumber, finely sliced

½ avocado, mashed

2 tbsp. mayonnaise

2 tbsp. hot sauce

1 tsp. sesame seeds

½ lime, juiced

Preheat the oven to 355°F (180°C). Line a baking sheet with baking paper.

Coat the salmon with the kecap manis, place onto the baking sheet and bake in the hot oven for 15 minutes, or until cooked through.

Cook the sushi rice according to packet instructions, once cooked mix in the rice wine vinegar and sesame oil.

Pack the rice into a waffle maker on the highest heat setting and cook for 8 minutes, or until the rice is crispy and slightly browned. Make sure the waffle maker is very full with the rice and press firmly so that it sticks together to form the waffle shape.

Once the salmon is cooked, flake the salmon into bite size pieces using a fork.

Top the crispy rice waffles with the cucumber, avocado, salmon, mayonnaise, hot sauce of choice, sesame seeds and a drizzle over the lime juice.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	475kcal	47g	20g	23g



Baked Chicken with Lemon-Chive Sauce

Serves 2

30 Minutes

For the chicken:

10.6 oz. (300g) boneless, skinless chicken breasts

1 egg

2 tbsp. olive oil

1 tbsp. paprika

1 tbsp. garlic powder

0.7 oz. (20g) all purpose flour

2.1 oz. (60g) breadcrumbs

For the sauce:

2 tbsp. chives, chopped

3.5 oz. (100g) Greek yogurt

½ lemon, juice & zest

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

Cut the chicken breasts into bite-sized strips.

Crack the egg into a bowl and whisk together with 1 tablespoon of the olive oil, salt, pepper, paprika and garlic powder.

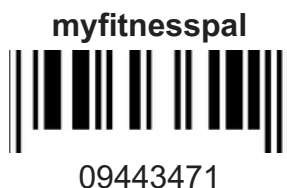
First cover chicken into the flour, then into the egg and spice mixture, and finally into the breadcrumbs.

Place the chicken onto the baking sheet and drizzle over the remaining tablespoon of olive oil. Place the baking sheet into the hot oven and bake the chicken for 7 minutes.

Remove from the oven and flip the chicken pieces over and bake for a further 10 minutes until the chicken is golden and cooked through.

Meanwhile, place the chives, Greek yogurt, lemon juice and ½ of the lemon zest into a bowl, season with salt and pepper and whisk to combine

Serve the chicken immediately, with the lemon-chive dipping sauce.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	555kcal	39g	48g	23g



Spiced Haddock with Quinoa & Raisin Salad

Serves 2

30 Minutes

- 3 oz. (85g) dry quinoa
- 2x 4.9 oz. (140g) haddock filets
- 1 tsp. Italian seasoning
- 1 tbsp. olive oil
- ½ jalapeño pepper, diced
- ½ orange bell pepper, diced
- 1.8 oz. (50g) raisins
- ½ lime, juiced
- 1 tbsp. parsley, chopped, to garnish

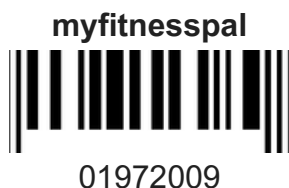
Cook the quinoa according to the package directions. Drain and set aside.

Season the filets all over with the Italian seasoning, salt, and pepper.

Heat half of the olive oil in a skillet over medium heat. Cook the haddock for around 5 minutes on each side or until the fish is cooked through.

In a bowl, mix together the quinoa, jalapeño, bell pepper and raisins. Add the remaining olive oil and lime juice, mix well and season with salt and pepper.

Divide the fish and quinoa evenly between 2 plates. Top with a garnish of parsley and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	450kcal	52g	38g	10g



Salted Caramel Cottage Cheese Ice Cream

Serves 4

4 Hours 5 Minutes

1 lb. (450g) cottage cheese

4 tbsp. honey

½ tsp. vanilla extract

pinch of sea salt

6 medjool dates

Add the cottage cheese, honey, vanilla extract and sea salt to a food processor or blender. Blend until smooth, then add the dates and blend again. You want the dates to be broken up but not fully blended.

Add the mixture to a freezer proof dish, or loaf pan, and freeze for 3-4 hours until ice cream has set.

Before serving, remove from the freezer and set aside to rest for 10-15 minutes.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	289kcal	48g	13g	5g



Protein Peanut Butter Cups

Serves 6

40 Minutes

3 oz. (85g) dark chocolate chips (dairy-free if required)

2 tsp. coconut oil

1 tbsp. almond milk

4.4 oz. (125g) natural peanut butter

1 oz. (30g) vanilla protein powder

½ tsp. vanilla extract

Place the coconut oil and chocolate chips into a small pot and melt over low heat. Remove from the heat before the chocolate chips have fully melted.

Meanwhile, mix together the almond milk, peanut butter, protein powder and vanilla extract. Press the peanut butter mixture into mini silicone muffin molds. Make sure to press down hard so that the mixture sticks together.

Pour the melted chocolate over the top, dividing the chocolate equally between each peanut butter cup. Place into the freezer to set.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	246kcal	11g	10g	18g



Kefir Chia Seed Pudding

Serves 3

2 Hours 10 Minutes

9 tbsp. chia seeds

1 tsp. ground cinnamon

1.5 pt. (720ml) kefir

1 tbsp. maple syrup

2.8 oz. (80g) blueberries

1 peach, diced

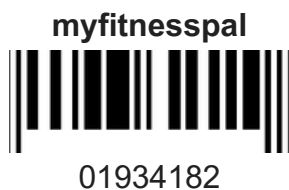
In a large jar or bowl, mix the chia seeds with the ground cinnamon.

In a separate bowl or measuring cup, mix the kefir with the maple syrup.

Pour the kefir mixture over the chia seeds and stir together until well combined. Cover and refrigerate for 2 hours or overnight.

Once the mixture has become a pudding-like texture, remove from the fridge. Give everything a good stir, then portion into jars or bowls.

When ready to serve, divide the blueberries and peaches equally over each of the puddings.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	386kcal	46g	19g	14g