

Egg muffins

Simply make an omelette mixture with eggs and various chopped veggies and ham. Pour mixture into a silicone muffin tray and bake until golden brown. Store in the fridge for 3 days



Shakshuka

Baked egg dish with tomatoes, peppers, onions, herbs and spices

<http://www.ottolenghi.co.uk/shakshuka-shop>



Baked eggs in avocados



Chilli prawns lightly cooked in coconut oil

Store in the fridge for 2 days, eat cold

Prosciutto ham egg nests

Line a silicone baking tray with prosciutto, crack an egg in the middle, season and bake in the oven. Store in the fridge for 2 days, eat cold



Biltong

Chia pudding

Mix 2 tbsp. chia seeds with 200g Total Greek yoghurt and a splash of milk. Put in the fridge for half an hour. Mash in a banana, stir in some Meridian almond butter with coconut oil and some fresh blueberries before eating



No bake natural energy bars

See attached 'key lime bar' recipe



Chocolate nut balls

See attached recipe



Blueberry pancakes made with almond flour (ground almonds) or coconut flour



Apple stack with nut butter

Either make your own or use this Meridian nut butter with coconut oil and spread on to apple slices sprinkled with mixed seeds and dried fruit



Mixed berry and granola yoghurt pots



Oppo ice cream

Can be purchased from Waitrose, Ocado, Holland and Barrett



Protein foods/snacks, savoury:

Biltong
Marinated grilled chicken pieces
Chilli prawns
Chipotle bean chilli with baked eggs
Baked eggs in avocados
Boiled egg snacks
Milk

Protein foods/snacks, sweet:

Total Greek yoghurt with crushed nuts and berries
Homemade protein pancakes
Homemade protein cookies
Homemade protein flapjacks

Healthy savoury snacks:

Crudité (e.g. raw asparagus, carrot, cucumber, pepper sticks) with:
➤ Tzatziki OR beetroot tzatziki
➤ Low fat hummus
➤ Smashed bean dip

Steamed edamame beans (in their pods) with chilli flakes or a small amount of salt

Butternut squash pancakes with feta

Homemade guacamole on Easy Bean chickpea flatbread

Homemade beetroot crisps or roasted vegetable crisps

Food Doctor/Munchy seed savoury seed mix

Spicy chickpeas

Olives



Health juices:

Carrot, ginger and orange



Beetroot, spinach, apples and lemon juice

Green tea, kale, apples, ginger and lime juice

Oranges, beetroot, carrot and mint

Avocados, apples, spinach and lime juice

Cucumber, lime, mint and coconut water

Apples, strawberries, raspberries and lime

Tomato, spinach, cucumber and apple

Spinach/kale with apple, kiwi and coconut water



Healthy sweet snacks:

Grilled bananas in their skin with a few dark chocolate buttons melted

Greek yoghurt with mixed fresh fruit, tahini paste or nut butter and agave nectar

Sweet potato brownies

Chocolate protein nut balls

Choc chip chick pea cookies

Baked apples stuffed with raisins, cinnamon, agave nectar. Served with Greek yoghurt and shavings of dark chocolate

Homemade popcorn sweetened with agave nectar

Blueberry pancakes with Greek yoghurt and mixed berry compote

Healthy blueberry muffins

Healthy Eton mess – 1 meringue crushed over fruit yoghurt with fresh berries