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to healthier, happier you

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week of healthy lunch

- Lose belly fat EASY
- Meals that end cravings
- Enjoy your fav foods

Because delicious food does **NOT make you gain weight** just like a salad **doesn't make you lose it**. Everything depends on **HOW** you cook it.

[ALL MY HEALTHY RECIPES HERE](#)

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Express Noodles (1 portion)

Ingredients:

- 150g raw chicken breast
- 80g cooked rice noodles
- 1 tsp peanut butter
- 1 tsp olive oil
- 1 garlic clove grated
- 1 tsp fresh ginger grated
- 1 tbsp soy sauce
- juice of 1 lime
- 1 scallion chopped
- 1 tsp sesame seeds
- chili flakes to taste
- sea salt to taste

Method:

- Cook the chicken breast in a pan with sea salt and black pepper until golden and cooked through, then shred or cut into cubes and set aside.
- In the same frying pan add peanut butter, garlic, ginger, chili flakes and scallions, then pre-heated olive oil and cook for 1–2 minutes until fragrant and glossy
- Add the soy sauce, lime juice and a splash of water to loosen the sauce.
- Add the cooked rice noodles and chicken, toss everything together until fully coated and warm
- Top with extra scallions, sesame seeds and more lime juice if desired



Tikka Masala (1 portion)

Ingredients:

Marinade:

- 175g of raw chicken or turkey breast / thigh or shrimps or tofu
- 1 cup of 0% fat greek yogurt
- 1/2 lemon juice
- 1/2 tsp of cumin
- 2 tsp of garam masala
- 2 tsp of salt (adjust if need)
- 1 tsp of garlic powder
- 1/2 tsp of red chili powder
- 2 tsp of grated ginger

Serving:

- 100g of cooked rice or 1 naan
- chopped cilantro to garnish

Sauce:

- 1 tbsp of olive oil
- 1/2 onion
- 2 garlic cloves
- 1 cup of tomato sauce / tomato puree
- 1/4 cup of light cream
- 1/4 cup of water
- 1/2 tsp of cumin
- 2 tsp of garam masala
- 1 tsp of garlic powder
- 1/2 tsp of red chili powder
- 1 tsp of salt (adjust if need)

Method:

- In a large bowl, combine all the ingredients for the protein source marinade. Mix well to coat the pieces evenly. Cover and set aside - for a more intense flavor, refrigerate preferably overnight.
- Heat olive oil in a large skillet over medium-high heat and grill the protein source until fully cooked and slightly charred around the edges, Remove from the heat and set aside, reduce the heat, add chopped onion, garlic, ginger paste and spices and sauté until soft and translucent, about 5 minutes.
- Pour in the tomato sauce, light cream, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.
- Add the protein source, and let mixture simmer for about 4-5 minutes. Serve the Tikka Masala hot, garnished with fresh cilantro leaves, pair it with rice or naan bread for a complete meal and ENJOY!



Crispy Cheese Tacos (4 portions)

Ingredients:

- 500g lean ground beef or ground poultry
- 3 small bell peppers finely chopped
- 1 onion finely chopped
- 3 garlic cloves grated or finely chopped
- handful cilantro chopped
- 1 tbsp tomato sauce
- 1 tbsp ketchup
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp paprika
- sea salt
- black pepper

To assemble:

- 4 medium tortilla wraps or 8 taco tortillas
- 120g shredded cheese

Method:

- in a large frying pan over medium high heat add the bell peppers, onion, garlic and cilantro, cook for a few minutes until soft and translucent
- add the cumin, garlic powder, paprika, sea salt and black pepper and mix everything together well, letting the spices toast slightly and release their oils for more flavor
- add the ground beef and cook over medium high heat, continuously mixing and breaking the meat apart so it grills instead of steaming
- once the meat is browned and flavorful add the tomato sauce and ketchup to balance the acidity and keep cooking for a few more minutes until rich and caramelized
- to assemble add shredded cheese and the meat mixture to one side of the tortilla, fold in half and grill in a pan until crispy outside and melted inside (I personally prefer wheat tortillas because corn tortillas break more easily while folding and grilling)
- **The meat prep is perfect for meal prep because once it's ready you can assemble fresh crispy tacos in less than 5 minutes during the week or make so many other dishes using this protein as base.**

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Speedy Coconut Curry (1 portions)

Ingredients:

- 150g of raw shrimp (or chicken, white fish, tofu, seitan)
- 100g of rice (or chickpeas or noodles)
- 1/2 onion
- 2 garlic cloves
- 1 tsp of grated ginger
- 1 chilli pepper (optional)
- 1 tbsp of olive oil
- 2 tsp of curry
- 2 tsp of turmeric
- 1 tsp of salt
- 1 cup of coconut milk
- 1/2 lime zest
- lime juice qb
- cilantro to garnish

Method:

- start by adding olive oil in a skillet or pot over high heat. Add the shrimp and grill until they turn pink and opaque, about 3-5 minutes. Be careful not to overcook. Remove and set aside.
- In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, grated ginger, sliced chilli pepper the curry and turmeric and sauté until fragrant and onion is translucent, about 2-3 minutes.
- Pour in the coconut milk, the lime juice, lime zest, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.
- Add the shrimp and once the shrimp are cooked through, remove the pot from the heat. Taste and adjust the seasoning if necessary. Serve the this speedy coconut curry hot over cooked rice, garnish with fresh cilantro leaves for added flavor and freshness. ENJOY!

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Sheet Pan Kebab (4 portions)

Ingredients:

- 500g extra lean ground beef (5% fat)
- 1 bell pepper
- 1/2 onion
- 2 garlic cloves
- handful of cilantro
- handful of mint
- 1 tbsp tomato paste
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp sumac (or lemon zest)
- sea salt
- 1 green pepper
- 1 tomato
- 1/2 onion
- 1/2 lemon
- 1 tsp olive oil
- sea salt

Fresh salad:

- 1 tomato finely chopped
- 1/4 onion finely chopped
- small handful cilantro chopped
- small handful mint chopped
- juice of 1/2 lemon
- sea salt

Yogurt sauce:

- 200g 0% Greek yogurt
- juice of 1/2 lemon
- 1 small garlic clove grated or crushed
- sea salt

To serve:

- 4 small flatbreads

Method:

- preheat your oven or air fryer to 200°C / 400°F
- blend the bell pepper, onion, garlic, cilantro and mint until smooth, then strain to remove excess liquid
- in a large bowl add the ground beef, strained veggie, tomato paste, spices and sea salt, mix until fully combined
- in a sheet pan spread the meat onto the tray and with the help of a spatula divide it into lines to create your kebabs
- add the green pepper, tomato and onion, drizzle with olive oil, lemon juice and sea salt
- bake for 20–25 minutes or until cooked through and juicy. If you want more color, broil for the last 3–5 minutes
- in the meantime make the salad by mixing chopped tomatoes, onion, cilantro, mint, lemon juice and salt in a bowl
- make the yogurt sauce by mixing the Greek yogurt with lemon juice, garlic and sea salt until smooth and creamy
- heat your flatbread, dip it lightly into the meat juices from the tray, then assemble with yogurt sauce, kebab, fresh salad and roasted veggies.

and if you feel like you need more help
and **someone to guide you**
on how to eat, how to train, how to progress,
what to adjust and how to **make your body respond**
that's what my 1:1 coaching is for

message me **COACHING**