THE CHARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

THE CHARITY RUNNER

@ PHILROBERTON

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"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

Phil Roberton

Phil Roberton

Coach



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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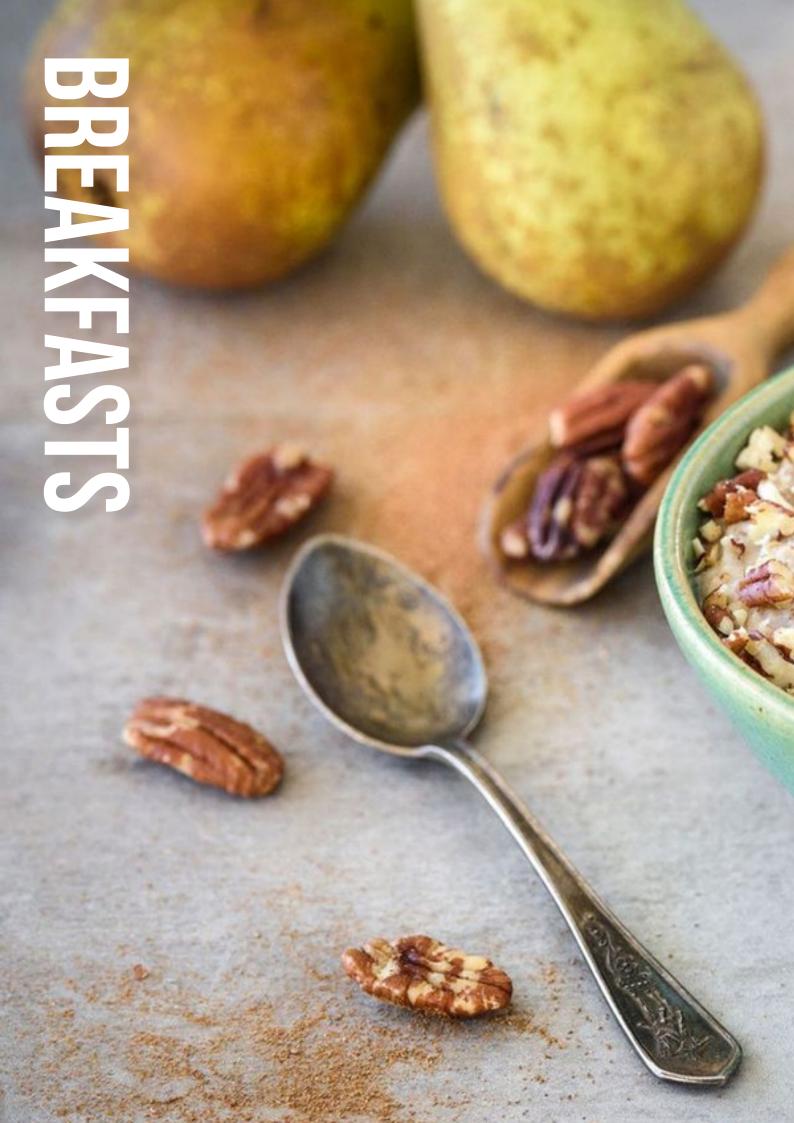






QUICK









STRAWBERRY BANANA SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

300g strawberries

2 frozen **bananas**

2 scoops vanilla protein powder (vegan if required)

500ml almond milk

INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth. Divide between 2 tall glasses.

MACROS PER PORTION				
CALORIES	294	PROTEIN	30	
CARBS	37	FATS	4	
FIBRE	6			

GREEN JUICE

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 stalks celery
1 small cucumber
1 small green apple
1/2 lime, juiced
1 x 2cm piece ginger

INSTRUCTIONS

Add all ingredients to a juicer, transfer to a glass and serve with ice.

If you don't have a juicer, add all ingredients to a blender. Once blended, strain through a mesh cloth to remove the foamy/chunky bits.

MACROS PER PORTION				
CALORIES	85	PROTEIN	2	
CARBS	18	FATS	1	
FIBRE	4			



PEAR PIE PORRIDGE

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

45g **rolled oats** (gluten free if required) 125ml **oat milk** (gluten free if required)

1/2 tsp cinnamon

1/2 tsp nutmeg

1 **pear**, grated

20g pecans

INSTRUCTIONS

Place all ingredients in a small saucepan and bring to a boil.

Simmer for 3-4 minutes or until thickened.

Transfer to a serving bowl and top with pecans.

MACROS PER PORTION				
CALORIES	456	PROTEIN	9	
CARBS	61	FATS	19	
FIBRE	11			



TOFU BREAKFAST BOWL

SERVES: 2

TOTAL TIME: 45 MINUTES

INGREDIENTS

300g firm tofu, cut into cubes

2 tbsp olive oil

1 tbsp tamari

1 courgette, diced

1 red bell pepper, diced

1/2 broccoli, grated

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Prepare the tofu by placing it in between two sheets of paper towel. Gently push on the tofu to drain out the excess water.

Place half the olive oil and tamari in a medium-sized bowl, add the tofu and toss to coat well. Transfer tofu to the baking tray. Place in the oven and cook for 25-30 minutes.

Meanwhile, heat the remaining olive oil in a medium-sized frying pan.

Add the courgette and bell pepper and cook for 5 minutes. Stir through the grated broccoli and cook for another 2 minutes.

Transfer vegetables to 2 serving bowls and top with tofu.

MACROS PER PORTION				
CALORIES	378	PROTEIN	24	
CARBS	13	FATS	26	
FIBRE	5			



BREAKFAST SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

4 vegetarian sausages

1 bunch **kale**

300g cherry tomatoes

For the dressing:

2 tbsp olive oil

2 tsp apple cider vinegar

1 tsp honey

1 tsp **Dijon mustard**

Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

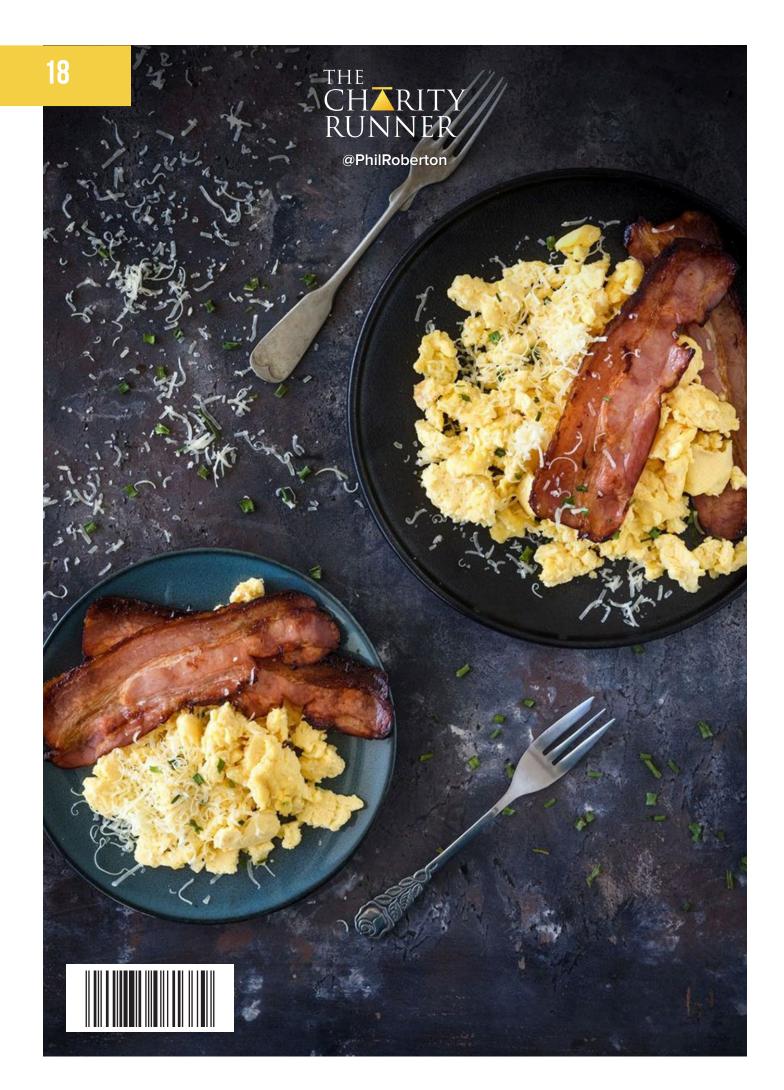
Place the sausages on the tray and cook for 16-18 minutes.

Toss the kale and tomatoes together in a medium-sized bowl.

Add all the dressing ingredients to a small bowl and whisk to combine. Pour the dressing all over the kale and tomatoes.

Divide salad between 2 plates and serve with sausages.

MACROS PER PORTION				
CALORIES	368	PROTEIN	13	
CARBS	20	FATS	25	
FIBRE	8			



BACON & SCRAMBLED CHEESY EGGS

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

8 rashers bacon

8 eggs

2 tbsp milk

2 tsp **butter**

120g cheddar cheese, grated

2 tbsp chives

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray. Place bacon on the tray and cook for 15-20 minutes or until crispy.

Meanwhile, whisk together the eggs, milk and cheese.

Add the butter to a large frying pan and bring to medium heat. Pour the eggs into the frying pan and gently fold them around the pan. Remove eggs when they're just slightly underdone.

Divide the eggs and bacon between 4 plates and sprinkle with chives.

MACROS PER PORTION				
CALORIES	444	PROTEIN	31	
CARBS	1	FATS	35	
FIBRE	0			



CREAMY FRUIT SALAD

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

1 large banana, chopped
1 red apple, chopped
1 orange, chopped
200g strawberries, chopped
140g Greek yoghurt
1 tbsp honey

INSTRUCTIONS

Mix together the Greek yoghurt and honey.

Add the fruit and toss to combine.

Divide between 2 bowls.

MACROS PER PORTION				
CALORIES	282	PROTEIN	6	
CARBS	54	FATS	6	
FIBRE	8			







NANDOS SWEET POTATO CHIPS

SERVES: 4

TOTAL TIME: 60 MINUTES

INGREDIENTS

400g sweet potato, cut into 1cm thick chips

2 tbsp olive oil

80g coconut flour

2 tbsp Nandos seasoning

2 tbsp arrowroot flour

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line 1-2 baking trays with baking paper.

Toss the sweet potato chips in the olive oil.

In a separate bowl mix together the coconut flour, Nandos seasoning and arrowroot flour.

Cover the chips in the flour mix and place on the baking tray.

Cook for 18-20 minutes, remove from the oven and flip, return to the oven and cook for another 18-20 minutes.

Season with salt & pepper and serve hot.

MACROS PER PORTION				
CALORIES	259	PROTEIN	5	
CARBS	33	FATS	10	
FIBRE	12			



SAVOURY CHEDDAR & CHIVE SCONES

SERVES: 6

TOTAL TIME: 50 MINUTES



INGREDIENTS

1 courgette, grated 187g wholemeal flour 3/4 tsp baking powder 240g sour cream 90g cheddar cheese 12g fresh chives

Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/390°F/gas 6. Line a square baking dish with baking paper.

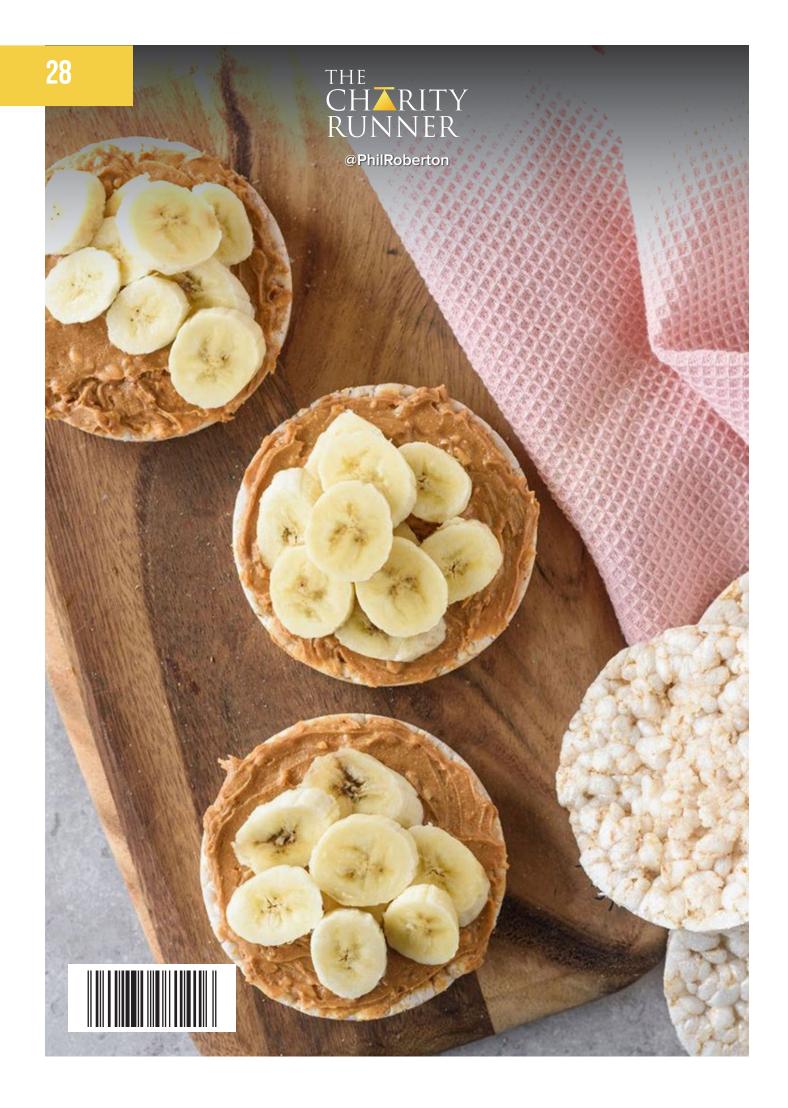
Place all ingredients into a large bowl and mix to combine.

Lightly flour a large bench surface and place scone dough on the bench. Knead the dough for about 40 seconds. Transfer to the prepared baking dish and score with a knife into six scones. (don't cut all the way through)

Place in the oven and cook for 25 minutes.

Transfer to a cooling rack and cool for 10 minutes before serving.

MACROS PER PORTION				
CALORIES	246	PROTEIN	10	
CARBS	24	FATS	13	
FIBRE	2			



SWEET RICE CAKES

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 rice cakes

2 tbsp **peanut butter**

1 banana, thinly sliced

INSTRUCTIONS

Spread each rice cake with peanut butter and top with banana slices.

MACROS PER PORTION				
CALORIES	346	PROTEIN	12	
CARBS	43	FATS	15	
FIBRE	6			



POTATO CAKES

SERVES: 8

TOTAL TIME: 20 MINUTES

INGREDIENTS

625g mashed potato (chilled)

100g cheese

85g flour

1 egg

3 tbsp milk

1/2 tsp onion powder

60ml tbsp **olive oil**

INSTRUCTIONS

Mix all ingredients besides the oil in a large mixing bowl.

Heat the oil in a large frying pan over medium heat. Use a tablespoon to transfer the potato mix to the the frying pan. Spread each one out with the back of your spoon.

Cook for about 4 minutes each side or until golden. (add more olive oil as you need)

Serve with a little chutney or sweet chilli sauce.

MACROS PER PORTION				
CALORIES	217	PROTEIN	7	
CARBS	21	FATS	12	
FIBRE	2			



TUNA CUPS

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

300g tuna in springwater, drained

1 medium avocado

2 tbsp mayonnaise

1 tbsp lemon juice

1 tsp Dijon mustard

2 tomatoes, diced

1/2 red onion, diced

100g tinned sweetcorn

8 iceberg lettuce leaves

INSTRUCTIONS

Place the tuna and avocado in a large mixing bowl. Mash up the tuna chunks and avocado with a wooden spoon and mix to combine.

Next, stir through the mayonnaise, lemon juice and Dijon mustard.

Gently stir through the tomato and red onion.

Divide the tuna mix between the lettuce cups and season with a little salt & cracked pepper.

MACROS PER PORTION				
CALORIES	249	PROTEIN	21	
CARBS	9	FATS	14	
FIBRE	3			



BEET & BUCKWHEAT SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

70g buckwheat

2 tbsp **olive oil**

12 cooked pickled beetroots, quartered

120g soft goats cheese

15g fresh parsley, leaves picked

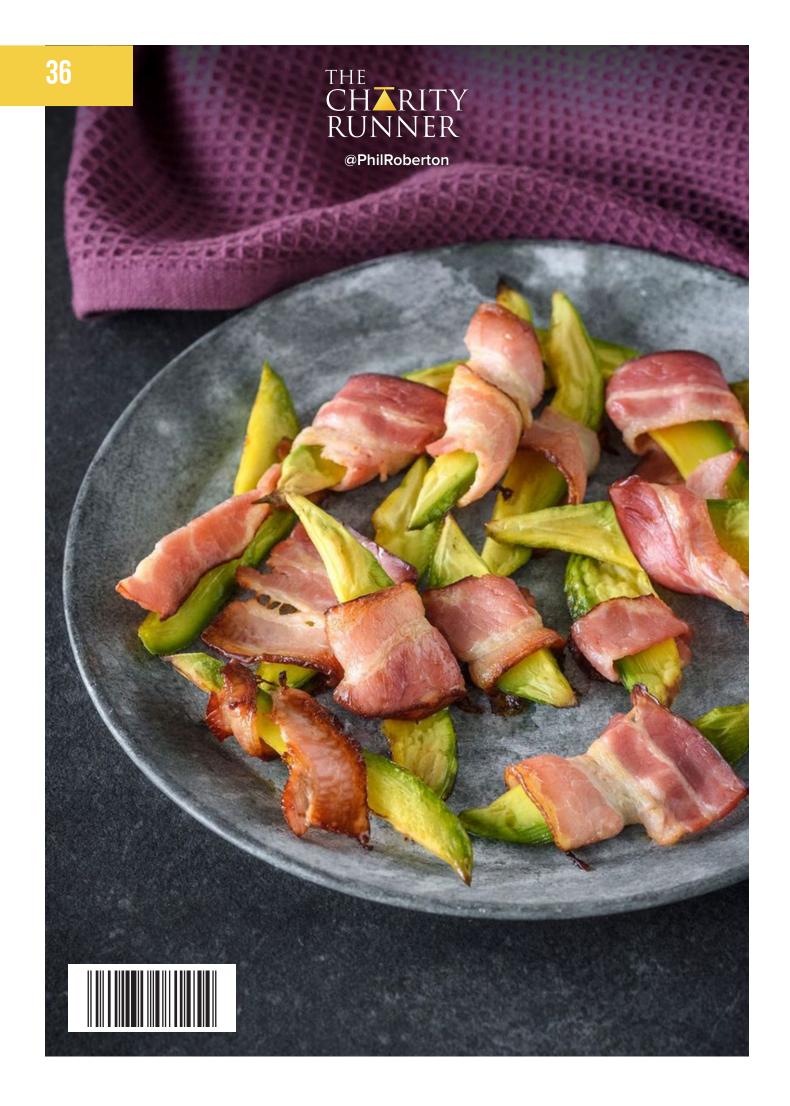
INSTRUCTIONS

Start by cooking the buckwheat according to packet instructions. Once cooked, drain, cool and add to a medium-sized bowl. Add olive oil and toss to coat.

Stir through the beetroot, goats cheese and parsley.

Season with salt & cracked pepper.

MACROS PER PORTION			
CALORIES	270	PROTEIN	9
CARBS	26	FATS	14
FIBRE	4		



BACON AVOCADO CHIPS

SERVES: 6

TOTAL TIME: 25 MINUTES



INGREDIENTS

2 **avocados**, cut into 1cm thick slices 12 slices **bacon**

INSTRUCTIONS

Preheat oven to $220^{\circ}\text{C}/425^{\circ}\text{F/gas}$ 7. Line a baking tray with baking paper.

Wrap each slice of avocado in bacon and place them on the tray seam side down.

Place in the oven and cook for 15 minutes or until crispy.

MACROS PER PORTION				
CALORIES	200	PROTEIN	11	
CARBS	1	FATS	17	
FIBRE	2			







CHICKEN PASTA SALAD

SERVES: 6

TOTAL TIME: 45 MINUTES



INGREDIENTS

2 tbsp olive oil

250g chicken breast, sliced

1 red bell pepper, diced

250g cherry tomatoes, diced

200g sweet corn

3 sprigs spring onion, thinly sliced

500g penne pasta (gluten-free if required)

For the dressing:

180g Greek yoghurt

2 tbsp mayonnaise

1 tbsp lemon juice

2 tsp white vinegar

2 tsp Dijon mustard

1 tsp dried oregano

Salt & cracked pepper

INSTRUCTIONS

Start by Cooking the pasta according to packet instructions. Once cooked, drain and run under cold water.

Next, heat the oil in a medium-sized frying pan. Add the chicken and cook for 7 minutes or until fully cooked. Set aside and allow to cool.

Make the dressing by adding all ingredients to a bowl and whisking to combine.

Toss the cooked and cooled pasta and chicken together with the bell bepper, cherry tomatoes sweet corn and spring onion.

Add the dressing and toss to coat.

Keep refrigerated until serving.

MACROS PER PORTION				
CALORIES	467	PROTEIN	26	
CARBS	66	FATS	11	
FIBRE	3			



MOROCCAN SOUP

SERVES: 5

TOTAL TIME: 140 MINUTES



INGREDIENTS

1 tbsp **olive oil**

850g lamb, cut into cubes

1 brown onion, diced

1 large carrot, diced

2 stalks celery, diced

2 cloves garlic, minced

2 tsp ground turmeric

1 tsp paprika

1/2 tsp cinnamon

1/2 tsp ground ginger

2 x (400g) tinned chopped tomatoes

1L chicken stock

180g dried red lentils

INSTRUCTIONS

Heat the oil in a large deep pot. Add the lamb and cook for about 3 minutes or until browned.

Reduce the heat to medium, add the onion, carrot and celery and cook for 5 minutes.

Next, add the garlic and spices and cook for 2-3 minutes or until fragrant.

Add the tomatoes, stock and lentils and bring to a boil.

Reduce to a simmer and cook covered on a low heat for 1 1/2 hours.

Remove the lid and cook for another 20-30 minutes to allow the soup to thicken a little more.

Serve with Greek yoghurt, optional.

MACROS PER PORTION				
CALORIES	436	PROTEIN	52	
CARBS	35	FATS	11	
FIBRE	7			



PASTA PRIMAVERA

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

350g Farfalle pasta (gluten-free if required)

200g asparagus, chopped

130g frozen green peas

175g Greek yoghurt

2 tbsp lemon juice

4 tbsp Parmesan

INSTRUCTIONS

Start by cooking pasta according to packet instructions. Drain and set aside.

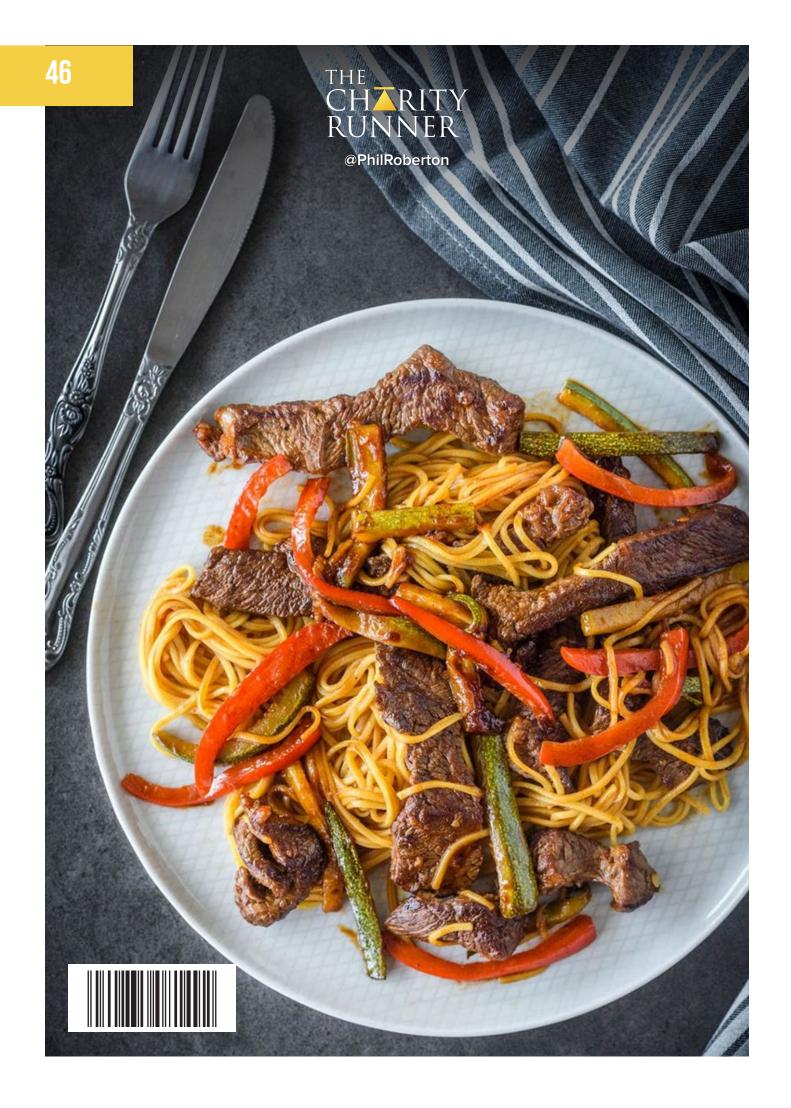
Bring a separate pot of water to boil, add the asparagus and peas and simmer for 3-4 minutes.

Meanwhile, in small bowl, mix together the yoghurt, lemon juice and parmesan.

Toss the vegetables and sauce through the pasta.

Divide between 4 bowls and season with salt & cracked pepper.

MACROS PER PORTION				
CALORIES	425	PROTEIN	22	
CARBS	67	FATS	7	
FIBRE	5			



HOKKIEN NOODLES WITH BEEF

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

450g Hokkien noodles

2 tbsp peanut oil

350g beef strips

2 cloves garlic, minced

1 long red chilli, deseeded and sliced

2 tbsp red curry paste

1 courgette, cut into matchsticks

1 red bell pepper, cut into matchsticks

1 tbsp **fish sauce**

1 tbsp lime juice

125ml water

INSTRUCTIONS

Cook the noodles according to packet instructions. Drain and set aside.

Heat 1 tbsp oil over high heat in a large frying pan. Cook the beef for 3-4 minutes. Remove from the pan and set aside.

Add the remaining oil, garlic, chilli and curry paste and heat for 1 minute. Add the courgette and bell pepper and cook for 3-4 minutes. Return the beef to the pan, along with the fish sauce, lime juice and water. Cook for another 3 minutes.

Toss the noodles through and heat for a further minute.

Divide between 4 bowls.

MACROS PER PORTION				
CALORIES	382	PROTEIN	28	
CARBS	31	FATS	17	
FIBRE	5			



WHITE FISH HOTPOT

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tbsp **olive oil**

2 cloves garlic, minced

1 long red chilli, deseeded and diced

1 brown onion, diced

1 tsp **paprika**

1/2 tsp turmeric

500ml passata

250ml chicken stock

85g rice noodles

500g white fish

15g coriander, leaves picked

INSTRUCTIONS

Preheat oven to 220°C/425°F/gas 7.

Heat the oil in a large oven-proof pot. Saute the garlic, chilli and onion for 2-3 minutes.

Next, add the paprika, turmeric, passata and chicken stock and bring to a boil.

Reduce heat to medium and stir in the fish.

Cover with a lid, place in the oven and bake for 15 minutes or until fish is cooked and easily flakes off with a fork.

Serve straight from the pot and garnish with fresh coriander.

MACROS PER PORTION				
CALORIES	366	PROTEIN	37	
CARBS	38	FATS	7	
FIBRE	3			



GREEN STIR-FRY

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

100g brown rice (uncooked)

1 tbsp coconut oil

2 tsp fresh ginger, minced

1 clove garlic, minced

1 tsp chili flakes

200g mangetout, sliced

100g green beans, sliced

1 bunch bok choy, sliced

4 tbsp cashew nuts, chopped

INSTRUCTIONS

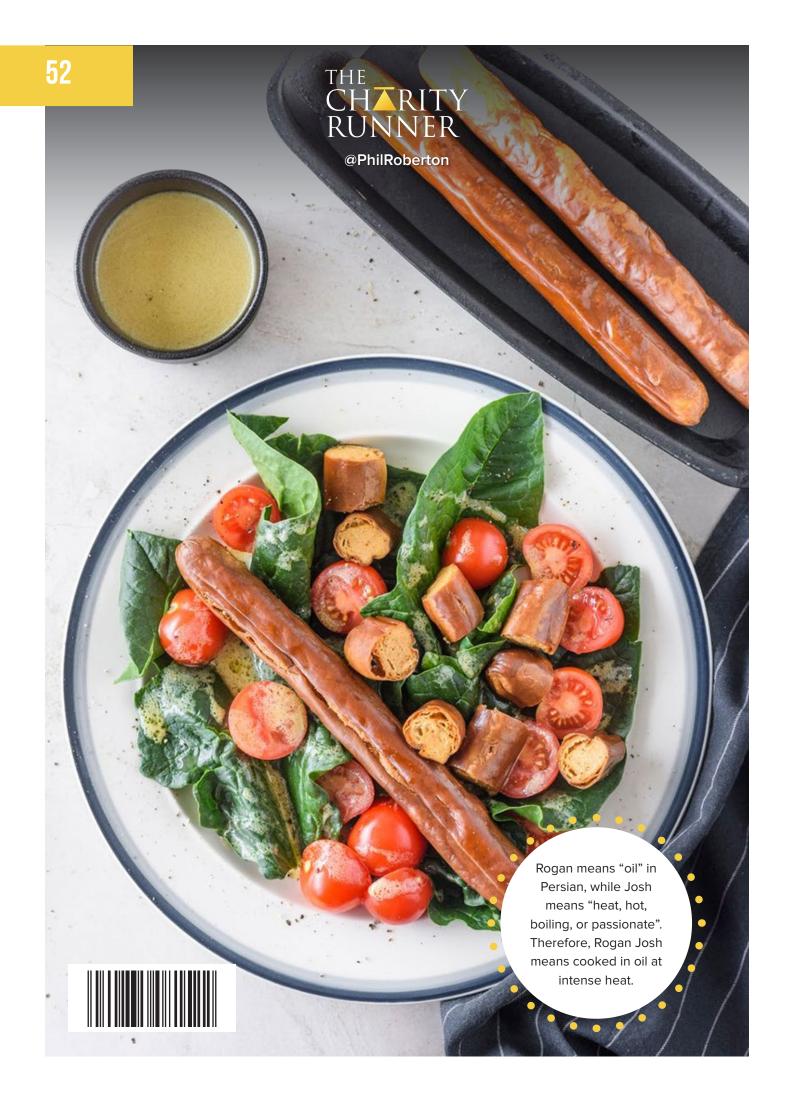
Start by cooking rice according to packet instructions.

Heat oil in a large wok. Add ginger, garlic and chilli flakes and cook for 1 minute.

Add mangetout and beans and cook for 2-3 minutes. Next, add the bok choy and cook for another 1-2 minutes.

Serve stir fried greens on top of rice and sprinkle with cashew nuts.

MACROS PER PORTION					
CALORIES	392	PROTEIN	14		
CARBS	49	FATS	16		
FIBRE	7				



VEGETARIAN ROGAN JOSH

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

2 tbsp olive oil

1 medium butternut squash, cut into small chunks

1 brown onion, diced

1 head broccoli, florets chopped

1 large carrot, sliced

2 cloves garlic, minced

3 tbsp rogan josh paste

1 x (400g) tin chickpeas

1/2 bunch coriander, leaves picked

250g natural yoghurt

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the sweet potato in 1 tbsp olive oil and lay on the baking tray. Place in the oven and cook for 30-35 minutes.

Meanwhile, heat the remaining olive oil in a large fry pan. Add the onion and cook for 5 minutes or until translucent. Add the broccoli and carrot and cook for 2-3 minutes.

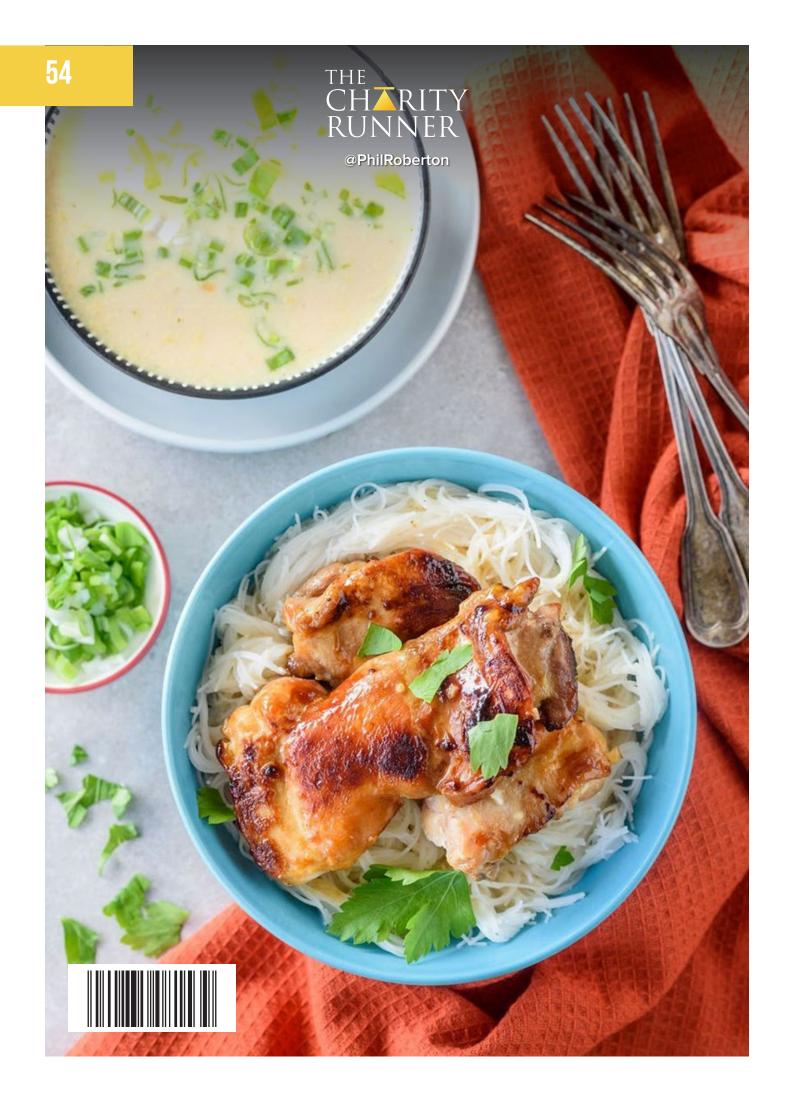
Next, add the garlic, rogan josh paste, chickpeas (including the liquid) and 175ml water.

Place the lid on and cook for 15 minutes, stirring occasionally. Take the lid off and cook for another 5-10 minutes or until thickened.

Stir through the sweet potato and remove from the heat.

Serve with Greek yoghurt and fresh coriander.

MACROS PER PORTION				
CALORIES	415	PROTEIN	20	
CARBS	44	FATS	18	
FIBRE	13			



RED CURRY CHICKEN

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

300g fresh rice noodles

1 tbsp olive oil

4 chicken thighs

2 tbsp **honey**

For the curry **sauce**:

2 tbsp red curry paste

1 clove garlic, minced

3 springs spring onion, diced

125ml chicken stock

200ml coconut milk

INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Place the chicken thighs in a large frying pan, skin side down. Drizzle with olive oil, salt & cracked pepper. Turn the chicken thighs every minute or so for about 15 minutes or until cooked. Half way through cooking, drizzle both sides of the chicken with honey.

Meanwhile, make the curry sauce by heating all ingredients in a small saucepan. Allow to simmer for about 5 minutes but don't let it boil.

Divide the noodles between 2 bowls, top with chicken and drizzle with curry sauce.

MACROS PER PORTION					
CALORIES	413	PROTEIN	20		
CARBS	30	FATS	24		
FIBRE	3				



DIJON BAKED SALMON

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

2 large salmon fillets

1 tbsp fresh parsley

1 tbsp lemon juice + 4 lemon slices

2 tsp Dijon mustard

1 tsp olive oil

Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 220°C/425°F/gas 7 and line a baking tray with baking paper. Place the salmon fillets skin side down in the pan.

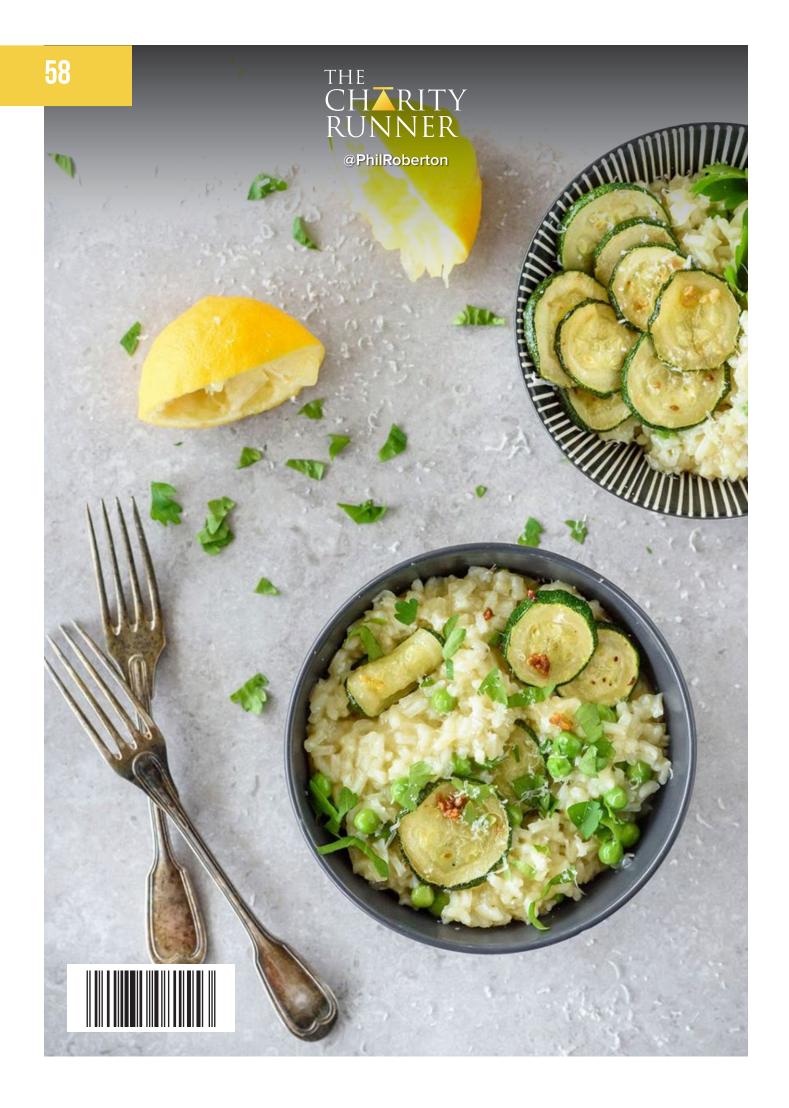
In a small bowl, mix together the parsley, lemon juice, Dijon, olive oil, salt & cracked pepper.

Spread the marinade all over the salmon and top with lemon slices.

Place in the oven and cook for 12-15 minutes or until cooked to your liking.

Serve with an easy green side salad.

MACROS PER PORTION				
CALORIES	363	PROTEIN	37	
CARBS	1	FATS	23	
FIBRE	1			



COURGETTE RISOTTO

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

1 tbsp olive oil

1 brown onion, diced

2 tbsp fresh dill

300g risotto rice

125ml white wine

1 vegetable stock cube

500g courgette, sliced

2 cloves garlic, minced

100g green peas

40g vegan cheese

1/2 **lemon**, juiced

1/2 small bunch parsley

INSTRUCTIONS

Add 1/2 a tbsp oil to a large saucepan. Add the onion and cook for 5 minutes or until translucent.

Next, add the dill and risotto rice and cook for 1 minute.

Pour in the wine and stock cube and stir until the wine has absorbed.

Now, you'll need to add boiling water and regularly stir for about 20 minutes. You will need about a 1L in total, but add 1 cup at a time and give the rice a stir every minute or so.

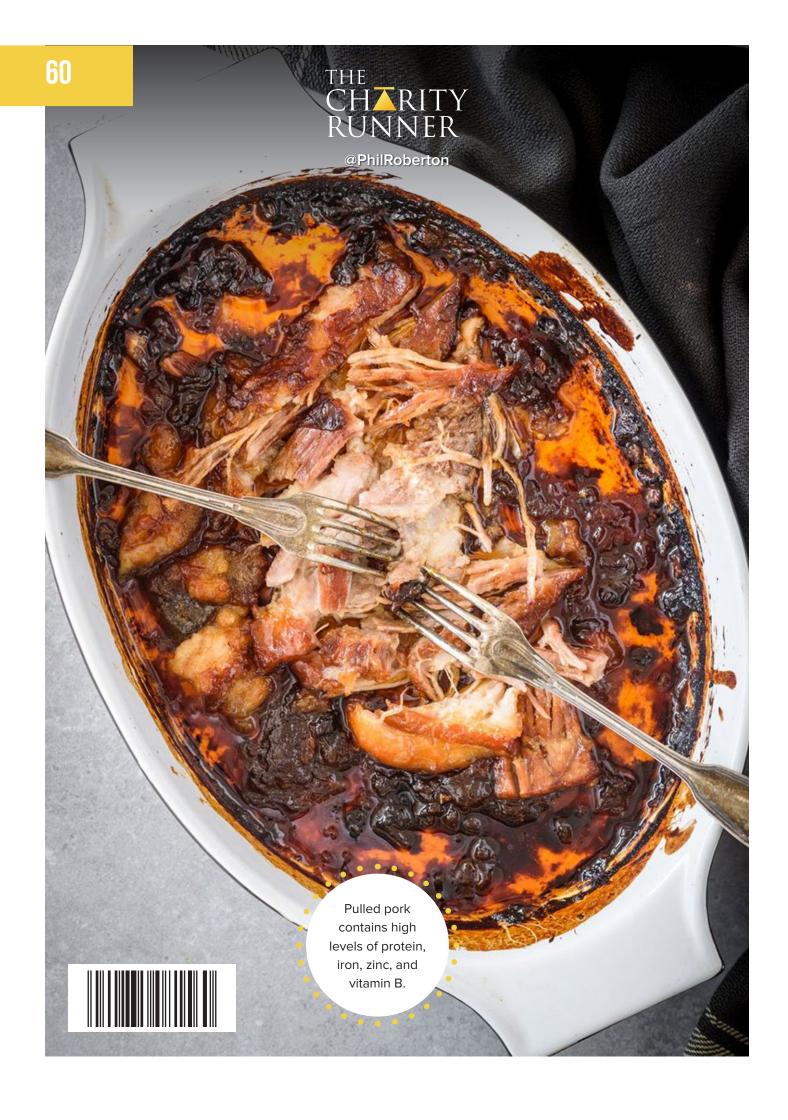
In a separate fry pan and the remaining half tbsp of oil, along with the courgette and garlic. Stir fry for about 5 minutes or until courgette has become tender.

Add courgette to the risotto, along with the green peas, cheese and lemon juice.

Sprinkle half the parsley into the risotto and season with salt & cracked pepper.

Divide between 4 bowls and serve with extra fresh parsley.

MACROS PER PORTION				
CALORIES	427	PROTEIN	12	
CARBS	70	FATS	8	
FIBRE	7			



SLOW COOKER PULLED PORK

SERVES: 6

TOTAL TIME: 6.5 HOURS





INGREDIENTS

2 tsp olive oil

450g pork shoulder

1 onion, diced

250ml barbeque sauce

125ml apple cider vinegar

125ml chicken stock

60ml honey

1 tsp chilli powder

1 tsp garlic powder

1 tsp dried thyme

Salt & cracked pepper

INSTRUCTIONS

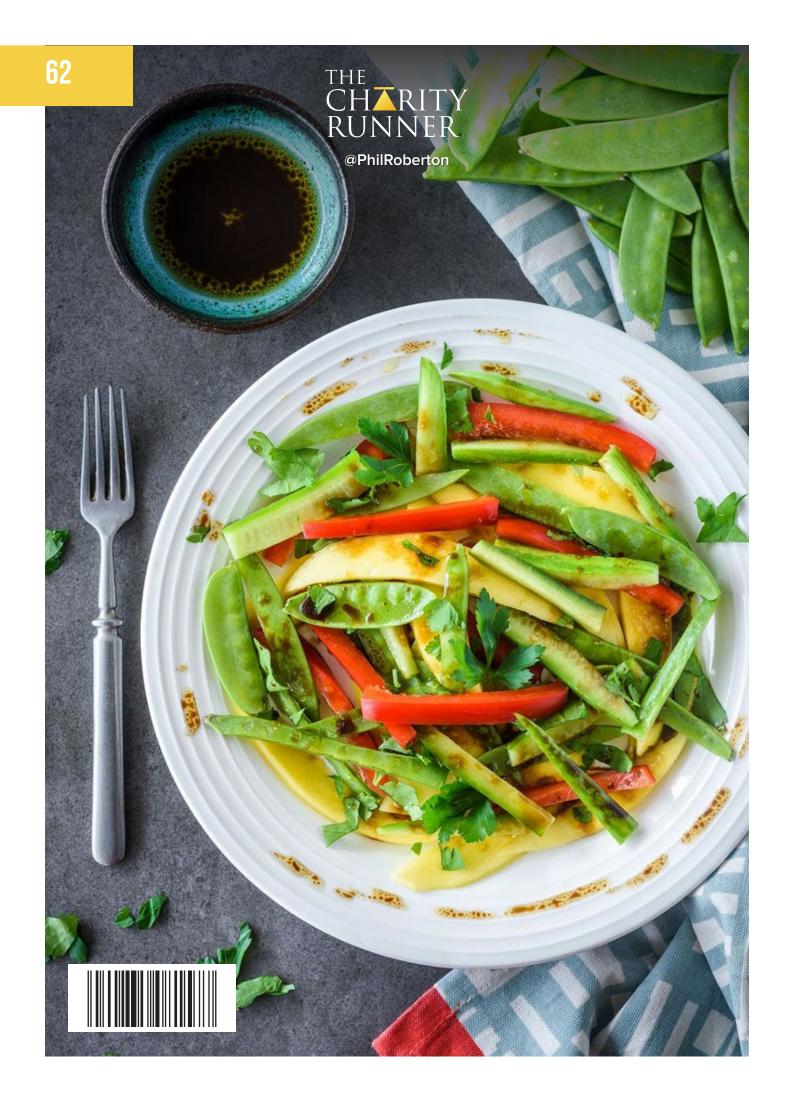
Firstly pour the oil in the bottom of the slow cooker and place the pork on top.

Add all ingredients and give it a quick stir.

Cover and cook on high for 6 hours.

Once cooked, break apart the pork using two forks.

MACROS PER PORTION					
CALORIES	318	PROTEIN	21		
CARBS	29	FATS	13		
FIBRE	1				



MANGO SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

For the **salad**:

2 large mangos, sliced

1 **red bell pepper**, sliced into matchsticks 1 large **cucumber**, sliced into matchsticks

200g mangetout, sliced

100g bean shoots

1 long red chili, sliced

15g coriander, leaves picked

For the dressing:

3 tbsp lime juice

1 tbsp **tamari**

2 tsp sesame oil

1 tsp maple syrup

INSTRUCTIONS

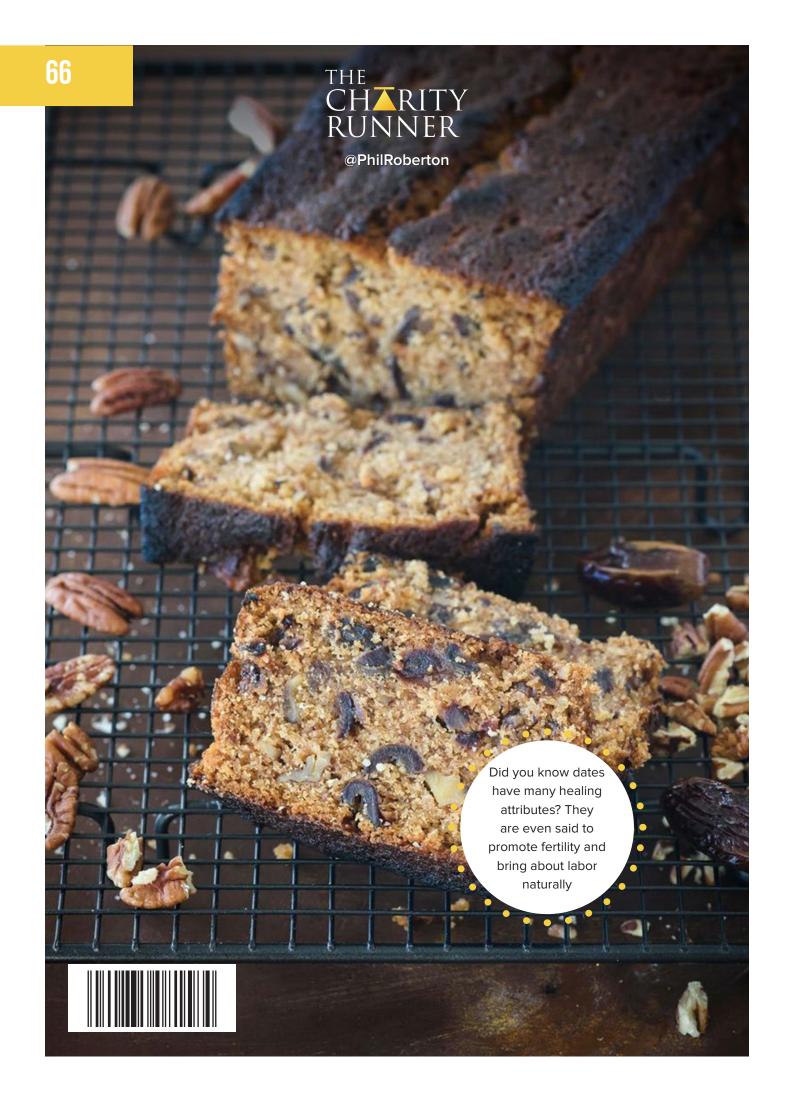
Add all salad ingredients to a large serving bowl and toss to combine.

Make the dressing by adding all ingredients to a jar and shake for 2 minutes or until well combined.

MACROS PER PORTION			
CALORIES	328	PROTEIN	10
CARBS	61	FATS	6
FIBRE	13		







DATE LOAF

SERVES: 10

TOTAL TIME: 60 MINUTES



INGREDIENTS

225g dates, chopped 60g butter 255g maple syrup 250ml boiling water 200g self-raising flour 1 tsp bicarbonate soda 50g walnuts, chopped

INSTRUCTIONS

Preheat oven to $180^{\circ}\text{C}/350^{\circ}\text{F/gas}$ 5. Grease a loaf tin with a little butter.

Place dates, butter and maple syrup in a large mixing bowl

Pour boiling water into the bowl and stir until butter has melted

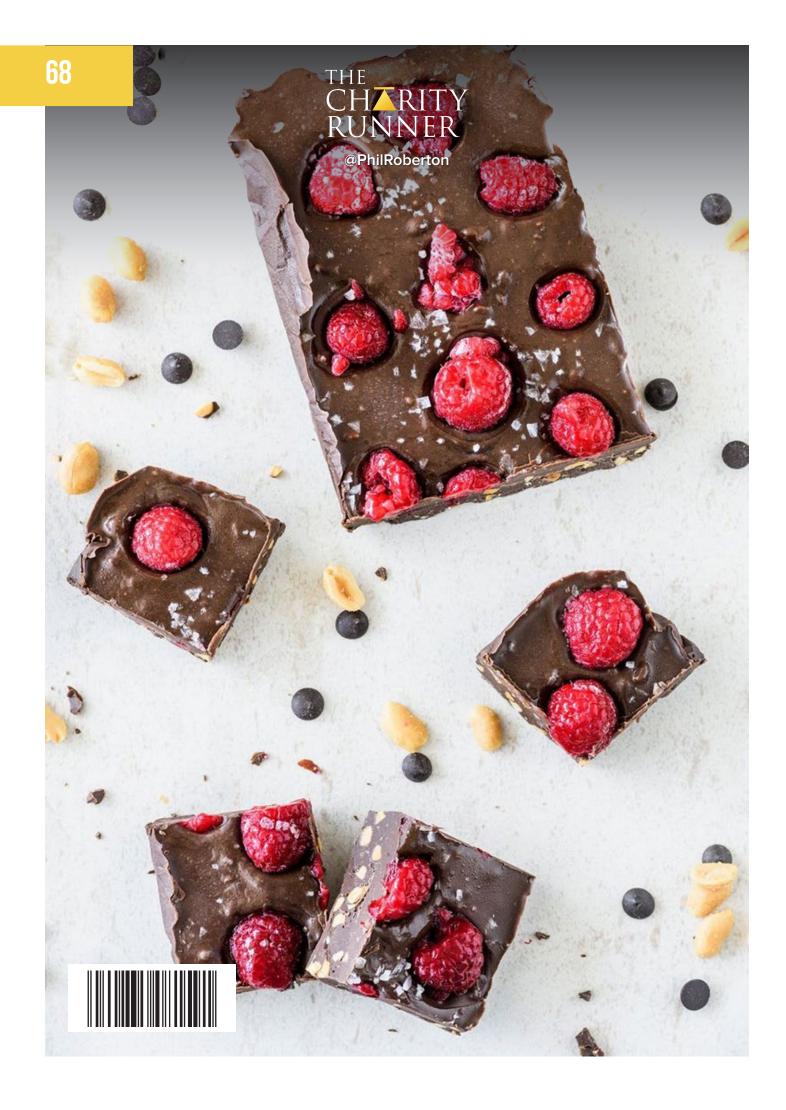
Add the flour and bicarbonate soda and mix until combined.

Finally stir through the walnuts.

Transfer the mixture to the prepared pan, place in the oven and cook for 35-40 minutes.

Allow to cool on a cooling tray for 10 minutes before serving.

MACROS PER PORTION			
CALORIES	275	PROTEIN	3
CARBS	47	FATS	9
FIBRE	2		



RASPBERRY PEANUT BUTTER FUDGE

SERVES: 16

TOTAL TIME: 10 MINUTES (PLUS

3 HOURS RE-FRIGERATION)



INGREDIENTS

175g chocolate chips 130g peanut butter 16 frozen raspberries 1 tsp sea salt flakes

INSTRUCTIONS

Place the chocolate chips and peanut butter in a microwave safe bowl. Heat in the microwave in 20 second increments, stirring each time.

Transfer the fudge mixture to a loaf pan, lined with baking paper.

Gently place the raspberries on top of the mixture and sprinkle with sea salt flakes.

Place in the freezer for 3 hours or until fully set.

Cut into 16 serves and store in an airtight container in the fridge.

MACROS PER PORTION			
CALORIES	108	PROTEIN	3
CARBS	8	FATS	7
FIBRE	1		



GOLDEN BANANA NICE CREAM

SERVES: 4

TOTAL TIME: 1.5 HOURS



INGREDIENTS

6 frozen **bananas**

250g natural yoghurt

1 tbsp **golden syrup**

8 Digestives, crumbled

INSTRUCTIONS

Place bananas, yoghurt and golden syrup in a blender or processor and blitz until combined.

Place in a freezer safe dish for 1 hour or until you're ready to serve.

Divide between 4 bowls and top with crumbled biscuits.

MACROS PER PORTION			
CALORIES	389	PROTEIN	8
CARBS	73	FATS	10
FIBRE	7		



ETON MESS

SERVES: 6

TOTAL TIME: 20 MINUTES



INGREDIENTS

500g heavy whipping cream 1/2 tsp vanilla extract 300g blackberries 20 mini meringue shells

INSTRUCTIONS

Using an electric mixer, whip the cream.

Place half the berries in a bowl and mash with a fork. Pour the berries into the whipped cream and mix to combine.

Next, crush half the meringues and mix these in with the cream and berries.

Transfer the cream mixture to four dessert bowls, top with remaining berries and meringues.

MACROS PER PORTION			
CALORIES	359	PROTEIN	1
CARBS	18	FATS	28
FIBRE	2		

