

# THE CH<sup>▲</sup>ARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

## THE CHARITY RUNNER

@PHILROBERTON

# THE CHARITY RUNNER

# THE CHARITY RUNNER

"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 Robertson*

**Phil Robertson**

Coach





# THE CH<sup>▲</sup>ARITY RUNNER

## 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.

# CONTENTS

## BREAKFASTS

Cherry Ripe Smoothie 8  
Berry Bowl 10  
Eggs with Hollandaise 12  
Miso Mushrooms on Toast 14  
Basil Eggs 16  
Overnight Espresso oats 18  
Almond Butter Pancakes 20

## SIDES & SMALL PLATES

Asparagus and Brie Crostini 24  
Parsnip Chips 26  
Watermelon Salad 28  
Stuffed Tomatoes 30  
Haloumi Lentil Salad 32  
Chicken Dumplings 34  
Chicken Skewers 36

## MAINS

Chicken Hot Dogs 40  
Chilli Con Carne 42  
Creamy Chickpea Pasta 44  
Vegetarian Green Curry 46  
Thai Beef Salad 48  
Prawns & Scallops 50  
Chicken and Sweetcorn Soup 52  
Mediterranean Bake 54  
Lamb Curry 56  
Parmesan Crusted Chicken 58  
Pumpkin Mac and Cheese 60  
Easy Pilaf 62

## DESSERTS

Cookie Dough Balls 66  
Sweet Potato Muffins 68  
Mango Parfait 70  
Strawberry Sorbet 72

## KEY

---

<b>V</b>	VEGETARIAN
<b>VE</b>	VEGAN
<b>DF</b>	DAIRY FREE
<b>GF</b>	GLUTEN FREE
<b>N</b>	CONTAINS NUTS
<b>Q</b>	QUICK

---



# BREAKFASTS









THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton



Cacao nibs are nature's chocolate chips. They're small pieces of cocoa beans that are fermented and dried.





# CHERRY RIPE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

250ml **coconut milk**  
1 scoop **chocolate protein powder** (vegan if required)  
140g **cherries**, pits removed  
1 tbsp of **walnuts**  
1 tbsp **desiccated coconut**  
1 tbsp **cacao nibs**

## INSTRUCTIONS

Add all ingredients to the blender, except the cacao nibs, and blitz until smooth. Transfer to a tall glass and top with cacao nibs and a couple of extra cherries.

### MACROS PER PORTION

CALORIES	407	PROTEIN	25
CARBS	34	FATS	19
FIBRE	4		

THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# BERRY BOWL

SERVES: 2

TOTAL TIME: 10 MINUTES

GF VE V DF

## INGREDIENTS

300g frozen **mixed berries**  
2 frozen **banana**  
250ml **almond milk**  
2 scoops **vanilla protein powder** (vegan if required)  
2 tbsp **ground flax**  
1 tbsp **black chia seeds**  
2 tbsp **almonds**, chopped

## INSTRUCTIONS

Reserve a handful of berries for serving.

Add the remaining berries, banana, almond milk, protein powder and ground flax to the blender and blitz until smooth.

Transfer to two serving bowls, top with reserved berries, chia seeds and almonds.

### MACROS PER PORTION

CALORIES	506	PROTEIN	37
CARBS	49	FATS	18
FIBRE	16		

THE  
CH<sup>A</sup>RITY  
RUNNER

@PhilRoberton





# EGGS WITH HOLLANDAISE

SERVES: 2

TOTAL TIME: 15 MINUTES

GF

## INGREDIENTS

4 **eggs**

60ml **milk**

2 tsp **butter**

2 **Scones**, halved (gluten-free if required), toasted

200g shaved **ham**

2 tbsp **hollandaise sauce**

## INSTRUCTIONS

Start by whisking the eggs and the milk together.

Next, melt the butter in a medium-sized frying pan. Add the eggs and cook on a low-medium heat, gently moving stirring the eggs. Remove from the heat just before they're fully cooked.

Top the toasted scones with egg, ham and hollandaise sauce. Season with salt & cracked pepper.

## MACROS PER PORTION

CALORIES	528	PROTEIN	36
CARBS	33	FATS	28
FIBRE	2		





# MISO MUSHROOMS ON TOAST

SERVES: 1

TOTAL TIME: 15 MINUTES

GF V VE DF

## INGREDIENTS

1 tbsp **olive oil**  
1 **clove garlic**, minced  
200g **mushrooms**  
30g **white miso paste**  
10ml **tamari**  
120ml **water**  
1 tbsp **chives**  
1 slice **rye bread**, toasted (gluten-free if required)

## INSTRUCTIONS

In a medium-sized frying pan, heat the olive oil. Add the mushrooms and cook for 5 minutes or until browned.

Stir in the miso, tamari and water and cook for another 2-3 minutes.

Top toast with mushrooms, chives, salt & cracked pepper.

## MACROS PER PORTION

CALORIES	390	PROTEIN	12
CARBS	45	FATS	18
FIBRE	9		

To tell if an egg is  
raw or hard-cooked,  
spin it! If the egg  
spins easily, it is  
hard-cooked but if it  
wobbles, it is raw





# BASIL EGGS

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V

## INGREDIENTS

8 rashers **bacon**

8 **eggs**

2 **avocados**

10g **basil**, chopped

25g **spinach**

1/2 **lemon juice**

## INSTRUCTIONS

Start by boiling the eggs. Place them in a medium-sized saucepan, cover with water and bring to a boil. Once boiling cook for 4-5 minutes.

Meanwhile, bring a large non-stick frying pan to medium high heat and cook bacon rashers for 3-4 minutes each side.

Once the eggs are cooked, peel under cold running water. Slice the eggs into halves.

Toss the eggs with basil, spinach, lemon juice, salt & cracked pepper.

Divide eggs and bacon on 4 plates and serve hot.

## MACROS PER PORTION

CALORIES	415	PROTEIN	27
CARBS	3	FATS	33
FIBRE	3		

THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# OVERNIGHT ESPRESSO OATS

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS 8 HOURS REFRIGERATION)

GF V VE DF

## INGREDIENTS

45g **oats** (gluten-free if required)  
1 tsp **honey**  
125g **coconut yoghurt**  
60ml **espresso**  
1 scoop **chocolate protein powder** (vegan if required)  
1/2 tbsp **cacao nibs**

## INSTRUCTIONS

Add the oats to a bowl or jar along with the honey, coconut yoghurt, espresso and protein powder. Mix to combine, cover and place in the fridge overnight.

Before serving top with cacao nibs.

### MACROS PER PORTION

CALORIES	415	PROTEIN	38
CARBS	41	FATS	11
FIBRE	6		



Most food historians say that the earliest pancake-like dish, known as Alita Dolcia (“another sweet” in Latin), was made by Romans in the 1st century.





# ALMOND BUTTER PANCAKES

SERVES: 3

TOTAL TIME: 20 MINUTES



## INGREDIENTS

150g **wholewheat flour**

1 tsp **baking powder**

Pinch of **sea salt**

300ml **almond milk**

100g **almond butter**

1 tbsp **honey**

2 tbsp **coconut oil**

## INSTRUCTIONS

Start by mixing together the flour, baking powder and salt.

Whisk together the almond milk, almond butter and honey. Pour the wet mixture into the dry mixture and whisk to combine.

Bring a large frying pan to medium heat and melt coconut oil.

Pour the mixture into the frying pan and cook for about four minutes or until you see bubbles appearing. Flip and cook for another minute on the other side.

Keep cooked pancakes warm while you prepare the rest.

Serve with a little maple syrup, optional.

## MACROS PER PORTION

CALORIES	375	PROTEIN	11
CARBS	31	FATS	23
FIBRE	6		

# SIDES & SMALL PLATES









THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# ASPARAGUS AND BRIE CROSTINI

SERVES: 6

TOTAL TIME: 35 MINUTES

V

## INGREDIENTS

1 long **baguette**, sliced

60ml **olive oil**

1 bunch **asparagus**, cut in half lengthways and chopped in half

100g soft **brie**, sliced

## INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6. Line 2 baking trays with baking paper.

Toss the asparagus in 1 1/2 tbsp olive oil and lay on one of the baking trays. Place in the oven and cook for 15 minutes.

Brush both sides of the baguette slices with the remaining olive oil and lay on the other baking tray. Cook for 10 minutes or until golden.

Place the slices of brie on the baguette and top with asparagus. Season with salt & cracked pepper.

## MACROS PER PORTION

CALORIES	214	PROTEIN	7
CARBS	15	FATS	14
FIBRE	2		

The parsnip  
is a root  
vegetable  
closely related  
to the carrot.





# PARSNIP CHIPS

SERVES: 4

TOTAL TIME: 60 MINUTES

GF V VE DF

## INGREDIENTS

6 **parsnips**, peeled and cut into thin sticks

125ml crunchy **peanut butter**

1 tbsp **olive oil**

Pinch **sea salt**

## INSTRUCTIONS

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

In a large bowl, mix together the peanut butter, olive oil and sea salt.

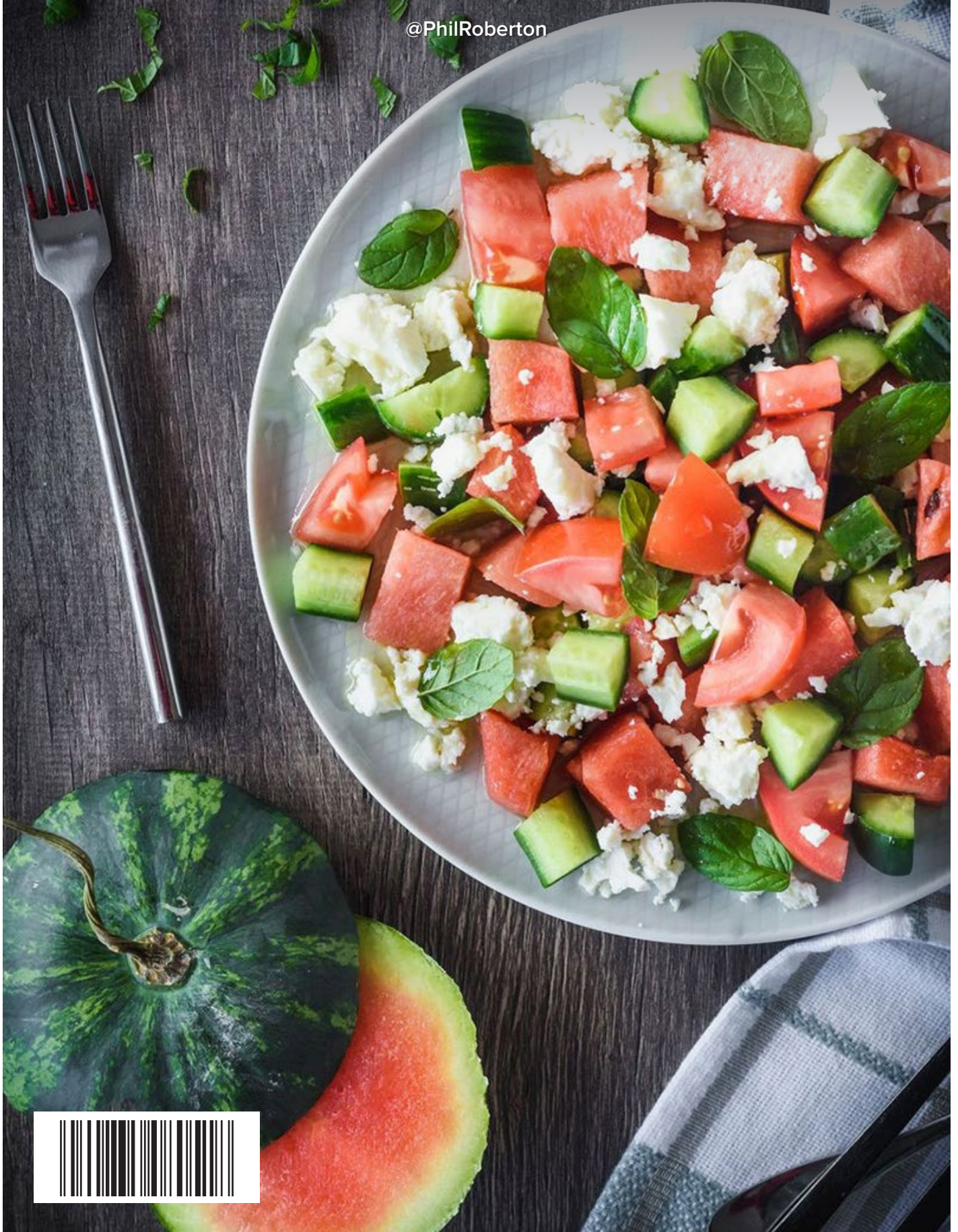
Add the parsnips to the bowl and toss to coat.

Lay the parsnip chips on the baking tray (you might need two). Place in the oven and cook for 40-45 minutes or until crispy.

Serve hot.

## MACROS PER PORTION

CALORIES	285	PROTEIN	12
CARBS	21	FATS	17
FIBRE	9		





# WATERMELON SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

For the dressing:

2 tbsp **honey**

2 tbsp **lime juice**

1 tbsp **olive oil**

Pinch **salt**

For the **salad**:

600g **watermelon**, cut into cubes

2 heirloom **tomatoes**, cut into cubes

1 large **cucumber**, cut into cubes

15g **fresh mint**, leaves torn

65g **feta**, crumbled

## INSTRUCTIONS

To make the dressing, whisk together the honey, lime, olive oil and salt. Set aside.

In a large bowl, toss together the watermelon, tomato, cucumber and mint.

Drizzle dressing all over and gently toss to combine. Finally, top with crumbled feta.

## MACROS PER PORTION

CALORIES	184	PROTEIN	5
CARBS	23	FATS	8
FIBRE	2		

THE  
CHARITY  
RUNNER

@PhilRoberton

Tinned tuna is a good source of essential nutrients, including: omega-3 fatty acids, high quality protein and Vitamin D.





# STUFFED TOMATOES

SERVES: 2

TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

2 large **tomatoes**  
100g tinned **tuna** in springwater, drained  
2 tbsp **capers**  
2 tbsp **kalamata olives**  
1 tbsp **olive oil**  
**Salt and cracked pepper**  
30g **fresh parsley**, leaves chopped

## INSTRUCTIONS

Using a sharp knife, slice the top off each of the tomatoes. Carefully scoop out the insides of the tomatoes and transfer to a large bowl. (chopping up any large bits).

In a medium-sized bowl, mix together the tuna, capers, olives, salt & cracked pepper. Mix in the chopped tomatoes then fold through the parsley.

Spoon the mixture back into the tomatoes and serve.

## MACROS PER PORTION

CALORIES	158	PROTEIN	14
CARBS	3	FATS	10
FIBRE	3		





# HALOUMI LENTIL SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V

## INGREDIENTS

2 tsp **olive oil**

180g **haloumi**, cut into 7 large slices

1 x (420g) can **brown lentils**, rinsed and drained

1/4 **red cabbage**, chopped

1 large **carrot**, grated

60g **spinach**

For the dressing:

100g **Greek yoghurt**

3 tbsp **wholegrain mustard**

1 tbsp **honey**

**Salt & cracked pepper**

## INSTRUCTIONS

Heat the olive oil in a large frying pan. Add the slices of haloumi and cook for 3-4 minutes each side or until golden. Transfer to a plate and set aside.

Add the lentils to the same pan and heat for 2-3 minutes.

Toss the cabbage, carrot and spinach together in a medium sized bowl. Add the lentils and gently toss through.

Lay the slices of cooked haloumi on top.

Whisk together all the dressing ingredients and drizzle over the salad.

## MACROS PER PORTION

CALORIES	317	PROTEIN	20
CARBS	21	FATS	17
FIBRE	5		

THE  
CHARITY  
RUNNER

@PhilRoberton

Make sure you  
don't overfill  
your dumplings.  
Keep them on the  
smaller side to stop  
them from bursting.





# CHICKEN DUMPLINGS

SERVES: 4

TOTAL TIME: 65 MINUTES

DF

## INGREDIENTS

- 250g **chicken mince**
- 2 tbsp **fresh coriander**
- 2 stalks **spring onion**, chopped
- 2 tsp **fresh ginger**, minced
- 1 **clove garlic**, minced
- 1/4 tsp **Chinese five-spice**
- 1/4 tsp **salt**
- 30 **dumpling wrappers**

## INSTRUCTIONS

Place all ingredients, except the dumpling wrappers in a food processor and blend until finely chopped.

Place 1 tsp of chicken mixture in each dumpling wrapper. Wet the edges with a little water and fold in half to create a semi circle. Firmly push the edges together to seal. Continue until all dumpling wrappers have been filled.

Place a steamer lined with baking paper over simmering water. Cook dumplings, in batches, for 15 minutes or until tender and cooked through.

Serve with soy sauce, optional.

### MACROS PER PORTION

CALORIES	159	PROTEIN	10
CARBS	23	FATS	3
FIBRE	0		





# CHICKEN SKEWERS

SERVES: 2

TOTAL TIME: 45 MINUTES

GF DF

## INGREDIENTS

1 tbsp **peanut butter**  
2 tbsp **ketjap manis** (or thick **soy sauce**)  
1 tsp **ginger**, minced  
1 tsp **chilli flakes**  
250g **chicken breast**, cut into cubes  
1 **red onion**, cut into thick slices  
1 **red bell pepper**, cut into cubes

## INSTRUCTIONS

In a medium-sized shallow dish, mix together the peanut butter, ketjap manis, ginger and chilli flakes. Add the chicken and toss to coat. Allow to marinate for 15 minutes.

Thread the chicken, red onion and bell pepper onto the skewers.

Heat a chargrill plate to medium-high heat and cook the skewers for 3-4 minutes each side or until fully cooked through.

## MACROS PER PORTION

CALORIES	283	PROTEIN	39
CARBS	16	FATS	7
FIBRE	3		

# MAINS









THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# CHICKEN HOT DOGS

SERVES: 4

TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

For the **sauce**:

3 tbsp yellow **mustard**

2 1/2 tbsp **honey**

1/2 small sweet **onion**, diced

For the hot dogs:

4 **chicken sausages**

1 **brown onion**, thinly sliced

4 **hot dog buns** (gluten-free if required)

4 **dill pickles**, sliced

1 small **romaine lettuce heart**, thinly sliced

## INSTRUCTIONS

To make the sauce, whisk together the mustard honey and sweet onion. Set aside.

Bring the grill to high heat and cook sausages and sliced onion for 10-12 minutes or until fully cooked.

Place a sausage in each bun and add onion, pickles, lettuce and honey mustard sauce.

## MACROS PER PORTION

CALORIES	350	PROTEIN	18
CARBS	56	FATS	6
FIBRE	5		

In Spanish,  
the term “chile  
con carne”  
translates to  
chilli with meat.





# CHILLI CON CARNE

SERVES: 6

TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

1 tbsp **olive oil**  
1 **brown onion**, diced  
2 **cloves garlic**, minced  
2 tsp **ground paprika**  
2 tsp **ground cumin**  
1 tsp **garlic powder**  
1 tsp **onion powder**  
1 tsp **oregano**  
1/2 tsp **cayenne pepper**  
400g lean **beef mince**  
400g button **mushrooms**, chopped  
1 **red bell pepper**, chopped  
1 x (400g) can **red kidney beans**, rinsed and drained  
500ml **passata**  
1 tsp **coconut sugar**  
10g **coriander**, leaves picked

## INSTRUCTIONS

Start by heating the oil in a large saucepan or wok. Add the onion and cook for 5 minutes or until translucent. Add the garlic and all the spices and cook for another 2 minutes.

Next, add the beef and cook for about 5 minutes, breaking up any larger chunks.

Add the mushrooms, bell pepper and kidney beans and cook for another 2-3 minutes.

Finally, stir through the passata and coconut sugar.

Bring to a boil, then reduce to a simmer and cook for 35-40 minutes or until sauce has thickened.

Serve with fresh coriander.

## MACROS PER PORTION

CALORIES	318	PROTEIN	30
CARBS	27	FATS	10
FIBRE	7		





# CREAMY CHICKPEA PASTA

SERVES: 3

TOTAL TIME: 40 MINUTES

DF V VE

## INGREDIENTS

150g **penne** (uncooked)  
2 tsp **olive oil**  
1 **brown onion**, diced  
2 **cloves garlic**, minced  
2 stalks **celery**, diced  
1 tbsp **all purpose flour**  
1 tbsp **nutritional yeast**  
1 tsp **paprika**  
250ml canned **coconut milk**  
250ml **vegetable stock**  
1 x (400g) tin **chickpeas**, rinsed and drained

## INSTRUCTIONS

Start by cooking the pasta according to packet instructions.

Heat the olive oil in a large frying pan, add the onion and cook for 5 minutes or until translucent. Add the garlic and celery and cook for another 5 minutes.

In a small bowl, mix together the flour, nutritional yeast, paprika, coconut milk and vegetable stock. Pour into the frying pan along with the chickpeas and stir to combine.

Bring to a simmer and season with salt and pepper.

Allow the sauce to simmer on a low heat for 3-5 minutes, stirring regularly.

Toss cooked penne through the pasta and divide between 3 bowls.

## MACROS PER PORTION

CALORIES	482	PROTEIN	18
CARBS	62	FATS	18
FIBRE	9		



The first known  
mention of Thai  
green curry  
was in a Thai  
cookbook in  
1926.





# VEGETARIAN GREEN CURRY

SERVES: 3

TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

100g dried **vermicelli noodles**  
2 tbsp **green curry paste**  
1/2 **brown onion**  
1/2 long green **chilli**  
60g **spinach**  
700ml **vegetable stock**  
2 tsp **avocado oil**  
500g **cauliflower**  
500g **broccoli**  
400ml **coconut milk**  
2 tbsp **lime juice**  
**Fresh coriander**, leaves picked

## INSTRUCTIONS

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

Place the paste, onion, chilli, spinach and 80ml vegetable stock in a food processor or blender and blitz until smooth.

Heat the avocado oil in a large frying pan, add the broccoli, cauliflower and stock and bring to a boil. Reduce the heat and allow the vegetables and broth to simmer for 10 minutes.

Sir through the prepared curry paste, coconut milk and lime juice. Allow to simmer for another 5 minutes.

Divide noodles between 4 bowls, followed by the curry. Top with fresh coriander.

## MACROS PER PORTION

CALORIES	449	PROTEIN	14
CARBS	42	FATS	25
FIBRE	10		





# THAI BEEF SALAD

SERVES: 4

TOTAL TIME: 35 MINUTES

GF DF

## INGREDIENTS

2 tsp **olive oil**

2 tbsp **tamari**

2 tsp **chilli flakes**

**Sea salt & cracked pepper**

500g **beef rump steak**

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

1 large **cucumber**, sliced into matchsticks

1 large **carrot**, cut into matchsticks

80g **rocket**

## INSTRUCTIONS

In a medium-sized shallow dish, mix together the olive oil, tamari, chilli flakes, salt & cracked pepper.

Place the beef in the dish and turn to coat.

Allow the beef to marinate for 10 minutes while you prepare the salad. Toss together the bell pepper, cucumber, carrot and rocket.

Bring the griddle to medium-high heat and cook steak for 3-4 minutes each side or until cooked to your liking.

Allow the steak to rest for 5 minutes before slicing into 0.5-1cm slices.

Place steak on top of salad, drizzle with dressing and season with sea salt & cracked pepper.

## MACROS PER PORTION

CALORIES	374	PROTEIN	55
CARBS	7	FATS	14
FIBRE	3		

A top-down view of a light-colored ceramic plate with a rustic rim. The plate is filled with a salad of seared scallops and shrimp. The scallops are round, white with a golden-brown sear. The shrimp are pink and curled. They are mixed with green arugula leaves and shredded purple radicchio. The plate sits on a dark wooden surface. In the background, there is a bunch of fresh arugula and a purple textured cloth. A white circular callout bubble with a dotted border is in the bottom right corner.

When buying radicchio, look for fresh, compact and bright wine-red coloured vegetables with prominent mid-ribs.





# PRAWNS & SCALLOPS

SERVES: 4

TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

1 **radicchio**, cut into thin wedges

60g **rocket**

60ml **red wine vinegar**

2 tbsp **olive oil**

1 tsp **honey**

**Salt & cracked pepper**

500g cooked king **prawns**

400g **scallops**

## INSTRUCTIONS

Start by arranging the radicchio and rocket on a large serving plate.

Add the red wine vinegar, olive oil, honey, salt & cracked pepper to a jar and shake well to combine.

Spray the grill plate with olive oil cooking spray and bring to a medium-high heat.

Cook the scallops for 1-2 minutes each side or until lightly golden.

Lay the prawns and scallops on the serving plate.

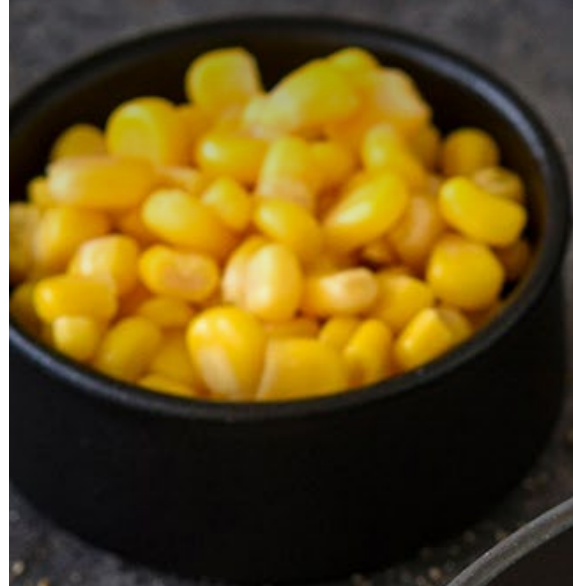
Drizzle dressing all over.

## MACROS PER PORTION

CALORIES	279	PROTEIN	49
CARBS	5	FATS	7
FIBRE	3		

THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# CHICKEN AND SWEETCORN SOUP

SERVES: 4

TOTAL TIME: 80 MINUTES

GF DF

## INGREDIENTS

1kg **chicken**  
2 **carrots**, chopped  
2 sticks **celery**, chopped  
1 **brown onion**, chopped  
1 tsp **peppercorns**  
10g **lemon thyme**  
2 tsp **sesame oil**  
1/2 tsp **ground ginger**  
1L **chicken stock**  
1 x (400g) tin creamed **corn**  
2 tbsp **corn flour**  
2 tbsp **soy sauce** (**tamari** if gluten-free)  
2 **egg whites**

## INSTRUCTIONS

Place the chicken in large pot filled with water, carrots, celery, thyme and peppercorns.

Cover with water and bring to a boil. Place a lid on and cook for about 45 minutes or until the chicken is fully cooked. Remove the chicken from the pot and drain the water, keeping the vegetables in the pot.

Once the chicken has cooled, shred using 2 forks and set aside.

Add the sesame oil and ginger to the vegetables and pan fry for 1-2 minutes.

Next, add the stock and creamed corn and once again bring to a boil.

In a small bowl, mix together the corn flour and soy sauce. Add to the pot and simmer for about 10 minutes. Return the chicken to the pot and simmer for another 5 minutes.

Beat the egg whites with a little cold water and once they start to foam add them to the pot. Stir to combine and remove from the heat.

Divide between 4 bowls and serve with cracked pepper.

## MACROS PER PORTION

CALORIES	371	PROTEIN	55
CARBS	22	FATS	7
FIBRE	3		



Aubergines  
are best stored  
in a cool place,  
outside the  
fridge.





# MEDITERRANEAN BAKE

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V

## INGREDIENTS

3 **aubergines**, thinly sliced  
2 large **courgette**, thinly sliced  
500g baby **tomatoes**  
60ml **olive oil**  
1 tsp **dried basil**  
2 **cloves garlic**, finely chopped  
100g **feta**  
**Fresh parsley**, leaves picked

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Lay the aubergine, courgette and tomatoes in an oven proof dish.

In a small bowl, mix together the olive oil, basil and garlic. Pour over the vegetables.

Place the vegetables in the oven and bake for 30-35 minutes. At the 15 minute mark, crumble the feta all over the vegetables.

Top with fresh parsley and serve.

## MACROS PER PORTION

CALORIES	320	PROTEIN	16
CARBS	19	FATS	20
FIBRE	14		





# LAMB CURRY

SERVES: 5

TOTAL TIME: 80 MINUTES

GF

## INGREDIENTS

2 tsp **cumin seeds**  
2 tsp **coriander seeds**  
6 **cardamom pods**  
1 tsp **chili flakes**  
1 tbsp **ground turmeric**  
1 tbsp **garam masala**  
1 **brown onion**, roughly chopped  
2 tsp **fresh ginger**, minced  
2 **cloves garlic**, minced  
1 tbsp **coconut oil**  
1kg **lamb**, cut into cubes  
200g **tomatoes**, chopped  
500g thick **yoghurt**  
100g **spinach**  
35g **cashews**

## INSTRUCTIONS

In a small frying pan, dry fry the cumin seeds, coriander seeds, cardamom pods, chilli flakes, turmeric and garam masala for about 1 minute. Transfer spices, onion, ginger and garlic to a food processor and blitz until combined.

Next heat the oil in deep frying pan. Add the spice mix and the lamb and cook for 3-4 minutes.

Add the tomatoes and yoghurt to the pan and stir to combine. Allow to simmer on a low heat for 1 hour or until lamb is tender.

Stir through the spinach and remove from the heat.

Divide between 5 bowls and top with chopped cashews.

## MACROS PER PORTION

CALORIES	436	PROTEIN	52
CARBS	12	FATS	20
FIBRE	2		

Did you know, only  
cheese from the  
Parma or Reggio  
area can legally be  
called "Parmesan"  
cheese.





# PARMESAN CRUSTED CHICKEN

SERVES: 4

TOTAL TIME: 45 MINUTES

GF

## INGREDIENTS

4 slices **rye bread**  
80g **parmesan cheese**  
1 tsp **dried thyme**  
1 1/2 **lemons**, juiced and finely zested  
**Salt & cracked pepper**  
4 small **chicken breasts**

## INSTRUCTIONS

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

Place the bread in a food processor and blitz until the bread is broken in to large breadcrumbs.

Lay the breadcrumbs on the baking tray and toss with parmesan, thyme, lemon zest, salt & cracked pepper.

Transfer lemon juice to a shallow dish and dip each chicken breast in the lemon. Next, roll each chicken breast in the breadcrumbs.

Return chicken breast to the tray, place in the oven and cook for 20 minutes or until chicken is fully cooked through.

Serve immediately.

## MACROS PER PORTION

CALORIES	482	PROTEIN	60
CARBS	38	FATS	10
FIBRE	8		







# PUMPKIN MAC AND CHEESE

SERVES: 4

TOTAL TIME: 65 MINUTES

GF V VE DF

## INGREDIENTS

1kg **pumpkin**  
2 tbsp **olive oil**, divided  
250g **penne pasta**, uncooked (gluten-free if required)  
1 **brown onion**, diced  
1/2 tsp **nutmeg**  
20g **fresh sage**, finely chopped  
2 tbsp **arrowroot flour**  
200ml **almond milk**  
4 tbsp **nutritional yeast**  
4 tbsp **vegan parmesan cheese**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper. Toss pumpkin in 2 tbsp olive oil. Place in the oven and cook for 40-45 minutes or until soft.

Meanwhile, cook pasta according to packet instructions.

Heat the remaining olive oil in a medium-sized frying pan and cook onion for 5 minutes or until translucent. Stir through the nutmeg and sage for 1 minute then remove from the heat. Transfer cooked onion to a blender along with the arrowroot starch, almond milk, nutritional yeast and vegan parmesan. Blitz until well combined.

Transfer sauce to a deep frying pan and heat over a low-medium heat, whisking frequently for about 5 minutes or until the sauce is heated through and slightly thickened.

Stir through the cooked pasta and divide between 4 bowls. Top with fresh sage, salt & cracked pepper.

## MACROS PER PORTION

CALORIES	498	PROTEIN	17
CARBS	76	FATS	14
FIBRE	8		

It's believed that the earliest forms of our modern word "Pilaf" are the Indo Aryan words "Pula", meaning a dish of rice & meat.





# EASY PILAF

SERVES: 4

TOTAL TIME: 35 MINUTES

GF V VE DF

## INGREDIENTS

1 tbsp **olive oil**  
1 **brown onion**, diced  
300g **basmati rice**  
2 tsp **dried parsley**  
1 **cinnamon stick**  
1/2 tsp **onion powder**  
500g **courgette**  
625ml **vegetable stock**  
60g **raisins**  
60g **pistachios**

## INSTRUCTIONS

Start by heating olive oil in a large frying pan.

Add the onion and cook for 5 minutes or until translucent.

Add the rice, courgette, dried parsley, cinnamon stick and onion powder. Cook for another 3 minutes.

Next, add the stock and raisins and stir to combine. Cover with a lid and cook on a low heat for 25 minutes or until rice is cooked.

Divide between 4 bowls and top with pistachios.

## MACROS PER PORTION

CALORIES	489	PROTEIN	13
CARBS	80	FATS	13
FIBRE	5		

# DESSERTS









THE  
CH<sup>A</sup>RITY  
RUNNER

@PhilRoberton





# COOKIE DOUGH BALLS

SERVES: 10

TOTAL TIME: 15 MINUTES (PLUS 2 HOURS REFRIGERATION)



## INGREDIENTS

90g **oat flour**  
60g **cashew butter**  
30g **cashews**  
60ml **maple syrup**  
25g **choc chips**

## INSTRUCTIONS

Add the oat flour, cashew butter, cashews and maple syrup to your food processor and blitz until combined.

Gently stir through the choc chips.

Roll the mixture into 10 bite-sized balls and place in the fridge for 2 hours.

## MACROS PER PORTION

CALORIES	90	PROTEIN	2
CARBS	7	FATS	6
FIBRE	8		



Sweet potatoes  
are high in  
beta carotene,  
vitamins E and C,  
iron, potassium  
and vitamin B6!





# SWEET POTATO MUFFINS

SERVES: 12

TOTAL TIME: 55 MINUTES

V VE DF

## INGREDIENTS

350g **sweet potato**, cooked and mashed

175ml **coconut milk** (from a carton)

3 tbsp **maple syrup**

1/2 tsp **vanilla essence**

240g **flour**

2 tsp **baking powder**

1 tsp **ground cinnamon**

1/2 tsp **nutmeg**

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Add muffin liners to a 12 case muffin tin.

Place the cooked mashed sweet potato, coconut milk, maple syrup and vanilla essence in a blender and blitz until combined.

In a large bowl, mix together the flour, baking powder, cinnamon and nutmeg.

Transfer the wet ingredients to the dry ingredients and gently mix to combine.

Place muffin mixture in the prepared muffin tray.

Place in the oven and cook for 25-30 minutes.

Allow to cool for 10 minutes before serving.

## MACROS PER PORTION

CALORIES	117	PROTEIN	2
CARBS	25	FATS	1
FIBRE	1		

THE  
CH<sup>ARITY</sup>  
RUNNER

@PhilRoberton





# MANGO PARFAIT

SERVES: 2

TOTAL TIME: 15 MINUTES (PLUS  
25 MINUTES REFRIGERATION)

GF V VE DF

## INGREDIENTS

2 **mangoes**

2 tbsp **coconut oil**

25g **walnuts**, chopped

50g ground **pistachios**

20g **raspberries**

## INSTRUCTIONS

Place the mango and coconut oil in a blender and blitz until smooth.

Transfer a 1/4 of the mixture into 2 serving glasses.

Next, add a layer of walnuts and then top with mango and continue until all mango and walnuts have been added.

Sprinkle with ground pistachios and raspberries.

Refrigerate for 25 minutes before serving.

## MACROS PER PORTION

CALORIES	503	PROTEIN	9
CARBS	38	FATS	35
FIBRE	9		

Sorbet is a great low-fat and dairy-free replacement to ice-cream.





# STRAWBERRY SORBET

SERVES: 4

TOTAL TIME: 10 MINUTES (PLUS 8 HOURS)

GF V VE DF

## INGREDIENTS

1kg **strawberries**  
125ml **lemon juice**  
1 tbsp **coconut sugar**

## INSTRUCTIONS

Place the strawberries on a couple of large baking trays and place in the freezer for 8 hours or overnight.

Transfer strawberries, lemon juice and coconut sugar to a blender or food processor and blitz until smooth.

Either serve immediately or place in a 1L freezer safe tub.

## MACROS PER PORTION

CALORIES	94	PROTEIN	2
CARBS	21	FATS	0
FIBRE	4		

THE  
CH<sup>▲</sup>ARITY  
RUNNER

**THE CHARITY RUNNER**

