

The background image is a dark, moody photograph of a meal. In the foreground, a dark bowl is filled with a hearty stew of beef cubes, potatoes, and a rich brown sauce, garnished with fresh green herbs. To the left of the bowl, a silver fork and knife are laid out on a dark surface. In the upper left, a smaller plate contains a serving of white rice, also garnished with herbs. The overall lighting is low, creating a warm and intimate atmosphere.

# THE CH<sup>▲</sup>ARITY RUNNER

FIND PURPOSE. CHANGE THE WORLD

# THE CHARITY RUNNER

@PHILROBERTON

# THE CHARITY RUNNER

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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 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.

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## KEY

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<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

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# BREAKFAST











# STRAWBERRY PUDDING

SERVES: 2

TOTAL TIME: 5 MINUTES



## INGREDIENTS

14 large strawberries, chopped and frozen  
1 tablespoon peanut butter  
3/4 cup low-fat cottage cheese  
1 tablespoons honey  
1/2 teaspoon vanilla extract  
2 tablespoons chia seeds  
1 tablespoon almonds, chopped

## INSTRUCTIONS

In a blender or food processor add all ingredients, except chia seeds and almonds, until smooth. Put the pudding in glasses, sprinkle with chia seeds and chopped almonds. If you like a thicker consistency freeze 15 minutes before serving. Store remaining serving in the freezer.

## MACROS PER PORTION

CALORIES	292	PROTEIN	17
CARBS	29	FATS	12
FIBRE	8		



# RED BEAN BREAKFAST

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

2 medium potatoes,  
1 tablespoon olive oil  
400g (1 can) tin red beans, drained  
1 teaspoon chilli powder  
1 teaspoon smoked paprika  
1 teaspoon chipotle hot sauce  
Salt and black pepper, to taste  
4 eggs  
10 cherry tomatoes, halved  
1 avocado, diced  
Small handful fresh coriander

## INSTRUCTIONS

Wash the potatoes, and prick them a couple of times with a fork. Cook in the microwave for a few minutes, until they are fairly soft (perhaps around 6 minutes - don't worry if they're not 100% cooked at this stage). When the potatoes are cool enough to handle, slice them up, and add them to a frying pan with a couple of tablespoons of oil. Cook for around 5 minutes on each side, until crispy and golden brown. Meanwhile, add the drained tin of black beans to a small saucepan, along with the chilli powder, smoked paprika, chipotle sauce, and a good pinch of salt and pepper. Cook over medium heat for 5 minutes, until the beans are completely soft (add a tablespoon of water if necessary). Fry the eggs in a little oil, then serve with the fried potatoes, smoky black beans, cherry tomatoes, and diced avocado. Top with fresh coriander if desired.

## MACROS PER PORTION

CALORIES	447	PROTEIN	19
CARBS	50	FATS	19
FIBRE	17		







# BAKED GRANOLA BARS

SERVES: 10-12 BARS

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 3/4 cup gluten-free rolled oats, ground into a flour
- 1 cup water
- 3/4 cup packed pitted Medjool dates
- 1/2 cup chia seeds
- 1/4 cup raw sunflower seeds
- 1/4 cup raw pumpkin seeds
- 1/4 cup dried cranberries, finely chopped
- 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon fine grain sea salt

## INSTRUCTIONS

Preheat oven to 325F and line a 9-inch square pan with two pieces of parchment paper, one going each way. Add rolled oats into a high-speed blender. Blend on the highest speed until a fine flour forms. Add oat flour into a large bowl. Add water and pitted dates into a blender. Allow the dates to soak for 30 minutes if they are a bit firm or your blender has a hard time blending dates smooth. Once they are soft, blend the dates and water until super smooth. Add all of the ingredients into the bowl with the oat flour and stir well until combined. Scoop the mixture into the pan and spread it out with a spatula as evenly as possible. You can use lightly wet hands to smooth it down if necessary. Bake at 325F for about 23-25 minutes, or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and transfer it to a cooling rack for another 5-10 minutes. Slice and enjoy!

### MACROS PER PORTION

CALORIES	137	PROTEIN	3
CARBS	20	FATS	5
FIBRE	5		





# MASHED BEANS AND AVOCADO SANDWICH

SERVES: 1

TOTAL TIME: 10 MINUTES

V VE Q

## INGREDIENTS

45g pinto beans  
1 tablespoon salsa  
1/2 teaspoon cumin, ground  
1/4 teaspoon paprika  
2 pieces of whole-grain bread  
handful of baby spinach  
1 tomato, sliced bunch of chives  
1/2 avocado, sliced  
1 teaspoon sriracha hot sauce

## INSTRUCTIONS

Use half a cup of pinto beans, then a tablespoon of salsa, half a teaspoon of ground cumin, 1/4 teaspoon of paprika, and then mash it together until it's all well combined. On two pieces of whole-grain bread put baby spinach, and then distribute mashed bean mixture. Then put chives, tomato slices, and avocado. Drizzle on sriracha sauce and sprinkle with the freshly ground black pepper.

## MACROS PER PORTION

CALORIES	535	PROTEIN	22
CARBS	78	FATS	15
FIBRE	18		

# SIDES









# BAKED ZITI PASTA

SERVES: 6

TOTAL TIME: 35 MINUTES



## INGREDIENTS

- 32 ounces marinara sauce
- 16 ounces ricotta cheese
- 2 garlic cloves, minced
- 1 tablespoon lemon zest
- 1 teaspoon oregano
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt, more for the pasta water
- Freshly ground black pepper
- 1 pound ziti pasta
- Extra-virgin olive oil, for drizzling
- 1 pound fresh spinach
- 1½ cups smoked mozzarella cheese
- ¼ cup grated pecorino or Parmesan cheese
- Chopped fresh parsley and/or torn basil leaves, for garnish

## INSTRUCTIONS

Preheat the oven to 200C-400F. Spread ½ cup marinara in the bottom of a 9x13-inch baking dish. In a medium bowl, combine the ricotta cheese, garlic, lemon zest, oregano, red pepper flakes, ½ teaspoon salt, and several grinds of fresh pepper. In a large pot of salted boiling water, cook the pasta according to package directions until al dente. Drain. Return the pot to the stove. Over low heat, drizzle the bottom of the pot with a little olive oil and add the spinach. Toss and sauté 1 to 2 minutes until just wilted, working in batches if necessary. Turn off the heat, remove the spinach from the pot, and gently squeeze out some of the excess water. Coarsely chop it and set it aside. Add the pasta back to the pot along with the remaining marinara, most of the chopped spinach, ¼ teaspoon sea salt, and more fresh pepper and toss until combined. Add half the pasta to the baking dish, top with dollops of the ricotta, the remaining spinach, and scoop the remaining pasta on top. Top with the mozzarella and pecorino cheese. Drizzle with olive oil and bake until the cheese is browned, 16 to 22 minutes. Garnish with fresh basil or parsley and serve hot.

## MACROS PER PORTION

CALORIES	558	PROTEIN	29
CARBS	70	FATS	18
FIBRE	6		





# MUSHROOM, SPINACH AND CARAMELIZED ONION PIZZA

**SERVES: 4**

**TOTAL TIME: 30 MINUTES**

Q V GF

## INGREDIENTS

1 packages pizza crust dough  
1 tablespoon olive oil  
1 tablespoon butter  
1 onion, thinly sliced  
1/4 teaspoon salt  
250g sliced button mushrooms  
2 cloves garlic, minced  
30g baby spinach leaves  
120g shredded mozzarella cheese  
45g parmesan cheese  
1 teaspoon chopped fresh thyme leaves  
30g sun-dried tomatoes

## INSTRUCTIONS

Heat oven to 200C-400°F. Unroll dough with parchment paper and place onto a large sheet (dough bakes on paper). Brush with olive oil. Bake 7 minutes. Remove from oven and set aside. Meanwhile, melt butter in a medium nonstick frying pan over medium heat. Add onion and salt, cook 10-15 minutes, stirring occasionally, until onion softens and begins to brown. Add mushrooms, cook an additional 5-7 minutes or until softened and also beginning to brown. Stir in garlic, and remove from heat. Spread mushroom mixture evenly over dough. Top with spinach, mozzarella cheese, sun-dried tomatoes and Parmesan cheese. Bake 7 to 10 minutes longer or until cheese is melted and crust is golden brown. Sprinkle with thyme and serve.

## MACROS PER PORTION

CALORIES	195	PROTEIN	10
CARBS	14	FATS	11
FIBRE	2		





# CARROT AND GINGER SOUP

SERVES: 4

TOTAL TIME: 1H 20 MINUTES

V VE DF GF

## INGREDIENTS

2 pounds carrots, chopped  
1 large onion, chopped  
1 teaspoon salt  
1 1/2 teaspoons turmeric  
2 tablespoons fresh ginger, minced  
700ml vegetable soup  
1 can light coconut milk  
2 tablespoons honey  
1 teaspoon black pepper

## INSTRUCTIONS

Heat a large cast-iron pot over medium heat. Add in olive oil and carrots, fry for 10 minutes, or until the carrots are fork-tender. Add in the onion and salt, and sauté an additional 5-7 minutes, until the onions are translucent. Stir in the turmeric and ginger and cook for 1 minute. Add in the vegetable stock, coconut milk, and honey. Boil, then turn heat to a simmer. Cook for 30 minutes to an hour (the longer you cook, the deeper the flavour will be). Use an immersion blender to blend the soup. For a finer soup, strain the blended soup through a sieve or fine mesh strainer. Cook for an additional 30 minutes. To serve, season to taste with salt and pepper, then ladle into bowls and top with cilantro, chopped peanuts, coconut cream, and red pepper flakes.

## MACROS PER PORTION

CALORIES	401	PROTEIN	7
CARBS	55	FATS	17
FIBRE	9		





# CAPRESE PESTO SALAD

SERVES: 6

TOTAL TIME: 20 MINUTES



## INGREDIENTS

8 Tablespoons extra virgin olive oil  
150g cherry tomatoes, halved  
2 tablespoons red wine vinegar  
1 teaspoon salt  
1 teaspoon black pepper  
1/2 large baguette, cut into cubes  
220g fresh mozzarella cheese  
120g cup pesto

## INSTRUCTIONS

Preheat the oven to 350°F-175C and line a large baking sheet with parchment paper. Halve the tomatoes and place them in a colander over a large bowl. Sprinkle with salt and pepper, and allow to drain for at least 15 minutes, tossing occasionally. The tomato juices will drain into the bowl, which you'll use to make the salad dressing. While the tomatoes drain, toss the bread cubes with 3 tablespoons olive oil in a large bowl to evenly coat them. Place the bread cubes on the prepared baking sheet and spread out into one layer. Toast for 15 minutes, or until the bread is golden brown and crisp, but not brown. Remove from the oven and set aside to cool completely. Add the remaining olive oil (5 tablespoons) and red wine vinegar to the tomato juice and whisk constantly until homogenous. Season with salt and pepper. Place the toasted bread, tomatoes, and torn mozzarella in the large bowl with the dressing. Toss to combine, and season with salt and pepper. Drizzle with pesto and serve.

## MACROS PER PORTION

CALORIES	251	PROTEIN	7
CARBS	4	FATS	23
FIBRE	1		





# AVOCADO HUMMUS

SERVES: 2

TOTAL TIME: 5

V VE Q DF

## INGREDIENTS

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/4 cup lemon juice
- 1-2 medium avocados, peeled and chopped
- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 gloves garlic
- 1-2 tablespoons water
- Salt and pepper
- Tortilla chips, vegetables for serving

## INSTRUCTIONS

Combine all of the ingredients in a food processor or high-speed blender: chickpeas, lemon juice, avocados, tahini, olive oil, garlic, water, salt and pepper. Blend on medium-high heat until creamy and smooth. Serve with tortilla chips, or your favourite vegetable.

### MACROS PER PORTION

CALORIES	337	PROTEIN	6
CARBS	22	FATS	25
FIBRE	7		





# CRISPY TOFU

SERVES: 2

TOTAL TIME: 40 MINUTES

V VE GF

## INGREDIENTS

- 7 ounces extra-firm tofu, drained and cut into 4 (1/2-inch thick) slices
- 2 tablespoons soy sauce or tamari
- 1 teaspoon toasted sesame oil
- 1 teaspoon rice vinegar
- 1 teaspoon light brown sugar
- 1 garlic clove, grated
- 1/2 teaspoon grated fresh ginger
- 1/3 cup white and black sesame seeds olive oil spray
- Sriracha mayo
- 4 teaspoons mayonnaise
- 1 teaspoon Sriracha sauce
- For serving
- Coriander,
- Lime,
- Rice or Cauliflower Rice
- 1 cup snap peas, steamed and chopped
- 1/3 cup frozen edamame, steamed
- 1 spring onion, chopped
- tamari, for drizzling

## INSTRUCTIONS

Place the tofu slices on a kitchen towel or paper towel. Place another towel on top and lightly press to remove most of the water from the tofu. Transfer to a shallow dish big enough for the tofu to lie in a single layer. In a small bowl, whisk together the soy sauce, sesame oil, vinegar, brown sugar, garlic, and ginger. Drizzle half of the marinade over the tofu, then gently flip and drizzle the rest on the other side. Marinate in the refrigerator for 20 minutes to 1 hour. Preheat oven to 175C-350F. Place the sesame seeds on a small plate. Remove each tofu slice from the marinade, allowing the excess to drip off, using a fork, dip in the sesame seeds, coating each side. Transfer to a plate. Spray one side with olive oil, then gently flip and spray the other side. Place the tofu on a parchment-lined baking sheet and bake for 30 minutes, flipping halfway through. Make the sriracha mayo. In a small bowl, mix the mayo and sriracha. Serve the tofu steaks with rice, snap peas, edamame, spring onion, sriracha mayo, and tamari, for drizzling.

## MACROS PER PORTION

CALORIES	539	PROTEIN	23
CARBS	51	FATS	27
FIBRE	10		





# CREAMY VEGAN POLENTA WITH MUSHROOMS

SERVES: 2

TOTAL TIME: 15 MINUTES

V VE DF

## INGREDIENTS

Polenta

150g polenta

200ml full-fat coconut milk

300ml vegetable broth

2-3 tablespoons nutritional yeast flakes or vegan

parmesan cheese

Mushrooms

1 tablespoon olive oil or coconut oil

1 onion, sliced

200g mushrooms, sliced

2 cloves garlic minced

1-2 tablespoons soy sauce

salt, black pepper to taste

2-3 tablespoons pine nuts

## INSTRUCTIONS

Bring coconut milk and vegetable broth to a boil in a pot. Stir in polenta by using a whisk. Reduce heat to a low simmer and continue to whisk for 1-2 minutes to avoid lumps. Then cover and let simmer for about 10 minutes, stirring occasionally. If the polenta thickens too much you can add additional milk and/or water and stir to thin. Once the polenta is creamy and smooth, remove it from the stovetop. Add nutritional yeast or vegan parmesan and stir. Heat oil in a skillet or pan. Add mushrooms along with onions and fry for about 3 minutes on high heat or until beginning to get golden-brown. Add minced garlic and roast for 30 seconds longer. Then add soy sauce and cook for 1-2 minutes. Season with salt and pepper to taste. Add a splash of fresh lime juice, if you like. Toast pine nuts in a small pan without oil until lightly browned. Serve polenta with mushrooms, and pine nuts. Enjoy!

## MACROS PER PORTION

CALORIES	582	PROTEIN	19
CARBS	77	FATS	22
FIBRE	8		



# MAINS











# CAULIFLOWER, LENTILS AND TOFU SALAD

SERVES: 4

TOTAL TIME: 40 MINUTES

V VE DF

## INGREDIENTS

75g cooked green lentils  
2 tablespoons lemon juice  
2 garlic cloves, minced  
½ tablespoon grated fresh ginger  
1 teaspoon ground cumin  
1 teaspoon ground cardamom  
½ teaspoon sea salt  
Coriander Lime Dressing  
1 to 2 chiles  
200g tofu cheese, cubed  
Florets from 1 small cauliflower  
Extra-virgin olive oil, for drizzling  
¼ teaspoon ground turmeric  
120g spinach,  
finely chopped freshly ground black pepper

## INSTRUCTIONS

Preheat the oven to 200C-400F and line two baking sheets with parchment paper. In a large bowl, combine the lemon juice, garlic, ginger, cumin, cardamom, salt, and several grinds of pepper. Add the lentils and stir. Make the coriander-lime dressing, adding the chiles to the food processor while preparing the original recipe. Mix ⅓ of the dressing into the lentils. Place the tofu on the first baking sheet and the cauliflower on the second. Toss both with drizzles of olive oil, pinches of salt, and several grinds of pepper. Roast the tofu for 15 minutes and the cauliflower for 20 to 25 minutes. When the cauliflower comes out of the oven, toss it with turmeric. Add the chopped spinach to the lentils and toss. Top with cauliflower and tofu. Drizzle more dressing on top and serve with the remaining dressing on the side.

## MACROS PER PORTION

CALORIES	185	PROTEIN	15
CARBS	20	FATS	5
FIBRE	10		





# PORTOBELLO MUSHROOM BURGERS

SERVES: 2

TOTAL TIME: 10 MINUTES



## INGREDIENTS

2 large portobello mushroom caps  
3 tablespoons balsamic vinegar  
1 tablespoon soy sauce  
1 teaspoon roasted garlic flakes (or option for fresh garlic)  
2 teaspoons dried basil  
1 teaspoon dried oregano  
1/2 teaspoon ground black pepper  
1 large tomato, sliced  
1 avocado, sliced  
1 tablespoon yellow mustard  
50g blue cheese  
3 tablespoon olive oil

## INSTRUCTIONS

Slice the mushroom stems off. Slice about 1/2 inch of the mushroom top off (as if slicing a bun). Combine the balsamic, soy sauce or tamari, garlic, basil, oregano and pepper in a small bowl and mix well. Place the mushroom caps on a cookie sheet with foil and a little olive oil (to prevent sticking). With a large spoon pour the marinade over each mushroom cap and let sit for about 10 minutes. Preheat the oven to 200C-400F. Bake the mushrooms for about 10 minutes. Check and see if they are done - otherwise, flip them and bake another 10 minutes. Place the bottom of the mushroom cap on a plate - add your choice of toppings- blue cheese, tomatoes, avocado and top with the top portion of the baked mushroom cap.

## MACROS PER PORTION

CALORIES	548	PROTEIN	12
CARBS	17	FATS	48
FIBRE	9		







# SWEET POTATOES STUFFED WITH CHICKPEA

**SERVES: 4**

**TOTAL TIME: 40 MINUTES**



## INGREDIENTS

360g cooked chickpeas  
1 tablespoon olive oil  
1/3 cup + 1 tablespoon buffalo sauce  
1 teaspoon garlic powder  
1/2 teaspoon sea salt pinch of black pepper  
For the Vegan Ranch Dressing  
150g soft tofu  
2 tablespoons fresh lemon juice  
2 tablespoon apple cider vinegar  
1 tablespoons water  
2 teaspoons garlic powder  
1 teaspoon onion powder  
1 teaspoon sea salt  
2 tablespoons of fresh chopped dill, chives or parsley  
1 small to medium-sized baked sweet potato per person  
(or half a medium to large-sized)  
1/4 of an avocado per person  
chopped green onion, for topping

## INSTRUCTIONS

You will need up to 50 minutes, depending on their size to bake sweet potatoes in the oven ( 180C-400F). Place the rinsed and drained chickpeas in a bowl and mix with 1/3 cup buffalo sauce, the olive oil, salt and pepper. Cook in a pan until they start to thicken and almost caramelize. This should take about 10 minutes over medium heat, stirring occasionally. As you stir, mash some of them up to create some texture once they're done, mix in the extra 1 tbsp of buffalo sauce. To make the Vegan Ranch Dressing - add all ingredients (except the herbs, if you're using) to a food processor or high-speed blender, or use an immersion blender and mix until smooth and creamy. Add additional water if desired to adjust the consistency. If you're adding fresh dill or parsley, stir them in once it's blended. If using halved baked sweet potatoes, place 1-2 halves in a bowl or on a plate. If using whole sweet potatoes, cut the sweet potato in half and open it up a bit so you can add the rest of the ingredients, place it in a bowl or on a plate. Add a scoop of chickpeas, sliced avocado, chopped green onion, and a drizzle of the vegan ranch dressing.

## MACROS PER PORTION

<b>CALORIES</b>	<b>481</b>	<b>PROTEIN</b>	<b>21</b>
<b>CARBS</b>	<b>70</b>	<b>FATS</b>	<b>13</b>
<b>FIBRE</b>	<b>18</b>		



# SLOW COOKER BEEF RAGU

SERVES: 6

TOTAL TIME: 4-6 HOURS



## INGREDIENTS

2 pounds beef chuck, cut into 1 to 2 inch chunks  
28-ounce can unsalted crushed tomatoes  
30g diced onions  
45g diced carrots  
5 cloves garlic, minced  
1 tablespoon balsamic vinegar  
1.5 teaspoons table salt  
1/2 teaspoon ground thyme

## INSTRUCTIONS

Heat half the oil in a large frying pan over high heat. Cook beef, in two batches, for 5 minutes or until browned. Transfer to the slow cooker. Add remaining oil to pan. Add onion and carrot. Cook for 3 minutes or until just tender. Add tomatoes with liquid from cans, stock, vinegar, salt and thyme to the pan. Bring to the boil. Carefully pour over beef. Stir to combine. Cover with lid. Cook on low for 6 hours (or on high for 4 hours) or until beef is very tender. Stir with a wooden spoon to roughly shred beef. Serve while hot with your choices of side, such as mashed cauliflower, almond flour biscuits, or Mediterranean salad. Optionally top with chopped parsley or shaved Parmesan cheese. Leftover stew can be covered and stored in the refrigerator for up to 2 days, and reheated using the microwave.

## MACROS PER PORTION

CALORIES	455	PROTEIN	53
CARBS	36	FATS	11
FIBRE	9		





# TUNA PATTIES

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

- 2 cans tuna
- 2 teaspoons Dijon mustard
- 1/2 cup white bread torn into small pieces
- 1 teaspoon lemon zest
- 1 tablespoon juice
- 1 tablespoon water or liquid from the cans of tuna
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- 1 egg
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon butter
- Salt and freshly ground black pepper

## INSTRUCTIONS

Drain the liquid from the tuna cans. If you are using tuna packed in water, reserve a tablespoon of the tuna water, and add a teaspoon of olive oil to the tuna mixture. In a medium bowl, mix the tuna, mustard, torn white bread, lemon zest, lemon juice, water (liquid from the cans of tuna), parsley, chives. Sprinkle on salt and freshly ground black pepper. Taste the mixture before adding the egg to see if it needs more seasoning to your taste. Mix in the egg. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty. Heat the olive oil and a little butter in a cast-iron frying pan on medium-high. Gently place the patties in the pan, and cook until nicely browned, 3-4 minutes on each side. Serve with lemon wedges or with tartar sauce.

## MACROS PER PORTION

CALORIES	268	PROTEIN	26
CARBS	5	FATS	16
FIBRE	1		





# BURGER MACARONI

SERVES: 4

TOTAL TIME: 25 MINUTES



## INGREDIENTS

- 2 cups uncooked macaroni
- 1 tbsp extra virgin olive oil
- 1 pound ground beef
- 1 yellow onion, chopped
- 1/2 teaspoon seasoned salt
- Pinch chili pepper flakes
- 1/2 teaspoon celery seed
- 1 large can (28 oz) of diced tomatoes
- 2 tbsp Worcestershire sauce
- 15g chopped fresh parsley
- Salt and freshly ground black pepper to taste

## INSTRUCTIONS

Get a large pot of salted hot water (1 tablespoon of salt for 2 quarts of water) heating and cook the macaroni. While the water is heating and macaroni cooking, prepare the sauce. In a frying pan, brown the ground beef in a tablespoon of olive oil on high heat. When the beef has mostly browned, add the onions to the pan and toss to combine. Cook until the onions are soft, about 4-6 minutes. Add the celery seed, a dash of crushed red pepper and seasoned salt. Pour in canned tomatoes, add the Worcestershire sauce and stir to combine. Simmer for 5 minutes. Reserve a half cup of the pasta cooking water. Mix in the drained and cooked macaroni and the parsley. Cook for another 5 minutes. Add in some of the pasta water if the dish is too dry. Add freshly ground black pepper and salt to taste.

## MACROS PER PORTION

CALORIES	407	PROTEIN	40
CARBS	37	FATS	11
FIBRE	3		





# CHEESY VEGAN QUESADILLA

SERVES: 4

TOTAL TIME: 20 MINUTES

V VE DF Q

## INGREDIENTS

2 green peppers  
8 flour tortillas  
500g shredded vegan cheese  
1 sweet potato, diced and roasted  
1 red bell pepper, diced  
100g cooked red beans  
30g cup chopped spring onion  
1 serrano pepper

## INSTRUCTIONS

Roast the green bell peppers. Char the peppers over a gas burner or under a grill until the skin is blackened all over. Remove them from the heat, place in a bowl and cover with a towel or plastic wrap for 10 minutes. Uncover and use your hands to peel and remove the loose skin. Slice off the stem, and remove the seeds, and slice it into strips. Assemble tortillas with sprinkles of cheese, sweet potatoes, bell pepper, red beans, spring onions, and serrano, if using. Fold each tortilla in half and cook in a hot frying pan for about 2 minutes per side. Serve with guacamole, salsa, lime wedges, serranos, and coriander.

## MACROS PER PORTION

CALORIES	592	PROTEIN	10
CARBS	75	FATS	28
FIBRE	9		





# CREAMY FETTUCCINE WITH BRUSSELS SPROUTS AND MUSHROOMS

SERVES: 6

TOTAL TIME: 30 MINUTES



## INGREDIENTS

350g whole-wheat fettuccine  
1 tablespoon extra-virgin olive oil  
4 cups sliced mixed mushrooms ( cremini, shiitake)  
4 cups thinly sliced Brussels sprouts  
1 tablespoon minced garlic  
1/2 cup dry sherry  
2 cups low-fat milk  
2 tablespoons flour  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1 cup shredded vegan cheese

## INSTRUCTIONS

Cook pasta in a large pot of boiling water until tender, 8-10 minutes. Drain, return to the pot and set aside. Heat oil in a large frying pan over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, about 10 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add sherry and scraping up any brown bits, bring to a boil and cook, stirring, until almost evaporated. Whisk milk and flour in a bowl, add to the frying pan with salt and pepper. Cook, stirring, until the sauce bubbles and thickens about 2 minutes. Stir the cheese until melted. Add the sauce to the pasta, gently toss. Serve with more cheese, if desired.

## MACROS PER PORTION

CALORIES	405	PROTEIN	16
CARBS	56	FATS	13
FIBRE	11		





# FALAFEL

SERVES: 4

TOTAL TIME: 25 MINUTES

V VE DF Q

## INGREDIENTS

- 200g dried chickpeas, soaked overnight
- 60g packed flat-leaf parsley
- 20g chopped onion
- 2 medium cloves garlic
- 4 tablespoons extra-virgin olive oil, divided
- 1 tablespoon lemon juice
- 1 tablespoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1-3 tablespoons water

## INSTRUCTIONS

Drain chickpeas and transfer them to a food processor. Add parsley, onion, garlic, 1 tablespoon oil, lemon juice, cumin, salt and baking soda, process, adding water as needed, until finely ground and the mixture just holds together. Using about 3 tablespoons per patty, shape into twelve 1 1/2-inch patties. Heat 2 tablespoons oil in a large nonstick frying pan over medium-high heat. Reduce heat to medium. Add the patties and cook until golden brown on the bottom, 3 to 5 minutes. Turn, swirl in the remaining 1 tablespoon oil and cook until golden, 2 to 4 minutes more. Serve warm falafel patties with lemon wedges

### MACROS PER PORTION

CALORIES	333	PROTEIN	11
CARBS	34	FATS	17
FIBRE	9		





# BUTTERNUT SQUASH AND GROUND TURKEY WITH FETA CHEESE

**SERVES: 4**

**TOTAL TIME: 30 MINUTES**



## INGREDIENTS

1 tablespoons olive oil  
500g lean ground turkey  
2 garlic cloves, minced  
1/2 onion, chopped  
1 red pepper, diced  
300g butternut squash, peeled and chopped  
200g diced tomatoes (not drained)  
Salt and pepper  
1 teaspoon Italian seasoning  
1/4 teaspoon red pepper flakes  
150g feta cheese

## INSTRUCTIONS

Heat the olive oil in a frying pan over medium-high heat. Add the turkey and cook, breaking up the meat, for 6-8 minutes. Add the garlic, onion, and red pepper. Cook for 4-5 minutes until the onion begins to brown. Add the butternut squash, tomatoes, salt, pepper, Italian seasoning, and red pepper flakes. Cover the frying pan and cook until the butternut squash is tender about 6-8 minutes. Add a touch of water if anything begins to burn. Add the cheese and cover for 1-2 minutes until it melts. Serve hot with chopped coriander leaves.

## MACROS PER PORTION

<b>CALORIES</b>	<b>377</b>	<b>PROTEIN</b>	<b>32</b>
<b>CARBS</b>	<b>15</b>	<b>FATS</b>	<b>21</b>
<b>FIBRE</b>	<b>3</b>		





# PARMESAN CHICKEN BREAST

SERVES: 6-4

TOTAL TIME: 30 MINUTES



## INGREDIENTS

1 clove garlic, minced  
110g butter, melted  
1 cup dried bread crumbs  
30g grated Parmesan cheese  
2 tbsp chopped fresh parsley  
1/4 teaspoon salt  
1/4 teaspoon garlic salt  
1 teaspoon Italian seasoning herb mix  
1/8 teaspoon ground black pepper  
900g of skinless, boneless, chicken meat, cut into 1-inch to 2-inch wide pieces

## INSTRUCTIONS

Preheat oven to 200C-400F. Pat the chicken pieces dry with paper towels. Patting the chicken pieces dry will help the chicken pieces have crispy breading when baked. In a small bowl, stir the minced garlic into the melted butter. In another bowl mix together the breadcrumbs, parmesan, parsley, salt, garlic salt, Italian seasoning, and pepper. Piece by piece, dip the chicken pieces into the garlic melted butter and then dredge into the parmesan breadcrumb mixture to coat. Place coated chicken pieces onto a larger roasting dish. Try to leave a little room between each piece. Drizzle with remaining garlic butter. Bake in preheated oven 15-20 minutes or until chicken is cooked through.

## MACROS PER PORTION

CALORIES	448	PROTEIN	56
CARBS	20	FATS	16
FIBRE	1		





# BAKED COD

SERVES: 2

TOTAL TIME: 40 MINUTES

GF Q

## INGREDIENTS

- 12 ounces cod, cut into 4 equal fillets
- 30g finely grated parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon table salt
- For The Sauce:
- 4 cloves garlic, minced
- 60ml dry white wine
- 2 tablespoons fresh lemon juice
- 1 tablespoon salted butter

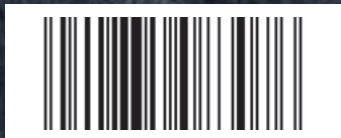
## INSTRUCTIONS

Position an oven rack in the middle of the oven, and preheat to 400F. Pat cod fillets dry using paper towels. Sprinkle salt over both sides of each fillet. Set aside. Make Sauce: In an oven-safe pan, melt butter over medium heat, stirring constantly, less than a minute. Stir in minced garlic until aromatic and starting to brown, 1 to 2 minutes. Add white wine and lemon juice to the pan. They should immediately start to simmer. Briefly stir, then turn off the heat. Add cod. In a mixing bowl, stir parmesan cheese with paprika until well-mixed. Place cod fillets side-by-side in the pan, over sauce. Generously spoon parmesan mix over the top of fillets in the pan, using a spoon to spread it out until evenly distributed over fillets. It's fine if some parmesan falls off fillets because it'll become part of a sauce. Once the oven has heated to 400 F, transfer the pan to the oven. Bake until cod fillets are cooked through (easily flaked with a fork), 15 to 20 minutes. Carefully transfer only cod fillets to serving plates, using a spatula to avoid disrupting parmesan topping. Stir together remaining liquid in the pan, optionally boiling over medium-high heat for a minute to thicken the sauce, and drizzle sauce over cod. Sprinkle parsley on top, and serve while hot.

## MACROS PER PORTION

CALORIES	282	PROTEIN	44
CARBS	4	FATS	10
FIBRE	1		





# CRUSTED SALMON WITH MAPLE GLAZE

**SERVES: 4**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

2 tablespoons melted butter  
10oz-300g salmon fillets  
Sprinkle of salt and pepper  
Maple Walnut Crust  
150g finely chopped walnuts  
1 teaspoon smoked paprika  
1/2 teaspoon chilli powder  
1/2 teaspoon onion powder  
1/2 teaspoon cracked black pepper  
3 teaspoon pure maple syrup  
1 tablespoon apple cider vinegar  
1 teaspoon coconut aminos

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## INSTRUCTIONS

Add all the ingredients listed under Maple Walnut Crust to a small mixing bowl and stir until well combined. Place your salmon fillets on a plate and spoon the mixture over each piece of fish, distributing it as evenly as you can. Place in the refrigerator, uncovered, for 2 to 3 hours. Preheat your oven to 200C-400F Add melted butter in a large oven-safe frying pan set over high heat. When your pan is nice and hot, add the pieces of fish and let them cook undisturbed for about 2 minutes, to sear the skin. Transfer the pan to the oven and continue cooking the fish for about 5-8 minutes, depending on desired doneness and thickness of the fillets. Drizzle with a little bit of melted butter and additional maple syrup at the moment of serving, if desired.

## MACROS PER PORTION

<b>CALORIES</b>	<b>412</b>	<b>PROTEIN</b>	<b>23</b>
<b>CARBS</b>	<b>8</b>	<b>FATS</b>	<b>32</b>
<b>FIBRE</b>	<b>3</b>		





# COURGETTE BOATS STUFFED WITH CHICKPEA

SERVES: 8

TOTAL TIME: 25 MINUTES

V VE DF Q

## INGREDIENTS

4 medium courgette, cut in half, seeds scooped out  
15g nutritional yeast  
125mL pasta sauce of choice  
1 can chickpeas, rinsed and drained  
pinch of salt and pepper

## INSTRUCTIONS

Pre-heat oven to 200C-400F. Place the cut courgette on a baking pan. Pulse the chickpeas a few times in a food processor or blender so they're mostly broken down, place in a bowl and mix in the sauce and nutritional yeast. Divide the mixture amongst the 8 hollowed-out courgette. Sprinkle with a little sea salt and black pepper. Bake for 20-25 minutes until the courgettes are tender and the mixture is browned.

## MACROS PER PORTION

CALORIES	130	PROTEIN	7
CARBS	21	FATS	2
FIBRE	6		





# TOFU TIKKA MASALA

SERVES: 4

TOTAL TIME: 30 MINUTES

V VE DF Q

## INGREDIENTS

- 1 tablespoon olive or coconut oil
- 1 large onion, finely chopped (300 g)
- 4 cloves of garlic finely chopped (25 g)
- 2 tablespoons fresh ginger, finely chopped (20 g)
- 400g extra firm tofu, cubed
- 1 can crushed tomatoes
- 2 teaspoons of cumin
- 2 teaspoons of turmeric
- 2 teaspoons of coriander powder
- 2 teaspoons of garam masala
- 1 can full-fat coconut milk
- Salt and pepper to taste

## INSTRUCTIONS

Finely chopped onion, garlic and ginger and cut the tofu into approximately 1-inch cubes. Add the oil, onion, garlic and ginger to the Instant Pot and set to sauté function. Cook for about 1 minute until fragrant, stirring often. Add tofu cubes and cook for another minute. Add the crushed tomatoes, spices and coconut milk and stir to combine. Close the lid, make sure the valve is turned to sealing and set high pressure for 5 minutes. It will take some time for the Instant Pot to come to pressure, then the 5-minute time will start. Once the timer goes off, release the pressure manually by carefully moving the valve to vent. Press the sauté. Let the sauce simmer until slightly reduced and thickened, about 10 minutes. Serve over rice or quinoa or with naan bread for dipping.

## MACROS PER PORTION

CALORIES	176	PROTEIN	11
CARBS	15	FATS	8
FIBRE	4		



# DESSERT









# COCONUT, LIME ENERGY BITES

SERVES: 10

TOTAL TIME: 10 MINUTES

V VE DF GF

## INGREDIENTS

150g raw cashews  
220g pitted soft dates  
66g unsweetened fine coconut  
2 tbsp fresh lime juice  
1 tsp fresh grated lime zest

## INSTRUCTIONS

Use a grater or citrus planer to make the lime zest. Slice the lime in half and squeeze or use a citrus juicer to make 2 tbsp of juice in a small bowl or container. Place the cashews in a food processor and mix until broken down into coarse, grainy flour. Add the dates and process until it forms a crumbly but sticky dough. Add the coconut, lime juice and zest and process until the mixture sticks together when you press it between your fingers. Use your hands to roll the mixture into 10-15 balls. The balls can be rolled in additional shredded coconut if desired. Store the balls in a sealed container in the fridge for up to 2 weeks or freezer for up to 2 months.

## MACROS PER PORTION

CALORIES	207	PROTEIN	3
CARBS	24	FATS	11
FIBRE	3		





# SWEET POTATO CASSEROLE

SERVES: 8

TOTAL TIME: 1H



## INGREDIENTS

For the sweet potato

500g sweet potatoes, peeled and cut into cubes

4 tablespoons butter, softened

120ml cup milk

85g packed brown sugar

2 large eggs

1/2 teaspoon ground nutmeg

1/4 teaspoon pure vanilla extract

1 teaspoon kosher salt

For the topping

60g all-purpose flour

4 tablespoon melted butter

65g chopped pecans

40g packed brown sugar

1/2 teaspoon kosher salt

## INSTRUCTIONS

Preheat the oven to 350° and grease a medium with cooking spray. Place sweet potatoes in a large pot and cover with water. Bring to boil then reduce heat and simmer until the sweet potatoes are tender about 15 minutes. Drain and let cool slightly then transfer to a large bowl. Add butter to sweet potatoes and use a potato masher, or two forks, to mash. Add milk, brown sugar, eggs, nutmeg, salt and vanilla and stir until smooth. Transfer to a prepared casserole dish. In a medium bowl, add all of the topping ingredients and mix until combined. Sprinkle the topping mixture over the sweet potatoes and bake until warmed through and golden on top, 25 minutes. Serve warm.

## MACROS PER PORTION

CALORIES	355	PROTEIN	5
CARBS	41	FATS	19
FIBRE	4		





# APPLE PIE CAKE

SERVES: 8

TOTAL TIME: 35 MINUTES



## INGREDIENTS

- 150g dark brown sugar
- 2 large eggs
- 80ml sunflower oil
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon kosher salt
- 120g all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 small apples, peeled, cored, and chopped into pieces (about 2 cups)
- 50g toasted walnuts, chopped

## INSTRUCTIONS

Position a rack in the centre of your oven and preheat the oven to 350°F. Butter or coat a 9-inch round baking pan with nonstick spray. Line the bottom of the pan with a round of parchment paper. In a large bowl, whisk the brown sugar and eggs until foamy, about 1 minute. Add the oil, vanilla, cinnamon, nutmeg, salt, and whiskey. Add the flour, baking powder, and baking soda and whisk until well-combined and smooth. Use a rubber spatula to fold in the apples and 1/4 cup of the nuts. Pour the batter into the prepared pan and use an offset spatula to gently smooth the top, making sure the apples are well dispersed and go all the way to the edges of the pan. Tap the pan gently on the counter to release any air bubbles. Sprinkle the remaining 1/4 cup nuts over the cake. Bake until puffed and golden, and a tester inserted into the centre comes out clean, 30 to 40 minutes. Set the pan on a rack to cool for about 15 minutes. Run a thin knife around the edge and carefully turn the cake out onto a cooling rack. Then invert it again so that it's puffy side up if desired. Store the cake, wrapped tightly, at room temperature or in the fridge for up to two days

### MACROS PER PORTION

CALORIES	291	PROTEIN	5
CARBS	34	FATS	15
FIBRE	2		







# CARROT CAKE COOKIES

SERVES: 12

TOTAL TIME: 30 MINUTES

V VE N DF

## INGREDIENTS

2 tablespoons ground flaxseed  
5 tablespoons warm water  
1 cup oat flour  
1 cup additional whole rolled oats  
½ cup almond flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon sea salt  
1 cup grated carrots, (about 3 medium)  
½ cup almond butter  
¼ cup coconut oil, melted  
½ cup maple syrup  
1 teaspoon vanilla extract  
⅓ cup chopped walnuts or pecans  
Vegan Cream Cheese Frosting

## INSTRUCTIONS

Preheat the oven to 175C-350F and line two large baking sheets with parchment paper. In a small bowl, combine the flaxseed and warm water and set aside to thicken for 5 minutes. In a large bowl, stir together the oat flour, the additional 1 cup rolled oats, almond flour, baking powder, baking soda, cinnamon, nutmeg and salt. In a medium bowl, combine the carrots, almond butter, coconut oil, and maple syrup, and vanilla and stir well. Add the flaxseed mixture and stir well to incorporate. Add the wet ingredients to the bowl of dry ingredients and fold in just until combined. Fold in the walnuts. Scoop ¼ cup of batter for each cookie onto the baking sheets. Bake, one sheet at a time, for 20 to 24 minutes, or until browned around the edges. Cool on the pan for 5 minutes and then transfer to a wire rack to finish cooling. When cookies are completely cool, pipe with cream cheese frosting if desired.

## MACROS PER PORTION

CALORIES	203	PROTEIN	3
CARBS	23	FATS	11
FIBRE	3		



THE  
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RUNNER

**THE CHARITY RUNNER**