PUNCH LOVE

The Cut Recipe Ideas

Meal Ideas Packed With Flavour & Punch While Still Meeting Your Plan Targets



Berry Good Smoothie

Ingredients

- 1 scoop Vanilla True Protein powder (30g)
- 100g frozen mixed berries
- A handful of spinach (~30g)
- 1 tbsp hemp seeds (~10g)
- 1 serve collagen (~10g)
- 250ml almond milk

Instructions

Place all the ingredients into a high speed blender and blend until smooth. Ensure spinach is well blended.

#Fullness Hack

If you'd like to bulk it up and feel full, longer - add a couple of ice cubes to the blender.

Strawberry Mocca Green Shake

Ingredients

- 1 scoop Strawberry True Protein powder (30g)
- 50g frozen strawberries
- 50g frozen mixed berries
- A handful of spinach (~30g)
- 1 tbsp hemp seeds (~10g)
- 1 serve collagen (~10g)
- 250ml almond milk
- 1 tsp instant coffee (optional, for a mocca twist)

Instructions

1. In a blender, add the almond milk, Strawberry True Protein powder, collagen, and instant coffee (if using).
2. Add the frozen strawberries, mixed berries, spinach, and hemp seeds.
3. Blend until completely smooth.
4. Pour into a glass and enjoy this refreshing shake with a hint of coffee flavour.

Optional: Garnish with a few extra frozen strawberries or a dusting of cocoa powder for an added flair.



Choc Peanut Butter Berry Bowl

Ingredients

- 1 scoop Choc Peanut Butter True Protein powder (30g)
- 100g fresh or frozen rasberries
- A handful of spinach (~30g)
- 1 tbsp hemp seeds (~10g)
- 1 serve collagen (~10g)
- tsp coco nibs
- shredded coconut
- 250ml almond milk

Instructions

Instructions:

1. In a blender, combine the Choc Peanut Butter True Protein powder, spinach, collagen, and almond milk and 3 cubes ice.
2. Blend until smooth and slightly thickened.
3. Pour the mixture into a bowl.
4. Top with the fresh or frozen berries, and hemp seeds and cocoa nibs
5. Stir the toppings into the bowl or enjoy them layered on top for added texture.

#Fullness Hack

Crushed ice creates a thick creamy consistency. Add more or less depending on the texture you like.



Herb Eggs with Vegetable Medely

Ingredients

- 2 eggs
- 200g mixed vegetables (e.g. capsicum, spinach, tomatoes, zucchini)
- Fresh herbs: chives, parsley
- 1 tbsp olive oil or butter
- Salt and pepper to taste
- A pinch of smoked paprika

Instructions

1. In a bowl, whisk the eggs with a pinch of salt, pepper, and chopped fresh chives.
2. Heat olive oil or butter in a non-stick pan over medium heat.
3. Add the mixed vegetables and sauté for 2-3 minutes until they begin to soften.
4. Pour the whisked eggs into the pan and gently stir with a spatula, allowing the eggs to scramble and cook evenly.
5. Once the eggs are fluffy and just set, remove from heat.
6. Serve the scrambled eggs and veggies
7. Garnish with chopped parsley, basil, and a sprinkle of smoked paprika for added flavour.

#Seasoning Hack - Mingle Seasonings are a fabulous newUrange available in supermarkets. Add a different topper to change the flavour. For eggs, we LOVE ‘use me on everything’ and ‘Guac & Avo Topper’



Blue Zone Omelette

Ingredients

- 2 eggs
- 200g mixed vegetables (e.g., cherry tomatoes, spinach, red onion, mushrooms)
- Fresh herbs: oregano, thyme, and basil
- 1 tbsp olive oil or butter
- 1 clove garlic, minced
- Salt and pepper to taste
- A pinch of chilli flakes (optional)

Instructions

1. Whisk the eggs in a bowl with salt, pepper, and a pinch of oregano.
2. Heat olive oil or butter in a non-stick pan over medium heat.
3. Add minced garlic and sauté until fragrant, about 30 seconds.
4. Add the mixed vegetables and cook until they begin to soften, around 2-3 minutes.
5. Pour the eggs over the veggies, tilting the pan to spread the eggs evenly.
6. Cook until the eggs are mostly set, then fold the omelette in half.
7. Continue cooking for another minute until the omelette is fully set and lightly golden.
8. Serve the omelette with a side of toasted high-protein bread on Refeed day or without for normal breakfast day.
9. Garnish with fresh thyme, basil, and a pinch of chilli flakes for a bit of heat.



Easy Breakie Meal Prep Muffins

Ingredients - Makes 12

- 6 large whole eggs
- 1/2 cup of unsweetened almond milk
- 2 cups mix of finely chopped Spinach , red capsicum, cherry tomatoes & shredded parsley
- 1-2 tspn Mingle- Spicy everything bagel seasoning
- Salt and pepper to taste
- Cooking spray for greasing

Instructions

1. Preheat your oven to 180°C (350°F) and lightly grease a muffin tin with olive oil or cooking spray.
2. In a bowl, whisk the eggs with salt, pepper, mingle seasoning, and chopped fresh parsley.
3. Sauté the spinach in a pan until wilted, then distribute it evenly into the muffin tin cups along with the diced capsicum, cherry tomatoes.
4. Pour the egg mixture over the vegetables in the muffin tin, filling each cup about 3/4 full.
5. Sprinkle crumbled feta cheese on top of each muffin.
6. Bake in the preheated oven for 15-20 minutes, or until the egg muffins are set and slightly golden on top.
7. Let the muffins cool slightly before removing them from the tin.
8. Serve 2 egg muffins warm with the slice of high-protein bread toasted on the side on refeed day or 2-3 muffins only without toast on normal day

#Hack - these make an easy to eat breakie on the run!!



Overnight Parfait

Ingredients

- 30g rolled oats
- 150g berries
- 1 scoop Protein powder (flavour of your choice, 30g)
- 200ml dairy-free milk (almond, soy, etc.)
- 30g Greek yoghurt
- 1 tsp sugarfree maple syrup (optional, for sweetness)
- A sprinkle of seeds (optional, for added crunch)

Instructions

Prepare the Protein Oats:

1. In a bowl, mix the rolled oats with the protein powder & milk. Stir until the oats are fully coated and the protein powder is dissolved. Cover the bowl and refrigerate for at least 30 minutes, or overnight, to allow the oats to absorb the liquid and soften.

Assemble the Parfait:

1. In a serving glass or bowl, start with a layer of the protein-infused oats at the bottom.
2. Add a layer of Greek yoghurt on top of the oats.
3. Follow with a layer of fresh berries.
4. Repeat the layers until all ingredients are used, finishing with a generous topping of berries.

Optional Toppings:

1. Drizzle with sugar free maple syrup for added sweetness.
2. Sprinkle with seeds for a bit of crunch.



Choc Kiwi Overnight Oats

Ingredients

- 30g rolled oats
- 75g blueberries,
- 75g slices kiwifruit
- 1 scoop choc True Protein powder (30g)
- collagen serving
- 200ml milk
- A few fresh mint leaves for garnish
- more berries and diced kiwi on top

Instructions

1. In a jar or bowl, combine the rolled oats, Vanilla True Protein powder & collagen
2. Pour milk over the oat mixture and stir well to combine.
3. Layer the sliced kiwi with the oats.
4. Cover and refrigerate overnight
5. In the morning, garnish with more berries and kiwi, fresh mint and enjoy a delicious, protein-packed breakfast.



Training Day Protein Power Bowl

Ingredients

- 100 - 120g Your choice of protein chicken breast- (bbq chick, no skin / beef or pork strips)
- 125g cooked quinoa
- 150g mixed salad (e.g., blanched broccolini, cherry tomatoes, cucumber, red onion, capsicum, etc)
- 40g avocado, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Fresh herbs: parsley and oregano
- Salt and pepper to taste

Instructions

1. In a large bowl, combine the quinoa, shredded chicken, mixed salad vegetables (blanched broccolini, cherry tomatoes, cucumber, red onion, and capsicum).
2. Mix a dressing of lemon juice, olive oil, garlic and season with salt, pepper, and fresh oregano.
3. Toss the salad to combine the flavours.

#Hack - If taking salad to work - pop the dressing separately and add before eating.



Zesty Salmon & Brown Rice Salad

Ingredients

- 100-120g salmon fillet (or other fish) per serve
- 125g cooked brown rice
- 200g mixed salad vegetables (e.g., red cabbage, grated carrot, red onion, cucumber)
- 50g edamame beans (shelled)
- 40g avocado, sliced
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp honey or orange juice
- 1 clove garlic, minced
- Fresh herbs: coriander and mint
- Salt and pepper to taste
- A pinch of chili flakes (optional, for a bit of heat)

Instructions

Prepare the Salmon:

1. Season the salmon fillet with salt, pepper, minced garlic, and a pinch of chili flakes (if using).
2. Either cook for 7 ins in air fryer or cook in pan over medium heat.
3. Let it rest for a few minutes before flaking it into bite-sized pieces
4. In a large bowl, combine the rice, mixed salad vegetables and the edamame beans.
5. Drizzle with lime juice, honey, and a bit of olive oil.
6. Season with salt, pepper, and fresh coriander.
7. Toss the salad to combine the flavours.
8. Add the salmon to the top and sprinkle with more herbs



Mexican Beef Faijita Bowl

Ingredients - serves 4

- 120g Beef strips (per person or serving - or 1 piece of steak cut into strips after cooking)

Marinade:

- 4 tbsp / 1/4 cup orange juice , fresh (1 orange)
- 2 tbsp lime juice
- 2 garlic cloves , minced
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp onion powder (optional)
- 1 tsp faijita or mingle taco powder
- salt & pepper

Veg:
Capsicum strips, Zucchini strips and Onion into strips - 200g per serve.

Instructions

1. In a large bowl, combine the marinade and toss the beef strips.
2. On high heat cook fast
3. Remove meat and add the veggies and flash cook in the marinade flavours.
4. Toss together and serve

This one tastes great on day 2 so keep a serving for lunch.



Boosted Bolognaise With Gluten Free Pasta - Training day

Ingredients

- 120g minced beef per serve
- 100g uncooked weight gluten-free pasta (spaghetti, penne, fusilli, or your preferred type)
- 1 small onion, diced
- 1 cloves garlic, minced
- 1 tbsp olive oil
- 50g mushrooms, sliced
- 1 small zucchini, grated
- handful cherry tomatoes
- 2 tbsp tomato paste
- 1/2 cup beef or vegetable broth
- 1 tsp chili flakes (adjust to taste)
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- Fresh herbs: parsley and basil (for garnish)
- 1 tsp parmesan cheese or nutritional yeast

Double recipe or x 4 for serves to freeze or for the family.

Instructions

- Cook the gluten-free pasta according to the package instructions. Drain and set aside.

Make the Sauce:

- Sauté the onion until soft, then add garlic and cook for a minute.
- Add beef mince, breaking it up as it cooks until browned.
- Stir in cherry tomotoes, mushrooms and cook until softened.
- Add grated zucchini and cook for 2-3 minutes.
- Mix in tomato paste, broth, and seasonings. Simmer for 5-7 minutes until the sauce thickens.

Combine:

- Toss the cooked pasta with the sauce until evenly coated.

Serve:

- Garnish with fresh herbs and parmesan or nutritional yeast.



One Pan Lemon-Garlic Chicken Veg Bake

Ingredients

- 120g chicken thighs, thinly sliced or whole (if baking longer)
- *Also fab with Fish instead of chicken
- 200g mixed vegetables (e.g., snap peas, capsicum, broccoli, carrots)
- 40g cashews, roughly chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil (or sesame oil for an Asian twist)
- 1 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp lemon juice & lemon zest
- 1 tsp grated fresh ginger
- Fresh herbs: coriander (for garnish)
- Salt and pepper to taste

** double or x 4 for family size meals

Instructions

1. Preheat your oven to 180°C (350°F).
2. In a large mixing bowl, combine the minced garlic, grated ginger, soy sauce, lemon juice, honey (if using), and olive oil.
3. Add the chicken to the bowl and toss to coat evenly.
4. Add the mixed vegetables to the bowl and toss them with the chicken and marinade.
5. Transfer the chicken and vegetables to a large baking dish, spreading them out in an even layer.
6. Sprinkle the chopped cashews over the top of the chicken and vegetables.
7. Season with salt and pepper.
8. Bake for 30 minutes, or until the chicken is cooked through and the vegetables are tender.
9. If using whole chicken breasts instead of slices, bake for 35+ minutes.
10. Garnish and Serve



Garlic Prawn Stirfry

Ingredients

- 120g Prawn meat - Tails removed
- 200g mixed vegetables (e.g. broccoli, snow peas, spring onion)
- 1 tbsp sesame oil (or olive oil)
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp lime juice
- Salt and pepper to taste
- Fresh herbs: Basil and spring onions
- 1 tsp sesame seeds & red chilli (optional, for garnish)

Instructions

1. Heat oil in a large pan
2. Add minced garlic and grated ginger, and stir-fry for 30 seconds until fragrant.
3. Add the prawns until just cooked through.
4. Remove the seafood from the pan and set it aside.
5. Stir-Fry the Vegetables:
6. In the same pan, add the mixed vegetables and stir-fry for 3-4 minutes until they are tender-crisp.
7. Stir in the soy sauce, lime juice, cooking for an additional minute.
8. Combine and Serve:
9. Return the cooked seafood to the pan and toss everything together to coat the seafood with the sauce.
10. Garnish with fresh basil, spring onions, and sesame seeds.



Turkey Burgers with Caramelised Onion

Ingredients - 4

- 1 Tbsp Oil
- 2 Brown Onion (peeled & finely sliced)
- 2 Apple grated
- 500g Minced Turkey
- 2 tsp Dijon Mustard
- ½ tsp Thyme
- 1 tsp Sea Salt
- ¼ tsp Black Pepper
- 1 head Green Lettuce (separated into leaves and washed)

Instructions

Directions: Preheat oven to 350°F/177°C. Heat oil in a large pan over medium heat. Add onion and sauté for 30 minutes or until golden brown. If onion starts to stick, add 1-2 tsp. of water and continue to sauté. Set aside when done.

1. Dice or shred 1 apple into a large mixing bowl. Squeeze the apple to get rid of any excess liquid.
2. Add your Dijon mustard, thyme, salt and pepper into the mixing bowl and mix to combine. Then add your turkey and apple and mix well. Form into patties, and place on a baking tray lined with grease proof paper.
3. Bake the burgers in the oven for about 15 minutes per side, or until cooked to your liking. Time to serve! Place turkey burger on a bed of lettuce and top with caramelized onion. Slice up additional apple for garnish.



Kung Pao Chicken & Bok Choy

Ingredients - serves 4

- 500g bunch bok choy, chopped, greens and whites separated
- 1 red capsicum diced into chunks
- 1 cup bean sprouts
- 1 grated carrot
- 3 spring onions, sliced, greens and whites separated
- 1 sachet of Kang Pow chicken sauce - Lee Kum Kee (Asian Isle)
- 500g pork or chicken mince
- Gem Lettuce leaves to serve

#Increase the serving size to cater for lunch serve if you are feeding a family of 4

Instructions

- In a wok or non stick pan, add spray oil and stir fry the mince - break into small pieces with a spoon.
- Add the capsicum, grated carrot and white end of spring onions & white part of the bok choy, and stir fry
- Follow the instructions to the sachet adding a little water to the mix and stir thoroughly .
- Once ready, mix through the green bok chop and bean sprouts then serve immediately in lettuce cups

#Family Hack - Serve with Rice
 # Lunch - Keep a serving aside for tomorrows lunch.



Pesto Topped Fish

Ingredients - serves 4

- ½ cup (30 g) Parsley (packed)
- 2 Tbsp Fresh Dill (packed)
- 3 Tbsp Pumpkin Seeds
- 1½ tbsp. Extra Virgin Olive Oil
- ½ Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper (for seasoning)
- 120g White Fillet of your choice per person
- 1 tsp Oil
- 4 big handfuls of Mixed Greens or Rocket

What you need to do

Directions:

- Add parsley, dill, pumpkin seeds, olive oil, lemon juice and garlic to a food processor. Season with a little salt and black pepper and blend to combine until mixture forms a thick paste. Set aside.

- Season fish with salt and pepper. Heat oil in a large pan over medium-high heat.
- Cook for 3-4 minutes on each side, or until golden brown and flakey.
- On a bed of greens, place fish, and top each fish with a scoop of pesto.

remember to add yur200g of sald / veg to your fish dish



Yoghurt Chicken With Kale & Quinoa

Ingredients - serves 4

- Salad
- 1 small red onion, chopped
- 1 x pomegranate
- 2 medium garlic clove crushed
- 2 tsp ginger, fresh minced
- 2 cups kale, finely shredded – remove the while stalks
- 2 cups Cooked Quinoa as per pack
- ¼ cup almond slithers
- 1 medium lemon zest and juice
- ½ cup chopped coriander & mint, 1 pinch sea salt to taste 1 pinch freshly ground black pepper
- 2 tbsp natural or Greek full-fat yoghurt

Yogurt Chicken :

- 125 g natural or Greek full-fat yoghurt
- 1 tbsp cumin, ground
- 1 tsp turmeric, ground
- ½ medium lemon juiced
- 500gm chicken thigh, boneless
- 2 tsp olive oil

Instructions

To make Yoghurt Chicken:

- combine yoghurt, spices and lemon juice. Add chicken. Turn to coat.
- Cook chicken for 5 minutes each side. Transfer pan to oven or air fryer and finish off cooking - approx 10 minutes or until cooked through.

Make The Salad:

- Meanwhile, make the Ginger, Almond + Kale Quinoa. In a medium-sized frying pan heat remaining oil over medium heat. Add onion and cook for about 5 minutes or until softened.
- Add garlic and ginger and cook for 2 minutes or until fragrant. Add kale and cook stirring until wilted. Add quinoa stirring to heat through. Remove from heat. Stir through almonds, zest, juice, mint & coriander. Season with sea salt and pepper.

- Serve with 1 thigh fillet and 2 cups salad. Separate out a second serve for lunch with 1 cup salad.

Don’t let the amount of ingredients put you off. This is a quick and full flavoured dish! Enjoy!



Moroccan Chicken

Ingredients - serves 4-6

- 1kg chicken thigh fillets diced
- large sweet potato peeled and diced
- 1 onion, sliced
- 2 large carrots, peeled and diced
- 3 cloves garlic, minced
- 1 teaspoon salt & peper
- 1 teaspoon ground cumin
- 1 teaspoon coriander
- 1 teaspoon ground turmeric
- ½ teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1 can diced tomatoes
- 1 orange juiced and the zest
- 500ml chicken bone broth
- add any other veg you would like - zucchini, squash etc
- Great additions include Olives and dried apricots

Instructions

1. Place chicken, sweet potato, veg options, onion, and garlic into a slow cooker.
2. Mix salt, cumin, turmeric, coriander, cinnamon, and pepper together in a small bowl. Sprinkle over chicken and vegetables, then pour in tomatoes, juice and zest and bone broth and stir to combine.
3. Cover and cook on High until sweet potatoes are tender and sauce has thickened, 4 to 5 hours.

Makes a hearty, filling lunch that can be portioned out and taken to work.

Take out the sweet potato and make into 4 portions to freeze. Reheat with a serve with a frozen serve of mixed veg for a quick dinner. Add a carb serve on tgraining days. Or dice your veg quantity and roast to serve with a portion.

Again - don't let the number of ingredients put yu off. This is truly delicious and flavourful.

Over the program you will need some flavour variety to reduce bordom 😉



Easy Middle Eastern Eggplants

Ingredients - serves 4-6

- Eggplant x 2
- salt
- 1 tbsp olive oil
- 1 tbsp lemon juice

Spiced beef or Lamb topping

- 1 tbsp olive oil
- 2 garlic clove , finely minced
- 1/2 onion , finely chopped
- 500g beef or lamb mince , lean if you can (chicken, turkey, pork also ok)
- 2 tsp tomato paste
- 1/4 cup water
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tsp ground coriander
- ½ tsp chilli flakes (or up to 1 tsp if you like heat)
- ½ tsp ground cinnamon
- salt & pepper
- 1 tbsp tomato paste
- 20g pinenuts toasted per serve
- Greek yogurt portion
- squeeze lemon

Instructions

Step 1:
Roast the eggplants first
Heat oven to 220°C.
Cut eggplants lengthways.
Score the flesh in a criss-cross (don't go through the skin). Spray with olive oil, salt.
Roast 25–30 mins until soft and collapsed.

Make the spicy lamb while they roast
In a pan:

- Brown mince - add onion + garlic, Smoked paprika, Cumin, Chilli flakes or harissa, coriander
- Salt + pepper

Scoop out some of the eggplant, mash and mix throujgh the mince. Pile back into the eggplant case,

Squeeze lemon through the yoghurt, drizzle on eggplant and top with pine nuts and fresh corriander.

Final serve with mixed greek salad portion



Nik’s Favourite Salad

Ingredients - serves 4-6

- 8 cups mixed greens
- 2 cups pea shoots
- 1/2 cup cucumber slices
- ½ cup edamame beans
- 4 spring onions, thinly sliced
- ½ cup radish slices
- ½ cup peas, thinly sliced
- 1 avocado, large dice
- chive to garnish
- Fresh Herb Viniagrette
- ¼ red onion, very finely diced
- 2 tablespoons flatleaf parsley
- 1 tablespoon of grainy mustard
- 3 tablespoons rice vinegar
- 2 tablespoons olive oil (this is your fats serve for the day. If sharing with others thisis ¼ of your fats.
- kosher salt

Add your preferred meat protein to compliment this dish!

Ingredients

1. In a large bowl or on a platter, gently toss the greens and vegetables.
2. In a small bowl, whisk together the vinaigrette and drizzle over the salad. Serve immediately.
3. Prepare your chosen protein source.

 # Remember your salad needs to be 200g so add extra ingredients to boost your content

My husband is a whizz with the smoker and charcoal bbq’s - This is absolutely delicious with chicken cooked slow over hot charcoals !

