



7-Day Weight-Loss Recipe Pack

Discover 12 easy, and healthy, 1000-1500-calories a day recipes, including breakfast, lunch, dinner, treat and smoothie options.

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Contents & Nutrition Tags

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Sample Weekly Meal Planner

(Click on the Recipe for quick access)

	Breakfast	Lunch	Snack	Dinner
Mon	Spanish Zucchini Tortilla	Pear, Cured Ham & Walnut Salad	Raspberry Millet Protein Pudding	Cajun Beef & Veg Rice
Tue	Spanish Zucchini Tortilla	Leftover Cajun Beef & Veg Rice	Cinnamon Roll Protein Smoothie	Creamy Chicken, Mushroom & Tomato Pasta
Wed	Apple & Cinnamon Porridge	Vegetable Curry Soup	Cinnamon Roll Protein Smoothie	Leftover Creamy Chicken, Mushroom & Tomato Pasta
Thu	Breakfast Quinoa Salad with Fried Eggs	Leftover Vegetable Curry Soup	Kiwi Chia Pudding	Zesty Turkey Meatballs with Couscous Salad
Fri	Cinnamon Roll Protein Smoothie	Leftover Zesty Turkey Meatballs with Couscous Salad	Kiwi Chia Pudding	Chinese Style Shrimps & Veg
Sat	Apple & Cinnamon Porridge	Breakfast Quinoa Salad with Fried Eggs	Kiwi Chia Pudding	Meal Out - Enjoy!
Sun	Cinnamon Roll Protein Smoothie	Leftover Chinese Style Shrimps & Veg	Raspberry Millet Protein Pudding	Pear, Cured Ham & Walnut Salad



Shopping List

Fruits, Vegetables	Meat, Dairy, Baking	Grains, Seeds & Spices	Cans, Condiments, Misc
<p>Fresh</p> <ul style="list-style-type: none"> • 1 potato • 5 onion • 3 zucchini • 2 apples • 1 avocado • 2 lemons • 1 bag mixed salad leaves • 1 bag rocket • 1 bag spinach • 5 bell peppers • Cherry tomatoes • 1 pear • Ginger • Garlic • 5 carrots • 1 tomato • 1 bunch radish • 1 bunch spring onion • 10 oz. (300g) mushrooms • Raspberries • 4 kiwi • Blueberries • Blackberries • 1 banana <p>Frozen</p> <ul style="list-style-type: none"> • Peas 	<p>Fish, Seafood</p> <ul style="list-style-type: none"> • 9 oz. (250) shrimps <p>Meats</p> <ul style="list-style-type: none"> • cured ham • 1 lb. (500g) turkey thigh mince • 12 oz. (350g) chicken breast • 1 lb. (500g) beef mince <p>Dairy</p> <ul style="list-style-type: none"> • blue cheese • greek yogurt <p>Non-Dairy</p> <ul style="list-style-type: none"> • 10 eggs • 2 unsweetened almond milk • 2 oat cream • Coconut milk 	<p>Grains</p> <ul style="list-style-type: none"> • Oats • Quinoa • Couscous • Penne • Wheat flour • White rice • Potato flour • Millet <p>Nuts, Seeds</p> <ul style="list-style-type: none"> • Walnuts • Chia seeds <p>Spices</p> <ul style="list-style-type: none"> • Cinnamon • Curry powder • Chili flakes • Oregano • Cajun seasoning <p>Herbs</p> <ul style="list-style-type: none"> • Basil 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • coconut oil <p>Cans, Condiments</p> <ul style="list-style-type: none"> • Sun-dried tomatoes • Tomato puree • Soy sauce <p>Sweeteners</p> <ul style="list-style-type: none"> • Coconut palm sugar • Maple syrup <p>Other</p> <ul style="list-style-type: none"> • Vanilla protein powder • Vegetable stock • Chicken



Spanish Zucchini Tortilla



Spanish Zucchini Tortilla

						GF	DF	MP	HP	V
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)					
10 mins	25 mins	377	22	22	21					

*Nutrition per serving

Serves 2

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

Directions

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.



Apple Cinnamon Porridge



Apple Cinnamon Porridge

						MP	V	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)			
10 mins	10 mins	377	8	60	17			

*Nutrition per serving

Serves 2

- 1 cup (85g) oats
- 3 cups (700ml) almond milk
- 1 scoop (25g) vanilla protein
- 2 apples
- 2 tbsp. coconut palm sugar
- 1 tsp. cinnamon

Directions

Place oats and milk in a pot over medium heat, and bring to boil. Reduce the heat and simmer for 10 more minutes. If it becomes too thick, add more milk.

In the meantime, peel and core the apples and cut into cubes. Place them in a pot, and stir in the sugar and simmer for about 10 minutes. Continue mixing until the apples start to caramelize. Before turning the heat off, season with cinnamon.

Once the porridge is cooked, add in the protein powder and mix well. Divide between bowls, top with apples and serve.



Breakfast Quinoa Salad With Fried Egg



Breakfast Quinoa Salad With Fired Egg

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	391	26	23	17

*Nutrition per serving

Serves 2

- 1/4 cup (30g) quinoa
- 1 avocado
- 1 tbsp. lemon juice
- 4 handfuls of mixed salad leaves
- 1/2 red bell pepper
- 10 cherry tomatoes
- 1 tbsp. coconut oil
- 4 eggs

Directions

Cook the quinoa according to the instructions on the packaging.

Cut the avocado into cubes, and drizzle with lemon juice. Cut the peppers into cubes, and tomatoes into halves.

Mix the quinoa with salad leaves, avocado, paprika and cherry tomatoes, and divide onto 2 plates.

Fry the eggs in a pan with the coconut oil. Top the salad with two eggs each. Season with salt and pepper then serve.



Pear, Cured Ham & Walnut Salad



Pear, Cured Ham & Walnut Salad

GF LC HP Q N					
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	466	35	16	22

*Nutrition per serving

Serves 2

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ (30g) cup walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

Directions

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.



Vegetable Curry Soup



Vegetable Curry Soup

GF DF MP V					
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	133	9	27	3

*Nutrition per serving

Serves 3

- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- 2 garlic cloves, minced
- 1 carrot, peeled, grated
- 1 red bell pepper, chopped
- 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- 1 tomato, chopped
- 1/3 cup (80ml) plant-based cream (or normal)

Directions

In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2-3 more minutes.

Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.

Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.

Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.



Zesty Turkey Meatballs With Couscous Salad



Zesty Turkey Meatballs With Couscous Salad

		MP	HP			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
20 mins	30 mins	429	8	52	42	

*Nutrition per serving

Serves 4

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) pack turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yoghurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

Directions

Heat 1 tbsp of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes – season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yoghurt.



Creamy Chicken, Mushroom & Tomato Pasta



Creamy Chicken, Mushroom & Tomato Pasta

		DF	MP		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	385	14	26	35

*Nutrition per serving

Serves 3

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or normal)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

Directions

Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted – season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.



Cajun Beef & Veg Rice



Cajun Beef & Veg Rice

						GF	DF	MP
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)			
10 mins	25 mins	503	13	55	40			

*Nutrition per serving

Serves 3

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

Directions

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.



Chinese Style Shrimps & Veg



Chinese Style Shrimps & Veg

GF DF MP HP					
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	436	11	63	22

*Nutrition per serving

Serves 3

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- a pinch of chilli flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

Directions

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan) heat 1 tbsp. of oil. Cook the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1-minute stirring frequently. Serve with cooked rice.



Raspberry Millet Protein Pudding



Raspberry Millet Protein Pudding

GF MP V Q N					
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	179	3	27	11

*Nutrition per serving

Serves 2

- 1/2 cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- 1/2 cup (65g) raspberries
- 1 scoop (25g) vanilla protein powder

Directions

Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.

Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk.

Serve with additional raspberries and maple syrup (optional).



Kiwi Chia Protein Pudding



Kiwi Chia Protein Pudding

						GF	LC	MP	HP	V
Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)					
10 mins	60 mins	272	11	37	16					

*Nutrition per serving

Serves 2

- 1/4 cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- 1/4 cup(25g) blueberries
- 1/4 cup (30g) blackberries

Directions

Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.

Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.

Place three peeled kiwis in a blender or food processor and blitz until pureed.

Divide the chia seeds and kiwi puree evenly between 2 glasses. First a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.

Top each pudding with fresh berries and sliced kiwi.



Cinnamon Roll Protein Smoothie



Cinnamon Roll protein Smoothie

						GF	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)					
5 mins	0 mins	162	3	15	22					

*Nutrition per serving

Serves 2

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

Directions

Place all ingredients into a blender and pulse until smooth. Serve.

