

Real Food & Real Life For PLT Nutrition

5-INGREDIENT RECIPE PACK I

Discover the collection of simple 5ingredient recipes, including breakfast, lunch, dinner, treats and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Lc Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- v Vegetarian
- Quick (under 30 mins)
- N Contains Nuts

INTRODUCTION

This recipe pack is full of quick, easy and tasty recipes, all made from 5 key ingredients.

You will need an additional 5 pantry staples that most people will probably have in their kitchen already. These have not been counted as one of the key ingredients in the recipes. However, they have been included on the lists to make the recipes easier to follow.



THE PANTRY

Ingredients from the pantry list:

- olive oil
- coconut oil
- apple cider vinegar
- salt
- pepper

Less ingredients means less time preparing and cooking, so discover our 40 delicious and quick breakfasts, lunches, dinners and treats. Enjoy!

WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Mushroom and Brie Omelet	Mushroom and Brie Omelet	Purple Power Smoothie	Shakshuka	Shakshuka	Chickpea Bruschetta	Purple Power Smoothie
LUNCH						
Spicy Tuna	Spicy Tuna	Leftover Chicken Piccata	Curried Cauliflower Soup	Curried Cauliflower Soup	Leftover Salmon En Papillote	Chickpea Bruschetta
SNACK						
E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake					
DINNER						
Pork Meatballs in Tomato Sauce	Chicken Piccata	Mexican Stuffed Peppers	Mexican Stuffed Peppers	Salmon En Papillote	Meal Out – Enjoy!	Pork Meatballs in Tomato Sauce

WEEKLY SHOPPING LIST FOR MEAL PLAN 01

FRUIT & VEGETABLES

Fruit 2x apples 1x banana 4x lemons **Vegetables** large bag rocket 1x beetroot 1x cauliflower garlic green onions 7 oz. (200g) mushrooms 5x red bell peppers 1x yellow bell pepper 2x red onions 3x white onions 1x zucchini Herbs dill parsley Dried cranberries dates Frozen berries

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

O 4 oz. (115g) tuna steak
12 oz. (340g) salmon fillet
Meats
1 lb. (450g) chicken breast
O 14 oz. (400g) lean ground beef
🔾 14 oz. (400g) lean ground pork
Dairy
O brie cheese
butter
Non-Dairy
○ 13x eggs
○ almond milk
0
0
0
0
0
0

GRAINS, SEEDS & SPICES

Grains

ored lentils
O white rice
oats oats
Nuts & Seeds
○ almonds
sesame seeds
Spices
ofennel seed
Baking
O self-raising flour
O baking powder
Other
O bread
vanilla whey
0
0
0
0
O O
O O O
O O
O O O

CANS, CONDIMENTS & MISC

Oils
○ olive oil
○ coconut oil
osesame oil
Cans & Condiments
○ chickpeas
almond butter
O 2x cans diced tomato
oapple cider vinegar
○ Capers
○ Sriracha
○ tahini
o tomato passata
yellow curry paste
Sweeteners
Sweeteners
o coconut sugar
ococonut sugar
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WEEKLY MEAL PLANNER 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Green Pea, Potato, Goat's Cheese Frittata	Green Pea, Potato, Goat's Cheese Frittata	Cinnamon Granola	Protein Pancakes	Protein Pancakes	Baked Carrot Fritters	Cinnamon Granola
LUNCH						
Quinoa and Beetroot Salad	Quinoa and Beetroot Salad	Leftover Cajun Salmon with Corn Salsa	Quinoa, Beef and Zucchini Burgers	Quinoa, Beef and Zucchini Burgers	Leftover Slow- cooked Chicken Fajita	Baked Carrot Fritters
SNACK						
E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie						
DINNER						
Spinach Risotto	Cajun Salmon with Corn Salsa	Fish Curry	Fish Curry	Slow-cooked Chicken Fajita	Meal Out – Enjoy!	Spinach Risotto

WEEKLY SHOPPING LIST FOR MEAL PLAN 02

MEAT, DAIRY & NON-DAIRY

FRUIT & VEGETABLES

green peasspinach

Fish & Seafood Fruit 1.3 lb. (600g) white fish fillets 2x clementines 0 1.5 lb. (680g) salmon fillet 2x kiwis Meats 1x lemon 1.5 lb. (680g) chicken breast 1x lime 14 oz. (400g) lean ground beef 1x mango 1x pineapple Dairy O feta cheese Vegetables large bag rocket o goat cheese parmesan 2x beetroots cottage cheese 4x carrots 2x boxes cherry tomato Non-Dairy 2x corn on the cobs 0 15x eggs coconut milk (canned) garlic occonut milk (carton) ginger 7 oz. (200g) baby potatoes 2x red bell peppers 3x white onions 1x zucchini Frozen

GRAINS, SEEDS & SPICES

Grains

O risotto rice
O quinoa
Spices
O Cajun spice
O cinnamon
 ground coriander
oground cumin
Nuts & Seeds
O chia seeds
walnuts
0
0 —
0 —
0
0
0
0
0
0
0
0
0
0
0

CANS, CONDIMENTS & MISC

Oils	
ococonut oil	
O olive oil	
Cans & Condiments	
 yellow curry paste 	
 almond butter 	
chickpeas	
O salsa (16 oz./450g)	
vegetable stock	
Sweeteners	
maple syrup	
Other	
o carrot juice	
0	
0	
O	
0	
0	
0	
0	
0	



MUSHROOM AND BRIE OMELET



Serves: 4 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 359 kcal 27g Fats 4g Carbs 25g Protein











WHAT YOU NEED

- 1 clove garlic, minced
- 2 cups (200g) mushrooms
- 8 eggs
- 7 oz. (200g) brie cheese, sliced
- 4 oz. (120g) rocket
- * 1 tbsp. olive oil
- * salt and pepper

WHAT YOU NEED TO DO

Heat a large non-stick frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.

Heat a small non-stick frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with ½ cup (60ml) cold water. Season well with salt and pepper.

Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.

Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.





GREEN PEA, POTATO AND GOAT'S CHEESE FRITTATA









WHAT YOU NEED

- 4 baby potatoes, thinly sliced
- 1 cup (120g) frozen peas
- 8 eggs
- 3 oz. (85g) goat's cheese, crumbled
- 4 oz. (120g) rocket
- * 1 tbsp. olive oil
- * salt and pepper

WHAT YOU NEED TO DO

Heat a 7.8-inch (20cm) ovenproof non-stick frying pan over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.

Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.

Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.

Preheat the grill on medium. Arrange half the potato at the base of the frying pan. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.

Place under the grill for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of rocket.





SHAKSHUKA





22q Carbs

16q Protein





WHAT YOU NEED

- 1 white onion, sliced
- · 2 bell peppers, sliced
- 2 x 14 oz. (400g) cans chopped tomatoes
- 4 eggs
- ¼ cup (15g) parsley leaves, chopped
- 1 tbsp. olive oil
- * salt and pepper

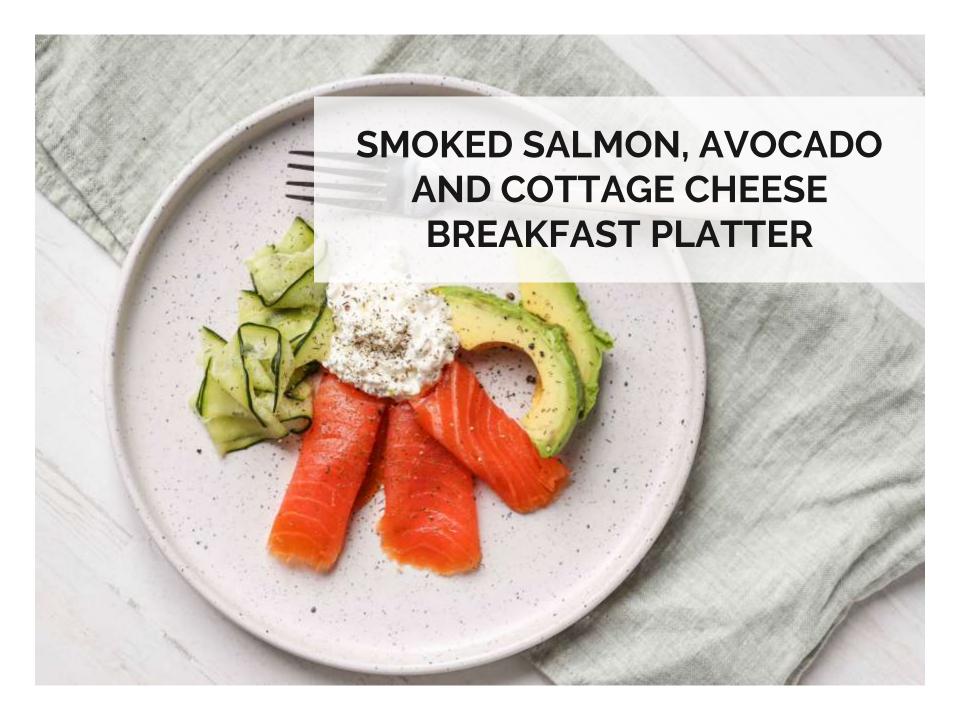
WHAT YOU NEED TO DO

Heat the oil a large non-stick frying pan over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.

Add the chopped tomatoes and cook, stirring for a further 5 minutes.

Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.





SMOKED SALMON, AVOCADO AND COTTAGE CHEESE BREAKFAST PLATTER



Nutrition per serving: 179 kcal 11g Fats 8g Carbs 14g Protein





WHAT YOU NEED

- 1 cucumber
- 7 oz. (200g) smoked salmon
- 1 avocado
- ½ cup (110g) cottage cheese
- 1 tsp. dried dill
- salt and pepper
- * 2 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.

Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.

Sprinkle with dill and season to taste with salt and pepper. Serve immediately.





PROTEIN PANCAKES









WHAT YOU NEED

- 1 cup (225g) cottage cheese
- 1 cup (80g) rolled oats
- 5 eggs
- 2 tsp. cinnamon
- 1 tbsp. maple syrup
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Place all ingredients into a blender or food processor and blitz together until smooth.

Heat ¼ of the coconut oil in a large frying pan over low-medium heat, pour about ¼ cup of batter per pancake, and repeat until the pan is filled.

Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.

Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings (see serving suggestions below).

Serving suggestion:

Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon

Nuts: almonds, hazelnuts, walnuts

Sweeteners: powdered sugar, maple syrup or honey





PURPLE POWER SMOOTHIE



Cook: o mins

Nutrition per serving: 322 kcal 3g Fats 53g Carbs 24g Protein





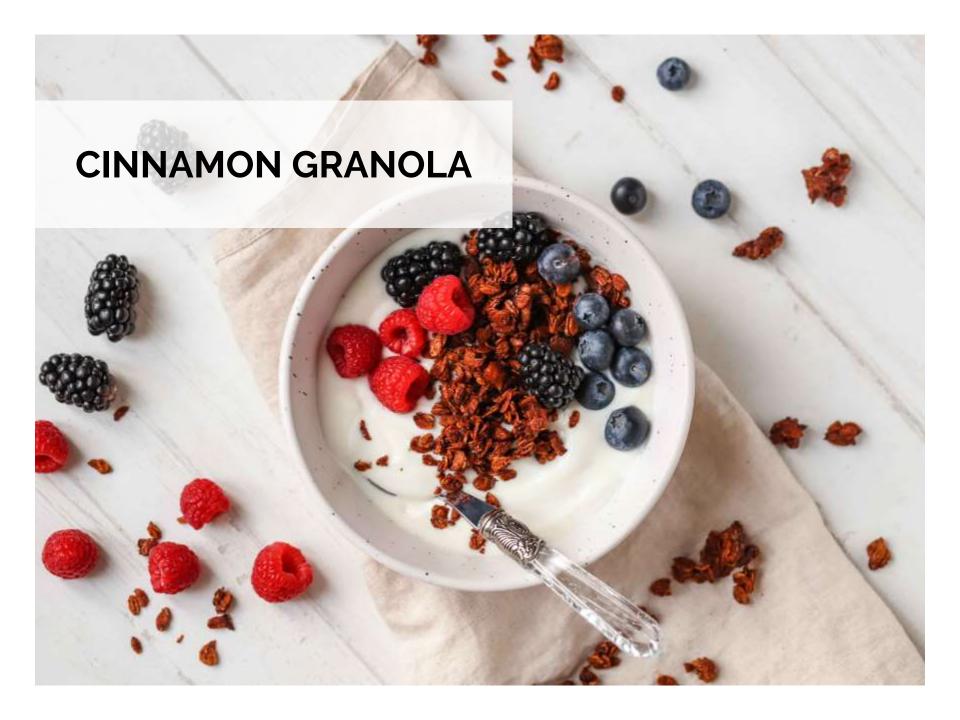
WHAT YOU NEED

- 1 cup (240ml) almond milk
- 1 cup (150g) frozen berries
- 1 banana
- 1 medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

WHAT YOU NEED TO DO

Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.





CINNAMON GRANOLA



Serves: 16 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 136 kcal 8g Fats 15g Carbs 3g Protein





WHAT YOU NEED

- 2 cups (160g) rolled oats
- 1 cup (115g) walnuts, chopped
- 1 tbsp. cinnamon
- 4 tbsp. almond butter
- ½ cup maple syrup
- * salt

WHAT YOU NEED TO DO

Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.

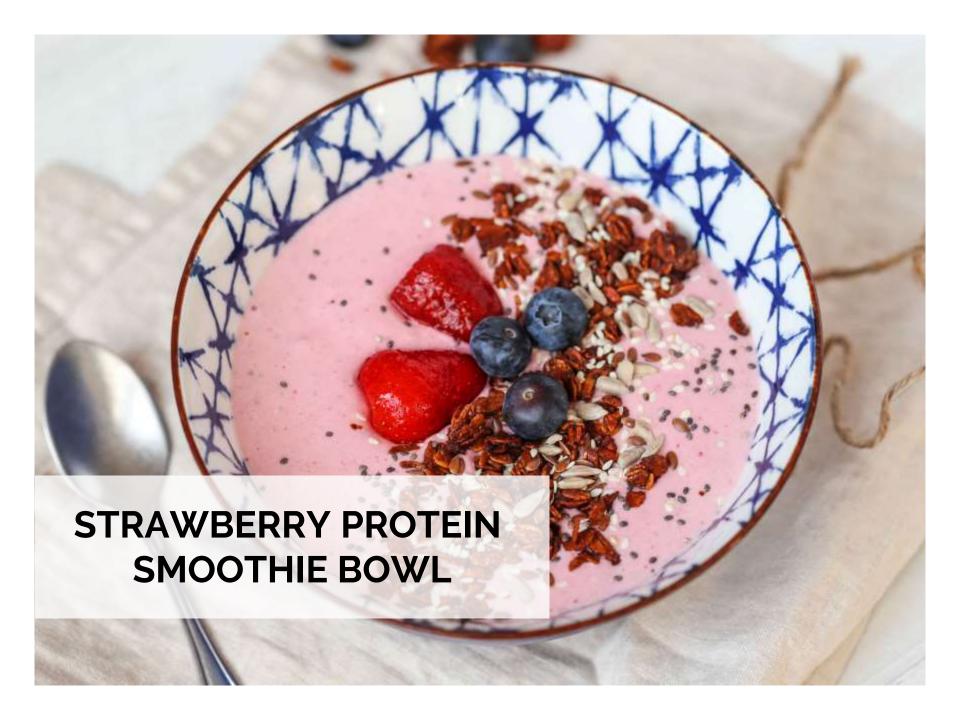
Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.

Next, add the almond butter and maple syrup, mix until well combined and sticky.

Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.

Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.





STRAWBERRY PROTEIN SMOOTHIE BOWL



Nutrition per serving: 315 kcal 10g Fats 37g Carbs

19q Protein





WHAT YOU NEED

- 4 cups (600g) cottage cheese
- 1½ cup (225g) frozen strawberries, thawed
- 4 tbsp. maple syrup
- ½ cup granola
- 1 cup (150g) mixed berries

WHAT YOU NEED TO DO

Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.

Divide between 4 serving bowls, top with granola and fresh berries, to serve.





PROTEIN PORRIDGE









WHAT YOU NEED

- 2 cups (480ml) almond milk, unsweetened
- 1 cup (80g) oats
- 1 scoop (25g) vanilla whey
- 1 banana, sliced
- ¼ cup (30g) walnuts, chopped

WHAT YOU NEED TO DO

In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.

Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.





CHICKPEA BRUSCHETTA



Prep: 10 mins Cook: 0 mins



Nutrition per serving: 357 kcal 15g Fats 44g Carbs 14g Protein

WHAT YOU NEED

- 2 slices bread, toasted
- 1 cup (165g) chickpeas, drained
- 1 tbsp. tahini
- ½ cup (75g) cherry tomatoes, quartered
- 1 tbsp. parsley, chopped
- * 1 tbsp. olive oil
- * 1 tsp. apple cider vinegar
- salt and pepper

WHAT YOU NEED TO DO

Toast the bread on both sides.

Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.

Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving suggestion:

Lemon wedges















PESTO PASTA SALAD



Cook: 20 mins







19q Protein



WHAT YOU NEED

- 11 oz. (320g) whole wheat pasta
- 13 oz. (360g) roasted peppers, drained, sliced
- 6 tbsp. basil pesto
- 1 mozzarella ball, chopped (125q)
- 4 oz. (120g) rocket
- salt and pepper

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.

In a large bowl, toss the pasta and the remaining ingredients together until combined. Season to taste with salt and pepper and serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.





CHICKPEA AND QUINOA TABBOULEH









WHAT YOU NEED

- ¾ cup (130g) quinoa, uncooked
- 1 x 14 oz. (400g) can chickpeas, drained
- 2 medium tomatoes, diced
- 1 small cucumber, diced
- 1 cup (60g) parsley, chopped
- * 3 tbsp. olive oil
- * 2 tbsp. red wine vinegar
- * salt and pepper

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.

In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.

Store refrigerated in an air-tight container for up to 2-3 days.

