



Lunch Recipe Pack

Buffalo Mozzarella and Tomato Salad



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 11 grams **Fat:** 46 grams **Protein:** 23 grams

Ingredients:

- 1 large ball of buffalo mozzarella
- 1 large beef tomato
- 100g spinach leaves
- 1 tablespoon of extra virgin olive oil
- Seasoning

Instructions:

1. Slice tomato and mozzarella into 6 slices
2. Garnish with spinach, drizzle with oil and serve.



Tip:

To increase your potassium and fiber intake, make this a large salad by adding 4 handfuls of mixed salad or baby spinach leaves.



Chicken, Bacon, Avocado Salad



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 9 grams **Fat:** 49 grams **Protein:** 41 grams

Ingredients:

- 1 medium avocado
- 1 small chicken breast
- 1 bacon rasher (unsmoked)
- 1 yellow pepper
- 80g mixed salad leaves
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

Instructions:

1. Cook chicken and bacon, then slice.
2. Prepare salad with avocado slices and peppers.
3. Top salad with chicken, bacon, and dressing.



Tomato and Garlic King Prawn Pasta



Serves:1



Prep Time 5 mins



Cook Time: 12 mins

Carbohydrates: 18 grams **Fat:** 31 grams **Protein:** 35 grams

Ingredients:

- 150g king prawns
- 3 tsp fresh basil, chopped
- 150g courgette spaghetti
- 50g broccoli
- 150g passata
- 2 cloves garlic, crushed
- 1 tbsp parmesan cheese
- 1 tbsp extra virgin coconut oil
- 1 tbsp butter

Instructions:

1. Spiralize the courgette into spaghetti or use pre-made.
2. Make the tomato sauce by heating butter, passata, garlic, and basil in a pan. Add prawns and set aside to marinate.
3. In a large pan, melt coconut oil and cook broccoli for 5 minutes. Add courgette spaghetti and cook for 2 minutes.
4. Combine the prawns and tomato sauce with the courgette and broccoli. Cook for 3 more minutes.
5. Serve immediately with a sprinkle of parmesan.

