

HOW TO BUILD YOUR OWN NUTRITIONAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 7 a.m.	Strawberry Greek yoghurt pancakes	Spiced scrambled eggs with smoked salmon and asparagus	Shakshuka	Blueberry and almond butter protein porridge	Pear baked oats	Simple homemade granola	Energy shake
Snack 10 a.m.	Coconut berry smoothie	Cashew and raisin oat bars	Chicken skewers with Greek yoghurt dip	Avocado toast with cottage cheese	Veggie chilli stuffed sweet potatoes	No snack	No snack
Lunch 1 p.m.	Salmon kebabs	Butternut squash soup	Sweetcorn fritters with fried egg and homemade salsa	Mediterranean chopped salad with mackerel and cucumber	Zingy chicken salad and wholewheat pitta	Red pepper and feta protein muffins	Slow cooker spicy chicken soup
Snack 4 p.m.	Piece of fruit	Handful of nuts	Piece of fruit	Handful of nuts	Piece of fruit	No snack	No snack
Dinner 7 p.m.	Sweet potato chicken curry with quinoa	Slow cooker chilli con carne with brown rice	Roasted curry salmon and brown rice	Baked falafel burgers and homemade chips	Garlic and herb roasted chicken and vegetables	Free meal	Steak with baby potatoes and homemade coleslaw

The recipes

Breakfast

As I've mentioned before, when weight loss is a goal, I recommend starting the day off with a nutritionally dense meal (unless, of course, you're following an intermittent fasting protocol – in which case you can skip straight to the lunch recipes). As with all the recipes coming up, it's about experimenting with which ones you like the most. Personally, I could happily eat the blueberry, almond butter and protein porridge every single morning, but you can prioritise your own preferences in your nutrition.

STRAWBERRY GREEK YOGHURT PANCAKES

Serves:	2	Protein (g):	23
Serving:	271g	Fat (g):	13
Calories (kcal):	415	Fibre (g):	8.3
Carbs (g):	47		

Prep time: 10 min

Cooking time: 20 min

Ingredients

120g wholemeal flour

1 tsp baking powder

½ tsp cinnamon

a pinch of salt

150g Greek yoghurt

2 eggs

30ml semi-skimmed milk

120g strawberries, chopped into small chunks (plus more to serve)

½ tsp olive oil, for frying

honey and almond butter, to serve

Method

1. Add the wholemeal flour, baking powder, cinnamon and salt to a large bowl and mix.
2. In a separate bowl, mix the Greek yoghurt, eggs and milk together with a fork.

THE RECIPES

3. Add the wet mixture to the dry mixture and combine to make a soft, thick batter. Add the strawberries and gently mix until evenly dispersed.
4. Use a tablespoon to dollop a quarter of the batter into a non-stick, lightly oiled frying pan. Cook for 2–3 minutes, flip and cook for another 2–3 minutes until golden brown on both sides. Repeat with the rest of the batter.
5. Serve with fresh strawberries, honey and almond butter drizzled on top.

BLUEBERRY AND ALMOND BUTTER PROTEIN PORRIDGE

Serves:	2	Protein (g):	17
Serving:	331g	Fat (g):	11
Calories (kcal):	355	Fibre (g):	5.8
Carbs (g):	43		

Prep time: 5 min

Cooking time: 10 min

Ingredients

100g oats
300ml unsweetened almond milk
100g blueberries (plus more to serve)
2 tsp honey
2 tsp almond butter (plus more to serve)
4 egg whites

THE KEANE EDGE

Method

1. Add oats, almond milk, blueberries, honey and almond butter to a small pot and bring to the boil. Reduce heat and simmer for 5–6 minutes.
2. Whisk the egg whites in a bowl with a fork until light and fluffy. Take the porridge mixture off the heat and slowly fold in the egg whites. Put back on the heat for another 1–2 minutes until cooked.
3. Serve with more blueberries and almond butter drizzled on top.

PEAR BAKED OATS

Serves:	2	Protein (g):	9.3
Serving:	340g	Fat (g):	6.6
Calories (kcal):	329	Fibre (g):	7.4
Carbs (g):	55		

Prep time: 10 min

Cooking time: 30 min

Ingredients

½ tsp olive oil
2 pears
80g oats
1 tsp cinnamon
a pinch of salt
250ml semi-skimmed milk
1 tbsp maple syrup

THE RECIPES

1 tsp vanilla extract

Greek yoghurt and honey, to serve

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6.
2. Lightly coat a baking dish with a little oil.
3. Chop 1½ pears into small chunks and slice the remaining ½ for later.
4. Mix the oats, cinnamon and salt together in a large bowl. Add the milk, maple syrup and vanilla extract and mix well.
5. Transfer the mixture to your greased baking dish, top with sliced pear and bake for 25–30 minutes.
6. Serve with Greek yoghurt and a drizzle of honey.

SIMPLE HOMEMADE GRANOLA

Serves:	6	Protein (g):	9.5
Serving:	66g	Fat (g):	18
Calories (kcal):	315	Fibre (g):	3.4
Carbs (g):	28		

Prep time: 10 min

Cooking time: 30 min

Ingredients

180g oats

100g mixed nuts, slightly crushed

40g mixed seeds

2 tbsp coconut oil, melted

50ml maple syrup

Greek yoghurt and fresh berries, to serve

Method

1. Preheat your oven to 200°C/180°C Fan/Gas Mark 6 and line a baking tray with parchment paper.
2. Mix the oats, mixed nuts and seeds together in a large bowl.
3. Add the coconut oil and maple syrup to the dry ingredients. Combine well and spread evenly onto the lined baking tray.
4. Bake for 20–30 minutes. Allow to cool.
5. Serve with Greek yoghurt and fresh berries. Your granola can also be stored in an airtight container for later.

THE RECIPES

SPICED SCRAMBLED EGGS WITH SMOKED SALMON AND ASPARAGUS

Serves:	2	Protein (g):	35
Serving:	290g	Fat (g):	18
Calories (kcal):	441	Fibre (g):	6.2
Carbs (g):	31		

Prep time: 10 min

Cooking time: 10 min

Ingredients

4 eggs
½ tsp chilli powder (plus more to serve)
½ tsp olive oil, for frying
100g asparagus, ends removed
100g smoked salmon
4 slices of wholemeal bread, toasted
salt and freshly ground black pepper

Method

1. Whisk the eggs and chilli powder together. Pour into a non-stick, lightly oiled frying pan and cook over a medium heat for 3–5 minutes, stirring continuously until cooked.
2. Bring a pot of water to the boil, reduce the heat and cook the asparagus for 3–5 minutes until cooked through, with a bit of bite.
3. Divide the asparagus and smoked salmon between two slices of wholemeal toast. Add the spiced scrambled eggs and serve with a pinch of chilli powder, salt and pepper.

SHAKSHUKA

Serves:	2	Protein (g):	22
Serving:	601g	Fat (g):	16
Calories (kcal):	371	Fibre (g):	8.4
Carbs (g):	27		

Prep time: 15 min

Cooking time: 25 min

Ingredients

1 tsp olive oil
 1 medium onion, finely chopped
 1 green pepper, deseeded and sliced
 1 red pepper, deseeded and sliced
 1 clove of garlic, crushed
 ½ tsp cumin seed
 ½ tsp paprika
 ½ tsp chilli powder
 1 tbsp tomato purée
 400g tinned tomatoes
 1 tsp sugar
 handful of fresh parsley, chopped (plus more to serve)
 4 eggs
 feta cheese, to serve
 salt and freshly ground black pepper

Method

1. Heat oil in frying pan over a medium heat. Add the onion, peppers and garlic and fry until just softened.

THE RECIPES

2. Add the cumin seeds, paprika and chilli powder along with your tomato purée and fry for 1 minute before adding the tinned tomatoes and sugar. Lower the heat and simmer for 8–10 minutes until thickened slightly. The aim is to get the consistency right – add some water if it's too thick, or continue cooking if too thin.
3. When the consistency is right, stir in the parsley. Make 4 wells in the sauce and crack an egg into each. Cook for 3–5 minutes until the eggs are cooked.
4. Crumble feta cheese and extra parsley over the top. Serve with toasted bread of your choice.

SWEETCORN FRITTERS WITH FRIED EGG AND HOMEMADE SALSA

Serves:	2	Protein (g):	24
Serving:	508g	Fat (g):	19
Calories (kcal):	508	Fibre (g):	7
Carbs (g):	54		

Prep time: 15 min

Cooking time: 5 min

Ingredients

1 beef tomato, peeled and finely chopped
 1 small red onion, finely chopped
 small handful of fresh coriander, chopped
 juice of half a lime
 80g plain flour
 1 tsp baking powder
 4 eggs
 40ml milk
 200g tinned sweetcorn, drained
 2 spring onions, chopped
 ½ tsp olive oil, for frying

Method

1. To make the salsa, mix the tomato, onion, coriander and lime juice together in a small bowl.
2. In a large bowl, mix the plain flour and baking powder together. Add 2 out of the 4 eggs along with the milk, and whisk to form a smooth batter. Add a dash more milk if needed.

THE RECIPES

3. Fold in the sweetcorn and spring onions until combined.
4. Use a tablespoon to transfer the batter into a non-stick, lightly oiled frying pan to make 4 fritters. Cook on a medium-high heat for 1–2 minutes, flip and cook for a further 1–2 minutes until golden brown on both sides. Set aside.
5. Using the same lightly oiled pan, fry the remaining 2 eggs until cooked to your preference.
6. Serve the sweetcorn fritters with fried egg and salsa on top.

RED PEPPER & FETA PROTEIN MUFFINS

Serves:	6	Protein (g):	11
Serving:	141g	Fat (g):	8.4
Calories (kcal):	140	Fibre (g):	1.4
Carbs (g):	4.2		

Prep time: 15 min

Cooking time: 15 min

Ingredients

½ tsp olive oil
1 onion, finely chopped
1 red pepper, deseeded and chopped
handful of spinach, finely chopped
8 eggs
40g feta cheese

THE KEANE EDGE

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6. Grease a 12-cup muffin tin with oil.
2. In a medium-sized bowl, mix the onion, pepper and spinach together. Spoon the mixture evenly into each cup of the muffin tin.
3. Whisk the eggs together. Pour the mixture evenly into each cup until almost full and crumble the feta cheese on top.
4. Bake for 12–15 minutes and serve. Your muffins can also be stored in an airtight container for later.

Lunch

A good rule for lunch is to make sure that you have a high-quality protein source and then build the meal around it. In these recipes I've used mackerel, chicken and salmon as the base for the meals, and then other ingredients are added for taste and to make it more nutritionally balanced. In two meals – the veggie chilli stuffed sweet potatoes and butternut squash soup – you'll see that the protein is slightly lower, which means you'd choose a higher protein breakfast and dinner to balance that out. These two recipes are great options if you're looking to increase your vegetable intake or adopt a more plant-based approach to your diet.

MEDITERRANEAN CHOPPED SALAD WITH MACKEREL AND CUCUMBER

Serves:	2	Protein (g):	19
Serving:	424g	Fat (g):	19
Calories (kcal):	303	Fibre (g):	5.3
Carbs (g):	11		

Prep time: 10 min

Cooking time: 12 min

Ingredients

2 mackerel fillets
 150g lettuce, chopped
 1 beef tomato, chopped
 ½ cucumber, chopped
 1 red pepper, deseeded and chopped
 handful of fresh parsley, chopped
 juice of half a lemon
 handful of mixed seeds
 salt and freshly ground black pepper

Method

1. Preheat oven to 180°C/160°C Fan/Gas Mark 4. Line a baking tray with parchment paper.
2. Place mackerel fillets in the baking tray, season with salt and pepper and bake for 10–12 minutes until cooked through. Use a fork to loosen the fillets into flakes.

THE RECIPES

3. In a large bowl, mix together the lettuce, tomato, cucumber, pepper, parsley and lemon juice.
4. Divide the salad mix between two bowls, and add the flaked mackerel and mixed seeds on top.

ZINGY CHICKEN SALAD AND WHOLEWHEAT PITTA BREAD

Serves:	2	Protein (g):	40
Serving:	345g	Fat (g):	5.1
Calories (kcal):	398	Fibre (g):	5.6
Carbs (g):	45		

Prep time: 15 min

Cooking time: 8 min

Ingredients

2 chicken breasts, diced into small chunks
2 cloves of garlic, crushed
juice of ½ a lemon
1 celery stick, chopped
½ red onion, finely chopped
60g seedless grapes, halved
30g Greek yoghurt
1 tsp olive oil, for frying
2 wholemeal pitta breads, toasted
40g lettuce, chopped
salt and freshly ground black pepper

Method

1. Add the chicken, garlic and lemon juice to a bowl and mix well. Season with salt and pepper and set aside for 10 minutes.
2. Mix the celery, red onion, grapes and Greek yoghurt together in a large bowl.
3. Add the marinated chicken to a non-stick, lightly oiled frying pan and cook over a medium heat for 6–8 minutes until completely cooked through but still moist.
4. Fill the toasted pitta breads with the warm chicken, salad mix and lettuce and serve.

SALMON KEBABS WITH GIANT COUSCOUS AND LIME SWEET CHILLI SAUCE

Serves:	2	Protein (g):	39
Serving:	539g	Fat (g):	21
Calories (kcal):	577	Fibre (g):	6
Carbs (g):	51		

Prep time: 15 min

Cooking time: 8 min

Ingredients

4 tbsp sweet chilli sauce
 juice of 1 lime (plus 2 wedges to serve)
 2 skinless salmon fillets, diced into chunks
 80g giant couscous

THE RECIPES

160ml water
1 yellow pepper, deseeded and chopped
½ red onion, chopped
1 beef tomato, chopped
small handful fresh mint, chopped
1 tsp olive oil, for frying

Method

1. Mix the sweet chilli sauce and lime juice together in a bowl. Skewer the salmon fillets, cover with the sauce and set aside to marinate for 15–20 minutes.
2. Add the giant couscous and water to a saucepan. Bring to the boil over a medium heat, then reduce heat and simmer for 6–8 minutes until cooked, before setting aside to cool.
3. Once cooled, add to a large bowl with the pepper, red onion, tomato and mint. Mix together.
4. Add the salmon skewers to a non-stick, lightly oiled frying pan and cook over a medium heat for 6–8 minutes until completely cooked through. Turn the skewers every few minutes to avoid burning.
5. Divide the couscous salad mix between two plates. Place the salmon skewers on top and drizzle any leftover sauce over the top.
6. Serve with a wedge of lime on the side.

SLOW COOKER SPICY CHICKEN SOUP

Serves:	6	Protein (g):	12
Serving:	350g	Fat (g):	0.9
Calories (kcal):	91	Fibre (g):	2.3
Carbs (g):	7.1		

Prep time: 15 min

Cooking time: 6 hrs

Ingredients

2 chicken breasts
 3 garlic cloves, crushed
 1 onion, chopped
 2 celery sticks, chopped
 2 carrots, finely diced
 1 red chilli, deseeded and finely sliced
 400g tinned tomatoes
 1l water
 1 chicken stock cube
 1 tsp chilli powder
 1 tsp ground cumin
 1 tsp turmeric
 salt and freshly ground black pepper
 fresh parsley, to garnish

Method

1. Add all the ingredients to your slow cooker and leave to cook for 6 hours on a low-medium heat.

THE RECIPES

2. After 6 hours, remove the chicken breasts, shred using two forks and return to the slow cooker.
3. Season with more salt and pepper if needed, and garnish with fresh parsley.
4. Serve with your bread of choice.

BUTTERNUT SQUASH SOUP

Serves:	4	Protein (g):	2.7
Serving:	429g	Fat (g):	8.5
Calories (kcal):	171	Fibre (g):	5.6
Carbs (g):	18		

Prep time: 15 min

Cooking time: 70 min

Ingredients

1 butternut squash, deseeded and chopped into cubes
2 carrots, chopped
2 onions, chopped
2 tbsp olive oil, for frying
1 red pepper, deseeded and chopped
1 vegetable stock cube
700ml water
salt and freshly ground black pepper
sour cream and mixed seeds, to garnish

THE KEANE EDGE

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6.
2. Place butternut squash and carrots onto a baking tray and cook for 30–40 minutes until soft.
3. Add the onions to a non-stick, oiled large saucepan and cook over a medium heat for 4–5 minutes until soft.
4. When the butternut squash and carrots are cooked, add to the saucepan along with the chopped pepper, stock cube, water, salt and pepper. Bring to the boil, then reduce the heat and simmer for 30 mins.
5. Remove from the heat and allow your soup to cool before blending in a food processor or blender. If needed, add more water to get your desired consistency.
6. Re-heat in a saucepan over a low-medium heat.
7. Serve with sour cream and mixed seeds on top, along with your bread of choice.

THE RECIPES

CHICKEN AND ALMOND TRAYBAKE

Serves:	2	Protein (g):	53
Serving:	499g	Fat (g):	19
Calories (kcal):	531	Fibre (g):	8.3
Carbs (g):	33		

Prep time: 10 min

Cooking time: 40 min

Ingredients

300g of boneless and skinless chicken thigh
1 onion, roughly chopped
300g potatoes, chopped
1 red pepper, deseeded and chopped
1 garlic clove, crushed
1 tsp ground cumin
1 tsp smoked paprika
2 tbsp olive oil
juice of ½ an orange
30g almonds, chopped
chopped parsley, to serve

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6.
2. Add the chicken, onion, potatoes and pepper to a baking tray.
3. In a small bowl, mix together the garlic, cumin, paprika, olive oil and orange juice. Pour over the ingredients in the baking

THE KEANE EDGE

tray and mix until evenly coated.

4. Place in the oven and cook for 30 minutes. Sprinkle the chopped almonds on top and cook for a further 10 minutes until the chicken is cooked through.
5. Garnish with chopped parsley and serve.

VEGGIE CHILLI STUFFED SWEET POTATOES

Serves:	4	Protein (g):	9.7
Serving:	365g	Fat (g):	9.6
Calories (kcal):	402	Fibre (g):	14
Carbs (g):	62		

Prep time: 15 min

Cooking time: 50 min

Ingredients

4 sweet potatoes
1 red onion, finely chopped
1 garlic clove, crushed
1 tsp olive oil, for frying
400g tinned black beans, drained
100g sweetcorn
100g plum tomatoes, chopped
1 tsp smoked paprika
½ tsp chilli flakes
1 avocado, chopped
juice of 1 lime

THE RECIPES

salt and freshly ground black pepper
sour cream and coriander, to serve

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6. Line a baking tray with parchment paper.
2. Using a fork, make some holes in each of the sweet potatoes. Place on the baking tray and cook for 40–50 minutes until cooked all the way through.
3. To make the chilli, add the red onion and garlic to a non-stick, lightly oiled frying pan and cook over a medium heat for 4–5 minutes until soft.
4. Add the black beans, sweetcorn, plum tomatoes, smoked paprika and chilli flakes and cook for a further 4–5 minutes until heated through.
5. Mix the avocado and lime juice in a small bowl. Season with salt and pepper.
6. Cut the sweet potatoes in half and pile the chilli and avocado on top. Serve with a dollop of sour cream and coriander on top.

Snacks

There's no real hard and fast rule when it comes to snacks. You could just as easily choose a handful of almonds or a piece of fruit, but if you're looking to broaden your horizon beyond those basic examples, then try out some of these. The energy shake is a particular favourite of mine as it's quick, easy and great for on-the-go. The cashew and raisin oat bars, on the other hand, take about 45 minutes – perfect for a spot of Sunday afternoon batch cooking.

THE RECIPES

ENERGY SHAKE

Serves:	1	Protein (g):	14
Serving:	305g	Fat (g):	14
Calories (kcal):	307	Fibre (g):	2.9
Carbs (g):	30		

Prep time: 5 min

Ingredients

1 frozen banana
100ml unsweetened almond milk
60g Greek yoghurt
handful of spinach
1 tbsp peanut butter
1 tsp honey

Method

1. Combine all the ingredients using a blender – add more almond milk for a thinner consistency.

CHICKEN SKEWERS WITH GREEK YOGHURT DIP

Serves:	2	Protein (g):	40
Serving:	390g	Fat (g):	13
Calories (kcal):	335	Fibre (g):	2.7
Carbs (g):	13		

Prep time: 30 min

Cooking time: 8 min

Ingredients

1 tbsp olive oil
 juice of 1 lemon
 1 garlic clove, crushed
 2 chicken breasts, diced into chunks
 1 red onion, chopped
 1 yellow pepper, deseeded and chopped
 150g Greek yoghurt
 1 tsp dried parsley
 1 tsp dried basil
 ½ tsp garlic powder
 ½ tsp onion powder
 salt and freshly ground black pepper

Method

1. Mix the olive oil, lemon juice and garlic in a bowl. Add the diced chicken breasts, season with salt and pepper and set aside to marinate for 15–20 minutes.

THE RECIPES

2. Skewer the chicken, red onion and pepper. Add the remaining marinade to a non-stick frying pan, add the skewers and cook over a medium heat for 6–8 minutes, until completely cooked through but still moist.
3. To make the dip, mix the Greek yoghurt, parsley, basil, garlic powder and onion powder in a bowl and serve alongside the hot chicken skewers.

AVOCADO TOAST WITH COTTAGE CHEESE

Serves:	2	Protein (g):	10
Serving:	290g	Fat (g):	12
Calories (kcal):	294	Fibre (g):	7.4
Carbs (g):	31		

Prep time: 10 min

Ingredients

4 slices wholemeal sourdough bread, toasted
4 tbsp cottage cheese
1 ripe avocado, sliced
2 beef tomato, sliced
salt and freshly ground black pepper
chilli flakes, optional

Method

1. Spread the cottage cheese on top of the toasted sourdough bread.

THE KEANE EDGE

2. Place the avocado and tomato slices on top, and season with salt and pepper.
3. Sprinkle chilli flakes on top and serve.

COCONUT BERRY SMOOTHIE

Serves:	1	Protein (g):	6.9
Serving:	347g	Fat (g):	4.9
Calories (kcal):	227	Fibre (g):	5.1
Carbs (g):	35		

Prep time: 5 min

Ingredients

1 frozen banana
60g strawberries
30g raspberries
50g Greek yoghurt
100ml unsweetened coconut milk
1 tsp honey

Method

1. Combine all the ingredients using a blender – add more coconut milk for a thinner consistency.

THE RECIPES

CASHEW AND RAISIN OAT BARS

Serves:	8	Protein (g):	7.2
Serving:	76g	Fat (g):	8.2
Calories (kcal):	218	Fibre (g):	2.7
Carbs (g):	28		

Prep time: 15 min

Cooking time: 35 min

Ingredients

180g oats

40g sugar

1½ tsp baking powder

pinch of salt

2 eggs

120ml semi-skimmed milk

1 tsp vanilla extract

60g raisins

80g cashews, roughly chopped

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6. Line a baking tin with parchment paper.
2. In a large bowl, mix the oats, sugar, baking powder and salt together.
3. In a smaller bowl, whisk the eggs, milk and vanilla extract together.

THE KEANE EDGE

4. Add the wet ingredients into the dry ingredients and mix well. Fold in the raisins and cashew nuts.
5. Spread the combined mixture into the prepared baking tin and flatten with the back of a spoon.
6. Bake for 30–35 minutes until golden brown.
7. Allow to cool on a wire rack and then cut into 8 bars. These can be stored in an airtight container for later.

Dinner

On to my favourite meal of the day! As at lunchtime, try and aim for a high-quality protein source as your meal's base and then add around it. Most of the protein and carbohydrate sources are interchangeable here, too; you could use chicken or turkey instead of pork in the stir-fry, for example, or substitute sweet potatoes for brown rice in the slow cooker chilli con carne. Find what works best for you. Another tip for those short on time is to make extra food at dinner and then use it for lunch the following day.

GARLIC AND HERB ROASTED CHICKEN AND VEGETABLES

Serves:	4	Protein (g):	13
Serving:	457g	Fat (g):	2.3
Calories (kcal):	341	Fibre (g):	7.8
Carbs (g):	64		

Prep time: 15 min

Cooking time: 35 min

Ingredients

4 garlic cloves, crushed
 2 tbsp apple cider vinegar
 2 tbsp olive oil
 2 tsp dried thyme
 2 tsp dried rosemary
 4 chicken breasts
 2 red onions, chopped
 2 large sweet potatoes, chopped into cubes
 100g brussels sprouts, outer leaves removed and halved
 2 green apples, cored and sliced
 salt and freshly ground black pepper

Method

1. Preheat oven to 200°C/180°C Fan/Gas Mark 6. Line a baking tray with parchment paper.
2. Mix the garlic, apple cider vinegar, oil, thyme and rosemary together in a large bowl.

THE RECIPES

3. Add the chicken breasts and coat in the mixture, season with salt and pepper and set aside to marinate.
4. Place the red onion, sweet potato, brussels sprouts and apple on the baking tray. Set the chicken breasts on top and drizzle over any of the remaining marinade.
5. Cook for 30–35 minutes until the chicken is cooked through and the vegetables are golden brown.

PESTO TURKEY NOODLES

Serves:	2	Protein (g):	48
Serving:	294g	Fat (g):	22
Calories (kcal):	561	Fibre (g):	4
Carbs (g):	41		

Prep time: 10 min

Cooking time: 10 min

Ingredients

300g turkey breast steaks, cut into strips
1 tsp olive oil
100g dried whole wheat noodles
50g basil pesto
100g cherry tomatoes
25g grated parmesan cheese (plus more to serve)
salt and freshly ground black pepper
fresh basil, to garnish

THE KEANE EDGE

Method

1. Add the sliced turkey breast steaks to a non-stick, lightly oiled frying pan over a medium heat and cook for 5–7 minutes until cooked through. Set aside.
2. Add the noodles to a saucepan of boiling water and cook for 6–7 minutes over a medium heat until soft.
3. Add noodles, pesto, cherry tomatoes and parmesan cheese to the frying pan with the turkey and cook over a low heat for 2–3 minutes, stirring until combined and heated through. Season with salt and pepper as needed.
4. Serve with extra parmesan cheese on top and garnish with fresh basil.

THE RECIPES

SWEET POTATO CHICKEN CURRY WITH QUINOA

Serves:	4	Protein (g):	37
Serving:	524g	Fat (g):	25
Calories (kcal):	578	Fibre (g):	8.5
Carbs (g):	47		

Prep time: 15 min

Cooking time: 45 min

Ingredients

200g sweet potato, chopped into cubes
400ml coconut milk
1 onion, chopped
2 garlic clove, crushed
1 tsp fresh ginger, grated
1 tbsp olive oil
3 chicken breasts, diced into chunks
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and chopped
3 tsp curry powder
1 tsp cumin
1 tsp chilli powder
1 tsp dried coriander
200g quinoa
400ml water
salt and freshly ground black pepper
fresh coriander, to garnish

Method

1. Place sweet potato in a saucepan of water over a medium heat. Bring to the boil and cook for 12–14 minutes until soft (the smaller the cubes, the shorter the cooking time).
2. Once cooked and drained, allow to cool slightly before using a blender to blend the sweet potato and coconut milk together.
3. Add the onion, garlic and ginger to a non-stick, lightly oiled frying pan and cook for 4–5 minutes until the onions have softened.
4. Add the chicken and cook for 3–5 minutes until sealed (i.e. the outside of the chicken has turned white). Add the peppers and cook for a further 12–15 minutes. Add a splash of water if things are starting to stick to the pan.
5. Add the curry powder, cumin, chilli powder and dried coriander and cook for 1–2 minutes, before adding the sweet potato and coconut milk mixture.
6. Lower the heat and simmer for 5–7 minutes until the chicken is cooked through and the sauce thickens. Season with salt and pepper as needed.
7. Add your quinoa and water to a saucepan and bring to the boil over a medium heat. Reduce the heat and simmer for 12–15 minutes.
8. Serve the curry in bowls, spooned over the quinoa with fresh coriander on top to garnish.

THE RECIPES

STEAK WITH BABY POTATOES AND HOMEMADE COLESLAW

Serves:	2	Protein (g):	46
Serving:	451g	Fat (g):	41
Calories (kcal):	668	Fibre (g):	6.2
Carbs (g):	25		

Prep time: 10 min

Cooking time: 15 min

Ingredients

2 sirloin steaks
250g baby potatoes
1 carrot, grated
¼ red cabbage, finely shredded
3 tbsp mayonnaise
1 tbsp apple cider vinegar
1 tsp mustard
salt and freshly ground black pepper
1 tbsp olive oil

Method

1. Remove the steaks from the fridge for 15–20 minutes, to allow them to get to room temperature.
2. Cook the potatoes in a large pot of boiling water for 12–15 minutes over a low-medium heat until tender.

THE KEANE EDGE

3. To make the coleslaw, mix the carrot, red cabbage, mayonnaise, apple cider vinegar and mustard together in a large bowl. Season with salt and pepper and set aside.
4. Brush both sides of the steak with olive oil and season with salt and pepper. Cook on a hot, non-stick griddle pan for 2–4 minutes on both sides until cooked to your preference. Set aside and allow to rest for 2–4 minutes before serving with potatoes and coleslaw.

ROASTED CURRY SALMON AND BROWN RICE

Serves:	2	Protein (g):	34
Serving:	580g	Fat (g):	25
Calories (kcal):	437	Fibre (g):	6.7
Carbs (g):	14		

Prep time: 10 min

Cooking time: 30 min

Ingredients

1 beef tomato, sliced
2 salmon fillets
1 tbsp olive oil
1 tbsp curry powder
120g brown rice
1 carrot, chopped into small chunks
240ml water

THE RECIPES

80g frozen peas
salt and freshly ground black pepper
fresh coriander, to garnish

Method

1. Preheat oven to 180°C/160°C Fan/Gas Mark 4. Line a baking tray with parchment paper.
2. Lay the tomatoes on the lined baking tray and place the salmon fillets on top.
3. Mix the olive oil and curry powder together in a small bowl before brushing over the salmon fillets. Cook for 15–20 minutes until the salmon is cooked.
4. Next add your rice, carrot and water to a saucepan and bring to the boil over a medium heat. Reduce the heat and simmer for 20–25 minutes. Add the peas and cook for a further 5 minutes.
5. Divide the rice into two bowls and place the salmon fillets on top. Garnish with fresh coriander and serve.

BAKED FALAFEL BURGERS AND HOMEMADE CHIPS

Serves:	2	Protein (g):	18
Serving:	312g	Fat (g):	15
Calories (kcal):	578	Fibre (g):	11
Carbs (g):	87		

Prep time: 15 min

Cooking time: 50 min

Ingredients

1 large baking potato
1 tbsp olive oil
2 garlic cloves, crushed
handful of fresh parsley, chopped
½ tsp turmeric
juice of 1 lemon
200g tinned chickpeas, drained
20g plain flour
2 brioche buns
salt and freshly ground black pepper
lettuce, tomato and sauce of choice, to serve

Method

1. Preheat oven to 180°C/160°C Fan/Gas Mark 4. Line two baking trays with parchment paper.

THE RECIPES

2. Chop the potato into chips, toss in olive oil and season with salt and pepper. Place on one of your lined baking trays and cook for 40–50 minutes until golden and crispy.
3. To make the burgers, add the garlic, parsley, turmeric and lemon juice to a food processor and pulse.
4. Add the chickpeas and flour, and pulse until the mixture starts to come together.
5. Split the mixture in two and form into burger shapes. Place these in the fridge for 20 minutes to firm up.
6. When firm, place your burgers on the other lined baking tray and cook for 25–30 minutes, turning halfway through cooking.
7. Toast the brioche buns and build your burgers with lettuce, tomato and a sauce of your choice. Serve alongside the homemade chips.

SLOW COOKER CHILLI CON CARNE WITH BROWN RICE

Serves:	6	Protein (g):	22
Serving:	519g	Fat (g):	15
Calories (kcal):	312	Fibre (g):	7.9
Carbs (g):	17		

Prep time: 20 min

Cooking time: 8 hrs

Ingredients

500g beef, minced
 1 tsp olive oil
 1 onion, chopped
 2 celery sticks, chopped
 2 garlic cloves, crushed
 1 beef stock cube
 200ml warm water
 400g tinned kidney beans, drained
 400g tinned tomatoes
 2 tbsp tomato purée
 1 carrot, chopped
 1 red pepper, deseeded and chopped
 1 tbsp chilli powder
 2 tsp smoked paprika
 2 tsp cumin
 2 tsp turmeric
 2 tsp dried coriander

THE RECIPES

360g brown rice

720ml water

salt and freshly ground black pepper

Greek yoghurt and fresh coriander, to serve

Method

1. Add the minced beef to a non-stick, lightly oiled frying pan and cook for 5–10 minutes until browned. Transfer your meat into the slow cooker.
2. Add the onion, celery and garlic to the frying pan and cook for 4–5 minutes until softened slightly. Transfer to the slow cooker.
3. Dissolve your stock cube in 200ml of warm water.
4. Add the stock and the remaining ingredients – except for the rice – to the slow cooker. Season with salt and pepper and cook on a low heat for 6–8 hours.
5. Add your rice and water to a saucepan and bring to the boil over a medium heat. Reduce the heat and simmer for 25–30 minutes until cooked.
6. Serve the chilli con carne in bowls, spooned over the rice with a dollop of Greek yoghurt and fresh coriander on top.

PORK AND VEGETABLE STIR-FRY

Serves:	2	Protein (g):	37
Serving:	499g	Fat (g):	26
Calories (kcal):	625	Fibre (g):	9.8
Carbs (g):	56		

Prep time: 15 min

Cooking time: 15 min

Ingredients

250g pork loin medallions, diced
 2 tbsp soy sauce
 2 tsp fish sauce
 1 tsp Chinese five spice
 1 tsp brown sugar
 1 tbsp olive oil
 1 onion, chopped
 1 garlic clove, crushed
 1 tsp fresh ginger, grated
 ½ red chilli, finely chopped
 1 red pepper, deseeded and sliced
 150g mangetout
 100g pak choi, chopped
 100g dried whole wheat noodles
 crushed peanuts, to garnish

THE RECIPES

Method

1. Add the pork, soy sauce, fish sauce, Chinese five sauce and brown sugar to a bowl and mix until the pork is evenly coated.
2. Add the pork and sauce to a non-stick, lightly oiled frying pan over a medium heat and cook for 3–5 minutes until cooked through. Set the pork aside.
3. In the same frying pan, cook the onion, garlic, ginger, chilli and pepper over a medium heat for 4–5 minutes until soft. Add the pork back in along with the mangetout and pak choi, and cook for 2–3 minutes.
4. Add the noodles to a saucepan of boiling water and cook for 6–7 minutes over a medium heat until soft. Drain.
5. Serve the stir-fried pork and vegetables over the cooked noodles. Garnish with crushed peanuts and serve.