

Recipe Book



A
Recipe
is a story
that
ends with a
good meal

- PAT CONROY



! Message from **Julz** our Founder

Hello Friend!

Welcome to The New You Plan, where we are excited to have you on board! By taking the first step towards a healthier and happier version of yourself, you have shown tremendous courage and commitment to your well-being. Our team is dedicated to supporting and encouraging you as you progress towards your goals.

As a token of our appreciation, we have a host of exciting challenges and competitions planned for you throughout the year. Head over to our website to discover more and get involved. We wish you all the very best as you embark on this journey towards your New You, and hope that our recipe book will inspire and empower you to make healthy and delicious choices every day.



Founder of
The New You Plan

! Message from **Ro** our Dietitian



I am delighted that you have ordered your meal bundle from The New You Plan. I hope you're ready for exciting results that will keep you motivated until you reach your goal. Each recipe has been carefully designed with your health and well-being in mind. I want you to know that you are making a positive choice by choosing The New You Plan. By nourishing your body with healthy, nutritious food, you are taking a step towards a happier, healthier you.

Remember, there is no such thing as a perfect diet or a perfect body. It's all about progress, not perfection. Celebrate the small wins along the way, and never lose sight of why you started. We believe in you, and we are here to support you every step of the way.

Thank you for choosing The New You Plan. Let's make this journey a positive, empowering one together.

xoxo, Ro

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Courgette Muffins

Ingredients:

(Makes 2 mini cups)

- ½ courgette, grated
- 2 tbsp peas, defrosted
- 2 spring onions
- 1 tsp olive oil
- 1 garlic clove, minced
- 2 eggs
- 1 tbsp milk

Instructions:

1. Heat the oven to 220C/200C fan/gas 7.
2. Heat the oil in a pan and fry the spring onions and garlic for 3 mins. Add the grated courgette and cook for another minute, then set aside to cool.
3. Whisk the eggs and milk in a small bowl then add the cooled courgette mixture, peas, and stir.
4. Grease 2 muffin cups of a muffin tin, and fill the cups with the mixture by 1/3.
5. Season then put in the oven and bake for 15-20 minutes, until the eggs have puffed up and the centre of the frittata jiggles slightly when moved.
6. Eat warm or let cool and take it to work with you, can be eaten cold.





You can throw any back-of-the-fridge vegetables into this frittata mix, just make sure they're cooked beforehand or they will release water!

	PER 100G	%RI	PER 248G SERVING	%RI
Energy (Kj)	389 KJ	5%	965 KJ	11%
Energy (Kcal)	93 Kcal	5%	232 Kcal	12%
Fat	6.3 g	9%	16 g	23%
<i>Of which saturates</i>	1.9 g	10%	4.7 g	24%
Carbohydrate	1.9 g	1%	4.7 g	2%
<i>Of which sugars</i>	1.3 g	1%	3.3 g	4%
Fibre	0.8 g	3%	2.1 g	8%
Protein	6.9 g	14%	17 g	34%
Salt	0.18 g	3%	0.45 g	8%

Chia Pudding

Ingredients:

- 80g berries
- 2tbsp chia seeds
- 20g oats
- 160ml semi skimmed milk
- 2tbsp 0% fat yoghurt
- 6 almonds

Instructions:

1. Gently heat the berries on a low heat until slightly broken down. Then, remove from heat and add 1 tbsp of chia seeds and stir. Leave to cool and thicken.
2. Meanwhile, mix the oats, remaining chia seeds, milk and yoghurt. Leave to set.
3. After 1-2 hours, layer the berry compote into your jar, then top with the creamy oats and refrigerate until the next morning. Top with almonds.





	PER 100G	%RI	PER 248G SERVING	%RI
Energy (Kj)	335 KJ	4%	1191 KJ	14%
Energy (Kcal)	80 Kcal	4%	285 Kcal	14%
Fat	3.5 g	5%	12 g	17%
<i>Of which saturates</i>	0.7 g	4%	2.6 g	13%
Carbohydrate	5 g	2%	18 g	7%
<i>Of which sugars</i>	4.5 g	5%	16 g	18%
Fibre	3 g	12%	11 g	14%
Protein	5.8 g	12%	21 g	12%
Salt	0.09 g	2%	0.34 g	6%

BREAKFAST IDEAS

Yoghurt Crunch

Ingredients:

- 150g 0% fat Greek yoghurt
- 6 blackberries
- 14 blueberries
- 10 raspberries
- 1 tsp mixed seeds
- 1 tsp peanut butter

Instructions:

1. Spoon the yoghurt into your bowl and mix in the blueberries.
2. Top with blackberries, blueberries, raspberries, mixed seeds and peanut butter.

Yoghurt is a fermented milk product which is high in protein, and can be low in calories if low-fat, low-sugar varieties are purchased. As well as protein, it is a rich source of calcium, which is needed to maintain strong bones and teeth.





	PER 100G	%RI	PER 256G SERVING	%RI
Energy (Kj)	367 KJ	4%	939 KJ	11%
Energy (Kcal)	87 Kcal	4%	224 Kcal	11%
Fat	3 g	4%	7.7 g	11%
<i>Of which saturates</i>	0.6 g	3%	1.7 g	9%
Carbohydrate	5.6 g	2%	14 g	5%
<i>Of which sugars</i>	4.5 g	5%	11 g	12%
Fibre	2.5 g	10%	6.4 g	26%
Protein	8.1 g	16%	21 g	42%
Salt	0.13 g	2%	0.34 g	6%

Carrot cake pudding

Ingredients:

- 2 tbsp chia seeds
- 90ml semi-skimmed milk
- ½ tsp vanilla essence
- 1 tbsp low-fat yoghurt
- ½ carrot, grated
- Pinch of ground ginger
- Pinch of ground cinnamon
- 3 pecans, crushed

Instructions:

1. In a small bowl/container/jar, mix together the chia seeds, milk and vanilla essence until evenly combined. Leave to stand for an hour.
2. Then, add the yoghurt, carrot, ground ginger and ground cinnamon and stir again.
3. Top with the pecans and eat straight away or store in the refrigerator for up to 3 days.





	PER 100G	%RI	PER 195G SERVING	%RI
Energy (Kj)	476 KJ	6%	929 KJ	11%
Energy (Kcal)	115 Kcal	6%	223 Kcal	11%
Fat	6.8 g	10%	713 g	19%
<i>Of which saturates</i>	1 g	5%	2 g	10%
Carbohydrate	5.4 g	2%	11 g	4%
<i>Of which sugars</i>	4.7 g	5%	9.1 g	10%
Fibre	3.7 g	15%	73 g	29%
Protein	6 g	12%	12 g	24%
Salt	0.1 g	2%	0.2 g	3%

LUNCH IDEAS

Moroccan Chicken Salad

Ingredients:

- 1 tsp olive oil
- ¼ tsp cinnamon
- ¼ tsp cumin
- Drizzle of honey
- 1 tsp lemon juice
- 90g cooked chicken
- 5 cucumber slices, diced
- 1 grated carrot, diced
- Few sprigs of mint, chopped
- 1 tbsp pomegranate seeds
- 1 tsp mixed seeds
- 5 x 1cm cubes of feta
- 1 handful of salad leaves

Instructions:

1. In a small cup, mix the oil, cinnamon, cumin, honey and lemon juice.
2. In a bowl, mix the salad leaves, chicken, cucumber, carrot, mint and pomegranate seeds.
3. Pour the homemade dressing over the salad and toss until evenly combined. Top with feta cubes.

Salad dressings are often high in fat/ sugar, and can be recreated at home using simple ingredients like olive oil and lemon juice, paired with fresh herbs and spices.





You could even make a batch of this dressing to store in the fridge – just make sure to keep it in a clean jar with tight fitted lid.

	PER 100G	%RI	PER 248G SERVING	%RI
Energy (Kj)	389 KJ	5%	965 KJ	11%
Energy (Kcal)	93 Kcal	5%	232 Kcal	12%
Fat	6.3 g	9%	16 g	23%
<i>Of which saturates</i>	1.9 g	10%	4.7 g	24%
Carbohydrate	1.9 g	1%	4.7 g	2%
<i>Of which sugars</i>	1.3 g	1%	3.3 g	4%
Fibre	0.8 g	3%	2.1 g	8%
Protein	6.9 g	14%	17 g	34%
Salt	0.18 g	3%	0.45 g	8%

LUNCH IDEAS

Green Go Omelette

Ingredients:

- 2 eggs
- 2 tbsp semi-skimmed milk
- 1 large handful kale, finely chopped (you may want to use a food processor)
- 1 tsp olive oil
- 30g feta (5x1cm cubes)

Instructions:

1. Whisk the eggs and milk together, then stir in the kale.
2. Heat the oil in a frying pan over medium heat. Once hot, pour in the egg mixture and swirl so that it coats the base of the pan.
3. Fry until just set, place the feta cubes on top and gently fold the omelette over. Place a lid on the pan and cook for another minute until the filling is warmed.

Kale contains twice the recommended daily intake of Vitamin A, which helps your immune system to work properly to fight off illnesses and infections.





	PER 100G	%RI	PER 187G SERVING	%RI
Energy (Kj)	499 KJ	6%	933 KJ	11%
Energy (Kcal)	120 Kcal	6%	224 Kcal	11%
Fat	7.4 g	11%	14 g	20%
<i>Of which saturates</i>	3.1 g	16%	5.9 g	30%
Carbohydrate	1.7 g	1%	3.2 g	1%
<i>Of which sugars</i>	1 g	1%	1.9 g	2%
Fibre	0.5 g	2%	0.7 g	3%
Protein	11 g	22%	21 g	42%
Salt	0.61 g	10%	1.1 g	18%

Spiced white fish with lentil and apple salad

Ingredients:

- 1 fillet of haddock
- ¼ tsp ground cayenne
- ½ tsp ground oregano
- 1 tsp olive oil
- 1 celery stick, diced
- ¼ white onion, diced
- 1 tsp balsamic vinegar
- ½ tin green lentils, drained and rinsed
- 8 sugar snap peas, halved
- 2 handfuls of rocket
- ½ red apple, cored and finely chopped
- Handful of fresh parsley

Instructions:

1. Heat the grill to high.
2. In a bowl, mix the oregano and cayenne. With your fingers, rub the fish fillet with the spice mixture until fully coated, then season to taste. Cook skin-side down for 10 minutes, until almost opaque. Flip and cook for a further 3 minutes. Remove from oven and set aside. You may need to grill the fish for longer depending on the thickness of the fillet.
3. Meanwhile, heat the oil in a saucepan over medium heat. Add the onion and celery and cook for 5 minutes. Add the lentils to the pan to warm through. Then remove from heat and stir in the rocket, sugar snap peas, balsamic vinegar and lemon juice.
4. Serve the lentil mixture onto your plate, then sprinkle over the apple cubes and parsley. Place the grilled fish on top.





Fish is a high protein, low fat alternative to meat dishes. We should aim to have at least two portions of fish per week, one being oily.

	PER 100G	%RI	PER 550G SERVING	%RI
Energy (Kj)	318 KJ	6%	933 KJ	11%
Energy (Kcal)	76 Kcal	6%	224 Kcal	11%
Fat	3.6 g	11%	14 g	20%
<i>Of which saturates</i>	3.1 g	16%	5.9 g	30%
Carbohydrate	1.7 g	1%	3.2 g	1%
<i>Of which sugars</i>	1 g	1%	1.9 g	2%
Fibre	0.5 g	2%	0.7 g	3%
Protein	11 g	22%	21 g	42%
Salt	0.61 g	10%	1.1 g	18%

EVENING MEAL IDEAS

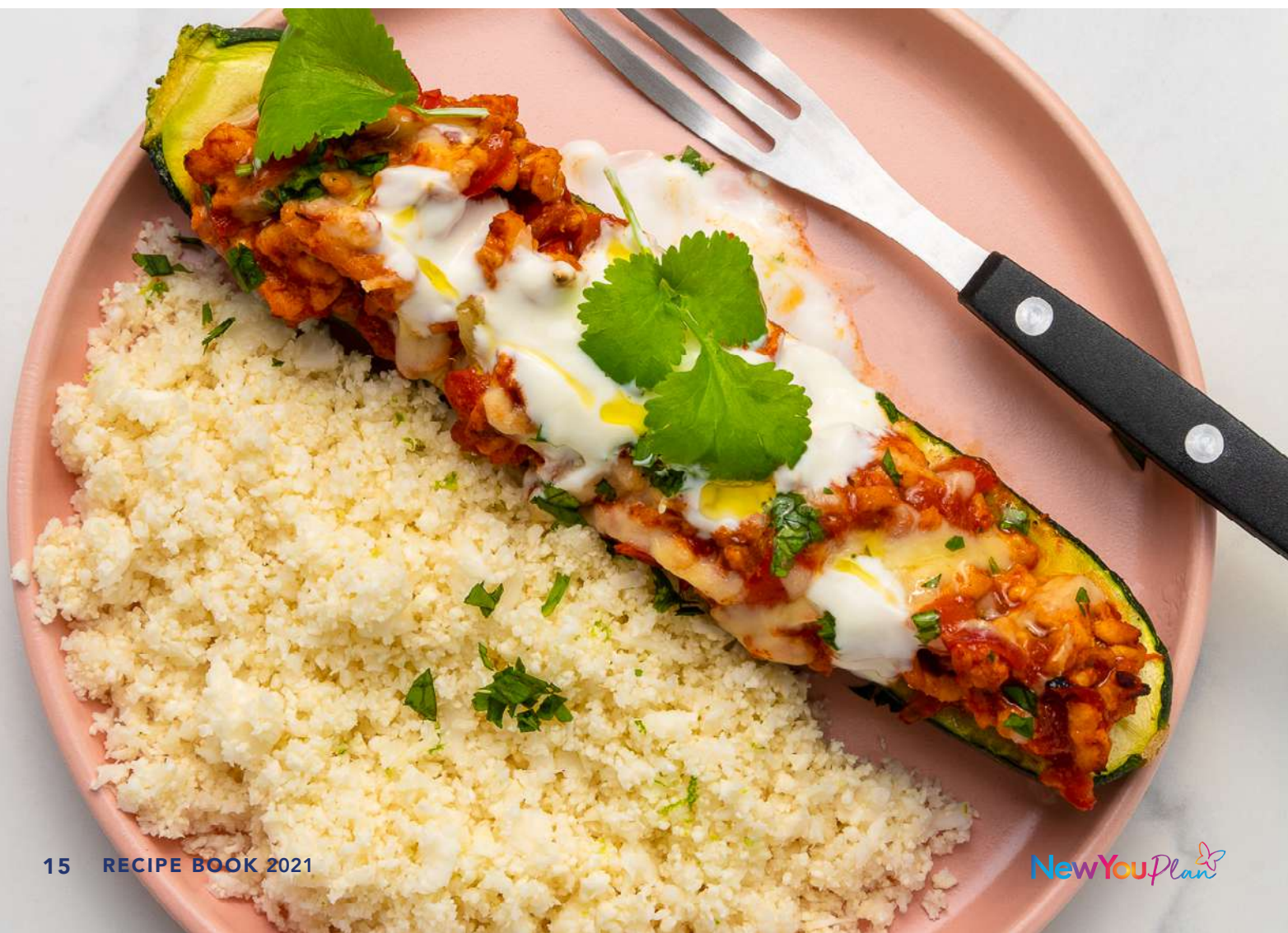
Burrito boat

Ingredients:

- ½ courgette, halved lengthways
- 2 tsp olive oil
- ¼ red onion, diced
- ¼ red pepper, diced
- 1 garlic clove, minced
- 100g turkey mince
- ¼ tsp chilli powder
- ½ tsp paprika
- ½ tsp cumin
- ¼ tin chopped tomatoes
- 1 tsp tomato puree
- 1 slice from a block of cheese (~20g)
- Handful of cauliflower florets
- Handful coriander, chopped
- 1 tsp low-fat sour cream
- 1 tsp lime juice

Instructions:

1. Preheat the oven to 180C.
2. Place the courgette on a baking tray, cut side up, and drizzle with 1 tsp olive oil and season. Roast for 10 minutes.
3. Meanwhile, heat the remaining oil in a frying pan over medium heat before adding the onion and pepper. Cook for 5 minutes, stirring frequently, then add the garlic, turkey, chilli powder, cumin, paprika, tomatoes and tomato puree. Simmer for 10-15 minutes or until the turkey has cooked and turned white. Add a splash of water if it becomes too dry.
4. Spoon this mixture onto the centre of the baked courgette and spread lengthways. Sprinkle with cheese and bake for 15 minutes.





5. Meanwhile, blitz the cauliflower in a food processor, or manually chop with a knife, until it resembles rice. Place in a bowl in the microwave with a splash of water, and heat for 2 minutes to heat.
6. Place the burrito boat on your plate, garnish with coriander, a spoon of sour cream and lime juice. Serve with cauliflower rice.

	PER 100G	%RI	PER 550G SERVING	%RI
Energy (Kj)	318 KJ	4%	1749 KJ	21%
Energy (Kcal)	76 Kcal	4%	418 Kcal	21%
Fat	3.6 g	5%	20 g	29%
<i>Of which saturates</i>	1.4 g	7%	7.5 g	38%
Carbohydrate	3.5 g	1%	19 g	7%
<i>Of which sugars</i>	2.5 g	3%	14 g	16%
Fibre	1.3 g	5%	6.9 g	28%
Protein	6.7 g	13%	37 g	74%
Salt	0.11 g	2%	0.6 g	19%

Chicken Chow Mein Zoodles

Ingredients:

- ½ tbsp olive oil
- 1 chicken breast, diced into 1" cubes
- 1 tsp chilli flakes
- ¼ red onion, diced
- 1 garlic clove, minced
- ½ red pepper, thin sliced
- ½ carrot, cut into matchsticks
- ¼ tbsp corn starch
- ½ tbsp water
- 1 tsp low sodium soy sauce
- ½ tsp rice vinegar
- 1 tsp oyster sauce
- 1 courgette, spiralsised
- 1 spring onion, diced
- 1 tsp sesame seeds

Instructions:

1. Heat the oil in a frying pan or wok over medium high heat. Add the chicken and fry for 3-5 minutes, or until cooked all the way through. Remove from the pan.
2. Then, add the chilli, onion, garlic, pepper and carrot. Cook until vegetables are tender, about 4 minutes.
3. Meanwhile, in medium bowl whisk together the water and corn starch before adding the soy sauce, vinegar, and oyster sauce.
4. Add the chicken back to the pan with the courgette noodles and the sauce. Stir everything and continue cooking for another 2-3 minutes.





5. Top with spring onion and sesame seeds.

Pre-made stir fry sauces can often be high in sugar and salt, and with just a handful of ingredients, you could make your own fresh, nutritious versions. Key ingredients include garlic, soya sauce, rice vinegar and oyster sauce to pack an aromatic punch!

	PER 100G	%RI	PER 485G SERVING	%RI
Energy (Kj)	260 KJ	4%	1259 KJ	21%
Energy (Kcal)	62 Kcal	4%	300 Kcal	21%
Fat	2.2 g	5%	11 g	29%
<i>Of which saturates</i>	0.4 g	7%	1.9 g	38%
Carbohydrate	3.2 g	1%	15 g	7%
<i>Of which sugars</i>	2.4 g	3%	12 g	16%
Fibre	1.7 g	5%	8 g	28%
Protein	6.5 g	13%	32 g	74%
Salt	0.28 g	2%	1.4 g	19%

Tuna Crunch Lettuce Wrap

Ingredients:

- ½ tin tuna (in spring water), drained and rinsed
- 1 tsp light mayonnaise
- ¼ tsp chilli flakes
- ½ tsp lemon juice
- 2 cucumber slices, diced
- 2 strips of red pepper, diced
- 1 spring onion, sliced
- 1 gem lettuce leaf

Instructions:

1. In a small bowl, mix the tuna and mayonnaise together until evenly combined.
2. Then, add chilli flakes, lemon juice, carrot, cucumber, and spring onion, and mix again.
3. Spoon this tuna mixture into the lettuce leaf and season.





	PER 100G	%RI	PER 187G SERVING	%RI
Energy (Kj)	306 KJ	4%	440 KJ	5%
Energy (Kcal)	73 Kcal	4%	104 Kcal	5%
Fat	1.7 g	2%	2.5 g	4%
<i>Of which saturates</i>	0.3 g	2%	0.4 g	2%
Carbohydrate	1.4 g	1%	2.1 g	1%
<i>Of which sugars</i>	1.2 g	1%	1.8 g	2%
Fibre	0.7 g	3%	1 g	4%
Protein	12 g	24%	18 g	36%
Salt	0.14 g	2%	0.21 g	4%

SNACK IDEAS

Cottage Cheese Cracker Breads

Ingredients:

- 2 tbsp reduced-fat cottage cheese
- 1 tsp chives, chopped
- 2 multigrain cracker breads
- 3 slices tomato
- 3 slices cucumber

Instructions:

1. Mix the cottage cheese and chives, and evenly spread on both cracker breads.
2. Top with tomato, cucumber and season before serving.

Cottage cheese is a high source of protein, as well as calcium and vitamin B-12. A great addition to any vegetarian's diet, as well.





	PER 100G	%RI	PER 145G SERVING	%RI
Energy (Kj)	256 KJ	3%	372 KJ	4%
Energy (Kcal)	61 Kcal	3%	88 Kcal	4%
Fat	1 g	1%	1.4 g	2%
<i>Of which saturates</i>	0.4 g	2%	0.6 g	3%
Carbohydrate	7.1 g	3%	10 g	4%
<i>Of which sugars</i>	2.7 g	3%	3.9 g	4%
Fibre	0.8 g	3%	1.2 g	5%
Protein	5.1 g	10%	7.4 g	15%
Salt	0.23 g	4%	0.34 g	6%

SNACK IDEAS

Prawn cocktail cups

Ingredients:

- 2 little gem lettuce hearts
- 100g prawns, cooked
- 1 tbsp low-fat mayonnaise
- 2 drops of tabasco sauce
- 1 tsp lemon juice
- Handful chives, chopped
- ¼ avocado, cubed
- Handful cress

Instructions:

1. Toss the prawns in a bowl with the mayonnaise, lemon juice, chives and seasoning.
2. Lay the leaves out on a plate and spoon the avocado and prawn mixture into each.
3. Scatter over some cress and serve.

Prawns are a rich source of selenium is a powerful antioxidant with oxidative stress and maintain healthy cells. In addition, they are a rich source of protein whilst remaining low in fat.





	PER 100G	%RI	PER 156G SERVING	%RI
Energy (Kj)	371 KJ	4%	579 KJ	7%
Energy (Kcal)	89 Kcal	4%	139 Kcal	7%
Fat	5 g	7%	7.8 g	11%
<i>Of which saturates</i>	1 g	5%	1.6 g	8%
Carbohydrate	1.3 g	1%	2.1 g	1%
<i>Of which sugars</i>	0.7 g	1%	1.2 g	1%
Fibre	1 g	4%	1.5 g	6%
Protein	9.1 g	18%	14 g	28%
Salt	0.57 g	10%	0.89 g	15%

SNACK IDEAS

Berry shake

Ingredients:

- 30g cashews
- 80g frozen berries
- 150ml semi-skimmed milk
- ½ tsp vanilla essence
- 100g low-fat Greek yoghurt
- 2 ice cubes

Instructions:

1. Place the cashews in a small bowl and pour over just-boiled water. Leave to soak for 10 minutes.
2. Drain the cashews and add all ingredients into a food processor and blend until smooth.

Frozen berries are a great addition to any freezer as berries can be kept for a longer amount of time before expiring, cutting down on costs and food waste. Berries like strawberries, raspberries and blueberries are lower in carbohydrates, and have what is known as a 'low glycaemic index' or 'low GI'. Low GI carbohydrates are broken down slowly and so blood sugar is released gradually, rather than a rapid rise, which may reduce the risk of type 2 diabetes.





	PER 100G	%RI	PER 368G SERVING	%RI
Energy (Kj)	368 KJ	4%	1421 KJ	17%
Energy (Kcal)	88 Kcal	4%	340 Kcal	17%
Fat	4.5 g	6%	17 g	24%
<i>Of which saturates</i>	1.2 g	6%	4.5 g	23%
Carbohydrate	5.3 g	2%	21 g	8%
<i>Of which sugars</i>	4.4 g	5%	17 g	19%
Fibre	1.1 g	4%	4.4 g	18%
Protein	5.8 g	12%	22 g	44%
Salt	0.09 g	2%	0.34 g	6%



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