

EAT NOURISH GLOW

30 DAY CHALLENGE

CLEAN EATING

LOW CARB & HIGH PROTIEN RECIPES

with Emma Lisa

QUALIFIED NUTRITIONIST & WHOLEFOOD RECIPE CREATOR

30 DAY

Full Recipes, Meal Plan & Clean Eating Challenge by a Nutritionist



NUTRITIONIST-LED HEALTHY CLEAN EATING

Welcome To The Challenge

30 Days Of Healthy, Clean Eating Awaits

I AM SO GLAD YOU ARE HERE–This clean eating cookbook challenge is the perfect way to clean up your diet and eat more healthy. Over the coming month, you'll be led through a Nutritionist-approved meal plan of scrumptious recipes that are low in carbs, and naturally high in lean protein, perfect for weight loss and to kickstart clean eating. The cookbook challenge is safe enough that you can even use it more than once to help master a well-balanced, clean eating lifestyle. Just rinse and repeat to reset your appetite, retrain those tastebuds, and eat clean and healthier using wholefood nutrition.

Ready? Let's get you setup and started!!

VISIT CHALLENGE GROUP →

see you inside!

Clean Eating Without Deprivation—*Yes, You Can Have Pancakes!*

Easing into a clean eating diet doesn't mean you have to give up your favourite foods - like chocolates or pancakes. It just calls for a few ingredient swaps, and exploring lower carb, higher protein alternatives to make your favourite recipes. And I promise you, the effort is 100% worth it when your body starts to function better, and you start to feel lighter, and more happier in your own skin!

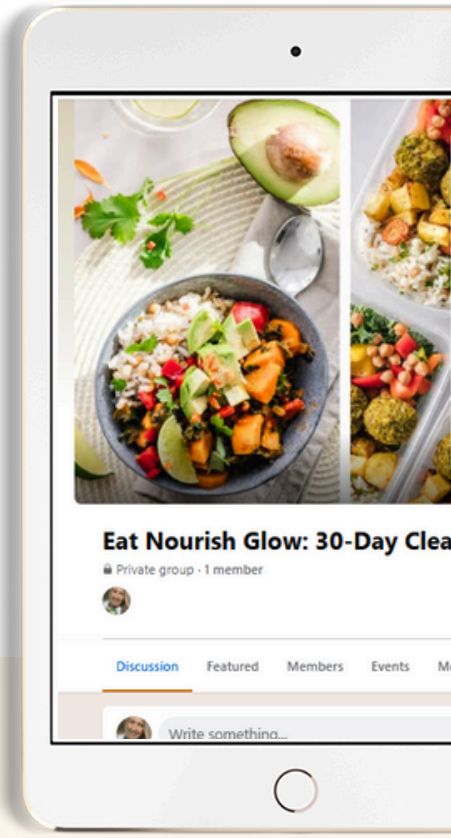
How To Get Started

IT IS EASIER THAN YOU MIGHT THINK...

This Cookbook comes with Facebook access, and is all you need to get started. The challenge is purposely set up to guide you through the digital cookbook step-by-step with ongoing support from a qualified Nutritionist over email and the Facebook group.

The **Facebook Community** is at your fingertips 24/7, and is where you get to hang out with me for the next 30 days and beyond. I'm already waiting in there with my welcome wagon, cheerleader pom poms, and am ready to hold your hand the entire time!

So mark your calendar, gather your shopping list and let's get ready to deeply nourish together on the *30 Day Clean Eating Challenge*!





PRINT YOUR COOKBOOK AND FOLLOW ALONG

Our Hang Out & Community

Inside you'll discover a host of support materials to help you eat clean, kickstart weight loss, and deeply nourish your body using the cookbook recipe collection. It's the exclusive space to ask questions, mingle with fellow challengers, and get real-time support!

Healthy *Clean Eating* Food List

Meal planning for a clean eating menu means strategically combining a balance of whole-food, high protein/low carb ingredients while avoiding sugary, processed foods. Unlike dieting, eating clean puts the emphasis on foods that are naturally high in protein and low in carbs, helping you nourish your body without restriction.

By focusing on wholesome, unprocessed foods, you can fuel your body with the nutrients it needs to thrive. Eating clean, you'll get to enjoy a wide variety of meal options without ever having to sacrifice taste or nutrients. This approach supports long-term wellness and allows you to consume a well-balanced diet, and one that leaves you feeling truly satisfied and well nourished after each and every meal.

Here's a handy list of clean eating foods to use in your meal planning:

PROTEIN SOURCES

- Animal Meats, Edamame, Eggs
- Dairy (all), Fish (all), Hemp Seeds
- Green Peas, Nutritional Yeast
- Peanut & Nut Butters
- Pumpkin Seeds, Quinoa
- Seitan, Spelt, Spirulina
- Sunflower Seeds
- Teff, Tempeh
- Tofu (silken)
- Tofu (soft)
- Tofu (extra firm)
- Whey Protein

MILK & PROTEIN CHOICES

- Almond milk, unsweetened
- Coconut, unsweetened
- Hemp Milk & Protein Powder
- Pea & Brown Rice Protein
- Soy Milk, unsweetened

NATURAL SWEETENERS

- Agave Agave, Coconut Sugar
- Erythritol, Stevia (herb)

WATER CONTENT VEGGIES

- Arugula, Asparagus
- Broccoli, Brussels Sprouts
- Cabbage, Collards
- Capsicums, Cauliflower
- Cucumber, Eggplant
- Kale, Micro-Greens
- Mushrooms, Onions
- Seed Sprouts, Swiss
- Chard, Squash (all types)
- Tomatoes, Zucchini

FRUITS

- Acai Berry, Avocado
- Blackberry, Blueberry
- Coconut, Cranberries
- Grapes, Grapefruit
- Lemon, Mulberries
- Olives, Passionfruit
- Papaya, Raspberries
- Starfruit, Strawberry

COMPLEX CARBS

- Almond Flour, Buckwheat
- Brown Rice, Ezekiel Bread
- Fruits (with skin)
- Low Carb Bread & Wraps
- Quinoa, Rice (day old)
- Squash (all types)

FIBRE SUPPLEMENTS

- Chia Seed (soaked)
- Flax Seeds (ground)
- Green Banana (flour)
- Inulin (prebiotic fiber)
- LSA (ground)
- Psyllium Husk (all types)

HEALTHY FATS

- Avocado, fruit/oil
- Coconut oil
- Flax Seed, oil/seeds
- Olives, fruit/oil
- Nuts & Nut Butters
- Seeds & Tahini

 © 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 1 CHALLENGE | MEAL PLAN

Tastebuds ready? This suggested meal plan offers well-balanced recipes purposely chosen to help reduce food cravings, feed gut microbes, and provide you with delicious clean eating meals. Simply eat from the following recipe suggestions today.



Egg & Green Veggie Breakfast

BREAKFAST

Enjoy your first serving of veggies for breakfast paired with protein-rich eggs.

GROCERY LIST

- low carb/high fibre bread
- eggs, free-range, organic
- Romaine lettuce, organic
- green capsicums
- cucumber, organic
- parsley, fresh herb
- dill, fresh herb

MORNING ENERGY BOOST
Wait 20-minutes after consuming and then squeeze in some kind of activity such as a 10-minute walk, stretching or a micro weight lifting session.



Gourmet Cumber & Salmon Bites

MORNING TEA

A refreshing and hydrating, high protein snack to enjoy with a cup of herbal tea.

GROCERY LIST

- English cucumber
- sashimi or smoked salmon
- cream cheese
- fresh or dried dill

MID-MORNING REVIVER
Mid-morning, hydrate to boost your brain power and do some kind of physical activity for 5-7 minutes. This can be a quick walk around the office, a few stretches at your desk or a small burst of exercise.



Mango & Turmeric Protein Smoothie

LUNCH

A delicious protein smoothie with a fruity flavour and spicy superfood kick.

GROCERY LIST

- almond milk, unsweetened
- mango, fresh or frozen
- Vanilla protein powder
- chia seeds
- psyllium husk, ground
- ginger, ground

AFTERNOON ENERGY BOOST
Wait 20-minutes after consuming and then do 2–3 minutes of walking, marching on the spot, or shaking your limbs to get the blood flowing and refresh your energy.



Low Carb Veggie & Hummus Wrap

AFTERNOON TEA

Refuel your energy with veggies hummus dip in a wrap.

GROCERY LIST

- tortillas, low carb, high fibre
- hummus, homemade
- cucumber, organic
- celery, organic
- carrot, organic
- radishes, organic
- cauliflower
- tahini, organic
- lemon (juice)

5 MIN SUNSHINE REFRESHER
Step outside or sit by a window in sunlight natural light with a herbal tea, and BREATHE. Sip, relax and reset your focus for the rest of the afternoon.



Salmon Broccoli & Spinach Quiche

DINNER

A deliciously low carb option for a light and tasty dinner.

GROCERY LIST

- eggs, free-range
- full-fat milk
- cheddar cheese
- salmon fillets
- spinach, organic
- broccoli, organic
- garlic powder
- onion powder
- dried oregano or dill
- olive oil or butter

END OF DAY DE-STRESSOR
Close your eyes, take a deep breath, and think of 3 things you're grateful for today. Allow the gratitude to fill your soul.



NUTRITIONIST'S NUTRITION TIP

Importance of Water & Food Cravings

When you begin eating more vegetables and dietary fibre through eating clean, it is also important to adjust the amount of water and fluids you consume each day. Water helps to push all that extra fibre through your digestive system, taking with it toxins and waste, and keeps your colon functioning healthy.

Each day while on the challenge, aim to drink at least 2.5-3 litres of water per day. Try to increase your water consumption every few days to improve your intake, especially if you are someone who typically doesn't enjoy or drink much water or fluids. An easy way to do this is to infuse your water with fresh fruits,. herbs and veggies to make it more palatable and interesting. You'll find infused water recipe ideas for this in today's email and in the Facebook group and on the blog.

VISIT CHALLENGE GROUP →

see you inside!

 © 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 2 CHALLENGE | MEAL PLAN

Today's menu is designed to keep you feeling full, satisfied and reduce sugar cravings with a variety of low-carb, high-protein meals. Be sure to keep fully hydrated throughout the day to help digest the extra fibre you will be consuming. See you in the group!



Mixed Berry Swirl Brekkie Smoothie

BREAKFAST

A nutritiously high protein, berry smoothie made with low carb cauliflower and vanilla flavour.

GROCERY LIST

- almond milk, unsweetened
- vanilla protein powder
- raspberries, fresh or frozen
- strawberries, fresh or frozen
- cauliflower, organic
- vanilla extract, pure

HYDRATE FOR THE DAY

Upon rising, drink 500ml of warm lemon water to wake up your digestive system. Enjoy this breakfast smoothie and follow it up with green tea or your favourite herbal tea.



Beetroot Hummus & Veggie Sticks

MORNING TEA

A quick and easy vegetable snack with gourmet hummus.

GROCERY LIST

- cauliflower, organic
- beetroot, with tops
- Tahini, organic
- olive oil, extra virgin
- lemon, organic
- garlic, minced
- onion powder
- ground cumin
- English cucumber
- yellow capsicum
- celery, organic

MID-MORNING ENERGY

Hydrate afterwards with a ginger lemon tea for energy.



Protein Spinach & Cheese Omelette

LUNCH

A delicious high protein egg-based lunch to balance blood sugar and help combat those mid-afternoon food cravings.

GROCERY LIST

- eggs, free-range, organic
- spinach leaves, organic
- mozzarella cheese
- garlic, minced

MINDFULLNESS BREATHER

After lunch, take 5 minute for yourself to breathe. Inhale for 4 seconds, hold for 4, exhale for 4. Repeat a few times to calm and reset your nervous system as well as boost oxygen flow.



Greek Yoghurt & Berries Snack Jars

AFTERNOON TEA

Squash sugar cravings with a protein-based snack jar.

GROCERY LIST

- Greek yoghurt, plain
- vanilla protein powder
- strawberries, fresh
- cashews, whole
- flaxseeds
- stevia sweetener
- vanilla extract

AFTERNOON ENERGY BOOST

Wait 20-minutes after eating and then do 2–3 minutes of walking, marching on the spot, or shaking your limbs to get the blood flowing and refresh your energy.



Low Carb Beef & Chili Salsa Tacos

DINNER

A deliciously low carb option for a tasty, soft taco dinner.

GROCERY LIST

- ground beef, organic
- soft tortillas, low carb
- tomato paste
- packet Taco seasoning
- onion, brown or red
- tomato, cherry or regular
- garlic, minced
- cheddar cheese
- fresh cilantro, organic
- chili flakes, mild or hot

EYE & NECK RESET

Look away from screens, roll your eyes in circles, stretch your neck side to side, and take a deep breath.



NUTRITIONIST'S NUTRITION TIP

Crushing Cravings With Healthy Swaps & Herbal Teas

When you start making changes to your diet, cravings—especially for sugar—are completely normal. But don't worry, they don't last forever! With the right approach, you can manage them and stay on track.

Focus on nourishing your body with regular meals that are naturally rich in protein, healthy fats, and fibre. These nutrients help stabilise blood sugar levels and will keep you satisfied. When a craving does hit, reach for protein-packed snacks like nuts or cheese, paired with low-carb fruits like berries, half an apple, or a juicy orange to satisfy your sweet tooth.

Get in the habit of following up your meals and snacks with herbal tea or a few sips of water. This simple trick can leave you feeling surprisingly full and help curb cravings before they take over. The best part? Most cravings start to fade within 2–3 weeks with consistency.

VISIT CHALLENGE GROUP →

see you inside!

 © 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 3 CHALLENGE | MEAL PLAN

Today's menu is a well-balanced variety of high protein meal options that provide a little sweet and savory. Remember to keep up your water intake throughout the day and aim to sip on up to 3 litres to stay fully hydrated and support all the extra dietary fibre.











Protein Pancakes & Berry Compote

BREAKFAST

Enjoy a treat for breakfast with berry protein pancakes.

GROCERY LIST

- cottage cheese
- eggs, free-range, organic
- vanilla protein powder
- almond flour or meal
- psyllium husk, ground
- cinnamon, ground
- chia seeds
- raspberries, fresh or frozen
- stevia sweetener, granules

MORNING ENERGY BOOST

Wait 20-minutes after consuming and then squeeze in some kind of activity such as a 10-minute walk, stretching or a micro weight lifting session. Keep hydrated all morning.

Gourmet Ham & Veggie Skewers

MORNING TEA

Enjoy a few of these light and easy to make protein-rich veggie skewers for healthy snacking at home or work.

GROCERY LIST

- English cucumber
- ham, turkey or chicken
- Bocconcini (mozzarella)
- spinach, organic
- bamboo skewers

MID-MORNING REVIVER

Mid-morning be sure to fully hydrate to help boost your brain power and mood. If you can, try some kind of physical activity for 5-7 minutes. This can be a quick walk around the office, a few stretches at your desk or a small burst of exercise.

Low Carb Chicken & Veggie Lunchbox

LUNCH

A grab and go lunch idea that provides a balance of protein for steady energy during the afternoon.

GROCERY LIST

- chicken breast, organic
- rice, brown or basmati
- broccoli, fresh florets
- eggs, free-range, organic
- large tomato, organic
- garlic, minced or fresh
- dried herb blends

AFTERNOON ENERGY BOOST

Wait 20-minutes after consuming and then do 2–3 minutes of walking, marching on the spot, or shaking your limbs to get the blood flowing and refresh your energy. Be sure to keep well hydrated.

Raw Chocolate Protein Bark

AFTERNOON TEA

Satisfy those pesky afternoon sugar cravings with healthy, protein-based chocolate bark.

GROCERY LIST

- coconut oil, organic
- nut butter, runny kind
- vanilla protein powder
- raw cacao powder
- stevia sweetener
- mixed nuts or seeds

5 MIN SUNSHINE REFRESHER

Step outside or sit by a sunlit window in natural light and find calm for a few minutes. BREATHE., and sip, revive, and reset your focus for the rest of the afternoon. Try chamomile, fennel or peppermint teas to help calm and reset your nervous system.

Summer Prawn Lettuce Cups

DINNER

A deliciously fresh salad dinner that is a great way to eat light going into the evenings.

GROCERY LIST

- fresh prawns
- butter lettuce, organic
- Hass avocado
- red onion. medium
- mango, fresh
- coriander, fresh, organic
- lime, organic
- garlic, minced or fresh

END OF DAY DE-STRESSOR

Close your eyes, take a deep breath, and think of 3 things you're grateful for today. Allow the gratitude to fill your soul. You may want to write this down in a journal.



NUTRITIONIST'S NUTRITION TIP

Focus On Ingredients, Not Just Calories

At the core, clean eating is all about focusing on wholefood ingredients, not restrictions or calorie counting. Instead of worrying about carb, calorie or macro tracking, simply prioritise the quality of the foods you eat. Choose to eat more minimally processed, wholefoods from all-natural ingredients that you can easily recognise and pronounce.

Base your meals on a wide variety of fresh vegetables, fruits, whole grains, and lean proteins. Choose quality according to your budget, and whenever possible opt for organic, locally sourced, or homegrown ingredients. This approach not only makes eating clean easier, it also provides nutrition that will leave you energised all day.

VISIT CHALLENGE GROUP →

see you inside!

Clean Eating
30 Day Challenge

DAY 4 CHALLENGE | MEAL PLAN

Today we are making sure we get plenty of hydrating veggies in the menu choices, with these delicious low carb, high protein meals. Use herbal teas in between meals if you get hungry to help crush cravings and help digest all the extra dietary fibre.



Egg & Green Veggie Breakfast

BREAKFAST

Start the day off right with a well-balanced breakfast.

GROCERY LIST

- low carb bread
- eggs, free-range, organic
- Romaine lettuce, organic
- green capsicum
- cucumber, English
- fresh parsley, organic
- fresh dill, organic

HERBAL TEA DIGESTIVE AID

After meals, herbal tea supports digestion, curbs appetite, and reduces sugar cravings. Try unsweetened mint, fennel, or green tea after breakfast for lasting satiety.



Raw Cacao & Chia Protein Balls

MORNING TEA

Curb sugar cravings with healthy protein bliss balls.

GROCERY LIST

- chocolate protein powder
- raw cacao, organic
- almond flour or meal
- chia seeds
- coconut oil, organic
- stevia sweetener
- pure vanilla extract
- cinnamon, ground
- unsweetened almond milk

MID-MORNING BOOSTER

Hop up from your chair and vigorously shake your limbs for 30-60 sec. This will reset your energy levels in seconds.



Satay Chicken Sticks & Cucumber Salad

LUNCH

Enjoy a tasty, high protein lunch with satay chicken.

GROCERY LIST

- chicken breast, organic
- raw peanut butter, runny
- unsweetened coconut milk
- garlic, minced or fresh
- soy sauce, sugar-free
- cayenne powder (chili)
- lime, organic

MINDFUL EATING HABITS

Digestion starts in the mouth, so take your time and focus on the task of eating. Put away all distractions; sit down, and go slowly, chewing each mouthful thoroughly and savouring it all.



Healthy Lunchbox & Snack Pack

AFTERNOON TEA

An easy grab and go snack or light lunch you can pick at during the afternoons.

GROCERY LIST

- egg, free-range, organic
- cottage cheese
- blueberries, fresh, organic
- almonds, skin on, organic
- raspberries, fresh, organic
- cucumber, English

AFTERNOON ENERGY BOOST

Wait 10-minutes after eating, and then do 2–3 minutes of walking, marching on the spot, or shaking your limbs to get the blood flowing and refresh your energy.



Zucchini Noodles & Beef Bolognese

DINNER

A delicious veggie-based, low carb alternative to pasta.

GROCERY LIST

- zucchini, large
- 500g ground beef, organic
- onion, yellow or brown
- parmesan cheese
- Italian paste
- water, filtered
- garlic, mined or fresh
- onion powder

AFTER DINNER HERBAL TEA

Get in the habit of enjoying a gentle herbal after dinner to help curb night-time munchies and hydrate before bed.



NUTRITIONIST'S TIP

Importance of High Fibre Wholefoods

Eating clean means enjoying a diet properly balanced with naturally high-fibre, wholefood-based meals. This helps to support good gut health, regulate your energy as well as blood sugar levels, and prevent those dreaded energy crashes and sugar cravings mid-morning or afternoon.

Dietary fibre is an essential macro, and one that can only be found in the foods you eat each day. This means you need to be consuming a wide variety of fibre-rich ingredients like vegetables, fruits, legumes, nuts, and whole grains in your daily menu to reap the health benefits. As a general rule, be sure to include 30g of fibre or more in your main meals. Look for high-fibre options for your favourite foods to start, and then begin making further shifts to higher-fibre, wholefood ingredients.

VISIT CHALLENGE GROUP →

see you inside!

© 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 5 CHALLENGE | MEAL PLAN

Tastebuds ready? Today's meal plan provides recipes purposely chosen to help reduce food cravings, and increase dietary fibre. Use herbal teas in between meals if you get hungry to crush cravings and help support all the extra dietary fibre in meals.



Avocado Green Goddess Smoothie

BREAKFAST

A tasty and very nourishing green smoothie to set your energy on high all day.

GROCERY LIST

- Hass avocado
- spinach, organic
- watercress, organic
- unsweetened coconut milk
- vanilla protein powder
- lime, organic
- vanilla extract

MORNING HYDRATE ROUTINE

Upon waking, be sure to hydrate with plain water or add in a little lemon for flavour. Wait 20-minutes before consuming a high protein-based breakfast. This is a good habit to get into and will help sustain energy levels throughout the entire day.



Chia Seed Pudding Berry Protein Pot

MORNING TEA

Make a small serving of high fibre chia pudding for a sweet and energising protein snack.

GROCERY LIST

- unsweetened almond milk
- strawberries, organic
- chia seeds
- vanilla protein powder
- stevia sweetener
- cinnamon, ground
- vanilla extract

GO FOR A QUICK WALK

After meals, a light leisurely walk can work wonders to boost energy and help aid digestion. Circle the block, walk through the park or move around your backyard.



Salmon & Avocado Lettuce Cups

LUNCH

Enjoy quick and easy, high protein lettuce cups for lunch; mix and match the filling.

GROCERY LIST

- salmon fillet, fresh caught
- butter lettuce, organic
- Hass avocado
- lemon, organic
- dill, organic
- garlic, minced or fresh
- your favourite seasonings

AFTERNOON CRAVINGS

Try this--instead of giving in, hydrate, get active, breathe and give it 10-minutes. These actions can quickly eliminate sugar cravings in their tracks by re-energising the body.



Low Carb Veggie& Hummus Wrap

AFTERNOON TEA

Refuel your energy with crunchy veggies hummus dip in a wrap.

GROCERY LIST

- tortillas, low carb,
- hummus, homemade
- cucumber, organic
- celery, organic
- carrot, organic
- radishes, organic
- cauliflower, organic
- tahini, organic
- lemon, organic

PROTEIN FOR CRAVINGS

Go for a small, protein-based snacks if you hit an energy slump or find you crave sugar in the late afternoons.



Baked Salmon & Green Beans

DINNER

End the day with a nourishing salmon dish and high fibre green vegetables.

GROCERY LIST

- salmon fillet, skin on
- green beans, organic
- lemon, organic
- garlic, minced or fresh
- olive oil, extra virgin
- onion powder

EVENING MINDFULNESS

After dinner, go for another leisurely walk, but this time, pay close attention to the sights, sounds and feel of everything around. This is an excellent way to decompress and release the stress of your day.



NUTRITIONIST'S TIP

Herbal Teas For Digestion & Hydration

Herbal tea is an excellent way to nourish your body with essential nutrients while also supporting good digestion, all-day energy, and healthy weight loss. You can enjoy specific teas to help support your appetite, boost gut health, calm the mind and reduce stress, as well as boost your metabolism and mood.

After eating is a great time to balance your clean eating efforts with hydration. Try teas that are known to aid digestion like dandelion, fennel or peppermint; or help boost energy in the morning and afternoons with lemon-ginger, rooibos, or green teas. To calm the mind, choose chamomile, lavender, lemon balm or valerian.

VISIT CHALLENGE GROUP →

see you inside!

 © 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 6 CHALLENGE | MEAL PLAN

Today's menu is focused on delicious clean eating recipes that are high in protein to keep you full and satisfied all day. Remember to keep fully hydrated and take your time while you eat to allow for better digestion and nutrient absorption.



High Protein Iced Coffee Smoothie

BREAKFAST

An energising way to start the day if you are coffee lover.

GROCERY LIST

- unsweetened almond milk
- espresso, organic
- blueberries, fresh or frozen
- silken tofu, organic
- vanilla-flavoured protein
- chai seeds
- raw cacao powder

MORNING ENERGY BOOST

Wait 20-minutes after eating and then squeeze in some kind of physical activity such as a 10-minute walk around the block, targeted stretching, or shaking out your limbs to energise and release the stress of the morning hustle. Be sure to keep up with your water intake all day.



Raw Cacao & Chia Protein Bliss Balls

MORNING TEA

The perfect snack for satisfying pesky cravings.

GROCERY LIST

- vanilla protein powder
- raw cacao, organic
- almond flour or meal
- chia seeds
- coconut oil, organic
- stevia sweetener, granules
- vanilla extract, pure
- cinnamon, ground
- unsweetened almond milk

MID-MORNING REVIVER

Hydrate to boost your brain power and then choose to do some kind of activity for 5-7 minutes. This can be a quick walk, stretches, or a small burst of exercise. Hydrate with nutrient-rich herbal teas.



Meatball & Simple Salad Lunchbox

LUNCH

An easy meal prepped lunch for on the go or at home.

GROCERY LIST

- beef mince, organic
- spinach, organic
- egg, free-range, organic
- cucumber, English
- cherry tomatoes, organic
- cauliflower, or the rice
- almond flour or meal
- Parmesan cheese
- garlic, minced or fresh
- oregano, fresh or dried
- paprika (optional)
- chili flakes (optional)

MID-MORNING BOOSTER

Vigorously shake your limbs for 30-60 sec. This will reset your energy levels in seconds.



Gourmet Egg & Bacon Muffins

AFTERNOON TEA

Enjoy one or two egg muffins for a high protein snack. Try the other recipe suggestions*.

GROCERY LIST

- eggs, free-range, organic
- milk, dairy or plantbased
- bacon, pre-cooked
- cheddar cheese, grated
- garlic, minced
- onion powder
- additional ingredients*

EYE & NECK RESET

Look away from your screen, roll your eyes in circles, stretch your neck side to side, and take a deep breath. Get up and walk around for a minute and hydrate before resuming your work or domestic tasks.



Garlic Sirloin Summer Salad

DINNER

A filling, high protein dinner that you can use as leftovers.

GROCERY LIST

- butter lettuce, organic
- Sirloin steak, grass-fed
- cucumber, English
- radishes, organic
- green onion, organic
- garlic, minced or fresh
- butter, full cream, organic
- olive oil, extra virgin
- peanuts or cashews
- steak seasoning

EVENING WIND-DOWN

Enjoy a calming herbal tea after dinner to destress. Try teas such as chamomile, lavender or lemon balm.



NUTRITIONIST'S TIP

How To Use Infused Chia Seed Water

Chia seed water is a simple, nutrient-packed drink that can support digestion, hydration, and your overall wellness. It's a rich source of dietary fibre and works to keep your appetite in balance, cravings at bay, and your gut happy.

To make it, all you need is chia seeds, water, and if you like, a few fruits or veggies to naturally flavour it. Add 1 tablespoon of chia seeds to 1 cup (250ml) of water, and mix well to prevent clumping. Let it sit and allow the seeds to soak for 10–15 minutes (until it forms a gel-like consistency). Sip and enjoy as is, or add lemon, lime, herbs, cucumbers for natural flavour. Try it as a morning boost to hydrate and kickstart digestion, as a pre-workout for energy and hydration, or to crush afternoon sugar cravings.

VISIT CHALLENGE GROUP →

see you inside!

 © 2025 EAT NOURISH GLOW

Clean Eating
30 Day Challenge

DAY 7 CHALLENGE | MEAL PLAN

Last day, are we ready? This is the final day of the 7 day guided nutrition challenge where you'll be enjoying a set menu to help you ease into clean eating. Remember to keep hydrated, eat slowly and I'll see you in the community for some surprise bonuses!



Peanut Butter & Raw Cacao Smoothie

BREAKFAST

Enjoy a nutty flavoured thick smoothie for breakfast.

GROCERY LIST

- almond milk, unsweetened
- silken tofu, organic
- raw peanut or nut butter
- vanilla-flavoured protein
- psyllium husk, ground
- raw cacao, organic

HYDRATE FOR THE DAY

Upon rising, drink 500ml of warm lemon water to wake up your digestive system. Enjoy this creamy breakfast smoothie and follow it up with green tea or your favourite herbal tea for hydration.



Beetroot Hummus & Veggie Sticks

MORNING TEA

A quick and easy vegetable snack with gourmet hummus.

GROCERY LIST

- cauliflower, organic
- beetroot, with tops
- Tahini, organic
- olive oil, extra virgin
- lemon, organic
- garlic, minced
- onion powder
- ground cumin
- English cucumber
- yellow capsicum
- celery, organic

MID-MORNING BOOSTER

Hop up from your chair and vigorously shake your limbs for 30-60 sec. This will reset your energy levels in seconds.



Protein Spinach & Cheese Omelette

LUNCH

Enjoy a quick, easy spinach and egg omelette for lunch today that is easy to mix up the filling ingredients.

GROCERY LIST

- eggs, free-range, organic
- spinach, organic
- mozzarella cheese
- garlic, minced or fresh

MINDFULLNESS BREATHER

After lunch, take 5 minutes for yourself to breathe. Inhale for 4 seconds, hold for 4, exhale for 4. Repeat this technique a few times to calm and reset your nervous system as well as boost your oxygen flow. This is an excellent practice for those hectic, stressful days.



High Protein Berry Yoghurt Bark

AFTERNOON TEA

Sweet and satisfying, these snacks can help you avoid and crush sugar cravings.

GROCERY LIST

- Greek yoghurt, plain
- strawberries, organic
- vanilla-flavoured protein
- coconut oil, organic
- stevia sweetener
- vanilla extract, pure
- sugar-free chocolate chips

AFTERNOON ENERGY BOOST

Wait 20-minutes after eating and then do 2–3 minutes of walking, marching on the spot, or shaking your limbs to get the blood flowing and refresh your energy. Hydrate with a herbal tea and the bark snack.



Mexican Chicken Stuffed Capsicums

DINNER

Make stuffed capsicums for a high protein dinner that is easy to repeat with a variety of tasty fillings.

GROCERY LIST

- chicken mince, organic
- capsicums, organic
- Taco or Fajita seasonings
- cheddar cheese
- olive oil, extra virgin
- chives, fresh or dried
- garlic, minced or fresh

EVENING MINDFULNESS

After dinner, go for leisurely walk, band pay attention to the sights, sounds and feel of everything around you. This is an excellent way to release the stress of your day.



NUTRITIONIST'S TIP

Boost Nutrition & Weight Loss With High-Fibre First

A simple way to boost your nutritional intake, and help with easy weight loss, is to consume high fibre foods, vegetables and leafy greens first. You can do this by enjoying a green salad as an appetiser before your meal, or by getting in the habit of serving a side salad and veggies with your main meals.

This clean eating habit triggers your stomach to release digestive enzymes before you ingest more complex foods like animal meat, fats and dairy. By practising this, you are optimising your stomach digestive juices, so that when your main meal hits, the necessary enzymes are already present and able to absorb nutrients and assimilate your food far better.

VISIT CHALLENGE GROUP →

see you inside!

© 2025 EAT NOURISH GLOW



Shhh, Rinse & Repeat

Yes—You Can Use This Challenge More Than Once!

Here's an added bonus—This clean eating cookbook challenge is safe enough for you to use more than once to help you kickstart your clean eating journey. Rinse, and repeat, or keep it going for additional weeks to really reset your appetite, retrain those tastebuds, and be inspired to eat more healthier. You can follow the meal plan exactly as you did before, or if you are feeling ambitious, mix and match your favourite cookbook recipes from the challenge to make up your own menu. I've even included a handy meal planner printable on the next page to help you plan your meals!

See you in the group with more support!

VISIT CHALLENGE GROUP →

see you inside!

Book Support Session

If you would like more personalised support, you are more than welcome to book a **clinic session** with me at any time. In this session we can discuss your nutritional goals, dietary preferences and come up with a more customised menu using specific clean eating ingredients that are more suited to your dietary needs or goals. I'm here to hold your hand every step of the way, offering support and guidance to work through any challenges that may arise, and more importantly, to help celebrate your progress as you achieve your goals!

Coaching Cookbooks

THE GUIDANCE YOU DIDN'T KNOW YOU NEEDED!

My **Coaching Cookbooks** are truly revolutionary—they go far beyond your typical recipe collection offering interactive support from a qualified Nutritionist. Each cookbook is one-of-a-kind, guiding you through delicious wholefood recipes and healthy eating styles, while helping you make simple dietary shifts, and informed changes to your eating habits.

With the bonus of a Nutritionist-led community, you get to receive real-time professional guidance, making these cookbooks more than just a collection of recipes and healthy meals—they're designed to keep you engaged, and motivated every step of the way—empowering you to stay committed and see lasting change in your relationship with food.

Visit *the* SHOP

LEARN MORE →





YOU MIGHT ALSO LIKE

Loved This? Find More...

Hop back into the shop for a selection of other nutrition challenges with companion Coaching Cookbooks!

SHOP MORE →

Food & Mood Diary

MENSTRUATING / FOLLICULAR / OVULATING / LUTEAL / OTHER

Day

Woke up at:

Hours slept:

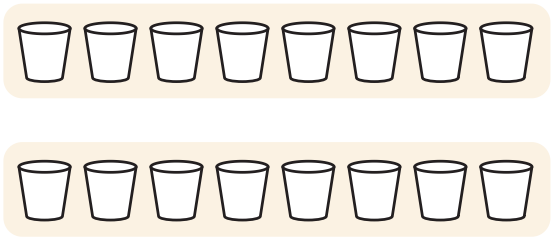
BEDTIME

TRACK ALL FOOD, DRINKS AND SUPPLEMENTS

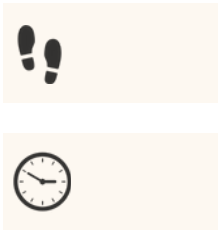
Mood



Water Intake



Workout



CALORIES BURNT:

FRUIT SERVINGS



VEGGIE SERVINGS



STRESS LEVEL

1	2	3	4	5
REL AXED				STRESSED

BREAKFAST

MACROS

LUNCH

MACROS

DINNER

MACROS

SNACKS

MACROS

Daily Notes:

 © 2025 EAT NOURISH GLOW

SMOOTHIE RECIPES









MIX & MATCH FLAVOURS

Healthy Smoothies

Smoothies are a great way to enjoy low carb, high protein meals, and are very quick and easy to make.

WHAT TO INCLUDE IN SMOOTHIES:

- include a whey or vegan protein powder that is very low in sugar with at least 30g of protein per serving; organic and grass-fed sources are best.
- balance the protein with dietary fibre from low carb ingredients such as chia seeds, flaxseed, psyllium husk to help keep you feeling full.
- choose low carb, high fibre fruits such as fresh or frozen blackberries, blueberries, citrus, kiwi, mango, strawberries, and raspberries.
- be sure to also add in high fibre vegetables like cauliflower, cucumber, kale, spinach, and zucchini to fill you up and increase your veggie intake.
- add probiotics, collagen and superfood powders to boost your nutritional intake-- just watch the nutrition labels for sneaky hidden sugars!



1 serving 4 minutes

Mango & Turmeric Protein Smoothie

INGREDIENTS: 45g Protein, 10g Fibre, 9g Fat, 13g Net Carbs

- 250ml almond milk, unsweetened
- 1/2 cup mango, fresh or frozen
- 1-2 scoops Vanilla-flavoured protein powder
- 1-2 tbsp chai seeds
- 1 tsp psyllium husk, ground
- 1 tsp turmeric root, ground
- 1 tsp ginger, ground
- 1 handful of ice (makes it thick)

METHOD:

In a blender, add all the ingredients and process until smooth and creamy. Serve in a tall glass with a spoon or as a smoothie bowl with a few berries , nuts and seeds on top.

ADD DIETARY FIBRE:

Dietary fibre is an essential macro with at least 20-40g recommended per day. High fibre ingredients in smoothies, that contain very little carbs, is a great way to nourish and keep full. Try ingredients like chia seeds, psyllium husk, or ground flaxseeds, and be sure to increase your water intake for the day to avoid constipation.

© 2025 EAT NOURISH GLOW



Mixed Berry Swirl Breakfast Smoothie

INGREDIENTS: 47g Protein, 8g Fibre, 4g Fat, 11g Net Carbs

- 250ml coconut or almond milk, unsweetened
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/2 cup raspberries, fresh or frozen
- 1/2 cup strawberries, fresh or frozen
- 1/4 cup steamed cauliflower, vanilla-infused
- 1 handful ice cubes (makes it thick)

METHOD:

In a blender, add all the ingredients and process until smooth and creamy. Serve in a tall glass with a spoon or as a smoothie bowl with a few berries and seeds on top.

LOW CARB CAULIFLOWER:

Many smoothie recipes use banana to create a creamy texture, but ripe bananas are not a low carb ingredient. To still enjoy that creamy consistency, try steamed cauliflower, which is a very low carb vegetable. To use it, simply steam a few florets in water seasoned with a dash of stevia and vanilla extract. Let cool and add to any smoothie recipe that calls for banana.



High Protein Iced Coffee Smoothie

INGREDIENTS: 49g Protein, 9g Fibre, 12g Fat, 8g Net Carbs

- 200ml almond milk, unsweetened
- 100ml espresso, brewed and cooled
- 1/3 cup blueberries, fresh or frozen
- 1/4 cup silken tofu, organic
- 1 scoop Vanilla-flavoured (45g) protein powder
- 2 tbsp chai seeds
- 2 tsp raw cacao powder
- 1 handful of ice (makes it thick)

METHOD:

First, brew the espresso coffee and let cool. In a high-powered blender, add all the ingredients and process until smooth and creamy, Add extra ice if you want a thicker smoothie, less if you want a drinkable smoothie.

COFFEE IN SMOOTHIES:

If you are a big coffee drinker, but tend to add sugar and milk, using expresso in your smoothies is a great way to still enjoy a coffee but make it low carb. Experiment with your recipes, or try a basic recipe of 1-2 scoops protein powder, low carb plant milk, a shot of espresso blended with ice.



1 serving 6 minutes

Cherry Cheesecake Protein Smoothie

INGREDIENTS: 55g Protein, 13g Fibre, 18g Fat, 14g Net Carbs

- 200ml almond milk, unsweetened
- 1/2 cup Greek yoghurt, plain
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/2 cup mixed berries, fresh or frozen
- 1/4 cup cherries, pitted, fresh or frozen
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1 handful ice (makes it thick)

METHOD:

First, take a small spoonful of the yoghurt and smear to the inside a glass or jar so it sticks to the sides; add half of the remaining to the bottom of the jar, and half into a blender. Add all the other ingredients to the blender and process until smooth and creamy. Pour the smoothie in the jar, and give a swirl to create the marbled effect pictured.

Make this cool swirl effect on any serving jar by taking a little of the mixture or a key ingredient and swirling it around the inside of your serving glass. Works well with nut butters, chia jam, sugar-free syrup and even just smashed fruit.



1 serving 3 minutes

Gourmet Greens Protein Smoothie

INGREDIENTS: 50g Protein, 13g Fibre, 24g Fat, 13g Net Carbs

- 1/2 Hass avocado, pitted
- 250ml almond milk, unsweetened
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/2 cup spinach, organic
- 1/4 cup broccoli florets, raw
- 1 tbsp lemon juice
- 1 handful ice (makes it thick)

METHOD:

In a blender, add all the ingredients and process until smooth and creamy. Serve in a tall glass with a spoon or as a smoothie bowl with a few berries and seeds on top.

GREENS IN SMOOTHIES:

Mix up the nutrition of your favourite green smoothie recipes by swapping the greens for alternatives. This is an excellent way to provide a variety of nutrients and consume more vegetables. Fresh greens to try are arugula, basil, beetroot tops, collards, kale, lemon balm, mint, parsley, spinach, and watercress. As well, try green superfoods such as spirulina, moringa, greens powder, and match green tea.

 © 2025 EAT NOURISH GLOW



1 serving 4 minutes

Avocado Green Goddess Smoothie

INGREDIENTS: 48g Protein, 11.5g Fibre, 30g Fat, 3.5g Net Carbs

- 1/2 Hass avocado, pitted
- 250ml coconut milk, unsweetened
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/2 cup spinach, organic
- 1/2 cup watercress, organic
- 1 tbsp lime, zest and juice
- 1 tsp vanilla extract (optional)
- 1 handful ice (makes it thick)

METHOD:

In a blender, add all the ingredients and process until smooth and creamy. Serve in a tall glass with a spoon or as a smoothie bowl with a few berries and seeds on top.

AVOCADO IN SMOOTHIES:

Avocado adds a healthy fat to smoothies, and creates a thick, creamy texture. Avocados blend well with a variety of flavours, and is especially nice when blended with raw cacao for a healthy, chocolate-flavoured smoothie. Try it by swapping the lime in this recipe for 1 tbsp raw cacao, a dash of cinnamon, and 1-2 tsp stevia sweetener.



1 serving 3 minutes

Peanut Butter & Raw Cacao Smoothie

INGREDIENTS: 55g Protein, 17g Fibre, 34g Fat, 6.5g Net Carbs

- 250ml almond milk, unsweetened
- 1/2 cup silken tofu, organic
- 3 tbsp peanut or nut butter, organic, runny kind
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1 tbsp psyllium husk, ground
- 1 tbsp raw cacao powder, organic
- 1 handful of ice (makes it thick)

METHOD:

In a blender, add all the ingredients and process until smooth and creamy. Serve in a tall glass with a spoon or as a smoothie bowl with a few berries and seeds on top.

NUT BUTTERS IN SMOOTHIES:

Add creaminess and a subtle, nutty flavour to your low carb smoothies with nut butters. Nuts and seeds provide healthy fats and protein, and both butters combine well with berries, raw cacao, vanilla, and other smoothie ingredients. Try this recipe again with almond, cashew butter or just a tbsp of almonds, walnuts or seeds like pumpkin and sunflower.

BREKKIE RECIPES









1 serving 10 minutes

Egg & Green Veggie Breakfast Salad

INGREDIENTS: 35g Protein, 11g Fibre, 12g, Fat 9g, 0 Net Carbs

- 1 slice low carb bread, high protein
- 2 eggs, free-range, organic
- 1-2 Romaine lettuce leaves, organic
- 1/2 green capsicum, sliced
- 1/2 cucumber, sliced, peel on
- 1 tbsp fresh parsley, finely chopped
- 1 tsp fresh dill, finely chopped
- 1 tsp of your favourite seasonings

METHOD:

Toast the bread slice until golden. In a hot skillet, fry or poach the eggs to your preference. Then shred the lettuce, and chop the cucumber and capsicum. Arrange in a plate and season with fresh or dried herbs as needed.

LOW CARB BREAD:

It's worthwhile to shop for a good quality bread that is both low in carbohydrates and dietary high fibre. Choose a loaf made with minimal ingredients, then subtract the fibre from the carbohydrates to calculate the net carbs.



1 serving 15 minutes

Gourmet Avocado Breakfast Toasties

INGREDIENTS: 30g Protein, 14g Fibre, 19g Fat, 0g Net Carbs

- 1 slice low carb bread, high protein
- 1 hard-boiled egg, free-range, organic
- 1-2 Romaine lettuce leaves, organic
- 1/2 Hass avocado, sliced
- 1 tbsp feta cheese, crumbled
- 1 tbsp fresh Italian parsley, torn
- 1 tsp of your favourite seasonings

METHOD:

Cook the egg in boiling water for 10-12 minutes, less if you like it slightly gooey. Toast the bread slice until golden. Slice or smash the avocado, and then add it to the toasted bread. Top with the feta, herbs and hard-boiled egg.

OTHER RECIPE OPTIONS:

Try this recipe on rice or corn cakes for a light lunch option; add a handful of greens for added fibre, and a drizzle of chili oil for a flavourful kick. Start being create with low carb ingredients to flavour your meals.

 © 2025 EAT NOURISH GLOW



2 serving 10 minutes

Protein Pancakes & Berry Compote

INGREDIENTS 29g Protein, 7g Fibre, 13g Fat, 3g Net Carbs

- 1/2 cup cottage cheese, low-fat or regular
- 2 large eggs, organic free-range
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/4 cup almond flour, unbleached
- 1/4 cup almond milk, unsweetened
- 1 tbsp psyllium husk, ground
- 1 tsp baking soda
- 1/2 tsp cinnamon, ground

METHOD:

Add all ingredients to a blender; process until combined. Let the batter sit for 5 minutes to thicken. In a hot skillet, pour 2 tbsp of batter into the pan. Cook on each side for 2-3 minutes until golden. Serve with a spoonful of Chia Seed Jam (recipe below). Makes 4-6 small pancakes.

CHIA SEED JAM RECIPE:

In a saucepan, add 1/4 cup water and 1 cup raspberries. Cook on high for 3-5 minutes, then simmer until the fruit breaks down. Add 2-3 tsp stevia to sweeten, and 3 tbsp of chia seed. Remove from heat, stir well. Chill overnight or use right away over pancakes or desserts.



2 serving 10 minutes

Low Carb Blueberry Protein Pancakes

INGREDIENTS: 28g Protein, 7g Fibre, 11g Fat, 5g Net Carbs

- 1/2 cup Greek yoghurt, plain
- 2 large eggs, organic free-range
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/4 cup almond flour, unbleached
- 1/4 cup almond milk, unsweetened
- 1/4 cup blueberries, fresh or frozen
- 1 tbsp psyllium husk, ground
- 1 tsp baking soda
- 1/2 tsp cinnamon, ground

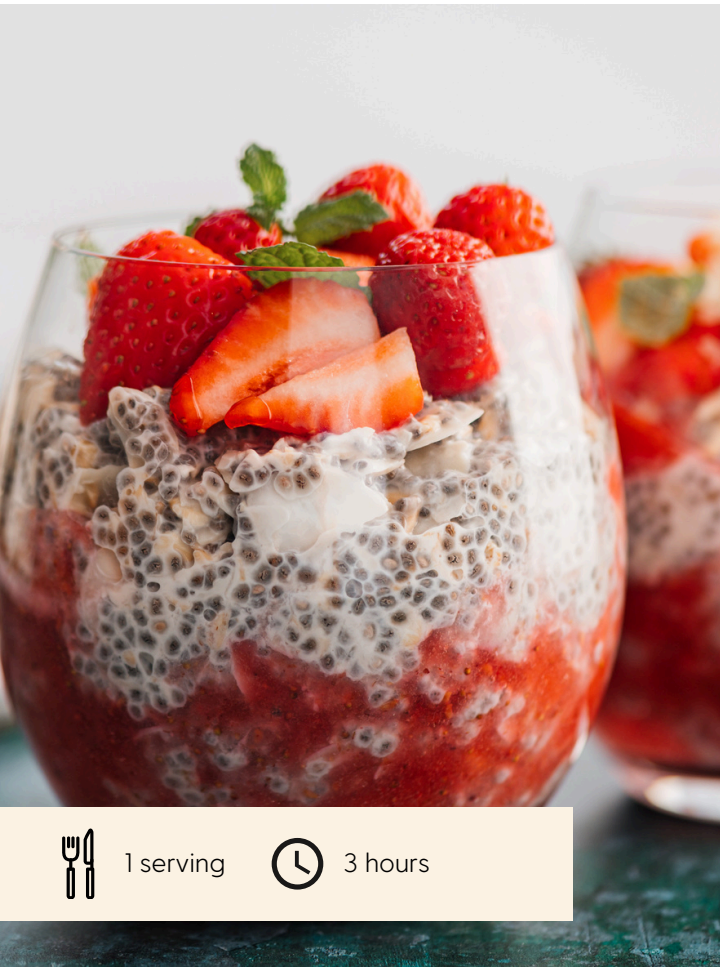
METHOD:

Add all ingredients to a blender except the berries; process until combined. Let the batter sit for 5 minutes to thicken. Stir in the blueberries. In a hot skillet, pour 2 tbsp of batter into the pan. Cook on each side for 2-3 minutes until golden. Makes approx. 4-6 small pancakes.

TOPPING IDEAS:

Add a drizzle of runny nut butter, fresh berries, homemade jam (see above), or sugar-free chocolate sauce.

 © 2025 EAT NOURISH GLOW



Chia Seed Pudding & Berries Protein Pot

INGREDIENTS: 55g Protein, 13g Fibre, 28g Fat, 2g Net Carbs

- 250ml almond milk, unsweetened
- 1/2 cup strawberries, fresh
- 3 tbsp chia seeds
- 1 scoop Vanilla-flavoured (45g) protein powder
- 3 tsp stevia sweetener
- 1 tsp cinnamon, ground
- 1 tsp vanilla extract

METHOD:

In a bowl, whisk together the chia seeds, almond milk, cinnamon, protein powder, and 2 tsp stevia. Keep stirring for 2-3 minutes to avoid any clumping. Then, chill in the pudding mixture fridge overnight or for 2-3 hours to set.

When the pudding is set, in a separate bowl, smash half the strawberries with the remaining stevia, leaving a few berries as an edible garnish. Spoon a little of the smashed berries into a serving glass, and layer in the chia pudding to create the effect pictured Add the last of the berries as topping by chopping in half to serve. Makes 1-2 servings.



Chia Pudding Recipes

Experiment with different chia pudding flavours by using a different milk and ingredients. Try low carb fruit, berries, spices or superfood powders to create more delicious puddings from the above recipe:

MANGO VANILLA

- blend fresh mango with a little ginger or cinnamon, then swirl into a pot of ready-made chia pudding.

STRAWBERRY CREAM

- use coconut cream, vanilla extract and blend the berries with a little stevia for a berry sauce.

CHOCOLATE NUT:

- add 2 tsp raw cacao with 1 tbsp peanut, almond or cashew butter at the time of making pudding.

ACAI & BERRY INFUSION:

- blend berries and acai powder with the milk at the time of making the pudding for a superfood recipe.

GREEN GODDESS

- blend almond milk with spinach, add 1 tsp spirulina or greens powder at the time of making pudding.

© 2025 EAT NOURISH GLOW

LUNCH RECIPES









1 serving 8 minutes

Protein Spinach & Cheese Omelette

INGREDIENTS 26g Protein, 3g Fibre, 24g Fat, 3g Net Carbs

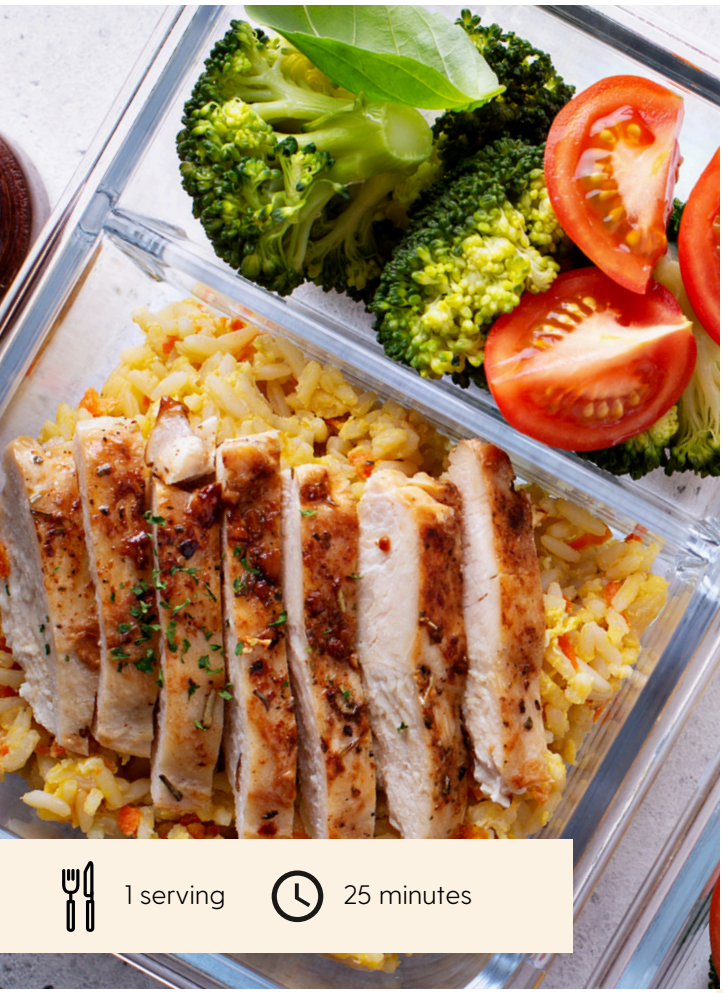
- 3 large eggs, free-range, organic
- 1 cup spinach leaves, organic
- 1/3 cup mozzarella cheese
- 1 tbsp garlic, minced
- 1 punch salt/cracked pepper

METHOD:

In bowl whisk the eggs with the salt/pepper; set aside. In a hot skillet, sauté the garlic and spinach. Remove the spinach, add the eggs to coat the bottom of the pan. Once the egg turns from clear to opaque, add spinach and cheese. Let cook fully on the one side, than fold over itself in the pan. Let the cheese melt and egg fully cook through. Makes 1 serving.

RECIPE ALTERNATIVES:

Swap different ingredients using the same egg recipe to make several meals from the one recipe. Try feta, sun-dried tomato and arugula; tasty cheddar, bacon and avocado; savory mushroom, Swiss cheese, and thyme; or gourmet smoked salmon and avocado.



1 serving 25 minutes

Low Carb Chicken & Veggie Lunchbox

INGREDIENTS: 49g Protein, 5g Fibre, 28g Fat, 23g Net Carbs

- 1 chicken breast fillet, organic
- 1/3 cup rice, cooked and chilled
- 4 broccoli florets, chopped
- 2 large eggs, free-range, organic
- 3 tbsp olive oil or butter
- 1/2 tomato, sliced
- 1 tbsp garlic, minced
- 2 tsp Italian spiced blend, dried
- 2 tsp parsley, dried

METHOD:

First cook the rice and chill overnight; when reheated, the carb count is significantly reduced. Next, rub the chicken with a little olive oil and half the seasonings, then bake in the air-fryer (10-15 min) or the oven (20-25 min) until golden.

Meanwhile, in a hot skillet use the remaining oil to scramble the egg, then add the rice and last of the seasonings. Stir-fry together for 3-5 mins until well combined and rice reheated. Serve the chicken on the rice with veggies on the side.

LOWER CARB OPTION: use cauliflower rice instead; net carbs 16g.



2-3 serving 20 minutes

Spinach & Cottage Cheese Florentine

INGREDIENTS: 25g Protein, 3g Fibre, 30g Fat, 6g Net Carbs

- 2 cups spinach, fresh or frozen
- 4-6 large eggs, organic
- 2 tbsp heavy cream
- 1/2 cup cottage cheese
- 1/4 cup grated parmesan cheese
- 2 tsp garlic, minced
- 1 tbsp olive oil or butter
- 1 pinch cracker pepper and rock salt

METHOD:

In a hot skillet sauté the garlic in oil, add the spinach and cook until wilted. Season with a little salt/pepper to taste. Turn off heat and add the cream., cottage and parmesan cheese; stir in the warm pan to combine and help begin to melt the cheese.

Transfer the mixture to individual ramekins, or an oven safe baking dish. Spread the mix evenly across the bottom of the dish(es). Top with the cracked eggs and then bake on 180c for 7-10 minutes, just enough to cook the egg whites and leave the yolk slightly runny. Serve with a basic leafy green salad as a side dish. Makes 2-3 servings.



2 serving 20 minutes

Satay Chicken Sticks & Cucumber Salad

INGREDIENTS: 29g Protein, 2g Fibre, 22g Fat, 5g Net Carbs

- 1-2 chicken breast fillets, organic
- 1/4 cup raw peanut butter, crunchy kind
- 2 tbsp coconut milk, unsweetened
- 1-2 tbsp water (as needed)
- 1/2 tbsp garlic, minced
- 2 tsp soy sauce, sugar-free
- 1 tsp cayenne powder, choose your heat
- 1 lime, just the juice

METHOD:

In a small bowl, whisk together the peanut butter, milk, soy sauce, garlic and cayenne. Add water if needed to make a thickish paste. Next, chop the chicken into cubes and thread onto bamboo skewers. Dip or brush the chicken in the paste and bake in the oven for 15-20mins on 180c or until cooked through. Serve with a side dish of cucumber drizzled in lime juice as a low carb dressing. Makes 2 servings.

RECIPE ALTERNATIVES:

Spice up the satay with chili flakes for a spicy kick; swap peanut for tahini butter and use balsamic vinegar for a different tasting marinade, or just use your favourite herbs.

 © 2025 EAT NOURISH GLOW



4-6 serving 25 minutes

Gourmet Egg & Bacon Muffins

INGREDIENTS: 24g Protein, 1g Fibre, 15g Fat, 2g Net Carbs

- 8 large eggs, free-range, organic
- 1/4 cup milk, dairy or plantbased
- 1/2 cup bacon, pre-cooked
- 1/2 cup cheddar cheese, grated
- 1 tsp garlic, minced
- 1/2 tsp onion powder
- 1 tsp salt/cracked pepper

METHOD:

Whisk the eggs, milk, and seasonings together. Then pour the mixture into a greased muffin tray or silicone cups, leaving a little space from the top for expansion. Sprinkle a bit of bacon and cheese into each cup, and then bake on 180C for 20-25 mins or until egg is cooked through. Makes 4-6 muffins depending on the size of the muffin cup. Serve 1-2 with a side salad to make a main meal for breakfast or lunches, or enjoy 1 as a high protein snack.

METHOD:

If you want to consume more fibre, add shredded greens and a tbsp chia seeds or ground flaxseeds to this recipe.



MIX & MATCH FLAVOURS

Recipe Variations

Experiment making different recipes and flavours by mixing up the ingredients with the following combinations:

MEDITERRANEAN STYLE:
- flavour with goat feta, chopped olives, sun-dried tomatoes, and oregano; serve with garden salad.

SPICY SOUTHWEST:
- add cayenne flakes and taco-flavoured mince; then serve with homemade guacamole and salsa.

ZUCCHINI & CHEESE:
- use grated zucchini and cheddar cheese to flavour the recipe and serve with kale salad.

BROCCOLI CHEDDAR:
- finely chop broccoli florets and combine with grated cheddar cheese; serve with garden salad.

LEPRECHAUN MUFFINS:
- cottage cheese, finely shredded kale, spinach and cauliflower rice; serve with coleslaw salad.

 © 2025 EAT NOURISH GLOW



4 serving 22 minutes

Meatball & Simple Salad Lunchbox

INGREDIENTS: 40g Protein, 4g Fibre, 15g Fat, 8g Net Carbs

- 500g lean beef mince , organic, grass-fed
- 1 cup fresh spinach, finely chopped
- 1 large egg, free-range, organic
- 1/3 cucumber, skin on, sliced
- 1/4 cup cherry tomatoes, chopped
- 1/4 cooked cauliflower rice, seasoned
- 1/4 cup almond flour
- 2 tbsp grated Parmesan
- 2 tbsp garlic, minced
- 1/2 tsp paprika (optional for extra depth)
- 1/2 tsp dried oregano
- 1/2 tsp tsp chili flakes (optional for heat)
- 1 tsp salt/cracked pepper

METHOD:

In a large bowl, mix the beef mince, garlic, spinach, egg, almond flour, Parmesan, and seasoning until evenly combined. Roll into small bite-sized pieces, then bake at 200C for 15–20 minutes until cooked through. Serve in a lunchbox or plate with the warmed cauliflower rice and veggies on the side. makes 4 servings with side salad. Enjoy leftover meatballs as an easy high protein snack!



2 serving 20 minutes

Greek-style Chicken Skewers

INGREDIENTS: 32g Protein, 3g Fibre, 10g Fat, 6g Net Carbs

- 2 chicken breasts, organic
- 1 cup Greek yoghurt, plain
- 3 tbsp garlic, finely minced
- 1 lemon, wedges
- 1 tbsp oregano, dried
- 1 tbsp thyme, dried
- 1/2 tbsp dill, dried
- 1 pinch salt/cracked pepper

METHOD:

In a small bowl, add half Greek yoghurt, 1 tbsp garlic, and the dill. Whisk and chill in the fridge. Next, chop the chicken breast into bite-sized pieces. Add the remaining yoghurt and seasonings (except the lemon) to a bowl. Combine well, then add the chicken and evenly coat in the the mixture. Thread onto bamboo sticks, and BBQ or air-fry until cooked through. Serve with the dill yoghurt dip and a lemon wedge to drizzle over the top. Pair with a simple garden salad made with fresh arugula, a little crumbled feta and squiz of lemon juice.

SNACK RECIPES









Beetroot Hummus & Veggie Sticks

INGREDIENTS: 45g Protein, 15g Fibre, 10g Fat, 12g Net Carbs

- 1 cup steamed cauliflower
- 1 small beetroot, grated
- 2 tbsp tahini, organic
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp garlic, minced
- 1/2 tsp onion powder
- 1/2 tsp ground cumin
- 1 tsp salt/cracked pepper
- 1/2 cucumber, cut length-ways
- 1/2 yellow capsicum, sliced length-ways
- 1-2 celery stalks, sliced length-ways

METHOD:

First, steam cauliflower until soft;. Grate the beetroot, and add with the cooked cauliflower, tahini, oil, lemon, and the seasonings to a blender. Process until smooth, adding water gradually to reach the desired consistency. Add 2 tbsp to a small ramekin or dish and serve with fresh, low carb veggies sticks made from cucumber, capsicums, and celery. Serves 1 (with leftover hummus).



Low Carb Veggie & Hummus Wrap

INGREDIENTS: 45g Protein, 15g Fibre, 10g Fat, 12g Net Carbs

- 1 small wrap or tortilla, low carb, high fibre
- 3 tbsp hummus, homemade or store-bought
- 1/2 cucumber, sliced length-ways
- 1 celery stalk, sliced length-ways
- 1 small carrot, sliced length-ways
- 2-3 radishes, thinly sliced
- 1-2 tsp fresh or dried herbs
- 1 cup steamed cauliflower
- 2 tbsp tahini, organic
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp garlic, minced
- 1/2 tsp onion powder
- 1/2 tsp ground cumin
- 1 tsp salt/cracked pepper

METHOD:

First, steam cauliflower until soft; add with tahini, oil, lemon, and the seasonings to a blender. Process until smooth, adding water gradually to reach the desired consistency. To serve, add 1 tbsp hummus to a low carb wrap; lay the veggies on top. Makes 2 servings (with leftover hummus).

 © 2025 EAT NOURISH GLOW



Chicken Salad Rice Cake Sandwiches

INGREDIENTS: 27g Protein, 9g Fibre, 18g Fat, 5g Net Carbs

- 1-2 rice cakes (choose low carb variety)
- 1/2 avocado, smashed with garlic
- 1/2 cup fresh spinach leaves, rinsed
- 1/2 cup cooked, seasoned chicken
- 1/2 cucumber, sliced (skin on)
- 2 thick slices of tomato
- 1/4 cup red onion, thinly sliced
- 1 pinch cracked pepper and rock salt

METHOD:

Smash the avocado in a bowl with a little garlic to season, then spread on the rice cake(s). Top with a layer of spinach leaves, warm or cooled chicken, the cucumber, tomato and red onion. Season with the cracked pepper and salt to taste. Makes 1-2 servings.

BONUS RECIPE:

Mix up the ingredients to recreate this simple main meal or snack with a source of protein and low carb, high-fibre vegetables and herbs.



Gourmet Cucumber Salmon Bites

INGREDIENTS: 14g Protein, 2g Fibre, 22g Fat, 3g Net Carbs

- 1 English cucumber, skin on
- 2-3 large slices of sashimi or smoked salmon
- 3 tbsp cream cheese
- 2 tsp fresh or dried dill
- 1 pinch cracked pepper/salt to taste

METHOD:

Slice the cucumber, leaving the skin on, into thick wheels to form a low carb biscuit. Add a small piece of the salmon on top. In a small bowl, whisk the cream cheese with a little of the dill and seasonings. Then add a teaspoon-sized dollop of the cream cheese to the top of each cucumber biscuit or use an icing piping bag for a fancy design. Finish off with a sprig of fresh dill (optional). Makes 1-2 servings.

BONUS RECIPE:

Mix up the ingredients to recreate this cucumber snack recipe with other high protein toppings such as scrambled egg, hummus, leftover chicken and your favourite low carb, protein-based spread.



4 serving 12 minutes

Zucchini Fritter Snack Bites

INGREDIENTS: 30g Protein, 5g Fibre, 10g Fat, 10g Net Carbs

- 2 medium zucchini, grated, squeezed dry
- 2 eggs, free-range, organic
- 1/2 cup chickpea flour
- 1/4 cup grated Parmesan
- 2 scoops unflavoured protein powder (30g)
- 2 tbsp chia seeds (adds protein & fibre)
- 1/2 tsp garlic powder
- 1/2 tsp baking powder (for fluffiness)
- 1 tbsp olive oil (for frying)
- 1 tsp salt/cracked pepper

METHOD:

Squeeze out as much water as possible from the zucchini. In a bowl, whisk the eggs, then add flour, protein powder, Parmesan, chia seeds, and seasonings. Stir well, and add the zucchini. If the batter is too wet, add a little flour; if too dry, add splash of water. Next, in a hot skillet, add a few scoops of zucchini batter to the pan and press to flatten. Cook for 3-4 mins per side until golden brown and crispy. Enjoy 1-2 as a snack, or serve with Greek yogurt tzatziki, and side salad as a delicious main meal. Makes 4 servings depending on fritter size.



1-2 serving 8 minutes

Gourmet Ham & Veggie Skewers

INGREDIENTS: 25g Protein, 2g Fibre, 9g Fat, 6g Net Carbs

- 1 English cucumber, cut lengthways
- 4 slices ham, turkey or chicken, cut in strips
- 4-6 mozzarella balls
- 1/4 cup spinach leaves, organic
- 1/4 cherry tomatoes, whole

METHOD:

Cut the cucumber lengthways to form very thin strips; then thread a piece onto a bamboo skewer as pictured. Next, press a piece of mozzarella, followed by a whole cherry tomato, a few spinach leaves, and then a strip of the deli meat. Continue the pattern to make a few skewers to enjoy as a healthy snack.

BONUS RECIPES: Experiment with this recipe idea using a variety of high protein ingredients paired with veggies. Try Greek-inspired feta, olives, cucumber and tomatoes; vegan-inspired raw broccoli, cauliflower and cheddar cheese; and grilled haloumi, sun-dried tomatoes, and olives. You can also bake, grill or BBQ skewers if you have the time for a snack.



1-2 serving 5 minutes

Greek Yoghurt & Berries Snack Jars

INGREDIENTS: 54g Protein, 5g Fibre, 14g Fat, 1og Net Carbs

- 1/4 cup Greek yoghurt, plain
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/4 cup strawberries, fresh
- 2 tbsp cashews, whole
- 1 tbsp flaxseeds
- 1 tsp stevia sweetener
- 1/2 tsp vanilla extract

METHOD:

In a bowl, whisk together the yoghurt, protein powder, stevia and vanilla extract. Transfer to a swerving bowl or glass jar. Top with the flaxseeds and berries. Makes 1-2.

BONUS RECIPE:

Make multiple flavours from this recipe by using low carb berries to flavour the Greek yoghurt; simply smash the fruit and whisk with the yoghurt, or blend the fruit into a puree and swirl through the yoghurt. Try healthy toppings such as seeds like pumpkin, sunflower or chia, and nuts such as almond flakes, pecans and walnuts.



1 serving 12 minutes

Healthy Lunchbox Snack Pack

INGREDIENTS: 22g Protein, 5g Fibre, 17g Fat, 14g Net Carbs

- 1 hard-boiled egg, free-range, organic
- 1/4 cup cottage cheese
- 3 tsp blueberries, fresh
- 2 tbsp almonds, skin on, activated
- 1 tbsp raspberries, fresh
- 1/2 cucumber, cut in wheels

METHOD:

Boil the egg for 10-12 minutes; set aside in ice water to cool. Meanwhile, cut the cucumber into wheels. and then in a lunchbox or container, arrange the rest of the ingredients each in their own compartment. Makes 1 serving.

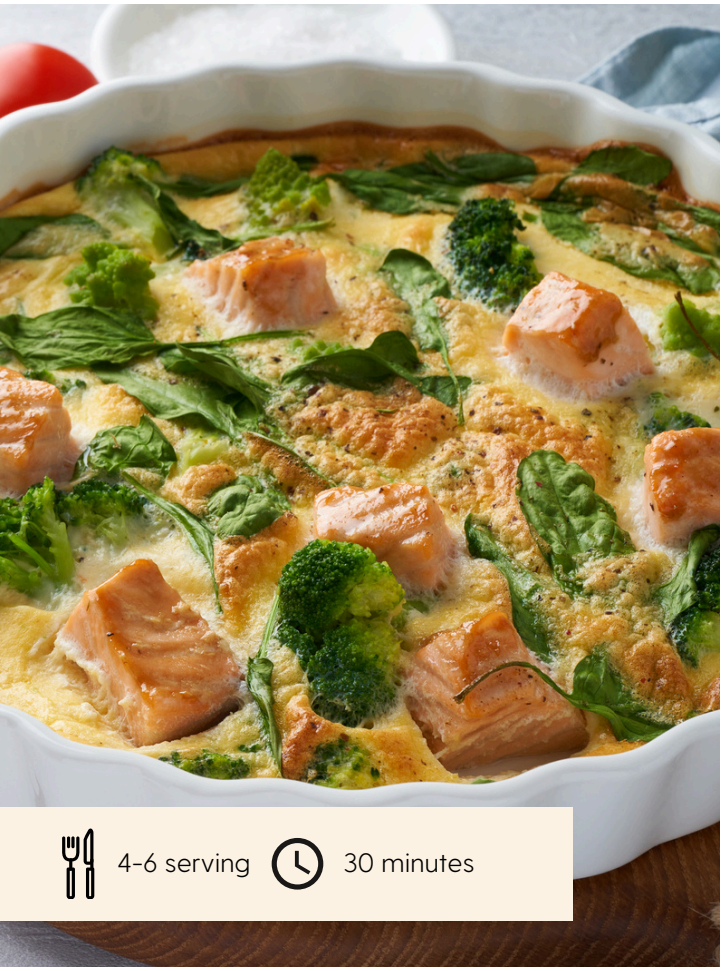
BONUS RECIPES: Experiment with a variety of high protein and low carb ingredients to make more lunchboxes or snacks. Try celery sticks with nut butter, apple or pear slices with cheddar cheese, Greek yoghurt with protein powder for a delicious dip, or swap with spicy and seasoned hummus.

DINNER RECIPES









Salmon, Broccoli & Spinach Quiche

INGREDIENTS: 25g Protein, 2g Fibre, 18g Fat, 4g Net Carbs

- 6 large eggs, free-range
- 1/2 cup full-fat milk
- 1/2 cup shredded cheese, cheddar
- 1 cup cooked salmon, flaked
- 1 cup fresh spinach, chopped
- 1/2 cup steamed broccoli, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt/cracked pepper
- 1/2 tsp dried oregano or dill
- 1 tbsp olive oil or butter (to grease the dish)

METHOD:

Lightly steam the broccoli until tender, cook the salmon, and chop the spinach. In a bowl, whisk the eggs, milk, cheese, and seasonings. Then, lay the cooked salmon pieces, spinach, and broccoli evenly in greased baking dish. Pour the egg mixture over the top. Bake at 180°C for 25-30 minutes or until set and golden on top. Cool slightly before slicing. Enjoy warm or chilled. Makes 4-6 servings. Pair this with a simple salad made from arugula leaves, pine nuts and a drizzle of balsamic glaze.



Garlic Prawn Romaine Leaf Cups

INGREDIENTS: 25g Protein, 5g Fibre, 18g Fat, 3g Net Carbs

- 300g large prawns, raw
- 4-6 Romaine lettuce leaves, rinsed
- 1/2 Hass avocado, pitted, diced
- 1/4 cup arugula leaves, organic
- 1/4 cherry tomatoes, chopped
- 2 tbsp Cajun spice blend, dried
- 2 tbsp olive oil

METHOD:

First, clean the prawns, then sauté them in the oil and Cajun spices for 3-4 minutes until fully cooked. Then, prepare the lettuce cups by laying on a serving plate. Add in the diced avocado, arugula and tomatoes, then add a few prawns to each cup to serve. Makes 2 servings (2-3 cups each)

BONUS RECIPE:

Try this same recipe with seasoned chicken, beef, salmon, fish, or vegan protein such as seasoned tofu or tempeh. Enjoy with a side salad that complements the filling choice.



2-3 serving 20 minutes

Garlic Sirloin Steak Summer Salad

INGREDIENTS: 45g Protein, 3g Fibre, 40g Fat, 4g Net Carbs

- 2 cups butter lettuce, organic
- 2 Sirloin steaks (approx. 180g ea)
- 1/2 cucumber, sliced
- 1/4 cup radishes, chopped
- 3 tbsp green onion, finely chopped
- 2 tsp garlic, minced
- 2 tbsp melted butter, full cream
- 2 tbsp olive oil, extra virgin
- 1 tbsp crushed peanuts or cashews
- 1 pinch cracker pepper and rock salt
- 1 tsp steak seasoning (use your favourite)

METHOD:

Season the steaks; let them at room temp for 10 minutes. Meanwhile, add the lettuce to a serving bowl; toss with the cucumber, radish and green onions. In a hot skillet sauté the garlic and butter, then add the steaks. Cook for 5-7 minutes on BBQ or stove to your liking. Once steaks are cooked, slice and add to the salad. Sprinkle peanuts or cashews over top and drizzle with a little cracked pepper and olive oil to serve. Makes 2-3 serving portions.



2-4 serving 20 minutes

Low Carb Beef & Chili Salsa Tacos

INGREDIENTS: 38g Protein, 3g Fibre, 22g Fat, 8g Net Carbs

- 400g ground beef, organic, grass-fed
- 4-5 soft tortillas, small, (choose low carb, high fibre)
- 1 can tomato paste
- 1/4 cup water
- 1 packet Taco seasoning
- 1/2 onion, finely chopped
- 1/2 cup tomato, finely chopped
- 2 tbsp garlic, finely minced
- 2 tbsp olive oil, extra virgin
- 2 shaved cheddar cheese
- 2-3 sprigs of fresh cilantro, organic
- 1 tsp chili flakes, choose your heat
- 1/2 tsp cayenne powder

METHOD:

In a hot skillet sauté onion in oil and cayenne until translucent; add the mince. Cook for 6-8 minutes until browned. Add the Taco seasoning and water as per the packet. Simmer for 5-7 minutes to saturate with flavour. Add the tomato paste and chili flakes. Simmer for another 5 minutes before serving on a low carb tortilla with a sprinkle to cheese and fresh cilantro.

 © 2025 EAT NOURISH GLOW



Salmon & Avocado Lettuce Cups

INGREDIENTS: 38g Protein, 5g Fibre, 22g Fat, 3g Net Carbs

- 1 salmon fillet, skin on
- 2-4 butter lettuce leaves, organic
- 1/2 Hass avocado, sliced
- 1 tbsp lemon juice, freshly squeezed
- 1 tsp fresh dill, finely chopped
- 1/2 tsp garlic, minced
- 1 tsp of your favourite seasonings

METHOD:

Place the salmon fillet in aluminium foil and squeeze half the lemon juice over top; add a pinch of the seasonings. Air-fry in foil for 10-12 minutes or until cooked through; set aside. Arrange the lettuce leaves on a plate and top with the avocado, and then divide the salmon between the cups. Sprinkle with dill and a little lemon juice to serve. Makes 3-4 small cups as a serving.

METHOD:

This recipe can be made with any high protein filling from leftover roast chicken, turkey, beef to spiced tofu for a low carb lunch or dinner recipe.



Zucchini Noodle Prawn Pasta

INGREDIENTS: 30g Protein, 3g Fibre, 2g Fat, 4g Net Carbs

- 1 zucchini, spiralised into noodles
- 300g large prawns, fresh, cleaned
- 1 vegetable stock cube
- 200ml water, as needed
- 1 tbsp garlic, minced
- 2-3 sprigs parsley, fresh
- 1/2 tsp onion powder
- 1 tsp salt/cracked pepper

METHOD:

Clean the prawns. In a hot skillet add garlic, onion powder, water and stock.; bring to a simmer. Add the prawns and let it all simmer for 5-8 minutes until prawns turn pink and cook through. Meanwhile, use a spiraliser to make zucchini noodles and at the last minute, toss them into the pasta pan and pull off the heat. Let sit for 2 minutes to infuse the noodles with the flavour, then spoon into a deep dish to serve. Garnish with the parsley. Makes 1-2 servings.

BONUS RECIPE: Try this recipe with tofu or chicken for a low carb pasta option; experiment with the stick and herbs.



2-3 serving 20 minutes

Mexican Chicken Stuffed Capsicums

INGREDIENTS: 38g Protein, 4g Fibre, 20g Fat, 6g Net Carbs

- 400g chicken mince, organic
- 2-3 small capsicums, choose red, yellow or green
- 1 packet Taco or Fajita seasonings
- 1/2 cup cheddar cheese, grated
- 3 tbsp water (or as per taco packet)
- 2 tbsp olive oil, extra virgin
- 2 tbsp fresh chives, finely chopped
- 1 tbsp garlic, minced
- 1 tsp salt/cracked pepper

METHOD:

Cut the capsicums in half and scoop out the seeds; rub a little olive oil and garlic over each. Then bake for at 180C for 10-12 minutes or until they just start to soften. Then, brown the chicken mince in remaining oil and seasonings; add the taco/fajita packet and cook according to label with a little water. Once cooked, stuff each capsicum with a few spoonful's of cooked mince, top with grated cheese; cook for 5-7 minutes to melt the cheese before serving. Add chives as edible garnish. Makes 2-3 servings with 2 halves as a portion. Enjoy with a simple side salad.



2-3 serving 10 minutes

Summer Prawn Lettuce Cups

INGREDIENTS: 30g Protein, 5g Fibre, 18g Fat, 10g Net Carbs

- 300g fresh prawns, cleaned
- 4-6 butter lettuce leaves, organic
- 1/2 Hass avocado, diced
- 1/2 red onion, finely chopped
- 1/2 mango, finely chopped
- 1/4 cup coriander, finely chopped
- 1 lime, chopped, plus the juice
- 1 tbsp olive oil, extra virgin
- 1 tbsp garlic, minced

METHOD:

Clean the prawns, and then sauté them in garlic and oil for 3-5 minutes or until they turn pink; set aside. Add the finely chopped mango, avocado, onion and fresh herbs into a mixing bowl and toss to combine flavours. Add the cooked prawns, and toss everything together with the chopped lime and a drizzle of lime juices. Spoon a few scoops of the mixture into each lettuce cup and serve 2-3 cups as portion.

BONUS RECIPE: Try this recipe with chicken, spiced beef, salmon, and your favourite fresh herbs to season.



Baked Salmon & Garlic Green Beans

INGREDIENTS: 42g Protein, 4g Fibre, 25g Fat, 6g Net Carbs

- 1 fillet salmon, skin on
- 1 cup green beans, de-stemmed
- 1 lemon, juice only
- 1 tbsp garlic, minced
- 1 tbsp olive oil, extra virgin
- 1/2 tsp onion powder
- 1 tsp salt/cracked pepper

METHOD:

Season the salmon with lemon juice and a little salt and pepper, then bake at 180c for 12-15 minutes or until cooked through. In a hot skillet, add the oil, onion powder, and garlic, then toss in the green beans and sauté for 2-3 minutes just to warm and flavour them. Add the lightly sautéed beans to a serving plate and top with the cooked salmon to serve. Makes 1 serving.

BONUS RECIPE: Try other seasoned fish like whiting or barramundi; or use roasted chicken, lamb or beef for a simple low carb bonus from the same easy recipe.



Zucchini Noodles & Beef Bolognese

INGREDIENTS: 38g Protein, 4g Fibre, 30g Fat, 6g Net Carbs

- 1-2 large zucchini, spiralised
- 500g ground beef, grass-fed, organic
- 1/2 onion, finely chopped
- 1/4 cup parmesan cheese, grated
- 1 can (140ml) Italian tomato paste
- 420ml water, filtered
- 2 tbsp garlic, mined
- 1 tsp onion powder

METHOD:

Using a spiraliser, feed the zucchini through the device to create the low carb noodles; set aside. In a hot skillet, sauté the onion, garlic and beef for 7-9 minutes or until cooked through. Add the water, onion powder, and tomato paste, and simmer for 5-7 minutes until it forms a thick sauce.

To serve, add a handful of the spiralised noodles to a plate or bowl, and top with a generous scoop of the sauce. Finish each serving off with a little grated cheese (and fresh herbs if you wish). Makes 3-4 servings.

 © 2025 EAT NOURISH GLOW



1-2 serving 25 minutes

Low Carb Cauliflower Pizza

INGREDIENTS: 20g Protein, 7g Fibre, 30g Fat, 11g Net Carbs

- 2 cups cauliflower rice
- 1 egg, free-range, organic
- 1/2 cup shredded mozzarella (or Parmesan)
- 1/2 zucchini, very thinly sliced
- 1 asparagus, small bunch. cleaned
- 2-3 sprigs basil, fresh
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 3 tbsp pizza sauce
- 1 tbsp pesto

METHOD:

Make Base: microwave cauliflower for 5 mins; let cool. Then squeeze out as much moisture as possible using a cheesecloth or clean kitchen towel. In a bowl, combine cauliflower, egg, cheese, salt, and seasonings. Mix into a dough, and press onto the baking sheet in a thin, evenly thick circle. Bake at 200C for 12-15 minutes or until golden and firm. Meanwhile, lightly blanch or sauté asparagus for 1-2 minutes. Add the pizza sauce, and top with the zucchini, asparagus, and pesto to the pizza. Bake again for 7-8 minutes to warm and soften the veggies before serving. Makes 2 servings, serve half pizza with side salad.



MIX & MATCH FLAVOURS

Cauliflower Crust

Experiment with different pizza base flavours by mixing up the ingredients and adding different herbs, and spices.

CURRY BASE

- use cumin, turmeric and garlic for based; top with zucchini slices, mushrooms and Parmesan cheese.

SPICY SOUTHWEST BASE

- chili powder, cayenne, and Mexican cheese blend; top with avocado, shredded chicken, and olives.

SPICY BEETROOT BASE

- shredded beets, smoked paprika, and feta in the base; top with broccoli, arugula and Swiss cheese.

GREEN GODDESS BASE

- add spinach or wilted kale to the base recipe and top with your favourite high protein ingredients.

BROCCOLI BASE

- swap broccoli florets for cauliflower, add a little ground rolled oats and spinach in the base recipe.

DESSERT RECIPES









1-2 serving 2-3 Hours

High Protein Mango Chia Seed Pudding

INGREDIENTS: 45g Protein, 13g Fibre, 20g Fat, 9g Net Carbs

- 250ml almond milk, unsweetened
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/2 cup fresh mango, blended
- 3 tbsp chia seeds
- 1 tsp stevia granules (or sugar substitute)
- 1 tsp cinnamon, ground
- 1/2 tsp vanilla extract

METHOD:

In a bowl, whisk together the chia seeds, almond milk, cinnamon, protein powder, and 2 tsp stevia. Keep stirring for 2-3 minutes to avoid any clumping. Then, chill in the pudding mixture fridge overnight or for 2-3 hours to set.

When the pudding is set, and you are ready to assemble, in a separate bowl, blend the mango with the remaining stevia to make a simple puree. Spoon a little of the puree into sides of a serving glass, and then add all of the chia pudding. To create the effect pictured, add the remaining mango puree on top and swirl with a knife. Makes 1-2 servings depending on the dessert jar size.



MIX & MATCH FLAVOURS

Chia Pudding Recipes

Experiment with different flavours by mixing up the ingredients and adding herbs, spices, or condiments.

CAFE MOCHA

- add 100ml espresso, 1 tbsp raw cacao and stevia to make a chocolate coffee dessert version.

HEALTHY RAW CHOCOLATE

- 2 tsp raw cacao and dash of cinnamon at the time of making the pudding for healthy chocolate recipe.

SUMMER BERRY MEDLEY

- blend mixed berries together first, and then add to the main mixture while whisking the chia seeds.

KEY LIME FLAVOUR

- add 3 tbsp Greek yoghurt, 2 tsp lime zest, 1 tbsp lime juice and extra stevia to taste for a lime dessert.

PINA COLADA

- blend 1/4 cup fresh pineapple with coconut milk prior to whisking in the chai seeds.



6-8 servings 2-3 Hours

High Protein Raw Chocolate Bark

INGREDIENTS: 8g Protein, 2g Fibre, 15g Fat, 2g Net Carbs

- 1/2 cup melted coconut oil, organic
- 1/4 cup nut butter, runny kind
- 1/4 cup Greek yoghurt, plain
- 1 scoop Vanilla-flavoured (45g) protein powder
- 2-3 tbsp raw cacao, organic
- 2-3 tsp stevia sweetener
- 1 handful mixed nuts and seeds

METHOD:

In a bowl, combine the melted oil, nut butter, and sweetener, then whisk well. Add in the raw cacao and protein powder, whisk again until completely combined. Pour the mixture into a shallow pan, and spread evenly across the bottom (the bigger the pan, the thinner your chocolate bark). Drizzle the Greek yoghurt overtop, swirling with a knife to create the pattern pictured. Sprinkle the nuts and seeds over top before before freezing for 2-3 hours.

To serve, remove from freezer and break into small bite-sized pieces. Try it with dried or low carb fruits.



MIX & MATCH FLAVOURS

Frozen Bark Recipes

Experiment with different flavours by mixing up the ingredients, using yoghurt or chocolate with toppings.

MINT CHOCOLATE
- add a few drops of peppermint extract while whisking to make a minty chocolate bark.

CHOCOLATE ORANGE BARK
- top with orange zest (peel) dusted with stevia, and a sprinkling of crushed macadamia nuts.

COCONUT ROUGH
- add 3 tbsp shredded coconut to the main recipe above; save a little to sprinkle over the top.

DOUBLE CHOCOLATE BARK
- swap chocolate protein powder for vanilla in the recipe ; top with grated sugar-free chocolate.

ROSE PETAL PISTACHIO BARK
- make the chocolate bark and top with showy dried rose petals and crushed pistachio nuts.

 © 2025 EAT NOURISH GLOW



8-10 serving 2-3 Hours

High Protein Yoghurt Bark

INGREDIENTS: 9g Protein, 3g Fibre, 15g Fat, 2g Net Carbs

- 2 cups Greek yoghurt, plain
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/4 cup melted coconut oil, organic
- 2-3 tsp stevia sweetener
- 1 tbsp cereal flakes, low carb (optional)
- 1 handful mixed nuts and seeds

METHOD:

In a blender, add the plain yoghurt, stevia sweetener, protein powder, and most of the cherries; process until combined. Then, pour the mixture into a shallow pan, and spread evenly across the bottom (the bigger the pan, the thinner the yoghurt bark). Sprinkle the remaining cherries over the top; freeze for 2-3 hours before serving. Makes 8-10 servings.

BONUS RECIPES: Experiment with different flavourings and toppings. Stir in 1 tsp acai, cacao or spirulina superfood power to the yoghurt for a little colour and extra goodness. Vary the toppings using low carb berries, chopped fruit, crushed nuts and seeds.



8-10 serving 20 minutes

High Protein Berry Yoghurt Bark

INGREDIENTS: 8g Protein, 3g Fibre, 14g Fat, 2g Net Carbs

- 2 cups Greek yoghurt, plain
- 1/2 cup strawberries, chopped
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/4 cup melted coconut oil, organic
- 2-3 tsp stevia sweetener
- 1 tsp vanilla extract
- (optional) 2 tbsp sugar-free chocolate chips

METHOD:

In a bowl, combine the yoghurt, vanilla extract, and coconut oil; whisk well. Add in the sweetener and protein powder, whisk again until completely combined. Pour the mixture into a shallow pan, and spread evenly across the bottom. Remember, the bigger the pan, the thinner the yoghurt bark. Sprinkle the berries and chocolate chips (optional) over top before before freezing for 2-3 hours. To serve, remove from freezer and break off into small bite-sized pieces. Makes 8-10 servings.



High Protein Coconut Lemon Bliss Balls

INGREDIENTS: 11g Protein, 3g Fibre, 8g Fat, 2g Net Carbs

- 1 scoop vanilla protein powder (45g)
- 2 tbsp raw cacao powder, organic
- 1/2 cup almond flour
- 2 tbsp chia seeds
- 2 tbsp melted coconut oil
- 2-3 tsp stevia sweetener
- 1 tsp vanilla extract
- 1/2 tsp cinnamon, ground
- 1-2 tbsp almond milk (adjust for texture)

METHOD:

In a bowl, add the protein powder, flour, and stevia; whisk to combine. Then add the melted coconut oil, lemon juice, lemon zest, and vanilla extract. Stir well. Slowly add almond milk until a dough forms and sticks together. Roll the dough into small bite-sized balls, then roll in shredded coconut or crushed almonds. Chill for 15-20 minutes before serving. Makes 8-10 servings depending on bite size.



Raw Cacao & Chia Protein Bliss Balls

INGREDIENTS: 11g Protein, 3g Fibre, 9g Fat, 2g Net Carbs

- 1 scoop chocolate-flavoured protein powder (45g)
- 2 tbsp raw cacao powder, organic
- 1/2 cup almond flour
- 2 tbsp chia seeds
- 2 tbsp melted coconut oil
- 2-3 tsp stevia sweetener
- 1 tsp vanilla extract
- 1/2 tsp cinnamon, ground
- 1-2 tbsp almond milk

METHOD:

In a bowl, mix the protein powder, cacao powder, flour, chia seeds, cinnamon, and stevia. Add the melted coconut oil and vanilla extract, stirring well. Slowly add the almond milk until a dough forms and sticks together. Roll the dough into small bite-sized balls, then roll in shredded coconut or flaxseeds (optional). Chill for 15-20 minutes before serving. Makes 8-10 servings depending on bite size.

 © 2025 EAT NOURISH GLOW



High Protein Chocolate Mug Cake

INGREDIENTS: 45g Protein, 2g Fibre, 15g Fat, 4g Net Carbs

- 1 egg, free-range, organic
- 1 scoop chocolate-flavoured (45g) protein powder
- 2 tbsp almond milk, unsweetened
- 1 tbsp olive oil, or butter
- 2 tsp stevia sweetener
- 1 tsp vanilla extract
- 1 tsp baking powder

METHOD:

In a bowl, whisk together the egg, oil, and almond milk together; then add the dry ingredients. Whisk well to combine. Next, pour the mixture into a microwavable mug or small bowl. Cook for 30-40 seconds, and then stir. Microwave again for 30-40 more seconds or until the cake consistency is to your liking. Optional: top with sugar-free chocolate chips.

BONUS RECIPE: Try this same recipe but with vanilla or salted-caramel flavoured protein powder for two additional dessert options. A drizzle of nut butter or smashed fruit is also a nice, low carb topping to these mug cake recipes.



Avocado Protein Chocolate Pudding

INGREDIENTS: 45g Protein, 8g Fibre, 22g Fat, 4g Net Carbs

- 1 Hass avocado, pitted
- 1 scoop chocolate-flavoured (45g) protein powder
- 3 tbsp almond milk, unsweetened
- 2 tbsp raw cacao powder, organic
- 1 tbsp melted coconut oil, organic
- 2-3 tsp stevia sweetener
- 1 tsp cinnamon, ground

METHOD:

In a blender, add all the ingredients and process on high until well combined. Pour the pudding mixture into small ramekins or dessert glasses. Press a sheet of plastic wrap over the top of each, firm to the surface to avoid any browning while it sets. Chill in the fridge for 1-2 hours before serving. Makes 1-2 depending on serving size.

BONUS RECIPE: Vary the recipe by including chia seeds at the time of blending for more fibre; try it with your favourite chocolate protein powder instead of raw cacao to appeal to your personal tastes.

© 2025 EAT NOURISH GLOW



1 serving 5 minutes

Strawberries & Cream Parfait

INGREDIENTS: 50g Protein, 3g Fibre, 14g Fat, 13g Net Carbs

- 1/2 cup Greek yoghurt, plain
- 1 scoop Vanilla-flavoured (45g) protein powder
- 1/3 cup strawberries, fresh, chopped
- 2 tbsp raw nut butter, runny kind
- 1 tsp vanilla extract
- 2-3 tsp stevia sweetener
- 1 tsp cinnamon, ground

METHOD:

In a bowl, whisk together the yoghurt, protein powder, vanilla, stevia and cinnamon until well combined. Add the nut butter and swirl through the mixture. Then transfer into a dessert jar or serving glass, and top with the strawberries. Makes 1 serving.

BONUS RECIPE: Try this recipe with other low carb berries such as blackberries, blueberries, or raspberries. Use peanut, almond or cashew butter to change the flavour and berries used.

If You *Enjoyed* This You'll Find More *Here*...



Interested in discovering more healthy and easy-to-prep meals to add to your weekly menu?

As a ***Nutritionist & Recipe Creator***, I love sharing quick and easy wholefood recipes that help build healthier, happier bodies. Browse more on the Recipe Blog and learn how to master the art of easy "micro" Meal Prep here. It's all free!

VISIT THE BLOG →

Wholefood Cookbooks

Quick and easy wholefood recipe collections from a Nutritionist who's spent hours in the kitchen, so you don't have to!



Gut-Friendly Paleo Cookbook

The Gut-Friendly Paleo Cookbook is full of wholefood-based recipes that are suitable for Paleo and those wishing to eat more like our ancestors. Includes recipes for breakfast, lunch and dinner, as well as snacks and desserts.



Superfood Smoothie Cookbook

Eat healthier with superfood smoothie recipes created by a Nutritionist. Each recipe is well-balanced with the nutrients your body needs to maintain a healthy gut microbe balance while fuelling your body with wholefood-based nutrition.



Plantbased Smoothies Recipes

A collection of nutritionist-approved smoothie recipes made from only delicious, plantbased ingredients. Support a healthy, happy gut, gently detox your body, and manage your weight with this all-vegan recipe collection.



YOU MIGHT ALSO LIKE

Custom Meal Plans

A beginner's collection of nutritionist-approved vegetarian and vegan recipes made from only delicious, wholefood ingredients. Support a healthier, happier gut, kickstart your weight loss, and deeply nourish your body using this recipe collection. Includes a suggested 5 day meal plan.



© 2025 EAT NOURISH GLOW