

JUST MOVE NOVEMBER RECIPE PACK

Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options!

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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- Meal Prep/Freezer Friendly
- High Protein (over 20g per serving)
- Vegetarian
- Quick (under 30 mins)

Contains Nuts



WEEKLY MEAL PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Spanish Zucchini Apple & Cinnamon Apple & Cinnamon Spanish Zucchini Cinnamon Roll Breakfast Quinoa Tortilla Tortilla Porridge Salad with Fried Protein Smoothie Porridge Protein Smoothie Eggs **LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH** Leftover Cajun Vegetable Curry Leftover Vegetable Pear, Cured Ham Leftover Zestv Breakfast Quinoa Pear, Cured Ham & Walnut Salad Turkey Meatballs Salad with Fried Beef & Veg Rice Soup Curry Soup with Cous Cous Eggs Salad **SNACK** SNACK SNACK SNACK SNACK **SNACK** E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry Millet Pudding, Kiwi Millet Pudding, Kiwi Millet Pudding, Kiwi Millet Pudding, Millet Pudding, Millet Pudding, Millet Pudding, Kiwi Chai Pudding, Chai Pudding, Kiwi Chai Pudding, Kiwi Chai Pudding, Kiwi Chai Pudding, Chai Pudding, Cinnamon Roll Cinnamon Roll Cinnamon Roll Cinnamon Roll Cinnamon Roll Cinnamon Roll Smoothie Smoothie Smoothie Smoothie Smoothie Smoothie

DINNER

Cajun Beef & Veg Rice

DINNER

Creamy Chicken, Mushroom & Tomato Pasta

DINNER

Leftover Creamy Chicken, Mushroom & Tomato Pasta

DINNER

Zesty Turkey Meatballs with Cous Cous Salad

DINNER

Chinese Style Shrimps & Veg

DINNER

Meal Out – Enjoy!

DINNER

SUNDAY

BREAKFAST

Cinnamon Roll

LUNCH

& Walnut Salad

SNACK

E.g. Raspberry

Chai Pudding, Cinnamon Roll

Smoothie

Leftover Chinese Style Shrimps & Veg

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Oils

Fresh
○ 1x potato
○ 5x onion
○ 3x zucchini
○ 2x apples
○ 1x avocado
○ 2x lemon
 bag mixed salad leaves
bag rocket
bag spinach
○ 5x bell peppers
cherry tomatoes
○ 1x pear
○ ginger
○ garlic
○ 5x carrots
1x tomato
bunch radishes
bunch spring onion
10 oz. (300g) mushrooms
o raspberries
○ 4x kiwi
Oblueberries
blackberries
○ 1x banana
Frozen
O peas

risti & Sealoou
9 oz. (250g) shrimps
Meats
○ cured ham
0 1 lb. (500g) turkey thigh mince
12 oz. (350g) chicken breast
○ 1 lb. (500g) beef mince – 5% fat
Dairy
○ blue cheese
Greek yogurt
Non-Dairy
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,	Grains
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0	couscous
0	penne
0	wheat flour
0	white rice
0	potato flour
0	millet
	Spices
0	cinnamon
0	curry powder
0	chili flakes
0	oregano
0	Cajun seasoning
	Nuts & Seeds
0	walnuts
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occonut oil
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SPANISH ZUCCHINI TORTILLA



Prep: 10 mins Cook: 25 mins



Nutrition per serving: 377 kcal 22g Fats 22g Carbs 21g Protein





WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

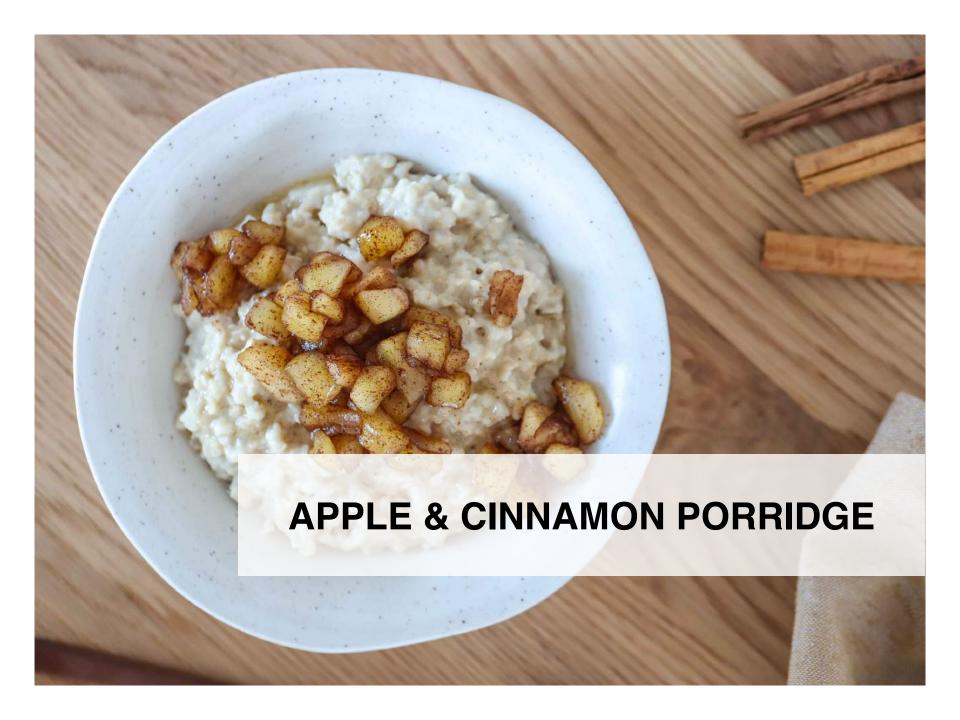
In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.





APPLE & CINNAMON PORRIDGE









WHAT YOU NEED

- 1 cup (85g) oats
- 3 cups (700ml) almond milk
- 1 scoop (25g) vanilla protein
- 2 apples
- 2 tbsp. coconut palm sugar
- 1 tsp. cinnamon

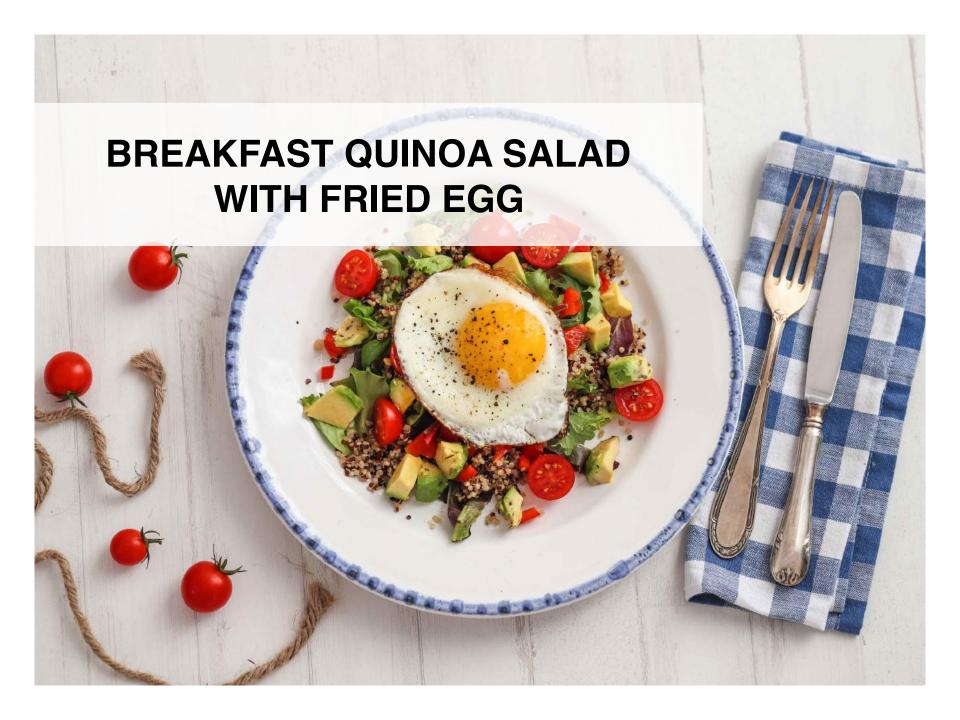
WHAT YOU NEED TO DO

Place oats and milk in a pot over medium heat, and bring to boil. Reduce the heat and simmer for 10 more minutes. If it becomes too thick, add more milk.

In the meantime, peel and core the apples and cut into cubes. Place them in a pot, and stir in the sugar and simmer for about 10 minutes. Continue mixing until the apples start to caramelize. Before turning the heat off, season with cinnamon.

Once the porridge is cooked, add in the protein powder and mix well. Divide between bowls, top with apples and serve.





BREAKFAST QUINOA SALAD WITH FRIED EGG



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 391 kcal 26g Fats 23g Carbs 17g Protein









WHAT YOU NEED

- 1/4 cup (30g) quinoa
- 1 avocado
- 1 tbsp. lemon juice
- 4 handfuls of mixed salad leaves
- ½ red bell pepper
- 10 cherry tomatoes
- 1 tbsp. coconut oil
- 4 eggs

WHAT YOU NEED TO DO

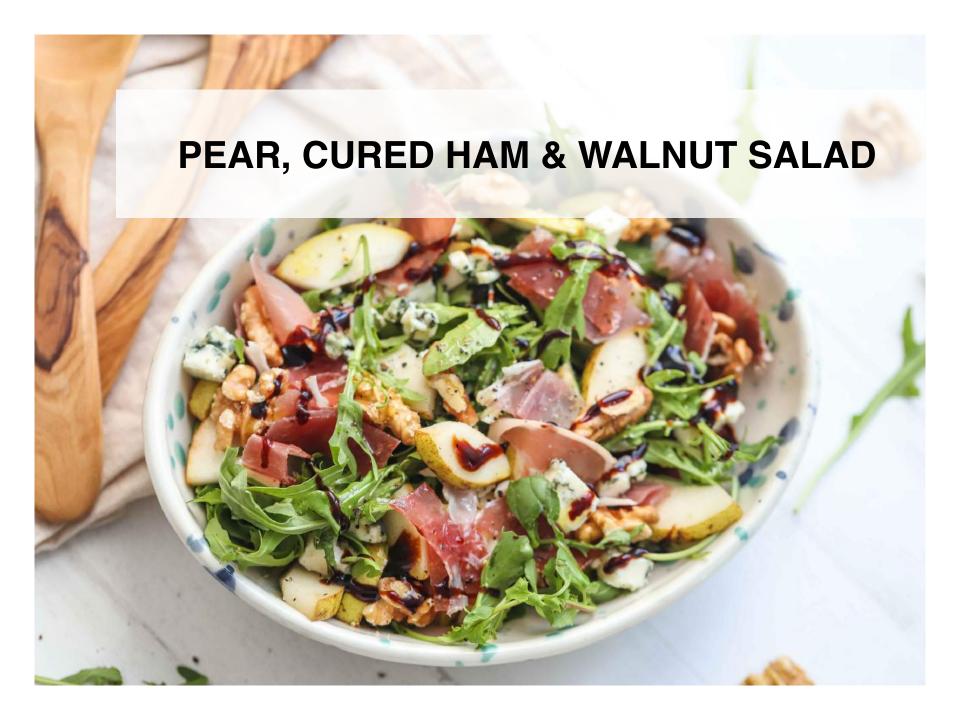
Cook the quinoa according to the instructions on the packaging.

Cut the avocado into cubes, and drizzle with lemon juice. Cut the peppers into cubes, and tomatoes into halves.

Mix the quinoa with salad leaves, avocado, paprika and cherry tomatoes, and divide onto 2 plates.

Fry the eggs in a pan with the coconut oil. Top the salad with two eggs each. Season with salt and pepper then serve.





PEAR, CURED HAM & WALNUT SALAD



Prep: 15 mins Cook: 0 mins



Nutrition per serving: 466 kcal 35g Fats 16g Carbs 22g Protein

WHAT YOU NEED

- · bag of arugula
- · 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed or opt for plant based cheese
- 4 slices cured ham, or plant based meat & cut into strips
- ¼ (30g) cup walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- · 2 tsp. lemon juice
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Divide the arugula between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.















VEGETABLE CURRY SOUP



Serves: 3 Prep: 15 mins Cook: 20 mins



Nutrition per serving: 133 kcal 9g Fats 27g Carbs 3g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- · 2 garlic cloves, minced
- 1 carrot, peeled, grated
- 1 red bell pepper, chopped
- · 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- · 1 tomato, chopped
- 1/3 cup (80ml) plant-based cream (or dairy cream)

WHAT YOU NEED TO DO

In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2-3 more minutes.

Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.

Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.

Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.





ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Prep: 20 mins Cook: 30 mins



serving: 429 kcal 8g Fats 52g Carbs 42g Protein





WHAT YOU NEED

For the meatballs:

- · 2 tbsp. coconut oil
- · 1 onion, chopped
- 1/4 tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) pack turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- · 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yogurt or plant based yogurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- · 8 radishes, finely sliced

WHAT YOU NEED TO DO

Heat 1 tbsp of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

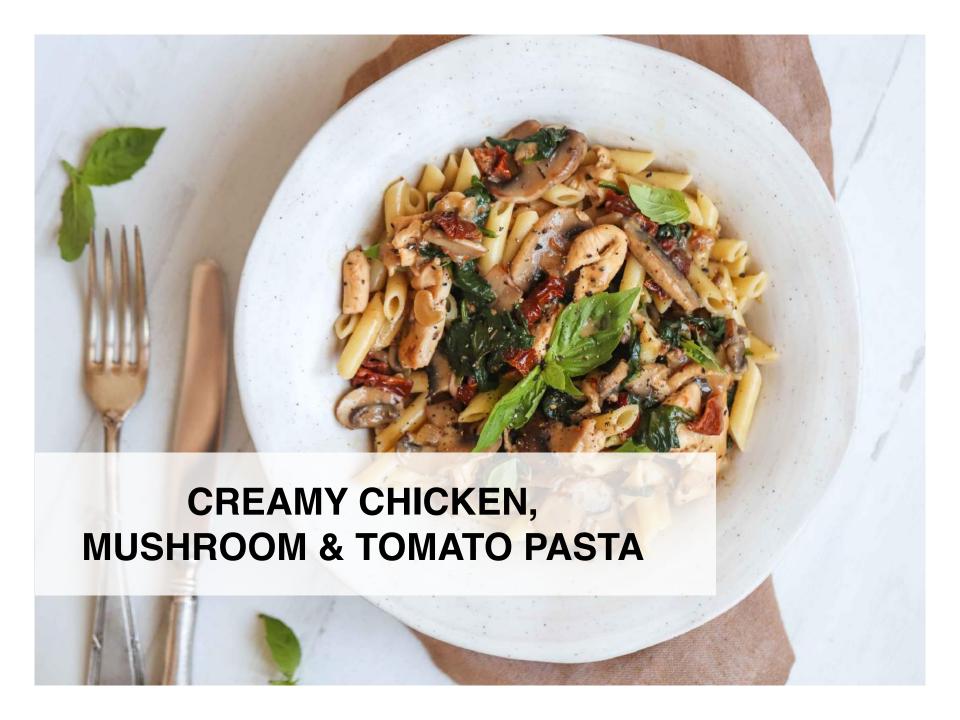
Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes — season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yogurt.





CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Prep: 10 mins Cook: 20 mins



Nutrition per serving: 385 kcal 14g Fats 26g Carbs 35g Protein





WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour or gluten free flour of your choice
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- · 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or dairy based)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.





CAJUN BEEF & VEG RICE



Prep: 10 mins Cook: 25 mins



Nutrition per serving: 503 kcal 13g Fats 55g Carbs 40g Protein





WHAT YOU NEDD

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- · 2 peppers, sliced
- · 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince or plant based meat
- · 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, or your choice of meat season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.





CHINESE STYLE SHRIMP & VEG



Serves: 3 Prep: 15 mins Cook: 15 mins



Nutrition per serving: 436 kcal 11g Fats 63g Carbs 22g Protein









WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- · 1 carrot, peeled, sliced
- 1 pepper, chopped
- · 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- · a pinch of chili flakes
- 9 oz. (250g) shrimp
- 2 tbsp. soy sauce or Braggs amino acids
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan) heat 1 tbsp. of oil. Cook the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chili.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1minute stirring frequently. Serve with cooked rice.





RASPBERRY MILLET PROTEIN PUDDING





Cook: 15 mins

Nutrition per serving: 179 kcal 3g Fats 27g Carbs 11g Protein





WHAT YOU NEED

- 1/2 cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- ½ cup (65g) raspberries
- 1 scoop (25g) vanilla protein powder (dairy or plant based)

WHAT YOU NEED TO DO

Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.

Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).





KIWI CHIA PROTEIN PUDDING



Serves: 2 Prep: 10 mins Chill: 1 hr



Nutrition per serving: 272 kcal 11g Fats 37g Carbs 16g Protein





WHAT YOU NEED

- 1/4 cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder (dairy or plant based)
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- ¼ cup(25g) blueberries
- ¼ cup (30g) blackberries

WHAT YOU NEED TO DO

Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results overnight.

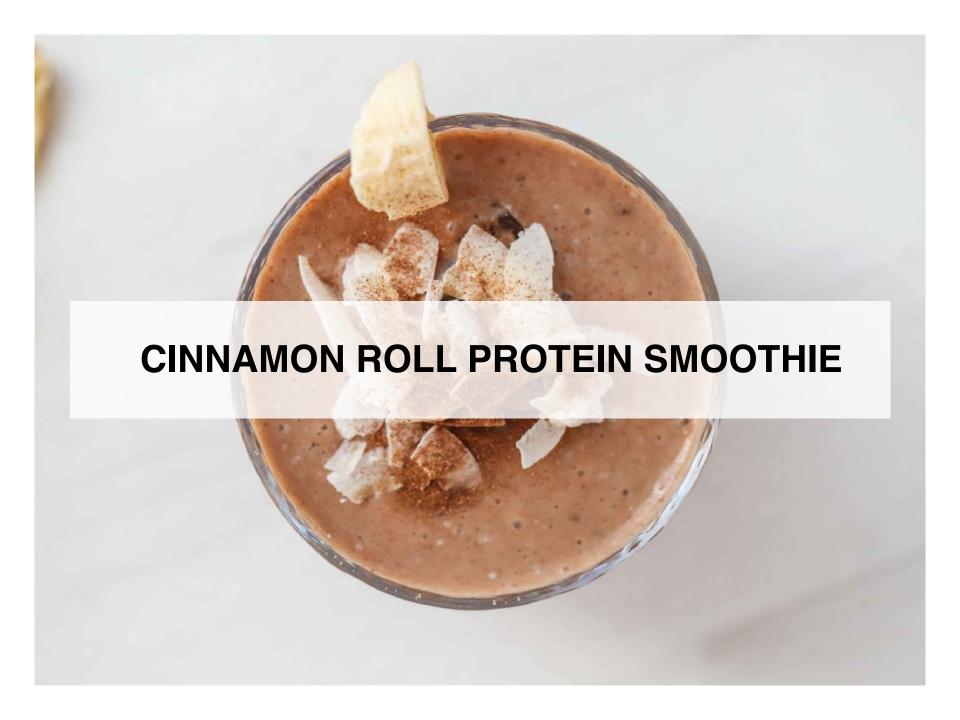
Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.

Place three peeled kiwis in a blender or food processor and blitz until pureed.

Divide the chia seeds and kiwi puree evenly between 2 glasses. First a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.

Top each pudding with fresh berries and sliced kiwi.





CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 162 kcal 3g Fats 15g Carbs 22g Protein





WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder (dairy or plant based)
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.

