

JUST MOVE NOVEMBER RECIPE PACK

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

www.justmovefitness.com











TABLE OF CONTENTS

1	SPANISH ZUCCHINI TORTILLA
2	APPLE & CINNAMON PORRIDGE
3	BREAKFAST QUINOA SALAD WITH FRIED EGG
4	PEAR, CURED HAM & WALNUT SALAD
5	VEGETABLE CURRY SOUP
6	ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD
7	CREAMY CHICKEN, MUSHROOM & TOMATO PASTA
8	CAJUN BEEF & VEG RICE
9	CHINESE STYLE SHRIMP & VEG
10	RASPBERRY MILLET PROTEIN PUDDING
11	KIWI CHIA PROTEIN PUDDING
12	CINNAMON ROLL PROTEIN SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

-  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

BREAKFAST

Spanish Zucchini
Tortilla

LUNCH

Pear, Cured Ham
& Walnut Salad

SNACK

E.g. Raspberry
Millet Pudding,
Kiwi Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Cajun Beef & Veg
Rice

TUESDAY

BREAKFAST

Spanish Zucchini
Tortilla

LUNCH

Leftover Cajun
Beef & Veg Rice

SNACK

E.g. Raspberry
Millet Pudding, Kiwi
Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Creamy Chicken,
Mushroom &
Tomato Pasta

WEDNESDAY

BREAKFAST

Apple & Cinnamon
Porridge

LUNCH

Vegetable Curry
Soup

SNACK

E.g. Raspberry
Millet Pudding,
Kiwi Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Leftover Creamy
Chicken,
Mushroom &
Tomato Pasta

THURSDAY

BREAKFAST

Breakfast Quinoa
Salad with Fried
Eggs

LUNCH

Leftover Vegetable
Curry Soup

SNACK

E.g. Raspberry
Millet Pudding,
Kiwi Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Zesty Turkey
Meatballs with
Cous Cous Salad

FRIDAY

BREAKFAST

Cinnamon Roll
Protein Smoothie

LUNCH

Leftover Zesty
Turkey Meatballs
with Cous Cous
Salad

SNACK

E.g. Raspberry
Millet Pudding,
Kiwi Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Chinese Style
Shrimps & Veg

SATURDAY

BREAKFAST

Apple & Cinnamon
Porridge

LUNCH

Breakfast Quinoa
Salad with Fried
Eggs

SNACK

E.g. Raspberry
Millet Pudding, Kiwi
Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Cinnamon Roll
Protein Smoothie

LUNCH

Pear, Cured Ham
& Walnut Salad

SNACK

E.g. Raspberry
Millet Pudding, Kiwi
Chai Pudding,
Cinnamon Roll
Smoothie

DINNER

Leftover Chinese
Style Shrimps & Veg



SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
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.

A top-down view of a white ceramic bowl with a speckled pattern, filled with a thick, creamy porridge. The porridge is topped with a generous amount of small, golden-brown, caramelized apple cubes. The bowl sits on a light-colored wooden surface with a prominent grain. To the right of the bowl, several cinnamon sticks are scattered on the wood. A white rectangular text box is overlaid on the bottom right of the bowl.

APPLE & CINNAMON PORRIDGE

APPLE & CINNAMON PORRIDGE



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
377 kcal
8g Fats
60g Carbs
17g Protein



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



BREAKFAST QUINOA SALAD WITH FRIED EGG



Serves: 2
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
- 1/2 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



PEAR, CURED HAM & WALNUT SALAD



Serves: 2
Prep: 15 mins
Cook: 0 mins



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



GF

LC

HP

Q

N



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

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**

ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Serves: 4
Prep: 20 mins
Cook: 30 mins



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



MP HP



WHAT YOU NEED

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ 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**

CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Serves: 3
Prep: 10 mins
Cook: 20 mins



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



DF

MP



myfitnesspal

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

CAJUN BEEF & VEG RICE



Serves: 3
Prep: 10 mins
Cook: 25 mins



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



GF

DF

MP



WHAT YOU NEED

- 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 SHRIMPS & VEG

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 1-minute stirring frequently. Serve with cooked rice.



**RASPBERRY MILLET
PROTEIN PUDDING**

RASPBERRY MILLET PROTEIN PUDDING



Serves: 2
Prep: 5 mins
Cook: 15 mins



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



GF

MP

V

Q

N



WHAT YOU NEED

- 1/2 cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- 1/2 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**

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
- 1/4 cup(25g) blueberries
- 1/4 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

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.*