

A top-down photograph of a meal. In the center is a dark blue ceramic bowl filled with a salad of flaked salmon, diced potatoes, and chopped green chives. To the right of the bowl are several slices of a golden-brown baguette. Below the bowl lies a silver fork. The entire scene is set on a light-colored, weathered wooden surface. A piece of a light beige cloth is visible on the left side. Overlaid on the image is the text 'SAMPLE PACK' in large, bold, grey capital letters.

SAMPLE
PACK

Client Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

Seraphim Fitness
Salem, OR

www.seraphimfitness.com
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Disclaimer: Seraphim is not a dietician nor physician. It is by choice you use the recipes. Seraphim Fitness will not be held responsible for any use for recipes - see website for more information.



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Baked Egg Pots	Broccoli Cheese Soup	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Baked Fish with Romesco Salsa
Tue	Baked Egg Pots	Broccoli Cheese Soup	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Spanish Chicken Stew (Slow Cooker)
Wed	Greek Style Scrambled Eggs	Spanish Chicken Stew (Slow Cooker)	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Chicken & Quinoa Casserole
Thu	Greek Style Scrambled Eggs	Oven Baked Chicken Nuggets & Roasted Vegetable & Quinoa Salad	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Chicken & Quinoa Casserole
Fri	Healthy Sweet Potato Pancakes	Oven Baked Chicken Nuggets & Roasted Vegetable & Quinoa Salad	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Rainbow Beef Stir Fry
Sat	Smoked Mackerel & Egg Paste	Grilled Salmon Salad with Chilies & Herbs	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Meal Out - Enjoy!
Sun	Smoked Mackerel & Egg Paste	Grilled Salmon Salad with Chilies & Herbs	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Rainbow Beef Stir Fry

Weekly Shopping List

Fruits & Vegetables	Meat, Dairy & Baking	Grains, Seeds & Herbs	Cans, Condiments & Misc
Fruits <ul style="list-style-type: none"> • 2 lemon • 2 limes • 1 banana Vegetables <ul style="list-style-type: none"> • bag of baby spinach • bag of kale • 1 heads of broccoli • 3 carrots • bunch celery • 1 cucumbers • 8 baby cucumbers (or 1 further large cucumber) • 2 bulbs garlic • 1 large piece root ginger • 1 green bell pepper • 1 yellow bell pepper • 3 red bell peppers • 1 lb. (450g) pack baby potatoes • 1 white potato • bag of mixed salad leaves • bag of radishes • 2 red hot chili peppers • 1 red onion • 3 yellow onions • pack of shiitake mushrooms • 6 tomatoes • 16 oz. (450g) sweet potatoes • 1 head broccoli Frozen Foods <ul style="list-style-type: none"> • bag of frozen peas 	Bread, Fish, Meat & Cheese <ul style="list-style-type: none"> • block of feta cheese • 2 lbs. (900g) chicken breast • 1.3 lbs. (600g) chicken thighs • 1.5 lbs. (680g) cod fillet (4 fillets) • 1.4 lbs. (630g) salmon fillet (4 fillets) • 8 oz. (230g) flank steak • 7 oz. (200g) smoked mackerel Cold <ul style="list-style-type: none"> • 24 eggs • carton unsweetened almond milk • Natural yogurt Baking <ul style="list-style-type: none"> • buckwheat flour • coconut flour • cornflour • baking soda • caster sugar • coconut sugar • honey • vanilla extract • white chocolate chips 	Seeds, Nuts & Spices <ul style="list-style-type: none"> • pack of raw almonds • pack of raw cashews • pack of walnuts • quinoa • cayenne pepper • chili flakes • ground cinnamon • ground cumin • garlic powder • ground nutmeg • onion powder • dried oregano • smoked paprika • saffron • sea salt • black pepper Fresh Herbs <ul style="list-style-type: none"> • pack of basil • pack of mint • pack of coriander • pack of parsley • pack of chives 	Boxed & Canned <ul style="list-style-type: none"> • pack of panko breadcrumbs • 480ml chicken stock (or buy stock cubes) • 480ml vegetable stock (or buy stock cubes) • 1.3 lbs. (600g) canned chopped tomatoes • 18 oz. (530g) jar roasted peppers • pack of dried quinoa • can chickpeas Condiments <ul style="list-style-type: none"> • balsamic vinegar • coconut oil • Maple syrup • honey • extra virgin olive oil • fish sauce • hoisin sauce • red wine vinegar • apple cider vinegar • rice wine • sesame oil • tamari sauce • soy sauce • pickled gherkins • mayonnaise Other <ul style="list-style-type: none"> • vanilla whey protein powder



Greek Style Scrambled Eggs

Serves 2

2 tbsp. olive oil
1 garlic clove, minced
2 tomatoes, cored, grated
1 tbsp. dried oregano
4 eggs, beaten
½ cup (75g) feta, crumbled
salt & pepper

What You Need To Do

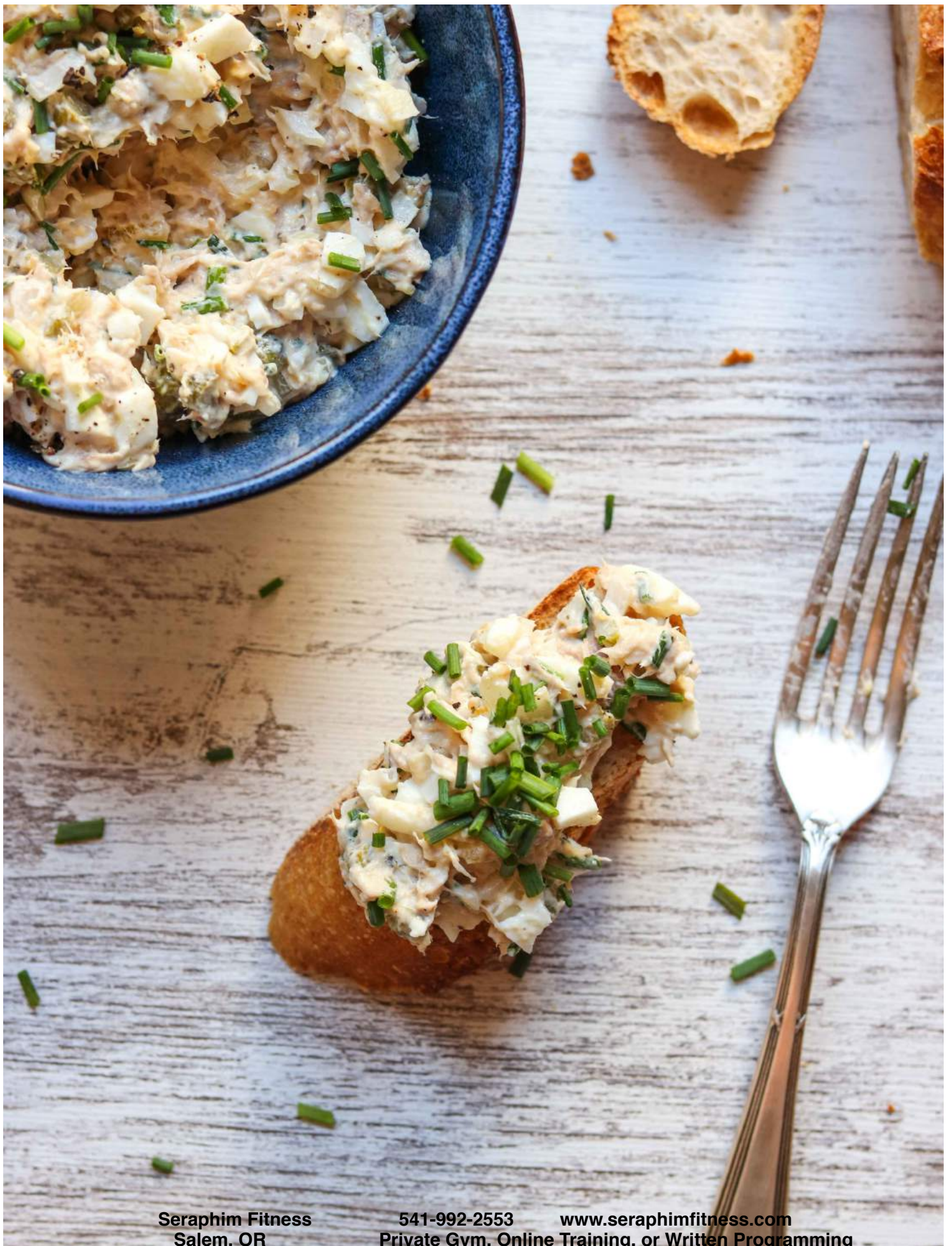
1. Place a medium-sized pan on the stove over a medium heat. Add the olive oil and the garlic, cook for a minute until fragrant.
2. Add the grated tomatoes and cook until all the water from the tomatoes has evaporated, about 10 minutes.
3. Add the eggs and oregano to the pan and season to taste with salt and pepper. Stir well and remove when the eggs are cooked to the desired consistency, approximately 3-5 minutes.
4. Divide the scrambled eggs between 2 plates and crumble over the feta cheese.



GF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	386	32	7	19

*Nutrition per serving



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Smoked Mackerel & Egg Paste

Serves 4

4 eggs, hard boiled
7 oz. (200g) smoked mackerel
1 small onion, finely chopped
4 small pickled gherkins, chopped
2 tbsp. mayonnaise, light
2 tbsp. natural yogurt (or more mayo)
bunch of chives, chopped

What You Need To Do

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Clean the fish from bone and skin, then chop the meat and add to the bowl.
3. Finely chop the onion and gherkins, and also add to the bowl.
4. Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on it's own.



GF	LC	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	268	23	5	18

*Nutrition per serving



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Roasted Vegetable & Quinoa Salad

Serves 4

1 cup (170g) dry quinoa
 2 cups (240ml) water (or veggie broth)
 1 broccoli, cut into florets
 1 sweet potato, cubed
 1 can (15 oz./430g) chickpeas, drained
 4 cups (270g) kale, roughly chopped
 4 tbsp. olive oil
 ¼ cup (5g) fresh parsley, chopped
 ¼ cup (30g) feta cheese, crumbled
 1 lemon, juice only
 ½ tbsp. apple cider vinegar
 2 tbsp. honey
 chili flakes, to taste

What You Need To Do

1. Preheat oven to 425°F (220°C).
2. Cook quinoa according to instructions on the packaging, then set aside in a large bowl. Drain and rinse the chickpeas.
3. While quinoa is cooking, toss broccoli and sweet potato chunks with 2 tablespoons of olive oil and roast in the oven for 20 minutes. Next, add kale and chickpeas to the roasting pan, and roast for another 15 minutes. Stirring the veggies around halfway through.
4. Once roasted remove from the oven from and combine with the quinoa. Next, add in the chopped parsley and feta and mix gently.
5. In a small bowl, combine lemon juice, vinegar, maple syrup and remaining 2 tablespoons of olive oil. Season with salt, pepper, and chili flakes to taste.
6. Drizzle the dressing over the quinoa and vegetable mixture, and stir gently. Enjoy and store any leftovers in the fridge for 4-5 days.

GF



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	35 mins	539	21	74	20

*Nutrition per serving



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Oven Baked Chicken Nuggets

Serves 4

1 ½ cups (90g) panko breadcrumbs
1 tsp. salt
1 tsp. black pepper
1 tsp. onion powder
1 tsp. paprika
½ tsp. garlic powder
¼ tsp. cayenne pepper
2 eggs
2 tbsp. almond milk
1 lb. (450g) boneless skinless chicken breast, cut into cubes

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.
2. Place the panko breadcrumbs into a medium bowl, add the dried spices and mix through. Set.
3. In a separate medium bowl, whisk together the eggs and almond milk.
4. Dip the chicken first into the egg mixture and then toss in the breadcrumbs until completely coated. Place each cube of chicken onto the lined baking tray and bake in the oven for 15-20 minutes, until golden and cooked through.
5. Serve with sauce your choice.

Storage:

Once cooked and cooled, store the chicken nuggets in an airtight container in the fridge for up to 5 days.

DF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	270	7	18	32

*Nutrition per serving





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Grilled Salmon Salad With Chilies & Herbs

Serves 4

2 limes
2 red chilies, thinly sliced
2 tbsp. red onion, thinly sliced
2 tbsp. fish sauce
salt, to taste
pinch of coconut sugar
2 tbsp. olive oil
1 ¼ lbs. (565g) salmon fillet (4 fillets)
8 cups (240g) mixed salad leaves
1 cup (50g) mixed fresh herbs, chopped (coriander, mint and basil)
8 radishes, sliced
8 baby cucumbers, sliced

What You Need To Do

1. Heat the oven to 400°F (200°C).
2. To make the dressing, squeeze the juice of 1 lime into a small bowl. Add the sliced chili, half the red onion, fish sauce and a pinch of salt and sugar. Mix well and set aside.
3. Brush the salmon with the olive oil and place on a baking tray lined with foil. Half the other lime and also place it in the tray. Bake in the oven for about 15 minutes, until the salmon is cooked through.
4. Once cooked, allow the salmon to cool slightly then break it up into chunks.
5. Divide the salad leaves, the remaining ½ onion, fresh herbs, radishes and cucumbers, between 4 plates and drizzle with the dressing. Squeeze the juice from the baked lime over the salad and toss together adding a little more salt to taste.
6. Top the salad with the salmon chunks and serve immediately.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	259	11	10	32

*Nutrition per serving

