



Educated
EATING
BALANCED RECIPES



RECIPES

Breakfast

- Overnight Oats, pg 1
- Weekend Brunch, pg 2
- Balanced Smoothie, pg 3
- Protein Pancakes, pg 4
- Granola, pg 5

Lunch

- Goat's Cheese Shakshuka, pg 6
- Pea, Potato and Asparagus Frittata, pg 8
- Chicken Waldorf Salad, pg 10
- Guacamole, pg 11

Dinner

- Chicken & Veg Satay, pg 12
- Thai Green Curry, pg 14
- Fakeaway Pizza, pg 16
- Pasta Carbonara, pg 17

Sweets

- Chocolate Protein Mug, pg 18
- Yogurt Berry Clusters, pg 19

Educated Eating RECIPES

OVERNIGHT OATS

Serving Suggestion - 1 portion

Ingredients

- 45g uncooked porridge oats - 1C
- 1 scoop (30g) vanilla protein powder - 4P
- 80-100ml water - to what consistency you prefer
- 2 tbsp (25g) chia seeds - 1F
- 1 tsp (18g) nut butter - 3F
- 120g blueberries (fresh or frozen) - 1.5C
- 135g raspberries (fresh or frozen) - 1.5C

Prep:

- Combine oats, protein powder, chia seeds and water in a small container.
- Cover container with a lid and place in the fridge overnight (or at least 1-2 hours).
- Take out of the fridge in the morning and stir. You will notice that the protein powder, oats and chia seeds soak up a lot of the liquid so you may want to add a little more milk or water before serving.
- Add toppings (nut butter and berries) and enjoy
- If using frozen berries, add to the oat mix the night before so they are unfrozen the next day.

Total pts = 4C, 4P, 4F

A great meal to prep the night before and OR make in bigger batches and have ready for a few days.

You can change up the protein powder flavour, add different fruits and change the chia seeds to flaxseed. Play around with it and see what you prefer!

Educated Eating RECIPES

WEEKEND BRUNCH

Serving Suggestion - 1 portion

Ingredients

2 large eggs - 2P
2 egg whites - 1P
3g olive oil - 1F
2 turkey rashers - 1P
200g mushrooms, sliced - 1C
Half avocado, cut into thin slices - 3F
1 slice sourdough bread - 1.5C
200g cherry tomatoes - halved and sprinkled with salt - 1C
Rocket to garnish (as much as you like) - 0.5

Prep:

- heat a large frying pan, add the olive oil
- once hot, fry the turkey rashers and mushrooms until soft and golden (3mins) - cook separately if you prefer
- season with salt and pepper and set aside
- add bread to the toaster
- in the same pan, scramble your eggs and cook on a low to medium heat so you overcook to quickly
- on plate, lay your toast, add the scrambled egg, mushrooms and turkey rashers. On the side add the rocket and cherry tomatoes.
- Eat up while it is hot!

Total pts = 4C, 4P, 4F

Omit turkey rashers is going veggie. If you have time and patience, bake the cherry tomatoes in the oven beforehand, overproof dish, drizzle of olive oil, 10-13mins high heat, add the salt after baking, yum!

Educated Eating RECIPES

BALANCED SMOOTHIE

Serving Suggestion - 1 portion

Ingredients

0.5 scoop (15g) vanilla protein powder - 2P

1 tsp (6g) chia seeds - 1F

1 tsp (7g) flaxseeds - 2F

45g Greek Yogurt - 1P

75-150ml water/ ice - add/ reduce for consistency you prefer

180g frozen berries - 2C

0.5 banana - 1C

Prep:

- add all ingredients into a blender and whiz!
- pour into a travel cup or chill bottle
- take for breakfast on the go or enjoy as a snack, sipping throughout the day.

Total pts = 3C, 3P, 3F

If prefer to use fresh berries, omit majority of the water and add ice cubes instead.

This drink is rich in fiber, protein and anti-inflammatory sources, and is delicious!

Educated Eating RECIPES

THE BEST SWEET PROTEIN PANCKES!

Serves 2

Ingredients

- 2 eggs - 2P
- 120g Greek yogurt - 3P
- 1 scoop vanilla protein powder - 4P
- 1tsp baking powder
- 3g coconut oil (or other cooking fat)

Prep:

- Put all ingredients, bar the coconut oil into a blender/ nutribullet a whizz up until well combined.
- Heat up the oil on a non-stick frying pan, make sure it doesn't burn, just melts.
- Pour the batter on the heated pan, making any size you like! Lots of small ones, or fewer larger ones. They are ready to flip when the edges start to set and a few bubbles appear on the top.
- When cooked on both sides, turn out onto a plate and add your toppings.

If you don't like or have protein powder substitute in an extra egg and 30g porridge oats.

Total pts = 9P, 1F

Per serving = 4.5P, 0.5F

Balance out your meal with additional good fats and yummy fruity carbs

Be creative / adventurous with your toppings

- Banana, peanut butter, raspberries
- Strawberries, whipped cream, chocolate chips
- Butter, honey and blueberries

Educated Eating RECIPES

Lucy's Protein Granola

Ingredients:

- 180g oats
- 50g vanilla protein powder
- 50g crushed mixed nuts (almonds, cashews, walnuts)
- 50g mixed dried cranberries/ raisins
- Pinch of spices (nutmeg, cinnamon) optional
- 80g nut butter
- 10g coconut oil

Prep:

- Preheat oven to 165C.
- Mix the oats, protein powder, mixed nuts and cranberries in a big mixing bowl.
- Melt nut butter and coconut oil in a saucepan or microwave till both are melted (do this gradually so you don't burn the but butter).
- Add the wet ingredients into the dry ingredients and mix well.
- Place on a baking tray (as flat as possible) and spread out the mix. Bake for 20-25mins, stirring half way through.
- Remove and let it to cool fully, then break up and store in an air tight container.

Total Points (approx)

Carbs - 20

Proteins - 11

Fats - 42 (!!)

So to have the granola as part of, for example, a 4 point meal/ snack, divide the total yield into 10 even portions.

C - 2pts

P - 1.1 pts

F - 4.2 pts

And add 150g Greek yogurt, 1 med banana and 60g raspberries. Now you have a 4 point meal/ snack.

Enjoy!

Educated Eating RECIPES

GOAT'S CHEESE SHAKSHOUKA

Serving Suggestion - 2 portions

Ingredients

3g olive oil - 1F

50g goat's cheese (crumbly type) - 10F, 1.5P

4 large eggs - 4P

1 red onion, chopped into small pieces - 1C

2 garlic cloves - crushed

1 red chilli (remove seeds if you like), finely chopped

1 red pepper, cut into 1cm strips - 1C

1 yellow pepper, cut into 1 cm strips - 1C

1 tin (400g) chopped tomatoes - 1.5C, 0.5P

Parsley (small bunch), chopped

Paprika

Prep:

- heat a large frying pan, add the olive oil
- once hot, fry the garlic, onion and chilli until soft (2mins)
- add the peppers, paprika, chopped tomatoes, half chopped parsley
- add 60ml water to the pan
- bring to the boil while stirring, then simmer, covered over medium heat for 5mins
- season with salt/ pepper to taste preference (add a pinch of sugar/ honey if too acidic)
- make 4 small craters in the sauce, and crack an egg into each crater
- season with salt/ pepper and crumble the goat's cheese all over the dish

Educated Eating RECIPES

GOAT'S CHEESE SHAKSHOUKA

Serving Suggestion - 2 portions

Prep continued:

- Reduce heat and cover
- let the eggs cook, 5-6mins (longer if you prefer a hard egg)
- with 2-3mins of cooking time left, remove the lid and turn up the heat to evaporate any excess water
- divide out 2 portions
- garnish with remaining parsley

Tip - a drizzle of balsamic vinegar will make this taste even better

Total pts = 4.3C, 6P, 11F

Per suggested serving = 2C, 3P, 5.5F

Add extra protein and salad/ veg to balance up the points to a 5pt meal, ENJOY!!

Educated Eating RECIPES

Pea, Potato and Asparagus Frittata

Ingredients:

250g baby potatoes, quartered - 4C
200g frozen peas - 1C
bunch of asparagus, chopped - 1C
18g olive oil - 6F
1 onion, diced - 1C
2 cloves of garlic, crushed - nil
250g raw spinach - 1C
8 eggs - 8P
80ml milk - 2F
90g cheddar cheese - 3P

Total frittata - 8C, 11P, 8F, portion to suit you meal points.

Serve with a mixed salad

Prep:

- preheat oven to 200 degrees
- grease or line an oven proof dish with parchment paper
- cook baby potatoes in boiling water until tender but still have a bite, approx 6mins
- add peas and asparagus pieces and cook for another 1-2mins
- drain veg and set aside
- heat olive oil in pan
- add onions and saute till soft
- add garlic and spinach and cook for 2mins
- in a large bowl whisk up the eggs
- add the milk and half of the cheese and mix well

Educated Eating RECIPES

Pea, Potato and Asparagus Frittata

Prep:

- add the sautéed veg to the oven dish
- pour the egg mix over the veg
- sprinkle the remaining cheese on top
- place in the pre-heated oven for 30mins
- remove from oven and allow to cool before cutting

Serve with a crisp, fresh salad

Enjoy!

This is also a great meal to use the lunch the next day, if you have any left over...

Educated Eating RECIPES

CHICKEN WALDORF SALAD

Serving Suggestion - 2 main portions or 4 side portions

Ingredients

250g cooked shredded chicken breast - 8P

3 red apples - 6C

235g celery - 1C

90g Greek Yogurt - 2P

12g mayo - 3F

1 tbsp Dijon mustard - 1F

10g chopped walnuts - 5F

Lemon juice, salt & pepper to taste

Prep:

- Dice up the apple and celery into bite size pieces
- Place into a large serving bowl and add the cooked shredded chicken
- Add your Greek yogurt, mayo, mustard and mix together well
- Taste and then add lemon juice, salt and pepper to your preference

Total pts = 7C, 10P, 10F

Recommend 2 portions for a mains (5macs) or as a side salad for a meal (2.5macs). You will need to bring the carb macs up to balance the dish, suggest a green salad with tomatoes, spring onion or a 180g serving of sweet potato fries done in the air fryer.

This is such a refreshing, crunchy yet creamy salad, perfect for the spring, summer meals. Stores really well in a lunchbox for the next day too. Enjoy!

Educated Eating RECIPES

GUACAMOLE (a healthy fat source)

Suggested serving size = 5 portions

Ingredients

1 large ripe tomato

1 avocado (approx 150g), very ripe but not bruised

juice 1 large lime

handful of coriander, roughly chopped

1 small red onion, finely chopped

1 red chili, deseeded, finely chopped

Prep:

- roughly chop up all the tomato into pulp, then tip into a bowl.
- halve and stone the avocado and scoop the avocado flesh into the bowl with the tomato.
- then add the lime juice, chopped coriander, chopped red onion and chili into the bowl, season with pepper and salt.
- use a fork or manual whisk to mash up all the ingredients to your preferred texture (lumpy or smooth)
- if not eating straight away place an avocado stone in the centre of the guacamole and cover with cling film, this will prevent it from going brown. Store in fridge.

Total pts = 10F (negligible C and P)

Per suggested serving = 2F

Fresh, full of flavour and goodness. Try to not eat it all!

Educated Eating RECIPES

Chicken & Veg Satay

Serving Suggestion - 1 portion

Ingredients:

3g olive oil for cooking - 1F

1 onion, chopped into bite size pieces - 1C

150g chicken breast**, bite size pieces - 5P

1 bell pepper (any colour you like), thinly sliced - 1C

200g raw spinach - 1C

70g baby corn - 1C

125g broccoli, chopped into bite size - 1C

Satay Paste - add all ingredients into a bowl, mix well

18g peanut butter (crunchy or smooth) - 3F

10g creme fraiche - 2F

Tbsp soy sauce - nil

Tbsp fish sauce - nil

Tbsp curry powder - nil

Tbsp of lemon juice - nil

Total dish - 5C, 5P, 6F.

** use a different protein source ie. 175g prawns or 250g tofu,

Prep:

- heat the olive oil in a pan
- add the chicken and cook till brown, set aside
- add onion to the pan and cook for 3-5, till soft and translucent
- add peppers, baby corn, spinach, broccoli and cook for 5 mins on a low heat

Educated Eating RECIPES

Chicken & Veg Satay

Prep:

- add the satay paste and cook for 1 min, constantly stirring, add a little water if it needs some liquid to create a sauce texture
- Serve hot

Feel free to reduce the veg and add some rice if you prefer

Enjoy!

Educated Eating RECIPES

Thai Green Curry - a firm favourite

Ingredients:

- 6g olive oil - 2F
- 1 onion, diced finely - 1C
- 2 cloves of garlic, finely chopped - nil
- 2 bell peppers (any colour you like), thinly sliced - 2C
- 2 courgettes, thinly sliced - 1.5C
- 70g green curry paste - 6.5F
- 175ml can light coconut milk - 8F
- 225ml chicken stock - nil
- 300g chicken breast**, bite size pieces - 10P
- Juice of 1 lime - nil
- Garnish with coriander
- Serve with 125g cooked rice - 5C

Total curry w/rice - 9.5C, 10P, 16.5F,

Portion to suit you meal points. Fats are a bit high in this one so eat slightly less fats in another meal on the same day.

** use a different protein source ie. 350g prawns or 550g tofu.

Prep:

- heat the olive oil in a pan
- add the chicken and cook till brown, set aside
- add onion to the pan and cook for 3-5, till soft and translucent
- add garlic, peppers, courgette and cook for 5 mins
- add the curry paste and cook for 1 min, constantly stirring
- then add the coconut milk and chicken stock
- bring to the boil

Educated Eating RECIPES

Thai Green Curry - a firm favourite

Prep:

- Turn down to simmer and add in the cooked chicken pieces
- Let simmer for 10-12 minutes on a low heat, time will depend on how crunchy/ soft you like your veg so keep checking.
- Serve up with your rice and add lime juice and coriander as your garnish.

This one hits the spot, enjoy!

Educated Eating RECIPES

FAKEAWAY PIZZA

A four point meal per person (add a point to each macro if making it for 5 points etc):

Ingredients:

1 tortilla wrap (Aldi) = 4C, 0.75P, 2F

Tbsp of seasoned tomato paste = negligible

4 mushrooms = negligible

60g ham or cooked chicken (or mix) = 2P

40g cheese preference = 1.25P

Top with 36g guacamole or 18g sour cream or add crunch with 6g seeds = 2F

Prep:

1. sauté the mushrooms in a pan with a teeny bit of oil
2. under the grill, lightly toast your wrap on each side (watch them, they burn easily)
3. spread the seasoned tomato paste on the toasted wrap
4. add your toppings - mushrooms, ham, chicken, cheese
5. pop back under the grill to melt the cheese
6. add your guac, sour cream or crunch
7. Eat!

Add seasoning to make it more flavorsome, spice mix, Frank sauce or herbs. Feel free to change up your toppings, just keep an eye on the points.

Enjoy!

Educated Eating RECIPES

PASTA CARBONARA

For a 5 point meal per person

Serving size - 2 ppl

Ingredients:

120g of fresh tagliatelle - 3.7C, 1P, 1F

6g olive oil - 2F

6 Turkey Rashers, chopped - 7P

400g mushrooms, sliced - 2C

400g frozen peas - 2C

300g raw spinach - 1.3C

60g reduced fat cream cheese - 1.5P, 7F

60ml milk - 1.5F

2 tsp lemon juice

salt & pepper to taste

9C, 9.5P, 11.5F

Prep:

- Cook pasta as per instruction on the packet, add peas at the same time
- heat oil in a pan, add turkey rashers and mushrooms and cook for about 5mins
- turn down the heat and add the cream cheese, milk and lemon juice to the pan and cook for another 2mins, stirring continuously
- add the cooked pasta and peas and the spinach to the pan and stir well, until the spinach is wilted
- add seasoning

Enjoy!

Educated Eating RECIPES

CHOCOLATE PROTEIN MUG

A sweet treat protein hit to curb the sugar cravings and the energy slumps.

Ingredients:

40ml alternative milk of your preference
1 scoop chocolate protein powder
10g blended oats
5g cacao powder
2g baking powder
Dribble of honey

Prep:

Mix well together in a microwavable mug and microwave for 40-45 secs

23g protein - 3P

19g carbs - 2C

6g fat - 4F

Enjoy!

Educated Eating RECIPES

YOGURT BERRY CLUSTERS

Serves 6

Ingredients

250g Greek Yogurt - 3.5P
1 scoop vanilla protein powder - 4P
240g blueberries - 3C
50g nut butter of your choice - 8F
50g dark chocolate melted - 2C 13F

Prep:

- In a bowl, add in fresh berries, yogurt, protein powder and nut butter. Mix until well combined.
- Line a baking tray with parchment paper.
- Drop spoonfuls of mixture onto the baking tray (6 equal servings).
- Store in a freezer for 30mins.
- When ready, melt the chocolate, remove the clusters from the freezer and drizzle the melted chocolate over the clusters, using a spoon.
- Place back in the freezer for a further 30mins, until fully firm.
- Enjoy straight from the freezer (these won't hold at room temp).

Total pts = 5C, 7.5P, 21F

Per serving = 0.83C, 1.25P, 3.4F

Add additional to balance your pts, or reduce fats in other meals that day.

Educated Eating RECIPES

Thank You

I really hope you enjoyed these recipes
and found them tasty, nutritious and filling.

If you have any feedback or questions, please email
hello@educatedeating.ie