



Recipe Sample Pack

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@Joselbarra.Coach



Roasted Butternut Squash, Pecan & Egg

Serves 2

1 medium butternut squash,
about 1½ to 2 lbs.
1 tbsp. olive oil
2 eggs
salt & pepper
⅓ tsp. ground nutmeg
2 tbsp. chopped pecans,
optional

What you need to do

Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with aluminum foil.

Cut the butternut squash in half lengthwise and use a large spoon to remove the seeds.

Brush the cut side of the squash with olive oil and place it cut side down on the baking sheet.

Place the squash into the oven and roast for 20 minutes. Remove the squash from the oven, flip it over and carefully crack an egg into each hole. Season with salt, black pepper and nutmeg, then return to the oven and roast for a further 20 minutes.

Once cooked, remove from the oven, garnish with chopped pecans and serve.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	344	16	45	11	8

*Nutrition per serve

myfitnesspal



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Red Pesto, Avocado & Soft Egg Toast

Serves 2

4 eggs
2 slices whole wheat bread,
toasted
4 tbsp. red pesto
1 avocado, sliced

What you need to do

Bring a small pot of water to a boil. Add the eggs, cover and continue to boil for six minutes (or longer, depending on how you like your eggs cooked).

After six minutes, remove the eggs from the pot and run them under cold water until they are cool enough to handle and peel.

Toast the bread and spread each slice with 2 tablespoons of the red pesto, then top with the sliced avocado and eggs.



DF

HP

V

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	6 mins	479	32	29	22	10

*Nutrition per serve



Marinated Peanut Sauce Chicken Skewers

Serves 8

½ cup (130g) natural peanut butter, creamy
4 garlic cloves, minced
2 tbsp. tamari
2 tbsp. sesame oil, toasted
1 tbsp. white wine vinegar
4 green onions, minced, divided
4 tbsp. cilantro, minced
2 tsp. ground ginger
1 tsp. salt
3 lbs. (1.3kg) boneless skinless chicken thighs, cut into 1 inch pieces
½ cup (75g) chopped peanuts, to serve
red pepper flakes, to garnish
12 metal skewers (or bamboo skewers, soaked in water for minimum 30 minutes)
1 cucumber, peeled & sliced

What you need to do

In a bowl, mix together the peanut butter, garlic, tamari, sesame oil, white wine vinegar, half of the green onions, cilantro, ground ginger and salt.

Add the chopped chicken to the peanut sauce, toss until evenly coated. If you have time, allow it to marinate for at least 1 hour or overnight.

When ready to cook, heat the oven to 400°F (200°C). Place a wire rack on top of a rimmed baking sheet and spray it with a little oil.

Thread the marinated chicken onto skewers, lay onto the wire rack and place into the hot oven to bake for 20-25 minutes, until the chicken has cooked through.

Serve with sliced cucumber, garnished with chopped peanuts and red pepper flakes.

GF	DF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	391	24	7	39	3

*Nutrition per serve

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Grilled Salmon with Avocado Salsa

Serves 2

1 tbsp. olive oil
1 clove garlic, minced
½ tsp. chili powder
½ tsp. ground cumin
½ tsp. onion powder
¼ tsp. black pepper
¼ tsp. salt
2x 6 oz. (170g) salmon filets

For the avocado salsa:

1 ripe avocado, pitted & diced
1 tomato diced
2 tbsp. onion diced
2 tbsp. cilantro, minced
1 tbsp. olive oil
1 tbsp. lime juice
salt & pepper to taste

What you need to do

Heat the oven to 400°F (200°C). Line a baking sheet with aluminum foil.

Place the olive oil, garlic and spices into a small bowl, mix well to combine then brush over the salmon filets.

Lay the salmon on the baking sheet and place into the hot oven to bake for 12-15 minutes or until cooked through.

In the meantime, make the avocado salsa. Place the avocado, tomato, onion, and cilantro into a large mixing bowl. Drizzle with the olive oil, fresh lime juice and season with a pinch of salt and pepper. Mix well and set aside until ready to serve.

Top the salmon with avocado salsa and serve immediately.

GF	DF	LC	MP	HP	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	12 mins	540	39	12	37	7

*Nutrition per serve

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Pulled Pork Stuffed Peppers

Serves 4

4 bell peppers, sliced in half,
seeds removed
4 servings, pulled Filipino
adobo pork (see recipe in this
recipe pack)
½ cup (75g) cherry tomatoes,
chopped
2 tbsp. red onion, diced
pinch salt & pepper
¼ cup (55g) mozzarella,
grated
2 tbsp. parsley, chopped, to
garnish

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with aluminum foil.

Remove the stem and seeds from each of the peppers. Fill the peppers with pulled pork mixture, top with cherry tomatoes and diced onion, season with salt and pepper and sprinkle over the cheese.

Place the baking sheet into the hot oven and bake the peppers for 20 to 25 minutes, or until the cheese is golden. Sprinkle with parsley and serve.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	251	11	10	23	3

*Nutrition per serve

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