

A close-up photograph of a white bowl filled with a vibrant orange-red chickpea curry. The curry is thick and glossy, with visible chickpeas and chunks of vegetables. It is garnished with fresh green herbs, likely cilantro. To the right of the curry, a portion of white rice is visible. The bowl sits on a wooden surface, with a striped cloth partially visible at the bottom left corner.

# JEFF CAN

RECIPES USING STAPLES IN  
YOUR PANTRY AND FREEZER



# JEFF CAN

As a country, we are on our knees, but together, as a community, we must continue to pick and hold each other up. We know that many of you are struggling to buy fresh groceries, so we've put a few recipes together to show you that if anybody can, JEFF CAN, and if you have these staples in your pantries or freezers, you can too.

Use what you have, substitute the ingredients in the recipes for other items you have at home. We all have a few cans of something in the back of the cupboard, and luckily onions have a long shelf life. Experiment. Adapt. Be as resilient as we know you are. We might not be able to add fresh herbs to our meals for a while, but we can still enjoy nourishing, heart-warming food.

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## LET'S GET STARTED

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### NUTRITION

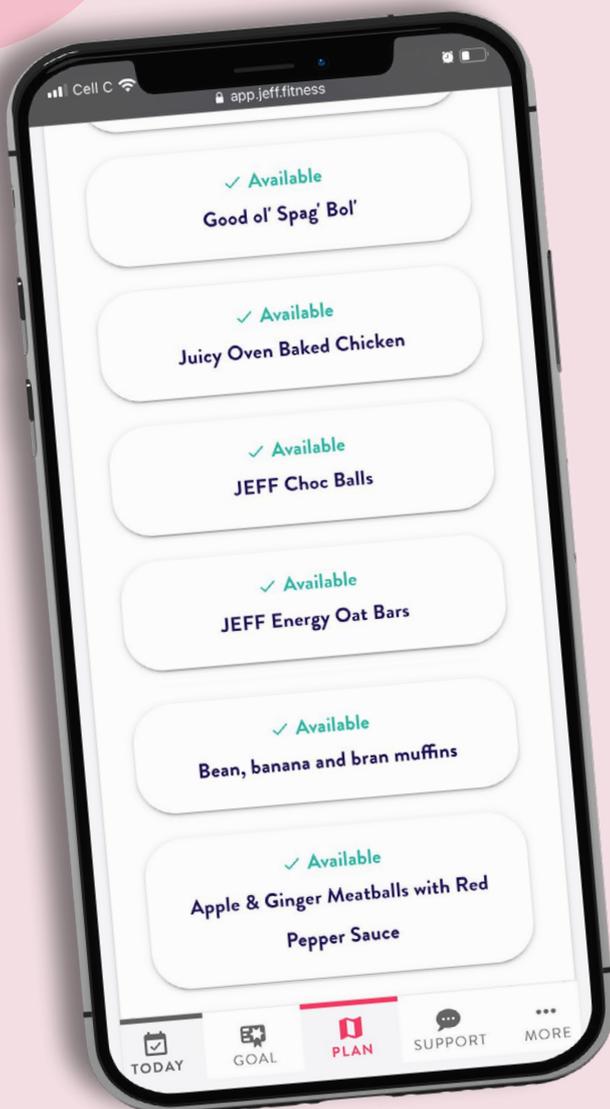
Limited access to our nutrition library containing hundreds of recipes and cook-alongs

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# Black Bean and Lentil Curry

SERVES 6

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

0

1

1

## INGREDIENTS

- 1 can black beans
- 1 can lentils
- 1 red onion, sliced
- 3 cloves garlic, minced
- Curry paste of your choice
- 3 cups diced pumpkin and zucchini.
- 2 cups cauliflower, grated
- 1 tin tomatoes
- 180 mL coconut milk

## PREPARATION

- Prep veg, slice and dice as need and set aside

## METHOD

1. Fry onion in 1 tsp oil until translucent.
2. Add the crushed garlic and curry paste and fry until fragrant.
3. Add the pumpkin, zucchini, tomatoes and coconut milk and leave to simmer.
4. Add a splash of water if needed.
5. While the curry is cooking, grate and flash fry the cauliflower rice.
6. In the last ten minutes of cooking, add the lentils and beans.
7. Season to taste.
8. Serve over cauliflower rice and garnish with coriander.
9. Enjoy!



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Get your ingredients & preparation done beforehand so that you can cook along!

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## ADDITIONAL INFO

This curry makes enough for six servings, so divide the final batch into six, and eat 1 for dinner, 1 for lunch the next day, and freeze the rest.

# 3 Bean Salad

SERVES 5

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

0

1

1/2

## INGREDIENTS

For the salad:

- 1 can cannellini beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can chickpeas, rinsed and drained
- 1/2 red onion, finely chopped & soaked in water to take the edge off the onion
- 2 celery stalks, finely chopped
- 1 cup finely chopped flat-leaf parsley
- 1 teaspoon finely chopped rosemary

For the dressing:

- 1/3 cup apple cider vinegar
- 1 teaspoon honey
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



## PREPARATION

- Prep veg, slice and dice as need and set aside.

## METHOD

1. Make the salad: In a large bowl, mix the 3 different types of beans, the celery, onion (drained of soaking water), parsley, and rosemary.
2. Make the dressing: In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.
3. Chill and Serve: Transfer the salad to the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.
4. Serve and enjoy

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## ADDITIONAL INFO

Pulses and legumes are a great source of protein for vegetarian diets. This 3 beans salad is a great way to build your meal with a protein base but you can also use this as a starch with another source of protein to suit your plan. 100 g or half a cup serving would be equivalent to 1 portion of starch if used this way.

# Beans on Toast with Egg

SERVES 1

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

1

0

1

## INGREDIENTS

- 100 g baked beans (or black beans, butter beans etc.)
- 1 egg
- 1 slice seed bread, toasted
- small handful baby spinach

## METHOD

1. Cook your egg to your liking (fried, poached or scrambled)
2. Heat baked beans (if desired) for 60 seconds in the microwave.
3. Top 1 slice of toast with a handful of spinach and the warmed baked beans, finish off with your egg,



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## ADDITIONAL INFO

Double this portion for a higher energy and protein meal or snack. Regular baked beans are fine but black beans or butter beans will provide an even better protein serving.

# Creamy 3 Bean Stew

SERVES 4

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

3

0

1-2

2

## INGREDIENTS

- 300 g tinned black beans
- 300 g kidney beans
- 300 g cannellini beans
- 1 tin of chopped tomatoes
- 1 cup of vegetable stock
- 1/2 cup green beans
- 1/2 cup mushrooms
- 1 cup spinach
- 1/2 cup cherry tomatoes
- 1/2 cup grated zucchini
- 1 onion, chopped
- 3 cloves of garlic
- 1 TBS olive oil
- 1 tsp dried oregano
- Small bunch of parsley
- 120 g low fat cottage cheese
- 60 g chopped, toasted cashews
- 800 g cauliflower

## PREPARATION

- Drain the beans

## METHOD

1. Steam the spinach and green beans until tender.
2. Heat the oil in a large pan and add the onion, cooking until translucent.
3. Add the crushed garlic and cook until fragrant.
4. Add the zucchini and mushrooms and cook until soft.
5. Add the beans, tinned tomatoes, vegetable stock, dried oregano, spinach, green beans and whole tomatoes.
6. Simmer for 20 - 30 minutes, stirring occasionally.
7. Meanwhile, grate the cauliflower and cook in the microwave for 6 minutes.
8. Stir through the cream cheese and parsley.
9. Serve over cauliflower rice and sprinkle over some chopped cashews.
10. Enjoy!



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## ADDITIONAL INFO

If you only want one fat portion, halve the amount of cream cheese and cashews. You can use tinned mushrooms, beans and tomatoes if you have them in the cupboard.

# Crispy Butter Bean Tuna Salad

SERVES 1

## PORTIONS PER SERVING

PROTEIN

2-3

STARCH

0-1

FAT

0-2

VEG

1/2

## INGREDIENTS

- 1/4 red onion
- 1/4 cup red wine vinegar
- 75 g butter beans
- 50-100 g tuna
- 2 small fennel bulbs
- 100 g sweet corn
- 6 baby tomatoes
- A handful of parsley
- 1/4 avo (optional)

## PREPARATION

- Prep veg, slice and dice as need and set aside

## METHOD

1. Thinly slice the red onion and scrunch it into the red wine vinegar with a pinch of salt, leaving it to pickle.
2. Thinly slice the fennel on the diagonal.
3. Salt the butter beans and crisp them in an airfryer, or on a baking sheet in the oven.
4. Microwave the sweetcorn until cooked but still crunchy.
5. Finely chop the parsley and halve the tomatoes
6. Add the tuna to a bowl, with all of the ingredients except the butter beans.
7. Give it a toss in 1 tsp of olive oil, and put a pile of salad onto your favourite plate.
8. Top with the crispy butter beans.
9. Serve with smashed avo for an additional fat.
10. Enjoy!



## ADDITIONAL INFO

So many colors going on here we tick the box of all 5 groups (green, red, yellow, white, purple). For 2 portions protein use 50 g of tuna (and the butter beans), if you need 3 portions use 100 g of tuna. For a low fat variation leave out the smashed avo and olive oil, dress with red wine vinegar from the pickle. You can also keep this low carb by dropping the corn.

# Butter Chicken and Chickpea Tray Bake

SERVES 4

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

1

1

2

## INGREDIENTS

- 1 red onion
- 1 clove of garlic, roughly chopped
- 1 can of chickpeas
- 1/4 cauliflower, florets
- 1 tin tomatoes
- 1 TBS garam masala
- 1/2 tsp tumeric
- 1 red chilli or chilli pasta
- 250 g chicken thighs or breasts
- 200 g frozen peas, defrosted
- 60 g cashews, toasted
- Rice, to serve (optional)

## PREPARATION

- Drain the chickpeas
- Preheat the oven to 200 'C

## METHOD

1. Slice the onion into rounds.
2. Mix the onion, chickpeas, cauliflower, tomatoes, spices and chilli together.
3. Season with salt and pepper.
4. Around in a baking tray.
5. Place the chicken on top, drizzle with olive oil.
6. Roast in the oven for 30-40 minutes.
7. Top with the peas and cashews and bake for another 8 minutes.
8. Serve with rice if desired.
9. Enjoy!



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## ADDITIONAL INFO

This one tray wonder is a great way to use up pantry staples or frozen chicken. You'll spend minimal time in the freezer while maximizing on flavour and nutrients.

# Microwave Shakshuka

SERVES 1

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

1

0-1

1

## INGREDIENTS

- 1/4 cup tinned tomatoes
- Smoked paprika
- 1/4 cup chickpeas, drained
- 1/8 tsp red pepper flakes
- Pinch kosher salt
- 1 large egg
- Feta or cheddar, optional

## PREPARATION

- Drain the chickpeas
- Coat a dish with Spray and Cook

## METHOD

1. Coat a microwave-safe, wide, shallow bowl with cooking spray.
2. Add the tinned tomatoes, smoked paprika, chickpeas, red pepper flakes, and salt, and stir to combine.
3. Make a well in the center of the sauce and crack the egg into the well.
4. Pierce the center of the egg yolk once with a sharp paring knife.
5. Cover the bowl with a damp paper towel.
6. Microwave at 80% power for 1 minute.
7. Continue cooking in 20-second bursts at 80% power until the white is set and yolk is at your preferred consistency.
8. Serve immediately.
9. Sprinkle over some feta or grated cheese, if you have.
10. Dunk some toast soldiers in, if desired.
11. Enjoy!



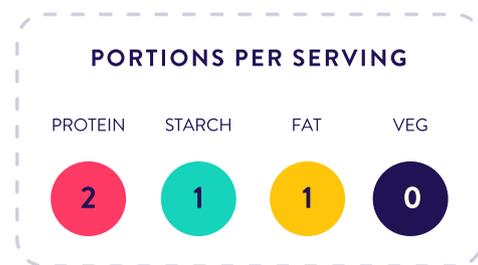
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## ADDITIONAL INFO

This is a super fast breakfast (or lunch, or dinner) that is sure to keep you full for hours. Use up any tinned beans you have, and leave out the egg if you want to.

# Pasta & Chickpeas with Turmeric-Ginger Broth

SERVES 2



## INGREDIENTS

- 2 cups water
- 200 ml coconut milk
- 1/2 tsp ginger powder
- 1/4 tsp turmeric
- 3 TBS lime/lemon juice
- 1/2 tsp fish sauce
- 1.5 cans chickpeas, drained
- 60 g pasta
- Thinly sliced red onion
- Coriander to serve (optional)

## PREPARATION

- Drain the chickpeas
- Boil the kettle

## METHOD

1. Bring 3 cups water to a boil in a small saucepan over high heat; remove from heat.
2. Add coconut milk, and lime juice and spices
3. Stir in salt and fish sauce.
4. Bring to a simmer over medium heat.
5. Cook the pasta in a separate pot.
6. Divide the pasta and chickpeas between two bowls.
7. Pour the broth over.
8. Serve with red onion and coriander.
9. Enjoy!



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## ADDITIONAL INFO

This is a heart warming, plant-based meal you can throw together in minutes. If you have any non-starchy veg in the fridge, add it to the broth to up your nutrient contents.

# Black Bean Soup

SERVES 3

## PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

2

1

1

1/2

## INGREDIENTS

- 2 cans of black beans/cannellini beans
- 1 cup vegetable/chicken stock
- 1 tin chopped tomatoes
- Feta cheese (optional)
- Coriander to serve (optional)

## PREPARATION

- Drain the beans
- Boil the kettle

## METHOD

1. Combine the beans, stock and tomatoes in a pot and bring to a simmer.
2. Blend until smooth.
3. Season with salt and pepper.
4. Serve with crumbled feta, or some grated cheese.
5. If you have fresh herbs, sprinkle some over before serving.
6. Enjoy!



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## ADDITIONAL INFO

This soup can be whipped together super fast, giving you a high fibre, plant-based meal. Use whatever tinned beans you have available, and make it interesting by serving it with different toppings of your choice.

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