JULY EDITION
CHALLENGES
RECIPE BOOK
HEALTHY RECIPES WE LOVE
JEFF

9 INSTRUCTORS, 9 EPIC RECIPES!

We've just launched 7 amazing Challenges for July, led by our incredible instructors. Nutrition is a big component of each Challenge, so to celebrate, we've curated a selection of healthy, nutritious recipes inspired by our remarkable Challenge leads. We hope you enjoy them as much as we enjoyed putting this recipe book together!

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OUR JULY CHALLENGES

21 DAYS TO A HEALTHIER YOU.

Life is full of challenges.

But what if you chose a challenge specially designed to help you make incredible progress towards your health and fitness goals in just 21 days?

Led by an inspiring instructor, including a day-by-day exercise and nutrition plan, and supported by a 7-person accountability team to keep you on track.

Well then you'd be sure to succeed!

WHATEVER YOU CHOOSE, WE'RE IN THIS

TOGETHER.

LEARN MORE

Coffee Pork Fillet with Smokey Quinoa and Greens

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3	2	0	2

SERVES 1

INGREDIENTS

- 150 grams trimmed pork fillet or firm tofu
- 80 g tenderstem broccoli, green beans or bok choi
- 1 garlic cloves, diced
- ½ thumb ginger, grated
- 1 tsp very finely ground coffee beans
- 1 tsp light brown sugar
- 1 tsp chili powder
- 50 g quinoa
- ½ tsp paprika
- 1 x lemon
- 1 cup vegetable stock
- Parsley

PREPARATION

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

METHOD

1. In a small bowl, combine the coffee, brown sugar, chili powder, and a pinch of salt. Add 1 tsp olive oil and mix well. Rub the mixture evenly over the pork and set aside.
2. Prepare a medium-high heat pan, or braai. Preheat the oven to 180°C.
3. Put the fillets on the pan or braai and cook for about 4 minutes per side. Remove from the heat and pop in the oven or move off the direct heat on the braai and cover. Cook for another 7 to 9 minutes before resting.
4. While in the oven combine the quinoa with double its volume vegetable stock, zest and juice of 1 lemon, paprika and a pinch of salt. Bring to a boil, cover, reduce the heat and simmer until all the water is absorbed, about 12-15 minutes.
5. Once cooked fluff with a fork and stir through the parsley.
6. Flash fry your greens with the garlic and ginger for 2 minutes and remove from the heat.
7. Serve your fillet on a bed of quinoa with your greens and drizzle with any sauce from the pan or chopping boards.

ADDITIONAL INFO

For our JEFFERS on a 21-Day Challenge, females adjust your protein to 150 g, males to 200g

Chicken and Chorizo Boats with Mushroom Skewers

SERVES 2

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3	2	0	1

INGREDIENTS

- 300 g Chicken mince
- 30 g Chorizo, diced
- 1 Onion, finely diced
- ½ tsp Cumin
- ½ tsp Coriander, dried
- 2 Tbsp Sour cream
- 2 Spring onion, chopped
- 4 baby gem or butter lettuce heads or similar (leaves that look like they can be your boat!)
- 20 Button or brown mushrooms
- 4 Skewers
- 2 tsp Butter
- 2 cloves Garlic, crushed
- 1 Tbsp Soy sauce

PREPARATION

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

METHOD

1. Over a medium heat melt the butter in your saucepan and add the garlic. Cook for 3 minutes. Stir in the soy sauce.
2. Meanwhile skewer your mushrooms. Baste the mushrooms with the butter sauce and fry or grill for 10 minutes turning regularly.
3. Meanwhile season the chicken or tofu with cumin, coriander, salt and pepper.
4. Over a medium heat fry the onions in a little olive oil for 3 minutes, add the chicken mince and chorizo or tofu and cook for 5 minutes more until cooked through. If using tofu break apart/crumble while cooking.
5. Serve the mince in your lettuce boats topped with spring onions and a dollop of sour cream along with your mushrooms skewers.

Lean Mean Chicken Schnitzel

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3-4	0-2	2	2

SERVES 1

INGREDIENTS

- 120 - 175 g chicken breast
- Standard crumb: 1 egg, 50 g flour, 50 g breadcrumbs
- Low carb crumb: 1 egg, 50 g almond or coconut flour, 50 g pork rinds
- Seasoning mix: oregano, paprika, garlic powder, onion powder
- Shredded cabbage
- 50 g low fat yogurt
- 1 lemon
- 1 cup broccolini or other green vegetable
- 2 tsp mustard

PREPARATION

- Prep veg, slice and dice as needed and set aside.
- Equipment needed: Large frying pan

METHOD

1. Combine the cabbage, yogurt, juice of half a lemon and 1 tsp mustard in a mixing bowl, mix well and set aside.
2. Whisk together juice of remaining half a lemon and 1 tsp mustard, season and set aside.
3. Butterfly your chicken breast, cover with cling film and beat with a meat tenderizer until thin and even.
4. If using pork rinds, blitz in a food processor until they resemble breadcrumbs.
5. Season your breadcrumbs or pork crumbs with the seasoning mix, salt and pepper.
6. Crack your egg in a bowl whisk gently. In a separate bowl place the flour and in a third the crumbs.
7. Season your flour with salt and pepper and rub your chicken in the flour. Tap off any excess.
8. Drench your chicken in the egg, tap off the excess and then roll through the crumb mix and set aside.
9. In a frying pan heat 2 cm of coconut or olive oil and fry the chicken for 3-4 minutes on each side until golden brown. You can also use your airfryer and cook at 210C for 6 minutes.
10. Once cooked, while resting, flash fry your broccoli and add a squeeze of lemon juice and salt.
11. Drizzle chicken with mustard dressing and serve with broccoli and slaw.

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SERVES 1

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3-4	0-2	1-2	2

INGREDIENTS

- 150-200 g beef or pork fillet or skinless chicken, cut into strips
- ¼ onion, diced
- 1 clove garlic, minced
- 60 g mushrooms, sliced
- 40 ml white wine, vermouth or sherry
- 100 ml beef stock/broth
- 1 tsp flour
- 1 tsp Worcestershire sauce
- ½ tsp mustard
- 40 g Greek yogurt
- To serve: noodles, zucchini noodles,rice, cauli rice or mash potato

PREPARATION

- Prep veg, slice and dice as needed and set aside.
- Equipment needed: Large frying pan, mixing bowl and a whisk

METHOD

1. Prep your side you will be serving the dish with
2. Meanwhile add a little olive oil to the pan and over a medium high heat brown the meat and season with salt and pepper. Cook for ~3 minutes and remove from the pan, set aside.
3. Add a splash more olive oil and over a medium heat cook the onion for 3 minutes until starting to colour. Add the garlic and mushrooms and cook for a further 5 minutes. Season generously with pepper.
4. Meanwhile in a bowl mix together the stock, Worcestershire sauce, mustard and flour until smooth.
5. Add the wine to deglaze the pan and let cook off for a few minutes. Pour in the stock mi and stir, reducing the heat to a gentle simmer.
6. Add the yogurt and stir to combine. Add the meat back to the pan and heat through. Taste and season as needed.
7. Serve on your side of choice.

High Protein Chocolate & Walnut Brownie

SERVES 15

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
1/2	1/2	1/2	0

INGREDIENTS

- 100 g dark chocolate (70% minimum)
- 100 g peanut butter
- 2 Tbsp coconut oil (de-flavored)
- 2 Tbsp honey
- 4 free range eggs
- 3 scoops vanilla protein powder
- 1 Tbsp cocoa powder
- 2 Tbsp chopped walnuts

PREPARATION

- Preheat the oven to 180°C

METHOD

1. Preheat your oven to 180 and line a small baking dish with wax paper.
2. Chop your chocolate into small pieces.
3. In a double boiler (glass bowl over some boiling water) melt the chocolate, peanut butter, coconut oil and honey.
4. Beat the eggs with a whisk, hand mixer or stand mixer and when fluffy add the protein powder and cocoa powder. Mix well
5. Add the melted chocolate mix to the egg mix and stir in the walnuts.
6. Pour your mix into the baking dish and pop in the oven for 12-15 minutes until the brownies are set but still slightly gooey in the middle.
7. Allow to cool slightly before slicing into 15-18 small cubes or strips. Dust with a little more cocoa powder and serve or pop in the fridge for later.

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Protein Pizza

SERVES 2

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
2	3	2	1

INGREDIENTS

FOR THE BASE

- 100 grams stoneground flour
- 30 g wholewheat flour
- 30 g pea protein powder
- 30 g yeast
- 1 tbsp olive oil
- 1 tsp coconut sugar
- Pinch of salt
- 160 ml warm water

Or for a quick alternative grab two of the Wellness Warehouse Pizza Bases

FOR THE TOPPING

- 2 Tbsp passat
- 150 g fresh mozzarella ball or vegan cheese alternative
- Handful basil

METHOD

1. Preheat the oven to 200C. If you have a pizza stone or unglazed ceramic tile leave this to heat up in the oven too.
2. Combine the yeast and warm water in a bowl and set aside for 5 minutes.
3. In a mixing bowl combine the flours, protein powder, sugar and salt and mix together. Add the water, yeast and olive oil and knead into a dough until smooth and springy to the touch. If you have the time set aside covered with a damp cloth for 30-60 minutes to proof.
4. Divide the dough into 2 balls and roll flat on a floured surface.
5. Prick the pizza base with a fork and repeat with the second dough ball.
6. Place your pizza bases on a pizza stone and in the hot oven for 6 minutes to par cook.
7. Remove from the oven, spread evenly with the passata and add your toppings before returning to the oven for another 5 minutes.
8. Serve immediately.

Zambezi Stack with Curried Aubergine

SERVES 1

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3-4	0-2	1-2	2

INGREDIENTS

- 150-200 g steak or tofu

For the Marinade

- 1 tsp Lemon Juice
- 1 tsp apple cider vinegar
- ½ tsp Soy sauce
- 1Tbsp Olive oil
- ½ tsp dry mustard
- ½ Garlic cloves, crushed
- Salt, pepper and lemon pepper

For the Aubergine

- 1 large eggplants
- Salt flakes
- ½ tsp ground cumin
- ½ cloves garlic
- ½ tbsp curry powder
- 60 ml plain yoghurt
- ½ lemon, juiced
- 1 Tbsp fresh mint, picked
- ¼ green chilli, sliced into rings
- ¼ red chilli, sliced into rings

PREPARATION

- Prep veg, slice and dice as needed and set aside.
- Mix all the marinade ingredients together and pour over meat or tofu, leave to marinade for as long as possible (12 to 24 hours)
- Equipment needed: Large grill pan or braai , mixing bowl and whisk

METHOD

1. Preheat a grill pan or barbecue.
2. Cut the aubergine into 1½-2cm-thick slices lengthways, season and brush with oil. Grill for a few minutes on each side then lie flat to cool. The eggplant should be just cooked but still holding its shape.
3. Grate the garlic and lightly fry with the cumin and curry powder, add this mix to the yoghurt add lemon juice, mix well.
4. Lie the aubergine on a serving dish. Spoon the dressing over (keeping a teaspoon or 2 aside) then scatter over the mint. Drizzle with extra virgin olive oil and set aside while you cook your steak or tofu
5. Grill your steak or tofu to your liking. Thinly slice and serve stacked on a bed of curried aubergine with a spoonful of yogurt sauce and lemon wedge.

Grilled fish and Sage Gem Squash Mash

SERVES 4

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
0	0	0	0

INGREDIENTS

- 4 x 200g Fish fillet, skin on (salmon, trout, tuna, cob, swordfish, monk fish, kingklip, sole or whole baby hake) OR Tofu
- 6 Gem squash, halved and deseeded
- 1 Tbsp Butter
- 6 Sage leaves
- 3 Red peppers

PREPARATION

- Prep veg, slice and dice as need and set aside
- Take your fish out of the fridge 20-30 minutes before cooking

METHOD

1. Turn on your grill to a high heat, lay the peppers on a foil lined baking tray and stick under the grill on the top rack for 15 minutes until charred and soft.
2. Meanwhile salt your boiling water and boil your gem squash halves for 10 minutes until soft. Scoop out the flesh into a bowl and mash together.
3. Season your fish with salt and pepper and 1 Tbsp olive oil (see our video for what Adrian did with tofu as a vegetarian option)
4. Oil and heat your griddle to a medium high heat and lay your well oiled fish portion skin side up and do not touch it for 4 minutes.
5. While that cooks, melt your butter in a small pan over a medium high heat until it starts to brown. Add your sage leaves to the butter cooking until crispy and then add to the mashed squash.
6. Flip and cook for another 3 to 4 minutes, it should flip easily.
7. Serve fish with gem squash mash and grilled peppers

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Thai Green Curry

PORTIONS PER SERVING

PROTEIN	STARCH	FAT	VEG
3-4	0-2	1-2	2

SERVES 1

INGREDIENTS

- 150-200 g skinless chicken, fish or tofu cut into cubes
- 2 cm piece fresh ginger, grated
- ½ finely chopped green chillies
- ½ cup fresh coriander, roughly chopped
- 1 clove of garlic, crushed
- Juice of half a lemon
- 1 finely sliced spring onions
- ¼ cup olive oil
- 100ml light coconut milk
- 75 ml chicken stock
- 15 g cashews (optional)
- Pinch of brown sugar
- 2 tsp soy sauce
- ¼ cup of mangetout
- ¼ cup of courgettes
- ¼ cup of baby corn
- To serve: cauli rice or white rice

PREPARATION

- Prep veg, slice and dice as needed and set aside.
- Equipment needed: Large frying pan or wok, pestle & mortar or blender.

METHOD

1. If serving with rice, get this cooking while you start your curry.
2. Grind the ginger, chillies, coriander, garlic, lemon juice and spring onions in a pestle and mortar, adding the oil as you go until it forms a smooth paste. Or bang it all in a blender for a quick trick.
3. Add a little oil to the frying pan and fry the paste over a medium heat for a minute.
4. Pour in the coconut milk and chicken stock, and simmer until the liquid is reduced by half and slightly thickened.
5. Add the chicken, fish or tofu pieces to the sauce, allowing to simmer for 10 minutes until tender and cooked through. To thicken the sauce and add an extra portion of fat you can grind your cashews and add to the pan now.
6. Add the vegetables and cook for 5 more minutes. Season with soy sauce and a pinch of sugar and taste for seasoning. If serving with cauli rice, grate and flash fry your cauliflower now and season.
7. Remove from heat and serve with rice or cauli rice topped with chopped coriander.

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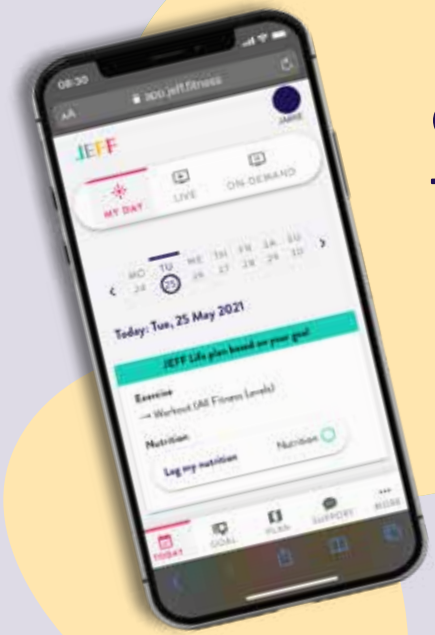

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