



LILY SOUTTER
NUTRITION



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Recipe Guide

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EAT SMART SNACKS

- PRESS London natural energy bars
- 20 raw unsalted almonds (200 calories)
- Palm size of seeds
- 1 heaped tablespoon of homemade hummus served with as many celery, cucumber, carrot or pepper sticks as needed
- 1 heaped tablespoon of guacamole served with as many celery, cucumber, carrot or pepper sticks as needed
- 1 tablespoon of beetroot and cannellini bean dip with as many celery, cucumber, carrot or pepper sticks as needed
- 150g tablespoons of natural Greek yoghurt with a tablespoon mixed seeds and a handful of berries
- 2 boiled eggs
- 1 sliced apple & 1 tbsp Pip & Nut almond butter
- ½ avocado with handful prawns
- 150g natural full-fat Fage Total Greek yoghurt with mixed seeds & fresh fruit
- Pulsin Choc Chip Mint bar - Holland & Barrett
- 150g natural full-fat Fage Total Greek yoghurt with 1 x scoop chocolate protein powder stirred in
- Brave Peas – Wholefoods
- Ombar dark chocolate
- Pret A Manger - any of their little Pret Pots



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EAT SMART BREAKFASTS

Overnight Oat Oats

Ingredients

50g oats
250ml unsweetened almond milk or normal milk
FAGE Total Greek yoghurt
Chia seeds
Fresh Fruit

Method

1. Mix the oats, chia seeds and milk together in a bowl, drizzle over almond butter. Top with raspberries and seeds and leave to soak overnight.

Egg, Salmon & Spinach Pot

Ingredients

2 boiled eggs
1 slice smoked salmon
Handful of spinach

Method

Boil 2 eggs the night before and peel the next morning. Add eggs to a pot with a slice of smoked salmon, half an avocado and a handful of spinach

Strawberry Smoothie

Ingredients

150g fresh strawberries
300ml skimmed cows milk or soy milk
150g FAGE Total Greek yoghurt
2 tbsp chia seeds
1 tsp cinnamon

Method

Simply blend and serve



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EAT SMART LUNCH & DINNERS

Stock cupboard – olive oil, salt and pepper, lemon, mixed vegetables, grains – Merchant Gourmet are quick to heat up

Fish Curry (serves 4)

Ingredients

- 500g cherry tomatoes, halved
- 500g white fish fillets, skin off
- 1 heat tbsp. korma curry paste
- 1 tbsp lime pickle
- 1 x 400ml light coconut milk

Method

1. Add tomatoes in a pan skin side down with 1 tbsp heated olive oil. Blister for 2 minutes without removing them while you chop the haddock into 4cm chunks.
2. Stir the haddock, korma paste, lime pick and coconut milk in the pan.
3. Simmer for 6 minutes.
4. Season and dish up with mixed veg or grains.



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Acorn Squash Winter Salad (serves 2)

Ingredients

- 1 acorn squash, sliced and roasted
- 50g kale, steamed
- 50g cauliflower, steamed
- 80g feta, crumbled
- 1 bag Merchant gourmet quinoa
- 2 handfuls pomegranate seeds

Method

1. Place all ingredients in a your lunch box starting with quinoa, then layer on top on top the rest of the ingredients
2. Season and drizzle over olive oil or try a mix of olive oil, tahini and lemon juice dressing

Asian Salmon Burgers (serves 4)

Ingredients

- 500g salmon fillets, skin off
- 1 stick lemongrass
- 6cm piece of ginger
- ½ a bunch of fresh coriander
- 4 tsp chilli jam

Method

1. Slice lemon grass (removed tough outer layer) and ginger (peel first) finely with coriander. Leave some coriander leaves behind.
2. Chop salmon into very small chunks, almost like it's a puree and season. Mix in with ingredients above.
3. Make four fishcakes with your hand and fry on medium heat for 2 minutes either side.
4. Serve with fresh vegetables and new potatoes.





Grilled Peanut & Lime Chicken (serves 2)

Ingredients

- 2 x 120g free chicken breasts
- 2 limes
- 4 cloves of garlic
- 2 heaped tbsp peanut butter
- 1-2 fresh red chillies

Method

1. Score chicken breasts in a criss-cross fashion and rub with 1 tbsp olive oil, salt, pepper and zest of 1 lime. Place cross side down on frying pan on medium heat. Fry either side.
2. For peanut topping - squeeze juice from 1 ½ limes, grated garlic, stir in peanut butter and a little water. Mix in sliced chillies.
3. Flip over chicken, transfer to grill and spoon over sauce. Grill for 5 minutes or until cooked.
4. Serve with grated lime zest, drizzle over 1tbsp olive oil and lime wedge on the side. Serve with fresh vegetables and grains.

Mediterranean Stuffed Peppers (serves 2)

Ingredients

- 1 packet of Merchant gourmet quinoa
- 2 tbsp sundried tomato pesto
- 10-15 black olives
- 2 large bell peppers
- 40g Feta cheese

Method

1. Mix sundried tomato pesto with quinoa and sliced black olives
2. Slice top of bell peppers and de-seed
3. Fill peppers with the quinoa mix
4. Top with feta cheese and bake in oven for 20 minutes or until golden
5. Serve with mixed veg





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EAT SMART 3PM SWEET SNACK

Low Sugar Peanut & Chia Balls

Ingredients

- 90g rolled oats
- 150g Pip & Nut or Meridian peanut butter
- 2 tbsp cacao powder
- 2 tbsp honey
- 1 tbsp chia seeds

Method

1. Mix all ingredients in bowl until fully combined
2. Roll mix into equal bit sizes. Store in fridge.

Banana & Almond Butter

Ingredients

- 1 banana
- 1 tbsp Pip & Nut almond butter

Method

1. Dip banana into almond butter & enjoy!



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Spiced Apple & Greek Yoghurt

Ingredients

- 1 apple
- 2 heaped tbsp. Greek yoghurt
- Cinnamon
- Nutmeg

Method

1. Core the apple leaving the bottom intact
2. Sprinkle over a pinch of cinnamon & ground nutmeg
3. Place in microwave and cook for 3-4 minutes
4. Serve with a dollop of Greek yoghurt

EAT SMART DRESSING + PESTO

Tahini dressing

Ingredients

- 3 tbsp of tahini
- tbsp of cold water
- 1 tsp of grated or ½ tsp ground ginger
- ½ tsp of cumin
- 1 small crushed garlic clove
- ½ lime juiced

Method

1. Mix with a fork and enjoy!



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Sundried Tomato Pesto (Serves 4)

Ingredients

- 50g of sun-dried tomatoes
- 50g of pine nuts
- 1 garlic clove, crushed
- 100ml of olive oil
- 1 lemon juiced

Method

1. Place the sun-dried tomatoes, pine nuts, garlic and a pinch of salt in the blender.
2. Blend well then add the olive oil and the lemon juice. Blend until smooth.



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