



5-Ingredient Recipe Pack

*Discover the collection of simple 5-ingredient recipes,
including breakfast, lunch, dinner, treats and smoothie options.*

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				Meal Out - Enjoy!
Sun				

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Baking	Grains, Seeds & Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•	•	•	•
•		•	•
Vegetables	Meats	Nuts, Seeds	Cans, Condiments
•	•	•	•
•	•	•	•
•			
•	•	Spices	•
•		•	•
•			•
•	Dairy	Baking	•
•	•	•	•
•		•	•
•	•		•
•	•		
•	•		Sweeteners
Herbs			•
•			
•			Misc, Other
			•
Dried			•
•			
•			
Frozen			
•			

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu	Protein Pancakes			
Fri	Protein Pancakes			
Sat				Meal Out - Enjoy!
Sun				



Weekly Shopping List for Meal Plan 02

Fruits, Vegetables	Meat, Dairy, Baking	Grains, Seeds, Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•	•		•
•		•	
•	Meats		Cans, Condiments
•	•	Spices	•
•	•	•	•
		•	
Vegetables		•	•
•	Dairy		•
•	•		
•	•	Nuts & Seeds	
•	•	•	Sweeteners
•	•	•	•
•			
•	Non-Dairy		Misc, Other
•	•		•
•	•		
•	•		
•	•		
Frozen			
•			
•			



Mushroom & Brie Omelet

Serves 4

What you need to do

GF	LC	HP	V
----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	1508	27	4	25

*Nutrition per serving



Green Pea, Potato & Goat's Cheese Frittata

Serves 4

What you need to do

GF	LC	MP	V	Q
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	1239	18	16	19

*Nutrition per serving



Shakshuka

Serves 2

What you need to do

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	1294	17	22	16

*Nutrition per serving



Protein Pancakes

Serves 4

What you need to do

Serving suggestion:

- Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon
- Nuts: almonds, hazelnuts, walnuts
- Sweeteners: powdered sugar, maple syrup or honey

MP	V	Q
----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	1252	17	20	17

*Nutrition per serving



Purple Power Smoothie

Serves 1

What you need to do

GF	MP	HP	V	Q	N
----	----	----	---	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	1352	3	53	24

*Nutrition per serving



Cinnamon Granola

Serves 16

What you need to do

DF	LC	MP	V	N
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	571	8	15	3

*Nutrition per serving



Strawberry Protein Smoothie Bowl

Serves 4

What you need to do

GF	MP	V	Q	N
----	----	---	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	1323	10	37	19

*Nutrition per serving



Protein Porridge

Serves 2

What you need to do

MP	V	Q	N
----	---	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	7 mins	1575	15	44	19

*Nutrition per serving



Chickpea/Tuna Bruschetta

Serves 2

What you need to do

Serving suggestion: Lemon wedges

DF	MP	V	Q
----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	1499	15	44	14

*Nutrition per serving



Pesto Pasta Salad

Serves 4

What you need to do

MP	V
----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	2104	17	67	19

*Nutrition per serving



Chickpea & Quinoa Tabbouleh

Serves 4

What you need to do

Note: You may replace the chickpeas with any other bean you prefer or the chickpeas can be replaced with shredded chicken breast.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
15 mins	12 mins	1403	14	43	11

*Nutrition per serving



Baked Lentil Falafels

Serves 4

What you need to do

DF	MP	V
----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	794	6	26	10

*Nutrition per serving



Quinoa, Beef & Spinach Burgers

Serves 8

What you need to do

GF	DF	LC	MP
----	----	----	----

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
25 mins	30 mins	672	10	6	12

*Nutrition per serving



Spicy Tuna

Serves 2

What you need to do

Serving suggestion: steamed white rice

GF	DF	LC	Q
----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	453	3	4	15

*Nutrition per serving



Cajun Salmon or Hake With Corn Salsa

Serves 4

What you need to do

GF	DF	MP	HP	Q
----	----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	1709	21	21	38

*Nutrition per serving



Baked Carrot Fritters

Serves 10

What you need to do

Serving suggestion: sweet potato hummus

DF	LC	MP	V			
Prep	Cook	kJ		Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	139		1	6	1

*Nutrition per serving



Curried Cauliflower Soup

Serves 4

What you need to do

GF	DF	MP	V
----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	1243	8	44	15

*Nutrition per serving



Quinoa & Beetroot Salad

Serves 4

What you need to do

GF	MP	V	Q
----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	1659	21	38	16

*Nutrition per serving



Vegetable Chili Salad

Serves 4

What you need to do

Serving suggestions:

- guacamole
- tortilla chips

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	605	2	28	8

*Nutrition per serving



Slow-Cooked Chicken Fajita

Serves 6

What you need to do

Serving suggestions: guacamole, tortilla chips, salsa, lime wedges

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	4-6 hrs	743	3	10	27

*Nutrition per serving



Chicken Piccata

Serves 4

What you need to do

GF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	1378	23	4	26

*Nutrition per serving



Prosciutto Wrapped Chicken With Lentils

Serves 4

What you need to do

Note: Pastrami ham can also be used

GF	DF	MP	HP			
Prep		Cook		kJ		Fats(g)
15 mins		30 mins		1940		41
						Protein(g)
						46

*Nutrition per serving



Spinach Risotto

Serves 4

What you need to do

GF	MP	V
----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	1886	13	68	14

*Nutrition per serving



Hake/Snoek En Papillote

Serves 2

What you need to do

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	1718	25	10	36

*Nutrition per serving



Chickpea & Broccoli Curry

Serves 4

What you need to do

Serving suggestions: steamed white rice, coriander

DF	MP	V	Q
----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	1676	21	43	15

*Nutrition per serving



Mexican Stuffed Peppers

Serves 4

What you need to do

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kj	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	1180	10	23	23

*Nutrition per serving



Fish Curry

Serves 4

What you need to do

Serving suggestions: white rice, lime wedges

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kj	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	1474	20	14	29

*Nutrition per serving



Easy Pork Meatballs In Tomato Sauce

Serves 4

What you need to do

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	1373	23	10	20

*Nutrition per serving



Sweet Potato Hummus

Serves 8

What you need to do

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kj	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	764	12	16	5

*Nutrition per serving



Tahini Protein Energy Balls

Serves 24

What you need to do

LC	MP	V	Q
----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	483	6	11	5

*Nutrition per serving



Almond & Cranberry Energy Balls

Makes 20

What you need to do

DF	LC	MP	V	Q	N
----	----	----	---	---	---

Prep	Chill	kJ	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	248	3	7	2

*Nutrition per serving



Peanut Butter & Cranberry Cookies

Serves 20

What you need to do

DF	LC	MP	V	Q	N
Prep	Cook	Kj	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	517	7	13	3

*Nutrition per serving



Sweet Potato & Black Bean Brownies

Serves 12

What you need to do

GF	DF	MP	V	N		
Prep		Cook		kJ		Fats(g)
15 mins		50 mins		769		10
						22
						3

*Nutrition per serving



Apple Cake

Serves 12

What you need to do

DF	MP	V
----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	953	10	36	2

*Nutrition per serving



Pumpkin Cake

Serves 8

What you need to do

Serving suggestions: powdered sugar

DF	MP	V
----	----	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	647	2	34	3

*Nutrition per serving



Coconut & Chia Seed Pudding

Serves 4

What you need to do

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Chill	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 hrs	1008	12	31	4

*Nutrition per serving



Blueberry Protein Ice Cream

Serves 2

What you need to do

Note: If you keep it in the freezer for longer, then thaw for 10-15 minutes before serving.

GF	MP	HP	V
----	----	----	---

Prep	Chill	kJ	Fats(g)	Carbs(g)	Protein(g)
10 mins	90 mins	1021	4	26	28

*Nutrition per serving



Tropical Carrot Smoothie

Serves 4

What you need to do

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	kJ	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	399	0	24	1

*Nutrition per serving