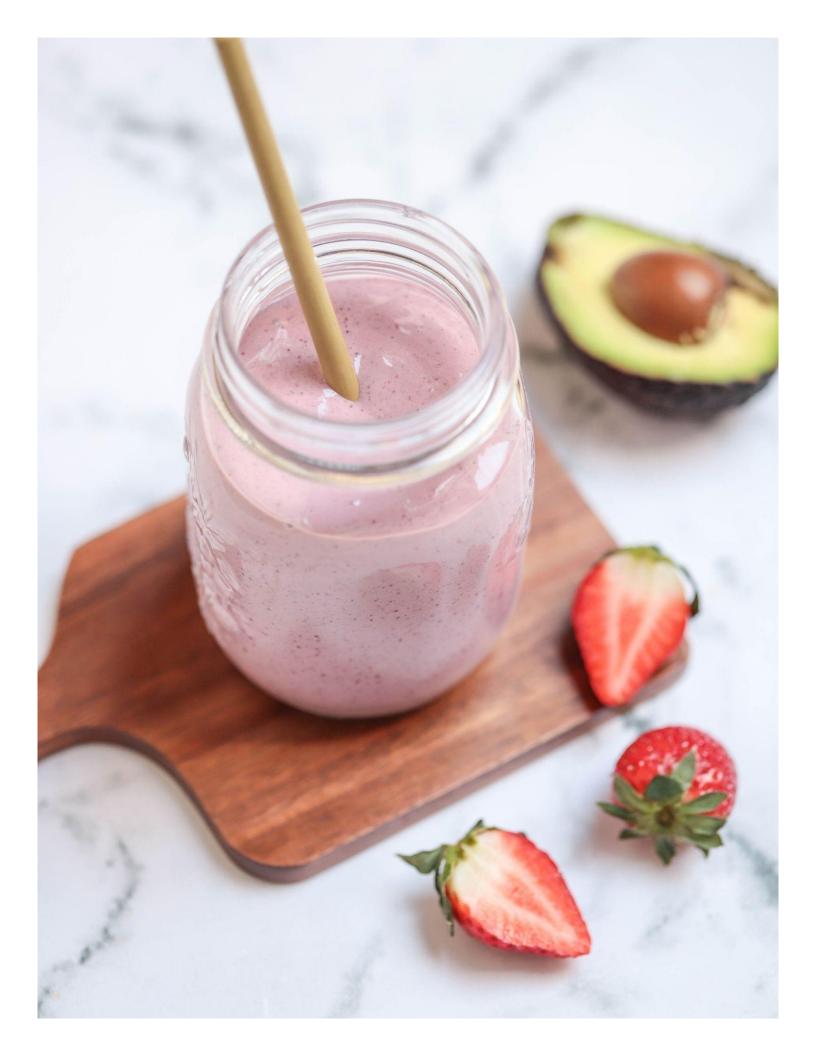


April Recipe Pack

Discover easy, healthy and tasty recipes, including: breakfast, lunch, dinner, and snacks.

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Berry & Almond Protein Smoothie

Serves 1

¼ avocado 1 scoop (30g) vanilla protein powder 1 cup (240ml) almond milk, unsweetened ½ cup (70g) blueberries ½ cup (60g) raspberries 2 tbsp. almonds 4 tbsp. Greek yogurt

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF HP	V	Q	Ν
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	0 min	441	21	30	40	12

*Nutrition per serving.



Goats Cheese, Pear & Walnut Salad

Serves 2

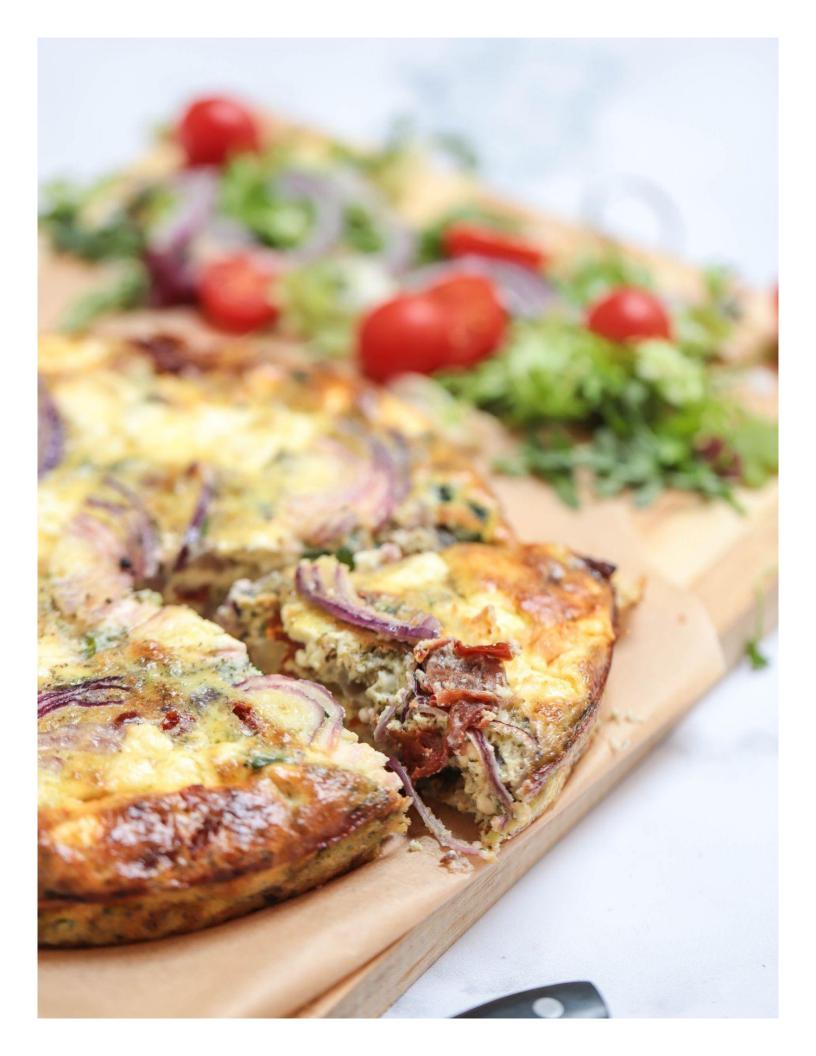
- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 3.5 oz. (100g) goats cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

What you need to do

- 1. Divide the salad leaves onto 2 plates.
- Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.
- 3. In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.
- 4. Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.

GF V	Q N				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	379	28	26	10

*Nutrition per serving



High Protein Crustless Quiche

Serves 4

- 4 tsp. olive oil
- 1 red onion, diced
- 1 zucchini, finely chopped
- salt & pepper
- 1 tsp. garlic granules
- 1 tsp. Herbs de Provence
- 6 eggs
- 4 tbsp. cottage cheese
- 2 tbsp. fresh parsley, chopped
- ½ cup (30g) sun-dried tomatoes,
- chopped
- 1 cup (115g) feta cheese, crumbled
- 2 tbsp. Parmesan cheese, grated
- 1/2 red onion, sliced, to garnish

What you need to do

- 1. Preheat the oven to 350°F (180°C) and grease a pie dish with 1 teaspoon of olive oil.
- 2. Heat the remaining 3 teaspoons of olive oil in a pan over a medium-high heat and sauté the red onion and zucchini for 3-4 minutes. Season with salt and pepper and add in the garlic granules and herbs. Stir through and continue to cook for a further 3-4 minutes until soft, then set aside to cool slightly.
- Break the eggs into a large bowl and add the cottage cheese, whisk until combined. Next stir through the parsley, sun-dried tomatoes and cooked vegetables.
- 4. Transfer the mixture to the earlier prepared dish. Sprinkle over the crumbled feta cheese and Parmesan and garnish with sliced red onion.
- 5. Place the dish in the hot oven and bake for 40 minutes or until set.
- 6. Once baked, set aside to cool for 5 minutes before slicing and serving.

GF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	40 min	284	20	9	18	2

*Nutrition per serving.



Slow Cooker Tacos Al Pastor

Serves 8

- 4.4 lbs. (2kg) pork shoulder, boneless,
- fat trimmed off
- 2 tsp. salt
- 1 tsp. black pepper
- 1 cup (240ml) chicken broth
- 3 chipotle chilis in adobo sauce
- 1 tsp. adobo sauce
- 1 fresh pineapple, peeled, cored,
- roughly chopped
- 1/2 medium red onion
- 2 ½ tbsp. chili powder
- ½ tsp. ground cumin
- 2 tbsp. lime juice
- 2 tbsp. white wine vinegar
- 2 cloves garlic
- 16 corn tortillas

Optional toppings (not included in nutritional breakdown):

pineapple, finely chopped red onion, diced cilantro, chopped

What you need to do

- 1. Rub the pork with salt and black pepper.
- 2. Set the slow cooker to "sauté" and brown the pork on all sides. Alternatively, you can do this in a skillet on the stove.
- 3. In a food processor or high-speed blender, combine the chicken broth, chipotle chilis, sauce, pineapple, red onion, chili powder, cumin, lime juice, white wine vinegar and garlic. Blitz until smooth.
- 4. Place the pork into the slow cooker and cover with the marinade, cook on high for 4 hours or low for 8 hours.
- 5. Once the pork has cooked, remove from the slow cooker and shred using two forks. Return the shredded pork to the pot and stir through the marinade until well combined.
- 6. Serve the pork with warm corn tortillas and additional diced pineapple, red onion, and cilantro.

GF	DF	MP	HP	
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	4 hrs	523	14	39	61	6

*Nutrition per serving.