



April Recipe Pack

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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	N
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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.
2. 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
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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
½ 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.
3. 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
½ 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.