

Edition 1:

**BITES BY
ASH**



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CONTENTS



MAIN MEALS



BREAKFAST



DESSERTS



SNACKS





Steak & Salad



2 servings



20 minutes

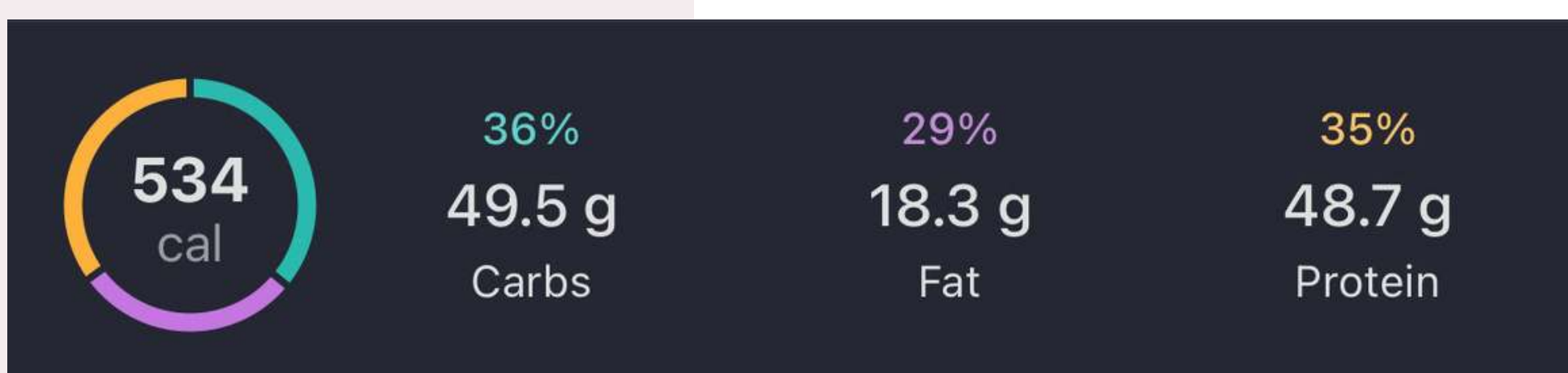
INGREDIENTS

- 400g organic grass fed steak
- organic salad mix
- cucumber
- tomatoes
- beetroot
- sprinkle of feta
- 450g potatoes

DIRECTIONS

1. Take the steak out of the fridge for 30 minutes to get to room temp.
2. Pat dry and season both sides with salt and pepper.
3. Heat a skillet over medium-high heat and add olive oil or butter.
4. Cook for 4-5 minutes on one side.
5. Flip and cook for another 3-5 minutes.
6. Remove from pan and let it rest for 5-10 minutes.
7. Serve with potatoes and a salad.

MACROS:





Pesto & Chicken Gnocchi



3-4 servings



25 minutes

INGREDIENTS

- 1 pack Gnocchi
- Chicken breast pieces
- Rocket & Spinach
- Cherry Tomatoes
- Avocado
- Feta

DIRECTIONS

1. Heat up fry pan & add chicken breast pieces and cook until done.
2. Start boiling water in a separate pot.
3. Once water is boiling add gnocchi for 3 mins or until they float to the surface.
4. Mix pesto through the gnocchi.
5. Add rocket and spinach on the base of the plate, then add the gnocchi on the top. Then add tomato, chicken, avocado and some feta.

MACROS:



625
cal

22%

33 g
Carbs

44%

28.9 g
Fat

34%

49.5 g
Protein



Green Goddess Chicken Salad



2 servings



10 minutes

INGREDIENTS

- BBQ chicken 225g
- 20ml Green Goddess Dressing
- Organic salad mix
- Cucumber
- Tomatoes
- Beetroot

DIRECTIONS

1. Rinse and dry the mixed greens.
2. Halve tomatoes and slice cucumber etc.
3. Shred chicken.
4. Combine in a bowl.
5. Drizzle your choice of dressing. Toss to combine, then serve.

MACROS:



11%
14.8 g
Carbs

51%
30.7 g
Fat

38%
50.9 g
Protein



Chia Pudding Pots



4 servings



5 minutes

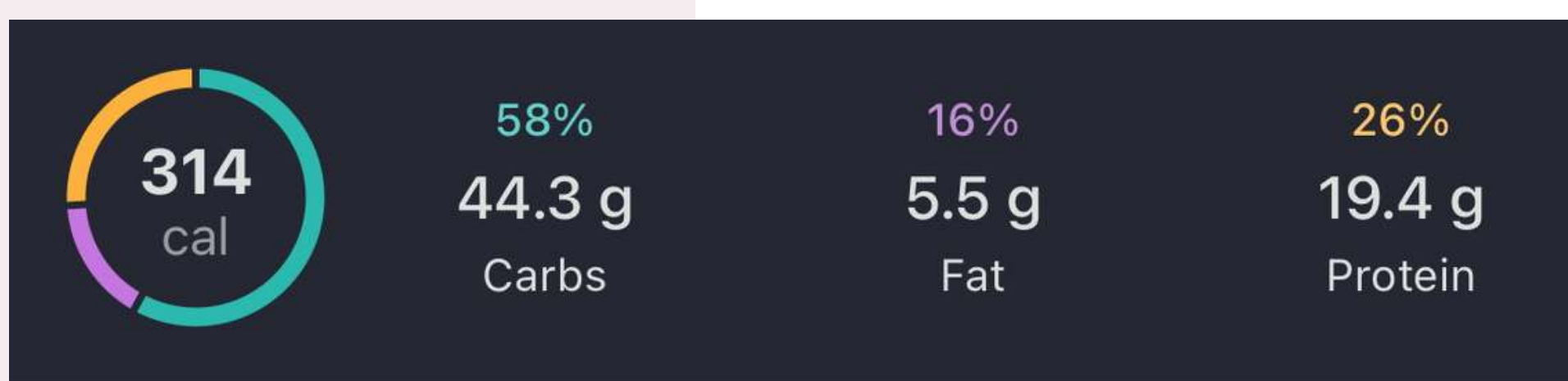
INGREDIENTS

- 1 tub of Yopro Yoghurt
- 4 teaspoons of chia
- Splash of milk
- Fresh Fruit
- Honey or Vanilla Essence

DIRECTIONS

1. Divide your yoghurt into jars.
2. Add your milk, chia and vanilla essence.
3. Mix well.
4. Add fresh fruit on top and store in fridge overnight.

MACROS:





Choc Banana Pancake



2 servings



15 minutes

INGREDIENTS

- 1 scoop of Whey Choc Protein powder
- 1 egg
- ½ banana
- ½ cup of rolled oats
- 1 Tablespoon of cocoa powder
- Splash of milk
- 1 cup of berries
- Coconut if desired

DIRECTIONS

1. Add oats, banana, egg, protein powder, cocoa powder, and a splash of milk into a blender. Blend until smooth and thick.
2. If the mixture is too thick, add a tiny splash more milk.
3. Lightly grease a non-stick pan over medium heat.
4. Pour small circles of batter into the pan. Cook for 2–3 minutes each side, or until bubbles form and edges look set.
5. Stack them up and top with berries and a sprinkle of coconut if you like.

MACROS:



475
cal

41%

46.6 g
Carbs

21%

10.7 g
Fat

38%

42.4 g
Protein



Rocky Road



8 servings



15 minutes

INGREDIENTS

- 2 cups milk chocolate (melted)
- ½ cup mini marshmallows
- ½ cup pistachios (roughly chopped)
- ½ cup Scotch Finger biscuits (broken into chunks)
- ½ cup red frogs (cut into pieces)
- ¼ cup desiccated coconut

DIRECTIONS

1. Line a small baking tray or loaf tin with baking paper.
2. In a large bowl, add the mini marshmallows, pistachios, biscuit chunks, red frog pieces and coconut.
3. Pour the melted chocolate over the top and mix well until everything is coated.
4. Transfer the mixture into the lined tray and press it down evenly.
5. Refrigerate for 1–2 hours or until completely set.
6. Slice into squares and enjoy!



Passionfruit Cheesecake



2 servings



30 minutes

INGREDIENTS

- 1 ½ cups crushed sweet biscuits
- 100g melted butter
- 500g cream cheese (softened)
- ½ cup caster sugar
- 1 tsp vanilla extract
- 1 cup thickened cream
- 2 tsp gelatine + 2 tbsp boiling water
- ½ cup passionfruit pulp

DIRECTIONS

1. Line a springform tin with baking paper.
2. Mix crushed biscuits with melted butter until combined.
3. Press firmly into the base of the tin.
4. Refrigerate while preparing the filling.
5. Dissolve gelatine in boiling water and let cool slightly.
6. Beat cream cheese, sugar, and vanilla until smooth.
7. Add thickened cream and beat until soft and fluffy.
8. Stir in passionfruit pulp.
9. Add the cooled gelatine and mix well.
10. Pour over the base and smooth the top.
11. Refrigerate for at least 4 hours or overnight.
12. Add sliced fruit on top if desired.



Rice cakes



2 servings



5 minutes

INGREDIENTS

- 2 rice cakes
- 1 banana, sliced
- 1–2 tsp honey
- Cinnamon (optional)
- Peanut butter or almond butter

DIRECTIONS

1. Spread a thin layer of peanut butter, honey or almond butter on each rice cake.
2. Place sliced banana evenly on top of the rice cakes.
3. Sprinkle with a little cinnamon if you like.
4. Serve immediately and enjoy!

MACROS:



90%
53.6 g
Carbs

4%
1 g
Fat

6%
3.6 g
Protein