



# Project Nourish

9 delicious, healthy recipes for busy women

Shoshi Kaye



Thank you for downloading Project Nourish!

I'm Shoshi, I'm a Personal Trainer and Nutrition Coach with a huge passion for helping people improve their relationships with food and achieving their goals in a healthy and sustainable way.

My approach to food is neutral. No good foods, no bad foods. Just foods. Some with more nutrients, some with less.

My goal when creating this e-book was to help you create healthy meals that you look forward to and that are simple and time efficient.

Make the recipes your own. Add more of something/less of something. Play around with different vegetables. This book is to provide inspiration.

Don't forget to tag me in your creations [@coachedbyshoshi](#), and use the hashtag #projectnourish.

Happy cooking!

- Shoshi xx



# Breakfast

- Yogurt bowl
- Overnight Oats
- Egg Tacos

# Yogurt Bowl

A super quick and easy breakfast that's great for both at home and on the go.  
Prepare in the morning, or the night before. Enjoy!

Serves 1

## Ingredients:

- 3/4 cup greek yogurt
- 1-2 fruits of choice chopped
- A handful of your favourite museli
- A tablespoon of your favourite nut butter

## Method:

To a bowl, add the greek yogurt.  
Top with the fruit, the muesli and drizzle with nut butter.





# Overnight Oats

This recipe is perfect for busy mornings or for those that need something they can take with them on the go.

Serves 1

## Ingredients:

- 1/3 cup rolled oats
- 2 tsp chia seeds
- 1/3 cup greek yogurt
- 1/2 cup milk of choice
- 1/2 tbsp honey
- Fresh or frozen fruit
- A tablespoon of your favourite nut butter

## Method:

To a small container or mason jar, add the oats and the chia seeds. Add the greek yogurt, milk and honey. Mix all together. Top with the fruit and nut butter. Leave in the fridge overnight.

# Breakfast Tacos

For those mornings where you have a little bit more time.  
This also makes for a great lunch.

Makes 4 tacos

## Ingredients:

- 4 small/medium flour tortillas
- 4 eggs
- 1 avocado
- 1 spring onion chopped
- Juice of a lime
- Pickled Jalapeños (optional)
- Rocket
- 5 cherry tomatoes diced
- Salt and pepper to taste
- Pinch of chili flakes (optional)

## Method:

Char your tortillas in a pan on medium to high heat until puffed and browned.

To make the avocado, cube and scoop out the flesh. Mash the avocado and add the diced cherry tomatoes and spring onion. Add salt, pepper and chilli flakes, if using. Add lime juice and mix all together.

In a pan, fry the eggs with oil or spray oil until cooked.

To plate, top each tortilla with the avocado, a handful of rocket, jalapeño spices if using, and a fried egg.

# Lunch

- Falafel Bowl
- Leek, Mushroom and Spinach Frittata
- Balsamic Rainbow Salad

# Falafel bowl

Heat up falafels from the freezer.  
Salad. Hummus. Done.

Serves 1

## Ingredients:

- 4 falafel balls cooked according to package instructions
- 3 tbsp hummus of choice

For the salad:

- 1/4 large cucumber chopped into bite sized pieces
- 1/3 pepper chopped into bite sized pieces
- handful of cherry tomatoes chopped into bite sized pieces
- 2 pickles chopped into bite sized pieces
- 1/4 red onion chopped into bite sized pieces
- Juice of half a lemon
- 1/2 tbsp olive oil
- salt and pepper to taste



## To assemble:

To a salad bowl, add the veggies, then the lemon juice, olive oil, salt and pepper. Mix together. To the same bowl, add the hummus and the falafel balls.



# Leek, Mushroom and Spinach Frittata

No flip omelette packed with veggies that you can leave in the oven to cook whilst you get on with other things. Serve with toast/crackers with avocado.

Serves: 3

## Ingredients:

- 1 small leek cut in half, and then into half moons
- 300g mushrooms sliced
- Big handful spinach
- 6 eggs whisked
- Salt

## Method:

Preheat the oven to 180. Preheat a wide pan on a medium heat and add some olive oil. Add the leeks and cook until softened. Add the mushrooms and salt, and cook until the liquid has evaporated and the mushrooms are starting to crisp up. Add the spinach and cook until wilted. Add the eggs and cook until the bottom has just started to set. Transfer to an oven and cook for 8-10 minutes until the top is cooked.

# Balsamic Rainbow Salad

Continuing with the quick theme. Prepare the sweet potatoes in the morning whilst you're getting ready for the day or the night before. The rest is simple and straight forward.

Serves 1

## Ingredients:

- Small sweet potato cubed and roasted
- Cooked beetroot cubed
- Handful of fresh baby spinach
- Can of tuna in water, drained
- Handful of cherry tomatoes sliced in half
- Small handful of chopped pecans
- Balsamic glaze

## Method:

To a bowl, add the spinach, the veggies, and the tuna.  
Drizzle over balsamic glaze and top with the chopped pecans.

# Dinner

- One Pan Chicken and Rice
- 15 Minute Chicken Stir Fry
- Easiest Ever Salmon Dinner

# One Pan Chicken and Rice

Adapted from @garlic.and.ganache

This is my go to when I cannot be bothered to cook.

Once everything is prepared, leave it in the oven and forget about it until it's cooked.

Serve with a fresh salad.

Serves 4

## Ingredients:

- 4 chicken thighs
- 1 cup of rice
- Handful of green olives
- Handful of cherry tomatoes
- 2 tsp turmeric,
- 2 tsp paprika
- Salt, pepper to taste
- 2 tsp chicken stock powder

## Method:

Grease a 9 x 13 cooking tray and add the rice.

Top with the spices, the chicken stock powder, the olives and the cherry tomatoes. Add the chicken. Add another round of spices. Add 2 cups boiling water. Cover and bake in a preheated oven at 180 for 1 hour.

Uncover and cook for 15 minutes.

# 15 Minute Chicken Stir Fry

This is a go to of mine for when I don't have a lot of time or I am not feeling like cooking. Anything goes with this really, so it's customisable to what you have on hand, or whatever you fancy that day.

Serves 4

## Ingredients:

- 500g chicken breast cut into strips
- 4 nests of egg noddles
- 800g Vegetables of choice sliced  
(I like purple cabbage, baby corn, broccoli and carrots)
- 1 lime
- Handful chopped cashew nuts
- 2 tbsp Soy sauce
- 1 tbsp Sesame oil
- Salt to taste

## Method:

Sauté the chicken strips in oil or spray oil until fully cooked. Once cooked, remove the chicken and leave to the side. Add the vegetables into the pan with a little more oil, and sauté until cooked through. Add the chicken back into the pan and mix together.

Whilst the vegetables are cooking, add the egg noodle nests to boiling water and cook according to package instructions.

In a small bowl, mix together the sesame oil, the soy sauce and the juice from the limes.

To serve, place each noodle nest on to a plate, top with the chicken and vegetables. Pour the dressing over. Top with the chopped cashews.



# Easiest Ever Salmon Dinner

As the name suggests, easiest ever salmon dinner.

Serves 4

## Ingredients:

- 4 pieces salmon
- 4 medium sweet potatoes cut into wedges
- 4 cups broccoli
- Cajun Spice

## Method:

Preheat oven to 180. To a lined baking tray, add the sweet potatoes and drizzle olive oil/add spray oil. Roast for 30 - 40 minutes until cooked.

Meanwhile, prepare the salmon and broccoli. To a lined baking tray, add the broccoli on one side and the salmon on the other. Season the salmon with cajun spice. Drizzle olive oil/add spray oil over the broccoli with a pinch of salt.

Add the salmon and broccoli to the oven for the last 15 minutes.



Thank you for downloading my e-book. I hope it gives you some inspiration to get cooking some nutritious meals!

If you need any help meeting your health and fitness goals,  
book a complimentary chat.

[Click here to book your call](#)

- Shoshi xx



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