



**HEALTHY AND TASTY RECIPE IDEAS  
FROM MYCOACH**



## OATS WITH KEFIR & BERRIES

### INGREDIENTS

serves 2

- 1 cup of plain kefir  
(approx. 150g)
- 8 tbsp instant oats
- ½ tsp pure vanilla powder  
(ground Bourbon vanilla,  
e.g. in Migros, Alnatura  
or bio shops)
- Small amount of milk of  
your choice
- 2 tsp honey
- 2 handful berries (fresh  
or frozen) or other fresh  
seasonal fruit
- 2 tbsp hazelnuts, chop-  
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### HOW IT IS DONE

1. In a bowl, mix the kefir with the oats, the vanilla powder and ½ tsp of honey. If the oats are too dry, add a bit of milk.
2. Garnish with berries/ seasonal fruit, chopped hazelnuts and drizzle with the remaining honey.



Breakfast  
recipe

# CACAO BREAKFAST SMOOTHIE

## INGREDIENTS

serves 2

- 2 ripe bananas
- 1 small cup plain yoghurt
- ¾ cup of oatmeal
- 3 tbsp pure cacao powder *(no sugar added)*
- 1 cup of milk of your choice
- 1 tsp pure bourbon vanilla powder

## HOW IT IS DONE

1. Add all ingredients to your blender or use a hand-blender. Blitz until smoothie is nice and creamy. Add more milk if needed.

**Cacao** is rich in polyphenols that act as antioxidants, reduce inflammation and protect your blood vessels. They may increase the „good“ HDL cholesterol in your blood. The less processed your cacao powder, the more polyphenol it will contain.





Dinner  
& lunch

## STIR-FRIED BROCCOLI WITH BEEF

### INGREDIENTS

für 2 Portionen

- 1 ½ dl coconut milk
- 1 tbsp soy sauce
- 1 tsp fish sauce
- ½ lime, juice – use the remaining lime as garnish
- 2 tsp rapeseed oil
- 200g thin beef steaks, cut into strips
- Salt and pepper
- 1 garlic clove, finely sliced
- 300g broccoli, in florets (fresh or frozen)
- 300g green beans (fresh or frozen)
- 2 tbsp cashews, toasted
- 1 bunch thai basil
- 2 tsp sambal oelek

### HOW IT IS DONE

1. In a bowl, combine the coconut milk, lime juice, soy and fish sauce.
2. Stir-fry the beef for about 2 min. in a frying pan with rapeseed oil. Season with salt and pepper.
3. Add the garlic and cook for about 30 seconds. Remove the meat from the pan and set aside.
4. Add the broccoli, beans and coconut-sauce to the pan and cook for about 10 min. or until tender. Stir in the beef and heat through. Sprinkle with cashews and basil leaves. Garnish with lime wedges and sambal oelek.

+ EXTRA CARBS

- Serve with whole grain rice.



### Veggie & beans salad with hummus dressing

Prepare more vegetables, set the extra amount aside. Mix with white or borlotti canned beans and some grated carrots or white cabbage (you can find it ready to eat near the salads in the supermarket). For the dressing, combine hummus with lemon juice, olive oil and salt.



## QUINOA PATTIES WITH ROASTED VEGETABLES

### INGREDIENTS

serves 2

Roasted vegetables:

- 2 raw beets, *peeled and sliced*
- 2 carrots, *peeled and sliced*
- 1-2 parsnips, *peeled and sliced*
- 1 tbsp olive oil
- Salt & pepper
- 180g plain yogurt
- 2 tbsp lemon juice

Patties:

- 1½ cups cooked quinoa
- 1 small onion, *chopped*
- 1 bunch parsley, *finely chopped*
- 1 egg, *whisked*
- 1 garlic clove, *pressed*
- 2 tbsp grated parmesan
- 1 tbsp whole grain flour
- ¼ tsp salt & pepper to taste
- 1 tbsp olive oil, *to cook*

### HOW IT IS DONE

1. Preheat the oven to 200 degrees. Spread the vegetables on a baking sheet lined with parchment paper. Add a drizzle of olive oil, season with salt and pepper. Roast in the oven for about 30 min. or until tender, stirring occasionally.
2. In a bowl, mix the yogurt with lemon juice and a dash of salt and pepper.
3. To prepare the patties, mix the cooked quinoa with the other ingredients. Reserve ½ of the parsley to garnish. Heat the olive oil in a skillet. Place 2 tbsp of the mixture at a time and press with a spoon to form little patties of around 6 cm of diameter. Fry for about 4 min. each side or until golden brown, over medium heat.
4. Serve the quinoa patties with the roasted vegetables. Top with the yogurt sauce and chopped parsley.



### Quinoa patties with mozzarella salad

Prepare more quinoa patties, keep them refrigerated and take them for lunch next day. Serve with a green salad of your choice, mozzarella chunks and season with your favorite dressing.



Dinner  
& lunch

## CRUNCHY TOFU VEGGIE BOWL

### INGREDIENTS

serves 2

- 250g tofu
- 1 tbsp coconut oil
- Soy sauce
- 2 carrots, *grated*
- 1 ½ cup quinoa, *cooked*
- 1 bell pepper, *diced*
- 1 spring onion, *finely chopped*
- ½ cucumber, *seeds removed and diced*
- ½ bunch coriander, *chopped*
- 1 tbsp sesame seeds, *toasted*
- 2 tbsp cashews, *toasted and chopped*

Dressing:

- 1 garlic clove, *pressed*
- 2 tsp honey
- 2 tsp sambal oelek
- 1 lime, *juice*
- 1 tbsp olive oil
- 2 tsp Asian sesame oil

### HOW IT IS DONE

1. Pat the tofu dry with some kitchen paper and cut into small dices.
2. Heat the coconut oil in a large skillet, add the tofu and fry for some minutes over high heat. Season with soy sauce and remove from the pan.
3. Add the carrots, quinoa, bell pepper and spring onion to the already used pan and sauté briefly, stirring frequently. Add the tofu dices, heat through and remove from heat.
4. In a small bowl, whisk the dressing ingredients together. Pour the sauce over the quinoa and veggies, add the cucumber and coriander, mix gently. Serve sprinkled with toasted sesame seeds and cashews on top.



### Tofu and veggie bowl with pumpkin seeds

Prepare an extra amount of the dinner recipe, including the dressing. The next day before serving, sprinkle with fresh herbs of your choice and toasted pumpkin seeds.





Dinner  
& lunch

## SALMON AND CHICKPEA SALAD

### INGREDIENTS

serves 2

- 2 salmon fillets without bones or skin (approx. 150g each)
- Salt & pepper
- 2 tsp Dijon mustard
- 1 tin chickpeas, rinsed and drained
- 1 tsp olive oil
- ½ red onion, chopped
- ½ cup Greek Kalamata olives, pitted and halved
- 2 tbsp capers
- 200g cherry tomatoes, halved
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 1 small bag arugula
- ½ bunch dill, chopped
- ½ bunch basil, chopped

### HOW IT IS DONE

1. Den Ofen auf 180 Grad (Ober- und Preheat the oven to 180 degrees (top and bottom heat). Season the salmon with salt and pepper and spread 1 tsp of mustard on each fillet. Place the salmon in a baking dish and roast in the oven for 12–15 mins. Mix the chickpeas with 1 tsp of olive oil, salt and pepper, place on a baking tray lined with parchment paper and roast in the oven.
2. Meanwhile, combine the red onion, olives, capers and cherry tomatoes in a large bowl. Season with salt, pepper, olive oil and lemon juice.
3. Once the salmon is ready, remove the fish and chickpeas from the oven. Use a fork to flake the salmon into bite-size pieces and allow to cool for a couple of minutes. Add the arugula, chickpeas and herbs to the bowl, toss gently. Top with the salmon and serve.

+ EXTRA CARBS

- Serve along with boiled potatoes.



### Salmon and cucumber toast

Roast a small extra salmon fillet per person. The next day, spread hummus on a bread slice, add some cucumber slices and a handful of arugula. Serve with the roasted salmon on top.



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