

GOOD FOOD,
Good Mood!

TOP

10

Recipes

Delicious • Easy • Healthy

FRESH IDEAS FOR
EVERY MEAL, EVERY DAY



Perfect for
BUSY DAYS
FAMILY MEALS
SPECIAL MOMENTS

SIMPLE INGREDIENTS. AMAZING FLAVOURS. HAPPY HEARTS.

Delicious
Healthy
Easy!

TOP 10 Recipes FOR MAY

FRESH, FLAVOURFUL & PERFECT FOR THE SEASON!



1

STRAWBERRY SPINACH SALAD

A refreshing mix of spinach, strawberries, feta, nuts & a light balsamic dressing.



2

LEMON HERB CHICKEN

Juicy, zesty and full of flavour. Perfect with roasted veggies or a fresh salad.



3

GRILLED VEGETABLE KEBABS

Colourful, smoky and satisfying! Great for lunch, dinner or your next BBQ.



4

QUINOA SALAD

Light, protein-packed and loaded with fresh herbs, veggies & lemon zest.



5

PEA & MINT SOUP

A vibrant, creamy soup that's perfect for cool May days.



6

GARLIC BUTTER LEMON PASTA

Quick, easy and bursting with fresh flavour. Ready in under 30 minutes!



7

HONEY LIME FRUIT SALAD

A naturally sweet & juicy mix to keep you refreshed all month.



8

CUCUMBER YOGURT DIP

Cool, creamy and perfect with veggies, wraps or grilled meats.



9

BAKED SALMON WITH ASPARAGUS

Healthy, hearty and full of omega-3 goodness. A perfect May dinner!



10

NO-BAKE ENERGY BITES

A healthy snack packed with energy. Perfect for busy days!

♡ Eat Well, Live Well, Enjoy May! ♡

FRESH INGREDIENTS • SIMPLE RECIPES • HAPPY HEARTS



TOP
10

RECIPES
FOR MAY

Fresh • Healthy • Delicious

Recipe 1






STRAWBERRY Spinach Salad

Fresh • Colourful • Perfect for May

A refreshing mix of sweet strawberries, crisp spinach, creamy feta, and crunchy nuts — perfect for lunch, dinner, or a light spring meal.



INGREDIENTS

-  4 cups fresh spinach
-  1 cup strawberries, sliced
-  ¼ cup feta cheese
-  ¼ cup walnuts or pecans
-  ½ avocado, sliced
-  1 tablespoon sunflower seeds (optional)

DRESSING

-  2 tablespoons olive oil
-  1 tablespoon balsamic vinegar
-  1 teaspoon honey
-  Pinch of salt & black pepper

WHY YOU'LL LOVE IT

- Packed with vitamins
- Light yet filling
- Great for warm May days
- Ready in under 10 minutes

HEALTHY TIP

Add grilled chicken or quinoa for extra protein and a more filling meal.

INSTRUCTIONS

- 1 Wash and dry the spinach thoroughly.
- 2 Place spinach into a large salad bowl.
- 3 Add sliced strawberries, avocado, feta cheese, and nuts.
- 4 In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper.
- 5 Drizzle dressing over the salad just before serving.
- 6 Toss gently and enjoy fresh!

Eat Well. Live Well. Enjoy May!

TOP
10

Recipe 1

RECIPES
FOR MAY

LEMON HERB Chicken

Juicy • Zesty • Full of Flavour

Tender, juicy chicken infused with fresh lemon, garlic and herbs.
Perfect with roasted veggies, rice or a fresh salad.



INGREDIENTS



- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- Juice of 1 lemon
- Zest of 1 lemon
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and black pepper, to taste
- Fresh parsley, chopped (for garnish)



INSTRUCTIONS



- 1 In a small bowl, whisk together olive oil, lemon juice, lemon zest, garlic, oregano, thyme, paprika, salt and pepper.



- 2 Place chicken in a dish and pour the marinade over it. Coat well.



- 3 Cover and marinate in the fridge for at least 30 minutes (or up to 4 hours for best flavour).



- 4 Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 5–6 minutes each side until golden and cooked through (internal temp 75°C).



- 5 Remove from heat and let rest for 5 minutes. Garnish with fresh parsley and serve.

PERFECT PAIRS



Roasted
Vegetables



Garlic
Rice



Fresh
Garden Salad

WHY YOU'LL LOVE IT

- ✓ Bursting with fresh lemon & herbs
- ✓ Healthy, light & satisfying
- ✓ Great for meal prep
- ✓ Ready in under 30 minutes!



HEALTHY TIP

Use chicken thighs for extra juiciness or bake in the oven at 200°C for 20–25 minutes.

NUTRITION PER SERVING (Approx.)



320
Calories



32g
Protein



14g
Fat



3g
Carbs

Good Food. Good Mood. Happy May! ♥



2

TOP
10

RECIPES
FOR MAY

Recipe 1

GRILLED VEGETABLE

Kebabs

Colourful · Smoky · Satisfying

Packed with fresh vegetables, herbs and a touch of spice, these grilled kebabs are perfect for lunch, dinner or your next BBQ!



INGREDIENTS

- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 red onion, cut into wedges
- 8–10 button mushrooms
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- Salt and black pepper, to taste
- 8–10 wooden or metal skewers

TIP

Soak wooden skewers in water for 30 minutes to prevent burning.

PERFECT PAIRS

- Garlic Rice / Herb Quinoa
- Yogurt Dip / Hummus
- Green Salad / Pita Bread




INSTRUCTIONS

- In a large bowl, whisk together olive oil, garlic, oregano, paprika, salt and black pepper.
- Add all the vegetables and toss well until evenly coated in the marinade.
- Thread the vegetables onto skewers, alternating colours and types for a beautiful presentation.
- Preheat the grill or grill pan to medium-high heat.
- Grill the kebabs for 10–12 minutes, turning occasionally, until the vegetables are tender and slightly charred.
- Remove from the grill and let rest for a minute. Serve warm with your favourite dip or side.

WHY YOU'LL LOVE IT

- ✓ Healthy and low in calories
- ✓ Packed with vitamins & fibre
- ✓ Full of smoky, delicious flavour
- 6 Great for meal prep & BBQs
- 4 Naturally vegetarian & gluten-free

NUTRITION PER SERVING (Approx.)

 120 Calories	 3g Protein	 6g Fat	 16g Carbs
---------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

Eat Well · Live Well · Enjoy May!



3

TOP
10

RECIPES
FOR MAY

Recipe 1

QUINOA SALAD

Light • Protein-Packed • Fresh



A colourful, nutritious quinoa salad loaded with fresh veggies, herbs and a zesty lemon dressing. Perfect as a light meal or a healthy side dish!

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ½ red bell pepper, diced
- ¼ red onion, finely chopped
- ¼ cup fresh parsley, chopped
- ¼ cup feta cheese, crumbled (optional)
- 2 tablespoons chickpeas (cooked)

DRESSING

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon honey or maple syrup
- ½ teaspoon Dijon mustard
- Salt and black pepper, to taste

INSTRUCTIONS

- In a saucepan, combine quinoa and water or broth. Bring to a boil.
- Reduce heat, cover and simmer for 15 minutes, or until the quinoa is cooked and the liquid is absorbed.
- Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork and let it cool.
- In a large bowl, combine cooked quinoa, tomatoes, cucumber, red bell pepper, red onion, parsley, chickpeas and feta (if using).
- In a small bowl, whisk together all dressing ingredients until well combined.
- Pour the dressing over the salad and toss well to coat.
- Chill for 15–20 minutes (optional) for best flavour. Serve fresh and enjoy!

WHY YOU'LL LOVE IT

- High in protein & fibre
- Full of vitamins & minerals
- Perfect for meal prep
- Refreshing & satisfying
- Great for lunch or a light dinner

PERFECT Pairs



Grilled
Chicken
or Tofu



Hummus
& Pita



Roasted
Vegetables



Lemon
Yogurt Dip

NUTRITION PER SERVING

(Approx.)



280
Calories



10g
Protein



9g
Fat



35g
Carbs

Eat Well • Live Well • Enjoy May!

4



TOP
10

RECIPES
FOR MAY

Recipe 1

PEA MINT SOUP

Fresh • Light • Comforting

A silky, vibrant soup made with sweet peas, fresh mint and subtle spices.
Light, nourishing and perfect for spring days.



INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 3 cups fresh or frozen peas
- 4 cups vegetable broth
- 1 medium potato, diced
- 1 cup fresh mint leaves
- Salt and black pepper, to taste
- ½ teaspoon lemon zest
- 1 tablespoon lemon juice
- ¼ cup cream or yogurt (optional)

INSTRUCTIONS

- 1 Heat olive oil in a large pot over medium heat. Add onion and sauté for 3–4 minutes until soft.
- 2 Add garlic and cook for 30 seconds until fragrant.
- 3 Add peas, potato and vegetable broth. Bring to a boil.
- 4 Reduce heat and simmer for 15–18 minutes, or until the potato is tender.
- 5 Add mint leaves and cook for 1 minute.
- 6 Remove from heat. Blend until smooth using a blender or immersion blender.
- 7 Stir in lemon zest, lemon juice, salt and pepper. Add cream or yogurt if desired. Serve warm.

For extra flavour, add a pinch of chilli flakes or a few mint leaves on top before serving!

WHY YOU'LL LOVE IT

- High in protein & fibre
- Packed with vitamins
- Light yet satisfying
- Naturally vegetarian
- Ready in under 30 minutes

PERFECT PAIRS

- | | |
|-------------------|------------------|
| Crusty Bread | Grilled Sandwich |
| Mixed Green Salad | Lemon Water |

NUTRITION PER SERVING

(Approx.)

180	8g	7g	25g
Calories	Protein	Fat	Carbs

Values may vary based on ingredients used.

♥ Eat Well • Live Well • Enjoy May! ♥



5

TOP
10

RECIPES
FOR MAY

Recipe 1

GARLIC BUTTER

LEMON

Pasta

SIMPLE • ZESTY • COMFORTING

A quick and flavourful pasta tossed in garlic butter, fresh lemon and herbs. Simple ingredients, incredible taste!



INGREDIENTS

- 250 g pasta (spaghetti or linguine)
- 4 tablespoons unsalted butter
- 5 cloves garlic, minced
- 1 tablespoon olive oil
- Juice and zest of 1 lemon
- ¼ cup fresh parsley, chopped
- ¼ cup grated parmesan cheese
- ½ teaspoon red chili flakes (optional)
- Salt and black pepper, to taste

CHEF'S TIP

Reserve ½ cup of pasta water before draining. It helps make the sauce silky and cling to the pasta.

INSTRUCTIONS

- Cook pasta in salted boiling water according to package instructions until al dente. Reserve ½ cup of pasta water and drain.
- In a large skillet, heat olive oil and 2 tablespoons of butter over medium heat.
- Add minced garlic and sauté for 30–60 seconds until fragrant. Do not let it brown.
- Add lemon zest and lemon juice. Stir well.
- Add the cooked pasta to the skillet. Toss to coat in the garlic lemon sauce.
- Add reserved pasta water, a little at a time, until the sauce reaches your desired consistency.
- Stir in the remaining butter, parmesan, parsley, red chili flakes, salt and black pepper. Toss again.
- Serve immediately with extra parmesan and parsley. Enjoy!

WHY YOU'LL LOVE IT

- Ready in under 20 minutes
- Big flavour with simple ingredients
- Perfect for busy weeknights
- Light, fresh and satisfying
- Kid-friendly and crowd-pleasing

PERFECT PAIRS



Green Salad



Garlic Bread



Roasted Veggies



Grilled Chicken

NUTRITION PER SERVING

(Approx.)



520
Calories



14g
Protein



23g
Fat



65g
Carbs

Good Food. Good Mood. Happy May!



6

TOP
10

RECIPES
FOR MAY

Recipe 1

HONEY LIME

Fruit Salad





SWEET · ZESTY · REFRESHING

A vibrant and refreshing fruit salad tossed in a honey lime dressing. Perfect for breakfast, brunch or a healthy snack!

INGREDIENTS

-  1 cup strawberries, hulled and sliced
-  1 cup blueberries
-  2 kiwis, peeled and sliced
-  1 cup pineapple, chopped
-  1 cup grapes, halved
-  1 orange, peeled and segmented
-  1 mango, diced

HONEY LIME DRESSING

-  2 tablespoons honey
-  2 tablespoons fresh lime juice
-  1 teaspoon lime zest
-  ½ teaspoon vanilla extract (optional)

INSTRUCTIONS



- 1 Wash and prepare all the fruits. Cut into bite-sized pieces.



- 2 In a small bowl, whisk together honey, lime juice, lime zest and vanilla extract.



- 3 In a large serving bowl, add all the prepared fruits.



- 4 Pour the honey lime dressing over the fruit.



- 5 Gently toss to coat everything evenly.



- 6 Chill for 15–20 minutes for the best flavour (optional).



- 7 Serve fresh and enjoy!

WHY YOU'LL LOVE IT

- ✓ Naturally sweet and delicious
- ✓ Packed with vitamins & antioxidants
- ✓ Light, healthy and hydrating
- ✓ Perfect for warm May days
- ✓ Ready in under 15 minutes!

PERFECT FOR



Breakfast



Picnics



Brunch



Healthy Snack

NUTRITION PER SERVING

(Approx.)



150

Calories



2g

Protein



0g

Fat



35g

Carbs

Values may vary based on ingredients used.

Eat Well · Live Well · Enjoy May!

7

TOP
10

RECIPES
FOR MAY

Recipe 1

CUCUMBER YOGURT Dip



CREAMY • COOL • REFRESHING



A creamy, cooling dip made with fresh cucumber, yogurt and herbs. Perfect with veggies, pita, wraps or chips!

Quick
Easy &
Delicious!

INGREDIENTS



1 large cucumber, grated and squeezed (1 cup)



1 cup plain Greek yogurt



1 clove garlic, minced



1 tablespoon lemon juice



1 tablespoon olive oil



2 tablespoons fresh dill, chopped



1 tablespoon fresh mint, chopped



Salt and black pepper, to taste



½ teaspoon red chili flakes (optional)

INSTRUCTIONS



1 Grate the cucumber and squeeze out the excess water using a clean cloth.



2 In a medium bowl, add the yogurt.



3 Add minced garlic, lemon juice and olive oil. Whisk well until smooth.



4 Add grated cucumber, dill, mint, salt, pepper and chilli flakes (if using).



5 Mix everything gently until well combined.



6 Chill in the refrigerator for 20–30 minutes for best flavour.



7 Garnish with extra dill, a drizzle of olive oil and serve chilled!

TIP

For extra flavour, add a pinch of roasted cumin powder or black salt.

WHY YOU'LL LOVE IT

- ✓ Super quick (5 minutes!)
- ✓ Light, cooling & refreshing
- ✓ Healthy & gut-friendly
- ✓ Perfect for snacks & parties
- ✓ Goes with almost everything!

PERFECT WITH



Veggie Sticks



Pita Bread



Wraps & Sandwiches



Chips & Nachos



Grilled Chicken



Salads & Buddha Bowls

NUTRITION PER SERVING

(Approx.)



80
Calories



6g
Protein



5g
Fat



7g
Carbs

♥ Eat Well • Live Well • Enjoy May! ♥

TOP
10

RECIPES

FOR MAY

Recipe 1

BAKED SALMON

WITH ASPARAGUS

Fresh • Healthy • Flavourful

A simple and delicious oven-baked salmon recipe served with tender asparagus and fresh lemon. Perfect for a healthy lunch or elegant dinner.










Quick
Easy &
Delicious!

INGREDIENTS

For the Salmon

-  2 salmon fillets
-  1 bunch fresh asparagus
-  2 tablespoons olive oil
-  2 cloves garlic, minced
-  Juice of 1 lemon
-  1 teaspoon paprika
-  1 teaspoon dried parsley
-  Salt and black pepper to taste
-  Lemon slices for garnish

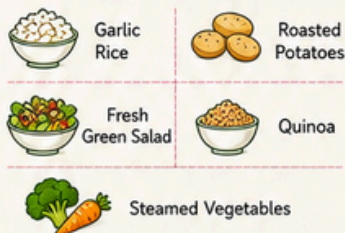
INSTRUCTIONS

-  Preheat oven to 200°C (400°F) and line a baking tray with parchment paper.
-  Place salmon fillets and asparagus onto the tray.
-  In a small bowl, mix olive oil, garlic, lemon juice, paprika, parsley, salt, and pepper.
-  Brush the mixture generously over the salmon and asparagus.
-  Top with fresh lemon slices.
-  Bake for 12–15 minutes until the salmon flakes easily with a fork.
-  Serve warm and enjoy! ❤️

WHY YOU'LL LOVE IT

- ✔ High in protein & omega-3
- ✔ Light yet filling
- ✔ Full of fresh flavour
- ✔ Ready in under 20 minutes
- ✔ Great for healthy meal prep

PERFECT PAIRS



NUTRITION PER SERVING

(Approx.)

			
390	34g	22g	8g
Calories	Protein	Fat	Carbs

Values may vary based on ingredients used.

HEALTHY TIP

Add cherry tomatoes or broccoli to the tray for an easy one-pan meal.



❤️ Eat Well • Live Well • Enjoy May! ❤️

TOP
10

RECIPES
FOR MAY

Recipe 1

NO-BAKE

Energy Bites

QUICK • HEALTHY • DELICIOUS

These no-bake energy bites are the perfect grab-and-go snack! Made with wholesome ingredients, they're packed with nutrients and natural energy.



Perfect for busy days!

INGREDIENTS



1 cup rolled oats



½ cup natural peanut butter (or almond butter)



¼ cup honey (or maple syrup)



¼ cup ground flaxseeds



¼ cup mini chocolate chips



2 tablespoons chia seeds



1 teaspoon vanilla extract



½ teaspoon salt



HEALTHY TIP

Add chopped nuts, dried fruits or shredded coconut for extra flavour and nutrients!

INSTRUCTIONS



1 In a large bowl, combine rolled oats, ground flaxseeds, chia seeds, mini chocolate chips and salt.



2 In a separate bowl, mix peanut butter, honey and vanilla extract until smooth.



3 Pour the wet mixture into the dry ingredients. Stir well until everything is evenly combined.



4 Using your hands, roll the mixture into small bite-sized balls.



5 Place the energy bites on a plate or tray lined with parchment paper.



6 Refrigerate for at least 30 minutes to firm up.



7 Store in an airtight container in the fridge for up to 1 week. Enjoy!

WHY YOU'LL LOVE IT

- ✓ No baking required
- ✓ Ready in just 15 minutes
- ✓ Packed with protein & fibre
- ✓ Naturally sweet & delicious
- ✓ Perfect for snacks or pre-workout

PERFECT FOR



Pre-workout



Afternoon Snack



Lunchbox



On-the-go Energy

NUTRITION PER BITE (Approx.)



90

Calories



3g

Protein



5g

Fat



10g

Carbs

Values may vary based on ingredients used.

♥ Eat Well • Live Well • Enjoy May! ♥

10