



9ROUND[®]
KICKBOXING FITNESS

ECHO Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

WWW.9ROUND.CO.NZ



Contents & Key

6	Air Fryer Egg Bites	GF	Gluten Free
8	Mediterranean Frittata	DF	Dairy Free
10	Peach Pancakes	LC	Low Carb (20g- serve)
12	Blueberry & Lemon Overnight Oats	MP	Meal Prep/Freezer Friendly
14	Salmon Couscous Salad	HP	High Protein (20g+ per serve)
16	Rice Noodle Steak Salad	V	Vegetarian
18	Melon & Prosciutto Salad	Q	Quick (under 30 mins)
20	Greek Chicken & Feta Salad	N	Contains Nuts
22	Keema Shimla Mirch (Ground Chicken with Bell Pepper)		
24	Air Fryer Fish Fingers & Tartar Sauce		
26	Slow Cooker Chicken & Artichoke Stew		
28	Orange Chicken		
30	Pistachio Banana Bread		
32	Stress Buster Orange Smoothie		
34	Almond Butter Energy Bites		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Mediterranean Frittata	Salmon Couscous Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Keema Shimla Mirch
Tue	Air Fryer Egg Bites	Salmon Couscous Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Keema Shimla Mirch
Wed	Air Fryer Egg Bites	Rice Noodle Steak Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Air Fryer Fish Fingers & Tartar Sauce
Thu	Peach Pancakes	Rice Noodle Steak Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Slow Cooker Chicken & Artichoke Stew
Fri	Blueberry & Lemon Overnight Oats	Slow Cooker Chicken & Artichoke Stew	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Orange Chicken
Sat	Blueberry & Lemon Overnight Oats	Melon & Prosciutto Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Meal Out - Enjoy!
Sun	Mediterranean Frittata	Greek Chicken & Feta Salad	E.g. Pistachio Banana Bread, Stress Buster Orange Smoothie, Almond Butter Energy Bites	Orange Chicken

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 1 peach • blueberries • 4 lemons • 3 limes • cantaloupe melon • honeydew melon • 4 bananas • orange <p>Vegetables</p> <ul style="list-style-type: none"> • spinach • red bell pepper • 2 green bell peppers • 3 green chilis • 2 bunches green onions • 2 onions • shallot • 2 bulbs of garlic • root ginger • pack arugula (rocket leaves) • baby gem lettuce • 3 cucumbers • 3 carrots • 5 tomatoes • celery <p>Frozen Foods</p> <ul style="list-style-type: none"> • spinach <p>Fresh Herbs</p> <ul style="list-style-type: none"> • parsley • mint • basil • cilantro (coriander) • dill 	<p>Meat</p> <ul style="list-style-type: none"> • 1 lb. (450g) flank steak • pack prosciutto • 2 lbs. (900g) boneless, skinless chicken thighs • 2 lbs. (900g) chicken legs • 1½ lbs. (675g) ground lean chicken <p>Fish & Seafood</p> <ul style="list-style-type: none"> • 1 lb. (450g) salmon fillets • 1 lb. (450g) white fish fillets <p>Cold</p> <ul style="list-style-type: none"> • 20 eggs • almond milk • carton orange juice • Greek yogurt • butter • 2 feta cheese • cream cheese • parmesan cheese 	<p>Grains</p> <ul style="list-style-type: none"> • oat flour • rolled oats • couscous • all-purpose flour • white rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> • chia seeds • sesame seeds • almonds • pistachios • shredded coconut <p>Baking</p> <ul style="list-style-type: none"> • baking powder • baking soda • vanilla extract • dark chocolate chips <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> • black pepper • ground cinnamon • ground ginger • ground cumin • ground coriander • ground turmeric • red pepper flakes (chili flakes) • dried oregano • cumin seeds • cayenne pepper • garam masala • paprika • chili powder • garlic powder • onion powder 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • sesame oil • coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> • honey <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • sun dried tomatoes • vermicelli noodles • jalapeño peppers • tamari • apple cider vinegar • rice vinegar • dijon mustard • breadcrumbs • mayonnaise • pickles • capers • chicken broth (stock) • artichokes • applesauce • almond butter <p>Misc/Other</p> <ul style="list-style-type: none"> • sea salt • vanilla whey protein powder



Air Fryer Egg Bites

Makes 8

5 eggs
1 cup (30g) spinach, chopped
½ red bell pepper, diced
¼ cup (40g) feta cheese,
crumbled
3 tbsp. almond milk,
unsweetened
salt & pepper

What you need to do

1. Heat the Air Fryer to 300°F (150°C).
2. Whisk the eggs in a large bowl, add in the spinach, red pepper, crumbled feta, almond milk and season with a little salt and pepper.
3. Evenly divide the egg mixture into 8 silicone muffin cases, filling each cup $\frac{3}{4}$ of the way. Place the filled silicone cups into the Air Fryer and fry for 10-14 minutes. Do this in two batches if necessary.
4. Once cooked, allow the egg bites to cool completely before removing them from the cups.

NOTE: Nutrition information per one egg bite.

GF	DF	LC	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	14 mins	61	4	1	5	0

*Nutrition per serving.





Mediterranean Frittata

Serves 4

8 eggs
¼ cup (70g) full fat Greek yogurt
salt & pepper
1 tbsp. olive oil
2 green onions, sliced
1 cup (30g) baby spinach,
chopped
1 garlic clove, minced
½ cup (80g) feta cheese,
crumbled, divided
4 tbsp. sun dried tomatoes,
chopped, divided
4 tbsp. parsley, chopped

What you need to do

1. Preheat the oven to 425°F (220°C).
2. In a bowl, whisk together the eggs and yogurt, season with salt and pepper and set aside.
3. Heat the olive oil in a large oven proof or cast iron skillet. Cook the green onions for 2-3 minutes, until softened. Add the spinach and garlic, and cook for a further 2-3 minutes until the spinach begins to wilt.
4. Pour the egg mixture over the cooked vegetables and sprinkle over half the feta cheese and half the sun dried tomatoes.
5. Bake in the preheated oven until the center of the frittata has set, around 10-12 minutes.
6. To serve, garnish the frittata with the remaining feta cheese, sun dried tomatoes and freshly chopped parsley.

GF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	18 mins	251	18	5	18	1

*Nutrition per serving.





Peach Pancakes

Serves 4

½ cup (120ml) almond milk, unsweetened
4 tbsp. Greek yogurt
2 tbsp. coconut oil, melted
1 egg
1 ½ tbsp. honey
¾ cup (65g) oat flour
1 tsp. baking powder
1 tsp. ground cinnamon
1 peach, diced

What you need to do

1. Add the almond milk, yogurt, 1 tablespoon of the coconut oil, egg, honey, oat flour, baking powder and cinnamon to a large bowl and whisk to form a thick batter. Now add the diced peach and gently mix through.
2. Heat a skillet over medium heat and add some of the remaining coconut oil. Use about ¼ cup of the batter per pancake. Cook the pancakes for 2-3 minutes on each side. Continue cooking the pancakes until all the batter has been used up.
3. Allow 2 pancakes per portion and serve warm with your favorite toppings (not included in nutrition information).

MP	V	Q	N
----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	215	10	24	7	3

*Nutrition per serving.





Blueberry & Lemon Overnight Oats

Serves 1

1/3 cup (25g) rolled oats
2 tbsp vanilla whey protein powder
1 tsp. chia seeds
1/2 cup (120ml) almond milk, unsweetened
1/2 cup (75g) blueberries
1 tbsp. lemon zest
4 tbsp. blueberries

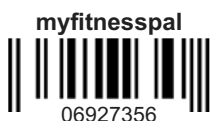
What you need to do

1. In a bowl, mix together the rolled oats, protein powder, chia seeds, almond milk, blueberries and lemon zest. Place in a jar or serving glass, cover and place in the refrigerator overnight.
2. When ready to eat, top fresh blueberries.

MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	355	19	38	14	8

*Nutrition per serving.





Salmon Couscous Salad

Serves 4

1 lb. (450g) salmon fillets
2 tbsp. olive oil
salt & pepper
1 tsp. ground cumin
½ tsp. ground turmeric
2 limes, 1 halved & 1 zested & juiced
1½ cups (260g) couscous
1 cup (285g) Greek yogurt
4 tbsp. water
½ cup (80g) feta cheese, crumbled
1 cucumber, diced
4 tbsp. parsley, chopped
4 tbsp. mint leaves, chopped
1½ cups (40g) arugula
2 green onions, sliced

What you need to do

1. Heat the oven to 400°F (200°C). Line a baking sheet with baking paper.
2. Place the salmon fillets, skin-side-down on the baking sheet. Drizzle with olive oil, season with salt, pepper, ½ teaspoon of cumin and ½ teaspoon of turmeric. Place the halved lime, cut-side up, next to the salmon.
3. Place the baking sheet into the hot oven and roast the salmon for 18-20 minutes until cooked through. Remove from the oven and set aside to cool slightly.
4. In the meantime, cook the couscous according to instructions on the packaging.
5. Next, prepare the dressing by combining the yogurt, water, lime zest and juice, and whisk until smooth. Add the remaining ½ teaspoon of cumin, ¼ cup of feta cheese, the cucumber and most of the parsley and mint. Season to taste with salt and pepper, mix and set aside until needed.
6. Add the cooked couscous and arugula to the yogurt dressing and toss to combine. Remove the skin from the cooked salmon and flake it with a fork. Add the salmon to the couscous, and mix through gently.
7. To serve, squeeze the roasted lime over the salad, garnish with the green onions, and the remaining feta cheese, parsley and mint.

MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	18 mins	582	20	58	40	4

*Nutrition per serving.





Rice Noodle Steak Salad

Serves 4

For the salad:

1 lb. (450g) flank steak
salt & pepper
8.8 oz. (250g) vermicelli noodles
8 oz. (225g) baby gem lettuce,
chopped
2 carrots, julienned
1 cucumber, julienned
4 eggs, boiled
1 jalapeño pepper, sliced

For the dressing:

4 tbsp. tamari
4 tbsp. water
2 tbsp. honey
2 tbsp. lime juice
2 tsp. rice vinegar
1 clove garlic, minced
½ tsp. red pepper flakes

What you need to do

1. Set the broiler (grill) to its highest setting. Place an oven rack a few inches below the broiler. Line a broiler pan with aluminum foil.
2. Season the steak with salt and pepper, place it on the oven rack and slide it directly under the broiler. Cook for 4-6 minutes, turn the steak and grill for a further 4-6 minutes.
3. The steak is done when the edges are charred and crispy, and the internal temperature reaches 135°F (60°C). Set the steak aside to rest for 10 minutes before slicing.
4. While the steak rests, cook the vermicelli noodles according to the instructions on packaging.
5. Make the dressing by whisking together the tamari, water, honey, lime juice, rice vinegar, minced garlic and red pepper flakes.
6. To assemble the salad, place the baby gem lettuce on the bottom of the plate. Top with vermicelli noodles, julienned carrots and cucumbers, and sliced steak. Add the boiled eggs and jalapeño peppers. Finally, drizzle with the dressing and serve immediately.

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	12 mins	564	15	69	33	3

*Nutrition per serving.





Melon & Prosciutto Salad

Serves 4

For the dressing:

4 tbsp. olive oil
2 tbsp. lemon juice
1 tbsp. honey
1 tsp. dijon mustard
salt & pepper

For the salad:

1 cup (160g) cantaloupe, cubed
or balled
1 cup (160g) honeydew melon,
cubed or balled
½ cup (80g) feta, crumbled
4 oz. (115g) prosciutto, torn
4 tbsp. almonds, chopped
4 tbsp. basil, chopped

What you need to do

1. In a bowl, whisk together the dressing ingredients and season to taste with salt and pepper.
2. Place the melon into a large bowl and drizzle with the dressing. Add the feta, prosciutto, almonds and basil, mix gently to combine and serve.

GF	LC	Q	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	335	26	15	12	2

*Nutrition per serving.





Greek Chicken & Feta Salad

Serves 4

1 cup (285g) Greek yogurt
3 cloves garlic, minced
salt & pepper
1 tsp. dried oregano
2 lbs. (900g) chicken legs
1 cucumber, chopped
3 tomatoes, chopped
1 red onion, chopped
1 green bell pepper, chopped
2 tbsp. olive oil
¾ cup (120g) feta cheese,
crumbled

What you need to do

1. In a large bowl, combine the yogurt and garlic and season to taste with salt and pepper. Transfer half of the yogurt to a medium bowl and set aside until needed.
2. Add the oregano to the yogurt in the large bowl and mix well. Season the chicken with salt and pepper. Add the chicken and turn to coat in the yogurt, then set aside.
3. Place the chopped cucumbers and tomatoes in a separate bowl and add 1 teaspoon of salt. Toss to combine and leave to drain.
4. Heat some of the olive oil in a large skillet over medium heat. Scrape excess marinade off the chicken, then cook the chicken in batches for 5-7 minutes. Turn the chicken over and cook for a further 5-7 minutes, until cooked through. Remove the chicken from the skillet and set aside to rest.
5. To the bowl of yogurt, add the feta and mix until a paste forms. Drain the liquids from the cucumbers and tomatoes and add to the yogurt, alongside the onions and pepper, and mix well. Serve the salad with the chicken.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	643	43	12	53	2

*Nutrition per serving.





Keema Shimla Mirch (Ground Chicken with Bell Pepper)

Serves 4

2 tbsp. olive oil
 1 onion, chopped
 1 lb. (450g) ground lean chicken
 1 tsp. root ginger, grated
 1 tsp. garlic, minced
 1 tsp. salt
 1 tsp. cumin seeds
 ½ tsp. cayenne pepper
 ¼ tsp. ground coriander
 ¼ tsp. ground turmeric
 2 medium tomatoes, chopped
 1 green bell pepper, sliced
 3 green chilis, stems removed,
 chopped
 ¾ tsp. garam masala
 3 tbsp. lemon juice
 3 tbsp. cilantro, chopped

What you need to do

1. Heat the oil in a medium pot over a medium/high heat. Add the onion and cook for 4-5 minutes, stirring occasionally.
2. Next, add the ground chicken, ginger, garlic and salt, and cook on high, stirring occasionally, until most of the liquid has evaporated and chicken starts to brown, roughly 7-10 minutes.
3. Lower the heat to medium and add the cumin seeds, cayenne pepper, ground coriander and turmeric. Add tomatoes and continue cooking for 5 minutes.
4. Add the bell pepper and green chilis, and continue cooking for a further 5 minutes. Finally add the garam masala, lemon juice and chopped cilantro, and serve immediately.

GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	268	16	11	22	3

*Nutrition per serving.





Air Fryer Fish Fingers & Tartar Sauce

Serves 4

For the fish:

1 lb. (450g) white fish fillets, skinless, cut into fingers
1 tbsp. olive oil
1 cup (60g) panko breadcrumbs
½ tsp. paprika
¼ tsp. chili powder
¼ tsp. garlic powder
¼ tsp. onion powder
salt & pepper

For the tartar sauce:

½ cup (115g) mayonnaise
3 small pickles, diced
½ shallot, diced
2 tsp. capers, drained
½ lemon, juiced
½ tsp. dijon mustard
salt & pepper

What you need to do

1. Drizzle the fish with olive oil.
2. In a bowl, mix the breadcrumbs with the paprika, chili powder, garlic powder and onion powder. Season with salt and pepper.
3. Heat the Air Fryer to 390°F (200°C) and coat each fish fillet in breadcrumbs, and transfer to the Air Fryer basket. Cook for 12-15 minutes. After the first 8-10 minutes, open the Air Fryer and turn the fish fillets, then continue cooking.
4. In the meantime, make the tartar sauce. In a bowl, combine the mayonnaise, pickles, shallot, capers, lemon juice, dijon mustard, and season with salt and pepper.
5. Serve the fish fingers with a side of tartar sauce.

DF LC MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	364	25	10	14	1

*Nutrition per serving.





Slow Cooker Chicken & Artichoke Stew

Serves 6

2 tbsp. butter
 1 onion, finely chopped
 salt & pepper
 4 celery stalks, chopped
 4 cloves garlic, chopped
 2 lbs. (900g) boneless, skinless chicken thighs
 1½ cups (360ml) chicken broth
 1½ tbsp. lemon juice
 1 tsp. red pepper flakes
 10 oz. (280g) frozen spinach
 6 oz. (170g) artichokes, drained
 ½ cup (115g) cream cheese
 2 tbsp. fresh dill
 6 green onions, sliced, to serve
 4 tbsp. Parmesan cheese, shredded

What you need to do

1. Melt the butter in the slow cooker pot, on the sauté setting. Add the onion, season with salt, and cook, stirring occasionally, about 5 minutes. Now add in the celery and garlic and cook for a further 2 minutes.
2. Next, add the chicken thighs, chicken broth, lemon juice and red pepper flakes. Season with salt and pepper and mix well to combine. Place the lid on the slow cooker and cook on low for 4 hours.
3. 20 minutes before serving, add the frozen spinach and the artichokes to the pot. Cook on low until the spinach has warmed through. Add in the cream cheese and fresh dill, and stir to combine.
4. Break up the chicken into pieces with a spoon and divide the stew between 6 bowls. Top with green onions, Parmesan cheese and serve immediately.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	4 hrs	332	17	8	36	4

*Nutrition per serving.





Orange Chicken

Serves 4

For the sauce:

½ tbsp. all-purpose flour
½ tbsp. water
½ cup (120ml) fresh orange juice
1 tbsp. honey
1 tbsp. apple cider vinegar
2 tbsp. tamari
¼ tsp. ground ginger
¼ tsp. ground turmeric
¼ tsp. dried red pepper flakes
¼ tsp. garlic powder
⅛ tsp. salt
⅛ tsp. ground black pepper

For the chicken:

½ tbsp. sesame oil
½ lb. (225g) ground lean chicken
salt & pepper
2 cups (350g) cooked white rice
2 tsp. sesame seeds

What you need to do

1. In a small bowl, whisk together ½ tablespoon of flour and ½ tablespoon of water. Set aside.
2. Place a pot over a medium heat, add the orange juice, honey, apple cider vinegar, tamari, salt and all the dried spices. Cook for 2-3 minutes, then lower the heat and add the flour and water mixture. Whisk until the mixture begins to thicken. Once the mixture is thick, remove the pot from the heat.
3. Heat the sesame oil in a skillet over medium heat, and cook the ground chicken. Break up the chicken as it cooks with a spoon. Cook for about 4-5 minutes, season with salt and pepper and add the orange sauce to the chicken. Sauté everything together for 1-2 minutes.
4. Serve the chicken over the white rice and sprinkle over the sesame seeds.

DF	MP	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	307	7	45	15	0

*Nutrition per serving.





Pistachio Banana Bread

Serves 12

2 ripe bananas
4 tbsp. honey
4 tbsp. olive oil
4 tbsp. applesauce,
unsweetened
2 eggs
1 tsp. vanilla extract
1 tsp. baking powder
¼ tsp. baking soda
2 cups (240g) all-purpose flour
⅓ cup (60g) dark chocolate chips
⅓ cup (35g) pistachios, chopped

What you need to do

1. Preheat the oven to 350°F (180°C) Line a loaf pan with baking paper.
2. Mash the bananas with a fork until smooth, add in the honey, olive oil, applesauce, eggs, vanilla extract, baking powder, baking soda and all purpose flour, and mix until well combined. Stir through the dark chocolate chips and pistachios.
3. Pour the batter into the loaf pan and bake in the oven for 35-45 minutes, until a skewer inserted into the center of the bread comes out clean.
4. Remove the loaf pan from the oven and set aside on a wire rack to cool before slicing.

DF	MP	V	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	231	8	36	4	5

*Nutrition per serving.





Stress Buster Orange Smoothie

Serves 2

2 ripe bananas
1 cup (240ml) orange juice
1 orange, peeled, chopped
 $\frac{3}{4}$ cup (180ml) almond milk,
unsweetened
1 tsp. vanilla extract
1 carrot, peeled, chopped

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth. Divide the smoothie between 2 glasses and serve over ice.

GF	DF	Q	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	225	2	52	3	6

*Nutrition per serving.





Almond Butter Energy Bites

Makes 12

1 cup (80g) rolled oats
2 ½ tbsp. honey
½ cup (125g) almond butter
1 tbsp. water
2 tbsp. shredded coconut
2 tbsp. dark chocolate chips

What you need to do

1. Place all the ingredients into a large bowl, mix well to combine and roll into 12 individual balls.
2. Place the balls on a tray in the refrigerator for 1 hour to harden before enjoying. Store the balls in an airtight container in the refrigerator.

DF	LC	MP	V	N
----	----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	123	8	12	3	2

*Nutrition per serving.

