



YOUR BOOK TITLE

FAT LOSS RECIPES



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Further, if you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.

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**• Paleo / primal • dairy free • vegetarian
... just some of the options available**

Introduction



The introduction pages give you the opportunity to tell the reader all about your business, your values, your approach...

Use these pages to drive traffic to your various online business pages and social media sites.

Tell people about the various packages you offer.

e.g. personal training, bootcamp packages.

We can include as many pages as you'd like!

**WE CAN ADD
SOME PHOTOS
IF YOU HAVE ANY**

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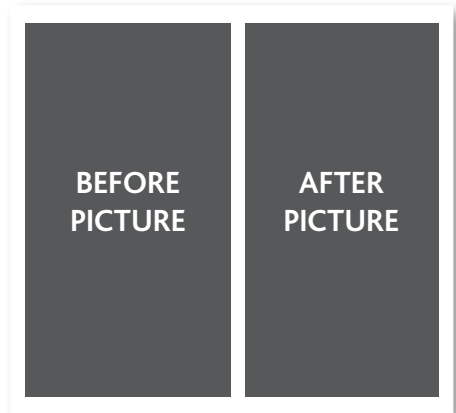
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There are two ways we recommend we show your testimonials...

OPTION ONE:

Add your clients' before and after photos with measurements.



OPTION TWO:

If you don't have any client photos, you can include written testimonials instead.

Alternatively, we can remove this page entirely for you

Let's get started...



COOKING WITH FATS AND OILS

For cooking or frying at high temperatures, **coconut oil** is safe to use, as it remains stable at higher temperatures. In other words, unlike many other oils and fats, it won't become damaged when heated above a certain temperature. When oils become damaged, they turn rancid, which can be damaging to your body. Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.



For salads, use cold pressed extra virgin olive oils, sesame or peanut oils. There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

WHERE TO BUY

Coconut Oil. Approx. **£9.00** for a **500g pot** on [Amazon](#)

Your recipe book includes an ingredients / product section. This is a chance to educate your readers, as well as earn commission by directing people to your online store.

We have included a range of ingredients for you as standard. We can add more ingredients / products for you, if you wish, as well as your hyperlinks.

If you don't have your own online store, and you have an Amazon account, you can create affiliate links to products within Amazon, to earn commission on any products you choose.

TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.



Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.

Of all herbal teas, licorice tea is arguably one of the most beneficial yet under-appreciated herbal teas. Licorice tea can help the liver to rid the body of unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.



Consider replacing cheap, processed table salt (which is full of chemicals, and some brands even contain sugar!) with a good quality organic sea salt or Himalayan pink salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.

WHERE TO BUY

Tulsi Brahmi Tea. Approx. **£1.25** for **25 bags** at www.discount-supplements.co.uk

Licorice Tea. Approx. **£1.25** for **20 bags** in **major supermarkets**

Himalayan Pink Salt. Approx. **£3.00** for a **140g pot** on Amazon

A helping hand...



Through a combination of good nutrition and exercise, the following recipes will help you achieve optimum fat loss results.

Here are some low carb recipes, ideal for a NON TRAINING DAY:

Breakfast

- Bacon & Egg Frittata
- Thai Coconut Quiche
- Allowable English Brekkie

Lunch & Dinner

- Dill & Caper Salmon Burgers
- Chicken Meatballs
- Hambled Eggs
- B.C.T. A.
- Mediterranean Chicken
- Protein Rich Omelette
- Lime Chicken Fajitas
- Quick Fish Stew

Snacks & Treats

- Refreshing Cucumber Salad
- Protein Jelly

Smoothies

- Pina Colada

Research has shown that the body can tolerate carbohydrate better after exercise. If you are going to consume carbs, you should aim to do this within 2 hours of exercise.

Here are some recipes which are ideal post-workout.
These are also medium / high protein to aid muscle repair.

Breakfast

- Fruit & Nut Porridge
- Breakfast Burrito

Lunch & Dinner

- Tuna & Sweet Potato Crunchy Salad
- Buzzing Curry
- Chicken, Rice & Pepper Pot
- Authentic Curry
- Chilli Con Cauli
- Fragrant Fish Stir Fry
- Thai Red Curry
- Sizzle Steak
- Spicy Yam Soup

Snacks & Treats

- Flaxseed Spelt Bread
- Carrot & Ginger Loaf

Smoothies

- Beetroot, Orange & Carrot Cooler

Mango, mint & cucumber smoothie



200g fresh mango, roughly chopped
100g cucumber
60g fresh spinach
1 tbsp coconut milk (optional)
5 icecubes
100ml cold fresh water



SERVES 2

Put all the ingredients into a blender and whizz until smooth. Add more water if necessary to achieve the desired consistency.



PER SERVING:

81 Calories

16g Carbs

2g Protein

1g Fat

Beetroot, orange & carrot cooler



- 2 cooked beetroots
- juice of one large orange
- 3 medium sized carrots, peeled and cut in half
- 1 tsp chia seeds (optional)
- handful ice cubes
- 150ml cold fresh water

SERVES 2

Put all the ingredients into a blender and whizz until smooth. Add more water if necessary to achieve the desired consistency.



PER SERVING:

97 Calories

19g Carbs

3g Protein

1g Fat

Protein-rich Scotch eggs



7 medium sized eggs
600g lean pork mince/low fat
Quorn mince*
4 rashers lean unsmoked
back bacon, fat removed, cut
into small pieces (use a vegetarian
bacon* if preferred)
½ tsp Himalayan pink salt
black pepper
1 tsp dried oregano
4 tbsps ground almonds

MAKES 6 SERVINGS



PER SERVING:
324 Calories
1g Carbs
32g Protein
15g Fat

Suggestion:

Try to use unprocessed bacon, preferably cured with natural ingredients, that contains no added artificial ingredients or preservatives. Try your local butcher or farm shop

Preheat oven to 150°C/300°F.

Place six of the eggs in a saucepan and cover with water. Bring to the boil, then simmer for 5 minutes. Remove from heat and replace the hot water in the pan with cold water. Set aside.

In a large bowl use your hands to combine the mince, bacon, salt, pepper and oregano.

Break the remaining egg into a separate bowl and whisk lightly. Add a small amount to the pork mixture and mix together.

Cover the surface of a large plate with the ground almonds.

When the boiled eggs are cool, peel carefully. Take some of the pork mixture and use your hands to shape it around the egg. Add a coating of the whisked egg to the scotch egg, smoothing it to help keep the pork mixture in place.

Gently roll the scotch egg in the ground almonds, until it has an even coating. Place the scotch egg on a baking tray. Repeat the process with the remaining boiled eggs. Bake for 30 minutes.

Store in an airtight container and refrigerate for up to 3 days.

Prune energy bites



- 4 tps dark chocolate (minimum 70% cocoa)
- 50g hazelnut butter
- 4 tps organic coconut oil
- 1 tsp ground cinnamon
- 90g pitted prunes
- 2 tbsps raisins
- 50ml unsweetened almond milk
- 1 tsp fresh ginger
- ½ tsp orange essence
- 1 tbsps acacia honey
- 2 heaped tbsps omega sprinkle (sunflower seeds, linseeds, pumpkin seeds)
- 4 tps organic cocoa powder

MAKES 10 ENERGY BITES

Melt the chocolate in a glass bowl placed in a container of simmering water (bain marie) and add the hazelnut butter and coconut oil. Stir well until combined.

Place the cinnamon, prunes, raisins, almond milk, ginger, orange essence and honey in a blender and blitz into a smooth paste.

Add the prune mixture to the chocolate mixture and add the omega sprinkle. Mix well to combine, then transfer to an airtight container and refrigerate for 2-3 hours, until set.

Scoop out small portions and shape into balls. Roll the balls in the cocoa powder to give a light coating. Store in an airtight container and refrigerate for up to 4 days.



PER SERVING:
112 Calories
8g Carbs
2g Protein
8g Fat

Protein heaven bars

(like snickers in disguise)



3 medium sized bananas
50g crunchy peanut butter
(no added sugar)
2 medium sized eggs
1 egg white
40g porridge oats (use gluten free
oats if preferred)
20g ground almonds
30g flaxseed, whole or ground
50g chocolate flavoured whey
protein
30g organic raisins
20g dark chocolate (minimum
70% cocoa), finely chopped

Preheat oven to 190°C.

Line a baking tray with parchment paper.

In a large bowl, mash the bananas.
Add all of the other ingredients and mix
thoroughly. Pour the mixture onto the tray
and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then chop into
nine pieces.

Store in an airtight container for up to
four days.

MAKES 9 BARS



Top Tip:

200g blueberries will work as an
alternative to the banana. It also
reduces the carbs.

PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat



Chocolate & coconut bark



80g organic coconut oil
3 tbsps organic cocoa powder
1 tsp stevia/xylitol
80g chopped nuts
50g chocolate flavoured whey protein (optional)

SERVES 6

A low carb treat that tastes truly indulgent and will satisfy any sweet tooth.

You can use any type of nuts. Hazelnuts, brazils, macademias or pistachios work very well. Chop them roughly to add extra texture.

Line a baking tray with greaseproof paper and put in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and stevia/xylitol. Stir well to combine. Remove from heat.

Stir the nuts and whey protein into the mixture. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness.

Put in freezer on a level shelf and leave for 20 minutes. Freeze for up to 2 weeks.

PER SERVING:
222 Calories
3g Carbs
9g Protein
22g Fat



Blueberry bombs



- 2 tbsps dark chocolate (minimum 70% cocoa)
- 1 tsp vanilla extract
- 3 tbsps acacia honey
- 4 tbsps crunchy peanut butter (no added sugar)
- 100g porridge oats (use gluten free oats if preferred)
- 50ml light unsweetened coconut milk
- 3 tbsps omega sprinkle (flaxseed, linseed, sesame seeds, sunflower seeds)
- 80g pitted prunes
- 2 tbsps organic desiccated coconut
- 75g blueberries

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a gentle heat and allow the water to simmer gently.

Carefully sit the heatproof bowl in the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Add the remaining ingredients and mix well.

Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready to serve.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 15 SERVINGS



PER SERVING:
136 Calories
12g Carbs
4g Protein
8g Fat

Protein pancakes



- 4 medium sized eggs
- 1 egg white
- 25g vanilla or chocolate flavoured whey protein
- 1 medium sized banana
- 40g whole porridge oats (use gluten free oats if preferred)
- 1 tsp cinnamon
- 2 tsps stevia/honey
- 15g coconut flour
- 15g organic coconut oil

MAKES 4 PANCAKES

Put all of the ingredients in a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick but pourable.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn (or flip) it over and heat on the other side for 1-2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

These can be kept in the fridge for up to 3 days.



PER PANCAKE:
193 Calories
14g Carbs
14g Protein
9g Fat

Bacon & egg frittata



3 medium sized eggs, yolks and whites separated

1 tsp organic coconut oil

2 rashers unsmoked back bacon, diced
(use a vegetarian bacon* if preferred)

sprinkle parsley

SERVES 1

Suggestion:

Try to use unprocessed bacon, preferably cured with natural ingredients, that contains no added artificial ingredients or preservatives. Try your local butcher or farm shop

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 175°C.

Beat the egg whites in a bowl, until stiff peaks form.

In a separate bowl, beat the yolks and half of the coconut oil together.

Gently melt the remaining oil in a pan and gently fry the bacon for around 5 minutes. Remove from pan.



Gently fold the egg yolks and bacon into the egg whites.

Pour the batter back into the skillet so that it covers the base of the pan evenly. Cook on a medium heat for two minutes, then bake in the oven for 15 minutes.

Remove the soufflé gently from the skillet, loosening with a spatula.

Garnish with a sprinkle of parsley.

PER SERVING:
396 Calories
0g Carbs
27g Protein
32g Fat

Piled-high protein brekkie

YOUR LOGO



2 medium sized eggs
large handful of spinach
15g plain cashews
½ tsp salad seasoning (recipe below)

SERVES 1



Easy to make salad seasoning:
Lemongrass, Coriander & Garlic

In a grinder, mix up a teaspoon of the following: Dried lemongrass, ground coriander and garlic powder. Add a good pinch of rock salt. Adjust quantities to taste. Store in an airtight container for future use.

PER SERVING:
289 Calories
6g Carbs
19g Protein
21g Fat

Boil the eggs in a pan of salted water for 10 minutes.

While they are cooking, steam the spinach gently for 3-4 minutes, until wilted.

Remove the eggs from the heat, and cool down for one minute with cold water, before peeling.

Serve the eggs sliced over a bed of spinach. Add the cashew nuts and sprinkle with seasoning.

Tasty veg pizza



small amount of organic coconut oil for greasing
4 medium sized eggs
3 egg whites
Himalayan pink salt to season
40g porridge oats (use gluten free oats if preferred)
7 cherry tomatoes, halved
60g baby leaf spinach, finely chopped
1 green chilli pepper, finely chopped
½ a large green pepper, finely chopped
1 tsp paprika
½ tsp dried oregano

MAKES 8 SLICES

Top tip:

This pizza makes a great portable snack

Preheat oven to 150°C.

Lightly grease a large round ovenproof dish with coconut oil.

Whisk the eggs and egg whites in a jug and season well with Himalayan salt. Add the oats, vegetables, dried spices and herbs. Stir well. Pour into the dish and cook for 10 - 15 minutes.

Refrigerate any leftovers for up to 3 days.



PER SLICE:
63 Calories
4g Carbs
6g Protein
3g Fat

Poached salmon protein brunch



100g Alaskan salmon fillet
40g kale
30g closed cup mushrooms
5g organic coconut oil
2 medium sized eggs
salt and pepper to season



SERVES 1

In a large shallow pan, bring some water to the boil - just a couple of inches of water is adequate for shallow poaching.

Add the salmon and poach gently for 8 minutes, turning on each side as it cooks.

In a separate saucepan, melt the oil over a medium heat and cook the mushrooms for 3-4 minutes until soft.

Bring a small pan of water to the boil (again just a couple of inches of water). Reduce the heat to a very gentle simmer and carefully add the eggs.

Poach for 2-4 minutes (2 minutes is ideal for a runny egg).

Add the kale to the saucepan with the salmon and cook it in the water for several minutes. Top up with water if necessary.

When the salmon is cooked - it should be a light pink colour throughout - remove it from the saucepan and set aside. Drain the kale and leave for a few minutes to remove excess water.

Place the kale and the mushrooms on a plate and top with the salmon and the eggs. Season well with salt and pepper.



PER SERVING:
457 Calories
6g Carbs
42g Protein
30g Fat



O-mega salad



1 medium sized egg
3 small new potatoes, chopped into small pieces
1 tsp organic coconut oil
125g fresh chicken breast/Quorn meat free chicken*, cut into strips
½ tsp dried oregano
few handfuls of mixed lettuce, torn into small pieces
¼ red pepper, diced
¼ yellow pepper, diced
4 cherry tomatoes, chopped
small handful samphire
25g cucumber, sliced
1½ tps organic olive oil
2 tps omega sprinkle (flaxseed, linseed, sesame seeds, sunflower seeds)
salt and pepper to season

SERVES 1



PER SERVING:
482 Calories
19g Carbs
52g Protein
22g Fat

Bring a saucepan of water to the boil and cook the egg for around 10 minutes. Remove from water and set aside.

Add the potatoes to the water and simmer for 10 minutes or until soft. Remove from the water and drain.

Melt the oil over a medium heat in a frying pan and add the chicken. Sprinkle over the oregano, and cook for around 8 minutes, turning occasionally to brown on all sides. Once cooked, remove chicken from pan and set aside.

In a salad bowl, mix together the lettuce, peppers, tomatoes, samphire and cucumber. Pour over the olive oil and mix well.

Slice the egg into quarters and arrange over the salad leaves, along with the chicken. Top with the omega sprinkle and season with salt and pepper.

Store in an airtight container and refrigerate for up to 24 hours.

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



Asian inspired fish salad



100g white fish fillets
half a red pepper, diced
half a yellow pepper diced
half a green pepper, diced
few handfuls of lettuce (optional),
torn up into small pieces
1 tsp rice vinegar
1 tsp toasted sesame oil
salt and pepper to season

SERVES 1

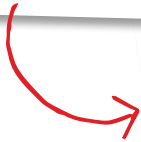
Bring a saucepan of water to the boil (just enough water to cover the fish).

Reduce to a gentle simmer and place the fish in the water. Cook for 2-3 minutes, turning halfway. When cooked through, remove from heat, drain and leave to cool.

In a salad bowl, mix together the peppers, lettuce (if using) rice vinegar and sesame oil.

Break the fish into small pieces, and mix into the salad.

Season well with salt and pepper.



PER SERVING:
198 Calories
12g Carbs
24g Protein
6g Fat

Chicken meatballs



350g fresh chicken breast/Quorn
meat free chicken*, diced
1 large carrot, grated
2 garlic cloves
100g fresh coconut, grated
1 egg
2 tsp curry powder
½ tsp salt
handful parsley or coriander
10g organic coconut oil

MAKES 20 MEATBALLS

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Suggestion:

These are ideal as a portable snack, or as a meal served with a healthy accompaniment, such as a salad and sweet potato

Put everything except for the coconut oil into a food processor and whizz into a smooth paste. Using your hands, form 20 meatballs.

In a large pan, melt the coconut oil over a high heat. When the oil is hot, put the meatballs in the pan and cook for 2 minutes. Roll each meatball over and cook for a further 5 minutes.

Reduce to a medium heat, cover the pan and cook for a further 6-8 minutes.



PER MEATBALL:
51 Calories
1g Carbs
5g Protein
3g Fat

Hambled eggs



2 medium sized eggs
30g ham, cut into small pieces
(use a vegetarian ham* alternative if preferred)
handful cherry tomatoes
salt and pepper



SERVES 1

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Suggestion:

Try to use unprocessed ham, which is free from artificial ingredients and preservatives

Crack the eggs into a frying pan over a medium heat. Add the ham and tomatoes and stir continuously with a wooden spoon. Season well.

When the eggs are cooked, remove from heat and serve.



PER SERVING:
246 Calories
4g Carbs
26g Protein
14g Fat

Protein rich omelette



3 medium sized eggs
½ tsp organic coconut oil
1 rasher bacon, cut into small pieces
(use a vegetarian bacon* alternative if preferred)
5 closed cup mushrooms, peeled and sliced
75g cooked chicken breast/Quorn meat free chicken*, diced
1 beef tomato, sliced
handful spinach

SERVES 1

Suggestion:

Try to use unprocessed bacon, preferably cured with natural ingredients, that contains no added artificial ingredients or preservatives. Try your local butcher or farm shop

Break the eggs into a jug and beat with a fork. Melt half of the oil in a frying pan and cook the bacon over a medium / high heat until crispy. Remove bacon from heat and set aside.

Reduce pan to medium heat. Add the mushrooms and cook for 5 minutes. Remove from heat and set aside.

PER SERVING:
505 Calories
9g Carbs
52g Protein
29g Fat

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Add the chicken pieces to the pan and cook for several minutes until heated through. Remove from heat and set aside.

Add the tomato to the pan and cook gently for 1-2 minutes on each side until softened.

Remove any bits from the pan and melt the remaining oil over a medium / high heat, ensuring there is an even glaze over the base of the pan. Add the eggs and allow to cook for 3-4 minutes until the edges of the mixture start to crisp. When the centre of the omelette starts to cook, add the bacon, mushrooms, tomatoes, chicken over one half of the egg mixture. Add the spinach. Cook for several minutes.

Using a wooden spoon with a flat edge, turn the empty side of the omelette up and fold over the spinach. Remove the omelette from heat and serve.



5 veg omelette



3 medium sized eggs plus
1 egg white, beaten
10g organic coconut oil
2 medium sized mushrooms, sliced
3 medium sized broccoli florets,
finely chopped
30g red pepper, finely chopped
2 spring onions, finely chopped
Himalayan sea salt to season
handful baby leaf spinach, roughly
chopped

SERVES 2

Break the eggs and whites into a jug and beat with a fork and season well.

Melt half of the oil in a non-stick frying pan over a medium heat and add all of the chopped vegetables except for the spinach.

Sauté for 5 minutes, until softened. Remove from heat and set aside.

Remove any bits from the pan. Melt the remaining oil. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

PER SERVING:
210 Calories
4g Carbs
17g Protein
14g Fat

When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Using a wooden slice fold the omelette in half. Remove the omelette from the pan and serve.

Any leftovers can be kept in the fridge for up to 3 days.



Quick, easy, tasty soup



- 10g organic coconut oil/ghee
- 1 medium sized white onion, finely chopped
- 3 medium sized carrots, sliced
- 2 large sticks celery, finely chopped
- 800g chicken breast/Quorn meat free chicken*, diced
- 2 garlic cloves, crushed
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp Himalayan pink salt
- 1 tsp dried thyme
- 1 x 400g can chopped tomatoes
- 1 medium salad tomato, diced
- 15g tomato purée
- 1 pint chicken or vegetable stock (see recipes on page 35)
- 1 red pepper, sliced
- 200g mixed beans, drained

SERVES 4

Heat the oil/ghee in a large pan. Add the onion and cook gently until softened. Add the carrot and celery and cook for 5 minutes, stirring regularly.

PER SERVING:
290 Calories
16g Carbs
43g Protein
6g Fat

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

Once cooled, this can be kept in the fridge for up to 4 days or frozen on the same day.



Buzzing curry



1 tbsp cumin seeds
2 tbsps ghee
5 medium sized white onions, finely diced
1 clove garlic, finely chopped
2 tbsps fresh ginger, peeled and finely chopped
handful green finger chillis, finely chopped
600g extra lean beef, diced/
low fat Quorn mince*
2 tbsps ground turmeric
1 tbsp garam masala
1 tbsp meat masala
1 tbsp rock salt
handful curry leaves (optional)
1 x 400g can chopped tomatoes
50ml cold fresh water
fresh coriander
60g per person uncooked basmati rice OR 30g per person uncooked basmati rice plus 30g per person cauliflower, finely chopped - see red note on right

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Swap the rice with Cauli Rice and reduce the carbs per serving by 22g. Recipe on page 63

In a large pan, heat the cumin seeds gently for 30-45 seconds, until you can smell them roasting. Add the ghee and heat until melted, then add the onions. Cook on a medium heat until softened.

Stir in the garlic, ginger and chillis. Cook for one minute. Add the beef / quorn and cook for two minutes. Add the spices, rock salt and curry leaves. Stir well, then add the tomatoes, and water and simmer for 1 hour. Add more water if necessary. Cook for 1 hour over a medium heat.

Meanwhile place the rice in a large saucepan of cold salted water and bring to the boil (or follow the Cauli Rice recipe if using). Simmer the rice gently until cooked and drain well. Serve the curry on a bed of rice and garnish with coriander.

SERVES 4

PER SERVING: with rice/with Cauli Rice
601 Calories / 500 Calories
70g Carbs / 48g Carbs
42g Protein / 41g Protein
17g Fat / 16g Fat



Spaghetti courgetti



1 tbsp olive oil
3 large white onions, finely chopped
fresh basil leaves and stalks, chopped roughly
500g lean beef mince / low fat Quorn mince*
100g mushrooms, sliced
1 salad tomato, diced
1 stick celery, finely chopped
½ green pepper, diced
4 cloves garlic, finely chopped
15g tomato purée
4 large courgettes
1 x 400g can chopped tomatoes
salt and pepper to season
sprig fresh basil to garnish

SERVES 4

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

In a frying pan, gently heat the oil over a low / medium heat. Fry the onions until soft. Add the chopped basil and fry for 30 seconds. Add the mince and season well with salt and pepper. When the mince is browned, add the mushrooms, salad tomato, celery, pepper and garlic. Cook gently for 5 minutes. Add the tin of tomatoes and tomato purée. Cook on a medium heat for 20 minutes.

Chop the courgettes into fine spaghetti strips, or wider tagliatelle size strips. Bring to the boil in a pan of salted water, and simmer gently for several minutes. Serve the sauce on a bed of courgette spaghetti. Garnish with a sprig of basil.



PER SERVING: with beef mince/with Quorn
388 Calories/267 Calories
20g Carbs/25g Carbs
32g Protein/26g Protein
20g Fat/7g Fat

Chilli con cauli



- 1 tbsp olive oil
- 2 large white onions, finely chopped
- 500g lean beef mince/low fat Quorn mince*
- ½ green pepper, diced
- 3 beef tomatoes, diced
- 5 garlic cloves, finely chopped
- 4 red or green chilli peppers
- 1 x 400g can chopped tomatoes
- dollop of tomato purée
- 1 tsp cayenne pepper
- 1 x 400g can kidney beans, drained
- 50g per person uncooked basmati rice
- 1 medium sized cauliflower head, finely chopped
- salt and pepper

SERVES 4

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Heat the oil in a pan to a medium heat and add the onion. Fry for several minutes until soft. Add the mince and brown all over. Season well with salt and pepper.

Add the green pepper and beef tomatoes, and cook for several minutes until soft.

PER SERVING: with beef mince/with Quorn
362 Calories/281 Calories
33g Carbs/39g Carbs
35g Protein/29g Protein
10g Fat/1g Fat



Add the garlic cloves and chilli peppers and cook for one minute.

Add the tinned tomatoes, tomato purée and cayenne pepper.

Simmer gently for 15-20 minutes. Add the kidney beans and continue to cook for 10 minutes.

For the Cauli Rice:

Add the rice to a pan of cold salted water and bring to the boil. Simmer gently until cooked, then add the cauliflower. Cook for two minutes before draining.

Serve the chilli sauce on a bed of cauliflower rice.

Quick fish stew



- 10g organic coconut oil
- 2 garlic cloves, finely chopped
- 1½ tsps ground cumin
- 1 tsp paprika
- 1 tsp Himalayan salt
- 250ml cold fresh water
- 1 x 400g can chopped tomatoes
- 8 cherry tomatoes
- 1 green pepper, deseeded and cut into chunks
- 1kg white fish fillets, cut into chunks
- 60g fresh coriander, finely chopped
- 1 lemon cut into four wedges

SERVES 5

PER SERVING:
253 Calories
6g Carbs
46g Protein
5g Fat

Heat the oil in a large saucepan.

Add the garlic and stir well. Cook for 30 seconds.

Add the cumin, paprika and salt and cook for one minute, stirring continuously.

Add the water and tomatoes. Bring to the boil, then reduce to a simmer.

Add the pepper, and simmer for 5 minutes.

Add the fish and cherry tomatoes and cook for 10 minutes until the fish falls apart. Break the fish up with a wooden spoon.

Stir in the coriander and remove from heat. Serve with a wedge of lemon.

Suggestion:

Tastes great with a serving of fresh green leafy vegetables, such as spinach or kale

Mediterranean meatloaf



small amount of organic coconut oil/
ghee to grease loaf tin
750g extra lean minced beef/low
fat Quorn mince*
250g tinned chopped tomatoes
1 large white onion, finely diced
1 handful fresh parsley, finely
chopped
2 tsp dried oregano
2 large eggs, beaten
3 cloves garlic, chopped finely
1 tsp chilli flakes
½ tsp organic sea salt
1 tbsp olive oil plus a drizzle extra
salt and pepper to season

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Preheat oven to 150°C.

Grease a loaf tin with oil/ghee.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

The meatloaf can be stored in the fridge for up to 4 days.

SERVES 6



PER SERVING:
208 Calories
5g Carbs
29g Protein
8g Fat

Mince masala



- 2 tsps organic coconut oil
- 1 large white onion, finely chopped
- 750g extra lean beef mince/
low fat Quorn mince*
- 3 cloves garlic, finely chopped
- 2 tsps Mangal meat masala spice
- 1 tsp cayenne pepper
- 1 tsp pink Himalayan salt
- 2 tbsps tomato purée

SERVES 4



Suggestion:

Meat masala tastes great with a side of chopped raw baby leaf spinach and chopped cherry tomatoes

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Melt the oil over a medium heat. Add the onions and cook for five minutes until soft.

Add the mince and stir frequently until browned all over. Add the garlic, spices and salt and cook for five minutes, stirring continuously.

Add the tomato purée and simmer gently for 15 minutes.



PER SERVING: with beef mince/with Quorn
279 Calories/142 Calories
5g Carbs/13g Carbs
40g Protein/9g Protein
11g Fat/6g Fat

Spicy Thai burgers



For the burgers:

- 450g lean turkey mince/low fat Quorn mince*
- 1 medium sized egg
- 20g fresh coriander, finely chopped, plus extra to garnish
- 1 green chilli, finely sliced
- 2 spring onions, finely sliced
- 1 tsp Thai 7 Spice seasoning
- half a small red onion, peeled and finely chopped
- slice of fresh lime to garnish

For the vegetable side dishes:

- 2 large sweet potatoes
- 1 tsp ground cinnamon
- 10 cherry tomatoes, sliced in half
- 50g baby leaf spinach

**MAKES 5 BURGERS AND
3 SERVINGS OF MASH AND VEG**

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!

Preheat oven to 175°C.

In a large bowl, mash up the mince, using a masher or your hands. Add the remaining burger ingredients and mix well until well combined.

Shape the mixture into 5 patties, then transfer to a lightly greased baking tray. Oven cook for 10 minutes. Turn over and cook for a 10-15 minutes. The juices will run clear when cooked.

For the vegetable side dishes:

Bake the sweet potatoes in the oven for 45 minutes or until soft. Using a fork, scrape the contents of the potatoes into a bowl. Discard the skin. Mash thoroughly and season well. Stir in the cinnamon.

Pour cold water into a non-stick frying pan (just enough to cover the base). Add the tomatoes and cook gently for 2 minutes, stirring frequently. Add the spinach and wilt gently.

The burgers and mash can both be kept in the fridge for up to 3 days.



PER BURGER / VEG SIDE DISHES:
154 Calories / 156 Calories
1g Carbs / 35g Carbs
33g Protein / 4g Protein
2g Fat / 0g Fat



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