



**YOUR LOGO**

# **YOUR BOOK TITLE**

**FAT LOSS RECIPES**



**Every front cover design we create is 100% unique.  
We will tailor it to YOUR business**

**We'll add your website / facebook hyperlinks**



## **Medical Disclaimer**

The recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

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.

© Copyright 2015 Your Business Name Here

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

# 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**

## Contact details:

email: [hello@youremailaddress.com](mailto:hello@youremailaddress.com)

tel: 01234 567890

[www.website.com](http://www.website.com)



[www.youtubepage.com](http://www.youtubepage.com)



[www.facebookpage.com](http://www.facebookpage.com)



[www.twitterpage.com](http://www.twitterpage.com)

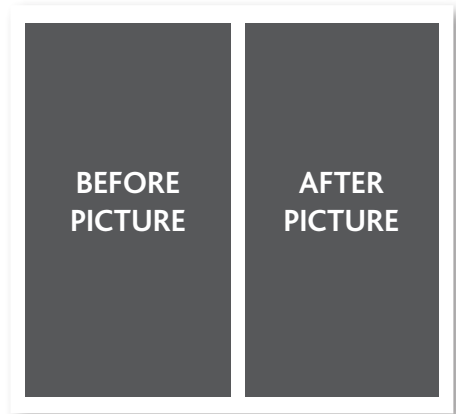
# Testimonials



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](http://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](https://www.amazon.com)

# 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



# Alkalising tonic

handful fresh spinach  
1 kiwi, halved  
2 tbsps wheatgrass powder  
juice of half a lemon  
300ml cold water (add more or less,  
depending on desired consistency)



SERVES 1

PER SERVING:  
121 Calories  
20g Carbs  
8g Protein  
1g Fat



**YOUR LOGO**

Put all of the ingredients into a blender and blend until smooth.



# Supreme green smoothie

30g baby leaf spinach  
15g fresh ginger, peeled  
and roughly chopped  
1 tsp wheatgrass powder  
50g blueberries  
200ml cold water (add more or  
less, depending on desired  
consistency)



SERVES 1

PER SERVING:  
64 Calories  
11g Carbs  
5g Protein  
0g Fat



Put all of the ingredients into a blender and blend until smooth.



# 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.

# Banana-berry freeze



1 banana  
200g frozen raspberries  
100g low fat Greek yoghurt (use  
dairy free yoghurt if preferred)  
1 tbsp acacia honey  
few drops of peppermint or  
chocolate extract (optional)

SERVES 4

## Top Tip:

A healthy dessert packed full  
of antioxidants



### PER SERVING:

97 Calories  
20g Carbs  
2g Protein  
1g Fat

Cut the banana into thin slices, and place  
on a lined tray. Freeze for one hour.

Remove banana from the freezer. Pour  
100ml cold water or unsweetened almond  
milk into a blender and add the banana.

Using a wooden spoon, break up the  
frozen raspberries into small pieces then  
add to the blender. Blend on high setting  
for 3-4 minutes. Add more liquid if the  
blades jam or leave for 5 minutes for the  
mixture to soften up, then continue to  
blend until smooth.

Add honey, yoghurt and peppermint  
extract (if using) and pulse until creamy.

Serve immediately or freeze for a later  
date. Remove from the freezer 15 minutes  
before serving.

*Check your freezer manual for maximum  
storage times.*



# Bacon & egg frittata



3 medium sized eggs  
5-6 cherry tomatoes, halved  
1 tsp organic butter  
2 rashers unsmoked back bacon, diced (use a vegetarian bacon\* if preferred)  
sprinkle fresh chopped parsley

**SERVES 1**

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



PER SERVING:  
420 Calories  
**5g Carbs**  
37g Protein  
**28g Fat**

## Suggestion:

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

Preheat oven to 175°C/350°F.

Beat the eggs in a bowl until stiff peaks form.

Gently melt the butter in a skillet and fry the bacon until crispy. Add the tomatoes and cook for 2 minutes.

Pour the egg batter 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 frittata gently from the skillet, loosening with a spatula. Serve garnished with a fresh salad.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours.*



# Summer fruit pancakes



- 3 tps coconut flour
- 2 medium sized eggs
- 1 egg yolk
- ½ tsp ground cinnamon
- 2 tps stevia (or use natural sweetener of your choice)
- 3 tps organic coconut oil
- 1 tbs plain or Greek yoghurt (use dairy free yoghurt if preferred)
- 100g mixed berries

SERVES 2



## Suggestion:

Berries are medium / low sugar fruits, ideal if you are watching your carb intake

Place the flour, eggs, cinnamon and stevia in a blender and mix until smooth. Add a bit more flour if the mixture is too thin, or if the mixture is too thick, add a drop of cold water or unsweetened almond milk. The aim is to achieve a pourable but not runny consistency.

Heat the coconut oil in a pan over a medium/high heat and then pour in around 50ml 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 it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter. Serve with yoghurt and berries.

*Once cooled, store any leftover pancakes in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
220 Calories  
9g Carbs  
10g Protein  
16g Fat

# Allowable English brekkie



10g organic butter or coconut oil  
2 rashers unsmoked bacon (use a vegetarian bacon\* if preferred)  
large handful kale  
2 large closed cup mushrooms, sliced  
2 small tomatoes, halved  
2 medium sized eggs, whisked  
salt and pepper to season

SERVES 1

## Suggestion:

Try to use unprocessed bacon, preferably cured with natural ingredients, that contains no added artificial additives 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!

In a frying pan, melt the butter or coconut oil over a medium heat. Fry the bacon rashers on both sides until crispy.

Add the kale, mushrooms and tomatoes and fry for 3-4 minutes, turning the tomatoes halfway. When the vegetables are soft, remove pan from heat.

Pour the eggs into a non stick frying pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly. When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.

*Consume immediately.*



PER SERVING:  
417 Calories  
**6g Carbs**  
33g Protein  
**29g Fat**

# B.C.T.A.

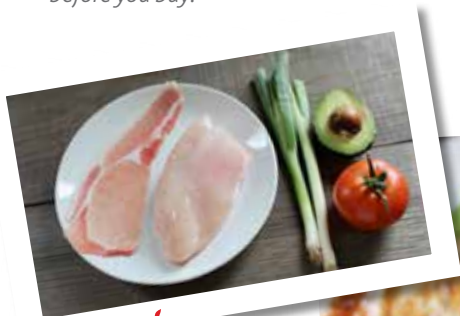
(Bacon, Chicken, Tomato, Avocado)



5g organic butter/organic coconut oil  
1 rasher unsmoked bacon  
(use a vegetarian bacon\* if preferred)  
2 spring onions, chopped  
1 chicken breast or meat free chicken\*, sliced in half  
1 beef tomato, cut into slices  
quarter of an avocado, sliced

SERVES 1

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



PER SERVING:  
476 Calories  
**9g Carbs**  
47g Protein  
**28g Fat**

## Suggestion:

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

Melt the butter or oil in a frying pan over a medium heat. Fry the bacon rasher on both sides until crispy. Remove from pan and set aside.

Add the chicken to the pan and fry for around four minutes each side, until cooked through. Add the spring onions and fry for one minute. Remove pan from heat.

Arrange the items on a plate in a stack, starting with a piece of chicken as a base, and finishing with another piece of chicken as a 'lid'. Serve with a salad.

Once cooled, store any leftover chicken in an airtight container and refrigerate for up to 2 days.





# Chicken meatballs



350g fresh chicken breast, diced  
1 large carrot, grated  
2 garlic cloves, finely chopped  
100g fresh coconut, grated  
1 egg  
2 tsp curry powder  
½ tsp salt  
handful parsley or coriander  
10g organic coconut oil  
wedges of lemon to serve  
plain yoghurt to serve

MAKES 20 MEATBALLS

Put everything except for the coconut oil into a food processor and blend into a smooth paste. Using your hands, form the mixture into 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. Reduce the heat to medium. Roll each meatball over and cook for a further 5 minutes.

Serve with lemon wedges and a plain yoghurt dip.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*

## Suggestion:

These are an ideal portable snack or as a meal served with a healthy accompaniment e.g. a salad and sweet potato.



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

# Mediterranean baked salmon & squash mash



- 2 tsps ghee or organic butter
- 1 small red onion, finely chopped
- 3 cloves garlic, finely chopped
- 15 plum tomatoes
- 2 x 150g salmon fillets
- 2 tbsps basil pesto
- salt and pepper to season
- half a large butternut squash, diced
- pinch of ground cinnamon
- 12 asparagus spears

SERVES 2



Preheat oven to 180°C/350°F.

Melt the ghee or butter in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring.

Add the garlic and tomatoes and sauté for 3 minutes, taking care not to burn the garlic. Remove pan from heat.

Place the salmon into an ovenproof dish, and spoon on the pesto, covering the tops of the fillets.

PER SERVING:

483 Calories  
24g Carbs  
36g Protein  
27g Fat

Spoon the contents of the frying pan around the fillets, then season with salt and pepper. Bake for 20 minutes or until the fillets are cooked thoroughly.

Meanwhile, bring a saucepan of salted water to the boil and add the butternut squash. Reduce to a simmer and boil for around 5 minutes, until soft. Remove from pan, reserving the water. Drain well and mash gently through a sieve to remove excess water. Transfer to a bowl, add the cinnamon and season with salt and pepper. Stir well.

Bring the saucepan of water back to the boil, add the asparagus and simmer gently for 2 minutes. Serve.

*Consume immediately.*

# Fragrant fish soup



100ml light unsweetened coconut milk

1 tbsp fish sauce (nam pla)

juice of one lime

2 tbsps soy sauce

1 tsp chilli flakes

2 tsps acacia honey

30g per person uncooked

basmati rice

30g per person cauliflower, chopped

2 tsps organic coconut oil

1 red onion, finely chopped

5-6 cloves garlic, finely chopped

1-2 inch piece fresh ginger, peeled and sliced

1 red chilli, sliced

handful baby carrots, cut into strips

handful shiitake or oyster mushrooms

400g white fish

1 red pepper, sliced

handful beansprouts

**SERVES 2**

Place the rice in a large saucepan of cold salted water and bring to the boil, then reduce to a simmer. When almost cooked, add the cauliflower. Cook for two minutes then drain.

Place a large saucepan over a medium heat. Add the coconut oil and onion and sauté for 3 minutes. Add the garlic, ginger and chilli and stir fry for 1-2 minutes. Add the carrot, mushrooms, and half of the sauce. Stir fry for 3 minutes. Add the fish, red pepper, beansprouts and the remaining stir fry sauce. Simmer for around 8 minutes, until the fish is cooked. Add more of the stir fry sauce as needed. Remove from heat and serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 2 days.*



In a small bowl, combine the coconut milk, fish sauce, lime juice, soy sauce, chilli flakes and honey.

**PER SERVING:**

**513 Calories**

**54g Carbs**

**45g Protein**

**13g Fat**

# Chicken, rice & pepper pot

YOUR LOGO

- 1 tbsp organic coconut oil
- 1kg chicken legs
- 1 large white onion, chopped
- 1 large stick celery, finely chopped
- 1 red pepper, diced
- 3 garlic cloves, crushed
- 1 tbsp tomato purée
- 1 tbsp dried thyme
- 1¼ pts chicken stock (see recipe on page 37)
- 150g long grain rice (dry weight)
- 150g cauliflower, finely chopped
- salt and pepper

SERVES 4



Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:  
418 Calories  
48g Carbs  
27g Protein  
6g Fat

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours.*

# Hot Thai pie



- 1 tbsp organic butter/coconut oil
- 2 large white onions, finely chopped
- 500g turkey mince/low fat Quorn mince\*
- 2 garlic cloves, finely chopped
- 2 shallots, finely chopped
- 1 stick fresh lemongrass, minced
- 1 tbsp galangal, minced (optional)
- 10 cherry tomatoes, chopped
- 3 green finger chillis
- 5 lime leaves
- 1 tsp chilli flakes
- 1 x 400ml can light unsweetened coconut milk
- 1 large all-purpose potato, cut into 1 inch thick cubes
- 1 cauliflower head, grated salt and pepper

SERVES 4

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

Melt the butter or oil in a large saucepan and fry the onion until softened. Add the meat and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for one minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash). Season well and simmer for 10-15 minutes.

Preheat oven to 160°C/325°F. Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter to soften up the mash. When all of the lumps have gone, add the remaining coconut milk and season well. Spoon the mince into a medium sized oven dish. Top with the mash. Cook for 45 minutes and serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
436 Calories  
**28g Carbs**  
**36g Protein**  
**20g Fat**



# Fragrant spiced chicken



- 1 tsp organic butter
- 1 large white onion, diced
- 1 tsp fresh ginger, finely chopped
- 6 garlic cloves, finely chopped
- 1 red bell pepper, diced
- 275g fresh chicken breast, diced
- ½ tsp cayenne pepper
- ½ tsp ground cinnamon
- 1 tsp curry powder
- 1 tsp turmeric
- 1 tsp Himalayan pink salt

**SERVES 2**

Melt the butter in a large pan over a gentle heat.

Sauté the onion for 10 minutes, until soft.

Add the ginger, garlic and pepper and cook for 5 minutes, stirring occasionally.

Add the chicken, spices and salt and cook for 10 minutes, stirring frequently.

When cool, store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

Serve on a bed of finely chopped, mashed kohlrabi and garden peas.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*



**PER SERVING:**  
143 Calories  
15g Carbs  
19g Protein  
3g Fat

# Lime chicken fajitas

YOUR LOGO

IDEAL FOR BBO

500g chicken breast/  
meat free chicken\*, diced  
juice of 2 limes  
4 cloves garlic, finely chopped  
10g organic coconut oil or butter  
1 red pepper, diced  
1 green pepper, diced  
1 yellow pepper, diced  
1 medium sized white onion,  
finely sliced  
½ tsp ground cumin  
¼ tsp salt  
¼ tsp ground black pepper  
pre-soaked wooden skewers

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



## SERVES 3

Put the chicken in a bowl. Combine the lime juice and about half of the garlic. Pour the mixture over the chicken, coating thoroughly. Cover the dish and allow it to marinate in the refrigerator for up to 30 minutes. Any longer and the lime juice will break down too much of the tissue.

Preheat the oven to 150°C or prepare the barbecue for cooking.

Remove chicken from fridge and thread several chicken pieces onto each skewer. Place the chicken on the barbecue or in the oven and turn regularly until cooked through (around 20 minutes).

Heat the oil in a large skillet over a medium heat. Add the peppers, onion and remaining garlic to the skillet. Cook for around five minutes or until tender, stirring regularly. Sprinkle with cumin, salt and pepper.

Serve the fajita mix topped with the chicken, with a side salad.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*

### PER SERVING:

358 Calories

13g Carbs

54g Protein

10g Fat

**All of our recipes are:**

- **Gluten Free**
- **Wheat Free**
- **Alcohol Free**
- **Refined Sugar Free**

**Available in cups and metric**

**We can also offer:**

- **Paleo / Primal**
- **Low Carb**
- **Pork Free**
- **Dairy Free**
- **Vegetarian**
- **Natural Sweetener Free**

**Please contact us if you have any requirements not included on the list above.**

**email: [naomi@fitprorecipes.co.uk](mailto:naomi@fitprorecipes.co.uk)**



**We hope that you've enjoyed a sneak preview of our recipe book. Hopefully, you now have all the information you need to decide if you want your very own branded, customised version to distribute to your clients.**

**Do contact us if you have any questions or to place an order...**

**email: [naomi@fitprorecipes.co.uk](mailto:naomi@fitprorecipes.co.uk)**

**With your own branded recipe book you can:**

- Stand out as a PT who provides creative solutions to your clients' needs**
- Encourage your clients to spread the word about how fantastic you are**
- Showcase your clients' testimonial pictures to attract new clients and motivate your existing clients**
- Build your customers' faith in the value and support you offer them.**

