



EAT YOUR WAY TO
Healthy Weight-loss
- PART TWO -



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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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Welcome



Woohoo! Welcome to our Healthy Weight-Loss Cookbook!

I get this question all the time, “What workout or exercises should I do to get rid of fat?”

Vince Gironda (pro bodybuilder back in the day) stated **“Body sculpting is 80% diet... if you don’t have your diet down first, the rest is moot.”**



We all have ‘abs’...its just that they are hidden under a layer(s) of body fat.

Gironda believed in treating and training the ‘abs’ just as you would any other muscle. No special treatment. If you wanted them to really stand out though – well, their ‘training’ per se, is done in the kitchen!!!

“If the poor overweight jogger only knew how far he had to run to work off the calories in a crust of bread he might find it better in terms of pound per mile to go to a massage parlour.” Christiaan Barnard

My husband Paul and I are a team of fitness trainers and it’s amazing how many people we train start the same way. Ask for advice – it’s given to them and then they watch the tv or listen to the media with “this new and amazing everyone must have, see and do diet, which will take inches off your waist in one hour!”

The desired results are VERY rarely, if ever, achieved and they are back to square one – only this time we have their full attention. There is a saying in my mother tongue **“if you don’t want to listen – then you must feel”** It hasn’t quite got the same ring, but you catch my drift.

It's not easy to stand by and watch people make mistakes that you know you can help them with but it's like watching a child ride a bike for the first time. You so badly want to stand there and hold them on that bike – but if they don't go it alone at some point, how will they ever succeed?

This journey is about teaching you to make better choices for yourselves, not just us telling you what to eat and not what to eat.

Eating your way to Healthy Weight-Loss

You're reading this, so you are already on the first step of a long journey – well potentially long journey. Don't expect any quick fixes, you probably spent a lifetime getting to where you are now.

As with any expedition either of us has ever undertaken, at some point, we have gone astray and required some pointing in the right direction. If you find you need support or guidance then we would be of course willing to assist.

Your success is ours. We want to get results for our clients. If it is weight loss, fitness nutrition or health, we are here to facilitate you achieving your goals.

The Secret of Fat Loss/Get abs in 1 week/ Lose fat in 5 days...

Does that headline grab your attention?...does it look/sound familiar? Well folks, there is no secret to fat loss or Uber fast secret to six pack abs – period!

Paul, whose passion is nutrition, has made a list of some useful Principles in relation to nutrition for health and fat loss. You need to remember that nutrition for sport may not necessarily be good from a long term health point of view.

Try incorporating the Principles into your everyday life. Start slowly and choose one thing to focus on for a week. You may need a bit longer than a week for example if you were trying to cut sugar out in your tea and coffee. Reduce the amount a little bit each day or two and eventually you'll get to the point when you don't have any. You are not in a race against time – that particular example takes time, but you CAN do it. I did it!

6 Steps to Better Health...



Below we have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that our recipe book will show you how quick, easy and tasty eating this way is.

FOLLOW THESE PRINCIPLES AND YOU WILL GET RESULTS...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that our recipes have to offer – enjoy!

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Let's get started...



Before you get cooking, let's go through some education to ensure you understand the benefits of what you will be eating!

WHEY PROTEIN

Whey protein is a high quality source of protein, a nutrient that's important to anyone who is exercising regularly – especially if they are performing resistance training such as lifting weights. It contains all of the essential amino acids, named so because the body cannot produce them and needs to obtain them from food.



Three of the essential amino acids (leucine, valine and iso-leucine) seem to be particularly important to the repair and growth of our muscles, these are known as the branched chain amino acids (BCAA's). Leucine seems to be one of the most important individual amino acids required for protein synthesis to occur. Research seems to point to 2-3g of leucine being required to stimulate protein synthesis.

A 35g serving of whey protein will provide this amount of Leucine, which is why it is common to see people drinking whey protein after training. Muscle tissue is comprised of around 35% BCAA's so it makes sense to ensure we are getting these regularly in our diets, especially when we consider that protein cannot be stored in the body, only used to build and repair muscles and other tissues.

We like to use whey protein in our recipes for a number of reasons:

- 1) to make it easier to obtain a sufficient protein intake
- 2) it provides sweetness and flavour to recipes
- 3) it can help improve the texture.

If you would like us to recommend a high quality whey protein, please do ask!

RICE PROTEIN

Rice protein is a great substitute for whey protein in cases where whey protein cannot be consumed (dairy allergy or lactose intolerance). Made from brown rice, this protein has a good amino acid profile – although it's not as good as whey protein, it's certainly still a good way to increase protein intake.

If you would like us to recommend a high quality rice protein, please do ask!

CINNAMON

Cinnamon is a warm, sweet spice obtained from the bark of the cinnamomum group of trees. Cinnamon has been used in Ayurvedic Medicine for thousands of years and is a very versatile spice. Studies show that cinnamon can help with the regulation of blood sugar levels. Cinnamon is also an excellent antioxidant helping to reduce free radicals. We like it for its ability to sweeten and flavour foods, replacing the need to add lots of sugars.



NUTS & SEEDS

The different nuts and seeds we use within our recipes provide a range of nutrients including; mono and poly unsaturated fats, protein, vitamins, minerals and fibre.

Flaxseeds contain omega 3 which is an important fatty acid for heart health. Pumpkin seeds contain zinc and vitamin E, important for immune system health and hair and skin.

Peanuts contain magnesium which is great for stress / regular exercisers, and monounsaturated fat which is a heart-healthy fat. Then of course there's the taste and texture, we love the crunch and nutty taste that a few nuts and seeds provide – brightening up and making dishes more interesting.



EGGS

Eggs have been described by nutritionists and dieticians as the perfect food because they contain all of the amino acids, vitamin D, E, K, B6, selenium and more! While it is true that eggs are high in cholesterol, this cholesterol does not necessarily raise blood levels of cholesterol in most people.



The egg whites are rich in protein while the yolks are rich in vitamins and fats. Because the yolks are high in fat (and therefore Kcals), we sometimes use a mixture of whole eggs and egg whites to obtain a good ratio of fats and proteins without too many Kcals. The recipes contained within feature many uses of the humble egg, a fantastic food!

QUARK

Quark is a dairy product which is very popular in Eastern Europe. It contains more protein than Greek yoghurt with some brands of quark coming in at 12g protein per 100g. We use it in many baked recipes to improve the texture, moisture and add protein to the dish.



Quark is also virtually fat free making it low in Kcals. Whereas many fat free products are loaded with sugars, quark is also a low carbohydrate, low sugar food. In fact quark is so good that people are beginning to recognise the value of quark and UK sales have increased by 38% in 2014!

BUCKWHEAT

A fruit seed related to rhubarb that looks much like a grain, Buckwheat is a nutritious gluten free food. Buckwheat is a source of carbohydrate that's low on the GI charts meaning that it can provide a slow release of energy.



Despite the word "wheat" appearing in the name, buckwheat is wheat and gluten free. Buckwheat comes in several forms, mainly groats and flakes as well as flours. Try our **Chunky choc granola** recipe!

SPELT FLOUR

Spelt is one of the oldest grains in human history and is a close relative of wheat. Spelt is high in fibre, minerals and B vitamins making it a much more nutritious choice than modern refined wheat.

Wheat and gluten intolerance and allergies seem to be on the increase and we should point out that spelt contains gluten and is not suitable for those with Celiac disease. Some people who would normally experience problems like bloating after consuming poor quality, refined, mass made bread actually find that wholemeal spelt is a lot more agreeable.



BERRIES

Berries are superb little fruits that can add sweetness or sharpness to many dishes. From a nutritional standpoint, berries are excellent for those who like a sweet treat without a lot of Kcals or sugars. Did you know that strawberries and raspberries only contain around 4g of sugar per 100g, whereas grapes on the other hand contain 4 times the sugar - over 16g per 100g!



Berries are also high in fibre which is great for the digestive system and helping us to feel fuller after eating. Berries also contain many different vitamins and minerals as well as compounds called anthocyanins, these are potent antioxidants and give berries their bright colours.

OAT BRAN

Oat bran is the outer casing of the oat grain and is high in fibre, in particular a soluble fibre called beta-glucan, which is associated with maintaining healthy cholesterol levels. Oat bran has more fibre than oatmeal and therefore contains less digestible Kcals. Oat bran is a very satiating food due to its high fibre content. Try our *Blueberry muffins* for a high protein, high fibre tasty sweet snack!



COCONUT

We think coconut products are fantastic! Although they are high in fat, and should therefore be used in moderation to ensure we don't consume too many Kcals, studies have shown that in places where coconuts are a dietary staple, the population does not suffer from high serum cholesterol or heart disease.



One of the most important fats in coconut oil is called lauric acid and can kill harmful pathogens like bacteria, viruses and fungi. Coconut oil is also useful for frying because it is more stable and has a higher smoking point than many vegetable oils. Coconut milk is also a versatile ingredient and can add an exotic richness to many dishes.

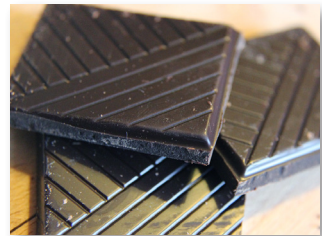
GLUTEN FREE FLOUR

Ever wondered how folks with gluten intolerances manage to eat cakes? Gluten free flour is the answer! It's usually a blend of rice, potato, buckwheat and tapioca flours. It's great for making many breads and cakes if you are sensitive to gluten.



DARK CHOCOLATE & COCOA

By dark chocolate, we mean chocolate that contains over 70% but preferably 80%+ cocoa. The higher the percentage of cocoa, the more bitter and less sweet the chocolate becomes. Cocoa contains antioxidants which are important to reduce levels of free radicals in the body, protecting against degeneration.



Studies have shown cocoa to improve cognitive function in elderly people with mental impairment, another study showed an increase in blood flow to the brain after 5 days of consuming high-flavaol cocoa.

The thing to bear in mind with dark chocolate is that it is high in fat and therefore Kcals, so best to use conservatively.

HOMEMADE STOCK

Homemade stock adds a richness and flavour to dishes that can't be matched by mere stock cubes! Granted it takes a while to make and stock cubes are much quicker but homemade stock has many more health benefits including high amounts of minerals like bone-building calcium and magnesium, the anti-inflammatory amino acids glycine, proline and arginine plus gelatine for healthy nail and hair growth. Homemade stocks or bone broths are also associated with a healthy gut and immune system. See methods in the *Make Your Own* section.



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.

WHITE OR WHOLEGRAIN RICE?

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat.



In most cases, where rice appears in this book, we haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.

A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.

However, we believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you might feel deprived.

Our advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!!).

In some of our recipes we have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive.

If you'd prefer to swap the sweeteners in our recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

Note: There are several forms of Stevia available – a very light powdery texture, and a more granulated/grainy texture. In all of our recipes, we have used the granulated version. We recommend you use the same, so that the ingredient weight is accurate.



Make your own...

Chicken stock: Chicken stock is quick to make and so good for you! Place a whole chicken carcass in a large pan full of water (enough to cover the chicken). Season well with salt and pepper and add a bay leaf. Simmer for 2 hours. Remove from heat and allow to cool completely, then drain the liquid from the carcass. Discard carcass and bay leaf. The stock can be frozen or kept in the fridge for several days.

Vegetable stock: Add a drop of olive oil to a large saucepan over a medium heat. Add a large diced white onion, a sliced leek, and chopped carrot and sweat for 2-3 minutes. Add enough cold water to cover the vegetables and turn up the heat to high. Add some finely chopped garlic, one stick of chopped celery, several chopped tomatoes, 1 tsp dried parsley, half a tsp of black pepper, half a tsp salt, 1 tsp dried fennel, a sprig of fresh or 1 tsp dried rosemary.

Stir well, bring to the boil, cover, then reduce to a simmer for 25 minutes. Pour the stock through a sieve. Discard the vegetable pieces or re-use. The liquid stock can be stored in the fridge for up to three days or frozen in batches for future use.

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.

Perfect boiled rice: Bring a saucepan of lightly salted water to the boil. Reduce to a simmer then add the rice. Give a quick stir and then do not stir again (unless the rice sticks to the base of the pan). Check cooking times on packet – white rice generally cooks in less time than wholegrain. Top up with boiling water whilst cooking if necessary. Drain and leave to stand for several minutes before serving.

Berry compote: Place 300g cherries, blackberries, blueberries or raspberries in a saucepan. Add 20g honey and 10g stevia (or use a sweetener of your choice). Heat gently for 5 minutes, stirring often. Cover and simmer for 10 minutes. Remove from heat and leave to stand for 10 minutes before serving.

Mashed potato: Bring a saucepan of water to the boil. Reduce to a simmer and add peeled, diced potatoes. Cook for 7-10 minutes, until potatoes are soft. Drain and transfer into a bowl. Mash well until all lumps are removed.

Potato wedges: Preheat oven to 180°C/360°F. Peel the potatoes and cut into wedges. Bring a saucepan of lightly salted water to the boil, reduce to a simmer and carefully add the wedges. Simmer for 3-4 minutes, then drain carefully.

Drizzle 3 tps of organic coconut oil or olive oil over a baking tray. Place in the oven for several minutes to heat the oil. Place the wedges on the tray and add a drop more oil over the wedges. Season with salt and pepper.

For spicy wedges, add a sprinkle of paprika and chilli flakes.

Cook for 30 minutes, then remove from oven and turn the wedges. Cook for a further 15 minutes, or until the wedges are golden.

Poached egg (the simplest method ever!): Bring a small pan of water to the boil (just a couple of inches depth of water is fine). Reduce the heat to a very gentle simmer and carefully add the eggs, taking care not to break the yolk.

No need to stir the egg. Poach for 2 minutes (for a runny yolk) or up to 4 minutes for a well poached egg.

CHOCOLATE MINT SHAKE

1 ripe banana
2 ice cubes
200ml unsweetened almond milk
(or milk of your choice)
1 tbsp organic cocoa powder
a drop of peppermint extract
20g chocolate or chocolate mint
flavoured whey or rice protein
powder

SERVES 1



Put all of the ingredients into a blender.

Pulse until smooth. Top up with cold water if necessary, until you have the desired consistency.

Consume immediately.

READY IN
5
MINUTES



PER SERVING:

244 Calories

33g Carbs

19g Protein

4g Fat

NUTTY BANANA SMOOTHIE



- 1 ripe banana
- 400ml unsweetened almond milk (or milk of your choice)
- 30g vanilla flavoured whey or rice protein powder
- 1 tbsp ground almonds
- 1 tbsp nut butter (of your choice)

SERVES 2

Put all of the ingredients into a blender.

Pulse until smooth. Top up with cold water if necessary, until you have the desired consistency.

Consume immediately.

READY IN
5
MINUTES



PER SERVING:

230 Calories

19g Carbs

16g Protein

10g Fat

CHERRY, CHOCOLATE & CHIA SMOOTHIE



100g frozen cherries
8g ground almonds
½ tsp organic cocoa powder
1 tsp chocolate or vanilla extract
20g chocolate flavoured whey or rice protein powder
4g chia seeds
60ml unsweetened almond milk
50g low fat quark
3 icecubes

SERVES 1

Put all of the ingredients into a blender.

Pulse until smooth. Top up with cold water if necessary, until you have the desired consistency.

Consume immediately.



READY IN
5
MINUTES

PER SERVING:

214 Calories

16g Carbs

24g Protein

6g Fat

COFFEE CHIA SMOOTHIE



- 50ml unsweetened almond milk
- 1 small ripe banana
- 20ml strong black coffee (use decaf if preferred)
- 1 tps chia seeds
- 10g vanilla flavoured whey or rice protein powder
- ½ tsp ground almonds
- 1 icecube

Put everything into a blender and pulse until smooth. Add more almond milk if necessary, until you have the desired consistency.

Consume immediately.

READY IN
5
MINUTES

SERVES 1



PER SERVING:

197 Calories

26g Carbs

12g Protein

5g Fat

STRAWBERRY SUPER SHAKE



400ml unsweetened almond milk
100g strawberries
1 small banana
7g chia seeds
drop of vanilla extract
25g vanilla or strawberry flavoured
whey or rice protein powder

SERVES 2

Put everything into a blender and pulse until smooth. Add more almond milk if necessary, until you have the desired consistency.

Consume immediately.

READY IN
5
MINUTES



PER SERVING:

185 Calories

22g Carbs

13g Protein

5g Fat

'MILKY BAR' PROTEIN SHAKE



100ml unsweetened almond milk
15g vanilla flavoured whey or rice
protein powder
1 tsp vanilla extract
10g ground almonds
50g low fat quark
2 icecubes

SERVES 1

Put all of the ingredients into a blender.

Pulse until smooth. Top up with cold water if necessary, until you have the desired consistency.

Consume immediately.



READY IN
5
MINUTES



PER SERVING:

172 Calories

5g Carbs

20g Protein

8g Fat

GOOD MORNING PROTEIN SHAKE



- 125ml strong black coffee (use decaf if preferred) or water
- 30g baby leaf spinach
- 2 tsps organic cocoa powder
- 70g plain yoghurt
- 25g chocolate or vanilla flavoured rice or whey protein powder
- 12g nut butter, any variety
- ¼ tsp cinnamon
- ¼ tsp ginger
- ¼ tsp grated nutmeg
- 2 tsps ground almonds
- 1 tsp chia seeds
- 4 icecubes

Put everything into a blender (coffee first so that the blender doesn't jam) and pulse until smooth.

Consume immediately.

SERVES 1



PER SERVING:

328 Calories

12g Carbs

34g Protein

16g Fat

CINNAMON SPICE SMOOTHIE



150ml unsweetened almond milk
or cold fresh water
25g cinnamon or vanilla flavoured
whey or rice protein powder
30g organic oats (use gluten free
oats if preferred)
75g frozen mixed berries
1 tsp ground cinnamon

Put everything into a blender and pulse until smooth. Add more water/almond milk if necessary, until you have the desired consistency.

Consume immediately.

SERVES 1



READY IN
5
MINUTES

PER SERVING:

221 Calories

20g Carbs

24g Protein

5g Fat

CHOCOLATE, MINT & BERRY BLAST

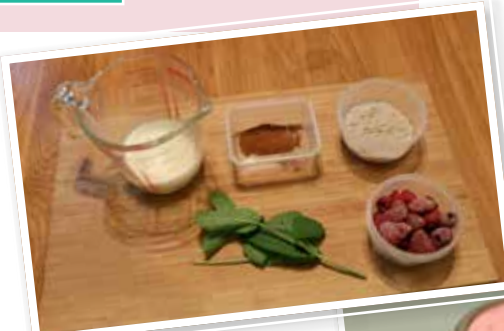


200ml whole milk / almond milk
30g chocolate flavoured whey or
rice protein powder
75g frozen raspberries
3-5 fresh mint leaves
1½ tsps organic cocoa powder
½ tsp vanilla extract

Put everything into a blender and pulse
until smooth.

Consume immediately.

SERVES 1



PER SERVING:

278 Calories

15g Carbs

32g Protein

10g Fat

CREAMY BLUEBERRY PROTEIN SMOOTHIE



100g low fat plain yoghurt
50g fresh or frozen blueberries
20g vanilla flavoured whey or rice protein powder
2 icecubes
200ml unsweetened almond milk

Put everything into a blender and pulse until smooth. Add more almond milk if necessary, until you have the desired consistency - this one tastes great extra thick!

Consume immediately.

SERVES 1



PER SERVING:

191 Calories

18g Carbs

23g Protein

3g Fat

AVOCADO 'NUTELLA'



30g organic coconut oil
90g dark chocolate (70% cocoa minimum)
50g raspberries
4 tsps organic cocoa powder
30g acacia honey
30g smooth or crunchy nut butter (reduced salt and sugar)
2 tsps vanilla extract
2 ripe avocados, mashed or blended until smooth
25g vanilla or chocolate flavoured whey or rice protein powder

SERVES 6



Put the oil and 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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and oil slowly, stirring regularly. Remove from heat.

Pour the raspberries into a fine sieve and position over a large bowl.

Using the back of a wooden spoon, press the raspberries gently, to extract the juices.

Discard the raspberry seeds.

Add the raspberry juice and all of the remaining ingredients to the melted chocolate and stir thoroughly into a smooth paste.

Divide into 6 small pots and refrigerate until ready to serve.

Refrigerate in an airtight container for up to 3 days.

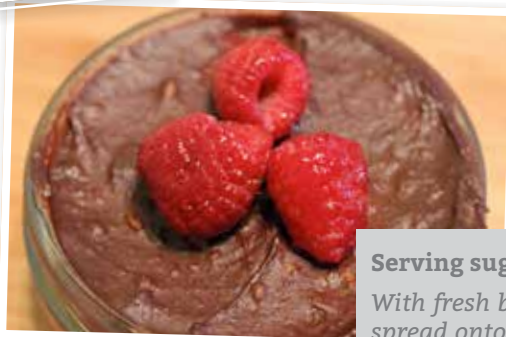
PER SERVING:

281 Calories

15g Carbs

8g Protein

21g Fat



Serving suggestion:

With fresh berries or spread onto oatcakes.

BLUEBERRY PROTEIN MUFFINS



small amount of organic coconut
oil to grease tin
200g blueberries
75g low fat quark
3 egg whites
1 tsp vanilla extract
3g baking soda
75g vanilla or banana flavoured
whey or rice protein powder
10g stevia (or use sweetener of
your choice)
100g oatbran
2 tsps ground cinnamon

MAKES 7 MUFFINS



Preheat oven to 180°C/350°F.

Grease 7 muffin tin compartments with coconut oil.

Mash the berries thoroughly in a bowl.

Stir in the quark, egg whites and vanilla extract and mix well until thoroughly combined.

In a separate bowl, mix the remaining ingredients together.

Pour the wet mixture into the dry mixture and mix thoroughly to combine.

Spoon the mixture into 7 of the muffin tin compartments.

Bake in the oven for 15 minutes or until golden brown and spring back to the touch.

Remove muffins from the tin and allow to cool on a wire rack.

Once cooled, these can be stored in an airtight container for up to 3 days.

PER MUFFIN:

118 Calories

11g Carbs

14g Protein

2g Fat



BERRY PROTEIN FRUIT PUDDING



100g dark sweet cherries
250g blackberries
75g low fat quark
3 egg whites
10g stevia (or use sweetener of your choice)
1 tsp vanilla extract
75g raspberry or vanilla flavoured whey or rice protein powder
2g baking soda
100g oatbran
2 tsps ground cinnamon

SERVES 4

Tip:

Blueberries are a good alternative to cherries if you wanted to reduce the carbs more.



PER SERVING:

227 Calories

27g Carbs

23g Protein

3g Fat

Preheat oven to 150°C/300°F.

In a large bowl, mash up 25g of the cherries and 25g of the blackberries.

Add the quark, egg whites and stevia and mix well.

In a separate bowl combine all of the remaining ingredients, then add to the wet mixture and mix well.

Pour the remaining berries into an ovenproof dish. Top with the mixture and bake for 25-30 minutes until the topping is golden brown and springs back to the touch.

Leave to cool for 15 minutes before serving.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



CHOC COCONUT OATMEAL BISCUITS



60g oatmeal
60g oat bran
80ml cold water
50g crunchy peanut butter /
almond butter (reduced salt and
sugar)
15g stevia (or use sweetener of
your choice)
2 tsps honey
3 tsps organic cocoa powder

MAKES 10 BISCUITS

Feeling hungry?:

*Spread a thin layer of organic
coconut oil over the oatcakes,
followed by a layer of nut butter.*

Who's hungry now?

Preheat oven to 180°C/360°F.

In a bowl, mix together the oatmeal
and oat bran. Add the water and
combine thoroughly.

Mix in the nut butter, stevia, honey and
cocoa powder until well combined.

Using your hands, roll the mixture into
10 balls.

If the mixture is a little sticky, sprinkle a
light dusting of oatmeal onto a wooden
board and lightly coat each ball.

Gently press the balls into discs –
around 5mm thick.

Line a baking tray with parchment paper
and place the biscuits on the tray. Bake
for 20 - 25 minutes until the biscuits
are firm.

Allow to cool on the tray for 5 minutes,
then transfer to a wire rack to cool
completely.

*Store in an airtight container at room
temperature for up to 4 days.*



PER BISCUIT:

84 Calories

9g Carbs

3g Protein

4g Fat



CHEWY BANANA & DATE FLAPJACKS



35g organic maple syrup
85g organic butter
40g organic coconut oil
75g pitted dates, finely chopped
80g ripe banana
30g banana or vanilla flavoured whey or rice protein powder
20g organic coconut flour
100g organic oats (use gluten free if preferred)
10g ground flaxseed
40g ground almonds

MAKES 12 FLAPJACKS

Preheat oven to 180°C/360°F.

Line a baking tray with parchment paper.

Gently melt the maple syrup, butter and coconut oil in a saucepan. Allow to cool.

Pour the mixture into a blender. Add the dates and banana and pulse into a smooth paste.

Transfer to a large bowl and add all the remaining ingredients. Stir well until combined.

Spoon the mixture onto the baking tray and flatten with a spoon, shaping into a rectangle.

Bake for 25 minutes or until golden brown.

Allow to cool for 5 minutes, then cut into 12 pieces. Remove from tray when cool.

Store in an airtight container at room temperature for up to 4 days.



PER FLAPJACK:

176 Calories

13g Carbs

4g Protein

12g Fat



SWEET CINNAMON PLANTAIN



- 10g organic coconut oil
- 1 large plantain, peeled and sliced finely
- 1 tsp vanilla extract
- sprinkle of ground cinnamon
- sprinkle of stevia (or use sweetener of your choice)

SERVES 2

Melt the oil in a large frying pan over a gentle heat.

Add the plantain, ensuring that none of the slices are overlapping.

Cook for 8-10 minutes, turning every few minutes.

When golden, remove from heat and pour over the vanilla extract.

Stir the plantain then transfer to a serving plate.

Sprinkle over the cinnamon and stevia.

Enjoy warm or cold.

Store in an airtight container at room temperature for up to 2 days.



PER SERVING:

182 Calories

31g Carbs

1g Protein

6g Fat

COCONUT & LIME BAKED CHEESECAKE



For the base:

- 25g melted organic coconut oil
- 3 tsps coconut sugar (or use a sweetener of your choice)
- 1½ tsp ground cinnamon
- 25g organic oats (use gluten free if preferred)
- 35g ground almonds
- 8g ground flaxseed
- 8g psyllium husk powder
- 2 tsps lime juice
- 25ml unsweetened almond milk

For the filling:

- 180g cream cheese extra light
- 330g low fat quark
- 2 tsps coconut sugar (or use a sweetener of your choice)
- 2 medium sized free range eggs
- 2 egg whites
- 75ml light coconut milk
- zest of 1 lime, grated finely
- 1 tsp vanilla extract
- 50g vanilla flavoured whey or rice protein powder
- juice of 2 limes

For the topping:

- 35g low fat quark
- 35g full fat coconut cream
- 1½ tsps organic desiccated coconut
- 2 tsps stevia (or use a sweetener of your choice)
- 20ml unsweetened almond milk

SERVES 6



PER SERVING:

292 Calories

14g Carbs

23g Protein

16g Fat

>>>> *Recipe method on next page*



Preheat oven to 180°C/360°F.

Line the base of a 4x8" inch loaf tin with greaseproof paper. Lightly grease the sides of the tin with a small amount of coconut oil.

In a large bowl, combine all the base ingredients. Press gently into the bottom of the cake tin.

In a large bowl, whisk the cream cheese and quark until smooth. Stir in the coconut sugar.

Mix together the eggs and egg whites and add them a bit at a time to the cream cheese mixture until thoroughly combined.

Add the coconut milk. Stir in the lime zest, vanilla extract, protein powder and lime juice.

Pour the mixture into the cake tin and bake for one hour.

Remove from oven and leave in the tin to cool.

For the topping, blend all ingredients together until thick and creamy.

Refrigerate for 30 minutes. If the topping thickens too much add a splash of almond milk and mix well.

Transfer the cheesecake to a plate, add the topping and refrigerate until ready to serve.

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

PROTEIN NUT FREEZER BARS



20g ground almonds
20g ground hazelnuts
60g chocolate flavoured whey or
rice protein powder
30g almond butter
30g ground flaxseed
1 tbsp ground cinnamon
30g organic dark chocolate
(minimum 70% cocoa)
1 tsp chopped hazelnuts for
topping (optional)

SERVES 6



PER SERVING:

176 Calories

5g Carbs

12g Protein

12g Fat

Mix all of the ingredients in a bowl, except for the dark chocolate and chopped hazelnuts. Gradually add small amounts of cold water and mix well until the mixture forms the consistency of a thick paste.

Cover two baking trays with greaseproof paper. Spoon the mixture in a long thick line onto each tray.

Bring the greaseproof paper up and around the long sides of the mixture, to help it keep its shape. Use several pegs to clip the baking paper together over the bars.

Freeze for 20 minutes or until the bars are firm.

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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and slowly, stirring regularly. Remove from heat.

Remove the bars from the freezer. Unclip the pegs, and slowly peel away the greaseproof paper. Cover the bars with melted chocolate and sprinkle with the hazelnuts, if using.

These bars can be kept in the fridge for up to 3 days or frozen until needed. If freezing, allow 15 minutes to thaw before consuming.

PROTEIN MOCHA ANGEL WHIP



300ml unsweetened almond milk
30g chocolate flavoured whey
or rice protein powder
½ tsp xantham gum
190g low fat quark
1 tsp coffee granules (decaf or
caffeinated)

To serve:

200g mixed berries or raspberries
10g dark chocolate (minimum 70%
cocoa), grated

SERVES 3

Put half of the almond milk, plus the protein powder, xantham gum, quark and coffee granules in a large bowl and whisk.

Slowly, whisk in the remaining almond milk.

Spoon the berries into dessert bowls. Top with the protein mixture. Chill for at least 30 minutes.

Sprinkle over the grated chocolate and serve with berries.

Refrigerate for up to 3 days.



PER SERVING:

127 Calories

10g Carbs

15g Protein

3g Fat

RASPBERRY CHOC PROTEIN CUPCAKES



small amount of organic coconut
oil to grease tin
200g raspberries
75g low fat quark
3 egg whites
1 tsp vanilla extract
2g baking soda
85g chocolate or raspberry
flavoured whey or rice protein
powder
15g stevia (or use sweetener of
your choice)
100g oatbran
2 tsps ground cinnamon
20g dark chocolate (minimum 70%
cocoa), finely chopped or grated

MAKES 8 CUPCAKES

Preheat oven to 180°C/360°F.

Grease 7 muffin tin compartments with
coconut oil.

Mash the raspberries thoroughly in a
bowl.

Stir in the quark, egg whites and vanilla
extract and mix well until thoroughly
combined.

In a separate bowl, mix the dry
ingredients together.

Pour the wet mixture into the dry
mixture and mix thoroughly to combine.
Spoon into 8 of the muffin tin
compartments.

Bake in the oven for 20-30 minutes
until they spring back to the touch.

Remove muffins from the tin and allow
to cool on a wire rack.

*Once cooled, these can be stored in an
airtight container for up to 3 days.*



PER CUPCAKE:

132 Calories

12g Carbs

12g Protein

4g Fat

CHEWY CHOC PROTEIN BARS



30ml unsweetened almond milk
25g chocolate flavoured whey or
rice protein powder
35g crunchy peanut butter /
nut butter of choice (reduced
salt and sugar)
25g organic oats (use gluten free if
preferred)
15g organic sultanas
5g roasted mixed nuts
2 tsps ground almonds or
deshiccated coconut

SERVES 2

Mix the almond milk and protein powder in a bowl.

Mix in the remaining ingredients, except for the ground almonds / coconut.

Sprinkle the almonds / coconut onto a plate. Form the mixture into a bar, then roll in the almonds / coconut, coating evenly. Cut in half and share!

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



READY IN
5
MINUTES



PER SERVING:

231 Calories

17g Carbs

16g Protein

11g Fat

RASPBERRY DREAM PROTEIN BARS



20g freeze dried raspberries
or small handful frozen
raspberries, chopped finely
60g vanilla flavoured whey or rice
protein powder
30g coconut flour
15g stevia (or use a sweetener of
your choice
90g dried figs, chopped very finely
60ml unsweetened almond milk
1 tsp vanilla extract
25g chopped roasted hazelnuts
40g white chocolate (no sugar
added)

MAKES 6 BARS

Line a large plate with baking paper.

Put the raspberries in a large bowl and add the protein powder, flour, stevia and figs. Mix well.

Add the almond milk and vanilla essence and mix together with your hands to form a thick paste. Divide the mixture into 6 and form into discs. or bars. Roll in the hazelnuts, covering evenly.

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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat and leave to stand for 5 minutes.

Drizzle the chocolate finely over the bars in thin lines or cover the bar completely. Refrigerate for 30 minutes or until the chocolate has set.

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



PER BAR:

170 Calories

19g Carbs

10g Protein

6g Fat

BEETROOT, RASPBERRY & CHOCOLATE CAKE



small amount of organic butter or coconut oil to grease tin
125g dark chocolate (minimum 70% cocoa)
3 tbsps organic butter
300g cooked beetroot
4 medium sized free range eggs
3 tbsps acacia honey
15g organic coconut flour (or use a gluten free flour of your choice)
30g organic cocoa powder
1 tsp vanilla extract
1 tsp baking powder
pinch of sea salt
20g organic desiccated coconut
125g ground almonds
60g raspberries
10g chopped nuts, to decorate
15g dark chocolate to decorate (minimum 70% cocoa)

>>>> *Recipe method on next page*



SERVES 10

PER SERVING:

277 Calories

13g Carbs

9g Protein

21g Fat





Preheat oven to 180°C/360°F.

Line the base of a 9" cake tin with greaseproof paper. Grease the sides with a small amount of butter or coconut oil.

Put the chocolate and butter 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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and butter slowly, stirring frequently. Remove from heat.

Blend the beetroot, eggs, honey, flour, cocoa powder, vanilla extract, baking powder, salt and desiccated coconut and mix for 2 minutes.

Add the ground almonds and blend to combine.

Add the melted chocolate and butter and blend for around 10 seconds until combined.

Finally, stir in the raspberries.

Pour the mixture into the cake tin. Cook for 35-40 minutes.

To test if the cake is cooked, insert a skewer into the centre of the cake. If the skewer comes out clean, it is cooked.

Remove from oven and carefully remove from the tin and transfer to a wire rack to cool.

To decorate, melt the extra dark chocolate using the same method as before. Spoon the chocolate onto the top of the cake and spread evenly.

Sprinkle on the chopped nuts before the chocolate has set.

Once cooled, store in an airtight container for up to 4 days.

BANAN AU CHOCOLAT



small amount of organic coconut oil to grease tin
40g dark chocolate (minimum 70% cocoa)
3 medium sized ripe bananas
75g low fat quark
3 egg whites
2g baking soda
75g vanilla or banana flavoured whey or rice protein powder
12g stevia (or use sweetener of your choice)
100g oatbran
2 tsps ground cinnamon

SERVES 7

Preheat oven to 180°C/360°F.

Grease a loaf tin with coconut oil and line the base with baking paper.

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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and slowly, stirring regularly. Remove from heat.

>>>> Continued on next page



PER SERVING:

188 Calories

24g Carbs

14g Protein

4g Fat

Mash two of the bananas thoroughly in a bowl. Stir in the quark and egg whites and mix well until thoroughly combined.

In a separate bowl, mix the baking soda, protein powder, stevia, oat bran and cinnamon together.

Pour the wet mixture into the dry mixture and mix thoroughly to combine.

Spoon half of the mixture into the loaf tin, ensuring the base is covered.

Slice the remaining banana finely, and place over the mixture in the loaf tin, covering the mixture as thoroughly as possible.

Pour on the chocolate evenly over the banana, taking care not to pour it too

close to the sides of the tin (as this will cause the chocolate to burn when baking).

Spoon on the remaining mixture, covering the chocolate to seal it in.

Bake in the oven for 25 - 35 minutes until golden brown and springs back to the touch.

Allow to stand for several minutes, then remove loaf from the tin and allow to cool on a wire rack.

Once cooled, cut into 7 slices. Enjoy warm or cold. Store in an airtight container for up to 3 days.



CHOCOLATE MINT CHEESECAKE



For the base:

- 30g crunchy peanut butter or almond butter (reduced salt and sugar)
- 70g organic oats (use gluten free if preferred)
- 35g ground almonds
- 10g acacia honey
- 15g stevia (or sweetener of your choice)
- 10g dark chocolate (minimum 70% cocoa), finely chopped
- 20g organic butter, melted
- 2 tbsps almond milk

For the filling:

- 50g dark chocolate (minimum 70% cocoa)
- 250g low fat cream cheese
- 250g low fat quark
- 4 medium sized free range eggs
- 1½ tsps peppermint essence
- 50g chocolate mint or chocolate flavoured whey or rice protein
- 1 tbsp organic cocoa powder
- 1 sheet gelatine, dissolved in 30ml boiling water

For the topping:

- 20g dark chocolate (minimum 70% cocoa)
- 20g chopped nuts or flaked almonds

SERVES 8

>>>> *Recipe method on next page*



PER SERVING:

264 Calories

12g Carbs

18g Protein

16g Fat



Preheat oven to 160°C/320°F.

Line the base of a 20cm tin with greaseproof paper and lightly grease the sides with a small amount of butter or oil.

In a large bowl, combine all of the base ingredients. Press gently into the base of the tin.

Bake in the oven for 10 minutes, then leave to cool.

Meanwhile to make the filling, put the dark 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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Pour the chocolate into a large bowl, along with all of the other 'filling' ingredients.

Whisk together using an electric hand mixer, until thoroughly combined.

Pour the mixture into the cake tin.

Bake for 35-40 minutes. The centre of the cheesecake should still be quite soft, so that when it sets it does not become dry.

Allow to cool in the tin, then carefully remove from the tin and transfer to a plate.

For the topping:

Melt the dark chocolate (using the same method as before) and drizzle over the cheesecake. Sprinkle over the nuts.

Refrigerate until ready to serve.

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

RASPBERRY & WHITE CHOCOLATE MOUSSE



200ml unsweetened almond milk
1 sheet gelatine
20g ground almonds
80g low fat quark
20g white chocolate (no added sugar)
8g stevia (or use a sweetener of your choice)
30g freeze dried or fresh raspberries
50g vanilla flavoured whey or rice protein powder
handful fresh raspberries to serve (optional)

SERVES 2

In a saucepan, heat the almond milk and reduce to a gentle simmer.

Add the gelatine and stir until dissolved.

Stir in the almonds and remove from the heat.

Keep stirring until mixed in thoroughly (around 1-2 minutes).

Add the quark, chocolate and stevia and whisk until thoroughly combined and there are no lumps in the mixture.

Stir in the raspberries.

Whisk in the protein powder and mix well, removing all lumps.

Pour into 2 serving dishes and leave to cool. Refrigerate until set.

Serve topped with fresh raspberries.

Refrigerate for up to 3 days.



PER SERVING:

279 Calories

12g Carbs

33g Protein

11g Fat

CHOCCA MOCHA MOUSSE



225ml cold water
1 sheet gelatine
20g nut butter of your choice
(reduced salt and sugar)
30g chocolate flavoured whey or
rice protein powder
20g organic cocoa powder
3g coffee granules (caffeinated
or decaf)
13g stevia (or use sweetener of
your choice)
80g low fat quark

SERVES 2

In a saucepan, bring the water to the boil, then reduce to a simmer.

Add the gelatine and stir until dissolved.

Remove pan from heat and stir in the nut butter. Keep stirring until mixed in thoroughly (around 1-2 minutes).

Add the protein powder, cocoa powder, coffee granules and stevia and whisk until thoroughly combined and there are no lumps in the mixture.

Finally, whisk in the quark and mix well.

Pour into 2 serving dishes and leave to cool. Refrigerate until set.

Refrigerate for up to 3 days.



PER SERVING:

193 Calories

5g Carbs

23g Protein

9g Fat

WHITE CHOCOLATE COATED POPCORN



50g popping corn
7g organic coconut oil
100g white chocolate (no added sugar)

SERVES 3

Melt the oil over a medium / high heat in a large saucepan.

Add the popping corn and cover.

When the corn starts to pop, shake the pan gently from to side to side over the heat, to prevent burning.

When most of the corn has popped remove saucepan from heat. You will probably find there are a few that remain unpopped.

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.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Add the popcorn to the chocolate and mix well to obtain an even coating.

Refrigerate for 10 minutes to set the chocolate.

Refrigerate and consume on the same day.



PER SERVING:

226 Calories

12g Carbs

4g Protein

18g Fat

SQUIDGY GINGER BISCUITS



120g organic butter
50g stevia (or use sweetener of your choice)
75g honey
½ tsp baking powder
¼ tsp sea salt
1 medium sized free range egg
150g spelt flour (use a gluten free flour if preferred)
100g stem ginger, chopped finely

MAKES 20 BISCUITS

Preheat oven to 190°C/375°F.

Line two baking trays with greaseproof paper.

Melt the butter in a saucepan over a gentle heat.

Add the stevia, honey, baking powder and salt. Stir well.

Remove from heat and leave to stand for 2-3 minutes.

Add the egg to the mixture and stir in quickly, so that it doesn't cook.

Sift in the flour and mix well, then add the stem ginger.

Spoon the mixture into 20 circles onto the baking trays.

Bake for 10-15 minutes, until golden.

Allow to cool on a wire rack.

Store in an airtight container for up to 4 days.



PER BISCUIT:

130 Calories

17g Carbs

2g Protein

6g Fat

CHOC NUT BUTTER CUPS



20g organic coconut oil
100g dark chocolate (minimum 70% cocoa)
40ml light coconut milk (use the liquid part not the solid)
75g nut butter (reduced salt and sugar)
1 small ripe banana, mashed
1 tsp desiccated coconut (optional)

MAKES 8 CUPS

Put the coconut oil and 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.

Place the heatproof bowl containing the chocolate into the shallow dish of water.

Melt the chocolate and oil slowly, stirring regularly. Remove from heat.

Stir in the coconut milk.

Put 2 mini cake cases into 8 compartments of a mini cake tray (doubling up the cases makes them more robust).

Spoon in a small amount of chocolate mixture into the base of each case and then cover the sides of the cases to form a well.

Refrigerate for 5 minutes until set.

Spoon in a small amount of nut butter into each well of chocolate. Top with a thin layer of banana.

Cover the banana completely with a layer of chocolate.

Freeze for 20 minutes or until ready to serve.

Store in an airtight container, freeze and consume within 1 week.



PER CUP:

178 Calories

11g Carbs

2g Protein

14g Fat



DARK & WHITE CHOC BROWNIES



- 15g dark chocolate (minimum 70% cocoa), finely chopped
- 15g white chocolate (no sugar added), finely chopped
- small amount of oil or organic butter to grease loaf tin
- 45g oat bran
- 30g coconut flour
- 15g stevia (or sweetener of your choice)
- 75g chocolate or vanilla flavoured whey or rice protein powder
- 35g organic cocoa powder
- 1 medium sized free range egg
- 3 egg whites
- 160ml unsweetened almond milk
- 35g crunchy peanut / almond butter (no sugar added)

>>>> *Recipe method on next page*



SERVES 6



PER SERVING:

201 Calories

12g Carbs

18g Protein

9g Fat



Preheat oven to 170°C/350°F.

Put the white and dark 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.

Place the heatproof bowl containing the chocolate into the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Lightly grease a medium sized loaf tin and line the base with baking paper.

Mix the oat bran, flour, stevia, protein powder and cocoa powder in a large bowl.

In a separate bowl whisk the egg and whites for 30 seconds.

Stir the almond milk and nut butter into the eggs until well combined.

Mix the wet and dry mixture together until well combined.

Stir in the melted chocolate.

Pour mixture into the loaf tin and shape into a rectangle.

Bake for 30 minutes, or until the brownie springs back to the touch.

Insert a skewer into the centre to test if it's cooked – it will come out clean if it is.

Remove from tin and place on a wire rack to cool.

Store in an airtight container for up to 4 days.

STICKY CHOCOLATE PROTEIN BITES



10g ground almonds
50g chocolate flavoured whey or rice protein powder
20g organic raisins, chopped up into small pieces
7g organic cocoa powder
15g omega sprinkle (flaxseed, linseed, sunflower, sesame seeds)
40g buckwheat flakes, pre-soaked overnight in cold water
30g crunchy peanut / almond butter (reduced salt and sugar)

SERVES 4

Mix the almonds, protein powder, raisins, cocoa powder and omega sprinkle thoroughly in a large bowl.

Drain the buckwheat flakes, pressing gently to remove excess water.

Stir the buckwheat into the dry mixture, then using a fork, mash thoroughly until well combined.

Mash the nut butter into the mixture until well combined.

Shape the mixture into a rectangular block and refrigerate for at least 2 hours.

Cut into 4 slices.

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

PRE-SOAKING
REQUIRED



PER SERVING:

221 Calories

19g Carbs

16g Protein

9g Fat

FIGGY BAKED BISCUITS



- 100g bramley apple, peeled and sliced
- 70g organic oats, ground (use gluten free oats if preferred)
- 50g ground almonds
- 75g ground flaxseed
- 40g chia seeds, ground
- ½ tsp salt
- 1 tsp baking soda
- 3 tbsps organic coconut oil, melted
- 2 tbsps acacia honey
- 2 tsps vanilla extract
- 90g dried figs, finely chopped
- juice of half a lemon
- 2 tbsps chocolate or vanilla flavoured whey or rice protein powder
- ½ tsp ground ginger

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water, then transfer to a bowl and leave to cool.

Put the oats, almonds, flaxseed, chia seeds, salt and baking soda in a bowl and stir well.

In a separate bowl, mix together the coconut oil, honey, vanilla extract and apple.

Sieve the dry ingredients into the wet ingredients and mix well into a 'pastry'. Refrigerate for at least one hour.

>>>> *Continued on next page*

MAKES 14 BISCUITS



PER BISCUIT:

145 Calories

11g Carbs

5g Protein

8g Fat



Preheat oven to 180°C/350°F. Line a tray with baking paper.

Place the figs in a blender with the lemon juice, protein powder, ginger and a splash of cold fresh water. Blend well into a thick paste, add a drop more water if needed.

Divide the pastry into three pieces. Take one piece and roll it out into a long rectangle shape (around 5mm thickness).

Spoon one third of the blended fig mixture in a line along the long edge of the pastry (covering half the width of the pastry rectangle), fold over and seal the edges.

Transfer to the baking tray. Repeat this process twice with the remaining pastry and date mixture.

Cook in the oven for 15 minutes or until the pastry turns a golden brown. Transfer to a wire rack to cool.

Store in an airtight container for up to 3 days.

STICKY PUDDING



75g pitted prunes
80g organic raisins
2 tsps vanilla extract
100ml pure maple syrup or honey,
plus a heaped tbsp to serve
2 egg yolks
4 heaped tsps coconut flour,
sieved
5 tsps wholegrain spelt flour (use
gluten free flour if preferred)
½ tsp xantham gum
2 egg whites
3 tsps Greek yoghurt to serve
(use dairy-free yoghurt if preferred)

SERVES 4

Preheat oven to 180°C/350°F.

Grease 4 small pudding basins.

Put the prunes and raisins in a saucepan and add 175ml boiling water. Simmer over a medium heat for 5 minutes. Set aside to cool.

Place the prune mixture in a blender with the vanilla extract and half of the maple syrup/honey. Blitz until smooth. Transfer the mixture to a bowl. Beat in the egg yolks, flours and xantham gum.

In a clean bowl, whisk the egg whites until stiff. Gently fold into the prune mixture a bit at a time.

Spoon the remaining maple syrup into the base of each pudding basin. Spoon the pudding mixture into the 4 basins. Cover each basin tightly with foil then place in a deep roasting tin. Add enough hot water to cover the bottom half of the basins.

Bake for one hour.

Remove foil carefully and turn upside down onto plates. Serve with Greek yoghurt and a dash of maple syrup.

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

PER SERVING:

242 Calories

40g Carbs

7g Protein

6g Fat



O-MEGA OATS



45g oats (use gluten free if preferred)
140ml unsweetened almond milk
60g mixed berries (fresh or frozen)
40g low fat quark
1 tsp omega sprinkle (sunflower, pumpkin, sesame seeds, linseed)
4g chia seeds

SERVES 1

**READY IN
10
MINUTES**



Cook the oats and almond milk in a saucepan over a medium heat for 2 minutes.

Add a splash of cold water if required, to prevent the mixture from sticking to the base of the pan.

Add the berries and cook, stirring, for 3-4 minutes or until the oats are cooked through.

Pour into a serving bowl. Top with the quark, omega sprinkle and chia seeds.

Consume immediately.

If possible, presoak the oats overnight, as this makes it much easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings.



PER SERVING:

270 Calories

33g Carbs

10g Protein

12g Fat

BAKED MINI OMELETTES



8 slices unsmoked back bacon (use a vegetarian bacon if preferred*)
1 tsp ghee or organic butter
3 closed cup mushrooms, finely chopped
8 cherry tomatoes, halved
6 free range eggs
salt and pepper to season
¾ tsp paprika

MAKES 8 OMELETTES

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

Preheat oven to 200°C / 400°F.

Lightly grease 8 compartments of a muffin tin with oil or butter.

Line each compartment, base and sides, with a slice of bacon. Use scissors to cut the bacon slices to the right size.

Melt the ghee or butter in a non stick frying pan and sauté the mushrooms for 3-4 minutes over a gentle heat, stirring occasionally.

Add the tomatoes and sauté for 2 minutes. Remove pan from heat. Divide the mushrooms amongst the 8 muffin tin compartments.

Mix the eggs together in a jug. Season with a small amount of salt (the bacon will add extra saltiness), pepper and paprika. Mix well.

Divide the egg mixture amongst the 8 compartments. Add 2 tomato halves to each of the compartments. Bake for 15 minutes, or until the eggs are cooked.

Store in an airtight container and refrigerate for up to 2 days.



PER OMELETTE:

130 Calories

0g Carbs

10g Protein

10g Fat

Serving suggestion:

*Enjoy hot or cold.
Also makes a great snack.*

CRUNCHY FRUITY PROTEIN YOGHURT



200g natural plain yoghurt
20g vanilla or strawberry flavoured
whey or rice protein powder
100g strawberries and/or
mixed berries
5g omega sprinkle (sunflower,
pumpkin, sesame seeds, linseed)
3g chia seeds
2 tsps granola (optional), see our
Chunky Choc Granola recipe
1 tsp honey

SERVES 1

Place the yoghurt in a bowl and stir in
the protein powder, mixing thoroughly.

Add the remaining ingredients.

Consume immediately.

READY IN
5
MINUTES



PER SERVING:

309 Calories

30g Carbs

27g Protein

9g Fat

MUESLI MUFFINS



small amount of oil or butter to grease muffin tin
1 medium bramley apple, peeled and sliced
150g gluten free plain flour
50g ground almonds
1 tsp baking powder
pinch of salt
20g stevia (or use sweetener of your choice)
2 tbsps mixed nuts, chopped finely
30g organic oats (use gluten free if preferred)
40g organic raisins
½ teaspoon cinnamon
1 tbsp flaxseed
60ml unsweetened almond milk
2 large free range eggs
60g low fat quark
1 tsp vanilla essence
60g honey
10g organic oats to sprinkle on top of the muffins

Preheat oven to 170°C/350 F. Lightly grease 11 muffin tin compartments.

Bring a small saucepan of water to the boil. Reduce to a simmer and add the apple. Cook for 2-3 minutes until soft. Drain and leave to cool.

Sieve the flour into a large bowl and add all of the dry ingredients. Stir well.

In a separate bowl, mix together the apple, almond milk, eggs, quark, vanilla essence and honey. Add the dry ingredients and fold into the mixture until thoroughly combined.

Spoon the mixture into the muffin tin compartments. Sprinkle each muffin with the additional oats.

Bake for 25-30 minutes. Use a skewer to test the centre of the muffins. If it comes out clean, they are ready. Remove the muffins from the tray and leave to cool on a wire rack.

Store in an airtight container for up to 4 days.

MAKES 11 MUFFINS

PER MUFFIN:

144 Calories

23g Carbs

4g Protein

4g Fat



CHEWY BAKED BREAKFAST BARS



1 large ripe banana, mashed
80g organic oats (use gluten free if preferred)
60g organic raisins
25g chopped almonds
25g pumpkin seeds
45g almond butter
20g roasted chopped hazelnuts
1 tsp stevia (or use a sweetener of your choice)

SERVES 6

Preheat oven to 150°C/350°F.

Line a baking tray with baking paper.

Mix all of the ingredients together.

Spoon mixture onto the baking tray and shape into a square, around 1cm thick.

Bake for 20 minutes, then turn and bake for a further 10 minutes.

Leave to cool on tray then cut into 6 pieces.

Store in an airtight container for up to 3 days.



PER SERVING:

214 Calories

25g Carbs

6g Protein

10g Fat

SPINACH, EGG & HAM MUFFINS



small amount of oil or butter to grease muffin tin

1 tsp ghee or organic butter

40g closed cup mushrooms, chopped into small pieces

6 medium sized free range eggs

45ml unsweetened almond milk

20g wafer thin ham, cut into small pieces

small handful spinach leaves, chopped into small pieces

salt and pepper to season

45g low fat cheese, grated

MAKES 6 MUFFINS

Preheat oven to 170°C/350°F.

Grease 6 compartments of a muffin tin.

Melt the butter / ghee in a non stick frying pan over a medium heat. Gently sauté the mushrooms for 3-4 minutes, until soft. Remove pan from heat.

Whisk the eggs in a bowl, and mix in all of the remaining ingredients, except for the cheese and mushrooms.

Spoon the mushrooms into the base of the 6 muffin compartments, then add the egg mixture. Sprinkle the cheese over the top of each muffin.

Bake for 25-30 minutes, until the muffins spring back to the touch.

Remove from the tin and leave to cool for 5 minutes before serving.

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



PER MUFFIN:

112 Calories

1g Carbs

9g Protein

8g Fat

BANANA BREAD



small amount of oil or butter to grease loaf tin
3 ripe bananas
2 eggs
75g organic butter, melted
200g gluten free plain flour
40g oat bran
1½ tsps baking powder
pinch of salt
1 tsp ground cinnamon
20g stevia (or use a sweetener of your choice)

MAKES 11 SLICES

Serving suggestion:

A versatile, delicious bread which tastes great served warm out of the oven, or cold or toasted.

For an occasional breakfast treat, try our French Toast Recipe – recipe on next page.

Preheat oven to 180°C/360°F. Grease the insides of a medium sized loaf tin.

Mash the banana thoroughly in a bowl.

In a separate bowl, whisk together the eggs and stir in the melted butter. Add the banana and stir well.

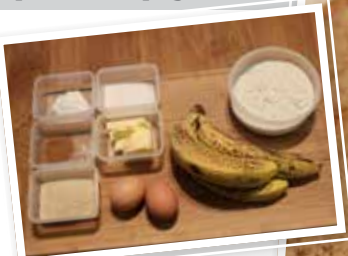
In a separate bowl, mix together the dry ingredients. Pour the wet mixture into the dry ingredients and mix together with an electric hand whisk.

Pour into the loaf tin and use a spatula to gently even out the mixture.

Bake for 30 minutes then reduce the oven temperature to 160°C/320°F and bake for 15-25 minutes, until the loaf is a rich golden colour.

Allow to stand for 5 minutes, then remove from tin and leave to cool on a wire rack.

Store in an airtight container for up to 3 days.



PER SLICE:

163 Calories

22g Carbs

3g Protein

7g Fat



FRENCH BANANA TOAST



80ml unsweetened almond milk
1 medium sized free range egg
1 egg white
½ tsp ground cinnamon
2 tps organic butter or ghee
4 slices banana bread, sliced thinly
(see recipe on previous page) or
use bread of choice

SERVES 2

In a bowl, whisk the almond milk, egg and egg white in a jug. Stir in the cinnamon.

Place the bread slices in the mixture for one minute, then turn and leave for one minute.

Melt the ghee / butter in a non stick frying pan. Move the pan around to cover the base evenly.

Using a slice, remove the bread from the egg mixture and carefully place them in the pan. Gently fry for 2 minutes then turn and cook for a further 2-3 minutes, until a golden colour.

Sprinkle over a pinch of cinnamon and serve.

Consume immediately.



PER SERVING:

418 Calories

44g Carbs

11g Protein

22g Fat

MUSHROOM CRÊPES



7g dried porcini mushrooms
2 medium sized free range eggs
60g organic oats (use gluten free if preferred)
120ml unsweetened almond milk
1 tsp potato flour
salt and pepper
2 tsps ghee or organic butter
1 garlic clove, chopped finely
70g closed cup mushrooms, chopped into small pieces
60g spinach leaves
80g ham, cut into small pieces
2 tbsps low fat cream cheese or low fat grated cheese

MAKES 3 CRÊPES

Grind the porcini mushrooms finely using a coffee grinder, or put them straight in the blender, with the eggs, oats, almond milk and potato flour.

Season with salt and pepper and blend into a smooth batter. The mixture should be thick but pourable. If the mixture is too thick add a drop of almond milk. If its too runny, add a few more oats.

PER CRÊPE:

218 Calories

18g Carbs

14g Protein

10g Fat



Melt half of the ghee or butter in a large non stick pan over a medium heat. Add the garlic and sauté gently for 2-3 minutes. Add the mushrooms and sauté for 3-4 minutes, until the mushrooms are soft. Remove from pan and set aside.

Steam the spinach gently in a pan of simmering water for 1-2 minutes. Remove from pan and drain. Pat gently to remove excess water and set aside.

Melt the remaining ghee or butter in the non stick pan over a medium heat. Pour one third of the crêpe 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 crepe, turn or flip it over and heat on the other side for 1-2 minutes. Transfer crêpe to a plate. Repeat the process with remaining batter until you have 3 crêpes.

Spoon the mushrooms, ham, cheese and spinach over one half of each crêpe and fold over.

Consume immediately.

READY IN
15
MINUTES



SPICED CRUMBLE



2 large bramley apples, peeled and sliced
seeds of 2 cardamom pods, ground
60g dried figs or prunes, chopped finely
40g honey
2 tsps ground cinnamon
70g organic oats (use gluten free if preferred)
30g ground almonds
2 tsps organic coconut oil

SERVES 4

Serving suggestion:

Serve warm or cold with a dollop of Greek yoghurt.

Preheat oven to 160°C/320°F.

Bring a small saucepan of water to the boil. Reduce to a simmer and add the apples. Cook for 2-3 minutes until soft. Drain and leave to cool.

Mash gently and stir in the cardamom seeds, prunes / figs, half of the honey and half of the cinnamon.

Mix the oats with the almonds.

Melt the coconut oil in a saucepan over a medium heat. Remove from heat and stir in the oats. Mix in the remaining cinnamon and honey.

Pour the apple mixture into 4 ramekins or one medium sized ovenproof dish. Top with the crumble mixture.

Bake for 45 minutes, or until the crumble is golden.

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



PER SERVING:

236 Calories

37g Carbs

4g Protein

8g Fat

PROTEIN POWER MUESLI



- 175ml unsweetened almond milk
- 20g vanilla flavoured whey or rice protein powder
- 40g jumbo oats (use gluten free if preferred)
- 10g omega sprinkle (sunflower, pumpkin, sesame seeds, linseed)
- 50g blackberries
- 5g chia seeds
- 10g dark chocolate (minimum 70% cocoa), roughly chopped
- 10g flaked almonds
- 50g fresh banana, sliced
- 10g organic sultanas

Place the almond milk and protein powder in a shaker or blender and mix thoroughly.

Pour into a bowl, and add all of the remaining ingredients.

Consume immediately.

READY IN
5
MINUTES

SERVES 1



PER SERVING:

534 Calories

55g Carbs

29g Protein

22g Fat

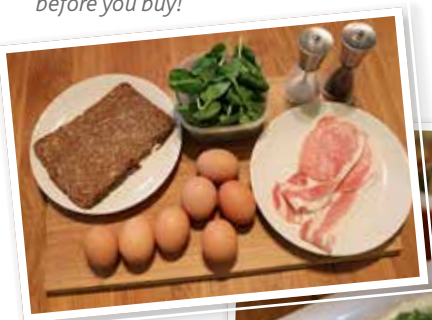
BAKED EGGS 'N BACON ON TOAST



1 tsp ghee or organic butter, plus a little extra to grease dish
2 rashers unsmoked back bacon or 30g ham (or use vegetarian bacon /ham*) cut into small pieces
6 small free range eggs
4 egg whites
salt and pepper to season
handful of spinach, finely chopped
2 slices yeast-free rye bread (or use a gluten free bread if preferred)
pinch of paprika

SERVES 2

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



PER SERVING:

445 Calories

31g Carbs

33g Protein

21g Fat

Preheat oven to 180°C/350°F.

Melt the ghee / butter in a non stick frying pan over a medium heat.

Add the bacon (if using) and fry until crispy. Remove from heat and set aside.

Crack 4 eggs into a jug and add the egg whites. Season with salt and pepper and whisk thoroughly. Stir in the spinach and ham (if using).

Oil the base of 2 small ovenproof dishes (each big enough to serve one person) with a small amount of ghee or butter. Place a slice of bread into the base of each.

Pour in the egg mixture. Bake for 25 minutes. Remove from oven and crack an egg onto each, taking care not to break the yolk.

Sprinkle a pinch of paprika over each egg and cook in the oven for a further 5-7 minutes until the egg is cooked.

Consume immediately.



FRAGRANT FIG, CARDAMOM & SAFFRON YOGHURT



200g low fat Greek yoghurt
seeds of 4-6 green cardamom
pods, ground
3 dried figs, sliced
8 almonds, chopped roughly
1 pinch saffron threads

SERVES 1

Place the yoghurt in a serving bowl.

Sprinkle on half of the ground
cardamom seeds and mix well.

Test the mixture and add more seeds
according to taste.

Sprinkle the sliced figs, almonds and
saffron over the yoghurt.

*Store in an airtight container and
refrigerate for up to 2 days.*

Did you know...

*Cardamom has a strong aroma
and flavour and taste. It has
medicinal properties, and is
particularly effective in aiding
digestion.*

*It is believed to be beneficial for
relieving the symptoms of asthma
and respiratory allergies**



READY IN
5
MINUTES

PER SERVING:

261 Calories

30g Carbs

24g Protein

5g Fat



** Statement not evaluated by the FDA*

FLOURLESS SWEET CRÊPES



- 60g organic oats (use gluten free oats if preferred)
- 1 ripe banana
- 1 tsp ground cinnamon
- 120ml unsweetened almond milk
- 2 medium sized free range eggs
- 1 tsp stevia (or use a sweetener of your choice)
- 4 tps organic coconut oil or butter

MAKES 4 CRÊPES

Serving suggestion:

With a berry compote (see method on Make Your Own page) and yoghurt. Also tastes great with spoonful of granola. See Chunky Choc Granola recipe.

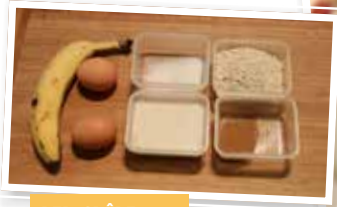
Put all of the ingredients except for the oil/butter into a blender and mix together. The mixture should be quite thick yet runny enough to pour. If the mixture is too thick add a drop of almond milk – or a few more oats if it's too runny.

Heat 1 tsp of the coconut oil or butter in a large non stick pan over a medium/high heat. Pour one quarter of the crêpe 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 crêpe, turn or flip it over and heat on the other side for 1-2 minutes. Transfer the crêpe to a plate. Add another tsp oil to the pan and repeat the process with the remaining batter.

Store in an airtight container and refrigerate for up to 2 days.

READY IN
10
MINUTES



PER CRÊPE:

164 Calories

18g Carbs

5g Protein

8g Fat



NUT HEAVEN PORRIDGE



50g organic oats (use gluten free oats if preferred)
150ml cold fresh water
2 tsps crunchy nut butter, any variety (no added sugar)
2 tbsps chocolate flavoured whey or rice protein powder

SERVES 1

Tip:

This high carb recipe makes a great post-workout breakfast.

If possible, presoak the oats overnight, as this makes it much easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings.

Mix the oats and water in a saucepan over a medium heat. Bring to the boil then reduce to a gentle simmer and stir constantly for several minutes until the porridge starts to thicken.

Add more water if the mixture looks too thick.

Stir in the nut butter.

Remove porridge from heat, then stir in the protein powder until thoroughly combined.

Consume immediately.

READY IN
10
MINUTES



PER SERVING:

338 Calories

34g Carbs

28g Protein

10g Fat

CHUNKY CHOC GRANOLA



6 tbsps organic coconut oil
35g unsweetened coconut flakes
180g organic jumbo oats (use gluten free oats if preferred)
100g buckwheat flakes
75g pumpkin seeds
100g pitted dates, chopped roughly
100g organic raisins
3 tbsps organic cocoa powder
2 tsps ground cinnamon
2 tsps ground ginger
25g chia seeds
8 tsps stevia (or use a sweetener of your choice)

SERVES 12

Serving suggestion:

With mixed berries, yoghurt and a drizzle of honey for breakfast or dessert.



PER SERVING Granola only:

356 Calories

34g Carbs

7g Protein

8g Fat

Preheat oven to 120°C/250°F.

Line 4 baking trays with baking paper.

Melt the oil in a saucepan over a medium heat.

Mix all of the other ingredients together in a large bowl.

Add the melted oil and stir in well. Use your hands to combine the ingredients thoroughly.

Divide the mixture onto the baking trays, evening the mixture out with your hands.

Bake for 45 minutes, turning the mixture every 15 minutes to ensure it bakes evenly and doesn't burn.

Leave to cool for one hour on the baking trays.

Store in an airtight container for up to one month.



PALEO PUMPKIN LOAF



small amount of oil or butter to grease loaf tin
4 medium sized free range eggs
50g coconut oil or organic butter
400g tinned pumpkin purée
1 large pinch salt
30g pumpkin seeds
1 tsp baking powder
230g ground almonds
2 tps ground cinnamon
2 tps stevia (or use a sweetener of your choice)

MAKES 10 SLICES

Preheat oven to 150°C/300°F.

Line the base of a large loaf tin (or 2 small loaf tins) with baking paper and grease the sides with a little oil or butter.

Mix the eggs, oil / butter and pumpkin purée together in a large bowl. Add the remaining ingredients and stir well until thoroughly combined.

Pour the mixture into the loaf tin and bake for 1 hour 15 minutes.

Remove carefully from tin and leave to cool on a wire rack.

Store in an airtight container for up to 3 days.



PER SLICE:

247 Calories

10g Carbs

9g Protein

19g Fat

Serving suggestion:

Topped with steamed wilted spinach and a poached egg. See method on Make Your Own page.

NOURISHING SCOTCH BROTH



500g broth mix, uncooked weight
(dried peas, split lentils, aduki
beans)*

1 tsp organic butter or ghee
180g white onion, finely chopped
300g carrot, peeled and sliced
125g celery, finely chopped
150g all rounder potato, peeled
and diced

600g pork shoulder or similar,
bone in (ask your butcher for
cheap pork cuts suitable for
making a soup or stock)

1 tsp Italian seasoning
salt and pepper, to season
1 bay leaf

SERVES 7

* Some broth mixes contain gluten.
Check pack for allergy information.

Place the broth mix in a large bowl,
cover with cold water and soak
overnight. Drain and set aside.

Melt the butter / ghee in a large
saucepan and add the onion. Sauté
gently for 5 minutes, stirring frequently.

Add the carrot and celery and sauté for
5 minutes, stirring frequently.

Add the potato, pork and broth mix and
stir well, then add cold water – enough
to cover the pork and potato. Bring to a
boil then reduce to a simmer.

Add the Italian seasoning, salt and
pepper and bay leaf. Cover and simmer
for 1 hour or until the soup ingredients
are soft, stirring occasionally. Top up
with cold water if the mixture becomes
too thick.

*Store in an airtight container and
refrigerate for up to 4 days or freeze
on the same day.*

PRE-SOAKING
REQUIRED



PER SERVING:

301 Calories

41g Carbs

23g Protein

5g Fat



CAULIFLOWER CHEESE PIZZA



For the base:

- 250g cauliflower, grated
- 20g psyllium husks
- 30g oat bran, uncooked
- 60g grated mozzarella cheese
- 50g low fat grated cheese
- 1 medium sized free range egg

For the topping:

- 65g tomato purée
- 15g grated mozzarella cheese
- 50g low fat cheese, grated
- 70g closed cup mushrooms, finely sliced
- 60g wafer thin ham, sliced
- 1 beef tomato, finely sliced
- 60g red onion, finely chopped
- 2 tsps chilli flakes (optional)
- 25g sun dried tomatoes in olive oil
- 15g black olives, sliced
- 5 fresh basil leaves

SERVES 3

PER SERVING:

355 Calories

29g Carbs

26g Protein

15g Fat

Preheat oven to 200°C/400°F.

Line a round ovenproof dish or baking tray with baking paper.

In a large bowl mix together the base ingredients until thoroughly combined. Press the mixture firmly into the base of the oven dish. Cook for 15 minutes or until a crispy golden brown.

Remove from oven and spread the tomato purée evenly over the pizza base, covering well. Add all of the other topping ingredients except for the basil leaves, arranging them evenly over the pizza base.

Cook for 10-15 minutes, or until the topping ingredients are cooked.

Add the basil leaves and serve.

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



Serving suggestion:

With a big leafy salad and potato wedges. See method on Make Your Own page.

CHEESY LEEK QUICHE



For the pastry:

- 15g organic butter or coconut oil
- 50g coconut flour
- 60g potato flour
- 30g psyllium husk powder
- 1 large free range egg, whisked

For the filling:

- ½ tsp organic butter or coconut oil
- 120g leeks, finely chopped
- 75g closed cup mushrooms, finely diced
- 50g low fat grated cheese
- 1 medium sized free range egg
- 3 egg whites
- 110ml light unsweetened coconut milk
- 50g fresh tomato, finely sliced
- salt and pepper to season

SERVES 3

Preheat oven to 180°C/360°F.

Use a small amount of the butter or coconut oil to grease a medium sized round tin or flan dish.

Mix together the pastry ingredients.

PER SERVING:

357 Calories

32g Carbs

19g Protein

17g Fat

Melt the butter or oil over a gentle heat. Add to the dry mixture. Stir in the egg until the mixture is well combined.

Add 50ml cold of water and knead the mixture in the bowl into a dough. Add more water if necessary, so that the dough binds together well without sticking too much to the sides of the bowl.

Lightly flour a surface and carefully roll the pastry into a circular shape, up to 5mm thick.

Carefully, lift up the pastry (it might help to roll it loosely around the pin) and line the tin or dish with the pastry. Press the pastry gently into the shape of the dish, removing any air. If the pastry tears, carefully dab some water onto the pastry to reseal it. Use a knife to trim and tidy up the edges of the pastry.

>>>> Continued on next page



Transfer to the oven to partially cook for 12-15 minutes.

Meanwhile, melt the butter or coconut oil in a frying pan over a medium heat. Add the leeks and mushroom and sauté for around 5 minutes.

Leave to cool for 5 minutes in the pan.

Remove the pastry from the oven. Line the base of the pastry with the leeks and mushroom.

Sprinkle over the cheese.

Whisk the egg, egg whites and coconut milk together, and carefully pour into the pastry dish.

Finally, place the sliced tomato over the top and season well with salt and pepper.

Cook for 25-30 minutes until the quiche filling is cooked through. Use a skewer to test.

Leave to stand for 5-10 minutes as this will soften the pastry slightly.

Cut into 3 portions and remove from tin with a spatula or slice. Serve hot or cold.

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



PROTEIN BITES



500g pork mince (or use vegetarian mince*)
1 medium carrot, peeled and finely grated
2 garlic cloves, finely chopped
50g unsweetened coconut flakes
1 free range egg
1 egg white
2 tsps curry powder
½ tsp salt

MAKES 12 PROTEIN BITES

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

Place all of the ingredients in a bowl, and mash into a paste, using your hands.

Cover the bowl and refrigerate for at least 1 hour or overnight.

Preheat oven to 170°C/350°F.

Line a baking tray with foil.

Roll the mixture into 12 balls and place them on the tray.

Cook for 25-30 minutes, until the balls are a rich golden colour.

Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

Serving suggestion:

Serve with a tomato salad or enjoy on their own as a snack.



PER BITE:

112 Calories

1g Carbs

9g Protein

8g Fat

ASIAN FISH SOUP



2 tps organic butter or coconut oil
1 piece cinnamon bark
8 green cardamom pods
6 cloves
100g shallots, finely chopped
4 tps fresh ginger, finely chopped
4 garlic cloves, finely chopped
1 tsp coriander powder
½ tsp garam masala
1 x 400g can light coconut milk
4 green chillis, chopped finely
200g white fish e.g coley
100g wild Alaskan salmon fillet
50g mushrooms, any variety
6 curry leaves, chopped finely
juice of half a lemon
handful fresh coriander, chopped

SERVES 3

Melt the butter / oil in a large saucepan over a medium heat. Add the cinnamon, cardamom and cloves and cook for 30 seconds.

Add the shallots and cook for 5 minutes, stirring frequently.

Place the ginger, garlic, coriander powder, garam masala and half of the coconut milk in a blender and pulse into a smooth purée.

Add to the saucepan and stir in the chillis. Cover and cook for 10 minutes, stirring occasionally.

Add the remaining coconut milk, plus the fish, mushrooms and curry leaves and cook for 5 minutes or until the fish is cooked through.

Stir in the lemon juice and coriander. Remove the cinnamon bark before serving.

Store in an airtight container and refrigerate for up to 2 days or freeze on the same day.



PER SERVING:

271 Calories

11g Carbs

23g Protein

15g Fat



POWER UP PROTEIN BURRITO



2 tps organic butter or coconut oil
1 x 150g wild Alaskan salmon fillet
2 free range eggs
1 egg white
salt and pepper to season
2 tbsps plain yoghurt
3 slices red grapefruit, chopped
into small pieces
10g walnut pieces, chopped roughly
40g cooked beetroot, diced
50g avocado, diced

SERVES 1

This recipe contains a good dose of healthy fat, which will help keep hunger away for a few hours!

Melt half of the butter / oil in a pan over a medium heat. Fry the salmon for 10 minutes, or until cooked thoroughly (the flesh will be a pale pink when cooked). Remove from heat and set aside.

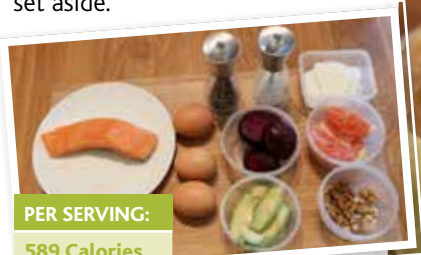
In a jug, beat the eggs and egg white and season well with salt and pepper.

Melt the remaining butter / oil in a large saucepan over a medium / high heat. Pour in the eggs, and tilt the pan gently so that the egg covers the base. Cook the eggs gently on one side for 2-3 minutes until firm. Remove from heat.

Using a spatula, gently lift up one edge of the cooked egg, and roll it into a 'tube'. Remove carefully from the pan using a spatula or fish slice and transfer to a large plate. Unroll again, so that it lies flat on the plate.

Break the cooked salmon up into small pieces. Spoon the yoghurt, grapefruit, walnut, salmon, beetroot and avocado in a line down the centre of the cooked egg. Wrap one side of the cooked egg up over the filling, and gently roll up into a wrap. Cut in half, and serve.

Consume immediately.



PER SERVING:

589 Calories

12g Carbs

37g Protein

52g Fat



TANDOORI DRUMMERS



- 10 chicken drumsticks
- 5 cloves garlic, finely chopped
- 1 thumb sized piece fresh ginger, finely chopped
- 1 small white onion, finely chopped
- 125g natural plain yoghurt
- pinch of salt to season

MAKES 10 DRUMMERS



Peel off as much of the skin as possible from the drumsticks.

In a bowl, mix together the other ingredients until well combined.

Cover the drumsticks with the mixture, ensuring they are thoroughly coated.

Cover and refrigerate for a minimum of 4 hours or overnight.

Preheat oven to 180°C/360°F. Line an ovenproof dish with foil and place the drummers in the dish.

Cook for 20 minutes. Turn and cook for a further 15 minutes. Use a skewer to test if the drummers are cooked. If the juices run clear then they are ready.

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



PER DRUMMER:

126 Calories

3g Carbs

15g Protein

6g Fat

Serving suggestion:

With a leafy green salad.

CHILLI BEEF WRAPS



- 1 tsp organic butter or ghee
- 250g extra lean steak mince (or use a vegetarian mince*)
- half a red onion, finely chopped
- salt and pepper to season
- 80g closed cup mushrooms, finely sliced
- 100g chopped tinned tomatoes
- 1 tsp dried rosemary
- 1 green bell pepper, deseeded and finely chopped
- 100g cucumber, finely chopped
- 2 salad tomatoes, finely chopped
- handful fresh spinach, finely chopped
- 2 tps balsamic vinegar
- half an avocado
- 2 medium sized baby gem lettuces, washed

SERVES 2

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

Melt the butter / ghee in a large frying pan over a medium heat.

Add the mince and half of the red onion and cook gently for 8-10 minutes.

Season well with salt and pepper. Add the mushrooms, tinned tomatoes, rosemary and half of the green pepper and cook for 10 minutes.

In a bowl, mix together the cucumber, tomatoes, spinach, remaining green pepper and red onion, to make a salsa. Stir in the balsamic vinegar.

Add the avocado to the mixture or serve separately. A squeeze of lemon juice over the avocado will prevent it from going brown too quickly.

Place the gem lettuce leaves on a separate plate.

Store any leftover chilli beef in an airtight container and refrigerate for up to 3 days or freeze on the same day.

PER SERVING:

326 Calories

19g Carbs

31g Protein

14g Fat



CRISPY WHITE FISH CAKES



- 1 tsp coconut flour
- 60g ground almonds
- ½ tsp paprika
- salt and pepper to season
- 400g cooked white fish fillets
- ¾ tsp dried parsley or Italian seasoning
- 100g pickled cucumber, finely chopped
- 1 medium sized free range egg, whisked
- 2 tpsps ghee or organic coconut oil

MAKES 5 FISHCAKES

Mix the coconut flour, almonds, paprika and salt and pepper in a bowl.

In a large bowl, mash the fish into small flakes. Mix in the dried herbs, cucumber, and half of the egg.

Blend together. If the mixture is a bit dry add more egg.

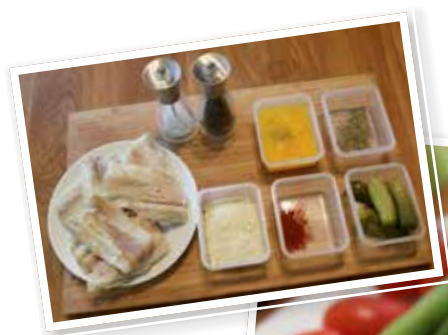
Shape into 5 fish cakes.

Melt the ghee or oil in a large frying pan over a medium heat.

Carefully place the fish cakes in the pan. Cook for 4 minutes on each side until golden brown and crispy.

Check the insides of the fish cakes are piping hot before serving.

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



PER FISHCAKE:

178 Calories

2g Carbs

20g Protein

10g Fat

LENTIL & BACON SOUP



340g broth mix, uncooked weight (dried peas, split lentils, aduki beans)*

5g organic butter or ghee

1 white onion, peeled and finely chopped

400g back bacon (or use a vegetarian bacon*), trimmed of fat and cut into small pieces

1 medium sized carrot, grated and sliced

1 green bell pepper, diced

3 garlic cloves, peeled and finely chopped

1 pt fresh homemade stock (see method on Make Your Own page) or use 1 organic stock cube salt and pepper to taste

SERVES 5

* Some broth mixes contain gluten and some meat free alternatives contain gluten and/or MSG. Check pack for information.

Place the broth mix in a large bowl, cover with cold water and soak overnight. Drain and set aside.

Melt the butter / ghee in a large saucepan and add the onion. Sauté gently for 5 minutes, stirring frequently.

Add the bacon and fry for 2-3 minutes, stirring regularly.

Add the carrot and green pepper, and sauté gently for 2 minutes, stirring frequently. Add the garlic and sauté for 2 minutes, stirring.

Pour in the stock, bring to a boil, then reduce to a simmer. Add the broth mix, stir well, cover and cook for 30 minutes, stirring occasionally.

If the soup seems a bit too thick, add more water. Season to taste with salt (if needed) and pepper and stir well. Continue to cook, covered until the broth mix is soft.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.

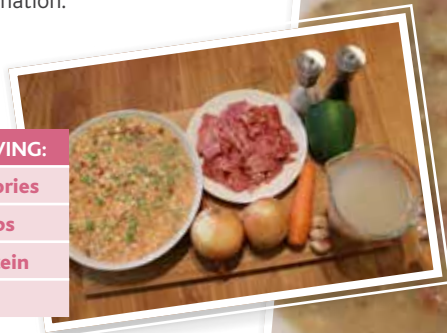
PER SERVING:

365 Calories

32g Carbs

30g Protein

13g Fat



PRE-SOAKING
REQUIRED

MOUTHWATERING MINISTRONE SOUP



10g ghee or organic butter
150g white onion, finely chopped
200g carrots, chopped
150g celery, finely chopped
150g back bacon (or use a vegetarian bacon*), cut into small pieces
45g tomato purée
1 x 400g tin chopped tomatoes
1 pt fresh homemade stock (see method on Make Your Own page) or use 1 organic stock cube
1 x 400g tin cannellini beans
50g gluten free penne pasta
100g kale, roughly chopped

SERVES 5

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

Melt the ghee or butter in a large saucepan over a medium / low heat.

Add the onions and sauté gently, stirring for 3-4 minutes, until soft.

Add the carrots and celery and cook for 5 minutes, stirring frequently.

Add the bacon and fry for 2-3 minutes, stirring regularly.

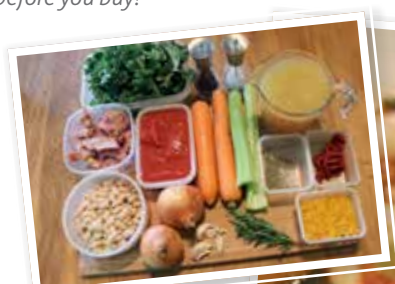
Stir in the purée and tinned tomatoes and cook for 2 minutes, stirring regularly.

Pour in the stock, bring to a boil, then reduce to a simmer.

Season with salt and pepper and stir well. Cover and cook for 30-40 minutes.

Add the beans, pasta and kale and cook for a further 10 minutes, then serve.

Once cooled, store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



PER SERVING:

280 Calories

29g Carbs

14g Protein

12g Fat

BAKED PIZZA POTATO SKINS



- 1 tsp ghee or organic coconut oil
- 2 rashers unsmoked bacon (or use a vegetarian bacon*) cut into small pieces
- 4 medium sized all rounder potatoes
- 2 tsps onion powder
- ½ tsp Italian seasoning
- 65g tomato purée
- salt and pepper
- 75g low fat cheese, grated

SERVES 4

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

Preheat oven to 180°C/350°F.

Heat the ghee / oil in a non stick frying pan over a medium heat.

Add the bacon pieces and fry until crispy. Remove pan from heat and set aside.

Place the potatoes on a tray and bake for 90 minutes. Remove the potatoes from oven and increase the oven temperature to 200°C / 400°F.

PER SERVING:

215 Calories

25g Carbs

13g Protein

7g Fat

***Use the scooped out potato to make fishcakes. Check out our Easy Tuna Fishcake recipe on the next page.*

Leave potatoes to cool then cut them in half lengthways. Scoop out most of the potato from the inside of the potato skins.**

Mix the onion powder and Italian seasoning into the tomato purée. Season with salt and pepper. Spoon the mixture into the potato skins.

Add a layer of chopped bacon and sprinkle over a layer of cheese.

Put the potatoes in the oven for 20-25 minutes. Leave to cool for 5 minutes before serving.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



EASY TUNA FISHCAKES



small amount of extra virgin olive oil
1 regular can tuna in spring water, drained
220g mashed potato (use leftover potato from Baked Pizza Skins recipes and mash well or see method on Make Your Own page)
½ tsp garlic powder
1 tsp red chilli flakes
salt and pepper
1 free range egg, beaten
10g oatbran

MAKES 5 SMALL FISHCAKES

Preheat oven to 170°C/350°F.

Cover a baking tray with foil and add a light coating of olive oil.

Mash the tuna and potato in a large bowl. Add the garlic powder, chilli flakes and season with salt and pepper. Mash until all ingredients are evenly combined.

Form into 5 fishcakes using your hands. Brush lightly with egg and sprinkle the oat bran evenly over the fishcakes.

Cook for 25 minutes turning halfway.

Allow to cool for several minutes before serving.

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



PER FISHCAKE:

90 Calories

9g Carbs

9g Protein

2g Fat

CRISPY FISH



20g ground almonds
20g oat bran
1 good pinch paprika
Himalayan pink salt to taste
1 large egg
3 cloves fresh garlic, minced
5 kaffir lime leaves
3-4 green chillis
300g white fish fillets

SERVES 2

Serving suggestion:

With steamed spinach, fresh plum tomatoes and a wedge of lemon.

Preheat oven to 180°C/360°F.

Line a baking tray with foil.

In a bowl, mix together the dry ingredients.

Whisk the egg in a separate bowl. Add the garlic and mix thoroughly.

Using a coffee grinder, grind up the lime leaves and chillis, or chop them up as finely as possible. Add them to the egg mixture.

Take a piece of fish and dip it into the egg, coating thoroughly. Then dip the fish into the dry mixture, turning over to give a thorough, even coating.

Place the fish onto the baking tray, then repeat the process with remaining fish.

Bake in the oven for 12-15 minutes, until golden and crispy.

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



PER SERVING:

241 Calories

10g Carbs

30g Protein

9g Fat

MEXICAN CHICKEN PROTEIN WRAPS



For the Mexican chicken:

600g fresh chicken breast (or use vegetarian chicken*), diced

½ tsp ground cumin

3 tsps chilli powder

2½ tsps dried oregano

1 tsp garlic powder

1 small white onion, sliced

1 red or green pepper, deseeded and sliced

1 ripe tomato, finely diced

1 small red onion, finely diced

For the wraps:

50g unflavoured protein powder

10g ground flaxseed

50g psyllium husks

40g potato flour

2 medium sized free range eggs

3 egg whites

¼ tsp salt

2 tsps paprika

1 red or green bell pepper, finely chopped

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



SERVES 4

PER SERVING

Mexican chicken:

290 Calories

11g Carbs

48g Protein

6g Fat

PER WRAP:

220 Calories

28g Carbs

18g Protein

4g Fat

>>>> Recipe method on next page



Preheat oven to 190°C/375°F.

Mix the chicken, cumin, chilli powder, oregano and garlic powder, stirring well to cover thoroughly.

Pour into a large ovenproof dish and mix in the onion and pepper.

Cover and cook for 45 minutes, or until the chicken is cooked through and the vegetables are soft.

Mix the tomato and red onion together in a bowl to create a salsa. Refrigerate until ready to serve.

While the Mexican chicken is cooking, create the wraps:

Line 2 large baking trays with baking paper.

In a large bowl, blend all of the wrap ingredients together until smooth and creamy.

Add 100ml cold water and blend. Add more water if necessary to achieve the desired consistency.

The mixture should be thick but just about pourable. Using a ladel, spoon the mixture onto each baking tray.

Use a flat ended spatula to shape the mixture. We recommend that you either shape the mixture into two circles or one large rectangle on each tray. The rectangle is the easy option, as the mixture can be a little fiddly to shape, although it is robust, so persevere!

Bake for 15 minutes, then turn over and cook for a further 10 minutes or until the wraps are cooked through.

Remove the wraps from the trays and allow to cool on wire racks. If you made rectangular wraps, these can be cut into half to make a total of four wraps.

Serve hot or cold.

Store the wraps in an airtight container and refrigerate for up to 3 days. Do the same with the Mexican chicken, or freeze on the same day.

SPICY THAI RED SOUP



- 1 tsp organic coconut oil
- 250g shallots, peeled and quartered
- 150g spring onion, sliced
- 1 stick lemongrass, finely chopped
- 3 garlic cloves, peeled and finely chopped
- 5 red chillis, finely chopped
- 175g Thai red curry paste (check label for sugar content)
- 60g fresh galangal, minced or use galangal paste
- 300g mushrooms, any variety, sliced or quartered
- 200g baby plum tomatoes, halved
- 500ml fresh stock or cold water (see method on Make Your Own page)
- 1 green bell pepper, deseeded and sliced
- 1 red bell pepper, deseeded and sliced
- 10 kaffir lime leaves
- 1.5kg frozen white fish fillets
- 50ml fish sauce (nam pla)
- lime wedges (1 per person)

SERVES 7



Melt the coconut oil in a large saucepan over a gentle heat. Add the shallots, spring onion, lemongrass, garlic and chillis and fry for 2 minutes, stirring regularly.

Add the red curry paste, galangal, mushrooms and tomatoes and stir well.

Add the stock / water and bring to the boil, then reduce to a gentle simmer.

Add the peppers, lime leaves and fish. Top up with extra water to cover the fish. Cook for 10 minutes then add the fish sauce.

Cook for a further 10-15 minutes. Serve with lime wedges.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



PER SERVING:

324 Calories

19g Carbs

44g Protein

8g Fat

BACON & BLUE CHEESE BURGERS



- 750 extra lean steak mince (or use a vegetarian mince*)
- 1 small white onion, chopped finely
- 1 medium free range egg
- 1 tsp brown mustard seeds
- salt and pepper to season
- 2 tsps ghee or organic butter
- 5 rashers unsmoked back bacon (or use a vegetarian bacon*), cut into small pieces
- 75g stilton cheese (or use a low fat cheese), cut into 5 pieces

MAKES 5 BURGERS

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



In a large bowl, mash the mince up with your hands to break it up. Add the onion, egg, mustard seeds and salt and pepper and mix together thoroughly.

Melt half of the ghee / butter in a non stick frying pan. Add the bacon and fry until crispy. Remove from pan from heat.

Form the mince mixture into 10 disc shapes. Place a slice of stilton on 5 of the discs. Add the bacon pieces (using it all up).

Use the other 5 discs as a 'lid', covering the stilton and bacon. Seal the edges well to prevent the cheese escaping when you cook the burgers.

Return the frying pan to the heat and add the remaining ghee / butter. Place the patties in the pan and cook for 4-5 minutes then turn over and repeat.

If you like your burgers 'well done', finish cooking them under a medium grill for 2-3 minutes.

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



PER BURGER:

244 Calories

2g Carbs

32g Protein

12g Fat

UNCLE JOHN'S BBQ MARINADE



70ml light soy sauce (reduced salt)
4 tbsps of brown sauce
4 tbsps reduced salt and sugar
ketchup
4 tbsps Worcestershire sauce
2 cloves garlic, minced
¼ tsp ground black pepper

SERVES 8

Serving suggestion:

Use this marinade to add amazing flavour and texture to any meat.

To marinate the meat, mix all of the ingredients in a bowl and place the meat in the sauce. Spoon the sauce over the meat to cover thoroughly.

Cover the bowl and place in the fridge for at least 4 hours, or leave overnight for an even more amazing flavour!

To cook the meat, place in a non stick frying pan over a medium heat plus a few extra spoonfuls of marinade.

You could also add some chopped mushrooms, which cook really well in the sauce.

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



PER SERVING:

Marinade

28 Calories

7g Carbs

0g Protein

0g Fat



CREAMY RISOTTO



1½ pints fresh homemade stock
(see method on Make Your Own
page) or use 1 organic stock cube
handful dried porcini mushrooms
2 tsps organic butter or ghee
1 medium white onion, finely diced
1 stick celery, finely chopped
400g (dry weight) risotto rice
pinch salt
120g shiitake, chestnut or oyster
mushrooms, sliced
few sprigs fresh parsley, chopped
juice of 1 lemon
15g organic butter or ghee
2 tbsps Parmesan cheese, finely
grated
50g low fat soft cream cheese

Heat the stock in a saucepan until boiling, then reduce to a simmer.

Place the porcini mushrooms in a bowl and add enough stock to cover them. Leave for 2 minutes, then remove from stock and set aside.

Melt half of the butter / ghee in a large saucepan over a medium / low heat.

Sauté the onion and celery for 10 minutes. Turn the heat up to medium / high and add the rice, stirring well. Add a splash of hot stock and keep stirring as the liquid soaks into the rice.

>>>> *Continued
on next page*

SERVES 5



PER SERVING:

387 Calories

70g Carbs

11g Protein

7g Fat

Chop the porcini mushrooms, and add them to the pan, along with the stock which you soaked the porcini in and a pinch of salt.

Turn the heat down to low, and add a ladle of stock. Keep stirring, and slowly add more stock every few minutes. After about 25-30 minutes, the rice will be soft with a slight bite.

While the rice cooks, melt the remaining butter / ghee in a pan and sauté the fresh mushrooms until soft. Remove from pan and transfer to a bowl.

Add the parsley, a pinch of salt and the lemon juice and stir really well.

Remove the risotto from the heat and season to taste. Stir in the butter/ghee, parmesan and cream cheese, cover and leave to stand for 2-3 minutes.

Serve topped with the fresh mushrooms and a sprinkle of Parmesan.

Store in an airtight container and refrigerate for up to 2 days.



HOT CARIBBEAN CHICKEN CURRY



2 tsps organic coconut oil
1 white onion, finely diced
3 cloves garlic, finely diced
1 scotch bonnet, finely chopped
1 yellow bell pepper, diced
1 large potato, peeled and diced
700g fresh chicken breast (or use vegetarian chicken*), diced
4 tsps hot Caribbean curry powder
½ tsp salt
½ tsp black pepper
200ml coconut milk
25g reduced salt and sugar ketchup

SERVES 4

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

Heat the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring often, until soft.

Add the garlic, scotch bonnet and yellow pepper and gently cook for 3-4 minutes, stirring.

Add the potato and cook for 3-4 minutes, stirring occasionally.

Add the chicken, curry powder and salt and pepper. Stir well and cook for 3-4 minutes, stirring.

Add the coconut milk and ketchup, plus 100ml cold water and stir well. Cover and simmer for 45 minutes to 1 hour.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



PER SERVING:

495 Calories

21g Carbs

51g Protein

23g Fat

Serving suggestion:

With plain rice or cauli rice and peas. See methods on Make Your Own page.

CARIBBEAN GOAT CURRY



- 1kg bone in goat meat, cubed
- 2 tsp salt flakes
- 1 tsp black pepper
- 6 tbsps Caribbean curry powder
- 2 medium white onions, sliced
- 5 cloves garlic, minced
- 1 Scotch bonnet pepper, sliced and seeds removed (handle with care)
- 1 tsp ghee or organic coconut oil
- 1 tsp dried thyme
- 250g white potatoes, peeled and cut into thirds
- 15g reduced salt and sugar ketchup

SERVES 5

Serving suggestion:

With plain rice or cauli rice and peas. See methods on Make Your Own page.

In a bowl, mix together the goat meat, salt, black pepper, 4 tbsp curry powder, half of the onion, garlic and Scotch bonnet pepper. Cover and refrigerate overnight.

Remove the sliced onions and Scotch bonnet pepper from the bowl and set aside.

Heat the ghee / oil in a large saucepan over a medium / high heat. Add the goat meat and brown all over.

Add the thyme and 200ml of boiling water. Cover and reduce heat to medium / low. Simmer for 1 hour.

Add the remaining onion along with the marinated sliced onion and Scotch bonnet pepper. Add 100ml boiling water and bring to a boil.

Add the potatoes and tomato ketchup and simmer on low heat for 30 minutes, or until the meat is falling off the bone. As the curry cooks, top up with more water if the sauce becomes too thick.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



PER SERVING:

388 Calories

22g Carbs

48g Protein

12g Fat



CHINESE STYLE TOFU STIR FRY



450g fresh tofu (firm variety), cut into small blocks
300g tinned mixed salad beans
5 spring onions, chopped finely
2 garlic cloves, finely chopped
3 tbsps dark soy sauce
2 tbsps Worcestershire sauce
2 tsps Chinese 5 spice
2 tsps organic coconut oil
350g mixed stir fry vegetables
4-6 green chillis (optional)
250g beansprouts

SERVES 2

In a bowl, mix the tofu with the salad beans, spring onions, garlic, soy sauce, Worcestershire sauce and Chinese 5 spice.

Cover and marinate in the fridge for 1 hour (or more if you have time).

Remove tofu from the marinade mixture and set the mixture aside.

Heat the oil in a wok, over a high heat, and carefully fry the tofu for 5 minutes or until golden. Remove tofu from wok and set aside.

Put the remaining marinade ingredients into the wok and stir fry for 3 minutes.

Add the stir fry vegetables and chillis (if using) and cook for 3 minutes. Add the beansprouts and cook for 5 minutes, stirring frequently.

Serve the stir fry vegetables in a bowl, and top with the tofu and spring onions.

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



PER SERVING:

456 Calories

44g Carbs

34g Protein

16g Fat

CAULIFLOWER CURRY



- 300g cauliflower florets
- 1 tsp ghee or organic butter
- 2 medium white onions, diced
- 2 garlic cloves, finely chopped
- 1 thumb sized piece fresh ginger, finely chopped
- 2 tsps ground cumin
- 2 tsps black mustard seeds
- 2 tbsps curry powder
- 4 green chills (optional)
- 400ml homemade chicken or vegetable stock (see method on Make Your Own page) or use 1 organic stock cube
- 200g passata
- 1 x 400g tin chickpeas
- sea salt flakes
- 1 handful fresh coriander, finely chopped

SERVES 3



PER SERVING:

237 Calories

29g Carbs

10g Protein

9g Fat

Bring a saucepan of water to the boil, add the cauliflower and cook for 2 minutes. Remove from heat and drain.

In a large saucepan, melt the ghee / butter over a medium heat. Add the onions and sauté for 5 minutes.

Add the garlic, ginger, cumin and mustard seeds. Sauté for 5 minutes, stirring regularly.

Add the curry powder, chillis, stock, passata and chickpeas, and bring to the boil. Reduce to a simmer.

Season with salt and cook, covered for 10 minutes. Remove from heat, stir in the coriander and serve.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



LUXURIOUS LASAGNE



- 1 tsp ghee or organic butter
- 1 large white onion, finely chopped
- 6 fresh basil leaves and stalks, roughly chopped
- 750g lean beef mince (or use vegetarian mince*)
- salt and pepper to season
- 100g closed cup mushrooms, sliced
- 1 green bell pepper, finely diced
- 4 cloves garlic, finely chopped
- 1 x 400g can chopped tomatoes
- 60g tomato purée
- 25g organic butter or ghee
- 25g gluten free plain white flour
- 500ml semi skimmed milk (or dairy free milk of your choice)
- 130g organic gluten free pasta sheets
- 150g low fat cheese, grated

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

In a large saucepan, melt the ghee / butter gently over a medium heat.

Add the onion and fry until soft. Add the chopped basil and fry for 30 seconds, stirring.

Add the mince and season well with salt and pepper. When the mince is browned, add the mushrooms, green pepper and garlic. Cook gently for 5 minutes.

>>>> *Continued on next page*

SERVES 5



PER SERVING:

564 Calories

39g Carbs

57g Protein

20g Fat



Add the tin of tomatoes and tomato purée. Cover and cook on a medium heat for 20 minutes, stirring occasionally. Remove from heat.

Melt the ghee / butter gently in a saucepan over a medium heat.

Add the flour a little at a time, stirring constantly. When most of the flour has been added, remove the pan from the heat. Keep stirring the mixture and add a small amount of milk. Return to a low heat and slowly add the remaining milk, a bit at a time, stirring the sauce constantly as it thickens.

When all the milk has been added, stir for 1-2 minutes, and season to taste with salt and pepper. Remove from heat and allow the sauce to stand. The sauce will continue to thicken a little more.

Preheat oven to 180°C/360°F.

Bring a saucepan of lightly salted water to the boil. Add the pasta and cook according to pack instructions.

Remove from pan and transfer to a bowl of cold water for several minutes, to prevent the sheets from sticking together. Drain the pasta.

Add a layer of the mince sauce to a rectangular oven dish (or use 2 medium sized loaf tins), covering the base of the dish.

Next add a layer of pasta.

Spoon on some of the white sauce, ensuring you cover the pasta.

Repeat the process with another layer of mince sauce followed by the pasta and white sauce.

Finally top with cheese.

Transfer to the oven and cook for 30-40 minutes until golden and bubbling.

Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

SAUSAGE CASSEROLE



450g all rounder potatoes, peeled and finely chopped

450g sausages – choose a good quality sausage with at least 80% meat content (or use vegetarian sausage*)

50g tomato purée

½ tsp grated nutmeg

1 organic stock cube dissolved in 500 ml boiling water

2 bay leaves

1 tsp dried thyme

1 tsp dried rosemary

1 tsp garlic powder

1 tsp onion powder

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

Preheat oven to 180°C/360°F.

Bring a saucepan of water to the boil. Reduce to a simmer and add the potatoes. Cook for 5 minutes, then drain.

Place the potatoes in a layer at the base of a large ovenproof dish. Add the remaining ingredients and mix well.

Cook for 1 hour. Remove from oven, stir well and gently mash the potatoes into the sauce to thicken.

Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

SERVES 5



PER SERVING:

354 Calories

19g Carbs

20g Protein

22g Fat

Serving suggestion:

With fresh leafy green vegetables and carrots.

SWEET & SPICY EASTERN CURRY



- 1 tsp ghee or organic butter
- 1 large white onion, roughly diced
- 1 green bell pepper, roughly diced
- 800g fresh chicken breast (or use vegetarian chicken*), diced
- 1 x 400ml tin light coconut milk
- 1 x 400g tin pineapple chunks in juice
- 1-4 green or red chillis (depending on how hot you like it), finely chopped
- 2 tsps turmeric
- 2 tsps paprika
- 2 tsps cayenne pepper
- salt and pepper to season

SERVES 5

Serving suggestion:

With boiled rice or cauli rice - see methods on *Make Your Own* page - and a dollop of plain yoghurt.

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

Melt the ghee / butter in a large non stick frying pan over a medium heat.

Add the onion and sauté for 4-5 minutes, until soft. Add the pepper and sauté until soft.

Add the chicken and cook for 5 minutes, stirring regularly until brown all over.

Add the coconut milk, pineapple chunks and juice. Bring to a boil, then reduce heat and simmer.

Add the chillis, spices and season with salt and pepper. Stir, cover and cook for 25 minutes, stirring occasionally.

Taste test the sauce. Add an extra tsp of turmeric, paprika, and cayenne, for a richer, spicier sauce. Cook for a further 20 minutes.

Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

PER SERVING:

401 Calories

19g Carbs

52g Protein

13g Fat



THAI RED CURRY



For the sauce:

1 x 400ml can light coconut milk
1 stick fresh lemongrass, minced
3 kaffir lime leaves, minced
1 thumb-sized piece galangal,
minced
3 shallots, finely sliced
5 cloves garlic, finely chopped
1-2 red / green chillis, finely sliced
30g tomato puree
2 tbsps fish sauce (nam pla)
½ tsp ground cumin
½ tsp ground coriander
juice of one fresh lime

550g fresh chicken breast (or use
vegetarian chicken*), diced
1 red bell pepper, sliced
2 tomatoes, diced
100g mushrooms (any variety),
finely sliced
handful fresh basil or coriander,
finely chopped

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

Preheat oven to 180°C/360°F.

In a large bowl, mix together the sauce
ingredients. Transfer to an ovenproof
dish, add the chicken and mix well.
Cook for 45 minutes.

Add the pepper, tomatoes and
mushrooms. Mix well, covering the
vegetables in the sauce. Return to the
oven for 15 minutes.

Serve garnished with coriander or basil.

*Store in an airtight container and
refrigerate for up to 3 days or freeze
on the same day.*

Serving suggestion:

*As a soup or as a main course
with cauli rice - see method on
page Make Your Own page - and a
wedge of lemon.*

SERVES 3

PER SERVING:

386 Calories

19g Carbs

46g Protein

14g Fat



CRISPY FISH BAKE



300g frozen white fish fillets
300g frozen wild Alaskan salmon
1 tsp ghee or organic butter
1 medium courgette, sliced
200g cauliflower, chopped finely
50g closed cup mushrooms,
sliced finely
2 garlic cloves, chopped finely
200ml unsweetened almond milk
125g low fat soft cheese
salt and pepper, to season
30g low fat grated cheese
1 tsp Italian seasoning
325g all rounder potatoes,
peeled and sliced finely
1 tsp extra virgin olive oil
50g flaked almonds

SERVES 4



PER SERVING:

415 Calories

19g Carbs

42g Protein

19g Fat

Bring a large saucepan of lightly salted water to the boil. Add the white fish and salmon.

Cook for 8-10 minutes, then drain.

Melt the ghee / butter in a large non stick frying pan. Add the courgette and cook for 5 minutes until softened, stirring frequently.

Add the cauliflower, mushrooms and garlic and cook for a further 5 minutes.

Add the drained fish and mix well, breaking into chunks.

>>>> *Continued on next page*





In a saucepan, mix together the almond milk and soft cheese over a medium/low heat. Cook, stirring frequently, for 2-3 minutes. Season with salt and pepper. Add the grated cheese and cook for 1 minute, then remove from heat.

Preheat oven to 180°C/360°F. Pour the cooked vegetables and fish into a medium ovenproof dish. Sprinkle on the Italian seasoning. Pour on the cheese sauce and mix well.

Bring a small saucepan of lightly salted water to the boil and add the potatoes. Reduce to a simmer and cook for 3 minutes, then drain.

Place a non stick frying pan over a medium heat. Add the olive oil and sauté the potato slices for several minutes on each side, until golden. Remove from heat.

Place the sautéed potato slices over the top of the fish and vegetables, in a thin layer. Cook in the oven for 45 minutes or until the potatoes are golden and crispy.

Sprinkle over the flaked almonds, and cook for a further 5-10 minutes, until the almonds are golden.

Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.

MUSTARD BURGERS



- 750g extra lean steak mince (or use vegetarian mince*)
- 170g white onion, finely chopped
- 2 spring onions, finely chopped
- 1 medium free range egg
- 2 green chillis (optional), finely chopped
- 1 tsp black mustard seeds
- salt and pepper to season
- 1 tsp ghee or organic butter

MAKES 7 BURGERS

Serving suggestion:

With potato wedges - see method on Make Your Own page - plus grilled tomatoes and vegetables.

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

In a large bowl, mash the mince up with your hands to break it up.

Add all of the remaining ingredients (except for the ghee/butter) and mix together thoroughly. Form into 7 patties.

Melt the ghee/butter in a wide based frying pan over a medium heat.

Place the patties in the pan and cook for around 4-5 minutes then turn over and repeat.

Store in an airtight container and refrigerate for up to 2 days or freeze on the same day



PER BURGER:

171 Calories

3g Carbs

24g Protein

7g Fat

CHINESE PORK RIBS



2 tbsps light soy sauce (reduced salt)

25g brown sauce

2 tbsps Worcestershire sauce

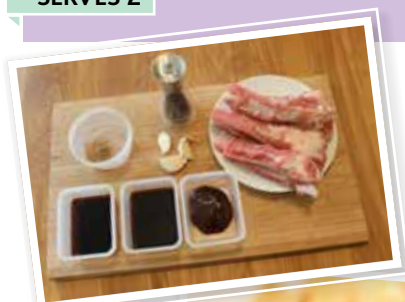
3 garlic cloves, finely chopped

½ tsp black pepper

1 tsp Chinese 5 spice

700g plain pork ribs

SERVES 2



In a bowl, mix all of the ingredients together (except for the ribs).

Place the ribs in the sauce and spoon the sauce over the ribs, covering them in the marinade.

Cover and refrigerate for 4 hours or more.

Preheat oven to 180°C/360°F.

Place the ribs and sauce in an ovenproof dish and cook for 30-45 minutes, until the ribs are cooked thoroughly.

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



PER SERVING:

211 Calories

9g Carbs

19g Protein

11g Fat

CHICKEN SHISH KEBABS



- 3 wooden skewers, presoaked for 30 minutes in cold water
- 350g chicken breast, diced (or use vegetarian chicken*)
- 1 green bell pepper, cut into chunks
- 1 small white onion, very finely chopped
- 2 cloves garlic, very finely chopped
- 30g tomato purée
- 125g plain natural yoghurt
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp black pepper
- ½ tsp salt
- 20ml extra virgin olive oil

MAKES 3 KEBABS

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

Thread the chicken and pepper onto the skewers, alternating as you go.

Mix all of the remaining ingredients together (except for the olive oil) and coat the kebabs thoroughly in the mixture. Cover and refrigerate for at least 4 hours or overnight.

Preheat oven to 180°C/360°F. Line a baking tray with foil and coat evenly with the oil.

Remove some of the marinade sauce from the kebabs, so that they still have a light, even covering. Place the kebabs on the tray and cook for 30-45 minutes until the chicken is cooked through.

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



PER KEBAB:

295 Calories

11g Carbs

38g Protein

11g Fat

CHINESE BEEF IN BLACK BEAN SAUCE



- 2 tbsps soy sauce
- 2 tbsps shaosing rice wine (or use dry sherry)
- ½ tsp ground black pepper
- 2 tpsps potato flour, mixed with 2 tbsps cold water
- 600g rump steak (or use a vegetarian beef*), cut into strips
- 2 tbsps fermented black beans

For the sauce:

- 1 tbsp soy sauce
- 6 tbsps chicken stock (made from one organic stock cube)
- 2-4 tpsps red chilli flakes
- 10g stevia (or use sweetener of your choice)
- 1 tsp potato flour, mixed with 2 tbsps cold water
- 1 tsp ghee or organic coconut oil
- 2 small carrots, peeled and cut into thin batons
- 1 green pepper, cut into chunks
- 1 large onion, cut into eighths
- 1 clove garlic, finely chopped

SERVES 4

PER SERVING:

404 Calories

14g Carbs

33g Protein

24g Fat

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

Mix the soy sauce, shaosing wine, black pepper, and potato flour together in a bowl, to make a marinade. Add the steak strips and stir well. Cover and refrigerate for 2 hours or more.

Rinse the black beans in a sieve then put in a bowl and soak in cold water for 20 minutes (no longer or the beans will become too soft). Drain and set aside.

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Mix together the five sauce ingredients in a bowl.

Drain the meat from the marinade and pour the remaining marinade into the bowl with the sauce ingredients. Mix well.

Heat the oil / ghee in a wok over a medium / high heat and add the meat. Stir fry until cooked then remove from pan with a serrated spoon and set aside.

Add the carrots, pepper and onion. Stir fry over a medium / high heat for around 8 minutes until softened but still retaining a bit of crunch. Add a drop of water occasionally whilst stir frying. The steam will help cook the vegetables.

Drain and rinse the black beans and add them to the vegetables. Stir fry for around 3 minutes, taking care not to burn the beans.

Add the garlic and cook for a further 2 minutes. Return the beef to the wok along with the sauce.

Stir well and cook gently for around 3 minutes until the sauce thickens.

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

Serving suggestion:

With rice - see Perfect boiled rice method on Make Your Own page.

SWEET 'N SOUR CHINESE CHICKEN



- 60g potato flour
- ½ tsp garlic powder
- 1 large free range egg
- 600g fresh chicken breast, diced (or use prawns or vegetarian chicken*)
- 1 tbsp ghee or organic butter
- 80g reduced salt and sugar ketchup
- 3 x pineapple rings in juice, cut into chunks (keep the juice too!)
- 100ml rice vinegar
- 3 tbsps soy sauce
- 30g stevia (or use sweetener of your choice)
- 60g acacia honey
- ½ tsp black pepper
- ½ tsp sea salt flakes
- 1 large white onion, diced into large chunks
- ½ red pepper, cut into large chunks
- ½ green pepper, cut into large chunks
- 100g water chestnuts, drained

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

Preheat oven to 160°C/320°F.

In a bowl, mix the flour and garlic powder.

Whisk the egg in a separate bowl.

Coat the chicken pieces thoroughly in the flour, then dip in the egg.

Melt the ghee / butter in a large non stick frying pan over a medium heat. Fry chicken gently for 5 minutes, turning to brown the chicken on all sides. Increase the heat slightly and cook until the coating becomes crispy. Remove from pan.

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SERVES 4

PER SERVING:

487 Calories

46g Carbs

51g Protein

11g Fat





In a measuring jug, mix the ketchup, 100ml of the pineapple juice, rice vinegar, soy sauce, stevia, honey, pepper and salt. Top up with cold water to bring the total volume of liquid to 600ml.

Place the chicken in a large ovenproof dish. Mix together the onion, peppers, water chestnuts and pineapple chunks and add to the ovenproof dish. Add the liquid and stir gently together.

Cook for 15 minutes in the oven, then remove and stir thoroughly then cook for a further 30 minutes. Stir again and cook for a further 15 minutes.

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

Serving suggestion:

With rice - see Perfect boiled rice method on Make Your Own page.

BACON WRAPPED SEA BREAM



sprig fresh rosemary
2 x 150g fresh sea bream
salt and pepper to season
4 rashers unsmoked lean back
bacon (or use a vegetarian
bacon*)
2 tsps organic butter or ghee
juice of 1 lemon
2 tbsps low fat mayonnaise
200g peas
few mint leaves, chopped finely

SERVES 2

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

Preheat oven to 180°C/350°F.

Place the rosemary over the sea bream, season well with salt and pepper and wrap the bacon around the fish, so that it is well covered.



PER SERVING:

484 Calories

14g Carbs

53g Protein

24g Fat

Melt half of the butter / ghee in a saucepan and pan fry the fish for 12-15 minutes or until golden. Transfer to a baking tray and cook in the oven for 10 minutes, or until the fish is cooked through.

In a small bowl, mix together the lemon juice and mayonnaise.

Bring a saucepan of water to the boil, reduce to a gentle simmer and cook the peas for several minutes. Drain the peas, then put them back in the saucepan.

Add the remaining butter / ghee. Gently crush the peas with a spoon, mixing the butter in as it melts. Stir in the mint leaves.

Transfer the peas to a plate. Top with the sea bream and spoon on the sauce.

Consume immediately.

