



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



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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!**



# Contact us



**Tanja and Paul Foy**

Website: [www.teignpilates.com](http://www.teignpilates.com)

Email: [contact@teignfitness.com](mailto:contact@teignfitness.com)

Tel: **0797 550 4224**



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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 it's 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.

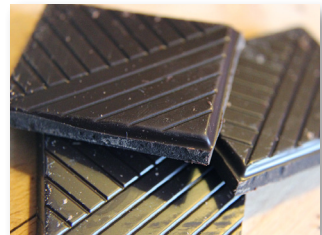
## GLUTEN FREE FLOUR

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**

# 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

## 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

# 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

# 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.*

## 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



# 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.*

# 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

# 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.*