



Get Inspired!

OVER 65 HEALTHY, TASTY & NUTRITIOUS
FAT LOSS RECIPES



- GLUTEN FREE • WHEAT FREE • REFINED SUGAR FREE
- MINIMALLY PROCESSED INGREDIENTS •

Naomi and Alan Carson

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Over 65 Healthy, Tasty & Nutritious Fat Loss Recipes

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Photography Naomi Carson & Alan Carson

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The recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist.

If you choose to cook and eat these recipes, you are doing so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you. If you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever, you should speak to a qualified medical practitioner for advice.

Further, if you feel that you are experiencing any adverse effects as a result of cooking and eating any of the recipes in this book, then you should cease using the recipes immediately and consult your doctor.

About Us

This recipe book is the creation of Naomi and Alan Carson, who are currently based in the UK.

Naomi is a graphic designer and illustrator. She works mostly from home, as well as undertaking occasional contract work for large companies assisting them with their design projects.

Her favourite design projects are food industry based – in particular, packaging and recipe books.

She also runs Fitpro Recipes with her husband Alan, providing bespoke, branded recipe books and meal plans to fitness professionals around the world.

Naomi is passionate about health, cooking, gardening and is greatly inspired by nature.

Alan is a personal trainer and body transformation coach, offering 1:1 services and online programmes.

He competes in physique competitions and offers contest prep coaching.

Alan is passionate about health, fitness, nutrition, mindset and music.

Check out some of their websites and business pages:

www.naomicarson.co.uk

www.alancarsonfitness.com

www.fitprorecipes.co.uk

www.facebook.com/FitproRecipes

www.tabatatrainingtracks.com

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Introduction

'A range of healthy, tasty, nutritious, easy to make meals and snacks for people looking for decent body composition and an interesting, varied diet.'

That's what we set out to create when we decided we'd had enough of eating the same 'healthy' things over and over during the week and bingeing on 'yummy' junk foods at weekends.

We wanted to marry our passion for cooking and eating tasty foods with our passion for health and fitness. We had no idea that our little notebook would turn into a full colour recipe book, but when people started asking us for recipes of the photos of meals which we'd been posting on facebook, we decided it was time for a proper recipe book!

Creating healthy delicious meals isn't that difficult, in fact we found it to be a lot of fun! The real challenge is to create meals with a good balance of macronutrients (protein, carbohydrate and fats).

In the past, one big problem we have found is that many of our favourite meals are traditionally made in a way that often leads to an unbalanced macronutrient profile... low in protein and high in carbohydrates and fats.

Just to make one thing clear – there is nothing wrong with carbohydrates or fats, it's just that when we're looking to optimise our body composition, these are macronutrients that we might not want too much of. In fact we don't want too much of anything because we do believe that calories count. That's why every recipe has a calorie total and a macronutrient profile, so that we can be aware of our intake.

If you're not into counting calories, then feel free to ignore this information, but we feel it may be beneficial to some of our readers to be able to add up food intake quickly and easily. If nothing else, it gives us a rough idea of what we are consuming.



Pictured above, from top: Naomi in our kitchen making some Protein Heaven Bars (recipe on page 47). Alan (centre) competing at the WBFF, London June 2014

A little bit of education on macronutrients...

Protein, carbohydrate and fat make up what we call macronutrients.

Protein = 4kcal per gram

Carbohydrate = 4kcal per gram

Fat = 9kcal per gram

So if we know our meal contains 30g protein, 30g carbohydrate and 10g fat, we can work out the calorie content of that meal.

Protein = 120 Kcal (30x4)

Carbohydrate = 120 Kcal (30x4)

Fat = 90 Kcal (10x9)

TOTAL = 330 Kcal

In terms of nutrition, the most important factor in weight loss/weight gain is a calorie deficit/surplus. Also important is the macronutrient ratio of the diet i.e. relative amounts of proteins, carbs and fats.

Without going into too much detail or getting too prescriptive, we would say that for individuals involved in regular resistance training, it would be ideal to consume 1g of protein for every lb of bodyweight). So a 150lb individual would aim for 150g protein per day.

Finally, thanks for purchasing our book, we've poured a lot of love into it, and we do hope you enjoy it. We'd love to hear your feedback.

Naomi & Alan Carson

About these recipes

I wanted to make this book as economical as possible for you, which is why many of the recipes share common ingredients, such as ground almonds, coconut oil, peanut butter and dark chocolate. This ensures you'll get plenty of use out of the ingredients you buy.

There is however a very true and wise saying which I'd like you to bear in mind:

'You can't put a price on your health.'



It does trouble me greatly when I hear people say they can't afford to eat healthy food, and instead opt for cheap processed rubbish, with little nutritional value. Whilst attempting to save money today, they risk setting themselves up for possible health problems later on in life.

If that sounds familiar, try to consider your food choices as an investment – towards better health now and in the future.

I'll admit, occasionally I'll eat an Indian takeaway or a bowl of supermarket ice cream. But I'll soon recognise if I've had too much, usually in the form of the dreaded food hangover the next day! And that's when I remember why I don't visit 'the junk side' too regularly.

In fact, over the last 7 years, as I've cleaned up my diet, I've noticed many positive changes in my health and performance... more stable moods, better body composition, increased focus, improved concentration and memory, more energy, less desire to binge eat and less days spent feeling 'blue' or tired.

So, here's to loads of happy days ahead :)

Naomi Carson

Are the recipes dairy and sugar free?

All our recipes are **low in dairy** and **low in sugar / refined sugar free**. In most of the recipes where dairy is present, we also recommend a dairy-free substitute e.g. yoghurt and cheese. Where butter appears, you can replace this with coconut oil or ghee if you prefer dairy-free. Ghee is lactose-free – lactose is the main culprit found in dairy foods that people cannot always tolerate well.

If you do consume dairy, consider choosing organic varieties, if possible from pasture-fed or grass-fed animals (e.g. Yeo Valley, Kerry Gold).

You'll notice that chocolate appears in many of the 'Sweet' recipes. We recommend high quality dark chocolate as this is usually dairy-free (just check the packaging before you buy). Dark chocolate is also higher in antioxidants than milk chocolate.

Where sugar appears, it is mostly in the form of fruit and honey. In some of the treat recipes we have used natural sugar replacements such as stevia. This is much lower GI than many other types of sugar and sweeteners and therefore has less impact on your blood sugar levels which some people find helps appetite control. See pages 17-18 for more info on sugar and sugar replacements.

What other nutrition protocols do the recipes follow?

All recipes are **wheat free** and **alcohol free**. **Gluten** appears in the form of porridge oats, however you can replace these if you wish with gluten free oats, available in most major supermarkets and health stores. We use **minimally processed foods** as much as possible throughout the book. There is certainly no junk food!

Some of the recipes are also **Paleo** compatible, such as the *Mango, Mint & Cucumber Smoothie, Pistachio & Goji Bark, Salmon & Egg Brunch, Protein-rich Scotch Eggs, O-mega Salad and Spicy Salmon Parcels*.

Are there any vegetarian recipes?

Most of the breakfast, lunch and dinner recipes contain meat as a valuable source of protein. However, since meat is not always the key ingredient, it can often be left out or replaced with a vegetarian protein.

What about grains?

Grains appear in the form of porridge oats. However, if preferred, the oats can be left out or swapped with gluten free oats. We have substituted rice with cauliflower rice as the texture and consistency is very similar and works extremely well as a replacement.

To make Cauliflower Rice: Bring a pan of cold salted water to the boil. Add some grated cauliflower and simmer gently until cooked (around 3-4 minutes). Drain and serve.

If you do choose to consume grains, you can soak them in water for at least 8 hours prior to cooking, as this will reduce the phytic acid and anti-nutrient content.

And are eggs okay?

Eggs are used in many of the recipes. They are rich in essential fats, vitamins and minerals. In all of the 'Sweet' recipes you can make an egg substitute if you prefer. Here's how: Mix 1 tablespoon of chia seeds or flaxseed with 3 tablespoons water (to give the equivalent of one egg) and stir well. Allow to stand for 10 minutes before using.

Meat

Today, the health dangers which come from eating meat mainly stem from two things: how much meat we consume and how the animal we eat has been raised. So it is definitely in our interest to consider animal welfare when we buy meat.

Alan and I try to source meat locally from a pasture farm or a local butcher so that we can ask questions and be sure about the origin of the meat.

At the pasture farm, we know that the cattle and sheep are 100% pasture-fed. That means they have been raised purely on a natural diet of fresh or conserved pasture, as opposed to grains. Pigs and chickens are not grazing animals, so you won't find any pasture-fed pork or chicken, but look for free range pork and chicken that has been allowed to feed on as natural a diet as possible.

There are many health and environmental benefits of pasture-fed farming and products. For example pasture-fed meat has a lower cholesterol content and a higher total omega-3 fatty acid content than grain-fed meat.

Farm animals have not evolved to eat grains, and those that do tend to yield meat which is higher in omega-6. Feeding animals grains is also known to raise the cholesterol levels in the meat, which can happen over a fairly short period of time, for example even if an animal is fed grains just through the winter months.

Therefore it is important to ensure that the meat is 100% pasture-fed. Look out for the Pastoral logo (above right) when buying UK pasture-fed meat as this guarantees that the animal has been pasture-fed FOR LIFE!

Many GPs now refer their patients to pasture-fed farms so that they can enjoy the health benefits of pasture-fed meat.

Compared to grain-fed beef, pasture-fed beef is lower in fat, contains a healthier ratio of omega-6 to omega-3 fatty acids, is higher in conjugated linoleum acid (a potential cancer fighter), and higher in minerals such as calcium, potassium and magnesium.

Is pasture-fed the same as grass-fed?

No, grass-fed is a term that has become widely (and often vaguely) used, and can be applied even when grass has only formed part of an animal's diet.

100% pasture-fed animals are not fed any form of grain or pulses (also known as 'concentrate feeds'), such as soya, maize, wheat, at any time in their lives.



Intensive livestock production relies on these high energy animal feeds to speed up the animal's growth and so increase the output of the farm. Unfortunately, when an animal is raised in this way, it can place a lot of stress on its body, which can shorten the animal's lifespan and greatly affect the quality of the meat.



Pasture-fed farming is a much slower, kinder and more natural process, which promotes happier livestock, and results in a more flavoursome, succulent meat.

By allowing farm animals to enjoy a more stress free lifestyle with plenty of space to roam, the animal's welfare is greatly improved and so its need for treatments such as antibiotics, is significantly reduced.

The happier the animal, the healthier and tastier the meat it produces will be. Animals that can move around freely burn off more calories and so grow at a slower rate than animals kept in enclosures. This lifestyle allows the animal's muscles to develop more naturally, and the meat time to acquire a better flavour that simply doesn't exist in mass-produced meat.

How do costs of farmed produce compare to the supermarket?

Despite the high costs of running such a labour intensive farm, it's surprising how competitively priced the produce is. When comparing some of the produce on a like-for-like basis with some of the major UK grocery giants, I found that much of the farm's produce is the same price as the supermarkets or cheaper. Needless to say, the quality and taste is heaps better too!

Our local pasture farm offers this:

Chicken breast fillet £9.99 per kg

Leg of pork £9.56 per kg

Gammon steak £13.20 per kg

6 free range eggs £1.60

Their free range meat box (pictured above) contains: 500g gluten free sausages, 450g lean minced steak, 750g chicken breasts, 1 kg pasture-fed beef joint, 300g topside minute steaks and 12 free range eggs.

Total price = £32.00.

The meat box is 25% cheaper than two leading UK supermarkets!

Prices correct as of June 2014

If you really want to buy the healthiest meat, do some research first to make sure you know what you're buying. It's also important to understand the different terms used to describe the way an animal has been reared, as some of these terms can be very misleading.

Pasture-fed: The animals were allowed outside to consume natural pasture. Meat labelled with the Pastoral logo ensures the animal was 100% pasture-fed for life.

Grass-fed: A part of the animals' diet consisted of grass. If grass-fed meat isn't also labelled as organic, the grasses in which the animals roamed may have been sprayed with fertilisers and insecticides.

Organic: The animals may have eaten organic grains but their access to pasture is unlikely to have been 100%. Organic certification only requires 60% of the animals' feed to come from fresh or dried forage, therefore 40% can be derived from concentrate feeds. So buying meat which is certified organic is not the same as pasture-fed.

Grain-finished: The animal was raised on grass, then fattened with grain.

Free-range: The animal may not have been in a small cramped pen but may have still been enclosed in a larger barn. Truly free range animals will have been allowed to roam and forage freely in large outdoor enclosures, but as the term is often used loosely, it's best to check.

Outdoor bred: The animal was born outside but soon moved indoors for the rest of its life.

Outdoor reared / finished: The animal was confined in a hut or tent outside.

Fish

Fish is high in protein and oily fish provides us with a great source of beneficial fatty acids (DHA and EPA). Eating 2-3 servings per week provides us with sufficient fatty acids for our bodies' needs.

However there are some important factors to consider before choosing which fish to eat, including the hierarchy of the fish within the food chain, the origin of the fish, and how the fish has been prepared.

Food chain

Predatory fish, such as tuna, swordfish and shark generally contain the highest amounts of mercury. From a health perspective, it's advisable to limit our consumption of these types of fish. Non-predatory fish such as salmon, sardines, and shrimp contain much lower levels of mercury.

Origin

Farmed seafood usually contains the most antibiotics and neurotoxicants. Farmed fish are generally exposed to chemicals, and are often raised in cramped disease-ridden conditions.

Where possible, source wild fish rather than farmed. If the fish you buy isn't labelled 'wild' then you can bet it's been farmed. Avoid really cheap fish and seafood – chances are it's poor quality.

Preparation

Eating too much smoked fish (as well as smoked meats) is known to be linked to stomach and colon cancer, due to the increased levels of nitrates and nitrites. Smoked fish can tend to have a high salt content too, due to the way it is preserved.

It can also contain a high level of bacteria and so it is not recommended for anyone with a weakened immune system. Pregnant women should avoid smoked fish completely. If you want to consume smoked fish, it is best to enjoy it in moderation and if possible, find out as much as you can about the origin and preparation methods used.

Sustainability

One final thing to consider is the sustainability of marine life – an area of increasing concern around the world. Our seas are under huge pressure from over-fishing and destructive fishing methods.

For many populations, especially those in developing countries, fish is a vital source of good nutrition. The devastating effects of the collapse of the ocean ecosystem would be felt around the world.

It is estimated that around 85% of the world's fisheries are fished at or beyond their maximum sustainable limit. Some species of fish, such as Atlantic cod, monkfish, bluefin tuna, plaice, marlin, and Atlantic salmon are now seriously under threat.

Organisations such as the Marine Stewardship Council are working globally to put an end to irresponsible and harmful fishing practises.

The Marine Stewardship Council, for example, certifies fisheries around the world that ensure only sustainable fishing practices are used.

Do your bit, and look out for eco labels when buying fish to ensure that it's certified sustainable. Avoid buying any fish which has been recognised as under threat.

Visit **www.greenpeace.org.uk** for more information on sustainable seafood.

Ingredients in this book

There may be a few ingredients in our recipes which are unfamiliar to you. We've included them because we believe they are highly beneficial to our health.

All products are easy to source. If they can't be found in the supermarket, then try your local health store. If you are happy to shop online, then Amazon is always a good place to look.

Kefir

If you haven't come across kefir yet, we highly recommend you try it. It's simple to make this nourishing probiotic drink and it's so much more beneficial than the supermarket probiotic brands, not to mention a lot cheaper! Kefir is great for your intestinal health, immune and nervous system.



Many people who are lactose intolerant can also enjoy kefir, as the bacteria in kefir breaks down everything in the milk during fermentation, including the lactose, proteins, fats, vitamins and minerals. This makes it much easier for your body to digest and absorb all of the nutrients.

Bacteria is essential to keeping us alive. Out of the many hundreds of kinds of bacteria that live inside us, many of them are found in our gut, as this is where most of our immune system is located. Humans need plenty of good bacteria to overcome the bad ones.

When that happy balance remains, then you should find that you are able to enjoy good health. Yet modern day living can wreak havoc on our immune system. Stress, excess alcohol, antibiotics, excess sugars and refined carbohydrates are just some of the things that can destroy our good bacteria.

Check out the *Nourishing Milk Kefir* recipe on page 25.

Cooking With Fats And Oils

When choosing oils, go for organic where possible, as they tend to be less processed, and contain no additives or chemicals.

For cooking and frying at high temperatures, coconut oil is safe to use, as it remains stable at higher temperatures. In other words, unlike many other oils and fats, it won't become damaged when heated above a certain temperature. When oils become damaged, they turn rancid, which can be damaging to free radicals in your body.



Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

Although often perceived as unhealthy, when used in moderate amounts, organic butter is a better option than a highly processed vegetable oil spread or margarine. It's a great fat to use on top of fish or meat in the oven, or in stews or slow-cooked meals at lower temperatures.

For salads, choose cold pressed, extra virgin oils as these are less processed.

There is also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

Coconut Flour

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Choose organic varieties as these are generally higher quality and less processed.



Flaxseed

Flaxseed is rich in omega-3 fatty acids and fibre. A great ingredient to use in cooking, it works well in spelt bread, cakes, pizzas (yes, healthy ones!!), mixed in with nut butter or hummus dip, added to pancake mix, sprinkled over cereals or salads or added to smoothies.



It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. Once opened, always store your flaxseed in the fridge in an airtight container.

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 the **occasional** bit of sugar in your diet won't wreck your progress.

Within the huge category that sugar spans, there are a range of good and bad food choices. Say, for example, you decide to 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 whether you consume sugar and/or sugar alternatives. But what is probably more important to consider is 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**. This approach may encourage you to make more sensible food choices overall.

In some of our recipes we use stevia, a plant-based sweetener which has been around for many years. Like many sugar alternatives, extensive research studies have been conducted on its safety, and whilst 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 sugar replacements in our recipes with something else then that’s fine. Raisins, home made apple sauce and bananas can add enough sweetness to a variety of recipes.

Coffee – Good or Bad?

We love coffee and always start our day with a cup. We find it most beneficial to have a cup in the morning before starting something which requires mental alertness or physical effort, such as going to the gym or driving a long distance.

We buy 100% organic fair trade coffee, which is free from chemical pesticides, and better for the environment. Organic coffee is high in nutrients, as it is farmed in rich fertile soil (due to good crop rotation), and rich in antioxidants.



If you prefer your coffee decaffeinated, again organic is preferable to non-organic. No chemicals are used during processing – instead water is used to remove the caffeine content from the coffee beans.

When consuming coffee, remember to consume plenty of other beverages throughout the day too, especially water. And don’t count on coffee as your main source of antioxidants!

One reason that the safety and benefits of coffee are difficult to measure, is that different people react differently to it. It’s not ideal for everyone – especially people who are slow metabolisers, as their bodies do not process caffeine very well. If you feel jittery, anxious, and over stimulated after drinking coffee, then it’s probably not ideal for you (or only in very small amounts).

On the other hand, people who are fast metabolisers often seem to gain more benefits from drinking coffee, and feel boosted and energised after a cup.

Decide for yourself if coffee is right for you. How do you feel a few hours after a cup? If you feel as though you are relying on coffee to get you through the day, reduce your caffeine intake slowly by introducing decaf coffee.

Tea

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants. Both green tea and Tulsi Brahmi have shown to reduce the risk of many cancers and heart disease.



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



Matcha Green Tea Powder

This is made from stonground tea leaves, and is packed full of vitamins, minerals, antioxidants and amino acids.



Matcha Green Tea Powder gives you the benefits of the whole tea leaf, which makes it even more potent than a cup of green tea.

It is rich in antioxidants, fibre, Vitamin C, selenium, chromium, zinc, magnesium and chlorophyll. It is also believed to boost metabolism, lower cholesterol and blood sugar and aid with detoxification. It also contains a unique class of antioxidant called catechins, which contain potent cancer-fighting properties.

Matcha Green Tea Powder contains 5 times more L-Theanine than common black and green teas. L-Theanine is an amino acid which aids relaxation and brain function.

Use Matcha Green Tea Powder in baking, salads and salad dressings, or infused into ice cubes and blended in to smoothies or coolers. Once opened, store in an airtight container and keep in the fridge.

Check out our *Green Matcha Energy Bars* recipe on page 68, and the *Kale, Mint and Matcha smoothie* on page 28.

Chicken / Vegetable Stock

In some of our savoury recipes, we use stock. If you don't have time to make your own, choose a good quality organic stock. Check the packaging and avoid buying anything which contains MSG, preservatives or additives.

Homemade chicken stock is quick to make and so good for you! You can get 3-4 portions from a chicken, and freeze for a later date.

To make chicken stock: Place a whole chicken carcass in a large pan full of water (enough to cover the chicken). Season well with salt and pepper and a bay leaf if you have one. Bring to the boil then simmer for 2 hours. Remove from heat and allow to cool completely, then drain the liquid from the carcass. Discard the carcass and bay leaf. The stock can be kept in the fridge for several days or frozen.



To make 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 teaspoon dried parsley, half a teaspoon of black pepper, half a teaspoon of salt, 1 teaspoon dried fennel, a sprig of fresh / 1 teaspoon 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 reuse. The liquid stock can be stored in the fridge for up to three days or frozen in batches for future use.

Whey Protein

When protein is lacking in the diet and/or for convenience purposes, a protein supplement may be taken. Ideally, this should be in the form of a high quality milk based protein such as whey protein. The highest quality are low temperature cross-flow and micro-filtrated whey proteins. Ideally, look for whey protein from pasture-fed cattle.



However if you are lactose intolerant you may need to look at a ultra low lactose variety or even a different protein altogether; something like a pea or rice protein. If your diet already has adequate protein in it then you may not need a protein supplement.

Whey protein appears in many of the recipes in this book, however it's an optional ingredient. If you'd prefer to, you can leave it out.

We find it works particularly well when used in baking recipes or when blended into smoothies. The addition of protein to recipes can help make them more satiating, as well as aiding recovery from certain types of exercise, such as resistance training.

Storecupboard Saviours

There are plenty of simple ways to make your food taste good. Keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy and a much healthier alternative to many of the ready made mixes available.

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



Many shop-bought herb and spice blends contain additives, salt, sugar and MSG.

Making your own spice mixes and storing them in an airtight container for later use will also save you time another day. It's best to grind spice mixes in small batches to retain their full flavour.

Here are some commonly used herbs and spices from around the world to help inspire your spice mix creations!

India: cumin, coriander powder, turmeric, ginger, cardamom, cinnamon, fennel seeds, cloves, anise, tamarind, garam masala, fenugreek seeds, ground fennel

Mexico: chilli powder, garlic powder, onion powder, oregano leaf, paprika, cumin, cinnamon, anise, cayenne pepper



Italy: basil, marjoram, oregano, rosemary, thyme, garlic powder, allspice, celery salt, capers, saffron, coriander, nutmeg

Caribbean: onion powder, thyme, allspice, cinnamon, cayenne, chilli powder, nutmeg

East Asia: anise powder, holy / hoary / sweet basil, chilli, garlic, ginger, galangal, kaffir lime, lemongrass, pepper

Morocco: parsley, basil, green coriander, mint, marjoram, grey verbena, garlic, anise, cayenne, turmeric, paprika, bay

China: cinnamon, fennel, Sichuan peppercorn, ginger, cloves, ginseng, mustard, star anise, cardamom, coriander seed, nutmeg, pepper, chilli

Allergies

Please be aware of any foods which feature in this book that you may be allergic to / intolerant of. In some of the recipes, it may be possible to substitute a 'problem' ingredient for example if you have a peanut allergy, then replace peanut butter with almond or cashew butter, which can be purchased in health stores, some major supermarkets and online.

And finally...

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 these six principles, chances are you can dismiss it as a short term fad diet.

- 1.** Eat less 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!



READY IN
5
MINUTES

Oaty Berry Protein Smoothie

2 tbsps vanilla flavoured whey protein (optional)

75g / $\frac{3}{4}$ cup frozen mixed berries

1 tbsp whole porridge oats (use gluten free oats if preferred)

200ml / 7 fl oz cold fresh water or milk kefir (see recipe on page 25)

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

Add more water or kefir if necessary, to achieve the desired consistency.

Notes

Makes 1 serving.

Consume immediately.

PER SERVING (WITH WHEY PROTEIN AND MILK KEFIR):

174 Calories, 16g Carbs, 2g Fat, 23g Protein



Marathon Smoothie

1 medium sized banana

3 tbsps chocolate flavour whey
protein (optional)

2 tbsps crunchy or smooth peanut
butter (no added sugar)

2 tbsps porridge oats (use gluten free oats
if preferred), presoaked for 12 hours in
cold water

500ml / 17½ fl oz semi-skimmed milk

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

Notes

Makes 2 servings.

Consume immediately.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

414 Calories, 37g Carbs, 14g Fat, 35g Protein



Nourishing Milk Kefir

2 tbsps kefir milk grains (available on Amazon or Ebay)

1 litre / 1¾ pts glass jar with lid, sterilised

1 litre / 1¾ pts full cream milk

plastic sieve

plastic or wooden spoon

glass bottle, sterilised

Place the **kefir grains** in the glass **jar**. Add the **milk** and close lid gently (do not fasten lid tightly).

Place jar in room temperature and away from direct sunlight. This is found to be the best environment for kefir fermentation. Leave for between 12 hours to 2 days. After 12 hours, you will have a mild tasting milk kefir. After 24 hours, it will be more tart. After 48 hours, it will have a more zesty taste.

Use the **sieve** and **spoon** to separate the milk from the grains. Pour the kefir milk into a sterile **glass bottle** and refrigerate.

You can either allow the grains to rest for a few days, covered in a little cold water or milk and placed in the fridge, or start another batch again.

Rest the grains every few weeks to get the best out of them. Your grains will last a lifetime, if you look after them!

Notes

Makes 10 x 100ml servings.

Store in an airtight container and refrigerate for up to 1 month.

One shot of kefir milk per day will have a significant impact on your digestive health.

Avoid hot drinks half an hour before and after drinking kefir, as the heat can kill the bacteria.

Be careful not to allow the grains to come into contact with metal as it will damage them.

PER 100ML SERVING:

81 Calories, 5g Carbs, 5g Fat, 4g Protein



Iced Latte Protein Smoothie

1 small banana

7-10 coffee ice cubes (made with strong filter coffee)

2 tbsps vanilla flavoured whey protein (optional)

150ml / 5 fl oz cold fresh water

Place **all of the ingredients** in a blender and whizz until smooth.

Add a little more water if required, to achieve the desired consistency.

Notes

Makes 1 serving.

Consume immediately.

PER SERVING (WITH WHEY PROTEIN):

218 Calories, 25g Carbs, 2g Fat, 25g Protein



Supreme Green Smoothie

handful fresh spinach leaves

1 tbsp fresh ginger, peeled and
chopped roughly

1 tsp wheatgrass powder

1 tsp spirulina

50g / $\frac{1}{2}$ cup blueberries

Place **all of the ingredients** in a blender
and whizz until smooth.

Add a little more water if required, to
achieve the desired consistency.

Notes

Makes 1 serving.

Consume immediately.

PER SERVING:

64 Calories, 11g Carbs, 0g Fat, 5g Protein



Kale, Mint & Matcha Smoothie

6 Matcha ice cubes (Dissolve 3 tsps Matcha powder in 125ml hot water, leave to cool then pour into an ice cube tray). Alternatively use plain ice cubes and add 2 tsps Matcha green tea powder to the blended mixture

1 handful kale
75g / $\frac{1}{2}$ cup cucumber, sliced
10 mint leaves
juice of 1 lemon
100ml / $5\frac{1}{4}$ fl oz cold water
1 tsp acacia honey (optional)

Place **all of the ingredients** in a blender and whizz until smooth.

Add a little more water if required, to achieve the desired consistency.

PER SERVING:

100 Calories, 24g Carbs, 0g Fat, 1g Protein

Notes

Makes 1 serving.

Consume immediately.



Mango, Mint & Cucumber Smoothie

200g / 1 cup fresh mango, roughly chopped

100g / $\frac{3}{5}$ cup cucumber

60g / 2 cups fresh spinach

1 tbsp unsweetened coconut milk
(optional)

5 ice cubes

100ml / $3\frac{1}{2}$ fl oz cold water

1 sprig fresh mint

Place **all of the ingredients** in a blender and whizz until smooth.

Add a little more water if required, to achieve the desired consistency.

Notes

Makes 2 servings.

Consume immediately.

PER SERVING:

81 Calories, 16g Carbs, 1g Fat, 2g Protein



Raspberry, Chocolate & Mint Smoothie

200ml / 6¾ fl oz milk kefir (see recipe on page 25)

2 tbsps chocolate flavoured whey protein (optional)

75g / ¾ cup frozen raspberries

3-5 fresh mint leaves

1½ tsps organic cocoa powder

½ tsp vanilla extract

Place **all of the ingredients** in a blender and whizz until smooth.

Add a little more water if required, to achieve the desired consistency.

PER SERVING (WITH WHEY PROTEIN):

278 Calories, 15g Carbs, 10g Fat, 32g Protein

Notes

Makes 1 serving.

Consume immediately.



READY IN
5
MINUTES

Wake Up Protein Smoothie

125ml 4½ fl oz black coffee or water

30g / 1 cup baby leaf spinach

2 tsps organic cocoa powder

60g / ¼ cup plain yoghurt

2 tbsps chocolate, or vanilla flavoured protein powder (optional)

1 tsp peanut butter (no sugar added)

¼ tsp cinnamon

¼ tsp ginger

¼ tsp grated nutmeg

2 tsps ground almonds

1 tsp chia seeds

4 ice cubes

PER SERVING (WITH WHEY PROTEIN):

304 Calories, 15g Carbs, 12g Fat, 34g Protein

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

Notes

Makes 1 serving.

Consume immediately.

! Contains nuts



Beetroot, Orange, Carrot & Chia Smoothie

2 cooked beetroot

juice of one large orange

3 medium sized carrots, peeled and cut in half

1 tsp chia seeds

handful ice cubes

150ml / 5 ¼ fl oz cold water

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

Add more water if required, to achieve the desired consistency.

PER SERVING:

97 Calories, 19g Carbs, 1g Fat, 3g Protein

Notes

Makes 2 servings.

Consume immediately.



Summer Fruit Porridge

50g / $\frac{1}{2}$ cup porridge oats (use gluten free oats if preferred)
150ml / 5 fl oz cold water
30g / $\frac{1}{3}$ cup mixed berries (fresh or frozen) plus a few extra for topping
3 tbsps strawberry or vanilla flavoured whey protein (optional)

Notes

Makes 1 serving.

Consume immediately.

This high carb recipe makes an ideal post-workout breakfast.

If possible, presoak the oats for 8 hours or more. 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. Stir constantly until the porridge starts to thicken.

Add the berries and continue to cook, stirring for 1-2 minutes. Add more water if required if the mixture looks too thick.

Taste test the porridge to ensure that the fruit is heated through. Remove from heat and stir in the whey protein until thoroughly combined. Sprinkle over a few extra berries and serve.

PER SERVING (WITH WHEY PROTEIN):

346 Calories, 36g Carbs, 6g Fat, 37g Protein



Nut Heaven Porridge

50g / $\frac{1}{2}$ cup porridge oats (use gluten free oats if preferred)

150ml / 5 fl oz fresh cold water

2 tsps crunchy peanut butter (no added sugar)

2 tbsps chocolate flavoured whey protein (optional)

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 required if the mixture looks too thick.

Stir in the **peanut butter** until well combined.

Remove porridge from heat, then add the **whey protein** until thoroughly combined.

Notes

Makes 1 serving.

Consume immediately.

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

If possible, presoak the oats overnight (8 hours or more) 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.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

338 Calories, 34g Carbs, 10g Fat, 28g Protein



Prune Energy Bites

4 tsps dark chocolate (70% cocoa)
50g / $\frac{1}{2}$ cup hazelnut butter
4 tsps organic coconut oil
1 tsp ground cinnamon
90g / $\frac{3}{4}$ cup pitted prunes
2 tbsps raisins
50ml / 2 fl oz unsweetened almond milk
1 tsp fresh ginger
 $\frac{1}{2}$ tsp orange essence
1 tbsp acacia honey
2 heaped tbsps omega sprinkle
(sunflower seeds, linseeds, pumpkin seeds)
4 tsps organic cocoa powder

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

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

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

Scoop out small portions and shape into balls. Roll the balls in the **cocoa powder** to give a light coating. Store in the fridge until ready to serve.

Notes

Makes 10 energy bites.

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

! Contains nuts

PER ENERGY BITE:

112 Calories, 8g Carbs, 8g Fat, 2g Protein



Banana Protein Pancakes

4 free range eggs

1 egg white

2 tbsps vanilla or chocolate flavoured whey protein (optional)

1 small banana

40g / $\frac{1}{3}$ cup whole porridge oats
(use gluten free oats if preferred)

1 tsp ground cinnamon

2 tps stevia

3 tps coconut flour

3 tps organic coconut oil

Notes

Makes 4 pancakes.

Refrigerate for up to 2 days.

Serving Suggestion

Tastes great with berries and Greek yoghurt or a squeeze of fresh lemon juice and a drizzle of honey.

Put **all of the ingredients** (except the coconut oil) into a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick yet runny enough to pour.

Heat some of the **coconut oil** in a large non stick pan over a medium / high heat. Pour one quarter of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and heat on the other side for 1-2 minutes.

Transfer pancake to a plate. Add more oil to the pan and repeat the process with the remaining batter.

PER PANCAKE (WITH WHEY PROTEIN):

193 Calories, 14g Carbs, 9g Fat, 14g Protein



Chocolate Nut Pancakes

3 heaped tsps coconut flour
2 tbsps chocolate flavoured whey protein (optional)
30g / $\frac{1}{3}$ cup whole porridge oats (use gluten free oats if preferred)
2 free range eggs
1 egg white
1 tsp organic cocoa powder
1 tsp stevia
4 tsps dark chocolate (70% cocoa)
3 tsps crunchy or smooth peanut butter (no added sugar)
2 tsps organic coconut oil

Notes

Makes 5 pancakes.

Refrigerate for up to 2 days.

! Contains nuts

PER PANCAKE (WITH WHEY PROTEIN):

148 Calories, 9g Carbs, 8g Fat, 10g Protein

Put all of the ingredients (except for the coconut oil) into a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick yet runny enough to pour.

Heat some of the coconut oil in a large non stick pan over a medium / high heat.

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

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

Transfer pancake to a plate. Add more oil to the pan and repeat the process with the remaining batter.

Serving Suggestion: Serve with a dollop of Greek yoghurt, black cherries (frozen ones are fine!) and some grated dark chocolate.



Strawberry Blancmange Protein Jelly

½ pt / 1 cup boiling water
1 sachet/pack sugar free strawberry or raspberry jelly
40g / ½ cup strawberry or vanilla flavoured whey protein powder (optional)
½ pt / 1 cup of cold fresh water
50g / ½ cup mixed berries

Pour the boiling **water** into a large bowl. Add the **jelly** and stir well until the jelly has dissolved.

Stir in the **whey protein**. Top up with cold **water**.

Pour into dessert bowls or glasses and add the **berries**. Refrigerate until set.

Notes

Makes 3 servings.

Refrigerate for up to 3 days.

If possible, use jelly which is free from artificial sweeteners, flavours and colourings.

PER SERVING (WITH WHEY PROTEIN):
61 Calories, 2g Carbs, 0g Fat, 13g Protein



Carrot & Ginger Loaf

- | | |
|---|--|
| 2 tbsps flaxseed, ground | 200g / 1¼ cups carrots, peeled and grated |
| 1 large bramley apple, peeled, cored and sliced | rind of half an orange, grated, plus juice |
| 150g / 1¼ cups coconut flour | 75g / ½ cup organic raisins |
| ½ tsp xanthan gum | 4 tbsps nuts, chopped (any kind) |
| 2 tbsps baking powder | |
| 3 tbsps vanilla flavoured whey protein (optional) | |
| pinch of sea salt | |
| 2 tbsps ground cinnamon | |
| 1 tsp ground ginger | |
| 8 cloves, ground | |
| 1 tsp stevia | |
| 3 tbsps pure maple syrup | Notes |
| 100ml / 3½ fl oz light unsweetened coconut milk | Makes 14 servings. |
| 100ml / 3½ fl oz extra virgin olive oil | Store in an airtight container for up to 3 days. |
| 1 egg | ! Contains nuts |
| 1 egg white | |

PER SERVING (WITH WHEY PROTEIN):
191 Calories, 15g Carbs, 11g Fat, 8g Protein

Method on next page...



Preheat oven to 180°C/350°F.

Line the base of two medium size loaf tins with baking paper.

Mix the **flaxseed** with a little water until it thickens up. Leave to stand.

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. Transfer apple to a bowl and leave to cool.

In a large bowl, mix the **flour**, **xanthan gum**, **baking powder**, **whey protein**, **salt**, **cinnamon**, **ginger**, **cloves**, **stevia** and **maple syrup**.

In a separate bowl, mix the **coconut milk**, **olive oil**, **egg**, **egg white** and **apple sauce** until smooth. Gently stir in the **carrots**, **orange rind / juice** and **raisins** and mix well.

Divide the mixture between the two loaf tins and sprinkle the **nuts** over the top.

Bake for 30 minutes. Remove from oven and leave to cool for 5 minutes on a wire rack.

Remove from tins and allow to cool.



Quick Sticky Popcorn

3 tsps organic coconut oil

80g / $\frac{1}{2}$ cup popping corn

3 tsps coconut sugar

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 time to time over the heat, to prevent it from burning.

When most of the corn has popped remove saucepan from heat.

Transfer to a large bowl. Sprinkle on the **coconut sugar** and mix well.

The sugar will melt slightly onto the warm popcorn to give a slightly sticky coating.

Notes

Makes 4 servings.

Refrigerate for up to 2 days.

! Leave to cool for several minutes before eating as warm sugar can burn.

PER SERVING:

145 Calories, 14g Carbs, 9g Fat, 2g Protein



Popcorn Clusters

4 tsps organic coconut oil
40g / $\frac{1}{4}$ cup popping corn
4 tsps coconut sugar
4 tsps ground cinnamon
50g / $\frac{1}{5}$ cup dark chocolate
(70% cocoa)
3 tbsps honey

Melt half of 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 time to time over the heat, to prevent it from burning.

When most of the corn has popped remove saucepan from heat.

Transfer popcorn to a large bowl. Sprinkle on the **coconut sugar** and mix well. The sugar will melt slightly onto the warm popcorn to give a slightly sticky coating.

Leave to cool for 5 minutes, then add the **cinnamon** and stir well.

Place the **chocolate** and remaining oil 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 and oil into the water. Melt the chocolate and oil slowly, stirring regularly. Remove from heat.

Line two baking trays with greaseproof paper. Pour the popcorn onto the paper, scrunching the popcorn up with your hands. Drizzle over the melted chocolate and **honey**. Bring the sides of the paper up and around the popcorn and fasten above with 2 pegs. This will help the popcorn to set together.

Refrigerate for at least two hours or until the chocolate has set. Cut into 6 pieces. Return to the fridge until ready to eat.

Notes

Makes 5 servings.

Refrigerate in an airtight container for up to 3 days.

PER SERVING:

178 Calories, 20g Carbs, 10g Fat, 2g Protein



Raspberry & Vanilla Energy Balls

100g / $\frac{1}{2}$ cup raspberries

1 tsp pure maple syrup (or sweetener of your choice)

$\frac{1}{4}$ tsp ground cinnamon

pinch of nutmeg

100g / 1 cup porridge oats

(use gluten free oats if preferred)

1 tsp vanilla extract

75g / $\frac{1}{3}$ cup pitted dates, chopped finely

35g / $\frac{1}{4}$ cup ground almonds

40g / $\frac{1}{2}$ cup chocolate or vanilla flavoured whey protein (optional)

8 brazil nuts, finely chopped

70ml / $2\frac{1}{4}$ fl oz light unsweetened coconut milk

60g / $\frac{1}{2}$ cup desiccated coconut

PER ENERGY BALL (WITH WHEY PROTEIN):

178 Calories, 16g Carbs, 10g Fat, 6g Protein

Pour the **raspberries** into a fine sieve and position over a large bowl. Using the back of a wooden spoon, press the raspberries gently, extracting the raspberry juices into the bowl. Discard the raspberry seeds.

Add **all of the other ingredients** to the large bowl, except the desiccated coconut. Mix thoroughly and refrigerate for at least an hour until the mixture firms up.

Divide the mixture into 9, and roll into balls using your hands. Pour the **desiccated coconut** onto a plate and roll each ball in the coconut, to give them an even coating.

Notes

Makes 9 energy balls.

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

!

Contains nuts



Gooey Beetroot, Berry & Chocolate Cake

small amount of butter or organic coconut oil to grease tin

125g / $\frac{1}{2}$ cup dark chocolate
(70% cocoa)

3 tbsps organic butter

300g / 2 cups cooked beetroot

4 free range eggs

3 tbsps acacia honey

3 tbsps coconut flour (or use a gluten free flour of your choice)

2 tbsps organic cocoa powder

1 tsp vanilla extract

1 tsp baking powder

pinch of sea salt

$\frac{1}{2}$ tsp xantham gum

4 tbsps desiccated coconut (optional)

125g / $\frac{3}{4}$ cup ground almonds

60g / $\frac{1}{2}$ cup mixed berries

To decorate:

1 tbsp dark chocolate (70% cocoa)

2 tbsps chopped nuts (optional)

Notes

Makes 10 servings.

Store in airtight container for up to 4 days.

Contains nuts.

PER SERVING:

277 Calories, 13g Carbs, 21g Fat, 9g Protein

Method on next page...



Preheat oven to 180°C/350°F.

Line the base of a 9 inch cake tin with baking paper. Grease the sides with a small amount of **butter / 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 medium heat and simmer allow the water gently. Place the bowl of chocolate and butter into the shallow dish of water and melt the chocolate slowly, stirring frequently. Remove from heat.

Blend the **beetroot, eggs, honey, flour, cocoa powder, vanilla extract, baking powder, salt, xantham gum** and **desiccated coconut** (if using) for around 2 minutes.

Add the **ground almonds** and blend well.

Add the melted chocolate and butter and blend for around 10 seconds until combined. Gently stir in the **mixed berries**.

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 **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.



Cherry Almond Muffin Loaf

60g / $\frac{1}{3}$ cup bramley apple, peeled and sliced

5 free range eggs

1 egg white

2 tbsps pitted dark cherries, halved

80g / $\frac{1}{2}$ cup coconut flour

4 tbsps pure maple syrup

1½ tsps stevia

70g / $\frac{1}{2}$ cup ground almonds

1 tsp of vanilla extract

1 tsp bicarbonate of soda

Preheat oven to 180°C/350°F.

Line the base of a medium sized loaf tin with baking paper.

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. Transfer apple to a bowl and leave to cool.

Beat the **eggs** and **egg white** with a whisk for 30 seconds.

Add all of the **remaining ingredients** and mix well. Pour the mixture into the loaf tin and bake for 40-50 minutes, until golden brown.

Leave to cool for 5 minutes, then remove from the tin and transfer to a wire rack to cool.

Notes

Makes 10 servings.

Store in an airtight container for up to 3 days.

! Contains nuts

PER SERVING:

132 Calories, 12g Carbs, 7g Fat, 7g Protein



Protein Heaven Bars

3 medium sized bananas

50g / $\frac{1}{2}$ cup crunchy peanut butter
(no added sugar)

2 free range eggs

1 egg white

50g / $\frac{1}{2}$ cup whole porridge oats
(use gluten free oats if preferred)

4 tsps ground almonds

2 tbsps flaxseed, whole or ground

3 tbsps chocolate flavoured whey
protein (optional)

30g / $\frac{1}{2}$ cup organic raisins

1½ tbsps dark chocolate (70%
cocoa), chopped finely

PER SERVING (WITH WHEY PROTEIN):

181 Calories, 13g Carbs, 9g Fat, 12g Protein

Preheat oven to 190°C/375°F.

Line a baking tray with baking paper.

In a large bowl, mash the **bananas**.
Add **all of the other ingredients** and
mix thoroughly.

Pour the mixture onto the tray and
flatten with a spoon. Bake in the oven
for 15 minutes.

Remove from tin and transfer to a wire
rack. When cooled, chop into 9 pieces.

Notes

Makes 9 servings.

Store in an airtight container for up to 3 days.

Variations

Swap the banana for 60g / $\frac{2}{3}$ cup blueberries
or 60g / $\frac{1}{2}$ cup raspberries. This will reduce the
carbohydrate content, but taste just as good!

! Contains nuts



Berry Sandwich Bars

100g / $\frac{3}{4}$ cup coconut flour
4 tbsps vanilla flavoured whey protein (optional)
1 tbsp ground flaxseed
 $\frac{1}{2}$ tsp baking soda
 $1\frac{1}{2}$ tsps cinnamon
 $\frac{1}{2}$ tsp sea salt
3 tbsps organic coconut oil, melted
2 tbsps light unsweetened coconut milk
4 free range eggs
2 tsps vanilla extract
2 tbsps pitted dates, chopped finely
200g / 2 cups mixed berries
2 tsps unsweetened coconut flakes

Notes

Makes 8 servings.

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

PER SERVING (WITH WHEY PROTEIN):

204 Calories, 12g Carbs, 12g Fat, 12g Protein

Method on next page...



Preheat oven to 170°C/325°F.

Line a 9x9 inch baking tray with baking paper.

Sieve the **flour** into a bowl and add the **whey protein**, **flaxseed**, **baking soda**, **cinnamon**, and **salt**. Set aside.

In a separate bowl whisk together the **coconut oil**, **coconut milk**, **eggs**, and **vanilla extract** until creamy. Add the **dates** then slowly stir in the flour mixture until well combined and a firm dough forms.

Divide the dough in half and press half evenly into the base of the lined tray.

Spread the **berries** evenly over top of the dough.

On a separate sheet of baking paper, gently shape the remaining dough into a similar size and shape as before.

Lift the dough on the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible.

Sprinkle the dough lid with **coconut flakes**, and press lightly to hold them in place.

Bake for 20 minutes, until the coconut is golden and the dough springs back to the touch.

Allow to cool in the pan completely before cutting into squares.



Mixed Berry Cheesecake

3 tsps organic butter, melted
3 tsps pure maple syrup (or sweetener of your choice)
50ml / 2 fl oz unsweetened almond milk
1 tsp ground ginger
60g / $\frac{2}{3}$ cup ground almonds
zest of half a lemon, grated
2 tsps lemon juice
1 gelatine sheet
2 tsps sugar free strawberry jelly crystals
225g / 1 cup extra light cream cheese
1 tsp stevia
150g / $\frac{2}{3}$ cup low fat Greek yoghurt (use dairy-free yoghurt if preferred)
2 tbsps strawberry or vanilla flavoured whey protein (optional)
2 tsps vanilla extract
150g / $1\frac{1}{2}$ cups mixed berries

Notes

Makes 4 servings.

Refrigerate for up to 3 days.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

271 Calories, 15g Carbs, 15g Fat, 19g Protein

Method on next page...



To make the base:

In a large bowl, mix together the **butter**, **pure maple syrup**, **almond milk**, **ginger**, **almonds** and **lemon zest**.

For the top layer:

Warm the **lemon juice** in a saucepan and add the **gelatine** sheet. Stir until dissolved.

Add the **jelly crystals** and stir until dissolved. Remove from heat and allow to cool.

Whisk the **cream cheese** and **stevia** until combined. Add the **yoghurt** and **whey protein** and mix thoroughly.

Stir in the gelatine mixture adding a bit at a time until thoroughly combined. Add the **vanilla extract**.

Assemble into 4 servings:

First create a layer of the base ingredients, by spooning a quarter of the mixture into four glasses or bowls and pressing down gently.

Next, add a layer of **mixed berries**. Finally add the top layer using a spoon to smooth the surface.

Refrigerate for several hours or until the top layer is firm.



Pistachio & Goji Bark

3 tbsps dried goji berries
5 tbsps organic coconut oil
3 tbsps organic cocoa powder
1 tsp pure maple syrup
40g / $\frac{1}{2}$ cup pistachios, chopped roughly
2 tbsps omega sprinkle ((flaxseed, linseed, sesame seed, sunflower seeds))
4 tsps dark chocolate (70% cocoa), melted

Presoak the goji berries in water for 1 hour, then drain. Gently press to remove excess water and chop roughly.

Line a baking tray with baking paper and place in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and maple syrup. Stir well to combine. Remove from heat. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness. Sprinkle the pistachios, omega sprinkle and goji berries over the chocolate.

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

Carefully sit the heatproof bowl in the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat. Place in freezer on a level shelf and leave for at least 20 minutes. Remove from freezer 5 minutes before serving.

Notes

Makes 12 servings.

Freeze in an airtight container for up to 2 weeks.

! Contains nuts

PER SERVING:

223 Calories, 8g Carbs, 19g Fat, 5g Protein



Blueberry Bombs

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

PER SERVING:

136 Calories, 12g Carbs, 8g Fat, 4g Protein

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

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

Add the **remaining ingredients** and mix well.

Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready to serve.

Notes

Makes 15 servings.

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

!
Contains nuts



Chocolate Nut Ice Cream

375g / $\frac{2}{3}$ cup fat free Greek yoghurt
(use dairy-free yoghurt if preferred)

2 medium sized ripe bananas, sliced

3 heaped tbsps chocolate flavoured
whey protein (optional)

1 tsp vanilla extract

1 tbsp dark chocolate (70% cocoa),
finely chopped

4 tsps chopped hazelnuts

Put the **yoghurt**, **banana**, **whey protein** and **vanilla extract** in a blender. Pulse until creamy.

Stir in the **dark chocolate** and **nuts**.

Divide into 6 small freezer-proof pots.
Freeze for 2 or more hours.

Remove from freezer 15 minutes
before serving.

Notes

Makes 6 servings.

Variations

Experiment with other whey protein flavours,
or whizz in some fruit, such as blueberries or
strawberries, or even a splash of coconut milk
for extra creaminess.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

156 Calories, 14g Carbs, 4g Fat, 16g Protein



Chickpea Cookies

40g / $\frac{1}{4}$ cup ground almonds

3 tbsps peanut / hazelnut / cashew butter (no added sugar)

3 tbsps acacia honey

2 tsps vanilla extract

$\frac{1}{2}$ tsp sea salt flakes

1 tsp bicarbonate of soda

1 x 400g can chickpeas, drained

2 tsps organic cocoa powder

2 tbsps dark chocolate (70% cocoa), grated or finely chopped

Preheat oven to 170°C/325°F.

Line a baking tray with baking paper.

Mash or blend **all of the ingredients** (except for the dark chocolate) until fairly smooth.

Spread the mixture onto the baking tray. Sprinkle the **dark chocolate** over the top and lightly press into the mixture.

Bake for 15 minutes or until a golden brown.

Allow to cool on a wire rack, then divide into 9 squares.

Notes

Makes 9 cookies.

Store in an airtight container for up to 4 days.

! Contains nuts

PER COOKIE:

136 Calories, 11g Carbs, 8g Fat, 5g Protein



Date & Banana Flapjacks

2 tbsps pure maple syrup or sweetener of your choice
3 tbsps organic coconut oil
85g / $\frac{1}{3}$ cup organic butter
5 tbsps pitted dates, finely chopped
80g / $\frac{1}{3}$ cup banana, halved
2 tbsps banana flavoured whey protein (optional)
4 tsps coconut flour
100g / 1 cup porridge oats (use gluten free oats if preferred)
2 tsps flaxseed
40g / $\frac{1}{4}$ cup ground almonds

Preheat oven to 180°C/350°F.

Line a baking tray with baking 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 whizz into a smooth paste. Transfer to a large bowl and add **all the other 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.

Leave for 5 minutes, then divide into 12 pieces. Remove from tray when cool.

Notes

Makes 12 flapjacks.

Store in an airtight container for up to 3 days.

Contains nuts

PER FLAPJACK (WITH WHEY PROTEIN):

176 Calories, 13g Carbs, 12g Fat, 4g Protein



Baked Chocolate Cheesecake

small amount of butter or organic coconut oil to grease tin

For the base:

3 tbsps organic butter, melted
3 tsps pure maple syrup (or sweetener of your choice)
 $\frac{1}{2}$ tsp cinnamon
25g / $\frac{1}{4}$ cup porridge oats (use gluten free oats if preferred)
75g / $\frac{1}{2}$ cup ground almonds
2 tbsps ground flaxseed
1 tsp lemon juice

For the topping:

100g / $\frac{3}{4}$ cup dark chocolate (70% cocoa)
525g / $2\frac{1}{2}$ cups extra light cream cheese
250g / 1 cup plain yoghurt (use dairy-free yoghurt if preferred)
3 tsps pure maple syrup (or sweetener of your choice)
4 free range eggs
1 tsp vanilla extract
1 heaped tbsp chocolate flavoured whey protein (optional)
20g / $\frac{1}{2}$ cup organic cocoa powder

Notes

Makes 10 servings.

Refrigerate for up to 3 days.

! Contains nuts

PER SERVING (WITHOUT RASPBERRY SAUCE):
247 Calories, 13g Carbs, 19g Fat, 17g Protein

Method on next page...



Preheat oven to 180°C/350°F.

Line the base of a 7 inch cake tin with baking paper. Lightly grease the sides of the tin with a small amount of butter.

In a large bowl, combine **all of the base ingredients**. Pour the mixture into the cake tin, and gently press into the base of the tin.

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.

In a large bowl, whisk the **cream cheese** and **yoghurt** until smooth. Stir in the **maple syrup**.

Add the **eggs**, one at a time, stirring until thoroughly combined. Stir in the **vanilla extract**, **whey protein** and **cocoa powder**, then add the **melted chocolate**, stirring well.

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

Remove cheesecake from oven and leave in the tin to cool completely. Transfer the cheesecake to a plate and refrigerate until ready to serve.

This cheesecake tastes great with a raspberry sauce. Simply whizz some raspberries in a blender until smooth. Use a fine sieve to strain the seeds. Sweeten the sauce with a dash of honey.



Very Chocolatey Brownies

1 medium sized bramley apple, peeled and finely sliced

1 tsp stevia

1 large ripe banana, mashed

1 egg

1 egg white

35g / $\frac{1}{6}$ cup pitted dates, finely chopped

2 tbsps ground flaxseed

4 tsps acacia honey

1 tsp vanilla extract

80g / $\frac{1}{2}$ cup coconut flour

2 tbsps ground almonds

40g / $\frac{2}{3}$ cup porridge oats (use gluten free oats if preferred)

4 tsps organic cocoa powder

3 tbsps chocolate flavoured whey protein (optional)

1 tsp baking soda

2 tbsps dark chocolate (70% cocoa), finely chopped

pinch of salt

Notes

Makes 12 servings.

Store in an airtight container for up to 4 days.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

146 Calories, 15g Carbs, 6g Fat, 8g Protein

Method on next page...



Bring a small saucepan of water to the boil. Add the **apple** and simmer gently for around four minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl, stir in the **stevia** and leave to cool.

Preheat oven to 150°C/300°F.

Line a baking tray with baking paper.

In a large bowl, mash the **banana**. Add the **apple**, **egg**, **egg white**, **dates**, **flaxseed**, **honey** and **vanilla extract** and mix well.

In a separate bowl mix together the **flour**, **almonds**, **oats**, **cocoa powder**, **whey protein**, **baking soda**, **dark chocolate** and **salt**.

Pour the wet mixture into the dry mixture and stir until thoroughly combined. Pour the mixture into the baking tray and gently shape into a rectangle with a spatula so that the mixture is around 1 inch thick.

Bake in the oven for 25 minutes or until centre is cooked. Use a skewer to pierce the centre of the mixture. If it comes out clean then it is cooked.



Divine Prune & Sweet Potato Pancakes

For the pancakes:

150g / 1 cup sweet potato, peeled and diced

5 free range eggs

2 tbsps chocolate flavoured whey protein (optional)

half a medium sized banana

1 tsp ground cinnamon

1 tsp stevia

1 tbsp coconut flour

2 tbsps pitted prunes, chopped roughly

2 tbsps organic coconut oil

For the blueberry sauce (optional):

50g /½ cup fresh or frozen blueberries

juice of half a lemon

1 tsp stevia (or sweetener of your choice)

Notes

Makes 9 pancakes.

Refrigerate for up to 2 days.

The sharpness of the blueberry sauce contrasts really well with the sweetness of the pancakes.

PER PANCAKE (WITH BLUEBERRY SAUCE AND WHEY PROTEIN):

114 Calories, 9g Carbs, 6g Fat, 6g Protein

Method on next page...



Bring a saucepan of water to the boil. Add the **sweet potato** and simmer for around 8 minutes until soft. Remove from heat, drain and leave to cool.

Mash the sweet potato gently in a fine sieve to remove excess water.

Put **all of the other pancake ingredients** (except for the coconut oil) into a blender and pulse until smooth. Allow to stand for 10 minutes.

Heat a small amount of the **coconut oil** in a non stick pan, over a medium / high heat. Pour a small amount of the pancake mixture into the centre of the pan (15cm diameter).

Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn or flip it over and cook for 1-2 minutes.

Transfer pancake to a plate.

Add more oil and repeat the process with remaining batter.

For the blueberry sauce:

Heat the **blueberries** with a splash of cold water in a saucepan over a medium heat.

Add the **lemon juice** and **stevia** and stir gently.

Cook for 3-4 minutes. Allow to cool for several minutes before serving with the pancakes.



Sticky Pudding

75g / $\frac{2}{3}$ cup pitted prunes

80g / $\frac{1}{2}$ cup raisins

2 tsps vanilla extract

100ml / $\frac{2}{3}$ cup pure maple syrup
or honey, plus a heaped tbsp extra
to serve

2 free range egg yolks

4 heaped tbsps coconut flour, sieved

5 tsps wholegrain spelt flour (use
gluten free flour if preferred)

$\frac{1}{2}$ tsp xantham gum

2 egg whites

3 tbsps Greek yoghurt to serve
(use dairy-free yoghurt if preferred)

Notes

Makes 4 servings.

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

PER SERVING (WITH YOGHURT):

242 Calories, 40g Carbs, 6g Fat, 7g Protein

Method on next page...



Preheat oven to 180°C/350°F.

Grease 4 small pudding basins.

Put the **prunes** and **raisins** in a saucepan and add 175ml /6 fl oz boiling water. Simmer 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, turn upside down onto plates and serve with **Greek yoghurt** and a dash of maple syrup.



Squidgy Biscuit Bakes

100g / 1 cup bramley apple, peeled and sliced

70g / $\frac{3}{5}$ cup porridge oats, ground
(use gluten free oats if preferred)

50g / $\frac{1}{3}$ cup ground almonds

75g / $\frac{1}{2}$ cup ground flaxseed

40g / $\frac{1}{3}$ cup chia seeds, ground

$\frac{1}{2}$ tsp salt

1 tsp baking soda

3 tbsps organic coconut oil, melted

2 tbsps acacia honey

2 tsps vanilla extract

90g / $\frac{1}{2}$ cup pitted dates or organic raisins, roughly chopped

juice of half a lemon

2 tbsps chocolate flavoured whey protein (optional)

$\frac{1}{2}$ tsp ground ginger

Notes

Makes 14 biscuits.

Store in an airtight container for up to 3 days.

! Contains nuts

PER BISCUIT (WITH WHEY PROTEIN):

145 Calories, 11g Carbs, 8g Fat, 5g Protein

Method on next page...



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. Transfer apple 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 an hour.

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

Put the dates / raisins in a blender with the lemon juice, whey protein, 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 date 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.



Avocado 'Nutella'

2 tbsps organic coconut oil
6 tbsps dark chocolate (70% cocoa)
60g / ½ cup raspberries
4 tsps organic cocoa powder
2 tbsps acacia honey
2 tbsps smooth or crunchy peanut butter (no added sugar)
2 tsps vanilla extract
2 ripe avocados, peeled and mashed thoroughly or blended until smooth
2 tbsps vanilla or chocolate flavoured whey protein (optional)

Notes

Makes 6 servings.

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

Serving Suggestion

Serve with fresh fruit or spread onto oatcakes.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

281 Calories, 15g Carbs, 21g Fat, 8g Protein

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, extracting the raspberry juices into the bowl.

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.



Green Matcha Energy Bars

150g / 1½ cups bramley apple, peeled, cored and sliced

3 tbsps porridge oats (use gluten free oats if preferred or replace with 2 tbsps extra of ground almonds)

2 tbsps ground almonds

4 tbsps rice or pea protein

4 tbsps dark chocolate (70% cocoa) cut into small pieces

3 tbsps organic coconut oil

2 tbsps pumpkin seeds

3 tbsps acacia honey

10 pitted dates, chopped

1 tsp vanilla extract

4 tbsps crunchy peanut butter (no added sugar)

2 tbsps organic cocoa powder

2 tbsps matcha green tea powder

1 tbsp brazil nuts, roughly chopped

Preheat oven to 150°C/300°F.

Line a baking tray with baking paper.

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. Transfer apple to a bowl and leave to cool.

In a large bowl, stir together **all of the ingredients**, until combined thoroughly.

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

Bake for 30 minutes. The mixture may still appear quite soft, but it will firm up as it cools. Leave to cool on the baking tray. Cut into 9 slices.

Notes

Makes 9 energy bars.

Store in an airtight container for up to 4 days.

! Contains nuts

PER ENERGY BAR:

222 Calories, 17g Carbs, 14g Fat, 7g Protein



Indulgent Cookie Cakes

150ml / 5 fl oz light unsweetened coconut milk
2 tbsps flaxseed, ground
2 tbsps ground almonds
3 tbsps coconut flour
200g / 1½ cups gluten-free flour of choice
2 tbsps organic cocoa powder
1 tsp bicarbonate of soda
4 tbsps chocolate flavoured whey protein (optional)
6 pitted dates, chopped finely
45g / ¼ cup dark chocolate (70% cocoa), cut into small pieces
3 tbsps organic coconut oil, melted
50ml / 2 fl oz olive oil
3 tbsps stevia (or sweetener of your choice) plus extra to sprinkle on top
2 tsps vanilla extract

Notes

Makes 12 cookies.

Store in an airtight container for up to 4 days.

! Contains nuts

Preheat oven to 180°C/350°F.

In a small bowl, mix together the **coconut milk**, **flaxseed** and **almonds**. Leave to stand for 5 minutes.

In a large bowl, mix the **flours**, **cocoa powder**, **bicarbonate of soda**, **whey protein**, **dates** and **chocolate**.

Add the **oils**, **stevia** and **vanilla extract** to the coconut milk mixture. Stir well. Leave to stand for 10 minutes.

Pour the wet mixture into the dry mixture and stir well. Add a drop of water if needed. The consistency should be of a thick paste. Line several trays with baking paper.

Roll small amounts of the mixture into balls. Press gently into disc shapes (maximum 15mm thick) onto the baking paper. Allow some space between the cookies, as they will spread whilst baking.

Sprinkle a little extra stevia on top of each cookie, and gently press it into the dough. Bake for 7 minutes. Leave to stand for several minutes, then transfer them over to a wire rack to cool.

PER COOKIE (WITH WHEY PROTEIN):

238 Calories, 17g Carbs, 14g Fat, 10g Protein



Chocolate Nut Freezer Bars

4 tsps ground almonds
4 tsps ground hazelnuts
4 tbsps chocolate flavoured whey protein (optional)
2 tbsps organic almond butter
2 tbsps ground flaxseed
1 tbsp ground cinnamon
2 tbsps organic dark chocolate (70% cocoa)
1 tsp chopped hazelnuts for topping (optional)

Notes

Makes 6 servings.

These bars can be kept in the fridge for up to 3 days or frozen for up to 2 weeks.

If freezing, allow 10-15 minutes to thaw before serving.

! Contains nuts

PER SERVING (WITH WHEY PROTEIN):

176 Calories, 5g Carbs, 12g Fat, 12g Protein

70 SWEET

Mix **all of the ingredients** (except for the dark chocolate and chopped hazelnuts) in a bowl.

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 baking paper. Spoon the mixture in a long thick line onto each tray. Bring the baking 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.

Melt the **chocolate** slowly over a very low heat, stirring constantly. Remove from heat.

Remove the bars from the freezer. Unclip the pegs, and slowly peel away the baking paper.

Cover the bars with melted chocolate and sprinkle with the **hazelnuts**, if using.



Alan's Amazing Protein Rice Cakes

200g / $\frac{4}{5}$ cup Greek yoghurt 0% fat
2 tbsps banana flavoured whey protein
3 organic lightly salted rice cakes
half a medium banana, sliced
2 tbsps organic dark chocolate (70% cocoa), grated

Mix together the **yoghurt** and **whey protein**.

Place the **rice cakes** on a plate and top with the yoghurt mixture, **banana** and **chocolate**.

Notes

Makes 1 serving.

Consume immediately.

This is ideal when you need protein and fancy something other than a protein shake.

PER SERVING (WITH WHEY PROTEIN):

407 Calories, 41g Carbs, 7g Fat, 45g Protein



Wake Me Up Burrito

2 tsps organic butter

1 medium sized Alaskan salmon fillet

2 free range eggs

1 egg white

salt and pepper to season

2 tbsps plain yoghurt

3 slices pink grapefruit, chopped into small pieces

2 tsps walnut pieces, chopped roughly

40g / ¼ cup cooked beetroot, diced

3 tbsps fresh avocado, diced

Melt half of the **butter** in a pan over a medium heat and cook the **salmon** for around 10 minutes, into 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 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 in a rough circular shape.

Cook the eggs gently on one side for around two minutes until firm. Remove from heat.

Using a spatula, gently lift up one edge of the cooked egg, and loosely roll over and over until completely rolled up. Remove carefully from the pan using a spatula or fish slice and transfer to a large plate. Unroll the cooked egg 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.

Notes

Makes 1 serving.

Consume immediately.

This recipe contains a good dose of healthy fats, which should keep hunger away for a substantial length of time!

! Contains nuts

PER SERVING:

589 Calories, 12g Carbs, 37g Fat, 52g Protein



Protein-rich Scotch Eggs

7 free range eggs

600g / 1lb 5 oz lean pork mince

4 rashers lean unsmoked back bacon, fat removed, cut into small pieces

½ tsp Himalayan pink salt

black pepper

1 tsp dried oregano

4 tbsps ground almonds

Preheat oven to 150°C/300°F.

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

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

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

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

When the boiled eggs are cool, peel carefully.

Take some of the pork mixture and use your hands to shape it around the egg. Add a coating of the whisked egg to the scotch egg, smoothing it to help keep the pork mixture in place.

Gently roll the scotch egg in the ground almonds, until it has an even coating. Place the scotch egg on a baking tray.

Repeat the process with the remaining boiled eggs. Bake for 30 minutes.

Notes

Makes 6 scotch eggs.

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

Enjoy hot or cold.

! Contains nuts

PER SCOTCH EGG:

324 Calories, 1g Carbs, 15g Fat, 32g Protein



Salmon & Egg Brunch

1 medium sized Alaskan salmon fillet

1 tsp organic butter

40g / $\frac{1}{3}$ cup button mushrooms

2 free range eggs

30g / 1 cup fresh kale or spinach

salt and pepper to season

Pour a few inches of cold water into a large shallow pan and bring to the boil. Add the **salmon** and poach gently for 8 minutes, turning on each side as it cooks.

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

Bring a small pan of water to the boil (again just a couple of inches of water). Reduce the heat to a very gentle simmer and carefully add the **eggs**. Poach for 2-4 minutes (2 minutes is ideal for a runny egg).

Add the **kale / spinach** to the saucepan with the salmon and cook it in the water for several minutes (kale) or 30 seconds (spinach). Top up with water if necessary.

When the salmon is cooked – it should be a light pink colour throughout – remove it from the saucepan and set aside. Drain the kale and press gently to remove excess water.

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

Notes

Makes 1 serving.

Consume immediately.

PER SERVING:

419 Calories, 6g Carbs, 23g Fat, 47g Protein



Warming Squash & Bacon Soup

- 2 tsps organic butter
2 medium sized white onions, peeled and chopped finely
2 medium sized carrots, peeled and chopped finely
2 garlic cloves, peeled and chopped finely
2 medium sized potatoes, peeled and diced
1 medium sized butternut squash, peeled, deseeded and diced
725 ml / 1¼ pts stock, made with one organic vegetable / chicken cube or homemade chicken / vegetable stock (recipe on page 20)
1 tsp dried chilli flakes
1 tsp ground cumin
1 tsp coriander powder
salt and pepper to season
- 4 rashers unsmoked back bacon, cut into small pieces
1 small bunch fresh parsley, chopped finely

Notes

Makes 4 servings.

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

Serving suggestion

Add a dollop of plain yoghurt for extra creaminess.

PER SERVING:

229 Calories, 25g Carbs, 9g Fat, 12g Protein

Method on next page...



Melt the **butter** in a large pan over a medium heat.

Add the **onions** and cook, stirring regularly until softened.

Add the **carrots** and cook for 3 minutes, stirring frequently.

Add the **garlic** and cook for 2 minutes, stirring frequently.

Add the **potatoes** and **butternut squash** and stir well, then add the **stock**, **spices**, **salt** and **pepper** and **bacon**.

Season well. Bring to the boil, then cover and simmer for 1 hour.

Add a little more water if needed, until the soup is of desired consistency.

Add the chopped **parsley** and cook for a further 10 minutes.



Tomato, Basil & Carrot Soup

2 tsps butter

2 medium sized white onions, peeled and chopped finely

3 sprigs fresh basil, roughly chopped plus extra for garnish

3 garlic cloves, peeled and chopped finely

5 small carrots, peeled and chopped

4 small potatoes, peeled and diced

3 medium sized tomatoes, diced

570 ml / 1 pt stock, made with one organic vegetable / chicken stock cube or homemade chicken / vegetable stock (recipe on page 20)

1 x 400g can chopped tomatoes

Himalayan pink salt plus pepper, to season

In a large pan, gently melt the **butter**.

Add the **onions** and cook until softened.

Add the **basil** and cook for 2 minutes. Add the **garlic**, **carrots** and **potatoes** and cook for 5 minutes.

Add the **tomatoes** and cook 2 minutes.

Add the **stock** and canned **tomatoes**, then simmer over a gentle heat for 45 minutes.

Remove from heat and allow to cool.

Season well with **salt** and **pepper**, then whizz everything in a food processor – just enough to get the big lumps out.

Garnish with finely chopped **basil**.

Notes

Makes 4 servings.

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

PER SERVING:

216 Calories, 37g Carbs, 4g Fat, 8g Protein



Asian Fish Soup

2 tsps organic butter
 1 piece cinnamon bark
 8 green cardamom pods
 6 cloves
 100g / 1 cup shallots, peeled and finely chopped
 4 tsps fresh ginger, peeled and finely chopped
 4 garlic cloves, peeled and chopped finely
 1 tsp coriander powder
 ½ tsp garam masala
 1 x 400g can light unsweetened coconut milk
 4 green chillis, chopped finely
 200g / 7 oz white fish (e.g. coley)
 100g / 3½ oz Alaskan salmon fillet
 50g / ½ cup mushrooms (any variety)

6 curry leaves, chopped finely
 juice of half a lemon
 large handful fresh coriander, finely chopped

Notes
Makes 3 servings.

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

PER SERVING:
271 Calories, 11g Carbs, 15g Fat, 23g Protein

Method on next page...



Melt the **butter** 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 whizz 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.



READY IN
10
MINUTES

Asian Inspired Fish Salad

100g / 3½ oz white fish, e.g. coley
½ red bell / capsicum pepper, diced
½ yellow bell / capsicum pepper diced
½ green bell / capsicum pepper, diced
few handfuls of lettuce (optional),
torn up into small pieces
1 tsp rice vinegar
1 tsp toasted sesame oil
salt and pepper to season

Bring a saucepan of water to the boil
(just a few inches deep or enough to
cover the fish).

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

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

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

Season well with **salt** and **pepper**.

Notes

Makes 1 serving.

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

PER SERVING:

198 Calories, 12g Carbs, 6g Fat, 24g Protein



O-mega Salad

1 free range egg

3 small new potatoes, chopped into small pieces

1 tsp organic butter

125g / 4½ oz fresh chicken breast, cut into strips

½ tsp dried oregano

few handfuls of mixed lettuce, torn up into small pieces

¼ red bell / capsicum pepper diced

¼ yellow bell / capsicum pepper diced

4 cherry tomatoes, chopped

small handful samphire

25g / ½ cup cucumber, sliced

1½ tsps organic olive oil

2 tsps omega sprinkle (flaxseed, linseed, sesame seed, sunflower seeds)

salt and pepper to season

Notes

Makes 1 serving.

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

PER SERVING:

482 Calories, 19 Carbs, 22g Fat, 52g Protein

Method on next page...



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

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

Melt the **butter** over a medium heat in a frying pan and add the **chicken**. Sprinkle over the **oregano**, and cook for around 8 minutes, turning occasionally to brown on all sides.

Once cooked, remove chicken from pan and set aside.

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

Slice the egg into quarters and arrange over the salad leaves, along with the chicken.

Top with the **omega sprinkle** and season the salad with **salt** and **pepper**.



'5-a-day' Vegetable Omelette

3 free range eggs
 1 egg white
 sprinkle of Himalayan sea salt plus pepper to season
 2 tsps organic butter
 2 button mushrooms, sliced
 3 broccoli florets, finely chopped
 ¼ red bell / capsicum pepper, finely chopped
 2 spring onions, finely chopped
 handful fresh spinach, roughly chopped
 2 tsps low fat cheddar cheese, grated (use dairy-free cheese if preferred)

Notes

Makes 2 servings.

Consume immediately.

PER SERVING:

222 Calories, 4g Carbs, 14g Fat, 17g Protein

Break the **eggs** and **egg white** into a jug and beat with a fork. Season with **salt** and **pepper**.

Melt half of the **butter** in a non-stick frying pan over a medium heat and add **all of the chopped vegetables** except for the spinach. Sauté for 5 minutes, until softened. Remove from heat and set aside. Remove any bits from the pan.

Return the pan to the heat, and melt the remaining butter. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

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

Add the **cheese**. Using a wooden slice fold the omelette in half. Remove the omelette from the pan, divide into two portions and serve.



Mediterranean Meatloaf

small amount of organic butter to grease
loaf tin

750g / 1lb 10oz extra lean minced beef

225g / 1 cup canned chopped
tomatoes

1 large white onion, peeled and diced

1 handful fresh parsley, chopped finely

2 tsps dried oregano

2 large free range eggs, beaten

3 cloves garlic, chopped finely

1 tsp chilli flakes

½ tsp organic sea salt

1 tbsp olive oil plus a drizzle extra

salt and pepper to season

Preheat oven to 150°C/300°F.

Grease a loaf tin with **butter**.

In a large bowl, mash up the **mince**,
using a masher or your hands.

Add **all the other ingredients** and mix
until thoroughly combined.

Cook in the oven for 1 hour.

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

Notes

Makes 6 servings.

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

PER SERVING:

208 Calories, 5g Carbs, 8g Fat, 29g Protein



Quick Fish Stew

2 tsps organic butter
2 garlic cloves, chopped finely
1½ tsps ground cumin
1 tsp paprika
1 tsp Himalayan pink salt
250ml / 8¾ fl oz cold water
1 x 400g can chopped tomatoes
1 green bell / capsicum pepper,
deseeded and cut into chunks
1kg / 2lbs 3oz white fish fillets, cut
into chunks
8 cherry tomatoes
50g / 1 cup fresh coriander, finely
chopped
1 lemon cut into quarter wedges

Heat **butter** in a large saucepan. Add the **garlic** and stir well. Cook for 30 seconds.

Add the **cumin**, **paprika** and **salt** and cook for 1 minute, stirring frequently.

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

Add the **pepper**, and simmer for 5 minutes.

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

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

Notes

Makes 5 servings.

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

PER SERVING:

261 Calories, 6g Carbs, 5g Fat, 46g Protein



Spicy Thai Burgers

For the burgers:

450g / 16oz extra lean pork mince

1 free range egg

25g / $\frac{1}{2}$ cup fresh coriander, finely chopped, plus extra to garnish

1 green chilli, sliced finely

2 spring onions, sliced finely

1 tsp Thai 7 Spice seasoning

$\frac{1}{2}$ a red onion, peeled and finely chopped

slice of fresh lime to garnish

For the vegetable side dishes:

2 large sweet potatoes

1 tsp ground cinnamon

10 cherry tomatoes, sliced in half

60g / 2 cups baby leaf spinach

Notes

Makes 5 burgers and 3 servings of mash.

Lean turkey mince works as a great alternative to pork.

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

PER BURGER:

137 Calories, 2g Carbs, 5g Fat, 21g Protein

PER SERVING MASH & VEG:

156 Calories, 35g Carbs, 0g Fat, 4g Protein

Method on next page...



Preheat oven to 170°C/325°F.

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

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

For the vegetable side dishes:

Prick the **sweet potatoes** with a sharp knife. Cook in the microwave for around 8-10 minutes until soft or bake in the oven for 45 minutes.

Using a fork, scrape the flesh of the potatoes into a bowl. Discard the skin. Mash well removing the lumps, and season. Stir in the **cinnamon**.

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



Protein Pizza

small amount of organic butter / coconut oil to grease tin
 4 free range eggs
 3 egg whites
 Himalayan pink salt to season
 40g / $\frac{2}{3}$ cup porridge oats (use gluten free oats if preferred)
 7 cherry tomatoes, halved
 60g / 2 cups baby leaf spinach, finely chopped
 1 green chilli, finely chopped
 $\frac{1}{2}$ a large green bell pepper, finely chopped
 1 tsp paprika
 $\frac{1}{2}$ tsp dried oregano
 1 tbsp low fat cheddar cheese, grated (use lacto-free cheese if preferred)

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

Preheat oven to 150°C/300°F.

Lightly grease a large round ovenproof dish with **coconut oil / butter**.

Whisk the **eggs** and **egg whites** in a jug and season well with **Himalayan salt**.

Add the **oats**, **vegetables**, **dried spices** and **herbs**. Stir well.

Pour into the dish and cook for 10 minutes.

Remove from oven and sprinkle on the **cheese**, if using.

Cook for a further 5 minutes, or until centre of pizza is cooked.

Refrigerate any leftovers.

Notes

Makes 8 slices.

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



Spinach & Ricotta Pizza

small amount of organic coconut oil or butter to grease dish

4 free range eggs

3 egg whites

salt and pepper to season

40g / $\frac{3}{5}$ cup porridge oats (use gluten free oats if preferred)

4 cherry tomatoes, halved

40g / $1\frac{1}{3}$ cups baby leaf spinach, finely chopped

$\frac{1}{2}$ a green bell / capsicum pepper, finely chopped

1 red chilli, finely chopped (optional)

1 tsp paprika

1 tsp dried oregano

3 $\frac{1}{2}$ tbsps low fat ricotta cheese
(use lacto-free cheese if preferred)

PER SLICE:

93 Calories, 6g Carbs, 4g Fat, 9g Protein

Preheat oven to 150°C/300°F.

Lightly grease a large round ovenproof dish with **coconut oil / butter**.

Whisk the **eggs** and **egg whites** in a jug.

Season well with **salt** and **pepper**.

Add the **oats**, **vegetables**, **chilli**, **dried spices** and **herbs** and stir well.

Pour into the dish and cook for around 10 minutes, until centre of mixture is cooked.

Spoon on the **ricotta cheese**, and cook for a further 5 minutes.

Notes

Makes 6 slices.

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



Turkey Thai Hot Pie

1 tbsp organic butter / coconut oil
2 white onions, peeled and finely chopped
450g / 16oz lean turkey mince
2 garlic cloves, chopped finely
2 shallots, peeled and finely chopped
1 stick fresh lemongrass, minced
1 tbsp galangal, minced (optional)
12 cherry tomatoes, chopped
3 green chillis
5 lime leaves
1 tsp chilli flakes
400ml / 13½ fl oz light unsweetened coconut milk
1 small bunch fresh coriander, finely chopped
1 large all-purpose potato, cut into 1 inch thick cubes
1 cauliflower head, grated
salt and pepper

Notes

Makes 4 servings.

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

PER SERVING:

416 Calories, 27g Carbs, 20g Fat, 32g Protein

Method on next page...



Melt the **butter** / **oil** in a large pan and fry the **onions** until softened. Add the **turkey mince** and cook gently until browned. Season well.

Add the **garlic**, **shallots**, **lemongrass** and **galangal** and cook for 1 minute. Add the **tomatoes**, **chillis**, **lime leaves**, **chilli flakes** and most of the **coconut milk** (reserving a few tablespoons for the mash).

Season well and simmer for 10-15 minutes. Stir in the **coriander**.

Preheat oven to 160°C/315°F.

Bring a saucepan of salted water to the boil and cook the **potatoes** for 10 minutes. Add the **cauliflower** and cook for a further 2 minutes.

Drain well then return to the saucepan and mash with a fork. Optional: Add a small amount of butter or olive oil to soften up the mash. When all the lumps are gone, add the remaining coconut milk to the mash and season well with **salt** and **pepper**.

Spoon the turkey mixture into a rectangular oven dish and top with the mash. Cook in the oven for 45 minutes.



Protein Stir Fry

400g / 15oz peeled tiger prawns
or white fish

1 green chilli, finely chopped

3 garlic cloves, finely chopped

25g / $\frac{1}{2}$ cup coriander, finely chopped

2 tbsps fish sauce (nam pla)

juice of 1 lime

1 tbsp organic coconut oil

25g / $\frac{1}{4}$ cup fresh ginger, peeled
and grated

4 spring onions, sliced finely

1 red bell / capsicum pepper,
sliced finely

30g / $\frac{1}{3}$ cup mushrooms
(any variety), sliced finely

100g / 1 cup beansprouts

1 tbsp light soy sauce

wedge of lime to serve

Notes

Makes 2 servings.

Serve with rice noodles and a wedge of lime.

Consume immediately.

**PER SERVING (NOT INCLUDING
RICE NOODLES):**

253 Calories, 13g Carbs, 9g Fat, 30g Protein

Method on next page...



Put the **prawns** or **white fish** in a bowl.

In a separate bowl, mix together the **chilli**, **garlic** and half of the **coriander**. Add the **fish sauce** and half of the **lime juice**, then pour the contents over the prawns / white fish.

Heat half of the **oil** in a wok over a medium heat, add the **ginger** and **spring onions** and fry for 1 minute.

Add the **red pepper** and **mushrooms** and fry for 1 minute.

Add the **beansprouts**, and mix together until they start to wilt.

Add the **soy sauce**, then transfer everything to a serving dish.

Heat the remaining oil in the wok and add the prawns / white fish, lifting them out of the marinade.

Cook, stirring for 3 minutes until the prawns turn pink, or until cooked through, if using white fish.

Add the marinade, stirring continuously and cook for 45 seconds.

Pour the contents of the wok over the vegetables. Sprinkle over the remaining coriander leaves and add the **lime juice**.



Authentic Chicken Curry

1 tbsp cumin seeds
1 tbsp organic butter or ghee
5 medium sized white onions, diced
5-10 garlic cloves, chopped finely
1-2 inch piece fresh ginger,
chopped finely
5 green chillis, chopped finely
600g / 1lb 5oz fresh chicken breast,
diced
2 tbsps ground turmeric
1 tbsp garam masala
1 tbsp meat masala
1 tbsp sea salt
1 can (400g) plum tomatoes
50ml / 2 fl oz cold fresh water
160g / $\frac{1}{2}$ cup per person, cauliflower
handful fresh coriander

PER SERVING:

330 Calories, 32g Carbs, 6g Fat, 37g Protein

In a large pan, roast the **cumin seeds** gently for 30-45 seconds. Add the **butter / ghee**, and when melted, add the **onions**.

Cook on a medium heat until the onions are softened. Stir in the **garlic**, **ginger** and **chillis**. Cook for 1 minute.

Add the **chicken**. Cook for 2 minutes, then add the **spices** and **salt**. Stir well, coating the meat in the spices.

Add the can of **tomatoes** and the **water** and simmer for 10 minutes. Add more water if the mixture seems too dry. Cover and simmer for 45 minutes, stirring occasionally.

To make the cauliflower rice, see recipe on page 10 of the Intro section. Serve the curry garnished with **coriander**.

Notes

Makes 4 servings.

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



Mediterranean Chicken

1 tbsp organic coconut oil

1kg / 2lbs 3oz fresh chicken breast,
diced

Himalayan pink salt to taste

1 tbsp paprika

2 tsps cayenne pepper

6 small red onions, peeled and finely
chopped

4 cloves garlic, peeled and finely
chopped

2 tbsps tomato purée

Heat the **oil** in a pan over a medium heat.

Add the **chicken** and cook for five minutes, stirring regularly.

Add the **salt, spices** and stir well.

Add the **onion, garlic and tomato purée**.

Stir well and simmer for 15-20 minutes until the chicken is cooked through.

Notes

Makes 6 servings.

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

Serving Suggestion

Serve with baked sweet potatoes or cauliflower rice (recipe on page 10 of the Intro section) and leafy green vegetables.

PER SERVING:

313 Calories, 6g Carbs, 9g Fat, 52g Protein



Warming Beef Stew

1 tbsp olive oil

1 small white onion, peeled and finely chopped

850g / 1lb 14oz lean casserole beef

handful button mushrooms, sliced

3 cloves garlic, peeled and finely chopped

2 medium sized carrots, peeled and chopped

half a swede, peeled and diced

350g / 2 cups small all purpose potatoes, peeled and roughly chopped

1 organic chicken, beef or vegetable stock cube dissolved in 1 pt / ½ cup boiling water or homemade chicken / vegetable stock (recipe on page 20)

sprig fresh rosemary

1 tbsp tomato purée

salt and pepper to season

Notes

Makes 4 servings.

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

PER SERVING:

501 Calories, 29g Carbs, 9g Fat, 76g Protein

Method on next page...



In a large saucepan, heat the **oil** over a medium heat. Add the **onion**, and sauté gently until soft. Transfer to a separate plate.

Add the **beef** to the saucepan and brown on all sides (approximately 3-5 minutes). Transfer to a separate plate. Add the **mushrooms** to the saucepan and cook for 3-5 minutes until soft.

Add the **garlic** and cook for a further 2 minutes, stirring continuously.

Return the beef and onions back into the saucepan. Stir in the **carrots**, **swede** and **potatoes** and add the **stock**. There should be enough liquid in the pan to cook the vegetables, although they needn't be completely covered.

Add the **rosemary** and **tomato purée** and season well with **salt** and **pepper**. Cover and simmer for up to two hours.

As the potatoes cook, they will thicken up the sauce. Top up with fresh water if necessary to achieve the desired consistency.



Chicken & Vegetable Stew

2 tsps organic butter
1 medium sized white onion, peeled and finely chopped
3 medium sized carrots, peeled and chopped
2 large sticks celery, finely chopped
800g / 1lb 12oz fresh chicken breast, diced
2 garlic cloves, peeled and crushed
1 tsp paprika
1 tsp ground cumin
 $\frac{1}{2}$ tsp Himalayan pink salt
1 tsp dried thyme
1 x 400g can chopped tomatoes
1 medium salad tomato, diced
1 tbsp tomato puree
1 pt / $\frac{1}{2}$ cup chicken stock made with one organic stock cube or homemade chicken stock (recipe on page 20)
1 red bell / capsicum pepper, sliced
200g / 3 cups cooked mixed beans

Heat the **butter** in a large pan. Add the **onion** and cook gently until softened.

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

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

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

Add the **mixed beans**, if using, and cook for a further 5 minutes.

Notes

Makes 4 servings.

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

PER SERVING:

290 Calories, 16g Carbs, 6g Fat, 43g Protein



Spicy Salmon Parcels

2 fresh salmon fillets (approximately 125g / 4½ oz each)

small bunch fresh coriander, roughly chopped

1 garlic clove, finely chopped

1 red chilli, finely chopped

pinch sea salt

1 lemon, sliced into wedges

Notes

Makes 2 servings.

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

Serving Suggestion

Serve with cauliflower rice (recipe on page 10 of the Intro section) and leafy green vegetables.

Preheat oven to 170°C/325°F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the **salmon** on the tray.

Sprinkle on the **coriander, garlic, chilli, and salt**.

Squeeze the juice of two **lemon** wedges over the salmon. Place the other wedges on the tray.

Gently wrap the foil around the salmon and close into a parcel.

Cook for 20 minutes or until cooked right through (when cooked, the salmon should be a pale pink colour).

PER SERVING:

273 Calories, 5g Carbs, 17g Fat, 25g Protein



Fragrant Lamb Curry

4 medium tomatoes

1 tbsp ghee or butter

1 bay leaf

5 green cardamom pods

1 large white onion, peeled and finely diced

700g / 1lb 9oz extra lean diced lamb, diced

1 thumb-sized piece of fresh ginger, peeled and roughly chopped

8-10 garlic cloves, peeled and roughly chopped

1 tsp turmeric

2 tsps coriander powder

1 tsp garam masala

1 tsp salt

3-4 green chillis, finely chopped

200ml / 7 fl oz cold fresh water

160g / $\frac{1}{2}$ cup per person, cauliflower handful fresh coriander, finely chopped

Notes

Makes 4 servings.

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

PER SERVING:

398 Calories, 21g Carbs, 10g Fat, 56g Protein

100 SAVOURY

Method on next page...



Fill a medium sized saucepan with water and bring to the boil. Remove from heat and carefully place the **tomatoes** in the pan (there should be enough water to cover the tomatoes).

In a large pan, gently melt the **ghee / butter**. Add the **bay leaf** and **cardamom pods** and fry for 30 seconds. Add the **onion** and fry for around 4 minutes, until softened. Add the **lamb**, and fry for 4-5 minutes, stirring regularly.

In a blender, whizz the **ginger** and **garlic**, with a dash of water. Add the mixture to the **lamb**, along with the **spices, salt and chillis**. Cook for several minutes, stirring regularly.

Remove the tomatoes from the pan and carefully peel off the skin. Place them in a bowl and mash them thoroughly.

Add the tomatoes to the lamb. Bring to a boil then simmer for 10 minutes.

Add the **water**, bring to a boil, then cover and simmer for 45 minutes, stirring occasionally. If the curry looks dry, add a little more water.

To make the cauliflower rice, see recipe on page 10 of the Intro section.

Before serving, stir the chopped **coriander** into the lamb curry.



Bacon Wrapped Sea Bream With Crushed Minted Peas

sprig fresh rosemary

150g / 5oz fresh sea bream

salt and pepper

2 rashers unsmoked lean back bacon

2 tsps butter

juice of 1 lemon

1 tbsp low fat mayonnaise

100g / $\frac{2}{3}$ cup peas

few mint leaves, chopped finely

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.

Melt half of the **butter** in a saucepan and pan fry the fish for around 12-15 minutes until it starts to turn a golden colour. 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 the **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 return them to the empty saucepan. Add the remaining butter, and season well with salt. Gently crush the peas with a spoon, mixing the salt and 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.

Notes

Makes 1 serving.

Consume immediately.

PER SERVING:

477 Calories, 20g Carbs, 13g Fat, 70g Protein



Fragrant Spiced Chicken

1 tsp organic butter

1 large white onion, peeled and diced

1 tsp fresh ginger, peeled and finely chopped

6 garlic cloves, peeled and chopped

1 red bell / capsicum pepper diced

275g / 9¾ oz fresh chicken breast, diced

½ tsp cayenne pepper

½ tsp ground cinnamon

1 tsp curry powder

1 tsp turmeric

1 tsp Himalayan pink salt

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

Sauté the **onion** for 10 minutes, until soft.

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

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

Notes

Makes 2 servings.

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

Serving Suggestion

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

PER SERVING:

143 Calories, 15g Carbs, 3g Fat, 19g Protein



READY IN
10 MINUTES

Spicy Coleslaw

$\frac{1}{2}$ a large red cabbage, sliced finely
 $\frac{1}{2}$ a large white cabbage, sliced finely
1 small white onion, peeled and finely chopped
1-2 mild chillis, finely chopped
3 tbsps low fat mayonnaise
2 medium carrots, peeled and grated
juice of 1 lemon
salt and pepper to season

In a large bowl, mix **all of the ingredients** thoroughly together.

Refrigerate until ready to serve.

Notes

Makes 6 servings.

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

PER SERVING:

89 Calories, 17g Carbs, 1g Fat, 3g Protein



Veggie Chips

300g / 2 $\frac{1}{2}$ cups butternut squash,
peeled and cut into chips

2 small sweet potatoes, peeled and cut
into chips

200g / 1 $\frac{1}{3}$ cups fresh beetroot, peeled
and cut into chips

1 large parsnip, peeled and cut into chips

2 tbsps olive oil

2 tsps seasoning of your choice

e.g. chilli, paprika, oregano

salt and pepper to season

Preheat oven to 170°C/325°F.

Bring a large pan of lightly salted water
to the boil. Reduce to a gentle simmer.

Add the **butternut squash** and
sweet potatoes and cook for around
4 minutes.

Remove pan from heat and drain the
vegetables carefully.

Drizzle the **oil** onto several baking trays
and place them in the oven for several
minutes to heat up the oil. Place all of
the vegetables onto the trays and
sprinkle with the **seasoning**, **salt**
and **pepper**.

Turn the vegetables over in the oil to
give them an even coating of spices.

Cook for 20 minutes, then turn the
vegetable chips over.

Cook for a further 25 minutes or until
golden and crispy.

Notes

Makes 4 servings.

Consume immediately.

PER SERVING:

212 Calories, 32g Carbs, 8g Fat, 3g Protein



Fiery Fries

350g / 2 cups all rounder potatoes
peeled and cut into chips

1½ tbsps olive oil

2 tsps paprika

good pinch of sea salt

2 tsps chilli flakes

Preheat oven to 170°C/325°F.

Bring a large pan of lightly salted water to the boil.

Add the **potatoes** and cook for around 8 minutes, so that they are still quite firm. Remove pan from heat and drain carefully.

Place a sheet of foil on a baking tray.

Drizzle with half of the **oil** and sprinkle with the **paprika**, **salt** and **chilli flakes**.

Add the potatoes and turn over so they get a good coating of spices and oil. Drizzle over the remaining oil.

Cook for 20 minutes, then turn the chips over.

Cook for a further 20-25 minutes until golden and crispy.

Notes

Makes 2 servings.

Consume immediately.

PER SERVING:

222 Calories, 29g Carbs, 10g Fat, 4g Protein



Healthy Hummus

1 x 400g can chickpeas
juice of 1 lemon
2 tbsps tahini
2 tbsps olive oil
1 tsp ground cumin
 $\frac{1}{2}$ tsp ground coriander
pinch cayenne pepper
3 garlic cloves
salt and pepper to season

Empty the can of **chickpeas** into a saucepan.

Bring to a gentle simmer and cook for 5 minutes.

Remove from heat, drain and leave to cool.

Put **all of the remaining ingredients** into a blender and whizz until smooth.

Refrigerate until ready to serve.

Notes

Makes 15 servings.

Variations

Try adding any of these ingredients for delicious variations: sundried tomatoes, olives or roasted red peppers.

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

PER SERVING:

52 Calories, 7g Carbs, 2g Fat, 2g Protein



Flaxseed Bread

500g / 3½ cups gluten free flour
of choice
½ tsp salt
3 tbsps flaxseed
2 tbsps sunflower seeds
1 tsp quick yeast
400ml / 13½ fl oz warm water
1 tbsp olive oil

Line the base of two medium sized bread tins with baking paper.

In a large bowl, mix together the **flour**, **salt**, **flaxseed**, **seeds** and **yeast**.

Roughly mix the **water** into the flour. While the dough is still craggy, add the **olive oil** and give it a good mix.

Knead the dough for 2 minutes, using a little extra flour to stop it sticking to your hands.

Divide the mixture between the two bread tins. Cover with a clean tea towel, and leave somewhere warm for 25 minutes e.g. next to a radiator. After 15 minutes, preheat oven to 200°C/400°F.

Bake the bread for 40-45 minutes. Turn out the loaves onto a wire rack and allow to cool for at least 5 minutes before serving.

Notes

Makes 6 servings.

Store in an airtight container for up to 4 days.

PER SERVING:

352 Calories, 54g Carbs, 9g Fat, 14g Protein



**'A range of healthy, tasty, nutritious,
easy to make meals and snacks for
people looking for decent body
composition and an interesting,
varied diet.'**