



DECEMBER

V.I.P. BODY TRANSFORMATION COOKBOOK



www.ablifestylefitness.com

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Contents



Introduction

Drinks

Creamy chocolate smoothie	1
Fig apple green smoothie	2
Sherbet fizz smoothie	3

Snacks & treats

Chocolate & strawberry freezer bars	4
Coconut, lime & pineapple bars	5
Coffee & cream biscuits	6

Breakfast

Cocoa spice pancakes	7
Fruity quinoa	8
Snickers porridge	9

Lunch

Chinese pork wraps	10
Courgette soup	11
Winter vegetable stew	12

Dinner

Chicken biryani	13
Sri Lankan fish curry	14
Spicy low carb ragu	15

Welcome...



Welcome to the AB Lifestyle Fitness VIP Body Transformation Cookbook.

Now it is time to take your nutrition to the next level, many people complain about healthy diets being too repetitive and too boring. Well this here is your KEY to make eating GREAT much more DELICIOUS and ENJOYABLE!

Over the last few years as a trainer, I have been on a huge educational journey. How to become a better trainer and how to get my clients much faster and more permanent RESULTS!

I have always found changing a client's mindset towards exercise relatively simple and easy, partly because, for the most part, I am there WITH them. Within weeks, the individual has completely changed their workout lifestyle and never finds it particularly hard to go to the gym to workout 3,4,5 times per week.

The BIG issue is nutrition. Eating high volumes of healthy and nutritious food to fuel the body and mind in order to speed up their progress.

You can train every day, working your ASS off! But if you are eating like a pig or being lazy with ready meals and processed food, then you will NEVER see the results you TRULY desire!

BIG mistakes people make with their food:

- Not eating ENOUGH good food - A lot of people UNDER-EAT during the weekdays, not giving their body enough fuel to run efficiently and keep their metabolism up. And the food they DO eat, usually does not contain all the nutrients their bodies are *screaming* out for!
- Overeating / BINGE eating - This tends to be followed by people running out of energy and motivation to continue then they decide to completely blow it on the weekend with a load of alcohol and/or junk food



- Not being CONSISTENT - All these fad diets cause people to YOYO, going up and down in weight or being far too restricted followed by a complete lack of discipline (binge). This is not good for your body, keeping things simple and consistent throughout the week is the best bet to getting the results you seek

In the society and cultures we live in today, people want results FAST with little effort. This book is designed to do most of the thinking for you, all you have to do is stick to the list of ingredients, follow the recipes, enjoy the delicious food and see the results happen!

Enjoy.

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Recommended

Below are a few items, available on Amazon, which I recommend alongside the recipes featured in this book:

[Lean Greens](#)

[Fish oils](#)

[Magnesium Relax / Phil Richards](#)

[Tulsi Tea](#)

[Licorice Tea](#)



Creamy chocolate smoothie



- 160ml almond milk
- half a small avocado
- 1 medium sized frozen banana
(or use fresh banana plus 2 ice cubes)
- 1 tsp chia seeds
- 1 tbsp cocoa powder
- 2 tbsps coconut milk

Put everything into a blender, liquid first.
Blend until smooth.

Consume immediately.

SERVES 1



PER SERVING:
346 Calories
32g Carbs
5g Protein
22g Fat

Fig apple green smoothie



- 75ml cold water
- 2 fresh figs
- 1 apple, cored and sliced
- handful fresh spinach
- several lettuce leaves (optional)
- 2 ice cubes

Put everything into a blender, water first. Blend until smooth. Add more water if required, until you achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:
177 Calories
40g Carbs
2g Protein
1g Fat

Sherbet fizz smoothie



200ml coconut water
125ml coconut milk
100g frozen cranberries
1 large orange, peeled
35g vanilla flavour whey or rice
protein powder (optional)

Put everything into a blender, liquid first.
Blend until smooth.

Consume immediately.

SERVES 2



PER SERVING:

246 Calories

24g Carbs

15g Protein

10g Fat

Chocolate & strawberry freezer bars



125g tinned or fresh pumpkin purée
20g cocoa powder
25g vanilla flavour whey or rice protein powder (optional)
75g ground almonds
80g fresh or desiccated coconut
2 tbsps chia seeds
2 tbsps coconut oil, melted
150g fresh or frozen strawberries, chopped into small pieces
20g chopped walnuts

MAKES 9 BARS

Line a small square tin with greaseproof paper.

Mix together all of the ingredients in a bowl, except for the strawberries and walnuts.

Gently stir in the strawberries and walnuts.

Spoon the mixture into the tin and gently flatten with a spoon.

Freeze for one hour, then refrigerate until ready to serve.

Divide into 9 pieces.

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



PER BAR:
190 Calories
10g Carbs
6g Protein
14g Fat

Coconut, lime & pineapple bars



1 x 200g packet creamed coconut
1 tbsp coconut oil, melted
2 tbsps honey (or use sweetener of your choice)
1½ tsps vanilla extract
30g vanilla flavour whey or rice protein powder (optional)
juice of 1 lime
large pinch of ground nutmeg
35g dried pineapple, cut into small pieces
pinch of sea salt
20g desiccated coconut, plus extra for the topping

MAKES 12 BARS

Line a 15cm square tin with baking paper.

Place the packet of creamed coconut (unopened) in a bowl of hot tap water for 5 minutes to melt. Massage the packet to help the contents soften. When the coconut is soft, transfer to a large bowl and mix in the coconut oil, honey, vanilla extract, protein powder (if using), lime juice, nutmeg, pineapple and sea salt. Mix thoroughly.

Transfer the mixture into the tin and gently press with the back of a spoon to even out the mixture. Sprinkle on the desiccated coconut and press in gently.

Place in the fridge for 30 minutes or longer. Cut into 12 pieces before serving.

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



PER BAR:
157 Calories
7g Carbs
3g Protein
13g Fat

Coffee & cream biscuits



120g gluten free self raising flour
3 tps honey or maple syrup
25g cocoa powder
75g organic butter (unsalted), cut into cubes
2 tps instant coffee (use decaf if preferred)
60ml unsweetened almond milk

For the filling:

30g Greek yoghurt
50g light soft cream cheese
½ tsp vanilla extract
2 tps vanilla flavour whey or rice protein powder (optional)

MAKES 8 BISCUITS

Preheat oven to 180°C / 350°F.

Combine the flour, honey and cocoa powder in a bowl. Add the butter. Using your fingertips, rub the butter into the flour until it resembles breadcrumbs.

Mix the coffee with a tiny drop of boiling water and stir well. Stir the coffee into the almond milk. Pour into the dry mixture and mix to form a dough. If the mixture is a little sticky, add a little bit more flour.

Place the dough on a sheet of baking paper, and cover with a second sheet of paper. Gently roll out the dough into a rectangle, approximately 5mm thick. Remove the top layer of baking paper from the dough and discard. Use a small cutter (approximately 5cm diameter), cut out rounds from the dough. Re-roll any leftover dough and cut out more rounds until you have a total of 16 rounds.

Transfer the rounds to a baking tray lined with baking paper. Bake for 10 minutes. Transfer to a wire rack and allow to cool.

Mix the filling ingredients together until thoroughly combined into a paste. Add a bit more cream cheese if the mixture is too wet. Place a teaspoon of filling onto half of the rounds and then top with the remaining rounds to form the biscuits. Gently press the tops to push the filling to the edges.

Store in an airtight container for up to 3 days.



PER BISCUIT:
165 Calories
16g Carbs
5g Protein
9g Fat



Cocoa spice pancakes



115ml unsweetened almond milk
120g gluten free plain flour
1 tbsp ground almonds
2 tps cocoa powder
½ tsp ground cinnamon
½ tsp cayenne pepper
2 tps baking powder
¼ tsp sea salt
2 eggs
2 tps stevia
2 tps coconut oil for frying
sprinkle of raisins (optional)

MAKES 5 PANCAKES

Put everything in a blender, except for the coconut oil and raisins and blend until smooth. Leave to stand for 5 minutes.

Melt a quarter of the oil in a non stick frying pan or pancake over a medium / high heat.

Pour a quarter of the pancake 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 (after around 1-2 minutes), turn or flip the pancake over and cook on the other side for 1-2 minutes.

Transfer the pancake to a plate. Add more oil to the pan and repeat the process 3 times with the remaining batter,

Serve with yoghurt and berries.

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



PER PANCAKE
158 Calories
21g Carbs
5g Protein
6g Fat

Fruity quinoa



40g uncooked quinoa
150g plain yoghurt
25g strawberry flavour whey or rice protein powder or a sprinkle of natural sweetener to taste
10g chia seeds
7g flaked almonds
1 kiwi, diced (peeled or unpeeled)

SERVES 1

Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions (usually around 20 minutes). Drain well and allow to cool.

Place the quinoa in a serving bowl and mix in the yoghurt. Add the protein powder or a sprinkle of natural sweetener to taste. Mix well.

Sprinkle on the chia seeds, flaked almonds and kiwi.

Consume immediately.



PER SERVING:
409 Calories
43g Carbs
30g Protein
13g Fat

Snickers porridge



70g porridge oats (use gluten free if preferred)

250ml unsweetened almond milk

1 heaped tsp crunchy nut butter of your choice

1 tsp chia seeds

10g dark chocolate (minimum 70% cocoa)

drizzle of honey (optional)

Place the oats and almond milk in a saucepan over a medium heat.

Cook, stirring, until thick and creamy. Add more almond milk if required. Remove pan from heat and stir in the nut butter.

Spoon the porridge into a bowl and top with the chia seeds and dark chocolate.

Add honey, if using.

Consume immediately.

SERVES 1



PER SERVING:

432 Calories

56g Carbs

16g Protein

16g Fat

Chinese pork wraps



1 tsp organic coconut oil or ghee
1 small red onion, finely chopped
400g lean pork mince
60g closed cup mushrooms, sliced
1 small courgette, finely diced
3 garlic cloves, finely chopped
50ml fresh chicken stock or use one organic stock cube
1 tbsp tomato purée
salt and pepper to season
1 heaped tsp Chinese 5 Spice
2 tps honey
2 tbsps soy sauce
leaves of one lettuce (Romaine or similar), washed

SERVES 4

Melt the oil / ghee in a large frying pan or wok over a medium heat. Add the onion and sauté for 2-3 minutes, stirring.

Add the pork mince, mushrooms and courgette. Sauté for around 5 minutes, stirring frequently, until the pork is cooked through.

Add the garlic and sauté for 1 minute, stirring.

Add the stock, tomato purée, salt and pepper. Stir well and cook for 2 minutes.

Meanwhile, in a small bowl mix the Chinese 5 spice, honey and soy sauce. Add the sauce to the pan and stir well. Remove the saucepan from heat.

Fill the lettuce leaves with the pork mixture. Roll up and eat.

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



PER SERVING:
265 Calories
10g Carbs
36g Protein
9g Fat

Courgette soup



1 tsp organic butter or coconut oil
1 small white onion, finely chopped
2 sticks celery, finely chopped
2 medium sized courgettes, finely sliced
450g vine ripened tomatoes, chopped
1½ pints fresh vegetable or chicken stock (or use 1 organic stock cube)
1 medium sized all rounder potato, peeled and chopped
¾ tsp turmeric
pinch of sea salt
pinch of ground black pepper

SERVES 3

Melt the butter/coconut oil in a large saucepan over a medium heat. Add the onion, celery and courgette and sauté for 5 minutes, stirring.

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

Add the stock and potato, bring to the boil, then reduce to a simmer.

Add the turmeric, salt and pepper. Stir, cover and simmer for 20-30 minutes, stirring occasionally.

Mash gently to break up the potato, then serve.

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



PER SERVING:
166 Calories
28g Carbs
9g Protein
2g Fat

Winter vegetable stew



1 tsp ghee or organic coconut oil
half a butternut squash, peeled,
seeds removed, diced
1 aubergine, diced
3 bell-peppers (any colour), diced
600g tinned chopped tomatoes
500ml fresh vegetable or chicken
stock (or use 1 organic stock cube)
1½ tsps ground cumin
1 tsp ground coriander
½ tsp ground cinnamon
½ tsp ground ginger
salt and pepper to season
400g tinned chickpeas, drained
and rinsed

SERVES 3

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

Add the butternut squash and gently sauté for 8-10 minutes, stirring occasionally.

Add the aubergine and peppers and sauté for 5 minutes, stirring.

Add the tinned tomatoes and stock and bring to the boil. Reduce to a gentle simmer and add the spices, salt and pepper.

Cover and cook for 25 minutes, stirring occasionally.

Add the chickpeas and cook for 10 minutes, then serve.

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



PER SERVING:
349 Calories
57g Carbs
19g Protein
5g Fat

Chicken biryani



2 tsps ghee or organic coconut oil
1 small red onion, finely chopped
5 garlic cloves, finely chopped
1 thumb sized piece fresh ginger, finely chopped
3-5 green chillis, finely chopped
handful baby tomatoes, halved
700g fresh chicken breast, diced
250ml fresh chicken stock (or use one organic stock cube)
2 tbsps tomato purée
salt to season
2-3 tsps medium curry powder
200g basmati rice or grated cauliflower
juice of 1 lemon or lime

SERVES 4

Melt the ghee / coconut oil in a large saucepan over a medium heat. Add the onion and gently sauté for 3-4 minutes, stirring.

Add the garlic and ginger and sauté for 2-3 minutes, stirring. Add the chillis and baby tomatoes and sauté for 1 minute, stirring.

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

Add the stock and bring to the boil then reduce to a simmer. Add the tomato purée, salt, curry powder and rice / cauliflower. Stir well.

Cover and simmer gently for around 15-20 minutes until rice is cooked through, checking regularly. Add more stock or boiling water if the mixture becomes dry.

Add the lemon / lime juice, stir and cook for 1 minute.

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



PER SERVING:
433 Calories
47g Carbs
50g Protein
5g Fat



Sri Lankan fish curry



400ml cold water
4 cloves garlic, sliced finely
4 small red onions, sliced finely
10 curry leaves
1 tsp chilli powder
1 large gamboche (optional)
1 tsp sea salt flakes
½ tsp fenugreek seeds
400g white fish fillets (fresh or frozen)
pinch of saffron
1 tsp unroasted curry powder
3-4 green chilli peppers, sliced finely
200ml coconut milk
juice of half a lime

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

Add the garlic, onions, curry leaves, chilli powder, gamboche, salt, fenugreek seeds, fish, saffron, unroasted curry powder and chilli peppers.

Cook for 15 minutes, stirring occasionally.

Add the coconut milk and cook for 2 minutes, stirring frequently.

Stir in the lime juice.

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

SERVES 2



PER SERVING:
451 Calories
31g Carbs
39g Protein
19g Fat

Low carb ragu



1 tsp ghee or organic coconut oil
half a medium sized red onion, finely chopped
200g lean steak mince
1-2 cloves of garlic, finely chopped
1 large red chilli, sliced
3-4 closed cup mushrooms, sliced
1 tbsp tomato purée
9 baby tomatoes
¾ tsp Italian seasoning
pinch of salt and pepper
1 courgette, spiralized or cut into long thin strips

SERVES 1

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté for 2-3 minutes.

Add the steak mince and cook for 4-5 minutes, stirring.

Add the chilli and garlic and sauté for 1-2 minutes.

Add the mushrooms and sauté for 3-4 minutes, stirring.

Add the tomato purée, tomatoes and seasoning. Cook for 5 minutes.

Meanwhile, bring a small saucepan of water to the boil. Add the courgette, reduce to a simmer and cook for 2-3 minutes, until tender. Serve.

Store any leftover sauce in an airtight container and refrigerate for 3 days or freeze on the same day.



PER SERVING:
370 Calories
14g Carbs
47g Protein
14g Fat