

**RESULTS**

**FITNESS**

# 100 Essential Recipes

## Volume 2



**DAIRY FREE  
GLUTEN FREE  
WHEAT FREE  
& VEGETARIAN OPTIONS**

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### Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Welcome...

Welcome to the 100 Essential Recipe Book Volume 2.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I. "You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear**".

And you are ready! That's why you are reading this!

# The Principles of Nutrition

RESULTS

FITNESS

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

## Follow these principles and you will get results...

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

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



# Get in touch

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# Let's get started...

Below are a few hints and tips to help you along the way.  
Please spare a few minutes to read this before you get cooking.

## COOKING WITH FATS AND OILS

Coconut oil, olive oil and ghee are suitable for baking and shallow frying / sautéing. These fats are less likely to oxidise when cooking at medium / high temperatures.

When oils oxidise, they become toxic, which can be damaging to your body.

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

If you are following a dairy free diet, it is best to cook with coconut oil or olive oil.

When ghee is made, the milk solids are almost completely removed, therefore ghee is often suitable for people who are lactose intolerant.

For salads, use cold pressed extra virgin olive oils, sesame or peanut oils.

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

## COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!



## TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.

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



## STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.

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



### A LITTLE SWEETNESS

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



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

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

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

In some of our recipes, we have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. If you'd prefer to swap the sweeteners in these recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

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

## FLAXSEED

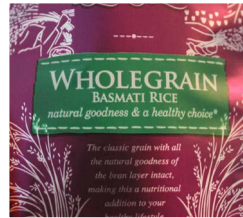
Flaxseed is rich in omega-3 fatty acids and fibre. It is a great ingredient to use in cooking and baking, e.g. spelt bread, cakes, pizzas (yes, healthy ones!), mixed in with nut butter or humous dips, added to pancake mixes, sprinkled over cereals or salads or added to smoothies.



It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. If you mix flaxseed with water and leave to stand for 10 minutes, it develops a sticky coating, which makes it a great egg substitute in baking (as do chia seeds). Always store your flaxseed in the fridge in an airtight container.

## WHITE OR WHOLEGRAIN RICE?

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



Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat. In most cases, where rice appears in this book, we haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.

# A helping hand...

Through a combination of good nutrition and exercise, the following recipes will help you achieve optimum fat loss results.

Here are some low carb recipes, ideal for a non training day:

## Breakfast

- Quick & easy protein pancakes
- Veggie-rich bake
- Sweetcorn, spinach & chive muffins
- Mexican scrambled eggs

## Lunch & Dinner

- Chicken fattoush
- Lemon & herb chicken
- Crustless tomato & basil quiche
- Blackened salmon with roasted vegetables
- Salmon crustless quiche
- Egg salad
- Shish tawook
- Garlic & herb roast chicken
- Greek lamb chops

## Snacks & Treats

- Peanut & coconut energy balls
- Buckwheat, cranberry & pistachio bites
- Creamy coconut & cashew protein yoghurt
- Zesty chocolate fudge

## Smoothies

- Cardamom & mint lassi
- Mint choc chip smoothie

Research has shown that the body can tolerate carbohydrate better after exercise. If you are going to consume carbs, you should aim to do this within 2 hours of exercise.

Here are some recipes which are ideal post-workout. Many of these are also medium / high protein to aid muscle repair.

### Breakfast

- Berry banana smoothie bowl
- Oaty power bowl
- Strawberry & almond overnight oats
- Chickpea breakfast hash

### Lunch & Dinner

- Smokey chicken & mixed bean soup
- BBQ chicken wings
- Vegan chickpea wraps
- Chipotle chicken & veggie bowl
- Lentil kibbeh
- Chicken tagine with squash
- Hearty chicken casserole
- Quick chicken & vegetable scramble

### Snacks & Treats

- Sticky pear & chocolate squares
- No bake brownies
- Banana choc chip bars
- Oaty cookies

### Smoothies

- Berry, banana & lime smoothie
- Fruit & nut smoothie

# Your guide to Hormones

RESULTS

FITNESS

Understanding how hormones work and how our lifestyle choices affect our hormone levels, is vital if we want to get the best results possible. In fact I'd go as far to say that if our hormones are not regulated properly, it can massively sabotage our results and lead to poor health.

Obesity, diabetes and depression are just a few of the diseases that hormonal imbalances contribute towards. Whilst the diagnosis and treatment of hormonal imbalances should be left to medical experts, we can have a positive impact on our hormones by leading a healthy lifestyle.

A basic understanding of the key hormones that regulate metabolism, hunger, body fat, and energy levels is useful for understanding how different lifestyle choices affect your body.

**Every time we eat, exercise, sleep, get stressed or meditate; hormones are released.**

We want to make sure that our lifestyle choices help us to optimise the way our hormones are working.

## What are hormones?

**Hormones are chemical messengers that communicate information throughout the body.**

You could think of hormones as radio signals that tell different cells in the body to do different things.

Depending on our lifestyle choices, the hormones released will dictate whether we burn or store body fat, feel hungry or satisfied, build muscle or not, feel relaxed or stressed, and whether we are able to sleep well or have restless nights.



Can you see why this is so important to your health and the results you want to achieve? On the next few pages, we are going to look at a variety of different hormones that influence our health and our body composition. Let's get started...

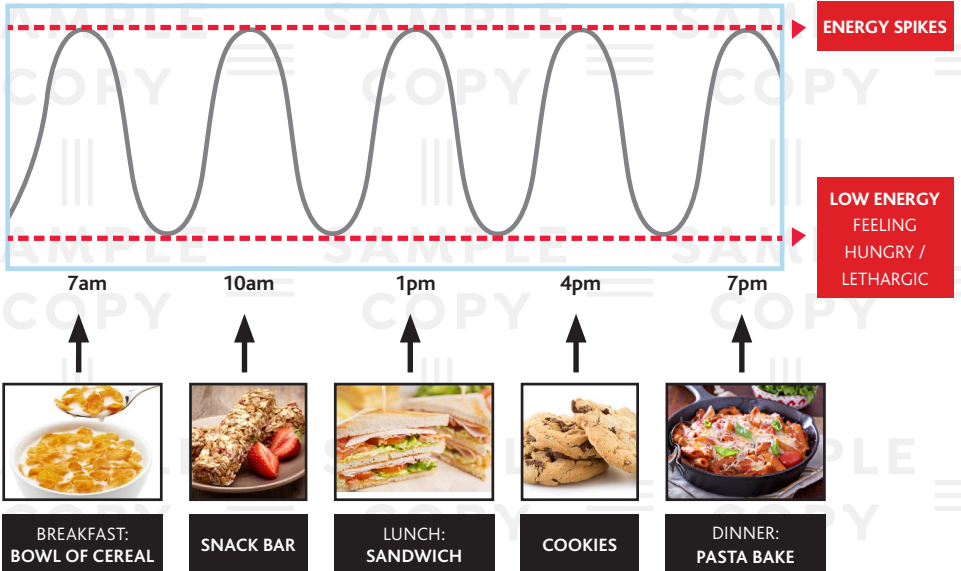
## Insulin

Insulin is released from the pancreas in response to raised blood glucose and increased energy intake. Skimmed milk is more insulinemic than white bread, so insulin is not just a blood glucose hormone. When our blood sugars increase, insulin is released and it's job is to tell the body to store the sugar in our muscles and liver. Insulin transiently inhibits the release of lipids from fat tissue, but even with multiple insulin spikes, energy balance is the sole dictator of fat loss.

To slow the rate in which food leaves the stomach, the majority of our carbohydrate sources should be coming from fibre-rich whole grains. Added sugars offer no nutritional benefits, and so should be minimised but not demonised, as this can lead to poor relationships around food. Insulin's role is to prevent glucose remaining in the blood, as this is toxic. Its role is to move the glucose away from the blood.

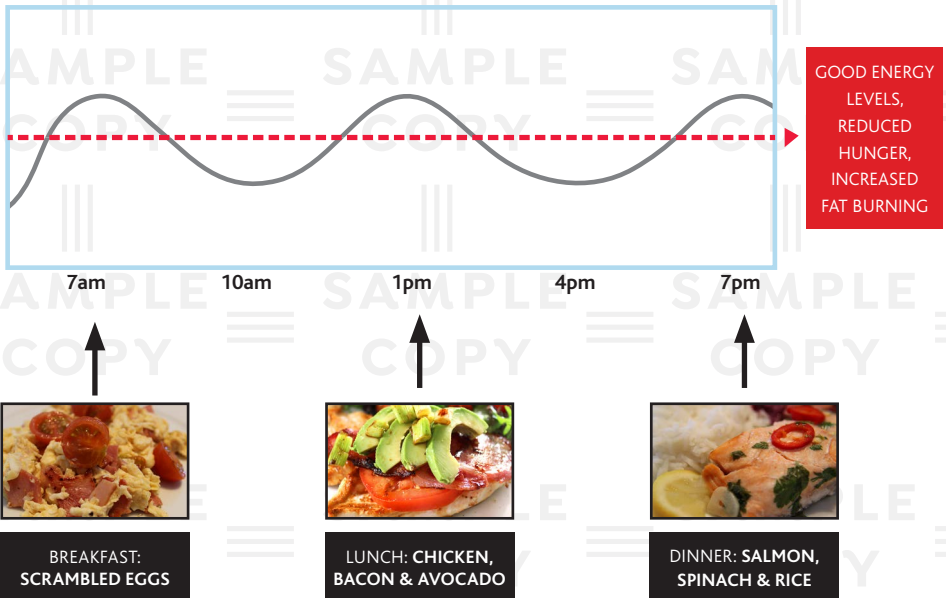
The "blood sugar rollercoaster" and the often talked about "crash" is known as *reactive hypoglycemia* and is very rare in non-diabetics. Insulin is actually an anorexogenic hormone, which means it fills you up. Higher insulin releases after meals are associated with increased satiety. This "crash" is often due to postprandial somnolence, which is simply the digestive energy requirement of digesting a large meal. The craving for more sugary food is most likely not due to the drop in blood sugar, but the body craving more easily obtained energy in the form of sugar.

How popular food choices affect energy levels and hunger:



From a fat loss perspective, energy balance should be the key focus. However maintaining good blood glucose control can reduce our risk of metabolic syndrome and diabetes. How well we regulate blood glucose is due to carbohydrate type, fitness level, muscle mass and genetics.

Protein can actually have a higher insulin response than white bread. Both whey protein and skimmed milk stimulate larger releases of insulin. Fibre will slow the rate of gastric emptying and reduce the glycemic load of a meal, while fats on their own, do not raise blood glucose. A combination of carbohydrate and fat will slow down gastric emptying.



Insulin resistance is characterised by either the pancreas secreting too much insulin, or skeletal muscle failing to respond to the effects of insulin. It is a myth that eating too much sugar causes insulin resistance. A cell becoming resistant to insulin is multifaceted and the main culprit is prolonged energy excess in combination with inactivity.

An inactive muscle is less sensitive to the effects of insulin. This can lead to increased likelihood of a build up of serum blood glucose, as the muscle cannot properly utilise the glucose. We then need our pancreas to produce more insulin to shift the same amount of sugar out of the blood and into storage. This can be the beginning of metabolic syndrome and Type 2 diabetes.

The two main culprits behind insulin resistance are a lack of exercise and a hyper-caloric diet high in refined carbohydrates. The good news is that insulin sensitivity can be regained with the right combination of diet and exercise.



# Coconut & lime frosty

RESULTS

FITNESS

50g frozen banana  
120ml long life coconut drink or unsweetened almond milk  
50ml coconut milk (chilled or frozen)  
juice of ½ a lime (optional)  
1 tsp vanilla extract or vanilla bean paste  
25g vanilla or coconut flavour whey or rice protein powder  
1 tsp desiccated coconut  
8-10 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
263 Calories  
**21g Carbs**  
**20g Protein**  
**11g Fat**

# Cardamom & mint lassi

RESULTS

FITNESS

the seeds of 1 cardamom pod  
3-4 fresh mint leaves  
a handful of spinach leaves  
50g Greek yoghurt (use dairy free if preferred)  
a small pinch of sea salt  
150ml unsweetened almond milk  
25g vanilla flavour whey or rice protein powder (optional)  
3 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
195 Calories  
**6g Carbs**  
**27g Protein**  
**7g Fat**

# Berry, banana & lime smoothie

RESULTS

FITNESS

100g frozen mixed berries  
100g frozen ripe banana  
200ml unsweetened almond milk  
juice of ½ lime  
20g fresh spinach  
25g vanilla flavour whey or rice  
protein powder (optional)

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:

269 Calories

33g Carbs

23g Protein

5g Fat

# Fruit & nut smoothie

RESULTS

FITNESS

170ml unsweetened almond milk  
(or use milk of your choice)

50g frozen mango

1 kiwi fruit, peeled

25g vanilla flavour whey or rice

protein powder (optional)

1 tsp vanilla extract

15g oats (use gluten free if preferred)

1 tsp flaxseed

4 walnut halves

3 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:

328 Calories

29g Carbs

26g Protein

12g Fat

# Fruity frozen yoghurt

RESULTS

FITNESS

250g Greek yoghurt (use dairy free if preferred)  
30g vanilla flavour whey or rice protein powder  
a pinch of sea salt  
120g frozen mango, pineapple or peach (or a mixture of each)  
**for the topping:**  
a sprinkle of freeze-dried pineapple or raspberries (optional)

Place all of the ingredients in a food processor. Blend well until smooth. Pause and scrape down the sides and blades during blending, if required.

Divide the mixture between two serving bowls. Top with the freeze-dried fruit (if using).

*Consume immediately or freeze on same day. If freezing, allow 20 minutes before serving, to thaw.*

SERVES 2



PER SERVING:  
219 Calories  
16g Carbs  
23g Protein  
7g Fat



# Nutty marmalade bars

RESULTS

FITNESS

1 tsp melted coconut oil  
100g almonds  
100g unsalted roasted peanuts  
20g pumpkin seeds  
25g sunflower seeds  
5g sesame seeds  
a pinch of sea salt  
**for the syrup:**  
80g reduced sugar marmalade  
(or substitute with apricot jam)  
3 tbsps maple syrup

MAKES 8 BARS



Preheat oven to 170°C/350°F. Line an oven tray with baking paper. Lightly brush the paper with melted coconut oil.

Place the nuts, seeds and salt in a large bowl.

Place the syrup ingredients in a saucepan over a medium heat. Bring to a boil then reduce heat to simmer. Heat, stirring for 3-4 minutes, or until the mixture has thickened slightly.

Immediately pour the hot syrup over the nuts and stir until well combined.

Transfer to the tray and spread evenly. Place a sheet of baking paper over the top and press down firmly to compact the mixture. Neaten up the sides using a spatula.

Bake for 30 minutes. Allow to cool then cut into 8 bars. The bars should harden as they cool.

Store in an airtight container for up to 1 week.



PER BAR:

223 Calories

14g Carbs

8g Protein

15g Fat

# Creamy coconut & cashew protein yoghurt

RESULTS

FITNESS

200g Greek yoghurt (use dairy free if preferred)

40g coconut cream (use the fat part from the top of a tin of coconut milk)

25g vanilla or coconut flavour whey or rice protein powder

1 tsp cashew butter

1 tsp vanilla extract or vanilla bean paste

50g frozen banana

## for the topping:

a sprinkle of hemp or chia seeds

a drizzle of maple syrup (optional)

a sprinkle of cashew nuts, chopped

Place all of the ingredients in a food processor or blender. Blend well until smooth.

Divide the mixture between two serving bowls. Add the toppings and serve.

*Consume immediately*

SERVES 2



PER SERVING:  
240 Calories  
13g Carbs  
20g Protein  
12g Fat



# No bake brownies

RESULTS

FITNESS

300g pitted Deglet nour or Medjool dates  
90g ground almonds  
3 tbsps cocoa powder  
1 tsp vanilla extract  
2 tbsps cold water  
a small pinch of sea salt

MAKES 6 BROWNIES

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

Place the ingredients in a high speed blender or food processor. Process until a dough forms. Stop and scrape down the sides if necessary.

Transfer the dough to the tin and press down firmly, until the dough is evenly distributed over the base.

Refrigerate for 2 hours, or until firm. Cut into 6 pieces.

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



PER BROWNIE:

269 Calories

41g Carbs

6g Protein

9g Fat

# Oaty cookies

RESULTS

FITNESS

3 medium-sized ripe bananas  
200g oats (use gluten free if preferred)  
40g raisins  
a sprinkle of ground cinnamon  
1 tsp stevia (or use sweetener of your choice)  
30g dark chocolate (minimum 70% cocoa), cut into chunks  
25g hazelnuts

MAKES 8 COOKIES

Preheat oven to 170°C/350°F. Line an oven tray with baking paper.

Mash the banana in a large bowl.

Add the remaining ingredients and stir until well combined.

Divide the mixture into 8 pieces and roll into balls. Place onto the tray, leaving a small gap between each ball. Gently flatten until around 2cm thickness.

Bake for 15 minutes or until firm. Allow to cool on the tray.

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



PER COOKIE:  
198 Calories  
31g Carbs  
5g Protein  
6g Fat

# Berry banana smoothie bowl

RESULTS

FITNESS

100g frozen berries  
½ a small frozen banana  
30ml unsweetened almond milk  
25g vanilla flavour whey or rice protein powder (optional)  
a handful of fresh spinach leaves

Place the ingredients in a blender and blend well until smooth. Transfer to a serving bowl.

Add the toppings and serve.

*Consume immediately.*

## for the toppings:

1 tbsp flaked almonds  
1 tbsp sunflower, pumpkin or chia seeds

SERVES 1



PER SERVING:

330 Calories

34g Carbs

26g Protein

10g Fat

# Egg breakfast burrito

RESULTS

FITNESS

150g chicken breast  
½ tsp sea salt  
1 tsp ground black pepper  
2 large eggs  
1 tbsp whole milk or unsweetened almond milk  
1 tbsp fresh parsley, finely chopped  
a small pinch of sea salt  
a pinch of ground black pepper  
1 tsp butter or coconut oil  
100g tinned black beans (drained weight)  
1 small ripe avocado, finely sliced  
50g Cheddar cheese, grated (use dairy free if preferred)

SERVES 2



PER SERVING:  
540 Calories  
26g Carbs  
46g Protein  
28g Fat

Place the chicken breast into a large saucepan. Season with salt and pepper. Cover with 1 inch of cold water.

Place the saucepan over a medium/high heat and bring the water to a boil. Reduce heat and simmer for 10 minutes, or until the chicken is thoroughly cooked.

Remove the chicken from the water and transfer to a plate to cool. Shred with a fork.

Whisk the eggs, milk, parsley, salt and pepper in a jug.

Melt the coconut oil in a large frying pan or skillet over a medium heat. Tilt the pan to coat the base then add the egg mixture. Tilt the pan to ensure the egg covers the entire base of the pan, then cook for 2 minutes.

Carefully flip or turn using a slice and cook for 2 minutes. Transfer to a plate and top with cheese, black beans, avocado and chicken. Roll up into a burrito. Cut in half and serve.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*



# Oaty power bowl

RESULTS

FITNESS

5g unsweetened coconut flakes

50g ripe banana, mashed

2 heaped tbsps chia seeds

35g oats (use gluten free if preferred)

a pinch of ground cinnamon

160ml unsweetened almond milk

90ml cold water

## for the topping:

1 tsp ground flaxseed

5g almonds, chopped

½ tsp sunflower seeds

a sprinkle of ground cinnamon

a sprinkle of ground allspice (optional)

a sprinkle of dried cranberries

Place the coconut flakes in a frying pan over a medium heat. Toast gently for 2-3 minutes, until the edges of the flakes just start to colour. Remove pan from heat and set aside.

Place the mashed banana, chia seeds, oats, cinnamon, almond milk and water in a saucepan. Place the saucepan over a medium heat and cook, stirring frequently for 5 minutes, or until thickened. Add more water during cooking time, if the mixture becomes too thick.

Transfer to a bowl and add the toasted coconut and toppings. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:

445 Calories

41g Carbs

14g Protein

25g Fat



# Quick & easy protein pancakes

RESULTS

FITNESS

1 tbsp coconut oil  
**for the pancakes:**

2 eggs  
40g vanilla flavour whey or rice protein powder  
½ tsp baking powder  
60ml unsweetened almond milk

SERVES 2

Place the pancake ingredients in a blender and blend well until smooth. Heat ½ tsp coconut oil in a large frying pan over a medium heat.

When the oil is hot, pour around a quarter of the batter into the frying pan.

When bubbles start to form on the top of the pancake, turn or flip the pancake.

Cook for another 1-2 minutes. Transfer to a plate. Repeat steps with the remaining oil and batter. Serve.

*Consume immediately.*

## Serving suggestion:

Drizzle lightly with honey or maple syrup and serve with fresh berries of your choice



PER SERVING:  
213 Calories  
**2g Carbs**  
**22g Protein**  
**13g Fat**



# Veggie-rich bake

RESULTS

FITNESS

1 tsp coconut oil, for frying (plus a little extra to grease dish)

a small red onion, cut into thin wedges

a handful of Tenderstem broccoli, trimmed

1 red or yellow bell-pepper, deseeded and diced

8 eggs plus 2 egg whites

1 tbsp Parmesan, grated (use dairy free cheese if preferred)

a few fresh basil or parsley leaves, finely chopped

a pinch of sea salt and ground black pepper

1 medium-sized ripe avocado

Preheat oven to 175°C/350°F. Lightly grease an ovenproof dish with coconut oil.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 4-5 minutes, stirring occasionally until soft.

Add the bell-pepper and broccoli and fry gently for 4-5 minutes, stirring occasionally. Transfer to the dish.

Crack the eggs and egg whites into a large jug. Beat gently with a fork. Add the cheese, fresh herbs, salt and pepper and stir.

Peel the avocado, remove the stone and chop. Distribute evenly over the vegetables.

Pour the egg mixture over the top, to cover the vegetables.

Bake for 20 minutes or until the centre is cooked. Cut into 4 pieces. Serve.

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

SERVES 4



PER SERVING:  
232 Calories  
**6g Carbs**  
**16g Protein**  
**16g Fat**



# Breakfast bowl

RESULTS

FITNESS

- 2 eggs
- 3 tsps coconut oil
- 2 garlic cloves, peeled and minced
- 50g closed cup or button mushrooms, sliced
- ¼ tsp dried mixed herbs
- a small pinch of paprika
- ¼ tsp allspice
- a small pinch of sea salt
- 2 ripe salad tomatoes, cut into quarters
- 80g fresh spinach leaves
- 1 small white potato, peeled and cut into ½ inch thick cubes

SERVES 2



PER SERVING:  
224 Calories  
19g Carbs  
10g Protein  
12g Fat

Fill a small saucepan with water and bring to a boil. Reduce the heat to low / medium and add the eggs. Cook for 10 minutes. Transfer the eggs to a bowl using a slotted spoon and allow to cool. Set aside the saucepan of water for later. Peel and slice or chop the eggs. Season with the salt and paprika.

Heat 1 tsp coconut oil in a large frying pan over a medium heat. Add the garlic, mushrooms, mixed herbs, paprika, allspice and salt. Fry gently, stirring occasionally for 5 minutes, or until the mushrooms have softened. Add the tomatoes and spinach, and cook for 3 minutes, stirring occasionally.

Place the saucepan of water back over a high heat and bring to the boil. Add the potatoes and cook for 6-8 minutes or until fork tender. Drain well.

Heat the remaining oil in the frying pan and place over a medium heat. Add the potatoes and season with salt and pepper, if desired. Fry for 3 minutes, or until golden.

Arrange the eggs, vegetables and potato in two serving bowls.

*Consume immediately.*



# Breakfast roasted peppers with eggs

RESULTS

FITNESS

1 tbsp coconut oil  
½ a medium-sized white onion,  
finely chopped  
1 garlic clove, minced  
200g tinned chopped tomatoes  
125ml cold water  
½ tsp sea salt  
½ tsp ground black pepper  
½ tsp dried mixed herbs  
4 bell-peppers, tops and cores  
removed  
50g Cheddar cheese, grated  
(use dairy free if preferred)  
4 eggs

SERVES 2



PER SERVING:  
398 Calories  
19g Carbs  
22g Protein  
26g Fat

Preheat oven to 180°C/350°F. Prepare a medium-sized ovenproof dish.

Heat the oil in a saucepan over a medium heat. Add the onion and sauté for 6-8 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry gently for 3 minutes, stirring occasionally.

Add the chopped tomatoes, water, salt, pepper, and mixed herbs. Cook for 3 minutes then remove from the heat. Allow to cool for 5 minutes.

Using a hand blender, blend the sauce until smooth.

Stand the peppers upright in the dish. Stuff the cheese into each pepper, then pour the sauce around the base of the peppers.

Crack an egg into each pepper. Bake for 15 minutes, or until the eggs are cooked.

*Consume immediately.*



# Mexican scrambled eggs

RESULTS

FITNESS

3 eggs  
½ tsp ground cumin  
½ tsp sea salt  
a pinch of cayenne pepper  
20ml whole milk or unsweetened almond milk  
½ tbsp butter  
30g white onion, diced  
30g red bell-pepper, finely sliced  
3 jalapeño peppers, finely chopped (optional)

SERVES 1

In a bowl, whisk together the eggs, cumin, salt, cayenne pepper and milk.

Heat a skillet over a medium/high heat. Add the butter and heat until melted.

Add the onion and bell-pepper and fry gently for 3-4 minutes, stirring occasionally until soft.

Pour in the egg mixture and allow to cook for 30 seconds, then stir gently, breaking the eggs apart.

Cook for 1-2 minutes, stirring continuously until the eggs are cooked.

Transfer the eggs to a plate. Sprinkle the jalapeños over the eggs and serve.

*Consume immediately.*



PER SERVING:  
285 Calories  
5g Carbs  
19g Protein  
21g Fat

# Quick crunchy muesli

RESULTS

FITNESS

50g oats (use gluten free if preferred)  
25g vanilla or strawberry flavour whey or rice protein powder (optional)  
130ml unsweetened almond milk (or use milk of your choice)  
10g brazil nuts or cashews, roughly chopped  
10g almonds or hazelnuts, roughly chopped  
10g raisins or sultanas

Mix the oats, protein powder (if using) and milk in a bowl.

Allow to stand for 10 minutes. Leave to stand for longer if a thicker consistency is desired. Add a splash more milk if the mixture becomes too thick.

Stir in the remaining ingredients and serve.

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

SERVES 1



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

# Chicken fattoush

RESULTS

FITNESS

2 vine-ripened tomatoes, chopped

80g cucumber, sliced

60g red onion, sliced

1 small lettuce (any variety),  
shredded

a handful of fresh mint leaves,  
roughly chopped

a handful of fresh parsley leaves,  
finely chopped

1 tsp sumac (or substitute with 1 tsp  
finely grated lemon zest)

## for the shredded chicken:

2 x 150g chicken breasts

1 tsp black pepper

½ - 1 tsp sea salt

## for the dressing:

½ a garlic clove, peeled and crushed

2 tbsps malt vinegar

1 tbsp extra virgin olive oil

juice of ½ a lemon

1 tsp sumac (or substitute with

1 tsp finely grated lemon zest)

Place the chicken breast into a large  
saucepan. Season with salt and pepper.  
Cover with 1 inch of cold water.

Place the saucepan over a medium/high  
heat and bring the water to a boil. Reduce  
heat and simmer for 10 minutes, or until  
the chicken has cooked throughout.

Remove the chicken from the water and  
transfer to a plate to cool. Shred with a  
fork.

Arrange the salad ingredients in two  
serving bowls. Top with the chicken.

Mix the dressing ingredients in a jug and  
drizzle over the salads. Serve.

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

SERVES 2



PER SERVING:  
269 Calories  
14g Carbs  
33g Protein  
9g Fat



# Lemon & herb chicken

RESULTS

FITNESS

10 chicken legs, skin removed  
juice of ½ a lemon  
1 lemon, sliced  
60ml olive oil  
2 garlic cloves, minced  
2 tsp sea salt  
½ tsp ground black pepper  
1 tsp paprika  
1 tsp dried oregano  
1 tsp cayenne pepper  
1 tsp fresh or dried thyme  
1 tsp garlic powder (optional)

SERVES 5

Pat the chicken dry using kitchen roll. Place in a large bowl.

Mix the remaining ingredients in a jug (except for the lemon slices). Pour over the chicken.

Cover and refrigerate for 2 hours, or overnight if you have time.

Remove the chicken from the fridge and allow to rest at room temperature for 20 minutes.

Preheat oven to 180°C/350°F.

Place the chicken onto a foil-lined baking tray. Arrange the lemon slices over the chicken legs. Bake for 20-25 minutes. Turn the chicken over and cook for 10 minutes or until thoroughly cooked. When cooked, the juices will run clear when pierced with a skewer.

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



PER SERVING:  
405 Calories  
5g Carbs  
49g Protein  
21g Fat

# Crustless tomato & basil quiche

RESULTS

FITNESS

a small amount of coconut oil or butter, to grease dish

2 vine-ripened tomatoes

4 eggs

2 egg whites

¼ tsp Italian herbs

½ tsp paprika

a pinch of sea salt and ground black pepper

4 spring onions, finely sliced

100g plain cottage cheese

35g Swiss cheese, finely grated

20g Parmesan cheese, finely grated

10 basil leaves, chopped

SERVES 3

Preheat oven to 180°C/350°F. Lightly grease a medium-sized oven dish with coconut oil or butter.

Finely slice one of the tomatoes and finely chop the other.

Crack the eggs and whites into a jug. Add the Italian herbs, paprika, salt and pepper and stir well.

Stir in the chopped tomato, spring onions, and cheese. Pour the mixture into the dish. Bake for 40 minutes.

Distribute the tomato slices evenly around the surface of the quiche. Add the chopped basil. Bake for 20 minutes, or until the centre of the quiche is cooked.

Cut into 3 pieces. Serve warm or cold.

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



PER SERVING:  
341 Calories  
8g Carbs  
30g Protein  
21g Fat



# Egg salad

RESULTS

FITNESS

- 4 eggs
- 1 romaine lettuce head
- 2 spring onions, finely sliced
- ¼ tsp paprika
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 tbsp fresh parsley, finely sliced

## for the mayonnaise:

- 1 egg yolk
- 1 tsp Dijon mustard, at room temperature
- 1 tsp olive oil
- 2 tsp white vinegar

SERVES 2

Mix the egg yolk and mustard using an electric hand blender. Slowly add the oil whilst blending. Continue mixing until all of the oil has been combined.

Add the vinegar and mix briefly to combine. Cover and refrigerate. This will allow the mayonnaise to thicken.

Fill a saucepan with water and bring to a boil. Reduce the heat to medium / low. Add the eggs and cook for 10 minutes.

Remove the eggs from the hot water and allow to cool. Peel and chop the eggs, then place into a bowl.

Arrange the lettuce leaves onto a large plate.

Stir the mayonnaise, mustard, spring onion, salt, pepper and paprika into the eggs. Spoon the eggs into the leaves. Garnish with parsley and serve.

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



PER SERVING:  
203 Calories  
**2g Carbs**  
**15g Protein**  
**15g Fat**

# LENTIL, CUCUMBER & RED PEPPER SALAD

RESULTS

FITNESS

250g (dry weight) red or green lentils

1 red bell-pepper, diced

2 large cucumbers, diced

½ large red onion, finely chopped

1 tbsp fresh parsley, chopped

30ml white wine vinegar

½ tsp sea salt

½ tsp ground black pepper

juice of ½ a lemon

a handful of green olives

½ tsp crushed red chilli flakes

Rinse the lentils in cold water. Place them in a saucepan and cover with cold water. Bring to a boil then reduce heat to simmer. Stir and cook for 25-30 minutes, or until tender.

Drain the lentils and rinse well under cold running water.

Place all of the ingredients in a large bowl and stir well.

Transfer to four bowls and serve.

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

SERVES 4



PER SERVING:  
287 Calories  
47g Carbs  
18g Protein  
3g Fat

# Tuna stuffed courgette boats

RESULTS

FITNESS

- 3 small courgettes, cut in half lengthways
- 2 tbsps coconut oil or ghee, melted
- 1 medium-sized white onion, diced
- 1 garlic clove, minced
- ½ tsp sea salt
- ½ tsp ground black pepper
- 1 tsp dried mixed herbs
- 100ml cold water
- 200g tinned chopped tomatoes
- 150g tinned tuna, drained
- 50g mature Cheddar cheese, grated
- 1 tbsp fresh parsley, finely chopped

SERVES 2

Preheat oven to 180°C/350°F. Gently score the skin of each courgette in a criss-cross pattern. Carefully scoop out the flesh from each courgette and roughly chop.

Drizzle 1 tbsp oil/ghee into the base of a large rectangular ovenproof dish. Place the courgette halves in the dish, skin side facing down.

Heat the remaining oil/ghee in a frying pan over a medium heat. Add the onion and courgette flesh. Fry gently until the onion is soft and translucent. Add the garlic and fry for 2 minutes, stirring occasionally.

Add the salt, pepper, mixed herbs, water, and tinned tomatoes. Stir well and cook for 3 minutes, stirring occasionally until the sauce begins to reduce.

Add the tuna and stir well. Remove the pan from the heat. Spoon the mixture into each courgette. Sprinkle with cheese.

Bake for 25 minutes. Serve garnished with fresh parsley.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:  
417 Calories  
16g Carbs  
32g Protein  
25g Fat



# Chicken lentil soup

RESULTS

FITNESS

4 tbsps coconut oil, butter or ghee  
1 large white onion, diced  
3 garlic cloves, thinly sliced  
2 medium-sized celery stalks, sliced  
2 medium-sized carrots, sliced  
½ tsp sea salt  
½ tsp ground black pepper  
2 tbsps tomato purée  
2 litres vegetable stock (made with 1½ organic stock cubes)  
80g green or red dried lentils, rinsed and drained  
1lb chicken breast or thigh fillet, finely diced

SERVES 8

Heat the oil/ghee/butter in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the garlic, celery, carrots, salt and pepper. Cook over a medium/low heat for 8-10 minutes, stirring occasionally.

Add the tomato purée and stir. Add the vegetable stock and lentils. Increase heat and bring to a boil then reduce heat to simmer gently.

Add the chicken. Cover and cook for 45 minutes to 1 hour. Stir occasionally and add more stock during cooking time, if required. Serve.

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



PER SERVING:  
264 Calories  
**14g Carbs**  
**34g Protein**  
**8g Fat**



# Shish tawook

RESULTS

FITNESS

900g fresh chicken breast, diced

## for the marinade:

juice of ½ a lemon

65g plain yoghurt (use dairy free if preferred)

2 tbsps olive oil

2 tbsps tomato purée

2 tsps paprika

1 tsp ground black pepper

1 tsp dried thyme or mixed herbs

1 tsp cayenne pepper

3 garlic cloves, minced

SERVES 4

Place the marinade ingredients in a large bowl and stir well.

Add the chicken and stir well. Cover with cling film and refrigerate for 3 hours, or overnight if you have time.

Soak 8 wooden skewers in cold water for 30 minutes, or prepare 8 metal skewers.

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

Thread the chicken onto the skewers. Place the skewers onto the baking tray.

Bake for 10 minutes, then turn and cook for another 10 minutes, or until golden and thoroughly cooked.

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

## Serving suggestion:

Serve with salad and steamed rice.



PER SERVING:  
313 Calories  
4g Carbs  
54g Protein  
9g Fat

# Bulgur & butternut squash bowl

RESULTS

FITNESS

190g bulgur wheat  
200ml cold water  
1 small butternut squash, deseeded and cubed  
1 red bell-pepper, left whole  
1 tbsp olive oil  
1 tsp coconut oil  
170g fresh spinach leaves  
2 tsps sesame oil  
¼ tsp ground black pepper  
¼ tsp sea salt  
3 tsps soy sauce or tamari  
40g pine nuts

SERVES 4

Place the water and bulgur wheat in a saucepan over a high heat and bring the water to a boil. Reduce heat, cover and simmer for 10 minutes, or until the water has absorbed. Remove the saucepan from the heat and set aside.

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

Place the squash and bell-pepper onto the tray and toss with the olive oil. Bake for 20 minutes or until soft, turning the pepper several times during cooking time.

Heat the coconut oil in a saucepan over a medium heat. Add the spinach and cook for two minutes, or until the spinach has wilted. Remove the pan from the heat.

When the pepper is cool enough to handle, remove the stem and seeds and discard. Chop the pepper into chunks.

Place the sesame oil, black pepper, salt, bulgur wheat, soy sauce, spinach, butternut squash and red bell-pepper in a large bowl. Toss the ingredients and sprinkle the pine nuts over the top. Serve.

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



PER SERVING:  
442 Calories  
**67g Carbs**  
**12g Protein**  
**14g Fat**



# Garlic & herb roast chicken

RESULTS

FITNESS

2kg whole chicken (giblets removed)  
2 tbsps olive oil  
25g unsalted butter, at room temperature, cut into large pieces  
1-2 tps sea salt, to taste  
1-2 tps ground black pepper, to taste  
4 garlic cloves, peeled and minced  
1 head of garlic, peeled, half minced, half left whole  
3 rosemary sprigs  
1 lemon  
2 tbsps parsley, finely chopped  
1 tbsp dried parsley  
1 tsp dried thyme

SERVES 5

Preheat oven to 200°C /400°F. Prepare a roasting dish. Using your hands, gently loosen the skin from the surface of the chicken. Start from the breast near the neck and move carefully over the surface of the chicken.

Place the pieces of butter under the skin, distributing around the chicken. Drizzle the olive oil over the chicken. Season with salt and pepper. Sprinkle the minced garlic over the chicken.

Stuff the remaining garlic into the chicken cavity along with the rosemary sprigs. Pierce the lemon twice using a skewer and place in the chicken cavity.

Tie the legs together with twine. Place the chicken into the roasting dish. Roast for 1 hour 20 minutes, basting half way through cooking time.

At the end of cooking time, baste again and roast for 5 minutes. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Pour the juices over the chicken. Serve.

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

## Serving suggestion:

Halfway through cooking time, add some chopped root vegetables around the base of the chicken. Stir to cover in the juices



PER SERVING:  
478 Calories  
2g Carbs  
68g Protein  
22g Fat



# Pan fried coconut & chilli fish with a spinach salad

RESULTS

FITNESS

300g halibut steaks or firm white fish  
1 heaped tbsp desiccated coconut  
1 tbsp plain flour (use gluten free if preferred)  
lemon slices, to serve

2 tbsps coconut oil

## for the salad:

a handful of spinach leaves  
160g cucumber, diced  
1 red bell-pepper, diced  
1 vine-ripened tomato, finely diced  
1 tbsp fresh coriander, finely chopped  
a pinch of sea salt  
2 tbsps fresh lemon juice

## for the marinade:

1 red chilli pepper  
1 tsp fresh ginger, peeled  
a small bunch of fresh parsley  
3 garlic cloves, peeled  
2 tps white wine vinegar  
1 tsp ground coriander  
a pinch of sea salt and black pepper

Mix the salad ingredients in a bowl. Using a wooden spoon, pound the spinach leaves gently. Cover and refrigerate.

Meanwhile, place the marinade ingredients in a blender and blend well until smooth.

Place the fish in a bowl and pour over the marinade. Stir to coat the fish. Cover and refrigerate for 30 minutes (or longer if you have time).

Mix the coconut and flour together in a shallow based bowl. Add the fish and cover both sides in the mixture.

Melt the oil in a frying pan over a low heat. Add the fish and cook for 3 minutes. Avoid touching the fish while it cooks. Turn with a slice and cook for 3 minutes, or until the fish is cooked. Serve the fish over a bed of spinach salad.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*

SERVES 2

PER SERVING:  
402 Calories  
21g Carbs  
39g Protein  
18g Fat





# Beef & lentil stew

RESULTS

FITNESS

1 tbsp olive oil  
1 large white onion, chopped  
250g celery, chopped  
3 medium-sized carrots, chopped  
3 garlic cloves, chopped  
1kg beef, cubed  
1 litre vegetable stock (made with one organic stock cube)  
2 bay leaves  
½ tsp cayenne pepper  
1 tbsp mixed herbs  
sea salt, to taste  
ground black pepper, to taste  
400g tomatoes (canned or diced)  
150g green lentils (uncooked), rinsed

SERVES 8

Heat the oil in a large saucepan over a medium heat. Add the onion, carrots and celery and sauté for 5 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry for one minute, stirring occasionally.

Add the beef and fry for 8 minutes, stirring occasionally to ensure all sides are browned.

Add the stock, bay leaves, herbs and spices, tomatoes and lentils.

Bring to the boil then reduce the heat to simmer. Cover and cook for one hour. Serve.

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

**Serving suggestion:**

Serve with a mixed salad or steamed vegetables of your choice



PER SERVING:  
279 Calories  
**15g Carbs**  
**30g Protein**  
**11g Fat**



# Chicken & vegetable pizza

RESULTS

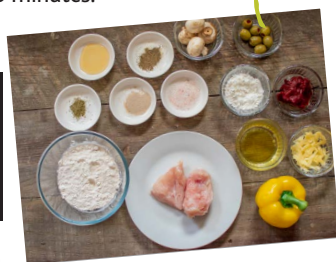
FITNESS

9g instant yeast  
1 tsp honey  
420g all purpose flour (use gluten free if preferred)  
2½ tsp xanthan gum  
½ tsp sea salt  
85ml olive oil  
250ml cold water  
100g cooked chicken breast, diced  
1 tbsp tomato purée  
60g mozzarella cheese, grated  
1 bell-pepper (any colour), chopped  
100g button mushrooms, chopped  
2 tsp dried mixed herbs  
½ tsp ground black pepper  
½ tsp sea salt  
50g pitted olives (any colour), sliced

SERVES 4

In a small bowl mix together the yeast and honey. In a separate large bowl mix the flour, xanthan gum and salt. Make a well in the centre. Pour 70ml olive oil, cold water and yeast mixture into the well. Mix well and knead for 5 minutes.

PER SERVING:  
480 Calories  
78g Carbs  
24g Protein  
8g Fat



Lightly grease the base of a baking tin. Transfer the dough into the tin. Cover with cling film and place a tea towel on top. Allow to sit for 1 hour in a warm environment. Refrigerate the dough for 20 minutes.

Preheat oven to 200°C/400°F. Lightly flour a clean surface and roll out the dough into a large circle, moving the dough occasionally so that it doesn't stick to the surface. Using your fingertips, press in the dough, 1 inch from the edge to create a crust. Brush lightly with olive oil.

Place a frying pan over a medium heat and add the remaining olive oil. Add the diced chicken breast, toss and cook for 2 minutes.

Bake the pizza dough for 3 minutes. Spread the tomato purée over the base. Add the remaining toppings. Bake for 5-10 minutes, or until browned. Cut into 4 pieces.

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



# Roast cauliflower chicken

RESULTS

FITNESS

6 skinless chicken thighs  
½ tsp sea salt  
¼ tsp ground black pepper  
1 tbsp dried mixed herbs  
1 tbsp fresh rosemary  
6 cloves garlic, minced  
40g butter  
½ a large cauliflower head,  
cut into florets  
juice of 1 lemon

SERVES 3

Preheat oven to 190°C/375°F.

Season the chicken thighs with salt, pepper, mixed herbs, rosemary and garlic.

Melt the butter in a frying pan over a medium heat.

Place the chicken thighs in a large roasting tin and pour over the butter. Arrange the cauliflower florets around the chicken.

Roast for 40 minutes, or until the chicken is cooked.

Squeeze the lemon juice over the chicken and serve.

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



PER SERVING:  
421 Calories  
**10g Carbs**  
**39g Protein**  
**25g Fat**

# Stuffed aubergine

RESULTS

FITNESS

4 large aubergines  
3 tps olive oil  
1 tsp sea salt  
1 large white onion, finely chopped  
250g lean lamb mince  
3 garlic cloves, finely chopped  
1 tsp dried thyme  
¼ tsp chilli flakes  
4 small ripe tomatoes, chopped  
½ tsp ground black pepper  
25g Pecorino cheese (optional), finely grated  
3 tbsps fresh basil leaves, thinly sliced

SERVES 4

Preheat oven to 200°C/400°F.

Slice each aubergine in half lengthways and scoop out the flesh. Dice the flesh and set aside. Place the aubergine halves in a large roasting dish, flat side facing up.

Brush the inside of the aubergines with a little olive oil and season with a little salt.

Heat 2 tps olive oil in a pan. Add the onion and fry gently over a medium heat for 6 minutes, stirring occasionally.

Add the lamb mince and stir well, breaking up finely with a wooden spoon as it cooks.

Increase the heat, add the garlic and aubergine flesh. Stir until the flesh is lightly browned. Add the dried thyme, chilli flakes and tomatoes and season with salt and pepper. Stir well and reduce the heat. Cover and simmer for 10 minutes.

Spoon the mixture into the aubergine halves. Drizzle lightly with olive oil. Bake for 20 minutes. Sprinkle over the cheese (if using) and fresh basil and serve.

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



PER SERVING:  
252 Calories  
11g Carbs  
16g Protein  
16g Fat



# Lamb curry

RESULTS

FITNESS

2 medium-sized white onions, diced  
4 garlic cloves, finely chopped  
700ml cold water  
2 tbsps ghee or coconut oil  
1kg lamb leg, diced  
400g tinned chopped tomatoes  
½ tsp fennel seeds  
1 tsp barahat or allspice  
1 tsp ground coriander  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp ground black pepper  
1 tsp sea salt  
2 green chilli peppers, finely chopped

SERVES 5

Place the onions, garlic and 300ml cold water into a food processor and blend until smooth.

Pour into a large saucepan. Cover and simmer for 20 minutes.

Remove the lid and simmer for 5-10 minutes, or until the liquid has fully absorbed.

Melt the ghee/oil in the saucepan. Add the lamb. Fry gently, stirring to brown all over.

Add the tinned tomatoes, remaining cold water, fennel seeds, baharat, coriander, turmeric, salt, pepper and cumin. Simmer for 1 hour 20 minutes, stirring occasionally. Add more water during cooking time, if required.

Add the chilli peppers and serve.

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



PER SERVING:  
469 Calories  
11g Carbs  
41g Protein  
29g Fat

# Chicken tagine with squash

RESULTS

FITNESS

- 2 tbsps coconut oil or ghee
- 2 small white onions, peeled and quartered
- 4 garlic cloves, minced
- 6cm piece of ginger, minced
- ½ tsp ground coriander
- 1 tsp allspice or barahat
- 1 tsp sea salt
- 1 tsp ground black pepper
- 1.5kg skinless bone-in chicken thighs
- 600ml vegetable stock (made with one organic stock cube)
- 1 tsp honey
- 500g butternut squash, cut into chunks
- 1 tsp cumin seeds

## SERVES 6

Preheat oven to 180°C/350°F. Melt half of the oil/ghee in a large saucepan over a medium heat. Add the onions and sauté for 3-5 minutes, or until soft and translucent.

Add the garlic and ginger, stir and fry for 2 minutes, then remove from heat.

Mix the coriander, allspice, salt and pepper in a bowl. Rub the chicken with the spice mixture.

Heat the remaining oil or ghee in a medium-sized ovenproof casserole dish. Add the chicken and cook for five minutes, stirring to seal on all sides. Cook in batches if preferred.

Turn off the heat. Using tongs, arrange the chicken skin side up in the base of the dish.

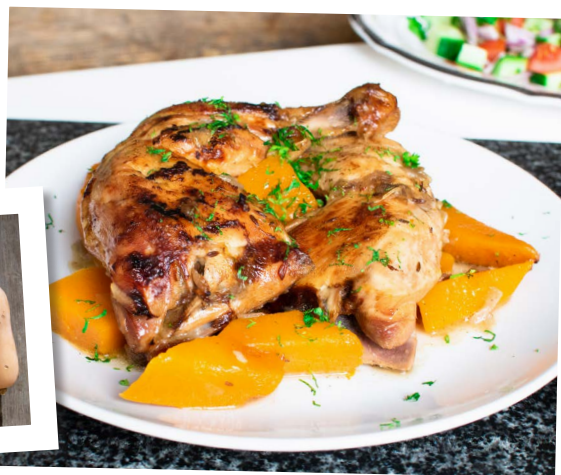
Stir in the onion mixture, stock, honey, squash and cumin seeds. Bring to a gentle simmer.

Transfer to the oven and bake for 45 minutes. Serve.

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



PER SERVING:  
498 Calories  
24g Carbs  
51g Protein  
22g Fat



# Chickpea curry

RESULTS

FITNESS

- 1 tbsp olive oil or ghee
- 2 small white onions, finely chopped
- 3 garlic cloves, finely chopped
- ½ tsp garam masala
- 1 tbsp barahat or all spice
- ½ tsp ground coriander
- 600g tinned chopped tomatoes
- 600g (drained weight) tinned chickpeas, drained
- 1 tsp sea salt
- 1 tsp ground black pepper
- 150g fresh spinach leaves

SERVES 5

Heat the oil/ghee in a large saucepan over a medium heat. Add the onions and sauté for 3-5 minutes, stirring occasionally until translucent.

Add the garlic and fry for one minute, stirring frequently.

Add garam masala, baharat and ground coriander. Stir well and cook for one minute.

Add the chopped tomatoes, chickpeas, salt and pepper. Stir well, bring to a boil then reduce heat and simmer gently for 8 minutes.

Add the spinach and cook for two minutes, or until wilted. Serve.

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



PER SERVING:  
210 Calories  
26g Carbs  
13g Protein  
6g Fat

# Quick Caribbean coconut prawns

RESULTS

FITNESS

1 tsp coconut oil  
1 small red onion, thinly sliced  
¼-½ a small red chilli, thinly sliced  
300ml coconut milk  
1 tsp Jamaican jerk seasoning  
300g king prawns  
a small handful of fresh coriander,  
finely chopped

SERVES 2

Heat the coconut oil in frying pan or wok over a medium heat. Add the onion and chilli and fry for 3-4 minutes.

Stir in the coconut milk and jerk seasoning and bring to a simmer before adding the prawns. Cook for 4-5 minutes.

Serve garnished with fresh coriander.

*Consume immediately.*

**Serving suggestion:**

Serve on a bed of steamed rice



PER SERVING:

331 Calories

11g Carbs

29g Protein

19g Fat



# Herby baked salmon

RESULTS

FITNESS

2 tps butter, melted  
2 garlic cloves, minced  
1 tsp honey  
juice of ½ lemon  
½ tsp paprika  
1 tbsp fresh parsley, finely chopped  
⅛ tsp sea salt  
⅛ tsp ground black pepper  
2 x 150g fresh salmon fillets

SERVES 2

Preheat oven to 200°C/400°F.

In a bowl combine the butter, garlic, honey, lemon, paprika, parsley, salt and black pepper.

Arrange the salmon on a foil-lined baking tray. Spoon the mixture over the top of the salmon.

Bake for 15 minutes, or until the salmon is a pale pink colour throughout. Serve.

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

## Serving suggestion:

Serve with steamed rice and vegetables of your choice or with a big leafy salad.



PER SERVING:  
370 Calories  
**6g Carbs**  
**28g Protein**  
**26g Fat**