



**CrossFit**  
CENTRAL  
MANCHESTER

# *Delicious* **LEAN & CLEAN**



**140 ESSENTIAL RECIPES TO HELP  
YOU STAY ON TRACK**

## A Quick Guide from Benji & Melissa

*“Nutrition is the foundation of athletic performance.”*

Eat great - Feel great!

Eat crap - You get the idea...

The Theoretical Hierarchy of  
Athletic Development.



Looking at the hierarchy above; Nutrition is the building blocks of the human body and the single most important factor to consider when trying to develop athletic capacity. A poor foundation of Nutrition will produce poor results in Metabolic Conditioning, Gymnastics, Weightlifting and will have a big influence on your health across your lifetime.

### **Our Recommendation:**

Eat meat and vegetables, nuts and seeds, some fruit, *little* starch and **NO** sugar.

It's written on our front door and it comes straight from Greg Glassman's "World-class Fitness in 100 Words" - <https://journal.crossfit.com/article/what-is-fitness>

All food should be fresh and easily perishable. If it can sit on a shelf for weeks on end, it's probably not good for you! If it needs to be refrigerated to keep it fresh then you're on the right track.



### **How Much Should I Be Eating?**

Each of these recipes has a guideline of how much Protein, Carbs and Fat is contained within. If you're looking to make a change from eating processed foods to eating "clean" then I wouldn't worry too much about intakes at first.

Any change in diet, moving away from processed, sugar-filled, packaged foods is going to inevitably cause a significant reduction in calories and can cause some pretty tough situations.

Depending on how much sugar you currently eat, you could experience some pretty nasty withdrawal symptoms, cravings and in some cases bouts of irritability, mood swings and irrational anger!

***This is all perfectly normal*** and can be minimised by eating regular balanced meals and having appropriate snacks on hand for when the cravings hit.

Adding complications at this stage by trying to count calories is going to make the transition a lot harder so don't worry about how much you're eating yet...

### **Get off the sugar first!**

If you're already eating no sugar, eating fresh meats, lots of vegetables, some fruit, little starch and no sugar - great! In order to dial in your nutrition further we'll need to sit down and have a chat about where we go from here. A food diary is going to be essential so we can delve into your current diet and we can start looking at the quality and quantity of your food.

Speak to myself or Melissa about this and we'll be very happy to schedule a chat!

**BREAKFAST**

# BACON 'N' EGGS



## INGREDIENTS

6 Eggs

2 rashers Bacon

1 small Onion, finely diced

1 tsp dried Oregano

½ tsp of Chilli Powder

1 tbsp Olive Oil

## METHOD

1. Preheat oven to 180c (160f), 350f, Gas Mark 4. Line a muffin tin with 4 paper cases.
2. In a bowl whisk the eggs & seasoning together.
3. In a small frying pan, using the olive oil, fry the bacon until crispy. Allow to cool slightly. And chop/crumble the bacon.
4. Add the bacon & onion to the egg mix. Beat well & divide between the 4 muffin cases. Bake in the oven for 10-15 minutes until firm.
5. These savoury muffins can be eaten chilled & taken to work in lunchboxes.

### MY NOTES

124KCAL

13.2G FAT

10.2G PROTEIN

3.2G CARBS

SERVES 4



# HERBY SAUSAGES

## INGREDIENTS

225g Pork Mince

2 tsp Salt

2 tsp Ground Peppercorns

2 tsp fresh Sage, finely chopped

2 tsp fresh Basil, finely chopped

2 tbsp Coconut Oil



## METHOD

1. In a large bowl mix together the pork mince with the salt, pepper, sage and paprika. Combine well. Cover & chill in fridge overnight.
2. Make the meat mixture into 12 sausage shapes.
3. Melt coconut oil in large non-stick frying pan. Over a medium heat cook the sausages until well brown & thoroughly cooked through. Allow 4 sausages per person.

MY NOTES

260 KCAL

23G FAT

13.3G PROTEIN

0G CARBS

SERVES 3

# BANANA NUT SHAKE



## INGREDIENTS

1 Banana

200ml Almond Milk

2 tbsp Natural Yogurt

3-4 ice cubes

## METHOD

Place all the ingredients in a high power blender & blend until smooth. Serve immediately.

MY NOTES

199KCAL

3G FAT

7G PROTEIN

26G CARBS

SERVES 1

# BREAKFAST STEAK



## INGREDIENTS

- 125g thin Rump Steak
- 150g Tomatoes
- 1 tbsp Olive Oil
- 3 tbsp fresh Basil, chopped
- 1 tbsp fresh Parsley, chopped
- Salt & Pepper to own taste.

## METHOD

1. Skin & chop the tomatoes.
2. In a frying pan, heat the oil and add the steak. Quickly fry for 2-3 mins until browned on both sides. remove & place to one side. Allow to rest.
3. Next add the chopped tomatoes and cook for 3-5 mins. Add seasoning & herbs. Serve immediately with the steak.

MY NOTES



# SALMON WRAPS



## INGREDIENTS

1 packet of Asparagus Spears

125g Smoked Salmon

1 Lemon, quartered

5 grinds of Black Peppercorns



## METHOD

1. Lightly steam asparagus spears for 2-3 mins so they still have crunch/bite.

2. Wrap bundles of spears with smoked salmon slices. Squeeze over lemon juice & sprinkle with black pepper.

MY NOTES

# AVOCADO & GRAPEFRUIT SALAD



## INGREDIENTS

2 Grapefruits

2 Oranges

2 Avocados

1 tbsp fresh Mint,  
chopped



## METHOD

1. Peel both the oranges & grapefruits. Remove all the pith. Cut the fruits into segments. Remove the flesh from the avocados & slice.
2. Arrange all the ingredients on the plates, sprinkle with mint & serve.

MY NOTES

242.3 KCAL

13.5G FAT

3.2G PROTEIN

27G CARBS

SERVES 2

# ENGLISH FRITTATA



## INGREDIENTS

- 4 Sausages, sliced
- 4 rashers Bacon, chopped
- 150g Button Mushrooms, halved
- 8 large Eggs Whites
- 3 tbsp Almond Milk
- 140g Cherry Tomatoes, halved
- 400g tins Cannellini Beans, drained & rinsed
- 2 tsp Smoked Paprika
- small bunch of Chives, sniped
- 3 tbsp Tomato Puree
- 1 tbsp Worcestershire Sauce

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4. Using a little olive oil grease & line base of a baking tin.
2. In a large frying pan, cook bacon & sausages until browned all over. Stir often to stop them from sticking to pan. Place them in baking tin.
3. Next fry mushrooms for about 5mins until golden. Add these to the tin too.
4. In a bowl whisk egg whites with milk & pour into tin. Top with tomatoes. Bake in oven for 20-25 mins.
5. Meanwhile in a saucepan, tip in beans, a little water, tomato puree & Worcester sauce. Stir & heat through.
6. Scatter chives on frittata. Cut into wedges & serve beans on the side.

### MY NOTES

343.8 KCAL

17G FAT

28G PROTEIN

19.7G CARBS

SERVES 4



# AVOCADO & SALMON

## INGREDIENTS

2 ripe Avocado

200g tin Salmon, drained & flaked

3 tbsp Quark

1 small Onion, finely diced

1 tsp Smoked Paprika

3 tbsp Lemon Juice



## METHOD

1. Stone the avocados. Carefully remove the flesh & dice. Toss in lemon juice.

2. In a bowl mix together the quark, onion, salmon & paprika. Add the avocado & mix again. Serve either in the avocado skins or in a small bowl.

MY NOTES

443.5 KCAL

29.5G FAT

25G PROTEIN

19.5G CARBS

SERVES 2

# BERRY CRUMBLE



## INGREDIENTS

50g unsweetened Desiccated Coconut

100g Almond Flour

50g chilled Butter, cubed

250g frozen Mixed Berries

4 tbsp Coconut Cream

1 tsp Vanilla Extract

## METHOD

1. In a small saucepan bring berries & vanilla extract to a simmer for 5 mins.
2. In a bowl mix the dessicated coconut with the almond flour & rub in the butter to form a crumbly mix.
3. Place the berries in an ovenproof dish & top with the almond mix.
4. Grill for 5 mins, careful not to burn the top. Serve with 1tbsp coconut cream per person.

MY NOTES

339.6 KCAL

28G FAT

6.7G PROTEIN

15.2G CARBS

SERVES 2

# HASH BROWNS & BACON



## INGREDIENTS

3 medium Sweet Potatoes

2 tbsp Olive Oil

½ tsp dried Chives

½ tsp dried Parsley

½ tsp Chilli Powder

12 rashers Bacon

2 tbsp Maple Syrup

Salt & Pepper to own taste

## METHOD

1. Peel & grated sweet potatoes into a large bowl. Toss through herbs, spices & seasoning.
2. In a non-stick pan heat the oil over a medium heat, add the grated potato & stir occasionally until cook through. Takes about 10 mins.
3. Meanwhile place bacon under a hot grill, drizzle the rashers with a little maple syrup. After 3-4 mins turn the bacon, drizzle again & cook for a further 3-4 mins.

MY NOTES

301 KCAL

19G FAT

11G PROTEIN

23G CARBS

SERVES 4



# SALMON & EGGS



## INGREDIENTS

100g of fresh Salmon, shredded

1 large whole Eggs

2 large Egg Whites

small Red Pepper, deseeded & diced

1 Courgette, grated

25g Butter

Salt & Pepper to own taste



## METHOD

1. In large bowl whisk whole eggs, egg whites & season together. Stir in salmon, pepper & courgettes.

2. In a large non-stick frying pan over low heat gently melt butter. Tip in egg mix, stir constantly until lightly scrambled. Serve immediately.

MY NOTES

# MUSHROOM FRICASSEE



## INGREDIENTS

250g Lardons

250g Porcini Mushrooms, quartered

250g Chanterelle Mushrooms, quartered

250g Button Mushrooms, halved

3 Shallots, finely chopped

2 Garlic cloves, finely chopped

1 small bunch Parsley, chopped

2 tbsp Walnut Oil

## METHOD

1. Heat oil in large non-stick saucepan. Add lardons and fry for 2-3 mins.

2. Add garlic & shallots & saute for 1-2 mins.

3. Next add all the mushrooms & saute until soft & golden. Sprinkle over parsley, mix it in & serve immediately.

MY NOTES

252 KCAL

20G FAT

15.2G PROTEIN

7G CARBS

SERVES 4

# BANANA YOGURT POTS



## INGREDIENTS

300g 0% Total Greek Yogurt

2 Bananas, sliced

2 scoops of Banana Protein Powder

20g Walnuts, toasted

## METHOD

1. To toast walnuts, heat a non-stick frying pan over a medium heat. Add the walnuts & stir until can smell the nutty aroma & are beginning to brown. Remove from heat & set to one side.
2. In a large bowl beat the protein powder into the Greek yogurt.
3. Layer banana & yogurt. Top with toasted walnuts.

MY NOTES

394KCAL

8G FAT

47.5G PROTEIN

33G CARBS

SERVES 2

# GREEN TEA SMOOTHIE



## INGREDIENTS

240ml brewed Green Tea

1 tbsp ground Flax-seed

1 tbsp Almond Butter

1 Peach, chopped

3-4 Ice Cubes

## METHOD

Puree all the ingredients in a high power blender until smooth about 2-3 mins. Serve immediately



MY NOTES

222 KCAL

14G FAT

7G PROTEIN

7G CARBS

SERVES 1

# CHOCOLATE PROTEIN PANCAKES



## INGREDIENTS

- 2 whole Eggs
- 2 Egg Whites
- 1 tbsp of Almond Butter
- 50g Almond Flour
- 10g 85% Dark Chocolate
- 1 tbsp Coconut Oil
- 2 scoop Chocolate Protein Powder
- 4 tbsp Honey

## METHOD

1. Mix egg, almond flour, whey, almond butter together in a bowl.
2. In large non-stick frying pan melt coconut oil. When oil hot pour in pancake mix. Cook for 2 mins.
3. Finish cooking under a heated grill 2-3 mins.
4. Grate dark chocolate (85%) over the pancake. Cut into 4 pieces. Serve drizzled with honey.

MY NOTES

374KCAL

21G FAT

22G PROTEIN

23G CARBS

SERVES 4



# BLUEBERRY YOGURT BURST



## INGREDIENTS

100g Greek  
Yoghurt

50g Blueberries

1 scoop Vanilla  
Protein Powder



## METHOD

1. Mix 1 scoop of vanilla whey into a generous serving of full-fat Greek yogurt.
2. Swirl in a handful of frozen blueberries, top with some plain Greek yogurt & some more blueberries.

MY NOTES

296 KCAL

12G FAT

32G PROTEIN

15G CARBS

SERVES 1

# BANANA BREAD MUFFINS



## INGREDIENTS

300g Almond Flour  
6 Ripe Bananas, mashed  
6 Eggs  
70g Ground Flaxseed  
50g Almonds, chopped  
1 tsp Ginger  
1 tsp Cinnamon  
1tsp Baking Powder  
1tsp Bicarbonate of Soda  
1tsp Vanilla Extract  
4tbsp Honey

## METHOD

1. Preheat oven to 180c (160 fan), 350F, Gas Mark 4. Use muffin baking tray & line with paper cases.
2. In a large bowl, mix the honey, eggs, vanilla & mashed bananas. Beat well. Add almonds. In another bowl combine the flour, baking powder, bicarbonate of soda, & spices. Then gradually add the dry mix to the wet one. Beat well so doesn't become clumpy.
3. Make a well in the centre of the dry ingredients & pour the wet ingredients in. Fold the two together. Combining well.

### MY NOTES

328 KCAL

20G FAT

12G PROTEIN

25G CARBS

SERVES 12

# FRIED SARDINES



## INGREDIENTS

500g fresh Sardines, scaled, gutted & cleaned

75ml White Wine Vinegar

2 Shallots, sliced

2 Garlic cloves, crushed

1 Lemon, grated rind & juice only

pinch of dried Chilli Flakes

2 tbsp Olive Oil

## METHOD

1. In a saucepan, simmer the garlic, lemon juice & zest, chilli, white wine vinegar & shallots until it has reduced by half.

2. Meanwhile heat olive oil in a large non-stick frying pan and fry the sardines for 2 minutes on each side. Serve immediately with sauce spooned over the sardines.

MY NOTES

367 KCAL

21G FAT

45G PROTEIN

1G CARBS

SERVES 2

# CHORIZO EGGS



## INGREDIENTS

150g Chorizo Sausage, diced

8 Eggs

2 Garlic Cloves, minced

small bunch of fresh Coriander, chopped

2 Red Chillies, finely chopped

1 Avocado, mashed

1 tbsp Coconut Oil

1 tbsp Smoked Paprika

## METHOD

1. In a non-stick frying pan, over a medium heat, melt the coconut oil & add the onion. Fry until translucent & soft. Add chorizo & fry until it has browned & onion has caramelised.

2. In a large bowl whisk the eggs. Mix in the chillies, coriander, garlic & smoked paprika. Pour eggs into pan. And add the mashed avocado. Cook & mix, so looks like scrambled eggs. Serve immediately.

MY NOTES

359 KCAL

30.2G FAT

20.7G PROTEIN

1.2G CARBS

SERVES 4

# BANANA BREAKFAST PUDDING



## INGREDIENTS

30g Chia Seeds

50ml Coconut Milk

1 ripe Banana, mashed

1 tbsp Honey

1 tsp Vanilla Extract

1 tbsp Lemon Juice

pinch of Cinnamon

## METHOD

1. Soak chia seeds in coconut milk. Mix well & allow to rest for 15 mins. Break up any lumps with a fork, stir & allow to for another 10mins.
2. Stir in all the remaining ingredients & mix well. Pour into fridge & allow to chill overnight.
3. Have for breakfast the next day. Can also be a dessert after an evening meal.

MY NOTES

350KCAL

10G FAT

6G PROTEIN

59G CARBS

SERVES 1



# BASIC BREAKFAST CEREAL

## INGREDIENTS

90g Coconut Flakes

50g Sunflower Seeds

100g Blanched Almonds

100g Cashews

100g Pine Nuts

100g chopped Walnuts



## METHOD

1. In a non-stick large frying pan gently toast all the ingredients. Takes 10 mins.
2. Once cool, store in an airtight jar.

MY NOTES

276 KCAL

24G FAT

7G PROTEIN

8G CARBS

SERVES 12

# BERRY SMOOTHIE



## INGREDIENTS

- small handful of Spinach
- small handful of chopped Kale
- 50g Blueberries
- 25g Almonds
- ½ Banana
- 100ml Coconut Milk
- ½ tbsp Ground Flaxseed
- 3-4 Ice Cubes

## METHOD

In a high power blender, blend all the ingredients together & serve in tall glass immediately.

MY NOTES

302KCAL

18G FAT

10G PROTEIN

25G CARBS

SERVES 1

# MILAN FRITTATA



## INGREDIENTS

2 tbsp Olive Oil

1 Onion, thinly sliced

500g Plum Tomatoes,  
deseeded & diced

45g Gruyere Cheese, grated

bunch Oregano, torn

6 whole Eggs

3 Egg Whites

30g Butter

## METHOD

1. Heat oil in large frying pan & saute onion until soft. Next stir in the tomatoes and cook for 1-2 mins.

2. In a large bowl whisk eggs and egg whites together until slightly frothy. Add the tomato & onion mix. Sprinkle over cheese & oregano. And stir.

3. Wipe the frying pan with kitchen towel. Add the butter and melt over a low heat. When foamy add the egg mixture. Cover with a lid or tin foil & cook on a very low heat for 30 mins.

4. Carefully run a knife around the frittata edge to loosen. Invert pan onto a plate. Cut into wedges to serve.

### MY NOTES

346 KCAL

26G FAT

19G PROTEIN

9G CARBS

SERVES 4

# BREAKFAST EXPRESS



## INGREDIENTS

1 large whole Egg

3 large Egg Whites

2 handful Stir-fry Veg-  
etable Mix

1 tbsp Coconut Oil

Salt & Pepper to own  
taste



## METHOD

1. Heat coconut oil in large non-stick frying pan over medium heat.
2. In a bowl whisk eggs together & season.
3. Add stir-fry veg to the frying pan & pour in the eggs. Cook for 2-3 minutes. Finish omelette under hot grill for 2-3 mins.

MY NOTES

269KCAL

21G FAT

18G PROTEIN

2G CARBS

SERVES 1

# BREAKFAST MEATZA



## INGREDIENTS

250g Pork Mince

5 Eggs

25g Almond Flour

1 heaped tsp Vine Ripened Tomato Paste

2 pre-cooked Sausages, sliced

2 rashers Bacon,

chopped handful of Cherry

Tomatoes, halved 2-3 Mushrooms, sliced

25g Cheddar Cheese in thin slices, use vegetable peeler

fresh Basil leaves

1 tsp dried Oregano

## METHOD

1. Preheat oven to 160c fan, 180c fan, gas mark 4, 350f.
2. In a bowl mix 1 egg, pork mince, almond flour & oregano. Press the mix into a pizza tin. And cook for 10 minutes.
3. Brush tomato paste over the base. Add the chopped bacon & mushrooms. Put back into the oven for 10 mins.
4. Next add the tomatoes & cook for a further 5 mins.
5. Last ingredients are 4 whole eggs, the chopped sausage & the thin cheese pieces. Return to the oven for 5-7 mins.
6. Add some fresh basil leaves & serve the Meatza.

### MY NOTES

399 KCAL

30G FAT

28G PROTEIN

4G CARBS

SERVES 4



# FEEL-GOOD SMOOTHIE



## INGREDIENTS

- 1 Kiwi, peeled
- 1 Avocado, flesh only
- 1 tbsp Pumpkin Seeds
- 25g Spinach
- 200ml Almond Milk
- 2-3 Ice Cubes



## METHOD

Place all the ingredients in high powered blender and blend until smooth. Serve immediately.

MY NOTES

361KCAL

33G FAT

8G PROTEIN

33G CARBS

SERVES 1

# BREAKFAST SMOOTHIE



## INGREDIENTS

100ml Coconut Water  
1 shot Espresso  
2 handfuls of Spinach  
½ Lemon  
½ Avocado  
1 tsp Flax Seeds  
1 scoop Protein Powder  
2-3 ice cubes

## METHOD

1. Place all the ingredients into high powered blender & blend until smooth. Serve immediately.

MY NOTES

337KCAL

17G FAT

21G PROTEIN

30G CARBS

SERVES 1

# PROTEIN GUAVA SMOOTHIE



## INGREDIENTS

1 Guava

100ml Water

2 tbsp Honey

8 whole Almonds

1 scoop Vanilla Protein Powder

few Ice Cubes

## METHOD

Peel & deseed the guava. Place all the ingredients in a powerful blender. Blend on high until smooth. Serve immediately.

MY NOTES

339KCAL

7G FAT

28G PROTEIN

41G CARBS

SERVES 1

# FRUITY BREAKFAST



## INGREDIENTS

25g Almonds

25g Mixed Dried Fruits

200g Strawberries, chopped

100g 0% Greek Yogurt

2 scoops Vanilla Protein Powder



## METHOD

1. In a small bowl thoroughly mix together the whey & natural yogurt.
2. In two glasses, layer the dried fruits, strawberries, nuts & yogurt.

MY NOTES

339 KCAL

19G FAT

26G PROTEIN

18G CARBS

SERVES 2

LUNCH



# BORTSCH



## INGREDIENTS

- 700g fresh Beetroot, grated
- 1 large Carrot, grated
- 1 tbsp Olive Oil
- 1 Onion, finely chopped
- 1 Celery Stick, finely chopped
- 2 large Tomatoes, deseeded, skinned & chopped
- 2 Garlic Cloves, crushed
- 1.2 litres Vegetable Stock
- 1 Bay Leaf
- 1 tbsp Lemon Juice

## METHOD

1. In a large pan heat oil & add the beetroot, carrot, celery, onion & cook over medium heat for 15 mins.
2. Add tomatoes & garlic & cook for 10 mins. Pour in stock & bay leaf. Bring to boil, cover & reduce to simmer for 1 hour.
3. Remove bay leaf, stir in lemon juice & serve.
4. If you prefer smooth soup, liquidise & then serve.

### MY NOTES

325 KCAL

10G FAT

7G PROTEIN

51G CARBS

SERVES 2

# APPLE SCOTCH EGGS



## INGREDIENTS

4 Eggs, hard boiled

500g Pork Mince

1 Apple, peeled & grated

1 tbsp dried Sage

1 tbsp Mediterranean dried herbs



## METHOD

1. In a mixing bowl, thoroughly mix all the ingredients except the eggs. Divide the mixture into four equal size portions.
2. On worktop lay out large piece of greaseproof paper. Using hands flatten out the mince portion. Place egg in the middle & using the greaseproof paper roll mince around the egg. Shape into a ball using hands.
3. Repeat until you have made 4 large scotch eggs.
4. Place on non-stick baking tray. Cook in oven on 160c fan, 180c normal, gas mark 3, 325F.
5. Bake for 30 mins. Turn after 15 mins.
6. Serve with green salad.

### MY NOTES

393 KCAL

29G FAT

29G PROTEIN

5G CARBS

SERVES 4

# BACON SALAD



## INGREDIENTS

- 1 Onion, cut into wedges
- 2 tbsp Olive Oil
- 50g frozen Peas
- 1 tsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 2 rashers Bacon, chopped
- 2 handfuls of Mixed Salad Leaves, shredded

## METHOD

1. Heat oven to 220c (200 fan), 425f, Gas Mark 7. Lightly oil baking sheet. Arrange onion wedges & drizzle with 2 tsp oil. Roast for 15 mins.
2. Cook peas in boiling water. 2 mins. Rinse in very cold water.
3. Whisk together 2 tsp olive oil, mustard & vinegar to make salad dressing.
4. Turn onion wedges. Drizzle with remaining oil if required. Place bacon pieces on baking sheet alongside the onions. Cook for further 12 mins.
5. In a bowl toss peas & bacon with dressing. Serve warm over salad leaves topped with roasted onions, or allow to chill for lunchbox.

### MY NOTES

438KCAL

37G FAT

16G PROTEIN

15G CARBS

SERVES 1

# FISH SINIGANG



## INGREDIENTS

200g any White Fish

1 small Bok Choy, chopped

2 medium Tomatoes, cut into chunks

4 tbsp Tamarind Paste

2 tsp dried Chilli

750ml Water

## METHOD

1. In a medium size saucepan combine the white fish, bok choy, tomatoes.
2. In a bowl or jug combine water & tamarind paste. Add to pan & stir in chilli powder.
3. Bring to the boil & cook for 5 mins. Ladle into bowls & serve immediately.

MY NOTES

224 KCAL

2G FAT

26G PROTEIN

27G CARBS

SERVES 2



# APPLE CHOPS



## INGREDIENTS

2 Pork Chops

1 tbsp Almond Butter

30g Walnuts, chopped

100ml fresh Orange Juice,  
unsweetened

1 medium Apple, chopped

1 tsp English Mustard

½ tbsp Olive Oil



## METHOD

1. In a small bowl mix olive oil with mustard. Brush pork chops with this mix.

2. Heat large non-stick frying pan over a medium heat. Add pork chops cook for 6-8 mins; 3-4 per side until browned & cooked through. Set pork chops aside.

3. In the frying pan add all the remaining ingredients except walnuts. Bring to boil, reduce to a simmer. Stir occasionally. Thicken the sauce takes 3-4 mins.

Pour over the chops & top with sprinkle of walnuts. Serve with salad or freshly steamed green vegetables.

MY NOTES



# LAMB



## INGREDIENTS

4x100g Lamb Leg Steaks

### *Marinade*

2 tbsp Olive Oil

2 Garlic cloves, finely chopped

1 tbsp Balsamic Vinegar

20g Mint, leaves only, chopped



## METHOD

1. Cut a few slashes into both sides of the steaks & place in a dish.
2. In a bowl mix together the marinade ingredients & pour over the steaks. Make sure each steak is thoroughly covered in marinade.
3. Cover the dish & store in fridge for 4 hours or more.
4. Oil the bbq grill. Place lamb on the grill & cook for 4-6 minutes each side.
5. Serve lamb with fresh salad.

MY NOTES

219 KCAL

15G FAT

20G PROTEIN

1G CARBS

SERVES 4

# CHICKEN BREAST



## INGREDIENTS

4 skinless Chicken Breasts

4 rashers Bacon

*Marinade*

4 tbsp Tomato Puree

1 tbsp Fish Sauce

2-3 drops of Tabasco

2 tsp Honey

2 Garlic cloves, crushed



## METHOD

1. Cut a few slashes into both side of the chicken breasts & place in a dish.
2. In a bowl mix together the mariande ingredients & pour over the chicken breasts. Make sure each breast is thoroughly covered in mari-nade.
3. Cover the dish & store in fridge for 4 hours or more.
4. Oil the bbq grill. Place chicken on the grill & cook for 8 minutes each side.
5. During last 4 minutes of cooking time. Grill bacon for 2 mins each side.
6. Serve chicken & bacon with fresh salad.

### MY NOTES

167 KCAL

7G FAT

36G PROTEIN

5G CARBS

SERVES 4

# MUSTARD CRUSTED COD



## INGREDIENTS

20g Butter

200g Cod

1 tsp Dijon Mustard

5g Mustard Seeds

can garnish with Lime wedges



## METHOD

1. Melt 10g butter in a non-stick pan. Add cod & cook for 1 min each side.
2. Brush Cod Flesh with mustard.
3. Melt remaining butter in pan & cook until lightly brown. Sprinkle with mustard seeds & serve with green salad or beetroot salsa.

MY NOTES

278 KCAL

14G FAT

1G PROTEIN

37G CARBS

SERVES 1

# BUMPKIN RIBS



## INGREDIENTS

1.75kg Pork Ribs

1 tbsp Honey

1 tbsp Chipotle Paste

¼ tsp Chilli Powder

¼ tsp Ground Cumin

½ tsp Mustard Seeds, crushed

2 tbsp Tomato Puree

1 tbsp Olive Oil

## METHOD

1. Using all the sauce ingredients blend together in a bowl. Rub the sauce over the ribs.
2. Place ribs & sauce in sealable plastic food bag. Chill in fridge for a minimum of 4 hours.
3. Under a hot grill cook until brown & crispy. Flip the ribs & continue to cook for a further 5-7 mins. Ribs can also be cooked on a hot bbq. Let them stand for 5 mins before serving.
4. Can be stored cold in fridge & taken to work with a salad as a packed lunch option.

MY NOTES

533 KCAL

28G FAT

48G PROTEIN

22G CARBS

SERVES 10



# ARTICHOKE OMELETTE



## INGREDIENTS

7 large Eggs

½ jar of Artichoke Hearts,  
drained

25g Parmesan, grated

handful fresh Basil, shredded

2tsp dried Mixed Herbs

2 tsp Coconut Oil

Pepper to season to own  
taste

## METHOD

1. Separate 5 eggs. In a bowl beat together 5 yolks with 2 whole eggs. In a different bowl whisk 5 egg whites until stiff & fold into egg yolk mix.
2. Fold in artichoke, dried herbs, basil & season to own taste.
3. Heat grill to high. Meanwhile heat large non-stick frying pan over high heat. Add coconut oil, when melted, pour in omelette mix. Lower heat to very low. Cook for 5 minutes.
4. Scatter parmesan over the top of the omelette & finish cooking under the grill. About 3 mins.
5. Cut into wedges & serve with fresh green salad.

### MY NOTES

404 KCAL

29G FAT

24G PROTEIN

11G CARBS

SERVES 2



# CHINESE CHICKEN



## INGREDIENTS

8 Chicken Thighs

### *Marinade*

2 Lemons, juice only

thumb-sized piece Ginger, grated

2 Garlic cloves, crushed

1 tbsp Fish Sauce

2 tsp Chinese 5 Spice

2 tbsp White Wine Vinegar

## METHOD

1. Cut a few slashes into both side of the chicken thighs & place in a dish.
2. In a bowl mix together the marinade ingredients & pour over the chicken. Make sure each thigh is thoroughly covered in marinade.
3. Cover the dish & store in fridge for 4 hours or more.
4. Oil the bbq grill. Place chicken on the grill & cook for 6-8 minutes each side.
5. Serve 2 chicken thighs per person with fresh salad.

### MY NOTES

292 KCAL

19G FAT

19G PROTEIN

10G CARBS

SERVES 4

# AUBERGINE PATE



## INGREDIENTS

2 large Aubergines

3 tbsp Tahini

1 tbsp Lemon Juice

1 Garlic Clove, crushed

handful of fresh Parsley,  
chopped

Salt & Pepper to own taste



## METHOD

1. Preheat oven to 200c (180 fan) 400f, Gas Mark 6.
2. Prick the whole aubergines with small sharp knife. Place on baking tray in oven & bake for 30 mins.
3. Allow to cool. Remove stalks. Chop the flesh & place into food processor along with the other ingredients. Will need to use high powered pulse & stir ingredients as forms a thick paste.
4. Dispense into four ramekins. Cover with foil & chill in fridge.
5. Serve with vegetable crudités

MY NOTES

187 KCAL

15G FAT

6G PROTEIN

9G CARBS

SERVES 2

# BACON TOMATOES



## INGREDIENTS

- 8 large Tomatoes
- 2 tbsp Olive Oil
- 1 Red Pepper, deseeded & dices
- 1 Courgette, diced
- 1 Aubergine, diced
- 1 Onion, peeled & diced
- 75g Bacon, diced
- 75g Ham, diced
- 1 Garlic clove, crushed
- 25g Almond Flour
- 30g Parmesan, grated
- 1 whole Egg
- Salt & Pepper to own taste
- bunch mixed fresh Herbs, finely chopped

## METHOD

1. Cut tops off tomatoes, scoop out inner & sprinkle hollow with a little salt. Turn upside down & allow juices to drain out of tomato.
2. In a large non-stick frying pan heat 2 tbsp olive oil add the vegetables & saute for 5 mins until soft. Drain the vegetables & allow juices to drain through a sieve. Give it a few shakes to release more juice.
3. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
4. In a large bowl mix drained vegetables, parmesan, egg, bacon, ham, almond flour & herbs. Stuff tomatoes with this mix & replace tops.

### MY NOTES

292KCAL

19G FAT

19G PROTEIN

10G CARBS

SERVES 4

# ARTICHOKE SOUP



## INGREDIENTS

- 1 Onion finely diced
- 400g Artichokes, finely chopped
- 300ml Vegetable Stock
- 50ml Double Cream
- 2tsp crushed Garlic
- 2 tbsp Olive Oil
- 25g grated Parmesan
- 1 tbsp dried Oregano
- Salt & Pepper to own taste

## METHOD

1. Heat olive oil in large saucepan over a medium heat. Stir in onion & cook until golden. Add stock & garlic. Bring to the boil.
2. Next add artichokes & oregano. Reduce heat & simmer for 20 mins.
3. Blend with cream and parmesan until smooth. Serve immediately.

MY NOTES



# FIG SALAD



## INGREDIENTS

3 slices of Orange

2 fresh Figs, quartered

25g Baby Spinach

30g Parmesan Cheese,  
shaved

1 tsp Olive Oil

Black Pepper



## METHOD

Assemble salad ingredients together. Drizzle with olive oil & season with black pepper. Serve immediately

MY NOTES

242KCAL

14G FAT

15G PROTEIN

14G CARBS

SERVES 1



# BACON & LENTIL SALAD



## INGREDIENTS

200g tin Green Lentils,  
drained & rinsed

½ tsp crushed Garlic

1 Spring Onion, sliced

½ tbsp Balsamic Vinegar

1 tbsp fresh Herbs, chopped

2 rashers Bacon, chopped

½ tbsp Olive Oil



## METHOD

1. Add oil to non-stick frying pan on medium heat. Then add onion & garlic and fry for 2 mins.
2. Next add bacon & fry for further 3 mins.
3. Stir in lentils, vinegar, herbs & cook for further 2 mins.
4. Leave to cool & store in lunchbox until required.

MY NOTES

342KCAL

16G FAT

24G PROTEIN

39G CARBS

SERVES 1

# MINCE PROVENCAL



## INGREDIENTS

- 225g Beef Mince
- 1 Onion, chopped
- 2 Peppers, chopped
- 2 Garlic cloves, crushed
- 1 tbsp Olive Oil
- 400g tin Chopped Tomatoes
- 3 medium Tomatoes, sliced
- 1-2 tbsp Herbs de Provence

## METHOD

1. Preheat oven to 180c (160 fan) 350f, gas mark 4.
2. In a large pan heat the olive oil & add the peppers, garlic, onions. Fry for 5 mins.
3. Next add the mince & 1 tbsp of herbs. Stir into the vegetable mix, breaking up clumps of mince. Do this until browned all over.
4. Add the tin tomatoes, stir & allow to simmer for 5 mins. Pour the contents into an ovenproof dish. Top with sliced tomatoes & sprinkle with remaining herbs. Bake in the oven for 20 mins. Serve with green vegetables.

### MY NOTES

344 KCAL

14G FAT

30G PROTEIN

29G CARBS

SERVES 2

# HEAVENLY HALLOUMI SALAD



## INGREDIENTS

500g Halloumi

150g Radishes

150g Sugar Snap Peas

½ Cucumber, cut in batons

*Dressing*

1 tbsp White Wine Vinegar

1 tsp Honey

1 tsp Dijon Mustard

2 tbsp Quark



## METHOD

1. Make dressing in small bowl by stirring together vinegar, honey, Dijon mustard. Toss halloumi slices in ½ of the dressing. Remove to a plate.
2. On a medium heat, place dry griddle pan. Cook for halloumi for 5 mins. Turning. Looking for a brown colour. You can also cook under a hot grill.
3. Whisk the quark into the remaining dressing. Toss through the radishes, peas & cucumber.
4. Serve the salad with the halloumi. This can be a lunchbox meal & stored in the fridge until required.

MY NOTES

302 KCAL

17G FAT

34G PROTEIN

3G CARBS

SERVES 6

# SALAD NICOISE



## INGREDIENTS

- small tin of Tuna, drained
- 50g Green Beans, topped, tailed & steamed
- 1 hard-boiled Egg, quartered
- 8 Black Olives, halved
- 2 chopped Anchovy Fillets
- 1 tbsp Olive Oil
- 1 tsp Lemon Juice
- 1 tsp Dijon Mustard

## METHOD

1. Mixed salad leaves, green beans & black olives together in a large bowl.
2. In a small screw top jar mix together the olive oil, anchovy fillets, Dijon mustard & lemon juice. Pour over salad & toss in well.
3. Top with eggs & tuna.

MY NOTES



# BAKED MEXICAN EGG



## INGREDIENTS

- 55g Minced Beef
- ½ tbsp Olive Oil
- ½ Garlic clove, crushed
- ¼ Onion, chopped.
- 100g tin Chopped Tomatoes
- ½ small Chilli, deseeded & diced
- ½ Courgette, grated
- 2 tsp Tomato Puree
- ¼ tsp Chilli Powder
- ¼ tsp Smoked Paprika
- 1 whole Egg

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
2. In a large saucepan heat oil & add the onion and garlic. Fry for 5 mins over medium heat until soft. Add beef & cook until starting to brown.
3. Stir in tomatoes, pepper, courgettes, puree & spices. Cook for 20 mins. Spoon into a ramekin.
4. Break an egg into the ramekin. Bake in oven for 5-10 mins. Serve immediately.

### MY NOTES

262KCAL

16G FAT

19G PROTEIN

7G CARBS

SERVES 1



# SPICY VEGGIE BURGERS



## INGREDIENTS

1 small Onion, diced

zest of 1 Lemon

410g tinned Chickpeas, drained

1 large Carrot, grated

31g fresh Coriander

1 tsp Harissa

1 small Egg, beaten

1 tbsp Olive Oil

## METHOD

1. Place all the ingredients, except the egg & oil, into a food processor & blitz. Slowly add egg until mixture starts to bind. You will not need to use all the egg.
2. Form the mix into 4 burgers and chill in the fridge for 2 hours or more.
3. Brush each burger with a little oil before grilling. Grill for 5 mins each side.

MY NOTES

359 KCAL

15G FAT

15G PROTEIN

43G CARBS

SERVES 2

# AVOCADO & CHILLI SOUP



## INGREDIENTS

2 Avocados, flesh

690ml Stock

115g Green Chillies,  
chopped

1 Onion, chopped

2 tbsp Lemon Juice



## METHOD

1. Blend all the ingredients together until smooth & then heat through. Serve immediately.

MY NOTES

309KCAL

24G FAT

6G PROTEIN

25G CARBS

SERVES 2

# BEEF & CARROT NOODLE SALAD



## INGREDIENTS

250g Steak

1 tbsp Olive Oil

3 medium Carrots

½ Onion, thinly sliced in rings

100g Baby Spinach

### *Dressing*

28g fresh Parsley

3 tbsp Nut Butter

1 tsp crushed Garlic

25ml Olive Oil

2 Lemon, juice only

1 Red Chilli, deseeded & chopped



## METHOD

1. Rub steak with olive oil & cook on a heat griddle for 1½ mins each side rare, 2 mins medium, 3 mins well done. Rest steak for 5-10 mins.

2. In a blender blitz all the dressing ingredients.

3. Using a vegetable peeler create thin slices of carrot & then slice these into very thin strips to make carrot noodles.

4. Slice steak into strips. Then divide the baby spinach, onion, carrots & beef between two plates before dizzing with dressing.

### MY NOTES

497 KCAL

34G FAT

32G PROTEIN

19G CARBS

SERVES 2

# CAJUN CAULIFLOWER BURGERS



## INGREDIENTS

1 chopped Red Onion

1 Cauliflower grated

1 Sweet Potato

100g Almond Flour

2 Eggs

1 tsp Turmeric

1 tbsp Cajun Spice

1 tsp crushed Garlic

bunch of torn Basil

bunch of torn Parsley

## METHOD

1. Cut sweet potato into 3 pieces & microwave on high for 10 minutes.
2. Peel & place flesh in food processor.
3. Add all the other ingredients & blend until there are no chunky pieces of veg.
4. Form dough into 10 burgers & place on baking sheet. Bake for 30 minutes on a medium heat.

MY NOTES

108KCAL

7G FAT

5G PROTEIN

7G CARBS

SERVES 10

# BALSAMIC CHICKEN SALAD



## INGREDIENTS

- 150g cooked Chicken Breast, diced
- ½ Apple, diced
- 1 Spring Onion, sliced
- 10g Chopped Walnuts
- 30g Celery, chopped
- 2 Kos Lettuce leaves, shredded
- ¼ Cucumber, diced
- ¾ tbsp Balsamic Vinegar
- 1 tbsp Olive Oil



## METHOD

1. In a small bowl mix together the balsamic vinegar & olive oil.
2. In a large bowl toss together all the ingredients with the salad dressing. Suitable for packed lunch.

MY NOTES

403 KCAL

23G FAT

32G PROTEIN

17G CARBS

SERVES 1



# COD CEVICHE



## INGREDIENTS

450g Cod, fillets without skin

juice of 1 Orange

juice of 6 Limes

small Red Onion, thinly sliced

30g fresh Coriander, stalks removed

1 Red Chilli, deseeded & sliced

pinch of Salt

can garnish with Lime wedges



## METHOD

1. Cut fish into 1cm cubes. Put in a glass bowl & sprinkle with salt. Set aside for 20 mins. Add orange juice & 90% of the lime juice. Submerge the fish. Cover & chill in the fridge for 2 hours.

2. Mix the onion with the remaining lime juice.

3. Use slotted spoon to serve the fish into a ceramic serving bowl or into a lunch box. Drain the onion. Lightly toss the fish with onion, chillies & fresh coriander. Serve with a green salad & if desired fresh lime quarters.

MY NOTES

298 KCAL

2G FAT

42G PROTEIN

28G CARBS

SERVES 2

# ASIAN SALAD



## INGREDIENTS

50g Green Cabbage, shredded  
50g Red Cabbage, shredded  
50g Chinese Leaves, shredded  
2 Spring Onions, chopped  
3 raw Brussel Sprouts, thinly sliced  
1 medium Carrot, grated  
25g Bean Sprouts  
25g Raisins  
25g Cashews, chopped  
1 tbsp Sesame Seeds

### *Dressing*

2 tbsp Olive Oil  
1 tbsp Sesame Oil  
1 tbsp Apple Cider Vinegar  
1 tsp Tamari  
1 tbsp Tahini  
2 tsp Honey  
1 tsp fresh Ginger, grated

## METHOD

1. Place all the dressing ingredients into a small bowl & whisk together.
2. In a large bowl toss the dressing with the salad ingredients, except cashews & sesame seeds, until well coated. The salad can be chilled in the fridge and/or taken to work in a lunchbox.
3. Sprinkle with cashews & sesame seeds on serving.

### MY NOTES

428 KCAL

32G FAT

7G PROTEIN

30G CARBS

SERVES 2

# BLACKENED CHINESE CHICKEN



## INGREDIENTS

- 1 Chicken Breast, butterfly cut
- 1 Corn on the Cob
- 1 Red Pepper
- 1 bag of Mixed Salad Leaves
- 2 tsp Honey
- 1 tsp Olive Oil
- 1 tbsp Coconut Oil
- 1 tbsp Chinese 5 Spice
- 1 tsp Soy Sauce



## METHOD

1. In a small bowl mix 1 tsp of honey with Chinese 5 spice & soy sauce. Brush this marinade onto a butterfly chicken breast (cut through the width).
2. Heat griddle on medium flame with 1 tbsp coconut or olive oil. Place corn on the cob onto the griddle. Turn every 3 mins. After 10 mins the cob should be blackened in places & deep gold in colour. Remove from the griddle & allow to cool.
3. Meanwhile place chicken breast on the griddle. Depending on thickness of the breast. It should cook through after 4-5 minutes on each side.
4. Dice red pepper. Remove corn kernels with a sharp knife. Chop cooked chicken into small chunks.
5. Make salad dressing by mixing the olive oil with 1 tsp of honey.
6. Dress salad leaves with the honey/oil dressing. Toss in chicken, sweetcorn & red pepper. Put into lunchbox. Store in the fridge.

### MY NOTES

450 KCAL

22G FAT

27G PROTEIN

36G CARBS

SERVES 1

# COURGETTE HUMMUS



## INGREDIENTS

- 2 Courgettes, peeled & chopped
- 1 Lemon, juiced
- 3 Garlic Cloves, minced
- 50g Tahini
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 tbsp Olive Oil
- Salt & Pepper to own taste

## METHOD

1. Place all the ingredients into a high powered blender & blend until smooth & thick. You may need to add a little water.
2. Divide the hummus between 4 ramekins & chill in the fridge.
3. Serve with raw vegetable crudites. Suitable for packed lunches.

MY NOTES

259KCAL

25G FAT

5G PROTEIN

5G CARBS

SERVES 4



# SATAY CHICKEN



## INGREDIENTS

6 Chicken Drumsticks, skin removed

6 Chicken Thighs, skin removed

### *Marinade*

1 Lime, zest & juice

2 Lemongrass stalks, chopped

5cm fresh Ginger, peeled & chopped

3 Garlic cloves

2 tbsp Nut Butter

160ml Coconut Cream

1 tsp Turmeric

1 tsp Cumin

1 tbsp dried Coriander

## METHOD

1. Slash cuts into flesh of drumsticks & thighs. Place in large dish.
2. In a blender add all marinade ingredients & blend until smooth.
3. Pour marinade over the chicken & rub it in. Place in fridge for at least 2 hours.
4. Heat oven to 190c (170 fan), 375f, Gas Mark 5.
5. Line baking sheet(s) with foil & roast chicken for 1 hour. Cool. Then chill in fridge ready for lunchboxes or picnics. Serve one thigh & one drumstick per person.

### MY NOTES

302KCAL

17G FAT

34G PROTEIN

3G CARBS

SERVES 6



DINNER

# SMOKY RIBS



## INGREDIENTS

- 100g Passata
- 16 Short Ribs
- 1 tsp Cinnamon
- 1 tsp Paprika
- 2 tbsp Chinese 5 Spice
- 1 tsp Himalayan Rock Salt
- 2 tbsp Honey
- 1 tbsp White Wine Vinegar
- 1 tbsp Crushed Garlic

## METHOD

1. Mix all the ingredients together in a bowl. Rub over the ribs.
2. Place them on high in slow cooker for 5 hours (or low for 8 hours).
3. Drain the ribs & place over hot BBQ for 5 mins turning every 1+ min

MY NOTES

574 KCAL

34G FAT

62G PROTEIN

5G CARBS

SERVES 8

# 50/50 MINI BURGERS

## INGREDIENTS

75g Lamb Mince

75g Turkey Mince

2 tsp dried Oregano



## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
2. In a bowl thoroughly mixed together the two minces & herbs.
3. Roll into 6 balls & flatten to make burgers.
4. Place on baking tray. No need to grease as lamb mince is fatty. Cook for 10 mins each side.
5. Serve immediately with freshly steamed greens or cool for lunchbox accompanied by green salad.

MY NOTES

309KCAL

19G FAT

32G PROTEIN

3G CARBS

SERVES 1

# BACON HASH



## INGREDIENTS

5 rashers Bacon, chopped

900ml Chicken Stock

25g Almond Flour

25g chopped Walnuts

1 tbsp Lemon Juice

750g Sweet Potatoes,  
peeled & cubed

2 tsp dried Basil

Salt & Pepper to own taste

6 tbsp Olive Oil

## METHOD

1. In large saucepan simmer sweet potatoes in chicken stock for 10 mins until tender.
2. Drain potatoes & return to pan, off heat) & add half the olive oil, toss & place lid on pan. Set aside.
3. Fry bacon in own fat until crispy.
4. Preheat oven to 180c (160 fan), 350f, Gas Mark 4
5. In a bowl combine almond flour, basil, lemon juice, seasoning until a crumble mixture.

MY NOTES

430KCAL

24G FAT

12G PROTEIN

43G CARBS

SERVES 4

# BALSAMIC STEAK



## INGREDIENTS

140g Sirloin Steak

1 tsp Olive Oil

*Marinade*

1 tsp Balsamic Vinegar

1 tsp Marmite

1 tsp Mustard

1 tsp Honey

2 tsp Olive Oil

## METHOD

1. In a bowl whisk together the marinade ingredients. Pour into shallow dish. Add steak. Turn to coat it. Leave covered in fridge for 1 hour or more.

2. Heat oil on a griddle. Remove steak from marinade. Shake off excess. When griddle hot, cook steak to your liking. Serve immediately.

MY NOTES

437 KCAL

30G FAT

46G PROTEIN

8G CARBS

SERVES 1



# BRAISED LAMB WITH ONION

## INGREDIENTS

- 1kg Lamb Cutlets
- 1 tbsp Olive Oil
- 2 Celery Sticks, chopped
- 375g whole Shallots, peeled
- 2 springs of fresh Rosemary
- 2 Bay Leaves
- 450ml Stock



## METHOD

1. To peel shallots submerge in boiling hot water for 5-10 mins. Skin should come away easily.
2. In casserole dish heat oil, add the celery & onions and fry over a low heat for 5 mins.
3. Add the lamb pieces, 1 sprig of rosemary and bay leaves. Fry on moderate heat until meat browned on both sides.
4. Stir in the stock and add just enough water to cover lamb if necessary. Cover and simmer for 30 mins until meat is tender.
5. Serve immediately with seasonal vegetables.

MY NOTES

473 KCAL

30G FAT

43G PROTEIN

6G CARBS

SERVES 6

# BAKED HALIBUT

## INGREDIENTS

150gx4 pieces of Halibut  
Steak

1 Lemon, juice only

1 tbsp sliced Almonds

100ml Almond Milk

1 tbsp Almond Butter



## METHOD

1. Preheat oven to 200c (180 fan) 400f, Gas Mark 6
2. Line baking tray with foil. Place Halibut on foil. Sprinkle with lemon juice. Bake for 10 mins. Turn Halibut over, sprinkle with lemon juice again. Bake for a further 6 mins.
3. Meanwhile in non-stick frying pan toast the almonds. Stir often until lightly brown. Whisk in almond milk, almond butter & remaining lemon juice. Bring to a simmer point. Cook for one minute. Place halibut on a plate & pour over a little sauce. Serve with fresh green veg.

MY NOTES

434 KCAL

33G FAT

30G PROTEIN

4G CARBS

SERVES 4

# BOMBAY PRAWNS



## INGREDIENTS

1kg Tiger Prawns, peeled & deveined

1 tsp Ground Cumin

1 tbsp Curry Powder

1 tbsp Tomato Puree

50ml Lime Juice

1 tbsp Ginger, grated

1 Garlic Clove, minced

1 tsp Ground Ginger

1 tsp Garlic, minced

1 Onion, in chunks

2 tbsp Olive Oil

## METHOD

1. In a food processor, blend the ginger & garlic together. Next add the onion to make a paste.

2. In a large non-stick frying pan, heat oil over low heat & add the paste. Cook for 5 mins to release the flavours. Stir in the tomato puree & sauté for another minute.

3. Add the spices & continue to sauté for a further minute.

4. Add the lemon juice & bring to a simmer. Finally add the prawns & cook for 2-3 mins.

### MY NOTES

472KCAL

16G FAT

76G PROTEIN

7G CARBS

SERVES 2

# BACON WRAP BURGER



## INGREDIENTS

4 thin rashers of Streaky Bacon

100g Mince Beef

2 Tomatoes, sliced

½ Onion, finely sliced

1 tbsp Olive Oil

1 tsp Mixed Herbs



## METHOD

1. In a non-stick frying pan fry the onion in olive oil. When lightly brown & soft remove from heat.
2. In a small bowl mix dried herbs into mince beef & shape into a burger. Carefully wrap the burger with the bacon slices.
3. Place on baking tray & cook in oven on 180c normal, (160c fan) gas 4, 350f for 30 mins.
4. Serve with tomatoes & onions & a side salad.

MY NOTES

459KCAL

35G FAT

30G PROTEIN

6G CARBS

SERVES 1

# CAJUN CHICKEN QUINOA



## INGREDIENTS

- 500g skinless & boneless Chicken Thighs
- 1 tbspc Cajun seasoning
- 100g Quinoa
- 600ml hot Chicken Stock
- 100g Mango, peeled & cut into chunks
- 1 tbspc Olive Oil
- 400g tin Chickpeas, rinsed & drained
- 2 Red Onions, thickly sliced
- 1 Pepper, thickly sliced
- 1 bunch Spring Onions, chopped
- small bunch Coriander, finely chopped

## METHOD

1. Rinse quinoa & dry fry in non-stick pan until toasted. Will take 10-15 mins and will need to stir & break it up regularly.
2. Meanwhile cut chicken thighs into bite-sized pieces & toss through cajun seasoning. Place in baking dish & cook in oven on 180c (160 fan), 350f, gas mark 4 for 20-25 mins. May need to stir occasionally.
3. Next in a large saucepan cook quinoa over a high heat in the chicken stock for 15 mins. Stir occasionally so does not stick to base of saucepan.
4. In a large non-stick frying pan stir-fry red onions, spring onions and pepper over a high heat in olive oil until soft. About five mins. You may wish to add small splashes of water if the stir-fry dries out & starts to catch.
5. Add chickpeas & mango to quinoa. Stir in, lower heat & continue to cook for 2-3 mins. Then stir in onion & pepper mix. Cook for a further 1-2 mins.
6. Finally stir in half the chopped coriander & spoon the cajun chicken quinoa into a serving dish. Sprinkle over the remaining coriander & serve immediately.
7. Adjustments for a lower fat & lower calorie dish use skinless chicken breast & cook onions & peppers. For a spicier dish use an extra tbspc of cajun spices or add some fresh chopped chillies when cooking the onions & pepper.

## MY NOTES

474KCAL

20G FAT

31G PROTEIN

44G CARBS

SERVES 4



# CHILLI COCONUT CHICKEN



## INGREDIENTS

8 Chicken Thighs, boned

3 Shallots

2 Garlic cloves, chopped

2 stalks Lemon Grass,  
chopped

16 blanched Almonds,  
chopped

2 tsp Turmeric

2 tsp Ground Coriander

2 tsp dried Chilli Powder

5 tbsp Coconut Oil, melted

large tin Coconut Milk

## METHOD

1. Preheat oven to 190c (170 fan), 190f, gas mark 5.
2. In food processor blend lemon grass, coriander, chilli, shallots, nuts, garlic & 3 tbsp coconut oil to a paste.
3. Find a frying pan that will hold the chicken thighs in one layer or cook in batches. Add coconut oil & paste & cook for 2 mins. Next add thighs & cook thighs for 5 mins.
4. Remove chicken thighs to casserole dish. Add coconut milk to pan & stir into the paste. Pour sauce over the chicken. Cover & cook in oven for 40-50 mins. Serve immediately.

MY NOTES

471KCAL

36G FAT

25G PROTEIN

16G CARBS

SERVES 4

# CHILLI BEEF LOAF



## INGREDIENTS

700g Minced Beef

1 tbsp Olive Oil

½ Onion, chopped

50g Almond Flour

3 tbsp Tomato Puree

2 Red Peppers, deseeded & finely chopped

2 Chillies, deseeded & finely chopped

1 tsp Hot Chilli Powder

½ tsp Paprika

Salt & Pepper to own taste

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
2. In small pan saute onion in olive oil until softened about 7 mins. Allow to cool.
3. In a large bowl mix together all ingredients including onion until thoroughly blended.
4. Fill a loaf tin (1.5 litre). Place in oven & bake for 1 hour. Drain off excess fat, turn onto board. Slice to serve.

MY NOTES

360KCAL

17G FAT

43G PROTEIN

9G CARBS

SERVES 4

# FISH & CHIPS

## INGREDIENTS

600g Sweet Potatoes, cut into chips

4 White Fish fillets

2 Eggs, separated

2 level tbsp Almond Flour

1 tbsp dried Parsley



## METHOD

1. Preheat oven to 200c fan, 220c normal, gas mark 7, 425f.
2. Put sweet potato chips into a saucepan of boiling water for 5 mins. Drain & pat dry.
3. Put egg whites into a bowl & whisk until stiff, soft white peaks. Fold in the yolks.
4. Mix almond flour with dried parsley. Dip one side of the fish onto seasoned flour & then in the egg.
5. Lightly grease baking tray. Place fish coated side up on tray. Add sweet potato chips. Cook for 15-20 minutes.

MY NOTES

# CHIMICHURRI STEAK

HIGHER PROTEIN

MEAL  
FOR TWO



## INGREDIENTS

2x200g Irish Sirloin Steaks

1 tbsp Olive Oil

pinch of Himalayan Rock Salt

*Dressing*

½ bunch of Parsley, chopped

2 tsp crushed Garlic

½ Onion, finely chopped

½ Red Pepper, finely chopped

125ml Olive Oil

2 tbsp Apple Cider Vinegar

1 tbsp dried Chilli Flakes

## METHOD

1. Make Chimichurri dressing by thoroughly mixing together all the ingredients in a small bowl.

2. Heat a grill pan/griddle on medium heat. Rub steaks with oil. Season with Himalayan or rock salt. Cook on griddle.

3. Serve with the dressing.

Steak Cooking Times

Rare – 3 minutes one side & flip. Cook for 2-3 mins

Medium – 4 mins one side & flip. Cook for 3-4 mins.

Well Done – 5 mins both sides.

MY NOTES

545KCAL

33G FAT

61G PROTEIN

2G CARBS

SERVES 2



# CREAMY AUBERGINE CURRY



## INGREDIENTS

2 Aubergines, chopped into wedges

2 Onions, chopped

2 tbsp grated Ginger

small bunch of fresh Coriander, stalks & leaves separated

2 tbsp Coconut Oil

about 20 toasted Almonds

2 tbsp Curry Powder

## METHOD

1. In mini food processor, whizz together coriander stalks, ginger, almonds, curry powder & splash of water to form a paste.

2. Melt oil in large non-stick frying pan over medium heat. Fry aubergines & mushrooms for 5 mins until starting to brown & soften. Remove to a plate.

3. Add curry paste into frying pan. Stir often. Add mushrooms & aubergines back to pan. Stir in yogurt & 500ml of hot water. Simmer for 10-15 mins. Serve with scatter coriander leaves to decorate.

4. Ladle into two bowls. Garnish with remaining spring onions.

### MY NOTES

349KCAL

21G FAT

13G PROTEIN

27G CARBS

SERVES 2



# CRAB STEW



## INGREDIENTS

50g Tomatoes, diced  
2 Garlic Cloves, minced  
100ml Fish Stock  
1 Orange, juiced  
1 tsp Oregano  
¼ tsp Cayenne Pepper  
½ Lime, flesh chopped  
200g Crab Meat



## METHOD

1. In a large saucepan combine tomatoes, garlic, stock, orange juice, oregano, cayenne pepper & bring to a simmer over a medium heat.
2. Reduce heat to low & simmer for 5 mins until sauce thickens. Stir in lime flesh & crab meat. Cook for a further 5 mins.

MY NOTES

249 KCAL

1G FAT

36G PROTEIN

21G CARBS

SERVES 1

# EASY SALMON



## INGREDIENTS

- 2 Salmon Fillets
- 150ml Water
- ½ Lemon, juice
- 100ml Water
- 1 Onion, chopped
- 1 Carrot, chopped
- 1 Parsnip, thinly sliced
- 1 Bay Leaf
- ½ tsp dried Dill
- 1 tbsp Olive Oil



## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4
2. In a small pan combine water, lemon juice, water, onion, carrot, parsnip, bay leaf & dill. Bring to the boil. Once boiling, reduce heat so the juice simmers for 5 mins. Set aside.
3. Place fillets skin side down in a small baking dish, pour liquid around the fillets. Cover the fish with greaseproof paper that has been lightly brushed with olive oil. Bake for about 15 mins. Remove from oven, take away paper & allow salmon to rest in the liquid for 2-3 mins.

MY NOTES

418KCAL

18G FAT

64G PROTEIN

1G CARBS

SERVES 2

# MURGH CHICKEN



## INGREDIENTS

- 8 Chicken Thighs, skinned
- 1 large Onion, chopped
- 300g Fromage Frais
- 1 tbsp Sultanas
- 70g flaked Almonds, chopped
- 2 tbsp Coconut Oil
- 8 Cardamom Pods
- 4 Cloves
- 6 Garlic cloves, peeled
- 2cm piece Root Ginger, peeled & chopped
- 2cm piece Cinnamon Stick
- 2 Bay Leaves
- 2 tsp Ground Cumin
- ½ tsp Paprika
- ½ tsp Garam Masala

## METHOD

1. Put ginger, garlic, 4 tbsp of almonds & 4 tbsp water into food processor & blend into a paste.
2. In non-stick frying pan, heat 1 tsp oil & brown chicken thighs all over 5-10 mins. Set aside.
3. In a large pan add remaining oil, cinnamon, cardamom, bay leaves & cloves. Next add onion. Fry for 3-4 mins before adding paste, cumin & paprika. Stir-fry for 2-3 mins, add splashes of water if necessary.
4. Next add fromage frais & mix well. Add chicken, cover & cook over low heat for 20 mins.
5. Meanwhile toast almond flakes under a grill or fry in a non-stick frying pan.
6. Add sultanas & garam masala to chicken dish. Stir. Cook for a further 10 mins before serving with toasted almonds as garnish.

## MY NOTES

456KCAL

34G FAT

27G PROTEIN

11G CARBS

SERVES 4

# EASY PORK FILLETS

## INGREDIENTS

- 4 thin Pork Fillets
- 25g Onion, thinly sliced
- 1 Red Pepper, thinly sliced
- 1 Tomato, sliced
- 25ml Chicken Stock



## METHOD

1. Preheat Oven to 180c (160 fan), 350f, Gas Mark 4
2. In a baking dish, line with tin foil. Lay out pork fillets. Top with the vegetables & a splash of stock. Bring the foil together to make a tent shape over the pork chops.
3. Bake for 20-25 mins until the pork is no longer pink. Open the packet & allow to brown, takes 2-3mins. Serve immediately.

MY NOTES

# MEXICAN PULLED CHICKEN



## INGREDIENTS

400g tin Chopped Tomatoes

4 large Chicken Breasts, skinless

1 medium Onion, finely chopped

1 tbsp Olive Oil

3 Garlic Cloves, crushed

2 tbsp unsweetened Apple Juice

1 tsp Chipotle Paste

## METHOD

1. Heat oil in large non-stick frying pan. Gently fry onion & garlic for about 5 mins.
2. Turn slow cooker onto HIGH. Add tomatoes, paste, onion, garlic, apple juice & stir. Push chicken breasts into sauce. Cover & cook for 2 hours.
3. Remove chicken breasts & shred the meat using two forks. Return to slow cooker & stir. Turn to LOW & cook for 30 mins.
4. Keep slow cooker on WARM until ready to serve with freshly steamed green vegetables.

### MY NOTES

203 KCAL

5G FAT

35G PROTEIN

6G CARBS

SERVES 4



# DUCK CASSOULET



## INGREDIENTS

- 1 tbsp Olive Oil
- ½ large Onion, chopped
- ½ large Carrot, chopped
- 2 Garlic Cloves, minced
- 1 Duck Breast, precooked & sliced
- 1 Duck Leg, meat only
- 1 small Sweet Potato, cooked & cubed
- 150ml Chicken Stock
- 1 tbsp Herbs de Provence

## METHOD

1. Heat oil in large saucepan over a medium heat. Add onion, carrot & herbs. Cook until vegetables are soft. Stir often. Takes about 5 mins. Add garlic & cook for a further minute.
2. Stir in duck meat, stock & sweet potato. Reduce heat. Cover & cook for 10 mins.
3. Uncover, raise heat & cook for a further 5 mins to reduce stock. Serve in bowls.

MY NOTES

# PRAWN JAMBALAYA



## INGREDIENTS

375g cooked Prawns, peeled

375g cooked Ham, diced

250g tin Chopped Tomatoes

1 Onion, chopped

1 Pepper, chopped

1 tsp Smoked Paprika

2 tbsp Coconut Oil

3 Celery Stalks, chopped

2 Garlic cloves, crushed

1 tsp dried Chilli Flakes

300g Cauliflower, grated

## METHOD

1. Heat oil in large saucepan. Add ham & onions & fry over low heat for 1-2 mins. Next add pepper, garlic & celery & cook for a further min.

2. Drain juice from tomatoes & add them to saucepan along with paprika & chilli. Stir in prawns. Cover pan & cook for 10 mins. Check there is enough liquid, if not add splashes of water.

3. Add grated cauliflower. Stir & mix well. Allow to cook/warm through for 2 minutes. Serve immediately.

### MY NOTES

320 KCAL

15G FAT

39G PROTEIN

12G CARBS

SERVES 4

# FISH FRIDAY

## INGREDIENTS

375g Sweet Potato, peeled & cubed

145g Salmon Fillet

112g tinned Tuna, drained

2 Eggs



## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
2. In a small saucepan boil sweet potatoes in water until soft - takes about 10 mins. Drain.
3. Put all the ingredients into a food processor & blend until smooth.
4. Pour contents into a silicon loaf pan & bake for 20-25 mins until firm throughout. Serve immediately with green vegetables or salad.

MY NOTES

212 KCAL

6G FAT

19G PROTEIN

20G CARBS

SERVES 4

# PROVENÇAL SCALLOPS



## INGREDIENTS

750g Scallops

30g Coconut Flour

30ml Olive Oil

1 tbsp Parsley, chopped

1 tsp Garlic, minced

1 tsp Ground Peppercorns

1 Lemon

75ml White Wine

## METHOD

1. In a large non-stick pan, heat 20ml of olive oil on a high heat. Add the scallops & lower the heat to medium.
2. Slightly brown one side of scallops before turning & browning the other side. Takes 3-4 mins in total. Add the remaining olive oil, garlic & parsley. Saute & toss the scallops for 2 mins.
3. Next add the white wine & cook for a further min. Serve scallops immediately with lemon wedges.

MY NOTES

626 KCAL

30G FAT

70G PROTEIN

21G CARBS

SERVES 2

# RED LENTIL DHAL



## INGREDIENTS

200g dried Red Lentils

2 Onions, chopped

2 tbsp Curry Powder

1 tsp Ground Cumin

1 tsp Smoked Paprika

1 tbsp Olive Oil

large tin Chopped Tomatoes

850ml Vegetable Stock

## METHOD

1. Heat olive oil in large saucepan over a medium heat. Add onions & lightly fry for 2 mins. Stir in dry lentils & curry powder, cumin, paprika. Stir.

2. Add tomatoes & stock. Bring to the boil. Reduce to a simmer for 10-12 mins until lentils are soft. Season & serve immediately.

MY NOTES

421KCAL

7G FAT

25G PROTEIN

26G CARBS

SERVES 2



# FRUITY LAMB STEW

## INGREDIENTS

- 450g cubed Lamb
- 1 tsp Ground Cinnamon
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 2 tsp Olive Oil
- 1 Red Onion, finely chopped
- 300ml Vegetable Stock
- 400g tin Chopped Tomatoes
- 1 Garlic clove, crushed
- 2 tbsp Tomato Puree
- 125g ready-to-eat Apricots



## METHOD

1. Preheat oven to 180c (160 fan), 350f, gas mark 4.
2. In a large bowl mix spices together & toss the meat through to coat.
3. In a large non-stick frying pan add oil & spiced lamb. Cook for 4-5 mins until browned. Remove using slotted spoon to large casserole dish.
4. Into frying pan add onion, garlic, tomatoes & puree. Cook for 5 mins. Then add apricots & stock. Bring to the boil. Spoon over the lamb. Cover & cook in the oven for 1 hour. Remove the lid for last 10 mins.
5. Serve immediately with couscous or rice - macros not included.

### MY NOTES

364 KCAL

16G FAT

25G PROTEIN

22G CARBS

SERVES 4

# WARRIOR CHICKEN



## INGREDIENTS

600g Chicken Thighs

60ml Water

2 tbsp Hoisin Sauce

2 tbsp Honey

2 tsp Ground Ginger

2 Garlic Cloves, minced



## METHOD

1. Preheat oven on 180c (160 fan), 350f, Gas Mark 4.
2. Heat the water, honey, hoisin sauce, ginger & garlic in a large saucepan. Bring to a boil & then reduce heat so sauce simmers for 20 mins. Add the chicken thighs, bring heat up again & turn the thighs until they have a sticky glaze.
3. Place in a roasting dish & into the oven for 20 mins until cooked through.
4. Spoon over any remaining sauce from the sauce pan & serve immediately.

MY NOTES

523KCAL

29G FAT

47G PROTEIN

19G CARBS

SERVES 2

# ROAST ONION CHICKEN



## INGREDIENTS

- 1.2kg - whole Chicken
- 6 tbsp Almond Butter
- 5 tbsp Olive Oil
- 200ml Chicken Stock
- 1 Bay Leaf
- 2 tsp dried Sage
- 2 tsp dried Rosemary
- 2 tsp dried Parsley
- 1 tsp Paprika
- 8 Shallots, peeled
- 30ml Balsamic Vinegar
- Salt & Pepper to own taste

## METHOD

1. Preheat oven to 220c (200 fan), 425f, Gas Mark 7. Grease roasting tin.
2. Combine the herbs & spices in a bowl and set aside. Season cavity of chicken with salt, pepper & 2tsp of herb mix. Place bay leaf inside & tie legs.
3. Brush chicken with olive oil and half the herb mix. Spoon shallots over & sprinkle with remaining herb mix. Bake for 1 hour 15 mins or until juices run clear from piercing the thigh. Cover the chicken with tin foil to keep warm.
4. Pour the juices from the roasting tin into a saucepan. & add stock. Heat & bring to the boil. Allow to simmer for 5 mins. Gradually whisk in the almond butter & stock. Serve over carved chicken.

### MY NOTES

509 KCAL

32G FAT

46G PROTEIN

10G CARBS

SERVES 6

# CAULIFLOWER PIZZA CRUST



## INGREDIENTS

340g Cauliflower, grated

1 whole Egg, beaten

¼ tsp dried Basil

¼ tsp dried Oregano

¼ tsp Garlic Salt



## METHOD

1. Preheat oven to 210c (190 fan), 420f, gas mark 7. Line a pizza tray with greaseproof paper.
2. Place grated cauliflower in microwave for 6 mins to soften.
3. In large bowl mix cauliflower with herbs. Add egg a little at a time until dough forms.
4. Flatten dough into pizza tray & brush with a little olive oil. Bake for 15-20 mins until golden. Remove from oven & allow to cool a little before adding toppings.

MY NOTES

211KCAL

12G FAT

13G PROTEIN

18G CARBS

SERVES 1



# SHEPHERD LENTIL PIE



## INGREDIENTS

900g Sweet Potato, peeled & cut into chunks

200g Fromage Frais

2 tbsp Mixed Dried Herbs

1 Onion, chopped

2 Carrots, peeled & cubed

2 Celery stalks, finely sliced

2 tsp crushed Garlic

1 Red Pepper, deseeded & cubed

250ml Vegetable Stock

400g tin Chopped Tomatoes

400g tin Green Lentils

100g grated Vegetarian Cheese

1 tbsp Olive Oil

## METHOD

1. Preheat oven to 180c normal, 160c fan, gas mark 4, 350f.
2. Boil sweet potatoes for 15 mins until tender enough to mash. Add fromage frais & mixed herbs. And mash until smooth.
3. In large frying pan onion & oil and stir fry until soft, about 4 mins. Add carrot, celery, garlic, pepper, stock, tomatoes. Bring to boil then reduce heat & simmer for 10 mins.
4. Drain lentils & wash. Add to the vegetables & cover. Simmer for 10 mins.
5. Place in large pie dish. Top with sweet potato mash & sprinkle with grated cheese. Cook for 20-25 mins.

### MY NOTES

478KCAL

14G FAT

19G PROTEIN

70G CARBS

SERVES 4



# INDONESIAN STIR-FRY



## INGREDIENTS

750g Beef Steaks, cubed

2 Garlic cloves, finely chopped

1 tsp dried Chilli Pepper

2 tsp Ground Coriander

2 tsp Ground Ginger

1 tbsp Fish Sauce

3 tbsp Balsamic Vinegar

2 tbsp Walnut Oil

## METHOD

1. In a bowl mix together the garlic, chilli, coriander, ginger, fish sauce, balsamic vinegar.

2. Heat walnut oil in a wok. Add the beef & stir over a high heat for 2 mins. Add the spice mix & fry for a further minute. Serve immediately with cauliflower rice & steamed broccoli.

MY NOTES

350KCAL

22G FAT

40G PROTEIN

0G CARBS

SERVES 4

SIDES

# APRICOT STUFFING



## INGREDIENTS

- 1 Onion, finely diced
- 1 tbsp Olive Oil
- 125g Ready-to-Eat Apricots
- 2 tbsp fresh Parsley, chopped
- pinch of Cinnamon
- 75g Almond Flour
- 1 whole Egg, beaten
- Salt & Pepper to own taste

## METHOD

1. Fry the onion in the olive oil over a low heat until softened.
2. In a bowl mix all the ingredients together except the egg.
3. Slowly pour in the egg while mixing. Looking to bind the mixture but not make it too wet.
4. The stuffing can be made into small balls and roasted alongside a joint of meat. Or use to stuff cavity of a chicken before roasting.

### MY NOTES

151 KCAL

9G FAT

5G PROTEIN

14G CARBS

SERVES 6

# BALSAMIC ROAST CARROTS

## INGREDIENTS

8 medium Carrots, peeled & sliced along length into quarters

2 tbsp Olive Oil

2 tbsp Balsamic Vinegar

2 tsp Honey



## METHOD

1. Preheat oven to 180c (160 fan) 450f, Gas Mark 4.
2. Bring to the boil a pan of salted water. Par boil carrots.
3. Drain and add to roasting dish. In a small bowl whisk together olive oil, vinegar & honey. Toss dressing through the carrots & roast for 15 minutes.

MY NOTES

# BBQ GRIDDLED AUBERGINE



## INGREDIENTS

- 2 Aubergines, sliced vertically
- 2 tbsp Olive Oil
- 250g Greek Yogurt
- 3 tbsp Nut Butter
- 1 Garlic clove, crushed
- 1 Lemon, juice only
- 2 tbsp Coriander, chopped
- 2 tbsp Parsley, chopped
- 2 tbsp Mint, chopped

## METHOD

1. Brush each aubergine slice with some oil & place slices on bbq. Cook for for 2-3 mins on each side until golden brown and tender.
2. Mix the yogurt with the nut butter, garlic, lemon juice and herbs. Top the aubergines with yogurt dressing.

MY NOTES

197KCAL

16G FAT

7G PROTEIN

6G CARBS

SERVES 6



# BEETROOT SALSA



## INGREDIENTS

2 small cooked Beetroot, diced

4 Spring Onions, sliced

1 Red Chilli, deseeded & chopped

1 tbsp Olive Oil

1 tbsp Lime Juice

1 tbsp fresh Mint, chopped

## METHOD

1. In a small bowl whisk together the olive oil, lime juice & mint.
2. Place all the salsa ingredients in a large bowl & toss together with dressing.
3. Chill in fridge for at least 30 mins before serving.

MY NOTES

91KCAL

7G FAT

1G PROTEIN

6G CARBS

SERVES 2

# BLUE CHEESE SPROUTS

## INGREDIENTS

500g Brussel Sprouts

50g Butter

2 Onions, chopped

1 tbsp Olive Oil

50g Blue Cheese

80g Pancetta



## METHOD

1. Steam Sprouts until tender. Half them along the length.
2. In a large frying pan gently heat the olive oil. Add onions & cook over low-medium heat until caramelised.
3. Add pancetta. Stir & fry for 2 mins. Next add the butter & chopped sprouts. Cook until everything warmed through & coated in butter. About 5 mins.
4. Serve with blue cheese crumbled over the sprouts.

MY NOTES

# BEETROOT DIP

## INGREDIENTS

150g cooked Beetroot

150g Total 0% Greek Yogurt

1 tbsp fresh Chives,  
chopped

1 tsp Lemon Juice



## METHOD

1. Finely chop 1 beetroot & set aside.
2. Add remaining beetroot, yogurt, chives & lemon juice to food processor & blend until smooth. Fold through remaining chopped beetroot.
3. Spoon dip into ramekins & chill the the fridge for a minimum of 15 mins before serving with crudites.
4. Suitable for sides at a BBQ or as a packed lunch.

MY NOTES

33KCAL

0G FAT

5G PROTEIN

4G CARBS

SERVES 4

# BRAISED CABBAGE



## INGREDIENTS

- 1 Red Cabbage, finely sliced
- 1 Lemon, juiced
- 1 tsp Salt
- 1 Cinnamon Stick
- 2 Bay Leaves
- 1 tbsp Maple Syrup
- 1 tsp Mixed Spice
- 250ml Pomegranate Juice

## METHOD

1. Toss the red cabbage with the lemon juice & salt and set aside for 20 mins.
2. In a large saucepan add all the ingredients & gently simmer covered for 30mins. Uncover & cont. to cook for a further 30 mins reducing the liquid. Serve immediately.

MY NOTES

327 KCAL

1G FAT

9G PROTEIN

71G CARBS

SERVES 2

# BBQ & MUSTARD CHIPS



## INGREDIENTS

250g White Potato, peeled & cut into small wedges

1 Egg White

1 tbsp dried BBQ Seasoning

1 tsp English Mustard

1 tbsp Olive Oil



## METHOD

1. Preheat oven to 200c (180 fan), 400f, Gas Mark 6. Generously grease baking tray with the olive oil.
2. Parboil the potato wedges for 5 mins in small saucepan of boiling water. Drain & rinse in cold water.
3. Meanwhile whisk egg white and add bbq seasoning & mustard.
4. Coat potato wedges with seasoned egg white and spread across the baking tray.
5. Cook for 15 mins. Turn all the wedges & cook for a further 15 mins.

MY NOTES

167 KCAL

7G FAT

5G PROTEIN

23G CARBS

SERVES 2



# CHINESE COLESLAW



## INGREDIENTS

1 whole Chinese Leaves Lettuce, shredded

1 Onion, peeled & finely diced

5 Radishes, thinly sliced

2 Celery Stalks, finely diced

2 Carrots, shredded

50g Almond Butter

3 tbsp Rice Vinegar

2 tbsp Ginger, grated

2 tbsp Fish Sauce

2 tbsp Sesame Seeds, toasted

## METHOD

1. In large bowl toss together the lettuce, onion, radishes, celery, carrots.

2. In another smaller bowl whisk together peanut butter, rice vinegar, ginger, fish sauce & sesame seeds. Pour this over the vegetables and toss thoroughly.

3. Chill in fridge until ready to serve. Suitable for lunch-boxes.

### MY NOTES

172KCAL

18G FAT

7G PROTEIN

18G CARBS

SERVES 4

# CURRY SWEET POTATO WEDGES



## INGREDIENTS

- 4 medium Sweet Potato
- 3 tbsp Coconut Oil, melted
- 2 tbsp Tikka Masala Spice
- ½ tbsp Cumin

## METHOD

1. Preheat oven to 190c (170 fan), 375f, Gas Mark 5. Wash & cut sweet potatoes into wedges, Leave the skin on.
2. In a large bowl mix olive oil with the spices & tip in sweet potato wedges. Toss them thoroughly. Lay the sweet potatoes out on a large roasting pan. Sprinkle a little water over the potatoes.
3. Roast in the oven for 20-25 mins. Turn the potatoes every 5-10 mins.

MY NOTES

209KCAL

11G FAT

2G PROTEIN

27G CARBS

SERVES 4

# MUSTARD MASH



## INGREDIENTS

400g White Potatoes, peeled & quartered

100ml Milk

75g Butter

2 tbsp Dijon Mustard

## METHOD

1. In a pan bring slightly salted water to the boil & add the potato. Cook for 10-12 mins until the potato is soft enough to mash.

2. Drain the potatoes, add butter, milk & mustard & mash thoroughly.

MY NOTES

218 KCAL

12G FAT

4G PROTEIN

25G CARBS

SERVES 4

# MINT SMASHED PEAS

## INGREDIENTS

50g Garden Peas

1 tsp Butter

1tsp dried Mint



## METHOD

1. Boil peas for 3 mins in small saucepan.
2. Thoroughly drain.
3. Add butter & dried mint, stir in and then mash with fork or potato masher until smashed in appearance.

MY NOTES

117KCAL

8G FAT

3G PROTEIN

7G CARBS

SERVERS 1

# MUTTER PANEER



## INGREDIENTS

300g frozen Peas

1 small Onion, finely chopped

1 tsp Garam Masala

1 tsp Curry Powder

½ tsp Turmeric

250g Cottage Cheese

2 tbsp fresh Coriander, chopped

1 tbsp Coconut Oil or Ghee

## METHOD

1. Bring saucepan of water to the boil. Add the peas & cook for 2 mins. Drain & set aside.
2. In large non-stick frying pan heat oil (or ghee). Add spices, stir & cook for 30 seconds. Next add onion, stir & cook for 3 mins.
3. Add cottage cheese, stir & cook for 1 min. Finally add the cooked peas & coriander and cook for a further minute stirring gently. Serve immediately.

MY NOTES

144KCAL

5G FAT

11G PROTEIN

15G CARBS

SERVES 4



# HONEY ROAST SWEET POTATOES



## INGREDIENTS

2 Red Onions, cut into wedges

750g Sweet Potatoes, peeled & cut into chunks

5 tbsp Olive Oil

1 tsp Ground Ginger

1 tsp Ground Cumin

½ Orange, juice only

1 tbsp Honey

## METHOD

1. Preheat oven to 180c (160 fan) 450f, Gas Mark 4
2. Put sweet potatoes & red onion wedges in one layer in roasting tin. In a bowl whisk together the remaining ingredients & pour over the potatoes & onions.
3. Roast for 25-30 mins or until tender.

MY NOTES

192KCAL

9G FAT

2G PROTEIN

26G CARBS

SERVES 8

# CAULIFLOWER RICE

## INGREDIENTS

- 1 large Cauliflower, grated
- 1 Onion, peeled & sliced
- 2 tbsp Coconut Oil
- 1 tbsp Spices own choice



## METHOD

1. Melt oil in wok. Add spice & fry over low heat for 1-2 mins to release flavours & aromas.
2. Add onion & fry until soft about 4 mins.
3. Add grated cauliflower. Stirring constantly fry for 2-3 mins until warmed through & flavours have mixed in. Serve immediately.

MY NOTES

127KCAL

8G FAT

5G PROTEIN

14G CARBS

SERVES4

# CONDIMENTS

# CHILLI & LIME DRESSING



## INGREDIENTS

1 Chilli, deseeded & finely chopped

1 Lime, zest & juice

250ml Olive Oil

## METHOD

Put all the ingredients in a sterilised glass jar and give it a good shake. Can be stored in the fridge.

MY NOTES

121KCAL

14G FAT

0G PROTEIN

0G CARBS

SERVES 16

# CITRUS DRESSING

## INGREDIENTS

- 1 Lemon, zest & juice
- 1 Orange, zest & juice
- 1 tbsp White Wine Vinegar
- 2 tbsp Dijon Mustard
- 2 tbsp Olive Oil



## METHOD

Place all the ingredients in a sterilised glass jar and give it a good shake. Can store in the fridge for up to 5 days.

MY NOTES

56 KCAL

5G FAT

1G PROTEIN

2G CARBS

SERVES 6



# CUMIN DRESSING



## INGREDIENTS

2 tbsp Red Wine Vinegar

1 tbsp Ground Cumin

1 tsp Smoked Paprika

1 tsp dried Chilli Flakes

5 tbsp Walnut Oil

## METHOD

Whisk all the ingredients in a bowl. Store in sterilised glass jar in fridge. Always give dressing a good shake before using.

MY NOTES

100KCAL

11G FAT

0G PROTEIN

0G CARBS

SERVES 6

# DILL DRESSING



## INGREDIENTS

125ml Sour Cream

125ml Buttermilk

2 tsp Dijon Mustard

1 tbsp Dill, chopped

## METHOD

Place all the ingredients in a high powered blender & blend until smooth. Can be stored in a sterilised jar in the fridge for 2-3 days.

MY NOTES

33KCAL

2G FAT

1G PROTEIN

2G CARBS

SERVES 8

# MINT & CHILLI DRESSING

## INGREDIENTS

3 tbsp Balsamic Vinegar

2 tbsp Olive Oil

handful Mint, chopped

1 Red Chilli, chopped

1 Shallot, chopped



## METHOD

Place all the ingredients into a high powered blender & blend until smooth. Can be stored in sterilised jar for up to 5 days in the fridge.

MY NOTES

81KCAL

7G FAT

0G PROTEIN

3G CARBS

SERVES 4

# ANCHOVY DRESSING



## INGREDIENTS

2 Anchovies

1 tbsp Red Wine Vinegar

3 tbsp Olive Oil

## METHOD

Place ingredients in high powered blender & blend until smooth. Can be stored in a sterilised jar in the fridge for up to 2 days. Shake before use.

MY NOTES

187 KCAL

21G FAT

1G PROTEIN

0G CARBS

SERVES 2

# BALSAMIC MARINADE



## INGREDIENTS

1 tbsp Balsamic Vinegar

1 tsp Olive Oil

1 Rosemary Spring, chopped



## METHOD

1. Whisk ingredients together in a small bowl.
2. Pour over chosen meat or fish & cover.
3. Marinate for 4 hours in the fridge.

MY NOTES

50 KCAL

4G FAT

0G PROTEIN

3G CARBS

SERVES 1



# BLENDER MAYONNAISE



## INGREDIENTS

1 Egg

1 tbsp Cider Vinegar

300ml Olive Oil

pinch of dried Tarragon

## METHOD

1. Break egg into blender add the tarragon and blend for 30 seconds.
2. Add the cider vinegar and blend again.
3. With motor running, slowly pour in the oil in a steady thin stream. The sauce should start to thicken after half the oil has been added.
4. Continue to pour the oil until it has all been combined.
5. Scrape mayonnaise into a sterile jar with lid and store in the fridge.

### MY NOTES

122KCAL

14G FAT

0G PROTEIN

0G CARBS

SERVES 20

# BLUE CHEESE DRESSING



## INGREDIENTS

2 tbsp White Wine Vinegar

75ml Double Cream

4 tbsp Creme Fraiche

½ Lemon, juice & zest

50g Blue Cheese

## METHOD

Blend all the ingredients together in a high powered blender until smooth & serve immediately.

MY NOTES

180 KCAL

18G FAT

5G PROTEIN

2G CARBS

SERVES 4

# BUTTERMILK DRESSING

## INGREDIENTS

1 Garlic clove, crushed

100ml Buttermilk

2 tbsp Mayonnaise (see recipe)



## METHOD

Place all the ingredients in a blender & blend until smooth. Can be stored in a sterilised jar in the fridge for 2-3 days.

MY NOTES

36 KCAL

3G FAT

1G PROTEIN

2G CARBS

SERVES 5

# RANCH DRESSING



## INGREDIENTS

2 tbsp Mayonnaise (see recipe)

1 tbsp White Wine Vinegar

½ Garlic clove, crushed

1 tbsp Dill

## METHOD

Place all the ingredients into a high powered blender & blend until smooth. Can be stored in a sterilised jar in the fridge for up to 2 days.

MY NOTES

120KCAL

10G FAT

0G PROTEIN

7G CARBS

SERVES 1

# RASPBERRY VINGARIETTE

## INGREDIENTS

100ml Red Wine Vinegar

1 tsp English Mustard

1 tbsp Olive Oil

50g Raspberries



## METHOD

1. Place all the ingredients in high powered blender & blend until smooth.
2. Decant into a glass bottle & store. Dressing will need a shake before serving.
3. One serving is 1 tablespoon of the dressing.

MY NOTES

16 KCAL

1G FAT

0G PROTEIN

1G CARBS

SERVES 11



# HERAULT DRESSING



## INGREDIENTS

6 tbsp Olive Oil

12 tbsp Red Wine Vinegar

2 tsp Ground Peppercorns

2 tsp dried Oregano

## METHOD

Whisk all the ingredients in a bowl. Store in sterilised glass jar in fridge. Always give dressing a good shake before using.

MY NOTES

72KCAL

8G FAT

0G PROTEIN

0G CARBS

SERVES 10

# DILL DRESSING



## INGREDIENTS

50g Watercress

6 tbsp Olive Oil

2 tbsp Cider Vinegar

## METHOD

Place all the ingredients in a high powered blender & blend until smooth. Can be stored in sterilised jars in the fridge for up to one week.

MY NOTES

120KCAL

14G FAT

0G PROTEIN

0G CARBS

SERVES 6

# THOUSAND ISLAND DRESSING

## INGREDIENTS

100g Cashews  
6 Sundried Tomatoes  
3 tbsp Lemon Juice  
1 tsp English Mustard  
1 Celery Stalk, finely diced  
¼ Red Onion, finely diced  
100ml Water



## METHOD

1. Soak the cashews in water for 4 hours & drain. Also soak the sundried tomatoes until soft & drain.
2. In high powered blender blend all the ingredients together, except onion & celery. You may need to add more water. Once smooth transfer to a bowl & mix in celery & onion.
3. Let dressing rest overnight in a sealed jar before use. Should keep for 2-3 days.

MY NOTES

24KCAL

2G FAT

0G PROTEIN

2G CARBS

SERVES 10

SMOOTHIES

# BANANA SMOOTHIE



## INGREDIENTS

- 2 Bananas
- 4 Celery Stalks
- 1 Apple
- 50g Spinach
- ½ Cucumber
- 250ml Water
- 2-3 Ice Cubes

## METHOD

Chop all the ingredients. Place in a high power blender with water & ice. Blend until smooth. Serve immediately.

MY NOTES

209 KCAL

1G FAT

4G PROTEIN

47G CARBS

SERVES 2



# BEETROOT & PEAR SMOOTHIE

## INGREDIENTS

75g Beetroot, peeled & diced

1 Pear, stalk removed

½ Lime, peeled

2cm of Ginger, peeled

100ml Water

2-3 Ice Cubes



## METHOD

Place all the ingredients on high powered blender & blend until smooth. Serve immediately.

MY NOTES

133KCAL

1G FAT

1G PROTEIN

32G CARBS

SERVES 2

# CUCUMBER, ORANGE & MINT SMOOTHIE



## INGREDIENTS

1 small Apple, roughly chopped

½ Cucumber, roughly chopped

1 Orange, flesh only

few Mint Leaves

100ml Water

2-3 Ice Cubes

## METHOD

Place all the ingredients in a high powered blender & blend until smooth. Serve immediately.

MY NOTES

146 KCAL

1G FAT

3G PROTEIN

38G CARBS

SERVES 1

# CAN'T PERFUME SMOOTHIE



## INGREDIENTS

1 small wedge Cantaloupe  
Melon

1 Apple

1 Lemon

50ml Water

Few Ice Cubes

## METHOD

Skin cantaloupe melon & remove seeds. Roughly chop. Peel, core & chop apple. Squeeze juice of 1 lemon. Place all the ingredients in a high powered blender and blend until smooth. Serve immediately.

MY NOTES

120KCAL

0G FAT

1G PROTEIN

29G CARBS

SERVES 1

# CHOCOLATE MILK SHAKE

## INGREDIENTS

2 tsp good quality Cocoa Powder, unsweetened

1 tsp Honey

30g Vanilla Whey

200ml Almond Milk

pinch of Cinnamon

3-4 Ice Cubes



## METHOD

Place all the ingredients in a high power blender & blend until smooth. Serve immediately.

MY NOTES

208 KCAL

4G FAT

24G PROTEIN

19G CARBS

SERVES 1

SNACKS



# BANANA BREAD



## INGREDIENTS

200g Almond Flour

50g Coconut Flour

1 tsp Baking Powder

1 tsp Cinnamon

100g Banana, mashed

4 Eggs

50g Coconut Oil, melted

50g Maple Syrup

## METHOD

1. Preheat oven to 170c (150 fan), 325f, Gas Mark 3. Use a silicon bread loaf mould.
2. Sift dry ingredients into a large bowl. In another bowl thoroughly mix the wet ingredients. Add the dry mix & beat together until well combined.
3. Pour into loaf tin & cook covered with tin foil for 40 mins. Remove foil and continue to cook for 5-10 mins. Allow banana bread to cool in the mould before removing. It can be stored in an airtight container once cold.

MY NOTES

310KCAL

23G FAT

9G PROTEIN

17G CARBS

SERVES 8

# ANTS ON LOGS



## INGREDIENTS

2 Celery Sticks

4 tbsp Almond Butter

25g Raisins



## METHOD

1. Trim end of each celery stick & cut them in half to make four sticks.
2. Fill with 1 tbsp of almond butter per stick & top with a few raisins.

MY NOTES

263KCAL

19G FAT

6G PROTEIN

19G CARBS

SERVES 2

# BANANA & RAISIN CAKE



## INGREDIENTS

2 ripe Bananas, mashed

50g Almond Flour

50g unsweetened Desiccated Coconut

50g Raisins

2 whole Eggs, beaten

4 scoops Vanilla Whey

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4.
2. In a bowl mix together all the dry ingredients & then gradually beat in the eggs until fully combined.
3. Pour into a flapjack tin & bake for 12-15 mins until cooked through. Allow to cool before cutting into squares or slices. Wrap in foil & store in airtight tin. Can also be frozen.

MY NOTES

171 KCAL

8G FAT

17G PROTEIN

13G CARBS

SERVES 10

# BANANA CHOCOLATE BAR



## INGREDIENTS

2 Bananas

50g Almond Butter

25g Maple Syrup

2 tsp Vanilla Extract

50g Almond Flour

1 tsp Cinnamon

1 tbsp of Cocoa Powder,  
unsweetened

¼ tsp Bicarbonate of Soda

¼ tsp Baking Powder

1 tsp Coconut Oil

## METHOD

1. Preheat oven to 170c (150 fan), 325f, Gas Mark 3. Melt coconut in rectangular baking dish in the oven. When melted brush the oil all over the dish.

2. In a food processor mix all the ingredients together & pour into the dish. Bake for 25-30 mins. Cover with foil if necessary to stop the top 'catching' i.e. burning a little.

3. Allow to cool. Cut into bars. Refrigerate. Can be taken in lunchbox to work.

MY NOTES

144KCAL

8G FAT

3G PROTEIN

15G CARBS

SERVES 6

# AVOCADO DIP

## INGREDIENTS

225g Quark

1 Avocado

1 Garlic Clove, minced

few drops of Tabasco

1 tbsp Lemon Juice

dash of White Wine Vinegar



## METHOD

1. Mix together the quark, tabasco, garlic. Just before serving mash avocado flesh with lemon juice & white wine vinegar. Mix this into the quark to make a dip.

2. Serve with fresh vegetable crudites.

MY NOTES

219KCAL

11G FAT

18G PROTEIN

12G CARBS

SERVES 2



# CHOCOLATE CIRCLE



## INGREDIENTS

1 tbsp Coconut Oil

3 tbsp Cocoa Powder, un-sweetened

50ml Maple Syrup

1 tsp Vanilla Extract



## METHOD

1. In a large bowl over a pan of simmering water place cocoa chips & coconut oil. Allow to melt. Whisk in remaining ingredients.
2. Pour into silicon chocolate mould. Freeze for 30 mins.

MY NOTES

249 KCAL

17G FAT

3G PROTEIN

21G CARBS

SERVES 1

# CINNAMON APPLE SNACKS



## INGREDIENTS

1 large dessert Apple

¼ tsp Cinnamon



## METHOD

1. Preheat oven to 140c (120 fan), 275f, gas mark 1. Line a baking sheet with greaseproof paper.
2. Core apple & cut into very thin circular slices. Alternatively quarter the apple, remove core & seeds. Slice each quarter very thinly. Sprinkle with cinnamon on both sides of each slice to coat.
3. Spread slices out on baking tray & bake for 1 hour. Cool on wire rack to crisp the slices.

MY NOTES

110KCAL

0G FAT

1G PROTEIN

29G CARBS

SERVES 1

# BANANA ICE-CREAM



## INGREDIENTS

4 ripe Bananas

50g Almonds

2 tbsp Maple Syrup

2 tsp Maple Syrup

100ml tinned Coconut  
Cream

1 tsp Vanilla Extract

## METHOD

1. Peel & slice bananas & place them in the freezer for 3 hours.
2. Put almonds in food processor & grind them. Or use 50g of ground almonds. Mix the almonds with two tsp of syrup. And set to one side.
3. In a clean food processor mix the frozen bananas with coconut milk, vanilla & 2 tbsp of syrup.
4. Serve immediately & top with the almond mixture.

MY NOTES

279 KCAL

12G FAT

5G PROTEIN

35G CARBS

SERVES 4

# CINNAMON COFFEE CAKE



## INGREDIENTS

- 50g Almond Flour
- 30g Coconut Flour
- 30g Desiccated Coconut, unsweetened
- 4 large Eggs, beaten
- 50g Coconut Oil, melted
- 1 small cup of Black Coffee
- 50ml Almond Milk
- 1 tsp Baking Powder
- 1 tsp Bicarbonate of Soda
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 75g Almond Flakes

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4. Grease a square baking dish.
2. In a bowl combine all the dry ingredients.
3. In another bowl beat together the eggs, milk, oil, vanilla extract, coffee, honey. Slowly add dry ingredients & continue to beat until combined. Pour into the greased dish.
4. Cover with tin foil and bake for 15 mins. Remove foil and continue to bake for 5 more mins. Allow to cool before serving.

### MY NOTES

322KCAL

28G FAT

10G PROTEIN

8G CARBS

SERVES 8

# NUT CHEESE

## INGREDIENTS

50g blanched Almonds

75g Walnuts

50g Sunflower Seeds

125ml Water

bunch of fresh Herbs,  
chopped

a little Nut Butter



## METHOD

1. In a bowl grind the nuts & sunflower seed finely, add the water & mix well. Stir in herbs & nut butter.
2. Place the bowl covered with a clean tea towel in a warm place for 12 hours.
3. Once fermented it can be stored in the fridge & served with crudites.

MY NOTES

209 KCAL

19G FAT

6G PROTEIN

5G CARBS

SERVES 6



# MINI PROTEIN 'BOUNTY' BARS



## INGREDIENTS

4 scoops of White Chocolate Protein Powder

100g unsweetened Desiccated Coconut

30g tinned Coconut Milk

100g 70%+ Dark Chocolate

## METHOD

1. In a mixing bowl bring together coconut, whey and coconut milk until it forms large firm ball of dough.
2. Place a clean bowl over a saucepan of simmering water. Break chocolate into the bowl. Do not allow water to touch the base of the bowl. Melt the chocolate. Give it a couple of stirs.
3. Use a dessert spoon to size coconut dough, roll in palms of hand into a ball and then shape into a mini bar. Do this 12 times.
4. Using the dessert spoon dip and roll each bar into the melted chocolate and place on a plate. Repeat until 12 bars have been covered.
5. Using a teaspoon, spoon melted chocolate onto top to each bar and smooth. Then move the plate to the fridge to set.

### MY NOTES

147 KCAL

10G FAT

9G PROTEIN

3G CARBS

SERVES 12

# RUNNERS DATE & APRICOT BARS



## INGREDIENTS

70g chopped Dates

70g dried ready to eat Apricots

50g Pumpkin Seeds

3 tbsp of Almond Butter

30g Oats

2 scoops of Chocolate Protein Powder



## METHOD

1. Place all ingredients except oats in food processor.
2. Pulse & process until forms a sticky dough.
3. Cover a board with greaseproof paper & sprinkle with oats. Place dough on paper, press to 5cm flat and shape into an oblong. Sprinkle top with oats.
4. Chill bar in fridge for at least an hour. Cut into 12 small fingers.

MY NOTES

95KCAL

4G FAT

2G PROTEIN

11G CARBS

SERVES 12

# PROTEIN CARAMEL COOKIES



## INGREDIENTS

- 50g Almond Flour
- 2 scoops of Chocolate Whey
- 50g of mixed Dried Fruit
- 3 tbsp Coconut Oil, melted
- 1 Egg
- 1 tin of Coconut Milk
- 50g Coconut Sugar
- 25g of 85% Dark Chocolate
- 1 tsp Coconut Oil
- 2 scoops of Chocolate Protein Powder

## METHOD

### The Base

1. Place the almond flour, chocolate protein powder, dried fruit, the melted coconut oil melted & 1 egg in a food processor pulse ingredients until it forms a sticky dough.
2. Grease a small/mini silicon muffin pan with coconut oil. Use heaped tsp of dough mix to line the base of the mould. Place mould in freezer.

### The Middle

3. Heat the coconut milk & coconut sugar in a saucepan at a low rolling boil for 20-30 mins, stirring regularly, until pan contents have reduced by half & make a thick toffee sauce.
4. Using half the sauce, pour a little into the moulds & return them to the freezer.

### The Top

5. Return pan to the heat with half the toffee sauce. Add coconut oil, chocolate stir. Once melted stir in chocolate protein powder. Top up the moulds with this chocolate sauce & return to the freezer.

6. Leave for up to 4 hours. Pop the caramel cookies out of the moulds. Store in the freezer & remove 15 mins before eating.

## MY NOTES

# CARROT CAKE



## INGREDIENTS

2 Carrots, grated  
1 Egg  
1 Vanilla Pod, seeds scrapped  
2 tsp Ground Ginger  
½ tsp Nutmeg  
100ml Almond Milk  
100g Almond Flour  
1 tsp Baking Powder  
50g Applesauce, unsweetened

### *Icing*

splash Almond Milk  
5 tbsp Almond Butter

## METHOD

1. Preheat oven to 180c (160 fan), 350f, Gas Mark 4. Grease small loaf tin, or use a silicon one.
2. In a bowl mix together the flour, spices & baking powder.
3. In a separate bowl whisk together applesauce, egg, milk, vanilla, carrots. Slowly mix this into the flour mix.
4. Pour cake batter into the loaf tin and bake for 30mins. If the top of the loaf appears to be 'catching' cover with foil.
5. Allow cake to cool a little. Remove from loaf tin.
6. In a small bowl beat almond butter with little almond milk to thin slightly. Glaze the top of the loaf.

### MY NOTES

226KCAL

18G FAT

9G PROTEIN

8G CARBS

SERVES 6

# FRENCH PATE

## INGREDIENTS

- 500g Pork Fillet, diced
- 500g Pork Belly, diced
- 750g Chicken Livers, chopped
- 4 tbsp Balsamic Vinegar
- 4 tsp fresh Thyme, chopped
- Olive Oil for greasing
- 12 rashers Streaky Bacon



## METHOD

1. In a large bowl mix together all the ingredients, except bacon, cover & place in fridge to marinate for 2 hours.
2. Preheat oven to 180 c (160 fan), 350f, Gas Mark 4.
3. Using a knife stretch the bacon rashers. Grease large loaf tin. Pile in marinated ingredients & cover with bacon.
4. Cover the loaf tin with foil. Place in roasting tin and fill tin with enough boiling water to reach half way up the loaf. Bake for 1 hour 30 mins.
5. Leave to cool in the loaf tin and only turn out when cold. Can be stored covered in fridge.

### MY NOTES