

FITTER 365 MEAL PLAN





EAT FITTER FOOD

STAY FOCUSED

MOVE DAILY

BE MINDFUL

WORRY LESS

LAUGH OFTEN

TRAIN STRONG

SLEEP WELL



PANTRY

Here are some cupboard essentials to keep in stock as a number of these ingredients are used in many of the recipes. You can also use this as a weekly shopping list.

FATS OILS

Avocado oil
Extra virgin coconut oil
Extra virgin olive oil
Macadamia oil

SOLID FATS

Ghee
Grass-fed butter (Kerry Gold, Yeo Valley)
Coconut cream (tin or carton)
Coconut manna
Creamed coconut (bar)

SEEDS AND BUTTERS

Chia
Flaxseed
Hemp
Pumpkin
Sunflower

NUTS, NUT BUTTERS, & MILKS

Almond
Brazil
Cashews
Chestnuts
Coconut
Hazelnuts
Macadamias
Pecans
Pistachios
Walnuts

FRUIT

Favour low sugar fruits:
Avocados
Berries
Lemons/Limes
Tomatoes (passata and puree)

Rotate all other fruits
Have 1–3 servings daily

PROTEINS

MEAT/GAME

(ideally free range, grass-fed or organic)
Beef
Buffalo
Game
Gluten-free sausages (>80% meat)
Lamb
Organ meats (liver and kidney)
Pork
Venison

POULTRY/EGGS

(ideally free range, grass-fed or organic)
Chicken
Duck
Goose
Turkey

FISH & SEAFOOD

Anchovies
Cod
Coley
Haddock
Herring
Mackerel
Pollock
Salmon
Sardines
Seabass
Prawns
Scallops
Squid
Trout

CARBOHYDRATES

Buckwheat
Cassava/Tapioca
Celeriac
Legumes
Parsnips
Plantains
Turnips
Rice
Oats
Quinoa
Potatoes (white & sweet)

VEGETABLES

Artichoke
Asparagus
Aubergine
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Courgette
Cucumber
Kale
Lettuce
Leeks
Mushrooms
Parsnips
Peppers
Radish
Redonions
Rocket
Spinach
Swiss Chard
Watercress
White onions

MISCELLANEOUS

Apple cider vinegar
Coconut flour
Coconut palm sugar
Cocoa
Raw honey
Rice flour
Stevia
Tamari sauce
Xylitol (sugar alternative)

HERBS & SPICES

Chilli
Cumin
Garlic
Ginger
Mixed herbs
Paprika

DRINKS

Coconut Water
Mineral/filtered water
Green tea
Herbal teas
Kombucha

MEAL PLAN WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Protein pancakes and a green shot PAGES 13 AND 18	Poached eggs with avocado, watercress and walnuts NO RECIPE	Breakfast Niçoise PAGE 15	Veggie omelette PAGE 11	Overnight cottage bowl PAGE 11	Cooked apples and quinoa PAGE 10	Smoked salmon breakfast burger with spinach and tomatoes PAGE 17
MEAL 2	Five a day frittata and salad PAGE 23	Leftover five a day frittata and salad	Chilli chicken soup with extra protein and salad PAGE 24	Leftover chilli chicken soup with extra protein and salad	Leftover mustard crusted salmon and salad	Sweet tuna jackets with salad PAGE 20	Beetroot, feta, and rocket salad NO RECIPE
MEAL 3	Quick mustard crusted salmon with root veg ratatouille PAGES 29 AND 45	Pan fried seabass with courgette wedges and stir fry vegetables PAGE 48	Quick lemon and dill salmon in a bag with baked potatoes and greens PAGE 27	Pan fried prawns with spicy sweet potato curry and steamed greens PAGE 39	Chicken and spinach curry with cauliflower rice PAGES 35 AND 47	Pan fried steak with garlic and herb wedges and salad PAGE 43	Roast chicken with root veg ratatouille and steamed greens PAGE 45

MEAL PLAN WEEK 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	<p>Vanilla chai and ginger porridge</p> <p>PAGE 12</p>	<p>Fruit salad and boiled eggs</p> <p>NO RECIPE</p>	<p>Espresso smoothie</p> <p>PAGE 16</p>	<p>Smoked salmon, sautéed spinach, avocado and eggs</p> <p>NO RECIPE</p>	<p>Fruity avocado salsa and boiled eggs</p> <p>PAGE 14</p>	<p>Protein pancakes and a green shot</p> <p>PAGES 13 AND 18</p>	<p>Bacon, eggs with spinach, tomatoes and mushrooms</p> <p>NO RECIPE</p>
MEAL 2	<p>Tomato and tarragon soup with extra protein and salad</p> <p>PAGE 25</p>	<p>Leftover Tomato and tarragon soup with extra protein and salad</p>	<p>Leftover Thai chicken and salad</p>	<p>You decide 😊</p>	<p>Leftover Thai chicken and peanut salad</p>	<p>Tuna lime fishcakes and salad</p> <p>PAGE 19</p>	<p>Leftover tuna lime fishcakes and salad</p>
MEAL 3	<p>Butternut and blackbean casserole</p> <p>PAGE 42</p>	<p>Thai chicken and courgette noodles with steamed greens</p> <p>PAGE 34</p>	<p>Spiced lamb chops with roasted vegetables and steamed greens</p> <p>PAGE 37</p>	<p>Thai chicken and peanut salad</p> <p>PAGE 22</p>	<p>Bangers, veggies and parsnip mash</p> <p>PAGE 36</p>	<p>Beef and chickpea burgers with carrot and cauliflower harrisa mash and salad</p> <p>PAGES 41 AND 44</p>	<p>Jamaican chicken curry with cauliflower rice with steamed greens</p> <p>PAGE 33 AND 47</p>

MEAL PLAN WEEK 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Protein pancakes and a green shot PAGES 13 AND 18	Poached eggs with avocado, watercress and walnuts NO RECIPE	Breakfast Niçoise PAGE 15	Veggie omelette PAGE 11	Overnight cottage bowl PAGE 11	Cooked apples and quinoa PAGE 10	Smoked salmon breakfast burger with spinach and tomatoes PAGE 17
MEAL 2	Carrot and turmeric soup with extra protein and salad PAGE 26	Leftover Carrot and turmeric soup with extra protein and salad	Leftover turkey burgers and salad	Leftover salmon and salad	Tuna, avocado, walnut and rocket salad NO RECIPE	Thai chicken and peanut salad PAGE 22	Leftover Thai chicken and peanut salad
MEAL 3	Pan fried fish with with root veg ratatouille and steamed greens PAGE 45	Turkey, chestnut and bacon burgers with leftover root veg ratatouille PAGES 40 AND 45	Quick mustard crusted salmon with with celeriac chips and salad PAGES 29 AND 46	You decide 😊	Turkey , pea and sweet potato curry with steamed greens PAGE 32	Bangers veggies and parsnip mash PAGE 36	Creamy coconut cod with cauliflower rice and steamed greens PAGE 28 AND 47

MEAL PLAN WEEK 4

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Vanilla chai and ginger porridge PAGE 12	Fruit salad and boiled eggs NO RECIPE	Cooked apple and quinoa PAGE 10	Smoked salmon, sautéed spinach, avocado and eggs NO RECIPE	Fruity avocado salsa and boiled eggs PAGE 14	Protein pancakes and a green shot PAGES 13 AND 18	Bacon, eggs with spinach, tomatoes and mushrooms NO RECIPE
MEAL 2	Tinned sardines and avocado salad NO RECIPE	Leftover lemon and dill salmon with salad	Leftover Beef and chickpea burgers with salad	You decide 😊	Leftover turkey burgers and salad	Italian chicken wraps and salad PAGE 21	Leftover Italian chicken wraps and salad
MEAL 3	Quick lemon and dill salmon in a bag with stir fry vegetables PAGE 27	Beef and chickpea burgers with carrot and cauliflower harrisa mash and salad PAGES 41 AND 44	Baked Italian avocado with goats cheese and salad PAGE 38	Turkey, chestnut and bacon burgers with roasted vegetables PAGE 40	Jamaican chicken curry with steamed greens PAGE 33	Mackerel and sweet potato fish cakes with roasted vegetables PAGE 30	Whole chicken Italian tray bake with courgette wedges and steamed greens PAGES 31 AND 48

SNACK IDEAS

- Boiled eggs
- 1 piece of fruit
- Soup
- Smoothie
- Scotch egg
- Lettuce wrap with cooked meat or fish
- Yogurt
- Nuts/seeds or nut butters
- Jerky
- 30g dark chocolate (70-85% cocoa solids)

DRESSINGS AND CONDIMENTS

- Olive oil
- Avocado oil
- Balsamic or apple cider vinegar
- Tamari sauce
- Fermented vegetables
e.g unpasturised kimchi or sauerkraut
- Olives
- Capers
- Nuts
- Seeds





BREAKFASTS



COOKED APPLES AND QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 10-15 minutes

SERVES: 2

INGREDIENTS

250g cooked quinoa

2 apples, cored and diced

2 tbsp. water

200-300ml unsweetened almond milk

1 tsp. honey

1 tsp. vanilla extract

1 tsp. cinnamon

1 tbsp. walnuts, crushed

1. Warm the apples, honey and cinnamon in a saucepan with a little water.
2. Stir and cook through until the apples soften.
3. Add the vanilla, cooked quinoa and stir through, add a small amount of almond milk and begin warm through for 5 -8 minutes.
4. Add more almond milk if desired and serve topped with walnuts.

OVERNIGHT COTTAGE BOWL

PREPARATION TIME:

5 minutes and
soak overnight

SERVES: 1

INGREDIENTS

150-300g cottage cheese
Small handful of blueberries
2 tbsp. oat bran
Sprinkle of cinnamon
Pinch of grated nutmeg
1 tbsp. almonds, chopped
1 tsp. honey (optional)



1. Place all the ingredients in a bowl and combine thoroughly, allow to soak overnight.
2. Eat and enjoy!

TIP

These work well with stewed fruit. Add your favourite combinations of spices.

VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

3-4 eggs

1 tbsp. olive oil

2 spring onions, chopped

½ red pepper, chopped

1 tomato chopped

1 handful spinach or rocket

Salt and pepper

1. Warm the olive oil in a pan on a low heat. Sauté the tomatoes, spring onion and peppers for 3-4 minutes. Add the spinach and allow to wilt down.
2. Beat the eggs in a bowl and add to the pan, move the pan around to ensure the egg covers the base of the pan. Allow to cook through and either fold over or serve as an open omelette
3. Season with a little salt and pepper and serve.

Optional Extra's

Fresh chives finely chopped

Handful of mushrooms

Handful of shredded kale

½ red or yellow pepper chopped

Any leftover cooked vegetables



TIP – You can finish cooking the omelette under the grill if desired.

VANILLA CHAI AND GINGER PORRIDGE

PREPARATION TIME: 5 minutes

***Soak the oats and milk
overnight if possible**

COOKING TIME: 10-15 minutes

SERVES: 1

INGREDIENTS

50-80g rolled oats or quinoa,
buckwheat flakes, rice flakes

200ml unsweetened almond milk

100-200ml water

2 chai tea bags

Chunk of fresh ginger

1 tsp. vanilla extract

½ tsp. cinnamon

20-25g vanilla protein powder
(optional)



1. Place the grains, water and milk in a sauce pan over a low heat to cook for around 10 minutes or according to the cooking instructions.
2. Place the tea bags and ginger in the porridge as it cooks, add a little more warm water or milk if desired.
3. Once cooked take out the tea bags (give them a final squeeze to infuse the porridge a little more) and remove the ginger.
4. Remove the porridge from the heat, sprinkle with cinnamon, stir in the vanilla extract and protein powder(if adding) to serve.

PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

Serves: 1

INGREDIENTS

1 banana, mashed

1-2 eggs

20-25g vanilla protein powder (or substitute 2 more eggs)

1 tbsp. ground flaxseed

¼ tsp. vanilla extract

Oil for cooking

To Serve

½ tsp. cinnamon

Handful fresh berries

1. Mix the ingredients thoroughly to make a batter (use a smoothie blender).
2. Heat a little oil in a non-stick frying pan.
3. Pour the batter into the pan and cook over medium-low heat for 2-3 minutes on one side until browned. Flip over and cook for a further 3 minutes. You may wish to make 2-3 smaller pancakes as these will be easier to flip.
4. Top with fresh berries and cinnamon.





FRUITY AVOCADO SALSA

PREPARATION TIME:
10 minutes
SERVES: 2

INGREDIENTS

Handful strawberries, sliced
2 spring onions, thinly sliced
4 baby radishes, thinly sliced
1 tablespoons finely chopped
chives
Juice of 1 fresh lime
Salt and pepper
1 ripe avocado, diced

1. Mix all the ingredients together, season to taste and serve.

BREAKFAST

NIÇOISE

PREPARATION TIME: 5 minutes
COOKING TIME: 10-15 minutes
SERVES: 1

INGREDIENTS

1 fillet salmon
1 egg
5 olives
Handful fresh parsley
Handful fresh rocket
½ red pepper, chopped
2-3 anchovies (optional)
Apple cider vinegar
Juice of half lemon
Salt and pepper

1. Steam, poach or pan fry the salmon fillet in a little olive oil until cooked to your liking. Whilst the salmon is cooking boil the egg for 5-6 minutes.
2. Place the rocket and parsley in a serving bowl and toss in the vinegar and lemon juice. Top with the olives, peppers and anchovies.
3. Finally add the salmon fillet and sliced boiled egg and season to taste.

ESPRESSO SMOOTHIE

PREPARATION TIME: 5 minutes
SERVES: 1

INGREDIENTS

Small cup black coffee chilled
(use Swiss Water processed
decaffeinated if preferred)
25g vanilla protein powder
1 banana
2 egg yolks
Water as desired

1. Place all the ingredients in a blender, add desired amount of water or unsweetened milk and blend to make your perfect smoothie.



SMOKED SALMON BREAKFAST BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 8-10 minutes

SERVES: 4-6

INGREDIENTS

500g salmon fillets

120g smoked salmon, chopped

1 tsp. garlic powder

Bunch fresh chives, chopped

3 tbsp. rice flour

1 tbsp. olive oil

Salt and pepper

1. Place the salmon fillets in a blender and pulse into chunks, but don't allow it to form a paste.
2. Place the salmon in a large bowl. Add the smoked salmon, chives and garlic powder. Add the rice flour one tablespoon at a time and combine thoroughly. Check the consistency and add a little more flour to bind the burgers if required. This helps them stay in tact whilst cooking.
3. Heat the oil in a pan over a medium heat. Place the burgers in the pan and cook for 4 minutes on each side or until cooked to your liking.
4. These are great served with sliced avocado, rocket and cooked tomatoes.



A hand with red nail polish holds a clear glass filled with a vibrant green, frothy liquid. In the background, a brown dog with floppy ears sits on a wooden deck, looking towards the camera. To the right, there are green plants with bright red and purple flowers.

SALAD SHOT

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 handful of kale or
watercress

Chunk of fresh ginger

Juice of one lime or lemon

Coconut water or water

- 1. Place all the ingredients in a blender, add desired amount of water or coconut water.**



LUNCHES

TUNA AND LIME FISH CAKES

PREPARATION TIME: 30 minutes

COOKING TIME: 30 minutes

SERVES: 12 Fish Cakes

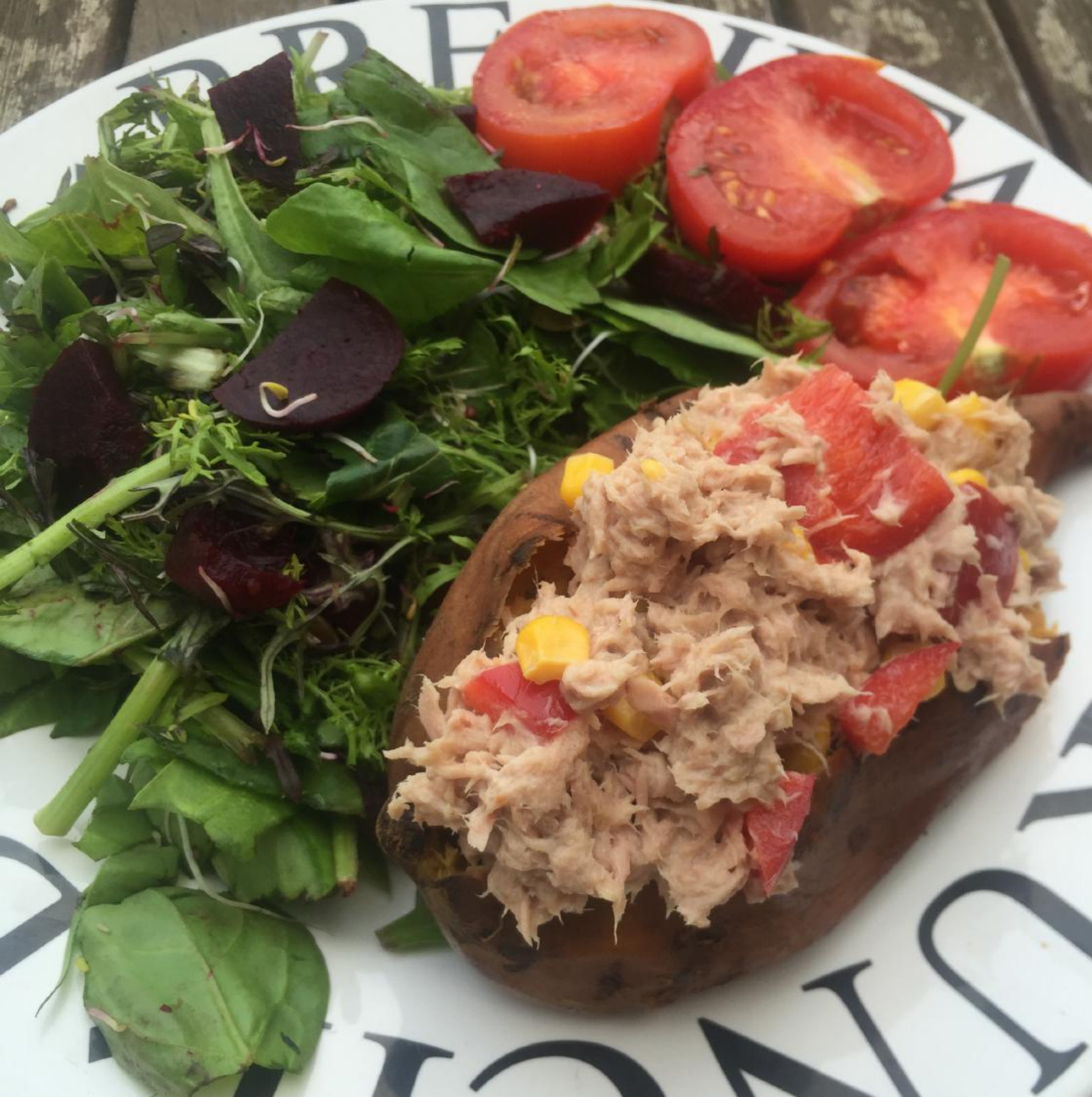
1 tbsp. olive oil
400g cooked, mashed sweet potato
3 x 120g tins tuna in spring water
4 spring onions, thinly sliced
1 dice size piece of fresh ginger, peeled and chopped
2 garlic cloves, finely chopped
1 teaspoon chilli flakes
Large handful fresh coriander, chopped
Zest and juice of 1 lime

1 tbsp. jalapeño pepper, chopped
2 eggs
½ tsp. salt
Freshly ground black pepper
Lime wedges to serve

Muffin Tin
(Or you can shape into fish cakes and bake on a baking tray, use some coconut or rice flour to bind if necessary).

1. Cook the potato (boil or microwave for about 8-10 minutes) until soft, mash and set aside.
2. Pre-heat the oven to 180°C/350°F/gas mark 4.
3. Grease a muffin tin with olive oil or use greaseproof paper as an alternative.
4. In a large bowl mix together the mashed potato, tuna, onions, garlic, ginger, coriander, lime, pepper, eggs, chilli flakes and seasoning.
5. Take a spoonful of mixture, place in the prepared muffin tin and smooth the top.
6. Place in the oven to cook for 30-35 minutes until the fish cakes start to crisp on top.
7. Remove from the oven and allow to cool for 3-4 minutes.
8. Run a large knife or spatula around the edge of the fishcake to loosen it a little. Place a cooling rack on top of the muffin tin and gently flip the tin over, the fish cakes should drop onto the cooling rack.
9. Serve with a squeeze of fresh lime and a fresh salad.





SWEET TUNA JACKETS

PREPARATION TIME:

5 minutes

SERVES: 1

INGREDIENTS

1 baked sweet potato

1 tin tuna

1 spring onion, sliced

1 tbsp. natural yogurt

Juice of ½ lemon

½ red pepper, chopped

2 tbsp. sweetcorn

¼ - ½ tsp. garlic powder

Salt and pepper

1. Mix all the ingredients together, season to taste and serve.



PREPARATION TIME: 5 minutes
COOKING TIME: 20-25 minutes
SERVES: 4

INGREDIENTS

8 chicken thighs (bone removed)
4 heaped tsp. tomato puree
1 tbsp. olive oil
1 tsp. dried oregano
½ tsp. cayenne chilli powder
1 tsp. paprika
1 tsp. dried coriander
Himalayan or Celtic salt and
freshly ground
black pepper
1 red pepper finely chopped
1 onion finely chopped
2 garlic cloves finely chopped
Manchego or Parmesan cheese
(optional)

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Place the chicken thighs on some greaseproof paper on a chopping board.
3. Use a meat hammer or rolling pin to flatten the meat ready to make the wrap.
4. Place the tomato puree, olive oil, oregano, cayenne chilli, paprika, coriander, salt and pepper in a small bowl and mix together thoroughly.
5. Add the chopped pepper, onion, garlic and mix again.
6. Place a spoonful of the filling in the centre of the flattened chicken thigh (not too much as you need to be able to fold it over into a wrap) and top with Parmesan shavings or grated Manchego cheese.
7. Fold the chicken thigh into a wrap and place in a baking dish to cook in the oven for 25–20 minutes.
8. Enjoy with some homemade guacamole, sweet potato wedges and salad.

ITALIAN CHICKEN WRAPS



PREPARATION TIME: 5 minutes
COOKING TIME: 20 minutes
SERVES: 2

INGREDIENTS

2 chicken breasts, chopped
1 tbsp. sesame oil
2-3 spring onions, chopped
1 tsp. garlic powder
Dice sized chunk or ginger,
peeled and grated
2 medium carrots, julienned

Dressing

1 tbsp. tamari
1 tbsp. fish sauce
Juice of 1 lime
Small handful unsalted
peanuts

THAI CHICKEN AND PEANUT SALAD

1. Heat the sesame oil in a large saucepan on a medium heat, add the garlic, spring onions, ginger, carrots and stir through. Sauté for 3-4 minutes until the onions start to soften.
2. Add the chicken and sauté for another 5-10 minutes until cooked through.
3. Pour the dressing over the chicken and vegetables and stir fry for another 2-3 minutes.
4. Scatter over the peanuts and serve on a bed of salad.



FIVE A DAY FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 15-20 minutes

SERVES: 3-4

INGREDIENTS

1 red pepper, deseeded and chopped

1 carrot, grated

2 spring onions, sliced

Handful cherry tomatoes, halved

1 handful spinach

10 eggs, beaten

Handful fresh parsley

Olive oil for cooking

Salt and pepper

1. Heat a little oil in a pan over a medium heat and then add the pepper, spring onion and carrot. Cook for 3-4 minutes before adding the tomatoes.
2. Cook and stir occasionally for another 2-3 minutes until the tomatoes have softened, then add the spinach and stir fry.
3. Once the spinach has wilted, add the eggs to the pan and push the ingredients around to allow the egg to get to the bottom of the pan.
4. Preheat the grill.
5. Cook the frittata for around 4-5 minutes in the pan to allow the bottom to cook through.
6. Place the pan under the grill (be careful not to melt the handle!) and leave to cook until the frittata turns golden on top and is cooked through the middle. Be sure to keep an eye on it.



PREPARATION TIME: 4 minutes
COOKING TIME: 15 minutes
SERVES: 6

INGREDIENTS

2 tbsp. olive oil for cooking
1 red onion, peeled and chopped
3 red bell peppers, chopped
1 red chilli, finely chopped
3 cloves garlic, crushed
2-3 sprigs fresh thyme
650 ml chicken bone broth/stock
400g can chopped tomatoes
1 heaped tsp. smoked paprika
Salt and pepper

SERVING SUGGESTION:

Serve with cooked poultry, fish or prawns and/or broccoli or butternut flatbread.

CHILLI CHICKEN SOUP

1. Add the olive oil to a large saucepan over a medium heat, then add the onion, peppers, chilli, garlic, thyme, salt and pepper. Stir through and cook for about 4-5 minutes.
2. Once the vegetables start to soften, add the chicken broth/stock, chopped tomatoes and smoked paprika and stir through.
3. Bring to the boil and then simmer for about 10 minutes.
4. Once cooked, use a hand blender to puree thoroughly.

TOMATO AND TARRAGON SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 60 minutes

SERVES: 4

INGREDIENTS

750g cherry tomatoes
2 red peppers, chopped
3 cloves garlic, peeled
3 tbsp. olive oil
Salt and pepper
1 handful fresh tarragon
1 litre broth/stock or vegetable stock

Serving suggestion:

Serve with cooked poultry, fish or prawns and/or broccoli or butternut flatbread

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place the tomatoes and peppers in a baking tray and toss in the garlic, olive oil and seasoning before putting in the oven to cook for 45 minutes, stirring occasionally.
3. Once cooked, heat the stock and fresh tarragon in a large saucepan.
4. Add the baked tomatoes and peppers to the broth/stock and bring to a simmer.
5. Use a stick blender or food processor to blend.
6. Season to taste and serve.





PREPARATION TIME: 10 minutes
COOKING TIME: 25-30 minutes
SERVES: 8

INGREDIENTS

1 tbsp. cumin seeds
3 cloves of garlic, peeled and finely chopped
1 tsp. paprika
1 tsp. ground turmeric
1 kilo carrots, chopped
200ml passata
500ml chicken stock
1 tsp. salt
250-500ml water
Freshly ground black pepper

CARROT AND TURMERIC SOUP

1. Add the olive oil to large saucepan on a low heat and add the cumin seeds, garlic, paprika, salt and stir fry for 2-3 minutes.
2. Add the chicken stock, passata, carrots, turmeric and stir through.
3. Bring to the boil and then simmer for about 25-30 minutes until the carrots are soft.
4. Once cooked use a hand blender to puree, add a little boiling water until the soup reaches your desired consistency.
5. Top with freshly ground black pepper and enjoy.



DINNERS

QUICK LEMON AND DILL SALMON IN A BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-5

INGREDIENTS

4 salmon fillets
Handful fresh dill
Juice of 1 lemon
1 tsp. garlic powder
Salt and pepper



1. Preheat the oven to 180°C/350°F/ Gas mark 4.
2. Place the salmon fillets on a large sheet of greaseproof paper, top with lemon juice, dill, garlic powder, salt and pepper.
3. Warp the paper around the salmon to form a parcel and place on a baking tray in the oven to cook for 25-30 minutes until cooked through.

CREAMY COCONUT COD

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

SERVES: 2

INGREDIENTS

1 tbsp. olive oil

1 red onion finely chopped

½ tsp. turmeric

1 tsp. cumin

1 red chilli deseeded, chopped

2 lemongrass stalks

200ml coconut milk

1 Juice of 1 lime

2 cod fillets

TIP

This recipe also works great with poultry.

1. Warm the olive oil in a pan and add the onions and chilli, stir through and cook for a few minutes.
2. Bash the lemongrass stalks and add them to the saucepan immediately followed by the turmeric and cumin and cook for around 30 seconds stirring continuously.
3. Add the coconut milk and lime juice and stir thoroughly. Bring to the boil, reduce, cover and then simmer for 10 minutes, stirring occasionally. Add the cod fillets, cover with the sauce and continue to simmer for another 10 minutes.
4. Add fresh coriander and serve.



QUICK MUSTARD CRUSTED SALMON AND PAN FRIED VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4

INGREDIENTS

4 salmon fillets

4 tbsp. wholegrain mustard

Juice of 1 lemon

1 tbsp. of olive oil

2 cloves garlic

1 onion, peeled and chopped

2 courgettes chopped

1 red pepper, sliced

1 large head of broccoli, chopped into florets

Large handful of cherry tomatoes

Salt and pepper to taste

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Place the salmon on a baking sheet, squeeze over the lemon juice and spread a spoonful of wholegrain mustard on top of each salmon fillet.
3. Place in the oven to bake for around 20 minutes.
4. When the salmon is half way through cooking start to pan fry the vegetables.
5. Warm the olive oil in a pan and sauté the onions and garlic for 2-4 minutes until the onion softens.
6. Add the remaining courgettes, peppers, broccoli and tomatoes and stir fry for 4-5 minutes.
7. Season with salt and pepper and serve with salmon once cooked.



MACKEREL AND SWEET POTATO FISHCAKES

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 2

INGREDIENTS

2 tbsp. olive oil

2 sweet potatoes

2 cooked mackerel fillets 1

red onion, chopped

1 tbsp. fresh rosemary,
chopped

Salt and pepper

TIP

You can also make these with mashed butternut squash.

1. Chop the sweet potato into small chunks and place in a steamer and cook until soft.
2. Melt half of the coconut oil in a frying pan, gently cook the onion and remove from the heat.
3. Drain the sweet potato and mash until smooth and creamy, then add the chopped rosemary.
4. Break up the two mackerel fillets and add them to the mashed sweet potato. Add the cooked onion and mix.
5. Now make the mixture into fish cake shapes.
6. Melt the remaining coconut oil in a frying pan and place the fish cakes on the heated pan.
7. After five minutes flip them over (they should be golden brown on the first side).
8. These only take a few minutes on each side, so you need to keep your eye on the pan and be ready to turn
9. Once cooked on both sides, serve with a large mixed salad.





INGREDIENTS
Whole chicken,
quartered
2 cloves garlic, peeled
and finely chopped
600g chopped tomatoes
2 red onions, finely
chopped
1 pepper, deseeded and
chopped
240g of pitted olives
halved
3 tbs. mixed herbs
Salt and freshly ground
black pepper
500g spinach

WHOLE CHICKEN ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes
COOKING TIME: 45 minutes
SERVES: 4-6

1. Preheat the oven to 180° C/350° F/gas mark 4.
2. Place the quartered chicken in an oven dish.
3. In a bowl combine the chopped tomatoes, onions, garlic, olives, pepper, mixed herbs, salt and pepper. Pour the sauce generously over the chicken and place in the oven to cook for about 35-40 minutes.
4. Remove from the oven and add the spinach to the sauce around the chicken, cover with tin foil and place back in the oven for about 3-4 minutes or until the spinach has wilted.
5. Stir in the spinach and serve.



TURKEY, PEA AND SWEET POTATO CURRY

INGREDIENTS

3 cloves garlic, peeled and chopped
1 onion, peeled and chopped
1 heaped tbsp. curry powder
½ tsp. cumin seeds
½ tsp. garam masala
½ tsp. turmeric
5 turkey breast, chopped
3 sweet potatoes, peeled and chopped
390g chopped tomatoes
500ml chicken stock
300g frozen peas
Salt and pepper to taste

PREPARATION TIME: 15 minutes
COOKING TIME: 40-45 minutes
SERVES: 5-6

1. Place a small amount of stock in a saucepan and sauté the onions, garlic, cumin, garam masala, turmeric, curry powder for 5 minutes.
2. Add the turkey pieces, chopped tomatoes, sweet potato and cover with chicken stock and bring to the boil.
3. Turn down the heat and allow to simmer for 35 minutes until the potatoes are soft. Add the frozen peas and allow to cook for a further 5 minutes.
4. Season to taste and serve with steamed greens.



PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

SERVES: 2-3

INGREDIENTS

2 tbsp. olive oil

2 garlic cloves finely chopped

3 spring onions chopped

1 onion peeled and chopped

1 diced size cube of fresh ginger peeled and finely chopped

½ - 1 chilli, finely chopped

1 tbsp. of fresh thyme roughly chopped

2 carrots chopped

4 skinless chicken breasts or 6 thighs diced

2 tbsp. medium or hot curry powder

½ tsp. all spice

1-2 tsp. Himalayan pink salt

1 tsp. freshly ground black pepper

1-2 cups of water

Large handful of spinach

Handful of fresh coriander

1. Heat the olive oil in a large saucepan on a medium heat before adding the garlic, spring onions, onion, ginger, chili, fresh thyme and carrots and stir through. Sauté for 3-4 minutes until the onions and other vegetables start to soften.
2. Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown, add the curry powder, all spice, salt and pepper and stir through coating all the ingredients in the spices.
3. Now begin to add the water, its important you do this gradually otherwise to keep the sauce a thick consistency. Start with 1 cup and then add a little more if you need to. Bring to a simmer and cook for 30 minutes.
4. Add the spinach and coriander (save a little for topping) and stir through until the spinach has wilted.
5. Season to taste if required and serve either on it's own or with rice or cauliflower rice. Top with the remaining coriander.

JAMAICAN CHICKEN CURRY



THAI CHICKEN AND COURGETTE NOODLES

PREPARATION TIME: 8 minutes

COOKING TIME: 12 minutes

SERVES: 2

INGREDIENTS

1 tbsp. coconut oil

3 garlic cloves, finely chopped

2 dice size pieces of fresh ginger peeled and finely chopped

2 carrots finely chopped

1 onion finely chopped

1 red chilli finely chopped

2 chicken breasts sliced

Juice of 1 lime

2 tsp. paprika

1 tsp. crushed chillies

2 tsp. fish sauce

1/2 cabbage of your choice finely chopped

Salt and freshly ground black pepper to taste

2 courgettes sliced julienne style

Fresh coriander

1. Heat the coconut oil in a pan and add the garlic, ginger, carrots, onion and red chilli. Stir fry for around 3 minutes.
2. Add the chicken, fresh lime juice, paprika, crushed chillies, fish sauce, salt and pepper. Cook for a further 3 minutes before adding the cabbage, stir fry for a further 2–3 minutes.
3. When almost cooked stir in the julienned courgette. Cook until the courgette softens slightly.
4. Serve and top with a large handful of fresh coriander and enjoy.



INGREDIENTS

300g spinach
2 tsp. garam masala
1 tsp. salt
2 onion roughly chopped
3 tomatoes quartered
3cm piece of ginger peeled and roughly chopped
5 garlic cloves peeled and roughly chopped
1/2-1 green chilli deseeded and chopped
2 tbsp. coconut oil
600g skinless and boneless chicken thighs cut into cubes or strips
100 ml coconut milk yogurt

CHICKEN AND SPINACH CURRY

PREPARATION TIME: 8 minutes
COOKING TIME: 35 minutes
SERVES: 4

1. Wilt the spinach in saucepan or steamer for about two minutes. Strain off the excess water, reserve the cooking water before adding the spinach and about 100ml of the cooking water into a blender or food processor and blend until smooth. Place in a bowl and put to one side.
2. Add the garam masala, onion, salt, tomatoes, ginger, garlic, chilli and a little water to the same food processor and blend until smooth.
3. Heat the coconut oil in a pan on a medium heat and add the mixture you just made, stir it through and simmer for about 15 minutes stirring occasionally.
4. Add the chicken, spinach and cream, stir through thoroughly before cooking for another 15 minutes until the chicken is cooked through, stir occasionally.
5. Serve with some cauliflower rice or white rice, top with some fresh coriander, a drizzle more cream and enjoy.



BANGERS, VEGGIES AND PARSNIP MASH

PREPARATION TIME: 15 minutes
COOKING TIME: 35-40 minutes
Serves : 4

INGREDIENTS

1 tbsp. olive
1 red onion, chopped
1 courgette, chopped
1 yellow pepper, chopped
1 large leek, chopped
300g cherry tomatoes, halved
2 garlic cloves. finely chopped
2 tsp. mixed herbs
8 gluten free sausages
Salt and pepper to taste

FOR THE MASH

4 parsnips
1 tbsp. olive oil
Salt and freshly ground black pepper to taste
Large handful of fresh parsley

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Place the chopped vegetables on a baking tray and sprinkle with garlic, mixed herbs, salt, pepper and toss in olive oil.
3. Place the sausages in a separate dish to cook for 35–40 minutes. Stir part way
4. Once the sausages and vegetables are cooked halfway start to prepare your parsnip mash.
5. Slice and steam the parsnips or boil for around 10-15 minutes until soft.
6. Drain the parsnips, season and add a little olive oil,
7. Mash until smooth and top with fresh parsley.
8. Place desired portion of the mash, sausages and vegetables on your plate



SPICED LAMB CHOP

Preparation time: 5 minutes

Cooking time: 12-15 minutes

Serves: 2

INGREDIENTS

1 tbsp. ground cumin

1 tsp. ground allspice

1 tsp. ground cinnamon

. tsp. ground coriander

1 garlic clove finely chopped

1 tbsp. olive oil

Pinch of salt

4 lamb chops

1. Preheat the grill to medium.
2. Combine all the spices, garlic, olive oil and salt and mix into a bit of a past in a shallow dish and use to coat the lamb on both sides.
3. Cook the lamb under the grill for about 12-15 minutes turning half way.



PREPARATION TIME: 5 minutes

COOKING TIME: 20-22 minutes

SERVES: 2

INGREDIENTS

1 large avocado

A cup of passata (enough to cover and create a sauce for the avocado)

1 tsp. dried mixed herbs

1 clove garlic, peeled and finely chopped

Handful of olives, sliced Handful fresh basil leaves torn

BAKED ITALIAN AVOCADO

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Peel the avocados, slice in half (remove the stone) and place the halves in a baking dish.
3. Place the passata in a bowl and stir in the mixed herbs, basil, chopped garlic and sliced olives, mix well.
4. Pour the passata mixture over the avocado, it should completely cover the avocado (you can always add extra passata if needed)
5. Bake in the oven for 20–25 minutes. A great side dish or quick veggie supper.



SPICY SWEET POTATO CURRY

INGREDIENTS

Three large sweet potatoes, peeled and chopped into large chunks
500ml chicken stock
200ml passata
2 tbsp. tomato puree
½ tsp. Salt
½ tsp. garlic powder or 1 clove garlic, finely chopped
1 tbsp. of Ras el Hanout
½ -1 tsp. paprika
200g spinach

PREPARATION TIME: 10 minutes
COOKING TIME: 25-30 minutes
SERVES: 4-6

1. Place the sweet potatoes, chicken stock, passata, tomato puree, salt and spices in a saucepan and mix well. Bring to the boil and then simmer on a medium heat for about 25 minutes or until the potatoes are soft.
2. Just before serving add the spinach and allow to wilt down for 3-4 minutes.
3. Season with more salt if necessary and serve.



TURKEY, CHESTNUT AND BACON BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

SERVES: 4-5

INGREDIENTS

500g turkey

100g chestnuts, chopped

1 tsp garlic powder

1 ½ tsp mixed herbs

1 egg, beaten

1 handful kale, shredded

3 slices bacon, chopped

Salt and pepper

1. Preheat the oven to 180°C/
350°F/Gas mark 4.
2. Place all the ingredients in a
bowl, combine thoroughly using
your hands and shape into
burger patties .
3. Place in the oven to cook for
20-25 minutes until cooked
through.



CHICKPEA AND BEEF BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 30-35 minutes

SERVES: 6

INGREDIENTS

500g mince beef

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and chopped

2 tbsp. mild curry powder

2 tbsp. tomato puree

1 egg, beaten

200g chickpeas (drained)

Salt and pepper

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place all the ingredients in a bowl, combine thoroughly using your hands and shape into burger patties .
3. Place in the oven to cook for 30-35 minutes until cooked through.



BUTTERNUT AND BLACK BEAN CASSEROLE

PREPARATION TIME: 15 minutes

COOKING TIME: 35-40 minutes

SERVES: 6

INGREDIENTS

½ butternut squash, peeled and chopped (around 300g)

200g black beans (drained and rinsed)

100g green beans

1 onion, peeled and finely chopped

2 cloves garlic, peeled and chopped

1 tsp. chilli powder

1 tsp. cumin powder

Juice of ½ lemon

500g passata

Salt and pepper

1 tbsp. olive oil

Handful fresh coriander

1. Warm the olive oil in a large saucepan on a medium heat. Add the onions and garlic and stir fry for 5 minutes.
2. Pour in the passata and lemon juice and combine the ingredients well. Add chilli, cumin and coriander and stir again.
3. Finally add the green beans, black beans and butternut squash.
4. Cover with a little more passata or water if needed and simmer on a medium heat for 30 minutes or until the squash is soft.

SIDES



GARLIC AND HERB WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4

INGREDIENTS

2 large sweet potatoes cut into wedges

1 tbsp. olive oil

1 heaped tsp. dried mixed herbs

1 heaped tsp. garlic powder

Salt and pepper

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place the wedges in a baking tray and drizzle with olive oil.
3. Sprinkle with herbs, garlic, salt and pepper and place in the oven to bake for 25-30 minutes until golden.





CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10-15 minutes

SERVES: 4-6

INGREDIENTS

1 large cauliflower, chopped
into florets

5 carrots

1 tbsp. olive oil

2 heaped tsp. harissa spice mix

1 heaped tsp. garlic powder

Salt and pepper

1. Steam or boil the cauliflower and carrots until soft.
2. Place in a large bowl and add the olive oil, garlic and harissa spice.
3. Mash until the mixture has a smooth consistency, season to taste and serve.

ROOT VEG RATATOUILLE

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 6

INGREDIENTS

600g root vegetables, peeled and chopped e.g. butternut squash, celeriac, carrots or parsnips

1 tbsp. olive oil

3 cloves garlic, peeled and chopped

1 red onion, peeled and chopped

800g chopped tomatoes

1 tbsp. Italian style mixed herbs (or just mixed herbs)

1 tsp. oregano

Salt and pepper to taste



1. Steam or boil the root vegetables until soft, this usually takes 10-15 minutes.
2. Whilst the root vegetables are cooking start to pan fry the onions and garlic in the olive oil, add the herbs, tomatoes and cook for 10 minutes.
3. Once the root vegetables are cooked add to the onions and tomatoes and combine thoroughly. Warm through for another 5-10 minutes and serve.

CHUNKY CELERIAC CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 45-50 minutes

SERVES: 4

INGREDIENTS

1 whole celeriac, peeled and chopped into chips

2 tablespoons olive oil

1 tablespoon of fresh rosemary, chopped,

or mixed herbs

2 cloves garlic, crushed or finely chopped

- 1 Preheat the oven to 180° C/350° F/gas mark 4.
- 2 Peel and chop the celeriac into chips.
- 3 Scatter the chips across the tray, drizzle with olive oil. Add the garlic and herbs and using your hands toss and mix the ingredients together.
- 4 Place in the oven. These usually take around 45 minutes to one hour.
- 5 Check after 30 minutes and stir/toss the chips again.
- 6 Once the vegetables are cooked to your liking, remove from the oven and leave to cool.





BUBBLE AND SQUEAK

PREPARATION TIME: 5 minutes
COOKING TIME: 10-15 minutes
SERVES: 2-4

INGREDIENTS

1 tbsp. olive oil
Leftover vegetables from
Sunday roast (sweet
potatoes, broccoli, carrots,
courgettes, celery)

1. Mash together the vegetables left over from a previously cooked dinner.
2. Heat the oil in a pan over a low heat and then add the bubble and squeak. Keep mixing until all the vegetables are heated through.
3. Serve on its own, with poached eggs or leftover meat left from your Sunday roast.



CAULIFLOWER RICE

PREPARATION TIME: 10 minutes
COOKING TIME: 8 minutes
SERVES: 4-6

INGREDIENTS

1 large cauliflower,
grated
1 tbsp. olive oil
Salt and pepper

1. Grate the cauliflower into a large bowl or chop in a food processor.
2. In a large saucepan, heat the oil over a low heat.
3. Add the cauliflower to the pan and stir-fry.
4. Stir constantly to stop the cauliflower from burning.
5. After five minutes, taste to check the consistency and serve as soon as it's soft enough.

SPICY COURGETTE CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 3-4



INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½ -1 tsp. garlic powder

½-1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

1. Chop the courgettes into chunky wedges.
2. Heat the oil in a frying pan and add the onion (if adding) stir fry for 2-3 minutes. Add the courgettes wedges and continue to stir fry.
3. Sprinkle the garlic powder, paprika and chilli flakes over the courgettes and onions.
4. Sauté until the courgettes begin to soften but still remain a little crunchy.
5. Season to taste with a little salt and serve.



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