



FITTER FOOD

28 DAY

MEAL

PLAN



WEEK 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Chicken and kale cups PAGE 8	Leftover chicken and kale cups PAGE 8	Eggs, smoked salmon, spinach and tomatoes NO RECIPE	Yogurt and homemade cereal PAGE 4	CHOOSE A FITTER PROTEIN PORRIDGE PAGE 9 SH PAGES 96, 100, 101	Protein pancakes SH PAGE 94	FITTER FRY UP: eggs, bacon, BOSH beans and tomatoes NO RECIPE
MEAL 2	Tomato and tarragon soup (add extra protein and salad) PAGE 16	Leftover Tomato and tarragon soup (add extra protein and salad)	Leftover epic herby salad with tinned fish, prawns or cooked poultry/ meat	PIMP A FITTER SALAD SH PAGE 208	Leftover Jamaican chicken curry	Moroccan quinoa with rocket PAGE 19	Leftover Moroccan quinoa with rocket
MEAL 3	Rainbow stir fry with rice PAGE 27	Pan fried fish with epic herby salad and new potatoes PAGE 40	Quick chicken stir fry with rice or sweet potato PAGE 26	Jamaican chicken curry with steamed green beans and broccoli PAGE 32	CHOOSE A FITTER BURGER SERVE WITH SWEET POTATO WEDGES AND CARROT AND CORIANDER SLAW PAGES 42 AND 43 SH PAGES 165-175	Italian chicken tray bake with super mash and steamed greens PAGES 31 AND 41	Fitter roast with apple and root vegetable tray bake and steamed greens PAGE 38

WEEK 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Turkey and apricot Scotch eggs PAGE 5	Leftover turkey and apricot Scotch eggs PAGE 5	Overnight cottage bowls PAGE 11	CHOOSE A FITTER PROTEIN PORRIDGE SH PAGES 96, 100, 101 PAGE 9	Boiled eggs with banana and a green shot NO RECIPE	Smoked salmon, spinach, mushrooms and tomatoes NO RECIPE	BOSH beans with scrambled eggs and spinach PAGE 10
MEAL 2	Pea and mint soup (add extra protein and salad) PAGE 14	Leftover pea and mint soup (add extra protein and salad)	Leftover salmon and salad	Leftover 5 a day bake with tinned fish or cooked poultry/ meat	PIMP A FITTER SALAD SH PAGE 208	Avocado bowl with salad PAGE 18	Goat's cheese and beetroot salad PAGE 22
MEAL 3	Quick chicken stir fry with rice or sweet potato PAGE 26	Citrus salmon with pea and avocado mash and steamed greens PAGE 23	Pan fried steak or fish with easy 5 a day bake and salad PAGE 35	Sweet coconut prawns with cauliflower rice and stir fry vegetables PAGE 21	Spanish style chicken with steamed greens PAGE 24	You decide ☺	Turmeric and aubergine curry with baked cod PAGE 29

WEEK 4

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Brunch loaf PAGE 12	Leftover brunch loaf PAGE 12	CHOOSE A FITTER PROTEIN PORRIDGE SH PAGES 96, 100, 101 PAGE 9	Eggs, avocado, spinach and tomatoes NO RECIPE	Overnight cottage bowl PAGE 11	Banana yogurt bowl PAGE 3	Veggie omelette PAGE 6
MEAL 2	Honey and mustard scotch eggs with salad PAGE 17	Leftover honey and mustard Scotch eggs with salad	Leftover coriander chicken curry	Leftover mackerel and salad	PIMP A FITTER SALAD SH PAGE 208	Leftover salmon and salad	Leftover salad and slaw with tinned fish, prawns or cooked poultry/meat
MEAL 3	Whack something in a jacket potato with salad NO RECIPE	Coriander chicken curry with rice and steamed greens PAGE 25	Mighty Mackerel with curried mash and steamed vegetables PAGES 30 AND 44	Goat's cheese and beetroot salad with new potatoes PAGE 22	Citrus salmon with pea and avocado mash and steamed greens PAGE 23	Pan fried steak or fish with fig and walnut greens and carrot and coriander slaw PAGES 43 AND 45	You decide 😊



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



BREAKFASTS

BANANA YOGURT BOWL

PREPARATION TIME:

5 minutes

SERVES: 1

INGREDIENTS

200-300g natural
yogurt

1 tsp vanilla extract

1 banana, sliced

½ tsp. cinnamon

Grated nutmeg

2 tbsp. pumpkin seeds

2 heaped tbsp. berries



1. Place the yogurt in a bowl and stir in the cinnamon, nutmeg and banana.
2. Top with berries and pumpkin seeds and serve.

TIP

- Use coconut milk yogurt as a dairy free alternative.
- Add some vanilla protein powder to the yogurt if desired.



YOGURT AND HOMEMADE NUTTY CEREAL

PREPARATION TIME: 5 minutes

COOKING TIME: 5-10 minutes

SERVES: 1

INGREDIENTS

150-200g natural yogurt

2 tbsp. toasted coconut flakes

1 tsp. pumpkin seeds

1 tbsp. almond flakes

1 tbsp. walnuts

1 tbsp. sultanas

Sprinkle of cinnamon

Pinch grated nutmeg

TIP

- Use coconut milk yogurt as a dairy free alternative.
- Add some vanilla protein powder to the yogurt if desired.

1. Combine the coconut, almonds, walnuts, sultanas in a small bowl .
2. Place the yogurt in a serving bowl, top with nut mixture, sprinkle with nutmeg and cinnamon and serve.

TURKEY AND APRICOT SCOTCH

EGGS

PREPARATION TIME: 15 minutes

COOKING TIME: 20-25 minutes

Makes 4 large scotch eggs

INGREDIENTS

- 5 eggs (1 for dipping)
- 500g turkey mince
- 50g dried apricots, chopped small
- ½ -1 tsp. cinnamon
- 40-50g oat bran to coat eggs (or use ground almonds or ground flaxseed)
- Pinch of salt

1. Pre-heat the oven to 180°C/350°F/gas mark 4.
2. Place 4 eggs into boiling water, bring to the boil again and cook for 4 minutes before placing them immediately into cold water to stop them cooking any further.
3. Whilst the eggs are cooking. Place the turkey in a food processor with the apricots and cinnamon, or simply use your hands to combine the ingredients in a large bowl. Add a pinch of salt.
4. Peel the boiled eggs.
5. Scatter the oat bran on a plate with a little more salt ready to coat the eggs.
6. Shape the turkey mixture around each egg (be careful not to layer it too thick) and then roll in the oat bran mixture.
7. Place the scotch eggs on a baking tray lined with greaseproof paper and cook in the oven for around 20-25 minutes until golden and cooked through.



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.



VEGGIE BOOST

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 handful of either kale or watercress

1 handful fresh parsley

Chunk of fresh ginger

2 heaped tbsp. berries

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.

CHICKEN AND KALE CUPS

INGREDIENTS

10 eggs
200g cooked chicken
1 orange pepper, chopped
Handful kale, finely chopped
Handful cherry tomatoes, chopped
1 tsp. mixed herbs
Salt and pepper

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

Makes 12 cups

1 serving = 2-4 cups

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Grease a muffin tin with a little olive oil.
3. In a food processor beat the eggs until fluffy (around 2 minutes).
4. Stir in the chicken, kale, pepper, tomatoes, mixed herbs and add the seasoning
5. Transfer into the prepared muffin tin.
6. Place in the oven for 20-25 minutes or until golden brown on top. Insert a skewer into the middle of one cup to check they are cooked through, it should come out dry.



VANILLA CHAI AND GINGER PORRIDGE

PREPARATION TIME: 5 minutes

***Soak the oats and milk overnight**

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 serve.

BOSH BEANS, EGGS AND SPINACH

PREPARATION TIME: 5 minutes
COOKING TIME: 15 minutes
Serves: 4-6

INGREDIENTS

1-2 tbsp. olive oil
3 cloves garlic, peeled and finely chopped
2 x 400g tins chopped tomatoes
4 tbsp. Worcestershire sauce
1 x 400g tin butter beans, drained
1 x 400g tin cannellini beans, drained
2-4 eggs, beaten
2 handfuls spinach
Salt and pepper

1. Start by making the beans. Heat the olive oil in a pan over a medium heat before adding the garlic and cooking for a couple of minutes (do not burn).
2. Add the tomatoes and Worcestershire sauce and stir through. Bring to a simmer and cook for 6 minutes.
3. Add the beans, stir through and cook for another 6-8 minutes, stirring occasionally.
4. Whilst the beans finish cooking, warm a little olive oil in a separate pan and add the beaten eggs, keep stirring the eggs to scramble them. Finally add the spinach to the pan and allow to wilt down before serving with scrambled eggs and BOSH beans..



OVERNIGHT COTTAGE BOWLS

PREPARATION TIME:
5 minutes and soak overnight
SERVES: 1

BANANA AND ALMOND

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 banana sliced
1 tsp. honey (optional)

1. Place all the ingredients except the banana in a bowl and combine thoroughly, allow to soak overnight.
2. Add the sliced banana, stir again and serve.

TIP

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



APPLE AND CINNAMON

INGREDIENTS

150-300g cottage cheese
2 tbsp. oat bran
1 small apple, grated
½ tsp. cinnamon
Pinch of grated nutmeg
1 tsp. honey (optional)

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

BRUNCH LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 45-60 minutes

SERVES: 4-6

INGREDIENTS

10 eggs

1 courgette

1 red pepper, deseeded and chopped

1 handful spinach, chopped

100g feta cheese, crumbled (optional)

3 tbsp. sundried tomatoes, drained and chopped

1 tsp. mixed herbs

2 tbsp. fresh parsley, chopped



1. Preheat the oven to 180°C/350°F/gas mark 4 and grease a baking tray with a little oil.
2. Place the eggs in a large bowl and beat. For a lighter loaf, whisk the eggs in a food processor or blender until pale and frothy.
3. Grate the courgette directly into the beaten egg and fold in with a spoon.
4. Stir in the spinach, parsley, sundried tomatoes, peppers, mixed herbs and most of the feta but save a little to sprinkle on top of the loaf. Mix well.
5. This is optional, but if you prefer a lighter loaf add in a teaspoon of bicarbonate of soda.
6. Line a loaf tin with greaseproof paper or grease with a little olive oil and pour in the egg mixture. Sprinkle over the remaining feta before placing in the oven.
7. Place in the oven and bake for 40 minutes to 1 hour. Keep checking the middle with a knife (it should come out dry).



**LIGHT
BITES**

PEA AND MINT SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

500g frozen green peas

4 shallots, finely chopped

2 cloves garlic, finely chopped

2 tbsp. fresh ginger, grated

Large bunch of fresh mint, finely chopped

1 tbsp. olive oil

Water

Salt and pepper to taste

1. Add the olive oil to a frying pan on a medium heat and sauté the shallots, garlic and ginger for 5 minutes.
2. Add the frozen peas and stir for 1 minute.
3. Add enough water to cover the peas and cook over a medium heat for 10 minutes.
4. Remove from the heat and add the fresh mint.
5. Place in a food processor or use a hand blender to blend until the mixture reaches the consistency of soup.
6. If the mixture is too thick gently add a little more boiling water.



5 A DAY SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6-8

INGREDIENTS	3 garlic cloves crushed
2 tbsp. olive oil	1 tsp. ground ginger
1 onion peeled and chopped	1 tsp. cumin
6-7 carrots, chopped	½ tsp. cinnamon
5 handfuls green leafy vegetables	Pinch of chilli
roughly chopped (kale, spinach, kohlrabi, chard)	500ml homemade stock
	100ml coconut milk
	2 tbsp. tomato puree
	Salt & pepper to taste

1. Warm the olive oil in a large saucepan on a medium heat and add the onion, garlic, spices, salt and stir fry for 4-5 minutes.
2. Once the onions start to soften add the carrots, green vegetables, stock, tomato puree, coconut milk and stir through.
3. Bring to the boil and then simmer for about 25 minutes.
4. Once cooked use a hand blender to blitz into a soup and then add boiling water until the soup reaches your desired consistency.
5. Top with freshly ground black pepper and enjoy.



TOMATO AND TARRAGON SOUP

PREPARATION TIME: 10 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

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.



HONEY AND MUSTARD TURKEY SCOTCH EGGS

PREPARATION TIME: 15 minutes

COOKING TIME: 20-25 minutes

Makes 4 large scotch eggs

INGREDIENTS

- 5 eggs (1 for dipping)
- 500g turkey mince
- 1 heaped tbsp. whole grain mustard
- 1 tbsp. honey
- 40-50g oat bran (substitute almonds or ground flaxseeds)
- Pinch of salt

1. Pre-heat the oven to 180°C/350°F/gas mark 4.
2. Place 4 eggs into boiling water, bring to the boil again and cook for 4 minutes before placing them immediately into cold water to stop them cooking any further.
3. Whilst the eggs are cooking. Place the turkey in bowl and use your hands to combine with the honey and mustard. Add a pinch of salt.
4. Peel the boiled eggs.
5. Scatter the oat bran on a plate with a little more salt ready to coat the eggs.
6. Shape the turkey mixture around each egg (be careful not to layer it too thick) and then roll in the oat bran.
7. Place the scotch eggs on a baking tray lined with greaseproof paper and cook in the oven for around 20-25 minutes until golden and cooked through.



AVOCADO BOWL

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

Serves 2

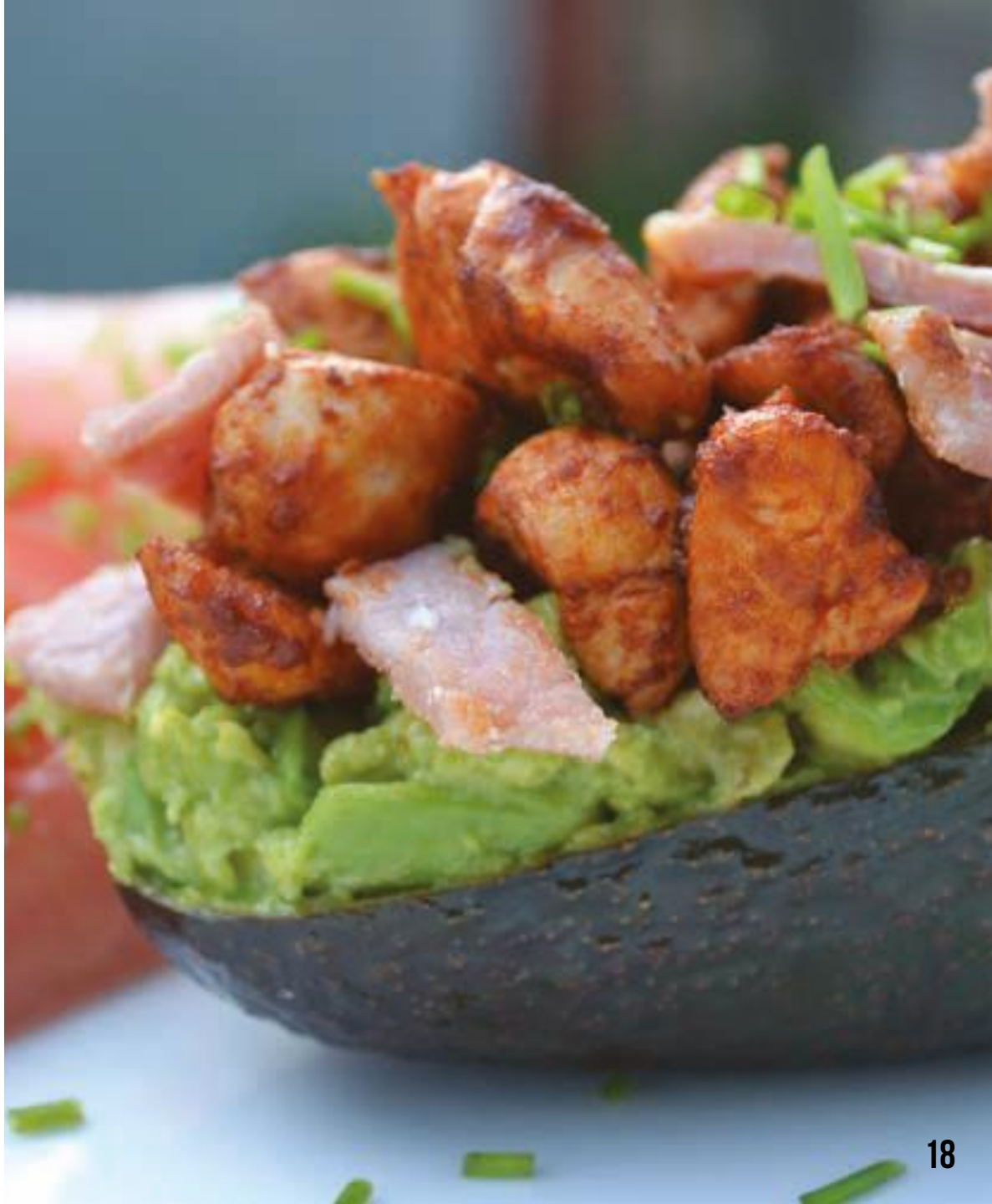
INGREDIENTS

2 chicken breasts chopped
2 tsp. smoked paprika
1 ripe avocado
2 rashers of bacon chopped
1 tomato, finely chopped
Juice of ½ lemon
1–2 tsp. olive oil
Salt and pepper

To Serve

Mixed salad leaves

1. Heat the oil in a frying pan and add the chicken.
2. Stir fry the chicken and season with salt, pepper and smoked paprika.
3. Cook the bacon in a separate frying pan until golden.
4. Whilst the chicken and bacon are cooking slice the avocado in half and remove the stone. Scoop all the flesh out of the avocado halves and place in a bowl. Mash until smooth and creamy and add the lemon juice and tomato.
5. Serve with the chicken and bacon once cooked on a bed of salad leaves.



MOROCCAN QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 1

INGREDIENTS

50g quinoa

100ml water or stock/broth

2 eggs

½ tbsp. olive oil

1 clove garlic

2 tbsp. chickpeas

1 tbsp. pumpkin seeds

1/2 tsp. ground cumin

Handful cherry tomatoes, halved

1. Rinse the quinoa, place in a saucepan and top with the water or broth. Bring to the boil and simmer for 15 minutes.
2. Boil up two eggs.
3. In another pan warm the olive oil and add the chickpeas, pumpkin seeds, cumin and garlic. Stir fry for 3-4 minutes before adding the cherry tomatoes and cook for a further 3-4 minutes.
4. Combine the chickpea mixture with the quinoa and top with the boiled eggs.





GREAT GREEK SALAD

PREPARATION TIME: 10 minutes

SERVES: 4

INGREDIENTS

1 red onion, peeled and chopped

4 tomatoes, chopped

½ cucumber courgette, chopped

Large handful olives

1 yellow pepper, deseeded and chopped

1 red pepper, deseeded and chopped

3 cloves garlic, peeled and chopped

1 heaped tsp. mixed herbs

1 tsp oregano

1 tbsp. olive oil

Juice of 1 lemon

Handful fresh basil leaves torn

100g feta, crumbled

Salt and pepper

1. Place all the onion, tomatoes, cucumber, peppers, and olives into a bowl and toss to combine well.
2. In a small bowl mix the olive oil, garlic, mixed herbs, lemon juice and season with salt and pepper. Pour over the salad and top with the chopped feta.



DINNERS

SWEET COCONUT PRAWNS

PREPARATION TIME: 8 minutes

COOKING TIME: 6 minutes

Serves 1

INGREDIENTS

Olive oil for cooking

180g raw prawns

2 cloves of garlic finely chopped

1 tbsp. creamed coconut bar, grated
(or use desiccated coconut)

3 tablespoons tomato puree

Salt

1. Warm a little olive oil over a low heat.
2. Add the garlic and sauté for 2 minutes. Once the garlic starts to brown add in the raw prawns.
3. In a small bowl combine the tomato puree and coconut, add to the prawns and continue stir frying for another 2-3 minutes.
4. Season to taste and serve.



GOAT'S CHEESE AND BEETROOT SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

Serves 1

INGREDIENTS

2 handfuls of mixed leaves

2 slices goats cheese

5 walnuts

2 beetroots, sliced

½ avocado, sliced

1 tsp. mixed herbs

Salt and pepper

Balsamic vinegar to dress

1. Preheat the grill or oven and place the slices of goat's cheese in an oven proof dish.
2. Place the salad leaves in a bowl and top with walnuts, beetroot, avocado and mixed herbs.
3. Once the cheese is starting to melt and brown, remove from the heat. Place on top of the salad.
4. Season to taste and drizzle with balsamic vinegar.



CITRUS SALMON WITH PEA AND AVOCADO MASH

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS

1 tbsp. olive oil

Juice of 1 lemon

2 cloves garlic, finely chopped

Salt and pepper to taste

4 salmon fillets

FOR THE MASH

250g new potatoes, halved

250g frozen peas

1 ripe avocado

Salt and pepper to taste



1. Boil or steam the new potatoes and peas for about 8–10 minutes until soft.
2. While the potatoes are cooking, heat the olive oil in a pan over a medium heat and add the garlic, lemon juice, salt and pepper. Cook for about 30 seconds before adding the salmon fillets.
3. Cook the salmon for around about 3–4 minutes on each side.
4. When the potatoes and peas are cooked, drain and place in a bowl. Add the avocado, butter, salt and pepper and mash until smooth.
5. Serve the salmon with the mash and pour over the leftover cooking juices from the salmon.

SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

- 1 tbsp. olive oil
- 4 cloves garlic, peeled and chopped
- 1 small white onion, peeled and chopped
- 1 leek, sliced
- 4 chicken breasts, chopped
- 2 tsp. paprika
- 1 tsp. oregano
- 1 tsp. thyme
- ½-1 tsp. salt
- ½ tsp. black pepper
- 1 handful olives, halved
- 680g passata
- 200 ml chicken stock
- 4 sweet or white potatoes, peeled and sliced

1. Heat the olive oil in a large saucepan over a medium heat and add the garlic, onions, leeks and stir through. Sauté for 3-4 minutes until the onions and leeks start to soften.
2. Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown. Add the paprika, thyme, oregano, salt and pepper, and stir through, coating all the ingredients in the spices.
3. Add the olives, passata, chicken stock and potatoes. Bring to a simmer and cook for 30 minutes. Season further if required and serve either on its own or with steamed greens





PREPARATION TIME: 10 minutes

COOKING TIME: 15-20 minutes

SERVES: 4

INGREDIENTS

1 tbsp. olive oil

2 onions sliced

2 garlic cloves finely chopped

2 whole cloves

2 cardamom pods

1 inch cubed fresh ginger finely chopped

1 bay leaf

1 cinnamon stick

1 tsp. turmeric

1 tsp. ground cumin

1 tsp. ground coriander

4 chicken breast with skin removed and cut into chunks

Salt and freshly ground black pepper

4 tomatoes, quartered

250ml chicken stock ideally homemade

Large handful of fresh coriander

Small handful of fresh mint

CORIANDER CHICKEN CURRY

1. Heat the ghee on a medium heat in either a large pan or cooking pot and then add the onions, garlic, whole cloves, cardamom pods, ginger, bay leaf, cinnamon stick and stir well.
2. Now add the turmeric, cumin and coriander and stir through and cook for a few minutes.
3. Add the chicken, salt and pepper and stir before cooking for another few minutes.
4. Add the chicken stock and tomatoes, stir and then simmer for about 10-12 minutes stirring occasionally.
5. When cooked remove from the heat and then add the fresh coriander and mint and stir through.



INGREDIENTS

250g turkey mince
¼ onion sliced
2 tomatoes, chopped
1 tsp. of mixed herbs
3 tbsp. of tomato puree
Handful spinach
Handful mushrooms
½ avocado
Salt and pepper
Olive oil for cooking

QUICK CHICKEN STIR FRY

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

1. Heat a little olive oil in a frying pan. Add the onion and tomato to the pan and stir-fry
2. Add the mince and continue to stir-fry for 2–3 minutes.
3. Add the tomato puree, mixed herbs, salt mushrooms and pepper and stir-fry for another 5 minutes until the meat is cooked through.
4. Finally add the spinach and allow to wilt down for 2-3 minutes. Serve with the sliced avocado.



QUICK RAINBOW STIR FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 2

INGREDIENTS

Chunk of ginger, peeled and chopped
2 cloves garlic, peeled and chopped
½ red onion sliced
2 spring onions, chopped
1 yellow pepper, deseeded and sliced
Handful bean sprouts
1 head broccoli, chopped into small florets
1 bok choy, sliced
1 courgette, sliced
2 large carrots, julienned
Generous sprinkle tamari sauce
400g raw king prawns
Sesame or olive oil for cooking

1. Heat the oil in a non stick frying pan and add the garlic, ginger, spring onion, red onion, peppers and bean sprouts and stir fry for 2-3 minutes.
2. Add the broccoli, bok choy, courgettes and carrots and sprinkle with a generous dose of tamari. Cook until the vegetables begin to soften (but still have some crunch). Finally add the prawns and cook through for 3-4 minutes until pink.

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 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. Served with sliced avocado, rocket and cooked tomatoes.



TURMERIC AND AUBERGINE CURRY

PREPARATION TIME: minutes

COOKING TIME: minutes

SERVES:

INGREDIENTS

2 medium/large aubergines

2 tbsp. ground turmeric

1 tsp. chilli powder

2 red chillis, de-seeded and roughly chopped

5 cloves garlic, roughly chopped

6 shallots, roughly chopped

Thumb fresh ginger, peeled and chopped

1 tbsp. Thai fish sauce

1 tbsp. honey

1 tbsp. olive oil

1 400ml tin coconut milk

200 ml vegetable stock

Salt and pepper

Fresh coriander to serve



1. Quarter the aubergines lengthways and chop each in half again (crossways). Mix the turmeric and chilli powder in a bowl. Coat the aubergine pieces on all sides with the turmeric and chilli mixture.
2. Put the chilli, garlic, ginger, shallots, fish sauce and honey in a food processor and blend into a finely chopped, rough paste.
3. Heat the olive oil in a frying pan, add the aubergine pieces and brown on all sides, then remove to a plate.
4. Now add the chilli, garlic, ginger and shallot mixture to the pan and fry for a couple of minutes.
5. Add the aubergine pieces back into the pan, along with the coconut milk and stock. Mix and bring to the boil, then simmer for around 15 minutes. The dish is ready when the aubergine is soft but still holds its shape.
6. Season to taste and serve with a sprinkling of chopped fresh coriander.

MIGHTY MACKEREL

INGREDIENTS

2 mackerel fillets
Juice of half a lemon
1 tsp. ground cumin
2 tbsp. of apple cider vinegar
½ tsp. of black pepper

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 2

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Place the mackerel fillets in an oven dish and top each one with the lemon juice, vinegar, cumin and pepper.
3. Place the mackerel in the oven and bake for around 20 minutes.





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 tbsp. mixed herbs
Salt and pepper
500g spinach

ITALIAN CHICKEN 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.



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

JAMAICAN CHICKEN CURRY

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.

MOROCCAN STYLE MEATBALLS

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

SERVES: 4

INGREDIENTS

500g beef mince

2 onions, peeled and chopped

1 tbsp. olive oil

4 tsp. Ras el Hanout spice mix

400g carton/can chopped tomatoes

3 cloves garlic, crushed

4 eggs

Salt and pepper

TO MAKE THE MEATBALLS

1. Mix the beef mince, onion, two teaspoons of Ras el Hanout and one egg in a bowl. Season with salt and pepper. Mix thoroughly using your hands.
2. Shape the mixture into meatballs about the size of a golf ball. This mixture should make around 12.
3. Heat the olive oil in a pan, then add the meatballs. Cook for about 4-5 minutes until they start to brown nicely.

TO MAKE THE SAUCE

1. Add the other onion and crushed garlic, and cook until onion starts to soften.
2. Now add the chopped tomatoes and remaining Ras el Hanout spice mix and season with Himalayan Pink salt and pepper. Stir through so as to coat the meatballs in the sauce.
3. Allow this to simmer for about 10-12 minutes.
4. Create three gaps in the mixture and crack an egg into each. Loosely cover the pan with foil or a lid and simmer for a further 4-5 minutes until the egg whites are cooked



SIDES





EASY FIVE A DAY OVEN BAKE

INGREDIENTS

750g passata

1-2 tsp. garlic powder

1 red onion, peeled and sliced

2 large courgette, sliced

3 carrots, thinly sliced

1 yellow pepper, deseeded and chopped

2 stalks celery, sliced (optional)

1 tsp. mixed herbs

1 tsp. oregano

Handful cherry tomatoes

Salt and pepper

PREPARATION TIME: 10 minutes

COOKING TIME: 35-45 minutes

SERVES: 4-6

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place the passata in an oven dish and stir in the garlic powder, mixed herbs and oregano.
3. Add the vegetables and stir to coat in the sauce.
4. Place in the oven to cook for 35-45 minutes until the vegetables are soft.



CUMIN AND ORANGE CARROTS AND TATTIES

INGREDIENTS

4 white potatoes, chopped
4 large carrots
3 tbsp. olive
2 tsp. cumin seeds
Zest of 1 orange
Juice of ¼ orange
1 tsp. garlic powder
Salt and pepper to taste

1. Preheat the oven to 180°C/
350°F/Gas mark 4.
2. Place the potatoes and carrots
into a baking tray
3. In a bowl combine the olive oil,
cumin, orange zest, orange juice
and garlic powder. Pour the olive
oil mixture over the potatoes and
carrots and toss to coat evenly.
4. Season with salt and pepper.
5. Place in the oven to cook for
50-60 minutes until they are soft.



SQUASH, BACON & HAZELNUTS

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

1 medium butternut squash, peeled and chopped

3 tbsp. olive oil

3 cloves of garlic, finely chopped

½ onion

8 rashers bacon, chopped

100g blanched hazelnuts

150g peas

2 large handfuls fresh parsley

Salt and pepper

1. Place the chopped squash into a steamer and allow to cook for 10-15 minutes or until soft.
2. When the squash is almost cooked add the peas to the steamer to cook for 3-4 minutes and heat a little olive oil in a pan. Add the garlic, bacon, and hazelnuts and stir fry for 2-3 minutes until coated in the olive oil.
3. Once the squash and peas are cooked add to the bacon and hazelnuts in the saucepan, stir through and cook for for a further 2-3 minutes. Season to taste.
4. Remove from the heat, add the fresh parsley and serve.



APPLE AND ROOT VEGETABLE BAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 40—45 minutes

SERVES: 4

INGREDIENTS

1 kg mixed root vegetables (such as potatoes, sweet potatoes, parsnips, celeriac, carrots, swede, squash),
2 apples, cored and chopped
3 tbsp.. olive oil
4 sprigs fresh rosemary, roughly chopped
2–3 cloves of garlic, finely chopped
Salt and pepper

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Cut the vegetables into medium chunks (peel if necessary). Place in the roasting tray with the apple, garlic and fresh rosemary. Season and toss in the olive oil before placing in the oven to cook for 30 minutes.
3. After 30 minutes, remove the vegetables from the oven, toss in the oil once more and place back in the oven to cook for a further 10–15 minutes until golden.



SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

1 whole squash, halved deseeded and chopped into wedges (leave the skin on)

1 red onion, peeled and sliced

2 tbsp.. pine nuts

1 tbsp.. sesame seed

1tbsp zatar spice mix

2 cloves garlic, peeled and finely chopped

Olive oil

Salt and pepper

1. Preheat the oven to 180°C/ 350°F/Gas mark 4.
2. Place the squash into a baking tray, sprinkle with chopped garlic, onion, pine nuts, seeds, zatar and drizzle with olive oil .
3. Season with salt and pepper.
4. Place in the oven to cook for 35-40 minutes until the wedges are soft.

EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin removed and chopped into small chunks

2-3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

1 clove garlic, peeled

Juice of 1 lemon

- Steam or boil the carrots, peas and pepper until soft.
- Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.
- Place the herbs, garlic, oil and lemon juice in a blender and combine into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



SUPER MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

Serves 8

INGREDIENTS

1kg potatoes (white or sweet) peeled and chopped
1 large leek, chopped
2 tsp. garlic powder
2 inch cube of fresh ginger, peeled and finely chopped
300g broccoli florets
Large handful kale, chopped
6 sun-dried tomatoes
1 tsp. mixed herbs
Salt and pepper

To serve

Fresh parsley

1. Cook the potatoes and leeks in a steamer or boil in a saucepan until soft.
2. Just before the potatoes are ready, steam or boil the broccoli, kale and spinach for 5–7 minutes.
3. Once cooked drain the potatoes and vegetables and place in a bowl with the chopped garlic, ginger, herbs and sun-dried tomatoes.
4. Season to taste with salt and pepper and mash everything together until it reaches the desired consistency.
5. Serve with fresh parsley.





SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35-40 minutes

SERVES: 5

INGREDIENTS

4 large sweet potatoes
1 tbsp. olive oil
2 tsp. smoked paprika
1 tsp. salt

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Slice the sweet potatoes into 3–4 inch wedges and place in a baking tray.
3. Drizzle with a little olive oil and toss the wedges to coat them. Mix the smoked paprika and salt and sprinkle over the wedges.
4. Bake in the oven for 35-40 minutes until soft and lightly browned around the edges.

CARROT AND CORIANDER SLAW

PREPARATION TIME: 10 minutes

Serves 2

INGREDIENTS

2 large carrots, grated
2 spring onions, finely chopped
Juice of half a lemon
2 tbsp. Greek yogurt
1 tsp. honey
1 handful fresh coriander, roughly chopped
Salt and pepper

1. Mix the yogurt, lemon juice and honey together thoroughly in a bowl.
2. Stir in the grated carrot, spring onion and fresh coriander and mix together thoroughly.
3. Season to taste and serve.



CURRIED MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Serves 2-4

INGREDIENTS

2-3 medium sweet or white potatoes, peeled and chopped

3 tsp. medium curry powder

1 tsp. garlic powder

1 handful fresh coriander, roughly chopped

Salt and pepper

2 tbsp. pine nuts (optional)

1. Steam or boil the sweet potatoes until soft.
2. Place in a large bowl and add the curry powder, garlic, fresh coriander, salt and pepper.
3. Place the pine nuts in a non stick frying pan (no oil needed) over a medium heat to toast lightly while you mash the potatoes.
4. Top the potato with the toasted pine nuts and more fresh coriander to serve.



FIG AND WALNUT GREENS

PREPARATION TIME:

10 minutes

SERVES: 2

INGREDIENTS

Large handful rocket
Large handful watercress
Large handful lettuce
2 celery sticks, sliced
1 small apple, sliced (optional)
Handful olives
2 figs, quartered
1 tsp. mixed herbs
2 tbsp. walnuts
Juice of ½ fresh lemon
Balsamic vinegar (to dress)

1. Place all the salad ingredients in a bowl toss in the lemon juice and a drizzle of balsamic vinegar.

