



FITTER365

MEMBERSHIP SUBSCRIPTION

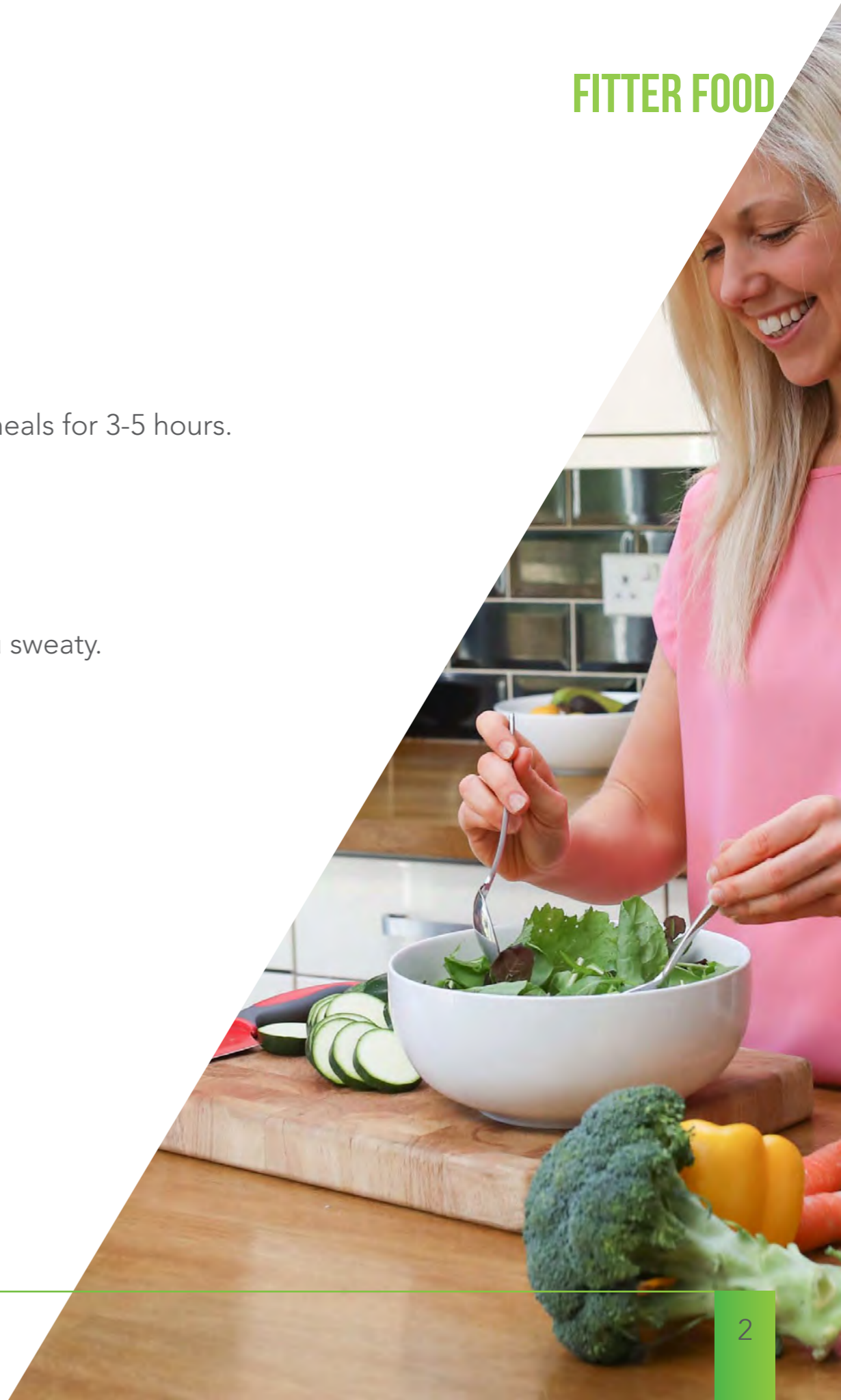


MONTHLY HEALTH PLAN

EXCLUSIVELY FOR FITTER 365 MEMBERS

Fitter Food Principles

- 1 Eat 3 Fitter Food meals daily.
- 2 Consume protein at each meal.
- 3 **Limit snacks ideally to** one daily and aim to fast completely between meals for 3-5 hours.
**This includes avoiding liquid calories.*
- 4 Fast for 12 hours overnight.
- 5 Walk for 45–60 minutes daily.
- 6 Exercise 2–5 times a week doing something that you enjoy that gets you sweaty.
- 7 Aim for 8–9 hours sleep each night.
- 8 Perform 10 minutes of active stress management each day.
- 9 Eliminate alcohol for the next 31 days.
- 10 Limit caffeine to 1 small serving daily.



NEW RECIPES

NEW

Almond Butter and Sweet Potato Soup
Apple Pie Smoothie
Burkey Burgers
Chilli Tuna and Sun-Dried Tomato Jacket
Fajita Chicken With Black Bean Mash
Pork and Turkey Protein Bites
Quick Italian Chicken With Basil and Avocado Dressing
Trout and Asparagus Quiche

PANTRY

FATS

Oils

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

Seeds

Chia	Pumpkin
Flaxseed	Sunflower
Hemp	

Solid fats

Beef fat	Coconut manna
Goose fat	Creamed coconut (bar)
Lard	
Coconut cream (tin or carton)	

Nuts, nut butters & milk

Almond	Hazelnuts
Brazil	Macadamias
Cashews	Pecans
Chestnuts	Pistachios
Coconut	Walnuts

PROTEIN

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

CARBOHYDRATES

Starchy Vegetables

Celeriac
Parsnips
Sweet potatoes
Turnips
White potatoes
Yams

Legumes

Chickpeas
Lentils
Borlotti beans
Butter beans
Black beans
Green beans
Peas

Fruits

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

Vegetables

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

PANTRY CONT.

MISCELLANEOUS

Apple cider vinegar
Balsamic vinegar
Cocoa powder
Raw honey
Coconut palm sugar
Stevia drops
Tamari sauce (gluten free soya)
Wholegrain mustard
Xylitol powder

Herbs & Spices

Chilli powder
Curry powder (mild or hot)
Ground cumin
Cinnamon
Garlic (fresh and powder)
Ginger (root and powder)
Harissa spice mix
Mixed herbs
Paprika (sweet and smoked)
Ras el Hanout spice mix
Zaatar spice mix

Protein powders
Dark chocolate
Arrowroot (to thicken casseroles)
Tapioca flour (to thicken casseroles)
Gluten free flour
Black coffee
Coconut water
Mineral/filtered water
Green tea
Black tea
White leaf tea
Herbal teas
Kombucha
Water kefir
Unsweetened nut milk

DAIRY

Butter
Cheese
Double cream or sour cream
Crème fraiche
Natural or Greek yogurt
Full fat milk

GRAINS

Buckwheat
Rolled oats
Rice (brown, red, black and white)
Oat bran
Quinoa



FITTER 365 | YOUR PERSONAL MEAL PLAN

Plan Your Meals

- Use the blank meal planner to create your own weekly meal plan or use the Fitter Food template.
- Get organised by writing your shopping list.
- Plan time to batch cook meals and prepare ahead.
- Check your meal plan each Friday to ensure you have plenty of time to do your food shopping and have the ingredients ready for a batch cooking session at the weekend and midweek.
- Make sure you have plenty of fresh salad ingredients in each week and keep your green game strong.
- See **Quick Meal Ideas** for occasions you don't have time to prepare food and make sure you have the ingredients for these at home each week or just in case there are no leftovers.

FITTER FOOD WEEKLY MEAL PLAN

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
Batch cooking and meal preparation tasks							
Dietary eliminations							

FITTER FOOD SHOPPING LIST

MONDAY MEALS

1

2

3

TUESDAY MEALS

1

2

3

WEDNESDAY MEALS

1

2

3

THURSDAY MEALS

1

2

3

FRIDAY MEALS

1

2

3

SATURDAY MEALS

1

2

3

SUNDAY MEALS

1

2

3

VEGETABLES, FRUIT, HERBS

MEAT, FISH, POULTRY, EGGS

TINNED GOODS, OILS, SPICES

DAIRY

GRAINS, LEGUMES

DRINKS, FROZEN FOODS

MISCELLANEOUS

CONTENT

BREAKFASTS

Apple pie smoothie **NEW**
Banana and blueberry calzone
Bircher muesli
BOSH beans, scrambled eggs and spinach
Breakfast salad
Breakfast veggies
Cottage flaxcakes
Eggs 'n' oats
Espresso smoothie
Peaches n cream protein smoothie
Protein pancakes
Protein power porridge
Savoury porridge
Scrambled eggs, spinach, peppers and avocado
Smoothies
Sweet potato toast
Turkey breakfast wraps
Veggie omelette

LUNCHES

Chilli tuna and sun-dried tomato jacket **NEW**
Citrus prawn salad
Goat's cheese and beetroot salad
How to pimp a salad
Jerky turkey scotch eggs
Lettuce wraps
Pork and turkey protein bites **NEW**
Quick Italian chicken with basil and
avocado dressing **NEW**
Savoury seed loaf
Sweet coconut prawns

SOUPS

5-a-day soup
Almond butter and sweet potato soup **NEW**
Chilli chicken soup
Maxistrone soup

DINNERS

Baked bean stew
Beef bulgogi
Beef five-a-day stir-fry
Burkey burgers **NEW**
Chicken and spinach curry
Citrus salmon with pea and avocado mash
Delish red dhal
Everyday chicken curry
Fajita chicken with black bean mash **NEW**
Fast and furious chicken paella
Ginger infused seafood vegetable rice
Lamb kefte burgers
Lemon mackerel on Moroccan mash
Mediterranean fish stew
Mexican turkey burgers
Mustard crusted salmon and pan-fried veg
Piri piri baked cod
Rockin root veg and turkey stew
Salmon and red pepper fishcakes
Simply awesome fish curry
Smokey salmon burgers
Spicy beef and potato cakes
Sundried tomato stuffed chicken breast
Tamari pork with cucumber avocado rice
Trout and asparagus quiche **NEW**
Turkey sausage tray bake
Turmeric and lentil chilli
Vegetable Bolognese

SIDES

Baked cauliflower
Balsamic potatoes
Carrot and cauliflower harrisa mash
Carrot and coriander slaw
Cauliflower stir-fry rice
Chunky celeriac chips
Easy five-a-day vegetable bake
Great Greek salad
Italian tray bake
Kale and sweet potato mash
Lemon broccoli
Quick ratatouille
Spicy courgette chips
Supermash
Super quick slaw
Veghetti

SAUCES

Almond pesto
Carrot, apple and ginger dressing
Homemade guacamole
Homemade ketchup
Homemade tartar sauce
Homemade tzatziki

DESSERTS

Choc n fruit loaf
Dark chocolate ginger squares
Double chocolate chunk courgette brownie
Easy cheesecake mash up
Fitter mint choc chip ice cream
Mighty macadamias in sea salt blankets
Rich chocolate prune cake
Sea salt and cacao collagen chocolates

MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Turkey breakfast wrap	Choose a smoothie	Eggs 'n' Oats	Bircher muesli	Breakfast salad	Sweet potato toast with poached eggs and mashed avocado	Goat's cheese and red pepper calzone
MEAL TWO	Almond butter and sweet potato soup with extra protein and salad NEW	Leftover: Almond butter and sweet potato soup with extra protein and salad NEW	Leftover: Trout and asparagus quiche and salad NEW	Citrus prawn salad	Goat's cheese and beetroot salad	Maxistrone Soup	Leftover: Maxistrone Soup
MEAL THREE	Spicy beef and potato cakes with quick ratatouille and steamed broccoli	Trout and asparagus quiche with Leftover quick ratatouille NEW	Piri piri baked cod with stir fry vegetables and rice	Pan fried fish or steak with delish red lentil dhal and steamed broccoli NEW	Everyday chicken curry with Leftover delish red lentil dhal	Beef bulgogi with rice and lemon broccoli	Rockin root veg and turkey stew with supermash and steamed spinach

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Savoury porridge	Banana and blueberry calzone	Turkey breakfast wraps	Protein power porridge	Breakfast veggies	BOSH beans, scrambled eggs and spinach	Cottage flaxcakes
MEAL TWO	Chili chicken soup with savory seed loaf	Leftover: Chili chicken soup with savory seed loaf	Leftover: Salmon and red pepper fishcakes and salad	Citrus prawn salad	Leftover: smokey salmon burgers and salad	Chilli tuna and sun-dried tomato jacket NEW	Sweet coconut prawns with salad
MEAL THREE	Lamb kefte burgers with minty yogurt, carrot and cauliflower harissa mash and rocket	Salmon and red pepper fishcakes with Italian tray bake	Turmeric and lentil chilli with tofu and steamed broccoli	Smokey salmon burgers with great Greek salad	Simply awesome fish curry with cauliflower stir fry rice	Turkey sausage tray bake with supermash	Tamari pork with cucumber avocado rice and salad

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Turkey breakfast wrap	Choose a smoothie	Eggs 'n' Oats	Bircher muesli	Breakfast salad	Sweet potato toast with poached eggs and mashed avocado	Goat's cheese and red pepper calzone
MEAL TWO	5-A-day soup with extra protein and salad NEW	Leftover: 5-A-day soup with extra protein and salad NEW	Leftover: mustard crusted salmon and salad	Pork and turkey protein bites with salad NEW	Leftover: Pork and turkey protein bites with salad NEW	Lettuce wraps	Quick Italian chicken with basil and avocado dressing NEW
MEAL THREE	Fajita chicken with black bean mash and salad NEW	Mustard crusted salmon and pan-fried veg	Chicken and spinach curry With kale and sweet potato mash	Sundried tomato stuffed chicken breast with easy five-a-day bake	Mediterranean fish stew with balsamic potatoes and lemon broccoli	Ginger infused seafood vegetable rice	Beef bulgogi with rice and lemon broccoli

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Savoury porridge	Banana and blueberry calzone	Turkey breakfast wraps	Protein power porridge	Breakfast veggies	BOSH beans, scrambled eggs and spinach	Cottage flaxcakes
MEAL TWO	Leftover: quick Italian chicken with basil and avocado dressing NEW	Leftover: mackerel and salad	Goat's cheese and beetroot salad	Leftover: beef five-a-day and salad	Leftover: citrus salmon and salad	Almond butter and sweet potato soup with extra protein and salad NEW	Leftover: almond butter and sweet potato soup with extra protein and salad NEW
MEAL THREE	Lemon mackerel on Moroccan mash carrot and coriander slaw	Chicken and spinach curry with baked cauliflower and rice	Beef five-a-day stir-fry	Citrus salmon with pea and avocado mash with Italian tray bake	Vegetable Bolognese with veghetti and tofu	Roast chicken with baked bean stew	Mexican turkey burgers with chunky celeriac chips and super quick slaw

QUICK MEAL OPTIONS



<p>1</p> <p>Parrma ham, melon and boiled eggs.</p>	<p>2</p> <p>Scrambled eggs with spinach and tomatoes.</p>	<p>3</p> <p>Plain Greek yogurt with mixed berries, cinnamon and chia seeds.</p>	<p>4</p> <p>Boiled eggs, sliced pear and almond butter.</p>
<p>5</p> <p>Tinned tuna nicoise with eggs, olives, capers and olive oil.</p>	<p>6</p> <p>Feta, apple and walnut salad with balsamic vinegar.</p>	<p>7</p> <p>Tinned salmon, avocado, rocket salad.</p>	<p>8</p> <p>Mackerel, beetroot and grated carrot salad dressed in lemon juice and apple cider vinegar.</p>
<p>9</p> <p>Steak pan fried in butter with sautéed spinach, mushrooms and cherry tomatoes.</p>	<p>10</p> <p>Fish pan fried in olive oil, tamari sauce, garlic powder and fresh lime with bok choy, courgettes and quick cook microwave rice.</p>	<p>11</p> <p>Whack something in a sweet potato jacket and serve with a large salad.</p>	<p>12</p> <p>Cooked prawns with mashed avocado, mixed salad and quick cook microwave rice.</p>



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FITTER 365 | BREAKFASTS
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APPLE PIE SMOOTHIE



PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

100ml water
170g fat free Greek yogurt
30g oats
1 tbsp. walnuts
½ tsp cinnamon
1 tsp vanilla
1 apple, quartered (cored)
Honey or stevia to sweeten if desired

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

BANANA AND BLUEBERRY CALZONE

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES:1



INGREDIENTS

Coconut oil or butter for cooking
3–4 eggs, beaten
1 banana, sliced
Small handful blueberries
1 tbsp. walnuts, halved
A sprinkle of cinnamon
½ tsp. grated nutmeg
Pinch of salt
1 tsp. raw honey (optional)

METHOD

Place a small amount of coconut oil or butter in a pan and melt over a low heat.

Add the beaten egg to pan and tilt the pan to allow the egg mixture to cover the base and cook gently for 2–3 minutes, using a spatula carefully flip it over, allow to cook for a minute.

Place the banana, blueberries and walnuts in the middle of the omelette, sprinkle with cinnamon, salt and nutmeg, drizzle with a little honey, if adding.

Fold the omelette in half to encase the filling and seal the edges by pressing down with the spatula.

Allow to cook for another 2–3 minutes.

BIRCHER MUESLI

PREPARATION TIME: 5 minutes (soak overnight)

SERVES: 1



INGREDIENTS

- 50–80g rolled oats
- 1 small apple, grated
- 50–80ml coconut water
- Sprinkle of cinnamon
- Pinch of grated nutmeg
- Small chunk root ginger, grated (optional)
- 2–3 spoonfuls of natural yogurt
- 1 tbsp. almonds

METHOD

Place the oats in a bowl with the cinnamon, ginger and nutmeg. Cover the oats with coconut water and stir in the yogurt, combine thoroughly and allow to soak overnight.

BOSH BEANS, SCRAMBLED EGGS AND SPINACH

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4-6

INGREDIENTS

The Beans

- 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

Eggs and Spinach

- 2-4 eggs, beaten
- 2 handfuls spinach
- Salt and pepper

METHOD

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).

Add the tomatoes and Worcestershire sauce and stir through.

Bring to a simmer and cook for 6 minutes.

Add the beans, stir through and cook for another 6-8 minutes, stirring occasionally.

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.



BREAKFAST SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1

INGREDIENTS

2–4 slices bacon or smoked salmon

2 eggs

Handful salad leaves

Small handful fresh parsley

½ avocado sliced

2 tbsp. toasted or raw nuts

Balsamic vinegar, as desired

1 tbsp. olive oil

Juice of half a lemon

Salt and pepper

Pinch of chilli powder (optional)

METHOD

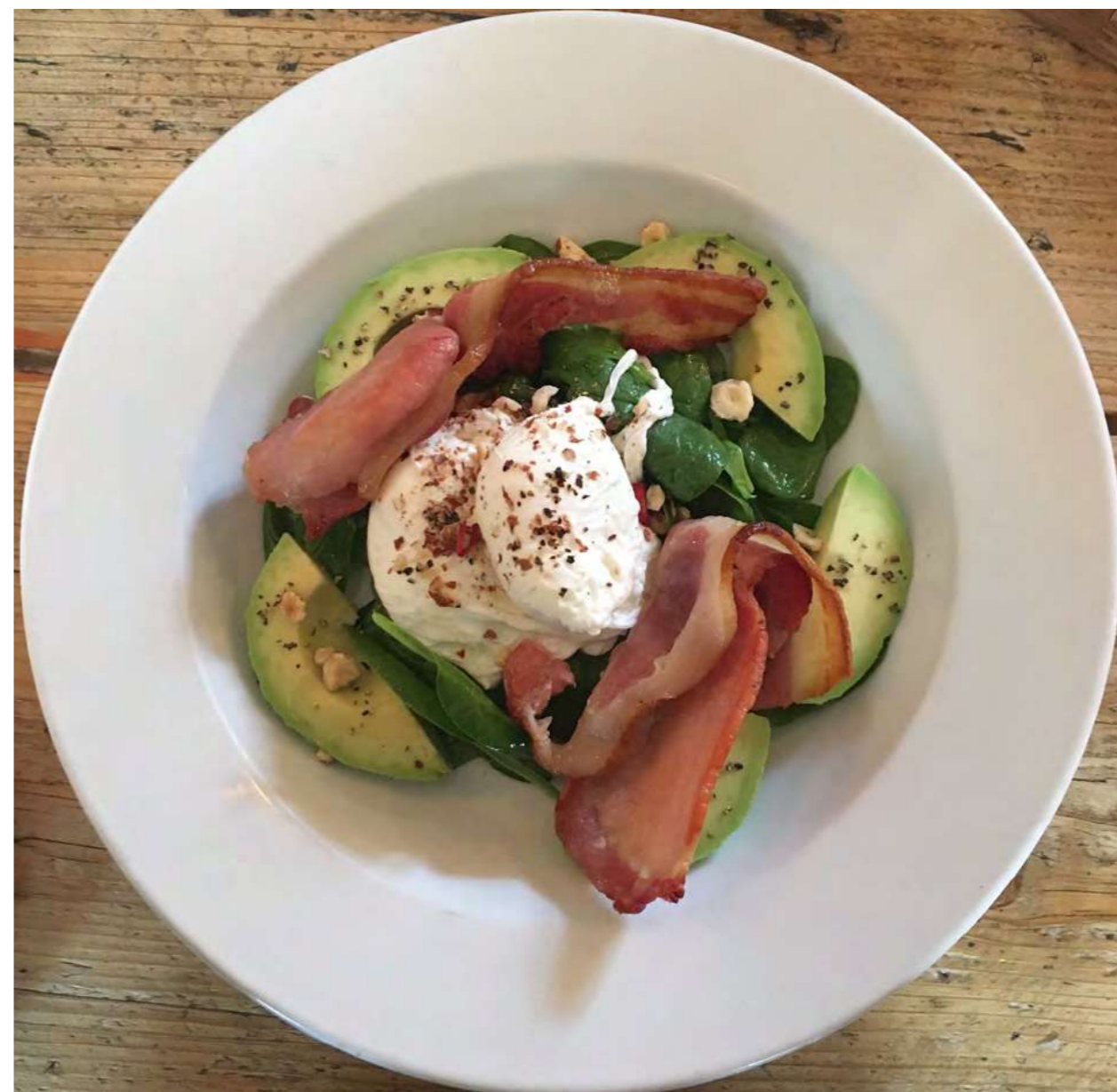
Poach or boil the eggs.

Whilst the eggs are cooking gently heat a little oil in a frying pan and cook the bacon.

Place the salad leaves and parsley in a serving bowl and toss in the oil, vinegar and lemon juice.

Top with the avocado and toasted nuts.

Add the bacon and eggs, sprinkle with chilli and season to taste.



BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

INGREDIENTS

- 1 x 390g carton chopped tomatoes
- ½ courgette, cubed
- 100g cooked chickpeas
- 200g spinach
- 125g mushrooms
- 1 tsp. mixed herbs
- Salt and freshly ground black pepper
- Handful of fresh parsley, roughly chopped

METHOD

Place the chopped tomatoes in a saucepan and warm through on a medium heat.

Add the courgette, mushrooms, chickpeas and mixed herbs. Stir and simmer for 8–10 minutes until the courgette has softened.

Finally add the spinach and allow to wilt for 2–3 minutes, season to taste and serve topped with fresh parsley.



Tip:
Serve with either poached eggs,
smoked salmon or half an avocado.

COTTAGE FLAXCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1



INGREDIENTS

3 eggs
3 heaped tbsp. cottage cheese
1 tbsp. flaxseed
Butter or olive oil for cooking

To Serve

Fresh berries and cinnamon

METHOD

Place a knob of butter or a small amount of olive oil in a non-stick frying pan over a moderate heat.

Beat the eggs and cottage cheese in a bowl until combined.

Stir in the flaxseed.

Gently pour the mixture into the pan to make a small pancake and cook for 4–5 minutes before flipping over to cook the underside.

Serve with fresh berries and a sprinkle of cinnamon.

EGGS 'N' OATS

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible



INGREDIENTS

50–80g rolled oats or quinoa, buckwheat flakes, rice flakes
Water, coconut water or unsweetened almond or rice milk
as desired, roughly 350–400ml

2 eggs

1 tsp. vanilla extract

½ tsp. cinnamon

1 heaped tsp. raw honey

METHOD

Place the oats and liquid in a bowl to soak overnight (this aids digestibility).

The next morning, place the mixture in a saucepan over a low heat, and follow the cooking instructions until the porridge reaches your desired consistency. Stir in the eggs and allow to cook in the porridge for a minute or two.

Add a little more water or milk if desired.

Remove from the heat, sprinkle with cinnamon and stir in the vanilla extract and honey, and serve.

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

METHOD

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



PEACHES N CREAM PROTEIN SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 peach, chopped (frozen works great)
Handful raspberries
20-25g vanilla protein powder
½ tsp. of vanilla extract
1 heaped tsp. cashew or almond butter
Almond or coconut milk as desired

METHOD

Combine the ingredients in a blender and add milk until the smoothie reaches your desired consistency.



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

METHOD

Mix the ingredients thoroughly to make a batter (use a smoothie blender to save time).

Heat a little oil in a non-stick frying pan.

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.

Top with fresh berries and cinnamon.



PROTEIN POWER PORRIDGE

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible

INGREDIENTS

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

Water, coconut water or unsweetened almond or rice milk
as desired, roughly 350–450ml

20–25g protein powder

METHOD

Place the ingredients in a bowl to soak overnight (this aids digestibility).

Place the grains and water in a saucepan over a low heat, add the fruit, seeds and spices necessary for your chosen flavour (see page 33) and follow the cooking instructions until the porridge reaches your desired consistency.

Add more water or milk if the consistency is too thick.

Remove from the heat, place in a serving bowl and stir in your chosen protein powder.

Add a little more warm water if needed.



PROTEIN POWER PORRIDGE FLAVOURS



Very Berry

Add:
2 heaped tbsp. berries
20–25g vanilla protein powder
½ tsp. cinnamon
Grated nutmeg

Cocoa Chia Sea Salt

Add:
1 heaped tsp. chia seeds
20–25g chocolate protein powder
Sprinkle of sea salt

These require protein powders, see page 11 for recommended brands or substitute 2 eggs or 100g low fat Greek yogurt

Pear and Pecan

Add:
1 small pear, chopped
20–25g vanilla protein powder
5 pecans
½ tsp. cinnamon
Grated nutmeg

Apricot and Cardamom

Add:
2–3 dried apricots, chopped
¼ tsp. ground cardamom
1 tsp. vanilla extract
1 tbsp. pumpkin seeds
½ tsp. cinnamon
20–25g vanilla protein powder

Apple and Cinnamon

Add:
1 tbsp. sultanas
1 small apple, grated
½ tsp. cinnamon
Grated nutmeg
20–25g vanilla protein powder



Sweeteners

Ideally try and minimise added sweeteners and simply use a little fruit. Stevia liquid drops, xylitol powder or some raw honey are better choices.

SAVOURY PORRIDGE

PREPARATION TIME: 5 minutes

COOKING TIME: 5–10 minutes

SERVES: 1

INGREDIENTS

50–80g rolled oats

Water and/or milk

Pinch of salt

1 handful spinach

1 tbsp. nutritional yeast (optional)

¼ tsp. turmeric

1 egg (optional)

Small handful cooked chickpeas

Small handful almonds

METHOD

Place the oats in a bowl and cover with milk or water to soak overnight.

Place the oat mixture in a saucepan over a low heat, add a little more water or milk and begin to cook through. Follow the cooking instructions until the porridge reaches your desired consistency, adding more water or milk if the consistency is too thick.

Add the salt, spinach, turmeric, nutritional yeast and stir.

Crack the egg on top of the porridge and leave to cook through.

Once the egg is cooked serve the porridge topped with cooked chickpeas and almonds.



SCRAMBLED EGGS, SPINACH, PEPPERS AND AVOCADO

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil
½ red pepper, deseeded and chopped
2 spring onions, chopped
2 handfuls of spinach
2–4 eggs
½ avocado, sliced
Salt and pepper

Optional extras

Fresh chives, finely chopped
Handful of mushrooms
Handful of cherry tomatoes
Handful of shredded kale
100g of smoked salmon or prawns

METHOD

Place the olive oil in a pan on a low heat.

Sauté the pepper, spring onion and spinach for 2–3 minutes.

Beat the eggs in a bowl.

Add the eggs to the pan and keep stirring until the mixture is scrambled.

Season with a little salt and pepper and serve with the avocado.



SMOOTHIES

PREPARATION TIME: 5 minutes
SERVES: 1

SALAD SMOOTHIE

INGREDIENTS

- Handful lettuce leaves
- Handful spinach
- ½ avocado
- 1 pear
- 1 stalk celery
- Juice of ½ lime
- 20–25g vanilla protein powder
- Water as desired



GREAT CHOC SMOOTHIE

INGREDIENTS

- Handful lettuce leaves
- 20–25g chocolate protein powder
- ½ avocado
- 1 small pear
- Water as desired

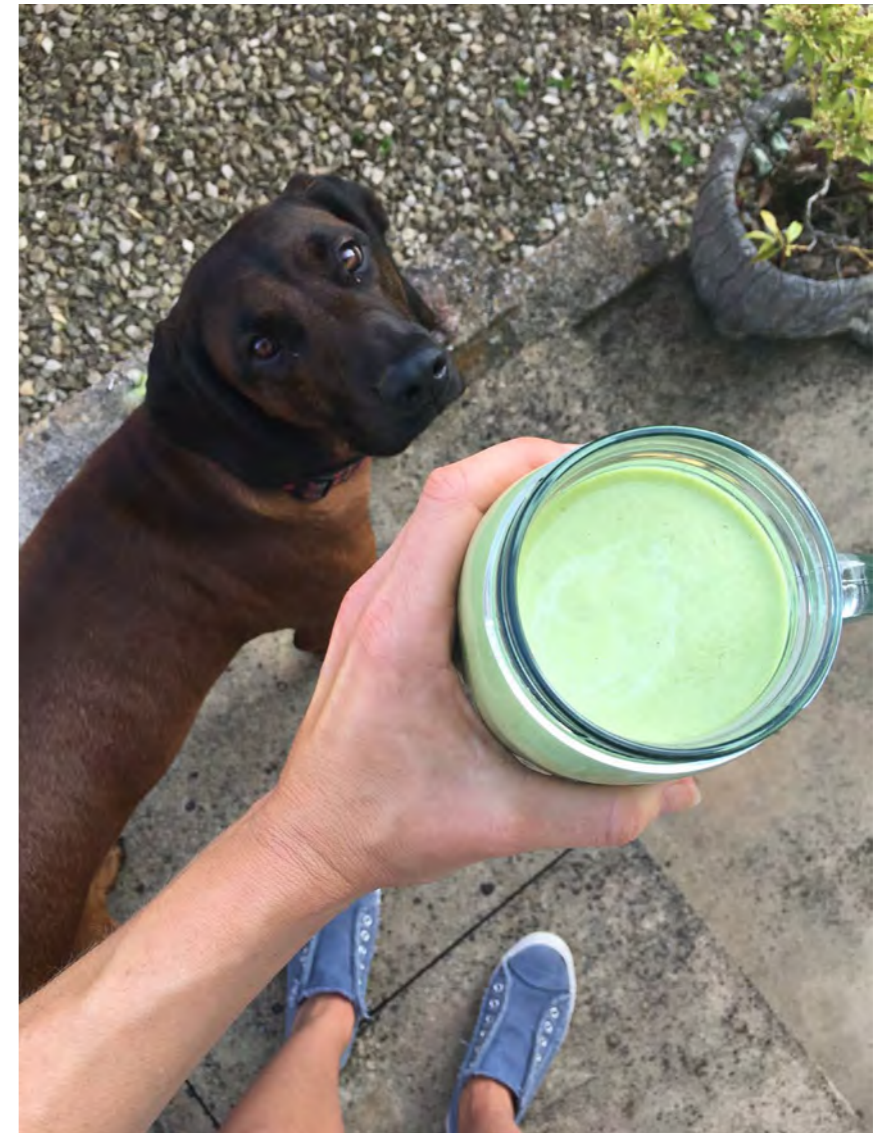
POWER SMOOTHIE

INGREDIENTS

- 20–25g vanilla protein powder
- Juice of 1/2 a lemon
- Handful kale
- Handful watercress
- 1 kiwi, peeled
- Handful of mixed berries
- Water as desired

METHOD

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



SWEET POTATO TOAST

PREPARATION TIME: 5 minutes

COOKING TIME: 30–35 minutes

SERVES: Makes 6–8 slices

INGREDIENTS

2 large sweet potatoes
1 tbsp. olive oil for cooking
Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice a sweet potato lengthways into slices around 1 cm thick. Sprinkle some salt and pepper and place on a baking tray. Drizzle with olive oil and allow to cook for 30–35 minutes.

Once the sweet potato slices are cooked to your liking, remove from the oven and top with any of the following:

- Boiled, fried or poached eggs
- Mashed avocado
- Tuna
- Smoked salmon
- Parma ham and boiled eggs
- Bacon, mushrooms and cherry tomatoes
- BOSH Beans



TURKEY BREAKFAST WRAPS

PREPARATION TIME: 5 minutes

SERVES: 2-3

INGREDIENTS

2-4 cooked turkey slices

Plus a filling of your choice

Fillings

Choose an additional protein (optional)

2 heaped tsp. almond or cashew butter

2-4 slices smoked salmon

1-3 boiled egg, sliced

1-2 tbsp. hummus

Vegetables

Lettuce

Watercress

Sliced tomatoes

Sliced peppers

Olives, chopped

½ avocado, mashed

METHOD

Add your chosen filling to the centre of the turkey slice, wrap and enjoy.



VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

- 1 tbsp. olive oil
- 1 tomato, chopped
- 2 spring onions, chopped
- ½ red pepper, chopped
- 1 handful spinach or rocket
- 3–4 eggs
- Salt and pepper

METHOD

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.

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.

Season with a little salt and pepper and serve.

Tip:
You can finish cooking the omlette under the grill if desired.



Optional extras

Fresh chives finely chopped, handful of mushrooms, handful of shredded kale, any leftover cooked vegetables



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FITTER 365 | LUNCH & LIGHT BITES
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CHILLI TUNA AND SUN-DRIED TOMATO JACKET



PREPARATION TIME: 5 minutes

COOKING TIME: 10–12 minutes

SERVES: 2

INGREDIENTS

2 sweet potatoes

2 x 160g tins of tuna

4–6 tbsp. Greek yogurt

Juice of 1 lemon

6–8 sun dried tomatoes, chopped

1 tsp chilli flakes

4 fresh basil leaves, roughly chopped

Salt and pepper

METHOD

Cook the potatoes in the microwave for 10–12 minutes.

Whilst the potatoes cook place the remaining ingredients in a bowl and mix together thoroughly.

Taste and add a little more of any ingredients if desired.

Once cooked, cut the potatoes in half and fill each one with the tuna mixture.



CITRUS PRAWN SALAD

PREPARATION TIME: 15 minutes

SERVES: 2



Serving suggestion...
Serve with mixed salad leaves

INGREDIENTS

200g cooked prawns
½ red pepper, chopped
2 carrots, finely chopped
2 spring onions, chopped
1 avocado, sliced
10 cherry tomatoes, halved
¼ cucumber, chopped
Handful fresh coriander,
chopped (optional)
Mixed leaves to serve

Vinaigrette Dressing

1 tbsp. olive oil
1 tbsp. apple cider vinegar
½ tsp. salt
Juice of 1 lemon

METHOD

Combine the prawns and vegetables in a mixing bowl.

Mix the vinaigrette dressing and pour over the prawn and vegetable mix until thoroughly coated.

Serve with a mixed salad or in a lettuce bowl.

GOAT'S CHEESE AND BEETROOT SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



INGREDIENTS

- 2 slices goats cheese
- 2 handfuls mixed leaves
- 5 walnuts
- 2 beetroots, sliced
- ½ avocado, sliced
- 1 tsp. mixed herbs
- Salt and pepper
- Balsamic vinegar to dress

METHOD

Preheat the grill or oven and place the slices of goat's cheese in an ovenproof dish.

Place the salad leaves in a bowl and top with walnuts, beetroot, avocado and mixed herbs.

Once the cheese is starting to melt and brown, remove from the heat. Place on top of the salad.

Season to taste and drizzle with balsamic vinegar.

HOW TO PIMP A SALAD

Green leafy vegetables are a rich source of vitamins and antioxidants. It helps to brighten up your bowl of garden with some tasty salad toppers following our guide below:

Choose a base

Where possible purchase organic and local; some of the most nutritious leaves include:

- Kale
- Chard
- Lamb's lettuce
- Mustard leaves
- Purslane
- Radicchio
- Red lettuce
- Rocket
- Romaine
- Spinach
- Watercress



HOW TO PIMP A SALAD



Choose a taste

- Sunflower or pumpkin seeds
- Walnuts
- Blanched hazelnuts
- Toasted cashews
- Seaweed sprinkles
- Avocado
- Sundried tomatoes
- Grated carrot
- Sliced beetroot
- Olives
- Celtic sea salt or Himalayan pink salt
- Freshly ground black pepper
- Jalapeños
- Fresh mint leaves
- Fresh coriander
- Fresh basil
- Strawberries
- Eggs: boiled, poached, fried
- Capers
- Bacon
- Parma ham
- Roasted cherry tomatoes
- Julienned courgettes
- Fresh peas
- Butternut squash
- Toasted pine nuts
- Dried mixed herbs
- Crushed chillies

Choose a dressing

- Freshly squeezed lemon or lime juice
- Apple cider vinegar
- Balsamic vinegar
- Extra virgin olive oil
- Avocado oil

JERKY TURKEY SCOTCH EGGS

PREPARATION TIME: 15 minutes

COOKING TIME: 25–30 minutes

SERVES: 10

INGREDIENTS

12 eggs (2 eggs for coating)
1kg turkey thigh mince
2 tsp. all spice
1 tbsp. honey
½ tsp. cayenne chilli
1 tsp. paprika

½ tsp. cumin
½ tsp. ground cloves
¼ tsp. cinnamon
Salt and pepper
100g oat bran (or ground almonds)

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place 10 of the eggs in 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.

Whilst the eggs are cooking, place the turkey in a large mixing bowl with the spices and honey.

Combine thoroughly using your hands and season with salt and pepper.

Peel the eggs.

Beat the remaining 2 eggs in a bowl and scatter the oat bran (or almonds) on a plate with a pinch of salt, ready to coat the eggs.

Shape the turkey mixture around each egg (be careful not to layer it too thick) then dip it in the beaten egg and roll in the oat bran mixture.

Place the scotch eggs on a baking tray and cook in the oven for around 25–30 minutes until golden and cooked through.



LETTUCE WRAPS

INGREDIENTS (You Choose)

- Chicken, spring onion, sweetcorn and watercress
- Salmon, avocado and tomatoes
- Feta, sliced peppers, olives and rocket
- Ham, boiled eggs and spinach
- Beef, sliced cucumber, sliced carrots and spring onion
- Salmon, cottage cheese and chives
- Chicken, bacon, avocado and rocket
- Tuna, boiled egg, spinach and mashed avocado
- Feta, beetroot and rocket

METHOD

Simply add your favourite combination to a large lettuce leaf, wrap it and munch!



NEW

PORK AND TURKEY PROTEIN BITES

PREPARATION TIME: 6 minutes
COOKING TIME: 20–25 minutes
MAKES: 16 bites

INGREDIENTS

6 pork sausages, skin removed
200g turkey mince
120g blueberries
100g walnuts, crushed
½ tsp, salt

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Mix all the ingredients thoroughly in a large bowl using your hands.

Line a baking tray with greaseproof paper. Take handfuls of the mixture and shape into 16 balls. Place on the prepared tray before placing in the oven to cook for 25–30 minutes.



Tip:
Many good quality sausages have seasoning added but feel free to add extra salt, pepper, herbs or garlic powder.

QUICK ITALIAN CHICKEN WITH BASIL AND AVOCADO DRESSING



PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2



INGREDIENTS

1 tbsp. olive oil
3 chicken breasts, chopped into pieces
1 tsp. garlic powder
1 tsp. onion powder
1 heaped tsp. mixed herbs

Basil and Avocado Dressing

½ avocado
1 egg yolk
Juice of ½ lime
½ tsp garlic powder (optional)
50ml almond milk
6–7 basil leaves
Salt to taste

METHOD

Heat the olive oil in a large saucepan on a medium heat, add the chicken pieces and sprinkle over the onion powder, garlic powder and mixed hers. Toss to coat the chicken and cook for 10–15 minutes until the chicken is cooked through.

Combine the dressing ingredients in a blender and blitz into a thick, creamy dressing.

SAVOURY SEED LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

SERVES: 4–6

INGREDIENTS

10 eggs	1 tsp. dried basil
40g ground flaxseed	1 tsp. rosemary
1 tsp. baking powder	2 medium carrots, grated
40g coconut flour	1 tbsp. pumpkin seeds
1 tbsp. dried onion flakes	1 tbsp. sesame seeds
1 tsp. garlic powder	Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a large loaf tin with baking paper.

In a food processor beat the eggs until fluffy (around 2 minutes).

Add the flaxseeds, coconut flour, baking powder, onion flakes, garlic, basil, rosemary and seasoning.

Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated carrot and seeds (keep some seeds aside for the topping).

Transfer the mixture into the prepared loaf tin and sprinkle with a few extra seeds.

Place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.



SWEET COCONUT PRAWNS

PREPARATION TIME: 8 minutes

COOKING TIME: 6 minutes

SERVES: 2

INGREDIENTS

Olive oil for cooking

180g raw prawns

2 cloves of garlic finely chopped

1 tbsp. desiccated coconut or coconut cream

2–3 tbsp. organic tomato purée

Salt

METHOD

Warm a little olive oil over a low heat.

Add the garlic and sauté for 2 minutes.

Once the garlic starts to brown add in the raw prawns.

As soon as they start to change colour add the tomato purée.

Add the coconut and continue stir frying for another 2–3 minutes.

Season to taste and serve.



Serving suggestion...
Serve with avocado salad



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5-A-DAY SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6–8

INGREDIENTS

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

METHOD

Warm the olive oil in a large saucepan on a medium heat and add the onion, garlic, spices and salt and stir-fry for 4–5 minutes.

Once the onions start to soften add the carrots, green vegetables, stock, tomato puree, coconut milk and stir through.

Bring to the boil and then simmer for about 25 minutes.

Once cooked use a hand blender to blitz into a soup and then add boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.



ALMOND BUTTER AND SWEET POTATO SOUP

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6–8

INGREDIENTS

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, peeled and chopped
- 200g sweet potato, finely chopped
- 390g chopped tomatoes
- 50g almond butter
- 250ml almond milk
- 250ml water
- 2 tsp. medium curry powder
- ½ -1 tsp. chilli
- ½ tsp. cumin
- 1 tsp. salt

METHOD

Heat a little olive oil in sauce pan over a medium heat, saute the onion for 7–8 minutes before adding the garlic and sautéing for another 3–4 minutes.

Add the sweet potato, chopped tomatoes, almond butter, almond milk, curry powder, cumin and chilli. Top with water, bring to the boil and turn down to simmer for 30–40 minutes until the potato has softened. Add more water if needed whilst the soup is cooking.

Once cooked through allow to cool a little before blitzing with a hand blender.



CHILLI CHICKEN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

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
650ml chicken stock
400g can chopped tomatoes
1 heaped tsp. smoked paprika
Salt and pepper

METHOD

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.

Once the vegetables start to soften, add the chicken stock, chopped tomatoes and smoked paprika and stir through.

Bring to the boil and then simmer for about 10 minutes.

Once cooked, use a hand blender to purée thoroughly.

Serving suggestion...
Serve with cooked poultry, fish or prawns



MAXISTRONE SOUP

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 4-5



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 onion, diced
- 3 stalks celery, sliced
- 4 carrots, diced
- 1 red pepper, chopped
- 1 courgette, diced
- 1 tsp. salt
- ½ tsp. pepper
- 1 heaped tsp. mixed herbs
- 390g Italian chopped tomatoes
- 450ml beef stock (or substitute chicken or vegetable stock)

METHOD

Heat the olive oil in a saucepan.

Add the garlic, onions, celery, carrots, red pepper and sauté until the vegetables start to soften, around 10 minutes.

Pour over the chopped tomatoes and stock; add the herbs, salt and black pepper.

Finally stir in the chopped courgette.

Bring to the boil and then turn down to simmer for 20 minutes.



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BAKED BEAN STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

1 tbsp. olive oil
2 leeks, chopped
1 onion, chopped
3 cloves garlic chopped
2 tsp. sweet paprika
Salt to taste (½ -1 tsp.)
800g butternut squash, chopped
350g passata
500ml chicken or vegetable stock
1 tbsp. tamari sauce
Dash of Worcestershire sauce
400g tinned cannellini beans, rinsed
150g spinach

METHOD

Warm the olive oil in a large saucepan. Add the leeks, onion and garlic and stir-fry for 5 minutes. Add the salt and paprika and stir again.

Add the remaining ingredients except the spinach and stir. Bring to the boil and then turn down to simmer on a low heat for 40 minutes.

Just before serving stir in the spinach and allow to wilt.

This is great served with pan-fried fish, sausages or on it's own.



BEEF BULGOGI

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 2-4



Serving suggestion...

Serve with rice or cauliflower rice and courgettes

INGREDIENTS

3 cloves garlic, finely chopped

1 large onion, finely chopped

1 carrot, diced

500g beef or lamb mince

2 tbsp. xylitol or honey

3 tbsp. tamari

1 tbsp. sesame oil

1 tsp. crushed red pepper flakes

½ tsp. ground ginger

Half a savoy cabbage, shredded

METHOD

Heat the sesame oil in a pan, add the garlic and fry for one minute. Add the onion and carrot and cook until soft.

Set the vegetables to one side.

Fry the mince until brown and drain off any excess fat.

Add the vegetables back into the pan.

In a bowl, mix 2-3 tablespoons of boiling water with the xylitol or honey and stir until it dissolves. Add the tamari, sesame oil, pepper flakes and ginger and mix. Add to the meat and vegetables in the pan and simmer for 5 minutes.

Meanwhile, steam the cabbage.

Season the beef to taste and serve with the steamed cabbage.

BEEF FIVE-A-DAY STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 3-4

INGREDIENTS

- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped
- 3 cm piece ginger, peeled and chopped
- ½-1 red chilli
- 500g sirloin steak, cut into strips
- 1 red pepper
- 1 green pepper
- 100g mange tout
- 2 carrots, julienned (keep the middles and chop thinly to go into the stir-fry)
- 3 courgettes, julienned (keep the middles and chop thinly to go into the stir fry)
- 3 tbsp. tomato purée
- 3 tbsp. honey or xylitol
- 2 tbsp. tamari

METHOD

Heat the olive oil in a large pan or wok over a medium heat, then add the garlic, ginger and chilli, and stir-fry before adding the steak strips.

Cook for 3-4 minutes, stirring occasionally.

Add the peppers, mange tout and the middle of the carrots/courgettes (sliced), and stir fry for 4 minutes or until the vegetables start to soften.

Mix the tomato purée, honey and tamari together in a bowl and pour over the meat and vegetables.

Stir-fry a little before adding the julienned courgette and carrots.

Mix all the ingredients together and cook until the carrots have softened slightly.



Serving suggestion...
Serve with steamed squash

BURKEY BURGERS

NEW

PREPARATION TIME: 5 minutes

COOKING TIME: 10–12 minutes

MAKES: 4 patties

INGREDIENTS

300g beef mince
200g turkey mince
½ tsp cayenne chilli
1 tsp smoked paprika
1 tsp. garlic powder
1 tsp, onion powder
Salt and pepper
1–2 tbsp olive oil

METHOD

Place all the ingredients except for the olive oil together in a bowl and mix together thoroughly using your hands, shape into 4 burger patties.

Heat the olive oil in a pan on a medium to high heat and place the patties in to cook for 5–6 minutes on each side or to your liking.



CHICKEN AND SPINACH CURRY

PREPARATION TIME: 8 minutes

COOKING TIME: 35 minutes

SERVES: 4

INGREDIENTS

300g spinach	½–1 green chilli, deseeded and chopped
2 tsp. garam masala	2 tbsp. coconut oil
1 tsp. salt	600g skinless and boneless chicken thighs, cut into cubes or strips
2 onions, roughly chopped	100 ml coconut milk or 100g yogurt
3 tomatoes, quartered	
3cm piece of ginger, peeled and roughly chopped	
5 garlic cloves, peeled and roughly chopped	

METHOD

Wilt the spinach in a saucepan or steamer for about two minutes. Strain off the excess water (reserve some of 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.

Add the garam masala, onions, tomatoes, ginger, garlic, chilli, salt and a little water to the same food processor and blend until smooth.

Heat the coconut oil in a pan on a medium heat and add the blended garam masala mixture.

Simmer for about 15 minutes, stirring occasionally.

Add the chicken, spinach and coconut milk or yogurt, stir through thoroughly before cooking for another 15 minutes until the chicken is cooked through, stir occasionally.

Serve with some cauliflower rice or white rice, top with some fresh coriander, a drizzle more coconut milk or yogurt, and enjoy.



CITRUS SALMON WITH PEA AND AVOCADO MASH

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 4

INGREDIENTS

For the Mash

250g new potatoes, halved

250g frozen peas

1 ripe avocado

Salt and pepper to taste

For the Salmon

1 tbsp. olive oil

Juice of 1 lemon

2 cloves garlic, finely chopped

Salt and pepper to taste

4 salmon fillets

METHOD

Boil or steam the new potatoes and peas for about 8–10 minutes until soft.

While the potatoes are cooking, heat the olive oil in a pan over a medium heat and add the lemon juice, garlic, salt and pepper.

Cook for about 30 seconds before adding the salmon fillets.

Cook the salmon for around 3–4 minutes on each side.

When the potatoes and peas are cooked, drain and place in a bowl. Add the avocado, butter, salt and pepper and mash until smooth.

Serve the salmon with the mash and pour over the leftover cooking juices from the salmon.



Serving suggestion...
Serve with steamed broccoli and leeks

DELISH RED LENTIL DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 4–6

INGREDIENTS

- | | |
|---|--------------------------------------|
| 3 tbsp. olive oil | 1 tsp. garam masala |
| 1 onion, peeled and chopped | 1 tsp. coriander |
| 3 cloves garlic, peeled and finely chopped | 1 tsp. cinnamon |
| 1 dice sized piece of fresh ginger, peeled and finely chopped | Salt and pepper |
| 1 tsp. mustard powder | 400g tin chopped tomatoes |
| 1 tsp. turmeric | 500ml vegetable or chicken stock |
| 1 tsp. chilli powder | 400ml water |
| 1 tsp. cumin | 300g red lentils, rinsed and drained |
| | Juice of 1 lemon |
| | 2 large handfuls spinach |

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the onion, garlic, ginger and cooking for a few minutes until the onions begin to soften.

Add all the spices and seasoning, stir and cook for a few more minutes. Add a little water if needed.

Add the chopped tomatoes, stock, water, lentils and lemon juice, stir before bringing to the boil and simmering for 25–30 minutes stirring occasionally.

Add a little more water or stock if needed.

Finally add the spinach, allow to wilt before stirring into the dahl and serve.



EVERYDAY CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 2

INGREDIENTS

- 1 tsp. olive oil for cooking
- 2 chicken breasts/4 thighs or legs, chopped
- 1 large onion, chopped
- 1 inch piece of fresh ginger, peeled and grated
- 2 cloves garlic, crushed or finely chopped
- 390g carton of tomatoes
- 1 tbsp. medium curry powder
- ½ teaspoon of cumin
- 1 tbsp. ground coriander
- ½ tsp. turmeric
- ½ tsp. black pepper
- ½ tsp. salt

METHOD

Add the oil to a saucepan and sauté the chicken for 5 minutes.

Add all the spices, the ginger, tomatoes, garlic, salt and chopped onion until the chicken is covered (add extra water if needed).

Bring to the boil and simmer for around 20–30 minutes or until the chicken is cooked and tender.



Tip:
Boost the nutritional content by adding your favourite vegetables e.g. red pepper, carrots, green beans, or throw in some spinach to wilt down just before serving.

FAJITA CHICKEN WITH BLACK BEAN MASH



PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 3



INGREDIENTS

3 chicken breasts	1 tsp. salt
1 tsp. olive oil	50 ml almond milk
1 tbsp fajita spice blend	
2 x 230g cartons black beans in water (drained weight)	To Serve
1 tsp. garlic powder	Mixed salad
1 tsp. onion powder	½ avocado

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Place the chicken breasts on a baking tray, drizzle each one with a little olive oil and sprinkle the fajita spice on top.

Place in the oven to cook for 15–20 minutes until cooked through.

Place the black beans, almond milk, garlic and onion powder in a pan, stir to combine and cook for 5 minutes. Mash in the pan and add a little more milk, salt or garlic if desired.

Once the chicken is cooked serve with the black bean mash and an avocado salad.

FAST AND FURIOUS CHICKEN PAELLA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

- 2 tbsp. olive oil
- 3 chicken breasts, chopped into chunks
- 2 cloves garlic, peeled and finely chopped
- 1 onion, peeled and chopped
- 2 leeks, finely sliced
- 150g mushrooms, sliced
- 250g frozen peas
- Salt and freshly ground black pepper
- 1 tsp. smoked paprika
- ½ tsp cayenne chilli powder
- 1 tsp. dried thyme
- 400g tin cherry tomatoes (or chopped tomatoes)
- 250g quick cook microwave rice
- Lemon wedges and fresh parsley to serve

METHOD

Warm half the olive oil in a large frying pan on a medium heat and add the chicken. Stir fry for around 5 minutes until golden and cooked through. Remove from the pan and set aside.

Heat the remaining olive oil in the frying pan on a medium heat and add the garlic, onion, leeks and mushrooms. Cook for a few minutes until the onion begins to soften and then add the peas. Cook for a further 2–3 minutes, stirring occasionally.

Add the salt, pepper, smoked paprika, chilli, thyme and stir to combine before adding the tomatoes.

Finally add the rice and stir through. Simmer for 2–3 minutes before adding the cooked chicken, stir to combine and warm through for a couple of minutes.

Serve topped with fresh parsley and lemon wedges.



GINGER INFUSED SEAFOOD VEGETABLE RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 5–10 minutes

SERVES: 2–4

INGREDIENTS

1 tbsp. olive oil

Large piece of root ginger, peeled and finely chopped/grated

2 cloves garlic, peeled and finely chopped

1 red onion, peeled and chopped

2 carrots, grated

1 courgette, grated

Juice of 1 lime

2–3 tbsp. tamari

Cup of frozen peas, defrosted (leave for a few minutes in boiling water)

250g quick cook (microwave) brown basmati rice

150g cooked prawns

Salt and pepper to taste

Toasted sesame seeds

METHOD

Heat the olive oil in a pan on a medium heat before adding the ginger, garlic and onions and stir fry for 1–2 minutes

Add the grated carrot and stir, cook for another 1–2 minutes

Add the grated courgette and stir through again before adding the lime juice, tamari and stirring again

Add the peas, rice and combine everything together. Cook for a further 2–3 minutes stirring occasionally.

Finally add the prawns, stir and cook long enough to warm them through. Top with toasted sesame seeds and serve.



Tip:
Add any cooked seafood including mussels, scallops or cooked fish.

LAMB KEFTE BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 5–6



INGREDIENTS

500g lamb mince
1 large onion, finely chopped
Handful fresh parsley, chopped
1 heaped tsp turmeric
½ tsp. ground cinnamon
2 tsp. ground cumin
50g pine nuts, toasted
Large handful currants or sultanas
½–1 tsp. salt

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the lamb mince in a large bowl, add the remaining ingredients and combine thoroughly using your hands.

Shape into burger patties and place on a baking tray in the oven for 25–30 minutes or until the lamb is cooked through.

LEMON MACKEREL ON MOROCCAN MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4

INGREDIENTS

4 mackerel fillets

Juice of 1 lemon

2 tsp. cumin

Freshly ground black pepper

1 head cauliflower, cut into small florets

2 tsp. olive oil

1 small garlic clove, finely chopped

1 teaspoon of ras el hanout spice blend

Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the mackerel fillets in an oven dish and top each one with a squeeze of lemon juice, a sprinkle of cumin and black pepper.

Place the mackerel in the oven and bake for around 20 minutes.

Whilst the mackerel is cooking, steam or boil the cauliflower until soft.

Mash with the olive oil, garlic and ras el hanout.

Place the mash in the oven to keep warm until the mackerel is cooked and serve.



PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

3 tbsp. olive oil	500ml fish or vegetable stock
1 red onion, peeled and sliced	2 skinless basa fillets chopped into chunks (substitute any white fish)
3 garlic cloves, peeled and finely chopped	500g large raw prawns
1–2 tsp. chilli flakes	1 lemon
2 tbsp. tomato puree	
1kg tomatoes roughly chopped (any tomatoes)	To Serve
2–3 tbsp. mixed herbs	Handful of fresh parsley
2 tsp. paprika	

METHOD

Heat the olive oil in a stew pan on a medium heat, add the onion and garlic and cook for a couple of minutes, stirring occasionally, before adding the chilli flakes, some salt and pepper and cooking for a few minutes further until the onions start to soften.

Add the tomato puree, tomatoes, mixed herbs, paprika and a bit more seasoning and cook for about 10 minutes until the tomatoes soften nicely stirring occasionally.

Add the stock, stir through and bring to a simmer for 10 minutes.

Gently place the fish chunks into the liquid and allow to cook for 5 minutes. Add the prawns and cook for a further 5 minutes or until the fish is cooked through.

Squeeze over the lemon juice, sprinkle parsley over the top and serve with either rice or potatoes and vegetables of your choice.

MEDITERRANEAN FISH STEW



MEXICAN TURKEY BURGERS

PREPARATION TIME: 15 minutes

COOKING TIME: 20–25 minutes

SERVES: 6–8

INGREDIENTS

750g turkey thigh mince

Zest and juice of 1 lime

2 cloves garlic or 2 tsp garlic powder

1 small red pepper, deseeded and finely chopped

100g tomato puree

1 tsp. ground cumin

Handful fresh coriander, finely chopped

1 tsp. smoked paprika

1 tsp. dried oregano or mixed herbs

70g sweetcorn

½ red onion, finely chopped

3 tbsp. jalapenos, finely chopped

Salt and freshly ground black pepper, to taste

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the turkey mince in a large bowl, add the remaining ingredients and combine thoroughly using your hands.

Shape into burger patties and place on a baking tray in the oven for 20-25 minutes or until cooked through.



MUSTARD CRUSTED SALMON AND PAN-FRIED VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4



Serving suggestion...

Serve with balsamic potatoes

INGREDIENTS

4 salmon fillets	2 courgettes, chopped
4 tbsp. wholegrain mustard	1 red pepper, sliced
Juice of 1 lemon	1 large head of broccoli, chopped into florets
1 tbsp. olive oil	Large handful of cherry tomatoes
2 cloves garlic, chopped	Salt and pepper to taste
1 onion, peeled and chopped	

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

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.

Place in the oven to bake for around 20 minutes.

When the salmon is halfway through cooking, start to pan-fry the vegetables.

Warm the olive oil in a pan and sauté the onions and garlic for 2–4 minutes until the onion softens.

Add the courgettes, peppers, broccoli and tomatoes and stir-fry for 4–5 minutes.

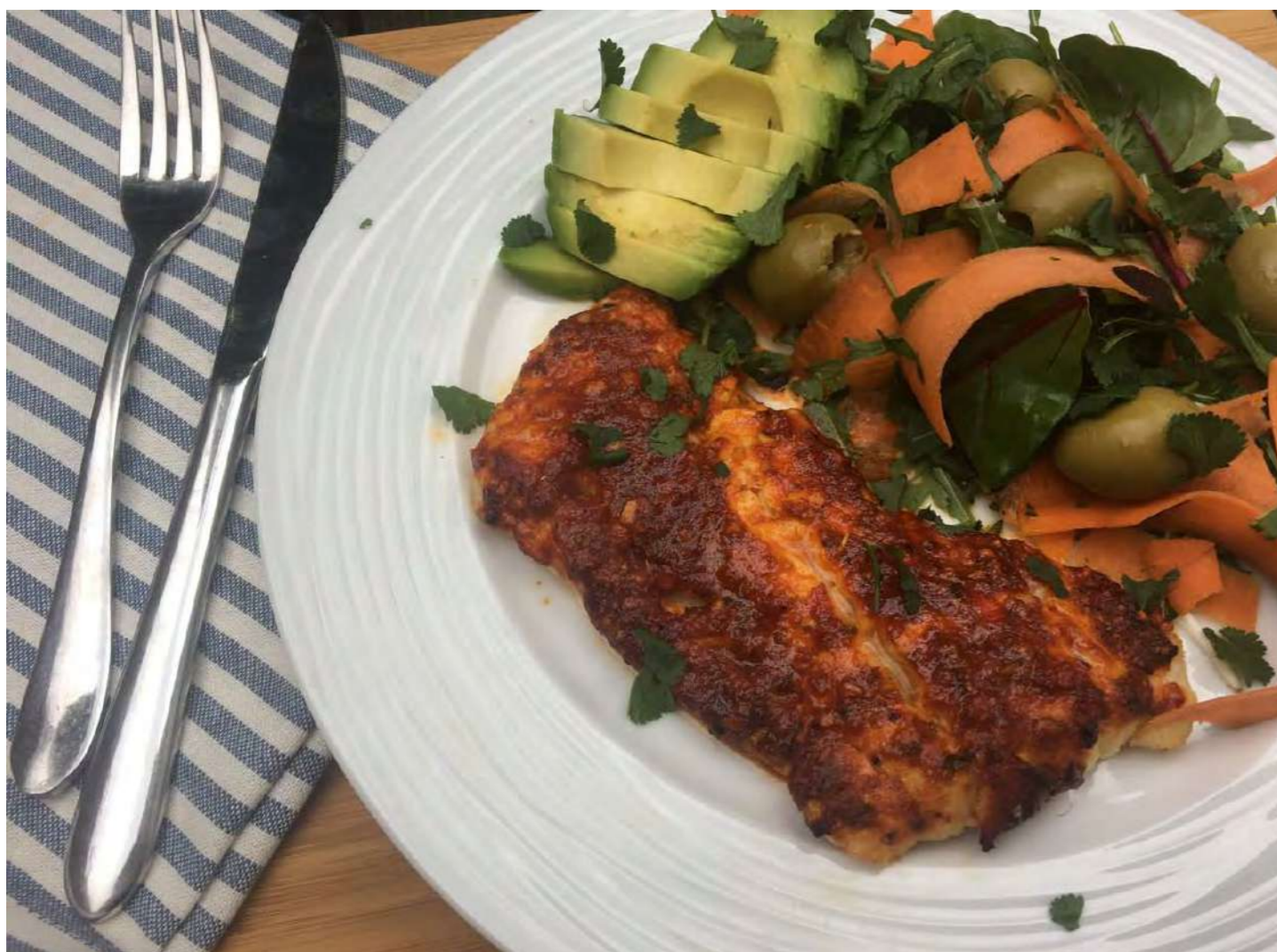
Season with salt and pepper and serve with salmon once cooked.

PIRI PIRI BAKED COD

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 2



INGREDIENTS

- 2 cod fillets
- 2 cloves garlic peeled and finely chopped
- 1 red chilli, deseeded and chopped
- 1 tsp. oregano
- 2 tsp. smoked paprika
- Juice and zest of ½ lemon
- Salt and freshly ground black pepper
- 2 tsp. balsamic vinegar
- 1 tbsp. olive oil

METHOD

Pre heat the oven to 200°C/390°F/gas mark 6.

Place some baking paper on a baking tray and put the cod fillets on top (**TIP: Remove any excess water from the fillets with kitchen paper before placing on the baking tray**).

Blitz the remaining ingredients in a food processor until fine but not completely liquid.

Spoon the mixture over the top of the cod fillets and place in the oven to cook for 15–20 minutes.

Serve with salad and rice.

ROCKIN ROOT VEG AND TURKEY STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 50 minutes

SERVES: 6



INGREDIENTS

- 2 tbsp. olive oil
- 2 garlic cloves, peeled and finely chopped
- 4 spring onions, chopped
- 2 parsnips, sliced
- 2 carrots, sliced
- 2 small sweet potatoes, peeled and chopped
- 2 stalks celery, chopped
- 2 tbsp. mixed herbs
- 500ml beef or chicken stock (add more for desired consistency)
- 4 skinless turkey breasts, cut into chunks
- Small cup of frozen peas
- Salt and freshly ground black pepper
- Fresh coriander to serve

METHOD

Heat the oil in a large casserole dish or stew pot.

Sauté the garlic and spring onions for a few minutes before adding the parsnips, carrots, potatoes and celery. Continue to cook until the vegetables start to soften before adding the seasoning and mixed herbs. Stir to combine and cook for 10 minutes.

Finally add the stock and the turkey. Bring to a boil, reduce the heat and simmer for about 30 minutes or until all the vegetables are cooked through.

Stir in the frozen peas around 5 minutes before serving.

Top with fresh coriander and serve.

PREPARATION TIME: 10 minutes

COOKING TIME: 8–10 minutes

SERVES: 8

INGREDIENTS

- 2 tins (213g) wild caught salmon, drained (include skin and bones)
- 400g new potatoes cooked and mashed
- 2 eggs, beaten
- 1 tsp. paprika
- 1 tsp. dried oregano
- 1 red pepper, chopped
- 2 heaped tbsp. ground flaxseed or gluten free flour e.g. rice or tapioca flour
- 1 tsp. salt
- Olive oil for cooking

METHOD

Combine all the ingredients in a bowl and carefully shape into fish cake patties, add a little more flaxseed or flour if you struggle to bind and shape the mixture.

Warm a little olive oil in a non stick pan over a moderate heat.

Gently place the fish cakes in the pan and cook on both sides until golden brown.

The patties are delicate so handle carefully when flipping with a spatula.

SALMON AND RED PEPPER FISHCAKES



Serving suggestion...
Serve with beetroot ratatouille and salad

SIMPLY AWESOME FISH CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil

Diced size piece of ginger, peeled and finely chopped

2-3 cloves garlic, peeled and finely chopped

1 large onion, peeled and sliced

4 carrots, finely chopped

1 red chilli, finely sliced

1 green chilli, finely sliced

½ tsp. cayenne chilli (optional)

1 tsp. garam masala

1 tsp. ground cumin

1 tsp. ground coriander

1 tsp. turmeric

390g tin chopped tomatoes

400ml light coconut milk

4 hake fillets cut into chunks

To Serve

Handful fresh coriander

METHOD

Heat the olive oil in a large saucepan on a medium heat and add the ginger, garlic, onion, carrots, chilli's and stir. Cook for a few minutes until the onions begin to soften.

Add the cayenne, garam masala, cumin, coriander, turmeric and stir though coating all the ingredients with the spices. Cook for a minute before adding the tomatoes, coconut milk and stirring through. Bring to the boil, cover and reduce the heat to simmer for 30 minutes or until carrots are cooked through, stirring occasionally.

In the final 5 minutes add the hake fillets and lightly stir careful not to break up the fillets, simmer until the fish is cooked through.

Served topped with fresh coriander and rice.



SMOKEY SALMON 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

METHOD

Place the salmon fillets in a blender and pulse into chunks, but don't allow it to form a paste.

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 keeps them in tact while cooking.

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.

These are great served with sliced avocado, rocket and cooked tomatoes.



SPICY BEEF AND POTATO CAKES

PREPARATION TIME: 35 minutes (including cooking and cooling of potatoes)

COOKING TIME: 15 minutes

MAKES: 10–12 patties



INGREDIENTS

400g potatoes, peeled and quartered
500g beef mince
1 large onion, peeled and finely chopped
2–3 cloves garlic, peeled and finely chopped
½–1 medium spiced chilli deseeded and finely chopped
1 tsp. turmeric
2 tsp. cumin
Handful fresh coriander, finely chopped
Salt and freshly ground black pepper
2 eggs
2 tbsp olive oil for frying

METHOD

Place the peeled and quartered potatoes in a steamer and steam for 15–20 minutes or until cooked through, drain then transfer to a plate to cool.

Place the remaining ingredients except for the olive oil into a large bowl and once the potatoes have cooled add these too. Use your hands to mix the ingredients together thoroughly. Squeeze the mixture to remove any lumps of potato and shape into patties. Place on a plate ready to be cooked.

Heat a little olive oil in a large pan on a medium heat (you may need to use two trying pans to cook them all at once) place each patties in the pan and cook for about 7–8 minutes on each side until nicely browned.

Enjoy with a salad, rice and vegetables.

SUNDRIED TOMATO STUFFED CHICKEN BREAST

PREPARATION TIME: 5 minutes

COOKING TIME: 25 minutes

SERVES: 2

INGREDIENTS

2 large boneless chicken breasts

6 slices Parma ham

4 sundried tomatoes in olive oil

6 green olives, sliced

Bunch of fresh basil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice the raw chicken breasts in half and place 2 sundried tomatoes, 3 sliced olives and 3–4 torn basil leaves in each breast.

Wrap each breast with 3 slices of Parma ham to seal the filling in place.

Place on a baking tray and bake in the oven for 25 minutes.

Serve with a fresh spinach salad and grilled tomatoes.



Serving suggestion...
Serve with supermash and steamed broccoli or salad

TAMARI PORK WITH CUCUMBER AVOCADO RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

INGREDIENTS

450g diced pork

1 tbsp. tamari

1 tbsp. apple cider vinegar

Juice of 1 lime

Zest of ½ lime

½ –1 tsp. chilli flakes

½ tsp. smoked paprika

1 tsp. honey

1 tsp. garlic powder

1 tsp. onion granules

2 spring onions

1 tbsp. of olive or sesame oil for cooking

For the Rice

250g cooked rice (it can be served warm or as a cold salad)

Half cucumber, cubed

Handful fresh mint, finely chopped

1 small avocado, peeled and chopped

Juice of half a lemon

METHOD

In a small bowl combine the tamari, vinegar, lime zest and juice, chilli flakes, smoked paprika, honey, garlic and onion. Pour the marinade over the pork and toss to coat the pieces of meat.

Warm the oil in a frying pan and add the spring onions, sauté for a couple of minutes before adding the pork and marinade.

Stir-fry for 5–10 minutes or until the pork has cooked through.

Whilst the pork is cooking prepare the rice by adding the avocado, mint, cucumber, lemon juice and a generous serving of fresh mint.

Once the pork is cooked serve with the avocado rice and a side salad.



TROUT AND ASPARAGUS QUICHE

NEW

PREPARATION TIME: 15 minutes

COOKING TIME: 45–50 minutes

SERVES: 3–4

INGREDIENTS

6 eggs whites (3 egg yolks)
1 tsp mixed herbs
1 tbsp fresh chives, chopped
2 fillets cooked trout
100g asparagus, chopped
2 tbsp. nutritional yeast
150ml almond milk
Salt and pepper

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Line a baking tin with greaseproof paper (or grease with oil or butter) and set aside.

Cook the asparagus (microwave, pan fry or steam).

Flake the cooked trout into the prepared tin and add the chopped asparagus.

In a food processor beat the eggs, almond milk, mixed herbs and nutritional yeast. Season and stir in the chives before pouring over the trout and asparagus.

Place in the oven to cook for 45–50 minutes until golden on top and cooked through.

Remove from the oven and allow to cool before slicing and serving.



TURKEY SAUSAGE TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 50–55 minutes

SERVES: 4



INGREDIENTS

2 tbsp. olive oil
450g new potatoes, halved
2 fennel bulbs, sliced into wedges
1 red pepper, deseeded and cut into large chunks
1 orange pepper, deseeded and cut into large chunks
1 small red onion, peeled and sliced
3 cloves garlic peeled and finely chopped
1 heaped tbsp. wholegrain mustard
1 tsp. thyme
Salt and freshly ground black pepper
8 turkey sausages
Handful of fresh parsley, roughly chopped

METHOD

Pre heat the oven to 200°C/390°F/gas mark 6.

Place the olive oil and the potatoes into a large baking tray, season and ensure the potatoes are fully coated in the olive oil. Place in the oven to cook for about 20 minutes.

Whilst they get a head start place the remaining ingredients except for the sausages and fresh parsley into a bowl and use your hands to combine all the ingredients together thoroughly.

Remove the potatoes from the oven and add your other ingredients and stir everything together and spread out evenly before placing the turkey sausages on the top. Return to the oven to cook for a further 30-35 minutes turning the sausages halfway.

Top with the fresh parsley, serve and enjoy.

TURMERIC AND LENTIL CHILLI

PREPARATION TIME: 20 minutes

COOKING TIME: 45–60 minutes

SERVES: 6



INGREDIENTS

2 tbsp olive oil	400g cooked lentils, rinsed
1 medium onion, diced	3 tbsp tomato puree
3-4 large garlic cloves, finely chopped	1 ½ tsp. ground turmeric
½ butternut squash peeled, deseeded and diced	1 ½ tsp ground cumin
3 stalks celery, finely sliced	½ tsp chili powder
500ml vegetable stock or water	¼ tsp cayenne pepper
390g chopped tomatoes	Salt and freshly ground pepper
200ml coconut milk	1 tbsp apple cider vinegar, or to taste
	200g spinach

METHOD

Warm the oil in a large casserole dish on a medium heat. Sauté the onion and garlic for 4–5 minutes, until the onion has softened.

Add the squash and celery and stir to combine. Continue sautéing for a few minutes longer.

Add the stock, chopped tomatoes, coconut milk, lentils, tomato puree, turmeric, cumin, chili powder, cayenne, salt and pepper. Stir well to combine.

Increase heat and bring to a boil. Reduce the heat to medium, stir and simmer uncovered for about 30 minutes, stirring occasionally, until the squash is tender. Reduce the heat if necessary.

Just before serving add the apple cider vinegar to taste. Adjust the seasoning if desired and stir in the spinach cook for another few minutes.

VEGETABLE BOLOGNESE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 30 minutes

SERVES: 4

INGREDIENTS

2 tbsp olive oil
2 carrots, diced
2 celery stalks, finely sliced
3 gloves garlic peeled and finely chopped
1 medium onion, peeled and sliced
1 red pepper, deseeded and chopped
410g tin of lentils rinsed and drained (drained weight 265g)
2 x 400g tins of chopped tomatoes
125ml red wine
2 tbsp. tomato puree
1 tbsp. Worcestershire sauce
2 tbsp. Italian style herb blend or mixed herbs
Salt and pepper

To serve (Optional)

400g green pea fusilli or courgetti
Parmesan shavings

METHOD

Heat the olive oil in a large saucepan on a medium heat. Add the carrots, celery, garlic, onion, red pepper, salt, pepper and cook for 10 minutes, stirring regularly until the vegetables softens.

Add the lentils, stir through and cook for a further 5 minutes, stirring occasionally.

Add the chopped tomatoes, red wine, tomato puree, Worcestershire sauce, herbs and season to taste. Stir through



before bringing to the boil, reduce to a gentle simmer, cover and cook for 1hr 15 minutes, stirring occasionally and add extra water if needed.

Just before the Bolognese is ready, prepare 400g green pea fusilli following the cooking instructions or pan fry some courgetti.

Serve topped with parmesan.



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BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp curry powder

2 tsp garlic powder

½ tsp cinnamon

3 tbsp olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the cauliflower on a baking tray and scatter over the onions.

In a bowl combine the lemon juice, olive oil, curry powder, garlic powder and cinnamon.

Pour the oil mixture over the onion and cauliflower and toss to coat the vegetables.

Place in the oven to cook for 25–30 minutes, toss one more time half-way through cooking.



BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

The Dressing

2 cloves garlic, peeled and finely chopped
or ½–1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

METHOD

Boil or steam the new potatoes and green beans until soft.

As the potatoes are cooking prepare the dressing by adding the ingredients to a blender or mixing in a cup.

Once the potatoes and beans are cooked add the onion and fresh basil and pour over the dressing.

Toss all the ingredients together and serve.



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

METHOD

Steam or boil the cauliflower and carrots until soft.

Place in a large bowl and add the olive oil, garlic and harissa spice.

Mash until the mixture has a smooth consistency.

Season to taste and serve.



CARROT AND CORIANDER SLAW

PREPARATION TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 tbsp. Greek yogurt
Juice of ½ a lemon
1 tsp. honey
2 large carrots, grated
2 spring onions, finely chopped
1 handful fresh coriander, roughly chopped
Salt and pepper

METHOD

Mix the yogurt, lemon juice and honey together thoroughly in a bowl.

Stir in the grated carrot, spring onion and fresh coriander and mix together thoroughly.

Season to taste and serve.



CAULIFLOWER STIR-FRY RICE

PREPARATION TIME: 4 minutes

COOKING TIME: 10 minutes

SERVES: 6

INGREDIENTS

1 tbsp. toasted sesame oil	3 tbsp. of tamari
1 red onion, peeled and diced	4–5 drops of fish sauce
5 spring onions, finely chopped	3 eggs, beaten
1 red pepper, diced	1 large cauliflower, grated into rice
1 green pepper, diced	Salt and pepper
2 cloves of garlic, finely chopped	
1 large carrot, peeled and diced	

METHOD

Warm the sesame oil in a wok or a large frying pan and add the onion, spring onions, peppers, garlic, carrots, fish sauce and tamari. Stir to coat in the oil and sauté the vegetables for around 4 minutes, stirring occasionally.

Add the beaten eggs to the pan and as it starts to set, add the grated cauliflower rice and stir to combine the ingredients. Cook until the cauliflower softens.

Season to taste 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 tbsp. olive oil
- 1 tbsp. of fresh rosemary, chopped, or mixed herbs
- 2 cloves garlic, peeled and chopped

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Scatter the chips across the tray and drizzle with olive oil.

Add the garlic and herbs and using your hands toss and mix the ingredients together.

Place in the oven. These usually take around 45 minutes to one hour.

Check after 30 minutes and stir/toss the chips again.

Once the vegetables are cooked to your liking, remove from the oven and leave to cool.

EASY FIVE-A-DAY VEGETABLE BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35–45 minutes

SERVES: 4–6



INGREDIENTS

750g passata
1–2 tsp. garlic powder
1 tsp. mixed herbs
1 tsp. oregano
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)
Handful cherry tomatoes
Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the passata in an oven dish and stir in the garlic powder, mixed herbs and oregano.

Add the vegetables and stir to coat in the sauce.

Place in the oven to cook for 35–45 minutes until the vegetables are soft.

GREAT GREEK SALAD

PREPARATION TIME: 10 minutes

SERVES: 4



INGREDIENTS

1 red onion, peeled and chopped
4 tomatoes, chopped
½ cucumber, 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 tbsp. olive oil
Juice of 1 lemon
Handful fresh basil leaves torn
100g feta, crumbled
Salt and pepper

METHOD

Place the onion, tomatoes, cucumber, peppers and olives into a bowl and combine well.

In a small bowl combine the olive oil, garlic, mixed herbs and lemon juice and season with salt and pepper.

Pour over the salad and top with the torn basil and crumbled feta.

ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

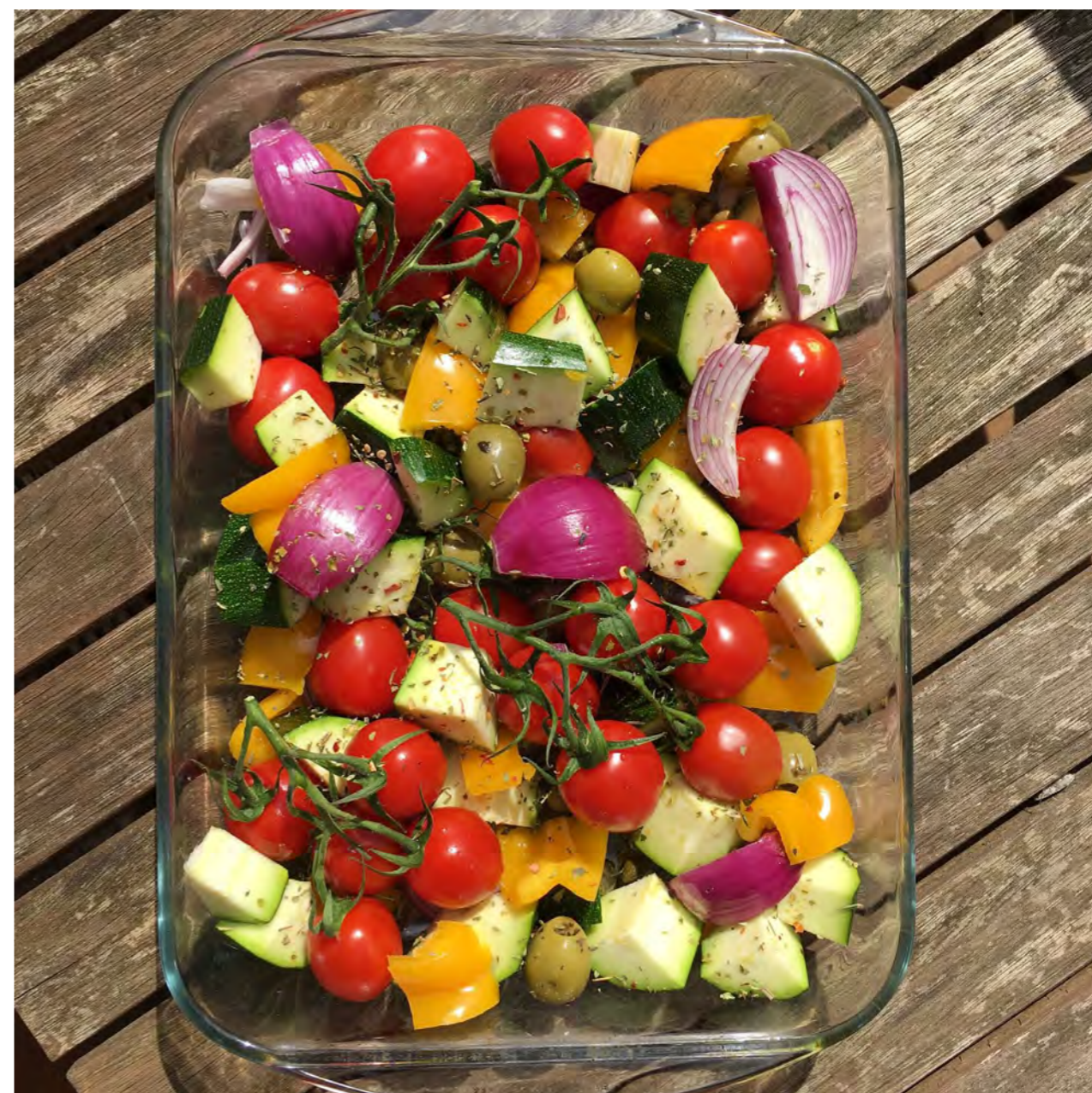
- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil.

Place in the oven to cook for 35–40 minutes until the vegetables are soft.



KALE AND SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 2



INGREDIENTS

2 sweet potatoes, peeled and chopped
Bunch of kale, chopped
Salt and pepper
1 tbsp. olive oil (optional)

METHOD

Place the chopped potato in a steamer or pan of simmering water and allow to cook for 10 minutes until soft.

Add the kale to cook for the remaining 3–4 minutes.

Once the potato and kale are cooked, drain and place the sweet potato in a large bowl.

Mash the potato with a fork or vegetable masher.

Mix in the chopped kale.

Season to taste, add a little olive oil if desired and serve.

LEMON BROCCOLI

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 3-4



INGREDIENTS

2 heads broccoli, separated into florets

1 tbsp. olive oil

50g cashews

2 cloves garlic, peeled and chopped

1 onion, peeled and chopped

4 tbsp. tamari

Juice of 1 lemon

Salt and pepper

METHOD

Steam or boil the broccoli until almost tender, around 5 minutes.

Warm the olive oil in a frying pan and add the broccoli, cashews, garlic and onion. Sauté for 5 minutes or until the vegetables and nuts start to brown.

Add the tamari, lemon juice, season with salt and pepper and cook on a low heat for a further 5 minutes to allow flavours to blend.

QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

1 tbsp. olive oil
1 onion, finely chopped
3 cloves garlic, peeled and chopped
2 courgettes, chopped
1 red pepper, chopped
3 stalks celery (optional)
800g chopped tomato
1 tbsp. mixed herbs
2–3 tbsp. olives (optional)
Salt and pepper

METHOD

Pan fry the onions, garlic and peppers in the olive oil. Add the courgettes, celery and peppers and stir-fry for 2–3 minutes.

Add the tomatoes, herbs, and olives and season.

Cook through for 10–15 minutes until the vegetables are soft.

Season to taste and serve.

SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 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

METHOD

Chop the courgettes into chunky wedges.

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.

Sprinkle the garlic powder, paprika and chilli flakes over the courgettes and onions.

Sauté until the courgettes begin to soften but still remain a little crunchy.

Season to taste with a little salt and serve.



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
300g broccoli florets
2 tsp. garlic powder
Large handful kale, chopped
2 inch cube of fresh ginger,
peeled and finely chopped

6 sundried tomatoes
1 tsp. mixed herbs
Salt and pepper

To Serve

Fresh parsley

METHOD

Cook the potatoes and leeks in a steamer or boil in a saucepan until soft.

In a separate pan, steam or boil the broccoli, kale and spinach for 5–7 minutes.

Once cooked drain the potatoes and vegetables and place in a bowl with the garlic, ginger, sundried tomatoes and herbs.

Season to taste with salt and pepper and mash everything together until it reaches the desired consistency.

Serve with fresh parsley.



SUPER QUICK SLAW

PREPARATION TIME*: 15 minutes

SERVES: 8–10

*Allow to marinade for 30–60 minutes if possible



INGREDIENTS

2 large carrots
1 white cabbage, thinly sliced
1 small onion, thinly sliced
4 tbsp. apple cider vinegar
3 tbsp. wholegrain mustard
2 tbsp olive oil
Juice of 1 lemon
2 tbsp olive oil
Salt and pepper

Optional Toppings

Fresh chives, chopped
Fresh dill, chopped
Pomegranate seeds

METHOD

Grate the carrots and place in a large bowl.

Add the sliced cabbage and onion and toss the ingredients together.

In a small bowl mix the vinegar, lemon juice, mustard, olive oil, salt, pepper and honey.

Pour the dressing over the vegetables and mix together thoroughly.

If possible allow to marinade for 30-60 minutes (optional) and serve.

VEGHETTI

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

INGREDIENTS

Vegetables of your choice: carrots,
courgettes or butternut squash

Olive oil for cooking



Tip

Get yourself a good julienne peeler; we use *Good Grips*

METHOD

Use the Julienne peeler to slice the vegetables into spaghetti-like strips or noodles.

These can either be cooked in a steamer or gently sautéed in a little oil in a frying pan until the vegetables have softened.



FITTER 365 | SAUCES

ALMOND PESTO

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

1 tbsp. almond butter
Juice of 1 lemon
1 tbsp. olive oil
2 cloves garlic roughly chopped
Small handful flat leaf parsley, roughly
chopped
Salt & pepper

METHOD

Place all the ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.



CARROT, APPLE AND GINGER DRESSING

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

25ml tamari sauce
25ml rice or apple cider vinegar
1 small apple, grated
1 small carrot, grated
Juice of 1 lime
Dice sized chunk ginger, grated
¼ tsp. onion powder

METHOD

Combine the dressing ingredients in a small bowl.



HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

2 avocados, peeled and mashed
½ red onion
1 tomato, finely chopped
½-1 tsp. garlic powder
Juice of 1 lime
1 handful fresh coriander, roughly chopped
½ tsp. cayenne chilli powder (optional)
Salt and pepper

METHOD

Place all the ingredients except the salt and pepper in a large bowl, combine all the ingredients together and season to taste.



HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

100g tomato purée
2 tbsp. balsamic vinegar
6 tbsp. water
Salt and pepper
1 tsp. xylitol or raw honey (optional)

METHOD

Place the tomato puree, vinegar and water in a bowl and combine together, season to taste, add honey or xylitol if desired.



HOMEMADE TARTAR SAUCE

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

3 heaped tbsp. Greek yogurt (you can also use sheep's or goat's yogurt)
1 heaped tbsp. capers, finely chopped
2 tbsp. cornichons, finely chopped
1 handful of fresh parsley, chopped
Salt and freshly ground black pepper

METHOD

Mix all the ingredients together in a bowl. Taste and add more seasoning if necessary.



HOMEMADE TZATZIKI

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

300g plain, natural yogurt
1 cucumber, grated and drained
2 cloves garlic, minced
2 tbsp fresh lemon juice
2 tbsp fresh dill, chopped
2 tbsp fresh mint, finely chopped
Salt and pepper to taste

METHOD

Place all the ingredients except the salt and pepper in a bowl, combine together and season to taste.





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CHOC N FRUIT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6–8

INGREDIENTS

150g full fat Greek yogurt

3 eggs

2 ripe bananas

100g porridge oats

½ tsp bicarbonate of soda

4 tbsp. sultanas

1 tsp cinnamon

80g dark choc, chopped (optional)

2 tsp. vanilla extract

Zest 1 orange

½ tsp sea salt

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Line a loaf tin with greaseproof paper and set aside.

In a food processor beat the eggs until frothy.

Add the bananas, yogurt and oats and blitz until smooth.

Transfer to a large bowl and stir in the remaining ingredients.

Transfer to the loaf tin and place in the oven to cook for 25–30 minutes, check the loaf is cooked by inserting a skewer into the middle and ensure it comes out clean.



DARK CHOCOLATE GINGER BITES

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4



INGREDIENTS

250g crystallised ginger
200g 85% dark chocolate
3 tbsp. cacao nibs
100g almond butter
80g collagen (optional)
2 tbsp. either xylitol, honey or molasses (optional)

METHOD

Place the crystallised ginger in a cup of boiling water to soften and remove the sugar.

Melt the chocolate in a heat proof bowl over a pan of simmering water, remove from the heat and allow to cool slightly.

Stir in the cacao nibs, almond butter, collagen and desired sweetener if using and combine thoroughly.

Drain the ginger and add to the chocolate mixture.

Line a small, square baking tray with a sheet of greaseproof paper and transfer the chocolate mixture, use a spoon to smooth flat.

Place in the freezer or refrigerator to set for 30–60 minutes, once the mixture has set cut into squares and store in an air tight container.

DOUBLE CHOCOLATE CHUNK COURGETTE BROWNIE

PREPARATION TIME: 15 minutes

COOKING TIME: 25–30 minutes

MAKES: 8–10

INGREDIENTS

200g 85% dark chocolate broken into small
150g nut butter or dairy butter
300g courgette, grated
½ teaspoon salt
3 eggs
2 tsp baking powder
100g xylitol, coconut palm sugar or unrefined cane sugar
1 tsp vanilla extract
100g ground almonds
40g chopped walnuts
60g dark chocolate, broken into chunks

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line an 8.5 inch square baking/roasting tin (at least 2 ¼ inch deep) with greaseproof paper.

Melt the chocolate and butter together in a glass bowl over a pan of simmering water.

In a processor or blender beat the eggs, baking powder, vanilla and sugar together.

Once the chocolate has melted allow to cool.

Place the grated courgette between two sheets of kitchen towel and squeeze to get rid of the excess moisture.



Add the courgette, ground almonds and egg mixture to the melted chocolate and combine thoroughly.

Pour the brownie batter in the prepared tin and bake for 25–30 minutes, check they are cooked by inserting a skewer or knife into the middle.

EASY CHEESECAKE MASH UP

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

170g Low fat Greek yogurt
Few drops vanilla extract
100g berries (or any fruit)
Zest and juice of 1 lemon
2 oatcakes, crushed into chunky pieces

METHOD

Place the yogurt in a bowl and stir in the vanilla extract.

Blitz the berries with the lemon juice and zest in a blender to make a fruit sauce, add a few tbsp. of water if needed.

Pour the berry mixture over the yogurt, add the oatcake pieces and stir to combine the ingredients. Serve immediately.

FITTER MINT CHOC CHIP ICE CREAM

PREPARATION TIME: 5 minutes

SERVES: 1-2

INGREDIENTS

2 frozen bananas

½ tsp pure peppermint extract,
or more as desired

2 squares dark chocolate, chopped
or 2 tbsp cacao nibs

¼ tsp spirulina (optional to colour)

1 tbsp cashew butter (optional)

Almond milk to taste

METHOD

Blend the bananas with the peppermint extract, spirulina and cashew butter (if adding). You can also add a little almond milk for a smoother ice cream. Start by adding a small amount, blend and repeat until the mixture reaches the desired texture. Be careful not to add too much or the ice cream will become too soft.

Stir in the dark chocolate chunks or cacao nibs.

Eat immediately or place in a container and freeze for a few hours for a firmer mixture that scoops easily.



MIGHTY MACADAMIAS IN SEA SALT BLANKETS

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5



INGREDIENTS

10 medjool dates

100g dark chocolate

¼ tsp. Sea salt

20 macadamias (Optional: lightly toasting the macadamias makes these extra tasty)

METHOD

Prepare a sheet of greaseproof paper on a plate.

Melt the chocolate over a pan of simmering water and stir in the sea salt.

Slice each date in the middle and place two macadamias inside.

Dip each date in the melted chocolate, coating half or the whole date. Place each one on the greaseproof paper and set aside in a cool place or in the fridge to set.

RICH CHOCOLATE PRUNE CAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 55–70 minutes

MAKES: 6–7



INGREDIENTS

- 150g dark chocolate (85% cocoa solids)
- 225g unsalted butter, diced
- 180g xylitol or cane sugar
- 4 eggs
- 200g ground almonds
- 1 tsp baking powder
- 250g stoned soft prunes, chopped (not ones that require soaking)

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Grease an 8 inch round cake tin or line with greaseproof paper and set aside.

Melt the chocolate in a heat proof bowl over a pan of simmering water, set aside to cool.

In a food processor cream the butter and xylitol/sugar, add the eggs, chocolate, ground almonds and baking powder. Transfer to a bowl and stir in prunes.

Transfer to prepared cake tin and place in the oven to cook for 55–70 minutes, check the cake is cooked by inserting a skewer in the middle and check it comes out clean.

SEA SALT AND CACAO COLLAGEN CHOCOLATES

PREPARATION TIME: 10 minutes

MAKES: 22

INGREDIENTS

300g 85% Dark Chocolate
100g collagen powder
50g vanilla protein powder
3 tbsp. cacao nibs
2 tsp. vanilla extract
Sea Salt to taste

METHOD

Melt the chocolate in a heat proof bowl over a pan of simmering water and allow to cool slightly. Add the remaining ingredients and stir to combine thoroughly.

Place a teaspoon of the mixture in an ice cube tray or roll into balls and place on a sheet of greaseproof paper.

Place in the refrigerator to set for 30 minutes, store in an airtight container.



A close-up photograph of a thick slice of dark chocolate cake resting on a white ceramic plate. A silver fork is positioned in the foreground, partially overlapping the bottom edge of the cake. The background is a soft-focus outdoor scene with green grass and trees. A semi-transparent white text box is overlaid on the left side of the image.

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