



FITTER365
MEMBERSHIP SUBSCRIPTION

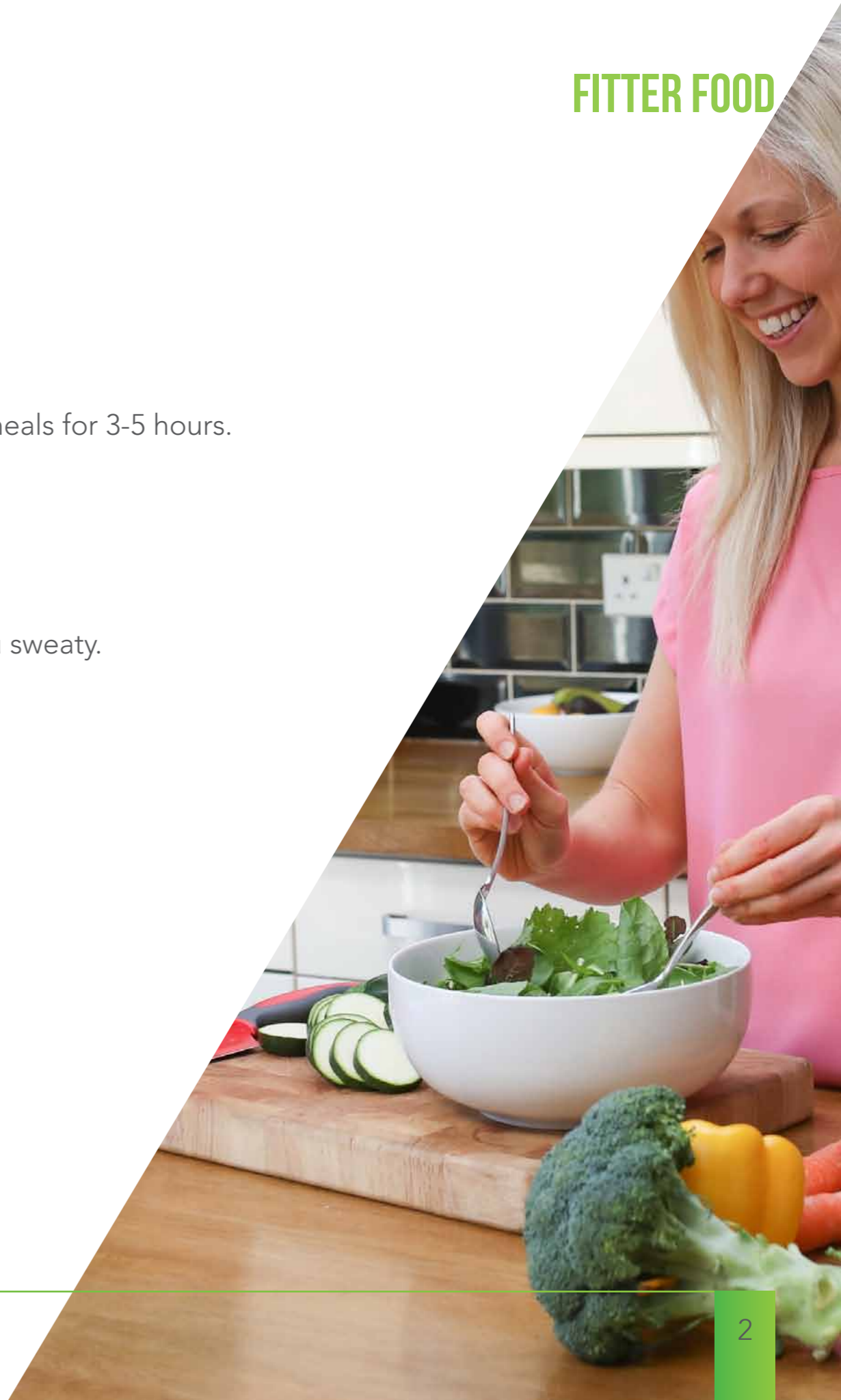


MONTHLY HEALTH PLAN

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

Fitter Breakfast Zoats
Fresh Mint and Coriander Chicken Salad
Hummus Flatbreads
Mediterranean Tuna Rice Supper
Ras El Hanout Lettuce Wraps

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 yoghurt
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

CONTENTS

BREAKFASTS

Asian eggs with carrot, apple and ginger
Banana and blueberry calzone
Banana chia porridge
Banana oat bran muffins
Breakfast stir-fry
Breakfast veggies
Carrot cake smoothie bowl
Chocolate ginger protein porridge
Cooked apples and quinoa
Fitter breakfast zoats **NEW**
Peaches n cream protein smoothie
Protein pancakes
Stewed fruit with yogurt and spices
Sweet potato toast
Turkey breakfast wraps
Vanilla and coffee protein milkshake

LUNCHES

Avocado, pea and mint quinoa
Carrot pizza
Chicken squids
Chickpea croutons
Fresh mint and coriander chicken salad **NEW**
Goat's cheese and beetroot salad
Green persian frittata
Hummus flatbreads **NEW**
Lettuce wraps
Mackerel and sweet potato fishcakes
Rosemary loaf with parma ham
Sunflower seed honey and oat loaf
Sweet and spicy avocado bowls
Tuna and sweetcorn omwraps

SOUPS

Carrot and apple soup
Carrot and turmeric soup
Chilli chicken soup
Minty courgette soup

DINNERS

Balsamic chicken
Beef and chickpea burgers
Broccoli, pea and parmesan frittata
Butternut and black bean casserole
Caribbean jerk salmon
Carrot and butterbean patties
Citrus salmon with pea and avocado mash
Fast and furious chicken paella
Fish, chips and mushy pea cakes
Fish in a caribbean bag
Ginger infused seafood vegetable rice
Ginger miso chicken
Greek salad burgers
Greek style tray bake
Jerk chicken tray bake
Lamb koftas with minty yogurt
Lemon and dill salmon
Mediterranean baked salmon and sweet potato chips
Mediterranean tuna rice supper **NEW**
Mexican buddha bowl
Mexican style seabass
Moroccan vegetable tagine
Nutty tofu stir fry
Ras el hanout lettuce wraps **NEW**
Seafood mixed grill
Spicy tomato prawns
Sundried tomato prawn courgetti
Sundried tomato stuffed chicken breast

SIDES

5-a-side veg
Balsamic potato and tomato salad
Beetroot ratatouille
Carrot and coriander slaw
Cumin and orange carrots and tatties
Epic herby salad
Fig and walnut greens
Great greek salad
Italian tray bake
Lemon broccoli
Power carbs
Quick ratatouille
Smokey wedges
Spicy carrot chips
Spicy courgette chips
Squash, bacon and hazelnut
Sweet potato wedges
Veggetti

SAUCES

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

SNACKS

Boiled egg and smoked salmon lettuce wraps
Bowl of breakfast veggies
Prawn, avocado and red pepper lettuce wrap
Mug of soup
2-3 boiled eggs with tamari sauce
2 squares of dark chocolate with 2 tsp. nut butter



MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Stewed fruit with yogurt and spices	Turkey breakfast wraps	Fitter breakfast zoats NEW	Breakfast stir-fry	Asian eggs with carrot, apple and ginger	Banana and blueberry calzone
MEAL TWO	Fresh mint and coriander chicken salad with mixed leaves NEW	Leftover: fresh mint and coriander chicken salad with mixed leaves	Sweet and spicy avocado bowls with salad	Leftover: fast and furious chicken paella with mixed salad	Tuna and sweetcorn omwraps	Sunflower seed honey and oat loaf with cottage cheese and salad	Leftover: sunflower seed honey and oat loaf with cooked turkey slices and salad
MEAL THREE	Lemon and dill salmon with quick ratatouille and new potatoes	Pan fried fish with epic herby salad and mixed leaves	Fast and furious chicken paella with mixed salad	Citrus salmon with pea and avocado mash with steamed greens	Ginger miso chicken	Greek salad burgers with sweet potato wedges, carrot and coriander slaw and salad	Beef and chickpea burgers with homemade hummus and Italian tray bake

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Scrambled eggs with smoked salmon, spinach, mushrooms, tomatoes, avocado	Choose a smoothie	Chocolate ginger protein porridge	Protein pancakes	Sweet potato toast with bacon, spinach and smashed avocado	Scrambled eggs with spinach, mushrooms, tomatoes, avocado
MEAL TWO	Leftover: beef and chickpea burgers with salad	Goat's cheese, avocado, walnut and beetroot salad	Leftover: carrot butterbean patties with salad	Leftover: chicken paella with salad	Leftover: Caribbean jerk salmon with avocado and salad	You decide	Mackerel and sweet potato fishcakes
MEAL THREE	Ginger infused seafood vegetable rice with steamed greens	Carrot and butterbean patties with 5-a-side veg	Quick chicken paella with mixed salad	Caribbean jerk salmon with spicy courgette chips and sweet potato wedges	Ras el hanout lettuce wraps with smokey wedges and epic herby salad NEW	Bacon wrapped, avocado stuffed chicken with salad and sweet potato wedges	Balsamic chicken with fig and walnut greens and great Greek salad

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Stewed fruit with yogurt and spices	Turkey breakfast wraps	Fitter breakfast zoats NEW	Breakfast stir-fry	Asian eggs with carrot, apple and ginger	Banana and blueberry calzone
MEAL TWO	Leftover: balsamic chicken with avocado and beetroot salad	Leftover: ginger miso chicken with salad	Leftover: Mediterranean tuna rice supper NEW	Mackerel, beetroot and apple and salad	Leftover: sundried tomato stuffed chicken breast With avocado and salad	Carrot and turmeric soup with hummus flatbreads	Carrot and turmeric soup with hummus flatbreads
MEAL THREE	Ginger miso chicken	Mediterranean tuna rice supper NEW	Spicy tomato prawns with lemon broccoli and steamed spinach	Sundried tomato stuffed chicken breast with Italian tray bake and rocket salad	Jerk chicken tray bake with spicy carrot chips and mixed leaves	Butternut and black bean casserole	Mediterranean baked salmon and sweet potato chips

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Choose a smoothie	Scrambled eggs with smoked salmon, spinach, mushrooms, tomatoes, avocado	Chocolate ginger protein porridge	Protein pancakes	Sweet potato toast with bacon, spinach and smashed avocado	Scrambled eggs with spinach, mushrooms, tomatoes, avocado
MEAL TWO	Rosemary loaf with parma ham and salad	Leftover: rosemary loaf with parma ham and salad	Leftover: Mediterranean tuna rice supper NEW	Leftover: broccoli, pea and parmesan frittata and	Mackerel, beetroot and apple and salad	Chilli chicken soup with hummus flatbreads	Leftover: chilli chicken soup with hummus flatbreads
MEAL THREE	Fish in a Caribbean bag with power carbs and steamed greens	Mediterranean tuna rice supper NEW	Broccoli, pea and parmesan frittata and salad	Ras el hanout lettuce wraps with smokey wedges and epic herby salad NEW	Fish, chips and mushy pea cakes with quick ratatouille and smokey wedges	Seafood mixed grill with carrot and coriander slaw and rice	Moroccan vegetable tagine lemon broccoli

QUICK MEAL OPTIONS



<p style="text-align: center;">1</p> <p>Parrma ham, melon and boiled eggs.</p>	<p style="text-align: center;">2</p> <p>Scrambled eggs with spinach and tomatoes.</p>	<p style="text-align: center;">3</p> <p>Plain Greek yogurt with mixed berries, cinnamon and chia seeds.</p>	<p style="text-align: center;">4</p> <p>Boiled eggs, sliced pear and almond butter.</p>
<p style="text-align: center;">5</p> <p>Tinned tuna nicoise with eggs, olives, capers and olive oil.</p>	<p style="text-align: center;">6</p> <p>Feta, apple and walnut salad with balsamic vinegar.</p>	<p style="text-align: center;">7</p> <p>Tinned salmon, avocado, rocket salad.</p>	<p style="text-align: center;">8</p> <p>Mackerel, beetroot and grated carrot salad dressed in lemon juice and apple cider vinegar.</p>
<p style="text-align: center;">9</p> <p>Steak pan fried in butter with sautéed spinach, mushrooms and cherry tomatoes.</p>	<p style="text-align: center;">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 style="text-align: center;">11</p> <p>Whack something in a sweet potato jacket and serve with a large salad.</p>	<p style="text-align: center;">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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ASIAN EGGS WITH CARROT, APPLE AND GINGER

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES:1



INGREDIENTS

1–2 tbsp. olive oil, for cooking
1 clove garlic, finely chopped
Handful kale, finely chopped
2 handfuls spinach
4 shitake mushrooms, sliced
3 chestnut mushrooms, sliced
4–5 cherry tomatoes
2 eggs
Black sesame seeds (optional)

Carrot, Apple and Ginger Dressing

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

Warm the olive oil and garlic in a frying pan, after a few minutes add the kale, spinach, mushrooms and tomatoes and sauté. After 3-4 minutes make space for eggs and crack into the pan, allow to cook through.

Whilst the eggs are cooking combine the dressing ingredients in a small bowl.

Once cooked place the eggs and vegetables in a serving bowl, top with sesame seeds and 1-2 spoonfuls of the dressing.

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.

BANANA CHIA PORRIDGE

PREPARATION TIME: 10–15 minutes

COOKING TIME: 5 minutes (ideally soak overnight)

SERVES: 1

INGREDIENTS

2 tbsp. chia seeds

150ml unsweetened almond milk

1 tsp. vanilla extract

Sprinkle ground cinnamon

1 ripe banana

25g vanilla protein powder

METHOD

In a bowl, stir together chia seeds, milk, vanilla and cinnamon. Allow to sit for 10–15 minutes or, even better, refrigerate overnight. The chia seeds will expand and absorb the liquid creating a chia tapioca.

Mash the banana in a bowl (or use a blender). If you're not keen on tapioca texture, add the chia seeds to the blender to make the porridge a smoother consistency.

Place the chia mix and banana in a non-stick saucepan and gently warm through.

Remove from the heat and stir in the protein powder.



BANANA OAT BRAN MUFFINS

PREPARATION TIME: 5 minutes

COOKING TIME: 20–25 minutes

SERVES: 2



INGREDIENTS

2 bananas
3 eggs
50g oat bran
½–1 tsp. cinnamon
1 tsp baking powder
Pinch of salt

To Serve

Natural yogurt and blueberries (optional)

METHOD

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

Place the eggs, banana, cinnamon, oat bran, salt and baking powder in a blender and mix into a light batter.

Pour into muffin cases or a greased muffin tin and bake in the oven until golden.

Slice and serve with natural yogurt and blueberries.

TIP: these are nice with grated courgette added (1 small courgette for this recipe) stir in just before placing in the mixture in the muffin tray.

BREAKFAST STIR-FRY

PREPARATION TIME: 3 minutes

COOKING TIME: 10 minutes

SERVES: 1

INGREDIENTS

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

METHOD

Heat a little olive oil in a frying pan.

Add the onion and tomato to the pan and stir-fry.

Add the mince and continue to stir-fry for 2–3 minutes.

Add the tomato puree, mixed herbs, salt mushrooms and pepper and stir-fry for another 5 minutes until the meat is cooked through.

Finally add the spinach and allow to wilt down for 2–3 minutes.

Serve with the sliced avocado.



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.

CARROT CAKE SMOOTHIE BOWL

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

25g vanilla protein

1 banana (frozen works well)

1 carrot, grated

100ml milk or water (or to your desired consistency)

Small chunk of ginger

1 tsp vanilla extract

1 tsp cinnamon

½ tsp nutmeg

1 tsp chia seeds

Optional Topping

1 tbsp chopped walnuts or pecans

Sprinkle of seeds

METHOD

Place all the ingredients in a blender and blitz, for a smoothie bowl, add milk or water to your desired consistency, keep the mixture a little thicker to eat as a smoothie bowl.



CHOCOLATE GINGER PROTEIN 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 chocolate protein powder

Large chunk of root ginger, finely chopped

½ tsp cinnamon

1 tsp chia seed (optional)

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 ginger, chia seeds and cinnamon 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.



COOKED APPLES AND QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

INGREDIENTS

250g cooked quinoa

2 apples, cored and diced

2 tbsp. water

200–300ml unsweetened almond milk

1 tsp. honey

1 tsp. vanilla extract

1 tsp. cinnamon

1 tbsp. walnuts, crushed

METHOD

Warm the apples, honey and cinnamon in a saucepan with a little water.

Stir and cook through until the apples soften.

Add the vanilla, cooked quinoa and stir through, add a small amount of almond milk and begin to warm through for 5–8 minutes.

Add more almond milk, if desired, and serve topped with walnuts.



FITTER BREAKFAST ZOATS



PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



INGREDIENTS

- 50–80g rolled oats
- ½ courgette, grated
- 25g vanilla protein powder
- 150–200ml unsweetened almond milk or water
- ½ tsp. cinnamon
- ½ tsp. of vanilla extract (optional)
- ½–1 tsp. honey (optional)

METHOD

Soak the oats overnight in the milk or water.

Place in a pan and stir in the grated courgette, allow to cook through.

Once cooked stir in the protein powder, vanilla extract and cinnamon and honey if adding.

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).

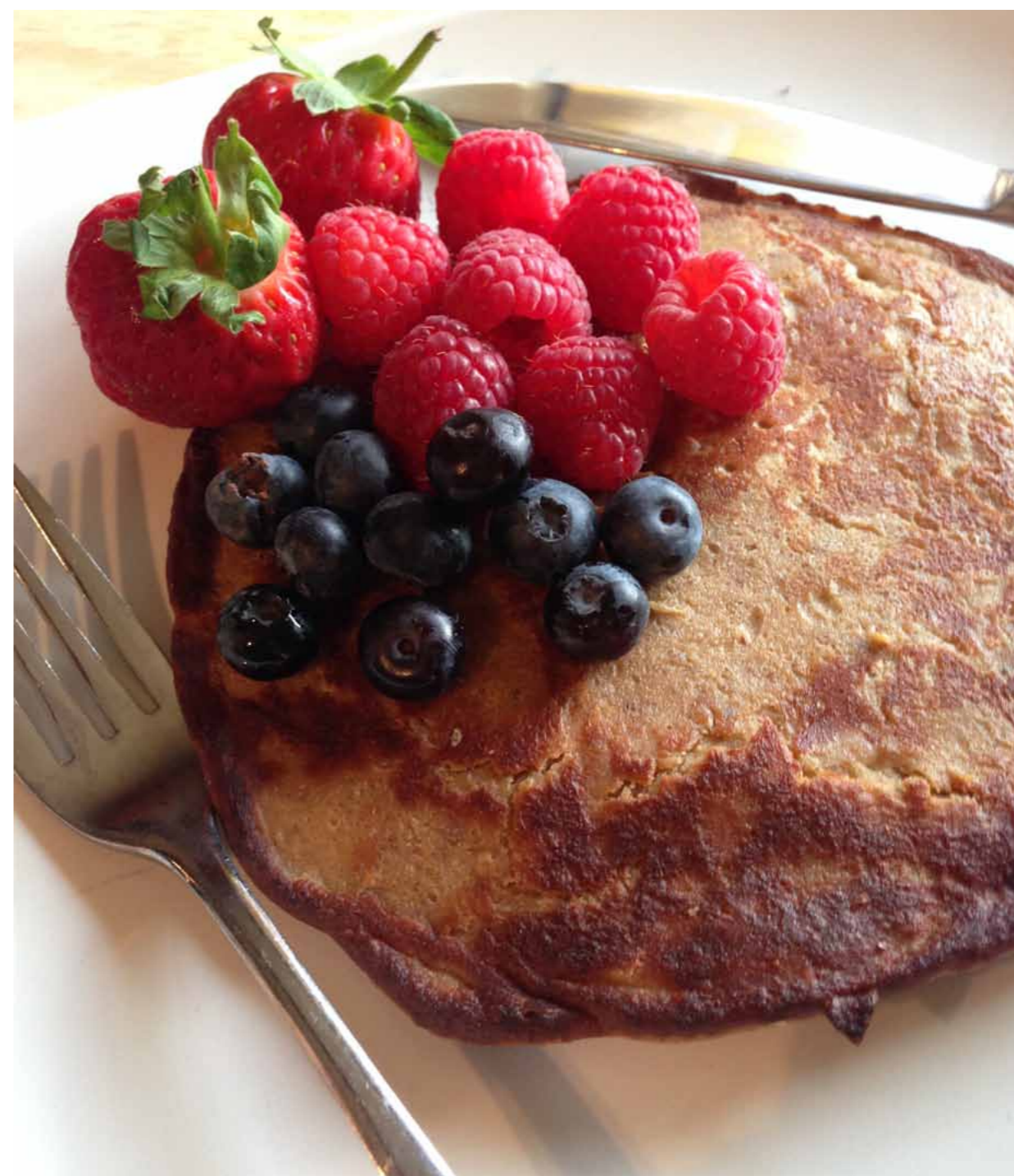
Heat a little oil in a non-stick frying pan.

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.



STEWED FRUIT WITH YOGURT AND SPICES

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 apples or pears, cored and chopped

200ml water

½ tsp. cinnamon

½ tsp. ginger

Pinch grated nutmeg

2 tbsp. sultanas

2 tbsp. walnuts

400g natural yoghurt, to serve

METHOD

Place the apples or pears in a saucepan with the water, cinnamon, ginger, nutmeg and sultanas.

Stir over a medium-low heat, until they have softened and almost formed a purée; this should take around about 10 minutes, depending on how ripe the fruit is. Add a little water during cooking if mixture looks too dry.

Place the yogurt in a bowl. Top with the stewed apple and sprinkle over the walnuts.



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.



VANILLA AND COFFEE PROTEIN MILKSHAKE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

300–400ml almond milk (depending
on your preferred consistency)
20–25g vanilla protein powder
2 shots espresso or small cup filter coffee
Half an avocado

METHOD

Place all the ingredients in a blender and
blitz until smooth.



TIP: start with the smaller amount of milk so you can add more if desired.



FITTER 365 | LUNCH & LIGHT BITES

AVOCADO, PEA AND MINT QUINOA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 1

INGREDIENTS

50g quinoa

100ml water or stock/broth

½ avocado, chopped

2 spring onions, chopped

Handful fresh mint leaves torn

2–3 heaped tbsp. green peas, cooked

Juice of half a lemon

Large handful rocket leaves

METHOD

Rinse the quinoa, place in a saucepan and top with the water or broth. Bring to the boil and simmer for 15 minutes.

Once cooked, add the avocado, onions, mint and peas.

Serve on a bed of rocket with fresh lemon juice.



CARROT PIZZA

PREPARATION TIME: 10 minutes

COOKING TIME: 35–45 minutes

SERVES: 4–5

INGREDIENTS

The Base

5 eggs
½ tsp. baking powder
25g coconut flour
20g ground flaxseed
1 large carrot, grated
1 tsp. garlic powder
½ onion, peeled and finely chopped
½ tsp. smoked paprika
½ tsp. dried rosemary
1 tbsp. olive oil

The Topping

2–3 tbsp. tomato purée
40g grated cheese or
substitute olive oil
Handful chopped olives
Salt and pepper
Fresh basil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4 and line a round cake tin with greaseproof paper or a little butter/coconut oil.

Beat the eggs in a food processor until pale.

Stir in the baking powder, coconut flour, flaxseed, carrot, garlic, onion, smoked paprika and rosemary.

Pour the mixture into the prepared cake tin, drizzle with olive oil and bake in the oven for 20–25 minutes until golden and cooked in the middle. The base should be solid and easy to turn over, bake a little longer if this isn't the case. If the base is cooked through use a spatula to turn over and cook the under side for a further 10 minutes.

Remove from the oven, spread the tomato puree over the base and top with cheese (or extra olive oil), olives, salt, pepper and fresh basil.

Place back in the oven for a further 5–8 minutes to melt the cheese.



TIP: You can use feta, mozzarella or hard cheese and add any of your favourite pizza combo's including chicken, Parma ham, anchovies, pineapple, pepperoni, Parmesan and roasted vegetables.

CHICKEN SQUIDS

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS

2 chicken breasts

½ tsp. smoked paprika

½ tsp. garlic powder

½ tsp. cayenne chilli powder
(optional)

Salt and pepper

½ red pepper, thinly sliced
lengthways

½ green pepper, thinly sliced
lengthways

1 carrot, sliced into thin sticks

1 spring onion, chopped

1 handful fresh coriander

2 tbsp. olive oil

METHOD

Place each chicken breast between two sheets of cling film and using a rolling pin or meat hammer give the chicken a good wallop until both chicken breasts are nice and flat. (Not so much that they split!)

Cut the breasts down the middle lengthways so you now have four pieces. Then sprinkle each piece evenly with the paprika, garlic, chilli, salt and pepper.

Divide the peppers and carrots evenly between the four pieces and place them in the chicken, across the middle. Top each with the spring onions and coriander before wrapping the chicken around the veg like a fajita wrap. You will need a toothpick to stick through to keep it together.

Heat the oil in a pan on a medium heat before adding the little wraps. Sprinkle with a little more paprika and garlic powder and cook for about 8–10 minutes, turning occasionally so they go nice and golden all over.



CHICKPEA CROUTONS

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

MAKES: 12

INGREDIENTS

2 x 200g chickpeas, drained and rinsed

1 tbsp. olive oil

½ tsp. smoked paprika

½ tsp. garlic powder

½ tsp. onion powder

Salt and pepper

METHOD

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

Place the chickpeas on a baking tray; add the oil, spices and seasoning and toss together to coat the chickpeas.

Place in the oven to bake for 40 minutes until golden.

These are best served immediately but will keep for a few days in a glass jar.



FRESH MINT AND CORIANDER CHICKEN SALAD

NEW

PREPARATION TIME: 15 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6



INGREDIENTS

- 1 tbsp. olive oil
- 4 chicken breasts or 6 chicken thighs
- 170g low fat, natural yogurt (substitute 2 tbsp. olive oil and lemon juice for a non dairy dressing)
- 100g peas, cooked
- Handful fresh chives, finely chopped
- Handful fresh coriander, finely chopped
- Handful fresh mint, finely chopped
- Zest and juice of 1 lemon
- 50g cornichons, finely chopped (optional)
- Salt and pepper
- 250g new potatoes, cooked (optional)
- 2 eggs boiled and sliced (optional)

METHOD

Pan fry the chicken in a little olive oil over a medium heat.

Place the yogurt in a bowl and add the peas, chives, coriander, mint, lemon juice and zest, cornichons and combine. Season to taste.

Stir in the chicken, eggs and new potatoes and toss to combine the ingredients.

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.



GREEN PERSIAN FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4-6

INGREDIENTS

2-3 tbsp. olive oil

1 medium leek, chopped

1 onion, chopped

5 eggs

1 ½ tsp. salt

1 tsp. black pepper

1 tsp. baking powder

½ tsp. ground turmeric

3-4 sprigs fresh dill

Handful coriander

Handful fresh parsley

1 tsp. ground fenugreek

2 handfuls spinach

METHOD

Chop the leek, onions and spinach in a food processor.

Warm the olive oil in a large saucepan and add the leeks, onion and spinach, stir-fry for 5-6 minutes until soft.

Beat the eggs, salt, pepper and baking powder together for 2-3 minutes to make a light fluffy mixture.

Place the egg mixture in a bowl, add the chopped herbs, fenugreek and sautéed leeks, onions and spinach and stir to combine all the ingredients.

Heat a little more olive oil in a non-stick frying pan and add the frittata mixture. Allow to cook for 8-10 minutes and finish under the grill or allow to cook in the frying pan for a further 5-10 minutes until cooked through.

PREPARATION TIME: 5 minutes
COOKING TIME: 10–20 minutes
SERVES: 3–4

INGREDIENTS

100g chickpea flour (gram flour)
190ml water
1 tbsp. olive oil (extra for cooking)
1 tsp. Zaatar spice (optional)
½ teaspoon salt
1 tsp. garlic powder
1 tsp dried rosemary
½ tsp. baking powder (or bicarbonate of soda)

To Serve

3 handfuls fresh rocket
Parmesan shavings
Cherry tomatoes

METHOD

In a bowl whisk the chickpea flour, water, olive oil, garlic powder, Za'atar, rosemary, baking powder and salt together with a fork. Allow to rest for 30 minutes so flour can absorb the water.

Ten minutes before the batter is ready, pre-heat the grill and place a 10-inch frying pan underneath to warm through.

Remove the pan (use an oven glove) and add 1 tbsp. of olive oil, swirl to coat the base of the pan. Pour the batter into the middle of the pan and gently tilt the pan so the batter covers the entire base.

Place under the grill for 10–20 minutes to allow the batter to set and begin to brown, if the top is browning too quickly, move the pan down to a lower level in the grill. The flatbread should be soft in the middle but crisp on the outer edges.

Use a spatula to loosen the flatbread from the pan and ease onto a plate or chopping board.

Slice into wedges, top with salt, pepper and a drizzle of olive oil. Serve with rocket, parmesan shavings and fresh tomatoes.



HUMMUS FLATBREADS



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!



MACKEREL AND SWEET POTATO FISHCAKES

PREPARATION TIME: 15 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 tbsp. olive oil

2 sweet potatoes

2 cooked mackerel fillets

1 red onion, chopped

1 tbsp. fresh rosemary, chopped

Salt and pepper

METHOD

Chop the sweet potato into small chunks and place in a steamer and cook until soft.

Melt half of the coconut oil in a frying pan, gently cook the onion and remove from the heat.

Drain the sweet potato and mash until smooth and creamy, then add the chopped rosemary.

Break up the two mackerel fillets and add them to the mashed sweet potato. Add the cooked onion and mix.

Now make the mixture into fish cake shapes.

Melt the remaining coconut oil in a frying pan and place the fish cakes on the heated pan.

After five minutes flip them over (they should be golden brown on the first side).

These only take a few minutes on each side, so you need to keep your eye on the pan and be ready to turn.

Once cooked on both sides, serve with a large mixed salad.



ROSEMARY LOAF WITH PARMA HAM

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 4



INGREDIENTS

1 courgette, grated
1 tbsp. fresh rosemary, chopped
5 sundried tomatoes, chopped
10 eggs
Salt and pepper

To Serve

2-4 slices Parma ham

METHOD

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

Line a loaf tin with greaseproof paper.

Place the eggs in a large mixing bowl and beat until the white and yolks are blended.

Season with salt and pepper.

Grate the courgette into the beaten egg.

Stir in the rosemary and sundried tomatoes.

Pour the mixture into the loaf tin and place in the oven for 30 minutes.

Use a knife to check it is cooked in the middle; the knife should come out clean if it is.

Serve topped with Parma ham.

SUNFLOWER SEED, HONEY AND OAT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

MAKES: 12–14 slices



INGREDIENTS

150g ground flaxseed
100g rolled oats (plus a little to sprinkle on top)
2 tbsp. chia seeds
3 tbsp. sunflower seeds
½ tsp. salt
2 tsp. baking powder
1–2 tbsp. honey
4 eggs
180ml almond, oat or rice milk

METHOD

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

Line loaf tin with greaseproof paper.

Place the ground flaxseeds, oats, chia seeds, sunflower seeds, salt and baking powder in a large bowl and toss to mix the ingredients.

Place the milk, eggs and honey in a separate bowl and beat with a fork until combined. Add to the dry mixture and mix together.

Place the batter into the loaf tin, sprinkle additional sunflower seeds and oats.

Place in the oven to cook for 30–40 minutes, insert a knife into the centre and check it comes out clean.

SWEET AND SPICY AVOCADO BOWLS

PREPARATION TIME: 8 minutes

MARINADE TIME: 20–30 minutes

SERVES: 4

INGREDIENTS

Juice of 3 limes plus zest of 1 lime

1 mango, cubed

500g cooked prawns

1–2 tsp. Tabasco sauce

Handful fresh coriander, chopped

Salt and pepper

2 ripe avocados

METHOD

Add all the ingredients except for the avocados in a bowl and mix thoroughly.

If you have time, leave to marinade for 20–30 minutes to let the flavours infuse.

Peel the avocados, cut them in half and remove the stone. Slice a little off the bottom so the avocados sit flat on the plate and top each half with the prawn mixture.

Top with a little more fresh coriander and serve.



TUNA AND SWEETCORN OMWRAPPS

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

2 x 110g tin tuna, drained

¼ cucumber, cubed

80g sweetcorn

100g low fat Greek yogurt
(substitute 1tbsp. olive oil for
diary free option)

Juice of 1 lemon

3 spring onions, finely chopped

½ red pepper, finely chopped

Handful fresh coriander
(optional)

Pinch chilli flakes (optional)

Salt and pepper to taste

2 handfuls rocket leaves
(optional)

For The Wraps

8 eggs (2 eggs per wrap)

Handful fresh chives,
finely chopped

Olive oil for cooking

METHOD

In a bowl combine the tuna, cucumber, sweetcorn, yogurt, lemon juice, spring onions, pepper, coriander, and seasoning and set aside.

Heat a little olive oil in a small, non-stick frying pan.

Beat two eggs, add a teaspoon of chives and pour the mixture into a frying pan, keep the wraps thin and cook for 30s –1 minute before gently turning over to cook the underside.

Once cooked set aside (or place in the oven on a low heat if serving warm) and cook the remaining eggs to make 4 wraps.

Place the tuna mixture inside the wrap; add the rocket, wrap and serve.





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FITTER 365 | SOUPS
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CARROT AND APPLE SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil

2 Cox's apples, cores removed and chopped

1 leek, chopped

5 large carrots, chopped

2 inch chunk of ginger, peeled and finely chopped

200ml coconut milk

300ml bone broth/stock or water (add extra for a thinner soup)

½ tsp. salt

Freshly ground black pepper

METHOD

Heat the olive oil in a pan and sauté the apples, leek and carrot until tender. Add the fresh ginger, coconut milk and broth/stock or water.

Cook for 25–30 minutes until the carrots are soft.

Purée using a hand blender or food processor.

Once cooked, season with salt and pepper to your taste.



CARROT AND TURMERIC SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 8



Serving suggestion...

Serve with cooked poultry, fish or prawns

INGREDIENTS

Olive oil, for cooking	200ml passata
1 tbsp. cumin seeds	1kg carrots, chopped
3 cloves garlic, peeled and chopped	1 tsp. ground turmeric
1 tsp. paprika	250–500ml water, as needed
1 tsp. salt	Freshly ground black pepper
500ml chicken stock	

METHOD

Add the olive oil to a large saucepan on a low heat and add the cumin seeds, garlic, paprika and salt, and sauté for 2–3 minutes.

Add the chicken stock, passata, carrots and turmeric, and stir through.

Bring to the boil and then simmer for about 25–30 minutes until the carrots are soft.

Once cooked use a hand blender to purée, add a little boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.

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



MINTY COURGETTE SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 6

INGREDIENTS

2 tbsp olive oil
1 onion, peeled and chopped
2 cloves garlic, peeled and chopped
3 courgettes, chopped
1 litre broth/stock or vegetable stock
1 handful fresh mint, roughly chopped
Salt and pepper

METHOD

Heat the oil in a large saucepan over a medium heat before adding the onion and garlic and cooking for 5 minutes until soft.

Add the courgettes and cook for a further 5 minutes, stirring occasionally.

Add the broth/stock, fresh mint, salt and pepper and simmer for about 5 minutes.

Using a hand blender or food processor, blend the ingredients to your desired consistency.





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FITTER 365 | DINNERS

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BALSAMIC CHICKEN

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 20 minutes

SERVES: 2-4

INGREDIENTS

1 whole chicken	3 tbsp honey
4 sprigs fresh rosemary	1 pack cherry tomatoes on the vine (optional)
800g white potatoes	Salt and pepper
3 tbsp olive oil	
8 tbsp balsamic vinegar	

METHOD

Preheat the oven to 190°C/354°F/gas mark 5.

Peel the skin away from the chicken breast so you can place sprigs of rosemary underneath.

Chop the potatoes and place in the roasting tray with the olive oil and seasoning. Toss together before pushing them to the edges of the tray and placing the chicken in the middle of the tray.

Place two more rosemary sprigs inside the chicken and season the skin before placing in the oven to cook for around 1 hour 20 minutes (check cooking guidelines per weight of chicken).

Mix the balsamic vinegar and honey together until the honey has dissolved.

Once the chicken has been cooking for around 40 minutes, remove it from the oven and pour over the vinegar mix. Place the vine tomatoes around the chicken and put back in the oven to cook for the remaining time.

Check the chicken is cooked through and serve.



Serving suggestion...
Serve with rocket and watercress salad

BEEF AND CHICKPEA BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 30–35 minutes

SERVES: 6



INGREDIENTS

- 500g mince beef
- 1 small onion, peeled and finely chopped
- 2 cloves garlic, peeled and chopped
- 2 tbsp. mild curry powder
- 2 tbsp. tomato puree
- 1 egg, beaten
- 200g chickpeas (drained)
- Salt and pepper

METHOD

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

Place all the ingredients in a bowl, combine thoroughly using your hands and shape into burger patties.

Place in the oven to cook for 30–35 minutes until cooked through.

BROCCOLI, PEA AND PARMESAN FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 4-6

INGREDIENTS

1-2 tbsp. olive oil

200g frozen peas (rinse in hot water to defrost)

250g broccoli florets, cooked

Salt and pepper

1 tsp. garlic powder

12 eggs, beaten

Parmesan shavings to taste (roughly 10-20g)

METHOD

Preheat the grill to a high heat.

Heat a little olive oil in non-stick frying pan on a medium heat.

Add the peas and broccoli to pan and stir fry for 1 minute before spreading out across the pan.

Season the eggs with salt, pepper and garlic powder and pour into the pan.

Use a spatula to ensure the egg mixture is spread evenly and covers the bottom of the pan.

Allow the frittata to cook in the pan for 5-6 minutes.

Top with the parmesan shavings and place under the grill for a further 3-5 minutes or until cooked through and golden on top.

Once cooked allow to cool before slicing and serving.



BUTTERNUT AND BLACK BEAN CASSEROLE

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6



INGREDIENTS

½ butternut squash, peeled and chopped (around 300g)	1 tsp. chilli powder
200g black beans (drained and rinsed)	1 tsp. cumin powder
100g green beans	Juice of ½ lemon
1 onion, peeled and finely chopped	500g passata
2 cloves garlic, peeled and chopped	Salt and pepper
	1 tbsp. olive oil
	Handful fresh coriander

METHOD

Warm the olive oil in a large saucepan on a medium heat.

Add the onions and garlic and stir-fry for 5 minutes.

Pour in the passata and lemon juice and combine the ingredients well. Add chilli, cumin and coriander and stir again.

Finally add the green beans, black beans and butternut squash.

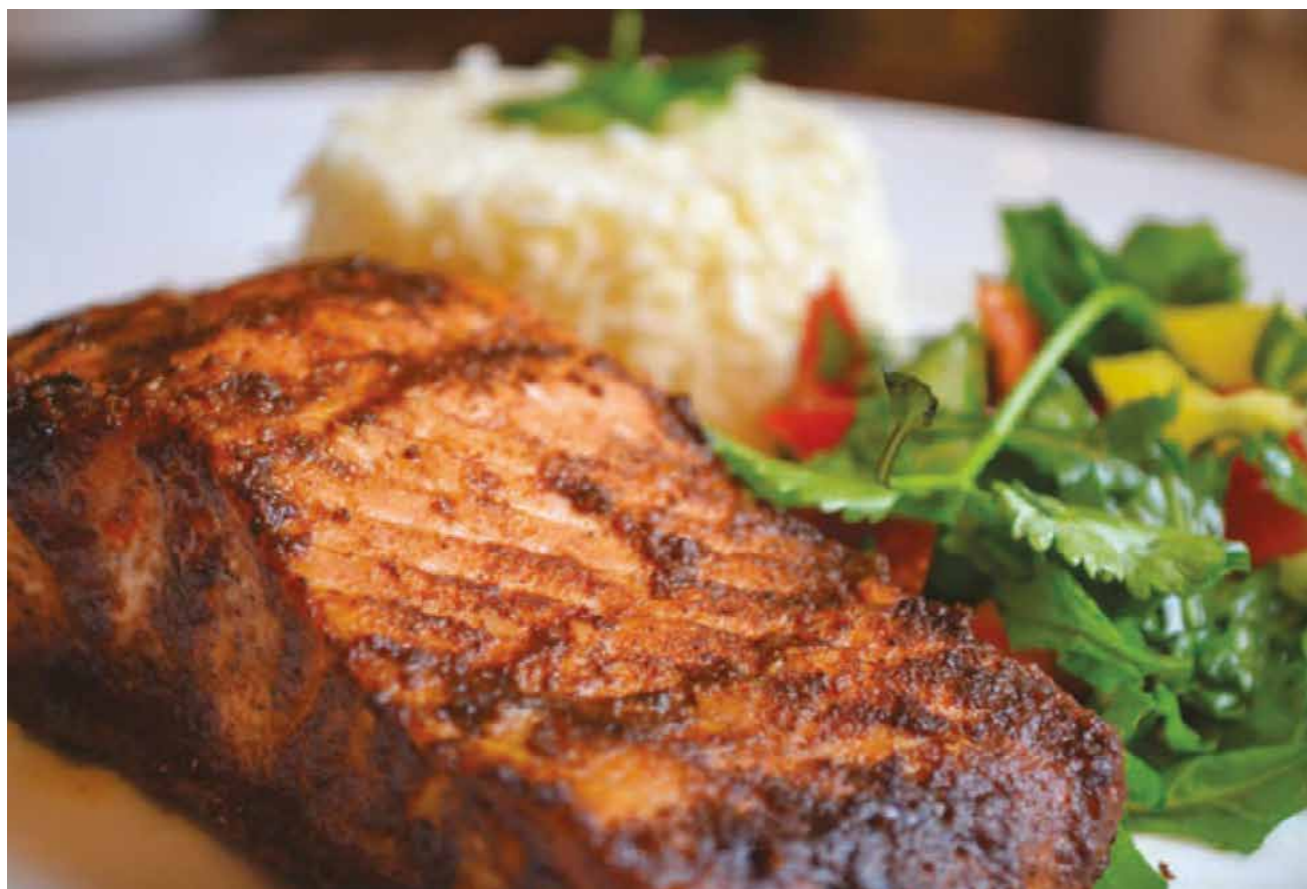
Cover with a little more passata or water if needed and simmer on a medium heat for 30 minutes or until the squash is soft.

CARIBBEAN JERK SALMON

PREPARATION TIME: 8–10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4



Serving suggestion...

Serve with kale and sweet potato mash
or steamed green beans and salad

INGREDIENTS

4 salmon fillets
1 tsp. allspice
½ tsp. cinnamon
2 dice-sized cubes of fresh ginger, peeled and chopped
½ tsp. cumin
1 tsp. smoked paprika
2 cloves garlic, peeled and chopped, or 1 tsp. garlic powder
3 tsp. cayenne chilli powder
1 tsp. salt
1 tbsp. of olive oil or add coconut oil
Juice of 1 lime

METHOD

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

If using coconut oil, make sure you melt it first.

Mix all the ingredients except for the salmon in a bowl.

Keep mixing until all ingredients are blended together nicely.

Coat the salmon fillets in the marinade and place in a baking dish.

Top the salmon with any remaining marinade and place it in the oven.

Cook for 20–25 minutes depending on how you like your fish.

This tastes great if you allow the salmon to go a little crispy on top.

CARROT AND BUTTERBEAN PATTIES

PREPARATION TIME: 15 minutes **Allow to set for 3–4 hours

COOKING TIME: 10 minutes

MAKES: 8–10

INGREDIENTS

400g tin butter beans (drained)	Handful chives, chopped
Juice and zest of 1 lemon	2 eggs, beaten
2 tsp. garlic powder	½ –1 tsp. salt
1 heaped tsp. onion powder/ granules	800g carrots, quartered
1 tbsp. smoked paprika	60g oatbran (or substitute ground almonds or rice flour)

METHOD

Blitz the butter beans, lemon zest and juice, garlic powder, onion granules, smoked paprika, chives, salt and eggs in a blender into a paste. Add the carrot and blitz until the carrot is chopped into small pieces and combined with the other the ingredients, be careful not to over blend or the mixture will become too sloppy.

Stir in the oat bran and use to bind the ingredients together.

Line a tray or plate with a sheet of greaseproof paper.

With wet hands take handfuls of the mixture and shape into patties; if the mixture isn't binding add a little more oat bran.

Put the patties on the prepared greaseproof paper and place in the fridge.

Cover and chill for 3–4 hours.

When ready to cook, heat a little olive oil in a non-stick frying pan and fry the patties for 4–5 minutes on each side.



Tip:
Keep these small and once in the pan use the spatula to gently press into a thin pattie to allow them to warm through quicker without burning on the outside.

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

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.



FISH, CHIPS AND MUSHY PEA CAKES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

MAKES: 8

INGREDIENTS

1kg white potatoes, peeled and chopped

700g haddock or cod

2 tbsp. olive oil

300g peas

1 handful fresh dill, roughly chopped

Salt and pepper

3 tbsp. rice flour

METHOD

Boil or steam the potatoes for 10–15 minutes until soft.

While the potatoes cook, fry the fish fillets in a pan with 1 tbsp. of olive oil.

When the potatoes are almost cooked, add the peas to the pan to cook for the final few minutes.

Place the potatoes and peas in a large bowl with the fish, fresh dill, salt and pepper, and mash the ingredients together.

Spread the rice flour out on a plate. Shape the potato mixture into fishcake patties and coat each with a little flour. Heat the remaining coconut oil or butter in a pan over a medium heat and cook the fishcakes for around 4 minutes on each side until golden.

Serve with salad and homemade tartare sauce.



FISH IN A CARIBBEAN BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 2

INGREDIENTS

2 salmon fillets

Zest and juice of 1 lemon

2 spring onions, chopped

2 cloves garlic, peeled and finely chopped

1 dice-sized chunk of ginger, peeled and chopped

1 tsp. crushed chillies or Scotch bonnet chilli,

deseeded and chopped

Salt and pepper

2 tbsp. fresh coriander

METHOD

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

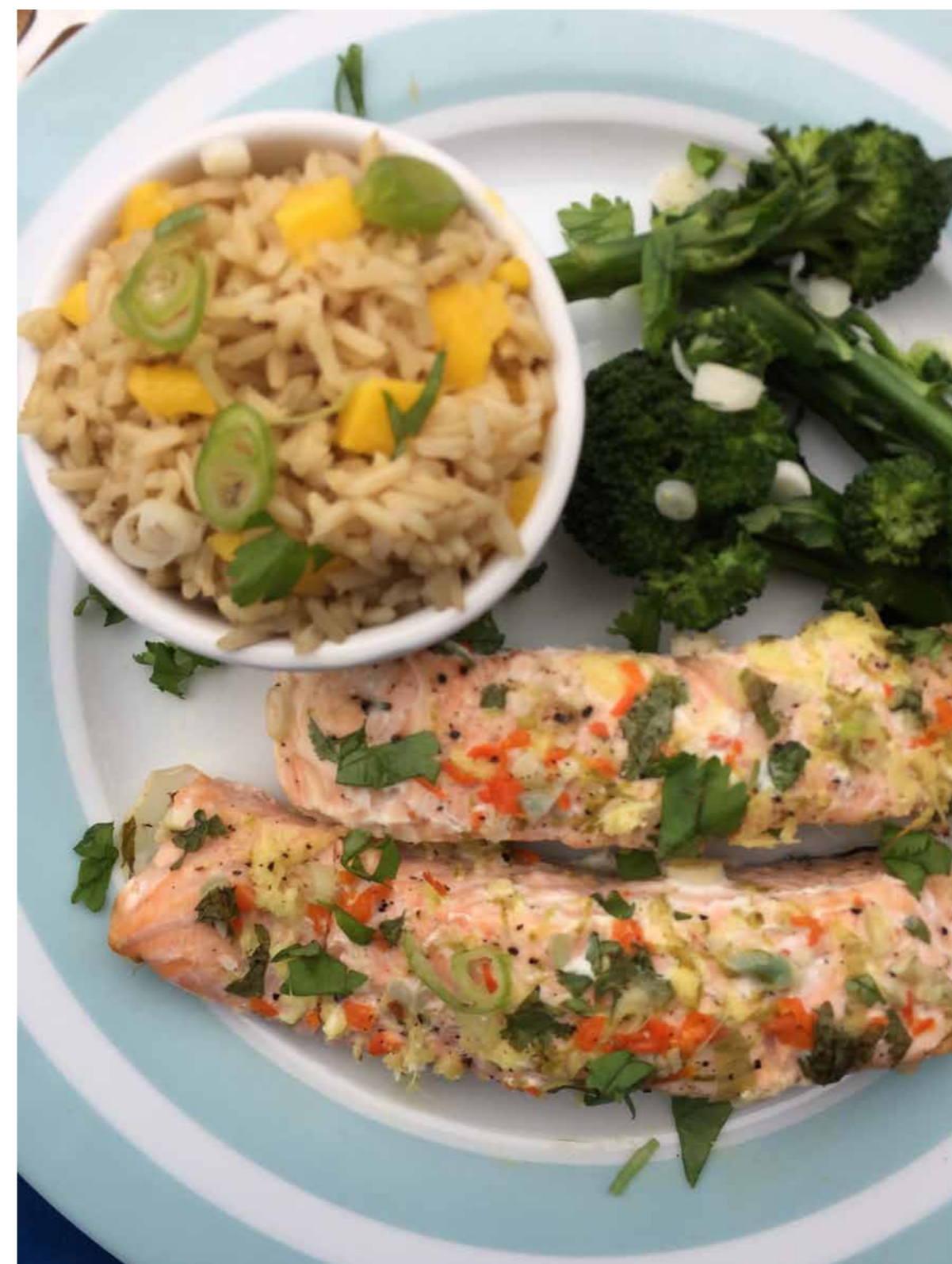
Lay a sheet of greaseproof paper on a baking dish and place the fish in the centre.

Scatter over the lemon zest and juice, spring onions, garlic, ginger, Scotch bonnet or crushed chillies and fresh coriander.

Take the four corners of the greaseproof paper and gather together, twisting the paper to seal the fish and vegetables inside.

Place in the oven to cook. Check the fish after 20–25 minutes.

Serve once cooked through.



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.

GINGER MISO CHICKEN

PREPARATION TIME: 15 minutes *1 hour to marinade the meat

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

2 tbsp. miso paste (e.g. Clearspring)

2 tbsp. water

Dice size piece of ginger, grated

1 tsp. garlic powder

Juice of 1 lemon

1 tbsp. sesame oil

1 tsp. honey

4 chicken breasts, chopped

1 small head broccoli, florets sliced

2 carrots, julienned

2 courgettes, finely sliced

1 yellow pepper finely sliced

1–2 tbsp. tamari sauce

Olive oil for cooking

METHOD

In a small bowl combine the miso, water, ginger, garlic powder, lemon juice, sesame oil and honey. Add the chicken and toss to coat in the ingredients. You can cook immediately or set aside for 1 hour to marinade.

Heat a little olive oil in a large saucepan on a medium heat and add the chicken pieces, stir-fry for 3-4 minutes before adding the broccoli, carrot, courgette, pepper and tamari sauce. Stir-fry for another 5–10 minutes until the chicken is cooked through, the vegetables should still be a little crunchy.

Serve topped with fresh coriander.



GREEK SALAD BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

MAKES: 6 burgers

INGREDIENTS

500g chicken or turkey mince
1 handful cherry tomatoes, chopped
1 small red onion, chopped
1 handful olives, chopped
100g feta cheese, crumbled
1 heaped tbsp. tomato purée
1–2 tbsp. olive oil
2 tsp. mixed herbs
Salt and pepper

METHOD

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

Place all the ingredients together in a large bowl and combine thoroughly with your hands.

Shape into 6 patties and place on a grill tray in the oven to cook for 20–25 minutes.

Serve with homemade tzatziki and a romaine lettuce wrap.



Serving suggestion...
Serve with Sweet potato chips and salad

GREEK STYLE TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 60 minutes

Serves: 4

INGREDIENTS

- 400g new potatoes, sliced
- 1 red onion, peeled and cut into wedges
- 2 tbsp. olive oil
- 8 chicken thighs
- 2 tbsp. dried oregano
- 1 green pepper, sliced
- 100g black olives
- 100g cherry tomatoes
- 150g feta cheese

METHOD

Preheat the oven to 200°C/400°F/gas mark 6.

Place the new potatoes and red onion in a baking tray (one large enough for them to be a single layer) and coat with half the olive oil and most of the oregano before placing the chicken thighs on top and coat them with the remaining olive oil and oregano. Season then place in the oven to cook for 30 minutes.

Add the green pepper, cherry tomatoes, black olives and crumble over the feta cheese and place back into the oven for another 25–30 minutes or until the chicken is cooked.



PREPARATION TIME: 15 minutes
MARINADE TIME: 2–3 hours or overnight
COOKING TIME: 45–50 minutes
SERVES: 4–6

INGREDIENTS

1 whole chicken, quartered

Jerk Marinade

1 onion
3 cloves garlic
½–1 tsp chilli
Juice of 1 lemon
3tbsp tamari sauce
2 tbsp olive oil
1 tsp salt
1 tbsp honey
1 tsp. cinnamon

¾ tsp. nutmeg
1 tsp black pepper
½ tbsp dried thyme
2 tsp allspice

For The Tray Bake

1 red onion
1 red pepper
1 yellow pepper

To serve

Cooked rice and peas.

METHOD

Place the chicken in a bowl.

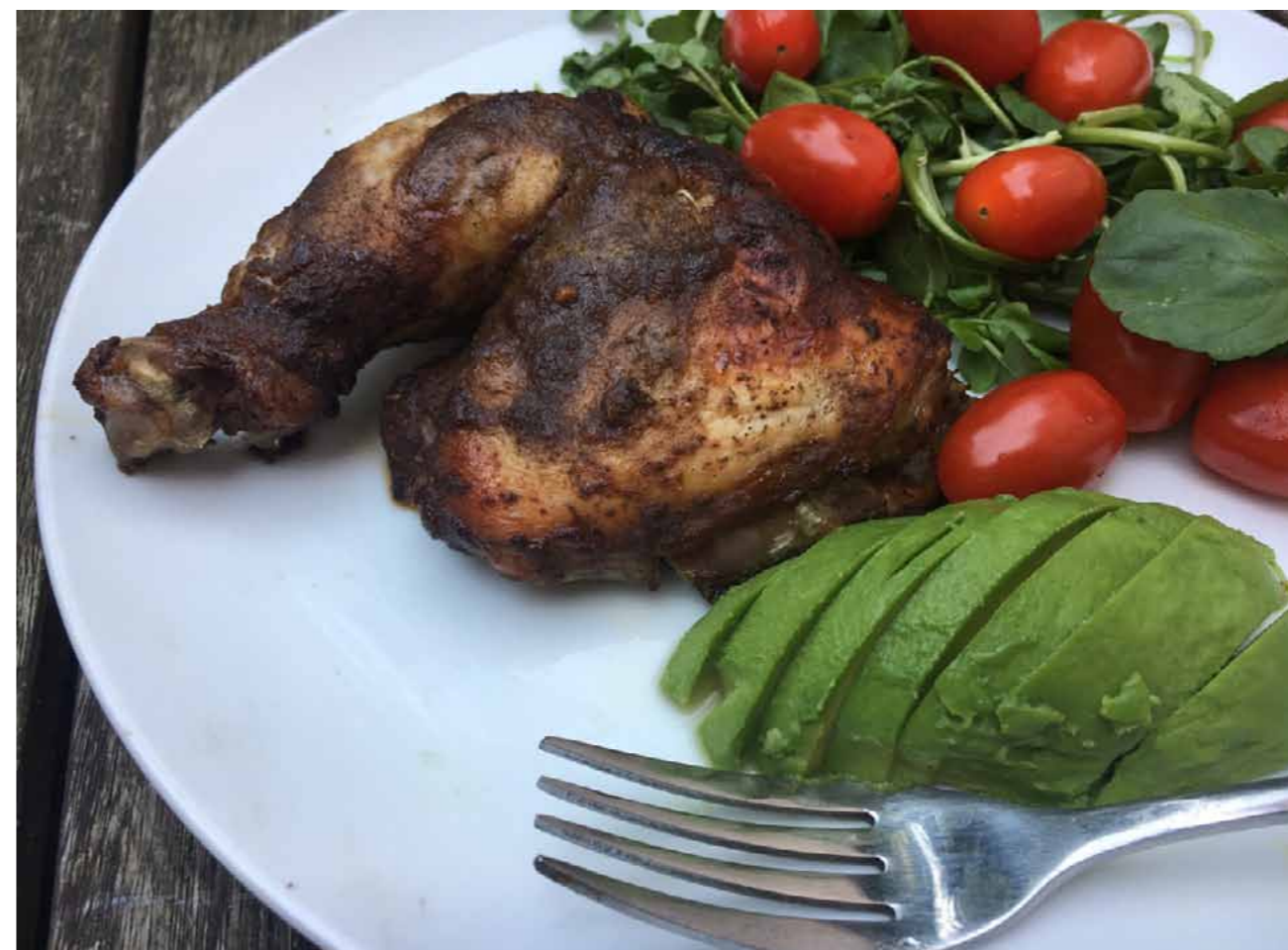
Put the remaining marinade ingredients in a blender and blitz into a paste, pour over the chicken and using your hands coat the pieces in the spices. Place in the fridge for a couple of hours or overnight to marinate.

Preheat the oven to 180°C/350°F/gas mark 4 and line a baking tray with greaseproof paper or a little olive oil.

Add the peppers, onions and sweet potato wedges, toss in olive oil and season with salt and pepper. Place the jerk chicken on top and pour any remaining marinade onto the vegetables.

Place on the prepared baking tray and bake in the oven for 45–50 minutes until the chicken is cooked through.

JERK CHICKEN TRAY BAKE



LAMB KOFTAS WITH MINTY YOGURT

PREPARATION TIME: 15 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–3



INGREDIENTS

500g lamb mince
Handful mint leaves, finely chopped
Handful fresh coriander leaves, finely chopped
1 tsp cumin
2 cloves fresh garlic, chopped
1 tsp onion powder
Pinch of salt

Minty Yogurt Sauce

200g Greek yogurt
¼ cucumber grated
Juice of 1 lemon
Handful fresh mint chopped
½ tsp garlic powder
Salt to taste

METHOD

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

Place the lamb mince in a large bowl, add the mint, coriander, cumin, garlic, onion powder and salt. Combine thoroughly using your hands.

Wrap the mince mixture around a skewer in a sausage shape.

Place the skewers on a baking tray and bake in the oven for 25–30 minutes until the lamb is cooked through.

To make the minty yogurt place all the ingredients in a bowl and combine thoroughly, chill until the lamb koftas are ready to serve.

LEMON AND DILL SALMON

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

4 fillets of salmon
2 tbsp. wholegrain mustard
1 tbsp. honey
Zest and juice of 1 lemon
1 tbsp. olive oil
3 spring onions, chopped
2 cloves of garlic, crushed or finely chopped
1 red or green chilli, deseeded and sliced
1 red pepper, deseeded and chopped
1 handful fresh dill, chopped
Salt and pepper

METHOD

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

Mix all of the ingredients except the salmon fillets in a large bowl.

Place the salmon fillets in a baking dish and coat each one thoroughly in the marinade.

Place in the oven and cook for 15–20 minutes.

Once cooked, top with more fresh dill.



Serving suggestion...
Serve with Italian tray bake and new potatoes

PREPARATION TIME: 20 minutes
COOKING TIME: 40–45 minutes
SERVES: 4

INGREDIENTS

750g passata
1 tbsp. mixed herbs
2 cloves garlic, finely chopped
1 large courgette, chopped
1 yellow pepper, chopped
1 aubergine, chopped
4 salmon fillets
Salt and pepper
Water

Sweet Potato Chips
2 sweet potatoes, peeled and
chopped into skinny chips
½ tsp. smoked paprika
Pinch of chilli powder
Salt
Olive oil

METHOD

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

Place the sweet potato chips on a baking tray, sprinkle with paprika, chilli and salt and set aside.

Pour the passata into a large ovenproof dish. Stir in the herbs, salt, pepper, garlic and mix well. Add the chopped courgette, peppers and aubergine. Combine the ingredients thoroughly in the sauce and place in the oven to bake for 45 minutes.

After 20 minutes, place the chips in the oven and lay the salmon fillets on top of the vegetables.

Use a spoon to cover the fillets with a little of the sauce. If the sauce is drying, add a little warm water or stock.

After 40–45 minutes or until the sweet potatoes and fish are cooked through, remove from the oven.

Place the chips on a plate with the salmon and vegetables.

Serving suggestion...

Serve with steamed broccoli or salad

MEDITERRANEAN BAKED SALMON AND SWEET POTATO CHIPS



MEDITERRANEAN TUNA RICE SUPPER

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

390g carton chopped
tomatoes

½ tsp. smoked paprika

1 tsp. garlic powder

1 tsp. onion powder

1 courgette, finely chopped

250g sachet quick cook rice
or quinoa

2 x 110g tin tuna,
drained weight

140g sweetcorn,
drained weight

Handful of olives

Two handfuls spinach

Juice of 1 lemon

Salt and pepper to taste

To serve

Fresh rocket

METHOD

Place the tomatoes in a saucepan on a medium heat. Add the smoked paprika, garlic powder, onion powder and courgette and stir to combine. Allow to simmer for 7-8 minutes to cook the courgette through.

Add the rice, tuna, sweetcorn, olives and spinach, stir to combine and heat through for 2-3 minutes to allow the spinach to wilt down.

Add the lemon juice and season to taste.



MEXICAN BUDDHA BOWLS

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS

2 chicken fillets, chopped
2 tsp. fajita spice blend (e.g. Steenbergs)
Juice of 1 lime
230g black beans, cooked
2 sweet potatoes, cooked and chopped
1 avocado, chopped
150g cherry tomatoes
4 heaped tbsp sweetcorn
200g mixed salad leaves
Handful fresh coriander
Handful fresh mint leaves
Salt and freshly ground black pepper
1 tbsp. olive oil for cooking

METHOD

Warm the olive oil in a frying pan and add the chicken pieces. After a few minutes add the fajita blend and stir fry to coat the chicken in the spices.

Season to taste and cook for 8–10 minutes until the chicken fillets are cooked through. Set aside to cool and squeeze over the fresh lime.

Divide the lettuce into two bowls, top with a little fresh mint and coriander and finally add in sections (see image) the sweet potato, avocado, black beans, cherry tomatoes and sweetcorn.



MEXICAN-STYLE SEA BASS

PREPARATION TIME: 10 minutes

COOKING TIME: 8–10 minutes

SERVES: 2

INGREDIENTS

For the Sea Bass

Olive oil
2 fillets of sea bass (or any white fish)
Salt and pepper

For the Mexican Salad

Handful cherry tomatoes, halved
Handful fresh pineapple, chopped
100g sweetcorn
1 small avocado, chopped
Juice of half a lime
Handful fresh mint, chopped
Salt and pepper

For the Green Salsa

1 clove garlic, peeled
½ tbsp. sliced jalapeños
3 spring onions
Handful cherry tomatoes
Handful coriander
Handful fresh mint
Juice of 1 lime
1 tbsp. olive oil
Salt and pepper



METHOD

Place all the ingredients for the green salsa in a food processor and blend. Add a small amount of water (around 50ml) if the mixture is too thick.

Warm a little olive oil in a non-stick pan on a medium heat and carefully place the sea bass skin side down into the pan.

Season with salt and pepper and allow to cook for 4–5 minutes on each side.

Whilst the fish is cooking, place the tomatoes, pineapple, avocado, lime and mint in a bowl and toss in the lime juice, season to taste.

Once the fish is cooked serve with the Mexican salad, green salsa and a side of mixed salad leaves.

MOROCCAN VEGETABLE TAGINE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–40 minutes

SERVES: 4–6



INGREDIENTS

500g butternut squash, peeled and chopped
500ml chicken or vegetables stock
1 heaped tbsp. tomato puree
2 stalks celery, sliced
3 cloves garlic, peeled and finely chopped
1 tsp. cumin
1 tsp. ground coriander
1 tsp. salt
3 dried, unsulphured apricots, chopped
1 large onion, peeled and chopped
1 tsp. cinnamon
¼ tsp. allspice
Pinch of cayenne pepper
250g cooked chickpeas, drained and rinsed
Fresh coriander to serve

METHOD

Place all the ingredients in a large casserole dish, stir to combine. The vegetables should be covered by the stock if not add a little more stock or water.

Bring to the boil and then turn down to simmer for 30–40 minutes, stirring occasionally, until the vegetables are soft.

Add a little more seasoning if needed and serve with a generous handful of fresh coriander.

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

1 tbsp. cashew nuts	1 onion, peeled and sliced
1 tbsp. peanuts	1 red pepper, sliced
2 tbsp. toasted sesame seed oil, for cooking	1 head broccoli (halve larger florets)
200g firm tofu, cubed	100g baby sweetcorn, halved lengthways
1 tbsp. honey	100g mangetout
6cm fresh ginger, peeled and chopped	Juice of 1 lime
2-3 cloves garlic, peeled and finely chopped	Salt and freshly ground black pepper
2 fresh red chillies, sliced or 2 tsp. chilli flakes	1-2tbsp. tamari sauce

METHOD

Place a large frying pan or wok on a medium heat and add the nuts. Dry fry for around a minute, tossing occasionally, once the nuts begin to turn golden, remove from the pan and set aside.

Pat the tofu with some kitchen paper to remove any excess moisture and season with salt and pepper. Heat 1 tbsp. of toasted sesame oil in a frying pan or wok on a medium-high heat and fry the tofu until slightly crispy and golden all over, remove from the pan and set aside with the toasted nuts.

Whilst warm drizzle the honey over the top of the nuts and tofu and stir it all together until fully coated in the honey.

Heat the remaining sesame oil in a frying pan on a medium heat and add the ginger, garlic and chillies and cook for about 30-40 seconds, stirring occasionally before adding the onion, pepper,

NUTTY TOFU STIR FRY



broccoli, sweet corn and mangetout. Stir fry for 4-5 minutes before adding the lime juice and 1 tbsp. of tamari (you can add more later if you prefer).

Divide up the stir fried vegetables into bowls and top with the tofu and nuts, add some more fresh chilli slices (optional) and enjoy.

PREPARATION TIME: 10 minutes

*or marinade overnight

COOKING TIME: 10–15 minutes

SERVES: 4–6



RAS EL HANOUT LETTUCE WRAPS

INGREDIENTS

2 heaped tsp. ras el hanout
1 tbsp olive oil
Juice of 1 lemon
4 chicken breasts, chopped
Season to taste

Sumac Dressing

170g yogurt
1 tbsp sumac
½ cucumber, finely chopped
Salt to taste

To Serve

Large cos lettuce leaves
4 handfuls rocket leaves
4 tbsp. pomegranate seeds

METHOD

Mix the olive oil, lemon juice and ras el hanout into a paste and pour over the chicken pieces. Allow to marinade for 10 minutes or ideally overnight.

Heat a little olive oil in a frying pan on a medium heat. Add the chicken and stir fry until cooked and slightly brown.

Prepare the dressing by mixing the ingredients in a small bowl.

Place the cos lettuce leaves on a plate and add a handful of rocket to each one.

Once the chicken is cooked serve in the lettuce wraps topped with pomegranate seeds and sumac dressing.



SEAFOOD MIXED GRILL

PREPARATION TIME: 20 minutes
(+ plus overnight marinating if possible)
COOKING TIME: 20–25 minutes
SERVES: 2

INGREDIENTS

Juice of 1 lemon	½ tsp. pepper
2 tsp. salt	½ tsp. ground cardamom
2 tsp. paprika	1/8 tsp. ground cloves
200g natural yoghurt or 200ml tinned coconut milk	½–1 tsp. chilli powder
1 inch piece fresh ginger, peeled	250g cod fillets
4 cloves garlic, peeled	250g salmon fillets
1 handful fresh coriander	200g king prawns
2 tsp. ground coriander	
2 tsp. ground cumin	
1 tsp. turmeric	

To Serve
Fresh coriander

METHOD

Place all the ingredients, except for the fish and prawns, into a food processor and blend into a creamy sauce. You can mix it in a bowl, but make sure you chop the garlic, ginger and coriander finely if doing it manually.

Slice the cod and salmon fillets in half and place in a bowl with the prawns and marinade sauce. Use your hands to coat each piece in the marinade. Leave in the fridge to marinate for a couple of hours at least, but ideally overnight for maximum flavour.

When ready to cook, preheat the oven to 180°C/350°F/gas mark 4.

Place the fish on a baking dish or thread onto skewers. Bake in the oven for 20–25 minutes or until cooked to your liking.

Serve topped with more fresh coriander.



SPICY TOMATO PRAWNS

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3



INGREDIENTS

2 tbsp. olive oil	600g raw prawns
1 onion, peeled and chopped	400g passata
2 garlic cloves, crushed	½ tsp. crushed chilli flakes
1 red pepper, chopped	Large handful of tenderstem broccoli, chopped
10 mushrooms, chopped	Salt & pepper
1 heaped tsp. smoked paprika	

METHOD

Heat the olive oil in a pan and then add the pepper, mushrooms, onions and garlic to cook through slightly until they start to soften.

Add the passata and paprika and stir again.

Bring the mixture to a simmer and cook for about 10 minutes.

Add the prawns, tenderstem broccoli, salt and pepper, stir and allow to simmer for another 5–6 minutes.

Serve with courgetti or steamed squash.

SUNDRIED TOMATO PRAWN COURGETTI

PREPARATION TIME: 12 minutes

COOKING TIME: 8 minutes

SERVES: 2

INGREDIENTS

3 tbsp. sundried tomatoes in olive oil	1 tbsp. olive oil
3 tbsp. tomato purée	300g raw prawns
2 tbsp. olive oil	3 courgettes, julienned
Juice ½ a lemon	Small handful of feta (optional)
Handful fresh basil	Salt and pepper
4 garlic cloves, peeled	

METHOD

Add the sundried tomatoes, tomato purée, olive oil, lemon juice, basil and garlic to a food processor and blend into a paste.

Heat the olive oil in a large frying pan on a low heat and add the sundried tomato paste, stir fry for a minute and then add the prawns, toss in the sauce and cook until pink.

Add the courgettes and toss in the sauce.

Cook for 2–3 minutes until the courgette start to soften.

Top with some feta, fresh basil and serve.



Serving suggestion...
Serve with rocket and steamed squash

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



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5-A-SIDE VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–4

INGREDIENTS

- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped or 1 tsp garlic powder
- 1 onion, finely chopped
- 1 yellow pepper, chopped
- 400g chopped tomato
- 100g sweetcorn
- 1 heaped tsp. mixed herbs
- 2 courgettes, julienned and then chopped
- 2 carrots, julienned and then chopped
- 2 handfuls spinach
- Handful fresh basil
- Salt and pepper

METHOD

Pan fry the onions, garlic and pepper in the olive oil for 5 minutes.

Pour over the chopped tomatoes, stir in the sweetcorn and add the mixed herbs. Season with salt and pepper and leave to cook for 15 minutes.

Five minutes before serving add the julienned courgettes and carrots, stir to combine the vegetables and allow to cook for a further 2–3 minutes.

Finally add the spinach and allow to wilt for 1–2 minutes. Cook until the vegetables are soft.

Season again to taste and serve.



BALSAMIC POTATO AND TOMATO SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 5–6



INGREDIENTS

1kg new potatoes
3 tomatoes, chopped
1 onion, peeled and chopped

The Dressing

2 cloves garlic, peeled and finely chopped
or 1 tsp. garlic powder
1 tbsp. fresh lemon juice
2 tbsp. balsamic vinegar
3 tbsp olive oil
Salt and pepper to taste

To Serve

Handful fresh coriander, chopped

METHOD

Boil or steam the new potatoes until soft.

Allow to cool and add the chopped tomatoes and onion.

Mix together the dressing ingredients and pour over the potatoes.

Top with fresh coriander and serve.

BEETROOT RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

SERVES: 6

INGREDIENTS

1 red onion, finely chopped
3 cloves garlic, peeled and chopped
1 yellow pepper, chopped
2 courgettes, chopped
250g cooked beetroot, chopped
800g tin chopped tomatoes
1 tbsp. mixed herbs
2–3 tbsp. capers (optional)
Salt and pepper
1 tbsp. olive oil
Fresh basil, to serve

METHOD

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

Add the tomatoes, herbs and capers and season with salt and pepper.

Cook through for 30–40 minutes until the vegetables are soft.

Season to taste, top with fresh basil and serve.



CARROT AND CORIANDER SLAW

PREPARATION TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 tbsp. Greek yoghurt

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 yoghurt, 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.



CUMIN AND ORANGE CARROTS AND TATTIES

PREPARATION TIME: 5 minutes

COOKING TIME: 50–60 minutes

SERVES: 4–6

INGREDIENTS

4 white potatoes, chopped

4 large carrots

3 tbsp. olive oil

2 tsp. cumin seeds

Zest of 1 orange

Juice of ¼ orange

1 tsp. garlic powder

Salt and pepper to taste

METHOD

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

Place the potatoes and carrots into a baking tray.

In a bowl, combine the olive oil, cumin, orange zest, orange juice and garlic powder. Pour the mixture over the potatoes and carrots and toss to coat evenly.

Season with salt and pepper.

Place in the oven to cook for 50–60 minutes until the vegetables 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 and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

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, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



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 a lemon
Balsamic vinegar (to dress)

METHOD

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



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

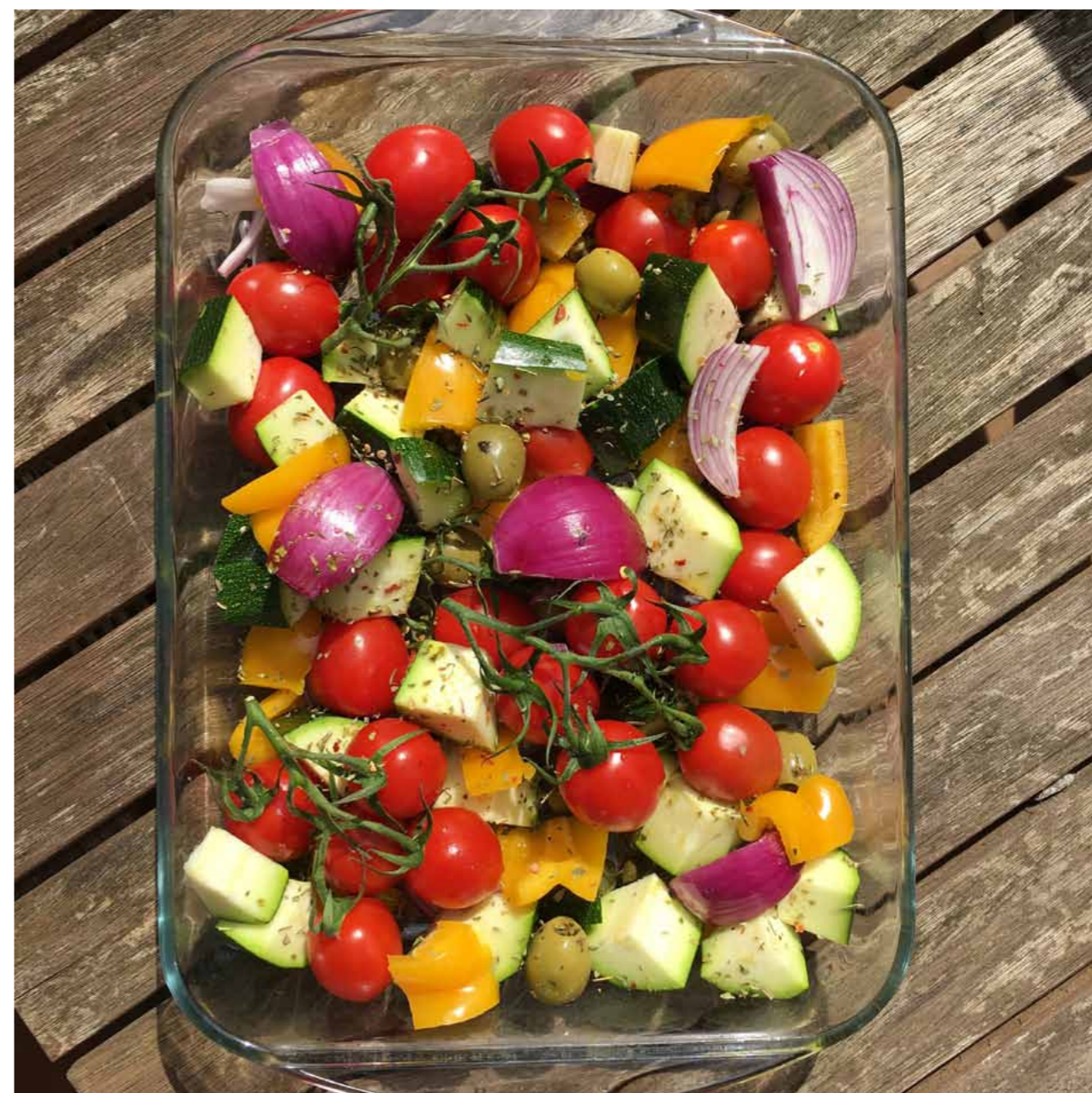
- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

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.



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.

POWER CARBS

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-5

INGREDIENTS

250g cooked rice (we used Tilda wild and brown basmati)

500ml bone broth or stock

1 sweet potato, peeled and diced

2 stalks celery

1 small red onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

Salt and pepper to taste

Fresh parsley to serve

METHOD

Place the cooked rice and broth/stock in a pan and warm on a medium heat.

Add the sweet potato, herbs, onion, garlic, celery and season. Bring to boil and then turn down to simmer.

Cook until the potato has softened, add a little more broth or water if needed. Top with fresh parsley and serve.



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.

SMOKEY WEDGES

PREPARATION TIME: 5 minutes
COOKING TIME: 30–40 minutes
SERVES: 2

INGREDIENTS

2 sweet potatoes, cut into wedges
Olive oil
1 tsp. smoked paprika
Salt and pepper

METHOD

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

Place the sweet potato wedges on a baking tray and sprinkle with smoked paprika, salt and pepper and toss in a little olive oil.

Place in the oven and cook for 30–40 minutes.

Once the sweet potato wedges are cooked, remove from the oven and serve.



SPICY CARROT CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20-30 minutes

SERVES: 10-12

INGREDIENTS

½ tsp. chilli powder
2–3 cloves garlic, finely chopped
½ tsp. smoked paprika
2 tbsp. olive oil
6 large carrots, sliced into chips
Salt and pepper

METHOD

Preheat the oven to 160°C/325°F/gas mark 3.

Slice the carrots into small sticks (similar to French fries).

Add the chilli, garlic, paprika and oil to a bowl and mix well.

Toss carrots in the mixture and spread out flat on a baking tray.

Bake in the oven for 20–30 minutes until cooked to your liking.



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.



SQUASH, BACON & HAZELNUTS

PREPARATION TIME: 10 minutes

COOKING TIME: 35–50 minutes

SERVES: 2–4

INGREDIENTS

1 medium butternut squash, peeled and chopped	½ onion, chopped
150g peas	8 rashers bacon, chopped
3 tbsp. olive oil	100g blanched hazelnuts
3 cloves of garlic, finely chopped	2 large handfuls fresh parsley
	Salt and pepper

METHOD

Place the chopped squash into a steamer and allow to cook for 10–15 minutes or until soft.

When the squash is almost cooked add the peas to the steamer to cook for 3–4 minutes.

Meanwhile, heat a little olive oil in a pan.

Add the garlic, onion, bacon and hazelnuts and stir-fry for 2–3 minutes until coated in the olive oil.

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. Remove from the heat, add the fresh parsley and serve.



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

METHOD

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

Slice the sweet potatoes into 3–4 inch wedges and place in a baking tray.

Drizzle with a little olive oil and toss the wedges to coat them. Mix the smoked paprika and salt and sprinkle over the wedges.

Bake in the oven for 35–40 minutes until soft and lightly browned around the edges.



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.



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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 yoghurt (you can also use sheep's or goat's yoghurt)
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 yoghurt
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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