



FITTER365
MEMBERSHIP SUBSCRIPTION

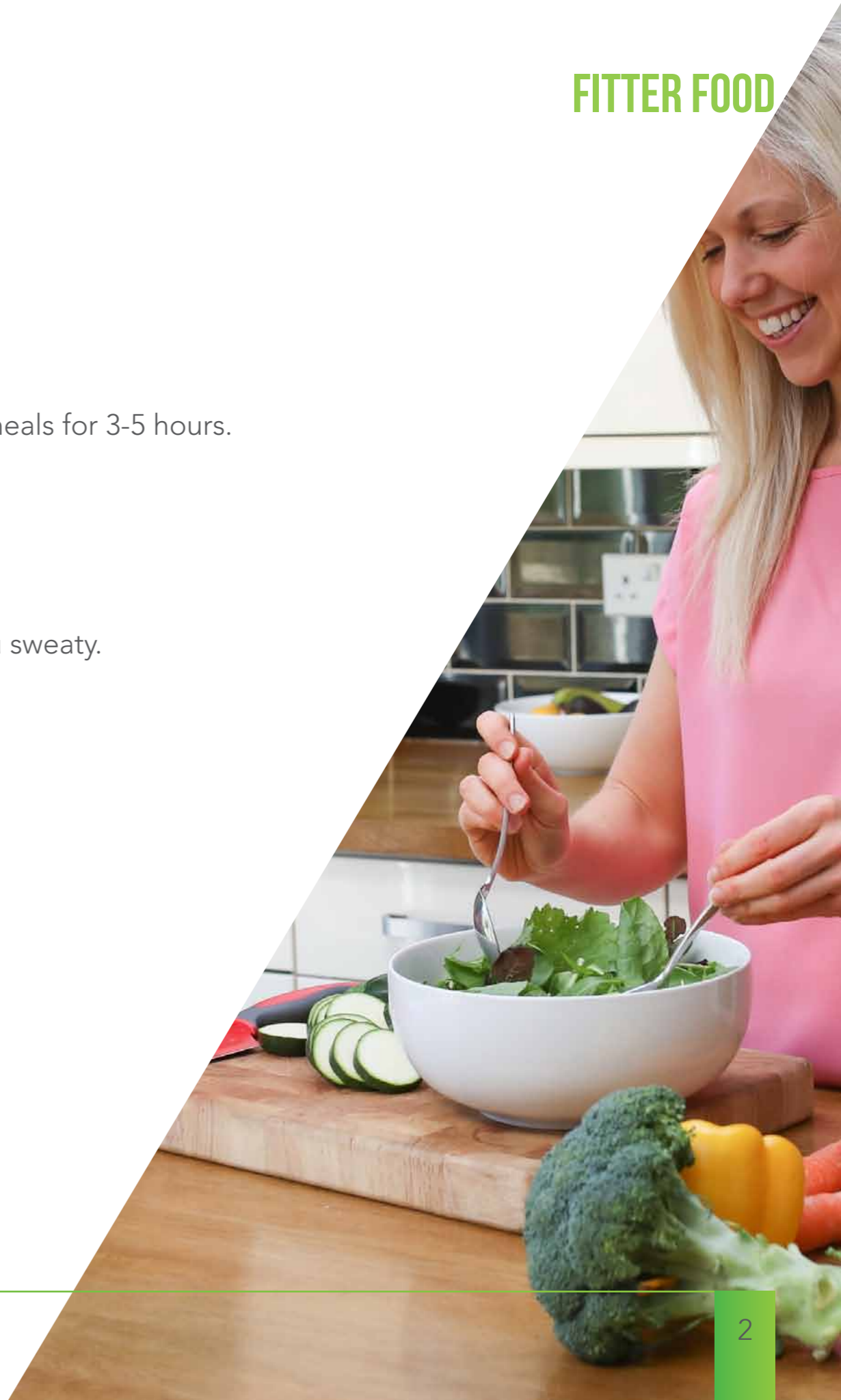


MONTHLY HEALTH PLAN

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.



TRAINING

ADVANCED BODYWEIGHT CIRCUIT

**PERFORM AS A CIRCUIT,
REST 30–45S AND REPEAT
FOR 3–5 SETS.**

**MOUNTAIN CLIMBERS
(30 REPS)**

**AIR SQUATS
(20 REPS)**

**BURPEES
(15 REPS)**

**CLOSE GRIP PUSH UPS
(10 REPS)**

**REGULAR PUSH UPS
(5 REPS)**



FULL BODY DUMBBELL BLAST

**PERFORM BACK-TO-BACK
AS A CIRCUIT, REST 30S,
COMPLETE 3-4 ROUNDS.**

**SUITCASE SQUATS
(12 REPS EACH ARM)**

**KNEELING SINGLE ARM
SHOULDER PRESS
(12 REPS EACH ARM)**

**SINGLE LEG
ROMANIAN DEADLIFTS
(12 REPS EACH LEG)**

**SINGLE ARM THRUSTERS
(12 REPS EACH ARM)**



FULL BODY KETTLEBELL & BODYWEIGHT FAT BURNER

**PERFORM EACH EXERCISE
FOR 45S, REST 15S,
COMPLETE 3-4 ROUNDS.**

SWINGS

SPRAWLS

PUSH UPS

GOBLET SQUATS

RUSSIAN TWISTS

ABS BLITZ

**PERFORM BACK-TO-BACK
AS A CIRCUIT, REST 30S,
COMPLETE 3 ROUNDS.**

**LEG LOWERS
(10 REPS)**

**TOE TOUCH CRUNCHES
(10 REPS)**

**RUSSIAN TWISTS
(10 REPS EACH LEG)**

**V SIT UPS
(10 REPS)**



KETTLEBELL HIIT

**PERFORM EACH EXERCISE
FOR 40S AT MAX EFFORT
WITH 20S REST
BETWEEN EXERCISES.
COMPLETE 3 ROUNDS**

KETTLEBELL SWINGS

SPRAWLS

**SINGLE ARM THRUSTERS
(RIGHT SIDE)**

**SINGLE ARM THRUSTERS
(LEFT SIDE)**



FITTER 365 MEMBER CHALLENGE

28 Day Mobility and Stretch Challenge

Welcome to the 28 Day Mobility & Stretch Challenge. This challenge is all about getting some short but highly effective mobility drills and stretches incorporated into your daily routine. Each of them is designed to help you move better, feel energised and prevent injury.

This challenge has a full body focus and over the next 4 weeks will improve your movement pattern from foot to head, **remember** we like to start from the ground up.

How It Works?

We've put together 7 mobility and stretch drills which you will perform 4 times over in order to complete your 28 days, each week you progress a little further on what you did in the previous week.

Check out the calendar on page 10 and follow the how-to video guide to perform your mobility/stretch drill for that day. Each day includes one stretch and one mobility drill to do, however, feel free to incorporate extra stretches or mobility drills if you wish to.

Ideally try **NOT** to skip any days and play catch up, each one will only take about 5 minutes and can be incorporated into your training warm up or be done whilst you boil the kettle. The goal here is to help you get into a daily routine with your mobility and stretching work and by the end of the challenge you'll not only be moving better but also see how easy it is to make movement part of your lifestyle.



Low Down On Stretches

Aim to hold for a minimum of 1 minute with a view to increasing gradually and progressing to 2 minutes.

The idea of the stretches is to ease tension and increase the range of movement so don't force the stretch. If you're pulling a funny face you're likely pushing it too hard. Find a stretch position that allows you to feel the stretch, relax into it and **BREATHE**.

Once you can hold the stretch for 2 minutes advance the stretch and reduce the duration before building back up again.

Low Down On Mobility

How many reps you perform of each mobility drill will vary from day to day, however, over time a natural progression would be to increase the number of reps you do and increase the range of movement you work through.

Similar to the stretches don't force it just increase the range of movement over time. Rep ranges are provided within the calendar to give you a starting point or something to aim for.

As above, relax and **BREATHE**.

NOTE: Be sure to listen to your body and don't overdo it, feel free to progress and regress the movements and stretches based on your bodies feedback.

Disclaimer: This challenge is to provide you with some ideas and inspiration. Performing any of the mobility drills and stretches is done so at your own risk.



**COMPLETE EACH MOBILITY
SESSION EVERY DAY OF THE
WEEK FOR 28 DAYS**

28 DAY MOBILITY AND STRETCH CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>STRETCH: WALL STRETCH https://youtu.be/BnBufADlhme</p> <p>1-2 MINUTES</p> <p>MOBILITY: SQUAT & FOLD COMBO https://youtu.be/tcTZy_HmGLA</p> <p>10-20 REPS</p>	<p>STRETCH: TOE STRETCH https://youtu.be/lKtE6WGD0zo</p> <p>& CALF STRETCH https://youtu.be/FkDBMyUZTOc</p> <p>1-2 MINUTES</p> <p>MOBILITY: ANGRY CAT, THORACIC ROTATIONS https://youtu.be/asxuD2y3_vo</p> <p>AND SHOULDER ROTATIONS https://youtu.be/ZE4W8B3_afE</p> <p>10-15 REPS OF EACH</p>	<p>STRETCH: HIP FLEXOR & TRICEP STRETCH https://youtu.be/ZEFrEcHYiO4</p> <p>1-2 MINUTES</p> <p>MOBILITY: HIP HINGE TO SINGLE ARM DOWNWARD DOG & ROTATION COMBO https://youtu.be/ZHeojqDRjGc</p> <p>5-10</p>	<p>STRETCH: CHAIR STRETCH https://youtu.be/4pdPmgDuhpc</p> <p>1-2 MINUTES</p> <p>MOBILITY: ASSISTED SQUAT HOLD WITH MOVEMENT https://youtu.be/GrzyxzWHwGQ</p> <p>2-3 MINUTES</p>	<p>STRETCH: GROIN STRETCH WITH REACH THROUGH https://youtu.be/RAVUDuNz8jU</p> <p>1 MINUTE EACH SIDE</p> <p>MOBILITY: DOWNWARD DOG TO HIP STRETCH WITH ROTATION COMBO https://youtu.be/Ji2ZT6UFleY</p>	<p>STRETCH: BICEP/FOREARM STRETCH https://youtu.be/7byzUKVyZHK</p> <p>1-2 MINUTES</p> <p>MOBILITY: HIP FLEXOR TO HAMSTRING STRETCH https://youtu.be/laKUIckF1BE</p> <p>10-15 EACH LEG</p>	<p>STRETCH: 5 MINUTE SQUAT HOLD https://youtu.be/Pw9iBcpzghY</p> <p>MOBILITY: DOWNWARD DOG TO SPINAL FLEXION https://youtu.be/ISzVuKCD7_0</p> <p>10-15 REPS</p>

NEW RECIPES

NEW

- Carrot and butter bean soup
- Epic turkey shepherd's pie
- Spicy beef and potato cakes
- Sunflower seed, honey and oat loaf
- Sweet and spicy salmon with mixed vegetable rice
- Tuna and sweet potato fishcakes



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

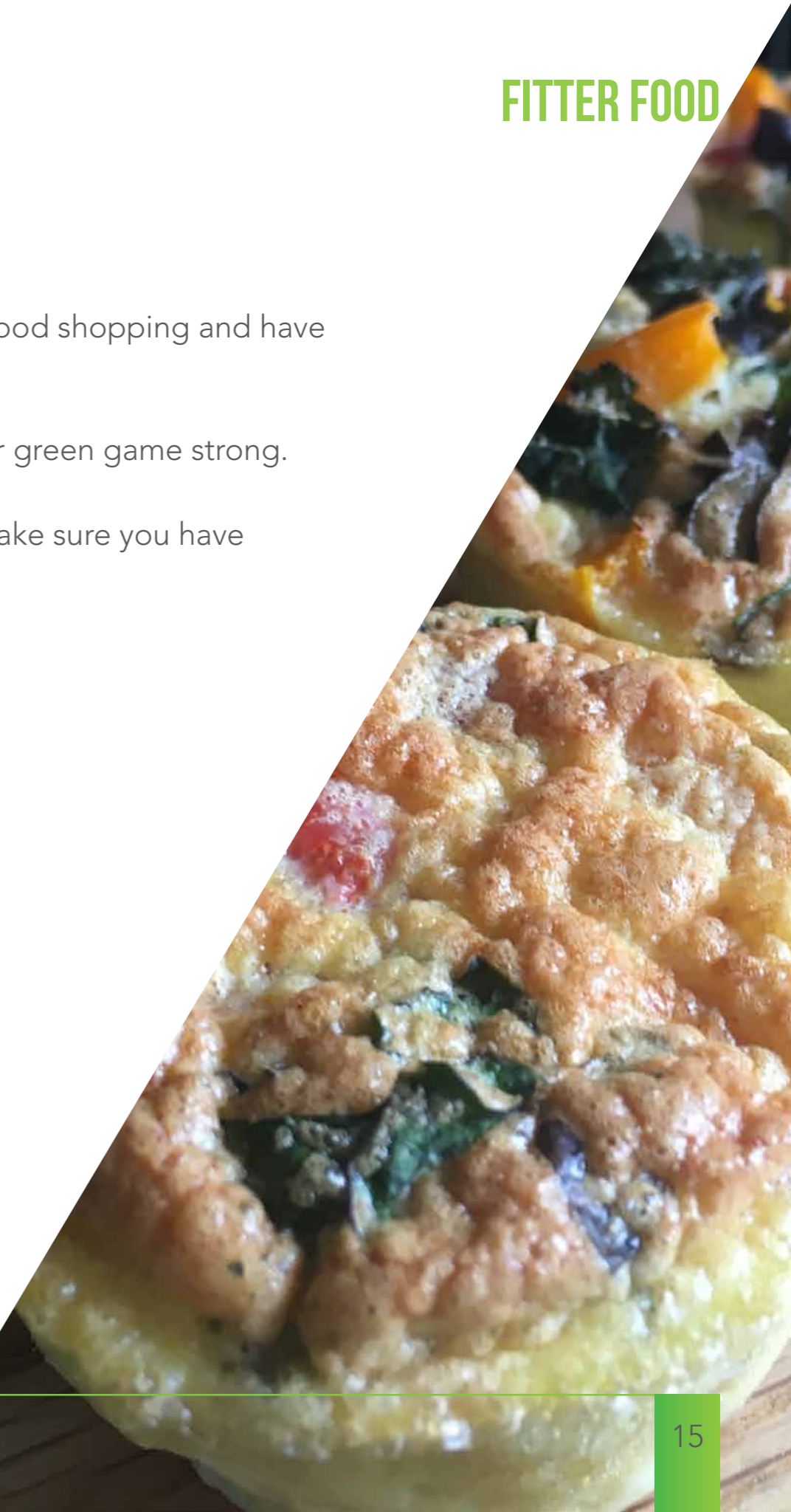
Buckwheat
Rolled oats
Rice (brown, red, black and white)
Oat bran
Quinoa



FITTER 365 | YOUR PERSONAL MEAL PLAN

Plan Your Meals

- 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.



CONTENTS

BREAKFASTS

Bacon and sweet corn cups
Banana chia porridge
Bircher muesli
BOSH beans and scrambled eggs
Breakfast pancakes
Breakfast salad
Choco orange chia smoothie
Cottage flaxcakes
Eggs 'N' oats
Espresso smoothie
Five a day frittata
Savoury porridge
Smoked salmon and spinach calzone
Stewed fruit with yogurt and spices
Sunflower seed, honey and oat loaf **NEW**
Veggie omelette

LUNCHES

5 a day soup
Butternut falafels
Carrot and butter bean soup **NEW**
Chicken and avocado bowls
Chilli tuna ceviche
How to pimp a salad
Hulk soup
Savoury seed loaf
Spiced chickpea soup
Thai omega balls 2.0

DINNERS

Caribbean jerk salmon
Carrot pizza
Chicken and mushroom curry
Epic turkey shepherd's pie **NEW**
Fish in a caribbean bag
Fitter chicken nuggets
Ginger infused seafood vegetable rice
Healthy twist fish n chips
Jamaican chicken curry
Lamb kefte burgers
Mexican turkey burgers
Paella pronto
Persian citrus salmon
Salmon and red pepper fishcakes
Sea bass supper
Spanish style chicken
Spicy beef and potato cakes **NEW**
Sweet and spicy salmon with mixed vegetable rice **NEW**
Thai chicken and courgette noodles
Tuna and sweet potato fishcakes **NEW**
Turmeric and lentil chilli

SAUCES

Homemade guacamole
Homemade ketchup
Homemade tartar sauce

SIDES

5 a day slaw
Apple and root vegetable bake
Baked cauliflower
Carrot and cauliflower harissa mash
Carrots with honey and dill
Cumin and orange carrots and tatties
Epic herby salad
Indian style sweet potatoes
Italian tray bake
Kale and sweet potato mash
Mushroom and spring onion cauliflower rice
Power carbs
Quick ratatouille
Super mash
Sweet potato wedges
Veggetti

SNACKS

Slice of sunflower and oat loaf with nut butter
Slice of 5 a day frittata
1-2 beef and potato cake with salad
Mexican turkey burger with mashed avocado
Prawn, avocado and red pepper lettuce wrap
Mug of carrot and butterbean soup
2-3 boiled eggs with tamari sauce
2 squares of dark chocolate with 2 tsp. nut butter
2-3 fitter chicken nuggets



MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Sunflower seed, honey and oat loaf	Bacon and sweet corn cups	Savoury porridge	Leftover: bacon and sweet corn cups	Stewed fruit and yogurt	Breakfast pancakes	BOSH beans and scrambled eggs with peppers, Avocado and spinach
MEAL TWO	Carrot and butter bean soup with savoury seed loaf	Pimp an omega 3 salad	Leftover: carrot and butter bean soup with savoury seed loaf	Leftover: sweet and spicy salmon with salad	Leftover: Mexican turkey burgers with salad	Butternut falafels with hummus and salad	Leftover: butternut falafels with hummus and salad
MEAL THREE	Sea bass super with quick ratatouille	Fish in a Caribbean bag with power carbs and steamed greens	Sweet and spicy salmon with mixed vegetable rice	Mexican turkey burgers with super mash and steamed greens	Paella pronto and salad	Carrot pizza with epic herby salad and sweet potato wedges	Epic turkey shepherd's pie with steamed greens

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Bircher muesli	Veggie omelette	Banana chia porridge	Breakfast salad	Choose a smoothie	Five a day frittata	Leftover: five a day frittata
MEAL TWO	Chilli tuna ceviche with avocado and salad	Spiced chickpea soup and boiled eggs	Leftover: lamb kefte burgers with salad	Leftover: spiced chickpea soup and boiled eggs	Leftover: Caribbean jerk salmon with salad	Hulk soup and savoury seed loaf	Leftover: hulk soup and savoury seed loaf
MEAL THREE	Leftover: Epic turkey shepherd's pie with steamed vegetables	Lamb kefte burgers carrot and cauliflower harissa mash and salad	Spicy beef and potato cakes with mushroom and spring onion cauliflower rice and hummus	Caribbean jerk salmon with spicy courgette chips and baked sweet potato	Fitter chicken nuggets with sweet potato wedges and 5 a day slaw	Healthy twist fish n chips with leftover 5 a day slaw	Jamaican chicken curry with Indian style sweet potatoes and steamed greens



MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Sunflower seed, honey and oat loaf	Bacon and sweet corn cups	Savoury porridge	Leftover: bacon and sweet corn cups	Stewed fruit and yogurt	Breakfast pancakes	BOSH beans and scrambled eggs with peppers, avocado and spinach
MEAL TWO	Carrot and butter bean soup with savoury seed loaf	Leftover: salmon and red pepper fishcakes with salad	Leftover: carrot and butter bean soup with savoury seed loaf	Leftover: Persian citrus salmon and salad	Leftover: tuna and sweet potato fishcakes and salad	Butternut falafels with hummus and salad	Leftover: butternut falafels with hummus and salad
MEAL THREE	Salmon and red pepper fishcakes with quick ratatouille and steamed greens	Turmeric and lentil chill with steamed greens	Persian citrus salmon with carrot and cauliflower harissa mash	Tuna and sweet potato fishcakes with epic herby salad	Spanish style chicken with Italian tray bake	Mexican turkey burgers with sweet potato wedges, salad and homemade guacamole	Sunday roast with apple and root vegetable bake and cauliflower mash

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Bircher muesli	Veggie omelette	Banana chia porridge	Breakfast salad	Choose a smoothie	Breakfast pancakes	Smoked salmon and spinach calzone
MEAL TWO	Pimp an omega 3 salad	Leftover: beef and potato cakes with salad	Thai omega balls 2.0 and salad	Leftover: sweet and spicy salmon with salad	Leftover: Thai omega balls and salad	Leftover: tuna and sweet potato fishcakes and salad	Leftover: chicken and mushroom curry
MEAL THREE	Spicy beef and potato cakes with mushroom and spring onion cauliflower rice and hummus	Ginger infused seafood rice	Sweet and spicy salmon with mixed vegetable rice	Thai chicken and courgette noodles	Tuna and sweet potato fishcakes with epic herby salad	Chicken and mushroom curry with Indian style sweet potatoes and steamed greens	Epic turkey shepherd's pie with steamed greens

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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BACON AND SWEET CORN CUPS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–35 minutes

MAKES: 10

INGREDIENTS

6 eggs
1 tsp. baking powder
170g Greek yogurt (optional)
½–1 tsp. chilli flakes
½–1 tsp. smoked paprika
½–1 tsp. garlic powder
4 slices bacon, trimmed
100g sweet corn
2 spring onions, sliced
125g asparagus, chopped
Salt and pepper
Olive oil

METHOD

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

Place the eggs, yogurt, baking powder and spices in a blender and beat until light and fluffy.

Stir in the remaining ingredients and combine thoroughly.

Spoon into muffin cases or a greased muffin tin; ensure each muffin is filled with some meat and veggies. Bake in the oven until golden.



TIP: This can also be baked in a loaf tin.

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.



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 yoghurt
- 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 yoghurt, 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 PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 6–8 minutes

SERVES: 1



Tip: Make the pancakes small so they're easier to flip

INGREDIENTS

1 tsp. olive oil for cooking (or use a non stick pan)
3-4 eggs
1 banana, blended or mashed
2 tbsp. ground almonds or ground flaxseed
½ tsp baking powder
1 tsp vanilla extract

To Serve

½ tsp. cinnamon
Juice of half a lemon
Handful fresh berries

METHOD

Mix the ingredients thoroughly to make a batter (we used our Nutribullet blender).

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.

Top with fresh berries, lemon juice and cinnamon.

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

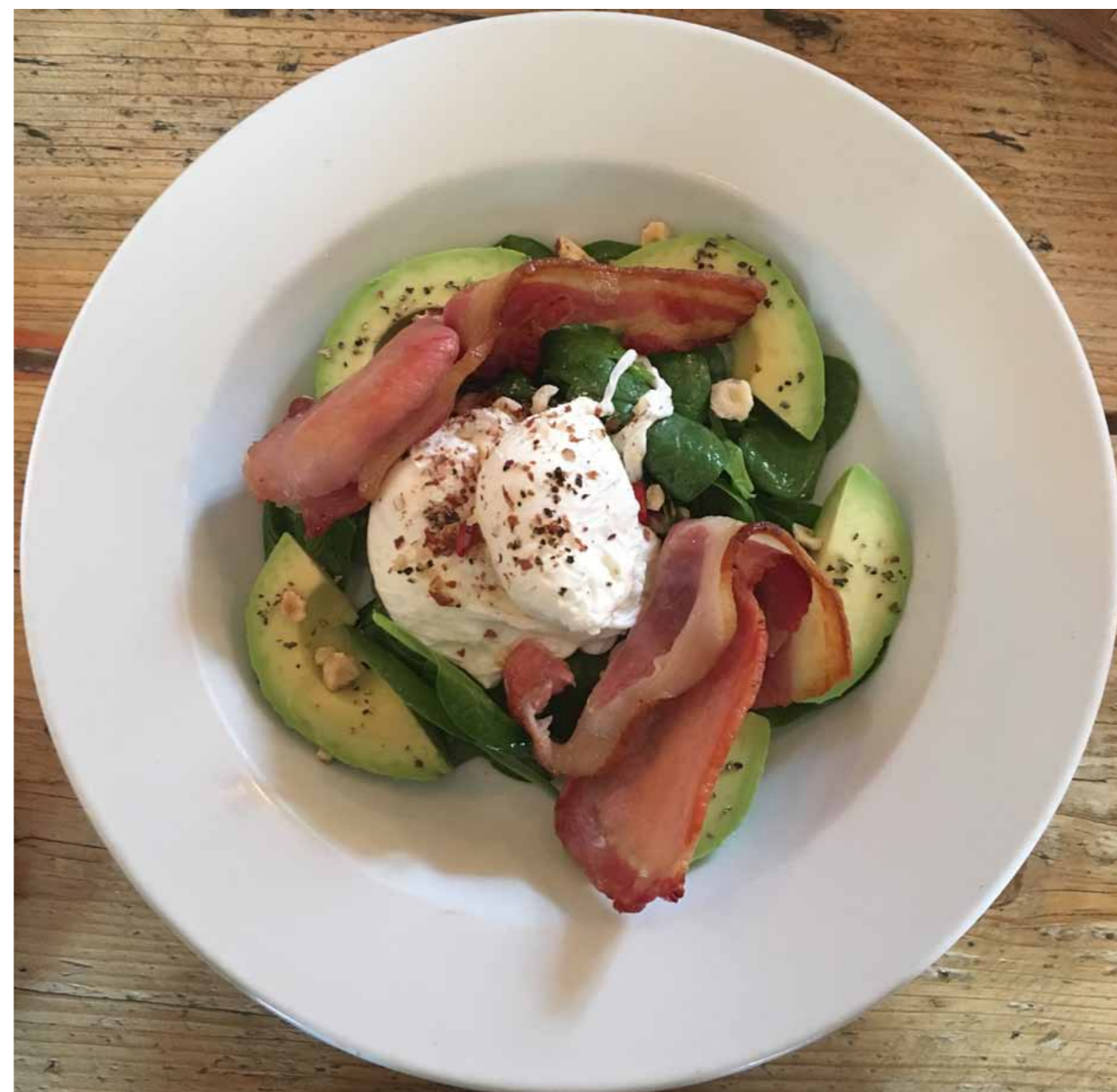
Poach or boil the eggs.

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.



CHOCO ORANGE CHIA SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

- ½ banana
- 100g plain Greek yogurt or coconut yogurt
- 20g vanilla protein powder
- 1 tbsp. cocoa powder
- 2 tsp. chia seeds (substitute flaxseed or omit)
- ½–1 tsp. orange extract
- ½ tsp. cinnamon
- Add water or almond milk to reach desired consistency (60–100ml)

METHOD

Place all the ingredients in a blender and blitz for 1 minute until smooth and creamy.



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.



FIVE-A-DAY FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 3–4

INGREDIENTS

Olive oil for cooking
1 red pepper, deseeded
and chopped
1 carrot, grated
2 spring onions, sliced

Handful cherry tomatoes, halved
1 handful spinach
10 eggs, beaten
Handful fresh parsley
Salt and pepper

METHOD

Heat a little oil in a pan over a medium heat and then add the pepper, carrot and spring onions. Cook for 3–4 minutes before adding the tomatoes.

Cook and stir occasionally for another 2–3 minutes until the tomatoes have softened, then add the spinach and stir-fry.

Once the spinach has wilted, add the eggs to the pan and push the ingredients around to allow the egg to get to the bottom of the pan.

Season with salt and pepper.

Preheat the grill. Cook the frittata for around 4–5 minutes in the pan to allow the bottom to cook through.

Place the pan under the grill (be careful not to melt the handle!) and allow to cook until the frittata turns golden on top and is cooked through the middle.

Be sure to keep an eye on it.



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.



SMOKED SALMON AND SPINACH CALZONE

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 1-2



INGREDIENTS

3-4 eggs
½ red pepper, sliced
50g smoked salmon
Large handful of spinach
2 heaped tbsp. tomato purée
½ tsp. dried mixed herbs
Salt and pepper
Olive oil for cooking

METHOD

Pour the olive oil into a non-stick frying pan.

Beat the eggs in a large bowl and pour the mixture into the pan.

Leave to cook and use a spatula to gently peel away from the edges of the pan to ensure it doesn't stick.

Allow to cook through for a few minutes so the egg has set.

Spread the tomato purée over the omelette base as if it was a pizza.

Tear up the spinach leaves and sprinkle onto the cooked omelette. Add the salmon, herbs and seasoning and gently fold the omelette in half and seal the edges by pressing down with the spatula.

Allow to cook for a further 5-6 minutes until the spinach has wilted.

Best served hot from the pan.

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.



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.

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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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.



BUTTERNUT FALAFELS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 14

INGREDIENTS

150g cooked butternut squash
50g coconut flour or gluten free flour
(e.g. rice or gram flour)
½ tsp. cumin
1 heaped tsp. harissa spice blend
1 tsp. garlic powder
½ tsp. salt
3 egg whites
150g tinned chickpeas, rinsed
Olive oil for cooking

METHOD

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

Line a baking tray with greaseproof paper or a little olive oil.

Place the butternut squash, flour, cumin, harissa spice, garlic, salt and egg whites in a food processor and blend.

Add the chickpeas and pulse, combine the ingredients but keep the chickpeas a little chunky. If you make the mixture too smooth it won't bind into falafels. If the mixture is too moist add a little more flour.

Shape into bite sized balls and place on the prepared baking tray.

Place in the oven and cook for 20–25 minutes until golden.

Allow to cool and serve.



PREPARATION TIME: 10 minutes
COOKING TIME: 35–40 minutes
SERVES: 4–6



CARROT AND BUTTER BEAN SOUP

INGREDIENTS

2 tbsp. olive oil
1 large onion, peeled and chopped
600g carrots, roughly chopped
2 cloves garlic, peeled and chopped
2 x 400g tins butter beans, drained
Salt and freshly ground black pepper
2 tsp. ground coriander
1–2 tsp. cumin powder
1 litre of vegetable stock (add more water if desired once cooked)
Fresh coriander to serve

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the onion, carrots and garlic and stirring through. Cook for a few minutes until the vegetables begin to soften.

Add the butter beans, salt, pepper, coriander and cumin and stir again, cook for a few more minutes stirring occasionally.

Add the vegetable stock, stir, bring to the boil, cover and then reduce the heat to simmer for 25–30 minutes or until cooked.

Use a stick blender and blitz until smooth, add more seasoning or water to reach your desired taste and consistency.

Top with fresh coriander and serve.



CHICKEN AND AVOCADO BOWL

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 2



INGREDIENTS

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

To Serve

Mixed salad leaves

METHOD

Heat the oil in a frying pan and add the chicken.

Stir-fry the chicken and season with smoked paprika, salt and pepper.

Cook the bacon in a separate frying pan until golden.

Whilst the chicken and bacon are cooking slice the avocado in half and remove the stone. Scoop all the flesh out of the avocado halves and place in a bowl. Mash until smooth and creamy and add the lemon juice and tomato.

Serve with the chicken and bacon once cooked on a bed of salad leaves.

CHILLI TUNA CEVICHE

PREPARATION TIME: 10 minutes

MARINADE TIME: 5–30 minutes

SERVES: 1

INGREDIENTS

1 fillet tuna, cut into bite-sized pieces

1 inch piece of ginger, grated

1 small handful fresh coriander leaves, finely chopped

½ small mild chili, finely sliced

Juice of 1 lime

Freshly ground black pepper

METHOD

Place the tuna, coriander, chilli and ginger in a bowl.

Pour over the lime juice and combine the ingredients thoroughly.

You can eat this immediately but ideally leave for 30 minutes.

If preparing this in advance set aside the lime juice and pour over 30 minutes before serving.



Serving suggestion...
Serve with roasted vegetables

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

HULK SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 8

INGREDIENTS

2 tbsp. olive oil	1 whole head of broccoli, chopped
4 cloves garlic, finely chopped	250g green beans, chopped
2 dice-sized cubes of fresh ginger, peeled and finely chopped	1 handful fresh mint
1 onion, peeled and chopped	800ml bone broth/stock or vegetable stock
4 leeks, chopped	Salt and pepper
600g frozen peas	1 large bag of spinach
4 courgettes, chopped	2 heaped tbsp. green pesto

METHOD

Heat the olive oil in a large saucepan and then add the garlic, ginger, onion and leeks, and cook for a couple of minutes, stirring occasionally.

Add the peas, courgettes, broccoli, green beans and mint and stir a little before adding the broth/stock, salt and pepper.

Bring to the boil and leave to simmer for 25 minutes or until the vegetables are cooked, stirring through occasionally.

The broth/stock should just cover all the vegetables.

Add the bag of spinach and stir in to wilt down before using a hand blender or food processor to mix the ingredients together. Taste and add more salt and pepper if required.

If too thick, add some more stock or water.

Stir in the pesto, taste again and serve.



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.



SPICED CHICKPEA SOUP

PREPARATION TIME: 20 minutes

COOKING TIME: 35–40 minutes

SERVES: 5–6

INGREDIENTS

2 tbsp. extra-virgin
olive oil

1 large onion, diced

3 large cloves garlic, chopped

3 leeks, chopped

4 sweet potatoes, peeled
and cubed

300g tomatoes on the vine

2 large courgettes, chopped

2–3 tsp. ground cumin

1 tsp. cinnamon

2 tsp. smoked paprika

½ – 1 tsp. chili powder

1–2 tsp. salt

Freshly ground black pepper,
to taste

500g cooked chickpeas
(drained weight)

Juice of 1 lemon

Water

To Serve (Optional)

100g feta, crumbled

100g chickpeas, sautéed
in olive oil

METHOD

Warm some olive oil in a pan and sauté the onion, garlic, leeks and potato for 5–10 minutes until soft.

Add the tomatoes, courgettes and spices and toss together to coat the vegetables.

Finally add the chickpeas and cover with water, Season with salt and ppepper and squeeze in the lemon juice.

Bring to the boil and simmer for 35–40 minutes until the potatoes are soft.

Once cooked through blitz with a stick blender.

Serve topped with a little feta and sautéed chickpeas if desired.



PREPARATION TIME: 10 minutes

COOKING TIME: 15–25 minutes

SERVES: 4–5

INGREDIENTS

3 x 212g tins of wild, red salmon (with skin and bones)

Zest and juice of 1 lime (or use lemon)

Handful of fresh coriander chopped

3 cloves garlic, peeled

2 eggs

Large chunk of fresh ginger, peeled

2 small courgettes, grated

2 heaped tbsp ground flaxseed

2 heaped tsp nori seaweed sprinkles (optional)

Salt and pepper to taste

Crushed chilli flakes (optional)

METHOD

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

Grease an ovenproof tray with olive oil or line with greaseproof paper.

Drain the juices from the tinned salmon and place in a large bowl.

Add the lime juice and zest, coriander, garlic, ginger and eggs to a food processor or blender and blitz.

Add the mixture to the salmon and combine. Stir in the grated courgette, flaxseed and seaweed sprinkles. Season with salt and pepper and add the chilli flakes if desired. You can taste the mixture at this stage and amend if needed (add more lime, seasoning, chilli, garlic, etc.)

Using clean hands take handfuls of the mixture, squeeze to get rid of excess moisture and then carefully shape into golf sized balls.

Put the balls on the prepared tray and place in the oven to bake for around 20–25 minutes until they start to turn golden. You can turn off the oven and leave the balls to bake a little longer if you like a crispy bite to your balls.

Serve with salad, mashed avocado and natural yogurt.

THAI OMEGA BALLS 2.0



Tip: These are also great rolled in sesame seeds just before baking.



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FITTER 365 | DINNERS
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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 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 AND MUSHROOM CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 6-8

INGREDIENTS

2 tbsp. olive oil
6 garlic cloves, finely chopped
1 large onion, peeled and chopped
1 dice-sized cube of fresh ginger,
peeled and chopped
2 tsp. cumin
4 tsp. turmeric
4 tsp. garam masala
4 tsp. ground coriander
5 skinless chicken breasts or 8 thighs, diced
500ml chicken or vegetable stock
400g chopped tomatoes

2 heaped tbsp. tomato puree
1–2 tsp. salt
1 tsp. pepper
Juice of 1 lemon
250g mushrooms
200g green beans
Handful of fresh coriander,
to serve

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the garlic, onion, ginger, cumin, turmeric, garam masala, coriander and stir.

Sauté for 3–4 minutes until the onions start to soften.

Add the chicken and sauté for another 2–3 minutes until the chicken begins to brown, then add the stock, tomatoes, tomato puree, salt and pepper and stir.

Bring to the boil and then turn down to simmer and cook for 30 minutes.

After 30 minutes add the mushrooms, green beans and lemon juice and simmer for another 6–8 minutes.

Season to taste if required and serve topped with fresh coriander.



EPIC TURKEY SHEPHERDS PIE

NEW

PREPARATION TIME: 15 minutes
COOKING TIME: 1 hour 10 minutes
SERVES: 6

INGREDIENTS

2 tbsp. olive oil	2–3 tsp. dried rosemary
750g turkey thigh mince	Salt and freshly ground black pepper
3 carrots, finely chopped	1 x 400g tin of chopped tomatoes
2 red onions, peeled and finely chopped	250ml vegetable stock
2 celery sticks, finely chopped	300g frozen peas
2 cloves of garlic, peeled and finely chopped	1 tbsp. Worcestershire sauce
250g chestnut mushrooms, finely chopped	1kg potatoes quartered (skin on)
	500g parsnips sliced (skin on)
	Knob of butter
	Almond milk (for the mash)

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the turkey mince and cooking until browned all over. Stir occasionally.

Add the carrots, onions, celery, garlic and mushrooms, stir through and cook for a few minutes until onions start to soften, stirring occasionally.

Add the salt, pepper and rosemary and stir through before adding the chopped tomatoes and vegetable stock before stirring again. Bring to the boil, cover and then reduce the heat to simmer for 25–30 minutes. Add the frozen peas and Worcestershire sauce about 5 minutes before it's ready and stir through.

Whilst that's simmering away pre heat the oven to 180°C/350°F/gas mark 4. Steam or boil the potatoes and parsnips for about 15–20 minutes or until cooked.



Drain the potatoes and parsnips before placing back into the saucepan or in a large bowl with a knob of butter, a little almond milk, salt, pepper and mash together. Add a little more almond milk if desired until the mash is smooth.

Place the turkey mince in a large baking dish and spread out evenly before spooning the mash on top of the mince and use a fork to spread evenly across the top.

Place in the oven to cook for about 30 minutes.

Serve with some vegetables of your choice.

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.

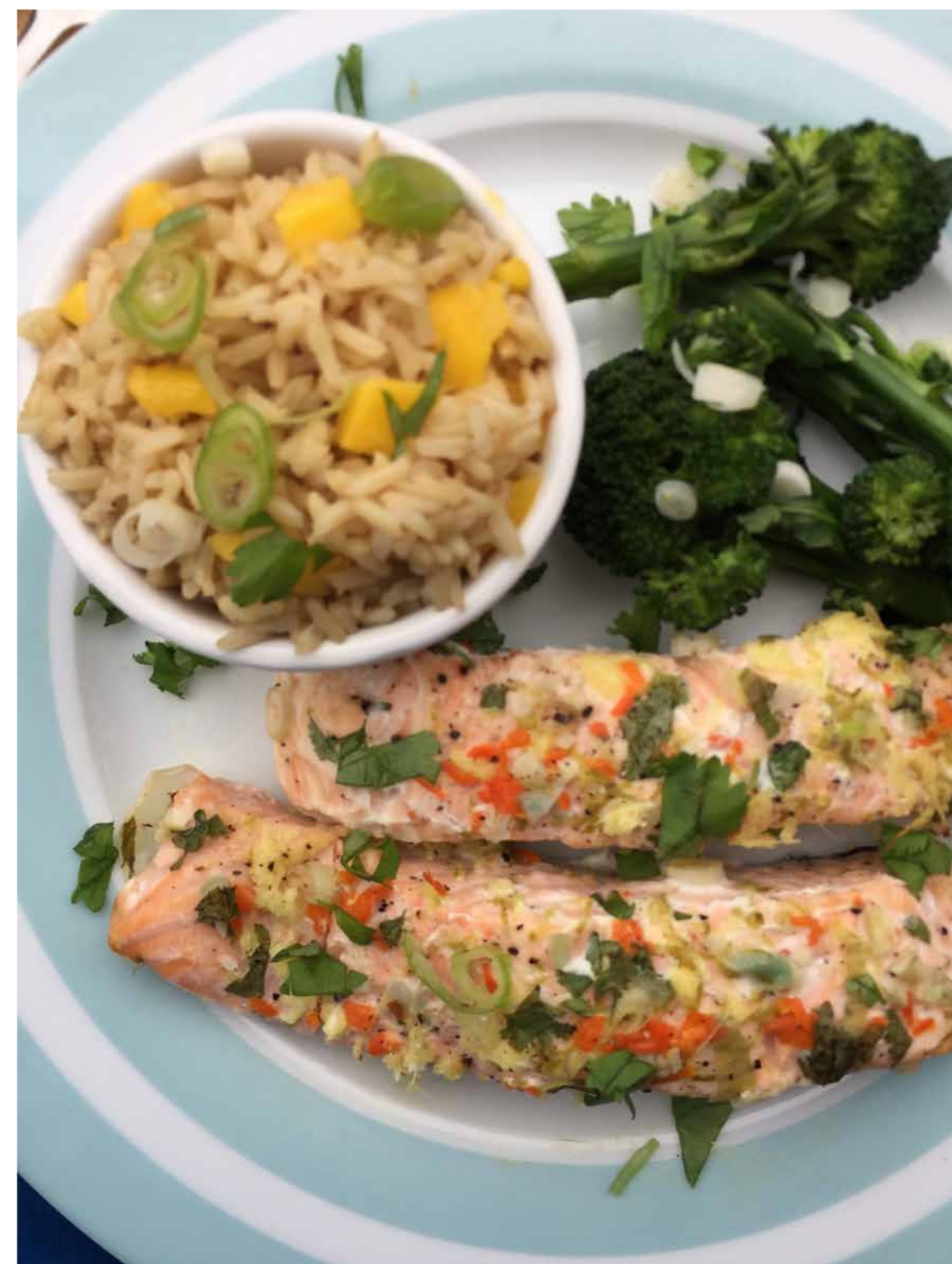
Lay a sheet of greaseproof paper on a baking dish and place the fish in the centre.

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.



FITTER CHICKEN NUGGETS

PREPARATION TIME: 10 minutes

COOKING TIME: 12–15 minutes

MAKES: 20 chicken nuggets

INGREDIENTS

2 skinless chicken breasts

70g oat bran

Salt and freshly ground black pepper

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. smoked paprika

½ tsp. cayenne chilli (optional)

1 egg beaten

2–3 tbsp. olive oil

METHOD

Cut the chicken breasts into small chunks, around 20 pieces, and place on a plate.

Crack the egg into a bowl and beat it.

On a separate plate sprinkle the oat bran, salt, pepper, onion powder, garlic powder, chilli and smoked paprika and mix together before spreading it out over the plate.

Dip a chunk of chicken into the beaten egg, shake off the excess before coating thoroughly in the oat bran mixture and place on a plate whilst you repeat the process for the remaining nuggets.

Once all the nuggets are coated heat the oil in a pan on a medium to high heat and carefully place the chicken in the pan to cook for about 5-7 minutes or until golden and crispy. Now turn them over and repeat on the other side.

Enjoy with Fitter Food homemade ketchup (Pg 74).



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.

HEALTHY TWIST FISH N CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 2



INGREDIENTS

2 large cod or haddock fillets

40g oat bran

1 egg, beaten

160g cooked (cold) quinoa (e.g. Merchant Gourmet sachets)

1 tsp. smoked paprika

1 tsp. garlic powder

Salt and freshly ground pepper

2–3 tbsp. olive oil

1 lemon, quartered to squeeze over the fish once cooked

2 sweet potatoes, cut into chips

METHOD

Preheat the oven to 180°C/350°F/gas mark 4. Place the sweet potato chips on a baking tray, drizzle with olive oil and add a generous serving of salt and pepper. Toss together and cook for 30–35 minutes.

15–20 minutes before the potatoes are ready begin to prepare the fish by gently patting each fillet with kitchen towel before seasoning to soak up any moisture, sprinkle with the salt and pepper on both sides.

Set up two plates and a bowl. Spread the oat bran on one plate, the quinoa on the other and place the egg in the bowl.

Coat both sides of each fillet in the oat bran and shake off any excess before coating it in the beaten egg and allowing any excess egg to drip off before covering in the quinoa. Use your hands to press the quinoa onto the fish.

Heat the olive oil in a pan on a medium to high heat. To check the temperature throw some of the excess quinoa into the pan and if it starts sizzling straight away then you're good to go.

Gently place the fillets into the pan and cook until the quinoa turns golden which should be about 4 minutes on each side. Remove the fillets from the pan and place them on some paper towels to get rid of any excess oil.

Squeeze some fresh lemon juice over the top and enjoy.

JAMAICAN CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

SERVES: 2-3

INGREDIENTS

2 tbsp. olive oil	4 skinless chicken breasts or 6 thighs, diced
2 garlic cloves, finely chopped	2 tbsp. medium or hot curry powder
3 spring onions, chopped	½ tsp. allspice
1 onion, peeled and chopped	1-2 tsp. salt
1 dice-sized cube of fresh ginger, peeled and finely chopped	1 tsp. black pepper
½-1 chilli, finely chopped	1-2 cups of water
1 tbsp. fresh thyme, roughly chopped	Large handful of spinach
2 carrots, chopped	Handful of fresh coriander

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the garlic, spring onions, onion, ginger, chilli, fresh thyme and carrots and stir through. Sauté for 3-4 minutes until the onions and other vegetables start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown. Add the curry powder, allspice, salt and pepper and stir through, coating all the ingredients in the spices.

Now begin to add the water; it's important you do this gradually to keep the sauce a thick consistency. Start with 1 cup and then add a little more if you need to.

Bring to a simmer and cook for 30 minutes.

Add the spinach and coriander (save a little for topping) and stir through until the spinach has wilted.

Season to taste if required and serve either on its own or with rice or cauliflower rice.

Top with the remaining coriander.



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.

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.



PAELLA PRONTO

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3-4

INGREDIENTS

2 tbsp. olive oil

1 onion, peeled and chopped

2 cloves garlic, peeled and finely chopped

1 tsp. smoked paprika

½ tsp. cayenne chilli powder

1 tsp. dried thyme

300g paella or risotto rice

400g tin chopped tomatoes

900ml chicken stock

Salt and pepper

250g peas

250g raw king prawns

200g raw squid rings

Juice of half a lemon

To Serve

1 handful fresh parsley

METHOD

Heat the olive oil in a large pan over a medium heat and add the onion and garlic.

Cook until the onions are soft.

Add the smoked paprika, cayenne chilli powder, thyme and rice and stir through.

Add the tomatoes, chicken stock, salt and pepper and stir through.

Simmer for around 15 minutes or until the rice is cooked through.

Add the peas, prawns and squid rings and stir again.

Allow to cook for a further 5 minutes or until the prawns are cooked through.

Squeeze the lemon juice over the top and serve topped with fresh parsley.



Serving suggestion...
Serve with salad

PERSIAN CITRUS SALMON

PREPARATION TIME: 15 minutes

*marinade 10–20 minutes or overnight

COOKING TIME: 15–20 minutes

SERVES: 4

INGREDIENTS

4 salmon fillets

2 tsp. sumac

Juice and zest of 1 lime

Zest of 1 small orange

2 tbsp. olive oil

1 tsp. ground cumin

½ tsp. cinnamon

Salt and freshly ground black pepper, to taste

METHOD

Place the salmon in a large bowl. Add the remaining ingredients and combine thoroughly to make a paste. Coat the salmon fillets in the marinade and leave for 10–20 minutes.

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

Place the salmon on a baking tray in the oven for 15–20 minutes or until cooked through.



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

PREPARATION TIME: 5 minutes

COOKING TIME: 5-8 minutes

SERVES: 2

INGREDIENTS

1 tbsp. olive oil
½ chilli, chopped
3 cloves garlic, chopped
Handful of fresh coriander
1 inch fresh ginger, peeled and grated
1 medium bok choy, chopped
1 courgette, sliced
2 sea bass fillets
Juice of 1 lime
Salt and pepper

METHOD

Warm the olive oil in a frying pan.

Add the chilli, garlic, coriander and ginger and stir fry for a minute.

Place bok choy and sliced courgette in the pan and toss in the oil and spices.

Push the bok choy and courgette to the side of the pan to keep warm.

Place the sea bass in the pan, skin-side down, and after 2–3 minutes gently flip the fish over using a spatula.

Heat until the fish is cooked through.

Squeeze the lime juice over the fish and vegetables, season with salt and pepper and serve.

SEA BASS SUPPER



Serving suggestion...
Serve with squash wedges and steamed spinach

SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

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

METHOD

Heat the olive oil in a large saucepan over a medium heat and add the garlic, onions, leeks and stir through. Sauté for 3-4 minutes until the onions and leeks start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown.

Add the paprika, thyme, oregano, salt and pepper and stir through, coating all the ingredients in the spices.

Add the olives, passata, chicken stock and potatoes.

Bring to a simmer and cook for 30 minutes.

Season further if required and serve either on its own or with steamed greens.



Serving suggestion...
Serve with steamed spinach and kale

SPICY BEEF AND POTATO CAKES

NEW

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.

SWEET AND SPICY SALMON WITH MIXED VEGETABLE RICE

PREPARATION TIME: 15 minutes (allow an extra couple of hours marinating time for tastiest results)

COOKING TIME: 20 minutes

SERVES: 2

INGREDIENTS

For the salmon

3 tsp. tamari sauce
3 tsp. toasted sesame oil
2 tsp. runny honey
1 red chilli deseeded and finely chopped
2 salmon fillets

For the mixed vegetable rice

1 small cauliflower, blitz florets lightly in a food processor
1 tbsp. toasted sesame oil

1 red onion, peeled and finely chopped
2 cloves garlic peeled and finely chopped
Dice size piece of ginger (larger if you prefer) peeled and finely chopped
1 carrot, grated
1 courgette, grated
Salt and freshly ground black pepper to taste
1–2 tbsp. tamari
Zest and juice of 1 lime
Fresh coriander to serve

METHOD

For the salmon

Place the tamari, sesame oil, honey and chilli in a bowl and mix well. Place the salmon fillets into the mixture and coat the fillets. Marinate for a couple of hours turning occasionally.

Pre heat the oven to 200°C/400°F/gas mark 6. Line a baking tray with greaseproof paper and place the salmon fillets on top. Spoon most of the marinade over the top of each fillet, however, reserve a little to drizzle over the salmon when serving.

Place in the oven for 12–15 minutes or until cooked to your liking.

For the mixed vegetable rice

NOTE: Don't over blitz the cauliflower as it will turn mushy. It should look similar in texture to cous cous. Have the cauliflower blitzed and grate



the carrot and courgette ready so you can begin to stir fry the vegetables as soon as the salmon has been placed in the oven.

Heat the sesame oil in a large frying pan or wok on a medium to heat before adding the onion, garlic, ginger and stirring. Cook until the onion begins to soften, stirring frequently.

Add the grated carrot, courgette and cauliflower and stir through once again. Cook for 2–3 minutes stirring frequently before adding the salt, pepper, tamari, lime zest and juice and stirring. Stir fry for 8–10 minutes or until cooked to your liking.

Serve the vegetable rice and place the salmon fillet on top, drizzle with the remaining marinade and top with some fresh coriander.

THAI CHICKEN AND COURGETTE NOODLES

PREPARATION TIME: 8 minutes

COOKING TIME: 12 minutes

SERVES: 2

INGREDIENTS

1 tbsp. olive oil	2 tsp. paprika
3 garlic cloves, finely chopped	1 tsp. crushed chillies
2 dice-sized chunks of fresh ginger, peeled and finely chopped	2 tsp. fish sauce
2 carrots, finely chopped	½ cabbage of your choice, finely chopped
1 onion, finely chopped	2 courgettes, julienned
1 red chilli, finely chopped	Salt and pepper, to taste
2 chicken breasts, sliced	Fresh coriander
Juice of 1 lime	

METHOD

Heat the olive oil in a pan and add the garlic, ginger, carrots, onion and red chilli. Stir-fry for around 3 minutes.

Add the chicken, lime juice, paprika, crushed chillies, fish sauce, salt and pepper. Cook for a further 3 minutes before adding the cabbage and stir-fry for a further 2–3 minutes.

When almost cooked, stir in the julienned courgette.

Cook until the courgettes softens slightly.

Top with a large handful of fresh coriander and enjoy.



Serving suggestion...
Serve with steamed squash and broccoli



TUNA AND SWEET POTATO FISHCAKES

PREPARATION TIME: 30 minutes
(includes potato cooking and cooling time)

COOKING TIME: 10 minutes

MAKES: 8 fishcakes

INGREDIENTS

600g sweet potatoes, peeled and diced
Salt and freshly ground black pepper
4 x tins of tuna in spring water, drained
4 spring onions, sliced
4 tsp. Laksa paste (or use Thai red curry paste if preferred)
2 eggs, beaten
Olive oil for cooking

METHOD

Steam the sweet potatoes for about 15 minutes or until cooked, drain, transfer to a bowl and leave to cool.

Once cooled add the salt and pepper and mash until smooth before adding the tuna, spring onions, Laksa paste, eggs and mixing thoroughly before shaping into patties.

Heat a little olive oil in a frying pan on a medium heat (you may want to get two pans on the go to cook all of them at the same time), add the patties and fry for around 4–5 minutes on each side until golden.

Serve topped with fresh coriander, spring onion slices (optional) and a crispy salad.



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.

A top-down photograph of a white, creamy sauce in a white bowl, garnished with finely chopped green herbs. The bowl sits on a light-colored wooden surface. To the left of the bowl is a silver spoon. To the right are three whole pickles, a cluster of capers, and a sprig of fresh parsley. The text 'FITTER 365 | SAUCES' is overlaid at the bottom left in white, bold, sans-serif font, flanked by dotted lines.

FITTER 365 | SAUCES

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.





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5-A-DAY SLAW

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 6-8



INGREDIENTS

1 sweetheart cabbage
½ red cabbage
2 carrots, grated
2 celery stalks, finely chopped
2 handfuls walnuts, crushed
Handful sultanas
3 small apples, grated

For the Dressing

½ red onion, finely chopped
3 tbsp. olive oil
1 tbsp. apple cider vinegar
1 tbsp. balsamic vinegar
Juice of 2 lemons
Salt and pepper

METHOD

Place all the slaw ingredients in a bowl and mix together.

Mix the dressing ingredients in a bowl or shake in a glass jar and pour over the slaw. Toss the ingredients in the dressing and set aside in the refrigerator to chill for 30 minutes.

APPLE AND ROOT VEGETABLE BAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 40–45 minutes

SERVES: 4

INGREDIENTS

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

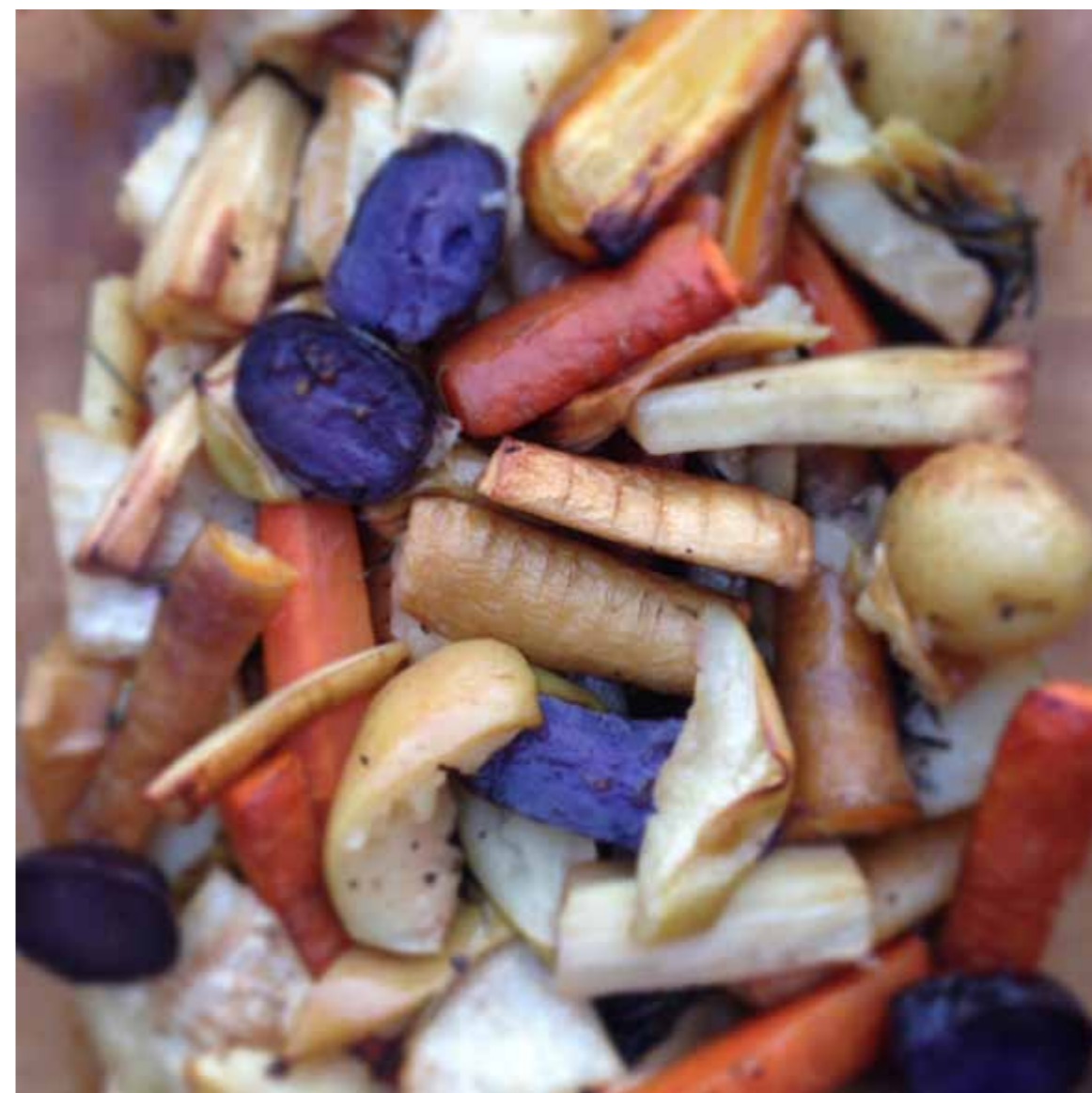
METHOD

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

Cut the vegetables into medium chunks (peel if necessary).

Place in the roasting tray with the apple, garlic and fresh rosemary. Season and toss in the olive oil before placing in the oven to cook for 30 minutes.

After 30 minutes, remove the vegetables from the oven, toss in the oil once more and place back in the oven to cook for a further 10–15 minutes until golden.



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.



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.



CARROTS WITH HONEY AND DILL

PREPARATION TIME: 5 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–3



INGREDIENTS

500g carrots

1 tbsp. olive oil

1 tsp. raw honey

Juice of half a lemon

2 tbsp. fresh dill (or 1 tbsp. dried dill)

METHOD

Boil or steam the carrots for 20–25 minutes until tender.

Mix the olive oil, honey, lemon juice and dill in a bowl and pour over the cooked carrots. Toss to coat the carrots and serve warm.

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.



INDIAN STYLE SWEET POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 5



INGREDIENTS

3 medium sweet potatoes, peeled and sliced into 1cm thick slices
2 tbsp. olive oil
1 red onion, peeled and sliced
200g cherry tomatoes, halved
1 green or red chilli, de-seeded and finely chopped
2 tsp. garam masala
Generous pinch of salt
2 large handfuls fresh coriander

METHOD

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

Drizzle the oil in a baking tray and add all the ingredients, coating the vegetables well in the oil and spices.

Place in the oven to cook for 25–30 minutes or until the potatoes are soft. Stir occasionally.

Serve topped with extra fresh coriander.

ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

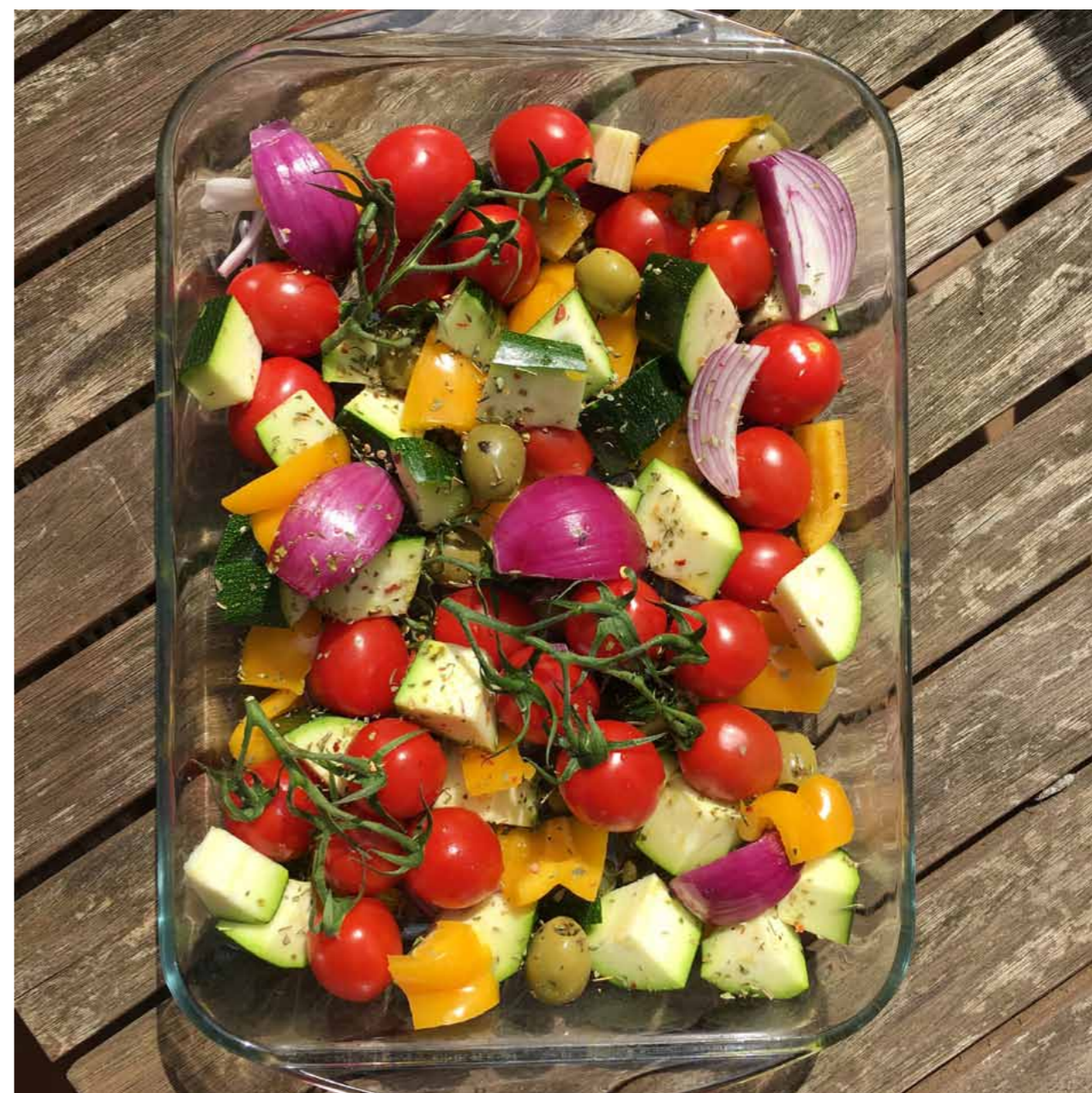
- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

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.

MUSHROOM AND SPRING ONION CAULIFLOWER RICE

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

Serves: 2–4

INGREDIENTS

Olive oil for cooking
2 cloves garlic, peeled and chopped
Handful mushrooms, sliced
2 spring onions, chopped
1 cauliflower, grated
Salt and pepper

METHOD

Heat a little olive oil in a large saucepan and add the garlic, mushrooms and spring onions and stir fry for 4–5 minutes.

Add the cauliflower to the pan and stir fry consistently to stop the cauliflower from burning.

After 3–5 minutes, taste to check the consistency and serve as soon as it's soft.



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.

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.



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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