



**FITTER365**  
MEMBERSHIP SUBSCRIPTION



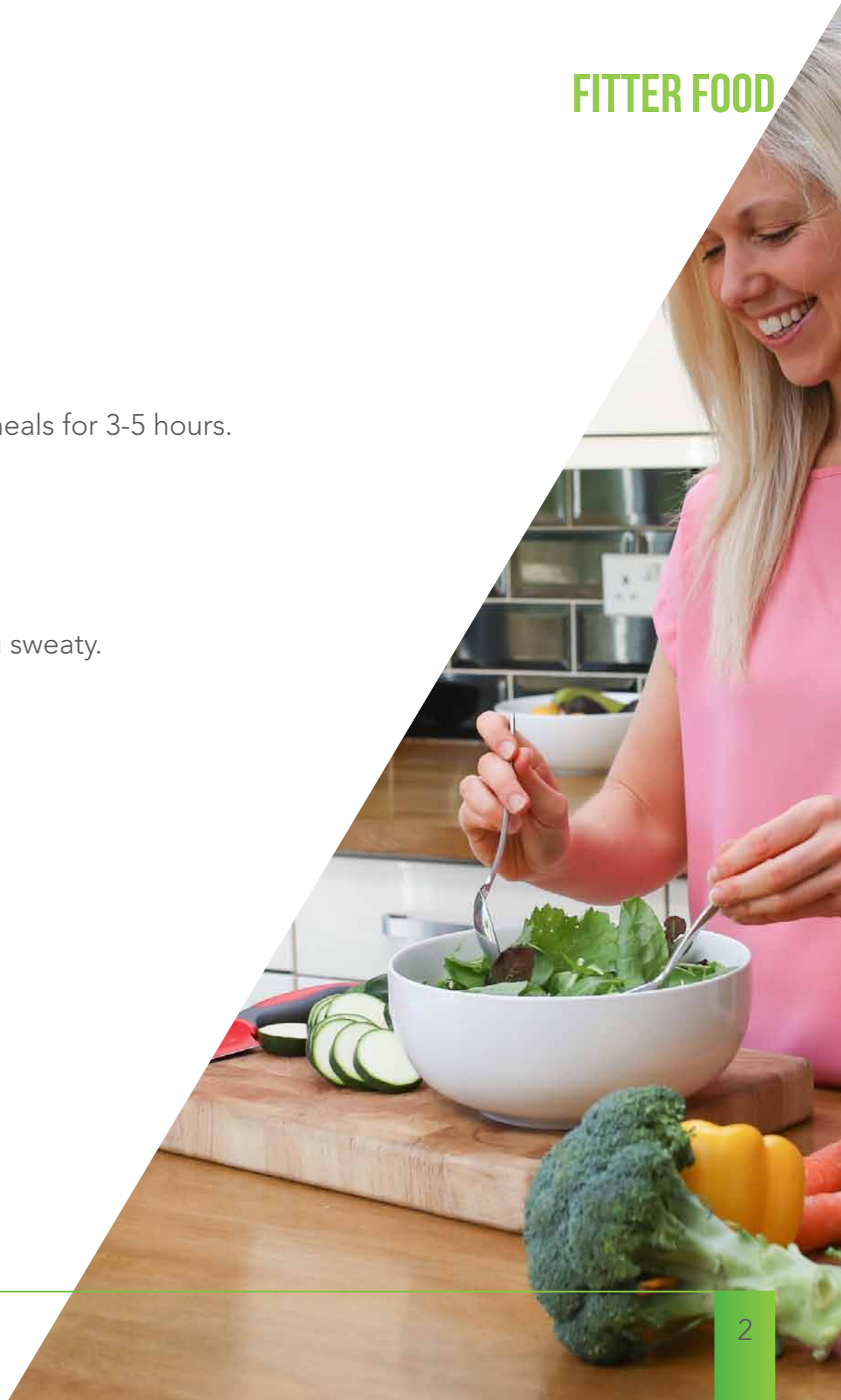
# MONTHLY HEALTH PLAN

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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.





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**TRAINING**  
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# FITTER 365 MEMBER CHALLENGE:

## HIIT + LISS

One of the most effective means of enhancing the fat loss component of a training session is to combine **High Intensity Interval Training (HIIT)** with **Low Intensity Steady State Cardio (LISS)**.

Starting your workout with intense training causes the release of hormones, including adrenaline and cortisol. This kickstarts a process known as lipolysis, where the body begins to break down its fat stores.

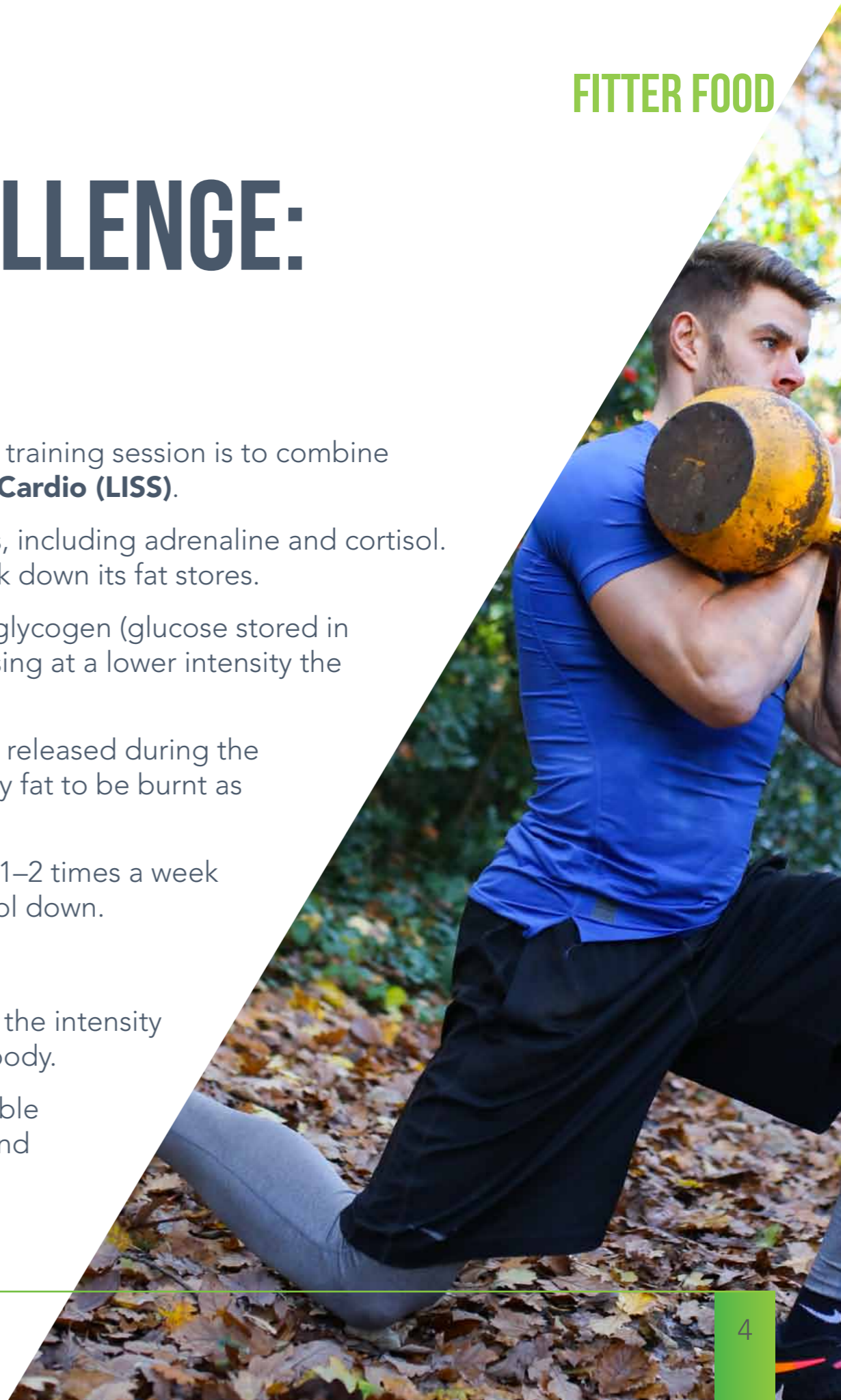
During intense exercise the body utilises a fuel system primarily based on glycogen (glucose stored in muscles) and creatine (also stored in muscle tissue). However, when exercising at a lower intensity the body switches to burning fat as a fuel source.

Moving from high intensity to steady state cardio allows the body fat to be released during the intervals (via the lipolysis) and then swapping down gears enables this body fat to be burnt as fuel during the cardio.

Check out the HIIT + LISS workouts in the following table and incorporate 1–2 times a week into your training routine, ensure you perform a thorough warm up and cool down.

### Tips

- It's important the HIIT phase of your workout is short to help you achieve the intensity and obtain the desired hormonal effect without excessive damage to the body.
- It helps to perform the talk test during the cardio phase, you should be able to maintain a conversation otherwise you might be training too intensely and moving back into the glycogen-based energy system.





Select ONE exercise option from each column

High Intensity Interval Training (Phase 1)

Low Intensity Steady State Cardio (Phase 2)

8–10 sets

30–60 minutes

10–20 seconds max effort on the following exercises

Cross trainer

Rest period = double work period  
(20–40 seconds)

Cycling

Jogging

Hill walking

Brisk walking

Rowing

**IMPORTANT**

**Aim to maintain a high intensity, increase the rest period if necessary**

Running sprints

Bike sprints

Rowing

Battling ropes

Skipping

Boxing

Kettlebell swings

Burpees

Jump/Bodyweight squats

# NEW RECIPES

NEW

Broccoli, pea and parmesan frittata  
Carrot and butterbean patties  
Fast and furious chicken paella  
Nutty tofu stir fry  
Peaches n cream protein smoothie  
Tuna and sweetcorn omwraps

# 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

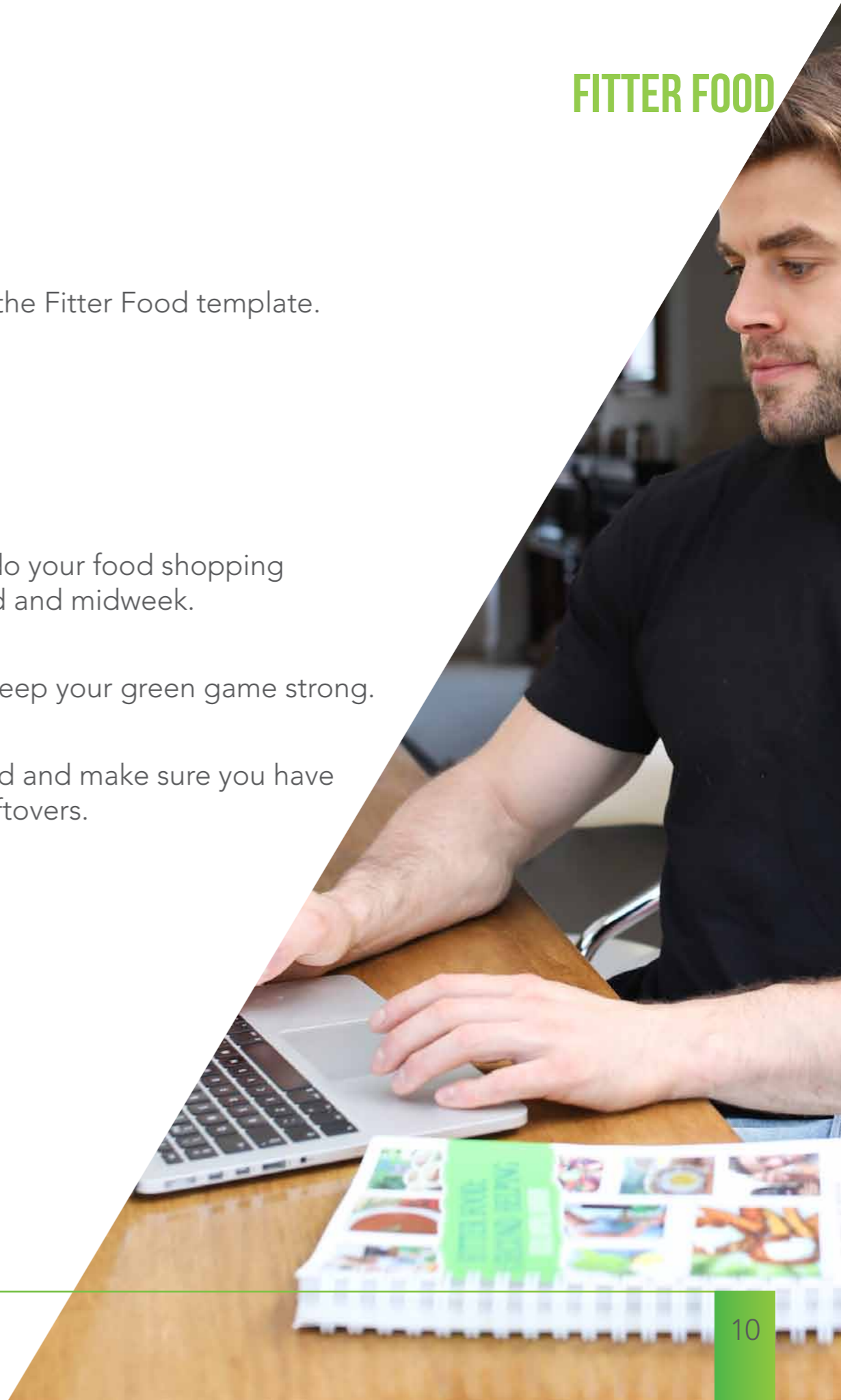




**FITTER 365 | YOUR PERSONAL MEAL PLAN**

# 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  
Bacon breakfast bowl  
Berry breakfast quinoa  
Bircher muesli  
BOSH beans, scrambled eggs and spinach  
Breakfast stir-fry  
Breakfast veggies  
Butternut toast  
Carrot cake smoothie bowl  
Choco orange chia smoothie  
Cottage bowls: overnight and instant  
Eggs in avo boats  
Gingerbread granola and yogurt  
Italian eggs  
One pan breakfast  
Peaches n cream protein smoothie **NEW**  
Protein pancakes  
Protein power porridge  
Smoothies  
Stewed fruit with yoghurt and spices

## LUNCHES

Butternut falafels  
Chilli tuna ceviche  
How to pimp A salad  
Savoury seed loaf  
Tuna and sweetcorn omwraps **NEW**

## SOUPS

5-a-day soup  
Carrot and apple soup  
Cherry tomato and spinach soup  
Minty courgette soup  
Pea and mint soup

## DINNERS

Aubergine and chickpea curry  
Bacon, pea and leek tray bake  
Bacon wrapped avocado stuffed chicken  
Beef five-a-day stir-fry  
Broccoli, pea and parmesan frittata **NEW**  
Caribbean peanut chicken  
Carrot and butterbean patties **NEW**  
Falafel burgers with fresh mint dip  
Fast and furious chicken paella **NEW**  
Ginger miso chicken  
Greek salad burgers  
Jamaican chicken curry  
Jerk chicken tray bake  
Lamb koftas with minty yogurt  
Lemon and dill salmon  
Lightening lamb kebabs  
Mexican buddha bowl  
Moroccan quinoa  
Nutty tofu stir fry **NEW**  
Salmon and red pepper fishcakes  
Sea bass supper  
Smokey salmon burgers  
Tamari pork with cucumber avocado rice  
Vegetable chilli

## SIDES

5-a-side veg  
Bubble and squeak  
Carrot and coriander slaw  
Great Greek salad  
Quick ratatouille  
Super mash  
Sweet and spicy squash wedges  
Sweet patatas bravas  
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	Berry breakfast quinoa	Breakfast veggies	Cottage bowls	Eggs in avo boats	Protein power porridge	Bacon breakfast bowl	Asian eggs with carrot, apple and ginger
MEAL TWO	Moroccan quinoa with mixed leaves	<b>Leftover:</b> Moroccan quinoa with mixed leaves	Chilli tuna ceviche with avocado and salad	<b>Leftover:</b> smokey salmon burgers and salad	Tuna and sweetcorn omwraps	Savoury seed loaf with mashed avocado and salad	Minty courgette soup with <b>leftover</b> savoury seed loaf
MEAL THREE	Aubergine and chickpea curry with sauteed greens	<b>Leftover:</b> aubergine and chickpea curry with steamed vegetables	Smokey salmon burgers with 5-a-side veg	Nutty tofu stir fry	Ginger miso chicken	Lamb koftas with minty yogurt	Jerk chicken tray bake with sweet potato wedges, carrot and coriander slaw and salad

# MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Bircher muesli	Protein pancakes	Choose a smoothie	Berry breakfast quinoa	Butternut toast with scrambled eggs and spinach	Italian eggs and spinach
MEAL TWO	<b>Leftover:</b> minty courgette soup with extra protein and salad	<b>Leftover:</b> fast and furious chicken paella with mixed salad	Smoked salmon and avocado salad	<b>Leftover:</b> beef with salad	Goat's cheese, avocado and pecan salad	<b>Leftover:</b> vegetable chilli	Pimp an omega 3 salad
MEAL THREE	Fast and furious chicken paella with mixed salad	Sea bass supper with veghetti	Beef five-a-day stir-fry	Mexican buddha bowl	Vegetable chilli with pan fried halloumi and salad	Bacon wrapped, avocado stuffed chicken with salad and sweet potato wedges	Carrot and butterbean patties with quick ratatouille and homemade guacamole



# MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Asian eggs with carrot, apple and ginger	Cottage bowls	Breakfast veggies	Eggs in avo boats	Protein power porridge	Bacon breakfast bowl	Berry breakfast quinoa
MEAL TWO	Tuna and sweetcorn omwraps	<b>Leftover:</b> tamari pork with salad	<b>Leftover:</b> lemon and dill salmon with salad	<b>Leftover:</b> lamb koftas with salad	<b>Leftover:</b> ginger miso chicken with salad	Broccoli, pea and parmesan frittata and salad	<b>Leftover:</b> broccoli, pea and parmesan frittata and salad
MEAL THREE	Tamari pork with cucumber avocado rice and salad	Lemon and dill salmon with quick ratatouille and steamed greens	Lamb koftas with minty yogurt and great greek salad	Ginger miso chicken	Smokey salmon burgers with sweet potato wedges, homemade tartar sauce and salad	Greek salad burgers with sweet and spicy squash wedges and salad	Fast and furious chicken paella with sweet patatas bravas and salad



# MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Breakfast veggies	Bircher Muesli	Protein pancakes	Choose a smoothie	Berry breakfast quinoa	Butternut toast with scrambled eggs and spinach	Italian eggs and spinach
MEAL TWO	Cherry tomato and spinach soup	<b>Leftover:</b> cherry tomato and spinach soup with extra protein and side salad	<b>Leftover:</b> fast and furious chicken paella and salad	<b>Leftover:</b> broccoli, pea and parmesan frittata and	Salmon and red pepper fishcakes and salad	<b>Leftover:</b> Falafel burgers with fresh mint dip and salad	<b>Leftover:</b> Caribbean peanut chicken
MEAL THREE	Pan fried fish or steak with bacon, pea and leek tray bake	Fast and furious chicken paella with mixed salad	Broccoli, pea and parmesan frittata and salad	Salmon and red pepper fishcakes with 5-a-side veg	Falafel burgers with fresh mint dip, sweet and spicy squash wedges and great Greek salad	Caribbean peanut chicken with cauliflower rice and steamed greens	Nutty tofu stir fry

# QUICK MEAL OPTIONS



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

# BACON BREAKFAST BOWL

PREPARATION TIME: 5 minutes

COOKING TIME: 5–8 minutes

SERVES: 1

## INGREDIENTS

Olive oil for cooking

Handful mushrooms, chopped

1 spring onion, sliced (optional)

Handful cherry tomatoes

2–4 rashers of unsmoked bacon, chopped

Handful spinach

Salt and pepper

½ avocado, sliced

## METHOD

Place the olive oil in a pan on a low heat, add the mushrooms, onions, tomatoes and bacon and stir fry.

Once almost cooked, add the spinach to wilt down for 1–2 minutes.

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



For an omega breakfast bowl...  
Substitute 50–100g smoked salmon or 1–2 fillets cooked mackerel

# BERRY BREAKFAST QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 2 minutes

SERVES: 1

## INGREDIENTS

80g raspberries

20g vanilla protein powder

150ml almond milk

½ tsp. of vanilla extract

100–150g quick cook quinoa (or substitute cooked  
oats or buckwheat)

1 tbsp. almonds (optional)

## METHOD

Cook the quinoa as per the instructions.

In a blender combine the protein powder, raspberries,  
vanilla extract and almond milk to make a thick topping.

Pour over the warm quinoa, top with almonds and serve.



# 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 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.

# BUTTERNUT TOAST

PREPARATION TIME: 5 minutes  
COOKING TIME: 30–35 minutes  
SERVES: Makes 6–8 slices



**Tip:** Cook the butternut toast in advance and you can simply warm in a frying pan for 5 minutes in the morning.

## INGREDIENTS

1 butternut squash  
1 tbsp. olive oil for cooking  
Salt and pepper

## METHOD

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

Slice the squash into slices around 1 cm thick.

Sprinkle with some salt and pepper and place on a baking tray.

Drizzle with a little olive oil and allow to cook for 30–35 minutes.

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

- Boiled, fried or poached eggs
- Mashed avocado and turkey slices
- Smoked salmon
- Parma ham and sliced boiled eggs
- Bacon, mushrooms and cherry tomatoes
- Beans and scrambled eggs

# 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.



# 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 tablespoons 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.



# OVERNIGHT COTTAGE BOWLS

PREPARATION TIME: 5 minutes and soak overnight  
SERVES: 1

## Banana and Almond

### INGREDIENTS

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

### METHOD

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

Add the sliced banana, stir again and serve.

## Apple and Cinnamon

### INGREDIENTS

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

### METHOD

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



# INSTANT COTTAGE BOWLS

PREPARATION TIME: 5 minutes  
SERVES: 1

### INGREDIENTS

150–300g cottage cheese  
1 tbsp. almond butter  
Small handful of blueberries  
1 tbsp. pumpkin seeds

### METHOD

Mix all the ingredients together in a bowl and serve.

# EGGS IN AVO BOATS

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES 1-2



## INGREDIENTS

- 1 medium or large avocado
- 2 small eggs
- Salt and pepper
- Sprinkle of garlic powder
- 1 tbsp olive oil
- 2 rashers of bacon
- 1 handful cherry tomatoes
- 1 handful spinach
- Fresh coriander

## METHOD

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

Halve the avocado, remove the stone and slice a little off the bottom so that each half will lay flat on a baking tray.

Remove a little more avocado flesh to ensure that there is enough room for the egg.

Add one egg to each half and top with the salt, pepper and garlic before placing on a baking tray in the oven for 10-15 minutes.

When the eggs are around 5 minutes from being cooked, heat the olive oil in a frying pan over a medium heat and add the bacon and tomatoes. Cook until the bacon starts to brown and the tomatoes soften.

Add the spinach and sauté.

Ensure the eggs are cooked through before serving with the spinach and tomatoes. Chop the bacon and fresh coriander and sprinkle over the top.

# GINGERBREAD GRANOLA AND YOGURT

PREPARATION TIME: 10 minutes

COOKING TIME: 18–25 minutes

SERVES: 10



## INGREDIENTS

300g rolled oats  
200g mix nuts  
15g sesame seeds  
30g pumpkin seeds  
¼ tsp. sea salt  
½ tbsp. ground cinnamon  
½ tsp ground ginger  
30ml olive oil or coconut oil  
(melted)

60g raw honey or maple syrup  
2 tbsp molasses (optional)  
1 tsp. vanilla extract

## To serve

170g natural yogurt

## METHOD

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

Mix the oats, nuts, seeds, salt, cinnamon and ginger together in a large bowl.

In a bowl combine the olive oil, honey, molasses and vanilla extract. Pour over the oat and nut mixture and mix well.

Spread the mixture evenly onto a large baking sheet and bake for 18–25 minutes, stir halfway through cooking to ensure the mixture cooks evenly. Keep an eye on the granola as it will brown quickly.

Once the granola is golden, remove from the oven and allow to cool.

Store in an air tight, glass container and it will keep for a few weeks.

Serve 2–3 tbsp of granola with 170g natural yogurt.



# ITALIAN EGGS

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 6

## INGREDIENTS

4 eggs  
2 tbsp. olive oil  
1 small to medium onion, chopped  
2 cloves garlic, peeled and finely chopped  
1 tin chopped tomatoes  
300ml passata  
3 tbsp. tomato purée  
2 tsp. raw honey or xylitol  
Salt and pepper

## METHOD

### The sauce

Heat the olive oil in a pan on a medium heat before adding the onion and garlic. Stir and cook for about 5 minutes until the onions soften.

Add the tinned tomatoes, passata and tomato purée and mix together, then add the xylitol or honey, salt and pepper. Stir again, then bring to a simmer and cook for 15 minutes or so, stirring occasionally. The longer the sauce cooks the better as it develops more flavour that way. If the sauce dries out, add a little water and stir. Taste at this point, and add a little more salt, pepper or honey/xylitol if desired.

### The eggs and sauce

Add the desired amount of sauce to cover the base of a small to medium frying pan and warm the sauce on a low heat.

Make small wells in the sauce and crack the desired amount of eggs into the sauce. Don't break the yolk.

Poach the egg in the sauce and carefully spoon the hot sauce on top of the egg. This helps to cook the yolk at the same time as the egg white is being cooked beneath. Top with fresh herbs of your choice and enjoy.



# ONE PAN BREAKFAST



PREPARATION TIME: 5 minutes

COOKING TIME: 12 minutes

SERVES: 2-3

## INGREDIENTS

Olive oil for cooking

2 cloves garlic, peeled and finely chopped

1-2 handfuls of cooked root vegetables,  
squash or potatoes, chopped into small chunks

4 rashers of bacon, chopped

1 handful mushrooms, sliced

2 handfuls cherry tomatoes, chopped

1 large handful kale, chopped,

1 large handful spinach

2 tsp. smoked paprika

½ tsp. cayenne chilli powder  
(optional)

Salt and pepper

4 eggs

## METHOD

Heat the oil in a pan over a medium heat before adding the garlic, chopped potatoes (or vegetables), bacon, mushrooms and cherry tomatoes and cooking for about 5 minutes.

Add the kale, spinach, paprika, chilli, salt and pepper, and stir through.

Cook for another 4-5 minutes until the kale and spinach have wilted down.

Create four holes in the mixture and crack an egg into each one.

Continue to cook until the eggs are ready.



# PEACHES N CREAM PROTEIN SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

## INGREDIENTS

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

## METHOD

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



# PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

## INGREDIENTS

1 banana, mashed

1–2 eggs

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

1 tbsp. ground flaxseed

¼ tsp. vanilla extract

Oil for cooking

## To Serve

½ tsp. cinnamon

Handful fresh berries

## METHOD

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

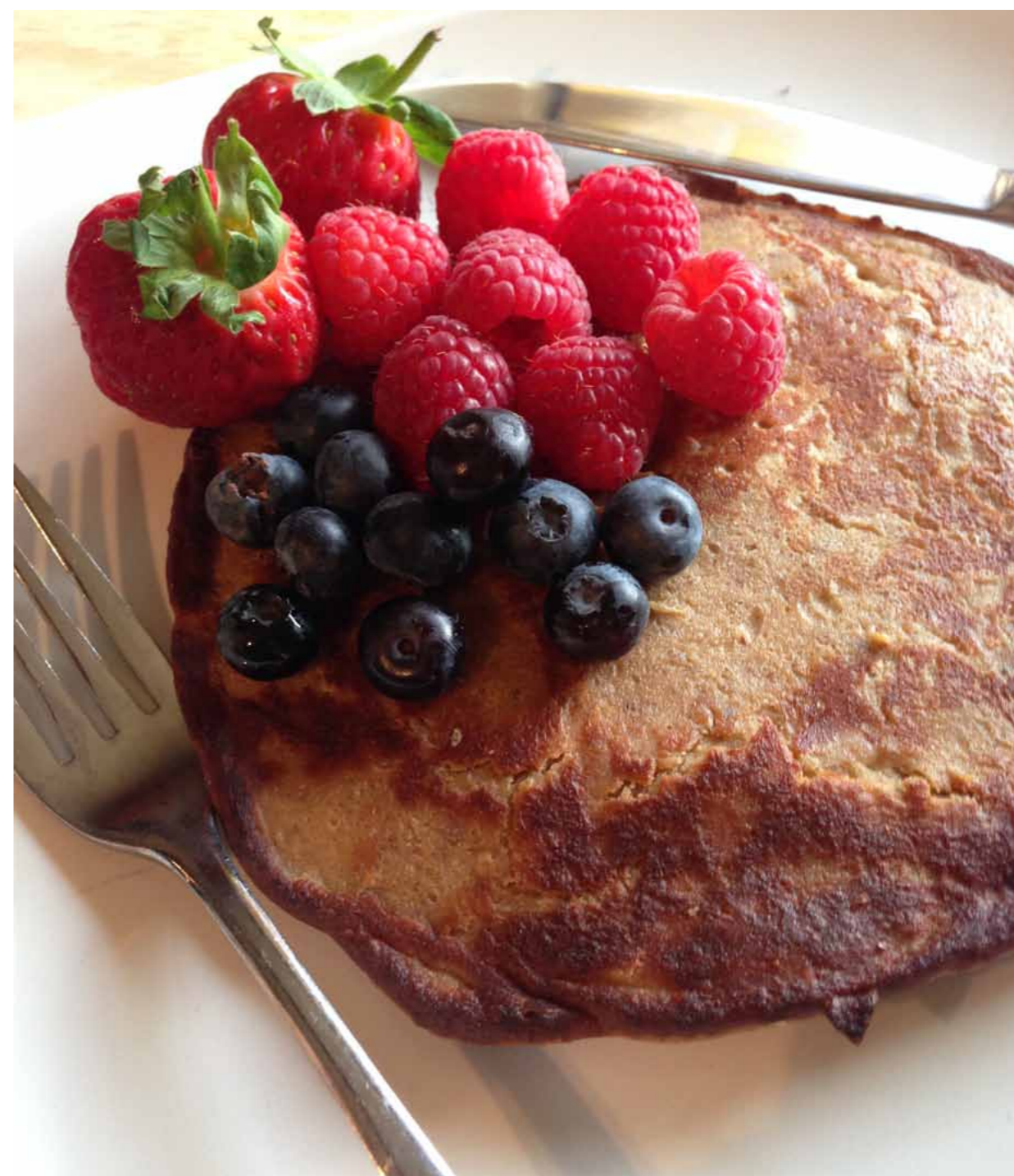
Heat a little oil in a non-stick frying pan.

Pour the batter into the pan and cook over medium-low heat for 2–3 minutes on one side until browned.

Flip over and cook for a further 3 minutes.

You may wish to make 2–3 smaller pancakes as these will be easier to flip.

Top with fresh berries and cinnamon.



# PROTEIN POWER PORRIDGE

PREPARATION TIME\*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

\*Soak overnight if possible

## INGREDIENTS

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

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

20–25g protein powder

## METHOD

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

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

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

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

Add a little more warm water if needed.



# PROTEIN POWER PORRIDGE FLAVOURS



## Very Berry

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

## Cocoa Chia Sea Salt

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

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

## Pear and Pecan

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

## Apricot and Cardamom

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

## Apple and Cinnamon

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



## Sweeteners

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

# SMOOTHIES

PREPARATION TIME: 5 minutes

SERVES: 1

## SALAD SMOOTHIE

### INGREDIENTS

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



## GREAT CHOC SMOOTHIE

### INGREDIENTS

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

## POWER SMOOTHIE

### INGREDIENTS

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



### METHOD

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

# 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

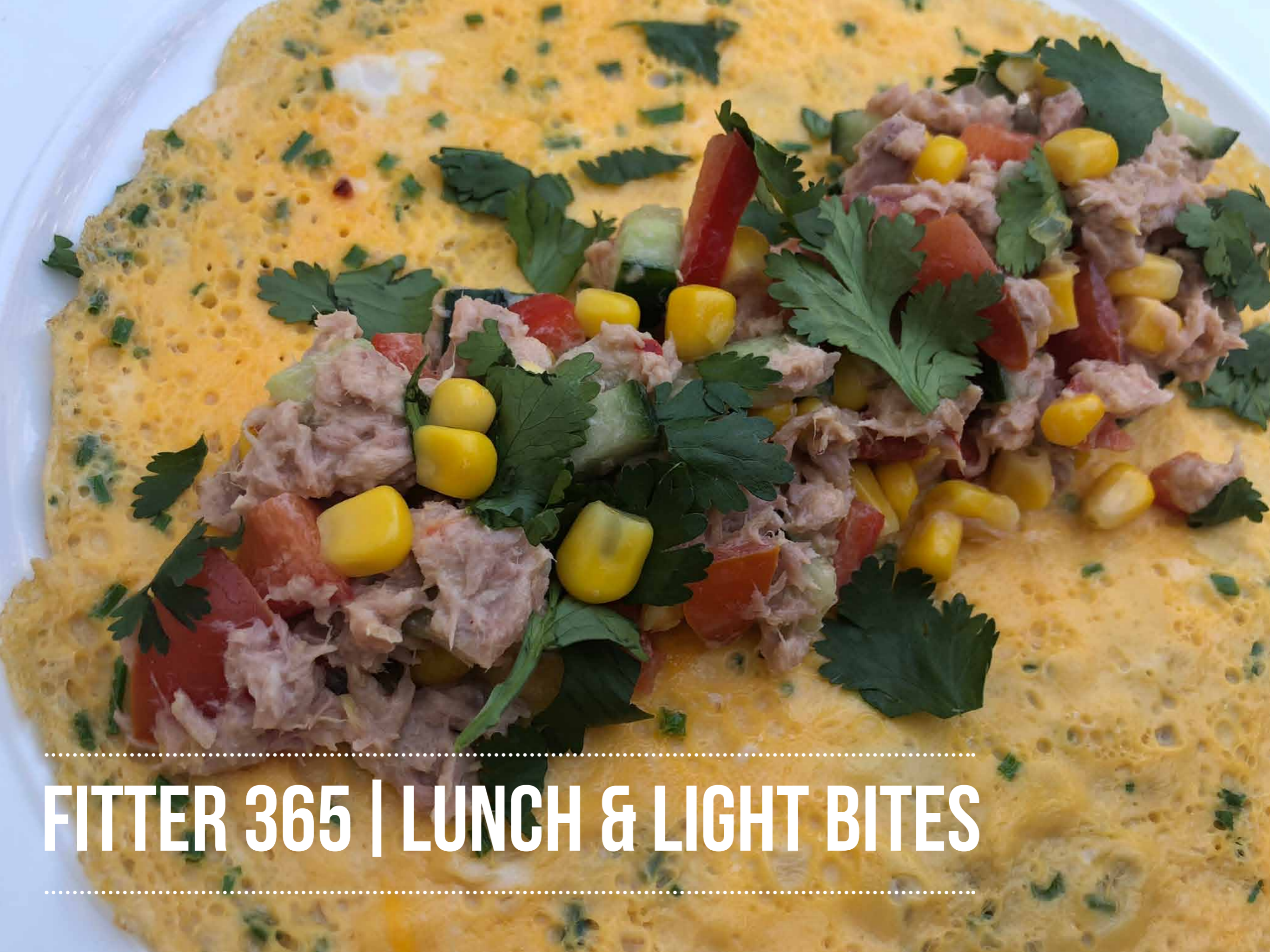
Place the apples or pears in a saucepan with the water, cinnamon, ginger, nutmeg and sultanas.

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.







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**FITTER 365 | LUNCH & LIGHT BITES**

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# 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.



# 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

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## Choose a dressing

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

# 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.



# TUNA AND SWEETCORN OMWRAPS

NEW

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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# 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.



# 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.



# CHERRY TOMATO AND SPINACH SOUP



**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 25–30 minutes

**SERVES:** 4–8

## INGREDIENTS

Olive oil for cooking  
3 garlic cloves, peeled and chopped  
2 red or yellow peppers, sliced  
400g fresh cherry tomatoes  
400ml passata  
200ml homemade chicken stock  
1 heaped tsp. mixed herbs  
2 sprigs fresh rosemary, finely chopped  
200g fresh spinach  
Salt and pepper

## METHOD

Heat the olive oil in a large saucepan on medium and add the garlic, peppers and cherry tomatoes.

Gently stir fry for 4–5 minutes.

Once the tomatoes start to soften add the passata, stock, mixed herbs and fresh rosemary and stir through.

Bring to the boil and then simmer for about 25 minutes, add the spinach in the last 5 minutes to wilt down (you can add earlier with other ingredients if easier).

Once cooked use a hand blender or processor to mix thoroughly.

If necessary add some boiling water until the soup reaches your desired consistency.

Season with freshly ground black pepper and enjoy.

# 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.



# PEA AND MINT SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4



## INGREDIENTS

1 tbsp. olive oil  
4 shallots, finely chopped  
2 cloves garlic, finely chopped  
2 tbsp. grated fresh ginger  
500g frozen green peas  
Large bunch of fresh mint, finely chopped  
Salt and pepper

## METHOD

Add the olive oil to a frying pan on a medium heat and sauté the shallots, garlic and ginger for 5 minutes.

Add the frozen peas and stir for 1 minute.

Add enough water to cover the peas and cook over a medium heat for 10 minutes.

Remove from the heat and add the fresh mint.

Place in a blender/food processor (or in a bowl and use a hand blender) to blend until the mixture reaches the consistency of soup.

If the mixture is too thick, gently add a little more boiling water.



**FITTER 365 | DINNERS**

# AUBERGINE AND CHICKPEA CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4

## INGREDIENTS

2 large bags spinach

2 tbsp. olive oil

3 cloves garlic, peeled and chopped

1 dice-sized cube of ginger, peeled  
and finely chopped

2 red onion, peeled and sliced

250g chickpeas, drained and rinsed

2-3 hot green chillies, finely chopped  
including the seeds

Large handful of kale,  
roughly chopped

1 tbsp. cumin powder

1 tbsp. coriander powder

1 large aubergine, cut into  
medium-sized chunks

1 x 400g tin chopped tomatoes

Salt and pepper

## METHOD

Steam or boil the spinach for a couple of minutes, then run it under cool water before squeezing it gently to remove excess water. Place it in a food processor and blitz into a slightly chunky purée. Set aside.

Heat half the olive oil in a saucepan on a medium heat before adding the garlic, ginger, onions, chickpeas, chillies, kale, cumin and coriander and stir. Cook for around 5 minutes stirring occasionally.

Add the remaining olive oil and the aubergine and mix all the ingredients together. Cook for about 8-10 minutes.

Add the chopped tomatoes, salt and pepper and stir through.

Bring to a simmer, cover and cook for 15 minutes or until the aubergine is soft.

Stir in the spinach purée just before serving and enjoy.



**Serving suggestion...**  
**Serve with steamed broccoli and green beans**

# BACON, PEA AND LEEK TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 4



## INGREDIENTS

250g frozen peas  
3 cloves garlic, grated  
2 large leeks, finely chopped  
150g bacon medallions,  
1 red pepper, chopped  
2 tbsp. olive oil  
1 heaped tsp. mixed herbs  
1 tsp. sea salt

## METHOD

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

Place the frozen peas in a baking tray and sprinkle with the grated garlic.

Top with a layer of leeks and finely scatter over the pepper, chopped bacon, mixed herbs, salt and drizzle with olive oil.

Place in the oven to cook for 40–45 minutes, check and toss together the ingredients occasionally; remove from the oven once the leeks are soft.

### Tip:

**This is great served with pan-fried fish and rocket or you can top the tray bake with chicken thighs.**



# BACON WRAPPED, AVOCADO STUFFED CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 35–45 minutes

SERVES: 2



## INGREDIENTS

4 large, boneless chicken breasts

1 avocado

100g mozzarella cheese, chopped

1 tsp onion powder

Salt and pepper

8–12 slices streaky bacon

70g sundried tomatoes in olive oil, chopped

## METHOD

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

Mash the avocado and stir in the mozzarella, onion powder and season to taste.

Slice a pocket in the thickest part of the chicken breast and stuff with the avocado mixture.

Wrap the bacon around the breasts (2–3 per breast), sprinkle with smoked paprika and place on a tray to bake in the oven for 35–45 minutes.

# BEEF FIVE-A-DAY STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 3-4

## INGREDIENTS

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

## METHOD

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

Cook for 3-4 minutes, stirring occasionally.

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

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

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

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



**Serving suggestion...**  
**Serve with steamed squash**



# 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.



# CARIBBEAN PEANUT CHICKEN

PREPARATION TIME: 15 minutes  
COOKING TIME: 25–30 MINUTES  
SERVES: 2

## INGREDIENTS

1 tbsp olive oil	300ml chicken stock
1 small onion, peeled and chopped	Juice of 1 lime
1 red pepper, deseeded and chopped	1 tbsp apple cider vinegar
1 carrot, diced	1 heaped tsp xylitol or honey
3 cloves garlic, peeled and finely chopped	Salt and pepper
1 red chilli, deseeded and finely chopped	4 skinless thighs, chopped
2 inch cube root ginger, peeled and grated	<b>To Serve</b>
2 plum tomatoes, chopped	Handful of unsalted peanuts (lightly toasted in non-stick pan for 5 minutes)
3 tbsp crunchy peanut butter	Steamed broccoli and cauliflower

## METHOD

Heat the olive oil in a large saucepan or casserole dish and add the garlic, onion, chilli, ginger, peppers and carrots and stir-fry for 4–5 minutes. Add the plum tomatoes and allow to soften.

Add all the remaining ingredients except the chicken. Bring to the boil, stirring gently to allow a creamy sauce to form.

Season to taste with salt and pepper and cook for 5–6 minutes before adding the chicken pieces.

Simmer on a low heat for 8–10 minutes until the chicken is cooked through. If the sauce needs thickening add a little more peanut butter, if it's too thick add a little more chicken stock or water.

Taste before serving and season further if needed. Serve topped with toasted peanuts and steamed vegetables.



# CARROT AND BUTTERBEAN PATTIES

NEW

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.

# FALAFEL BURGERS WITH FRESH MINT DIP

PREPARATION TIME: 15 minutes

COOKING TIME: 12 minutes

SERVES: 2

(allow 30 minutes to chill falafel mixture if possible)

## INGREDIENTS

½ red onion  
1/3 green chilli, deseeded  
1 clove garlic  
1 handful mint leaves  
250g tinned chickpeas, rinsed  
½ tsp. ground cumin  
1 heaped tbsp. ground almonds  
or rice flour  
Juice of 1 lemon and a little zest

2–3 tbsp. sesame seeds  
1 tbsp. olive oil  
Salt and pepper

## Fresh Mint Dip

4 tbsp. natural yoghurt  
1 handful of fresh mint  
Juice of half a lemon  
Salt and pepper

## METHOD

Place the onion, chilli, garlic and mint into a food processor and pulse to chop the ingredients.

Add the chickpeas, cumin, almonds (or flour), lemon zest and juice and season generously with salt and pepper. Blend into a fine paste.

Place the falafel mixture in a bowl in the fridge for 30 minutes (optional).

Prepare the yoghurt dip by placing the lemon juice and mint in a blender to chop finely.

Place the yoghurt in a bowl and stir in the mint mixture, season to taste and set aside.

Divide the falafel mixture into four burger patties.

Place the sesame seeds on a plate and roll each burger in the seeds to coat all the sides.

Heat a little olive oil in a non stick pan and carefully place each falafel in the pan. Cook each burger for 5–6 minutes on each side until golden. Serve immediately with the fresh mint yoghurt dip.



# FAST AND FURIOUS CHICKEN PAELLA

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

## INGREDIENTS

2 tbsp. olive oil  
3 chicken breasts, chopped into chunks  
2 cloves garlic, peeled and finely chopped  
1 onion, peeled and chopped  
2 leeks, finely sliced  
150g mushrooms, sliced  
250g frozen peas  
Salt and freshly ground black pepper

1 tsp. smoked paprika  
½ tsp cayenne chilli powder  
1 tsp. dried thyme  
400g tin cherry tomatoes (or chopped tomatoes)  
250g quick cook microwave rice  
Lemon wedges and fresh parsley to serve

## METHOD

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

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

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

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

Serve topped with fresh parsley and lemon wedges.



# GINGER 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**

# 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.



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.

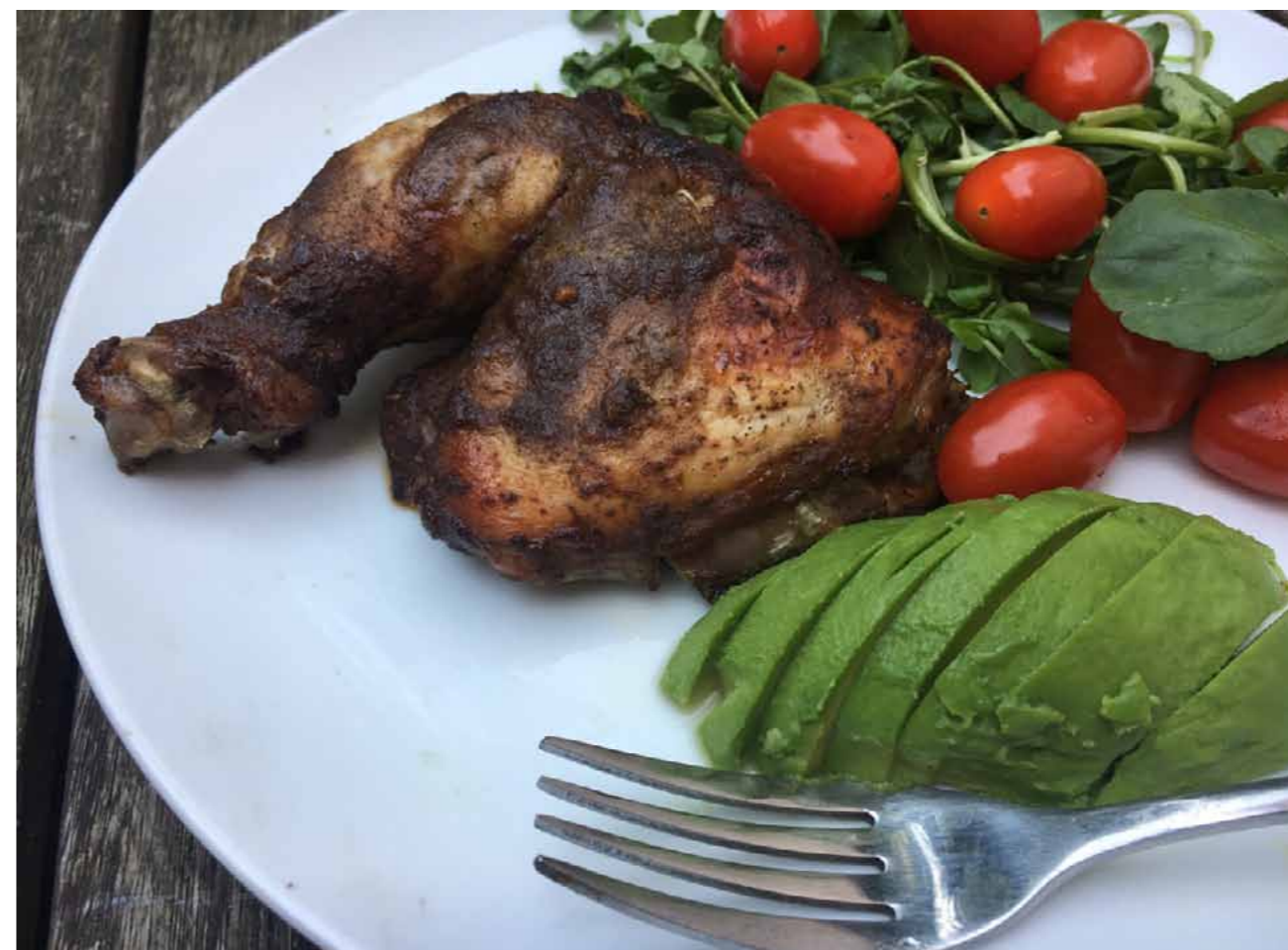
Put the remaining marinade ingredients in a blender and blitz into a paste, pour over the chicken and using your hands coat the pieces in the spices. Place in the fridge for a couple of hours or overnight to marinate.

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: 8–10 minutes

COOKING TIME: 10–12 minutes

SERVES: 2

### INGREDIENTS

500g diced lamb

1 red onion, peeled and quartered

1 red pepper deseeded and cut into 1 inch squares

3 tbsp. olive oil

2 garlic cloves, peeled and chopped

1 tbsp. smoked paprika

Salt and pepper

1 tsp. cumin

6–8 kebab sticks or fresh sprigs of rosemary

### METHOD

Preheat the grill on a medium heat so it is ready as soon as the kebabs are prepared.

Chop the pepper and onion into squares.

Mix the olive oil, crushed garlic, smoked paprika, salt, pepper and cumin together in a bowl until it turns to a paste.

Add this paste to the diced lamb and coat thoroughly.

Prepare the rosemary sprigs by removing a few of the leaves from the bottom of the sprig.

Add the lamb, peppers and onions onto the rosemary sprigs, alternating meat and vegetables.

Add them at the lower part of the rosemary sprig as this is much easier.

Place them under the grill for 10–12 minutes turning regularly.

Serve with a large mixed salad.

# LIGHTNING LAMB KEBABS



**Serving suggestion...**  
**Serve with Italian tray bake and rocket**

# 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.



# MOROCCAN QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 1

## INGREDIENTS

50g quinoa  
100ml water or stock/broth  
2 eggs  
½ tbsp. olive oil  
2 tbsp. chickpeas, from a tin  
1 tbsp. pumpkin seeds  
½ tsp. ground cumin  
1 clove garlic  
Handful cherry tomatoes, halved

## METHOD

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

Boil up two eggs.

In another pan warm the olive oil and add the chickpeas, pumpkin seeds, cumin and garlic. Stir-fry for 3–4 minutes before adding the cherry tomatoes and cook for a further 3–4 minutes

Mix the chickpeas with the quinoa and top with the boiled eggs.





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

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**

# SEA BASS SUPPER

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.



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

# SMOKEY SALMON BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 8–10 minutes

SERVES: 4–6

## INGREDIENTS

500g salmon fillets  
120g smoked salmon, chopped  
1 tsp. garlic powder  
Bunch fresh chives, chopped  
3 tbsp. rice flour  
1 tbsp. olive oil  
Salt and pepper

## METHOD

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

Place the salmon in a large bowl. Add the smoked salmon, chives and garlic powder. Add the rice flour one tablespoon at a time and combine thoroughly. Check the consistency and add a little more flour to bind the burgers if required. This keeps them in tact while cooking.

Heat the oil in a pan over a medium heat. Place the burgers in the pan and cook for 4 minutes on each side or until cooked to your liking.

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



# TAMARI PORK WITH CUCUMBER AVOCADO RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

## INGREDIENTS

450g diced pork

1 tbsp. tamari

1 tbsp. apple cider vinegar

Juice of 1 lime

Zest of ½ lime

½ –1 tsp. chilli flakes

½ tsp. smoked paprika

1 tsp. honey

1 tsp. garlic powder

1 tsp. onion granules

2 spring onions

1 tbsp. of olive or sesame oil for cooking

## For the Rice

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

Half cucumber, cubed

Handful fresh mint, finely chopped

1 small avocado, peeled and chopped

Juice of half a lemon

## METHOD

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

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

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

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

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



# VEGGIE CHILLI

PREPARATION TIME: 10 minutes

COOKING TIME: 60 minutes

SERVES: 4-6

## INGREDIENTS

- |  |                                      |
|--|--------------------------------------|
| 2 tbsp. olive oil  | 1 tbsp. smoked paprika               |
| 4 cloves garlic, peeled and finely chopped   | 1 tbsp. cumin                        |
| 1 large red onion, peeled and chopped  | 1 tbsp. coriander                    |
| 4 carrots, thinly sliced   | 1 tbsp. oregano                      |
| 1 leek, chopped  | 1 tbsp. tomato puree                 |
| 1 red pepper, deseeded and chopped   | 1 x 400g tin chopped tomatoes        |
| 1 yellow pepper, deseeded and chopped  | 450g cooked chickpeas                |
| 2 red chilli's deseeded and finely chopped (or 2-3 tsp chilli flakes for a hot chilli) | 230g cooked black beans              |
|  | 500-600ml vegetable stock            |
|  | Salt and freshly ground black pepper |
|  | Fresh coriander (to serve)           |

## METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the garlic, onion, carrots, leek, peppers, chilli and stirring through. Cook for a further 5 minutes.

Add the smoked paprika, cumin, coriander, oregano, salt and pepper, stir through and cook for a further few minutes before adding the tomato puree and stirring again.

Finally add the tomatoes, chickpeas, black beans, vegetable stock and stir to combine. Bring to the boil and reduce to simmer for about 45 minutes, stirring occasionally.

Serve topped with fresh coriander.





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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

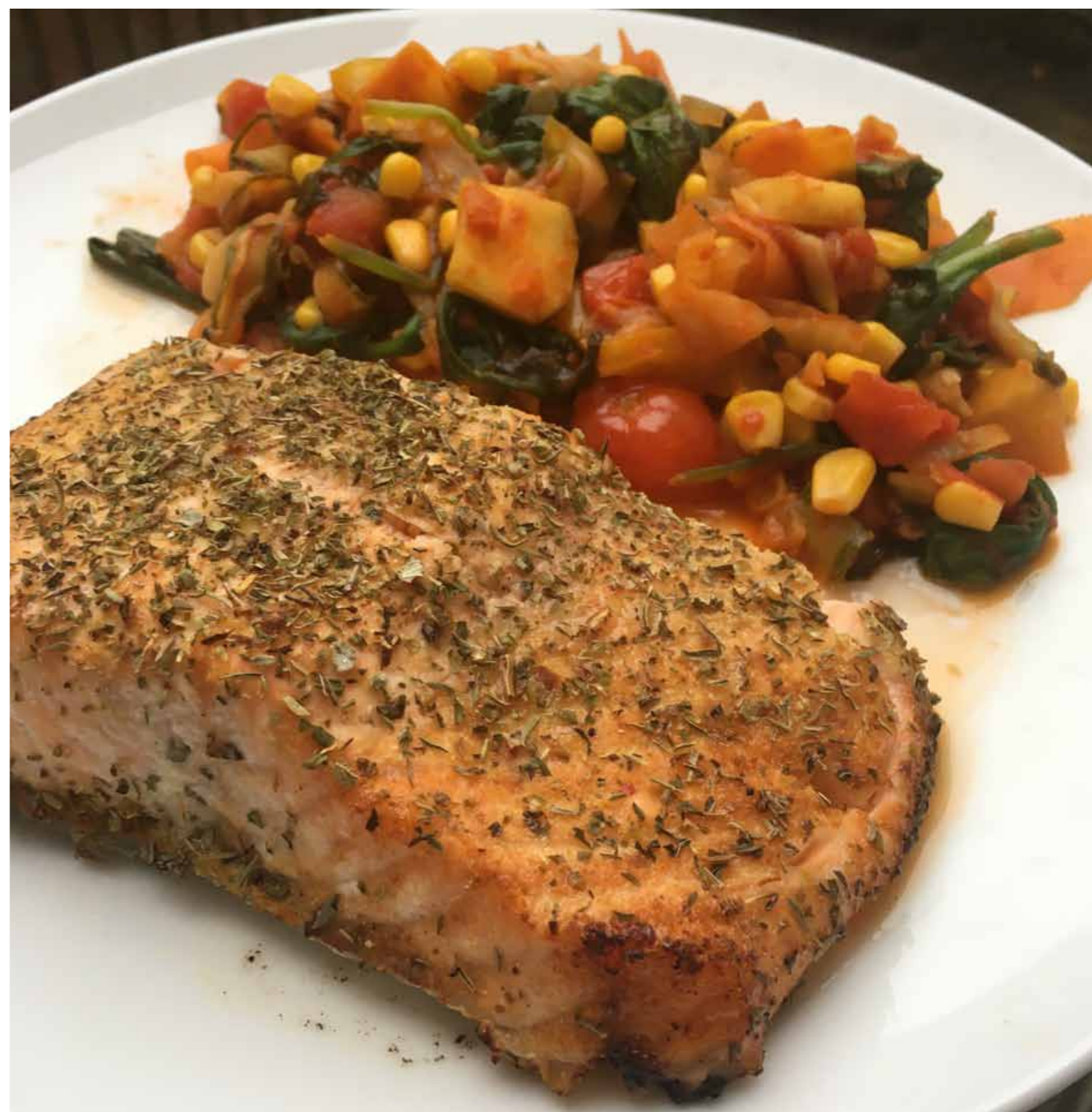
Pan fry the onions, garlic and pepper in the olive oil for 5 minutes.

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.





# BUBBLE AND SQUEAK

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 2–4

## INGREDIENTS

1 tbsp. olive oil

Any combination of cooked vegetables, root vegetables and/or potatoes – use up your leftovers e.g. sweet potatoes, broccoli, carrots, courgettes, celery and onions.

## METHOD

Mash the vegetables together.

Heat the oil in a pan over a low heat and then add the bubble and squeak.

Allow to cook, stirring frequently, until all the vegetables are heated through.



# 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.



# 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.

# 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 AND SPICY SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 2–4



## INGREDIENTS

1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)  
2 cloves garlic, peeled and finely chopped  
1 red onion, peeled and sliced  
2 tbsp. pine nuts  
1 tbsp. sesame seeds  
1 tbsp. za'atar spice mix  
Olive oil  
Salt and pepper

## METHOD

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

Place the squash into a baking tray, sprinkle with chopped garlic, onion, pine nuts, seeds, za'atar and drizzle with olive oil.

Season with salt and pepper.

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

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 2-4

### INGREDIENTS

4 medium sweet potatoes, chopped into cubes (substitute white potatoes if preferred)	2 tsp. smoked paprika
300g passata	Pinch of cayenne chilli powder
1 medium onion, peeled and finely chopped	1 tbsp. olive oil
3 tomatoes, finely chopped	1 handful fresh parsley
2 garlic cloves, crushed or finely chopped	Salt and pepper

### METHOD

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

Pour the olive oil into a baking dish and add the sweet potato (save a little oil for the sauce).

Give it a stir to ensure the potatoes are fully coated in the oil, sprinkle with salt and place in the oven.

Leave to cook for about 25 minutes or until soft, stirring occasionally.

When your potatoes are halfway through the cooking time, start to prepare the sauce.

Add the reserved olive oil to a saucepan over a medium heat and then add the garlic and onion. Cook until they start to soften, then add the passata, tomatoes, smoked paprika, cayenne chilli and a little salt and stir through.

Leave to simmer for about 10 minutes, stirring occasionally.

Once the potatoes are cooked through, remove from the oven, place in a bowl, top with the sauce and sprinkle a generous handful of fresh parsley over the top.

# SWEET PATATAS BRAVAS



# 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.



A top-down view of a white plate containing two round, golden-brown salmon patties. Each patty is topped with a fresh green cilantro leaf. To the right of the patties is a fresh vegetable salad consisting of sliced cucumbers, a whole radish, and baby carrots. Above the patties are several slices of avocado garnished with cilantro. A silver fork is placed at the bottom of the plate. The plate is set on a blue plastic lattice table outdoors.

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