



# FITTER FOOD 28 DAY MEAL PLAN

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OCTOBER



# WEEK 1

|        | DAY 1   | DAY 2  | DAY 3  | DAY 4  | DAY 5   | DAY 6  | DAY 7  |
|--------|---|--|--|--|---|--|--|
| MEAL 1 | Turkey and apricot<br>Scotch eggs<br><br>PAGE 11                              | <b>Leftover</b><br>Turkey and apricot<br>Scotch eggs<br><br>PAGE 11        | <b>CHOOSE A FITTER PROTEIN PORRIDGE</b><br><br>SH PAGE 96, 100, 101<br>PAGES 4 AND 5 | Eggs, avocado and spinach<br><br>NO RECIPE       | <b>CHOOSE A FITTER PROTEIN SMOOTHIE</b><br><br>PAGE 7                                       | Protein pancakes<br><br>SH PAGE 94   | Chive scrambled eggs with smoked salmon and wilted spinach<br><br>PAGE 8 |
| MEAL 2 | 5 a day soup<br><br>PAGE 19   | <b>Leftover</b> 5 a day soup<br><br>PAGE 19                                | Pimp a salad with omega 3's (SMASH)<br><br>SH PAGE 208                               | <b>Leftover</b> mustard crusted salmon and salad | Chilli tuna ceviche with salad<br><br>PAGE 15   | Lettuce wraps<br><br>PAGE 17   | Pimp a salad<br><br>SH PAGE 208  |
| MEAL 3 | Chicken and spinach curry with white rice and steamed broccoli<br><br>PAGE 29 | Rainbow stir fry with either steamed sweet potatoes or rice<br><br>PAGE 25 | Quick mustard crusted salmon with pan fried veg and mashed potato<br><br>PAGE 21     | Beef 5 a day stir fry<br><br>SH PAGE 158         | Smokey salmon burgers with quick slaw, new potatoes and salad<br><br>SH PAGE 201<br>PAGE 37 | Whole chicken tray bake with super mash and steamed greens<br><br>SH PAGE 201<br>PAGE 26 | Smokey pork meatballs with rice and steamed greens<br><br>SH PAGE 163    |

# WEEK 2

|        | DAY 1   | DAY 2  | DAY 3   | DAY 4  | DAY 5   | DAY 6  | DAY 7   |
|--------|---|--|---|--|---|--|---|
| MEAL 1 | Turkey and kale egg cups<br><br><b>PAGE 9</b>                               | <b>Leftover</b><br>Turkey and kale egg cups<br><br><b>PAGE 9</b>                               | <b>CHOOSE A FITTER PROTEIN SMOOTHIE</b><br><br><b>PAGE 7</b>                              | Salmon and chive breakfast bake with a green shot<br><br><b>PAGE 10</b>                                      | <b>Leftover</b><br>Salmon and chive breakfast bake with a green shot<br><br><b>PAGE 10</b>  | <b>CHOOSE A FITTER PROTEIN PORRIDGE</b><br><br><b>SH PAGE 96, 100, 101 PAGES 4 AND 5</b> | Chive scrambled eggs with BOSH beans<br><br><b>PAGE 8 SH PAGE 200</b> |
| MEAL 2 | Carrot and turmeric soup with extra protein and salad<br><br><b>PAGE 19</b> | <b>Leftover</b><br>Carrot and turmeric soup with extra protein and salad<br><br><b>PAGE 19</b> | <b>Leftover</b><br>salmon with capers, olives and boiled egg salads<br><br><b>PAGE 38</b> | <b>PIMP A FITTER SALAD</b><br><br><b>SH PAGE 208</b>   | <b>Leftover</b><br>lamb kebabs and salad<br><br><b>PAGES 35 AND 13</b>                      | Chicken squids and salad<br><br><b>SH PAGE 217</b>                                       | <b>Leftover</b><br>Chicken squids and salad<br><br><b>SH PAGE 217</b> |
| MEAL 3 | Everyday chicken curry with steamed greens and rice<br><br><b>PAGE 28</b>   | Quick tomato salmon with steamed greens and potatoes<br><br><b>PAGE 21</b>                     | Pan fried fish with Indian style sweet potato and steamed greens<br><br><b>PAGE 38</b>    | Lightening lamb kebabs with steamed vegetables, rice and homemade tzatziki<br><br><b>SH PAGE 168 PAGE 31</b> | Pan fried fish with butternut wedges and beetroot ratatouille<br><br><b>PAGES 35 AND 13</b> | <b>CHOOSE A FITTER BURGER AND SERVE WITH HOMEMADE CHIPS AND SALAD</b>                    | Slow cooked anchovy lamb<br><br><b>PAGE 30</b>                        |

# WEEK 3

|        | DAY 1  | DAY 2  | DAY 3   | DAY 4  | DAY 5  | DAY 6  | DAY 7  |
|--------|--|--|---|--|--|--|--|
| MEAL 1 | Chive scrambled eggs with spinach and tomatoes<br><br>PAGE 8         | <b>CHOOSE A FITTER PROTEIN SMOOTHIE</b><br><br>PAGE 7                                      | Avocado and salmon calzone<br><br>SH PAGE 93                | <b>CHOOSE A FITTER PROTEIN PORRIDGE</b><br><br>SH PAGE 96, 100, 101<br>PAGES 4 AND 5 | Salty banana cinnamon scramble<br><br>SH PAGE 108                                    | Goat's cheese, smoked salmon and spinach frittata<br><br>SH PAGE 183   | <b>Leftover</b> Goat's cheese, smoked salmon and spinach frittata<br><br>SH PAGE 183 |
| MEAL 2 | Carrot and apple soup with extra protein and salad<br><br>SH PAGE 93 | <b>Leftover</b> Carrot and apple soup with extra protein and salad<br><br>SH PAGE 93       | <b>Leftover</b> turkey burgers and salad                    | <b>Leftover</b> chicken and salad  | <b>PIMP A FITTER SALAD</b><br><br>SH PAGE 208  | Sweet potato and kale soup<br><br>SH PAGE 124                          | Sweet potato and kale soup<br><br>SH PAGE 124  |
| MEAL 3 | Aubergine and chickpea curry<br><br>PAGE 33                          | Turkey sweet potato and spinach burgers with roasted vegetable bake<br><br>PAGES 27 AND 39 | Spanish style chicken with steamed green<br><br>SH PAGE 152 | Sea bass supper with stir fry vegetables and rice<br><br>PAGE 22                     | Lamb cumin burgers with Indian style sweet potatoes and salad<br><br>PAGES 32 AND 38 | Caribbean jerk salmon with sweet potato chips and salad<br><br>PAGE 24 | Steak and halloumi salad<br><br>SH PAGE 210  |

# WEEK 4

|        | DAY 1  | DAY 2  | DAY 3   | DAY 4  | DAY 5   | DAY 6   | DAY 7  |
|--------|--|--|---|--|---|---|--|
| MEAL 1 | Turkey toast with nut butter and a green shot<br><br><b>PAGE 5</b>                 | <b>CHOOSE A FITTER PROTEIN SMOOTHIE</b><br><br><b>PAGE 7</b>                                 | <b>Leftover</b><br>Turkey toast with nut butter and a green shot<br><br><b>PAGE 5</b> | <b>CHOOSE A FITTER PROTEIN PORRIDGE</b><br><br><b>SH PAGE 96, 100, 101</b><br><b>PAGES 4 AND 5</b> | Protein pancakes<br><br><b>SH PAGE 94</b>   | Chive scrambled eggs with bosh beans and spinach<br><br><b>PAGE 8</b><br><b>SH PAGE 200</b> | One pan breakfast<br><br><b>SH PAGE 105</b>  |
| MEAL 2 | Thai omega balls with avocado salad<br><br><b>PAGE 18</b>                          | <b>Leftover</b><br>Thai omega balls with avocado salad<br><b>PAGE 18</b>                     | <b>Leftover</b><br>chicken with salad   | <b>PIMP A FITTER SALAD</b><br><br><b>SH PAGE 208</b>   | Citrus prawn salad<br><br><b>PAGE 14</b>  | <b>Leftover</b><br>chicken with salad   | Whack something in a jacket potato with salad  |
| MEAL 3 | Mustard seed salmon with steamed butternut squash and greens<br><br><b>PAGE 23</b> | Tamari ginger and lime chicken with stir fried vegetables and rice<br><br><b>SH PAGE 148</b> | Pan fried fish with super mash<br><br><b>SH PAGE 201</b>                              | Pan fried steak with pesto veggetti<br><br><b>SH PAGES 202</b>                                     | Chicken fajitas with squash wedges and salad<br><br><b>PAGE 35</b><br><b>SH PAGE P147</b> | Fish, chip and mushy pea cakes with salad<br><br><b>SH PAGE P142</b>                        | Chicken tandoori skewers with Indian style sweet potatoes and salad<br><br><b>PAGE 38</b><br><b>SH PAGE P146</b> |



# PANTRY

Here are some cupboard essentials to keep in stock as a number of these ingredients are used in many of the recipes. You can also use this as a weekly shopping list.

## FATS OILS

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

## SOLID FATS

Ghee  
Grass-fed butter (Kerry Gold, Yeo Valley)  
Coconut cream (tin or carton)  
Coconut manna  
Creamed coconut (bar)

## SEEDS AND BUTTERS

Chia  
Flaxseed  
Hemp  
Pumpkin  
Sunflower

## NUTS, NUT BUTTERS, & MILKS

Almond  
Brazil  
Cashews  
Chestnuts  
Coconut  
Hazelnuts  
Macadamias  
Pecans  
Pistachios  
Walnuts

## FRUIT

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

Rotate all other fruits  
Have 1–3 servings daily

## PROTEINS

### MEAT/GAME

(ideally free range, grass-fed or organic)  
Beef  
Buffalo  
Game  
Gluten-free sausages (>80% meat)  
Lamb  
Organ meats (liver and kidney)  
Pork  
Venison

### POULTRY/EGGS

(ideally free range, grass-fed or organic)  
Chicken  
Duck  
Goose  
Turkey

## FISH & SEAFOOD

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

## CARBOHYDRATES

Buckwheat  
Cassava/Tapioca  
Celeriac  
Legumes  
Parsnips  
Plantains  
Turnips  
Rice  
Oats  
Quinoa  
Potatoes (white & sweet)

## VEGETABLES

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

## MISCELLANEOUS

Apple cider vinegar  
Coconut flour  
Coconut palm sugar  
Cocoa  
Raw honey  
Rice flour  
Stevia  
Tamari sauce  
Xylitol (sugar alternative)

## HERBS & SPICES

Chilli  
Cumin  
Garlic  
Ginger  
Mixed herbs  
Paprika

## DRINKS

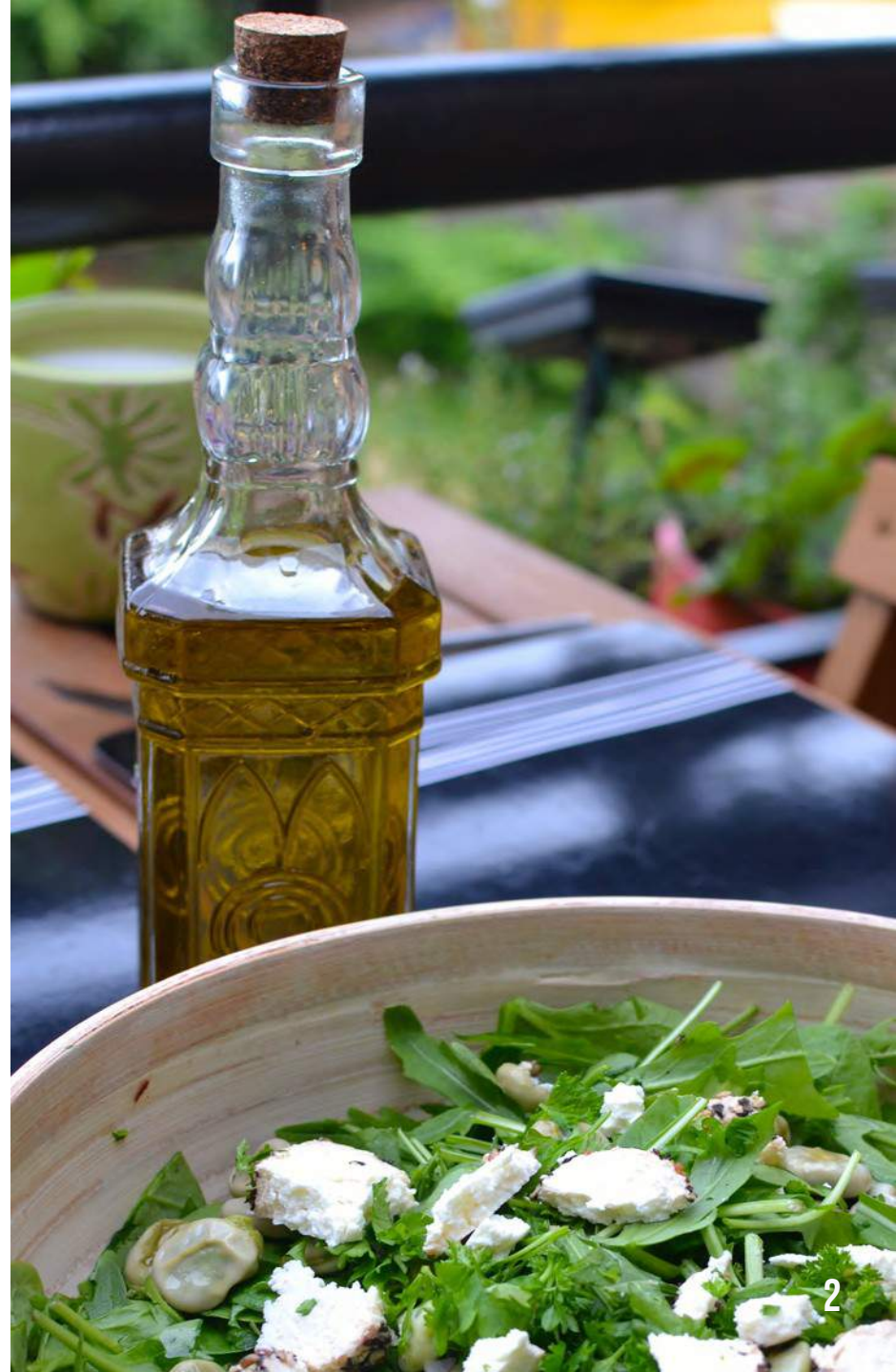
Coconut Water  
Mineral/filtered water  
Green tea  
Herbal teas  
Kombucha

# SNACK IDEAS

- Boiled eggs
- 1 piece of fruit
- Soup
- Smoothie
- Scotch egg
- Lettuce wrap with cooked meat or fish
- Yogurt
- Nuts/seeds or nut butters
- Jerky
- 30g dark chocolate (70-85% cocoa solids)

# DRESSINGS AND CONDIMENTS

- Olive oil
- Avocado oil
- Balsamic or apple cider vinegar
- Tamari sauce
- Fermented vegetables  
e.g. unpasturised kimchi or sauerkraut
- Olive
- Capers
- Nuts
- Seeds





**FITTER  
FOOD  
RECIPES**





## COCOA SEA SALT PORRIDGE

PREPARATION TIME: 5 minutes  
(soak oats overnight)

COOKING TIME: 5 minutes

SERVES: 1

### INGREDIENTS

50-80g gluten free, rolled oats

1 tsp. chia seeds

25g chocolate protein powder

Sprinkle of Celtic sea

Water as desired

1. Place the oats and chia seeds in a bowl and cover with water, allow to soak overnight.
2. Place the mixture in a pan, add a little more water and cook until the porridge reaches your desired consistency.
3. Remove from the heat and stir in the protein powder and top with a sprinkle of sea salt. Add more water if required and serve.

### TIP

Substitute buckwheat, quinoa or rice if desired.



## TURKEY TOAST AND ALMOND BUTTER

PREPARATION TIME: 5 minutes

COOKING TIME: 8-10 minutes

SERVES: 2

### INGREDIENTS

500g turkey mince  
1 teaspoon olive oil  
Salt

1-2 tbsp. almond or any nut butter

1. Heat the oil in a frying pan on a low heat.
2. Shape the mince into patties using your hands. Season with salt.
3. Cook for around 8-10 minutes, flip over after 5 minutes. Ideally they should be golden brown on both sides and cooked through.
4. Once cooked, remove from the pan and spread with nut butter. Best eaten warm from the pan.



## CHOC ORANGE PORRIDGE

PREPARATION TIME: 5 minutes

SERVES: 1

### INGREDIENTS

50-80g rolled oats  
(or quinoa/buckwheat flakes)  
Water as desired  
25g chocolate protein powder  
1 square dark chocolate (grated)  
1-2 drops orange extract

1. Place the oats in a bowl and cover with almond milk, allow to soak overnight.
2. Place the oats in a pan over a low heat and cook until the porridge reaches desired consistency.
3. Remove from the heat and stir in the protein powder and orange extract. If necessary add more water or milk.
4. Place in a bowl and top with grated dark chocolate.



## BACON BREAKFAST BOWL

PREPARATION TIME: 3 minutes

COOKING TIME: 5-8 minutes

SERVES: 1

### INGREDIENTS

2 rashers of unsmoked bacon, chopped

½ avocado, sliced

Handful spinach

Handful mushrooms, chopped

Handful cherry tomatoes

1 spring onion, sliced (optional)

Olive oil for cooking

Salt and pepper

1. Place the olive oil in a pan on a low heat, add the mushrooms, onions, tomatoes and bacon and stir fry.
2. Once almost cooked add the spinach to wilt down for 1-2 minutes.
3. Season with a little salt and pepper.



## BREAKFAST STIR FRY

### INGREDIENTS

250g turkey mince

¼ onion sliced

2 tomatoes, chopped

1 tsp.. of mixed herbs

3 tbsp.. of tomato puree

Handful spinach

Handful mushrooms

½ avocado

Salt and pepper

Olive oil for cooking

PREPARATION TIME:

3 minutes

COOKING TIME: 10 minutes

SERVES: 1

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

# SALAD SMOOTHIE

## INGREDIENTS

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

## INGREDIENTS

Handful kale  
Chunk of cucumber  
1 tbsp. parsley  
1 banana  
Handful raspberries  
Juice of half lime  
25g vanilla protein powder  
Coconut water as desired

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

PREPARATION TIME: 5 minutes  
SERVES: 1

# GREAT GREENS SMOOTHIE



# DETOX SMOOTHIE

## INGREDIENTS

25g vanilla protein powder  
2 egg yolks  
Juice half lemon  
Handful kale  
Handful watercress  
1 kiwi, peeled  
Handful of mixed berries  
1 tbsp. broccoli sprouts (optional)  
Water as desired





## CHIVE SCRAMBLED EGGS

PREPARATION TIME: 3 minutes

COOKING TIME: 5 minutes

SERVES: 1

### INGREDIENTS

3 eggs  
1 handful of fresh chives,  
chopped  
1 tsp.. olive oil  
2 spring onions, chopped  
Salt and pepper

1. Place the olive oil in a pan on a low heat.
2. . Beat the eggs in a bowl and add the chives and spring onion.
3. Add the egg and chive mix to the pan and keep stirring until the mixture is scrambled.
4. .Season with a little salt and pepper and serve.



## GREEN SHOT

PREPARATION TIME: 3 minutes

SERVES: 1

### INGREDIENTS

1 handful of kale or  
watercress  
Chunk of fresh ginger  
2 tbsp. berries  
Juice of half lime  
Coconut water or water

1. Place all the ingredients in a blender, add desired amount of water or coconut water.

# CHICKEN AND KALE CUPS

## INGREDIENTS

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

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: Makes 12 cups



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

# SALMON AND CHIVE BREAKFAST BAKE



PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-6

## INGREDIENTS

10 eggs

1 tsp. bicarbonate of soda

1 courgette, grated

200g smoked salmon, chopped

2 tbsp. of chives, finely chopped

½ tsp. salt

Black pepper to taste

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Line a loaf tin with greaseproof paper.
3. Place the eggs in a large mixing bowl and mix until the white and yolks are blended.
4. Beat in the bicarbonate of soda and season with a sprinkle of salt and pepper.
5. Add the grated courgette to the beaten eggs.
6. Stir in the salmon and chives.
7. Bake in the oven for around 25–30 minutes.
8. Use a knife to check it is cooked in the middle; the knife should come out clean.

# TURKEY AND APRICOT SCOTCH EGGS

PREPARATION TIME: 15 minutes  
COOKING TIME: 20-25 minutes  
Makes 4 large scotch eggs

## Ingredients

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

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







**LIGHT  
BITES**



# BEETROOT RATATOUILLE

## INGREDIENTS

3 cloves garlic, peeled and finely chopped  
1 red onion, finely chopped  
2 courgettes, chopped  
1 yellow pepper, chopped  
250g cooked beetroot, chopped  
800g cartons of chopped tomato  
1 tbsp. mixed herbs  
2-3 tbsp. capers (optional)  
Seasoning  
1 tbsp. olive oil

PREPARATION TIME

15 minutes

COOKING TIME:

30-40 minutes

SERVES: 6

1. Pan fry the onions, garlic and peppers in the olive oil, add the courgettes, beetroot and peppers and stir fry for 2-3 minutes.
2. Add the tomatoes herbs, capers and season.
3. Cook through for 30-40 minutes until the vegetables are soft. Season to taste and serve.

## INGREDIENTS

4 eggs, boiled  
1 tin of tuna in olive oil  
1 whole avocado  
Juice of 1 fresh lime  
Crushed chilli flakes  
Salt and pepper

# TUNA AVO EGG

PREPARATION TIME: 5 minutes

SERVES: 2

1. Mash the avocado with the lime juice and add a pinch of chilli.
2. Divide the tuna into two bowls. Slice the boiled eggs and place two in each bowl with 2 tbsps. of the mashed avocado.
3. Serve on a bed of fresh rocket





## CITRUS PRAWN SALAD

### INGREDIENTS

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

### Vinaigrette dressing

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

1. Combine the prawns and vegetables in a mixing bowl.
2. Mix the vinaigrette dressing and pour over the prawn and vegetable mix until thoroughly coated.
3. Serve with a mixed salad or in a lettuce bowl.

**PREPARATION TIME:**  
15 minutes  
**SERVES:** 2



## ROSEMARY LOAF

### INGREDIENTS

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

**PREPARATION TIME:**  
10 minutes  
**COOKING TIME:**  
30 minutes  
**SERVES:** 4

1. Preheat the oven to 180°C / 350°F/gas mark 4.
2. Line a loaf tin with greaseproof paper
3. Place the eggs in a large mixing bowl and beat until the white and yolks are blended. Season with salt and pepper.
4. Grate the courgette into the beaten egg. Stir in the rosemary and sundried tomatoes.
5. Pour the mixture into the loaf tin and place in the oven for 30 minutes. Use a knife to check it is cooked in the middle; the knife should come out clean if it is.

# CHILLI TUNA CEVICHE

PREPARATION TIME: 10 minutes

MARINADE TIME: 5-30 minutes

SERVES: 1

## INGREDIENTS

1 fillet tuna, cut into bite-size 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

1. Place the tuna, coriander, chilli, ginger in a bowl.
2. Pour over the lime juice and combine the ingredients thoroughly.
3. You can eat this immediately but ideally leave for 30 minutes.
4. If preparing this in advance set aside the lime juice and pour over 30 minutes before serving.



# 5 A DAY SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6-8

|  |                         |
|--|-------------------------|
| INGREDIENTS                                      | 3 garlic cloves crushed |
| 2 tbsp. olive oil                                | 1 tsp. ground ginger    |
| 1 onion peeled and chopped                       | 1 tsp. cumin            |
| 6-7 carrots, chopped                             | ½ tsp. cinnamon         |
| 5 handfuls green leafy vegetables                | Pinch of chilli         |
| roughly chopped (kale, spinach, kohlrabi, chard) | 500ml homemade stock    |
|  | 300ml coconut milk      |
|  | 2 tbsp. tomato puree    |
|  | Salt & pepper to taste  |

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



# LETTUCE WRAP FILLING IDEAS

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



1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Line a baking tray with greaseproof paper.
3. Drain the juices from the tinned salmon and place in a large bowl.
4. Add in the lime juice, anchovies, desiccated coconut, crushed chillies, egg and fresh coriander.
5. Combine all the ingredients thoroughly. You can taste the mixture at this stage and amend if you need (more lime, more chilli, etc.).
6. Using clean hands take handfuls of the mixture, squeeze together to carefully shape into golf sized balls.
7. Place the balls on the prepared tray and in the oven to bake for around 20 minutes until they start to brown.

# THAI OMEGA BALLS

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

SERVES: Makes 8 balls

## INGREDIENTS

418g tin of wild red salmon

Juice of 2 limes

3 heaped tbsp. of desiccated coconut

5 anchovies in olive oil, finely chopped

2-3 tsp. of crushed chilli flakes

1 egg

Handful of fresh coriander chopped





PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 8

#### Ingredients

1 tbsp. cumin seeds

3 cloves of garlic, peeled and finely chopped

1 teaspoon paprika

1 teaspoon ground turmeric

1 kilo carrots chopped

200ml passata

500ml chicken stock

1 tsp. salt

250-500ml water

Freshly ground black pepper

## CARROT AND TURMERIC SOUP

1. Add the olive oil to large saucepan on a low heat and add the cumin seeds, garlic, paprika, salt and stir fry for 2-3 minutes.
2. Add the chicken stock, passata, carrots, turmeric and stir through.
3. Bring to the boil and then simmer for about 25-30 minutes until the carrots are soft.
4. Once cooked use a hand blender to puree, add a little boiling water until the soup reaches your desired consistency.
5. Top with freshly ground black pepper and enjoy.





**DINNERS**

# QUICK MUSTARD CRUSTED SALMON AND PAN FRIED VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4

## INGREDIENTS

4 salmon fillets

4 tbsp. wholegrain mustard

Juice of 1 lemon

1 tbsp. of olive oil

2 cloves garlic

1 onion, peeled and chopped

2 courgettes chopped

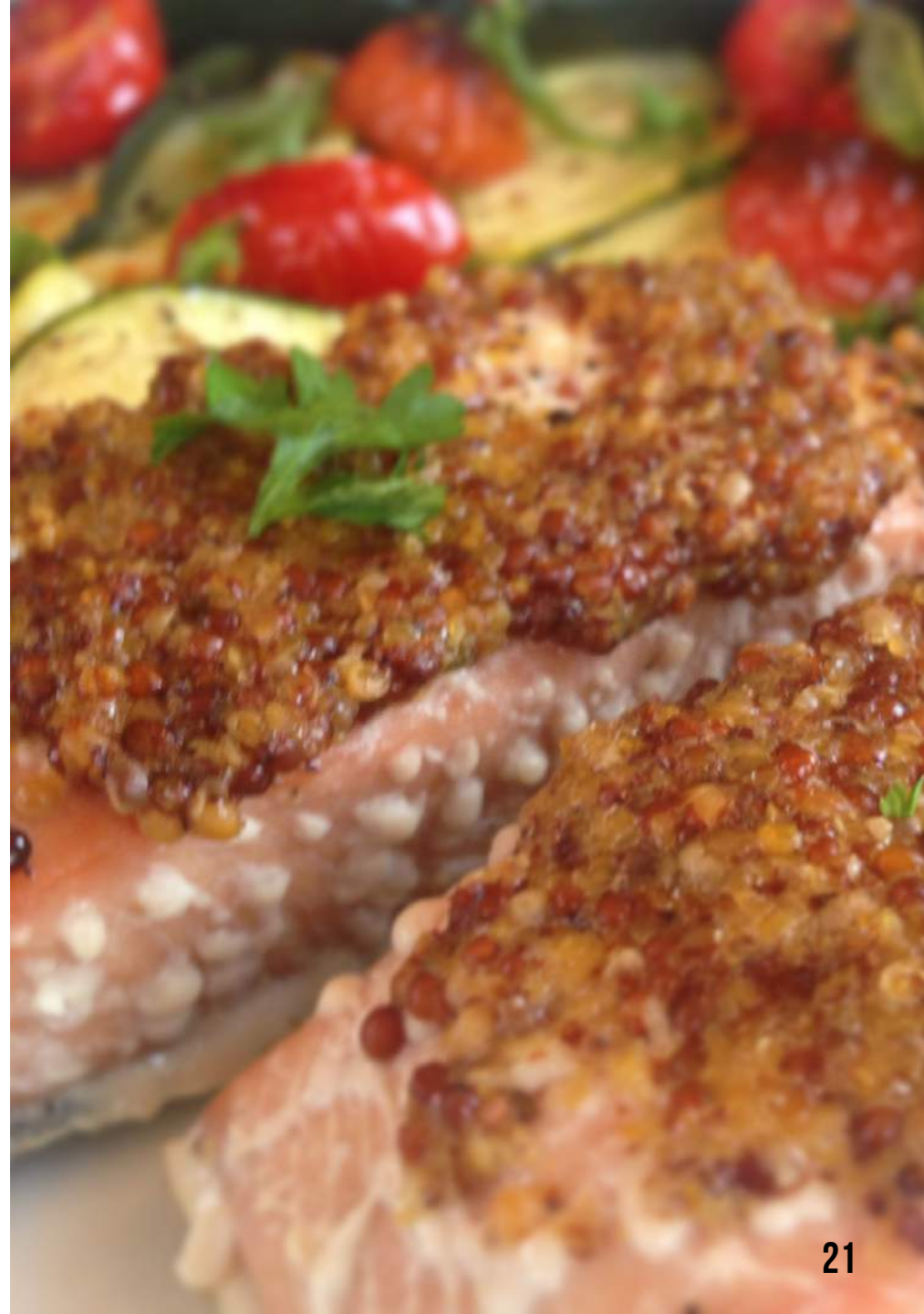
1 red pepper, sliced

1 large head of broccoli, chopped into florets

Large handful of cherry tomatoes

Salt & pepper to taste

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Place the salmon on a baking sheet, squeeze over the lemon juice and spread a spoonful of wholegrain mustard on top of each salmon fillet.
3. Place in the oven to bake for around 20 minutes.
4. When the salmon is half way through cooking start to pan fry the vegetables.
5. Warm the olive oil in a pan and sauté the onions and garlic for 2-4 minutes until the onion softens.
6. Add the remaining courgettes, peppers, broccoli and tomatoes and stir fry for 4-5 minutes.
7. Season with salt and pepper and serve with salmon once cooked.





## SEA BASS SUPPER

### INGREDIENTS

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

PREPARATION TIME: 5 minutes  
COOKING TIME: 5-8 minutes  
SERVES: 2

1. Warm the olive oil in a frying pan.
2. Add the chili, garlic, coriander and ginger and stir fry for a minute.
3. Place pak choi and sliced courgette in the pan and toss in the oil and spices.
4. Push the pak choi and courgette to the side of the pan to keep warm.
5. Place the sea bass in the pan, skin side down, and after 2-3 minutes gently flip the fish over using a spatula.
6. Heat until the fish is cooked through
7. Squeeze the lime juice over the fish and vegetables, season with salt and pepper and serve.



## QUICK TOMATO SALMON

PREPARATION TIME: 5 minutes  
COOKING TIME: 5-8 minutes  
SERVES: 4

4 salmon fillets  
1 tbsp.. olive oil  
Pinch of salt  
1 tsp.. turmeric  
1 tsp.. black pepper  
1 tsp.. ground cumin  
1 tsp.. garam masala  
1 tbsp.. lemon juice  
500ml passata  
100ml water or stock  
1 red pepper, chopped

1. Add olive oil to a saucepan and sauté the chopped pepper and the spices until the pepper softens.
2. Add the salmon fillets to pan and cover with passata and water or stock until the fish is completely covered.
3. Simmer on a low heat for 5-8 minutes or until the salmon has cooked through.
4. Add the lemon juice and serve.

# MUSTARD SEED SALMON

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 2

## INGREDIENTS

1 heaped tbsp. white mustard seeds  
¼ teaspoon of fennel seeds (optional)  
1 onion, peeled and chopped  
1 red pepper, chopped  
¼ teaspoon of ground cumin  
¼ teaspoon of ground turmeric  
2 fresh chillies or a teaspoon of chilli powder  
1 tbsp.. of English mustard powder  
½ tin coconut milk  
1 courgette, sliced  
¼ teaspoon of salt  
Olive oil for cooking

## TIP

This recipe also works great with white fish, chicken or seafood

1. Heat the oil in a medium sized frying pan.
2. Add the mustard seeds, onion and red pepper and stir fry. Once the seeds begin to pop, add the fennel seeds and then pour over the coconut milk.
3. Add the cumin, turmeric, salt, mustard powder and chopped chilli.
4. Add the sliced courgette.
5. Bring the sauce to a gentle simmer and then add the fish.
6. Cook for a further 6-8 minutes or until the fish is cooked through.
7. Serve with a side of vegetable noodles or cauliflower rice.



# CARIBBEAN JERK SALMON

Preparation time:  
8–10 minutes  
Cooking time:  
20–25 minutes  
Serves: 4

## INGREDIENTS

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

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Mix all the ingredients except for the salmon in a bowl. If using coconut oil, make sure you melt it first. Keep mixing until all ingredients are blended together nicely.
3. Coat the salmon fillets in the marinade and place in a baking dish.
4. Top the salmon with any remaining marinade and place it in the oven.
5. Cook for 20–25 minutes depending on how you like your fish.
6. This tastes great if you allow the salmon to go a little crispy on top.

## TIP

As with all marinades, this tastes best when prepared in advance and the salmon is left to marinate for 2–3 hours, or even better for 24 hours.





# RAINBOW STIR FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 2

## INGREDIENTS

Chunk of ginger, peeled and chopped

2 cloves garlic, peeled and chopped

½ red onion sliced

2 spring onions, chopped

1 yellow pepper, deseeded and sliced

Handful bean sprouts

1 head broccoli, chopped into small florets

1 bok choy, sliced

1 courgette, sliced

2 large carrots, julienned

Generous sprinkle tamari sauce

400g raw king prawns

Sesame or olive oil for cooking

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



Whole chicken,  
quartered  
2 cloves garlic, peeled  
and finely chopped  
600g chopped tomatoes  
2 red onions, finely  
chopped  
1 pepper, deseeded and  
chopped  
240g of pitted olives  
halved  
3 tbsp. mixed herbs  
Salt and freshly ground  
black pepper  
500g spinach

# WHOLE CHICKEN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 4-6

1. Preheat the oven to 180° C/350° F/gas mark 4.
2. Place the quartered chicken in an oven dish.
3. In a bowl combine the chopped tomatoes, onions, garlic, olives, pepper, mixed herbs, salt and pepper. Pour the sauce generously over the chicken and place in the oven to cook for about 35-40 minutes.
4. Remove from the oven and add the spinach to the sauce around the chicken, cover with tin foil and place back in the oven for about 3-4 minutes or until the spinach has wilted.
5. Stir in the spinach and serve.

# TURKEY, SWEET POTATO, BACON AND SPINACH BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

SERVES: 10

## INGREDIENTS

800g turkey thigh mince

2 medium sweet potatoes peeled and cooked

8 rashers of bacon, chopped into small pieces

2 handfuls of spinach, chopped

4 spring onions, chopped

4 tsp. dried rosemary

2 tsp. paprika

3 cloves of garlic crushed or finely chopped

1 red chilli finely chopped

2 tsp. mustard powder

1 egg

Salt and pepper



1. Preheat the oven to 180°C/350°F/gas mark
2. Using your hands mix all the ingredients together thoroughly in a large bowl.
3. Shape into 10 burger patties and place onto a grill tray before putting in the oven to cook for 20-30 minutes (times vary depending on the oven).





# EVERYDAY CHICKEN CURRY

## TIP

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

## INGREDIENTS

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

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 40 minutes

**Serves :** 2

1. Add the oil to a saucepan and sauté the chicken for 5 minutes.
2. Add all the spices, the ginger, tomatoes, garlic, salt and chopped onion until the chicken is covered (add extra water if needed).
3. Bring to the boil and simmer for around 20–30 minutes or until the chicken is cooked and tender.



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

# CHICKEN AND SPINACH CURRY

PREPARATION TIME: 8 minutes  
COOKING TIME: 35 minutes  
SERVES: 4

1. Wilt the spinach in saucepan or steamer for about two minutes. Strain off the excess water, reserve the cooking water before adding the spinach and about 100ml of the cooking water into a blender or food processor and blend until smooth. Place in a bowl and put to one side.
2. Add the garam masala, onion, salt, tomatoes, ginger, garlic, chilli and a little water to the same food processor and blend until smooth.
3. Heat the coconut oil in a pan on a medium heat and add the mixture you just made, stir it through and simmer for about 15 minutes stirring occasionally.
4. Add the chicken, spinach and cream, stir through thoroughly before cooking for another 15 minutes until the chicken is cooked through, stir occasionally.
5. Serve with some cauliflower rice or white rice, top with some fresh coriander, a drizzle more cream and enjoy.



# SLOW COOKED ANCHOVY LAMB

Preparation time: 10 minutes

Cooking time: 4 hours

Serves: 4

## ingredients

- 1½ kg lamb shoulder
- 3 tablespoons of butter softened (substitute goose fat /beef fat or olive oil for a dairy free option)
- 3–4 sprigs of rosemary
- 8–10 anchovy fillets
- Juice of ½ lemon
- 1 tbsp.. mustard seeds
- 4 cloves garlic, finely chopped
- Salt and pepper
- 2 sweet potatoes, peeled and chopped
- 1 tablespoon olive oil

1. Preheat the oven to 150° C/300° F/gas mark 2.
2. Slash the fat side of the lamb all over with a sharp knife.
3. In a bowl combine the butter, rosemary, garlic, lemon juice, anchovies and mustard seeds. Spread this mixture all over the lamb joint.
4. Cook for 4 hours. You may need to cover part way through with some tin foil to keep the lamb from crisping too much. You know it's cooked when you
5. Remove the lamb from the oven. Lift out of the roasting tray, cover it with tinfoil, place a tea towel on top and leave it to rest. Scoop out the majority of the lamb fat (keep it in a jar for cooking) leaving the meat juices in the roasting tray to be used as gravy.
6. Place the sweet potato cubes and broccoli in a steamer.
7. Once the sweet potato is cooked, mash with the butter or olive oil, season with salt and pepper.
8. When all the vegetables are cooked to your liking, slice up the lamb and serve with steamed broccoli and sweet potato mash.

# LIGHTENING LAMB KEBABS

## 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 crushed or finely chopped  
1 tbsp. smoked paprika  
Salt and pepper  
1 tsp. cumin  
6–8 kebab sticks or fresh sprigs of rosemary



1. Preheat the grill on a medium heat so it is ready as soon as the kebabs are prepared.
2. Chop the pepper and onion into squares.
3. Mix the olive oil, crushed garlic, smoked paprika, salt and pepper and cumin together in a bowl until it turns to a paste.
4. Add this paste to the diced lamb and coat thoroughly.
5. 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.
6. Add them at the lower part of the rosemary sprig as this is much easier.
7. Place them under the grill for 5–10 minutes turning regularly.
8. Serve with a large mixed salad.

# LAMB AND CARROT BURGERS

## INGREDIENTS

400g lamb mince  
1 large carrot, grated  
1 red onion, chopped  
2 garlic cloves finely chopped  
2 tbsp. tomato puree  
2 tsp. ground coriander  
2 tsp. ground cumin  
1 tsp. cayenne chilli  
Salt and pepper

1. Pre heat the oven to 180 °C/ 350 °F/gas mark 4.
2. Place all the ingredients onto a large bowl and using clean hands mix all the ingredients together thoroughly.
3. Shape the mixture into five burger patties and place on a grill tray. Cook for 20-25 minutes.

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

SERVES: 4



# LAMB AND CUMIN BURGERS

## INGREDIENTS

500g lamb mince  
1 egg  
1 tsp.. of cumin  
3 tbsp.. tomato puree  
3 cloves garlic chopped  
Salt and pepper

PREPARATION TIME:

10 minutes

COOKING TIME:

20-25 minutes

SERVES: 4

1. Preheat the oven to 180 °C/350 °F/gas mark 4.
2. Place the lamb mince in a large bowl and add the egg, cumin, tomato purée, salt, pepper and garlic.
3. Using clean hands, mix all the ingredients together and shape into burger patties.
4. Place on a grill pan and bake in the oven for 20–25 minutes.





## INGREDIENTS

- 2 large bags of spinach
- 2 tbsp. olive oil
- 3 cloves garlic peeled and finely chopped
- 1 dice sized cube of ginger peeled and finely chopped
- 2 red onion peeled and sliced
- 250g chick peas drained and rinsed
- 2-3 hot green chilli's 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 of chopped tomatoes
- Salt & freshly ground black pepper

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4

# AUBERGINE AND CHICKPEA CURRY

1. 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 puree. Set aside.
2. Heat half the olive oil in a saucepan on a medium heat before adding the garlic, ginger, onions, chickpeas, chilli's, kale, cumin and coriander and stir. Cook for around 5 minutes stirring occasionally.
3. Add the remaining olive oil, aubergine and mix all the ingredients together, cook for about 8-10 minutes.
4. 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.
5. Stir in the spinach puree just before serving and enjoy.



**SIDES**



# SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

## INGREDIENTS

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

1 red onion, peeled and sliced

2 tbsp. pine nuts

1 tbsp. sesame seed

1tbsp zatar spice mix

2 cloves garlic, peeled and finely chopped

Olive oil

Salt and pepper

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





# ROASTED VEGETABLE BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

## INGREDIENTS

3 cloves garlic, peeled and chopped

1 red onion, peeled and sliced

1 large courgette, sliced

Handful olives

1 yellow pepper, deseeded and chopped

1 tbsp. mixed herbs

180g of tomatoes on the vine

Olive oil

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil .
3. Place in the oven to cook for 35-40 minutes until the vegetables are soft.



# QUICK SLAW

PREPARATION TIME: 10 minutes

SERVES: 10-12

## INGREDIENTS

4 carrots

1 white cabbage

1 small onion

3-4 tbsp. of yogurt

2-3 tbsp. wholegrain mustard (we used [Tracklements](#))

1-2 tsp. raw honey (optional)

Juice of 1 lemon

Salt and freshly ground black pepper

Optional – Top with fresh chives

1. Grate the carrots and place in a large bowl.
2. Remove the outer layers of the cabbage and cut into 4 wedges and then slice as thinly as you possibly can. Add to the carrots
3. Peel the onion, halve it and slice thinly and add to the bowl.
4. Now add the yogurt, mustard, salt, pepper, fresh lemon and honey if you prefer a sweeter slaw. Mix together before leaving to marinade for 30-60 minutes.



# INDIAN STYLE SWEET POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 5

## INGREDIENTS

3 medium sweet potatoes peeled and sliced 1cm thick

2 tbsp. olive oil

1 red onion peeled and sliced

200g cherry tomatoes halved

1 green or red chilli deseeded and finely chopped

2 tsp. garam masala

Generous pinch of salt

Large handful fresh coriander

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Drizzle the oil in a baking and add all the ingredients, coat them nicely in the oil and spices.
3. Place in the oven to cook for 25- 30 minutes or until cooked through. Be sure to stir occasionally.
4. Serve with more fresh coriander.



# APPLE AND ROOT VEGETABLE BAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 40—45 minutes

SERVES: 4

## INGREDIENTS

1 kg mixed root vegetables (such as potatoes, sweet potatoes, parsnips,

celeriac, carrots, swede, squash),

2 apples, cored and chopped

3 tbsp. olive oil

4 sprigs of rosemary, roughly chopped

2–3 cloves of garlic crushed and finely chopped

Salt and freshly ground black pepper

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



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