



FIT LIFE

**MENSTRUAL
CYCLE MENU**

365

INTRODUCTION

This menu is part of the Fitter 365 Menstrual Cycle Support Ecourse.

It has been put together as simple guide to illustrate how to implement a healthy nutrition foundation across the phases of the menstrual cycle and helpful adaptations you may wish to experiment with to alleviate hormone related symptoms.

Menstrual cycle experiences are highly individual so this menu allows you to personalise your nutritional choices and discover what really works for you, your body and your lifestyle.

Happy eating!



BEVERAGES

DAYS 1–3	DAYS 3–14	DAYS 14–21	DAYS 21–28
<p>Ease digestion, mood and cravings with a cuppa:</p> <p>Camomile tea Ginger tea Peppermint tea Chai tea Spearmint tea</p>	<p>Best time of month to have little of what you fancy</p>	<p>Grab a green tea</p>	<p>Drop out the caffeine and alcohol Swap in rooibos and honeybush tea</p>

BREAKFAST INSPIRATION

DAYS 1–3	DAYS 3–14	DAYS 14–21	DAYS 21–28
<p>Hug Me Brekkies</p> <p>Salty banana cinnamon scramble Protein pancakes Dark chocolate bircher muesli Banana chia porridge</p>	<p>Power Carbs and a Protein Boost</p> <p>Bircher muesli Protein power porridge Postworkout pancakes Turkey and apricot scotch egg</p>	<p>Fuel Up With Fats and a Protein Hit</p> <p>Nojito smoothie Breakfast Salad Veggie omelette Brunch loaf</p>	<p>Mood Boosting Breakfasts *High in Tryptophan</p> <p>Cottage bowls Turkey breakfast wraps Salmon and chive breakfast loaf Turkey toast toppers and almond butter</p>

SALADS, SEEDS AND SOUPS

DAY 1–21

Pimp a salad with:

- Flaxseeds
- Walnuts
- Pumpkin seeds
- Spinach
- Apple or pears
- Beetroot
- Sweet potato
- Root vegetables
- Wild rice
- Quinoa

Use balsamic vinegars and lemon juice (vitamin C aids iron uptake) as a dressing

Add a flaxseed or pumpkin seed boost

- Savoury seed loaf
- Tamari pumpkin seeds

- Spicy sweet potato and lentil soup
- Squash leek and ginger
- Carrot and butter bean soup

DAYS 21–28

Pimp a salad with:

- Spring onion
- Endives
- Sprouted mung beans
- Sesame
- Sunflower seeds
- Avocado
- 2–3 tbsp pulses – chickpeas, lentils or black beans
- Watercress
- Rocket
- Broccoli sprouts
- Radish
- Chives
- Sauerkraut or kimchi

Use organic oils – olive oil, avocado oil or cold pressed omega 3:6:9 oil as a dressing

Add a sunflower or sesame seed boost

- Lime and chilli humous
- Sunflower honey and oat loaf

- Spicy butter bean soup
- 5 a day Soup
- Hulk soup

SAMPLE MAIN MEALS

DAYS 1–3	DAYS 3–14	DAYS 14–21	DAYS 21–28
<p>Strong Mains</p> <p>Beef and chickpea burgers</p> <p>Moroccan style lamb and apricot burgers</p> <p>Brilliant beetroot burger</p> <p>Baked bean stew with tofu</p> <p>*High in iron, B vitamins and nutritious carbohydrates</p>	<p>High Carb Power</p> <p>Fast and furious chicken paella</p> <p>Mediterranean tuna rice supper</p> <p>Moroccan quinoa</p> <p>Smokey vegan shepherd's pie</p> <p>Tamari pork with cucumber avocado rice</p>	<p>High Protein Power</p> <p>Jamaican chicken curry</p> <p>Lemon and turmeric chicken</p> <p>Mediterranean fish stew</p> <p>Piri piri baked cod</p> <p>Spicy tomato prawns</p> <p>Thai steak salad</p> <p>Vegetable chilli with tofu</p> <p>Cheese, tomato and basil quiche</p>	<p>Cook Up Some Fitter Comfort Food</p> <p>Goat's cheese and red pepper calzone</p> <p>Protein pizza</p> <p>Fitter chicken nuggets</p> <p>Easy prawn red Thai curry</p> <p>Cheesy garlic bread</p> <p>Turkey, pea & sweet potato curry</p> <p>Vegetable bolognese</p>

A SIDE TO SUIT YOU

DAY 1–21

Add A Carb Boost

Power carbs

Super mash

Sweet and spicy squash sedges

Add A Low Calorie Veg Boost

Italian tray bake

Quick ratatouille

Veghetti

Spicy courgette chips

DAYS 21–28

Super Hormone Balancing Sides

Super quick slaw

Baked cauliflower

Carrot and cauliflower harrisa mash

Delish red lentil dhal

Mediterranean salad

FANCY A LITTLE SOMETHING...

DAY 1–14

A healthy carb fix to keep the cravings away, fuel your workouts and hit that sweet spot.

Choco orange chia smoothie

Fitter mint choc chip ice cream

Dark chocolate sea salt energy bars

Chocolate espresso bites

Chocolate protein loaf

DAYS 14–28

A dose of healthy fats and protein will work a treat when hunger strikes.

Dark chocolate ginger bites

Easy cheesecake mash up

Sea salt and cacao collagen chocolates

Crumble for one with Greek yogurt

Spread 1 tsp of nut butter on square of dark chocolate

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 Spread 1 tsp of nut butter on square of dark chocolate *no recipe just eat it



BREAKFASTS

BANANA CHIA PORRIDGE

PREPARATION TIME: 10–15 minutes

COOKING TIME: 5 minutes (ideally soak overnight)

SERVES: 1

INGREDIENTS

2 tbsp. chia seeds

150ml unsweetened almond milk

1 tsp. vanilla extract

Sprinkle ground cinnamon

1 ripe banana

25g vanilla protein powder

METHOD

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

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

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

Remove from the heat and stir in the protein powder.



BIRCHER MUESLI

PREPARATION TIME: 5 minutes (soak overnight)

SERVES: 1



INGREDIENTS

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

METHOD

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

BREAKFAST SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1

INGREDIENTS

2–4 slices bacon or smoked salmon

2 eggs

Handful salad leaves

Small handful fresh parsley

½ avocado sliced

2 tbsp. toasted or raw nuts

Balsamic vinegar, as desired

1 tbsp. olive oil

Juice of half a lemon

Salt and pepper

Pinch of chilli powder (optional)

METHOD

Poach or boil the eggs.

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

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

Top with the avocado and toasted nuts.

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



BRUNCH LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 45–60 minutes

SERVES: 4–6

INGREDIENTS

- | | |
|---|---------------------------------------|
| 10 eggs | 1 red pepper, deseeded and chopped |
| 1 courgette | 1 tsp. mixed herbs |
| 1 handful spinach, chopped | 100g feta cheese, crumbled (optional) |
| 2 tbsp. fresh parsley, chopped | 1 tsp. bicarbonate of soda (optional) |
| 3 tbsp. sundried tomatoes,
drained and chopped | |

METHOD

Preheat the oven to 180°C/350°F/gas mark 4 and grease a baking tray with a little oil.

Place the eggs in a large bowl and beat. For a lighter loaf, whisk the eggs in a food processor or blender until pale and frothy.

Grate the courgette directly into the beaten egg and fold in with a spoon.

Stir in the spinach, parsley, sundried tomatoes, pepper, mixed herbs and most of the feta but save a little to sprinkle on top of the loaf and mix well.

This is optional, but if you prefer a lighter loaf add in a teaspoon of bicarbonate of soda.

Line a loaf tin with greaseproof paper or grease with a little olive oil and pour in the egg mixture. Sprinkle over the remaining feta before placing in the oven.

Place in the oven and bake for 40 minutes to 1 hour. Keep checking the middle with a knife (it should come out dry).



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.

DARK CHOCOLATE BIRCHER MUESLI

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

40g oats
 ½ tsp. cinnamon
 1 tsp. cocoa
 1 tsp. honey or substitute stevia/xylitol
 Pinch of sea salt
 1 tbsp. pecans, chopped
 120ml water
 150g fat free, natural yogurt
 1 x 10g square 85% dark chocolate, finely chopped
 50g raspberries

METHOD

Place the oats, cinnamon, cocoa, honey, salt, pecan and water in a bowl and stir to combine. Place in the fridge and leave to soak overnight.

Before serving stir in the yogurt and top with dark chocolate and raspberries.



NOJITO SMOOTHIE

PREPARATION TIME: 15 minutes

SERVES: 1

INGREDIENTS

20-25g vanilla protein powder

½ avocado

Juice of ½ lime

Chunk of ginger, peeled

1 sprig mint

¼ cucumber

Water or coconut water

METHOD

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

POST WORKOUT PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1-2

INGREDIENTS

- 40g oats
- 100g cottage cheese
- 2 eggs
- Pinch of salt
- ½ tsp. cinnamon (optional)
- Pinch of nutmeg (optional)
- Olive oil for cooking (or use a good non-stick pan)

To Serve

Any of the following make great toppings:

- Fresh lemon and/or orange juice
- Berries
- Sliced banana
- Honey
- Chopped nuts
- Nut butter

METHOD

Place all the ingredients in a blender and combine into a batter.

Heat the olive oil in a non stick pan on a medium heat.

Pour the batter into the pan either in batches as small pancakes or one large one.

Cook for 3-4 minutes before flipping to cook the other side for a further 2-3 minutes.

Once cooked serve with your desired topping or enjoy on it's own.



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.

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

METHOD

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

Line a loaf tin with greaseproof paper.

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

Beat in the bicarbonate of soda and season with salt and pepper.

Add the grated courgette to the beaten eggs.

Stir in the salmon and chives.

Pour mixture into loaf tin and bake in the oven for around 25–30 minutes.

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



SALTY BANANA CINNAMON SCRAMBLE

PREPARATION TIME: 3 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

2–3 eggs

1 banana, sliced

Coconut oil for cooking

A sprinkle of cinnamon

A sprinkle of Himalayan Pink or Celtic Sea salt

Salad to serve

METHOD

Place the coconut oil in a pan and melt over a low heat.

Add the sliced banana to the pan and cook gently for 5 minutes, flipping occasionally.

Beat the eggs in a bowl and add to the pan. Toss the banana and eggs with a spatula, allowing the eggs to scramble.

Top the eggs and banana with cinnamon and salt, and serve with a large salad.



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

40–50g oat bran to coat eggs

(or use ground almonds or ground flaxseed)

Pinch of salt

METHOD

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

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.

Whilst the eggs are cooking, place the turkey in a food processor with the apricots and cinnamon, or simply use your hands to combine the ingredients in a large bowl.

Add a pinch of salt.

Peel the boiled eggs.

Scatter the oat bran on a plate with a little more salt ready to coat the eggs.

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

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.



TURKEY TOAST TOPPERS

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 2



INGREDIENTS

500g turkey mince

1 tsp. olive oil

Pinch of salt

Toppers

2 heaped tsp. almond or cashew butter

½ avocado mashed, cooked tomatoes
and sautéed spinach

Poached or scrambled eggs, sautéed spinach
and mushrooms

METHOD

Heat the oil in a frying pan on a low heat.

Shape the mince into patties using your hands.
Season with salt.

Cook for around 8–10 minutes, flip over after
5 minutes. Ideally they should be golden brown
on both sides and cooked through.

Once cooked, remove from the pan and add your
choice of topping.

Best eaten warm.

TURKEY BREAKFAST WRAPS

PREPARATION TIME: 5 minutes

SERVES: 2-3

INGREDIENTS

2-4 cooked turkey slices
Plus a filling of your choice

Fillings

Choose an additional protein (optional)
2 heaped tsp. almond or cashew butter
2-4 slices smoked salmon
1-3 boiled egg, sliced
1-2 tbsp. hummus

Vegetables

Lettuce
Watercress
Sliced tomatoes
Sliced peppers
Olives, chopped
½ avocado, mashed

METHOD

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



VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil

1 tomato, chopped

2 spring onions, chopped

½ red pepper, chopped

1 handful spinach or rocket

3–4 eggs

Salt and pepper

METHOD

Warm the olive oil in a pan on a low heat. Sauté the tomatoes, spring onion and peppers for 3–4 minutes. Add the spinach and allow to wilt down.

Beat the eggs in a bowl and add to the pan, move the pan around to ensure the egg covers the base of the pan. Allow to cook through and either fold over or serve as an open omelette.

Season with a little salt and pepper and serve.

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



Optional extras

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



LIGHT BITES, LOAVES AND SOUPS

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.



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

INGREDIENTS

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

METHOD

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

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

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

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

Top with fresh coriander and serve.

CARROT AND BUTTER BEAN SOUP



HOW TO PIMP A SALAD

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

Choose a base

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

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



HOW TO PIMP A SALAD



Choose a taste

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

Choose a dressing

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

HULK SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 8

INGREDIENTS

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

METHOD

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

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

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

The broth/stock should just cover all the vegetables.

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

If too thick, add some more stock or water.

Stir in the pesto, taste again and serve.



LIME AND CHILLI HUMMUS

PREPARATION TIME: 10 minutes

SERVES: 6–8



INGREDIENTS

380g carton (230g drained weight) chickpeas,
rinsed and drained
50ml almond milk
15g light tahini
1 tsp. garlic powder
½ tsp chilli
Juice and zest of 1 lime
Salt as desired

METHOD

Place all the ingredients in a food processor or blender and blitz into a smooth, creamy dip.

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.

SAVOURY SEED LOAF



SPICY BUTTER BEAN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 6–8



INGREDIENTS

2 tbsp. olive oil
1 onion, peeled and chopped
4 garlic cloves, peeled and finely chopped
1-inch cube ginger, peeled and finely chopped
750g carrots, chopped small
1 tbsp. medium curry powder
1 tsp. turmeric powder
Salt and freshly ground black pepper
400g tin cooked butter beans, rinsed and drained
1 litre vegetable or chicken stock
250–350ml almond or coconut milk

METHOD

Heat the olive oil on a medium heat in a large saucepan or casserole dish and add the onion, garlic, ginger and carrots and cook for 10 minutes, stirring occasionally.

Add the curry powder, turmeric, salt and pepper and cook for 5 minutes stirring occasionally.

Add the butter beans and the stock, stir everything together and then simmer for 30 minutes stirring occasionally.

Use a stick blender to blitz into a soup then stir in the milk until the soup reaches your preferred consistency and season to taste.

SPICY SWEET POTATO AND LENTIL SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 6-8



INGREDIENTS

- 2 tbsp. olive oil
- 2 onions, peeled and chopped
- 3 garlic cloves, peeled and finely chopped
- 1 dice size piece of ginger peeled and finely chopped
- Salt and pepper
- 3 tsp. medium curry powder
- ½-1 tsp. chilli flakes
- 750g sweet potatoes, peeled and cubed
- 2 carrots halved and finely chopped
- 1 x 380g carton lentils (230g drained weight)
- 1 litre vegetable stock
- 300-400ml almond milk (depending on desired consistency, start with less and add as required)
- Salt and pepper

To serve
Fresh coriander

METHOD

Heat the olive oil in a large saucepan or stew pan and add the onions, garlic, ginger, salt and pepper, stir and cook for a couple of minutes, stirring occasionally.

Add the curry powder and chilli flakes and cook for a further few minutes stirring occasionally until the onions begin to soften.

Add the sweet potatoes, carrots, lentils, vegetable stock, almond milk and seasoning, stir through before covering and simmering for 30-35 minutes or until the sweet potatoes and carrots are cooked.

Blend until smooth using a hand blender. Add more water or almond milk to change the consistency or seasoning if desired.

Top with fresh coriander and serve.

SQUASH, GINGER AND LEEK SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 6

INGREDIENTS

- 1 tbsp. olive oil
- 1 medium butternut squash, deseeded and chopped
- 2 large leeks, chopped
- 3 cloves of garlic peeled and chopped
- 1 diced size chunks ginger, peeled and finely chopped
- 1 litre of chicken or vegetable stock
- ½–1 tsp. of chilli powder
- Salt and pepper to taste

METHOD

Warm the olive oil in a large saucepan on a medium heat and add the squash, leeks, garlic, ginger, salt and pepper and stir.

Cook for around 10 minutes stirring occasionally until the vegetables soften nicely.

Add the stock and chilli powder and stir before simmering for 20 minutes or until the squash is cooked through.

Use a stick blender to blitz until the soup reaches the desired consistency. Add a little more water or chicken stock if the consistency is too thick.



SUNFLOWER SEED, HONEY AND OAT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

MAKES: 12–14 slices



INGREDIENTS

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

METHOD

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

Line loaf tin with greaseproof paper.

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

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

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

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

TAMARI PUMPKIN SEEDS

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: N/A

INGREDIENTS

Pumpkin seeds

Tamari sauce

METHOD

Sprinkle nuts with tamari sauce and bake in the oven for 10–15 minutes on 180°C/350°F/Gas mark 4.





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MAINS
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BAKED BEAN STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

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

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

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

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



BRILLIANT BEETROOT BURGER

PREPARATION TIME: 30–40 minutes (includes refrigeration time)

COOKING TIME: 15–20 minutes

MAKES: 4 patties



INGREDIENTS

3 tbsp olive oil
 2 raw beetroots, peeled and grated
 400g tin chickpeas, rinsed and drained
 1 red onion, peeled and finely chopped
 1 tsp. garlic powder
 1 tsp. ground cumin
 1 tsp. ground coriander
 1 tsp. smoked paprika (optional)

½ tsp. chilli flakes
 50g oat bran
 1 tbsp. tahini
 Salt and pepper

To Serve (Optional)
 Burger bun or tofu salad

METHOD

Heat 1 tbsp. of olive oil in a pan on a medium heat and add the beetroot, chickpeas and onion, season and stir. Cook for around 5–10 minutes until the onions start to soften, stirring occasionally. Drain off any excess fluid.

Add the beetroot, chickpeas and onions to a food processor along with the garlic powder, cumin, coriander, smoked paprika, chilli flakes, oat bran, tahini and some more salt and pepper and then blitz until combined. Retain a little texture to the mixture so you can shape into burger patties.

Take handfuls of mixture and make 4 patties, cover and refrigerate for 20–30 minutes.

Heat the remaining olive oil in a pan on a medium heat and add the patties, cook for 3–4 minutes on each side until golden and warmed through.

Serve in a bun or with a tofu salad.

BEEF AND CHICKPEA BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 30–35 minutes

SERVES: 6



INGREDIENTS

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

METHOD

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

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

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

CHEESE, TOMATO AND BASIL QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–35 minutes

SERVES: 8–10

INGREDIENTS

- 1 red pepper, diced
- 3 spring onions, chopped
- 150g cherry tomatoes, sliced (substitute sundried tomatoes if desired)
- 1 heaped tsp. dried herbs
- Handful of fresh basil leaves
- 6 eggs
- 300g fat free, natural cottage cheese
- 1 heaped tsp. garlic powder
- Salt & freshly ground black pepper

METHOD

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

Place the eggs, cottage cheese, fresh basil and garlic powder in a blender and blitz to combine. Season with salt and pepper and set aside.

Grease a large oven-proof flan dish with olive oil or line with greaseproof paper. Place the red pepper, spring onions and tomatoes vegetables in the dish and pour the cottage cheese mixture over the top.

Place in the oven to bake for 35–40 minutes until golden and cooked through.



CHEESY GARLIC BREAD

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 6–8



INGREDIENTS

5 eggs
1 tsp. salt
1 tbsp. garlic powder
1 tsp. onion powder
1 tsp. baking powder
1 tbsp. dried rosemary
2 small courgettes, grated
60g parmesan cheese, grated
80g coconut flour

METHOD

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

Line a loaf tin with greaseproof paper and set aside.

In a blender beat the eggs, salt, garlic and onion powder.

Pour into a bowl and stir in the baking powder, rosemary, courgette, cheese and coconut flour.

Stir to combine into a batter and pour into the prepared loaf tin.

Bake for around 40–45 minutes until golden and cooked through. Allow to cool, slice and serve.

EASY PRAWN RED THAI CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

- | | |
|---|---|
| 1 tsp coconut oil | 1 red chilli, deseeded and finely chopped |
| 6 cm chunk of ginger, peeled and finely chopped | 2 tbsp tomato purée |
| 3 cloves garlic, peeled and finely chopped | 2 lemongrass stalks, cut length ways and bashed |
| 6 spring onions, chopped | Zest of 1 lime |
| 3 tsp paprika | 500g king prawns |
| 1 tsp hot chilli powder | 500ml light coconut milk |
| ½ tsp cinnamon | 1 tbsp fish sauce |
| 1 red pepper, chopped | Salt and pepper |
| | 200g bean sprouts |

METHOD

Heat the coconut oil in a large frying pan or wok and then add the ginger, garlic, spring onions, paprika, chilli and cinnamon before stirring and cooking for about 2 minutes, stirring occasionally.

Add the pepper, red chilli, tomato purée, lemongrass stalks, zest of lime and prawns, and stir through, coating the prawns in the tomato purée and spices. Then cook for about 2 minutes, stirring occasionally.

Add the coconut milk, fish sauce, salt and pepper and stir through. Simmer for about 3 minutes before adding the bean sprouts and simmering for another 2 minutes.

Serve with wilted some spinach



FAST AND FURIOUS CHICKEN PAELLA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

Serve topped with fresh parsley and lemon wedges.



FITTER CHICKEN NUGGETS

PREPARATION TIME: 10 minutes

COOKING TIME: 12–15 minutes

MAKES: 20 chicken nuggets

INGREDIENTS

2 skinless chicken breasts
 70g oat bran
 Salt and freshly ground black pepper
 1 tsp. garlic powder
 1 tsp. onion powder
 1 tsp. smoked paprika
 ½ tsp. cayenne chilli (optional)
 1 egg beaten
 2–3 tbsp. olive oil

METHOD

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

Crack the egg into a bowl and beat it.

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

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

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

Enjoy with Fitter Food homemade ketchup.



GOAT'S CHEESE AND RED PEPPER CALZONE

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

Olive oil for cooking	2 small slices goat's cheese
4–6 eggs	½ red pepper, sliced
2 heaped tbsp. tomato puree	½ tsp. dried mixed herbs
Large handful of spinach	Salt and pepper

METHOD

Heat a little olive oil in a frying pan.

Beat the eggs in a large bowl until whites and yolks are mixed.

Pour the mixture into the pan.

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

Allow to cook through for a few minutes so the egg has set (slightly runny on top).

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

Tear up the spinach leaves and sprinkle on the cooked omelette. Add the goat's cheese, red pepper, herbs and seasoning and gently fold the omelette in half. Seal the edges by pressing down with the spatula.

Allow to cook for a further 5–6 minutes until the spinach has wilted, the cheese has melted a little and the filling is hot.

Best served hot from the pan but like pizza this is just as tasty served cold.



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.



LEMON AND TURMERIC CHICKEN

PREPARATION TIME: 10 minutes (Marinade for 30 minutes or overnight)

COOKING TIME: 16–20 minutes

SERVES: 6



INGREDIENTS

6 skinless chicken or turkey fillets, chopped into chunks
 1 ½ tsp. curry powder
 1 tsp. garlic powder
 1 tsp. crushed chillies
 1 tsp. salt
 ½ tsp. ground ginger
 ½ tsp. paprika
 ½ tsp. cinnamon
 ½ tsp. ground turmeric
 Juice of 1 lemon
 4 tbsps. water
 Handful fresh coriander

METHOD

In a bowl, mix the curry powder, garlic powder, crushed chillies, salt, ginger, paprika, cinnamon and turmeric with the water and lemon juice to form a paste.

Rub the paste into the poultry, place in a bowl and cover. Allow to marinate for 30 minutes or overnight.

Heat a little olive oil in a frying pan and stir fry the chicken pieces until golden and cooked through.

Top with fresh coriander and serve.

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

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

MEDITERRANEAN FISH STEW



MEDITERRANEAN TUNA RICE SUPPER

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

390g carton chopped
tomatoes

½ tsp. smoked paprika

1 tsp. garlic powder

1 tsp. onion powder

1 courgette, finely chopped

250g sachet quick cook rice
or quinoa

2 x 110g tin tuna,
drained weight

140g sweetcorn,
drained weight

Handful of olives

Two handfuls spinach

Juice of 1 lemon

Salt and pepper to taste

To serve

Fresh rocket

METHOD

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

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

Add the lemon juice and season to taste.



MOROCCAN LAMB AND APRICOT BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

500g lamb mince
 2 heaped tsp. ras el hanout spice blend
 Salt and pepper
 1 tbsp. tomato puree
 90g dried apricots, chopped

Harissa Dressing

170–200g natural yogurt
 1 heaped tsp. of harissa paste
 Juice of half a lemon
 Fresh mint to serve

METHOD

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

Place all the burger patty ingredients in a bowl and mix together thoroughly using your hands.

Shape into four large patties or six smaller ones and place on a baking tray and then into the oven to cook for 20–25 minutes.

Whilst the burgers cook whip up the awesome harissa dressing: stir the yogurt, harissa paste and lemon juice in a bowl, taste and add a little more harissa or lemon juice if you prefer.

Serve the patties topped with some dressing, fresh mint and with roasted vegetables and some crinkle-cut sweet potatoes.



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

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.



PIRI PIRI BAKED COD

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 2



INGREDIENTS

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

METHOD

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

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

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

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

Serve with salad and rice.

PROTEIN PIZZAS

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 4



Serving suggestion...

Serve with sweet potato chips and salad

INGREDIENTS

For the Pizza Base

500g chicken mince
 1 heaped tbsp. tomato purée
 1 clove garlic, peeled and finely chopped
 1 tsp. mixed herbs
 1 tsp. smoked paprika
 Salt and pepper

For the Sauce and Toppings

5 tbsp. passata
 1 tsp. oregano
 Salt and pepper
 4 olives, finely sliced
 ½ green pepper, deseeded and finely chopped
 4 cherry tomatoes, finely sliced
 ½ mozzarella ball, chopped
 Fresh basil, roughly chopped

METHOD

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

Add the chicken, tomato purée, garlic, mixed herbs, smoked paprika, salt and pepper to a large bowl and mix together thoroughly with your hands.

Use a little olive oil to grease a baking tray.

Shape the mince mixture into four pizza bases. Be careful not to make the bases too thick – around 1cm is ideal – and place on the baking tray.

Make the pizza sauce by mixing the passata and oregano in a bowl with some seasoning.

Top each pizza base with the sauce, leaving a little space at the edge of each base.

Top each pizza with olives, cherry tomatoes, mozzarella, green pepper and fresh basil before placing in the oven to cook for 20 minutes

SPICY TOMATO PRAWNS

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3



INGREDIENTS

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

METHOD

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

Add the passata and paprika and stir again.

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

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

Serve with courgetti or steamed squash.

SMOKEY VEGAN SHEPHERD'S PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour

SERVES: 8

INGREDIENTS

- | | |
|---|---|
| 1.2kg King Edward potatoes, chopped | 2 tbsp. mixed herbs |
| 2 tbsp. olive oil | Salt and freshly ground black pepper |
| 1 red onion, peeled and chopped | 3–4 tbsp. tomato puree |
| 2 leeks, sliced | 250g frozen peas |
| 2 medium carrots, chopped into small chunks | 400g tin cooked lentils, drained (around 265g drained weight) |
| 1 red pepper, deseeded and chopped | 100–200ml almond milk, depending on preferred consistency for mash potato |
| 2 celery sticks, sliced | |
| 200g chestnut mushrooms, sliced | |
| 4 garlic cloves, peeled and finely chopped | |
| 2 tbsp. smoked paprika | |

To serve

Ketchup if desired

METHOD

Add the chopped potatoes to a saucepan, cover with water and bring to the boil, then reduce heat and simmer for about 15 minutes or until the potatoes are cooked through. Drain and set aside.

Whilst the potatoes cook, prepare and chop the other ingredients.

Add the olive oil to a large saucepan or casserole dish on a medium heat and add the onion, leeks, carrots, red pepper, celery, mushrooms, garlic and stir through. Cook for about 5 minutes or until the onions soften, stirring occasionally.

Add the smoked paprika, mixed herbs, salt and pepper and cook for a further few minutes stirring occasionally.

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

Add tomato puree, frozen peas and lentils. If the mixture appears a little dry add some extra water, stir and cook for a further 5 minutes stirring occasionally. Add a little more water at any stage if needed.

Whilst the mixture cooks, place the drained potatoes in a bowl, add some salt, almond milk and mash away. Add more almond milk to reach your preferred mash consistency.

Place the vegetable mixture in a large baking dish and spread evenly before topping with the mashed potato. Use a fork to spread out evenly over the top.

Place in the oven to cook for 30 minutes and serve with ketchup if desired.



SUNDRIED TOMATO AND OLIVE PROTEIN LOAF

PREPARATION TIME: 5 minutes

COOKING TIME: 35 minutes

SERVES: 6-8

INGREDIENTS

3 eggs
 30g sundried tomatoes
 100g oatbran
 1 tsp baking powder
 50g unflavoured pea protein
 ½ -1 tsp garlic powder
 1 tbsp. Italian mixed herbs
 Salt and pepper
 200ml almond milk
 3 tbsp. olives sliced
 1tsp. dried rosemary (optional)

METHOD

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

Line a loaf tin with greaseproof paper and set aside.

Place all the ingredients, except the olives, in a food processor and combine into a batter.

Stir in the olives and transfer the mixture to the loaf tin. Sprinkle with dried rosemary and bake in the oven for 35 minutes or until cooked through. Serve warm or cool.



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.



THAI STEAK SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5

INGREDIENTS

2 x 200g rump steaks

To make the Dressing

Zest and juice of 3 limes

2 tbsp tamari

Freshly ground black pepper

1 dice-sized piece of ginger, peeled
and grated

1 green or red chilli

1 tsp. xylitol or honey

1 handful fresh coriander, finely chopped

1 tbsp olive oil

For the Salad

200g cherry tomatoes, quartered

½ cucumber, sliced

200g radishes, sliced

1 red onion, sliced

1 handful fresh mint, roughly broken

1 handful fresh basil, roughly broken

METHOD

For the marinade: mix the tamari, zest and juice of 1 lime and ground black pepper in a bowl.

Slice the steaks into strips, add them to the bowl and coat fully in the mixture.

Mix the lime zest and juice from the remaining 2 limes with the ginger, chilli, xylitol (or honey) and fresh coriander to make the dressing.

Heat the olive oil in a pan over a medium heat and add the marinated steak strips. Stir-fry for 3–4 minutes or until cooked to your liking. Leave to rest while you mix the salad ingredients together.

Place the steak strips on top of the salad and drizzle the dressing over the top.



TURKEY, PEA AND SWEET POTATO CURRY

PREPARATION TIME: 15 minutes

COOKING TIME: 40–45 minutes

SERVES: 5–6



Serving suggestion...

Serve with steamed spinach and broccoli

INGREDIENTS

500ml chicken stock
1 onion, peeled and chopped
3 cloves garlic, peeled and chopped
½ tsp. cumin seeds
½ tsp. garam masala
½ tsp. turmeric
1 heaped tbsp. curry powder
5 turkey breast, chopped
390g chopped tomatoes
3 sweet potatoes, peeled and chopped
300g frozen peas
Salt and pepper, to taste

METHOD

Place a small amount of stock in a saucepan and sauté the onions, garlic, cumin, garam masala, turmeric and curry powder for 5 minutes.

Add the turkey pieces, chopped tomatoes and sweet potato.

Cover with the rest of the chicken stock and bring to the boil.

Turn down the heat and allow to simmer for 35 minutes until the potatoes are soft. Add the frozen peas and allow to cook for a further 5 minutes.

Season to taste and serve with steamed greens.

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.



Add a Protein Boost
Top with 100g of chopped tofu

VEGETABLE BOLOGNESE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 30 minutes

SERVES: 4

INGREDIENTS

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

To serve (Optional)

400g green pea fusilli or courgetti
 Parmesan shavings

METHOD

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

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

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



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

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

Serve topped with parmesan.



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SIDES
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BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp. curry powder

2 tsp. garlic powder

½ tsp. cinnamon

3 tbsp. olive oil

METHOD

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

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

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

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

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



CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets
5 carrots
1 tbsp. olive oil
2 heaped tsp. harissa spice mix
1 heaped tsp. garlic powder
Salt and pepper

METHOD

Steam or boil the cauliflower and carrots until soft.

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

Mash until the mixture has a smooth consistency.

Season to taste and serve.



DELISH RED LENTIL DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

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

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

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

Add a little more water or stock if needed.

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



ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

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

METHOD

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

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

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



MEDITERRANEAN SALAD

PREPARATION TIME: 10 minutes

SERVES: 4-6

INGREDIENTS

400g tin of cooked chickpeas, drained and rinsed
 1 red pepper, deseeded and chopped
 1 small red onion, finely chopped
 1 medium cucumber, cubed
 200g cherry tomatoes, halved
 100g olives
 100g feta cheese, chopped into squares
 ½ -1 tsp chilli flakes
 100g rocket
 Salt and freshly ground black pepper to taste

Dressing

2 tbsp olive oil
 Juice of 1 lemon
 1 tsp. oregano
 3 cloves garlic, peeled and finely chopped

METHOD

Prepare the dressing by mixing the ingredients in a small bowl and set aside.

Place all the salad ingredients in a large serving bowl, toss together to combine.

Pour over the dressing, toss together one more time and serve.



POWER CARBS

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-5

INGREDIENTS

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

500ml bone broth or stock

1 sweet potato, peeled and diced

2 stalks celery

1 small red onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

Salt and pepper to taste

Fresh parsley to serve

METHOD

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

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

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



QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

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

METHOD

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

Add the tomatoes, herbs, and olives and season.

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

Season to taste and serve.

SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

METHOD

Chop the courgettes into chunky wedges.

Heat the oil in a frying pan and add the onion (if adding) stir fry for 2–3 minutes.

Add the courgettes wedges and continue to stir-fry.

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

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

Season to taste with a little salt and serve.



SUPER MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 8

INGREDIENTS

1 kg potatoes (white or sweet)
peeled and chopped
1 large leek, chopped
300g broccoli florets
2 tsp. garlic powder
Large handful kale, chopped
2 inch cube of fresh ginger,
peeled and finely chopped

6 sundried tomatoes
1 tsp. mixed herbs
Salt and pepper

To Serve

Fresh parsley

METHOD

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

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

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

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

Serve with fresh parsley.



SUPER QUICK SLAW

PREPARATION TIME*: 15 minutes

SERVES: 8–10

*Allow to marinade for 30–60 minutes if possible



INGREDIENTS

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

Optional Toppings
 Fresh chives, chopped
 Fresh dill, chopped
 Pomegranate seeds

METHOD

Grate the carrots and place in a large bowl.

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

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

Pour the dressing over the vegetables and mix together thoroughly.

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

SWEET AND SPICY SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8



INGREDIENTS

1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)
1 tbsp olive oil
1 tbsp honey
1 tsp garlic powder
1 tsp cinnamon
Pinch of cayenne pepper
1 tbsp. sesame seeds
Salt

METHOD

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

Place the squash wedges on a baking tray.

In a bowl combine the olive oil, honey, garlic powder, cinnamon and cayenne and pour over the wedges, toss the wedges to coat each one in the oil and spices.

Season with salt and sprinkle the sesame seeds over the wedges.

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

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.



FANCY A LITTLE SOMETHING



CHOCOLATE ESPRESSO BITES

METHOD

Place the nuts, seeds, cacao nibs, vanilla extract and dates in a food processor and blend into a nutty paste.

Melt the chocolate in a heatproof dish over simmering water, allow to cool. Brew the coffee. Then add both the melted chocolate and coffee to the food processor and combine with the date mixture.

Place the protein powder and flour in a bowl and stir in the date mixture. Use your hands to combine. Take handfuls of the mixture and roll into small balls. If the mixture is too dry add a little water or extra coffee. If it's a little too sticky add extra dry ingredients (nuts, seeds or protein powder).

If the mixture isn't sweet enough add more blended dates.

PREPARATION TIME: 15 minutes

MELT TIME: 10 minutes

SET TIME: 1 hour

MAKES: 32–34 Bites

INGREDIENTS

- 150g cashews
- 50g sunflower seeds
- 2 tbsp cacao nibs (optional)
- 150g 85% dark chocolate
- 4 Medjool dates
- 150ml strong, brewed coffee
- 150g vanilla protein powder
- 1 teaspoon vanilla extract
- 60g coconut flour (or any flour desired)

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.



CHOCOLATE PROTEIN LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 8

INGREDIENTS

3 bananas	45g coconut flour
6 eggs	Pinch of Himalayan Pink salt
80g vanilla protein powder	1 tsp of baking powder
2 tbsp chia seeds	1 tsp bicarbonate of soda
1 tbsp sunflower seeds	½ tsp Matcha green tea powder (optional)
Pinch of nutmeg	2 tbsp cocoa powder (optional)
1–2 tsp cinnamon	

METHOD

Preheat the oven to 180°C/350°F/gas mark 4. Line a loaf tin with greaseproof paper.

Beat the bananas and eggs for 1–2 minutes in a processor or blender.

Add the protein powder, chia, sunflower seeds, nutmeg, cinnamon, and salt in a food processor. Sift in the flour, baking powder, cocoa and Matcha powder (if adding) and mix again.

Pour the batter into the lined tin.

Bake for around 40–45 minutes. Before removing from the oven insert a knife in the middle and check it comes out clean so you know the loaf is baked all the way through.

Once baked remove from the tin and allow to cool. Slice and serve.



CRUMBLE FOR ONE WITH GREEK YOGURT

PREPARATION TIME: 8 minutes

COOKING TIME: 20–30 minutes

SERVES: 1



INGREDIENTS

100g berries (enough to fill a ramekin dish $\frac{3}{4}$ full)
2 dessertspoons of ground almonds
1 dessertspoon of butter (ghee or coconut oil can be substituted)
3 walnuts roughly chopped
2–4 drops of stevia or teaspoon of raw honey or xylitol

METHOD

Place berries into the ramekin and press slightly to ensure you have enough room for a topping.

In a small bowl mix together the butter or coconut oil and ground almonds to create breadcrumbs.

Add the walnuts and sweetener (if using) and mix again.

Gently press the mixture on top of the berries until completely covered, filling any gaps with a dusting of ground almonds.

Place in the oven and bake for 20–30 minutes until golden on top.

Allow to cool slightly and enjoy!

DARK CHOCOLATE SEA SALT ENERGY BARS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 8–9

INGREDIENTS

150g rolled oats *substitute with quinoa or buckwheat if desired
 50g oatbran *substitute chestnut, buckwheat flour or ground almonds
 110g crunchy nut butter
 100g vanilla protein powder
 100ml almond milk
 ½ tsp cinnamon
 Sprinkle of sea salt
 50g 85% dark chocolate, chopped into chunks
 2 eggs, beaten
 2 tbsp raw honey (optional)

METHOD

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

Prepare a loaf or baking tin by lining with greaseproof paper.

Place the rolled oats, oat bran, protein powder, cinnamon, salt chocolate chunks and nut butter in a bowl and combine, gradually add in the almond milk a little at a time until the mixture resembles breadcrumbs.

Add the eggs to bind the mixture and honey if adding.

Place in the prepared tin and bake for 20-25 minutes until the bars begin to turn golden brown.



DARK CHOCOLATE GINGER BITES

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4



INGREDIENTS

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

METHOD

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

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

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

Drain the ginger and add to the chocolate mixture.

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

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

FITTER MINT CHOC CHIP ICE CREAM

PREPARATION TIME: 5 minutes

SERVES: 1-2

INGREDIENTS

- 2 frozen bananas
- ½ tsp pure peppermint extract,
or more as desired
- 2 squares dark chocolate, chopped
or 2 tbsp cacao nibs
- ¼ tsp spirulina (optional to colour)
- 1 tbsp cashew butter (optional)
- Almond milk to taste

METHOD

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

Stir in the dark chocolate chunks or cacao nibs.

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



EASY CHEESECAKE MASH UP

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

170g Low fat Greek yogurt

Few drops vanilla extract

100g berries (or any fruit)

Zest and juice of 1 lemon

2 oatcakes, crushed into chunky pieces

METHOD

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

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

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

SEA SALT AND CACAO COLLAGEN CHOCOLATES

PREPARATION TIME: 10 minutes

MAKES: 22

INGREDIENTS

300g 85% Dark Chocolate

100g collagen powder

50g vanilla protein powder

3 tbsp. cacao nibs

2 tsp. vanilla extract

Sea Salt to taste

METHOD

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

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

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



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