



SARDINES
IN TOMATO SAUCE

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28 DAY
PESCETARIAN
VEGETARIAN
MEAL PLAN

365

FITTEER

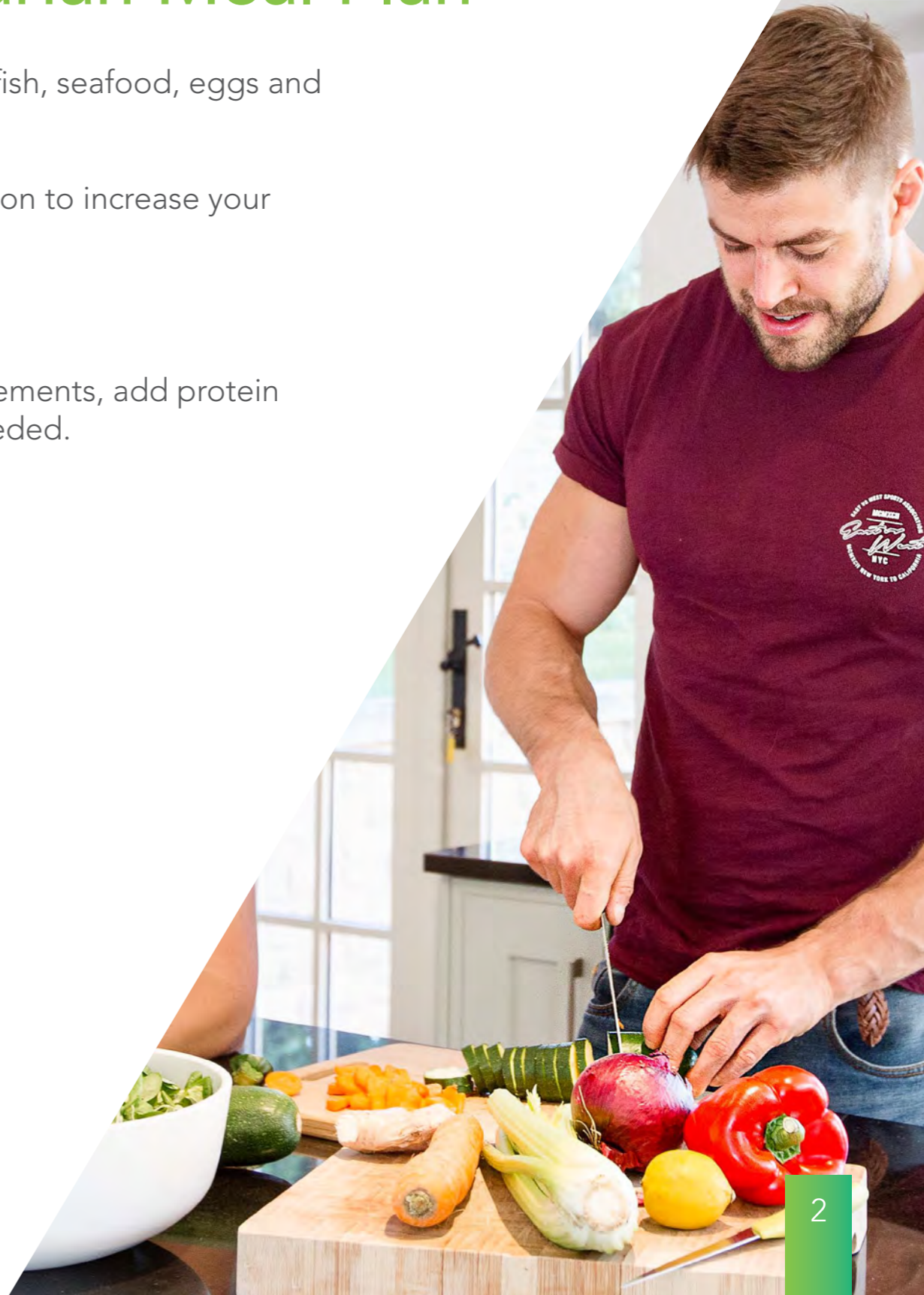
Fitter Food Pescetarian – Vegetarian Meal Plan

This is a Fitter Food 28 day pescetarian - vegetarian meal plan. It includes fish, seafood, eggs and dairy alongside plant based foods.

You can use this as a template to follow a healthy diet or simply as inspiration to increase your intake of fish based meals and vegetarian meals across the week.

This plan can also be easily adapted to include meat or poultry if desired.

You can also use the protein guide to ensure you meet your protein requirements, add protein based snacks or desserts (e.g. a smoothie or yogurt and berries) where needed.



ADD A PROTEIN BOOST

Rough Guide to Vegetarian Protein Sources

DAIRY

- 1 egg
6g protein
- 150g cottage cheese
14–16g protein
- 170g Greek/plain yogurt
13–18g protein
- 200ml milk (dairy)
6–8g protein
- 100g quark
11–14g protein
- 30g hard cheese
6–11g protein

SOY

- 100g tofu
11–12g protein

NUTS/NUT BUTTER

- 30g serving
5–8g protein

PROTEIN POWDERS

- Whey, hemp, rice, pea
20–40g protein

GRAINS

- 100g cooked
e.g. rice, oats, quinoa
3–6g protein

BEANS/PULSES

- 150g (cooked)
10–18g protein

***low fat, natural sources of dairy provides a protein boost without adding too many additional calories and will be higher in protein.**

Fish and Seafood Protein guide

Protein Source	Portion Size	Protein
Cod	1 fillet/140g	25g
Mussels	150g	20g
Prawns	100g	14g
Salmon	1 fillet/100g	25g
Salmon	1 tin/213g	40g
Sardines	1 tin/120g	18g
Sardines	Filletts/100g	19g
Sea Bass	1 fillet/72g	16g
Tuna	1 tin/160g	27g
Tuna	1 steak/140g	35g





PESCETARIAN – VEGETARIAN MEAL PLAN

Plan Your Meals

- Use the blank meal planner to create your own weekly meal plan or use the Fitter Food template.
- Get organised by writing your shopping list.
- Plan time to batch cook meals and prepare ahead.
- Check your meal plan each Friday to ensure you have plenty of time to do your food shopping and have the ingredients ready for a batch cooking session at the weekend and midweek.
- Make sure you have plenty of fresh salad ingredients in each week and keep your green game strong.

FITTER FOOD WEEKLY MEAL PLAN

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
Batch cooking and meal preparation tasks							
Dietary eliminations							

FITTER FOOD SHOPPING LIST

MONDAY MEALS

1 _____
2 _____
3 _____

TUESDAY MEALS

1 _____
2 _____
3 _____

WEDNESDAY MEALS

1 _____
2 _____
3 _____

THURSDAY MEALS

1 _____
2 _____
3 _____

FRIDAY MEALS

1 _____
2 _____
3 _____

SATURDAY MEALS

1 _____
2 _____
3 _____

SUNDAY MEALS

1 _____
2 _____
3 _____

VEGETABLES, FRUIT, HERBS

FISH, SEAFOOD, EGGS

TINNED GOODS, OILS, SPICES

DAIRY

GRAINS, LEGUMES

DRINKS, FROZEN FOODS

MISCELLANEOUS

Contents

BREAKFASTS

Apple pie smoothie
 Berry tofu smoothie
 Blueberry oats to go
 BOSH beans, scrambled eggs and spinach
 Breakfast veggie loaf
 Breakfast veggies
 Bubble and squeak
 Carrot cake bircher muesli
 Cottage flaxcakes
 Extra strong golden milk
 Fitter breakfast zoats
 Fitter rye toppers
 Overnight vanilla and cherry protein oats
 Salmon and chive breakfast loaf
 Salmon, feta and veggie cups
 Salty banana cinnamon scramble
 Scrambled eggs, spinach, peppers and avocado
 Seafood breakfast bowls
 Smoked salmon and spinach calzone
 Turmeric tofu scramble

LUNCHES

Citrus prawn salad
 Goat's cheese, walnut and beetroot salad
 Lime and chilli hummus
 Mediterranean salad
 Salmon ceviche
 Sweet coconut prawns
 Sweet tuna jackets
 Tuna and sweetcorn omwarps

SNACKS AND FOOD TO GO IDEAS

Cheesy garlic bread
 Hummus flatbreads
 Lime and chilli hummus
 Low carb coconut loaf
 Mediterranean bites
 Thai omega balls
 Thai prawn scotch egg

SOUPS

Maxistrone soup
 Minty courgette soup
 Souper supper
 Spicy butter bean soup
 Spicy sweet potato and lentil soup

DINNERS

Baked bean stew
 Brilliant beetroot burger
 Caribbean jerk salmon
 Cauliflower pizza
 Delish red lentil dhal
 Easy prawn red Thai curry
 Ginger infused seafood vegetable rice
 Healthy twist fish N chips
 Lemon and dill salmon
 Mediterranean fish stew
 Mediterranean tuna rice supper
 Nutty tofu stir fry
 Paella pronto
 Persian citrus salmon
 Piri piri baked cod
 Satay sweet potato and chickpea curry
 Sea bass supper
 Simply awesome fish curry
 Smokey vegan shepherd's pie
 Spicy tomato prawns
 Spinach and chickpea curry
 Sweet and smoky Mediterranean fish
 Sweet and spicy salmon with
 mixed vegetable rice
 Trout and asparagus quiche
 Vegetable bolognese

SIDES

Apple and root vegetable bake
 Baked cauliflower
 Balsamic potatoes
 Buttery hummus mash
 Cauliflower stir-fry rice
 Chunky celeriac chips
 Curried sweet potato mash
 Italian tray bake
 Power carbs
 Quick ratatouille
 Spicy carrot chips
 Spicy courgette chips
 Squash wedges with almond pesto
 Super mash
 Sweet potato wedges
 Tasty turmeric rice

SAUCES

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

DESSERTS

Aprichoc balls bites
 Carrot, apple and sultana cake
 Chocolate espresso bites
 Chocolate protein loaf
 Dark chocolate bakewell bites
 Fit kat chunky
 Fitter mint choc chip ice cream
 Fruity scone bites
 Portuguese almond cake
 Salted caramel bites
 Sea salt coconut chunks



MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Blueberry oats to go	Fitter breakfast zoats	2 slices breakfast veggie loaf with hummus	Carrot cake bircher muesli	Leftover: 2 slices breakfast veggie loaf with hummus	Cottage flaxcakes	Bubble and squeak with spinach, tomatoes and poached or fried eggs
MEAL TWO	Spicy butter bean soup with tinned fish and salad *prepare extra soup for lunch the following day	Leftover: spicy butter bean soup with leftover tofu and salad	Leftover: lemon and dill salmon with salad	Citrus prawn salad	Leftover: Persian citrus salmon with salad	Souper supper *Cook extra soup for lunch following day	Leftover: Souper supper
MEAL THREE	Nutty tofu stir *cook extra tofu for lunch following day	Lemon and dill salmon with quick ratatouille and steamed greens *cook extra salmon for lunch following day	Spinach and chickpea curry with spicy courgette chips	Persian citrus salmon with tasty turmeric rice and steamed greens *cook extra salmon for lunch following day	Easy prawn red Thai curry with baked cauliflower and steamed greens	Healthy twist fish n chips with peas, broccoli and homemade ketchup *cook extra potatoes and vegetables for bubble and squeak the following morning	Brilliant beetroot burger with Mediterranean salad *Cook extra beetroot burgers for lunch following day

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	<p>Salmon, feta and veggie cups</p> <p>*Cook extra cups for breakfast on Wed</p>	<p>Berry tofu smoothie</p>	<p>Leftover: Salmon, feta and veggie cups</p>	<p>Overnight vanilla and cherry protein oats</p>	<p>Fitter rye toppers with smoked salmon, spinach and tomatoes</p>	<p>Scrambled eggs, spinach, peppers and avocado</p>	<p>Seafood breakfast bowls</p>
MEAL TWO	<p>Leftover: brilliant beetroot burgers with avocado and salad</p>	<p>Mediterranean salad optional: add extra protein (tin of fish, cottage cheese, tofu)</p> <p>*Prepare extra salad for lunch the following day</p>	<p>Leftover: Mediterranean salad optional: add extra protein (tin of fish, cottage cheese, tofu)</p>	<p>Leftover: Paella pronto with rocket salad</p>	<p>Leftover: ginger infused seafood vegetable rice with rocket and avocado</p>	<p>Maxistrone soup</p> <p>*Prepare extra soup for lunch the following day</p>	<p>Leftover: maxistrone soup</p>
MEAL THREE	<p>Spicy tomato prawns with cauliflower stir-fry rice and courgette chips</p>	<p>Piri piri baked cod with ratatouille and steamed greens</p> <p>*Cook extra ratatouille for dinner the following day</p>	<p>Paella pronto with leftover ratatouille and rocket salad</p> <p>*cook extra paella for lunch the following day</p>	<p>Ginger infused seafood vegetable rice Spicy carrot chips and sautéed spinach</p> <p>*cook extra seafood rice for lunch following day</p>	<p>Baked bean stew with pan fried fish and steamed greens</p>	<p>Satay sweet potato and chickpea curry with stir fry boy choy, broccoli and spinach</p>	<p>Mediterranean fish stew with Italian tray bake and baked sweet potatoes</p> <p>*Prepare extra baked potatoes for lunch the following day</p>

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Apple pie smoothie	Turmeric tofu scramble	Breakfast veggie loaf with mashed avocado	Salty banana and cinnamon scramble	Leftover: breakfast veggie loaf with mashed avocado	Breakfast veggies	Smoked salmon and spinach calzone
MEAL TWO	Sweet tuna jackets	Goat's cheese, walnut and beetroot salad	Citrus prawn salad	Leftover: Caribbean jerk salmon with salad	Salmon ceviche with avocado salad	Minty courgette soup with hummus flatbreads *cook extra soup and flatbreads for lunch the following day	Leftover: minty courgette soup with hummus flatbreads
MEAL THREE	Pan fried tofu with delish red lentil dhal and steamed greens *cook extra dhal for dinner the following day	Pan fried fish with delish red dhal and stir fry bok choy and spinach	Caribbean jerk salmon with power carbs and steamed greens *cook extra salmon for dinner the following day	Sweet and smoky Mediterranean fish with new potatoes and rocket salad	Cauliflower pizza with Italian tray bake and rocket salad	Simply awesome fish curry with curried sweet potato mash and steamed greens	Smokey vegan shepherd's pie with quick ratatouille *cook extra shepherds pie and ratatouille for lunch the following day

MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Extra strong golden milk	Berry tofu smoothie	Salmon and chive breakfast loaf *Cook extra cups for breakfast on Friday	Blueberry oats to go	Salmon and chive breakfast loaf	Fitter breakfast zoats	Seafood breakfast bowls
MEAL TWO	Leftover: smokey vegan shepherd's pie with quick ratatouille	Leftover: trout and asparagus quiche	Sweet coconut prawns with avocado salad	Goat's cheese, walnut and beetroot salad	Tuna and sweetcorn omwraps	Spicy sweet potato and lentil soup	Leftover: spicy sweet potato and lentil soup
MEAL THREE	Trout and asparagus quiche with balsamic potatoes and sautéed spinach *keep extra quiche for lunch the following day	Mediterranean tuna rice supper with rocket salad	Sea bass supper with quick cook rice	Piri piri baked cod with buttery hummus mash and steamed greens	Spinach and chickpea curry with tofu and steamed greens	Vegetable bolognese with cheesy garlic bread and Italian tray bake *Keep some cheesy garlic bread for dinner the following day	Mediterranean fish stew with leftover cheesy garlic bread, new potatoes and steamed greens



BREAKFASTS

APPLE PIE SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

100ml water
 170g fat free Greek yogurt
 30g oats
 1 tbsp. walnuts
 ½ tsp cinnamon
 1 tsp vanilla
 1 apple, quartered (cored)
 Honey or stevia to sweeten if desired

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

BERRY TOFU SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

- 200g silken tofu (*this is a soft form of tofu, if using firm tofu add a little extra water or milk)
- 1 tsp cocoa
- 1 tsp vanilla extract
- 150g frozen berries (Tip: allow to defrost overnight and add with juices)
- 100ml almond milk
- Water to taste

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

*sweeten with 1 tsp. honey, stevia or 1 dried date if desired

BLUEBERRY OATS TO GO

PREPARATION TIME: 5 minutes

*soak overnight if possible

SERVES: 1

INGREDIENTS

100g blueberries
150g low fat Greek yogurt
50g oats
½ tsp. cinnamon
1 heaped tsp. chia seeds
Water

METHOD

Place the oats in a small bowl and cover with water, stir in the yogurt, blueberries, chia seeds and cinnamon. Place in the fridge and allow to soak overnight.

You can consume the ingredients as overnight oats or blend into a smoothie the following morning.



BOSH BEANS, SCRAMBLED EGGS AND SPINACH

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4-6

INGREDIENTS

The Beans

- 1-2 tbsp. olive oil
- 3 cloves garlic, peeled and finely chopped
- 2 x 400g tins chopped tomatoes
- 4 tbsp. Worcestershire sauce
- 1 x 400g tin butter beans, drained
- 1 x 400g tin cannellini beans, drained

Eggs and Spinach

- 2-4 eggs, beaten
- 2 handfuls spinach
- Salt and pepper

METHOD

Start by making the beans: heat the olive oil in a pan over a medium heat before adding the garlic and cooking for a couple of minutes (do not burn).

Add the tomatoes and Worcestershire sauce and stir through.

Bring to a simmer and cook for 6 minutes.

Add the beans, stir through and cook for another 6-8 minutes, stirring occasionally.

Whilst the beans finish cooking, warm a little olive oil in a separate pan and add the beaten eggs. Keep stirring the eggs to scramble them.

Finally add the spinach to the pan and allow to wilt down before serving with scrambled eggs and BOSH beans.



BREAKFAST VEGGIE LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8

INGREDIENTS

6 eggs
 130g grated courgette
 (½ large courgette)
 100g grated carrot (1 medium)
 *works with purple carrots
 80g ground flaxseed
 50g ground almonds or
 coconut flour
 50g chopped cherry tomatoes
 30g pumpkin or sunflower seeds
 1 tsp salt
 1 tsp bicarbonate
 1 tsp baking powder

To Serve

Top two slices with either:

- 2–3 slices of either ham, bacon or turkey
- 1 tbsp. hummus
- 2 slices smoked salmon
- ½ small avocado mashed
- 2 tsp. nut or seed butter

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, ground almonds or coconut flour, baking powder and salt.

Mix again until the ingredients are thoroughly combined.

Place the courgette in between two sheets or kitchen roll or a tea towel and squeeze to remove any excess moisture.



Place the grated carrot, courgette, chopped tomatoes and sunflower (or pumpkin) seeds in a large mixing bowl. Add the egg mixture and stir to combine thoroughly.

Transfer the mixture into the prepared loaf tin and 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.

BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

INGREDIENTS

- 1 x 390g carton chopped tomatoes
- ½ courgette, cubed
- 100g cooked chickpeas
- 200g spinach
- 125g mushrooms
- 1 tsp. mixed herbs
- Salt and freshly ground black pepper
- Handful of fresh parsley, roughly chopped

METHOD

Place the chopped tomatoes in a saucepan and warm through on a medium heat.

Add the courgette, mushrooms, chickpeas and mixed herbs. Stir and simmer for 8–10 minutes until the courgette has softened.

Finally add the spinach and allow to wilt for 2–3 minutes, season to taste and serve topped with fresh parsley.



Tip:
Serve with either poached eggs, smoked salmon or half an avocado.

BUBBLE AND SQUEAK

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 2–4

INGREDIENTS

1 tbsp. olive oil

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

METHOD

Mash the vegetables together.

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

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



CARROT CAKE BIRCHER MUESLI

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

50g oats
 1 tsp. sultanas
 ½ -1 tsp. cinnamon
 1 small carrot, grated
 150ml unsweetened almond milk
 15-20g vanilla protein powder

Topping (Optional)

1-heaped spoonful Greek yogurt
 Squeeze lemon juice
 1 tbsp. walnuts, crushed
 1 tsp. honey or xylitol

METHOD

Place the oats, sultanas, cinnamon, protein powder and carrot in a bowl. Combine the ingredients and cover with almond milk.

Place in the fridge and leave to soak overnight.

Place the yogurt in the bowl and add the lemon, walnuts and honey, top the bircher muesli and serve.



COTTAGE FLAXCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1



INGREDIENTS

3 eggs
 3 heaped tbsp. cottage cheese
 1 tbsp. flaxseed
 Butter or olive oil for cooking

To Serve

Fresh berries and cinnamon

METHOD

Place a knob of butter or a small amount of olive oil in a non-stick frying pan over a moderate heat.

Beat the eggs and cottage cheese in a bowl until combined.

Stir in the flaxseed.

Gently pour the mixture into the pan to make a small pancake and cook for 4–5 minutes before flipping over to cook the underside.

Serve with fresh berries and a sprinkle of cinnamon.

EXTRA STRONG GOLDEN MILK

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

- 1 banana
- ½ tsp cinnamon
- Pinch of nutmeg
- Dice size piece of root ginger, peeled
- Dice size piece of turmeric root, peeled
or ½ tsp turmeric powder
- Pinch of black pepper
- 200–300ml milk
- 2 raw egg yolks or 1 tbsp lecithin
(e.g. Kiki Health, Higher Nature)
- 1 tsp honey or 2–3 drops liquid stevia
- 1 tsp vanilla extract
- 20g protein powder

METHOD

Place all the ingredients in a blender and blitz into a creamy milk, add more milk or water if desired.

The perfect winter boost with spices, ginger and honey for immune support.

Egg yolks or lecithin provide choline which is great for mood health and helps to keep away the seasonal blues.



FITTER BREAKFAST ZOATS

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



INGREDIENTS

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

METHOD

Soak the oats overnight in the milk or water.

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

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



FITTER RYE TOPPERS

INGREDIENTS

1 slice rye bread
Large handful rocket or watercress

Spread

1 heaped tsp. of either butter, nut butter or hummus

Toppings

2–3 sliced boiled eggs with dash of tamari sauce
Smoked salmon, lemon juice and cherry tomatoes
Cottage cheese and Parma ham
Goat's cheese, tomato and cucumber
Sliced turkey and dried cranberries
Sliced chicken and cherry tomatoes
Sliced chicken, salsa and avocado

METHOD

Top a slice of rye bread with desired spread and topping. Add some salad greens and season to go.

PREPARATION TIME: 5 minutes

SERVES: 1

OVERNIGHT VANILLA AND CHERRY PROTEIN OATS

PREPARATION TIME: 3 minutes

COOKING TIME: N/A

SERVES: 2



INGREDIENTS

90g oats
250ml unsweetened almond milk
2 scoops vanilla protein powder
250g 0% Greek yogurt
60g dried cherries
1 tsp. cinnamon
1 tsp. vanilla extract
1 tsp. honey (optional)

METHOD

Place the oats, almond milk, protein powder in a bowl and mix well until completely combined.

Add the remaining ingredients and mix well.

Separate into two serving containers and place them in the fridge overnight.

Enjoy cold.

Note...

This tastes 100% better if consumed post workout 😊

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.



SALMON, FETA AND VEGGIE CUPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 10-12 cups

INGREDIENTS

10 eggs
 150g smoked salmon, chopped
 1 orange pepper, chopped
 Handful baby spinach
 Handful cherry tomatoes, chopped

50g feta, crumbled
 1 tsp. mixed herbs
 Salt and pepper

METHOD

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

Grease a muffin tin with a little olive oil.

In a food processor, beat the eggs until fluffy (around 2 minutes).

Stir in the salmon, feta, spinach, pepper, tomatoes, mixed herbs and add the seasoning.

Transfer into the prepared muffin tin.

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.



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.



SCRAMBLED EGGS, SPINACH, PEPPERS AND AVOCADO

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil
 ½ red pepper, deseeded and chopped
 2 spring onions, chopped
 2 handfuls of spinach
 2–4 eggs
 ½ avocado, sliced
 Salt and pepper

Optional extras

Fresh chives, finely chopped
 Handful of mushrooms
 Handful of cherry tomatoes
 Handful of shredded kale
 100g of smoked salmon or prawns

METHOD

Place the olive oil in a pan on a low heat.

Sauté the pepper, spring onion and spinach for 2–3 minutes.

Beat the eggs in a bowl.

Add the eggs to the pan and keep stirring until the mixture is scrambled.

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



SEAFOOD BREAKFAST BOWLS

PREPARATION TIME: 10 minutes

SERVES: 2



INGREDIENTS

1 large ripe avocado
 Juice and zest of 1 lime
 ½ red onion, finely chopped
 ½ tsp. crushed chilli flakes
 Handful fresh coriander,
 chopped
 Salt and pepper
 100g cooked king prawns

¼ cucumber, diced
 Handful cherry tomatoes,
 halved
 Smoked paprika

To Serve

Salad leaves

METHOD

Place the avocado in a large bowl, add the lime juice and zest and mash into a creamy consistency.

Add the onion, crushed chilli flakes, coriander and mix all the ingredients together. Season to taste.

When ready to serve add the tomatoes, cucumber and king prawns to the guacamole mixture and combine.

Serve in the avocado shells with a sprinkle of smoked paprika and a side salad.

SMOKED SALMON AND SPINACH CALZONE

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 1-2



INGREDIENTS

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

METHOD

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

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

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

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

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

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

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

Best served hot from the pan.



PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

TURMERIC TOFU SCRAMBLE

INGREDIENTS

1 tbsp olive oil
 ½ red pepper, finely chopped (optional)
 200g tofu
 1 tbsp. nutritional yeast (optional)
 ½ tsp turmeric powder
 Black pepper to taste
 Salt to taste
 Handful spinach

Serving Suggestions

Rye toast
 Chopped tomatoes or cooked tomatoes
 Mashed avocado
 Fresh herbs: chopped parsley or chives work well

METHOD

Heat the olive oil in a pan and add the red pepper. Pan fry until soft.

Drain the tofu and crumble with a fork into a texture similar to scrambled eggs. Stir in the turmeric, nutritional yeast and seasoning.

Add the tofu mixture to the pan and toss the ingredients together in the oil. Stir fry for 4-5 minutes until the tofu is warmed through and golden. Finally, add the spinach and allow to wilt for a minute or two.

Serve on it's own or with any of the serving suggestions.

LUNCHES



CITRUS PRAWN SALAD

PREPARATION TIME: 15 minutes

SERVES: 2



Serving suggestion...
Serve with mixed salad leaves

INGREDIENTS

200g 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

METHOD

Combine the prawns and vegetables in a mixing bowl.

Mix the vinaigrette dressing and pour over the prawn and vegetable mix until thoroughly coated.

Serve with a mixed salad or in a lettuce bowl.

GOAT'S CHEESE AND BEETROOT SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



INGREDIENTS

2 slices goats cheese
2 handfuls mixed leaves
5 walnuts
2 beetroots, sliced
½ avocado, sliced
1 tsp. mixed herbs
Salt and pepper
Balsamic vinegar to dress

METHOD

Preheat the grill or oven and place the slices of goat's cheese in an ovenproof dish.

Place the salad leaves in a bowl and top with walnuts, beetroot, avocado and mixed herbs.

Once the cheese is starting to melt and brown, remove from the heat. Place on top of the salad.

Season to taste and drizzle with balsamic vinegar.

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.

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.



PREPARATION TIME: 6 hours

SERVES: 1-2

INGREDIENTS

2 fillets salmon
 Juice 1 lime and 1 lemon
 ½ avocado
 Handful cherry tomatoes
 ¼ cucumber
 1 red onion, sliced
 Jalapeños (optional)
 Fresh coriander
 Extra virgin olive oil
 Salt and pepper

METHOD

Remove the skin from the salmon and cut into one inch cubes.

Place in a dish and cover with the juice of the lemon and lime.

This will effectively 'cook' the salmon, so ensure all the fish is covered.

Leave to marinate for at least 6 hours, or ideally overnight, in the fridge.

To make the salad, chop the avocado, cucumber and cherry tomatoes (add onions and jalapeños if desired).

Mix well and spoon onto a serving plate.

When ready to serve, remove the salmon and place on the avocado, tomato and cucumber.

Top with fresh chopped coriander, a drizzle of olive oil and season to your liking.

SALMON CEVICHE



SWEET COCONUT PRAWNS

PREPARATION TIME: 8 minutes

COOKING TIME: 6 minutes

SERVES: 2

INGREDIENTS

Olive oil for cooking

180g raw prawns

2 cloves of garlic finely chopped

1 tbsp. desiccated coconut or coconut cream

2–3 tbsp. organic tomato purée

Salt

METHOD

Warm a little olive oil over a low heat.

Add the garlic and sauté for 2 minutes.

Once the garlic starts to brown add in the raw prawns.

As soon as they start to change colour add the tomato purée.

Add the coconut and continue stir frying for another 2–3 minutes.

Season to taste and serve.



Serving suggestion...
Serve with avocado salad

SWEET TUNA JACKETS

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 baked sweet potato
 1 tin tuna
 1 spring onion, sliced
 1 tbsp. natural yogurt
 Juice of ½ lemon
 ½ red pepper, chopped
 2 tbsp. sweetcorn
 ¼–½ tsp. garlic powder
 Salt and pepper

METHOD

Mix the tuna, spring onion, yogurt, lemon, red pepper, sweetcorn and garlic powder in a bowl.

Taste and season with salt and pepper.

Split open the sweet potato, stuff the tuna mixture in and serve with a big green salad.



TUNA AND SWEETCORN OMRAPS

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

2 x 110g tin tuna, drained
 ¼ cucumber, cubed
 80g sweetcorn
 100g low fat Greek yogurt
 (substitute 1tbsp. olive oil for
 dairy free option)
 Juice of 1 lemon
 3 spring onions, finely chopped
 ½ red pepper, finely chopped
 Handful fresh coriander
 (optional)

Pinch chilli flakes (optional)
 Salt and pepper to taste
 2 handfuls rocket leaves
 (optional)

For The Wraps

8 eggs (2 eggs per wrap)
 Handful fresh chives,
 finely chopped
 Olive oil for cooking

METHOD

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

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

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

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

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





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SNACKS AND FOOD TO GO IDEAS

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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.

PREPARATION TIME: 5 minutes

COOKING TIME: 10–20 minutes

SERVES: 3–4

INGREDIENTS

100g chickpea flour (gram flour)

190ml water

1 tbsp. olive oil (extra for cooking)

1 tsp. Zaatar spice (optional)

½ teaspoon salt

1 tsp. garlic powder

1 tsp dried rosemary

½ tsp. baking powder (or bicarbonate of soda)

To Serve

3 handfuls fresh rocket

Parmesan shavings

Cherry tomatoes

METHOD

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

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

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

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

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

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

HUMMUS FLATBREADS



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: 10 minutes
 COOKING TIME: 35–40 minutes
 SERVES: 4–5

LOW CARB COCONUT LOAF

INGREDIENTS

70ml olive oil
 60g coconut flour
 6 eggs
 1 tsp. salt
 1 tsp. baking powder
 25g arrowroot powder

METHOD

Line a loaf pan with greaseproof paper and set aside.

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

Beat the eggs for 2–3 minutes in a processor or blender until light and frothy. Stir in the olive oil. Sift in the coconut flour, baking powder, arrowroot and salt.

Pour into the prepared loaf tin and allow to rest for 5 minutes.

Cook for 35–40 minutes until golden on top and cooked through. Allow to cool for 10–15 minutes before slicing and serving.

MEDITERRANEAN BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

- 5 eggs
- 1 tsp baking powder
- 1 carrot, grated
- 1 courgette, grated
- 4–5 sundried tomatoes, chopped
- Handful of olives sliced
- 1 tsp mixed herbs
- ½–1 tsp garlic powder
- Salt to taste (½–1 tsp.)
- Parmesan shavings (optional)

METHOD

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

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

Stir in the remaining ingredients and combine thoroughly.

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



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

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

MAKES: 8 balls

INGREDIENTS

418g tin of wild red salmon
 Juice of 2 limes
 3 heaped tbsp. desiccated coconut
 5 anchovies in olive oil, finely chopped
 2–3 tsp. crushed chilli flakes
 1 egg
 Handful of fresh coriander, chopped

METHOD

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

Line a baking tray with greaseproof paper.

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

Add in the lime juice, desiccated coconut, anchovies, crushed chillies, egg and fresh coriander.

Combine all the ingredients thoroughly. You can taste the mixture at this stage and amend if you need (more lime, more chilli, etc.).

Using clean hands take handfuls of the mixture and squeeze together to carefully shape into golf-sized balls.

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



Serving suggestion...
 Serve with mixed salad leaves or roasted vegetables

PREPARATION TIME: 15 minutes

COOKING TIME: 20–25 minutes

MAKES: 4

INGREDIENTS

4 eggs	2 tsp. raw honey
400g raw king prawns	Salt
1 tsp. garlic powder	30g oat bran (or substitute ground almonds)
½ tsp. ginger powder	2 tsp. sesame seeds
Juice and zest of 1 lime	
1 tsp. chilli flakes	

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 raw prawns in a food processor with the garlic, ginger, lime, chilli and honey.

Combine thoroughly into a paste and season with a pinch of salt.

Peel the eggs.

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

Shape the prawn 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.

THAI PRAWN SCOTCH EGGS





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SOUPS
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MAXISTRONE SOUP

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 4-5



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 onion, diced
- 3 stalks celery, sliced
- 4 carrots, diced
- 1 red pepper, chopped
- 1 courgette, diced
- 1 tsp. salt
- ½ tsp. pepper
- 1 heaped tsp. mixed herbs
- 390g Italian chopped tomatoes
- 450ml beef stock (or substitute chicken or vegetable stock)

METHOD

Heat the olive oil in a saucepan.

Add the garlic, onions, celery, carrots, red pepper and sauté until the vegetables start to soften, around 10 minutes.

Pour over the chopped tomatoes and stock; add the herbs, salt and black pepper.

Finally stir in the chopped courgette.

Bring to the boil and then turn down to simmer for 20 minutes.

MINTY COURGETTE SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 6

INGREDIENTS

2 tbsp olive oil

1 onion, peeled and chopped

2 cloves garlic, peeled and chopped

3 courgettes, chopped

1 litre broth/stock or vegetable stock

1 handful fresh mint, roughly chopped

Salt and pepper

METHOD

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

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

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

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



SOUPER SUPPER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

25g butter

4 spring onions, chopped

2–3 garlic cloves, peeled and finely chopped

2 leeks, chopped

500g potatoes, chopped

Large handful of fresh parsley, roughly chopped

Salt and freshly ground black pepper

1 litre chicken or vegetable stock

400g spinach

150g low fat creme fraîche

METHOD

Place the butter in a large saucepan on a medium heat. Add the spring onions, garlic, leeks, potatoes, fresh parsley, salt and pepper, cover and cook for around 10 minutes, stirring occasionally.

Add the stock and cook for a further 15 minutes or until the potato is cooked through.

Add the spinach, stir through and cook briefly until it wilts. Use a stick blender to blitz until smooth. Add a little more stock or water to reach your desired consistency.



Tip:
This soup works great as a base for pan fried fish, prawns or chicken. Make a large batch and just add protein for a quick ready meal in the evening.

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.



DINNERS

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.

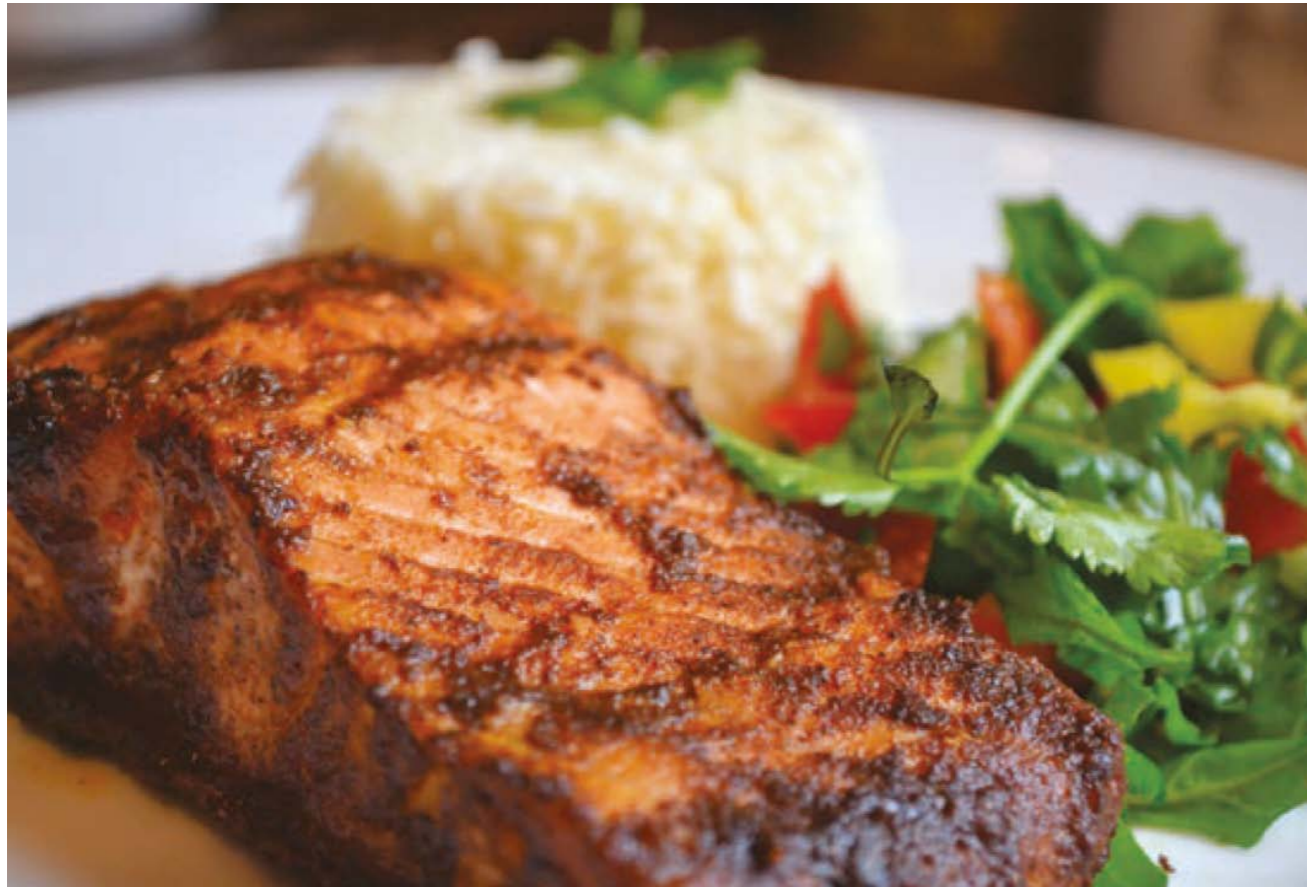
Serve in a bun or with a tofu salad.

CARIBBEAN JERK SALMON

PREPARATION TIME: 8–10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4



Serving suggestion...

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

INGREDIENTS

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

METHOD

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

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

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

Keep mixing until all ingredients are blended together nicely.

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

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

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

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



CAULIFLOWER PIZZA

METHOD

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

Grate the cauliflower and place in the steamer for about 4–5 minutes to soften. Leave to cool slightly.

Beat the eggs and finely chop the mozzarella. In a blender, mix the mozzarella, cauliflower, eggs, and seasonings at medium speed until a dough-like paste forms.

Top a baking sheet with parchment paper and add a little olive oil to prevent sticking. Add the pizza dough to the tray and spread out to make a circle. The base should be around 1/3-inch thick. Place in the oven and bake for about 25–30 minutes. Turn the crust over halfway through baking and cook through until golden around the edges.

While the base is cooking, start to make the sauce and prepare the toppings. Heat some olive oil in a pan and stir in the tomatoes, garlic, basil, salt, and pepper. Cook over low heat, stirring occasionally.

While the sauce is heating through, make sure all your toppings are chopped and ready to be placed on the pizza. Once the sauce is cooked through, spin through the blender just long enough to beat out the tomato skins.

When your base is looking nice and golden, it's time to top your pizza. Remove the base from the oven and add the tomato sauce and your toppings. Place the pizza back in the oven and bake for 10–15 minutes until the cheese is melted.

PREPARATION TIME: 15–20 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

For the crust

1 medium cauliflower, grated
2 eggs
1 mozzarella ball
Salt and pepper to taste
1/2 teaspoon garlic powder

For the sauce

2 tbsp olive oil
4 medium tomatoes, chopped
2–3 garlic cloves, crushed or finely chopped
Handful of fresh basil, chopped
Salt and pepper to taste

Topping ideas

Choose any of the following:
1/2 mozzarella ball, sliced
100g goat cheese
1/4 green pepper, sliced
1/2 red pepper, sliced
3–4 chestnut mushrooms, sliced
4–5 slices pepperoni
5 green olives

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.





EASY PRAWN RED THAI CURRY

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

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 |

GINGER INFUSED SEAFOOD VEGETABLE RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 5–10 minutes

SERVES: 2–4

INGREDIENTS

- 1 tbsp. olive oil
- Large piece of root ginger, peeled and finely chopped/grated
- 2 cloves garlic, peeled and finely chopped
- 1 red onion, peeled and chopped
- 2 carrots, grated
- 1 courgette, grated
- Juice of 1 lime
- 2–3 tbsp. tamari
- Cup of frozen peas, defrosted (leave for a few minutes in boiling water)
- 250g quick cook (microwave) brown basmati rice
- 150g cooked prawns
- Salt and pepper to taste
- Toasted sesame seeds

METHOD

Heat the olive oil in a pan on a medium heat before adding the ginger, garlic and onions and stir fry for 1–2 minutes

Add the grated carrot and stir, cook for another 1–2 minutes

Add the grated courgette and stir through again before adding the lime juice, tamari and stirring again

Add the peas, rice and combine everything together. Cook for a further 2–3 minutes stirring occasionally.

Finally add the prawns, stir and cook long enough to warm them through. Top with toasted sesame seeds and serve.



Tip:
Add any cooked seafood including mussels, scallops or cooked fish.

HEALTHY TWIST FISH N CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 2



INGREDIENTS

2 large cod or haddock fillets
 40g oat bran
 1 egg, beaten
 160g cooked (cold) quinoa (e.g. Merchant Gourmet sachets)
 1 tsp smoked paprika

1 tsp garlic powder
 Salt and freshly ground pepper
 2–3 tbsp olive oil
 1 lemon, quartered to squeeze over the fish once cooked
 2 sweet potatoes, cut into chips

METHOD

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

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

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

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

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

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

Squeeze some fresh lemon juice over the top and enjoy.

LEMON AND DILL SALMON

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

Once cooked, top with more fresh dill.



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

PREPARATION TIME: 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)	
2–3 tbsp. mixed herbs	To Serve
2 tsp. paprika	Handful of fresh parsley

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.



PREPARATION TIME: 10 minutes
 COOKING TIME: 15 minutes
 SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

NUTTY TOFU STIR FRY



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

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

PAELLA PRONTO

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3-4

INGREDIENTS

2 tbsp. olive oil
 1 onion, peeled and chopped
 2 cloves garlic, peeled and finely chopped
 1 tsp. smoked paprika
 ½ tsp. cayenne chilli powder
 1 tsp. dried thyme
 300g paella or risotto rice
 400g tin chopped tomatoes

900ml chicken stock
 Salt and pepper
 250g peas
 250g raw king prawns
 200g raw squid rings
 Juice of half a lemon

To Serve

1 handful fresh parsley

METHOD

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

Cook until the onions are soft.

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

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

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

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

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

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



Serving suggestion...
 Serve with salad

PERSIAN CITRUS SALMON

PREPARATION TIME: 15 minutes

*marinate 10–20 minutes or overnight

COOKING TIME: 15–20 minutes

SERVES: 4

INGREDIENTS

4 salmon fillets

2 tsp. sumac

Juice and zest of 1 lime

Zest of 1 small orange

2 tbsp. olive oil

1 tsp. ground cumin

½ tsp. cinnamon

Salt and freshly ground black pepper, to taste

METHOD

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

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

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



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.

SATAY SWEET POTATO AND CHICKPEA CURRY

PREPARATION TIME: 15 minutes

COOKING TIME: 35 minutes

SERVES: 4



INGREDIENTS

- 1 tbsp. olive oil
- 1 onion, peeled and chopped
- 3 cloves garlic, peeled and finely chopped
- Dice sized piece of ginger, peeled and finely chopped
- 3 tbsp. Panang curry paste
- 1 tbsp. crunchy peanut butter
- 400ml tin light coconut milk
- 200ml water
- 230g chickpeas (drained weight) rinsed and rained
- 500g sweet potatoes, chopped (white flesh ones work well)
- 150g spinach
- 2 x 250g quick cook basmati microwave rice

METHOD

Heat the olive oil in a large saucepan on a medium heat and add the onion, garlic and ginger. Combine together and stir fry for a minute.

Add the Panang curry paste and peanut butter, stir fry for another minute before adding the coconut milk and water and mixing all the ingredients together.

Add the chickpeas and sweet potatoes, stir through and then bring to the boil, reduce the heat, cover and simmer for 25–30 minutes until the sweet potato is cooked through, stir occasionally.

Once the potato is cooked stir in the spinach, allow to wilt down and in the meantime cook the microwave rice before serving together.

PREPARATION TIME: 5 minutes

COOKING TIME: 5-8 minutes

SERVES: 2

INGREDIENTS

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

METHOD

Warm the olive oil in a frying pan.

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

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

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

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

Heat until the fish is cooked through.

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

SEA BASS SUPPER



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

SIMPLY AWESOME FISH CURRY

PREPARATION TIME: 10 minutes
 COOKING TIME: 40–45 minutes
 SERVES: 4

INGREDIENTS

2 tbsp. olive oil	1 tsp. garam masala
Diced size piece of ginger, peeled and finely chopped	1 tsp. ground cumin
2-3 cloves garlic, peeled and finely chopped	1 tsp. ground coriander
1 large onion, peeled and sliced	1 tsp. turmeric
4 carrots, finely chopped	390g tin chopped tomatoes
1 red chilli, finely sliced	400ml light coconut milk
1 green chilli, finely sliced	4 hake fillets cut into chunks
½ tsp. cayenne chilli (optional)	

To Serve

Handful fresh coriander

METHOD

Heat the olive oil in a large saucepan on a medium heat and add the ginger, garlic, onion, carrots, chilli's and stir. Cook for a few minutes until the onions begin to soften.

Add the cayenne, garam masala, cumin, coriander, turmeric and stir though coating all the ingredients with the spices. Cook for a minute before adding the tomatoes, coconut milk and stirring through. Bring to the boil, cover and reduce the heat to simmer for 30 minutes or until carrots are cooked through, stirring occasionally.

In the final 5 minutes add the hake fillets and lightly stir careful not to break up the fillets, simmer until the fish is cooked through.

Served topped with fresh coriander and rice.



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.



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.

SPINACH AND CHICKPEA CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 4



INGREDIENTS

- 1 small aubergine, sliced into chunks
- 3 tbsp. olive oil
- 1 tsp. smoked paprika
- Salt and pepper
- 2 red onions, peeled and sliced
- 2 garlic cloves, peeled and finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 x 400g can of chickpeas, drained
- 1 tsp. garam masala
- 1 tsp. turmeric
- 1 tsp ground coriander
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin reduced fat coconut milk

To Serve

- Fresh coriander (optional)

METHOD

Pre heat the oven to 180c/ 350F/ Gas mark 4

Place the chopped aubergine on a baking tray and drizzle with 2 tbsp. olive oil, top with the smoked paprika, salt and pepper and use your hands to combine and coat the aubergine in the oil and seasoning. Place in the oven to cook for 20–25 minutes until golden.

Heat 1 tbsp. olive oil in a large stew pan or casserole dish and add the onions, garlic and chili, stir and cook for 5 minutes stirring occasionally until the onion softens.

Add the chickpeas, garam masala, turmeric, ground coriander and some salt and pepper, stir and cook for a few minutes, stirring occasionally. Add the chopped tomatoes, coconut milk and stir to combine, cover and simmer, stirring occasionally, until the aubergine is cooked.

Add the aubergine, stir, cover and simmer for 20–25 minutes. Remove the lid for the last 5 minutes if you want the sauce to thicken.

Serve topped with fresh coriander.

SWEET & SMOKY MEDITERRANEAN FISH

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil
 1 red onion, peeled and chopped
 1 orange pepper, deseeded and chopped
 4 cloves garlic, peeled and finely chopped
 6–8 large green olives, sliced
 2 tbsp. capers
 Salt and freshly ground black pepper
 1 tsp. paprika
 1 tsp. smoked paprika
 1 tsp. coriander

1 tsp. cumin
 1 tbsp. oregano
 2 x 400g tins chopped tomatoes
 700g new potatoes
 400g white fish
 Juice of 1 lemon

To Serve

Fresh basil leaves, torn

METHOD

Heat the olive oil in a large saucepan on a medium heat and the onion, pepper and garlic. Stir fry for a minute.

Add the olives, capers, salt, pepper, paprika, smoked paprika, coriander, cumin, oregano and stir to combine. Cook for another minute stirring frequently.

Add the tomatoes and combine all the ingredients together, Bring to the boil, reduce the heat, cover and simmer for 25 minutes, stirring occasionally.

After 5 minutes begin to cook the potatoes, either steam or boil.

For the final 10 minutes of cooking place the fish on top of the tomato mixture. Push gently to cover in the sauce, squeeze the lemon juice over the top, cover and allow to cook for another 10 minutes.

Top with fresh basil and serve with the potatoes.



Note: If the sauce is too thick add a little extra water before adding the fish.

SWEET AND SPICY SALMON WITH MIXED VEGETABLE RICE

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

COOKING TIME: 20 minutes

SERVES: 2

INGREDIENTS

For the salmon

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

For the mixed vegetable rice

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

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

METHOD

For the salmon

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

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

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

For the mixed vegetable rice

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



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

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

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

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

TROUT AND ASPARAGUS QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 45–50 minutes

SERVES: 3–4

INGREDIENTS

6 eggs whites (3 egg yolks)
 1 tsp mixed herbs
 1 tbsp fresh chives, chopped
 2 fillets cooked trout
 100g asparagus, chopped
 2 tbsp. nutritional yeast
 150ml almond milk
 Salt and pepper

METHOD

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

Line a baking tin with greaseproof paper (or grease with oil or butter) and set aside.

Cook the asparagus (microwave, pan fry or steam).

Flake the cooked trout into the prepared tin and add the chopped asparagus.

In a food processor beat the eggs, almond milk, mixed herbs and nutritional yeast. Season and stir in the chives before pouring over the trout and asparagus.

Place in the oven to cook for 45–50 minutes until golden on top and cooked through.

Remove from the oven and allow to cool before slicing and serving.



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.

SIDES



APPLE AND ROOT VEGETABLE BAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 40–45 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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



BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp curry powder

2 tsp garlic powder

½ tsp cinnamon

3 tbsp olive oil

METHOD

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

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

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

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

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



BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

The Dressing

2 cloves garlic, peeled and finely chopped

or ½–1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

METHOD

Boil or steam the new potatoes and green beans until soft.

As the potatoes are cooking prepare the dressing by adding the ingredients to a blender or mixing in a cup.

Once the potatoes and beans are cooked add the onion and fresh basil and pour over the dressing.

Toss all the ingredients together and serve.





PREPARATION TIME: 10 minutes
 COOKING TIME: 15–20 minutes
 SERVES: 4

BUTTERY HUMMUS MASH

INGREDIENTS

- 300g potatoes, peeled
- 230g cooked and drained butter beans (or substitute chickpeas)
- 20ml olive oil (or substitute butter) *Add more for creamier mash
- Almond milk/milk (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tbsp heaped sesame seeds

METHOD

Boil or steam the potatoes until soft.

Warm a non-stick pan on a medium heat and add the sesame seeds. Stir fry for 3–4 minutes until browning slightly. Remove from the heat and set aside.

Place the butter beans in a blender with olive oil, garlic powder, onion powder and salt, blend until it forms a smooth, creamy mixture.

Place the potatoes in a bowl and add the butter bean mixture. Mash to desired consistency, add a little more olive oil or almond milk if desired for a creamier mash. Taste and add more seasoning if needed.

Warm through for 2–3 minutes in a saucepan and serve topped with the toasted sesame seeds.

CAULIFLOWER STIR-FRY RICE

PREPARATION TIME: 4 minutes

COOKING TIME: 10 minutes

SERVES: 6

INGREDIENTS

1 tbsp. toasted sesame oil	3 tbsp. of tamari
1 red onion, peeled and diced	4–5 drops of fish sauce
5 spring onions, finely chopped	3 eggs, beaten
1 red pepper, diced	1 large cauliflower, grated into rice
1 green pepper, diced	Salt and pepper
2 cloves of garlic, finely chopped	
1 large carrot, peeled and diced	

METHOD

Warm the sesame oil in a wok or a large frying pan and add the onion, spring onions, peppers, garlic, carrots, fish sauce and tamari. Stir to coat in the oil and sauté the vegetables for around 4 minutes, stirring occasionally.

Add the beaten eggs to the pan and as it starts to set, add the grated cauliflower rice and stir to combine the ingredients. Cook until the cauliflower softens.

Season to taste and serve.



CHUNKY CELERIAC CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4



INGREDIENTS

- 1 whole celeriac, peeled and chopped into chips
- 2 tbsp. olive oil
- 1 tbsp. of fresh rosemary, chopped, or mixed herbs
- 2 cloves garlic, peeled and chopped

METHOD

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

Scatter the chips across the tray and drizzle with olive oil.

Add the garlic and herbs and using your hands toss and mix the ingredients together.

Place in the oven. These usually take around 45 minutes to one hour.

Check after 30 minutes and stir/toss the chips again.

Once the vegetables are cooked to your liking, remove from the oven and leave to cool.

CURRIED SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Serves 2–4

INGREDIENTS

2–3 medium sweet or white potatoes,
peeled and chopped
3 tsp. medium curry powder
1 tsp. garlic powder
1 handful fresh coriander, roughly chopped
Salt and pepper
2 tbsp. pine nuts (optional)

METHOD

Steam or boil the sweet potatoes until soft.

Place in a large bowl and add the curry powder, garlic, fresh coriander, salt and pepper.

Place the pine nuts in a non stick frying pan (no oil needed) over a medium heat to toast lightly while you mash the potatoes.

Top the potato with the toasted pine nuts and more fresh coriander to 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.



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 CARROT CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20-30 minutes

SERVES: 10-12

INGREDIENTS

½ tsp. chilli powder

2–3 cloves garlic, finely chopped

½ tsp. smoked paprika

2 tbsp. olive oil

6 large carrots, sliced into chips

Salt and pepper

METHOD

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

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

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

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

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



SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

METHOD

Chop the courgettes into chunky wedges.

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

Add the courgettes wedges and continue to stir-fry.

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

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

Season to taste with a little salt and serve.



SQUASH WEDGES WITH ALMOND PESTO

PREPARATION TIME: 15 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 tsp garlic powder
 1 tsp onion powder
 Salt to taste
 Pomegranate seeds

For The Almond Pesto

1 tbsp almond butter
 Juice of 1 lemon
 1 tbsp olive oil
 2 cloves garlic roughly chopped
 Small handful flat leaf parsley, roughly chopped
 Salt & pepper

METHOD

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

Place the squash wedges on a baking tray, drizzle with olive oil and sprinkle with garlic powder, onion powder and salt.

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

Once cooked allow to cool and place on a bed of rocket, sprinkle with pomegranate seeds.



To Make the Almond Pesto

Place all the pesto ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.

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.



SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 5

INGREDIENTS

4 large sweet potatoes
1 tbsp. olive oil
2 tsp. smoked paprika
1 tsp. salt

METHOD

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

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

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

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



TASTY TURMERIC RICE

PREPARATION TIME: 10 minutes
 COOKING TIME: 15–20 minutes
 SERVES: 4 (as a side dish)



INGREDIENTS

200g basmati rice
 400ml chicken, vegetable stock or water
 ½ tsp sea salt
 1 tsp grated turmeric root or ½ tsp turmeric powder
 2 tsp cumin seeds
 2 medium carrots, sliced
 70g sultanas
 70g roasted pistachios (any toasted nuts can be substituted)
 Handful fresh mint leaves, chopped
 1 tbsp honey (optional)

METHOD

Place the broth (or water) in a saucepan on a high heat and bring to the boil.
 Add the rice, cumin seeds, turmeric, salt and carrots, bring to the boil again and then reduce to simmer and cook for 12–15 minutes until the rice is soft. Drain if need.
 Remove from the heat and allow to cool.
 Stir in the sultanas, pistachios and fresh mint. Drizzle with a little honey if desired and serve.

INGREDIENTS

2 medium carrots, sliced	30g sultanas
Water	30g roasted pistachios (any toasted nuts can be substituted)
250g quick cook basmati rice (microwave sachet)	Handful fresh mint leaves, chopped
½ tsp sea salt	1 tbsp honey (optional)
1 tsp grated turmeric root or ½ tsp turmeric powder	
2 tsp cumin seeds	

TURBO TURMERIC RICE

PREPARATION TIME: 10 minutes
 COOKING TIME: 15–20 minutes
 SERVES: 2 (as a side dish)

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4.
 Combine the salt, pepper, onion powder and garlic powder in a small bowl and sprinkle over the chicken thighs. Place on a baking tray in the oven to cook for 25–30 minutes.
 Place the peas in a little hot water and either microwave or boil for 3–4 minutes until soft.
 Divide the salad leaves, radishes and avocado between two bowls. Sprinkle over the cooked peas.
 Once the thighs are cooked, allow to cool a little, place on top of the salad and cover with fresh mint leaves, crushed walnuts and serve with lemon wedges.



SAUCES

ALMOND PESTO

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

1 tbsp. almond butter
 Juice of 1 lemon
 1 tbsp. olive oil
 2 cloves garlic roughly chopped
 Small handful flat leaf parsley, roughly chopped
 Salt & pepper

METHOD

Place all the ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.



CARROT, APPLE AND GINGER DRESSING

PREPARATION TIME: 10 minutes

SERVES: 3-4

INGREDIENTS

25ml tamari sauce
 25ml rice or apple cider vinegar
 1 small apple, grated
 1 small carrot, grated
 Juice of 1 lime
 Dice sized chunk ginger, grated
 ¼ tsp. onion powder

METHOD

Combine the dressing ingredients in a small bowl.



HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

2 avocados, peeled and mashed
 1 tomato, finely chopped
 ½-1 tsp. garlic powder
 Juice of 1 lime
 1 handful fresh coriander, roughly chopped
 ½ tsp. cayenne chilli powder (optional)
 Salt and pepper

METHOD

Place all the ingredients except the salt and pepper in a large bowl, combine all the ingredients together and season to taste.



HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

100g tomato purée
 2 tbsp. balsamic vinegar
 6 tbsp. water
 Salt and pepper
 1 tsp. raw honey (optional)

METHOD

Place the tomato puree, vinegar and water in a bowl and combine together, season to taste, add honey if desired.



HOMEMADE TARTAR SAUCE

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

3 heaped tbsp. Greek yogurt (you can also use sheep's or goat's yogurt)
1 heaped tbsp. capers, finely chopped
2 tbsp. cornichons, finely chopped
1 handful of fresh parsley, chopped
Salt and freshly ground black pepper

METHOD

Mix all the ingredients together in a bowl. Taste and add more seasoning if necessary.



HOMEMADE TZATZIKI

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

300g plain, natural yogurt
1 cucumber, grated and drained
2 cloves garlic, minced
2 tbsp fresh lemon juice
2 tbsp fresh dill, chopped
2 tbsp fresh mint, finely chopped
Salt and pepper to taste

METHOD

Place all the ingredients except the salt and pepper in a bowl, combine together and season to taste.



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.



DESSERTS



INGREDIENTS

200g Dark chocolate (85%–90%)

200g Desiccated coconut

250g Unsulphured apricots

APRICHOC BALLS

METHOD

Break the chocolate into small pieces and gently melt in a glass bowl over simmering water. Allow to cool slightly.

Place the apricots in a food processor with 2–3 tablespoons of water and blend into a sticky paste.

Add the coconut and melted chocolate and mix thoroughly. The mixture should be sticky (so it's easy to roll into balls) if not add a little more water and mix again.

Take handfuls of the mixture and roll into small balls.

Place on a sheet of greaseproof paper and refrigerate until set.

PREPARATION TIME: 10 minutes

MELT TIME: 10 minutes

MAKES: 15



CARROT, APPLE AND SULTANA CAKE

METHOD

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

Line an 8 inch cake tin with greaseproof paper and grease the base and sides with a little butter or olive oil.

Beat the eggs and olive oil until smooth.

Add the almonds, baking powder and bicarbonate of soda, cinnamon and nutmeg, and mix again.

Finally stir in the apple, carrots, walnuts and sultanas.

Pour the cake mixture into the prepared cake tin.

Bake in the oven for 60–90 minutes. Check the cake after 50 minutes by inserting a clean knife. If the knife comes out dry, the cake is ready.

Remove from the oven and allow to cool before slicing and serving.

PREPARATION TIME: 20 minutes

COOKING TIME: 60–90 minutes

SERVES: 10

INGREDIENTS

- | | |
|---------------------------|-----------------------------------------------------------|
| 3 eggs | ½ tsp nutmeg |
| 60 ml olive oil | 250g apple (roughly 2 medium apples),
cored and grated |
| 250g ground almonds | 250g carrots, grated |
| 1 tsp bicarbonate of soda | 60g walnuts, roughly chopped |
| 1 tsp baking powder | 115g sultanas |
| 2 tsp cinnamon | |



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)

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.





DARK CHOCOLATE BAKEWELL BITES

METHOD

Prepare chocolate moulds on a tray.

Melt the chocolate in a heatproof bowl over a saucepan of simmering water.

Remove the melted chocolate from the heat, allow to cool and stir in the ground almonds, vanilla and almond extract. Combine the ingredients thoroughly.

Pour a little chocolate into the moulds.

Add a layer of crumbled oatcake and a few dried cherries. Top with more of the chocolate mixture and finally sprinkle with flaked almonds. Repeat for each of the chocolates.

Place the chocolate moulds in the fridge to set for 1 hour.

PREPARATION TIME: 10 minutes

MELT TIME: 10 minutes

SET TIME: 60 minutes

MAKES: 12-15

INGREDIENTS

200g 85% dark chocolate

50g ground almonds

1 tsp almond extract

1 tsp vanilla extra

4 oatcakes, crushed into large chunks

50g dried cherries (or any dried fruit)

1 tbsp flaked almonds (optional)



INGREDIENTS

400g dark chocolate 85% cocoa solids
 3–4 oatcakes
 1–2 tsp raw honey or maple syrup (optional)

FIT KAT CHUNKY

METHOD

Line an 8" loaf tin with greaseproof paper.

Melt the chocolate in a heatproof bowl over a saucepan of simmering water.

Remove the melted chocolate from the heat, allow to cool for a few minutes and then pour HALF into the prepared loaf tin.

Spread the honey onto the oatcakes (if adding) and carefully place each one on to the melted chocolate before pouring the remaining melted chocolate on top. Place in the fridge to set (or freezer for 10 minutes). Once solid slice into bars.

Fit Kat Chunkier Options

You can also try spreading either almond, cashew or crunchy peanut butter onto the oatcakes before placing onto the chocolate.

OR

Sandwich two oatcakes together with nut butter and place onto the first chocolate layer to create an extra thick, crunchy centre and add the remaining chocolate on top for an epic Fit Kat.

PREPARATION TIME: 15 minutes

MELT TIME: 10 minutes

SERVES: 9–10 bars

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.





PREPARATION TIME: 15 minutes
 COOKING TIME: 18–22 minutes
 MAKES: 13 bites

FRUITY SCONE BITES

INGREDIENTS

100g ground almonds
 80g coconut flour
 1 tsp. baking powder
 1 tsp. cinnamon
 ¼ tsp. ground nutmeg
 ½ tsp. salt
 50g butter or coconut oil
 (room temperature)

60ml almond milk
 2 eggs
 1 tsp. vanilla extract
 50g sultanas

To Serve

Tsp of butter or nut butter

METHOD

Line a baking tray with greaseproof paper and set aside.

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

Beat the eggs, milk, butter (or coconut oil), honey and vanilla in a food processor or blender and set aside.

Sift the coconut flour into a large bowl, stir in the ground almonds, baking powder, cinnamon, nutmeg and salt. Gradually add the egg mixture and mix into a wet dough.

Stir in the sultanas and shape into small bite sized balls, place on the prepared baking tray and gently press into a disc shape.

Bake for 18–22 minutes until golden, leave a little longer if you prefer a crunchy topping.

Once cooked, set aside to cool and serve. Spread with butter or nut butter if desired.



PORTUGUESE ALMOND CAKE

METHOD

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

Beat the eggs in a food processor or blender.

Add the ground almonds, honey, almond essence, bicarbonate of soda and continue to mix.

Bake in an 9½ inch cake tin for 50 to 60 minutes. Check the cake after 45 minutes; the top of the cake should be golden brown and the middle still slightly moist.

Once cooked, leave to cool before serving with fresh berries.

PREPARATION TIME: 10 minutes

COOKING TIME: 50–60 minutes

SERVES: 8–10

INGREDIENTS

250g ground almonds

100g raw honey

1 teaspoon of almond essence

6 eggs

1 teaspoon of bicarbonate of soda

To Serve

Fresh berries

SALTED CARAMEL BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SET TIME: 60 minutes

MAKES: 24



INGREDIENTS

300g medjool dates

350g raw peanuts

2 tsp vanilla extract

1 tsp cinnamon

½ tsp. sea salt

METHOD

Place a sheet of greaseproof paper on a plate and set aside.

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

Place the peanuts on the baking tray and place in the oven for 10–15 minutes until slightly golden (alternatively this can also be done in a non-stick frying pan on a low heat).

Allow the toasted peanuts to cool and set aside a 30g portion.

Place the remaining 320g of peanuts in a food processor or blender with the vanilla extract, cinnamon and salt. Blend into a flour texture and slowly add the dates until the mixture forms a paste. Add a little water or milk if needed to bind the ingredients.

Crush the remaining peanuts into rough chunks and stir into the date mixture.

Take handfuls of the mixture and shape into balls, place on the prepared sheet of greaseproof paper. Place in the fridge to set for an hour.



SEA SALT COCONUT CHUNKS

INGREDIENTS

300g 85% dark chocolate
80g desiccated coconut
80g cashew butter
1 tsp. vanilla extract
Pinch of sea salt

METHOD

Line a small tin or tuppaware with greaseproof paper (approx. 8 x 6 inches or 10 x 8 inches), a small tin will make chunkier chocolates.

Heat a non-stick frying pan on a medium heat and add the desiccated coconut. Stir fry for 4–5 minutes until the coconut turns slightly golden. Remove from the heat and set aside.

Melt the chocolate in a heatproof bowl over a saucepan of simmering water.

Remove the melted chocolate from the heat, allow to cool a little before stirring in the toasted coconut, cashew butter, vanilla and salt. Combine the ingredients thoroughly.

Pour into the prepared tin and place in the fridge to set for 1 hour. Once set cut into small squares and serve.

PREPARATION TIME: 10 minutes

MELT TIME: 10 minutes

SET TIME: 60 minutes

MAKES: 12–16



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