

NUTRITION RESET PLAN



Nutrition Reset Plan

This meal plan is designed to help you get your nutrition back on track. Loaded with nutritious foods, it is designed to regulate your blood sugar levels which will stabilise your energy and mood, reduce cravings and improve your body composition if needed.

You can select the recipes yourself and create your own meal plan or follow the template provided if you're looking for some inspiration and guidance.

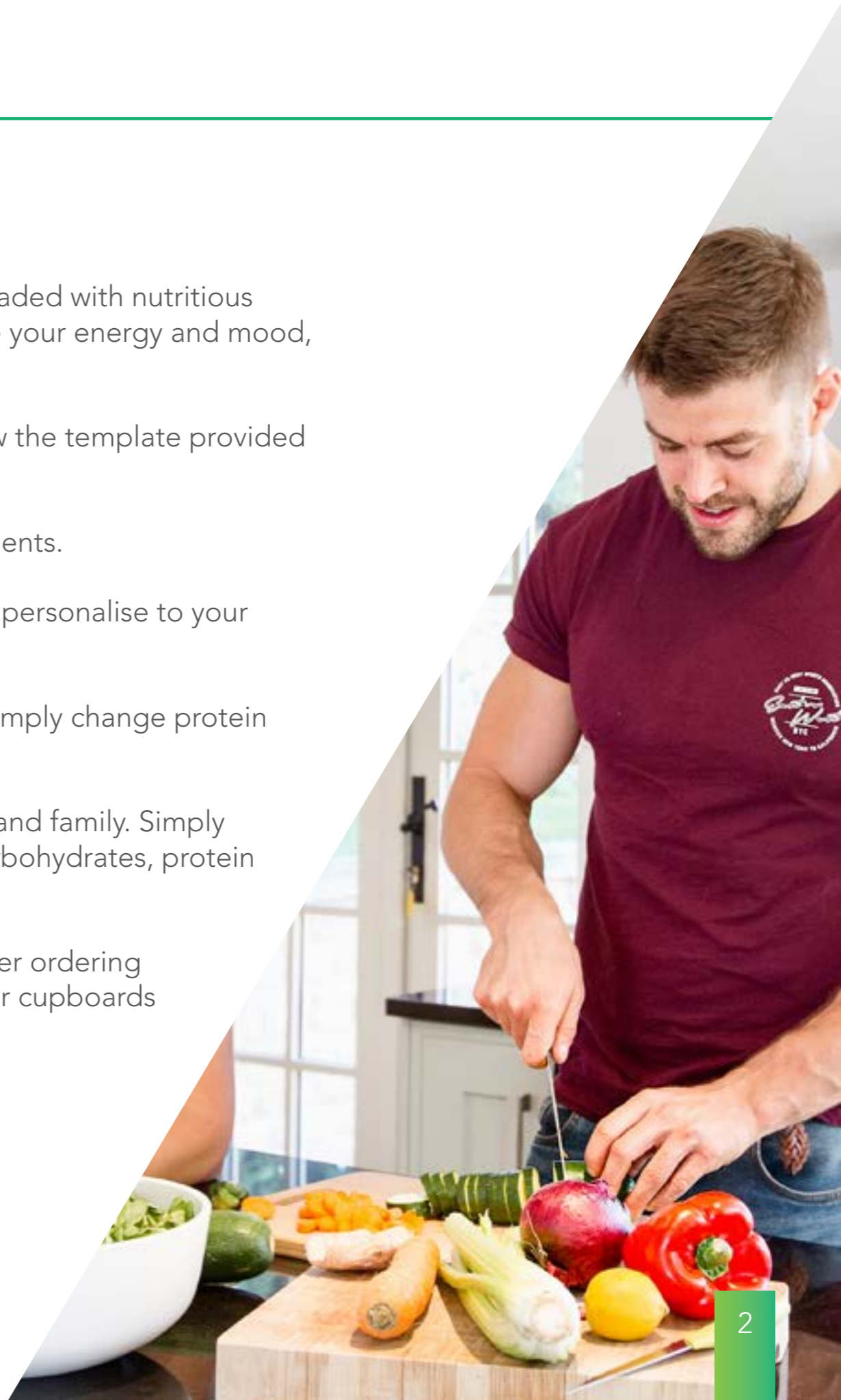
The meal plan can be easily amended to fit with your routine and requirements.

Use the **Fitter 365 website** resources including your **Fitter Me Profile** to personalise to your exercise, body composition and macronutrient needs.

You can also adapt the meal plan using the Fitter 365 recipe database or simply change protein choices or side dishes to suit your personal dietary preferences.

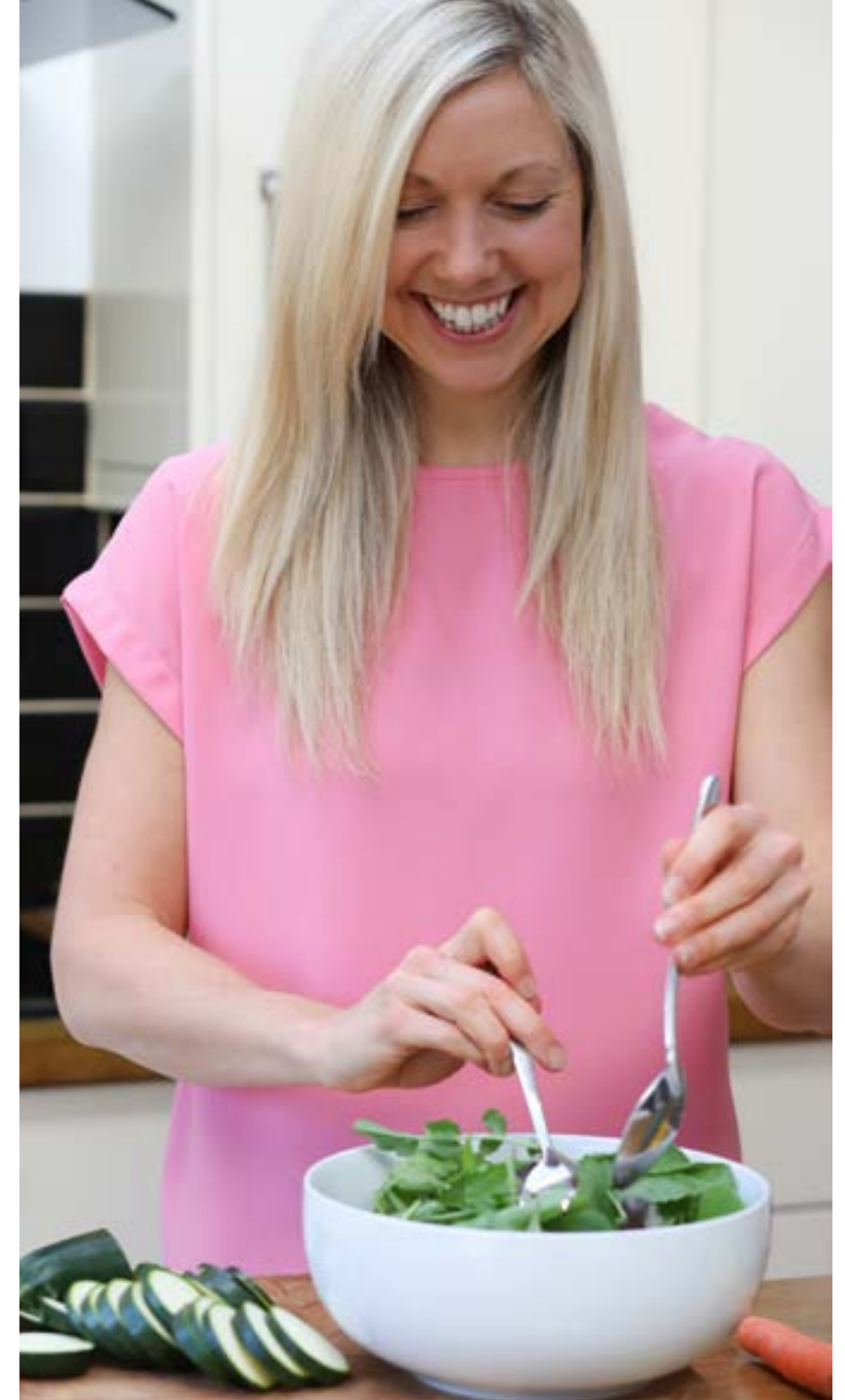
These recipes support any health goal so you can enjoy them with friends and family. Simply scale portion sizes for individual needs by adding extra or reducing the carbohydrates, protein or fats if needed.

Make sure you get organised each week by writing a shopping list. Consider ordering shopping online if needed to ensure you have nutritious ingredients in your cupboards and stay on track with your plan.



Nutrition Reset Basics

- 1 Aim to consume 2-4 meals daily to keep your energy levels stable.
- 2 Consume protein at each meal and favour protein-based snacks.
- 3 Where possible consume minimally processed, wholefoods that will keep your appetite and energy levels regulated.
- 4 Limit consumption of hyper-palatable (super tasty) foods, these processed foods are easy to overconsume and may have a negative impact on your energy, digestion and mood.
- 5 Take time out to **eat your meals mindfully**, away from technology and distraction.
- 6 **REMINDE** yourself to chew food thoroughly and breathe deeply to shift your body into 'rest and digest' mode at the onset of a meal.
- 7 Walk, move and get outside as much as you can. Even just taking 10 minute breaks to move 2-3 times a day makes a BIG difference to your mood and energy.
- 8 Prioritise quality sleep, switch off 1 hour before bed.
- 9 Consider eliminating alcohol for the full four weeks to support better quality sleep, stable mood health and consistent energy. Or reduce to a couple of servings a week.
- 10 Limit caffeine to 1-2 beverages daily and consume early in the day (before 12pm)



NUTRITION RESET DIY MEAL PLAN

MEALS	MON	TUES	WEDS	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
BATCH COOKING AND MEAL PREPARATION TASKS							
DIETARY ELIMINATIONS							

NUTRITION RESET DIY MEAL PLAN

MEALS	MON	TUES	WEDS	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
BATCH COOKING AND MEAL PREPARATION TASKS							
DIETARY ELIMINATIONS							

FITTER FOOD SHOPPING LIST

MONDAY MEALS

- 1 _____
- 2 _____
- 3 _____

TUESDAY MEALS

- 1 _____
- 2 _____
- 3 _____

WEDNESDAY MEALS

- 1 _____
- 2 _____
- 3 _____

THURSDAY MEALS

- 1 _____
- 2 _____
- 3 _____

FRIDAY MEALS

- 1 _____
- 2 _____
- 3 _____

SATURDAY MEALS

- 1 _____
- 2 _____
- 3 _____

SUNDAY MEALS

- 1 _____
- 2 _____
- 3 _____

VEGETABLES, FRUIT, HERBS

MEAT, FISH, POULTRY, EGGS

TINNED GOODS, OILS, SPICES

DAIRY

GRAINS, LEGUMES

DRINKS, FROZEN FOODS

MISCELLANEOUS

Breakfasts

SMOOTHIES

Apple pie smoothie
Nojito smoothie
Mint choc chip smoothie
Green machine smoothie
Extra strong golden milk

Or Search "Smoothie" on
Fitter365.com

QUICK COOK OPTIONS

Breakfast salad
Scrambled eggs, spinach,
peppers and avocado
Protein pancakes
Blueberry baked oats
Banana and blueberry calzone
One pan breakfast
Protein power porridge
Veggie omelette

QUICK BREAKFAST TO GO OPTIONS

Turkey breakfast wraps
Fitter rye toppers

NO RECIPE NEEDED

Plain Greek yogurt with mixed
berries, cinnamon and seeds
Boiled eggs, Parma ham, rocket
and cherry tomatoes
Smoked salmon, avocado, rocket
and cherry tomatoes

PREP NIGHT BEFORE

Bircher muesli
Carrot cake bircher muesli
Cottage bowls

BATCH COOK BREAKFASTS

Chicken and kale cups
Pecan porridge loaf
Five-a-day frittata
Turkey, squash and sundried
tomato loaf

Easy Salad Inspiration

- Tinned sardines or tinned salmon mashed with apple cider vinegar, sea salt, served with cucumber, rocket, watercress and sunflower seeds
- Feta, cherry tomatoes, cucumber, olives, fresh basil, almonds and chickpeas tossed into mixed salad leaves
- Cottage cheese mixed with cooked prawns, a pinch of paprika, lemon juice and black pepper served with watercress, spinach and chopped walnuts
- Small tin of tuna mixed with 1 tbsp. Greek yogurt, juice of ½ fresh lemon, 1 tbsp. sweetcorn and 1 tbsp. chopped walnuts
- ½ avocado, palm serving of tofu, chopped red pepper, grated carrot tossed with rocket and watercress and topped with 1 tbsp. humous
- Cooked ham, peas, spring onions and tomatoes with mixed leaves
- Cooked chicken, avocado, sundried tomatoes, olives and rocket

OPTIONAL ADDS:

- Slice of rye bread
- Fist size portion of microwave rice or quinoa
- ½ tin/carton of cooked beans (lentils, chickpeas, butterbeans)
- Small baked potato

Soups & Loaves

LOAF OPTIONS

- Cheesy garlic bread
- Savoury seed loaf
- Sundried tomato and olive protein loaf

SOUPS

- Carrot and apple soup
- Cherry tomato and spinach soup
- Pea and mint soup
- Spiced chickpea soup
- Spicy sweet potato and lentil soup
- Squash, ginger and leek soup



Batch cook these at the weekend so you can have as a quick lunch or dinner

Light Bites & Snacks

Cheese, tomato and basil quiche
 Cheesy vegetable jacks
 How to pimp a salad
 Mediterranean salad
 Pork and turkey protein bites
 Thai omega balls
 Tuna sweetcorn and red pepper loaf

Quick Snack No Recipe

Natural yogurt and fruit
 30g dark chocolate
 Oatcakes and 1 tbsp nut butter or hummus
 Chopped banana with cinnamon, salt, berries
 and 1 tbsp nuts
 2–3 boiled eggs with tamari



Main Meals

Balsamic and lime salmon

Chicken and spinach curry

Chilli chicken and chickpea bake

Crackin crispy oat pizza

Dead easy veg dhal

Everyday chicken curry

Fish in a Caribbean bag

Harissa black bean burger

Healthy twist fish n chips

Jamaican chicken curry

Lamb kefte burgers

Lemon and dill salmon

Mighty mackerel

Mexican turkey burgers

Moroccan chicken thighs

Peri peri stylee pork

Rapid rosemary lamb burgers

Sausage and sweet potato bake

Simply awesome fish curry

Simple chicken shish supper

Simple fresh mint supper

Spanish style chicken

Spinach and chickpea curry

Sticky date and red onion burgers

Sweet and smoky Mediterranean fish

Tomato, caper and olive salmon

Tuna, sweetcorn and butter bean bake

Turmeric and lentil chilli

Walnut and lentil ragu

Sides

LOWER CARBOHYDRATE SIDES

5-a-side veg
Baked cauliflower
Carrot and cauliflower harrisa mash
Epic herby salad
Italian tray bake
Moroccan stir fry vegetables
Quick ratatouille
Spicy courgette chips
Super quick slaw
Veghetti



HIGHER CARBOHYDRATE SIDES

Buttery hummus mash
Chunky celeriac chips
Curried sweet potato mash
Lemon roasted squash
Moroccan roasted vegetables
Mexican roasted vegetables
Power carbs
Super mash
Sweet potato wedges
Tasty turmeric rice

HOMEMADE SAUCES

Homemade BBQ sauce
Homemade guacamole
Homemade hummus
Homemade ketchup
Homemade tzatziki



.....

SAMPLE 4 WEEK MEAL PLAN

.....

MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Chicken and kale cups	Leftover: chicken and kale cups	Carrot cake bircher muesli	Boiled eggs, smoked salmon and rocket plus piece of fruit *no recipe	Choose a smoothie	Veggie omelette	Blueberry baked oats
MEAL TWO	See easy salad inspiration	Leftover: chicken and chickpea bake and salad	Leftover: lemon and dill salmon with avocado salad	Leftover: spinach and chickpea curry	Leftover: peri peri stylee pork and salad	Cherry tomato and spinach soup with cheesy garlic bread	Leftover: cherry tomato and spinach soup with cheesy garlic bread
MEAL THREE	Chilli chicken and chickpea bake with ratatouille and steamed greens *cook extra chicken for lunch following day	Lemon and dill salmon with buttery hummus mash and steamed greens *cook extra salmon for lunch following day	Spinach and chickpea curry with curried sweet potato mash *cook extra curry for lunch following day	Peri peri stylee pork with Italian tray bake and baked potatoes *cook extra pork for lunch following day	Simple chicken shish supper with epic herby salad and lemon roasted squash	Healthy twist fish n chips with super quick slaw	Moroccan chicken thighs with Moroccan roasted vegetables and a large mixed salad

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Turkey, squash and sundried tomato loaf with cooked tomatoes and spinach	Leftover: turkey, squash and sundried tomato loaf with rocket and avocado	Cottage bowls or power porridge	Greek yogurt with berries, cinnamon and seeds *no recipe	Choose a smoothie	One pan breakfast	Protein pancakes with fruit
MEAL TWO	Leftover: Moroccan chicken thighs with salad	Leftover: mighty mackerel with salad	See easy salad inspiration	Leftover: tomato caper and olive salmon with Italian tray bake and salad	Leftover: harissa black bean burgers with Moroccan stir fry vegetables and mixed salad leaves	Thai omega balls and salad	Cheese, tomato and basil quiche with salad
MEAL THREE	Mighty mackerel with ratatouille and steamed broccoli *cook extra mackerel for lunch the following day	Pan fry either fish, prawns, chicken or tofu and serve with dead easy veg dhal and sautéed greens	Tomato caper and olive salmon with Italian tray bake *cook extra salmon and Italian tray bake for lunch the following day	Harissa black bean burgers with Moroccan stir fry vegetables and sweet potato wedges *cook extra burgers and stir fry for lunch the following day	Sticky date and red onion burgers with buttery hummus mash and epic herby salad	Sweet and smoky Mediterranean fish with sautéed greens	Sausage and sweet potato bake with super quick slaw and mixed leaf salad

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Five-a-day frittata with sautéed spinach	Leftover: Five-a-day frittata with a serving of fruit	Breakfast salad	Protein power porridge	Scrambled eggs, spinach, peppers and avocado	Protein pancakes with fruit	Banana and Blueberry calzone
MEAL TWO	Tuna sweetcorn and red pepper loaf *save a serving for lunch the following day	Leftover: tuna sweetcorn and red pepper loaf	Leftover: balsamic and lime salmon and Mexican roasted vegetables with salad	Leftover: rapid rosemary lamb burgers with salad	Mediterranean salad (optional extra – add a tin of fish, tofu or other protein)	Spiced chickpea soup with savoury seed loaf	Leftover: spiced chickpea soup with savoury seed loaf
MEAL THREE	Walnut and lentil ragu with epic herby salad	Balsamic and lime salmon with Mexican roasted vegetables and salad *cook extra salmon and vegetables for lunch the following day	Rapid rosemary lamb burgers with super mash and steamed greens *cook extra lamb burgers for lunch the following day	Tuna, sweetcorn and butter bean bake with Italian tray bake and steamed greens	Simply awesome fish curry with turmeric rice and spicy courgette chips	Spanish style chicken with steamed greens and lemon roasted squash	Lamb kefte burgers with homemade Tzatziki, buttery hummus mash and epic herby salad *Cook extra lamb burgers 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	Pecan porridge loaf with natural yogurt	Leftover: pecan porridge loaf with natural yogurt	Turkey breakfast wraps	Choose a smoothie	Protein power porridge	One pan breakfast	Protein pancakes
MEAL TWO	Leftover: lamb kefte burgers and salad	Leftover: balsamic and lime salmon with salad	See easy salad inspiration	Leftover: mighty mackerel with salad	Leftover: simple fresh mint supper with salad	Carrot and apple soup with savoury seed loaf	Leftover: carrot and apple soup with savoury seed loaf
MEAL THREE	Balsamic and lime salmon with quick ratatouille and chunky celeriac chips *cook extra salmon and vegetables for lunch the following day	Spinach and chickpea curry with curried sweet potato mash	Mighty mackerel with Moroccan stir fry vegetables and lemon roasted squash *cook extra mackerel for lunch the following day	Simple fresh mint supper with quick cook rice and homemade tzatziki *cook extra chicken for lunch the following day	Crackin crispy oat pizza with Italian tray bake, mixed salad leaves and sweet potato wedges	Mexican turkey burgers with homemade guacamole, Mexican roasted vegetables and salad	Sticky date and red onion burgers with with homemade hummus, Moroccan roasted vegetables and mixed salad



.....
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.



NOJITO SMOOTHIE

PREPARATION TIME: 15 minutes

SERVES: 1

INGREDIENTS

20-25g vanilla protein powder

½ avocado

Juice of ½ lime

Chunk of ginger, peeled

1 sprig mint

¼ cucumber

Water or coconut water

METHOD

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

MINT CHOC CHIP SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:2



INGREDIENTS

- 20g protein powder
- 1 banana
- Handful of spinach
- 2 dessertspoons cacao/cocoa powder
- 3–4 drops peppermint extract (more if you like it minty)
- 2 tsp. Xylitol or raw honey
- 250ml unsweetened almond milk
- Cacao nibs to sprinkle on top (optional)

METHOD

Combine ingredients in a blender and blend until smooth.



GREEN MACHINE SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

20g vanilla protein powder
1 small pear (core removed)
Handful spinach
Handful kale
1 tbsp. almond butter
250ml unsweetened almond milk

METHOD

Combine ingredients in a blender and blend until smooth.

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

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.



BREAKFAST SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1

INGREDIENTS

2–4 slices bacon or smoked salmon

2 eggs

Handful salad leaves

Small handful fresh parsley

½ avocado sliced

2 tbsp. toasted or raw nuts

Balsamic vinegar, as desired

1 tbsp. olive oil

Juice of half a lemon

Salt and pepper

Pinch of chilli powder (optional)

METHOD

Poach or boil the eggs.

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

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

Top with the avocado and toasted nuts.

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



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.



PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 banana, mashed
 1–2 eggs
 20–25g vanilla protein powder
 (or substitute 2 more eggs)
 1 tbsp. ground flaxseed
 ¼ tsp. vanilla extract
 Oil for cooking

To Serve

½ tsp. cinnamon
 Handful fresh berries

METHOD

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

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

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

Flip over and cook for a further 3 minutes.

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

Top with fresh berries and cinnamon.





BLUEBERRY BAKED OATS

INGREDIENTS

100g natural yogurt
40g porridge oats
100g blueberries (any berries or fruit can be substituted)
½ tsp cinnamon
1tsp vanilla extract
Pinch of sea salt
1 egg

METHOD

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

In a bowl combine the yogurt, oats, berries, cinnamon, vanilla, salt and egg.

Transfer into a small heatproof bowl (slightly larger than a ramekin) and place in the oven to cook for 30 minutes until golden.

Once cooked, allow to cool a little and enjoy.

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES:1

BANANA AND BLUEBERRY CALZONE

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES:1



INGREDIENTS

Coconut oil or butter for cooking

3–4 eggs, beaten

1 banana, sliced

Small handful blueberries

1 tbsp. walnuts, halved

A sprinkle of cinnamon

½ tsp. grated nutmeg

Pinch of salt

1 tsp. raw honey (optional)

METHOD

Place a small amount of coconut oil or butter in a pan and melt over a low heat.

Add the beaten egg to pan and tilt the pan to allow the egg mixture to cover the base and cook gently for 2–3 minutes, using a spatula carefully flip it over, allow to cook for a minute.

Place the banana, blueberries and walnuts in the middle of the omelette, sprinkle with cinnamon, salt and nutmeg, drizzle with a little honey, if adding.

Fold the omelette in half to encase the filling and seal the edges by pressing down with the spatula.

Allow to cook for another 2–3 minutes.

ONE PAN BREAKFAST



PREPARATION TIME: 5 minutes

COOKING TIME: 12 minutes

SERVES: 2-3

INGREDIENTS

Olive oil for cooking

2 cloves garlic, peeled and finely chopped

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

4 rashers of bacon, chopped

1 handful mushrooms, sliced

2 handfuls cherry tomatoes, chopped

1 large handful kale, chopped,

1 large handful spinach

2 tsp. smoked paprika

½ tsp. cayenne chilli powder
(optional)

Salt and pepper

4 eggs

METHOD

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

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

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

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

Continue to cook until the eggs are ready.

PROTEIN POWER PORRIDGE

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible

INGREDIENTS

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

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

20–25g protein powder

METHOD

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

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

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

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

Add a little more warm water if needed.



VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil

1 tomato, chopped

2 spring onions, chopped

½ red pepper, chopped

1 handful spinach or rocket

3–4 eggs

Salt and pepper

METHOD

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

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

Season with a little salt and pepper and serve.

Optional extras

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

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



TURKEY BREAKFAST WRAPS

PREPARATION TIME: 5 minutes

SERVES: 2-3

INGREDIENTS

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

Fillings

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

Vegetables

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

METHOD

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





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

BIRCHER MUESLI

PREPARATION TIME: 5 minutes (soak overnight)

SERVES: 1



INGREDIENTS

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

METHOD

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

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.



OVERNIGHT COTTAGE BOWLS

PREPARATION TIME: 5 minutes and soak overnight
SERVES: 1

Banana and Almond

INGREDIENTS

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

METHOD

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

Add the sliced banana, stir again and serve.

Apple and Cinnamon

INGREDIENTS

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

METHOD

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



INSTANT COTTAGE BOWLS

PREPARATION TIME: 5 minutes
SERVES: 1

INGREDIENTS

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

METHOD

Mix all the ingredients together in a bowl and serve.

CHICKEN AND KALE CUPS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 12 cups

1 SERVING: 2–4 cups

INGREDIENTS

10 eggs

200g cooked chicken

1 orange pepper, chopped

Handful kale, finely chopped

Handful cherry tomatoes, chopped

1 tsp. mixed herbs

Salt and pepper

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 chicken, pepper, kale, 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.



Serving suggestion...
Serve with a green boost

PECAN PORRIDGE LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 35–45 minutes

MAKES: 10 slices



INGREDIENTS

200g rolled oats
250g natural yogurt (substitute dairy free if needed)
25ml milk (dairy or non-dairy)
2 eggs, beaten
60g pecans, chopped (or any nuts)
50g sultanas
1 tsp. baking powder
½ tsp. bicarb of soda
½ tsp. salt
1 tsp. mixed spice (or substitute cinnamon)

Optional:

You can add any combination of seeds, nuts or dried fruit to make your perfect porridge loaf.

Serve topped with extra natural yogurt or fresh fruit.

METHOD

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

Line loaf tin with greaseproof paper.

Place all the ingredients in a large bowl and stir to combine thoroughly.

Transfer the mixture to the prepared loaf tin and bake for 35–45 minutes until golden and cooked through (insert a knife and check it comes out clean. Allow to cool a little before slicing and eating.

FIVE-A-DAY FRITTATA

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 3–4

INGREDIENTS

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

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

METHOD

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

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

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

Season with salt and pepper.

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

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

Be sure to keep an eye on it.



TURKEY, SQUASH AND SUNDRIED TOMATO LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 50–60 minutes

MAKES: 10 Slices



INGREDIENTS

- 750g turkey mince
- 200g butternut squash, peeled and cubed
- 3 stalks celery, finely chopped
- 50g sundried tomatoes in oil, drained and chopped
- 4 slices smoked bacon, finely chopped (optional)
- 2 eggs, beaten
- 1 tbsp honey (optional)
- 1 tsp onion powder
- 1 tsp garlic powder or 1 clove garlic, peeled and chopped
- 1 tsp. mixed herbs
- 1 tsp. salt
- ½ tsp. black pepper

METHOD

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

Place the turkey in a large bowl and add all the ingredients. Combine thoroughly using your hands.

Place in the prepared loaf tin and smooth over the top. Season again with a little salt and pepper and place in the oven to cook for 50–60 minutes.

Once cooked through remove from the oven, allow to cool and slice.

SOUPS & LOAVES



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: 15 minutes

COOKING TIME: 40 minutes

SERVES: 4–6

INGREDIENTS

10 eggs	1 tsp. dried basil
40g ground flaxseed	1 tsp. rosemary
1 tsp. baking powder	2 medium carrots, grated
40g coconut flour	1 tbsp. pumpkin seeds
1 tbsp. dried onion flakes	1 tbsp. sesame seeds
1 tsp. garlic powder	Salt and pepper

METHOD

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

Line a large loaf tin with baking paper.

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

Add the flaxseeds, coconut flour, baking powder, onion flakes, garlic, basil, rosemary and seasoning.

Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated carrot and seeds (keep some seeds aside for the topping).

Transfer the mixture into the prepared loaf tin and sprinkle with a few extra seeds.

Place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.

SAVOURY SEED LOAF



SUNDRIED TOMATO AND OLIVE PROTEIN LOAF

PREPARATION TIME: 5 minutes

COOKING TIME: 35 minutes

SERVES: 6-8

INGREDIENTS

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

METHOD

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

Line a loaf tin with greaseproof paper and set aside.

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

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



CARROT AND APPLE SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil

2 Cox's apples, cores removed and chopped

1 leek, chopped

5 large carrots, chopped

2 inch chunk of ginger, peeled and finely chopped

200ml coconut milk

300ml bone broth/stock or water (add extra for a thinner soup)

½ tsp. salt

Freshly ground black pepper

METHOD

Heat the olive oil in a pan and sauté the apples, leek and carrot until tender. Add the fresh ginger, coconut milk and broth/stock or water.

Cook for 25–30 minutes until the carrots are soft.

Purée using a hand blender or food processor.

Once cooked, season with salt and pepper to your taste.



CHERRY TOMATO AND SPINACH SOUP



PREPARATION TIME: 10 minutes
COOKING TIME: 25–30 minutes
SERVES: 4–8

INGREDIENTS

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

METHOD

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

Gently stir fry for 4–5 minutes.

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

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

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

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

Season with freshly ground black pepper and enjoy.

PEA AND MINT SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4



INGREDIENTS

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

METHOD

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

Add the frozen peas and stir for 1 minute.

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

Remove from the heat and add the fresh mint.

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

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

SPICED CHICKPEA SOUP

PREPARATION TIME: 20 minutes

COOKING TIME: 35–40 minutes

SERVES: 5–6

INGREDIENTS

2 tbsp. extra-virgin olive oil

1 large onion, diced

3 large cloves garlic, chopped

3 leeks, chopped

4 sweet potatoes, peeled and cubed

300g tomatoes on the vine

2 large courgettes, chopped

2–3 tsp. ground cumin

1 tsp. cinnamon

2 tsp. smoked paprika

½ – 1 tsp. chili powder

1–2 tsp. salt

Freshly ground black pepper, to taste

500g cooked chickpeas (drained weight)

Juice of 1 lemon

Water

To Serve (Optional)

100g feta, crumbled

100g chickpeas, sautéed in olive oil

METHOD

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

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

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

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

Once cooked through blitz with a stick blender.

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



SPICY SWEET POTATO AND LENTIL SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 6-8



INGREDIENTS

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

To serve
Fresh coriander

METHOD

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

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

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

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

Top with fresh coriander and serve.

SQUASH, GINGER AND LEEK SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 6

INGREDIENTS

1 tbsp. olive oil

1 medium butternut squash, deseeded and chopped

2 large leeks, chopped

3 cloves of garlic peeled and chopped

1 diced size chunks ginger, peeled and finely chopped

1 litre of chicken or vegetable stock

½–1 tsp. of chilli powder

Salt and pepper to taste

METHOD

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

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

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

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





.....
LIGHT BITES & SNACKS
.....

CHEESE, TOMATO AND BASIL QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–35 minutes

SERVES: 8–10

INGREDIENTS

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

METHOD

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

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

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

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



CHEESY VEGETABLE JACKS

PREPARATION TIME: 15 minutes

COOKING TIME: 30–35 minutes

SERVES: 12



INGREDIENTS

30ml olive oil

150g oats

70g cheese, grated e.g. mature cheddar

2 medium carrots, peeled and grated

1 small/medium courgette, grated

(squeeze to remove excess moisture)

40g seeds e.g. sunflower, pumpkin, hulled hemp, sesame

10g ground flaxseed

2 eggs, lightly beaten

1 tsp. mixed herbs

Salt and pepper

METHOD

Line a 30 x 20cm baking tin with greaseproof paper.

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

Place all the ingredients in a large mixing bowl and stir to combine thoroughly.

Transfer the mixture to the prepared baking tin and press down evenly.

Place in the oven to cook for 30–35 minutes until golden on top. Cook for a little longer for a crunchier flapjack. Allow to cool completely in the tin, however, generally score into squares a few minutes after removing from the oven, before they harden. Then cut properly once cooled.

HOW TO PIMP A SALAD

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

Choose a base

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

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



HOW TO PIMP A SALAD



Choose a taste

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

Choose a dressing

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

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.



PORK AND TURKEY PROTEIN BITES

PREPARATION TIME: 6 minutes

COOKING TIME: 20–25 minutes

MAKES: 16 bites

INGREDIENTS

6 pork sausages, skin removed

200g turkey mince

120g blueberries

100g walnuts, crushed

½ tsp, salt

METHOD

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

Mix all the ingredients thoroughly in a large bowl using your hands.

Line a baking tray with greaseproof paper. Take handfuls of the mixture and shape into 16 balls. Place on the prepared tray before placing in the oven to cook for 25–30 minutes.



Tip:
Many good quality sausages have seasoning added but feel free to add extra salt, pepper, herbs or garlic powder.

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

TUNA SWEETCORN AND RED PEPPER LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 35–45 minutes

SERVES: 8

INGREDIENTS

6 eggs	1 tsp. dried mixed herbs
40g ground flaxseed	2 medium courgettes, grated and squeeze to remove excess water
40g coconut flour (substitute any flour or ground almonds)	1 small red pepper, de-seeded and finely chopped
1 tsp. baking powder	60g tinned sweetcorn
2 tsp. onion powder (optional)	230g tinned tuna in brine, drained weight (two small tins)
1 tsp. garlic powder	
½–1 tsp Himalayan or Celtic sea salt	
½ tsp freshly ground black pepper	

METHOD

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

Line a large loaf tin with parchment paper.

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

Add the flaxseed, coconut flour, baking powder, onion powder, garlic powder and seasoning. Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated courgette, pepper, sweetcorn and stir to combine. Finely add the tuna and gently fold in (otherwise it can disintegrate quickly).

Transfer the mixture into the prepared loaf tin.

Place in to the oven for 35–45 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through, it should come out dry.

Allow to cool for 10–20 minutes before slicing. This is best served warm.





.....

MAIN MEALS

.....

BALSAMIC AND LIME SALMON

PREPARATION TIME: 5 minutes

COOKING TIME: 10–12 minutes

SERVES: 3–4

Note: Ideally allow 30–60 minutes to marinade in the balsamic glaze.

INGREDIENTS

2 tbsp. balsamic vinegar

2 tbsp. honey

Zest and juice of 2 limes

1 tsp. garlic powder

Salt and freshly ground black pepper

4 salmon fillets

METHOD

Pre heat the grill.

Combine the balsamic vinegar, honey, lime, garlic powder and seasoning in a bowl and finally add the salmon fillets. Cover and place in the fridge to marinade for at 30–60 minutes.

Line a baking tray with greaseproof paper and place the salmon fillets on top skin side down.

Top with a bit of the leftover glaze (save a little for cooking) and then place under the grill.

Cook for 4 minutes before removing to top with a little more of the glaze and then return to the grill for another 4 minutes, remove and add some more glaze and return for a further 2–4 minutes or until cooked to your liking.



CHICKEN AND SPINACH CURRY

PREPARATION TIME: 8 minutes

COOKING TIME: 35 minutes

SERVES: 4

INGREDIENTS

300g spinach	½–1 green chilli, deseeded and chopped
2 tsp. garam masala	2 tbsp. coconut oil
1 tsp. salt	600g skinless and boneless chicken thighs, cut into cubes or strips
2 onions, roughly chopped	100 ml coconut milk or 100g yogurt
3 tomatoes, quartered	
3cm piece of ginger, peeled and roughly chopped	
5 garlic cloves, peeled and roughly chopped	

METHOD

Wilt the spinach in a saucepan or steamer for about two minutes. Strain off the excess water (reserve some of the cooking water) before adding the spinach and about 100ml of the cooking water into a blender or food processor and blend until smooth.

Place in a bowl and put to one side.

Add the garam masala, onions, tomatoes, ginger, garlic, chilli, salt and a little water to the same food processor and blend until smooth.

Heat the coconut oil in a pan on a medium heat and add the blended garam masala mixture.

Simmer for about 15 minutes, stirring occasionally.

Add the chicken, spinach and coconut milk or yogurt, stir through thoroughly before cooking for another 15 minutes until the chicken is cooked through, stir occasionally.

Serve with some cauliflower rice or white rice, top with some fresh coriander, a drizzle more coconut milk or yogurt, and enjoy.



PREPARATION TIME: 5 minutes

COOKING TIME: 45 minutes

SERVES: 4

INGREDIENTS

2 tbsp smoked paprika
 1 tbsp garlic powder
 1 tbsp onion powder
 1 tbsp oregano
 1 tsp chilli flakes
 8 chicken thighs with bone in
 and skin on
 1 x 400g tin of cannellini beans
 rinsed and drained

1 x 400g tin of chickpeas
 rinsed and drained
 75g sundried tomatoes
 drained of oil
 2 tbsp olive oil
 Juice of 1 lemon
 Salt and pepper

METHOD

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

Mix the smoked paprika, garlic powder, onion powder, oregano, chilli flakes, some salt and pepper together in a large bowl. Add the chicken thighs to the spice blend and use your hands to fully coat the chicken in the spices.

Add the cannellini beans, chickpeas, sundried tomatoes, olive oil, lemon juice, salt and pepper to the bowl and use your hands to toss the ingredients together and ensure the chicken, chickpeas and beans are coated nicely.

Place in a large baking tray or dish, spread out evenly and with the chicken thighs on top before placing in the oven to cook for 45 minutes or until the chicken is cooked through. Be sure to give the chickpeas a stir occasionally during cooking.

CHILLI CHICKEN AND CHICKPEA BAKE



CRACKIN CRISPY OAT PIZZA

PREPARATION TIME: 15 minutes

COOKING TIME: 25 minutes

SERVES: 5-6

INGREDIENTS

The Base

- 250g oats
- 3 eggs
- 60g pesto (or substitute 60g mozzarella or 60ml olive oil)
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dried mixed herbs

The Topping

(Or choose your own!)

- 100g tomato purée
- 1 red or yellow pepper, finely sliced
- 100g cherry tomatoes
- 50g grated cheese or substitute
- drizzle of olive oil
- Handful chopped olives
- Salt and pepper
- Fresh basil
- Olive oil to roast the vegetables

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4 and prepare a baking tray ready with two sheets of greaseproof paper to roll the pizza dough.

Place the oats in a blender and blitz into a flour, place in a mixing bowl and set aside.

Place the eggs, pesto, garlic powder, onion powder and mixed herbs in a blender and blitz, add to the oat mixture and combine thoroughly to make a dough.

Place the dough between two sheets of greaseproof paper and use a rolling pin or large glass/bottle to roll the dough into a thin, pizza base about 1-2cm thick.

Remove the top sheet and place the base on the baking tray and in the oven to cook for 20-25 minutes.



Place the cherry tomatoes and peppers in an oven proof bowl, drizzle with some olive oil, season with salt and pepper and place in the oven for 20-25 minutes until soft and browning slightly.

Once the base is golden and starting to crisp around the edges, remove from the oven along with the roasted tomatoes and peppers. Spread the tomato puree on top and add the cheese (or extra olive oil), olives, peppers, tomatoes, salt, pepper and fresh basil.

Place back in the oven for a further 5 minutes to melt the cheese.

TOP TIP

You can use feta, mozzarella or hard cheese and add any of your favourite pizza combo's including chicken, Parma ham, anchovies, pineapple, pepperoni, Parmesan and roasted vegetables.

DEAD EASY VEG DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 4-6



INGREDIENTS

250g dried red lentils (you can substitute tinned)	1 tsp. cumin
3 tbsp. tomato puree	1 tsp. coriander
Juice of 1 lemon or 1 tbsp. apple cider vinegar	1 tsp. cinnamon
2 tsp. onion powder	1 tsp. salt
1 tsp. garlic powder	400ml water
½ tsp. ginger powder	400g mixed frozen vegetables
1 tsp. turmeric	100g fresh spinach (optional)
	Fresh coriander to serve

METHOD

Cover the lentils in water and soak for 30 minutes, rinse and place in a saucepan (or if using tinned, simply rinse and add to the saucepan). Add 400ml water and heat until simmering.

In a small bowl combine the tomato puree and lemon juice with all the spices and seasoning, add to the lentils and stir through to combine. Cover and allow to cook for 20 minutes or until the lentils have softened. Add a little more water or stock if needed.

Once the lentils are soft add the frozen vegetables and cook for a further 5-10 minutes or until the vegetables have cooked through. Finally stir in the spinach and allow to wilt for 2-3 minutes.

Season with a little more salt if desired and serve topped with fresh coriander.

EVERYDAY CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 2

INGREDIENTS

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

METHOD

Add the oil to a saucepan and sauté the chicken for 5 minutes.

Add all the spices, the ginger, tomatoes, garlic, salt and chopped onion until the chicken is covered (add extra water if needed).

Bring to the boil and simmer for around 20–30 minutes or until the chicken is cooked and tender.



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

FISH IN A CARIBBEAN BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 2

INGREDIENTS

2 salmon fillets

Zest and juice of 1 lemon

2 spring onions, chopped

2 cloves garlic, peeled and finely chopped

1 dice-sized chunk of ginger, peeled and chopped

1 tsp. crushed chillies or Scotch bonnet chilli,

deseeded and chopped

Salt and pepper

2 tbsp. fresh coriander

METHOD

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

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

Scatter over the lemon zest and juice, spring onions, garlic, ginger, Scotch bonnet or crushed chillies and fresh coriander.

Take the four corners of the greaseproof paper and gather together, twisting the paper to seal the fish and vegetables inside.

Place in the oven to cook. Check the fish after 20–25 minutes.

Serve once cooked through.



HARISSA BLACK BEAN BURGER

PREPARATION TIME: 20 minutes

COOKING TIME: 15 minutes

MAKES: 6–7 burgers

INGREDIENTS

400g cooked black beans,
drained weight
120g tomato puree
80g oats, blitzed into a flour
1 tsp. onion powder
1 tsp. garlic powder
2 tsp. harissa powder

Salt and pepper
20g chopped nuts
30ml olive oil

To Serve (Optional)

Mashed avocado or hummus
and salad

METHOD

These can be pan fried or oven baked. If cooking in the oven pre heat the oven to 180°C/350°F/gas mark 4 and line a baking tray with greaseproof or a little oil.

Place the black beans in a food processor with the blitzed oats, tomato puree, garlic powder, onion powder, salt, pepper and harissa spice. Be careful not to over blend, retain a little texture to the mixture so you can shape into burger patties. Place in a bowl and stir in the chopped nuts and olive oil.

Take handfuls of mixture and shape into 6–7 patties, cover and refrigerate for 20–30 minutes.

Either transfer to the prepared baking tray and place in the oven to cook for 15 minutes. Or heat a little olive oil in a non stick pan on a medium heat and add the patties, cook for 3–4 minutes on each side until golden and warmed through.

Serve with mashed avocado or hummus and a mixed salad.



HEALTHY TWIST FISH N CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 2



INGREDIENTS

2 large cod or haddock fillets

40g oat bran

1 egg, beaten

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

1 tsp smoked paprika

1 tsp garlic powder

Salt and freshly ground pepper

2–3 tbsp olive oil

1 lemon, quartered to squeeze over the fish once cooked

2 sweet potatoes, cut into chips

METHOD

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

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

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

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

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

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

Squeeze some fresh lemon juice over the top and enjoy.

JAMAICAN CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

SERVES: 2-3

INGREDIENTS

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

METHOD

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

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

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

Bring to a simmer and cook for 30 minutes.

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

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

Top with the remaining coriander.



LAMB KEFTE BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 5–6



INGREDIENTS

500g lamb mince
 1 large onion, finely chopped
 Handful fresh parsley, chopped
 1 heaped tsp turmeric
 ½ tsp. ground cinnamon
 2 tsp. ground cumin
 50g pine nuts, toasted
 Large handful currants or sultanas
 ½–1 tsp. salt

METHOD

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

Place the lamb mince in a large bowl, add the remaining ingredients and combine thoroughly using your hands.

Shape into burger patties and place on a baking tray in the oven for 25–30 minutes or until the lamb is cooked through.

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

MIGHTY MACKEREL

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

SERVES: 2

INGREDIENTS

2 fresh mackerel fillets

Juice of half a lemon

2 tbsp. apple cider vinegar

1 tsp. ground cumin

½ tsp. black pepper

METHOD

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

Place the mackerel fillets in an oven dish and top each one with the lemon juice, vinegar, cumin and pepper.

Place the mackerel in the oven and bake for around 20 minutes.



MEXICAN TURKEY BURGERS

PREPARATION TIME: 15 minutes

COOKING TIME: 20–25 minutes

SERVES: 6–8

INGREDIENTS

750g turkey thigh mince

Zest and juice of 1 lime

2 cloves garlic or 2 tsp garlic powder

1 small red pepper, deseeded and finely chopped

100g tomato puree

1 tsp. ground cumin

Handful fresh coriander, finely chopped

1 tsp. smoked paprika

1 tsp. dried oregano or mixed herbs

70g sweetcorn

½ red onion, finely chopped

3 tbsp. jalapenos, finely chopped

Salt and freshly ground black pepper, to taste

METHOD

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

Place the turkey mince in a large bowl, add the remaining ingredients and combine thoroughly using your hands.

Shape into burger patties and place on a baking tray in the oven for 20-25 minutes or until cooked through.



MOROCCAN CHICKEN THIGHS

PREPARATION TIME: 10 minutes (plus marinade time 30-120 minutes)

COOKING TIME: 30–35 minutes

SERVES: 4

INGREDIENTS

2 tbsp ras el hanout spice mix

3 teaspoons sumac

3 garlic cloves peeled and finely chopped or 1–2 teaspoons garlic powder

Juice of 1 lemon

1 dessertspoon olive oil

Pinch of salt and freshly ground black pepper

8 chicken thighs, skin on

METHOD

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

In a small bowl mix the ras el hanout, sumac, garlic, lemon juice, olive oil, salt and pepper to make a paste. Place the chicken in a large bowl and pour over the marinade, toss to coat the chicken thoroughly.

Ideally leave to marinade for a 30 minutes or a couple of hours for maximal flavour, this is not essential, the chicken can be cooked straight away if you don't have time.

Place the chicken on a grill tray on the top shelf of the oven and cook for 30–35 mins. The skin should be a little crispy.



PERI PERI STYLEE PORK

PREPARATION TIME: 10 minutes (+ marinade time)

COOKING TIME: 10 minutes

SERVES: 4



INGREDIENTS

- 500g pork fillet, diced
- 1 red pepper, deseeded and chopped
- Juice of 1 lemon
- 1 tsp. chilli flakes
- 1 tsp. onion powder
- 1 heaped tsp. smoked paprika
- 4 cloves garlic, chopped
- 3 tbsp olive oil
- 1 tbsp runny honey

METHOD

Place the pork in a bowl.

Put the remaining ingredients in a food processor or blender and blitz into a marinade.

Pour over the pork pieces, stir to coat the meat in the sauce, cover and place in the fridge to marinade for 2 hours or overnight.

Warm a non-stick pan (ideally a griddle pan) on a medium heat and add the pork, cook for 4–5 minutes each side or until cooked through.

RAPID ROSEMARY LAMB BURGERS

PREPARATION TIME: 5 minutes

COOKING TIME: 10–12 minutes

MAKES: 4 patties

INGREDIENTS

500g lamb mince

2 tsp dried rosemary

3 garlic cloves peeled and finely chopped

1 tsp onion powder

Salt and freshly ground black pepper

1 tbsp. olive oil

To Serve

Baked potatoes

METHOD

Place all the ingredients except for the olive oil into a large bowl and mix together with your hands, try not to over work the meat or it can become slightly tough.

Shape into 4 patties, heat the olive oil in a pan on a medium heat and cook the patties for 5–6 minutes on each side or to your liking.

Pop the potatoes in the microwave whilst the burgers cook, prick each one a few times with a knife and cook for 10–12 minutes or until soft.

Serve with a side salad.



SAUSAGE AND SWEET POTATO BAKE

PREPARATION TIME: 30 minutes

COOKING TIME: 50 minutes

SERVES: 6

INGREDIENTS

6 medium sausages or 8 chipolatas	1 x 400g tin of chickpeas, 230g drained weight
2 sweet potatoes, cut into wedges	3 tbsp. tomato puree
1 small onion, sliced	1 tbsp balsamic vinegar
2 tsp. garlic powder or 2 cloves garlic, finely chopped	1 tbsp Worcestershire sauce (optional)
1 tsp. mixed herbs	1 tsp onion powder (for the sauce)
Salt and pepper	½ tsp. chilli powder (optional)
1 tbsp olive oil	½ tsp. smoked paprika
300g passata	

METHOD

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

Place the sausages, onion and potato wedges in a large baking dish, sprinkle over the garlic, mixed herbs, drizzle with olive oil and season with salt and pepper. Toss to coat everything in the seasoning and oil and place in the oven to cook for 25–30 minutes until the sausages begin to brown.

In a large bowl mix the passata, chickpeas, tomato puree, balsamic vinegar, Worcestershire sauce, onion powder, chilli, smoked paprika and season with a little extra salt and pepper. Once combined, set aside until the sausages are cooked.

Remove the sausages from the oven, turn them over and pour the chickpea mixture around the sausages, use spoon to fold the chickpeas, sweet potato and onion together. Place the tray back in the oven to cook for a further 20 minutes.

Serve with steamed greens or salad.



SIMPLY AWESOME FISH CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil

Diced size piece of ginger, peeled and finely chopped

2-3 cloves garlic, peeled and finely chopped

1 large onion, peeled and sliced

4 carrots, finely chopped

1 red chilli, finely sliced

1 green chilli, finely sliced

½ tsp. cayenne chilli (optional)

1 tsp. garam masala

1 tsp. ground cumin

1 tsp. ground coriander

1 tsp. turmeric

390g tin chopped tomatoes

400ml light coconut milk

4 hake fillets cut into chunks

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.



PREPARATION TIME: 10 minutes + Marinade Overnight

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS

50ml olive oil

Juice of one lemon

2 tsp salt

½ tsp black pepper

1 tsp cumin

½ tsp paprika

1 tsp onion Powder

1–2 tsp garlic powder or 2–3 cloves of garlic,
peeled and finely chopped

800g chicken (or turkey), diced

To Serve

Mixed salad

Mashed avocado or hummus

METHOD

In a small bowl mix together the olive oil, lemon juice, salt, pepper, cumin, paprika, onion powder and garlic.

Place the diced chicken in a bowl and cover with the marinade, leave for two hours but ideally marinade overnight.

Once marinated thread the chicken onto skewers and pre-heat the grill on a high heat.

Cook for 10 minutes or until cooked through.

Alternatively you can cook without skewers and simply pan fry in a little olive oil on a medium heat for 8–10 minutes or until the chicken is cooked through.

SIMPLE CHICKEN SHISH SUPPER



SIMPLE FRESH MINT SUPPER

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 2



INGREDIENTS

- 6 boneless, chicken thighs
- Salt and pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 100g green peas
- 150g mixed salad leaves
- 4 radishes, sliced
- 1 avocado, sliced
- Handful fresh mint leaves, chopped
- Handful walnuts, crushed
- 1 lemon, sliced into wedges

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.

SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

Add the olives, passata, chicken stock and potatoes.

Bring to a simmer and cook for 30 minutes.

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



Serving suggestion...
Serve with steamed spinach and kale

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.

STICKY DATE AND RED ONION BURGERS

PREPARATION TIME: 30 minutes

COOKING TIME: 20–25 minutes

MAKES: 8 Patties



INGREDIENTS

1kg lamb or beef mince
2 tsp. ras el hanout
2 tsp. ground cumin
1 tbsp harissa spice
1 tbsp tomato puree
2 tsp. salt

1 tbsp tomato puree
1 tbsp olive oil
2 small red onions, peeled and finely chopped
200g dates, finely chopped
2 tbsp balsamic vinegar

METHOD

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

Place the mince, ras el hanout, ground cumin, harissa spice, tomato puree and salt in a bowl and mix together thoroughly using your hands, place in the fridge whilst you prepare the other ingredients.

Warm the olive oil in a non stick pan over a medium heat and add the onions with a dash of salt and pan fry for 10 minutes. Add the dates and cook for 5 minutes before adding the balsamic vinegar, cook for a further two minutes until the mixture becomes sticky. Set aside to cool.

Remove the meat from the fridge and stir in the date and onion mixture.

Make into 8 patties and place on a baking tray and then into the oven to cook for 20–25 minutes (alternatively you can pan fry in a little olive oil for 3–4 minutes on each side on a medium heat).

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.

TOMATO, CAPER AND OLIVE SALMON

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 4-5

INGREDIENTS

600g passata

3 cloves garlic, peeled and chopped

80g capers

10 large green olives, chopped

1 red onion, finely chopped

3 tbsp. sundried tomatoes in olive oil

6 salmon fillets

METHOD

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

Mix all the ingredients except for the salmon in a large baking dish before adding the salmon fillets.

Ensure each fillet is nicely topped with the sauce.

Place the baking dish into the oven to cook for around 30 minutes.



TUNA, SWEETCORN AND BUTTER BEAN BAKE

PREPARATION TIME: 20 minutes

COOKING TIME: 25–30 minutes

SERVES: 10

INGREDIENTS

700g white potato or substitute sweet potato or squash, thinly sliced
 300g passata
 100g yogurt or creme fraiche
 400g butter beans, drained weight
 3 tbsp. tomato puree
 2 tbsp balsamic vinegar
 3 tsp. onion powder or 1 small onion, finely chopped
 2 tsp. garlic powder or 2 cloves garlic, finely chopped

½ tsp. chilli powder
 ½ tsp. smoked paprika
 1 tsp. mixed herbs
 1 medium carrot, finely diced
 1 x 150g tin sweetcorn
 Salt and pepper
 300g tinned tuna in brine or water (drained weight)
 2 tbsp. nutritional yeast or grated Parmesan (or any cheese)
 ½ tbsp olive oil

METHOD

Place the potato slices in a pan and cover with cold water. Simmer for 10–15 minutes until they begin to soften but still hold their shape. Drain and set aside to dry. Preheat the oven to 180°C/350°F/gas mark 4.

In a large bowl mix the passata, yogurt, butter beans, tomato puree, balsamic vinegar, onion, garlic, chilli, smoked paprika, carrots, sweetcorn and seasoning. Once combined add the tuna and fold in gently to coat in the sauce, don't overmix or it will break up the tuna too much. Place the sauce in a baking dish, around 15 x 25cm, leaving space to top with the potatoes.

Sprinkle the nutritional yeast (or cheese) over the tomato mixture and layer the potatoes on top. Brush the potatoes with a little olive oil, sprinkle over a little extra salt if desired and place in the oven to cook for 25–30 minutes until the potatoes are golden brown.

Serve with steamed greens or salad.



TURMERIC AND LENTIL CHILLI

PREPARATION TIME: 20 minutes

COOKING TIME: 45–60 minutes

SERVES: 6



INGREDIENTS

- | | |
|--|--|
| 2 tbsp olive oil | 400g cooked lentils, rinsed |
| 1 medium onion, diced | 3 tbsp tomato puree |
| 3–4 large garlic cloves,
finely chopped | 1 ½ tsp. ground turmeric |
| ½ butternut squash peeled,
deseeded and diced | 1 ½ tsp ground cumin |
| 3 stalks celery, finely sliced | ½ tsp chili powder |
| 500ml vegetable stock or water | ¼ tsp cayenne pepper |
| 390g chopped tomatoes | Salt and freshly ground pepper |
| 200ml coconut milk | 1 tbsp apple cider vinegar,
or to taste |
| | 200g spinach |

METHOD

Warm the oil in a large casserole dish on a medium heat. Sauté the onion and garlic for 4–5 minutes, until the onion has softened.

Add the squash and celery and stir to combine. Continue sautéing for a few minutes longer.

Add the stock, chopped tomatoes, coconut milk, lentils, tomato puree, turmeric, cumin, chili powder, cayenne, salt and pepper. Stir well to combine.

Increase heat and bring to a boil. Reduce the heat to medium, stir and simmer uncovered for about 30 minutes, stirring occasionally, until the squash is tender. Reduce the heat if necessary.

Just before serving add the apple cider vinegar to taste. Adjust the seasoning if desired and stir in the spinach cook for another few minutes.

WALNUT AND LENTIL RAGU

PREPARATION TIME: 30 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

250g dried lentils or use 500g cooked lentils (roughly 2 x 400g tins drained)
600ml water (*omit this if using cooked lentils)

1 tbsp olive oil
2 carrots, diced
2 celery stalks, finely sliced
1 red pepper, deseeded and chopped
3 gloves garlic peeled, finely chopped or 1 tsp garlic powder
1 medium onion, peeled and sliced or 2 tsp onion powder
½ tsp smoked paprika
Salt and pepper
1 x 400g tins of chopped tomatoes

50g walnuts chopped
80g pitted olives
2 heaped tbsp. tomato puree
1 tbsp. balsamic vinegar
2 heaped tsp. Italian style herb blend or mixed herbs
100g mushrooms, sliced
1 tbsp. nutritional yeast (optional)
100g spinach

To Serve

½ tbsp olive oil
½–1 tsp garlic powder
½ tsp crushed chilli flakes
4–5 medium courgettes

METHOD

Soak the lentils in water for 30 minutes, drain, rinse and place in a saucepan with the water, bring the boil and simmer for 20 minutes until soft.

Whilst the lentils are cooking 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 soften.

Add the tomatoes, walnuts, olives, tomato puree, balsamic vinegar, herbs, mushrooms and nutritional yeast. Stir to combine, add the lentils once



cooked, stir through and cook for a further 10–15 minutes (cook for longer if you have time to enhance the flavours), stirring occasionally and more water if needed.

Just before serving begin to prepare your courgetti, warm a little olive oil in a non stick frying pan, julienne the courgette into the pan, add the garlic and chilli flakes and stir fry for 3–4 minutes. Whilst the courgetti is cooking, stir the spinach into the ragu and allow to wilt down for 2–3 minutes.

Plate up and serve with a large salad.

365

LOW CARB SIDE DISHES

5-A-SIDE VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–4

INGREDIENTS

- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped or 1 tsp garlic powder
- 1 onion, finely chopped
- 1 yellow pepper, chopped
- 400g chopped tomato
- 100g sweetcorn
- 1 heaped tsp. mixed herbs
- 2 courgettes, julienned and then chopped
- 2 carrots, julienned and then chopped
- 2 handfuls spinach
- Handful fresh basil
- Salt and pepper

METHOD

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

Pour over the chopped tomatoes, stir in the sweetcorn and add the mixed herbs. Season with salt and pepper and leave to cook for 15 minutes.

Five minutes before serving add the julienned courgettes and carrots, stir to combine the vegetables and allow to cook for a further 2–3 minutes.

Finally add the spinach and allow to wilt for 1–2 minutes. Cook until the vegetables are soft.

Season again to taste and serve.



BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp curry powder

2 tsp garlic powder

½ tsp cinnamon

3 tbsp olive oil

METHOD

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

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

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

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

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



CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

Steam or boil the cauliflower and carrots until soft.

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

Mash until the mixture has a smooth consistency.

Season to taste and serve.



EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

Steam or boil the carrots, peas and pepper until soft.

Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.

Place the herbs, garlic, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



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.



MOROCCAN STIR FRY VEGETABLES

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES 4

INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, peeled and chopped
- 1 medium onion, peeled and sliced
- 4 medium carrots, sliced thinly
- 120ml chicken or vegetable broth (water can be substituted)
- 1 tsp. ground cumin
- 1 tsp. turmeric powder
- ½ tsp. cinnamon
- 200g broccoli, chopped into small florets
- 3 medium courgettes, sliced
- Salt and black pepper
- 70g pitted olives
- 30g sultanas
- Juice of 1 lemon
- 30g walnuts, crushed

METHOD

Heat the oil in a non stick frying pan and add the garlic, onion, carrots and stir-fry for 5–6 minutes.

Add the cumin, turmeric, cinnamon and stock to the pan and toss to combine with the carrots and onions, allow to warm through for 3–4 minutes before adding the broccoli, courgette, olives and sultanas. Season with salt and pepper, add the lemon juice and stir fry for a further 3–5 minutes or until the vegetables begin to soften (but still have some crunch), remove from the heat, top with crushed walnuts and serve.



QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

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

METHOD

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

Add the tomatoes, herbs, and olives and season.

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

Season to taste and serve.

SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

METHOD

Chop the courgettes into chunky wedges.

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

Add the courgettes wedges and continue to stir-fry.

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

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

Season to taste with a little salt and serve.



SUPER QUICK SLAW

PREPARATION TIME*: 15 minutes

SERVES: 8–10

*Allow to marinade for 30–60 minutes if possible



INGREDIENTS

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

Optional Toppings

Fresh chives, chopped
 Fresh dill, chopped
 Pomegranate seeds

METHOD

Grate the carrots and place in a large bowl.

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

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

Pour the dressing over the vegetables and mix together thoroughly.

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

VEGHETTI

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

INGREDIENTS

Vegetables of your choice: carrots,
courgettes or butternut squash

Olive oil for cooking



Tip

Get yourself a good julienne peeler; we use *Good Grips*

METHOD

Use the Julienne peeler to slice the vegetables into spaghetti-like strips or noodles.

These can either be cooked in a steamer or gently sautéed in a little oil in a frying pan until the vegetables have softened.



HIGH CARB SIDE DISHES



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.

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.



LEMON ROASTED SQUASH

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

- 1 large, whole butternut squash, peeled, de-seeded and cubed
- 1–2 tbsp olive oil (larger squash will need 2 tbsp.)
- Juice of 1 lemon
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1–2 tsp. cumin seeds (optional)
- ½ tsp. salt
- 2 tbsp. sesame seeds

METHOD

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

Grease a large baking sheet or line it with parchment paper.

Scatter the cubed squash on the tray. In a small bowl combine the oil, lemon juice, garlic powder, onion powder, cumin seeds and salt. Pour over the squash and toss in the oil to coat thoroughly

Place in the oven to cook for 25–30 minutes until soft.

Just before the squash is cooked, place the sesame seeds in a non-stick frying pan and stir fry for 4–5 minutes until they begin to turn golden. Set aside.

Once the squash is cooked, sprinkle over the sesame seeds and serve.



MOROCCAN ROASTED VEGETABLES

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6

INGREDIENTS

60ml olive oil	2 medium red onions, sliced
Juice of 2 lemons	1 red pepper, sliced
2 tsp. garlic powder	1 yellow pepper; sliced
6 tsp. harissa spice	1 aubergine, sliced
Salt and pepper	4 carrots, sliced
2 medium sweet potatoes, diced	200g cherry tomatoes
100g cooked chickpeas (roughly half a 400g tin, drained)	2 courgettes, cut into large chunks
100g cooked butter beans (roughly half a 400g tin, drained)	Handful fresh coriander or parsley to serve

METHOD

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

In a small bowl combine the olive oil, lemon juice, garlic, harissa, salt and pepper. Place all the vegetables, except the courgette and tomatoes, in a large roasting tin (use two if necessary to space out the vegetables) and pour over the olive oil dressing. Toss the vegetables in the oil to coat thoroughly, add a little more oil if needed and then place in the oven to cook.

Roast for approximately 25 minutes and then add the courgettes and tomatoes. Toss all the vegetables again in the oil and spices and return to the oven for a further 10–15 minutes or until or until all the vegetables are tender and caramelised. Once cooked served topped with fresh coriander.



MEXICAN ROASTED VEGETABLES

PREPARATION TIME: 10 minutes

COOKING TIME: 30–35 minutes

SERVES: 4–5



INGREDIENTS

- 30ml olive oil
- Juice of 1 lime
- 2 tsp. garlic powder
- 1 ½ tsp smoked paprika
- 1 ½ tsp oregano
- 1 ½ tsp ground cumin
- ½ tsp. chilli (optional)
- Salt and pepper
- 40g jalapeños in brine, drained and chopped
- 2 corn on the cob, sliced into large chunks
- 2 medium sweet potatoes, peeled and diced
- 200g cherry tomatoes, halved
- 1 medium red onion, sliced
- 1 red pepper, sliced
- 2 courgettes, cut into large chunks
- 1 yellow pepper; sliced
- Handful fresh coriander to serve

METHOD

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

In a small bowl combine the olive oil, lime juice, garlic, smoked paprika, oregano, cumin, salt and pepper. Place the vegetables in a large roasting tin and pour over the olive oil dressing. Toss the vegetables in the oil to coat thoroughly and place in the oven to cook.

Roast for approximately 30–35 minutes or until the vegetables are tender and caramelised. Toss the vegetables in the oil and spices a couple of times whilst cooking.

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.



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

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	

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.

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.



.....
HOMEMADE SAUCES
.....

HOMEMADE BBQ SAUCE

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 4-6

INGREDIENTS

1 tbsp. olive oil
 ½ onion, peeled and finely chopped
 250ml passata
 2 tbsp. Worcestershire sauce
 2 tbsp. raw honey
 4 tbsp. water
 ½ tsp. garlic powder
 1 tbsp. apple cider vinegar
 1 tsp. chilli powder
 Salt and black pepper

METHOD

Heat the olive oil in a frying pan on a medium heat and add the onion to cook for around 10 minutes until soft.

Stir occasionally.

Mix the remaining ingredients together in a bowl and add to the pan.

Simmer for a further 15 minutes, stirring occasionally.

Leave to cool, refrigerate and enjoy.



HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

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

METHOD

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

HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

HOMEMADE HUMMUS

PREPARATION TIME: 5 minutes

SERVES: 4-6

INGREDIENTS

400g chickpeas in water (240g drained)
 2 tbsp. olive oil
 75ml water
 ½ tsp. paprika
 ½-1 tsp. garlic powder
 ¼ -½ tsp. salt
 Freshly ground black pepper

Optional

½-1 tsp. harissa spice mix
 Pinch of chilli powder

METHOD

Place the chickpeas, water, olive oil, garlic, and paprika in a food processor and blend until smooth. Try the hummus and add more garlic powder or extra spices if desired. Serve topped with freshly ground black pepper.

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.



FOR MORE MEAL PLANS
AND OTHER EXCLUSIVE
FITTER FOOD MEMBERSHIP
CONTENT LOGIN TO
WWW.FITTER365.COM

