

FITTER

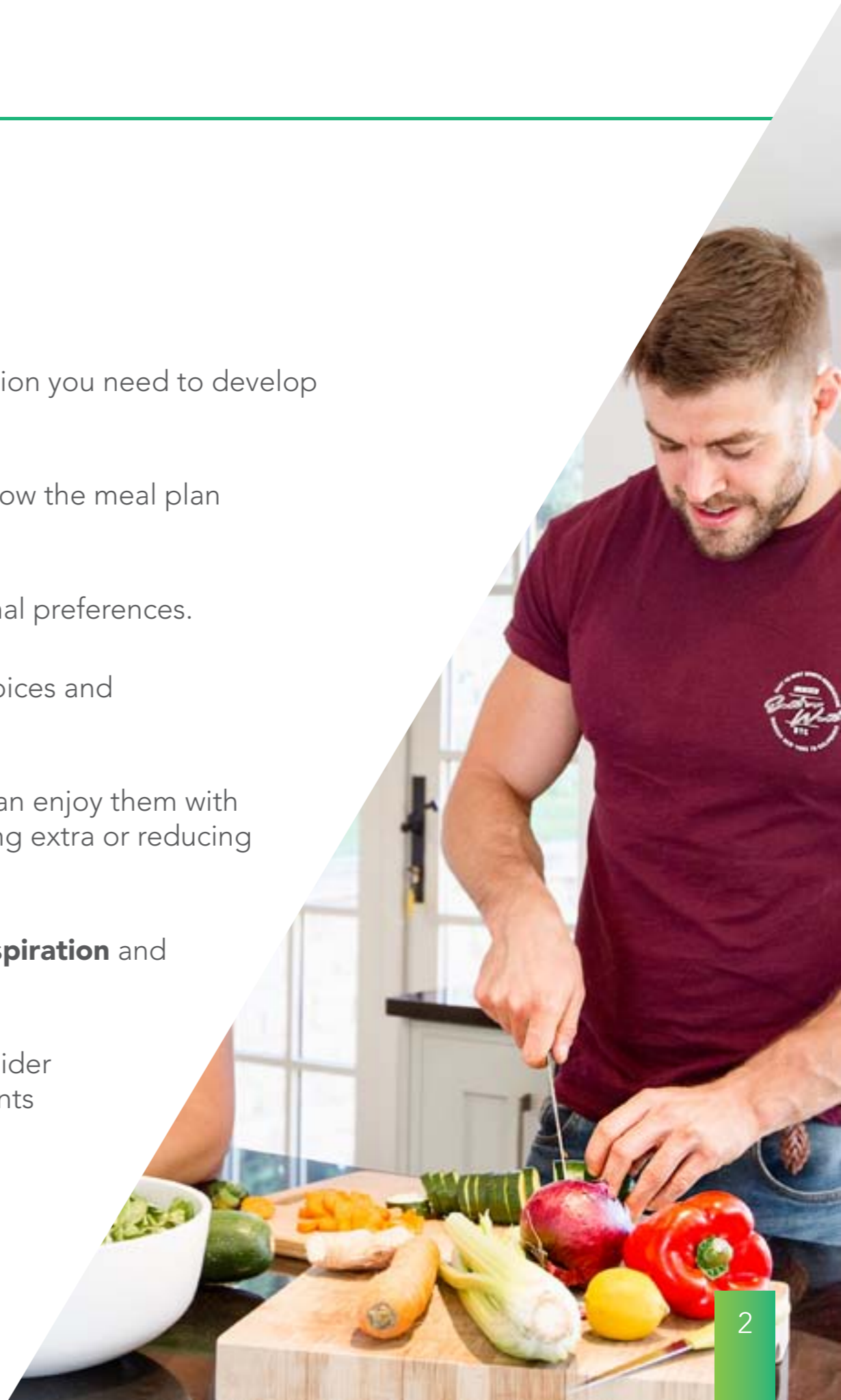
365

SIX WEEKS TO STRONG NUTRITION PLAN



How To Use This Meal Plan

- This meal plan accompanies the Six Week To Strong Training Plan.
- Both the nutrition and training plan are designed to provide the foundation you need to develop the skills and habits necessary to be strong, fit and healthy.
- You can select the recipes yourself and create your own meal plan or follow the meal plan template if you're looking for some inspiration and guidance.
- The meal plan can be easily amended to fit with your routine and personal preferences.
- You can also adapt protein choices or side dishes to suit your dietary choices and macronutrient needs.
- These recipes are highly nutritious and support any health goal so you can enjoy them with friends and family. Simply scale portions sizes for individual needs by adding extra or reducing the carbohydrates, protein or fats if needed.
- On busy weeks substitute the **Quick Breakfast Options, Easy Salad Inspiration** and **Super Fast Main Meal Options**
- 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.



General Principles

- 1 Aim to consume 2-3 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 six 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)



FITTER FOOD WEEKLY MEAL PLAN TEMPLATE

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

FITTER FOOD WEEKLY MEAL PLAN TEMPLATE

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

SMOOTHIE OPTIONS

Apple pie smoothie
 Berry bakewell protein smoothie
 Berry tofu smoothie
 Carrot cake smoothie bowl
 Choco orange chia smoothie
 Espresso smoothie
 Extra strong golden milk
 Vanilla and coffee protein
 milkshake

QUICK BREAKFAST OPTIONS

Fitter rye toppers
 Parma ham, melon and
 boiled eggs
 Turkey breakfast wraps

QUICK COOK OPTIONS

BOSH beans, scrambled eggs
 and spinach
 Breakfast salad
 Breakfast veggies
 Eggs n oats
 Protein pancakes
 Protein power porridge
 Salty banana cinnamon scramble
 Scrambled eggs, spinach, peppers
 and avocado
 Smoked salmon and spinach
 calzone
 Turmeric tofu scramble
 Veggie omelette

PREP IN ADVANCE OPTIONS

Bircher muesli
 Carrot cake bircher muesli
 Chicken and kale cups
 Cottage bowls
 Stewed fruit with yogurt
 and spices
 Turkey toast toppers

NO RECIPE NEEDED

Boiled eggs, sliced pear and
 almond butter
 Plain Greek yogurt with mixed
 berries, cinnamon and seeds
 Smoked salmon, avocado, rocket
 and cherry tomatoes

**These are also ideal as a
 small meal or snack anytime
 of the day if needed**

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

- Breakfast veggie loaf
- Cheesy garlic bread
- Low carb coconut loaf
- Salmon and chive breakfast loaf
- Savoury seed loaf
- Sunflower seed, honey and oat loaf

SOUPS

- 5-a-day soup
- Carrot and turmeric soup
- Carrot, cumin and ginger soup
- Chilli chicken soup
- Chinese dumpling soup
- Creamy courgette and spinach soup
- Maxistrone soup
- Souper supper
- Spicy butter bean soup



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

Light Bites

Citrus prawn salad
 How to pimp a salad
 Lettuce wraps
 Mediterranean Bites
 Mediterranean salad
 Pea and mint scotch eggs
 Quick Italian chicken with basil and
 avocado dressing
 Tuna and sweetcorn omwraps
 Turkey blueberry bites

Quick Snacks

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

Baked bean stew
 Balsamic and lime salmon
 Balsamic chicken
 Beef and chickpea burgers
 Beef bulgogi
 Brilliant beetroot burger
 Caribbean jerk salmon
 Chicken and spinach curry
 Citrus salmon with pea and avocado mash
 Delish red lentil dhal
 Easy prawn red Thai curry
 Epic turkey shepherd's pie
 Everyday chicken curry
 Falafel burgers with fresh mint dip
 Fast and furious chicken paella
 Fish in a Mediterranean bag
 Fitter chicken nuggets

Ginger infused seafood vegetable rice
 Ginger miso chicken
 Jamaican chicken curry
 Mediterranean fish stew
 Moroccan lamb and apricot burgers
 Moroccan quinoa
 Protein pizzas
 Salmon and red pepper fishcakes
 Simply awesome fish curry
 Smokey vegan shepherd's pie
 Spicy mince and peas
 Spinach and chickpea curry
 Sundried tomato stuffed chicken breast
 Tamari pork with cucumber avocado rice
 Turkey, carrot and sultana burgers
 Vegetable bolognese
 Vegetable chilli

Super Fast Meal Options

Beef five-a-day stir-fry
 Chicken fajitas
 Mediterranean tuna rice supper
 Mighty mackerel
 Mustard crusted salmon and pan-fried veg
 Nutty tofu stir fry
 Paella pronto
 Quick seafood stir-fry
 Rainbow stir-fry
 Rapid rosemary lamb burgers
 Sea bass supper
 Simple fresh mint supper
 Sundried tomato prawn courgetti
 Super fast Italian supper
 Thai steak salad



Sides

LOWER CARBOHYDRATE SIDES

Baked cauliflower
 Carrot and cauliflower harrisa mash
 Cauliflower rice
 Epic herby salad
 Italian tray bake
 Quick ratatouille
 Spicy courgette chips
 Super quick slaw
 Veghetti



HIGHER CARBOHYDRATE SIDES

Balsamic potatoes
 Bubble and squeak
 Buttery hummus mash
 Chunky celeriac chips
 Curried sweet potato mash
 Indian style sweet potatoes
 Kale and sweet potato mash
 Parsnip mash with roasted veggies
 Smokey wedges
 Super mash
 Sweet patatas bravas
 Sweet potato wedges
 Tasty turmeric rice

Desserts

Blueberry baked oats
Chocolate protein loaf
Crumble for one
Dark chocolate Bakewell bites
Dark chocolate ginger bites
Easy cheesecake mash up
Fitter mint choc chip ice cream
Fruity scone bites
Salted caramel bites





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SAMPLE 6 WEEK MEAL PLAN

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MEAL PLAN WEEK 1

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Choose a smoothie	Protein power porridge	2 slices breakfast veggie loaf with hummus *prepare extra for breakfast following day	Leftover: 2 slices breakfast veggie loaf with hummus	Veggie omelette	Protein pancakes	Stewed fruit with yogurt and spices
MEAL TWO	Carrot and turmeric soup + loaf option *prepare extra soup and loaf for lunch the following day	Leftover: carrot and turmeric soup + loaf option	Leftover: sundried tomato chicken with avocado salad	See easy salad inspiration	Leftover: tamari pork with salad	See easy salad inspiration	Tuna and sweetcorn omwraps
MEAL THREE	Mediterranean tuna rice supper	Sundried tomato stuffed chicken breast with ratatouille and rocket salad *cook extra chicken for lunch following day	Spinach and chickpea curry with spicy courgette chips	Tamari pork with cucumber avocado rice and steamed greens *cook extra pork for lunch following day	Easy prawn red Thai curry with baked cauliflower and steamed greens	Fitter chicken nuggets with sweet potato wedges, super quick slaw and homemade ketchup	Smokey vegan shepherd's pie with steamed greens

MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Fitter rye toppers	Choose a smoothie	Salty banana cinnamon scramble	2 slices sunflower seed, honey and oat loaf	Egg n oats	BOSH beans, scrambled eggs and spinach	Protein power porridge
MEAL TWO	Mediterranean salad optional: add extra protein (tin of fish, cottage cheese, tofu) *prepare extra salad for lunch on Day 3	Leftover: mighty mackerel with salad	Leftover: Mediterranean salad optional: add extra protein (tin of fish, cottage cheese, tofu)	Leftover: Paella pronto with rocket salad	See easy salad inspiration	Maxistrone soup *prepare extra soup for lunch the following day	Leftover: maxistrone soup
MEAL THREE	Mighty mackerel with kale and sweet potato mash and steamed broccoli *cook extra mackerel for lunch the following day	Pan fried fish with parsnip mash and roasted veggies	Paella pronto with rocket salad *cook extra paella for lunch the following day	Beef five-a-day stir-fry	Chicken fajitas with sweet patatas bravas and salad	Mediterranean fish stew with Italian tray bake and baked potatoes	Vegetable bolognese with large salad

MEAL PLAN WEEK 3

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Turkey toast toppers *cook extra turkey toast for breakfast the following day	Turkey toast toppers	Fitter rye toppers	Salty banana and cinnamon scramble	Protein power porridge	Breakfast veggies	Smoked salmon and spinach calzone
MEAL TWO	Spicy sweet potato and lentil soup Optional: add extra protein (tin of fish, cottage cheese, tofu) *cook extra soup for lunch the following day	Leftover: spicy sweet potato and lentil soup Optional: add extra protein (tin of fish, cottage cheese, tofu)	Leftover: Moroccan quinoa with salad	Leftover: citrus salmon with salad	Citrus prawn salad	Leftover: Moroccan lamb and apricot burgers with salad	Leftover: chicken curry
MEAL THREE	Nutty tofu stir fry	Moroccan quinoa and salad *cook extra quinoa and eggs for lunch the following day	Citrus salmon with pea and avocado mash *cook extra salmon for lunch the following day	Rainbow stir-fry with white rice	Moroccan lamb and apricot burgers with buttery hummus mash and super quick slaw *cook extra lamb burgers for lunch the following day	Everyday chicken curry with tasty turmeric rice and baked cauliflower *cook extra curry for lunch the following day	Vegetable chilli *Cook extra chilli 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	Choose a smoothie	Chicken and kale cups with avocado *cook extra cups for breakfast following day	Leftover: Chicken and kale cups with avocado	Turkey breakfast wraps	Protein power porridge	Breakfast veggies	Protein pancakes
MEAL TWO	Leftover: vegetable chilli	Leftover: beef bulgogi with rocket salad	See easy salad inspiration	Leftover: mustard crusted salmon and avocado salad	Leftover: simple fresh mint supper with salad	Chilli chicken soup with avocado salad *prepare extra soup for lunch the following day	Leftover: chilli chicken soup with leftover cheesy garlic bread
MEAL THREE	Beef bulgogi with spicy courgette chips and sautéed spinach *cook extra beef for lunch the following day	Sea bass supper with quick cook rice and steamed greens	Mustard crusted salmon and pan-fried veg *cook extra salmon for lunch the following day	Simple fresh mint supper with quick cook rice *cook extra chicken for lunch the following day	Fish in a Mediterranean bag with super mash and Italian tray bake	Vegetable Bolognese with cheesy garlic bread and salad *keep some garlic bread for lunch the following day	Mediterranean fish stew with new potatoes and steamed greens *keep some fish stew for lunch the following day

MEAL PLAN WEEK 5

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Choose a smoothie	Fitter rye toppers	Salmon and chive breakfast loaf *cook extra for breakfast on Day 5	Protein power porridge	Leftover: Salmon and chive breakfast loaf	Protein pancakes	Stewed fruit with yogurt and spices
MEAL TWO	Leftover: fish stew	Leftover: turkey burgers and salad	See easy salad inspiration	Leftover: Italian chicken and salad	Leftover: fishcakes and salad	Leftover: protein pizzas and salad	Pea and mint scotch eggs with salad *cook extra scotch eggs for lunch the following day
MEAL THREE	Turkey carrot and sultana burgers with quick ratatouille and celeriac chips *cook extra turkey burgers for lunch the following day	Pan fried fish or tofu with super mash and steamed greens *cook extra super mash for dinner the following day	Quick Italian chicken with basil and avocado dressing and leftover super mash * cook extra chicken for lunch the following day	Salmon and red pepper fishcakes with epic herby salad *cook extra fishcakes for lunch the following day	Protein pizzas with cheesy garlic bread and Italian tray bake *cook extra pizzas for lunch the following day	Spinach and chickpea curry with pan fried tofu and spicy courgette chips	Roast chicken with baked bean stew and steamed greens

MEAL PLAN WEEK 6

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Protein power porridge	Salty banana and cinnamon scramble	Chicken and kale cups with avocado *cook extra cups for breakfast following day	Chicken and kale cups with avocado	Choose a smoothie	BOSH beans, scrambled eggs and spinach	You decide 😊
MEAL TWO	Leftover: pea and mint scotch eggs with salad	Leftover: balsamic and lime salmon and salad	Leftover: falafel burgers with salad	See easy salad inspiration	Leftover: rapid rosemary lamb with salad	Super fast Italian supper	See easy salad inspiration
MEAL THREE	Balsamic and lime salmon with super mash and Italian tray bake *cook extra salmon for lunch the following day	Falafel burgers with fresh mint dip, carrot and cauliflower harissa mash and salad *cook extra falafel burgers for lunch the following day	Spicy mince and peas with baked potato and steamed greens	Rapid rosemary lamb burgers with epic herby salad *cook extra lamb burgers for lunch the following day	Beef and chickpea burgers with buttery hummus mash and ratatouille	Simply awesome fish curry with Indian style potatoes and steamed greens	Brilliant beetroot burger with Mediterranean salad and sweet potato wedges



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BREAKFASTS
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APPLE PIE SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

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

METHOD

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

BERRY BAKEWELL PROTEIN SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

150ml almond milk
50ml water
100–120g frozen cherries
1 tsp. almond extract
1 tbsp. whole almonds
25g vanilla protein powder

METHOD

Place all the ingredients in a blender and blitz to combine, add more almond milk or water to reach desired consistency.

BERRY TOFU SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

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

METHOD

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

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

CARROT CAKE SMOOTHIE BOWL

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

- 25g vanilla protein
- 1 banana (frozen works well)
- 1 carrot, grated
- 100ml milk or water (or to your desired consistency)
- Small chunk of ginger
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp chia seeds

Optional Topping

- 1 tbsp chopped walnuts or pecans
- Sprinkle of seeds

METHOD

Place all the ingredients in a blender and blitz, for a smoothie bowl, add milk or water to your desired consistency, keep the mixture a little thicker to eat as a smoothie bowl.



CHOCO ORANGE CHIA SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

- ½ banana
- 100g plain Greek yogurt or coconut yogurt
- 20g vanilla protein powder
- 1 tablespoons cocoa powder
- 2 tsp chia seeds (substitute flaxseed or omit)
- ½–1 tsp orange extract
- ½ tsp cinnamon
- Add water or almond milk to reach desired consistency (60–100ml)

METHOD

Place all the ingredients in a blender and blitz for 1 minute until smooth and creamy.



ESPRESSO SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

Small cup black coffee, chilled

(use Swiss Water processed decaffeinated, if preferred)

25g vanilla protein powder

1 banana

2 egg yolks

Water as desired

METHOD

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



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.



VANILLA AND COFFEE PROTEIN MILKSHAKE

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

300–400ml almond milk (depending
on your preferred consistency)
20–25g vanilla protein powder
2 shots espresso or small cup filter coffee
Half an avocado

METHOD

Place all the ingredients in a blender and
blitz until smooth.



TIP: start with the smaller amount of
milk so you can add more if desired.



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



PARMA HAM, MELON AND BOILED EGGS

INGREDIENTS

2-3 boiled eggs
2 slices Parma ham
1 slice melon

METHOD

No instructions needed, just eat!

PREPARATION TIME: 5 minutes

SERVES: 1

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.



BOSH BEANS, SCRAMBLED EGGS AND SPINACH

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4-6

INGREDIENTS

The Beans

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

Eggs and Spinach

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

METHOD

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

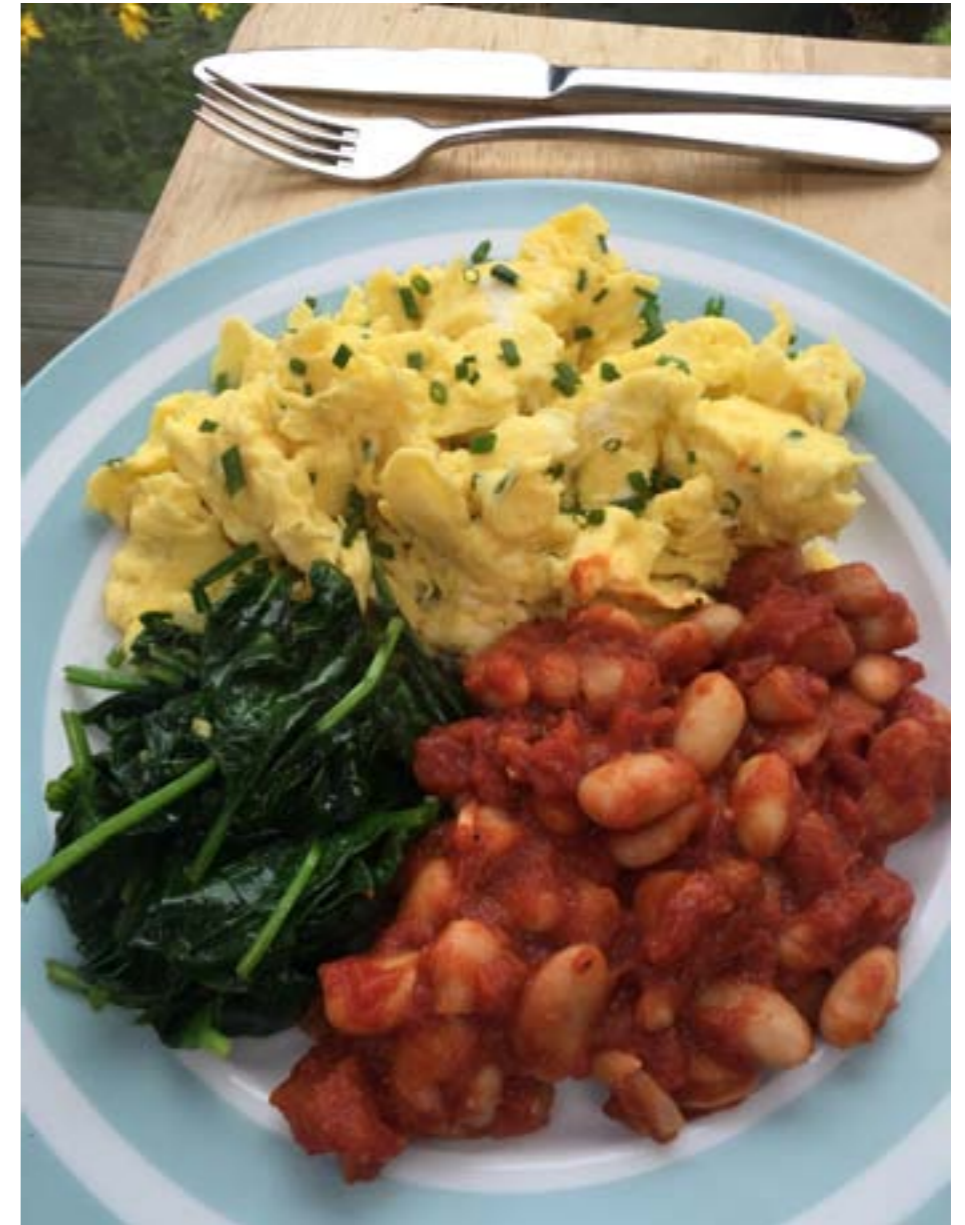
Add the tomatoes and Worcestershire sauce and stir through.

Bring to a simmer and cook for 6 minutes.

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

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

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



BREAKFAST 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.



BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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



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

EGGS 'N' OATS

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 350–400ml

2 eggs

1 tsp. vanilla extract

½ tsp. cinnamon

1 heaped tsp. raw honey

METHOD

Place the oats and liquid in a bowl to soak overnight (this aids digestibility).

The next morning, place the mixture in a saucepan over a low heat, and follow the cooking instructions until the porridge reaches your desired consistency. Stir in the eggs and allow to cook in the porridge for a minute or two.

Add a little more water or milk if desired.

Remove from the heat, sprinkle with cinnamon and stir in the vanilla extract and honey, and serve.

PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

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

To Serve

½ tsp. cinnamon
 Handful fresh berries

METHOD

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

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

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

Flip over and cook for a further 3 minutes.

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

Top with fresh berries and cinnamon.



PROTEIN POWER PORRIDGE

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible

INGREDIENTS

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

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

20–25g protein powder

METHOD

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

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

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

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

Add a little more warm water if needed.



SALTY BANANA CINNAMON SCRAMBLE

PREPARATION TIME: 3 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

2–3 eggs

1 banana, sliced

Coconut oil for cooking

A sprinkle of cinnamon

A sprinkle of Himalayan Pink or Celtic Sea salt

Salad to serve

METHOD

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

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

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

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



SCRAMBLED EGGS, SPINACH, PEPPERS AND AVOCADO

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

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

Optional extras

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

METHOD

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

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

Beat the eggs in a bowl.

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

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



SMOKED SALMON AND SPINACH CALZONE

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 1-2



INGREDIENTS

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

METHOD

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

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

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

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

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

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

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

Best served hot from the pan.



PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

TURMERIC TOFU SCRAMBLE

INGREDIENTS

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

Serving Suggestions

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

METHOD

Heat the olive oil in a pan and add the red pepper. Pan fry until soft. Drain the tofu and crumble with a fork into a texture similar to scrambled eggs. Stir in the turmeric, nutritional yeast and seasoning. Add the tofu mixture to the pan and toss the ingredients together in the oil. Stir fry for 4-5 minutes until the tofu is warmed through and golden. Finally, add the spinach and allow to wilt for a minute or two. Serve on it's own or with any of the serving suggestions.

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.



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.



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

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.

STEWED FRUIT WITH YOGURT AND SPICES

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 apples or pears, cored and chopped

200ml water

½ tsp. cinnamon

½ tsp. ginger

Pinch grated nutmeg

2 tbsp. sultanas

2 tbsp. walnuts

400g natural yogurt, to serve

METHOD

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

Stir over a medium-low heat, until they have softened and almost formed a purée; this should take around about 10 minutes, depending on how ripe the fruit is. Add a little water during cooking if mixture looks too dry.

Place the yogurt in a bowl. Top with the stewed apple and sprinkle over the walnuts.



TURKEY TOAST TOPPERS

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 2



INGREDIENTS

500g turkey mince

1 tsp. olive oil

Pinch of salt

Toppers

2 heaped tsp. almond or cashew butter

½ avocado mashed, cooked tomatoes
and sautéed spinach

Poached or scrambled eggs, sautéed spinach
and mushrooms

METHOD

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

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

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

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

Best eaten warm.



.....
SOUPS & LOAVES
.....

BREAKFAST VEGGIE LOAF

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8

INGREDIENTS

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

To Serve

Top two slices with either:

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

METHOD

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

Line a large loaf tin with baking paper.

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

Add the flaxseeds, ground almonds or coconut flour, baking powder and salt.

Mix again until the ingredients are thoroughly combined.

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



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

Transfer the mixture into the prepared loaf tin and place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.

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

LOW CARB COCONUT LOAF

INGREDIENTS

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

METHOD

Line a loaf pan with greaseproof paper and set aside.

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

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

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

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

SALMON AND CHIVE BREAKFAST BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

10 eggs

1 tsp. bicarbonate of soda

1 courgette, grated

200g smoked salmon, chopped

2 tbsp. of chives, finely chopped

½ tsp. salt

Black pepper to taste

METHOD

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

Line a loaf tin with greaseproof paper.

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

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

Add the grated courgette to the beaten eggs.

Stir in the salmon and chives.

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

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



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



SUNFLOWER SEED, HONEY AND OAT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

MAKES: 12–14 slices



INGREDIENTS

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

METHOD

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

Line loaf tin with greaseproof paper.

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

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

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

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

5-A-DAY SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 6-8

INGREDIENTS

2 tbsp. olive oil	5 handfuls green leafy vegetables, roughly chopped (kale, spinach, kohlrabi, chard)
1 onion, peeled and chopped	500ml homemade stock
3 garlic cloves, crushed	2 tbsp. tomato puree
1 tsp. ground ginger	100ml coconut milk
1 tsp. cumin	Salt and pepper
½ tsp. cinnamon	
Pinch of chilli powder	
6-7 carrots, chopped	

METHOD

Warm the olive oil in a large saucepan on a medium heat and add the onion, garlic, spices and salt and stir-fry for 4-5 minutes.

Once the onions start to soften add the carrots, green vegetables, stock, tomato puree, coconut milk and stir through.

Bring to the boil and then simmer for about 25 minutes.

Once cooked use a hand blender to blitz into a soup and then add boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.



CARROT AND TURMERIC SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 8



Serving suggestion...

Serve with cooked poultry, fish or prawns

INGREDIENTS

Olive oil, for cooking	200ml passata
1 tbsp. cumin seeds	1kg carrots, chopped
3 cloves garlic, peeled and chopped	1 tsp. ground turmeric
1 tsp. paprika	250–500ml water, as needed
1 tsp. salt	Freshly ground black pepper
500ml chicken stock	

METHOD

Add the olive oil to a large saucepan on a low heat and add the cumin seeds, garlic, paprika and salt, and sauté for 2–3 minutes.

Add the chicken stock, passata, carrots and turmeric, and stir through.

Bring to the boil and then simmer for about 25–30 minutes until the carrots are soft.

Once cooked use a hand blender to purée, add a little boiling water until the soup reaches your desired consistency.

Top with freshly ground black pepper and enjoy.

CARROT, CUMIN AND GINGER SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 45–60 minutes

SERVES: 4

INGREDIENTS

- 1 tbsp. olive oil for cooking
- 2 cloves garlic, peeled and finely chopped
- 1 inch chunk of ginger, peeled and finely chopped
- 1kg carrots, roughly chopped
- 1 litre bone broth/stock
- 2 tsp. ground cumin
- Salt and pepper
- 1 tbsp. whole cumin seeds, to serve

METHOD

Sauté the garlic and ginger in the olive oil for 2–3 minutes.

Add the carrots and cook for around 5 minutes.

Add the broth/stock and cumin powder and simmer for about 45–60 minutes until the carrot is soft.

Season with salt and pepper to taste.



CHILLI CHICKEN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

2 tbsp. olive oil for cooking
 1 red onion, peeled and chopped
 3 red bell peppers, chopped
 1 red chilli, finely chopped
 3 cloves garlic, crushed
 2–3 sprigs fresh thyme
 650ml chicken stock
 400g can chopped tomatoes
 1 heaped tsp. smoked paprika
 Salt and pepper

METHOD

Add the olive oil to a large saucepan over a medium heat, then add the onion, peppers, chilli, garlic, thyme, salt and pepper. Stir through and cook for about 4–5 minutes.

Once the vegetables start to soften, add the chicken stock, chopped tomatoes and smoked paprika and stir through.

Bring to the boil and then simmer for about 10 minutes.

Once cooked, use a hand blender to purée thoroughly.

Serving suggestion...
 Serve with cooked poultry, fish or prawns



CHINESE DUMPLING SOUP

PREPARATION TIME: 10 Minutes
 COOKING TIME: 20–25 Minutes
 SERVES: 2

INGREDIENTS

For The Soup

800ml chicken stock
 1 inch piece root ginger,
 peeled and grated
 1 garlic clove, peeled and
 finely chopped
 2 spring onions, sliced
 100g Chinese leaf lettuce,
 sliced
 Handful fresh coriander,
 chopped
 1 tbsp tamari sauce

For The Dumplings

250g mince pork
 ½ inch piece root ginger,
 peeled and grated
 1 tsp. tamari sauce
 1 tsp. toasted sesame oil
 1 spring onion, sliced

METHOD

Start by making the dumplings. Place all the dumpling ingredients in a bowl and combine thoroughly using your hands. Take a small amount of the pork mixture and roll into a dumpling around the size of a golf ball. Set aside and repeat with the remaining mixture.

To make the soup, warm the chicken stock in a saucepan and add the ginger, garlic and simmer for 10 minutes.

Using a slotted spoon start to add the dumplings one-by-one.

Finally add the spring onion, Chinese leaf lettuce, coriander, tamari and stir. Bring to the boil again and turn down to a simmer for a further 8-10 minutes or until the dumplings are cooked through. Serve immediately.



CREAMY COURGETTE AND SPINACH SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 3-4



INGREDIENTS

- 1 tbsp. olive oil
- 3 garlic cloves, peeled and finely chopped
- 2 leeks, sliced
- 2 courgettes, sliced
- 500ml vegetable stock or water
- 100g spinach
- Almond milk as desired
- Salt to taste

METHOD

Heat the olive oil in a large saucepan and add the garlic and leeks. Stir fry for 5 minutes before adding the courgettes and stock/water.

Cook for 15-20 minutes until the vegetables soften, add extra water if needed to keep the vegetables covered.

Add the spinach and allow to wilt down for a few minutes.

Remove from the heat, allow to cool a little before blending with a hand blender. Add the almond milk until the soup reaches your preferred consistency.

Season with salt to you taste and serve.

MAXISTRONE SOUP

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

SERVES: 4-5



INGREDIENTS

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

METHOD

Heat the olive oil in a saucepan.

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

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

Finally stir in the chopped courgette.

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

SOUPER SUPPER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

25g butter

4 spring onions, chopped

2–3 garlic cloves, peeled and finely chopped

2 leeks, chopped

500g potatoes, chopped

Large handful of fresh parsley, roughly chopped

Salt and freshly ground black pepper

1 litre chicken or vegetable stock

400g spinach

150g low fat creme fraîche

METHOD

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

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

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



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

SPICY BUTTER BEAN SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 6-8



INGREDIENTS

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

METHOD

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

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

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

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



.....
LIGHT BITES
.....

CITRUS PRAWN SALAD

PREPARATION TIME: 15 minutes

SERVES: 2



Serving suggestion...
Serve with mixed salad leaves

INGREDIENTS

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

Vinaigrette Dressing

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

METHOD

Combine the prawns and vegetables in a mixing bowl.

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

Serve with a mixed salad or in a lettuce bowl.

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

LETTUCE WRAPS

INGREDIENTS (You Choose)

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

METHOD

Simply add your favourite combination to a large lettuce leaf, wrap it and munch!



MEDITERRANEAN BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

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

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

Stir in the remaining ingredients and combine thoroughly.

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



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

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.





Tip: Keep a bowl of warm water nearby and wet your hands a little bit before coating the eggs in the sausage meat. This stops the meat sticking to your hands so much.

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

MAKES: 4 large scotch eggs

PEA AND MINT SCOTCH EGGS

INGREDIENTS

5 eggs
120g peas
6 pork sausages (90% pork)
2 tsp dried basil

2 tsp fresh mint roughly chopped
Salt and freshly ground black pepper
60g oat bran or ground almonds

METHOD

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

Place 4 of the eggs into a saucepan of boiling water, bring to the boil again and cook for 6 minutes before placing in cold water immediately to stop them cooking any further.

Whilst the eggs cook place the peas in another saucepan of water, bring to the boil and then simmer for 2–3 minutes. Drain and leave to cool.

Whilst the eggs and the peas are cooking remove the skins from the sausages and place the meat into a large bowl. Once the peas have cooled add them to the pork meat along with the basil, mint and seasoning. Mix together thoroughly using your hands.

Peel the eggs and place them on a plate, beat the remaining 1 egg in a bowl and scatter the oat bran (or ground almonds) on another plate ready to coat the eggs. You can add some extra seasoning to the oat bran if you wish.

Shape the meat around each egg before rolling them in the beaten egg and then the oat bran. Make sure the egg is fully coated before placing on a baking tray and cooking in the oven for 25–30 minutes or until cooked through.

QUICK ITALIAN CHICKEN WITH BASIL AND AVOCADO DRESSING

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2



INGREDIENTS

- 1 tbsp. olive oil
- 3 chicken breasts, chopped into pieces
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 heaped tsp. mixed herbs

Basil and Avocado Dressing

- ½ avocado
- 1 egg yolk
- Juice of ½ lime
- ½ tsp garlic powder (optional)
- 50ml almond milk
- 6–7 basil leaves
- Salt to taste

METHOD

Heat the olive oil in a large saucepan on a medium heat, add the chicken pieces and sprinkle over the onion powder, garlic powder and mixed hers. Toss to coat the chicken and cook for 10–15 minutes until the chicken is cooked through.

Combine the dressing ingredients in a blender and blitz into a thick, creamy dressing.

TUNA AND SWEETCORN OMRAPS

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

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

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

For The Wraps

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

METHOD

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

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

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

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

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



TURKEY BLUEBERRY BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 14 bites

INGREDIENTS

200g turkey mince

100g blueberries

2 egg yolks

Pinch salt

200g cashews

METHOD

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

Line a baking tray with greaseproof paper or a little cooking oil.

Place the cashews in a food processor and chop until fine with a few chunky bits left.

Add the egg yolks, salt and turkey and blend again.

Once combined use a spoon to stir in the blueberries.

Shape into bite sized balls and place on the prepared baking tray.

Place in the oven and cook for 20–25 minutes until golden.

Allow to cool and serve.



Serving suggestion...
Serve with avocado and mixed salad leaves

MAIN MEALS



BAKED BEAN STEW

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

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

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

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

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



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.



BALSAMIC CHICKEN

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 20 minutes

SERVES: 2-4

INGREDIENTS

1 whole chicken	3 tbsp honey
4 sprigs fresh rosemary	1 pack cherry tomatoes on the vine (optional)
800g white potatoes	Salt and pepper
3 tbsp olive oil	
8 tbsp balsamic vinegar	

METHOD

Preheat the oven to 190°C/354°F/gas mark 5.

Peel the skin away from the chicken breast so you can place sprigs of rosemary underneath.

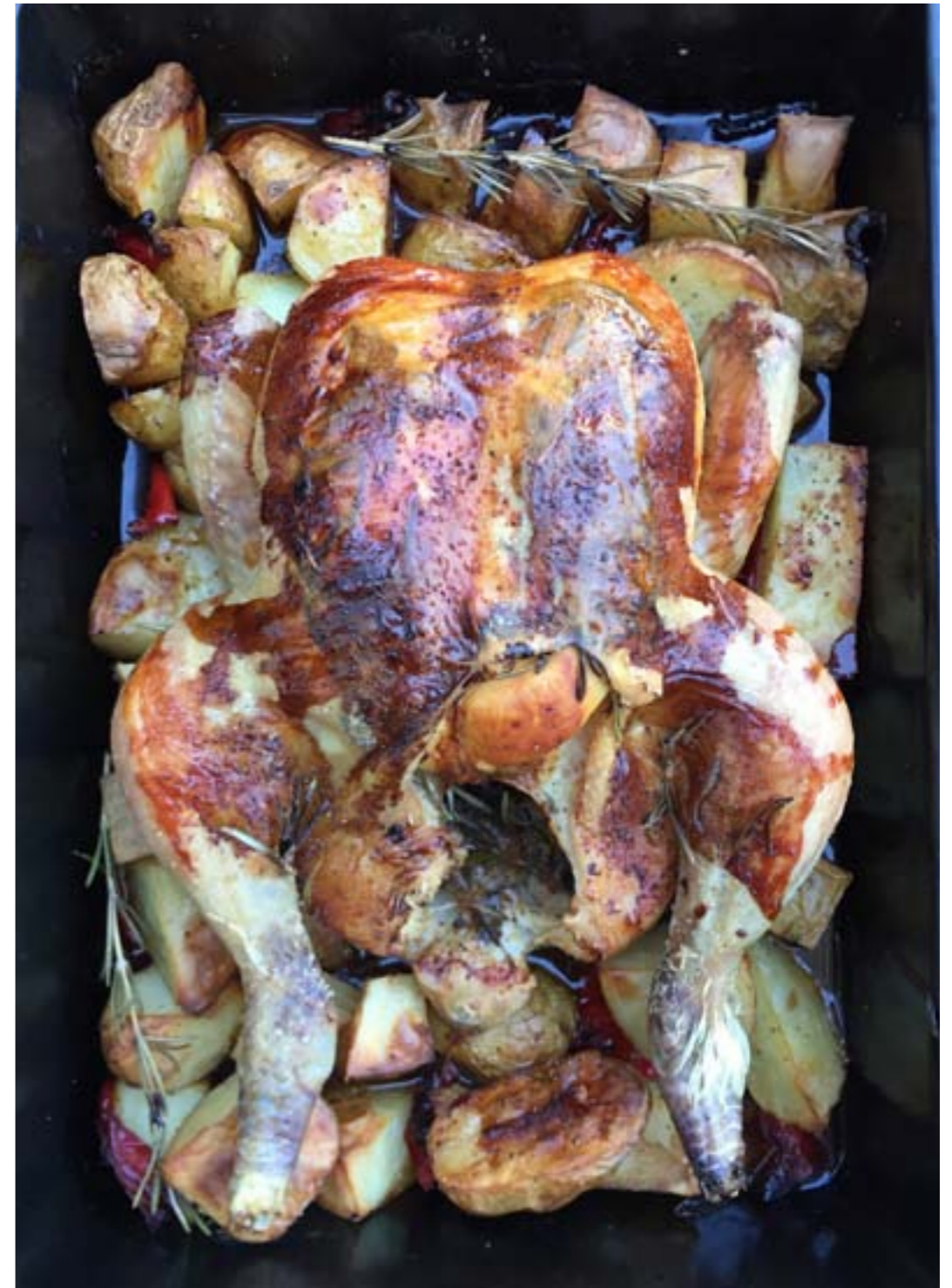
Chop the potatoes and place in the roasting tray with the olive oil and seasoning. Toss together before pushing them to the edges of the tray and placing the chicken in the middle of the tray.

Place two more rosemary sprigs inside the chicken and season the skin before placing in the oven to cook for around 1 hour 20 minutes (check cooking guidelines per weight of chicken).

Mix the balsamic vinegar and honey together until the honey has dissolved.

Once the chicken has been cooking for around 40 minutes, remove it from the oven and pour over the vinegar mix. Place the vine tomatoes around the chicken and put back in the oven to cook for the remaining time.

Check the chicken is cooked through and serve.



Serving suggestion...
Serve with rocket and watercress salad

BEEF AND CHICKPEA BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 30–35 minutes

SERVES: 6



INGREDIENTS

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

METHOD

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

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

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

BEEF BULGOGI

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 2-4



Serving suggestion...

Serve with rice or cauliflower rice and courgettes

INGREDIENTS

3 cloves garlic, finely chopped
 1 large onion, finely chopped
 1 carrot, diced
 500g beef or lamb mince
 2 tbsp. xylitol or honey

3 tbsp. tamari
 1 tbsp. sesame oil
 1 tsp. crushed red pepper flakes
 ½ tsp. ground ginger
 Half a savoy cabbage, shredded

METHOD

Heat the sesame oil in a pan, add the garlic and fry for one minute. Add the onion and carrot and cook until soft.

Set the vegetables to one side.

Fry the mince until brown and drain off any excess fat.

Add the vegetables back into the pan.

In a bowl, mix 2-3 tablespoons of boiling water with the xylitol or honey and stir until it dissolves. Add the tamari, sesame oil, pepper flakes and ginger and mix. Add to the meat and vegetables in the pan and simmer for 5 minutes.

Meanwhile, steam the cabbage.

Season the beef to taste and serve with the steamed cabbage.

BRILLIANT BEETROOT BURGER

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

COOKING TIME: 15–20 minutes

MAKES: 4 patties



INGREDIENTS

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

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

To Serve (Optional)
 Burger bun or tofu salad

METHOD

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

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

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

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

Serve in a bun or with a tofu salad.

CARIBBEAN JERK SALMON

PREPARATION TIME: 8–10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4



Serving suggestion...

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

INGREDIENTS

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

METHOD

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

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

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

Keep mixing until all ingredients are blended together nicely.

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

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

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

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

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.



CITRUS SALMON WITH PEA AND AVOCADO MASH

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 4

INGREDIENTS

For the Mash

250g new potatoes, halved

250g frozen peas

1 ripe avocado

Salt and pepper to taste

For the Salmon

1 tbsp. olive oil

Juice of 1 lemon

2 cloves garlic, finely chopped

Salt and pepper to taste

4 salmon fillets

METHOD

Boil or steam the new potatoes and peas for about 8–10 minutes until soft.

While the potatoes are cooking, heat the olive oil in a pan over a medium heat and add the lemon juice, garlic, salt and pepper.

Cook for about 30 seconds before adding the salmon fillets.

Cook the salmon for around 3–4 minutes on each side.

When the potatoes and peas are cooked, drain and place in a bowl. Add the avocado, butter, salt and pepper and mash until smooth.

Serve the salmon with the mash and pour over the leftover cooking juices from the salmon.



Serving suggestion...
Serve with steamed broccoli and leeks

DELISH RED LENTIL DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

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

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

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

Add a little more water or stock if needed.

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





EASY PRAWN RED THAI CURRY

METHOD

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

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

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

Serve with wilted some spinach

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

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

EPIC TURKEY SHEPHERDS PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 10 minutes

SERVES: 6

INGREDIENTS

2 tbsp. olive oil	2–3 tsp. dried rosemary
750g turkey thigh mince	Salt and freshly ground black pepper
3 carrots, finely chopped	1 x 400g tin of chopped tomatoes
2 red onions, peeled and finely chopped	250ml vegetable stock
2 celery sticks, finely chopped	300g frozen peas
2 cloves of garlic, peeled and finely chopped	1 tbsp. Worcestershire sauce
250g chestnut mushrooms, finely chopped	1kg potatoes quartered (skin on)
	500g parsnips sliced (skin on)
	Knob of butter
	Almond milk (for the mash)

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the turkey mince and cooking until browned all over. Stir occasionally.

Add the carrots, onions, celery, garlic and mushrooms, stir through and cook for a few minutes until onions start to soften, stirring occasionally.

Add the salt, pepper and rosemary and stir through before adding the chopped tomatoes and vegetable stock before stirring again. Bring to the boil, cover and then reduce the heat to simmer for 25–30 minutes. Add the frozen peas and Worcestershire sauce about 5 minutes before it's ready and stir through.

Whilst that's simmering away pre heat the oven to 180°C/350°F/gas mark 4. Steam or boil the potatoes and parsnips for about 15–20 minutes or until cooked.



Drain the potatoes and parsnips before placing back into the saucepan or in a large bowl with a knob of butter, a little almond milk, salt, pepper and mash together. Add a little more almond milk if desired until the mash is smooth.

Place the turkey mince in a large baking dish and spread out evenly before spooning the mash on top of the mince and use a fork to spread evenly across the top.

Place in the oven to cook for about 30 minutes.

Serve with some vegetables of your choice.

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.

FALAFEL BURGERS WITH FRESH MINT DIP

PREPARATION TIME: 15 minutes

COOKING TIME: 12 minutes

SERVES: 2

(allow 30 minutes to chill falafel mixture if possible)

INGREDIENTS

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

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

Fresh Mint Dip

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

METHOD

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

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

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

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

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

Divide the falafel mixture into four burger patties.

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

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



FAST AND FURIOUS CHICKEN PAELLA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

Serve topped with fresh parsley and lemon wedges.



FISH IN A MEDITERRANEAN BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

Serves: 2–3



Serving suggestion...

Serve with sweet potato patatas bravas and broccoli

INGREDIENTS

2-4 large white fish fillets

2 courgettes, sliced

2 handfuls cherry tomatoes, halved

2 tbsp. capers

Handful of olives, sliced

2-3 sprigs fresh rosemary, chopped

Handful fresh basil leaves, torn

Juice of 1 lemon

Salt and pepper

2 tbsp. olive oil

METHOD

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

Lay out a sheet of greaseproof paper and place the fish in the centre.

Scatter the courgettes and cherry tomatoes around the edge of the fish.

Top the fish and vegetables with the capers, sliced olives, rosemary and fresh basil.

Squeeze fresh lemon juice over the fish and season with salt and pepper.

Drizzle a little olive oil over the fish and vegetables.

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

Place on a baking tray and place in the oven to cook.

Check the fish after 25–30 minutes.

The tomatoes should be soft and the fish cooked through.

FITTER CHICKEN NUGGETS

PREPARATION TIME: 10 minutes

COOKING TIME: 12–15 minutes

MAKES: 20 chicken nuggets

INGREDIENTS

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

METHOD

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

Crack the egg into a bowl and beat it.

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

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

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

Enjoy with Fitter Food homemade ketchup.



GINGER INFUSED SEAFOOD VEGETABLE RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 5–10 minutes

SERVES: 2–4

INGREDIENTS

1 tbsp. olive oil

Large piece of root ginger, peeled and finely chopped/grated

2 cloves garlic, peeled and finely chopped

1 red onion, peeled and chopped

2 carrots, grated

1 courgette, grated

Juice of 1 lime

2–3 tbsp. tamari

Cup of frozen peas, defrosted (leave for a few minutes in boiling water)

250g quick cook (microwave) brown basmati rice

150g cooked prawns

Salt and pepper to taste

Toasted sesame seeds

METHOD

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

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

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

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

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



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

GINGER MISO CHICKEN

PREPARATION TIME: 15 minutes *1 hour to marinade the meat

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

2 tbsp. miso paste (e.g. Clearspring)

2 tbsp. water

Dice size piece of ginger, grated

1 tsp. garlic powder

Juice of 1 lemon

1 tbsp. sesame oil

1 tsp. honey

4 chicken breasts, chopped

1 small head broccoli, florets sliced

2 carrots, julienned

2 courgettes, finely sliced

1 yellow pepper finely sliced

1–2 tbsp. tamari sauce

Olive oil for cooking

METHOD

In a small bowl combine the miso, water, ginger, garlic powder, lemon juice, sesame oil and honey. Add the chicken and toss to coat in the ingredients. You can cook immediately or set aside for 1 hour to marinade.

Heat a little olive oil in a large saucepan on a medium heat and add the chicken pieces, stir-fry for 3–4 minutes before adding the broccoli, carrot, courgette, pepper and tamari sauce. Stir-fry for another 5–10 minutes until the chicken is cooked through, the vegetables should still be a little crunchy.

Serve topped with fresh coriander.



JAMAICAN CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

SERVES: 2-3

INGREDIENTS

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

METHOD

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

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

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

Bring to a simmer and cook for 30 minutes.

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

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

Top with the remaining coriander.



PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

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

METHOD

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

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

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

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

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

MEDITERRANEAN FISH STEW



MOROCCAN LAMB AND APRICOT BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

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

Harissa Dressing

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

METHOD

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

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

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

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

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



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

MOROCCAN QUINOA

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 1

INGREDIENTS

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

METHOD

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

Boil up two eggs.

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

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



PROTEIN PIZZAS

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 4



Serving suggestion...

Serve with sweet potato chips and salad

INGREDIENTS

For the Pizza Base

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

For the Sauce and Toppings

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

METHOD

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

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

Use a little olive oil to grease a baking tray.

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

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

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

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

PREPARATION TIME: 10 minutes

COOKING TIME: 8–10 minutes

SERVES: 8

INGREDIENTS

- 2 tins (213g) wild caught salmon, drained (include skin and bones)
- 400g new potatoes cooked and mashed
- 2 eggs, beaten
- 1 tsp. paprika
- 1 tsp. dried oregano
- 1 red pepper, chopped
- 2 heaped tbsp. ground flaxseed or gluten free flour e.g. rice or tapioca flour
- 1 tsp. salt
- Olive oil for cooking

METHOD

Combine all the ingredients in a bowl and carefully shape into fish cake patties, add a little more flaxseed or flour if you struggle to bind and shape the mixture.

Warm a little olive oil in a non stick pan over a moderate heat.

Gently place the fish cakes in the pan and cook on both sides until golden brown.

The patties are delicate so handle carefully when flipping with a spatula.

SALMON AND RED PEPPER FISHCAKES



Serving suggestion...
Serve with beetroot ratatouille and salad

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.



SMOKEY VEGAN SHEPHERD'S PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour

SERVES: 8

INGREDIENTS

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

To serve

Ketchup if desired

METHOD

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

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

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

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

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



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

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

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

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

SPICY MINCE AND PEAS

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 6



INGREDIENTS

- | | |
|---|---------------------------|
| 2 tbsp. olive oil | ½ tsp. chilli flakes |
| 1 white onion, peeled and chopped | Salt to taste |
| 2 cloves garlic, peeled and finely chopped | 400g tin chopped tomatoes |
| 1 dice size piece ginger, peeled and finely chopped | 400ml water |
| 500g beef mince | 250g frozen peas |
| 1 tbsp. medium curry powder | Fresh coriander |
| ½ tsp. cumin | |
| ½ tsp. turmeric | |

To serve

- Rice
- Steamed spinach or salad
- Fresh coriander

METHOD

Heat the olive oil in a large saucepan or casserole dish on a medium heat and add the onion, garlic and ginger. Cook for 5 minutes until the onions soften, stirring frequently.

Add the beef mince and cook for a further 5 minutes until browned all over, stirring occasionally.

Add the curry powder, cumin, turmeric, chili flakes, salt and stir through. Cook for another few minutes stirring occasionally. You can add a little more of any of the spices if desired.

Add the chopped tomatoes, water and stir through, simmer for 20–25 minutes stirring occasionally.

Add the peas, stir through and cook for 3–5 minutes more.

Serve with rice, steamed spinach or salad and fresh coriander.

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.

SUNDRIED TOMATO STUFFED CHICKEN BREAST

PREPARATION TIME: 5 minutes

COOKING TIME: 25 minutes

SERVES: 2

INGREDIENTS

2 large boneless chicken breasts
6 slices Parma ham
4 sundried tomatoes in olive oil
6 green olives, sliced
Bunch of fresh basil

METHOD

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

Slice the raw chicken breasts in half and place 2 sundried tomatoes, 3 sliced olives and 3–4 torn basil leaves in each breast.

Wrap each breast with 3 slices of Parma ham to seal the filling in place.

Place on a baking tray and bake in the oven for 25 minutes.

Serve with a fresh spinach salad and grilled tomatoes.



Serving suggestion...
Serve with supermash and steamed broccoli or salad

TAMARI PORK WITH CUCUMBER AVOCADO RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

INGREDIENTS

450g diced pork

1 tbsp. tamari

1 tbsp. apple cider vinegar

Juice of 1 lime

Zest of ½ lime

½ –1 tsp. chilli flakes

½ tsp. smoked paprika

1 tsp. honey

1 tsp. garlic powder

1 tsp. onion granules

2 spring onions

1 tbsp. of olive or sesame oil for cooking

For the Rice

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

Half cucumber, cubed

Handful fresh mint, finely chopped

1 small avocado, peeled and chopped

Juice of half a lemon

METHOD

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

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

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

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

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



TURKEY, CARROT AND SULTANA BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

MAKES: 4 patties

INGREDIENTS

500g turkey thigh mince
 1 carrot, grated
 1 red onion, peeled and finely chopped
 75g sultanas
 1 tsp. garlic powder
 1 tsp. smoked paprika
 1 tsp. oregano
 ½ tsp. chilli flakes
 Salt and pepper
 2 tbsp. olive oil

METHOD

Combine all the ingredients, except for the olive oil, together in a large bowl and mix together thoroughly using your hands.

Shape into 4–6 patties, a smaller pattie will cook quicker.

Heat the olive in a pan on a medium heat and add the patties. Cook for around 8 minutes on each side or until cooked through.



VEGETABLE BOLOGNESE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 30 minutes

SERVES: 4

INGREDIENTS

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

To serve (Optional)

400g green pea fusilli or courgetti
 Parmesan shavings

METHOD

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

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

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



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

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

Serve topped with parmesan.

VEGGIE CHILLI

PREPARATION TIME: 10 minutes

COOKING TIME: 60 minutes

SERVES: 4-6

INGREDIENTS

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

METHOD

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

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

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

Serve topped with fresh coriander.



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SUPER FAST MAIN MEALS

BEEF FIVE-A-DAY STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 12 minutes

SERVES: 3-4

INGREDIENTS

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

METHOD

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

Cook for 3-4 minutes, stirring occasionally.

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

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

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

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



Serving suggestion...
Serve with steamed squash

CHICKEN FAJITAS

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

Serves: 5

INGREDIENTS

For the Fajitas

3 large chicken breasts, cut into strips
 Juice of 2 limes (and a little bit of the pulp too)
 2 tbsp. dried oregano
 ½ tsp. cayenne chilli powder
 1 tsp. paprika or smoked paprika
 ½ tsp. cinnamon
 1 large onion, chopped
 2 bell peppers (red or green), chopped
 1 tbsp. olive oil
 1 large iceberg lettuce, leaves separated
 Salt and pepper

Super Quick Guacamole

2 avocados
 Juice of 1 lime
 Salt

Super Quick Salsa

1 large handful cherry tomatoes
 5 spring onions, finely chopped
 1 small handful fresh coriander, finely chopped
 1 tsp. olive oil



METHOD

Place the lime juice, oregano, cayenne chilli, paprika, cinnamon and some salt and pepper in a bowl and mix well.

Now add the chicken strips and mix until the chicken is fully coated. If you have time leave this to marinate for about 30 minutes to maximise the flavour (this isn't essential).

Heat the olive oil in a pan and add the chicken. Cook for about 2–3 minutes before adding the onions and bell peppers and stirring well. Stir-fry until the chicken is cooked through and the onions and peppers have softened. While this is cooking prepare the guacamole and salsa.

For the guacamole, simply mash the avocados in a bowl with the salt and stir in the lime juice.

For the salsa simply mix the tomatoes, spring onions, fresh coriander and olive oil together in a bowl.

Once the chicken is cooked serve the pieces in a lettuce wrap with a spoonful of guacamole and salsa.

MEDITERRANEAN TUNA RICE SUPPER

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2-4

INGREDIENTS

390g carton chopped tomatoes

½ tsp. smoked paprika

1 tsp. garlic powder

1 tsp. onion powder

1 courgette, finely chopped

250g sachet quick cook rice or quinoa

2 x 110g tin tuna, drained weight

140g sweetcorn, drained weight

Handful of olives

Two handfuls spinach

Juice of 1 lemon

Salt and pepper to taste

To serve

Fresh rocket

METHOD

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

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

Add the lemon juice and season to taste.



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.



MUSTARD CRUSTED SALMON AND PAN-FRIED VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4



INGREDIENTS

4 salmon fillets

4 tbsp. wholegrain mustard

Juice of 1 lemon

1 tbsp. olive oil

2 cloves garlic, chopped

1 onion, peeled and chopped

2 courgettes, chopped

1 red pepper, sliced

1 large head of broccoli, chopped into florets

Large handful of cherry tomatoes

Salt and pepper to taste

METHOD

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

Place the salmon on a baking sheet, squeeze over the lemon juice and spread a spoonful of wholegrain mustard on top of each salmon fillet.

Place in the oven to bake for around 20 minutes.

When the salmon is halfway through cooking, start to pan-fry the vegetables.

Warm the olive oil in a pan and sauté the onions and garlic for 2–4 minutes until the onion softens.

Add the courgettes, peppers, broccoli and tomatoes and stir-fry for 4–5 minutes.

Season with salt and pepper and serve with salmon once cooked.

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

INGREDIENTS

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

METHOD

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

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

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

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

NUTTY TOFU STIR FRY



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

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

PAELLA PRONTO

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3-4

INGREDIENTS

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

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

To Serve

1 handful fresh parsley

METHOD

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

Cook until the onions are soft.

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

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

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

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

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

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



Serving suggestion...
 Serve with salad

QUICK SEAFOOD STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 13–16 minutes

SERVES: 4

INGREDIENTS

1 tbsp. coconut oil	1 heaped tsp. smoked paprika
1 red pepper, deseeded and sliced	½ tsp. chilli powder
1 handful French beans, halved	200g raw scallops
10 cherry tomatoes, halved	300g raw squid rings
2 cloves garlic, peeled and finely chopped	2 large courgettes, julienned
	Salt and pepper

METHOD

Heat the coconut oil in a large frying pan over a medium heat.

Add the red pepper, French beans, tomatoes and garlic and stir-fry.

Stir in the paprika and chilli powder and cook for a further 6–8 minutes.

Add the scallops and squid rings and coat in the spices.

Cook for a further 4–5 minutes, stirring occasionally.

Finally, add the julienned courgette, combine all the ingredients and cook for around 3 minutes or until cooked to your liking.

Season with salt and pepper and serve.



Serving suggestion...
Serve with steamed squash and broccoli

RAINBOW STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 2



INGREDIENTS

Chunk of ginger, peeled and chopped
 2 cloves garlic, peeled and chopped
 ½ red onion sliced
 2 spring onions, chopped
 1 yellow pepper, deseeded and sliced
 Handful bean sprouts

1 head broccoli, chopped into small florets
 1 bok choy, sliced
 1 courgette, sliced
 2 large carrots, julienned
 Generous sprinkle tamari sauce
 400g raw king prawns
 Sesame or olive oil for cooking

METHOD

Heat the oil in a non stick frying pan and add the garlic, ginger, spring onion, red onion, peppers and bean sprouts and stir-fry for 2–3 minutes.

Add the broccoli, bok choy, courgettes and carrots and sprinkle with a generous dose of tamari.

Cook until the vegetables begin to soften (but still have some crunch).

Finally add the prawns and cook through for 3–4 minutes until pink.

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.



PREPARATION TIME: 5 minutes

COOKING TIME: 5-8 minutes

SERVES: 2

INGREDIENTS

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

METHOD

Warm the olive oil in a frying pan.

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

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

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

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

Heat until the fish is cooked through.

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

SEA BASS SUPPER



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

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.

SUNDRIED TOMATO PRAWN COURGETTI

PREPARATION TIME: 12 minutes

COOKING TIME: 8 minutes

SERVES: 2

INGREDIENTS

3 tbsp. sundried tomatoes in olive oil	1 tbsp. olive oil
3 tbsp. tomato purée	300g raw prawns
2 tbsp. olive oil	3 courgettes, julienned
Juice ½ a lemon	Small handful of feta (optional)
Handful fresh basil	Salt and pepper
4 garlic cloves, peeled	

METHOD

Add the sundried tomatoes, tomato purée, olive oil, lemon juice, basil and garlic to a food processor and blend into a paste.

Heat the olive oil in a large frying pan on a low heat and add the sundried tomato paste, stir fry for a minute and then add the prawns, toss in the sauce and cook until pink.

Add the courgettes and toss in the sauce.

Cook for 2–3 minutes until the courgette start to soften.

Top with some feta, fresh basil and serve.



Serving suggestion...
Serve with rocket and steamed squash

SUPER FAST ITALIAN SUPPER

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 2



INGREDIENTS

- 600–700g fresh tomato soup
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp chili powder
- 1 courgette
- 1 carrot
- 100g spinach or chopped kale
- 250g cooked prawns (substitute any cooked meat, poached eggs or fish)
- 1 avocado, sliced

To serve

- Fresh basil leaves, torn
- Salt and freshly ground black pepper to taste
- Parmesan shavings (optional)

METHOD

Place the tomato soup in a saucepan and add the onion and garlic powder, warm through. Julienne the courgette and carrot into the soup and using scissors chop into smaller pieces, this allows the vegetables to cook quicker.

Allow to cook through for 5–6 minutes.

Stir in the spinach (or kale), cooked prawns and allow the spinach to wilt down for 1–2 minutes.

Place in a serving bowl and top with the sliced avocado.

Add extra seasoning, parmesan shavings and fresh basil if desired and serve.

THAI STEAK SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5

INGREDIENTS

2 x 200g rump steaks

To make the Dressing

Zest and juice of 3 limes

2 tbsp tamari

Freshly ground black pepper

1 dice-sized piece of ginger, peeled
and grated

1 green or red chilli

1 tsp. xylitol or honey

1 handful fresh coriander, finely chopped

1 tbsp olive oil

For the Salad

200g cherry tomatoes, quartered

½ cucumber, sliced

200g radishes, sliced

1 red onion, sliced

1 handful fresh mint, roughly broken

1 handful fresh basil, roughly broken

METHOD

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

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

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

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

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



Serving suggestion...
Serve with beetroot ratatouille



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LOW CARB SIDE DISHES

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BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp curry powder

2 tsp garlic powder

½ tsp cinnamon

3 tbsp olive oil

METHOD

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

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

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

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

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



CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

INGREDIENTS

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

METHOD

Steam or boil the cauliflower and carrots until soft.

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

Mash until the mixture has a smooth consistency.

Season to taste and serve.



CAULIFLOWER STIR-FRY RICE

PREPARATION TIME: 4 minutes

COOKING TIME: 10 minutes

SERVES: 6

INGREDIENTS

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

METHOD

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

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

Season to taste and serve.



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

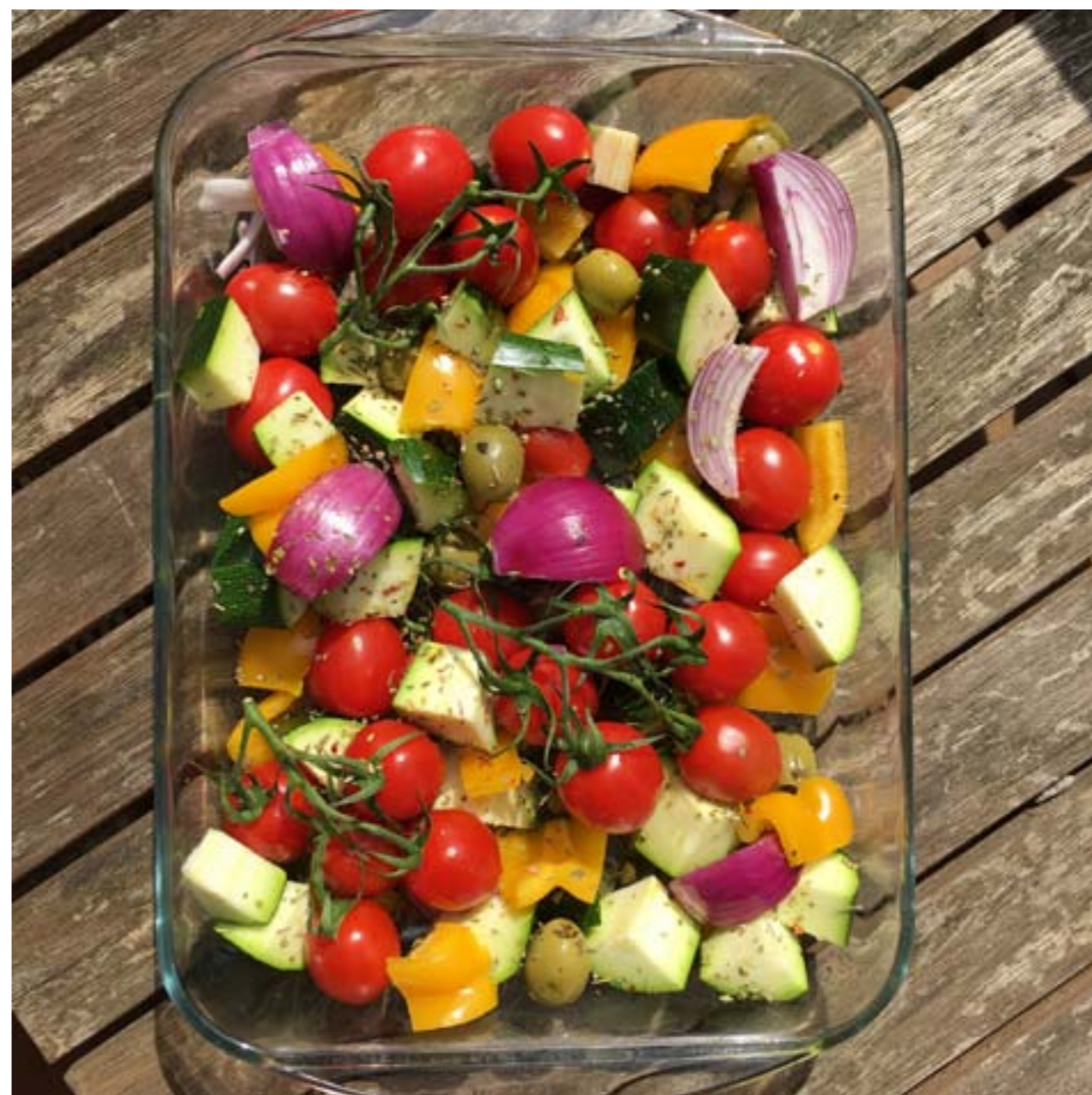
- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

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.



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
.....

BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

The Dressing

2 cloves garlic, peeled and finely chopped
or ½–1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

METHOD

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

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

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

Toss all the ingredients together and serve.



BUBBLE AND SQUEAK

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 2–4

INGREDIENTS

1 tbsp. olive oil

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

METHOD

Mash the vegetables together.

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

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





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.



INDIAN STYLE SWEET POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 5



INGREDIENTS

3 medium sweet potatoes, peeled and sliced into 1cm thick slices
2 tbsp. olive oil
1 red onion, peeled and sliced
200g cherry tomatoes, halved
1 green or red chilli, de-seeded and finely chopped
2 tsp. garam masala
Generous pinch of salt
2 large handfuls fresh coriander

METHOD

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

Drizzle the oil in a baking tray and add all the ingredients, coating the vegetables well in the oil and spices.

Place in the oven to cook for 25–30 minutes or until the potatoes are soft. Stir occasionally.

Serve topped with extra fresh coriander.

KALE AND SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 2



INGREDIENTS

2 sweet potatoes, peeled and chopped
Bunch of kale, chopped
Salt and pepper
1 tbsp. olive oil (optional)

METHOD

Place the chopped potato in a steamer or pan of simmering water and allow to cook for 10 minutes until soft.

Add the kale to cook for the remaining 3–4 minutes.

Once the potato and kale are cooked, drain and place the sweet potato in a large bowl.

Mash the potato with a fork or vegetable masher.

Mix in the chopped kale.

Season to taste, add a little olive oil if desired and serve.

PARSNIP MASH WITH ROASTED VEGGIES

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 4

INGREDIENTS

1 red onion, chopped
 1 courgette, chopped
 1 yellow pepper, chopped
 1 large leek, chopped
 300g cherry tomatoes, halved
 2 garlic cloves, finely chopped
 2 tsp. mixed herbs
 1 tbsp. olive oil
 Salt and pepper to taste

For the Mash

4 parsnips
 1 tbsp. olive oil
 Salt and pepper to taste

METHOD

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

Place the chopped vegetables on a baking tray and sprinkle with garlic, mixed herbs, salt and pepper and toss in a little olive oil.

Slice and steam or boil the parsnips for 10–15 minutes until tender.

Drain the parsnips, add the olive oil, season with salt and pepper, and mash until smooth.

Once the roasted vegetables are cooked, remove from the oven and serve on top of the mash.



SMOKEY WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 30–40 minutes

SERVES: 2

INGREDIENTS

2 sweet potatoes, cut into wedges

Olive oil

1 tsp. smoked paprika

Salt and pepper

METHOD

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

Place the sweet potato wedges on a baking tray and sprinkle with smoked paprika, salt and pepper and toss in a little olive oil.

Place in the oven and cook for 30–40 minutes.

Once the sweet potato wedges are cooked, remove from the oven 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.



PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 2-4

INGREDIENTS

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

METHOD

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

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

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

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

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

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

Leave to simmer for about 10 minutes, stirring occasionally.

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

SWEET PATATAS BRAVAS



SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 5

INGREDIENTS

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

METHOD

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

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

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

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



TASTY TURMERIC RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 4 (as a side dish)



INGREDIENTS

2 medium carrots, sliced

Water

250g quick cook basmati rice (microwave sachet)

½ tsp sea salt

1 tsp grated turmeric root or

½ tsp turmeric powder

2 tsp cumin seeds

30g sultanas

30g roasted pistachios (any toasted nuts can be substituted)

Handful fresh mint leaves, chopped

1 tbsp honey (optional)

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.



.....
DESSERTS
.....



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

CHOCOLATE PROTEIN LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 8

INGREDIENTS

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

METHOD

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

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

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

Pour the batter into the lined tin.

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

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



CRUMBLE FOR ONE

PREPARATION TIME: 8 minutes

COOKING TIME: 25–30 minutes

SERVES: 1

INGREDIENTS

- 100g berries (enough to fill a ramekin dish almost full)
- 2 tbsp. ground almonds
- 1 heaped tsp. butter (ghee or coconut oil can be substituted)
- 3 walnuts, roughly chopped
- 2–4 drops of stevia or 1 tsp. honey

METHOD

Place berries into the ramekin and press slightly to ensure you have enough room for a topping. In a small bowl rub together the butter and ground almonds with your fingertips until they resemble breadcrumbs.

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

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

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

Allow to cool slightly and enjoy.





INGREDIENTS

200g 85% dark chocolate
 50g ground almonds
 1tsp almond extract
 1 tsp vanilla extra
 4 oatcakes, crushed into large chunks
 50g dried cherries (or any dried fruit)
 1 tbsp flaked almonds (optional)

DARK CHOCOLATE BAKEWELL BITES

METHOD

Prepare chocolate moulds on a tray.

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

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

Pour a little chocolate into the moulds.

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

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

PREPARATION TIME: 10 minutes

MELT TIME: 10 minutes

SET TIME: 60 minutes

MAKES: 12-15

DARK CHOCOLATE GINGER BITES

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4



INGREDIENTS

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

METHOD

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

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

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

Drain the ginger and add to the chocolate mixture.

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

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

EASY CHEESECAKE MASH UP

PREPARATION TIME: 5 minutes

SERVES: 1



INGREDIENTS

170g Low fat Greek yogurt

Few drops vanilla extract

100g berries (or any fruit)

Zest and juice of 1 lemon

2 oatcakes, crushed into chunky pieces

METHOD

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

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

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

FITTER MINT CHOC CHIP ICE CREAM

PREPARATION TIME: 5 minutes

SERVES: 1-2

INGREDIENTS

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

METHOD

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

Stir in the dark chocolate chunks or cacao nibs.

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





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

FRUITY SCONE BITES

INGREDIENTS

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

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

To Serve

Tsp of butter or nut butter

METHOD

Line a baking tray with greaseproof paper and set aside.

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

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

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

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

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

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

SALTED CARAMEL BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SET TIME: 60 minutes

MAKES: 24



INGREDIENTS

300g medjool dates

350g raw peanuts

2 tsp vanilla extract

1 tsp cinnamon

½ tsp. sea salt

METHOD

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

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

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

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

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

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

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



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