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Health&Fitness

HIGH PERFORMANCE RECIPE BOOK



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HIGH PERFORMANCE RECIPE BOOK

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Health&Fitness

This recipe book is full of healthy, delicious and tasty recipes which will help you achieve your body composition and performance goals.

Quick & easy meals full of high nutrient values, to help you get the best out of your body.

Give them a try and let us know how you found them @ elysiumhealthandfitness

Steven Chaney
Director Elysium Health & Fitness



DISCLAIMER

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BREAKFASTS





Mackerels can reach 12 to 22 inches in length and 4 to 10 pounds in weight.



SMOKED MACKEREL AND SPINACH EGGS

SERVES 4 | TOTAL TIME: 30 MINUTES

INGREDIENTS

200g **spinach**
3 tbsp **crème fraîche**
3 tbsp snipped **fresh chives**
1 tbsp grated **horseradish** from a jar
200g **smoked mackerel, skin removed**
8 medium **free-range eggs**
Lemon wedges to serve

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Meanwhile wilt the spinach in a colander by pouring over boiling water. When cool enough, squeeze out the excess liquid and divide among 4 individual pie dishes.

Next mix the crème fraîche with the chives and horseradish and season. Flake the mackerel among the dishes, then divide the mixture into the dishes.

Crack 2 eggs into each dish. Season with a little salt and lots of pepper.

Cover each dish with foil, then bake in the oven for 13-15 minutes until the whites of the eggs are set.

Let stand for 2 minutes, then serve with lemon wedges.

391
CALORIES

27
PROTEIN

1
CARBS

31
FATS

2
FIBRE

20 tonnes of strawberries and around 7,000 litres of cream are consumed at Wimbledon every year.



STRAWBERRIES AND CREAM OATMEAL

SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

160g **rolled oats**
400g **strawberries**
2 tbsp **chia seeds**
1 **medium banana**
1 tsp **vanilla extract**
1L **almond milk, unsweetened**
2 tbsp **maple syrup**

INSTRUCTIONS

Mash the banana and finely dice the strawberries. Add them to a medium saucepan along with the rest of the ingredients.

Keep over a medium-high heat and bring to a boil.

Reduce the heat to medium and allow to cook until thick and creamy, stirring often.

Serve hot.

299 CALORIES

8 PROTEIN

51 CARBS

7 FATS

10 FIBRE

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Rhubarb was used as a medicine/healing ointment in earlier centuries.



RHUBARB BREAKFAST POTS

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

400g **rhubarb**, cut into 4cm pieces
3 tbsp **honey**
½ **lemon, juiced**
50g **jumbo oats**
25g **hazelnuts**, roughly chopped
25g **coconut chips**
400g fat-free **Greek yoghurt**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile mix the rhubarb, 2 tbsp of the honey and the lemon juice in a baking dish in a single layer and cover tightly with foil. Roast for 15-20 minutes until the rhubarb is very soft and allow to cool completely.

While it's cooling, put the oats and hazelnuts in a roasting tray, mix the remaining 1 tbsp of honey with 1 tbsp of water, add to the nuts and toss to coat well. Cook for 15-20 minutes until lightly browned. Add the coconut chips and roast for a further 5 minutes.

In 4 small jars or glasses, layer the rhubarb and yoghurt, then top with the oats, nuts and coconut.

Serve immediately.

237	CALORIES
14	PROTEIN
25	CARBS
9	FATS
4	FIBRE



MEXICAN CORN MUFFINS

SERVES 12 | TOTAL TIME: 45 MINUTES

INGREDIENTS

Spray oil
2 **eggs**
150ml **soured cream**
125ml **skimmed milk**
2 **spring onions**, finely chopped
6 red **jalapeños** from a jar, chopped, plus a few extra to garnish
1 **lime**, zested
195g **tinned sweetcorn**, drained and rinsed
100g **instant polenta**
200g **plain flour**
½ tsp **baking powder**
½ tsp **sea salt**
50g **mature cheddar**, grated.
FOR THE LIME YOGURT
150g **natural yogurt**
1 **lime**, zested and juiced

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5 and then lightly oil a 12 hole muffin tin.

Whisk the eggs, soured cream and milk in a bowl, then add the spring onions, chopped jalapeños, lime zest and sweetcorn, and mix. Next add the polenta, flour, baking powder, salt and ¾ of the cheddar, and fold gently to combine.

Divide the mixture between the 12 muffin cups and top with a little more cheddar and a few more chopped jalapeños.

Bake for 12-15 minutes or until risen, lightly golden and cooked through.

While the muffins cook, pour the yogurt into a serving bowl and stir in the lime juice and zest.

Cool the muffins in the tin for 5 minutes before moving to a rack.

Serve with the lime yogurt on the side for dipping.

133 CALORIES

5 PROTEIN

17 CARBS

5 FATS

1 FIBRE

Italian ricotta is made of whey, which makes it naturally low fat.



SPINACH CHEESE BREAKFAST POCKETS

SERVES 8 | TOTAL TIME: 40 MINUTES

INGREDIENTS

2 large **eggs**
100g **ricotta cheese**
225g **baby spinach**, roughly chopped
225g **basil**, chopped
9 **sun-dried tomatoes**, finely chopped
¼ tsp **red pepper flakes**
Salt
2 refrigerated rolled **pie crusts** (from a 400g box)
Sesame seeds, for sprinkling

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and line a large rimmed baking sheet with parchment or greaseproof paper.

Then in small bowl, whisk together 1 egg and 1 tbsp water then set aside.

In medium bowl, combine the ricotta, spinach, basil, tomatoes, red pepper, remaining egg and ¼ tsp salt.

Unroll the pie crusts and cut each into 4 equal wedges. Divide the ricotta mixture between wedges (about 3 tbsp for each), placing on 1 side. Fold the dough over the filling and press the edges with a fork to seal.

Transfer to the prepared baking sheet, then brush the tops with the egg mixture and sprinkle with sesame seeds.

Bake until golden brown and then serve hot.

306 CALORIES

8 PROTEIN

28 CARBS

18 FATS

1 FIBRE

SIDES & SMALL PLATES





Capsaicin is the substance that gives jalapeño peppers their heat.



JALAPEÑO POPPERS

SERVES 12 | TOTAL TIME: 25 MINUTES

INGREDIENTS

6 medium **jalapeños**, sliced lengthwise and seeded
30g **cheddar cheese**, shredded
100g **cream cheese**, softened
40g **spring onions**, chopped
2 cloves **garlic**, crushed or minced
1 tbsp **fresh coriander**, minced
55g cooked **bacon bits**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and lining a baking sheet with parchment paper or foil.

Then in a small bowl, mash together the cream cheese, cheddar, onions, coriander and garlic. It helps to have the cream cheese at room temperature for this stage.

Pack the jalapeño halves with the mixture and place onto the lined baking sheet. Top each jalapeño with about 1 tsp of bacon bits, pressing lightly into the filling.

Bake for about 15 minutes, or until the peppers are soft and the bacon on top is crispy.

Serve piping hot.

48 CALORIES

2 PROTEIN

1 CARBS

4 FATS

1 FIBRE

The term ‘polenta’ originates from the Latin word meaning ‘peeled barley’.



PARMESAN POLENTA BITES

SERVES 28 | TOTAL TIME: 100 MINUTES

INGREDIENTS

400ml **vegetable stock**
150g quick cook **polenta** plus extra for dusting
½ tsp **dried thyme**
40g **Parmesan cheese**, finely grated
Salt and pepper
Olive oil
FOR THE CANAPÉS
Parmesan cheese shavings
14 **red grapes**
Small handful of **rocket**
Balsamic vinegar, to serve

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile make the polenta. It helps if you have all the ingredients prepared and weighed out before you start and grease and line a 1kg bread tin.

Bring 400ml stock to boil, then pour in the polenta and stir until the polenta thickens, then add the thyme, grated parmesan, and season the mixture with salt and pepper to taste.

Pour the polenta into the loaf tin so that is around 1½cm deep. Allow to cool for 5 minutes or so before chilling in the fridge for around an hour until firm.

Remove the polenta from the tin and cut into 28 even sized cubes. Arrange the cubes on a lined baking sheet, then brush with olive oil. Shake over 2 more tbsp of polenta and turn the cubes to coat evenly.

Bake in the oven for around 30 minutes until firm, crispy and darkened all over.

Allow to cool for 5 minutes, then with a cocktail stick, secure a shaving of parmesan and a rocket leaf or two to the top of each polenta cube, then slide a red grape onto the stick.

Arrange on a serving dish, and serve with balsamic vinegar on the side for dipping

26	CALORIES
1	PROTEIN
2	CARBS
2	FATS
2	FIBRE

Paprika is made by grinding the pods of the pepper plant capsicum annuum.



RAINBOW VEGGIE KEBABS

SERVES 10 | TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tsp **ground cumin**
½ tsp ground **coriander**
½ tsp **smoked paprika**
6 tbsp **extra-virgin olive oil**
1kg small **green and yellow summer squash**, cut into 2½cm chunks
500g **grape tomatoes**
340g small **broccoli florets**
230g **button mushrooms**, halved if large
1 **lime**

INSTRUCTIONS

Heat your grill to medium, then in a small bowl, combine the cumin, coriander, paprika, and 1 tsp salt then set aside.

In a large bowl, toss the squash and tomatoes with 2 tbsp of the oil. In a separate bowl, toss the broccoli with 1 tbsp of oil. Then in a third bowl, toss the mushrooms with a further 1 tbsp oil.

Thread the vegetables onto skewers and grill broccoli and mushroom skewers for 6 to 10 minutes, turning over once. Grill the squash and tomatoes skewers for 6 to 8 minutes also turning once.

Transfer the grilled skewers to a large platter and squeeze over lime juice.

Drizzle with the remaining 2 tbsp of oil, then sprinkle all over with half of the spice mixture.

Cover the platter tightly with foil and allow to stand, covered for at least 5 minutes before serving.

Sprinkle with additional spice mixture, if desired and serve.

125	CALORIES
3	PROTEIN
8	CARBS
9	FATS
3	FIBRE

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ASIAN SESAME COURGETTE NOODLES

SERVES 4 | TOTAL TIME: 15 MINUTES

INGREDIENTS

10g **fresh coriander**, finely chopped
3 tbsp **seasoned rice vinegar**
1 tbsp **toasted sesame oil**
2 cloves **garlic**, crushed
2 tsp **crushed red pepper**
2 tsp **sugar**
3 medium **courgette**, spiralised

INSTRUCTIONS

In a large bowl, mix the coriander, vinegar, oil, garlic, red pepper, sugar, and ½ tsp salt.

Add the courgette toss until well combined.

Divide amongst 4 bowls and serve immediately.

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92 CALORIES

2 PROTEIN

12 CARBS

4 FATS

2 FIBRE

The Maldives have a coconut palm on the country's national coat of arms.



COCONUT COUSCOUS

SERVES 5 | TOTAL TIME: 10 MINUTES

INGREDIENTS

240ml light **coconut milk**
120ml **water**
¼ tsp **salt**
200g uncooked **plain couscous**
1 **spring onion**, white and green parts chopped

INSTRUCTIONS

Pour the coconut milk, water, and salt into a medium-sized saucepan and bring to a boil.

Pour the couscous into the mixture, remove from the heat, cover with a lid, and set aside for 5 minutes.

Add the chopped onion to the couscous and then fluff it up with a fork and serve.

This works well as a side dish or with vegetables, meat or fish for a main dish.

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236	CALORIES
5	PROTEIN
27	CARBS
12	FATS
3	FIBRE

We think of carrots as orange, but they can also be white, yellow, red, and purple.



BAKED CARROT CHIPS

SERVES 8 | TOTAL TIME: 40 MINUTES

INGREDIENTS

1kg **carrots** (the fattest **carrots** you can find)
60ml **olive oil**, or melted **coconut oil**
1 tbsp **sea salt**
1 tsp **ground cumin**
1 tsp **ground cinnamon**

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and line several large baking sheets with parchment paper and set aside.

Trim the carrot tops off, then starting on the thick end, slice the carrots paper-thin lengthwise.

Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon. Toss well to thoroughly coat, then lay the slices in a single layer on the baking sheets.

Bake for 12-15 minutes, until the edges start to curl up and crisp. Turn over then bake another 5-8 minutes to crisp the underside.

Once cool, these will store in an airtight container for up to 2 weeks.

111
CALORIES

1
PROTEIN

11
CARBS

7
FATS

3
FIBRE

MAIN COURSES





The Victorians used beetroot to dye their hair.



BALSAMIC BEEF WITH BEETROOT & ROCKET

SERVES 2 | TOTAL TIME: 40 MINUTES

INGREDIENTS

240g **beef sirloin**, fat trimmed
1 tbsp **balsamic vinegar**
2 tsp **thyme leaves**
2 **garlic cloves**, 1 finely grated, 1 sliced
2 tsp **rapeseed oil**
2 **red onions**, halved and sliced
175g **fine beans**, trimmed
2 cooked **beetroot**, halved and cut into wedges
6 pitted **Kalamata olives**, quartered
2 handfuls **rocket**

INSTRUCTIONS

Pound the steak with a rolling pin until it is about ½cm thick, then cut in half and set aside.

Next, mix the vinegar, thyme, grated garlic, half the oil and a couple of twists of black pepper in a bowl.

Place the steaks in the bowl, cover and set aside to marinate.

Fry the onions and sliced garlic in the remaining oil in a large non-stick frying pan. Cook for 8-10 minutes, stirring frequently, until soft and starting to brown.

While the onions and garlic are cooking, steam, or boil the green beans until they are just tender.

Move the onions to one side of the pan. Remove the steaks from the bowl, shake off any excess marinade, and sear them on both sides in the pan for 2½-3 mins, until cooked but still pink inside.

Pile the beans high onto plates, slice the steaks and place on top. Add the wedges of beetroot, olives and remaining marinade to the pan and cook briefly to warm through, then spoon over and around the steaks.

Add the rocket and serve.

265 CALORIES

27 PROTEIN

19 CARBS

9 FATS

9 FIBRE



TURKEY CURRY

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tbsp **olive oil**
1 medium **onion** sliced
1 **red pepper** sliced
1 **green pepper** sliced
1 tsp **chilli flakes**
3 cloves **garlic** crushed or grated
3cm **ginger**, grated
3 tsp **garam masala**
2 tsp **turmeric** (optional)
500g **cooked turkey**, shredded or cubed
350ml **passata**
200ml **coconut milk**
Salt and pepper to taste

INSTRUCTIONS

Cook the onions and peppers in the oil over a gentle heat in a large pan with the lid on for about 5 minutes, or until softened but not browned.

Add the chilli, garlic, ginger, garam masala and turmeric and fry gently for 2 more minutes. If the mixture gets dry add a splash of boiling water.

Next stir in the turkey, passata, coconut milk, salt and pepper and bring to a boil. Reduce the heat to low and simmer for a further 10 minutes until the sauce has thickened slightly and the turkey is hot through.

Serve with rice, naans and your favourite accompaniments.

305	CALORIES
30	PROTEIN
17	CARBS
13	FATS
4	FIBRE

The bamboo plant is a member of the grass family.



THAI PRAWN AND PINEAPPLE STIR FRY

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

2 tsp **sunflower oil**
Bunch **spring onions**, greens and whites separated and sliced
1 **green pepper**, deseeded and chopped into small chunks
140g **pineapple**, chopped into bite-sized chunks
3 tbsp **Thai green curry paste**
4 tsp **light soy sauce**, plus extra to serve
300g cooked **basmati rice**
2 large **eggs**, beaten
140g **frozen peas**
225g **tinned bamboo shoots**, drained
250g **frozen prawns**, cooked or raw
2-3 **limes**, 1 juiced, the rest cut into wedges to serve
Handful **coriander leaves** (optional)

INSTRUCTIONS

Fry the spring onion whites in a wok for 2 mins until softened. Stir in the pepper and cook for another 1 minute, and then the pineapple and cook for 1 minute more. Finally stir in the green curry paste and soy sauce.

Next, add the cooked rice and stir fry until piping hot. Push the rice to one side and scramble the eggs on the other side.

Stir the peas, bamboo shoots and prawns into the rice and eggs, then heat through for 2 minutes until the prawns are hot and the peas tender.

Finally, stir in the spring onion greens, lime juice and coriander, if using.

Spoon into bowls and serve with extra lime wedges and soy sauce.

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302	CALORIES
21	PROTEIN
32	CARBS
10	FATS
6	FIBRE

English muffins are typically grilled not baked.



ENGLISH MUFFIN PIZZA

SERVES 1 | TOTAL TIME: 3 MINUTES

INGREDIENTS

1 **wholegrain English muffin**
2 tbsp **reduced fat cheddar cheese**, shredded
1½ tbsp **fat free cottage cheese**
1½ tbsp **sugar** free pasta **sauce**

INSTRUCTIONS

Split then lightly toast the English muffin and spoon 1 tbsp cheddar on each half. Then spoon ¾ tbsp cottage cheese on each half.

Top with ¾ tbsp of pasta sauce.

Cook under a hot grill until the cheese bubbles and serve immediately.

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133 CALORIES

7 PROTEIN

24 CARBS

1 FATS

8 FIBRE



TURKISH MEATLOAF

SERVES 6 | TOTAL TIME: 1 HOUR 30 MINUTES

INGREDIENTS

Rapeseed oil
1 **onion**, finely chopped
1 large **aubergine**, cut into slices lengthways then finely diced
250g pouch cooked **brown rice**
3 tbsp **tomato purée**
1 tsp **vegetable bouillon powder**
½ pack **dill**, chopped, plus extra to serve
2 tsp **ground cinnamon**
2 tsp **allspice**
250g **lamb mince**
2 large **eggs**
227g **tinned chopped tomatoes**
FOR THE SALAD
1 pack of three **peppers**, deseeded and roughly chopped
500g **courgette**, halved, then sliced
2 large **red onions**, sliced
1 tbsp **rapeseed oil**
1 tbsp **cider vinegar**
1 **garlic clove**, finely grated
Handful **chopped mint**

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INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a 900g loaf tin with lightly oiled baking parchment.

Put the onion and aubergine in a large bowl along with the rice, tomato purée, bouillon, dill, spices and lamb. Mix with your hands, add the egg and mix again.

Tip the tomatoes into the loaf tin then pack the lamb mixture on top, pressing down to compact it.

Cover the tin with foil and bake in the oven for 1 hour and 40 minutes, removing the foil for the last 15 minutes.

When the meatloaf has been in the oven for an hour, tip the peppers, courgettes and red onion into a roasting tin and toss with the oil. Roast in the oven along with the meatloaf for 40 mins until the vegetables are tender and a little charred.

Remove both from the oven and let the loaf rest for 5 minutes, then tip out onto a serving plate.

Remove the baking parchment and scatter with dill.

Toss the roasted veg in the vinegar, garlic and mint and serve them with the warm meat loaf.

274	CALORIES
19	PROTEIN
27	CARBS
10	FATS
9	FIBRE



CHICKEN AND VEGETABLE TRAYBAKE

SERVES 2 | TOTAL TIME: 45 MINUTES

INGREDIENTS

100g **celeriac**, cut into 1cm chunks
1 **red onion**, chopped into wedges
2 tsp **olive oil**
2 boneless, skinless free-range **chicken thighs**, cut in half
Finely grated zest and juice 1 **lemon**
1 **red pepper**, sliced
8 **tenderstem broccoli stalks**, halved lengthways
2 tbsp chopped **fresh mint** and **flatleaf parsley** to serve

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile toss the carrot, celeriac and onion with ½ tsp of the oil in a roasting tin and season with salt and pepper.

Next in a bowl, toss the chicken with another ½ tsp oil and the lemon zest, then arrange on top of the vegetables along with the red pepper slices, then roast in the oven for 25 minutes.

Add the broccoli to the roasting tin, toss until well combined and then allow to roast for another 10 minutes until the chicken is cooked through and the vegetables are tender.

Taste and adjust the seasoning, before also adding lemon juice to taste.

Scatter over the freshly chopped herbs, a drizzle of the remaining 1 oil and serve.

222
CALORIES

26
PROTEIN

16
CARBS

6
FATS

9
FIBRE

Miso is rich in amino acids and also contains a lot of proteins.



MISO BAKED COD

SERVES 2 | TOTAL TIME: 25 MINUTES

INGREDIENTS

2 tbsp **shiro miso**
1 tbsp **mirin** (sweet Japanese cooking wine)
1 tbsp **light soy sauce**
½ tsp **toasted sesame oil**
30g **fresh ginger**, grated
2 150g **cod fillets**
2 **spring onions**, finely sliced, plus extra to garnish
Handful **fresh coriander**, plus extra to garnish

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6, then mix the miso, mirin, soy sauce, sesame oil and ginger in a small bowl.

Lay each fillet of cod on a piece of foil large enough to wrap it, then spoon half the miso mix on top of each. Add the spring onions and coriander, then tightly seal to make parcels.

Place the 2 parcels in a baking dish, transfer to the oven and bake for 8-10 minutes. Meanwhile divide the rice and pak choi between 2 plates, then remove the parcels and lift out the contents.

Serve the fish on top of the rice, with extra coriander and spring onions on the side. Add lime wedges for squeezing over.

171	CALORIES
29	PROTEIN
7	CARBS
3	FATS
1	FIBRE

Satay originated on the Indonesian island of Java.



CHICKEN SATAY

SERVES 6 | TOTAL TIME: 1 HOUR

INGREDIENTS

Sunflower or peanut oil
2 **onions**, sliced
4 **garlic cloves**, sliced
Fat piece **fresh ginger**, grated
1 **red chilli**, sliced
100g **crunchy peanut butter**
100g **natural yoghurt**
2 tbsp **soy sauce**
4 free-range **chicken breasts**, chopped into bite-size pieces
Lime wedges for squeezing

INSTRUCTIONS

Season the onions with salt, then fry in the oil for 5-6 minutes over a medium-high heat stirring, until starting to soften and catching a little.

Reduce the heat and add the garlic, ginger and chilli. Fry for a further 3 or 4 minutes, then set aside on a plate to cool.

Once cooled add the mixture to a food processor with the peanut butter, natural yogurt and soy sauce, then blend to form a coarse paste. Put in a large mixing bowl, then coat the chicken in and coat thoroughly. Leave to marinate for at least 30 minutes.

Pre heat your grill to high.

Thread the marinated chicken onto skewers and put on a foil-lined baking tray. Grill for 8-10 minutes, without turning, until the chicken is cooked through and any marinade is golden brown.

Scatter with peanuts, coriander and spring onions and serve with lime wedges and steamed basmati rice.

281
CALORIES

35
PROTEIN

7
CARBS

13
FATS

3
FIBRE



ONE PAN ROAST FISH

SERVES 4 | TOTAL TIME: 50 MINUTES

INGREDIENTS

450g **waxy potatoes**
Olive oil
2 **red onions**, cut into wedges
2 **garlic cloves**, sliced
4 **tomatoes**, sliced
1 tbsp chopped **fresh flatleaf parsley**,
Leaves of 2 **fresh tarragon sprigs**
4 **skinless white fish fillets**, such as haddock or pollack
Juice of 1 **lemon**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile peel and slice the potatoes and layer into a roasting tin. Drizzle with olive oil, add a few dots of butter, season with salt and pepper then roast for 25 minutes.

Meanwhile, heat 1 tbsp olive oil in a pan over a low heat and fry the onions for 5 minutes. Add the garlic and cook for 2 minutes more.

Pour the onions and garlic over the potatoes, then top with tomatoes, parsley, tarragon sprigs and the fish fillets.

Drizzle with olive oil and squeeze over the juice of 1 lemon. Finally, season with salt and pepper, top with lemon slices and bake for 10-12 minutes until the fish is cooked through.

Serve piping hot.

299	CALORIES
32	PROTEIN
27	CARBS
7	FATS
4	FIBRE



SALMON PICCATA

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

680g **skinless salmon fillets**
Sea salt
Pepper
25g **flour**
2 tbsp **unsalted butter**
1 tbsp **olive oil**
4 cloves **garlic**, minced
80ml **dry white wine**
240ml low-sodium **chicken stock**
1 tsp **cornstarch**
3 tbsp **fresh lemon juice**
4 tbsp **capers**, rinsed and drained
2-4 tbsp **parsley**, coarsely chopped to serve
Lemon slices, to serve

INSTRUCTIONS

Season the salmon fillets with salt and pepper on both sides. Add 25g of the flour to a shallow dish; dredge the salmon in the flour to evenly coat and shake off any excess.

Melt 1 tbsp of butter and 1 tbsp oil in a large non-stick pan over medium-high heat.

Sear the salmon for 4 minutes on each side or until cooked to your liking. Transfer to a warm plate cover with foil and set aside.

Melt the remaining 1 tbsp butter in the pan and sauté the garlic until fragrant. Add the wine and bring to a boil while deglazing the bottom of the pan. Cook until the liquid is almost evaporated, stirring occasionally.

Add 80ml of stock to the pan along with the lemon juice, bring to a boil and cook for a further 3 minutes.

Whisk the cornstarch together with the reserved stock. Pour the mixture into the pan, stirring through the liquid to create a sauce. Cook until slightly thickened then remove from heat.

Stir the capers through the sauce then place the salmon fillets back into the pan, gently turning each fillet to evenly coat in the sauce.

Sprinkle with chopped parsley and serve.

360	CALORIES
36	PROTEIN
9	CARBS
20	FATS
3	FIBRE



GARLIC PRAWNS WITH QUINOA

SERVES 4 | TOTAL TIME: 30 MINUTES

INGREDIENTS

4 tsp **extra-virgin Olive oil**
450g raw tail-on **prawns**, peeled and deveined
1 tsp **salt**
½ tsp **chili powder**
50g finely chopped **onion**
3 cloves **garlic**, minced
200g **uncooked quinoa**
¼ tsp **cayenne pepper**
470ml low-sodium **chicken broth**
1 large **lemon**
3 tbsp **fresh parsley**

INSTRUCTIONS

In a large non-stick pan with a tight-fitting lid, heat 2 tsp of the olive oil over medium high. Add the prawns, then sprinkle with ½ tsp salt and ¼ tsp chili powder. Sauté until the shrimp are pink and cooked through, then immediately remove to a plate so they don't overcook.

Heat the remaining olive oil in the same pan, then add the onion. Cook until the onion begins to soften, before adding the garlic., quinoa, cayenne, and remaining ½ tsp salt and ¼ tsp chili powder.

Stir to coat the quinoa with the oil and allow to brown for 2 minutes. Pour in the chicken stock and bring to a boil. Cover and reduce the heat to a simmer for 12 to 15 minutes until the quinoa is tender. Uncover and fluff with a fork.

Zest the lemon directly into the pan, then juice the lemon and add the lemon juice and parsley to the pan as well. Toss to combine, then top with the prawns.

Sprinkle with additional fresh parsley and serve warm.

218	CALORIES
24	PROTEIN
17	CARBS
6	FATS
3	FIBRE

The sloppy Joe goes by many names, including manwich, slush burger, yum yums, barbecue, dynamite, and even sloppy Jane.



SLOPPY JOES

SERVES 4 | TOTAL TIME: 45 MINUTES

INGREDIENTS

453g ground **turkey**, white meat only
1 medium **onion**, chopped
225g **button mushrooms**, quartered
170g tinned **tomato paste**
230ml **water**
3 cloves **garlic**, minced
1 tbsp **chilli powder**
1 tsp **paprika**
1 tsp **ground cumin**
1 tsp **distilled white vinegar**
3 tbsp **brown sugar**
1 tsp **dried oregano**
½ tsp **salt**
½ tsp **ground black pepper**
Buns of choice
Onions, coriander, and cheese for topping

INSTRUCTIONS

Sauté the turkey over a medium-high heat until cooked through.

Add the onion and mushrooms and sauté for a further 5 minutes until tender and translucent.

Next add the tomato paste and water, stirring until the paste has dissolved.

Stir in the garlic, chili powder, paprika, cumin, vinegar, brown sugar, oregano, salt, and pepper and continue to cook for about 15 to 20 minutes, or until mixture has thickened.

Serve on your favourite buns (toasted if you like) with onions and coriander.

For extra flavour, you can melt a slice of cheese over the top!

268	CALORIES
25	PROTEIN
24	CARBS
8	FATS
3	FIBRE

One cup of chopped raw kale provides more than 100% of the recommended daily amount of vitamins A and K.



KALE AND BEETROOT SALAD

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

156ml plus 2 tbsp **cider vinegar**
120ml **water**
1 tbsp **honey**
100g vertically sliced **red onion**
4 medium **golden beets**, trimmed
2 tbsp **olive oil**,
2 170g tins pink or red skinless, boneless **salmon**, drained and flaked
20g sliced **almonds**, toasted
1 tsp **Dijon mustard**
¼ tsp **salt**
¼ tsp **black pepper**
600g **curly kale**, torn and stemmed

INSTRUCTIONS

Bring 156ml vinegar, 120ml water and 2 tsp honey to a boil in a saucepan. Add the onion and allow to boil for 1 minute. Remove from the heat, and allow to stand for 10 minutes, then drain.

Next, pierce the beets a few times with a knife, wrap each beet in a large piece of microwave-safe parchment paper and microwave on high for 7 minutes or until tender.

Rub the skin away with a paper towel, cut each beet in half, then into wedges.

Combine the remaining 2 tbsp vinegar and 1 tsp honey with the oil, mustard, salt, and pepper in a large bowl.

Add beets and kale, tossing to coat.

Divide the kale mixture between 4 plates, top each with 85g of salmon, garnish with the onion and almonds and serve.

367	CALORIES
29	PROTEIN
29	CARBS
15	FATS
6	FIBRE

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About 75% of Mexico‘s sesame crop is purchased by McDonalds.



SESAME BEEF

SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

450g **flank steak**, sliced against the grain into strips
2 tbsp **dark soy sauce**
2 tbsp **low sodium soy sauce**
2 tbsp light **brown sugar**
60ml **water**
1½ tbsp **sesame oil**
3 cloves **garlic**, minced
1 **red pepper**, sliced
1 tsp **cornstarch**
1 tbsp **water**
Spring onions, sliced
Sesame seeds for garnish

INSTRUCTIONS

Combine both soy sauces, brown sugar and water to a medium bowl, then decant half into another bowl and set aside.

Add the steak to the other half and marinade for at least 30 minutes or overnight.

Add the garlic to a large heavy pan and fry in the sesame oil for 1 minute.

Remove steak from marinade and sauté in the same pan for about 1-2 minutes on each side. Next add the red pepper and sauté for a further 1 minute. Pour in the reserved sauce and allow to simmer.

In a small bowl stir together the cornstarch and water.

Slowly add cornstarch mixture to pan, continuously stirring until sauce is thickened.

Serve immediately with green onions and sesame seeds for garnish.

243
CALORIES

26
PROTEIN

10
CARBS

11
FATS

1
FIBRE



PRAWN AND LEEK SPAGHETTI

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

230g uncooked **wholegrain spaghetti**
450g peeled, deveined raw medium **prawns**
½ tsp **black pepper**
¾ tsp **salt**
1½ tbsp **olive oil**
200g **leek**, chopped
3 **garlic cloves**, chopped
300g **frozen peas**, thawed
60ml **double cream**
2 tsp **lemon zest**
2 tbsp **fresh lemon juice**

INSTRUCTIONS

Cook the pasta according to package directions. Drain and reserve 120ml of the cooking water. Return to the pan and cover to keep warm.

While pasta is cooking, pat the prawns dry with paper towels then season with pepper and ¼ tsp of salt.

Heat half of the olive oil in a large non-stick pan over a high heat. Cook the prawns, stirring often, until cooked through. Transfer to a plate and cover to keep warm.

In the same pan reduce heat to medium-high, add the leek, garlic, remaining oil, and remaining ½ tsp of salt. Cook, stirring often, until the leek is slightly tender.

Next add the peas, cream, lemon zest, lemon juice, and reserved pasta cooking liquid.

Reduce to a simmer and continue to cook until sauce thickens, then add the prawns and toss to coat.

Divide the pasta evenly among 4 bowls, top with the prawns and sauce.

Sprinkle with dill and serve immediately.

465	CALORIES
28	PROTEIN
59	CARBS
13	FATS
9	FIBRE

DESSERTS





Napoleon had a lot to do with the invention of the chocolate hazelnut combo.



LOW CARB CHOC HAZELNUT BARS

SERVES 16 | TOTAL TIME: 35 MINUTES

INGREDIENTS

296g **blanched almond flour**
115g **Erythritol** or granular sweetener of choice
75g **coconut oil**
1 tsp **vanilla extract**
125g **sugar-free chocolate hazelnut spread**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and lining a 23 x 23cm baking pan with parchment or greaseproof paper.

Meanwhile stir together the almond flour and sweetener. Melt and add the coconut oil and then the vanilla extract. Stir until well combined.

Press ⅔ to ¾ of the dough into the lined pan (you want to just form enough of a crust to cover the bottom of the pan but keep at least ¼ to ⅓ which will be used for the topping).

Bake for 10-15 minutes until golden at the edges, remove from the oven and allow to become cool and firm to the touch.

Heat the chocolate spread slightly to make it more liquid, and drizzle over the crust. Spread evenly with a spatula or back of a warmed spoon.

Break up the remaining dough into crumbles and sprinkle over the top.

Pop back into the oven for 10-15 minutes, until the crumbles begin to turn golden.

Allow to cool completely in the pan before cutting into 16 bars and serving.

199 CALORIES

4 PROTEIN

3 CARBS

19 FATS

7 FIBRE



APPLE TARTS

SERVES 12 | TOTAL TIME: 55 MINUTES

INGREDIENTS

FOR THE CRUST
300g **all-purpose flour**
1 scoop **oatmeal cookie whey protein powder**
1 tsp **table salt**
1 cup **shortening**
½ cup **water**
FOR THE FILLING
6 medium **apples**, cored and peeled
3 tbsp natural **peanut butter**
1 scoop **oatmeal cookie whey protein powder**
20g **raw oats**,
1 tbsp **granulated sugar**
2 tsp **cinnamon**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile dice the apples and coat with lemon juice to stop them going brown.

Next make the crust: whisk together the flour, 1 scoop of whey protein, and salt in a large bowl. Cut in the shortening until crumbly. Gradually add the water, mixing just enough to form a ball of dough. Cover and chill in the fridge for at least 30 minutes or until easy to handle.

Then make the filling: Place the diced apples in a large bowl. Mix the peanut butter, 1 scoop of whey, oats, sugar, and cinnamon, then set aside.

Next on a lightly floured surface, roll the chilled dough out until it's approximately ½cm thick.

Cut out circles of dough and press into the cups of a greased muffin tin. Spoon the apple mixture into the wells and crimp the edges with a fork or your fingers.

Bake for 20-25 minutes or until apples are tender and the pastry is golden.

Serve warm.

331	CALORIES
7	PROTEIN
33	CARBS
19	FATS
2	FIBRE

A cherry tree can be harvested in seven seconds.



CHOCOLATE CHERRY PROTEIN ICE CREAM

SERVES 6 | TOTAL TIME: 20 MINUTES

INGREDIENTS

470ml **almond milk**
2 scoops **chocolate protein powder**
1 tbsp **cocoa powder**, unsweetened
¼ tsp **vanilla extract**
115g **cherries**, frozen and pitted

INSTRUCTIONS

Mix the almond milk, protein powder, cocoa powder, and vanilla extract together and pour into the chilled bowl of an ice cream maker.

Set the machine to mix and then add the cherries.

Run for around 15-20 minutes or until mixture thickens and ice-cream forms.

Scoop into bowls and serve immediately.

86 CALORIES

9 PROTEIN

8 CARBS

2 FATS

2 FIBRE

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There are also black, green, red and brown chickpeas.



COOKIE DOUGH BITES

SERVES 28 | TOTAL TIME: 22 MINUTES

INGREDIENTS

425g tinned **chickpeas**, rinsed and drained
30g **vanilla vegan protein powder**
2 tbsp **almond or cashew butter**
1 tbsp **coconut sugar**
1 tsp **vanilla extract**
⅛ tsp **sea salt**
2 tbsp **chocolate chips**
FOR THE CHOCOLATE COATING
130g **dark chocolate chips**
3 tsp **coconut oil**

INSTRUCTIONS

Blend the chickpeas in a food processor until they start to turn smooth.

Add all the remaining ingredients (protein powder, nut butter, coconut sugar, vanilla, sea salt) and process until a ball of dough forms.

Use a rubber spatula to break the dough up a bit, then add the chocolate chips and pulse a couple of times, making sure the chips evenly dispersed in the dough.

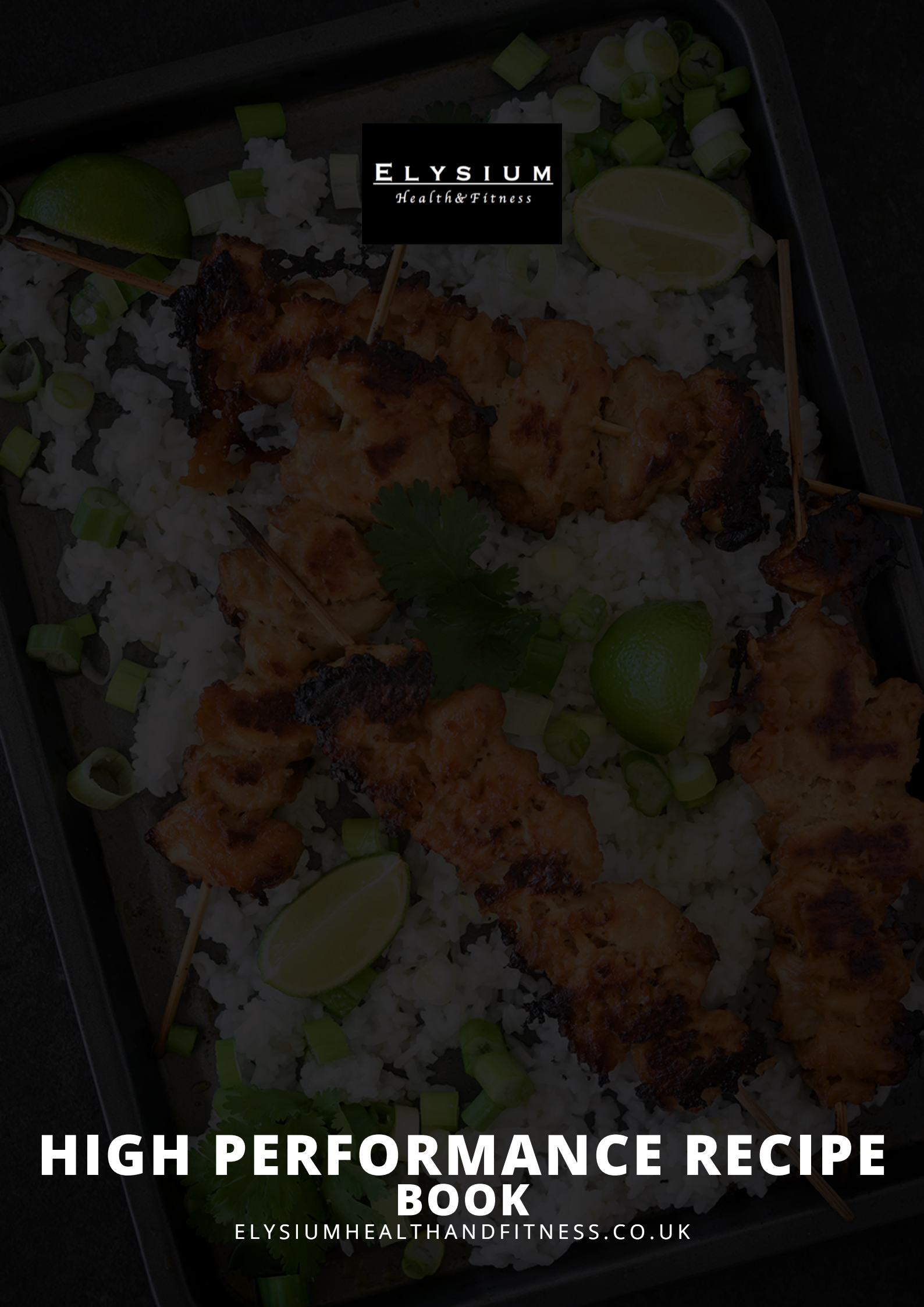
Remove the dough from the processor then (using a generous ½ tbsp amount), roll into balls and place on a small parchment paper-lined baking sheet. Place in the fridge to chill for 10-15 minutes.

Meanwhile make the coating. Melt the chocolate and oil in a bowl over a pan of warm water or by placing in a microwave-safe bowl and heating for 1 minute and then in 30 second increments until chocolate is fully melted.

Use a fork or cocktail stick to dip each ball into the melted chocolate. Allow the excess to drip off before arranging on a parchment lined baking sheet.

Place in the fridge or freezer to set until ready to eat.

116	CALORIES
5	PROTEIN
15	CARBS
4	FATS
3	FIBRE



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