HEALTHY RECIPE BOOK

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We believe that the key to success is variety and enjoyment in your program.

Once you're at the gym, we'll take care of the exercise bit and here's some delicious recipes to help you with the tricky bit.... the food!

The right nutrition counts for 70% of your results, and we all know that you can't out-train a bad diet.

With that in mind guys, please experiment with as many of these great recipes as possible and most importantly... enjoy it!

Miky & Marco

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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KEY

- V — VEGETARIAN
- VE — VEGAN
- DF — DAIRY FREE
- GF — GLUTEN FREE
- N — CONTAINS NUTS
- Q — QUICK

MZ9 FITNESS

BREAKFASTS

France has a special holiday called Crepe Day on February second

SALAMI AND CHEESE CREPE

SERVES: 2

TOTAL TIME: 15 MINUTES

GF

INGREDIENTS

30g **buckwheat flour**
80ml **almond milk**
1 **large egg**
Salt & pepper, taste
2 tsp **Dijon mustard**
70g **salami**, thinly sliced
100g **red bell pepper**, diced
50g **cheddar cheese**, grated

INSTRUCTIONS

Start by adding flour, milk and egg in a small bowl and whisk to combine. Season with salt and pepper and set aside.

Next, heat a medium non-stick fry pan over medium heat. Pour in half the batter and gently swirl the pan to create a thin layer. Cook for 2 minutes until set around the edges. Flip and cook for an additional 1-2 minutes. Transfer to a plate and repeat to make the second crepe.

Once both crepes are cooked, spread each one with mustard, layer with salami, red bell pepper and cheese and fold into quarters.

Now, reheat pan over medium heat, add crepes and cook for 1-2 minutes, turning once, until heated through and you can see cheese melting.

Serve immediately.

MACROS PER PORTION

CALORIES	364	PROTEIN	22
CARBS	15	FATS	24
FIBRE	3		

BLACKBERRY YOGHURT BREAKFAST MUFFINS

SERVES: 12

TOTAL TIME: 35 MINUTES

V DF

INGREDIENTS

150g **almond meal**
200g **all-purpose flour**
2 tsp **baking powder**
50g **rolled oats**
60g **shredded coconut**
390g **Greek yoghurt**
4 **medium eggs**
4 tbsp **coconut oil**, melted
4 tsp **vanilla extract**
350g **blackberries**, chopped

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Grease a 12 hole muffin tray with butter or olive oil spray.

In a medium sized bowl, mix together all the dry ingredients.

In another bowl, add the Greek yoghurt, eggs, melted coconut oil and vanilla extract and whisk to combine.

Gently pour the wet mixture over the dry mixture and stir to combine (be careful not to over mix it).

Finally, stir through the chopped blackberries.

Spoon mixture evenly into the 12 holes and bake for 25 minutes or until slightly toasted.

Remove form the oven and let the muffins sit for 5-10 minutes before transferring to a serving platter or wire rack.

MACROS PER PORTION

CALORIES	281	PROTEIN	10
CARBS	22	FATS	17
FIBRE	3		

Protein powder has been shown to help improve muscle protein synthesis and promote the growth of lean muscle mass.
STAINLESS STEEL

GINGERBREAD OVERNIGHT OATS

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS 8+ HOURS)

GF V

INGREDIENTS

25g **quinoa flakes**
15g **vanilla protein powder**
1/2 tsp **ground ginger**
½ tsp **ground cinnamon**
95ml **milk**
2 tsp **maple syrup**
To serve:
½ large **banana**, sliced
1/2 tbsp **pecans**, chopped

INSTRUCTIONS

In a bowl or jar, mix together all ingredients (except the banana and pecans).

Cover the bowl with cling wrap, or fasten the lid on the jar and place in the fridge overnight.

Serve with sliced banana and pecans.

MACROS PER PORTION

CALORIES	334	PROTEIN	19
CARBS	51	FATS	6
FIBRE	4		

HAZELNUT SHIITAKE TOAST

SERVES: 2

TOTAL TIME: 15 MINUTES

GF V

INGREDIENTS

1 tbsp **hazelnuts**, roughly chopped

2 tsp **butter**

300g **shiitake mushrooms**, sliced

1 **clove garlic**, minced

2 slice **crusty bread** (gluten-free if required)

60g **brie cheese**, sliced

Salt & cracked pepper

INSTRUCTIONS

Bring a pan to high heat and dry roast the hazelnuts for about three minutes. Make sure you're shaking them around continuously to prevent burning. Set aside.

Add butter to the pan and as it melts and the mushrooms and garlic. Cook for 5 minutes or until mushrooms are cooked to your liking.

Top the toasted sourdough with slices of brie, mushrooms, hazelnuts and sprinkling of salt & pepper.

MACROS PER PORTION

CALORIES	337	PROTEIN	11
CARBS	35	FATS	17
FIBRE	5		

Smoothies have been around since the 1930's. Early smoothies were simply fruit, fruit juice and ice.

MANGO PASSION SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

400ml **coconut milk**
4 tbsp **natural protein powder**
120g **fresh or frozen mango** diced
1 medium **banana** frozen
2 **passionfruit**, pulped
Large handful of **ice**

INSTRUCTIONS

Add all ingredients to a blender and blitz until nice and smooth. To make it thicker, add extra ice or if you prefer your smoothie runny just add a little water.

MACROS PER PORTION

CALORIES	277	PROTEIN	22
CARBS	36	FATS	5
FIBRE	5		

SIDES & SMALL PLATES

MEXICAN BEEF BREAKFAST

SERVES: 4

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

2 tsp **olive oil**
240g **minced beef**
2 tsp **onion powder**
2 tsp **garlic powder**
2 tsp **ground cumin**
2 tsp **smoked paprika**
For the **salsa**:
140g **cherry tomatoes**, finely diced
½ **red onion**, finely diced
1 **avocado**, chopped
4 tbsp **fresh coriander**, chopped
1 **lemon**, juiced
salt & pepper, to taste

INSTRUCTIONS

In a medium size bowl, add all the salsa ingredients, toss together and set aside.

Next, bring a medium pan to medium-high heat. Add the olive oil, followed by minced beef. Cook beef for 3-4 minutes or until browned, then add all the spices and mix through to combine. Cook for an additional 3-4 minutes or until beef is fully cooked.

Divide mixture on to four plates and top with salsa.

MACROS PER PORTION

CALORIES	182	PROTEIN	13
CARBS	10	FATS	10
FIBRE	3		

Black rice gets its signature black-purple color from a pigment called anthocyanin, which has potent antioxidant properties.

SPROUT SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

GF V DF

INGREDIENTS

100g **black rice**
1kg **Brussels sprouts**, very thinly shredded
1 bunch **fresh basil**, leaves roughly chopped
2 stalks **spring onion**, thinly sliced
2 tbsp **lemon**, juiced
1/2 tbsp **balsamic vinegar**
1 tsp **honey**
Salt & pepper, to season
60g **raisins**

INSTRUCTIONS

Bring a pot of water to boil and cook rice according to packet instructions.

Drain the rice and allow it to cool. Once cooled toss through the Brussels sprouts, basil and spring onion.

In a small jar or bowl whisk together the lemon juice, balsamic vinegar, honey, salt and pepper.

Pour the dressing all over and sprinkle with raisins.

MACROS PER PORTION

CALORIES	281	PROTEIN	12
CARBS	56	FATS	1
FIBRE	12		

BBQ CHICKEN WRAP

SERVES: 1

TOTAL TIME: 5 MINUTES

GF

INGREDIENTS

1 wholemeal (or gluten-free if required) wrap
2 tsp **mayonnaise**
1 handful **spinach**
½ medium **carrot**, grated
½ medium **tomato**, sliced
1/4 **cucumber**, sliced
70g **barbecue chicken**, diced
Salt & pepper, to taste

INSTRUCTIONS

Start by laying your wrap on a large plate. Spread mayonnaise over the whole wrap.

Next, layer the wrap with all the vegetables, followed by chicken and lastly the cheese.

Season with salt and pepper, if you like.

MACROS PER PORTION

CALORIES	386	PROTEIN	29
CARBS	36	FATS	14
FIBRE	6		

Asparagus contains absolutely no fat or cholesterol.

ASPARAGUS AND GOATS CHEESE TARTLETS

SERVES: 12

TOTAL TIME: 35 MINUTES

V

INGREDIENTS

3 sheets **puff pastry**, thawed
220g canned **asparagus**, drained
220g **soft goats cheese**
1 tbsp **chives**
1/2 cup **cream**
1 **egg**

INSTRUCTIONS

Preheat oven to 190°C/374°F/Gas 5. Grease a 12 hole muffin pan with cooking oil spray.

Next, cut out 24 rounds of puff pastry using a 6.5cm cutter and line the pan holes.

Place asparagus and crumbled goats cheese evenly in each hole.

In a small bowl, mix together the chives, egg and cream and pour the liquid into each hole. Cook for 20-25 minutes or until the tops start to turn golden.

These can be eaten hot or cold, or you can freeze them.

MACROS PER PORTION

CALORIES	232	PROTEIN	7
CARBS	24	FATS	12
FIBRE	0		

CURRIED EGG SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

GF V

INGREDIENTS

4 **eggs**

1.5 tbsp **mayonnaise**

1 tsp **curry powder**

2 **dill pickles**, diced

1 tbsp of **dill** chopped

Salt & pepper

4 **iceberg lettuce leaves**, shredded

INSTRUCTIONS

Place eggs in a large saucepan and cover with tap water. Bring water to boil. Once the water is boiling, cook the eggs for 6-7 minutes. You want them to be hard boiled.

Meanwhile, mix the mayonnaise, curry powder, pickles, dill, salt and pepper together in a medium size bowl.

Once the eggs are cooked, shell them and chop them into chunks. Add the eggs to the to dressing and toss really well to combine.

Place 2 lettuce leaves on each plate and divide egg mix evenly between.

MACROS PER PORTION

CALORIES	305	PROTEIN	20
CARBS	9	FATS	21
FIBRE	6		

You can make your own harissa by mixing red chilies, garlic, oil and vinegar.

HARISSA BEET AND CARROT SALAD

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V

INGREDIENTS

2 tbsp **Harissa**

2 tbsp **olive oil** 450g **beetroot**, chopped into bite-size chunks

1 bunch baby **carrots**

1 tin (400g) **chickpeas**, drained & rinsed

200g **cottage cheese**

80g **Greek yoghurt**

Salt & pepper, to taste

3 tbsp raw **pistachios**

1 tbsp **sesame seeds**

1 **lemon**, juiced

INSTRUCTIONS

190°C/374°F/Gas 5. Line a large baking tray with baking paper and set aside.

Add harissa and water to a large bowl and whisk together.

Place beetroot, carrots and chickpeas in the bowl and toss to ensure they're well coated. Next, lay them evenly across the baking tray and cook for 20-25 minutes. (use two trays if you find it's too crowded).

Meanwhile, mix together the cottage cheese, Greek yoghurt, salt and pepper.

On a large serving plate spread the cheese and yoghurt mix over the plater. Layer the beetroot, carrot and chickpeas on top.

Finally, sprinkle with pistachios and sesame seeds, and drizzle with lemon.

MACROS PER PORTION

CALORIES	318	PROTEIN	14
CARBS	34	FATS	14
FIBRE	9		

MAINS

BAKED LEMON PEPPER WINGS

SERVES: 8

TOTAL TIME: 50 MINUTES

GF

INGREDIENTS

1.3kg **chicken wings**
2 tbsp **butter**, melted
4 tsp **seasoned salt**
2 tsp **lemon pepper**
1 tsp **cayenne pepper**
1 tsp **paprika**
1 tsp **black pepper**

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line two rimmed baking sheets with foil and fit the baking sheets with wire racks.

Place chicken wings in a large bowl and toss with butter and all spices.

Lay the chicken wings on the wire racks. (make sure they're spread out and not touching). Cook for 40-45 minutes or until crispy.

Place on a serving platter and serve immediately.

MACROS PER PORTION

CALORIES	281	PROTEIN	23
CARBS	0	FATS	21
FIBRE	0		

It's believed the first BLT sandwich was made in the early 1900's.

BLT SALAD

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

8 slices **bacon**
1 **red onion**, diced
455g **tomatoes**, diced
2 **romaine lettuce hearts**, shredded
For the dressing:
3 tbsp **sour cream**
3 tbsp **light mayonnaise**
1 **garlic clove**, minced
2 tbsp **fresh chives**, finely chopped
Sea salt & cracked pepper.
To serve:
1 **avocado**, chopped into chunks
90g **croutons**

INSTRUCTIONS

Preheat oven to 200ºC/400ºF/Gas 6. Line a baking tray with baking paper and place bacon rashers on top. Cook bacon for 15-20 minutes or until nice and crispy.

While the bacon is cooking, chop the vegetables and place them in a large bowl.

Meanwhile, you can prepare the dressing by adding all ingredients to a jug or bowl and mixing well to combine.

Once the bacon is cooked, let it cool down then chop it into rough chunks.

Mix the dressing and bacon through the vegetables and top salad with croutons and avocado.

MACROS PER PORTION

CALORIES	262	PROTEIN	9
CARBS	16	FATS	18
FIBRE	5		

GREEK STYLE FISH AND SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

1/2 tsp **dried parsley**
1/2 tsp **garlic powder**
1 **lemon**, 1/2 zested & juiced, 1/2 cut in wedges
2 tsp **olive oil**
Salt & cracked pepper
400g **white fish fillets**
For the **salad**:
1 Lebanese **cucumber**, diced
1 medium **tomato**, diced
30g **kalamata olives**, sliced lengthways
60g **feta**
1 tsp **olive oil**

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Mix the parsley, garlic, lemon zest & juice, olive oil, salt & pepper together in a large bowl. Add the fish to the bowl and turn each piece to coat. Transfer fish onto the baking tray and pour over any remaining dressing.

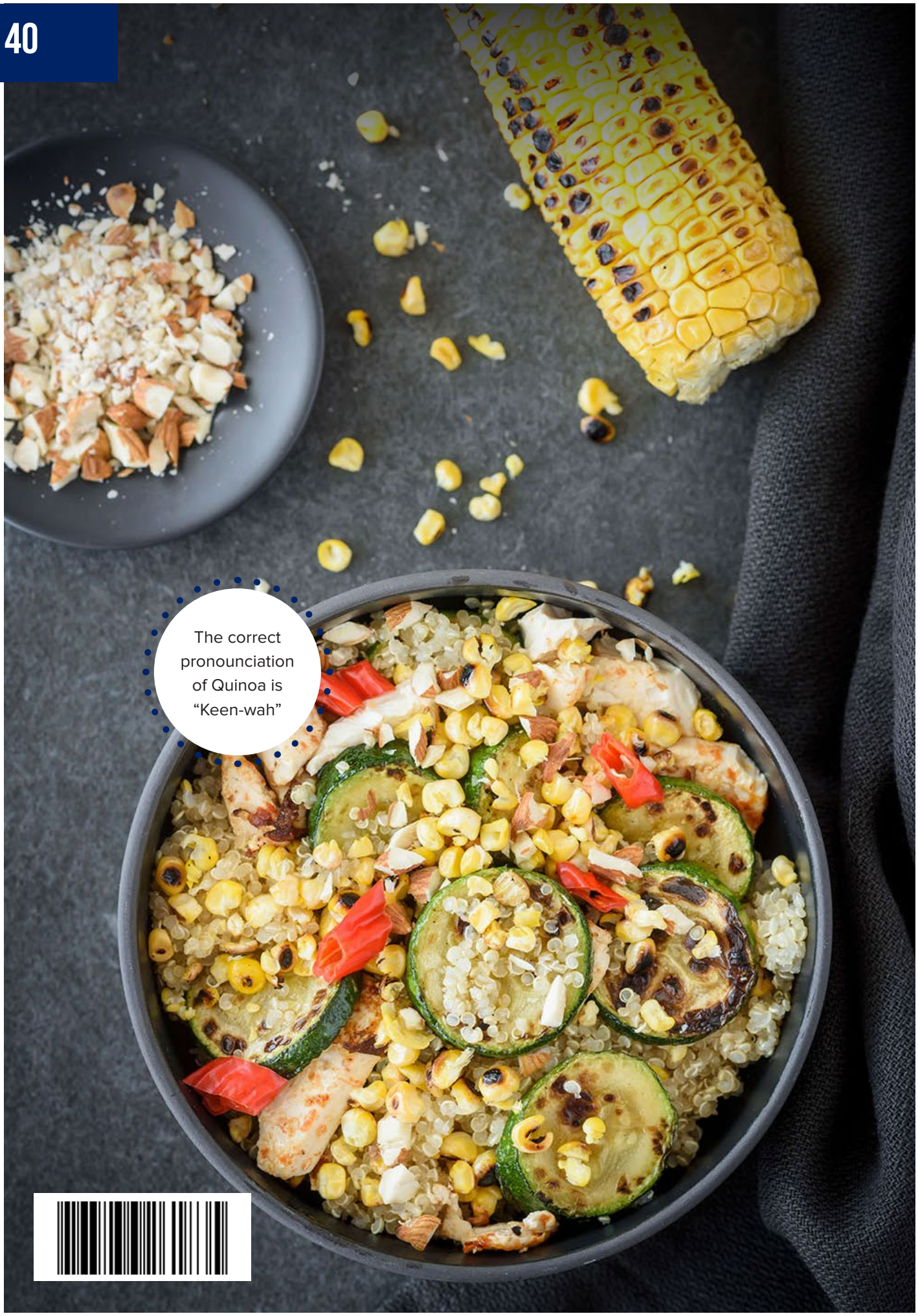
Bake fish for for about 12 minutes.

Meanwhile toss all salad ingredients together and transfer on to two serving plates.

Transfer fish to the plates and serve immediately.

MACROS PER PORTION

CALORIES	382	PROTEIN	38
CARBS	8	FATS	22
FIBRE	1		



The correct pronounciation of Quinoa is “Keen-wah”

TOFU AND COURGETTE QUINOA SALAD

SERVES: 6

TOTAL TIME: 35 MINUTES

GF V VE DF

INGREDIENTS

500g **quinoa**
400g **courgette**, cut into thick slices
2 **corn on the cobs**
1 tbsp **olive oil**
600g **firm tofu**, sliced
1 tbsp **maple syrup**
2 tsp **chili sauce**
1 **lemon**, zested & juiced
2 small **red chillies**, finely chopped
100g **almonds**, chopped

INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Heat a barbecue or grill plate over high heat. Baste courgette and corn cobs with oil and grill for about 10 minutes, turning regularly so all sides are cooked.

Cut corn from the cob and transfer to a large bowl with the courgette.

Next, baste the tofu with maple syrup and chilli sauce and cook on the grill for 3 minutes each side.

Add quinoa, lemon zest, juice and chilli to the courgette and corn and toss well. Top with tofu and sprinkle of salt & pepper.

Finally sprinkle with chopped almonds.

MACROS PER PORTION

CALORIES	374	PROTEIN	12
CARBS	41	FATS	18
FIBRE	6		

SLOW COOKED BEEF RENDANG

SERVES: 4

TOTAL TIME: 24 HOURS

GF DF

INGREDIENTS

1 tbsp **coriander seeds**
1 tbsp **cumin seeds**
1 tbsp **fresh ginger**, grated
1 tbsp **tamarind puree**
3 **cloves garlic**, chopped
2 long **red chillies**, chopped
1 **lemongrass** minced, green ends reserved
1 tsp **vegetable oil**
700g beef chuck (casserole steak), cut into 5cm pieces
3 **spring onion** stalks, finely sliced
400ml **light coconut milk**
125ml **beef stock**
1 **cinnamon stick**
To serve:
100g **shredded coconut**
1/2 bunch **fresh coriander**, leaves picked

INSTRUCTIONS

Blend the coriander, cumin, ginger, tamarind, garlic, lemongrass and chilli with a stick blender. (or pestle and mortar). Mix through the oil to create a paste and then rub it really well into the cubed steak. Wrap it up and leave it in the fridge to marinate overnight.

Transfer the beef to the slow cooker and cook on low for 6-8 hours.

Once cooked, stir through the shredded coconut.

Divide on to four plates and garnish shredded coconut, coriander and extra sliced chilli, if you desire.

MACROS PER PORTION

CALORIES	525	PROTEIN	45
CARBS	21	FATS	29
FIBRE	3		

Cauliflower comes in four colours! White, orange, purple and green.

PEA PUREE FLAT BREADS

SERVES: 3

TOTAL TIME: 30 MINUTES

GF V V DF

INGREDIENTS

400g **cauliflower**, chopped into florets
2 tsp **olive oil**
3 tsp **smoked paprika**
1 **lemon**, ½ juiced, ½ cut into wedges
salt & pepper to taste
6 wholemeal (or gluten-free required) flat breads
For the pea puree:
225g **frozen green peas**
1 1/2 **avocado**
1 1/2 **lemon zest** and juices
1/4 bunch **fresh mint**
salt & pepper to taste

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas Mark 6. Line a baking tray with baking paper.

Coat the cauliflower in oil, paprika, the juice of half a lemon, salt & pepper. Cook for 20-25 minutes or until cauliflower begins to turn golden.

Meanwhile, you can make the pea puree by blending all ingredients with a stick blender or in a food processor.

Next, lay out 6 wraps and spread the pea puree all over. Top with cooked cauliflower and serve with reserved lemon wedges.

MACROS PER PORTION

CALORIES	492	PROTEIN	15
CARBS	63	FATS	20
FIBRE	16		

SPANISH BAKED CHICKEN

SERVES: 4

TOTAL TIME: 50 MINUTES

GF DF

INGREDIENTS

350g **potato** cut into wedges
3 **cloves garlic**, whole
1 **green bell pepper**, cut into chunks
125ml **chicken stock**
280g **chicken breast-skinless**
75g **chorizo**
1 tsp **olive oil**
½ tsp **sweet smoked paprika**
½ tsp **dried oregano**
60g **green olives**
Flaked **sea salt & cracked pepper**

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas Mark 6.

Place potatoes, garlic, bell pepper and stock in an ovenproof dish. Making sure the veggies are submerged a little in the broth. Cook for 15 minutes.

Meanwhile, prepare the chicken by rubbing each breast with olive oil, paprika and oregano. Place chicken and chorizo on top of the vegetables and cook for an additional 25 minutes or until chicken is fully cooked. (check by making a small incision).

Scatter olives all around, season with salt & pepper and serve on two plates.

MACROS PER PORTION

CALORIES	325	PROTEIN	18
CARBS	34	FATS	13
FIBRE	11		

The protein in soybean is “complete,” just like the protein found in meat.

SATAY TOFU SKEWERS

SERVES: 2

TOTAL TIME: 30 MINUTES

GF V VE DF

INGREDIENTS

225g **tofu**, cubed
200g **red bell pepper**, chopped
200g **green bell pepper**, chopped
200g **yellow bell pepper**, chopped
½ **courgette**, chopped
1 **red onion**, chopped
For the **sauce**:
½ **lime**, juiced
1 tsp **honey**
1 tbsp **soy sauce** (or tamari if gluten-free)
3 tbsp **peanut butter**
165ml **coconut milk**

INSTRUCTIONS

Start by preheating the grill to 190°C/375°F/Gas Mark 5.

Place the tofu and vegetables onto skewers in alternating order and season with salt & pepper. Grill for about 15 minutes, rotating the skewers every 5 minutes. When they begin to have charred lines and the vegetables have softened, they should be ready.

Meanwhile, make the satay dipping sauce by combining all ingredients in a small bowl. If it's too thick, add a dash of water. Transfer to a pan and heat on low heat for 5 minutes.

Place skewers on a serving plate and drizzle with satay sauce.

MACROS PER PORTION

CALORIES	388	PROTEIN	19
CARBS	33	FATS	20
FIBRE	10		

PRAWN FRIED RICE

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

INGREDIENTS

300g **basmati rice**
2 tbsp **vegetable oil**
2 **red chillies**, diced
2 **eggs**, beaten
1/2 **brown onion**, diced
250g frozen bag of mixed vegetables
285g pack **cooked small prawns**
1 tbsp **soy sauce** (or tamari if gluten-free)
1 tsp **chilli paste**

INSTRUCTIONS

Start by boling rice and cooking according to packet instructions. Once all the water has evaporated, transfer rice to a bowl.

Cook the frozen vegetables either in a fry pan or in the microwave, again following the packet instructions.

Next, in a large wok, add the vegetable oil and chilli and cook for 30 seconds before pouring the cooked rice into the wok. Cook for 1-2 minutes, then push rice to one side and pour the beaten eggs and gently stir to scramble them.

Poor the cooked vegetables into the wok, along with the cooked prawns and add the soy sauce and chilli sauce. Cook for an additional 2 minutes, then serve immediately in four bowls.

MACROS PER PORTION

CALORIES	408	PROTEIN	23
CARBS	52	FATS	12
FIBRE	4		

Halloumi cheese originated in Cyprus and was initially made during the Medieval Byzantine period.

COURGETTE & HALLOUMI BURGERS

SERVES: 5

TOTAL TIME: 35 MINUTES

GF V DF

INGREDIENTS

2 1/2 **courgette**, grated
375g **haloumi**, grated
375g **sweet potatoes** grated
1 1/4 tbsp **plain flour**
Salt & pepper
5 tsp **mayonnaise**
3 **tomatoes**, chopped
5 slices **roasted capsicum**
5 **burger buns**

INSTRUCTIONS

Firstly, place the grated courgette in between a tea towel or some paper towel and squeeze out as much liquid as possible. Transfer to a large bowl and add haloumi, sweet potato, flour, salt & pepper. Mix to combine.

Create 5 patties out of the mixture (squeeze out an additional excess fluid)

Bring a non-stick pan to medium-low heat and cook patties for about 5 minutes on each side or until nice and golden on both side.

Spread a tsp of mayonnaise on each bun, add tomato and red peppers and one pattie on each.

Serve with a green side salad, if you desire.

MACROS PER PORTION

CALORIES	405	PROTEIN	24
CARBS	30	FATS	21
FIBRE	5		

BBQ LAMB CHOPS

SERVES: 2

TOTAL TIME: 45 MINUTES

GF DF

INGREDIENTS

1 tbsp **olive oil**, divided

1 **clove garlic**

4 **lamb chops**

Sea Salt & cracked pepper

400g **sweet potato**, cut into 1/4 inch wide and 3 inches long pieces

2 tbsp **Rosemary**

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper. Place sweet potato chips in a large bowl and coat with 3/4 tbsp olive oil and rosemary.

Lay chips spaciously on the baking tray and cook for 15 minutes on one side, flip and cook for another 10-15 minutes on the other side.

Mix together the olive oil and garlic in a small bowl, then rub the oil really well into both sides of the chops.

Heat a grill pan over high heat until almost smoking, add the chops and sear for about 2 minutes. Flip the chops over and cook for another 3 minutes for medium-rare and 3 1/2 minutes for medium.

Divide on to two plates and serve immediately.

MACROS PER PORTION

CALORIES	349	PROTEIN	17
CARBS	41	FATS	13
FIBRE	6		

Traditional ras el hanout consists of up to 12 spices.

RAS EL HANOUT ROAST CHICKEN AND ZESTY GREEN BEANS

SERVES: 4

TOTAL TIME: 90 MINUTES

GF DF

INGREDIENTS

1 whole **chicken**

3 tbsp **ras el hanout spice**

1 tsp **olive oil**

1 tbsp **salt**

1 tbsp freshly ground **cracked pepper**

Handful **fresh thyme**

2 **lemons**, 1 peeled, 1 cut into wedges

2 **garlic cloves**

For the zesty beans:

450 **green beans**

1 tbsp **fresh lemon juice** and 1 tbsp zest

1 tsp **olive oil**

Sea salt & cracked pepper

INSTRUCTIONS

Firstly, mix the ras el hanout with olive oil to create a paste. Coat the chicken with the paste and make sure you rub the spice all over. Season with salt & cracked pepper. Wrap it tightly in cling wrap and leave it in the fridge to marinate for 3-4 hours.

Once the chicken has marinated, tie the legs together with kitchen twine and place thyme, one whole peeled lemon and garlic cloves inside the cavity. Set chicken aside for 25 minutes to bring it to room temperature before cooking.

Preheat oven to 260°C/500°F/Gas 10. Place chicken in a tray with lemon wedges and cook for 10 minutes to brown the top of the chicken.

After 10 minutes reduce heat to 160°C/325°F/Gas 3 and cook for an additional 45 minutes.

Meanwhile, bring a pot of water to boiler and place a steamer basket on top. Once water is boiling place beans in the steamer and cook for about 5 minutes, until just tender.

Drain beans and toss with lemon juice, lemon zest and olive oil.

Place chicken on a cutting board and serve beans on a long serving platter.

MACROS PER PORTION

CALORIES	515	PROTEIN	103
CARBS	10	FATS	7
FIBRE	4		

TURKEY SOUP

SERVES: 4

TOTAL TIME: 35 MINUTES

DF

INGREDIENTS

1 tsp **olive oil**
1 medium **onion**, minced
4 **celery stalks**, chopped
3 large **carrots**, chopped
6 cups **vegetable stock**
1 tsp dried **thyme**
1 tsp dried **marjoram**
1-3 sprigs **fresh sage**
5 **peppercorns**
Sea salt, to taste
250g **roast turkey**, cooked
200g **egg noodles**, cooked

INSTRUCTIONS

Start by sautéing the onion, celery and carrots in olive oil, in a very large pot on medium heat for about 10 minutes.

Next, add the stock, thyme, marjoram, sage peppercorns and sea salt and bring to a boil. Reduce to a simmer and cook for and additional 10 minutes. Add the cooked turkey and egg noodles and simmer for an additional 3 minutes.

Divide into four bowls and serve immediately.

MACROS PER PORTION

CALORIES	303	PROTEIN	20
CARBS	49	FATS	3
FIBRE	4		

You can make your own gnocchi dough from semolina flour, potatoes, cornmeal or even bread crumbs.

PUMPKIN AND RICOTTA GNOCCHI

SERVES: 2

TOTAL TIME: 20 MINUTES

V

INGREDIENTS

250g peeled **pumpkin**, cut into 1-2cm cubes

1 tbsp, plus 1 tsp **olive oil**

200g **gnocchi**

1 **garlic clove**, crushed

1/2 bunch **fresh sage**

70g **low-fat ricotta**

INSTRUCTIONS

Start by preheating the oven to 190°C/375°F/Gas 5.

Toss pumpkin and 1 tsp olive oil in a bowl and place on a baking tray. Roast for 15 minutes or until tinged golden.

Meanwhile, cook gnocchi according to packet instructions.

In a large saucepan, add the remaining 1 tbsp olive oil and garlic and cook for 1 minute. Add the sage and cook for an additional 30 seconds - 1 minute. Remove from heat.

Drain pasta and toss through the pumpkin and olive oil sauce.

Divide into two bowls, top with ricotta and season with flaked salt and cracked pepper.

MACROS PER PORTION

CALORIES	377	PROTEIN	12
CARBS	62	FATS	9
FIBRE	9		

BBQ STEAK AND PEACH SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

GF

INGREDIENTS

200g **porterhouse steak**
2 tsp **butter**
2 **peaches**, sliced
250g **mangetout**
60g **feta**
200g **argula**
Drizzle **balsamic glaze**

INSTRUCTIONS

Preheat char grill over medium-high heat. Rub steaks with butter and season with salt and pepper.

Cook for 3 minutes on each side, or depending on your preference you may want to increase or decrease cooking time.

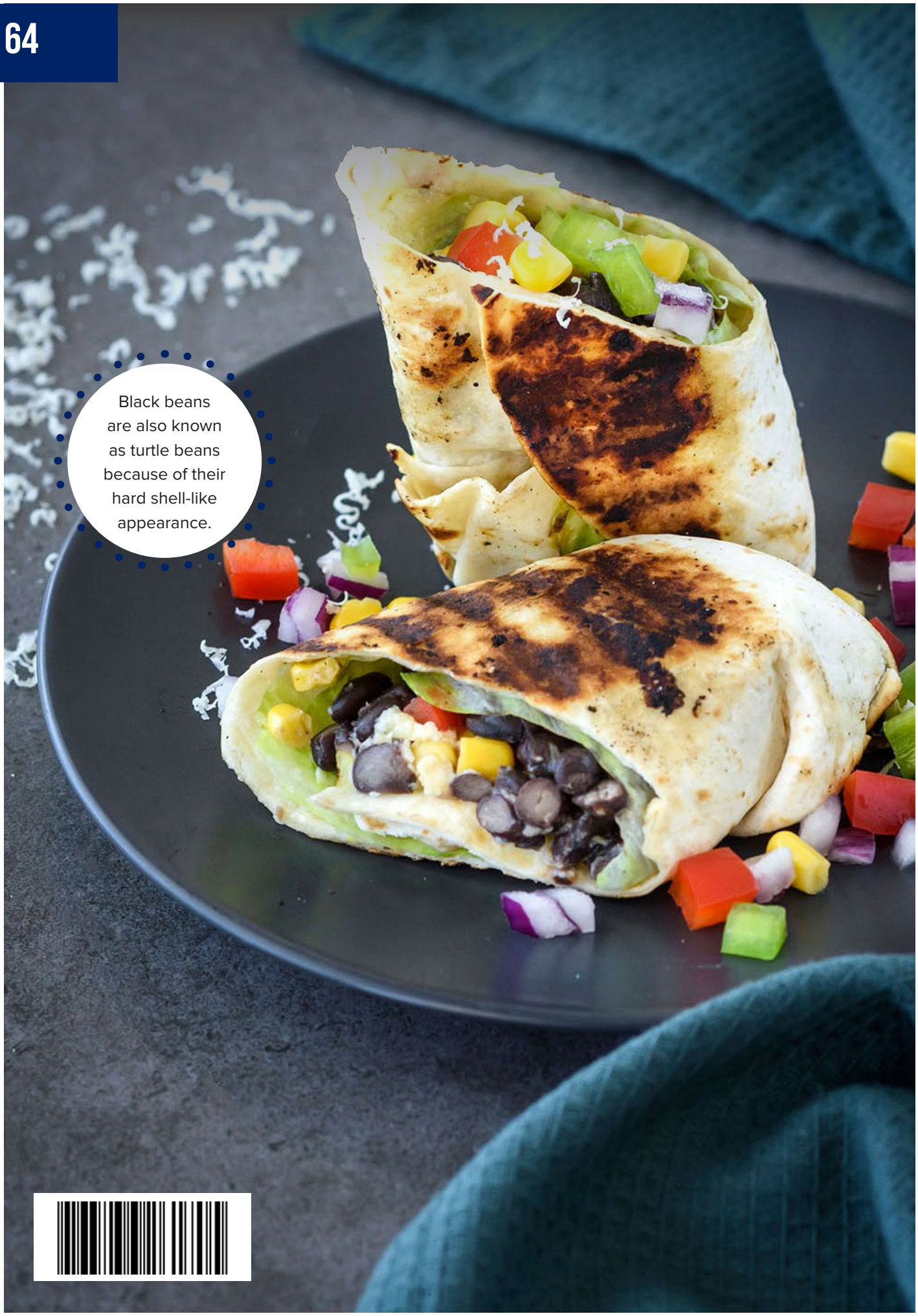
Wrap the steak in foil and set aside.

Next cook the peaches and mangetout for about 3-4 minutes, or until charred lines start to appear.

Divide argula on to two plates, top with sliced steak, peaches, mangetout and crumbled feta. Finally, drizzle with a little balsamic glaze.

MACROS PER PORTION

CALORIES	461	PROTEIN	32
CARBS	18	FATS	29
FIBRE	7		



Black beans are also known as turtle beans because of their hard shell-like appearance.

BLACK BEAN BURRITO

SERVES: 6

TOTAL TIME: 35 MINUTES

GF V

INGREDIENTS

2 x (400g) tin **black beans**, drained and rinsed
1/2 tbsp **chili flakes**
1/2 tbsp **paprika**
1 1/2 tsp **ground cumin**
1 tsp ground **coriander**
1/2 tsp **garlic powder**
2 tsp **olive oil**
125g **corn kernels**
1 **red bell pepper**, chopped
1 **red onion**, diced
2 tbsp **jalapenos**, chopped
1 **lime**, juiced
6 large **wholemeal tortillas** (or gluten-free if required)
450g **iceberg lettuce**
25g **coriander**
230g tasty **cheese**

INSTRUCTIONS

Place rinsed and drained black beans in a large bowl and add all spices. Transfer to a saucepan and add 2 tsp olive oil. Cook for 5-8 minutes on medium-high heat.

Meanwhile, add corn, bell pepper, onion, jalapenos and lime juice to a large bowl and toss to combine.

Layer wraps with iceberg lettuce, followed by beans and salad mix. Finally, top with cheese and coriander.

Wrap the burritos tightly and toast in a sandwich press until golden.

MACROS PER PORTION

CALORIES	517	PROTEIN	17
CARBS	74	FATS	17
FIBRE	14		

DESSERTS

STRAWBERRY CHEESECAKE BREAD

SERVES: 10

TOTAL TIME: 70 MINUTES

V

INGREDIENTS

125g **cream cheese**
2 tbsp **caster sugar**
300g **self-raising flour**
1/2 tsp **baking powder**
200g **strawberries**, finley sliced
2 **bananas**, mashed (overly ripe)
2 **eggs**
125g **butter**, melted
2 tbsp **honey**
125ml **milk**

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Grease a 10cm x 24cm loaf tin with a little butter and line with baking paper.

Next, beat together the cream cheese and caster sugar until smooth.

In a separate large bowl, mix together the self-raising flour and baking powder. Add the strawberries and gently toss to combine.

Whisk together the banana, eggs, butter, honey and milk and pour it into the bowl of dry ingredients. Very gently mix to combine (try not to overmix).

Pour half the mixture into the pan, followed by a layer of the cream cheese. Pour the remaining banana bread mixture on top.

Smooth the surface and top with an extra strawberry or banana slices.

Cook for 45-50 minutes. Allow to cool for 5 minutes before serving.

MACROS PER PORTION

CALORIES	324	PROTEIN	6
CARBS	39	FATS	16
FIBRE	1		

A serving of pistachios has the same protein content as an egg.

MANGO WAFFLE CUP

SERVES: 4

TOTAL TIME: 10 MINUTES

V

INGREDIENTS

1 **mango**, sliced
250g **Greek yoghurt**
8 mini **waffles**
125g **raspberries**
1 tbsp **pistachios**
2 tsp **caster sugar**

INSTRUCTIONS

Preheat a chargrill over high heat and line with baking paper. Cook mango for 1-2 minutes on each side or until grill marks appear.

To serve: start by adding a layer of Greek yoghurt. Next, in an alternating pattern add the mango slices, mini waffles and raspberries.

Top with pistachios and a sprinkling of caster sugar.

MACROS PER PORTION

CALORIES	176	PROTEIN	4
CARBS	22	FATS	8
FIBRE	3		

BOUNTY PUDDING

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS 2 HOURS)

GF V

INGREDIENTS

180ml **coconut milk**
2 tbsp **chia seeds**
1 scoop **chocolate protein powder**
1 tbsp **cacao powder**
1 tsp **honey**
1 tsp **desiccated coconut**
Handful **raspberries**

INSTRUCTIONS

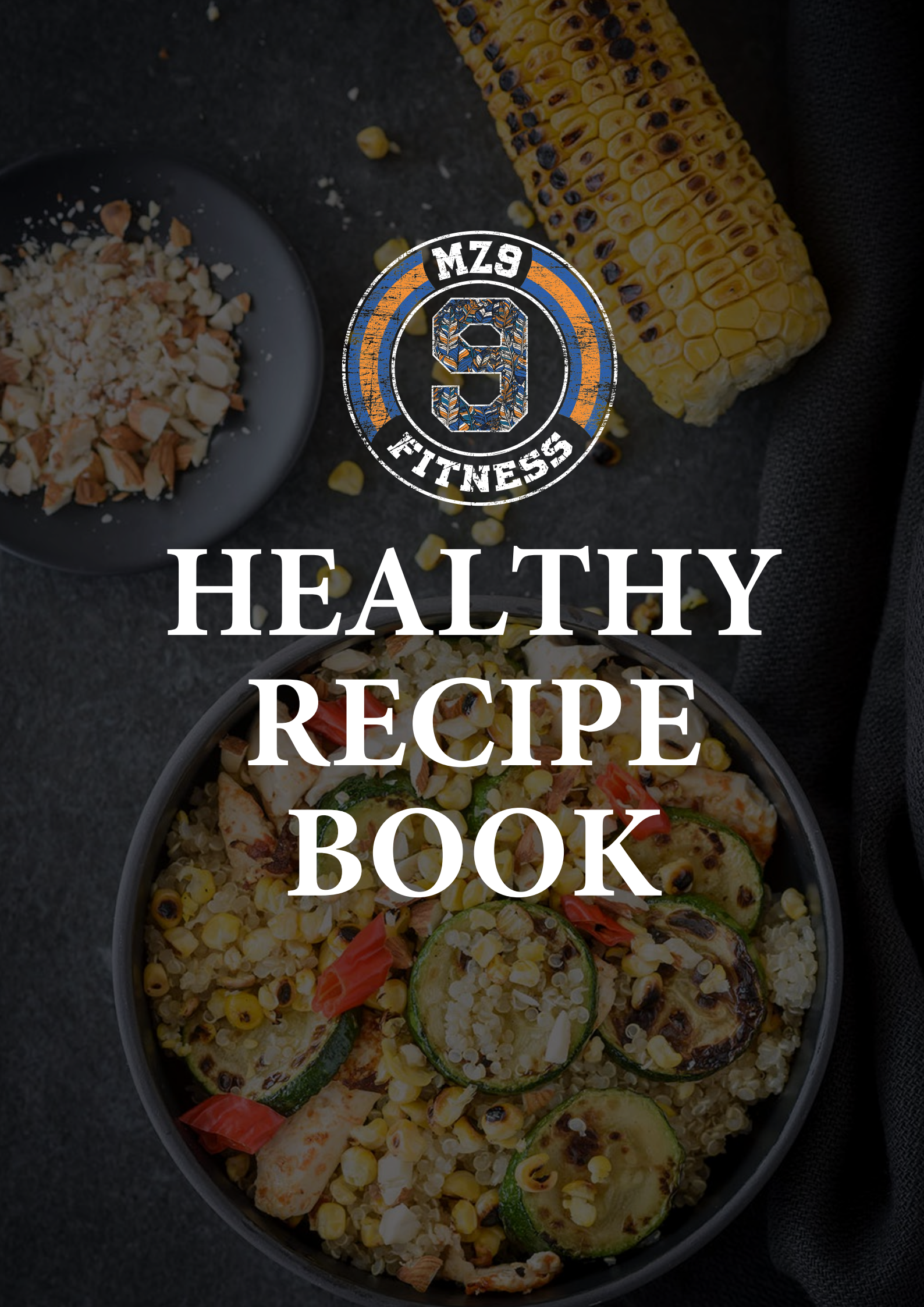
Firstly, pour the coconut milk into the blender. Add the chia seeds and blend for 20-30 seconds. Add all remaining ingredients and blend until you have a very smooth consistency.

You want the pudding to be nice and thick, but if it's too thick, you can add a little extra milk to loosen it.

Transfer to a bowl or jar and refrigerate for at least 2 hours.

MACROS PER PORTION

CALORIES	368	PROTEIN	22
CARBS	34	FATS	16
FIBRE	12		



HEALTHY RECIPE BOOK