Emma J
LIFESHAPER

HEALTHY RECIPES

FOR AMAZING RESULTS

www.emmajlifeshaper.com

Medical Disclaimer
Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...

Welcome to the Healthy Recipes for Amazing Results cook book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

My Story...

I'm a lifestyle fitness and nutrition coach and owner of a ladies only health and fitness centre.

Since 2006 I have helped my clients achieve their goals in aspects of their life, from life coaching, exercise and nutrition, to encourage them to lead a fitter, happier, healthier lifestyle.

Having worked so closely with my clients over the years, one thing I realise is that people quickly get bored of healthy eating as they run of ideas. So I have put together this delicious recipe book to make things easier for you.

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

Please remember we are all individual and it is important to apply these principles to YOU, by being a detective of your own body. Monitoring if your nutrition is right for you through hunger, energy and cravings. If any of these are out of line then changes need to be made.

1. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
2. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
3. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
4. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
5. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Let's get started...

Below are a few hints and tips to help you along the way.
Please spare a few minutes to read this before you get cooking.

COOKING WITH FATS AND OILS

For cooking and frying at high temperatures, coconut oil is safe to use, as it remains stable at higher temperatures. In other words, unlike many other oils and fats, it won't become damaged when heated above a certain temperature. When oils become damaged, they turn rancid, which can be damaging to your body. Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

For salads, use cold pressed extra virgin olive oils, sesame or peanut oils. There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

A note about dairy / dairy free products:

If you are following a dairy free diet, it is best to cook with coconut oil where possible. Good quality ghee contains very small amounts of lactose and casein and therefore is suitable for many people who are lactose intolerant.

COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!

WHERE TO BUY

Coconut Oil and Coconut Flour:
Available on **Amazon** and in **health stores** and **major supermarkets**

TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.

Of all herbal teas, liquorice tea is arguably one of the most beneficial yet under-appreciated herbal teas. Liquorice tea can help the liver to rid the body of unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.

Consider replacing cheap, processed table salt (which is full of chemicals and some even contain sugar!) with a good quality organic sea salt or Himalayan pink salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.

WHERE TO BUY

Tulsi Brahmi Tea: Available on **Amazon** and **www.discount-supplements.co.uk**

Liquorice Tea: Available on **Amazon** and in **health stores** and **major supermarkets**

Himalayan Pink Salt: Available on **Amazon** and in **health stores** and **major supermarkets**

A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.

However, I believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you may feel deprived.

My advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!).

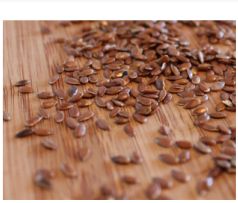
In some of my recipes I have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. If you'd prefer to swap the sweeteners in my recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

Note: There are several forms of Stevia available - a very light powdery texture, and a more granulated/grainy texture. In all of my recipes, I have used the granulated version. I recommend you use the same, so that the ingredient weight is accurate.

WHERE TO BUY

Stevia: Available on **Amazon** and in **health stores** and **major supermarkets**

FLAXSEED



Flaxseed is rich in omega-3 fatty acids and fibre. It is a great ingredient to use in cooking and baking, e.g. spelt bread, cakes, pizzas (yes, healthy ones!), mixed in with nut butter or humous dips, added to pancake mixes, sprinkled over cereals or salads or added to smoothies.

It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. If you mix flaxseed with water and leave to stand for 10 minutes, it develops a sticky coating, which makes it a great egg substitute in baking (as do chia seeds). Always store your flaxseed in the fridge in an airtight container.

WHERE TO BUY

Flaxseed: Available in **major supermarkets**

WHITE OR WHOLEGRAIN RICE?

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat. In most cases, where rice appears in this book, I haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.

A helping hand...

Through a combination of good nutrition and exercise, the following recipes will help you achieve optimum fat loss results.

Here are some **low carb recipes**, ideal for a **non training day:**

Breakfast

- Meat & nuts
- Bacon & egg frittata
- Allowable English breakfast
- Poached salmon protein brunch

Lunch & Dinner

- Dill & caper salmon burgers
- Turkey coconut burgers
- Low carb quiche
- Crunchy mackerel salad
- Low carb chilli cheese burgers
- Spicy salmon parcels
- B.C.T.A.
- Quick fish stew

Snacks & Treats

- Mediterranean meatloaf
- Protein-rich Scotch eggs
- Pistachio & goji bark
- Strawberry protein balls

Smoothies

- Supreme green smoothie
- Pina colada

Research has shown that the body can tolerate carbohydrate better after exercise. If you are going to consume carbs, you should aim to do this within 2 hours of exercise.

Here are some recipes which are ideal post-workout. These are also medium / high protein to aid muscle repair.

Breakfast

- Crunchy protein quinoa
- Fruit & nut porridge
- Breakfast burrito
- Summer fruit pancakes

Lunch & Dinner

- Chicken, rice & pepper pot
- Lentil pepper soup
- Authentic curry
- Chilli con cauli
- Fragrant fish soup
- Warming stew
- Hot Thai pie

Snacks & Treats

- Flaxseed spelt bread
- Carrot & ginger loaf
- Indulgent cookie cakes
- Banana yoghurt

Smoothies

- Beetroot, orange & carrot cooler
- Oaty berry smoothie

Your guide to Hormones

Understanding how hormones work and how our lifestyle choices affect our hormone levels is vital if we want to get the best results possible. In fact I'd go as far to say that if our hormones are not regulated properly it can massively sabotage our results and lead to poor health.

Obesity, diabetes, heart disease and depression are just a few of the diseases that hormonal imbalances contribute towards. The good news is that the recipes in this book have been designed to help get and keep you healthy. Whilst the diagnosis and treatment of hormonal imbalances should be left to medical experts, we can have a positive impact on our hormones by leading a healthy lifestyle.

A basic understanding of the key hormones that regulate metabolism, hunger, body fat, and energy levels is useful for understanding how different lifestyle choices affect your body.

Every time we eat, exercise, sleep, get stressed or meditate; hormones are released.

We want to make sure that our lifestyle choices are geared towards controlling these hormones.

What are hormones?

Hormones are chemical messengers that communicate information throughout the body. You can think of hormones as radio signals that are telling different cells in the body to do different things.

Depending on our lifestyle choices, the hormones released will dictate whether we burn or store body fat, feel hungry or satisfied, build muscle or not, feel relaxed or stressed, and whether we are able to sleep well or have restless nights.

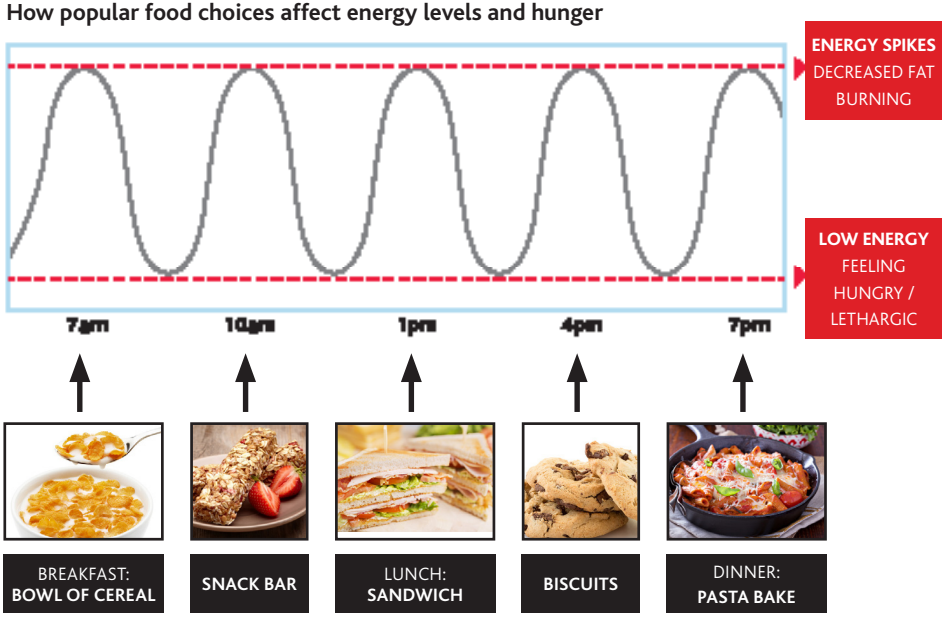
Can you see why this is so important to your health and the results you want to achieve? We're going to look at a variety of different hormones that influence our health and our body composition. Let's get started...

Insulin

Insulin is released from the pancreas in response to our blood sugar levels. When our blood sugars increase, insulin is released and it's job is to tell the body to store the sugar in our muscles and liver. In order for us to have steady energy levels throughout the day and be able to burn body fat, we need to manage our insulin levels properly.

We do this by controlling the amount and type of carbohydrates we consume. This doesn't necessarily mean eating a low carbohydrate diet all of the time (although that might work for some people), it means that we avoid the overconsumption of foods with lots of added sugars. After eating a sugary snack you may have experienced an energy spike followed by an energy crash. This happens because blood sugar levels increase rapidly, prompting the release of insulin to lower our blood sugars, since high blood sugar is toxic. We can then be left with blood sugar levels that are too low. This can make us feel lethargic and hungry. It's at these times when we are likely to crave more sugary, carbohydrate rich foods. This causes us to experience "peaks and troughs" in our energy levels.

How popular food choices affect energy levels and hunger

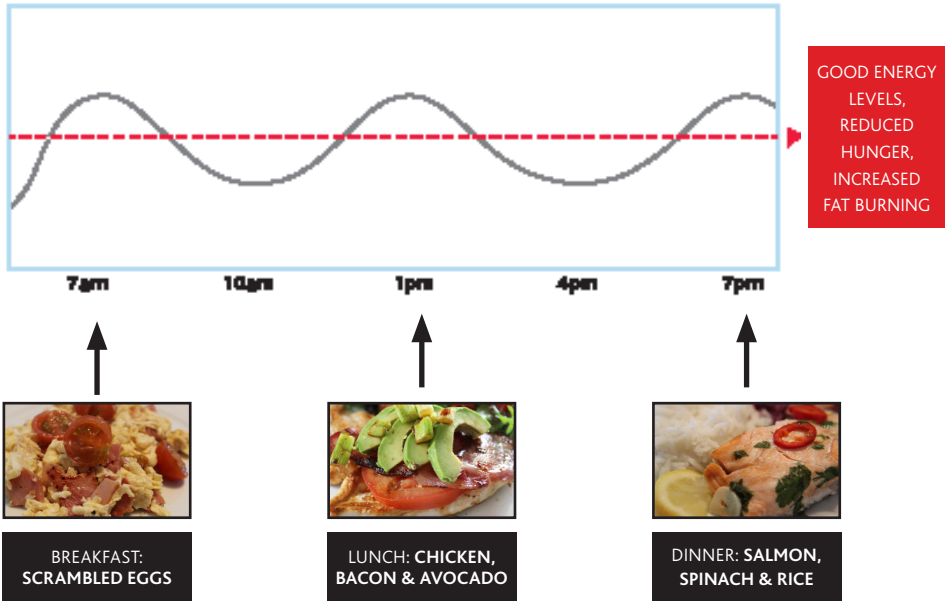


The ideal scenario, both from an energy perspective and for us to get the results we want is to consume the right nutrients that will allow us to have stable, steady blood sugars and well regulated insulin levels throughout the day.

These nutrients include:

- Proteins
- Fats
- Fibre-rich complex carbohydrates

Fats and proteins do not cause insulin levels to increase anywhere near as much as carbohydrates do, that's why it's essential that we eat proteins and healthy fats. By doing this we can feel full and avoid energy crashes.



There is a term called **insulin resistance,** which is when the body is producing insulin but the cells just aren't listening. Imagine an 18 year old having their first alcoholic drink, they'd probably get drunk quite quickly. Next imagine a 30 year old who has been binge drinking most weekends, it probably takes a lot more alcohol for them to get drunk. It's similar with insulin and after years of eating too many sugary carbohydrates, our cells can become resistant to insulin.

We then need our pancreas to produce more insulin to shift the same amount of sugar out of the blood and into storage. This can be the beginning of metabolic syndrome and type 2 diabetes.

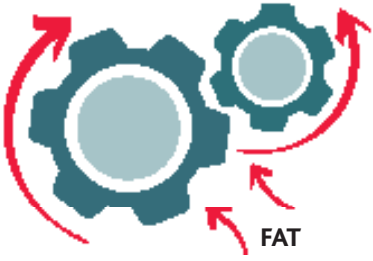
The two main culprits behind insulin resistance are a lack of exercise and a hyper-caloric diet high in refined carbohydrates. The good news is that insulin sensitivity can be regained with the right combination of diet and exercise.

Glucagon

If we think of insulin as a **"storage hormone"** then we can think of glucagon as a **"mobilisation hormone"**.

Glucagon tells our muscle and fat cells to release energy for us to use to fuel our daily activities. If we consume a surplus of Calories and lots of sugary carbohydrates, glucagon doesn't need to do it's job because there's already too much energy available. Insulin and glucagon are both released from the pancreas and work with each other to regulate our blood sugars and energy levels. If our insulin levels are jacked up due to having too much blood sugar, not much glucagon will be released and we won't be able to burn fat effectively. When our insulin levels are low, the body will release more glucagon which can then prompt the release of our energy stores (including stored body fat). This is what we want!

In a nut shell, by eating the right foods to prevent insulin spikes, glucagon can do what we want it to do; help us to use our fat stores for energy!



GLUCAGON

INSULIN

Cortisol

Cortisol is a hormone that is released from the adrenal glands (along with adrenaline). Although cortisol gets a bad wrap, it's actually very necessary for us to have cortisol; just not chronically elevated levels or unhealthy cortisol rhythms.

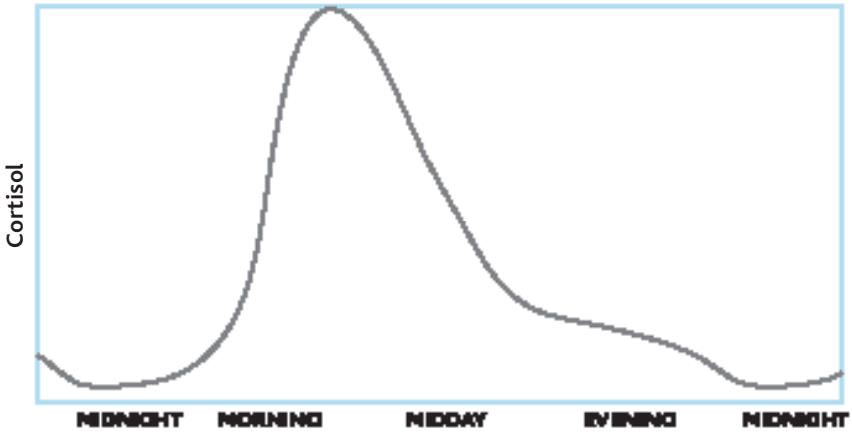
It's usually described as a stress hormone because we release cortisol (and adrenaline) in stressful situations. If we didn't release cortisol in the morning then we would struggle to wake up.

Cortisol levels should rise in the mornings so that we feel energetic in the daytime and our cortisol levels should gradually lower throughout the day, enabling us to feel relaxed and naturally tired in the evenings.

Modern life can be stressful and if, for example, we are stressing out over a work situation at night, then our cortisol levels can become elevated at a time when they should be low.

Overtraining can also cause our cortisol levels to become chronically elevated so it's important that our training programmes are assessed regularly.

How healthy cortisol levels look:



Some of the reasons that our cortisol levels become imbalanced:

- Poor sleeping habits
- Inability to handle or manage stress
- Overconsumption of stimulants; caffeine for example
- Overtraining; training too long / frequently at high intensity

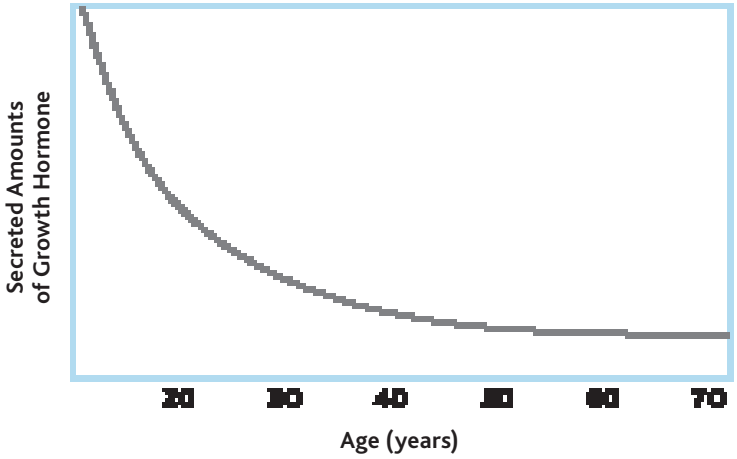
When cortisol gets out of control we can experience suppressed immune system function, elevated blood sugars, faster ageing, poor insulin sensitivity, lower sex drive and an increase in abdominal fat storage. This is the perfect recipe for getting sick, fat and wrinkly. As if that's not bad enough, chronically elevated cortisol often leads to cravings for high Calorie, sugary foods.

Things that can help to restore healthy cortisol levels:

- Getting to bed before 10:30pm every night
- Learning a cognitive strategy such as CBT to learn how to cope better with stress
- Taking time to meditate / relax / chill out more often
- Reducing caffeine intake, especially in the afternoons
- Ensuring your training regimen is assessed regularly

Growth hormone

Human growth hormone has been described as **"the fountain of youth"** and not surprisingly growth hormone supplementation is now big business, especially in the USA. **Healthy growth hormone levels help to keep us lean, healthy and strong.** As we age our levels of growth hormone decline, for example a 60 year old may only produce 25% of the growth hormone that a 20 year old produces. In that sense there's not a lot we can do, because we're all getting older! What we can do is to look at ways to help our bodies produce growth hormone normally and naturally.



Growth hormone is mainly released / elevated when we are:

- Sleeping
- Exercising
- Fasting

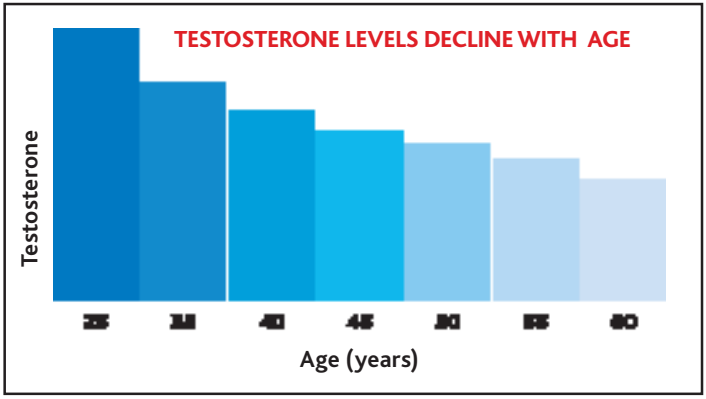
So if we are not sleeping properly, not only is our cortisol rhythm disturbed, we miss out on our natural growth hormone release during sleep. Another great reason to get to bed early and to ditch the caffeine!

Exercise causes the release of growth hormones, so if we are exercising regularly then our bodies will be producing growth hormones naturally. Fasting also increases growth hormone levels, that's one of the reasons why intermittent fasting has become popular. Whether or not you should fast is an individual decision and it's important to note that although it can increase growth hormone, it can also increase cortisol levels, so if you're already stressed then fasting might not be the best option.

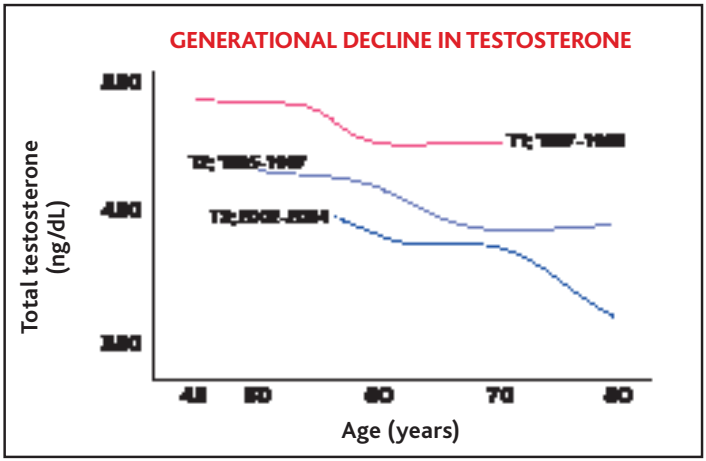
Eating too many sugary carbohydrates can also lower growth hormone, yet another reason to ditch the junk foods.

Testosterone

Although testosterone is the dominant male sex hormone, it is produced by both men and women. **Healthy testosterone levels are associated with drive, motivation and virility.** As we age, testosterone production declines and this contributes to the loss of muscle mass that people experience as they age. Low testosterone levels are associated with increased risk of cardiovascular diseases, depression, lethargy and lack of motivation.



It is to be expected that certain hormones decline with age, in fact it's completely normal and natural, but what is a concern is the generational decline in testosterone levels in males. Our grandfathers, on average would have had much higher testosterone levels throughout their lives.



One of the reasons for this is that modern life can be a lot more stressful. So it's not that surprising when we see studies showing that cortisol blocks the effects of testosterone.

What can we do?

Luckily there are things we can do to maintain healthy testosterone levels:

- Get to bed early
- Learn stress management techniques
- Train with heavy weights
- Eat enough fat (our bodies make testosterone from cholesterol)

Training with heavy weights will not cause women to look big and bulky because females have a very small amount of testosterone compared to males.

TOTAL TESTOSTERONE LEVELS		
SEX	ng/dl	ng/ml
Females	6-86	0.1-1.2
Males	270-1100	1.4-12

As you can see from the table above, males have a lot more testosterone than females, which explains the difference in ability to build muscle mass.

Oestrogen

It's often thought that information about oestrogen is only relevant to females. Oestrogen however, is an important topic for any man experiencing the dreaded "man boobs" or "moobs". **Men need a normal, healthy level of oestrogen just as women need a normal healthy level of testosterone.** The problem arises when oestrogen becomes out of balance with testosterone, this is when guys can literally start growing what look like breasts. Obesity as well as exposure to environmental oestrogens such as plastics are thought to contribute towards the disruption of healthy sex hormone levels in males.

For women, healthy oestrogen levels are essential for heart and bone health as well as many other functions in the body.

Estradiol is the primary oestrogen that a woman relies upon during her younger years to keep her healthy and lean. Estradiol also helps to regulate appetite, mood and energy levels. As a woman goes through the menopause, production of estradiol decreases and this leaves another form of oestrogen, estrone, as the main oestrogen. Estrone is linked with increased abdominal fat storage and unfortunately, the more fat that is gained, the more estrone is produced. This can make losing body fat much more difficult and extra attention must be placed upon diet and exercise during and after the menopause. Estrone can also contribute to insulin resistance, another good reason to avoid binging on sugary carbohydrates and opt instead for proteins, fats, vegetables and complex carbohydrates.

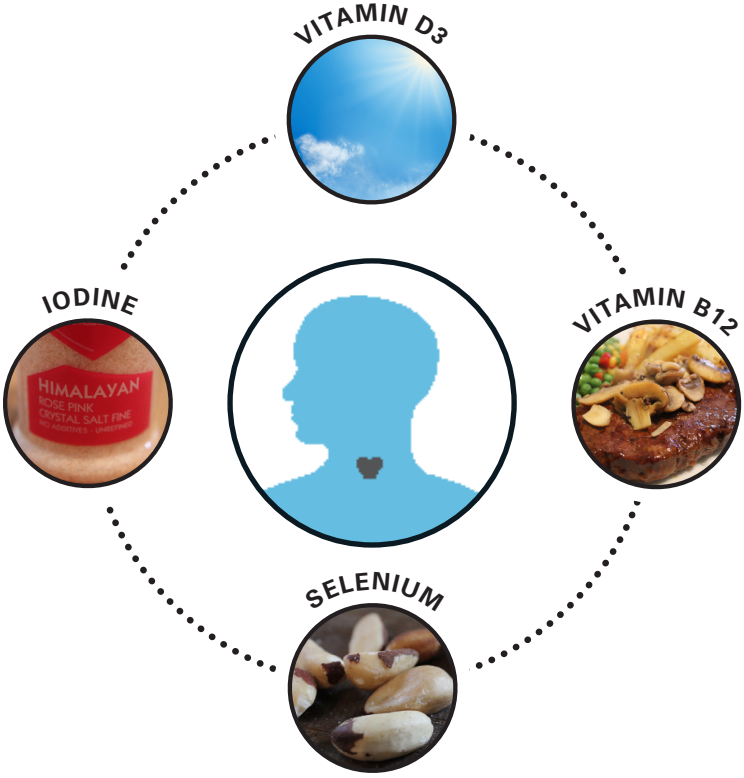
Another hormone that drops at the menopause is **progesterone**. Because progesterone is a precursor for testosterone and estradiol, this now means that there is less testosterone and estradiol available to have a positive effect on body composition, mood and appetite regulation. This is why it's so important to do everything within our control to promote healthy body composition, mood and appetite regulation. We can do this by paying attention to diet, exercise and stress levels.

Chronically elevated cortisol around the time of the menopause needs to be avoided because cortisol and progesterone may compete for the same receptors. This means that cortisol can exhibit a blocking affect on progesterone. This is definitely not good if we consider progesterone levels are already dramatically lowered after the menopause. **The key message is to learn how to manage stress and make the right lifestyle choices.**

Thyroid

Thyroid hormone is often referred to as "the master hormone" and with good reason. Thyroid hormones have a huge impact on metabolic rate. If you or anyone you know has suffered with under-active thyroid then you know all about the weight gain and lethargy that can be experienced when the thyroid isn't functioning optimally. On the contrary, when the thyroid is over-active, people lose weight rapidly and can become anxious.

Important nutrients for thyroid health include; iodine, selenium, vitamin D3 and vitamin B12.



Cruciferous vegetables like broccoli contain substances called goitrogens that inhibit the thyroid gland. Most of these substances are destroyed by cooking, so it's important to cook your cruciferous vegetables.

Leptin

Leptin is a hormone that decreases hunger by signalling to the brain that we have enough energy (fat) stores in our body. The problem is that, as in the case with insulin resistance, we can become resistant to leptin. The leaner someone is, the more sensitive to leptin they are, so a small amount of leptin does the job of telling us we're not hungry. This makes sense when we consider that leaner people actually have less leptin, even though they have less energy (fat) stored in their bodies.

When someone is leptin resistant, although they may have more leptin, the message doesn't get through and the result is feeling hungry. Not sleeping properly can also decrease leptin levels.

What can we do?

- Take Omega 3 fish oil – Omega 3 fats are associated with decreased hunger
- Go to bed early
- Reduce stress
- Reduce caffeine

Ghrelin

Ghrelin is the hormone that tells us that we are hungry. When it's coming up to meal time, we will naturally feel hungry, this is because ghrelin is being released. There's not a whole lot we can do to directly influence ghrelin, apart from, you guessed it, sleep well! Studies show that lack of sleep increases ghrelin, possibly making us hungrier and more likely to make poor food choices.

It's not only leptin and ghrelin that regulate our appetite, so we still can put practices into place to help us get our appetite under control.

There are other ways to help:

- Consume fibre rich foods to help keep us feeling full
- Consume enough protein and fat because these two nutrients help to satiate us more than carbohydrates
- Drink enough water – sometimes when we think we are hungry, we're really just thirsty
- Avoid consuming too many sugary foods that cause blood sugar to spike then crash

Conclusion

There are many hormones in the body, all having unique actions in maintaining sound health. The interplay between all the different hormones is complex, and while we don't need to understand everything about hormones, we can conclude that **the right lifestyle choices play a huge role in balancing our hormones.**

To help balance all of our hormones naturally we need to:

- Get to bed early as often as possible
- Learn strategies to cope better with stress
- Taking time to meditate / relax / chill out
- Ensure we are not overtraining
- Perform resistance training
- Reduce caffeine intake
- Eat well

Please be aware that this information does not constitute medical advice. If you are concerned about your hormonal health, please see a qualified medical professional.

Mango, mint & cucumber smoothie

READY IN 5 MINUTES

200g fresh mango, roughly chopped
100g cucumber
60g fresh spinach
1 tbsp coconut milk (optional)
5 ice cubes
100ml cold fresh water
1 sprig fresh mint

SERVES 2

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

PER SERVING:
81 Calories
16g Carbs
2g Protein
1g Fat

Alkalising tonic

READY IN 5 MINUTES

handful fresh spinach
1 kiwi, halved
2 tbsps wheatgrass powder
juice of half a lemon
300ml cold water (add more or less, depending on desired consistency)

SERVES 1

PER SERVING:
121 Calories
20g Carbs
8g Protein
1g Fat

Put all of the ingredients into a blender and blend until smooth.

Supreme green smoothie

READY IN 5 MINUTES

30g baby leaf spinach
15g fresh ginger, peeled and roughly chopped
1 tsp wheatgrass powder
50g blueberries
200ml cold water (add more or less, depending on desired consistency)

SERVES 1

PER SERVING:
64 Calories
11g Carbs
5g Protein
0g Fat

Put all of the ingredients into a blender and blend until smooth.

Refresher cooler

READY IN 5 MINUTES

50g fresh mango
handful fresh spinach
1 tbsp wheatgrass powder
handful cucumber, roughly diced
1 kiwi, peeled and diced
2 ice cubes

SERVES 1

PER SERVING:
109 Calories
21g Carbs
4g Protein
1g Fat

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

Pina colada

READY IN 5 MINUTES

1 slice fresh pineapple, peeled and chopped roughly
1 tbsp light coconut milk
2 ice cubes
40g vanilla flavour whey or rice protein powder (optional)

SERVES 2

PER SERVING:
145 Calories
7g Carbs
15g Protein
6g Fat

Put all of the ingredients into a blender and blend until smooth.

Beetroot, orange & carrot cooler

READY IN 5 MINUTES

2 cooked beetroots
juice of one large orange
3 medium sized carrots, peeled and cut into chunks
1 tsp chia seeds (optional)
handful ice cubes
150ml cold fresh water

SERVES 2

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

PER SERVING:
97 Calories
19g Carbs
3g Protein
1g Fat

Oaty berry smoothie

READY IN 5 MINUTES

25g vanilla or strawberry flavour whey or rice protein powder
70g frozen mixed berries
15g porridge oats (use gluten-free oats if preferred)
100ml cold fresh water

SERVES 1

Put the protein powder, berries and oats into a blender and add half of the water.

Blend together, adding more water until you have the desired consistency.

PER SERVING:
145 Calories
14g Carbs
20g Protein
1g Fat

Milk kefir

2 tbsps Kefir milk grains (available on Ebay or Amazon)
1 litre glass jar with lid, sterilised
1 litre full cream cow or goats milk
plastic sieve
plastic or wooden spoon
glass bottle, sterilised

MAKES 10 x 100ML SERVINGS

PER 100ml:
81 Calories
5g Carbs
4g Protein
5g Fat

Place the kefir grains in the glass jar. Add the milk and close lid gently (do not close too tightly).

Place jar in room temperature and away from direct sunlight. This is found to be the best environment for kefir fermentation.

Leave for between 12 hours to 2 days. After 12 hours, you will have a mild tasting milk kefir. After 24 hours, it will be more tart. After 48 hours, it will have a more zesty taste.

Use the sieve and spoon to separate the milk from the grains. Pour the kefir milk into a sterile glass bottle and refrigerate.

You can either allow the grains to rest for a few days, covered in a little cold water or milk and placed in the fridge, or start another batch again. Rest the grains every few weeks to get the best from them.

Your grains will last a lifetime, if you look after them!

Note:
Do not allow the grains to come into contact with metal as it will damage them. One shot of kefir milk per day will have a significant impact on your digestive health.

Blend the kefir milk with a handful of frozen berries and a scoop of chocolate flavour whey protein to create a delicious post workout smoothie.

Iced latte protein smoothie

READY IN 5 MINUTES

1 small banana
7-10 coffee ice cubes (made with strong caffeinated or decaffeinated coffee)
2 tbsps vanilla flavour whey or rice protein powder
150ml cold fresh water

SERVES 1

Place all of the ingredients in a blender and blend until smooth.

Add a little more water if required, to achieve the desired consistency.

PER SERVING:
218 Calories
25g Carbs
25g Protein
2g Fat

Kale, mint & matcha smoothie

6 matcha ice cubes
(see method on right)
1 handful kale
75g cucumber, sliced
10 mint leaves
juice of 1 lemon
100ml cold water
1 tsp honey (optional)

SERVES 1

READY IN 5 MINUTES

How to make matcha ice cubes:

Dissolve 3 tsps matcha powder in 125ml hot water, leave to cool then pour into an ice cube tray and freeze

Place all of the ingredients in a blender and blend until smooth.

Add a little more water if required, to achieve the desired consistency.

PER SERVING:
93 Calories
17g Carbs
4g Protein
1g Fat

Supercharged iced tea

3 tea bags of choice e.g. green tea, mint tea, milk thistle, dandelion, liquorice, tulsi brahmi
20g fresh ginger, chopped finely
sprig of chopped mint leaves
juice of 1 lemon or lime
stevia (or natural sweetener of your choice)

SERVES 1

Pour 200ml freshly boiled water into a glass jug. Add the tea bags.

Add the fresh ginger and mint leaves.

Top up with freshly boiled water to bring the total volume up to 800ml.

Add the natural sweetener (just start with a small amount and add more to taste).

Add the lemon or lime juice and stir well.

Allow to cool then transfer contents to a sterilised glass bottle and refrigerate.

Drink throughout the day.

PER SERVING:
36 Calories
8g Carbs
1g Protein
0g Fat

Blueberry crunch

125g plain or Greek yoghurt (use dairy free yoghurt if preferred)
60g fresh blueberries
10g chopped hazelnuts
5g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)
pinch of saffron (optional)

SERVES 1

READY IN 5 MINUTES

Spoon the yoghurt into a bowl and top with the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.

PER SERVING:
205 Calories
15g Carbs
16g Protein
9g Fat

Banana yoghurt

125g plain or Greek yoghurt (use dairy free yoghurt if preferred)
1 small banana, sliced
7g flaked almonds
5g sunflower seeds
1 tsp acacia honey (optional)

SERVES 1

READY IN 5 MINUTES

Spoon the yoghurt into a bowl.
Top with the banana, almonds, seeds and honey.

Store in an airtight container and refrigerate for up to 2 days.

PER SERVING:
287 Calories
37g Carbs
10g Protein
11g Fat

Protein-rich Scotch eggs

7 medium sized eggs
600g lean pork mince/low fat vegetarian mince*
4 rashers lean unsmoked back bacon, fat removed, cut into small pieces (use vegetarian bacon if preferred*)
½ tsp Himalayan pink salt
pinch of black pepper
1 tsp dried oregano
4 tbsps ground almonds

MAKES 6 SERVINGS

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 150˚C/300˚F.

Place six of the eggs in a saucepan and cover with water. Bring to the boil, then simmer for 5 minutes. Remove from heat and replace the hot water in the pan with cold water. Set aside.

In a large bowl use your hands to combine the mince, bacon, salt, pepper and oregano.

Break the remaining egg into a separate bowl and whisk lightly. Add a small amount to the pork mixture and mix together.

Cover the surface of a large plate with the ground almonds. When the boiled eggs are cool, peel carefully. Take some of the pork mixture and use your hands to shape it around the egg. Add a coating of the whisked egg to the Scotch egg, smoothing it to help keep the pork mixture in place.

Gently roll the Scotch egg in the ground almonds, until it has an even coating. Place the scotch egg on a baking tray. Repeat the process with the remaining boiled eggs. Bake for 30 minutes.

Store in an airtight container and refrigerate for up to 3 days.

PER SERVING:
324 Calories
1g Carbs
32g Protein
15g Fat

Mediterranean meatloaf

small amount of organic butter to grease loaf tin
750g extra lean minced beef (use vegetarian mince if preferred*)
250g tinned chopped tomatoes
1 large white onion, diced
1 handful fresh parsley, chopped finely
2 tsps dried oregano
2 large eggs, beaten
3 cloves garlic, chopped finely
1 tsp chilli flakes
½ tsp sea salt flakes
1 tbsp olive oil plus a drizzle extra
salt and pepper to season

SERVES 6

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 150˚C/300˚F.

Grease a loaf tin with butter.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

Store in an airtight container and refrigerate for up to 2 days.

PER SERVING:
208 Calories
5g Carbs
29g Protein
8g Fat

Baked onion bhajis with yoghurt mint dip

150g wheat free gram flour
1 tsp sea salt flakes
1 tsp chilli powder
1 tsp coriander powder
1 tsp cumin
1 tsp turmeric
1 tsp garam masala
3 white onions, finely sliced (approx 600g)
1 medium sized egg
cold water
3 tbsps ghee or organic butter

For the yoghurt mint dip:

250g plain yoghurt (use dairy free yoghurt if preferred)
2 tsps mint sauce
½ tsp turmeric
1 tsp lemon juice
1 tsp stevia (or natural sweetener of your choice)
small handful fresh coriander, chopped

MAKES 16 BHAJIS &
4 SERVINGS DIP

In a bowl, mix the flour with the spices.

Add the flour mixture to the onions and mix well with your hands, squashing the onions as you go, to get the flavour into the onions.

Crack the egg over the onions and mix well for 1-2 minutes, using your hands.

Add a small amount of water and mix well. You'll need a thick consistency and slightly wet but not runny. Add sufficient water to achieve this consistency. Cover and refrigerate for 3 hours or overnight.

Preheat oven to 180˚C/350˚F.

RECIPE CONTINUED ON NEXT PAGE >>

PER BHAJI:
79 Calories
9g Carbs
3g Protein
4g Fat

PER SERVING DIP:
41 Calories
5g Carbs
3g Protein
1g Fat

Place a small amount of ghee or butter in 16 muffin tray compartments.

Place in the oven until the oil has melted.

Remove from oven, and spoon the bhaji mixture into the compartments.

Bake for around 20-25 minutes, until the bhajis are a golden colour and cooked through.

To make the dip: Mix all of the ingredients together. Taste test the dip, adding more lemon or more mint if necessary, according to taste.

Store in an airtight container and refrigerate for up to 2 days.

Fiery fries

350g all rounder potatoes peeled and cut into chips
1½ tbsps organic butter or coconut oil, melted
2 tsps paprika
good pinch of sea salt flakes
2 tsps chilli flakes

SERVES 2

Preheat oven to 170˚C/350˚F.

Bring a large pan of lightly salted water to the boil. Add the potatoes and cook for around 8 minutes, so that they are still quite firm. Remove pan from heat and drain carefully.

Place a sheet of foil on a baking tray. Drizzle with half of the ghee or butter and sprinkle with the paprika, salt and chilli flakes.

Add the potatoes and turn over so they get a coating of spices and oil. Drizzle over the remaining butter.

Cook for 20 minutes then turn the chips over. Cook for a further 20-25 minutes until golden and crispy.

Consume immediately.

PER SERVING:
222 Calories
29g Carbs
4g Protein
10g Fat

Aromatic cauliflower rice

1 tsp organic coconut oil
15 curry leaves
2-3 small pieces of cinnamon bark
4-5 cloves
5 cardamom pods
1 tsp turmeric
1 tsp sea salt
1 tsp mustard seeds
200g cauliflower, grated
200ml fresh chicken stock (see recipe on page 58 or use one organic stock cube)

SERVES 2

Heat the oil in a large saucepan and add all of the spices, except for the turmeric. Cook gently over a medium heat for 30 seconds, stirring.

Add the grated cauliflower and stir. Cook for one minute.

Add enough stock, so that the mixture is not too watery or too dry. Cook for one minute.

Add the turmeric. Stir and sauté for 2-3 minutes, until the stock is absorbed and the cauliflower is tender. Remove the cinnamon bark before serving.

Once cooled, store in an airtight container and refrigerate for up to 3 days.

PER SERVING:
83 Calories
11g Carbs
3g Protein
3g Fat

Flaxseed spelt bread

500g wholegrain spelt flour
(use gluten free flour if preferred)
½ tsp sea salt flakes
1 tsp quick yeast
3 tbsps flaxseed
400ml warm water
1 tbsp olive oil

SERVES 6

Recommended:

Flaxseed is a great antioxidant, rich in Omega 3 essential fatty acids and fibre

Preheat oven to 200˚C/400˚F. Line the base of two medium sized bread tins with baking paper.

In a large bowl, mix together the flour, salt, flaxseed and yeast.

Roughly mix the water into the flour. While the dough is still craggy, add the olive oil and give it a good mix.

Knead the dough for several minutes, using a little extra flour to stop it sticking to your hands.

Divide the mixture into the two bread tins. Cover with a clean tea towel, and leave somewhere warm for 25 minutes e.g. next to a radiator.

Bake for 40-45 minutes. Turn out the loaves onto a wire rack and allow to cool for at least 5 minutes before serving.

Store in an airtight container at room temperature for up to 3 days.

PER SERVING:
331 Calories
54g Carbs
13g Protein
7g Fat

Banana-berry freeze

1 banana
100ml cold water or unsweetened almond milk
200g frozen raspberries
100g Greek yoghurt (use dairy free yoghurt if preferred)
1 tbsp acacia honey
few drops of peppermint or chocolate extract (optional)

SERVES 4

Top Tip:

A healthy dessert packed full of antioxidants

Cut the banana into thin slices, and place on a lined tray. Freeze for one hour.

Remove banana from the freezer. Pour the cold water or unsweetened almond milk into a blender and add the banana.

Using a wooden spoon, break up the frozen raspberries into small pieces then add to the blender. Blend on high setting for 3-4 minutes. Add more liquid if the blades jam or leave for 5 minutes for the mixture to soften up, then continue to blend until smooth.

Add honey, yoghurt and peppermint extract (if using) and pulse until creamy.

Serve immediately or freeze for a later date. Remove from the freezer 15 minutes before serving.

Refer to your freezer manual for maximum storage times.

PER SERVING:
97 Calories
20g Carbs
2g Protein
1g Fat

Protein heaven bars

3 medium sized bananas
50g crunchy peanut butter (no added sugar)
2 medium sized eggs
1 egg white
40g porridge oats (use gluten free oats if preferred)
20g ground almonds
30g flaxseed, whole or ground
50g chocolate flavour whey or rice protein powder
30g organic raisins
20g dark chocolate (minimum 70% cocoa), finely chopped

MAKES 9 BARS

Top Tip:

Replace the banana with 200g blueberries to reduce the carbs.

Preheat oven to 190˚C/375˚F.

Line a baking tray with baking paper.

In a large bowl, mash the bananas. Add all of the other ingredients and mix thoroughly. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then cut into nine pieces.

Store in an airtight container at room temperature for up to 3 days.

PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat

Berry sandwich bars

100g coconut flour
60g vanilla flavour whey or rice protein powder (optional)
1 tbsp ground flaxseed
½ tsp baking soda
1½ tsps cinnamon
½ tsp sea salt flakes
50ml melted organic coconut oil
25ml light unsweetened coconut milk
4 medium sized eggs
2 tsps vanilla extract
20g pitted dates, finely chopped
200g mixed berries
10g unsweetened coconut flakes

MAKES 8 SQUARES

Preheat the oven to 175˚C/350˚F. Line a 9x9 inch baking tray with baking paper.

Sieve the flour into a bowl and add the protein powder (if using), flaxseed, baking soda, cinnamon, and salt. Set aside.

In a separate bowl whisk together the coconut oil, coconut milk, eggs, and vanilla until creamy. Add the dates then slowly stir in the flour mixture until well combined and a firm dough forms.

PER SQUARE:
204 Calories
12g Carbs
12g Protein
12g Fat

Divide the dough in half and press half evenly into the bottom of the baking paper lined pan. Spread the berries evenly over top of the dough.

On a separate sheet of baking paper, gently shape the remaining dough into a similar size and shape as before. Lift the dough onto the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible. Sprinkle the dough lid with coconut flakes, and press lightly to hold them in place.

Bake for 20 minutes, until the coconut is golden and they spring back to the touch. Allow to cool in the pan completely before cutting into squares.

Store in an airtight container and refrigerate for up to 4 days.

Chocolate & coconut bark

80g organic coconut oil
3 tbsps organic cocoa powder
1 tsp stevia (or natural sweetener of your choice)
80g chopped nuts
50g chocolate flavour whey or rice protein powder (optional)

SERVES 6

A low carb treat that tastes truly indulgent and will satisfy any sweet tooth.

You can use any type of nuts. Hazelnuts, brazils, macademias or pistachios work very well. Chop them roughly to add extra texture.

Line a baking tray with baking paper and put in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and stevia. Stir well to combine. Remove from heat.

Stir the nuts and protein powder into the mixture. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness.

Place in freezer on a level shelf and leave for 20 minutes.

Freeze for up to 2 weeks.

PER SERVING:
222 Calories
3g Carbs
9g Protein
22g Fat

Carrot & ginger loaf

20g flaxseed, ground
180g bramley apple, peeled, cored and sliced
150g coconut flour
½ tsp xanthan gum
2 tsps baking powder
50g chocolate flavour whey or rice protein powder
pinch of sea salt
2 tsps ground cinnamon
1 tsp ground ginger
8 cloves, ground
3 tsps stevia (or natural sweetener of your choice)
50g pure maple syrup
100ml light coconut milk
100ml extra virgin olive oil
1 egg
1 egg white
200g carrots, peeled and grated
80g organic raisins
20g nuts, chopped (any kind)

MAKES 14 SERVINGS

Preheat oven to 180˚C/350˚F. Line the base of two medium sized loaf tins with baking paper.

Mix the flaxseed with a little water until the consistency thickens. Leave to stand.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

In a large bowl, mix the flour, xanthan gum, baking powder, protein powder, salt, cinnamon, ginger, cloves, stevia and maple syrup.

In a separate bowl, mix the coconut milk, olive oil, egg, egg white, apple sauce until smooth. Gently stir in the carrots and raisins and mix.

Divide the mixture between the two loaf tins and sprinkle the nuts over the top. Bake for 30 minutes. Remove from oven and leave to cool for 5 minutes on a wire rack. Remove from tins and allow to cool.

Store in an airtight container at room temperature for up to 3 days.

PER SERVING:
191 Calories
15g Carbs
8g Protein
11g Fat

Chocolate nut pancakes

25g coconut flour
25g chocolate flavour whey or rice protein powder
30g whole porridge oats (use gluten free oats if preferred)
2 medium sized eggs
1 egg white
1 tsp cocoa powder
1 tsp stevia (or natural sweetener of your choice)
20g dark chocolate (minimum 70% cocoa), grated
15g crunchy peanut butter (no added sugar)
10g organic coconut oil

MAKES 5 PANCAKES

Put all of the ingredients except for the oil into a blender and mix together. Add a dash of water if necessary to achieve the right consistency. The mixture should be quite thick yet runny enough to pour.

Heat some of the coconut oil in a large non-stick pan over a medium/high heat. Pour one quarter of the mixture into the centre of the pan.

PER PANCAKE:
148 Calories
9g Carbs
10g Protein
8g Fat

Serving suggestion:

Serve with a dollop of Greek yoghurt, black cherries (fresh or frozen) and some grated dark chocolate.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn or flip it over and cook on the other side for 1-2 minutes.

Transfer pancake to a plate. Add more oil to the pan and repeat the process four times with the remaining batter.

Store in an airtight container and refrigerate for up to 2 days.

Cherry almond muffin loaf

50g bramley apple, cored, peeled and sliced
5 medium sized eggs
1 egg white
30g pitted dark cherries, halved
80g coconut flour
65g pure maple syrup
1½ tsps stevia (or natural sweetener of your choice)
70g ground almonds
1 tsp of vanilla extract
½ tsp bicarbonate of soda

MAKES 10 SLICES

Preheat oven to 180˚C/350˚F.

Line the base of a medium sized loaf tin with baking paper.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

Beat the eggs and egg whites with a whisk for 30 seconds.

Add all of the remaining ingredients and mix well. Pour the mixture into the loaf tin and bake for 40-50 minutes, until golden brown.

Leave to cool for 5 minutes, then remove from the tin and transfer to a wire rack to cool.

Once cooled, store in an airtight container at room temperature for up to 3 days.

PER SLICE:
132 Calories
12g Carbs
7g Protein
7g Fat

Protein jelly

1 sachet/pack sugar free strawberry or raspberry jelly (use vegetarian jelly if preferred*)
½ pint boiling water
40g strawberry flavour whey or rice protein powder
½ pint of cold water
50g mixed berries

SERVES 3

* If possible, use jelly which is free from artificial sweeteners, flavours, and colourings

Add the jelly to the boiling water. Stir well until the jelly has dissolved.

Stir in the protein powder. Top up with cold water.

Pour into dessert bowls or glasses and add the berries. Refrigerate until set.

Refrigerate for up to 3 days.

PER SERVING:
60 Calories
2g Carbs
13g Protein
0g Fat

Blueberry bombs

2 tbsps dark chocolate (minimum 70% cocoa)
1 tsp vanilla extract
3 tbsps acacia honey
4 tbsps crunchy peanut butter (no added sugar)
100g porridge oats (use gluten free oats if preferred)
50ml light unsweetened coconut milk
3 tbsps mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)
80g pitted prunes
2 tbsps organic desiccated coconut
75g blueberries

MAKES 15 SERVINGS

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a gentle heat and allow the water to simmer gently.

Carefully sit the heatproof bowl in the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Add the remaining ingredients and mix well. Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready to serve.

Store in an airtight container and refrigerate for up to 4 days.

PER SERVING:
136 Calories
12g Carbs
4g Protein
8g Fat

Quick & easy popcorn

80g popping corn
15g organic coconut oil
sprinkle of stevia to sweeten (or natural sweetener of your choice)

SERVES 4

Melt the oil over a medium/high heat in a large saucepan.

Add the popping corn and cover.

When the corn starts to pop, shake the pan gently from time to time over the heat, to prevent burning.

When most of the corn has popped remove saucepan from heat. You will probably find there are a few that remain unpopped. Transfer to a large serving bowl.

Sprinkle on the stevia and mix well.

Consume immediately.

PER SERVING
120 Calories
19g Carbs
2g Protein
4g Fat

Chocolate nut icecream

500g 0% fat Greek yoghurt (use dairy free yoghurt if preferred)
2 medium sized ripe bananas, sliced
50g chocolate flavour whey or rice protein powder
1 tsp vanilla extract
10g dark chocolate (minimum 70% cocoa), finely chopped
20g chopped hazelnuts

SERVES 6

Put the yoghurt, banana, protein powder and vanilla extract in a blender. Pulse until creamy.

Stir in the dark chocolate and nuts.

Divide into 6 small freezer proof pots.

Freeze for at least 2 hours. Remove from freezer 15 minutes before serving.

Refer to your freezer manual for maximum storage times.

PER SERVING:
156 Calories
14g Carbs
16g Protein
4g Fat

Raspberry & vanilla energy balls

100g raspberries
1 tsp pure maple syrup (or natural sweetener of your choice)
¼ tsp ground cinnamon
pinch of nutmeg
100g porridge oats (use gluten free oats if preferred)
1 tsp vanilla extract
75g pitted dates, chopped finely
35g ground almonds
40g chocolate or vanilla flavour whey or rice protein powder
8 brazil nuts, finely chopped
70ml light unsweetened coconut milk
60g shredded coconut

Pour the raspberries into a fine sieve and position over a large bowl.

Using the back of a wooden spoon, press the raspberries gently, extracting the raspberry juices into the bowl.

Discard the raspberry seeds.

Add all of the other ingredients to the large bowl, except the desiccated coconut. Mix thoroughly and refrigerate for at least an hour until the mixture firms up.

Divide the mixture into 9 portions and roll into balls using your hands. Pour the shredded coconut onto a plate and roll each ball in the coconut, to give them an even coating.

Store in an airtight container and refrigerate for up to 3 days.

MAKES 9 ENERGY BALLS

PER BALL:
178 Calories
16g Carbs
6g Protein
10g Fat

Pistachio & goji bark

3 tbsps dried goji berries
5 tbsps organic coconut oil
3 tbsps organic cocoa powder
1 tsp pure maple syrup
40g pistachios, chopped roughly
2 tbsps mixed seeds (e.g.flaxseed, sesame seeds, sunflower seeds)
4 tsps dark chocolate (minimum 70% cocoa), melted

MAKES 12 SERVINGS

Presoak the goji berries in water for 1 hour, then drain. Gently press to remove excess water and chop roughly.

Line a baking tray with baking paper and place in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and maple syrup. Stir well to combine. Remove from heat. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness. Sprinkle the pistachios, omega sprinkle and goji berries over the chocolate.

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a gentle heat and allow the water to simmer gently. Carefully sit the heatproof bowl in the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat.

Place in freezer on a level shelf and leave for at least 20 minutes. Remove from freezer 5 minutes before serving.

Store in an airtight container and freeze for up to 2 weeks.

PER SERVING:
223 Calories
8g Carbs
5g Protein
19g Fat

Chickpea cookies

40g ground almonds
3 tbsps peanut / hazelnut / cashew butter (no added sugar)
3 tbsps acacia honey
2 tsps vanilla extract
½ tsp sea salt flakes
1 tsp bicarbonate of soda
1 x 400g tin chickpeas, drained
2 tsps organic cocoa powder
2 tbsps dark chocolate (minimum 70% cocoa), finely chopped

MAKES 9 COOKIES

Preheat oven to 170˚C/350˚F.

Line a baking tray with baking paper.

Mash or blend all of the ingredients (except for the dark chocolate) until fairly smooth.

Spread the mixture onto the baking tray. Sprinkle the dark chocolate over the top and lightly press into the mixture.

Bake for 15 minutes or until a golden brown.

Allow to cool on a wire rack, then cut into 9 squares.

Store in an airtight container at room temperature for up to 4 days.

PER COOKIE:
136 Calories
11g Carbs
5g Protein
8g Fat

Berry icecream

250g quark (use dairy free yoghurt if preferred)
50g banana or vanilla whey or rice protein power
200g berries of your choice
¾ tsp vanilla extract

SERVES 3

Place all of the ingredients in a large bowl and whisk for several minutes until thoroughly combined. It doesn't matter if some of the berries are left whole.

Transfer the mixture to a freezer proof container and freeze for 30 minutes. Remove from freezer and mix thoroughly with a fork. Return to freezer.

Repeat process every 30 minutes a further 2 or 3 times – until the mixture is creamy and resembles icecream.

Remove from freezer 10 minutes before ready to serve.

Refer to your freezer manual for maximum storage times.

PER SERVING:
149 Calories
10g Carbs
25g Protein
1g Fat

Berry protein whip

50g blackberries
50g raspberries
75g fromage frais (use dairy free fromage frais if preferred)
70g plain yoghurt (use dairy free yoghurt if preferred)
15g banana or vanilla flavour whey or rice protein powder
½ tsp xanthan gum (optional)
½ tsp vanilla extract

SERVES 1

READY IN 10 MINUTES

Put all of the ingredients in a large bowl. Using an electric hand mixer, blend the ingredients together for 2-3 minutes until thick and creamy.

Consume immediately.

PER SERVING:
166 Calories
14g Carbs
23g Protein
2g Fat

Strawberry protein balls

40g fresh coconut, grated
50g strawberry flavour whey or rice protein powder
10g mixed seeds
15g organic coconut oil, softened
1 tsp ground cinnamon

SERVES 2

READY IN 10 MINUTES

Place all of the ingredients except the cinnamon into a bowl and using your hands, combine thoroughly into a thick paste. Divide into two, and roll into ball shapes.

Sprinkle the cinnamon onto a plate. Roll the balls on the plate, to get an even coverage of cinnamon.

Consume immediately or refrigerate in an airtight container until ready to serve.

PER SERVING:
258 Calories
5g Carbs
22g Protein
10g Fat

Indulgent cookie cakes

150ml light unsweetened coconut milk
2 tbsps flaxseed, ground
2 tbsps ground almonds
3 tbsps coconut flour
200g gluten-free flour of choice
2 tbsps organic cocoa powder
1 tsp bicarbonate of soda
4 tbsps chocolate flavour whey or rice protein powder (optional)
6 pitted dates, chopped finely
45g dark chocolate (minimum 70% cocoa), cut into small pieces
3 tbsps organic coconut oil, melted
50ml olive oil
3 tbsps stevia (or natural sweetener of your choice) plus a bit extra
2 tsps vanilla extract

MAKES 12 COOKIES

Preheat oven to 180˚C/350˚F.

Mix the coconut milk, flaxseed and almonds in a bowl.

Mix the flours, cocoa powder, bicarbonate of soda, protein powder, dates and chocolate in a bowl. Add the oils, stevia and vanilla extract to the coconut milk mixture. Stir well. Leave to stand for 10 minutes.

Pour the wet mixture into the dry mixture and stir well. Add a drop of water if needed. The consistency should be of a thick paste.

Line several trays with baking paper. Roll small amounts of the mixture into balls. Press gently into disc shapes (maximum 15mm thick) onto the baking paper. Allow some space between the cookies, as they will spread whilst baking. Sprinkle a little extra stevia on top of each cookie, and gently press it into the dough. Bake for 7 minutes. Transfer to a wire rack to cool.

Store in an airtight container at room temperature for up to 3 days.

PER COOKIE:
238 Calories
17g Carbs
10g Protein
14g Fat

Grab & go protein snack

READY IN 5 MINUTES

175g cottage cheese
1 kiwi, diced
15g flaked almonds
10g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)

Put the cottage cheese in a bowl and top with the kiwi, almonds and seeds.

Store in an airtight container and refrigerate for up to 2 days.

SERVES 1

PER SERVING:
339 Calories
23g Carbs
28g Protein
15g Fat

Crunchy protein quinoa

30g uncooked quinoa
40g plain yoghurt (use dairy free yoghurt if preferred)
30g dried pitted prunes
25g whey or rice protein (any flavour)
15g flaked almonds
drizzle of honey (optional)
10g sunflower seeds or flaxseed
¾ tsp ground cinnamon

Cook the quinoa according to packet instructions, then cool with cold water. Drain well and transfer to a bowl. Mix in the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.

READY IN 5 MINUTES

SERVES 1

PER SERVING:
419 Calories
39g Carbs
32g Protein
15g Fat

Spiced apple power porridge

40g porridge oats, (use gluten free oats if preferred), ideally soaked overnight in cold fresh water
1 medium sized apple, diced
15g flaxseed, ground
1 tsp ground cinnamon

SERVES 1

Top Tip:

Pre-soaking the oats overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Place the oats in a saucepan and cook over a medium heat for several minutes, stirring continuously.

If the mixture is a little dry, add a splash of cold water or unsweetened almond milk for extra creaminess.

Add the diced apple and cook for several minutes. Stir in the flaxseed.

Spoon the contents into a bowl, and sprinkle with cinnamon.

Consume immediately.

PER SERVING:
241 Calories
44g Carbs
5g Protein
5g Fat

Bacon & egg frittata

3 medium sized eggs
5-6 cherry tomatoes, halved
1 tsp organic butter
2 rashers unsmoked back bacon, diced (use vegetarian bacon if preferred*)
sprinkle fresh chopped parsley

SERVES 1

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Preheat oven to 175˚C/350˚F.

Beat the eggs in a bowl until stiff peaks form.

Gently melt the butter in a skillet or frying pan and fry the bacon until crispy. Add the tomatoes and cook for 2 minutes.

Pour the egg batter into the skillet so that it covers the base of the pan evenly. Cook on a medium heat for two minutes, then bake in the oven for 15 minutes.

Remove the frittata gently from the skillet, loosening with a spatula. Serve garnished with a fresh salad.

Store in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
420 Calories
5g Carbs
37g Protein
28g Fat

Breakfast burrito

READY IN 10 MINUTES

3 medium sized eggs, yolks and whites separated
1 tsp organic coconut oil or butter
½ a small red onion, finely chopped
1 tomato, finely chopped
1 green chilli, finely chopped
½ a pepper (any colour), diced
handful fresh coriander, finely chopped
60g cooked chicken, sliced
½ a small avocado, cut into small chunks

SERVES 1

Whisk the egg whites for one minute.

Melt half of the oil or butter over a medium heat in a skillet or frying pan. Pour the egg whites into the pan, tilting the base of the pan to spread them evenly.

Cook for around 1-2 minutes until the egg is cooked through. Use a spatula to gently loosen and slide onto a plate.

Sauté the onion with the remaining oil for one minute then add the tomato, chilli, pepper, coriander and chicken.

PER SERVING:
540 Calories
20g Carbs
43g Protein
32g Fat

Whisk egg yolks and pour into the pan, mixing well into the other ingredients. Season with salt and pepper.

When the egg yolks are cooked, add the avocado then spoon the mixture onto the egg white. Roll the egg white up into a burrito.

Consume immediately.

Summer fruit pancakes

3 tsps coconut flour
2 medium sized eggs
1 egg yolk
½ tsp ground cinnamon
2 tsps stevia (or natural sweetener of your choice)
3 tsps organic coconut oil
1 tbsp plain or Greek yoghurt (use dairy free yoghurt if preferred)
100g mixed berries

SERVES 2

Suggestion:

Berries are medium / low sugar fruits, ideal if you are watching your carb intake

Place the flour, eggs, cinnamon and stevia in a blender and mix until smooth. Add a bit more flour if the mixture is too thin, or if the mixture is too thick, add a drop of cold water or unsweetened almond milk. The aim is to achieve a pourable but not runny consistency.

Heat the coconut oil in a pan over a medium/high heat and then pour in around 50ml of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter. Serve with yoghurt and berries.

Store any leftover pancakes in an airtight container and refrigerate for up to 4 days.

PER SERVING:
220 Calories
9g Carbs
10g Protein
16g Fat

Fruit & nut porridge

40g porridge oats, (use gluten free oats if preferred), ideally soaked overnight in cold fresh water
1 tsp stevia (or natural sweetener of your choice)
1 kiwi, diced
7g flaked almonds
5 dried pitted prunes, chopped

SERVES 1

Top Tip:

Pre-soaking the oats overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Place the oats in a saucepan and cook over a medium heat for several minutes, stirring continuously. Stir in the stevia.

Spoon the contents into a bowl. Add the kiwi, almonds, and prunes.

Consume immediately.

PER SERVING:
276 Calories
51g Carbs
9g Protein
6g Fat

Buttery eggs

2 medium sized eggs
2 organic oatcakes (use gluten free oatcakes if preferred)
5g organic butter
salt and pepper
handful spinach leaves, chopped
5 cherry tomatoes, halved

SERVES 1

Boil the eggs in a pan of salted water for 10 minutes. While the eggs are cooking, steam the chopped spinach leaves gently for 4-5 minutes.

Cover the eggs in cold water for one minute to cool, then peel. Place the eggs in a bowl and add the butter. Season with salt and pepper and mash thoroughly with a fork.

Spread thickly onto the oatcakes. Serve with the spinach and tomatoes.

Consume immediately.

PER SERVING:
283 Calories
12g Carbs
16g Protein
19g Fat

Thai coconut bake

10g organic coconut oil, for greasing
handful of broccoli, chopped into medium sized pieces
4 medium sized eggs
3 egg whites
2 salad tomatoes, chopped
3 shallots, chopped
2 closed cup mushrooms, sliced
1 garlic clove, chopped
1 stick lemongrass, minced
200ml light unsweetened coconut milk
½ tsp chilli flakes
small handful coriander, chopped
1 tsp fish sauce (nam pla)

Preheat oven to 200˚C/400˚F.

Grease a 10-inch round or 13x9 inch square baking dish.

Steam the broccoli for around 4 minutes until tender. Drain well, patting with kitchen paper to remove any excess water.

In a blender, mix together the remaining ingredients. Pour the mixture into the baking dish and stir in the broccoli.

Bake in the oven for around 20 minutes until cooked throughout.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 4

PER SERVING:
196 Calories
10g Carbs
12g Protein
12g Fat

Piled-high protein breakfast

2 medium sized eggs
100g fresh spinach
15g plain cashews
8 plum tomatoes, halved
25g pepper (any colour), diced
1 tsp olive oil mixed with 1 tsp balsamic vinegar

SERVES 1

Boil the eggs in a pan of lightly salted water for 10 minutes.

Meanwhile, steam the spinach gently for 3-4 minutes until wilted.

Remove the eggs from the heat, and cool down for one minute with cold water, then peel and slice.

Place the spinach in a serving bowl and drizzle over the oil / vinegar. Add the eggs, pepper, tomatoes and cashew nuts.

Consume immediately.

PER SERVING:
346 Calories
17g Carbs
20g Protein
22g Fat

Allowable English breakfast

10g organic butter or coconut oil
2 rashers unsmoked bacon (use vegetarian bacon if preferred*)
large handful kale
2 closed cup mushrooms, sliced
2 small tomatoes, halved
2 medium sized eggs, whisked
salt and pepper to season

SERVES 1

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

In a frying pan, melt the butter or coconut oil over a medium heat. Fry the bacon rashers on both sides until crispy.

Add the kale, mushrooms and tomatoes and fry for 3-4 minutes, turning the tomatoes halfway. When the vegetables are soft, remove pan from heat.

Pour the eggs into a non stick frying pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly. When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.

Consume immediately.

PER SERVING:
417 Calories
6g Carbs
33g Protein
29g Fat

Tasty veg pizza

4 medium sized eggs
3 egg whites
Himalayan pink salt to season
40g porridge oats (use gluten free oats if preferred)
7 cherry tomatoes, halved
60g baby leaf spinach, finely chopped
1 green chilli pepper, finely chopped
½ a large green pepper, finely chopped
1 tsp paprika
½ tsp dried oregano
15g low fat cheddar cheese, grated (use a dairy free cheese if preferred)

MAKES 8 SLICES

Top tip:

This pizza makes a great portable snack. Tastes great hot or cold

Preheat oven to 150˚C/300˚F.

Lightly grease a large round ovenproof dish with coconut oil or butter.

Whisk the eggs and egg whites in a jug and season well with Himalayan salt. Add the oats, vegetables, dried spices and herbs. Stir well. Pour into the dish and cook for 10 minutes.

Remove from oven and sprinkle on the cheese. Cook for a further 5 minutes, or until centre of pizza is cooked.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

PER SLICE:
63 Calories
4g Carbs
6g Protein
3g Fat

Poached salmon protein brunch

READY IN 10 MINUTES

100g salmon fillet
40g kale
30g closed cup mushrooms
5g organic butter
2 medium sized eggs
salt and pepper to season

SERVES 1

In a large shallow pan, bring some water to the boil - just a couple of inches of water is adequate for shallow poaching.

Add the salmon and poach gently for 8 minutes, turning on each side as it cooks.

In a separate saucepan, melt the butter over a medium heat and cook the mushrooms for 3-4 minutes until soft.

Bring a small pan of water to the boil (again just a couple of inches of water). Reduce the heat to a very gentle simmer and carefully add the eggs.

Poach for 2-4 minutes (2 minutes is ideal for a runny egg).

Add the kale to the saucepan with the salmon and cook it in the water for several minutes. Top up with water if necessary.

When the salmon is cooked - it should be a light pink colour throughout - remove it from the saucepan and set aside. Drain the kale and leave for a few minutes to remove excess water.

Place the kale and the mushrooms on a plate and top with the salmon and the eggs. Season well with salt and pepper.

Consume immediately.

PER SERVING:
457 Calories
6g Carbs
42g Protein
30g Fat

Summer fruit porridge

50g porridge oats (use gluten free oats if preferred)
150ml cold water
30g mixed berries (fresh or frozen) plus a few extra for topping
3 tbsps strawberry or vanilla flavour whey or rice protein powder (optional)

SERVES 1

READY IN 5 MINUTES

Top tip:

This high carb recipe makes an ideal post-workout breakfast.

If possible, presoak the oats for 8 hours or more. Soaking the oats for 10-12 hours overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Mix the oats and water in a saucepan over a medium heat. Bring to the boil then reduce to a gentle simmer. Stir constantly until the porridge starts to thicken.

Add the berries and continue to cook, stirring for 1-2 minutes. Add more water if required if the mixture looks too thick.

Taste test the porridge to ensure that the fruit is heated through. Remove from heat and stir in the protein powder until thoroughly combined. Sprinkle over a few extra berries and serve.

Consume immediately.

PER SERVING:
346 Calories
36g Carbs
37g Protein
6g Fat

Banana protein pancakes

4 medium sized eggs
1 egg white
25g vanilla or chocolate flavour whey or rice protein powder
1 medium sized banana
40g whole porridge oats (use gluten free oats if preferred)
1 tsp cinnamon
2 tsps stevia or honey
15g coconut flour
15g organic coconut oil

MAKES 4 PANCAKES

Put all of the ingredients except for the oil into a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick but pourable.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn (or flip) it over and heat on the other side for 1-2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

Store any leftover pancakes in an airtight container and refrigerate for up to 3 days.

PER PANCAKE:
193 Calories
14g Carbs
14g Protein
9g Fat

Prune & sweet potato pancakes

For the pancakes:
150g sweet potato, peeled and diced
5 medium sized eggs
2 tbsps chocolate flavour whey or rice protein powder (optional)
half a medium sized banana
1 tsp ground cinnamon
1 tsp stevia or honey
1 tbsp coconut flour
2 tbsps pitted prunes, chopped roughly
2 tbsps organic coconut oil
For the blueberry sauce:
50g blueberries
juice of half a lemon
1 tsp stevia (or natural sweetener of your choice)

MAKES 9 SERVINGS

Bring a saucepan of water to the boil. Add the sweet potato and simmer for around 8 minutes until soft. Remove from heat, drain and leave to cool.

Mash the sweet potato gently in a fine sieve to remove excess water.

Put all of the other pancake ingredients (except for the coconut oil) into a blender and pulse until smooth. Allow to stand for 10 minutes.

RECIPE CONTINUED ON NEXT PAGE >>

PER SERVING:
114 Calories
9g Carbs
6g Protein
6g Fat

Heat a small amount of the coconut oil in a non stick pan, over a medium / high heat. Pour a small amount of the pancake mixture into the centre of the pan (15cm diameter).

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and cook for 1-2 minutes.

Transfer pancake to a plate. Add more oil and repeat the process with remaining batter.

Mix the blueberries with a splash of cold water and warm in a saucepan over a gentle heat. Add the lemon juice and stevia and stir. Cook for 3-4 minutes then leave to cool for several minutes.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.

Avocado baked eggs

2 large avocados, halved lengthways
4 small eggs
salt and pepper to season
1 tsp paprika

SERVES 2

Preheat oven to 160˚C/325˚F.

Scoop out a hole in each avocado half (enough to hold an egg).

Shape four pieces of foil into rings and place on a baking tray. Place an avocado half (flat side up) on each ring so that the top lies flat.

Crack an egg yolk into each avocado hole plus some of the white (just enough to fill the hole). Season with salt and pepper and sprinkle on the paprika.

Cook for around 20 minutes until the yolk is cooked to your liking.

Consume immediately.

PER SERVING:
373 Calories
13g Carbs
15g Protein
29g Fat

Meat & nuts

5g organic coconut oil
150g lean stir fry beef strips
½ tsp paprika
½ tsp sea salt flakes
½ tsp black pepper
handful fresh spinach
25g walnuts

SERVES 1

READY IN 10 MINUTES

Heat the oil in a frying pan or skillet over a medium heat.

Add the spices and stir for 10 seconds.

Add the beef and cook for 2-3 minutes, stirring.

Add the spinach and cook, stirring until wilted.

Transfer the contents of the pan in to a bowl and sprinkle over the walnuts.

Consume immediately.

PER SERVING:
401 Calories
6g Carbs
38g Protein
25g Fat

B.C.T.A.

(Bacon, Chicken, Tomato, Avocado)

5g organic butter/organic coconut oil
1 rasher unsmoked bacon (use vegetarian bacon if preferred*)
2 spring onions, chopped
1 chicken breast or vegetarian chicken*, sliced in half
1 beef tomato, cut into slices
quarter of an avocado, sliced

SERVES 1

Melt the butter or oil in a frying pan over a medium heat. Fry the bacon rasher on both sides until crispy. Remove from pan and set aside.

Add the chicken to the pan and fry for around four minutes each side, until cooked through. Add the spring onions and fry for one minute. Remove pan from heat.

Arrange the items on a plate in a stack, starting with a piece of chicken as a base, and finishing with another piece of chicken as a 'lid'. Serve with a salad.

Consume immediately.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
476 Calories
9g Carbs
47g Protein
28g Fat

Lentil, sweet potato & coriander stew

2 tbsps organic coconut oil
1 small red onion, finely chopped
1 large carrot, finely chopped
1 garlic clove, finely chopped
1 tsp ground coriander
1 tsp celery salt
½ tsp ground cumin
350g red lentils, soaked overnight
1 bay leaf
1 litre cold fresh water
2 medium sized sweet potatoes, peeled and diced
1 x 400g tin chopped tomatoes
juice of half a lemon
handful coriander, finely chopped
½ tsp sea salt flakes
½ tsp black pepper
4 tbsps plain yoghurt for serving (use dairy free yoghurt if preferred)

SERVES 4

In a large saucepan, melt the oil over a medium heat. Add the onion and carrots. Sauté, stirring occasionally, until softened. Add the garlic, ground coriander, celery salt and cumin and cook for 30 seconds. Add the lentils, water and the bay leaf.

Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes. Add the potatoes and cook for a further 10-15 minutes or until the potatoes are just tender.

Stir in the tomatoes and cook for several minutes until warmed through. Remove the bay leaf. Stir in the lemon juice, coriander, salt and pepper. Spoon into a bowl and top with a spoonful of yoghurt.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
348 Calories
47g Carbs
13g Protein
12g Fat

O-mega salad

1 medium sized egg
3 small new potatoes, chopped into small pieces
1 tsp organic butter or coconut oil
125g fresh chicken breast/ vegetarian chicken*, cut into strips
½ tsp dried oregano
few handfuls of mixed lettuce, torn into small pieces
¼ red pepper, diced
¼ yellow pepper, diced
4 cherry tomatoes, chopped
small handful samphire
25g cucumber, sliced
1½ tsps organic olive oil
2 tsps omega sprinkle (e.g flaxseed, sesame seeds, sunflower seeds)
salt and pepper to season

SERVES 1

Bring a saucepan of water to the boil and cook the egg for around 10 minutes. Remove from water and set aside.

Add the potatoes to the water and simmer for 10 minutes or until soft. Remove from the water and drain.

Melt the butter or oil over a medium heat in a frying pan and add the chicken. Add the oregano, and cook for around 8 minutes, turning occasionally to brown on all sides. Once cooked, remove chicken from pan and set aside.

In a salad bowl, mix together the lettuce, peppers, tomatoes, samphire and cucumber. Pour over the olive oil and mix well.

Slice the egg into quarters and arrange over the salad leaves, along with the chicken. Top with the omega sprinkle and season with salt and pepper.

Store in an airtight container and refrigerate for up to 24 hours.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
482 Calories
19g Carbs
52g Protein
22g Fat

Egg drop soup

READY IN 10 MINUTES

500ml fresh stock
(see recipes on right)
200g fresh chicken breast, diced
300g frozen vegetables, (broccoli, carrots, sweetcorn, beans, etc)
2 medium sized eggs, beaten
3 spring onions, finely sliced
salt and pepper

SERVES 2

In a large saucepan, bring the stock to a gentle simmer. Add the chicken and vegetables. Simmer rapidly for 5 minutes.

Pour eggs into the soup in a steady stream, then stir gently while the egg cooks. Season with salt and pepper to taste. Spoon into bowls and garnish with spring onions.

Consume immediately.

Home-made chicken stock: Chicken stock is quick to make and so good for you! Place a whole chicken carcass in a large pan full of water (enough to cover the chicken). Season well with salt and pepper and add a bay leaf.

Simmer for 2 hours. Remove from heat and allow to cool completely, then drain the liquid from the carcass. Discard carcass and bay leaf. The stock can be frozen or kept in the fridge for several days

Home-made vegetable stock: Add a drop of olive oil to a large saucepan over a medium heat. Add a large diced white onion, a sliced leek, and chopped carrot and sweat for 2-3 minutes. Add enough cold water to cover the vegetables and turn up the heat to high. Add some finely chopped garlic, one stick of chopped celery, several chopped tomatoes, 1 tsp dried parsley, half a tsp of black pepper, half a tsp salt, 1 tsp dried fennel, a sprig of fresh or 1 tsp dried rosemary.

Stir well, bring to the boil, cover, then reduce to a simmer for 25 minutes. Pour the stock through a sieve. Discard the vegetable pieces or re-use. The liquid stock can be stored in the fridge for up to three days or frozen in batches for future use.

PER SERVING:
365 Calories
21g Carbs
41g Protein
13g Fat

Coconut stew

4 small shallots, roughly chopped
75g fresh coconut, grated
2 garlic cloves, finely chopped
1 tbsp organic coconut oil
300g fresh chicken breast/vegetarian chicken*, diced
175g cucumber, peeled and sliced
1 small cauliflower head, cut into florets
2 spring onions, finely chopped
1 tsp turmeric
½ tsp ground cumin
250ml light coconut milk
salt to taste
150g plain yoghurt (use dairy free yoghurt if preferred)

SERVES 3

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Mix the shallots, fresh coconut and garlic in a bowl. Melt the coconut oil in a large saucepan over a medium heat and add the coconut mixture. Sauté for two minutes.

Add the chicken, cucumber, cauliflower, spring onions, turmeric and cumin. Sauté for one minute then add the coconut milk and bring to a rapid simmer.

Reduce heat and cover and cook for around 12-15 minutes or until cauliflower is cooked.

Add salt to taste, stir well and remove from heat. Stir in the yoghurt and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
426 Calories
19g Carbs
38g Protein
22g Fat

Dill & caper salmon burgers

350g salmon fillets, skin removed
1 tsp mustard seeds, ground
1 tbsp fresh dill, finely chopped
1 tsp capers, drained and chopped
half a small red onion, very finely chopped
¼ tsp sea salt flakes
2 tsps organic coconut oil
4 tsps coconut flour
lemon wedge to garnish

SERVES 2

Cut the salmon very finely and place in a bowl. Add the mustard seeds, dill, capers, onion and salt and mix thoroughly. Use your hands to gently squeeze out any excess moisture. Shape the mixture into two patties.

Sprinkle the flour onto a plate and place the patties onto the flour, covering lightly on both sides.

Heat a skillet or frying pan over a medium heat. Add the coconut oil and fry the burgers gently for 4-5 minutes each side until golden and cooked thoroughly.

Serve with wedges of lemon and steamed vegetables.

Consume immediately.

PER SERVING:
362 Calories
9g Carbs
41g Protein
18g Fat

Cauliflower chicken

1 large cauliflower head, grated
1 tbsp organic butter or coconut oil
600g fresh chicken breast/meat free chicken*, cut into strips
1 medium sized white onion, finely chopped
2 garlic cloves, finely chopped
1 green bell-pepper, diced
1 x 400g tin tomatoes
300ml fresh chicken/vegetable stock (see recipes on page 58)
1 tsp ground cumin
1 tsp sea salt flakes
100g frozen peas

SERVES 4

Grate the cauliflower or blend in a food processor.

In a large saucepan, melt the butter or oil over a medium / high heat and add the chicken. Cook for 4-6 minutes until browned all over.

Add the onion, garlic and pepper and sauté for 2-3 minutes.

Add the tomatoes, stock, cumin, salt and cauliflower. Stir well. Simmer covered for 10 minutes.

Add the peas and simmer for 2-3 minutes then serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
320 Calories
17g Carbs
45g Protein
8g Fat

Protein stir fry

400g peeled tiger prawns or white fish
1 green chilli, finely chopped
3 garlic cloves, finely chopped
30g coriander, finely chopped
juice of 1 lime
2 tbsps fish sauce
2 tsps coconut oil
20g fresh ginger, grated
4 spring onions, sliced finely
1 red bell pepper, sliced finely
30g mushrooms (any variety), sliced
100g beansprouts
1 tbsp light soy sauce
75g rice noodles per person (uncooked weight)
wedge of lime to serve

SERVES 2

Put the prawns or white fish in a bowl.

In a separate bowl, mix together the chilli, garlic and half of the coriander. Add the fish sauce and half of the lime juice, then pour the contents over the prawns / white fish.

Heat half of the oil in a wok. Add the ginger and spring onions and fry for one minute. Add the red pepper and mushrooms and fry for 1 minute. Add the beansprouts and mix together until they start to wilt. Add the soy sauce, season with black pepper, then transfer everything to a serving dish.

Heat the remaining oil in the wok and add the prawns / white fish, lifting them out of the marinade. Cook, stirring for 3 minutes until the prawns turn pink, or until the white fish is cooked thoroughly.

Add the marinade, stirring continuously, and cook for 45 seconds. Add the noodles and cook according to pack instructions. Pour the contents of the wok over the vegetables. Sprinkle over the remaining coriander leaves and add the lime juice. Serve with a wedge of lime.

Consume immediately.

PER SERVING:
380 Calories
39g Carbs
38g Protein
8g Fat

Sesame chicken

1 tbsp organic coconut oil, melted
175g chicken breast/meat free chicken*, cut into strips
salt and pepper
1½ tsps tahini
1½ tsps sherry vinegar
½ tsp olive oil
1 small carrot, grated
5 radishes, sliced
large handful mixed lettuce leaves
sprinkle of sesame seeds to garnish

SERVES 1

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Season the chicken with salt and pepper and mix with half of the oil. In a skillet, melt the remaining oil over a medium/high heat.

Cook the chicken for 10 minutes, turning halfway. Remove from heat and set aside.

In a jug, combine the tahini, sherry vinegar and olive oil.

In a bowl, mix the chicken with carrots, radish and lettuce. Drizzle the tahini dressing on top and mix well. Top with the cooked chicken and garnish with sesame seeds.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
446 Calories
11g Carbs
42g Protein
26g Fat

Chicken meatballs

350g fresh chicken breast/meat free chicken*, diced
1 large carrot, grated
2 garlic cloves, finely chopped
100g fresh coconut, grated
1 medium sized egg
2 tsps curry powder
½ tsp sea salt flakes
handful parsley or coriander
10g organic coconut oil
wedges of lemon to serve
plain yoghurt to serve

MAKES 20 MEATBALLS

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Put everything except for the coconut oil into a food processor and blend into a smooth paste. Using your hands, form the mixture into 20 meatballs.

In a large pan, melt the coconut oil over a high heat. When the oil is hot, put the meatballs in the pan and cook for 2 minutes. Reduce the heat to medium. Roll each meatball over and cook for a further 5 minutes.

Serve with lemon wedges and a plain yoghurt dip.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Suggestion:

These are an ideal portable snack or as a meal served with a healthy accompaniment e.g. a salad and sweet potato.

PER MEATBALL:
51 Calories
1g Carbs
5g Protein
3g Fat

Mediterranean baked salmon & squash mash

2 tsps organic butter or coconut oil
1 small red onion, finely chopped
3 cloves garlic, finely chopped
15 plum tomatoes
2 x 150g salmon fillets
2 tbsps basil pesto
salt and pepper to season
half a large butternut squash, diced
pinch of ground cinnamon
12 asparagus spears

SERVES 2

Preheat oven to 180˚C/350˚F.

Melt the butter or oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring.

Add the garlic and tomatoes and sauté for 3 minutes, taking care not to burn the garlic. Remove pan from heat.

Place the salmon into an ovenproof dish, and spoon on the pesto, covering the tops of the fillets. Spoon the contents of the frying pan around the fillets, then season with salt and pepper.

PER SERVING:
483 Calories
24g Carbs
36g Protein
27g Fat

Bake for 20 minutes or until the fillets are cooked thoroughly.

Meanwhile, bring a saucepan of salted water to the boil and add the butternut squash. Reduce to a simmer and boil for around 5 minutes, until soft. Remove from pan, reserving the water. Drain well and mash gently through a sieve to remove excess water. Transfer to a bowl, add the cinnamon and season with salt and pepper. Stir well.

Bring the saucepan of water back to the boil, add the asparagus and simmer gently for 2 minutes. Serve.

Consume immediately.

Lentil pepper soup

250g red lentils
2 pints cold water or vegetable/ chicken stock (see recipes on page 58)
1 medium sized white onion, chopped
3 garlic cloves, chopped
1½ tsps cumin
½ tsp ground coriander
½ tsp paprika
1 bay leaf
3 medium carrots, peeled and diced
1 red pepper, diced
2 small red onions, finely sliced
juice of half a lemon
¼ teaspoon black pepper

SERVES 4

In a large saucepan set over high heat, bring lentils and stock/water to a boil.

Stir in white onion, garlic, spices and bay leaf. Reduce heat to medium/low.

Cover and simmer for 5 minutes.

Stir in the carrots and red pepper, cover and simmer for around 15 minutes until the carrots are tender.

Stir in red onion, lemon juice and black pepper.

Cook for a further 10 minutes then serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
224 Calories
34g Carbs
13g Protein
4g Fat

Egg & ham salad

2 medium sized eggs
small handful green beans, ends removed
4 radishes, sliced
handful lettuce leaves
50g sliced ham (use vegetarian ham if preferred*)
8 cherry tomatoes
75g cucumber, sliced
2 spring onions, chopped
25g olives (optional), sliced
1 tsp extra virgin olive oil
1 tsp balsamic vinegar
sprinkle salad seasoning (optional) see recipe below

SERVES 1

READY IN 10 MINUTES

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Easy to make salad seasoning: *Lemongrass, Coriander & Garlic*

In a grinder, mix up a teaspoon of dried lemongrass, ground coriander and garlic powder. Add a pinch of sea salt flakes. Store in an airtight container for future use.

PER SERVING:
340 Calories
16g Carbs
24g Protein
20g Fat

Bring a small pan of salted water to the boil. Add the eggs and simmer gently for 6 minutes. Add the green peas and cook for 4 minutes. then drain. Immerse eggs in cold water for two minutes. Peel eggs and slice.

In a bowl add the lettuce, radishes, ham, eggs, tomatoes, cucumber, cooked beans, olives and spring onions.

Drizzle the olive oil and balsamic vinegar onto the salad. Sprinkle with salad seasoning if using.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

Low carb quiche

2 free range eggs
5 egg whites
½ tsp black pepper
½ tsp sea salt flakes
½ tsp onion powder
½ tsp Italian seasoning
½ small red onion, finely chopped
½ green pepper, finely chopped
5 cherry tomatoes, halved
1 green chilli pepper, finely chopped
handful spinach leaves, chopped
30g reduced fat grated cheese (optional)

SERVES 2

Preheat oven to 180˚C/350˚F.

Place all of the ingredients in a large bowl and mix well.

Grease an ovenproof dish or tin (large enough to contain the mixture) with coconut oil or organic butter.

Pour the mixture into the dish and bake for 20-25 minutes, until the centre of the quiche is cooked.

Serve with salad.

Store any leftover quiche in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
184 Calories
8g Carbs
20g Protein
8g Fat

Crunchy mackerel salad

handful lettuce leaves
5 cherry tomatoes
1 small stick celery, chopped finely
3 radishes, chopped
⅓ pepper (any colour), sliced
40g cucumber, sliced
1 spring onion, chopped
120g peppered mackerel
1 tsp extra virgin olive oil
1 tsp balsamic vinegar
½ tsp seeds

READY IN 10 MINUTES

Place the lettuce in a bowl. Add the celery, tomatoes, radishes, pepper, cucumber and spring onions.

Gently tear the mackerel into large chunks. Add to the salad.

Spoon the olive oil and balsamic vinegar over the salad. Sprinkle with the seeds.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
503 Calories
11g Carbs
27g Protein
39g Fat

Tomato, basil & carrot soup

2 tsps butter
2 medium sized white onions, peeled and chopped finely
3 sprigs fresh basil, roughly chopped plus extra for garnish
3 garlic cloves, peeled and chopped finely
5 small carrots, peeled and chopped
4 small potatoes, peeled and diced
3 medium sized tomatoes, diced
1 pt stock, made with 1 organic stock cube or fresh chicken / vegetable stock (recipes on page 58)
1 x 400g tin chopped tomatoes
Himalayan pink salt plus pepper, to season

SERVES 4

In a large pan, gently melt the butter. Add the onions and sauté until soft.

Add the basil and cook for two minutes. Add the garlic, carrots and potatoes and cook for 5 minutes.

Add the tomatoes and cook for two minutes.

Add the stock and tinned tomatoes, then simmer over a gentle heat for 45 minutes. Remove from heat and allow to cool.

Season well with salt and pepper, then blend everything in a food processor – just enough to get the big lumps out.

Serve garnished with finely chopped basil.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
216 Calories
37g Carbs
8g Protein
4g Fat

5 veg omelette

3 medium sized eggs plus
1 egg white, beaten
10g organic butter
2 closed cup mushrooms, sliced
3 medium sized broccoli florets, finely chopped
30g red pepper, finely chopped
2 spring onions, finely chopped
Himalayan sea salt to season
handful baby leaf spinach, roughly chopped
10g low fat cheddar cheese, grated (use dairy free cheese if preferred)

SERVES 2

Break the eggs and whites into a jug and beat with a fork and season well.

Melt half of the butter in a non-stick frying pan over a medium heat and add all of the chopped vegetables except for the spinach.

Sauté for 5 minutes, until softened. Remove from heat and set aside.

Remove any bits from the pan. Melt the remaining butter. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Add the cheese. Using a wooden slice fold the omelette in half. Remove the omelette from the pan and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
210 Calories
4g Carbs
17g Protein
14g Fat

Nourishing mixed bean soup

10g organic butter or coconut oil
1 medium sized white onion, finely chopped
3 medium sized carrots, sliced
2 large sticks celery, finely chopped
800g chicken breast/meat free chicken*, diced
2 garlic cloves, crushed
1 tsp paprika
1 tsp ground cumin
½ tsp Himalayan pink salt
1 tsp dried thyme
1 x 400g tin chopped tomatoes
1 medium salad tomato, diced
15g tomato purée
1 pint chicken or vegetable stock (see recipes on page 58)
1 red pepper, sliced
200g mixed beans, drained

SERVES 4

Heat the butter or oil in a large pan. Add the onion and cook gently until softened. Add the carrot and celery and cook for 5 minutes, stirring regularly.

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

Once cooled, refrigerate for up to 3 days or freeze on the same day.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
290 Calories
16g Carbs
43g Protein
6g Fat

Asian inspired fish salad

100g white fish
½ a red pepper, diced
½ a yellow pepper, diced
½ a green pepper, diced
few handfuls of lettuce leaves (optional), torn up into small pieces
1 tsp rice vinegar
1 tsp toasted sesame oil
salt and pepper to season

SERVES 1

Bring a saucepan of water to the boil (just enough water to cover the fish).

Reduce to a gentle simmer and place the fish in the water. Cook for 2-3 minutes, turning halfway. When cooked through, remove from heat, drain and leave to cool.

In a salad bowl, mix together the peppers, lettuce (if using) rice vinegar and sesame oil. Break the fish into small pieces, and mix into the salad.

Season well with salt and pepper.

Store in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
198 Calories
12g Carbs
24g Protein
6g Fat

Warming squash & bacon soup

2 tsps organic butter or coconut oil
2 medium sized white onions, peeled and chopped finely
2 medium sized carrots, peeled and chopped finely
2 garlic cloves, peeled and chopped finely
2 medium sized potatoes, peeled and diced
1 medium sized butternut squash, peeled, deseeded and diced
725ml stock, made with one organic stock cube or fresh chicken / vegetable stock (see recipes on page 58)
1 tsp dried chilli flakes
1 tsp ground cumin
1 tsp coriander powder
salt and pepper to season
4 rashers unsmoked back bacon, cut into small pieces
1 small bunch fresh parsley, chopped finely

SERVES 4

Melt the butter or oil in a large pan over a medium heat. Add the onions and cook, stirring regularly until softened.

Add the carrots and cook for 3 minutes, stirring frequently. Add the garlic and cook for 2 minutes, stirring frequently.

Add the potatoes and butternut squash and stir well, then add the stock, spices, salt and pepper and bacon. Season well. Bring to the boil, then cover and simmer for one hour.

Add a little more water if needed, until the soup is of desired consistency. Add the chopped parsley and cook for a further 10 minutes. Add a dessert spoon of plain yoghurt for extra creaminess.

Once cooled, store in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
229 Calories
25g Carbs
12g Protein
9g Fat

Beef, blackberry & kale salad

5g organic coconut oil
20g tomato purée
5g fresh garlic, minced
5g fresh ginger, minced
200g Irish beef rump steaks, cut into strips
1 tsp garam masala
100g kale
50g fresh blackberries

READY IN 10 MINUTES

SERVES 1

Melt the oil in a frying pan over a medium heat.

Add the tomato purée, garlic and ginger and stir well to combine.

Add the beef and sprinkle over half of the garam masala. Turn the beef over, and sprinkle on the remaining garam masala.

Cook for 4-5 minutes, until the steak is thoroughly cooked.

Meanwhile, steam the kale gently for 3-4 minutes then drain.

Place the kale on a serving plate and add the blackberries. Top with the cooked beef strips.

Store in an airtight container and refrigerate for up to 24 hours.

PER SERVING:
378 Calories
23g Carbs
49g Protein
10g Fat

Turkey coconut burgers

750g lean turkey breast mince (use vegetarian mince if preferred*)
1 small white onion, finely chopped
1 tsp sea salt flakes
1 tsp curry powder
1 tsp black pepper
1 free range egg
half a grated coconut
2 cloves garlic, finely chopped
5 green chillies (optional), finely chopped
3 tsps organic butter or coconut oil

MAKES 10 BURGERS

PER BURGER:
165 Calories
3g Carbs
18g Protein
9g Fat

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Top tip:

These also taste great oven baked. Place on a lightly greased tray and cook at 200˚C/400˚F for 15-20 minutes

Place the mince in a large bowl. Add all of the other ingredients. Using your hands, mix well for 2-3 minutes. Form into 10 patties and place on a plate.

Melt the oil or butter in a large frying pan over a medium heat. Gently place 5 of the patties in the pan and fry for 15 minutes, turning halfway. Once cooked, fry the other 5 patties.

Serve with a salad and a squeeze of lemon or lime and a plain yoghurt dip.

Store any leftover burgers in an airtight container and refrigerate for up to 3 days.

Wholesome chicken broth

1 tsp ghee or organic butter
2 small white onions, finely chopped
300g fresh chicken breast, diced
2 carrots, finely chopped
200g beansprouts
2 pts fresh chicken stock
(see recipe on page 58) or use
1 organic stock cube
10 closed cup mushrooms,
finely sliced
2 garlic cloves, finely chopped
75g cabbage, finely sliced
75g leeks, finely sliced
60g buckwheat (uncooked weight)
salt and pepper to season
260g tinned sweetcorn

SERVES 4

Melt the ghee or butter in a frying pan and gently sauté the onions until soft (around 10 minutes).

Add the chicken and cook for 5 minutes, stirring regularly to brown all over. Add the carrots and beansprouts and cook for 5 minutes, stirring regularly.

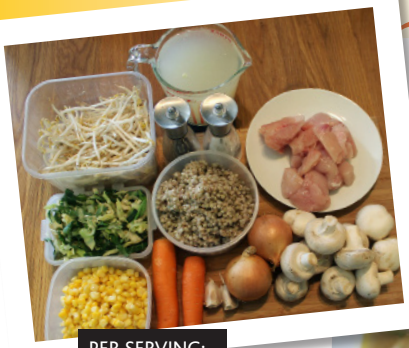
Add the mushrooms and garlic plus a splash of chicken stock. Cook for 3-4 minutes.

Meanwhile, heat the rest of the stock in a large saucepan. Transfer the ingredients from the frying pan to the stock.

Add the cabbage, leeks and buckwheat. Season well with salt and pepper. Cover and cook for 10 minutes.

Add the sweetcorn. Cook for 5 minutes then serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on the same day.



PER SERVING:
477 Calories
33g Carbs
66g Protein
9g Fat

Thai noodle soup

2 tsps organic butter or coconut oil
1 small red onion, sliced
10 kaffir lime leaves
1 red pepper, sliced
½ aubergine, diced
handful mushrooms (any variety), sliced
3 cloves garlic, finely chopped
300g chicken or turkey breast (cooked or raw), cut into strips
2 tbsps red or green Thai cooking paste (choose a low sugar variety)
200ml unsweetened coconut milk
½ pint fresh chicken stock (see recipe on page 58) or make with 1 organic stock cube
handful baby tomatoes
2 tbsps fish sauce (nam pla)
150g gluten free ribbon rice noodles

SERVES 4

Heat 1 tsp of butter or oil in a large saucepan. Add the onion and sauté for 2-3 minutes. Add the lime leaves, pepper and aubergine, and cook for 3-4 minutes, stirring regularly.

Add the mushrooms and cook for 3 minutes, stirring. Add the garlic, and meat, stir well and cook for 3-4 minutes.

In a small saucepan, melt the remaining butter or oil and add the Thai paste and chicken. Cook for 3 minutes, stirring. Add the coconut milk, stir well and cook for 3 minutes.

Transfer the contents to the large saucepan, add the stock and stir well. Bring to a boil, then reduce to a simmer, stir and cover. Cook for 5 minutes.

Add the tomatoes and fish sauce, stir and cook for 3 minutes. Add the noodles, stir well to separate the strands, and cook for 3 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.

PER SERVING:
480 Calories
46g Carbs
29g Protein
20g Fat

Sensational stew

2 tsps organic butter or coconut oil
2 white onions, chopped
8 green finger chillis, sliced
1 scotch bonnet, sliced
6 cloves garlic, finely chopped
30g fresh ginger, finely chopped
600g diced beef
2 tsps garam masala
2 tsps turmeric
1 tsp fenugreek seeds
5 cardamom pods
2 tsps chilli powder
1 tsp sea salt flakes
1 tsp ground black pepper
½ pint fresh chicken stock (see recipe on page 58 or make with 1 organic stock cube)
200g tinned chopped tomatoes

Melt the butter or oil in a large saucepan. Add the onions and sauté gently for 5 minutes, stirring occasionally.

Add the green chillis, scotch bonnet, ginger and garlic, stir and cook for 2 minutes.

Add the beef, spices, salt and pepper, and stir well to coat the beef.

Add the tomatoes and stir well. Cook for 1-2 minutes. Add the stock, bring to a boil, then reduce to a simmer. Cover and cook for 2-3 hours (or until beef is tender), stirring every 30 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice or cauliflower rice if you're watching your carbs and some leafy green vegetables

SERVES 5

PER SERVING:
291 Calories
13g Carbs
35g Protein
11g Fat

Tomato baked salmon

1 tsp organic butter or coconut oil
1-2 cloves garlic, finely chopped
½ small red onion, finely chopped
2 vine ripened tomatoes, diced
¼ pint chicken or vegetable stock
(see recipes on page 58)
40g bulgur wheat
30g tomato purée
salt and pepper
1 x 150g salmon fillet
handful fresh coriander, finely chopped
wedge lemon to garnish

SERVES 1

Preheat oven to 150˚C/300˚F.

In a pan, melt half of the butter or oil over a medium heat. Add the onion and sauté for 3-4 minutes until softened. Add the garlic and sauté for 2-3 minutes, stirring frequently.

Add the tomatoes and cook for 5 minutes.

Add the stock and bring to a steady simmer. Season with salt and pepper and cook for 5 minutes.

PER SERVING:
778 Calories
64g Carbs
54g Protein
34g Fat

Melt the remaining butter or oil in a frying pan over a medium heat. Add the bulgur wheat and gently fry for one minute, stirring frequently.

Pour into an ovenproof dish. Add the tomato mixture and stir well. Add the salmon. Cover loosely with tin foil and cook in the oven for 15-25 minutes, until the salmon is cooked throughout.

Remove from the oven and stir in the coriander. Serve garnished with a wedge of lemon.

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.

Chicken, rice & pepper pot

1 tbsp organic coconut oil
1kg chicken legs
1 large white onion, chopped
1 large stick celery, finely chopped
1 red pepper, diced
3 garlic cloves, crushed
1 tbsp tomato purée
1 tbsp dried thyme
1¼ pts fresh chicken stock (see recipe on page 58)
150g long grain rice (dry weight)
150g cauliflower, finely chopped
salt and pepper

SERVES 4

Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:
418 Calories
48g Carbs
27g Protein
6g Fat

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours or freeze on same day.

Warming stew

1 tbsp ghee or organic butter
1 small white onion, finely chopped
850g lean casserole beef/tofu*, diced
handful closed cup mushrooms, sliced
3 cloves garlic, finely chopped
2 medium sized carrots, peeled and chopped
half a swede, diced
375g potatoes, peeled and chopped
2 medium sized parsnips, cut into strips
1 organic stock cube dissolved in 1 pint boiling water
sprig fresh rosemary
1 tbsp tomato purée
salt and pepper to season

SERVES 4

In a large saucepan, melt the ghee or butter over a medium heat. Add the onion, and sauté gently until soft. Transfer to a plate.

Add the beef to the saucepan and brown on all sides (approximately 3-5 minutes), or if using tofu, cook gently for around 4-5 minutes until soft. Transfer to a separate plate.

Add the mushrooms to the saucepan and cook for 3-5 minutes until soft. Add the garlic and cook for two minutes, stirring frequently.

Return the beef/tofu and onions back into the saucepan. Stir in the carrots, swede, parsnips and potatoes and add the stock. There should be enough liquid in the pan to almost cover the vegetables.

Add the rosemary and tomato purée and season well. Cover and simmer for up to two hours (if using beef) or 45 minutes if using tofu. Top up with fresh water if necessary. The sauce will thicken as the potatoes cook.

Once cooled store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
501 Calories
29g Carbs
76g Protein
9g Fat

Authentic curry

1 tbsp cumin seeds
1 tbsp ghee or organic coconut oil
5 medium sized onions, diced
5-10 garlic cloves, finely chopped
1-2 inch piece fresh ginger, peeled and finely chopped
5 green chillis, finely chopped
600g fresh chicken breast, diced (or use vegetarian chicken*)
2 tbsps ground turmeric
1 tbsp garam masala
1 tbsp meat masala
1 tbsp sea salt flakes
1 x 400g tin chopped tomatoes
50ml cold fresh water
30g per person uncooked basmati rice plus 30g per person cauliflower, finely chopped
handful fresh coriander, finely chopped

SERVES 4

In a large pan, roast the cumin seeds gently over a medium heat for 30-45 seconds. Melt the ghee or oil and add the onions. Cook over a medium heat until the onions are soft. Stir in the garlic, ginger and chillis. Cook for 1 minute.

Add the chicken and cook for 2 minutes. Then add the spices and salt. Stir well, coating the meat in the spices. Add the tin of tomatoes, and the water and simmer for 10 minutes. Add more water if the mixture seems too dry. Cover and simmer for one hour.

Meanwhile, add the rice to a pan of cold salted water and bring to the boil. Simmer gently until cooked and drain well, reserving the water.

Bring the water back to the boil, then add the cauliflower. Cook for 2-3 minutes and drain. Serve garnished with coriander.

Once cooled store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
514 Calories
52g Carbs
54g Protein
10g Fat

Spaghetti courgetti

10g organic butter or coconut oil
3 small white onions, finely chopped
sprig fresh basil leaves and stalks, chopped roughly
500g lean beef mince/low fat vegetarian mince*
100g closed cup mushrooms, sliced
1 vine-ripened tomato, diced
1 stick celery, finely chopped
½ green pepper, diced
4 cloves garlic, finely chopped
1 x 400g tin chopped tomatoes
25g of tomato purée
4 large courgettes
salt and pepper to season

SERVES 4

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Heat the butter or oil in a frying pan, over a medium heat. Sauté the onions until soft. Add the chopped basil and fry for 30 seconds. Add the mince and season well with salt and pepper. When the mince is browned, add the mushrooms, vine tomato, celery, pepper and garlic.

Cook gently for 5 minutes. Add the tinned tomatoes and purée. Cook over a medium heat for 20 minutes.

Chop the courgettes into thin spaghetti strips or use a vegetable spiralizer if you have one. Steam gently for 3-4 minutes or until cooked to your liking. Serve.

Once cooled, store any leftover sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
348 Calories
20g Carbs
31g Protein
16g Fat

Lentil & sweet potato curry

2 tsps organic butter or coconut oil
12 shallots, chopped
½ tsp sea salt flakes
2 sweet potatoes, peeled and cut into 1 inch chunks
1 inch piece fresh ginger, peeled and finely chopped
2 small garlic cloves, chopped
1 tbsp curry powder
1 bay leaf
500ml boiling water
150g red lentils (dry weight)
salt and pepper to season

SERVES 3

Heat the butter or oil in a large saucepan over a gentle heat. Add the shallots and the salt and sauté, stirring occasionally, until the onion softens.

Add the sweet potato, ginger, garlic, curry powder and bay leaf and sauté for one minute until fragrant.

Add the boiling water and stir in the lentils. Reduce the heat to medium / low, cover and simmer for around 18-20 minutes, until the lentils break down and the sweet potatoes are tender.

Season to taste with salt and pepper and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
235 Calories
44g Carbs
8g Protein
3g Fat

Chicken nuggets

1 tsp coconut flour
15g ground almonds
pinch of paprika
salt and pepper to season
1 tsp organic coconut oil
1 medium sized egg
200g fresh chicken breast, diced

MAKES 10 NUGGETS

Preheat the oven to 180˚C/350˚F.

Mix the flour, almonds, paprika, salt and pepper in a bowl.

In a separate bowl whisk the egg.

Take a piece of chicken and dip it in the egg, coating it evenly. Then dip it in the flour mixture and roll until covered.

Repeat this step with all of the chicken.

Melt the oil in a non stick frying pan over a medium/high heat. Add the chicken and cook for 5 minutes, turning regularly until brown all over.

Transfer the chicken to an oven tray and cook in the oven for 10-15 minutes until cooked through.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

PER NUGGET:
46 Calories
0g Carbs
6g Protein
2g Fat

Chilli con cauli

10g organic butter or coconut oil
2 large white onions, finely chopped
500g lean beef mince/low fat vegetarian mince*
½ green pepper, diced
3 beef tomatoes, diced
5 garlic cloves, finely chopped
4 red or green chilli peppers
1 x 400g tin chopped tomatoes
15g tomato purée
1 tsp cayenne pepper
200g tinned kidney beans, drained
90g per person cauliflower, finely chopped or grated
salt and pepper

SERVES 4

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Heat the butter or oil in a pan over a medium heat and add the onion. Fry for several minutes until soft. Add the mince and brown all over. Season well with salt and pepper.

Add the green pepper and beef tomatoes, and cook for several minutes until soft.

PER SERVING:
365 Calories
36g Carbs
35g Protein
9g Fat

Add the garlic cloves and chilli peppers and cook for one minute.

Add the tinned tomatoes, tomato purée and cayenne pepper.

Simmer gently for 15-20 minutes. Add the kidney beans and continue to cook for 10 minutes.

Bring a pan of cold water to the boil. Add the cauliflower and simmer gently until cooked (around 2-3 minutes). Drain well then serve.

Once cooled, store any leftover chilli sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.

Fragrant fish soup

100ml light unsweetened coconut milk
1 tbsp fish sauce (nam pla)
juice of one lime
2 tbsps soy sauce
1 tsp chilli flakes
2 tsps acacia honey
30g per person uncooked basmati rice
30g per person cauliflower, chopped
2 tsps organic coconut oil
1 red onion, finely chopped
5-6 cloves garlic, finely chopped
1-2 inch piece fresh ginger, peeled and sliced
1 red chilli, sliced
handful baby carrots, cut into strips
handful shiitake or oyster mushrooms
400g white fish
1 red pepper, sliced
handful beansprouts

SERVES 2

In a small bowl, combine the coconut milk, fish sauce, lime juice, soy sauce, chilli flakes and honey.

Place the rice in a large saucepan of cold salted water and bring to the boil, then reduce to a simmer. When almost cooked, add the cauliflower. Cook for two minutes then drain.

Place a large saucepan over a medium heat. Add the coconut oil and onion and sauté for 3 minutes. Add the garlic, ginger and chilli and stir fry for 1-2 minutes. Add the carrot, mushrooms, and half of the sauce. Stir fry for 3 minutes. Add the fish, red pepper, beansprouts and the remaining stir fry sauce. Simmer for around 8 minutes, until the fish is cooked. Add more of the stir fry sauce as needed. Remove from heat and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 2 days.

PER SERVING:
513 Calories
54g Carbs
45g Protein
13g Fat

Quick fish stew

10g organic butter/coconut oil
2 garlic cloves, finely chopped
1½ tsps ground cumin
1 tsp paprika
1 tsp Himalayan salt
250ml cold fresh water
1 x 400g tin chopped tomatoes
8 cherry tomatoes
1 green pepper, deseeded and cut into chunks
1kg white fish fillets, cut into chunks
60g fresh coriander, finely chopped
1 lemon, cut into four wedges

SERVES 5

Melt butter or oil in a large saucepan over a medium heat. Add the garlic and stir well. Cook for 30 seconds.

Add the cumin, paprika and salt and cook for one minute, stirring continuously.

Add the water and tomatoes. Bring to the boil, then reduce to a simmer. Add the pepper, and simmer for 5 minutes.

Add the fish and cherry tomatoes and cook for 10 minutes until the fish falls apart. Break the fish up with a wooden spoon.

Stir in the coriander and remove from heat. Serve with a wedge of lemon.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Suggestion:

Tastes great with a serving of fresh green leafy vegetables, such as spinach or kale

PER SERVING:
253 Calories
6g Carbs
46g Protein
5g Fat

Low carb chilli cheese burgers

250g lean steak mince (use vegetarian mince if preferred*)
1 tsp chilli powder
½ tsp sea salt flakes
1 tsp black pepper
½ small white onion, very finely chopped
1 egg
3 tsps organic butter or coconut oil
4 large portobello mushrooms
30g cheddar cheese, cut into slices
1 large beef tomato, sliced
3 tsps low sugar relish sauce (optional)
handful fresh spinach leaves, chopped

SERVES 2

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Place the mince in a large bowl and gently pound it with a wooden spoon to break it up into small pieces. Add the chilli powder, salt, pepper and onion and mix well.

Add the egg and mix for 2-3 minutes with your hands until the mixture is well combined. Shape the mixture into two patties and place them on a plate.

RECIPE CONTINUED ON NEXT PAGE >>

PER SERVING:
393 Calories
11g Carbs
40g Protein
21g Fat

Melt the butter or oil in a saucepan, remove from heat and brush half of the butter onto both sides of the mushrooms. Place the mushrooms on a foil lined grill tray.

Place the saucepan over a medium heat. When the butter or oil starts to bubble, add the burgers. Cook for 6 minutes then turn over carefully with a slice and cook for a further 5 minutes. Remove from heat.

Meanwhile, prepare a hot grill. Place the mushrooms under the grill and reduce heat to medium. Grill for 5 minutes each side or until soft. Add the cheese slices to the burgers then place under the grill for several minutes, until the cheese has melted.

Place one mushroom on a plate, top side down. Add a burger patty, then a slice or two of tomato, followed by half of the relish (if using) and then top with spinach. Add another mushroom, rounded side up to complete the burger.

Repeat the process again to create the second burger. Serve with a leafy green salad.

Store any leftover burger patties in an airtight container and refrigerate for up to 3 days or freeze on same day.

Hot Thai pie

1 tbsp organic butter/coconut oil
2 large white onions, finely chopped
500g turkey mince/low fat vegetarian mince*
2 garlic cloves, finely chopped
2 shallots, finely chopped
1 stick fresh lemongrass, minced
1 tbsp galangal, minced (optional)
10 cherry tomatoes, chopped
3 green finger chillis
5 lime leaves
1 tsp chilli flakes
1 x 400ml tin light unsweetened coconut milk
1 large all-purpose potato, cut into 1 inch thick cubes
1 cauliflower head, grated
salt and pepper

SERVES 4

PER SERVING:
436 Calories
28g Carbs
36g Protein
20g Fat

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

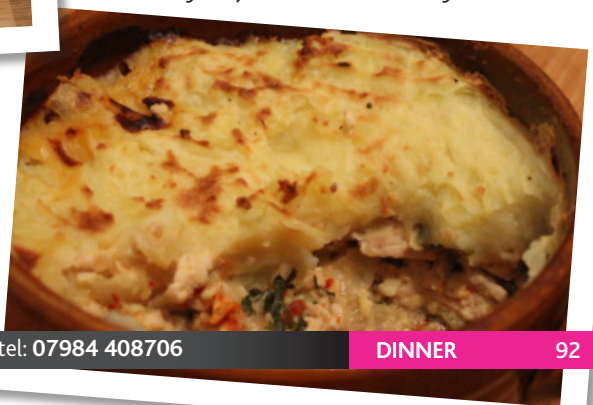
Melt the butter or oil in a large saucepan and sauté the onion until soft. Add the mince and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for one minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash). Season well and simmer for 10-15 minutes.

Preheat oven to 160˚C/325˚F.

Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a further 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter to soften up the mash. When all of the lumps have gone, add the remaining coconut milk and season well. Spoon the mince into a medium sized oven dish. Top with the mash. Cook for 45 minutes and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on the same day.



Spinach & ricotta pizza

small amount of organic coconut oil/butter to grease dish
4 medium sized eggs
3 egg whites
40g porridge oats (use gluten free oats if preferred)
4 cherry tomatoes, halved
40g baby leaf spinach, finely chopped
1 red chilli pepper, finely chopped
½ a green pepper, finely chopped
1 tsp paprika
1 tsp dried oregano
40g low fat ricotta/cream cheese (use dairy free cheese if preferred)
salt and pepper to season

MAKES 6 SLICES

Suggestion:

This recipe tastes great either warm from the oven or straight from the fridge. Makes a great portable snack.

Preheat oven to 150˚C/300˚F.

Lightly grease a large round ovenproof dish with coconut oil or butter.

Whisk the eggs and egg whites in a jug. Season well.

Add the oats, vegetables, dried spices and herbs and stir well.

Pour into the dish and cook for around 10 minutes, until centre of mixture is cooked.

Spoon on the ricotta cheese, and cook for a further 5 minutes.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

PER SLICE:
93 Calories
6g Carbs
9g Protein
4g Fat

Mediterranean chicken

1 tbsp organic coconut oil
1kg fresh chicken breast/ vegetarian chicken*, diced
Himalayan pink salt to taste
1 tbsp paprika
2 tsps cayenne pepper
6 small red onions, finely chopped
4 cloves garlic, finely chopped
2 tbsps tomato purée

SERVES 6

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Heat the oil in a pan over a medium heat. Add the chicken and cook for five minutes, stirring regularly.

Add the salt, spices and stir.

Add the onion, garlic and tomato purée.

Stir well and simmer for 15-20 minutes until the chicken is cooked through.

Serve with fresh vegetables and sweet potato or basmati rice.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

PER SERVING:
313 Calories
6g Carbs
52g Protein
9g Fat

Mince masala

2 tsps organic coconut oil
1 large white onion, finely chopped
750g extra lean beef mince/
low fat vegetarian mince*
3 cloves garlic, finely chopped
2 tsps Mangal meat masala spice
1 tsp cayenne pepper
1 tsp pink Himalayan salt
2 tbsps tomato purée

SERVES 4

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Suggestion:

Tastes great with a side of chopped raw baby leaf spinach and chopped cherry tomatoes

Melt the oil over a medium heat. Add the onions and cook for five minutes until soft.

Add the mince and stir frequently until browned all over. Add the garlic, spices and salt and cook for five minutes, stirring continuously.

Add the tomato purée and simmer gently for 15 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
279 Calories
5g Carbs
40g Protein
11g Fat

Spicy Thai burgers

For the burgers:

450g lean turkey mince/low fat vegetarian mince*
1 medium sized egg
20g fresh coriander, finely chopped, plus extra to garnish
1 green chilli, finely sliced
2 spring onions, finely sliced
1 tsp Thai 7 Spice seasoning
half a small red onion, finely chopped
slice of fresh lime to garnish

For the vegetable side dishes:

2 large sweet potatoes
1 tsp ground cinnamon
10 cherry tomatoes, sliced in half
50g baby leaf spinach

MAKES 5 BURGERS AND
3 SERVINGS OF MASH AND VEG

Preheat oven to 175˚C/350˚F.

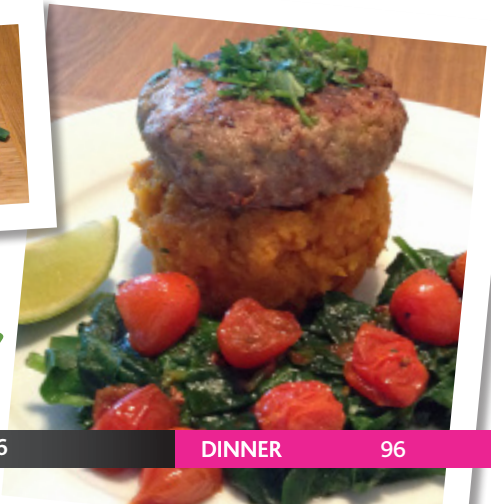
In a large bowl, mash up the mince, using a masher or your hands. Add the remaining burger ingredients and mix well until well combined. Shape the mixture into 5 patties, then transfer to a lightly greased baking tray. Oven cook for 10 minutes. Turn over and cook for a 10-15 minutes. The juices will run clear when cooked.

For the vegetable side dishes: Bake the sweet potatoes in the oven for 45 minutes or until soft. Using a fork, scrape the contents of the potatoes into a bowl. Discard the skin. Mash thoroughly and season well. Stir in the cinnamon.

Pour cold water into a non-stick frying pan (just enough to cover the base). Add the tomatoes and cook gently for 2 minutes, stirring frequently. Add the spinach and wilt gently.

Store the burgers and mash in separate airtight containers and refrigerate for up to 3 days.

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER BURGER / VEG SIDE DISHES:
154 Calories / 156 Calories
1g Carbs / 35g Carbs
33g Protein / 4g Protein
2g Fat / 0g Fat

Lime chicken fajitas

IDEAL FOR BBQ

500g chicken breast/ vegetarian chicken*, diced
juice of 2 limes
4 cloves garlic, finely chopped
10g organic coconut oil or butter
1 red pepper, diced
1 green pepper, diced
1 yellow pepper, diced
1 medium sized white onion, finely sliced
½ tsp ground cumin
¼ tsp sea salt flakes
¼ tsp ground black pepper
pre-soaked wooden skewers

SERVES 3

Note: *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Put the chicken in a bowl. Combine the lime juice and about half of the garlic. Pour the mixture over the chicken, coating thoroughly. Cover the dish and allow it to marinate in the refrigerator for up to 30 minutes. Any longer and the lime juice will break down too much of the tissue.

Preheat the oven to 150˚C/300˚F or prepare the barbecue for cooking.

PER SERVING:
358 Calories
13g Carbs
54g Protein
10g Fat

Remove chicken from fridge and thread several chicken pieces onto each skewer. Place the chicken on the barbecue or in the oven and turn regularly until cooked through (around 20 minutes).

Heat the oil in a large skillet over a medium heat. Add the peppers, onion and remaining garlic to the skillet. Cook for around five minutes or until tender, stirring regularly. Sprinkle with cumin, salt and pepper. Serve the fajita mix and chicken with a side salad.

Store any leftover chicken in an airtight container and refrigerate for up to 3 days.

Spicy salmon parcels

2 x salmon fillets (approximately 125g each)
small bunch fresh coriander, roughly chopped
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
pinch sea salt
1 lemon, cut into quarters

SERVES 2

Preheat oven to 170˚C/350˚F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and seal into a parcel.

Cook for 20 minutes or until the salmon is cooked thoroughly (the flesh should be a pale pink colour).

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.

PER SERVING:
273 Calories
5g Carbs
25g Protein
17g Fat

Lamb curry

4 medium tomatoes
1 tbsp organic coconut oil or butter
1 bay leaf
5 green cardamom pods
1 large white onion, finely diced
700g extra lean diced lamb, diced
1 thumb-sized piece of fresh ginger, peeled and roughly chopped
8-10 garlic cloves, peeled and roughly chopped
1 tsp turmeric
2 tsps coriander powder
1 tsp garam masala
1 tsp sea salt flakes
3-4 green chillis, finely chopped
200ml cold fresh water
160g per person, cauliflower
handful fresh coriander, finely chopped

SERVES 4

Fill a medium sized saucepan with water and bring to the boil. Remove from heat and carefully place the tomatoes in the pan (there should be enough water to cover the tomatoes).

In a large pan, gently melt the oil or butter. Add the bay leaf and cardamom pods and fry for 30 seconds. Add the onion and fry for around 4 minutes, until softened. Add the lamb, and fry for 4-5 minutes, stirring regularly.

In a blender, mix the ginger and garlic, with a dash of water. Add the mixture to the lamb, along with the spices, salt and chillis. Cook for several minutes, stirring regularly.

RECIPE CONTINUED ON NEXT PAGE >>

PER SERVING:
398 Calories
21g Carbs
56g Protein
10g Fat

Remove the tomatoes from the pan and carefully peel off the skin. Place them in a bowl and mash them thoroughly. Add the tomatoes to the lamb. Bring to a boil then simmer for 10 minutes.

Add the water, bring to a boil, then cover and simmer for 45 minutes, stirring occasionally. If the curry looks dry, add a little more water.

Ten minutes before end of cooking time, bring a small saucepan of cold salted water and bring to the boil. Add the cauliflower and cook for 2 minutes then drain. Serve the curry garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Fragrant spiced chicken

1 tsp organic butter or coconut oil
1 large white onion, diced
1 tsp fresh ginger, finely chopped
6 garlic cloves, finely chopped
1 red bell pepper, diced
275g fresh chicken breast (or use vegetarian chicken*), diced
½ tsp cayenne pepper
½ tsp ground cinnamon
1 tsp curry powder
1 tsp turmeric
1 tsp Himalayan pink salt

SERVES 2

* ***Note:*** *Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Melt the butter or oil in a large pan over a gentle heat. Add the onion and sauté for around 5 minutes until soft.

Add the ginger, garlic and pepper and cook for 5 minutes, stirring occasionally.

Add the chicken, spices and salt and cook for 10 minutes, stirring frequently.

Serve on a bed of finely chopped, mashed kohlrabi or cabbage and garden peas.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

PER SERVING:
143 Calories
15g Carbs
19g Protein
3g Fat

Cauliflower cheese bake

5g organic coconut oil or butter
2 medium sized leeks, chopped
300g cauliflower, grated
200ml fresh chicken or vegetable stock (see recipe on page 58)
15 baby plum tomatoes
100g frozen peas
1-2 green chillis
½ tsp black pepper
½ tsp sea salt flakes
½ tsp paprika
½ tsp Italian herb mix
80g grated cheddar cheese

SERVES 2

Melt the oil or butter in a large frying pan over a medium heat.

Add the leeks and cauliflower. Sauté for 3-4 minutes, stirring frequently.

Add half of the stock and mix well. Add the tomatoes, peas and chillis.

Add the salt, pepper, spices and herbs and sauté until everything starts to soften. Remove from heat.

Prepare a medium / hot grill.

Spoon a layer of the mixture into an ovenproof dish (big enough to contain all of the mixture). Add a layer of cheese then another layer of vegetable mixture. Top with the remaining cheese.

Place under grill for around 3 minutes, until the cheese is golden and bubbling.

Consume immediately.

PER SERVING:
334 Calories
22g Carbs
21g Protein
18g Fat