

Recipe Book



Quick, simple & super tasty



Pennine Silhouette Fitness

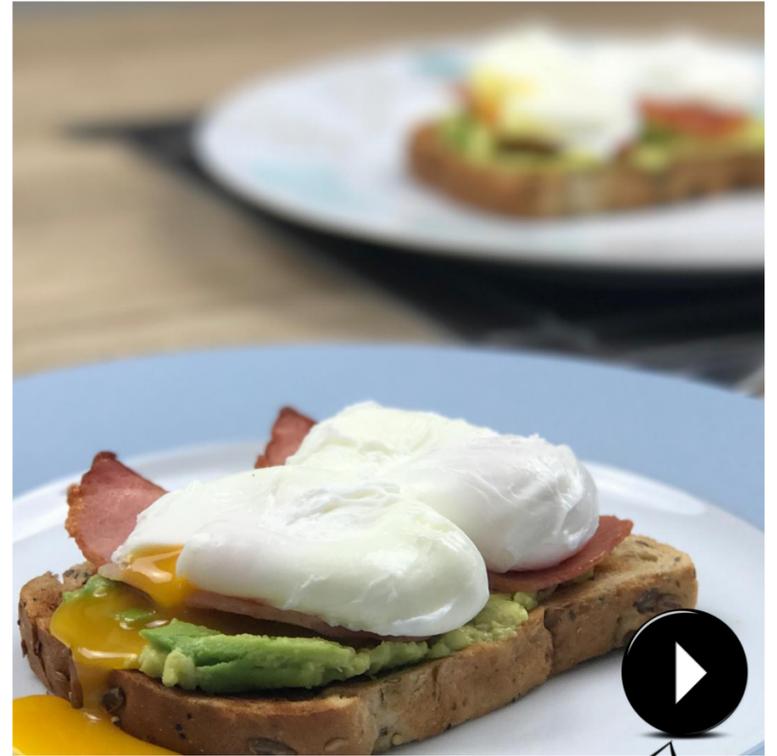
Welcome!

There are some cool features in this recipe book that will make it easy for you to cook the dishes and also track your food.

Recipe Videos

All the recipes in the book come with a short video showing you how to cook them.

Click the play button in each picture to watch the video.



Try it

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Try it

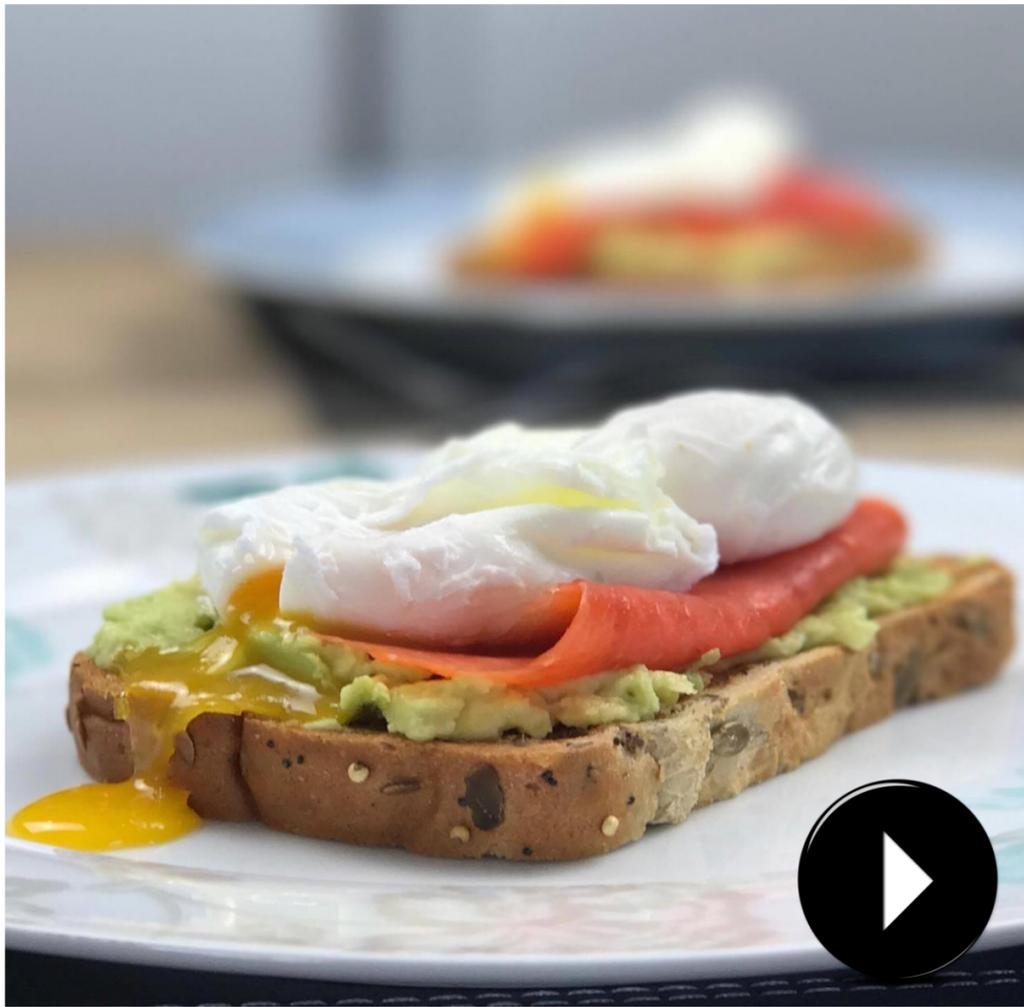
Tracking Your Food

If you want to keep track of your macronutrients and calories, then all you have to do is scan the barcode on each recipe in your 'My Fitness Pal' App and voila.

| | Per Serving | |
|----------|-------------|-----|
| Calories | 388 | |
| Carbs | 17g | 18% |
| Protein | 30g | 31% |
| Fat | 22g | 51% |
| Sugar | 2g | |

Eggs Royale

Serves: 2 / Prep Time: 5mins / Cook Time: 5mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 395 | |
| Carbs | 18g | 18% |
| Protein | 30g | 31% |
| Fat | 22g | 51% |
| Sugar | 2g | |

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INGREDIENTS:

- 2 Wholegrain Seeded Bread Slices
- Pinch of Salt
- 1 tsp Vinegar
- 4 Medium Eggs
- 1 Avocado
- 100g Smoked Salmon

HOW TO COOK IT:

- ❖ Put the water on the heat and bring to the boil.
- ❖ Place the bread in the toaster and toast.
- ❖ Add a pinch of salt and a tsp of vinegar to the boiling water.
- ❖ Create a swirl in the water and then quickly crack the eggs, add them to the water.
- ❖ Cook the eggs for 90 to 120 secs then remove from the water.
- ❖ Halve the avocado, remove the stone and mash both halves of the avocado.
- ❖ Spread the mashed avocado over both slices of toast.
- ❖ Place the smoked salmon on top of the avocado.
- ❖ Place the cooked eggs on top of the salmon and serve.

Breakfast Muffins

Serves: 2 (3 muffins per person) / Prep Time: 10mins / Cook Time: 25mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 331 | |
| Carbs | 7g | 9% |
| Protein | 28g | 34% |
| Fat | 21g | 57% |
| Sugar | 5g | |

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INGREDIENTS:

- 6 Medium Eggs
- Pinch of pepper
- 2 Bacon Medallions
- ½ Onion
- ½ Red Bell Pepper
- 50g Feta Cheese

HOW TO COOK IT:

- ❖ Preheat oven to 200°C
- ❖ Crack the eggs into a mixing bowl, add pepper and whisk.
- ❖ Grill the bacon on both sides until cooked, then cut into pieces.
- ❖ Chop up the onion and red bell pepper.
- ❖ Evenly distribute the onion, pepper and bacon into a muffin tin.
- ❖ Then pour the eggs into the muffin tin, aiming for an equal amount for each muffin.
- ❖ Chop up the feta and sprinkle over the egg mixture.
- ❖ Place in the preheated oven for 25mins.

Apple & Cinnamon

Slow Cooked Oats

Serves: 2 / Prep Time: 2mins / Cook Time: 7 ½ hours



| Per Serving | | |
|-------------|-----|-----|
| Calories | 201 | |
| Carbs | 30g | 60% |
| Protein | 9g | 18% |
| Fat | 5g | 22% |
| Sugar | 19g | |

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INGREDIENTS:

- 45g Porridge Oats
- 1 tsp Cinnamon
- 1 tsp White or Brown Sugar
- 350ml Milk
- 1 Apple

HOW TO COOK IT:

- ❖ Add the oats, cinnamon, and sugar to a glass bowl and mix.
- ❖ Then add in the milk and stir well.
- ❖ Quarter the apple, removing the core. Then cut into smaller cubes.
- ❖ Place the apple in the glass bowl and quickly stir.
- ❖ Fill the slow cooker bowl with cold water and then place the oat mixture in the glass bowl into the slow cooker.
- ❖ Cook for 7 ½ hours on low then tuck in!

Optional: Add a sprinkle of cinnamon when done for extra flavour.

Avocado Egg Nests

Serves: 1 / Prep Time: 5mins / Cook Time: 20mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 629 | |
| Carbs | 18g | 11% |
| Protein | 29g | 18% |
| Fat | 49g | 70% |
| Sugar | 2g | |

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INGREDIENTS:

- 1 Large Avocado
- 2 Medium Eggs
- 20g Feta Cheese
- 2 Slices Parma Ham

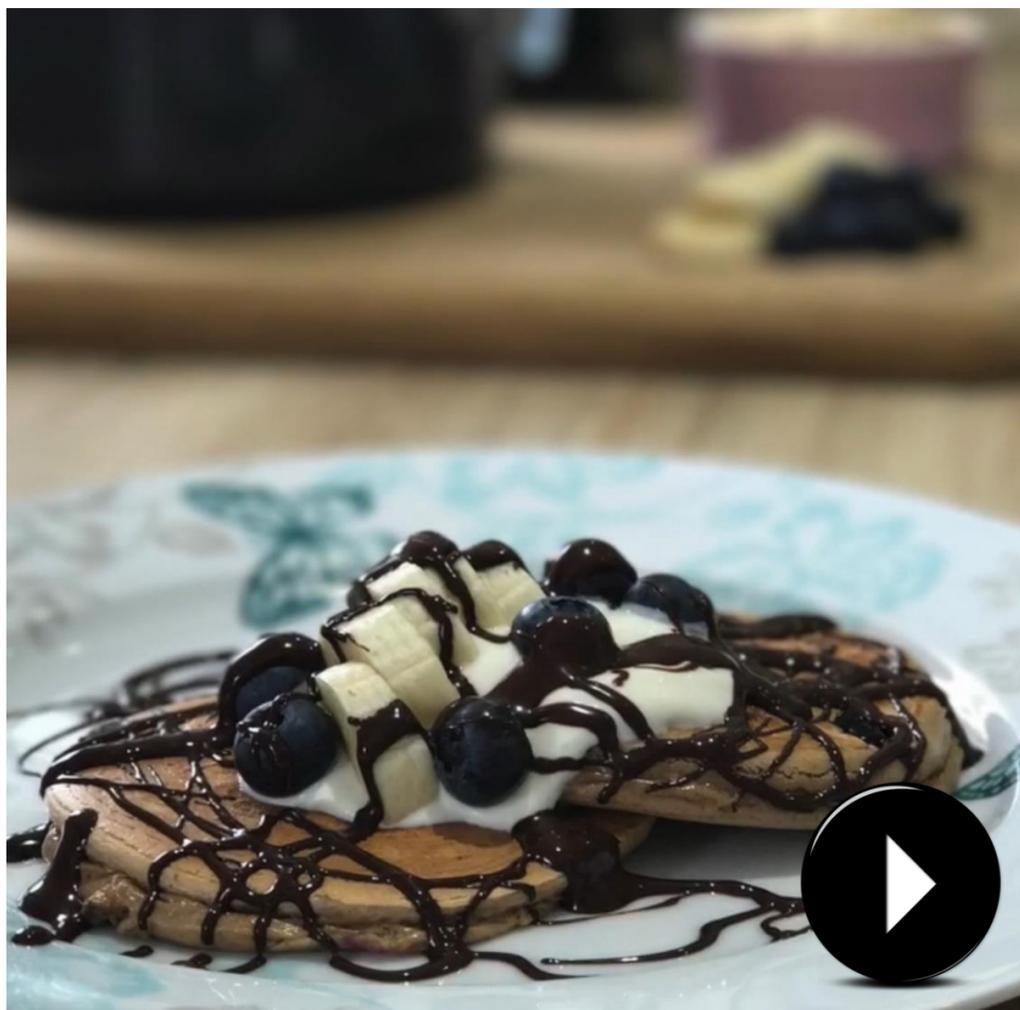
HOW TO COOK IT:

- ❖ Preheat the oven to 200°C.
- ❖ Cut the avocado in half lengthways and remove the stone.
- ❖ Depending on the size of the holes, you may need to carve a slightly bigger hole.
- ❖ Cut a thin section off the avocado so it stands flat (see video).
- ❖ Place both halves on a baking tray.
- ❖ Separate the yolks and the egg whites.
- ❖ Put the yolks into the holes of the avocado and fill the rest of the hole with the remaining egg whites until full.
- ❖ Chop up the feta cheese and sprinkle on top of the avocado.
- ❖ Place in the preheated oven for 20 minutes.
- ❖ Leave to stand for 3 minutes.
- ❖ Plate up the Parma ham and tuck in!

Banana and Blueberry

Protein Pancakes

Serves: 1 / Prep Time: 10mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 439 | |
| Carbs | 54g | 48% |
| Protein | 31g | 28% |
| Fat | 12g | 24% |
| Sugar | 17g | |

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INGREDIENTS:

40g Oats
25g Chocolate Whey Protein
½ tsp Baking Powder
2/3 Banana

1 Medium Egg White
2 squares 70% Dark Chocolate
30g Blueberries
30g Greek Yogurt

HOW TO COOK IT:

- ❖ Put the oats in a blender and blend.
- ❖ Then add protein powder, baking powder, half the banana and the egg white. Blend until it's all mixed together.
- ❖ Put a bowl over boiling water and melt the chocolate.
- ❖ Heat a frying pan over a medium heat then add half the mixture, place some blueberries on top and push them in.
- ❖ Cook for 1 minute per side and then plate up.
- ❖ Spoon the Greek yogurt on top of the pancakes along with the last of the banana and the blueberries.
- ❖ Lastly, drizzle the melted dark chocolate over the pancakes and serve.

Smoked Salmon and

Sweet Potato Rosti

Serves: 1 / Prep Time: 10mins / Cook Time: 5mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 425 | |
| Carbs | 20g | 19% |
| Protein | 34g | 33% |
| Fat | 22g | 48% |
| Sugar | 10g | |

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INGREDIENTS:

50g Carrot
50g Onion
50g Sweet Potato
2 Small Eggs
Pinch of Salt & Pepper

1 tsp Olive Oil
1 tsp Vinegar
100g Smoked Salmon
Lemon Wedge

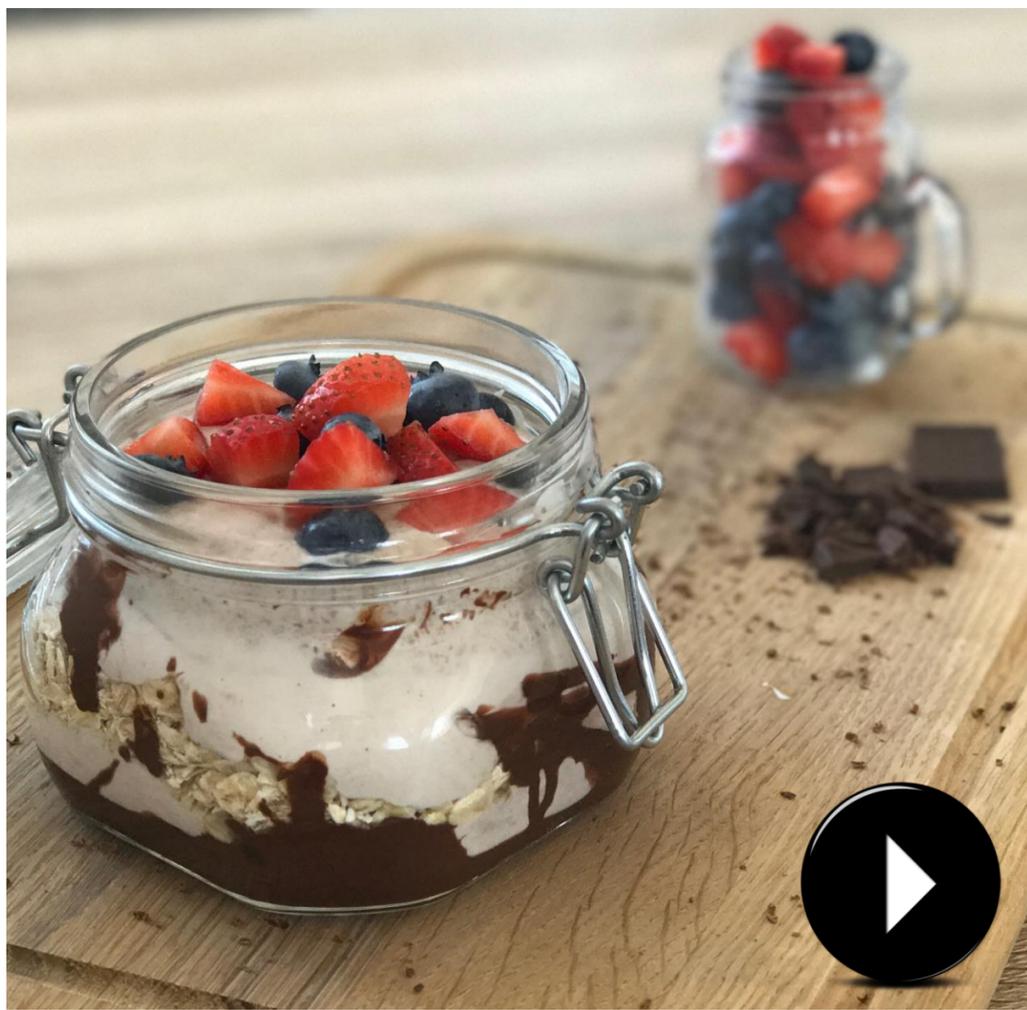
HOW TO COOK IT:

- ❖ Peel the carrot, onion and sweet potato, then grate them and place into a mixing bowl.
- ❖ Crack 1 egg into the mixing bowl, add a pinch of salt and pepper and mix well.
- ❖ Heat up the oil in a frying pan over a medium heat.
- ❖ Cup half the rosti mixture in your hand and make into a mini flat disc, gently squeeze out some of the liquid and place into the frying pan. Repeat the same process for the other rosti. Cook for 2/3 minutes per side, or until they are golden brown on both sides.
- ❖ Meanwhile, add a pinch of salt and a tsp of vinegar to boiling water.
- ❖ Create a swirl in the water and then quickly crack the second egg and add it to the water.
- ❖ Cook the egg for 90 to 120 secs, then remove from the water.
- ❖ Plate up the rosti and smoked salmon. Place the egg on top of the rosti.
- ❖ Sprinkle a little pepper over the salmon with a squeeze of lemon to finish.

Dark Chocolate

Overnight Oats

Serves: 1 / Prep Time: 10mins / Cook Time: Chill overnight



| Per Serving | | |
|-------------|-----|-----|
| Calories | 384 | |
| Carbs | 42g | 44% |
| Protein | 36g | 38% |
| Fat | 8g | 19% |
| Sugar | 17g | |

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INGREDIENTS:

- 1 square 70% Dark Chocolate
- 200g Plain Low Fat Greek Yogurt
- 15g Chocolate Whey Protein (can work with other flavours)
- 35g Porridge Oats
- 30g Blueberries
- 70g Strawberries

HOW TO COOK IT:

- ❖ Melt the dark chocolate in a glass bowl over boiling water.
- ❖ When melted, drizzle the dark chocolate around the inside of your chosen container.
- ❖ Mix your Greek yogurt and protein powder together, then place half the mixture in the bottom of the container.
- ❖ Add the oats to the container along with half the blueberries and chopped strawberries.
- ❖ Finally, add the remainder of the Greek yogurt and protein powder mixture and top with the remaining fruit.
- ❖ Seal the container and place in the fridge overnight to allow the oats to soften.

Tomato Egg Nests

Serves: 1 / Prep Time: 15mins / Cook Time: 25mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 445 | |
| Carbs | 18g | 16% |
| Protein | 47g | 42% |
| Fat | 21g | 42% |
| Sugar | 14g | |

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INGREDIENTS:

1 tsp Olive Oil
3 Turkey Rashers
½ Large Onion
1 Garlic Clove
150g Can of Tinned Tomatoes
1 tsp Tomato Purée
¼ tsp Cumin Powder

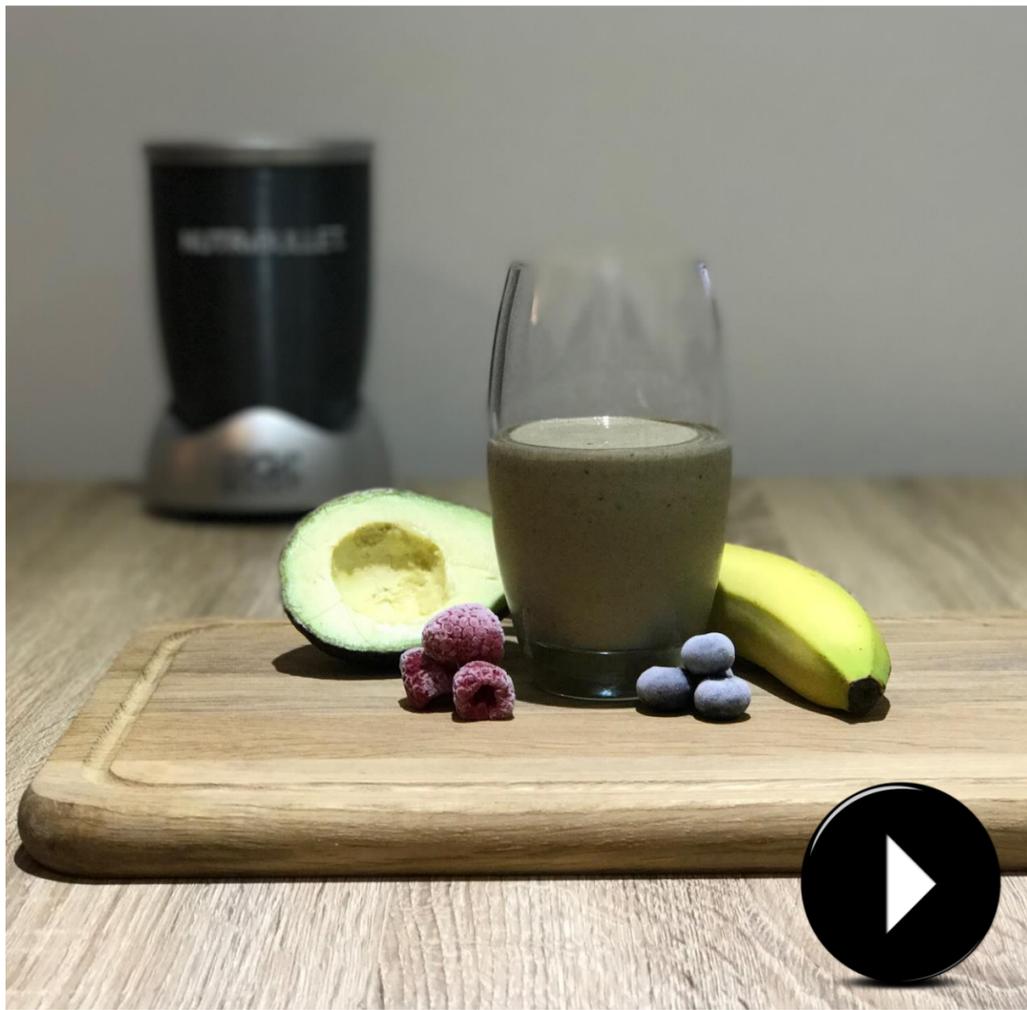
½ tsp Red Chilli Flakes
½ tsp Coriander Powder
Pinch Salt (to taste)
Pinch of Black Pepper (to taste)
2 Large Eggs
20g Feta Cheese
Fresh Coriander (for garnishing)

HOW TO COOK IT:

- ❖ Heat half of the olive oil in a pan over a medium heat and cook the turkey rashers for 2/3 minutes per side. Then remove from the heat and chop into small pieces.
- ❖ Heat the remainder of the olive oil in the pan. Chop up the onion and add to the pan.
- ❖ Peel and finely chop the garlic. When the onion starts to brown, add the garlic and cook for 1 minute.
- ❖ Then add the tinned tomatoes and tomato puree. Cook for another 1 minute.
- ❖ Add in the turkey rashers, cumin, red chilli flakes, coriander powder, salt and pepper and stir.
- ❖ Create holes in the mixture and crack the eggs into those holes. Sprinkle with chopped up feta cheese and cook for 2 minutes.
- ❖ Place the pan under the grill for 4/5 minutes to finish. Make sure eggs are cooked.
- ❖ Sprinkle the fresh coriander over the top and serve.

Breakfast Smoothie

Serves: 1 / Prep Time: 5mins / Cook Time: 1mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 486 | |
| Carbs | 35g | 29% |
| Protein | 40g | 33% |
| Fat | 20g | 38% |
| Sugar | 11g | |

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INGREDIENTS:

20g Raspberries
20g Blueberries
20g Strawberries
30g Spinach
30g Oats

40g Protein Powder
15g Peanut Butter
 $\frac{1}{2}$ Banana
 $\frac{3}{4}$ Avocado
 $\frac{1}{2}$ Pint Water

HOW TO COOK IT:

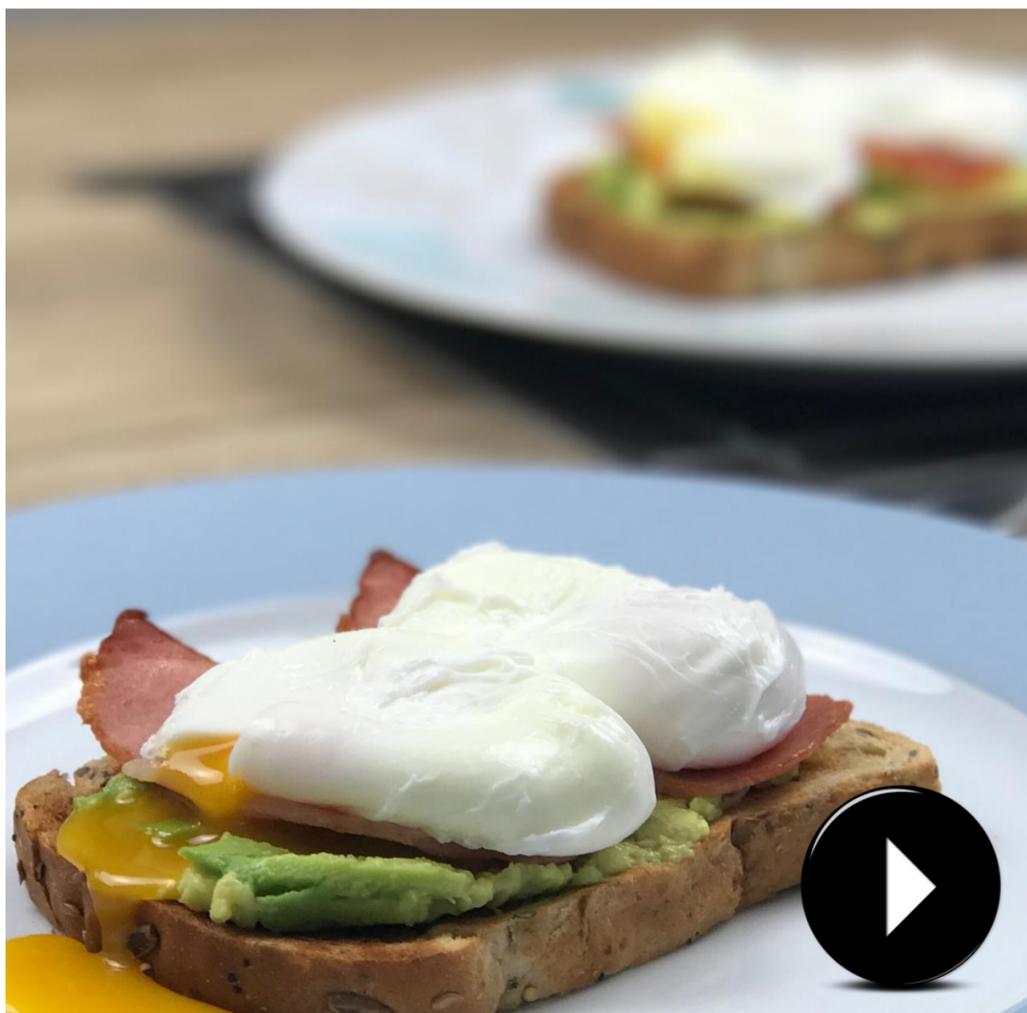
- ❖ Add the raspberries, blueberries, strawberries, spinach, oats, protein powder and peanut butter to the blender.
- ❖ Peel the banana, remove the avocado from its skin (removing the stone) before putting them both in the blender, along with the water.
- ❖ Blend until smooth.

Note: Use frozen fruit for a colder more smoothie-like drink. Plus they don't go off if they are frozen!

Avocado, Bacon

& Egg on Toast

Serves: 2 / Prep Time: 5mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 388 | |
| Carbs | 17g | 18% |
| Protein | 30g | 31% |
| Fat | 22g | 51% |
| Sugar | 2g | |

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INGREDIENTS:

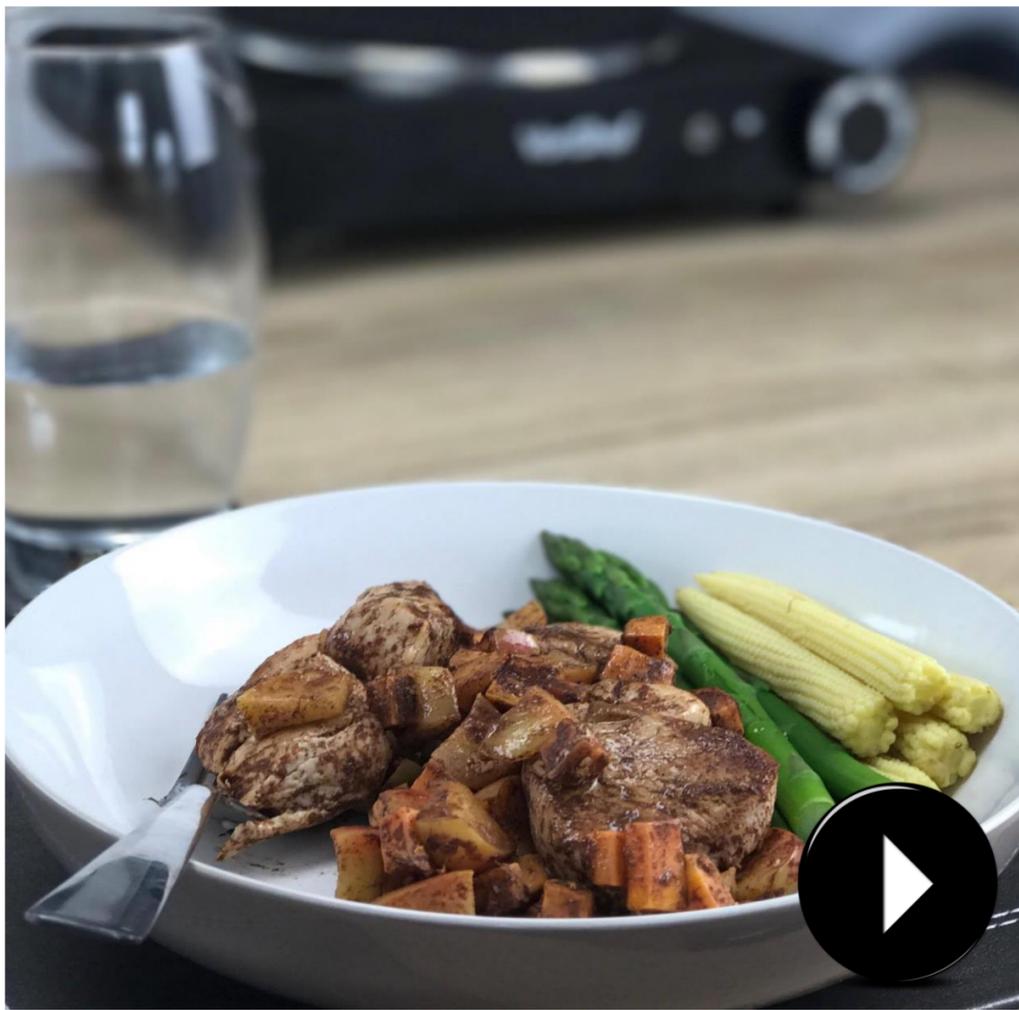
- 4 Smoked Bacon Medallions
- 2 Wholegrain Seeded Bread Slices
- Pinch of Salt
- 1 tsp Vinegar
- 4 Medium Eggs
- 1 Avocado

HOW TO COOK IT:

- ❖ Put the water on the heat and bring to the boil.
- ❖ Put the bacon under the grill and cook for 4 minutes per side or until done.
- ❖ Place the bread in the toaster and toast.
- ❖ Add a pinch of salt and a tsp of vinegar to the boiling water.
- ❖ Create a swirl in the water and then quickly crack the eggs add them to the water.
- ❖ Cook the eggs for 90 to 120 secs then remove from the water.
- ❖ Halve the avocado, remove the stone and mash both halves of the avocado.
- ❖ Spread the whole avocado between both slices of toast.
- ❖ Place the cooked bacon on top of the avocado.
- ❖ Place the cooked eggs on top of the bacon and serve.

Potato Hash

Serves: 2 / Prep Time: 5mins / Cook Time: 15mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 366 | |
| Carbs | 31g | 34% |
| Protein | 39g | 43% |
| Fat | 9g | 22% |
| Sugar | 13g | |

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INGREDIENTS:

310g Chicken
1 tbsp Olive Oil
200g Sweet Potato
1 Cox Apple
2 tsp Cinnamon

Pinch of Salt (to taste)
Pinch of Pepper (to taste)
10 tbsp of Water
50g Asparagus
50g Baby corn

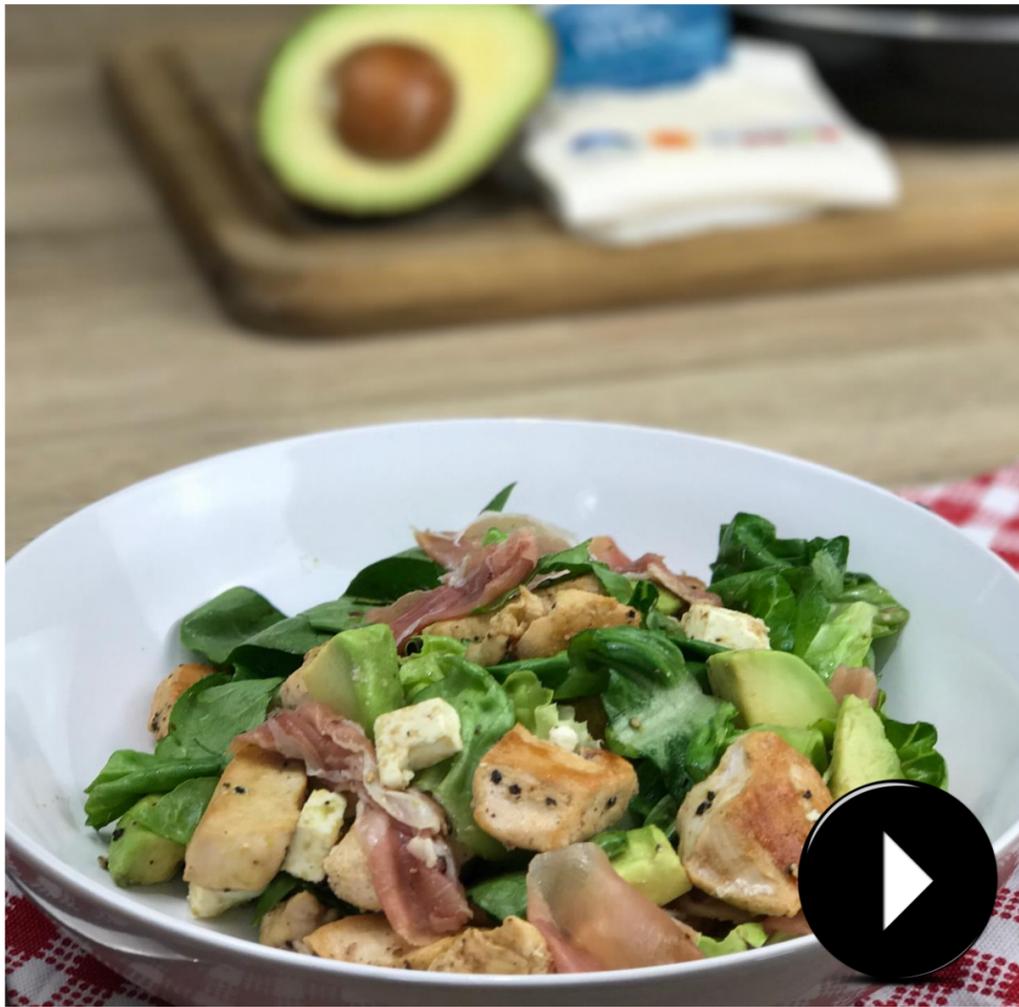
HOW TO COOK IT:

- ❖ Cut the chicken into medium chunks.
- ❖ Heat the olive oil over a medium heat.
- ❖ Add the chicken to the pan for 2-3 minutes, searing all sides of the chicken.
- ❖ Then chop up the sweet potato into 1 cm chunks and the apple into slightly bigger chunks. Add them both to pan along with the cinnamon and salt and pepper (to taste).
- ❖ Cook for 12-15 minutes or until the chicken is cooked and the potato is slightly soft. Use the water, 1 tbsp at a time, to keep a little bit of liquid in the pan to soften the apple and potato.
- ❖ Cook your asparagus and baby corn (or preferred vegetables) and then serve.

Chicken, Parma Ham,

Avocado & Feta Salad

Serves: 1 / Prep Time: 5mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 418 | |
| Carbs | 3g | 3% |
| Protein | 52g | 50% |
| Fat | 22g | 47% |
| Sugar | 2g | |

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INGREDIENTS:

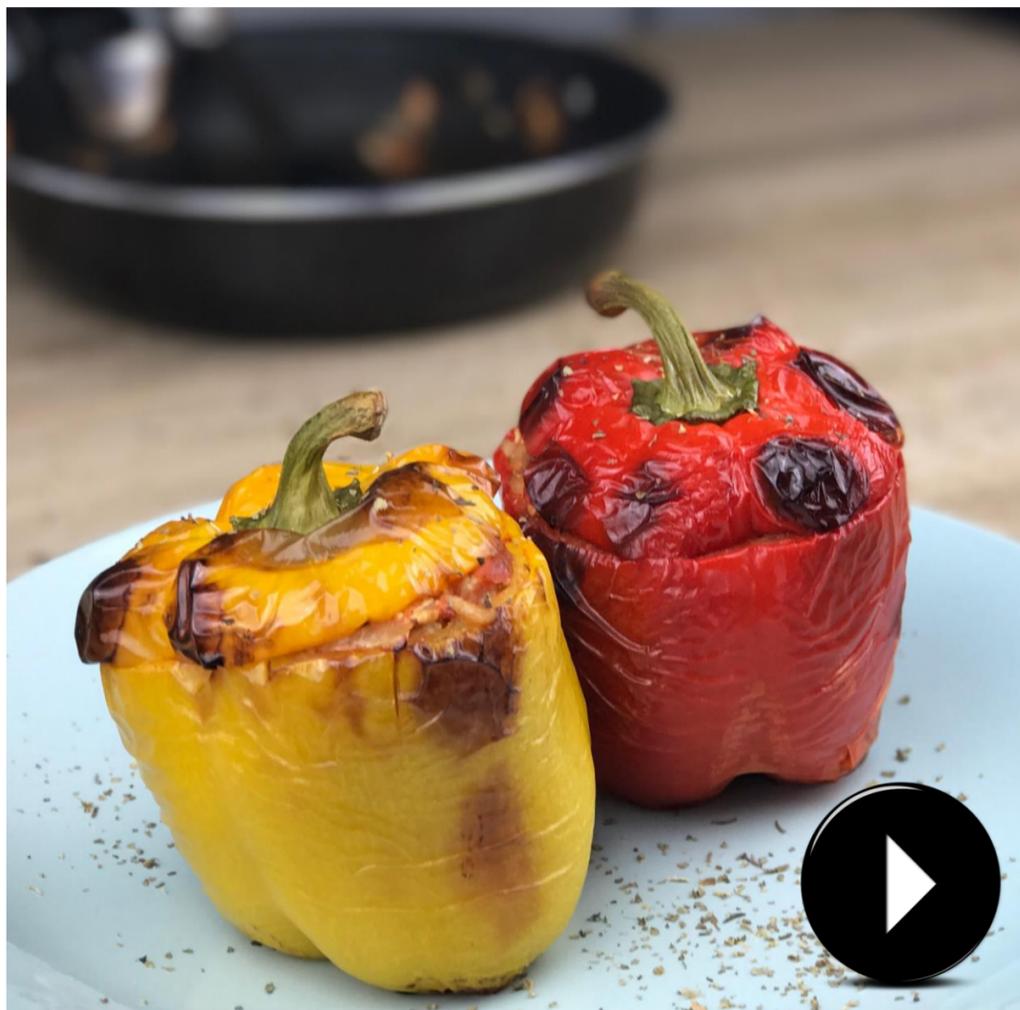
- 1 tsp Extra Virgin Olive Oil
- 160g Chicken
- 20g Feta Cheese
- ½ Avocado (40g)
- 2 Slices Parma Ham
- 2 Handfuls Salad Leaves
- Pinch Salt & Pepper
- 1 tsp Balsamic Vinegar

HOW TO COOK IT:

- ❖ Heat ½ the olive oil in a frying pan on a medium heat.
- ❖ Cut the chicken into small chunks and place in the pan. Cook for 4 minutes per side or until the chicken is cooked through.
- ❖ Whilst the chicken is cooking, make the salad by chopping up the feta cheese, chopping up the avocado (after removing the skin and the stone) and roughly pulling apart the Parma Ham. Place these on top of your chosen salad leaves.
- ❖ When the chicken is cooked, add it to the salad mixture, sprinkle with salt and pepper, add in the other half of the olive oil and the teaspoon of balsamic vinegar and mix well before serving.

Stuffed Peppers

Serves: 1 / Prep Time: 15mins / Cook Time: 25mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 289 | |
| Carbs | 22g | 30% |
| Protein | 39g | 54% |
| Fat | 5g | 16% |
| Sugar | 10g | |

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INGREDIENTS:

40g Brown Rice (12g Dry)
2 Bell Peppers
1 tsp Olive Oil
½ Onion
1 Garlic Clove

135g Turkey Mince
175g Tinned Chopped Tomatoes
Mixed Herbs
Pinch of Salt (to taste)
Pinch of Pepper (to taste)

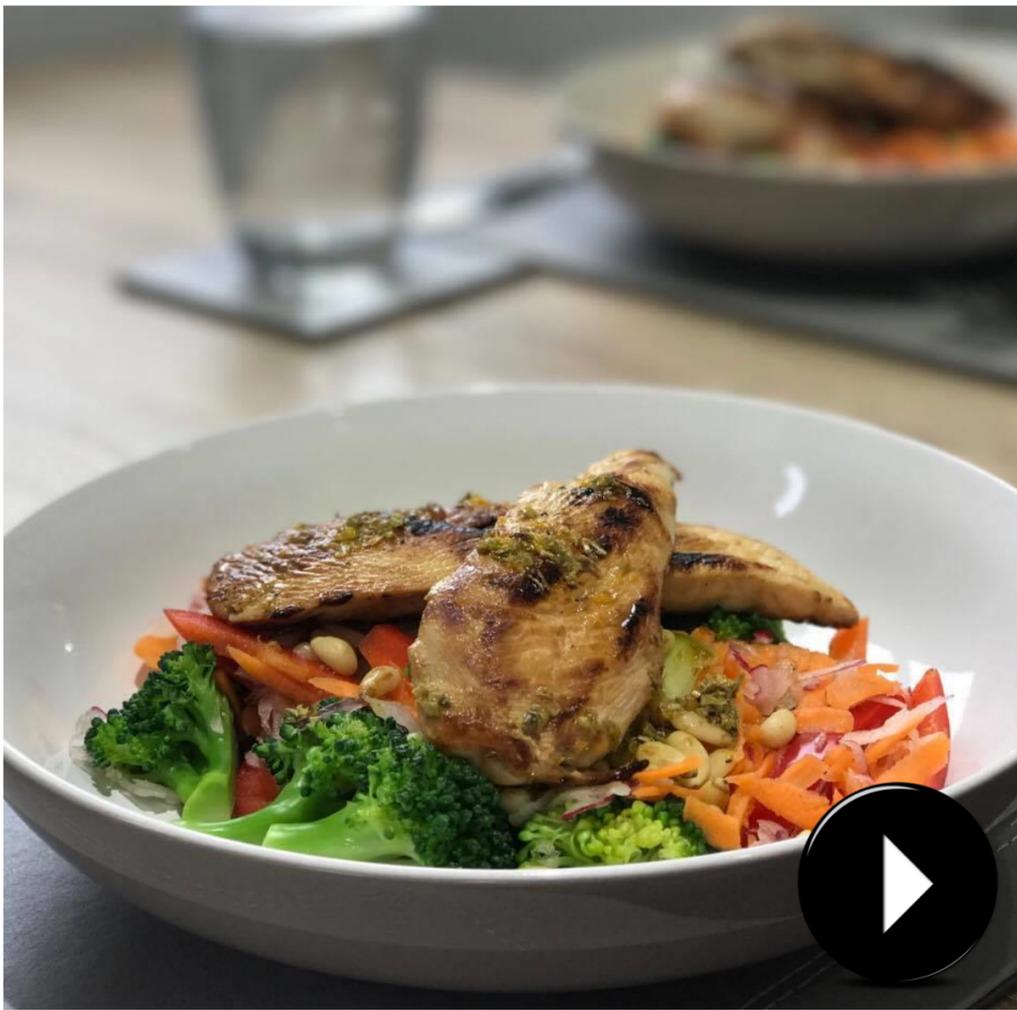
HOW TO COOK IT:

- ❖ Preheat oven to 200°C and cook the rice as per instructions on the packet.
- ❖ Chop off the top of the peppers and remove all the seeds from inside.
- ❖ Heat up the olive oil in a frying pan over a medium heat.
- ❖ Chop up the onion and cook for 2 minutes, then finely chop the garlic and cook for 30 seconds.
- ❖ Add the turkey mince and cook for 4/5 minutes.
- ❖ Add the pre-cooked rice, tinned tomatoes and salt and pepper, then cook for a further 4 minutes.
- ❖ Add the mixture to the peppers and place in the preheated oven for 25 minutes.
- ❖ Leave to stand for 3 minutes before serving.

Orange & Oregano

Chicken Salad

Serves: 2 / Prep Time: 10mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 396 | |
| Carbs | 16g | 16% |
| Protein | 39g | 40% |
| Fat | 19g | 44% |
| Sugar | 9g | |

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INGREDIENTS:

2 Large Oranges (juiced)
1 tbsp Soy Sauce
300g Chicken Breast
100g Broccoli
1 Carrot
100g Radishes
½ Red Onion

100g Red Peppers
100g Cucumber
1 tbsp Olive Oil
Zest of ½ an Orange
1 tbsp Apple Cider Vinegar
1 tsp Dried Oregano
25g Pine Nuts

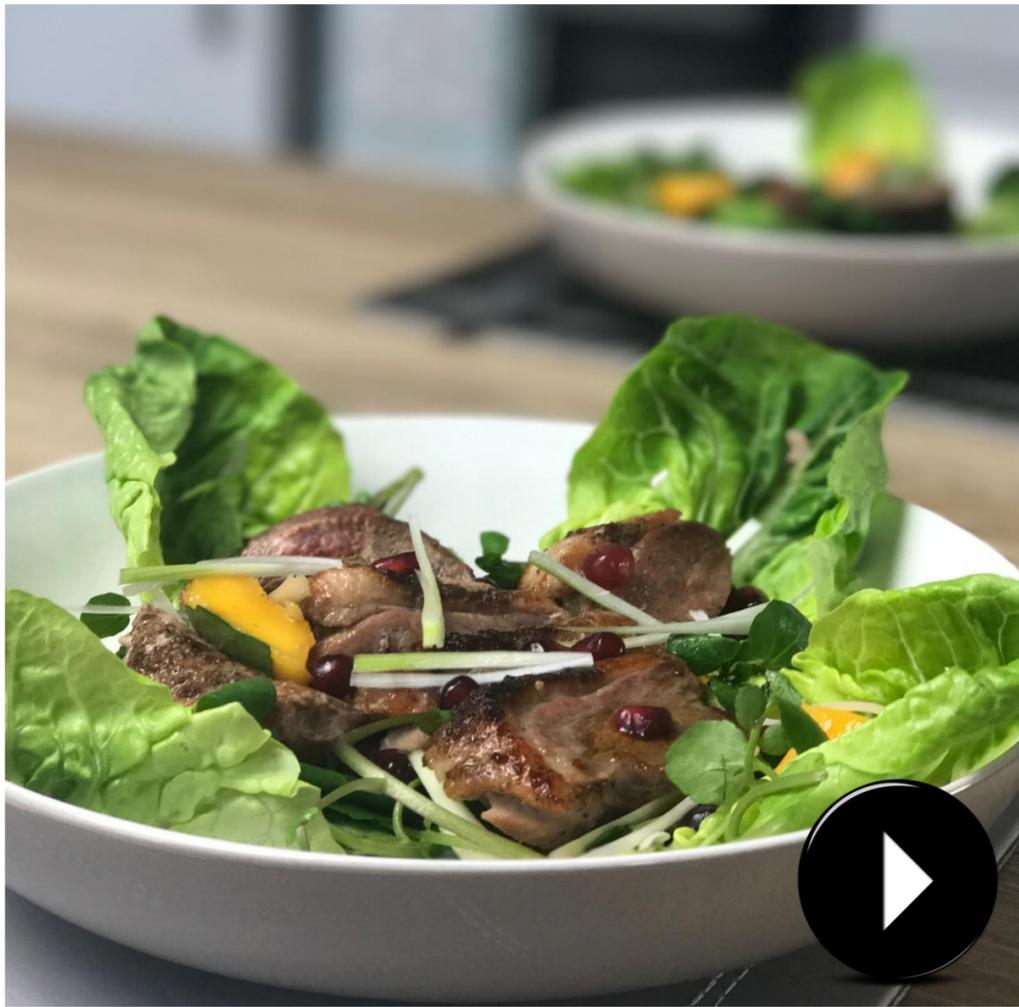
HOW TO COOK IT:

- ❖ For the marinade: Add the juice from 1 orange and the soy sauce to a mixing bowl.
- ❖ Halve the chicken breasts, add to the marinade and put to one side.
- ❖ Halve or quarter the broccoli (depending on the size) and add to boiling water for 3 minutes, then run under cold water to cool.
- ❖ Add these ingredients to a mixing bowl: Broccoli, peeled and grated carrot, grated radishes, peeled & grated onion, sliced pepper, peeled & sliced cucumber and put to one side.
- ❖ Add a teaspoon of olive oil to a frying pan over a medium heat. Cook the chicken for 4 minutes per side or until cooked through.
- ❖ Make the salad dressing by adding these ingredients together: Orange zest, 3 tablespoons of orange juice, 1 tablespoon of apple cider vinegar, ½ tablespoon of olive oil and 1 teaspoon of dried oregano.
- ❖ Plate up your salad, add ½ the pine nuts to each dish, add the chicken and then pour over your salad dressing.

Chinese Spiced

Duck Salad

Serves: 2 / Prep Time: 10mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 335 | |
| Carbs | 9g | 11% |
| Protein | 35g | 43% |
| Fat | 17g | 47% |
| Sugar | 8g | |

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INGREDIENTS:

- 2 Large Duck Breasts
- 1 tbsp Chinese Five Spice Powder
- ½ Ripe Mango
- 2 Spring Onions
- 1 Sprig Fresh Coriander
- 2 tbsp Pomegranates
- A Few Sprigs Watercress
- 1 Little Gem Lettuce
- ½ Lime Juice
- 2 tsp Sesame Oil

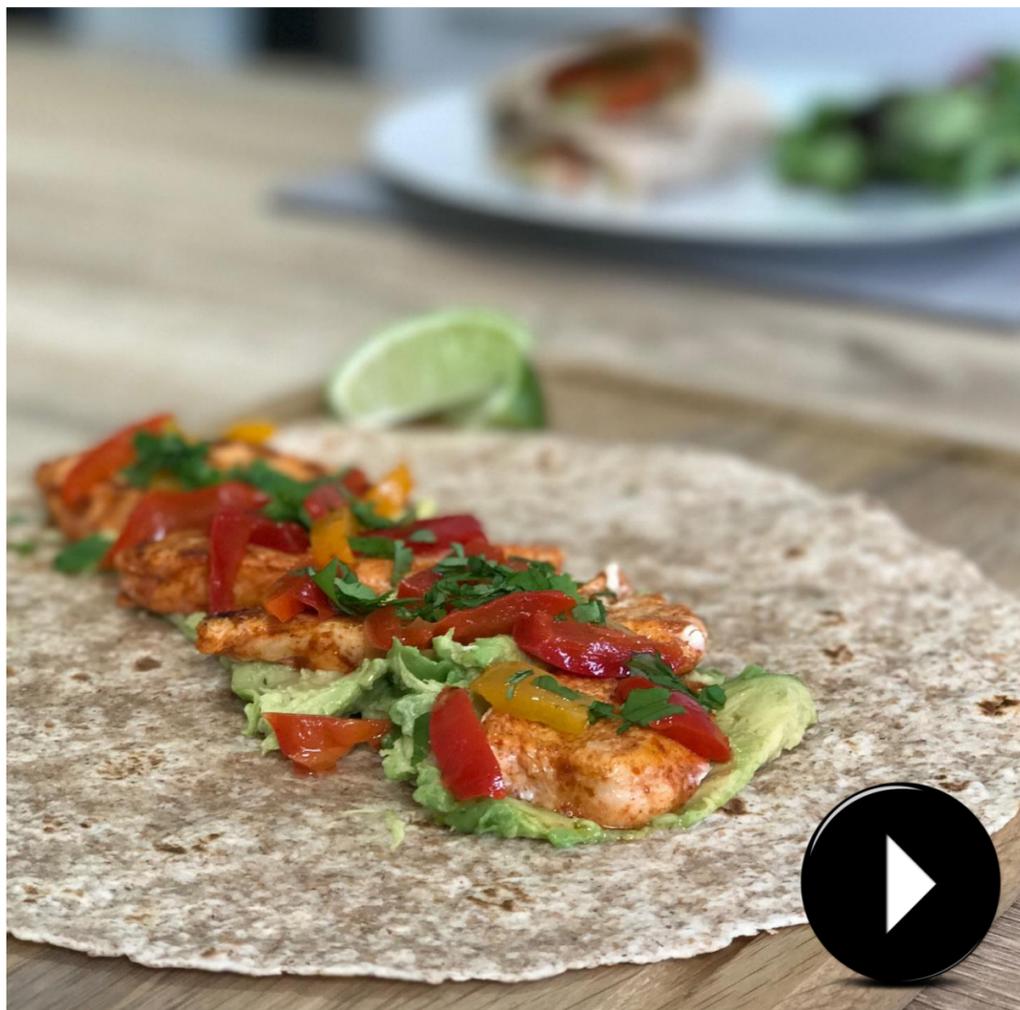
HOW TO COOK IT:

- ❖ Score the skin of both duck breasts and then sprinkle the tablespoon of Chinese five spice on the duck breasts and rub in.
- ❖ Place in a pan on a medium heat, skin side down first. Cook for 3 minutes per side then remove from the heat and slice the duck into centimetre slices.
- ❖ Pour the fat from the pan and then wipe it clean with a paper towel.
- ❖ Return the sliced duck to the pan and cook for 2 minutes.
- ❖ Meanwhile, peel and slice the mango into squares.
- ❖ Trim and slice the spring onions.
- ❖ Chop the coriander.
- ❖ Place the 3 ingredients above in a mixing bowl along with the pomegranates, watercress, and the sliced duck and mix it all together.
- ❖ Place the little gem salad into bowls for serving.
- ❖ Divide the duck mixture into the two bowls, squeeze the lime and drizzle the sesame oil over each dish and serve.

Chilli Chicken and

Avocado Wrap

Serves: 2 / Prep Time: 10mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 550 | |
| Carbs | 32g | 23% |
| Protein | 40g | 29% |
| Fat | 30g | 48% |
| Sugar | 3g | |

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INGREDIENTS:

1 Garlic Clove
½ tsp Chilli Powder
½ Lime (Juice)
300g Chicken Breast
1 tsp Olive Oil

1 Avocado
2 Wholemeal Wraps
40g Roasted Peppers
Coriander

HOW TO COOK IT:

- ❖ Finely chop the garlic and place in a mixing bowl along with the chilli powder and the juice from ½ a lime.
- ❖ Cut the chicken into pieces and add to the mixing bowl. Cover the chicken with the marinade and put to one side (marinate for longer if you want a stronger flavour).
- ❖ Heat the olive oil in a pan over a medium heat before adding the chicken. Cook the chicken for 5 minutes per side or until cooked through.
- ❖ Halve the avocado and remove the stone. Mash both halves up with a fork and then spread evenly between 2 wraps.
- ❖ Lay the cooked chicken on top of the avocado, followed by the roasted peppers.
- ❖ Sprinkle over some coriander and wrap them up, cut in half and serve.

Ginger & Spring Onion Steamed Cod

Steamed Cod

Serves: 2 / Prep Time: 10mins / Cook Time: 20mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 317 | |
| Carbs | 35g | 44% |
| Protein | 38g | 48% |
| Fat | 3g | 8% |
| Sugar | 2g | |

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INGREDIENTS:

6 Leaves of Pak Choi
360g Cod Fillet
1 Large Garlic Clove
5cm Thin Slice Ginger
2 tsp Light Soy Sauce
1 ½ tsp Mirin Rice Wine

100g Broccoli
250g Cooked Basmati Rice
1 Spring Onion
Pinch of Coriander
½ a Lime

HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ Tare off 2 pieces of foil and lay on a flat surface.
- ❖ Lay your Pak Choi into the center of your foil.
- ❖ Place your cod on top of the Pak Choi.
- ❖ Finely chop the garlic and ginger and place on top of the cod.
- ❖ Drizzle over the soy sauce and mirin rice wine.
- ❖ Create a parcel out of the foil, make sure the foil is secure at the top and sides.
- ❖ Place in the preheated oven for 20 minutes.
- ❖ Cook the broccoli for 5 minutes.
- ❖ Cook the rice in the microwave for 2 minutes.
- ❖ Plate up the food, add chopped spring onions and coriander to the cod along with a squeeze of lime.
- ❖ Finish off by pouring the juice from the foil over the fish and serve.

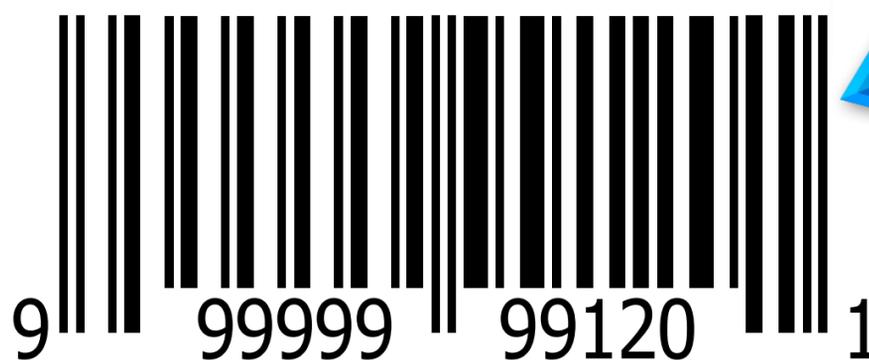
Chicken Stir Fry

Serves: 2 / Prep Time: 5mins / Cook Time: 15mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 514 | |
| Carbs | 32g | 25% |
| Protein | 47g | 37% |
| Fat | 22g | 39% |
| Sugar | 11g | |

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INGREDIENTS:

1 tsp Olive Oil
½ Onion
1 Clove Garlic
Ginger, thumb size
250g Chicken
75g Carrots
100g Red Bell Pepper
100g Sugar Snap Peas

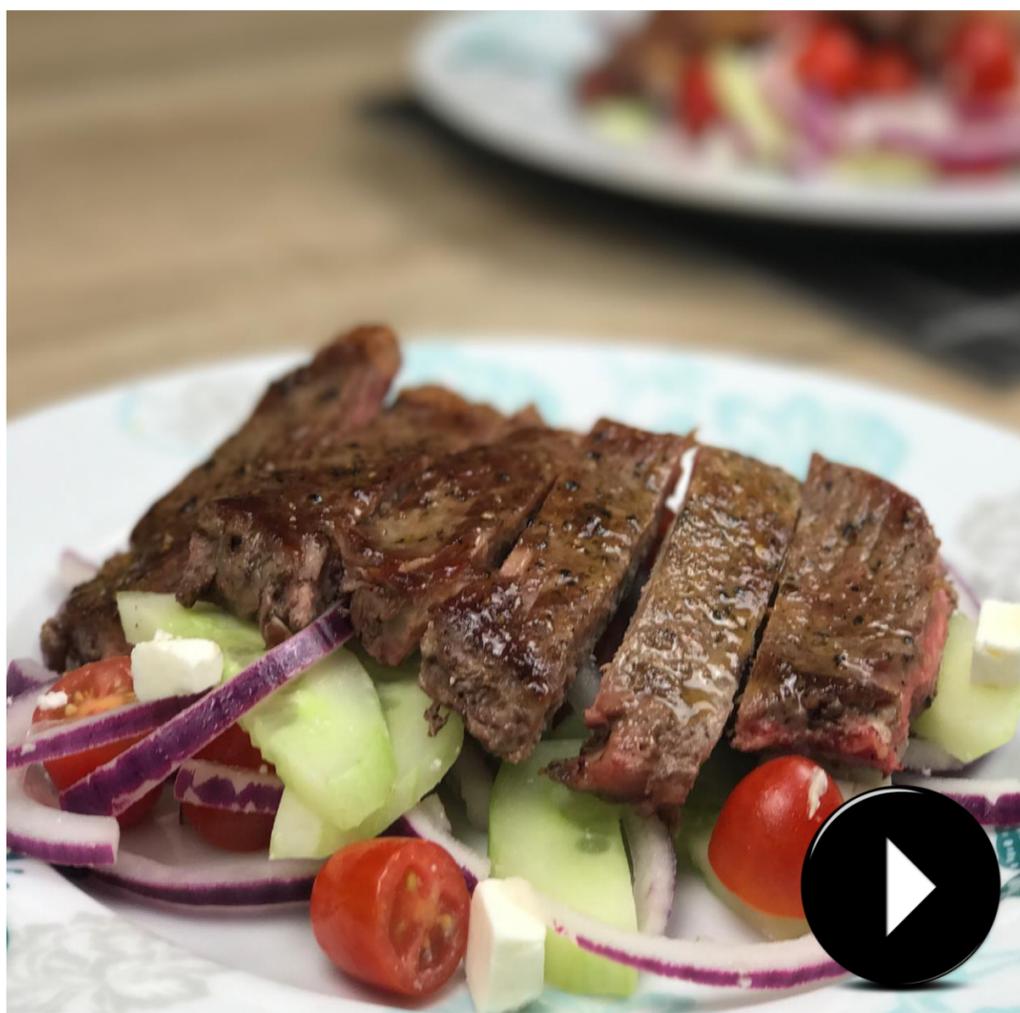
100g Tenderstem Broccoli
2 tbsp Light Soy Sauce
½ Chicken Stock Cube
100ml Boiling Water
½ tsp Corn-starch
230g Protein Noodles

HOW TO COOK IT:

- ❖ Heat the olive oil in a wok or frying pan on a medium heat.
- ❖ Roughly chop the onion and add to the pan for 1 minute.
- ❖ Finely chop the garlic and ginger and add to the pan for 1 minute.
- ❖ Cut the chicken into chunks, add to the pan and cook for 4 minutes or until the chicken starts to brown.
- ❖ Grate the carrot, roughly chop up the pepper and add to the pan, cook for 1 minute before adding the sugar snaps and broccoli and cook for a further 2 minutes. Now add the soy sauce and cook for 2 minutes, until vegetables are crisp-tender.
- ❖ Dissolve the ½ chicken stock in boiling water, then dissolve the cornstarch in the stock. Add this to the pan (10tbsp = roughly 100ml) and simmer for 3 minutes, until sauce thickens.
- ❖ 1 minute from serving add the protein noodles and mix in.
- ❖ Serve the dish.

Steak Salad

Serves: 2 / Prep Time: 5mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 420 | |
| Carbs | 7g | 7% |
| Protein | 39g | 37% |
| Fat | 27g | 57% |
| Sugar | 5g | |

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INGREDIENTS:

2tsp Olive Oil
320g Sirloin Steak
Salt & Pepper
100g Red Onion

100g Baby Cherry Tomatoes
100g Cucumber
2tsp Apple Cider Vinegar
30g Feta Cheese

HOW TO COOK IT:

- ❖ Heat half the olive oil in a frying pan (medium heat).
- ❖ Season the steak with salt and pepper and cook to your liking in the pan, then leave to one side to rest.
- ❖ Meanwhile, peel and thinly slice the red onion. Run under water for one minute.
- ❖ Halve the tomatoes. Peel, halve and then slice the cucumber.
- ❖ Add the 3 ingredients to a mixing bowl along with the rest of the olive oil and apple cider vinegar then mix.
- ❖ Chop up the feta cheese and add to the salad mixture, then gently toss the salad before plating it up.
- ❖ Cut the steak and serve on the salad.

Hasselback Fajita

Chicken

Serves: 2 / Prep Time: 10mins / Cook Time: 20mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 534 | |
| Carbs | 15g | 11% |
| Protein | 60g | 46% |
| Fat | 25g | 43% |
| Sugar | 12g | |

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INGREDIENTS:

Coloured Peppers
1 Red Onion
2 x 200g Chicken Breasts
2 tsp Olive Oil
2 tsp Fajita Mix

50g Cheddar Cheese
100g Sweetcorn
100g Broccoli
2 tbsp Soured Cream

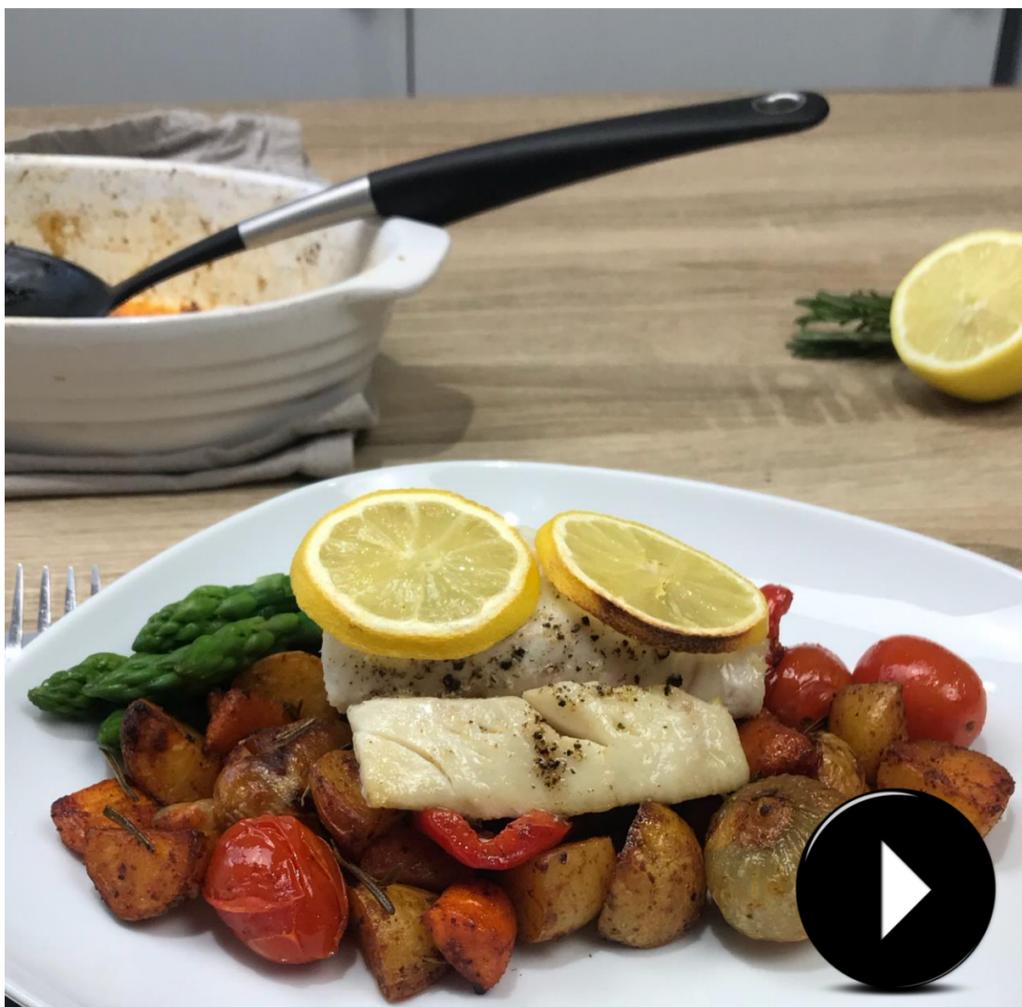
HOW TO COOK IT:

- ❖ Thinly slice the peppers and onion.
- ❖ Make slits across the top of each chicken breast, approximately 1.5 cm apart.
- ❖ Cover each chicken breast with 1 tsp of olive oil and 1 tsp of fajita mix and rub in.
- ❖ Evenly place the pepper and onion slices into the slits you have created on the chicken.
- ❖ Place the chicken breasts onto a grill pan and grill on a medium heat for 15 mins.
- ❖ Grate the cheese and sprinkle onto of the chicken breasts and place back under the grill for 3 mins.
- ❖ Meanwhile, cook your vegetables.
- ❖ Plate up and spoon on your soured cream and tuck in.

Cod & Roasted

Vegetables

Serves: 1 / Prep Time: 5mins / Cook Time: 60mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 488 | |
| Carbs | 37g | 31% |
| Protein | 38g | 32% |
| Fat | 20g | 38% |
| Sugar | 13g | |

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INGREDIENTS:

150g Potatoes
50g Carrots
50g Peppers
50g Shallots
1 ½ tbsp Olive Oil
1 tsp Paprika

Salt & Pepper
2 Rosemary Stems
50g Tomatoes
180g Cod
2 Slices of Lemon
50g Asparagus

HOW TO COOK IT:

- ❖ Preheat oven to 190°C .
- ❖ Halve the potatoes, peel and chop the carrots, cut the pepper into 3cm squares, peel the shallots and add them all to a roasting tin.
- ❖ Add a tablespoon of olive oil, a teaspoon of paprika and a pinch of salt and pepper.
- ❖ Mix well, put the rosemary on top and place in the preheated oven for 20mins.
- ❖ Remove from the oven and mix, then place it back in the oven for a further 20mins.
- ❖ Remove once again from the oven and mix. Then add the tomatoes.
- ❖ Place the cod on top of the vegetables, cover with a teaspoon of olive oil, salt and pepper and sliced lemon before putting back into the oven for a final 20mins.
- ❖ Cook your asparagus for 3-4 minutes and plate up all the food.

Apricot Tagine

Serves: 4 / Prep Time: 10mins / Cook Time: 100mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 429 | |
| Carbs | 50g | 47% |
| Protein | 28g | 26% |
| Fat | 13g | 27% |
| Sugar | 15g | |

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INGREDIENTS:

1 ½ tbsp Olive Oil
600g Diced Lamb
1 Large Onion
2 Garlic Cloves
200g Carrot
400g Tinned Chopped Tomatoes
1 tsp Cinnamon
1 tsp Turmeric

1 tsp Cumin
240g Drained Chick Peas
1 Chicken Stock Cube
600ml Boiling Water
80g Apricots
200g Broccoli
250g Cooked Rice

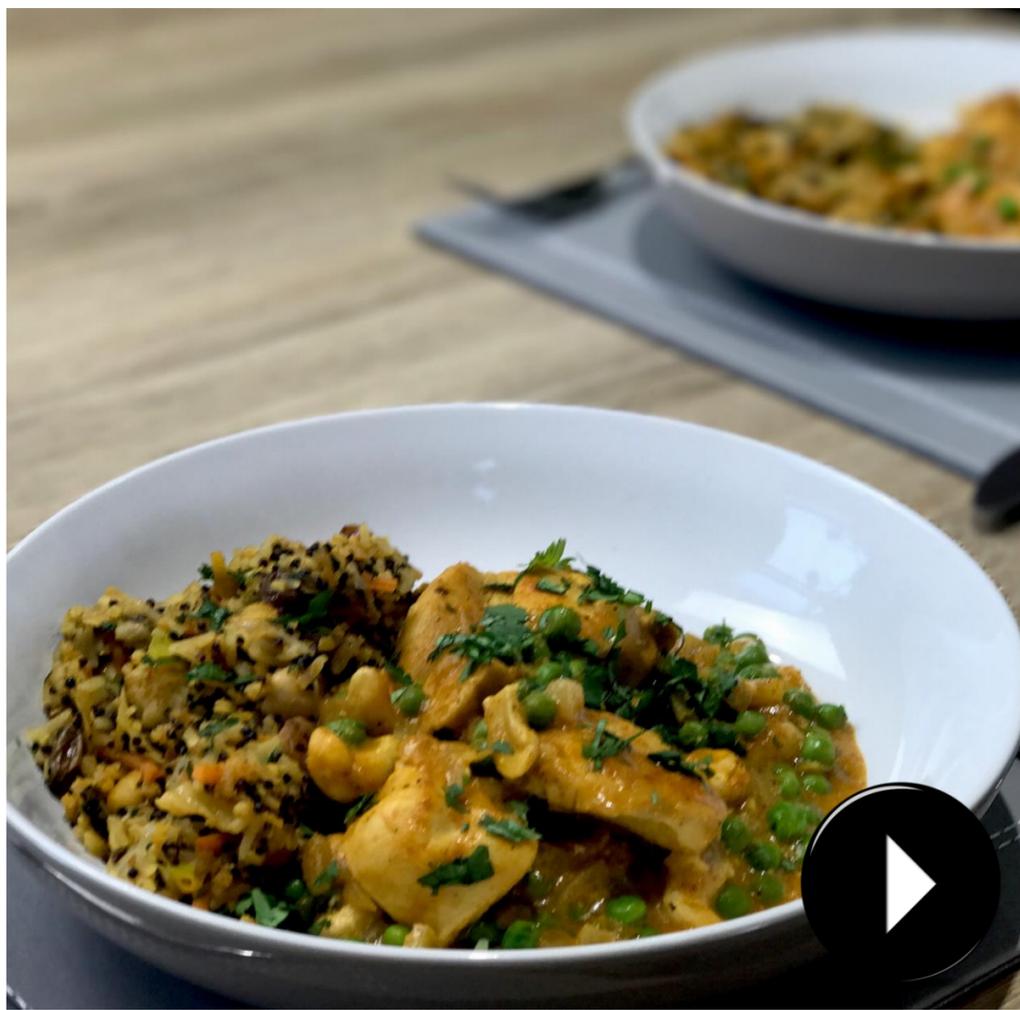
HOW TO COOK IT:

- ❖ Preheat oven to 210°C.
- ❖ Add half the olive oil to a frying pan over a medium to high heat. When hot, add the lamb and brown the meat.
- ❖ Put the lamb to one side to rest while you prepare the rest of the meal.
- ❖ Add the remainder of the olive oil to the frying pan over a medium heat.
- ❖ Roughly chop the onion and, when the pan is hot, add the onion to the pan and cook for 5 minutes, or until the onions start to brown.
- ❖ Then finely chop the garlic and add to the pan for 1 minute.
- ❖ Peel the carrots, cut the end off then quarter the carrots and put in the pan along with the tinned tomatoes, cinnamon, turmeric, cumin, drained chickpeas, chicken stock cube, boiling water and lastly the browned lamb meat.
- ❖ Stir all the ingredients together, cover with foil and place in the preheated oven for an hour.
- ❖ Add the chopped apricots and stir the casserole before placing back in the oven for 30mins without the tin foil.
- ❖ Meanwhile, prepare and cook the broccoli for 5 minutes and the rice for 2 minutes in the microwave. Serve.
- ❖ **Optional extra** - Chop up some Coriander and sprinkle over the casserole.

Healthy Chicken

Curry

Serves: 2 / Prep Time: 5mins / Cook Time: 15mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 628 | |
| Carbs | 47g | 30% |
| Protein | 47g | 30% |
| Fat | 28g | 40% |
| Sugar | 18g | |

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INGREDIENTS:

1 tbsp Extra Virgin Olive Oil
250g Chicken
 $\frac{3}{4}$ Onion
1 Garlic Clove
1 tbsp Curry Powder
1 tsp Tomato Purée
3 tbsp Greek Yogurt

160 ml Chicken Stock
Pinch of Salt and Pepper
25g Cashew Nuts
75g Frozen Peas
8 Sprigs Coriander

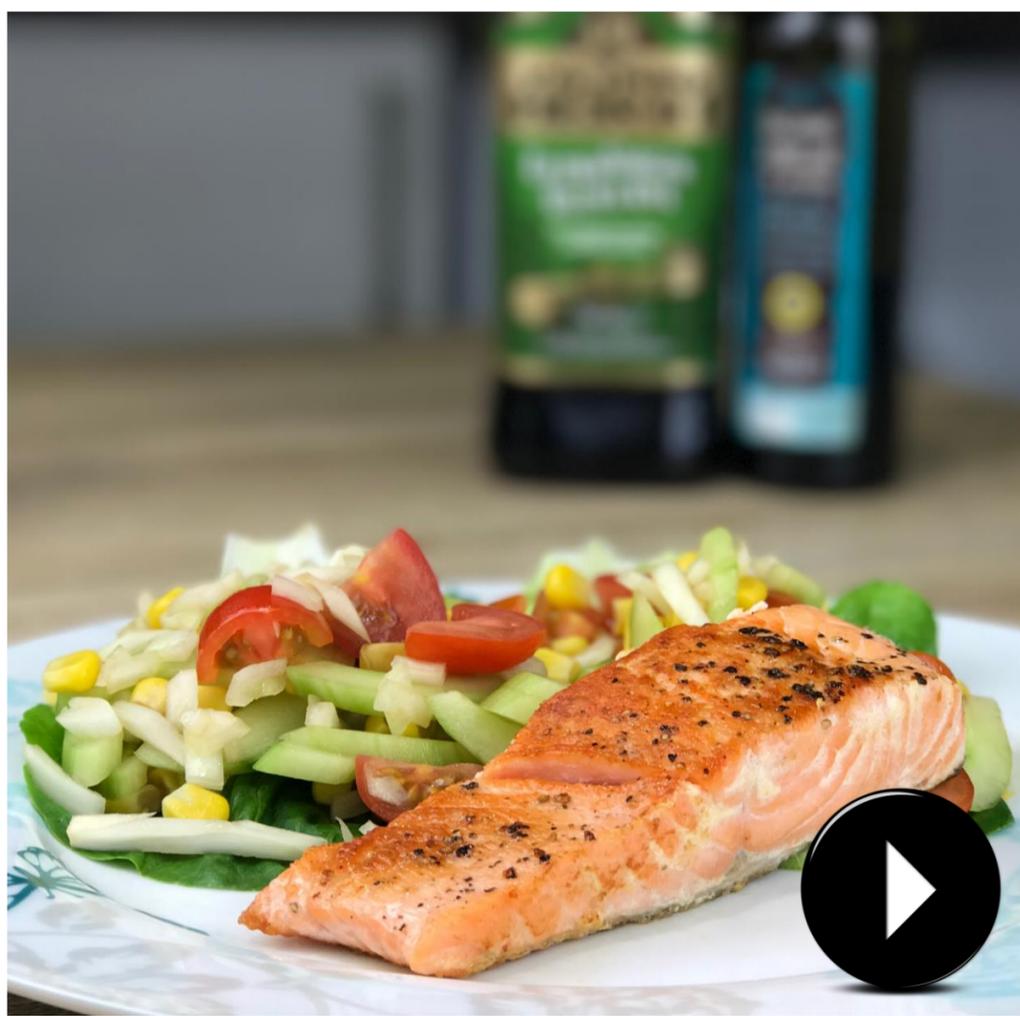
HOW TO COOK IT:

- ❖ Put half the oil in a pan over a medium heat.
- ❖ Cut the chicken into even-sized chunks and place in the frying pan. Do not cook through but part cook and then remove from the heat.
- ❖ To speed things up, in a separate pan, while the chicken is cooking, heat up the remainder of the olive oil.
- ❖ Finely chop the onion and place in the pan and cook until it starts to brown.
- ❖ As soon as the onion starts to brown, add the crushed up garlic and cook for 30 seconds.
- ❖ Then add the curry powder, tomato puree, Greek yogurt, chicken stock, salt, pepper and chicken into the pan, stir well and then leave to simmer on a low heat for 15 to 20 minutes or until the chicken is cooked through.
- ❖ Prepare your coconut grains in the microwave, as per the package instructions
- ❖ For the last 2 minutes, add the cashew nuts and peas to the curry and cook through.
- ❖ Plate up the coconut grains and curry, garnish with the coriander and serve.

Pan Fried Salmon

on a Salad bed

Serves: 1 / Prep Time: 0mins / Cook Time: 10mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 350 | |
| Carbs | 10g | 11% |
| Protein | 35g | 40% |
| Fat | 19g | 49% |
| Sugar | 6g | |

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SCAN ME



INGREDIENTS:

1 tsp Extra Virgin Olive Oil
130g Salmon
40g Tomato
1/4 Cucumber

40g Sweet Corn
2 x Lettuce Leaves
1 tsp Balsamic Vinegar
Pinch of Salt & Pepper

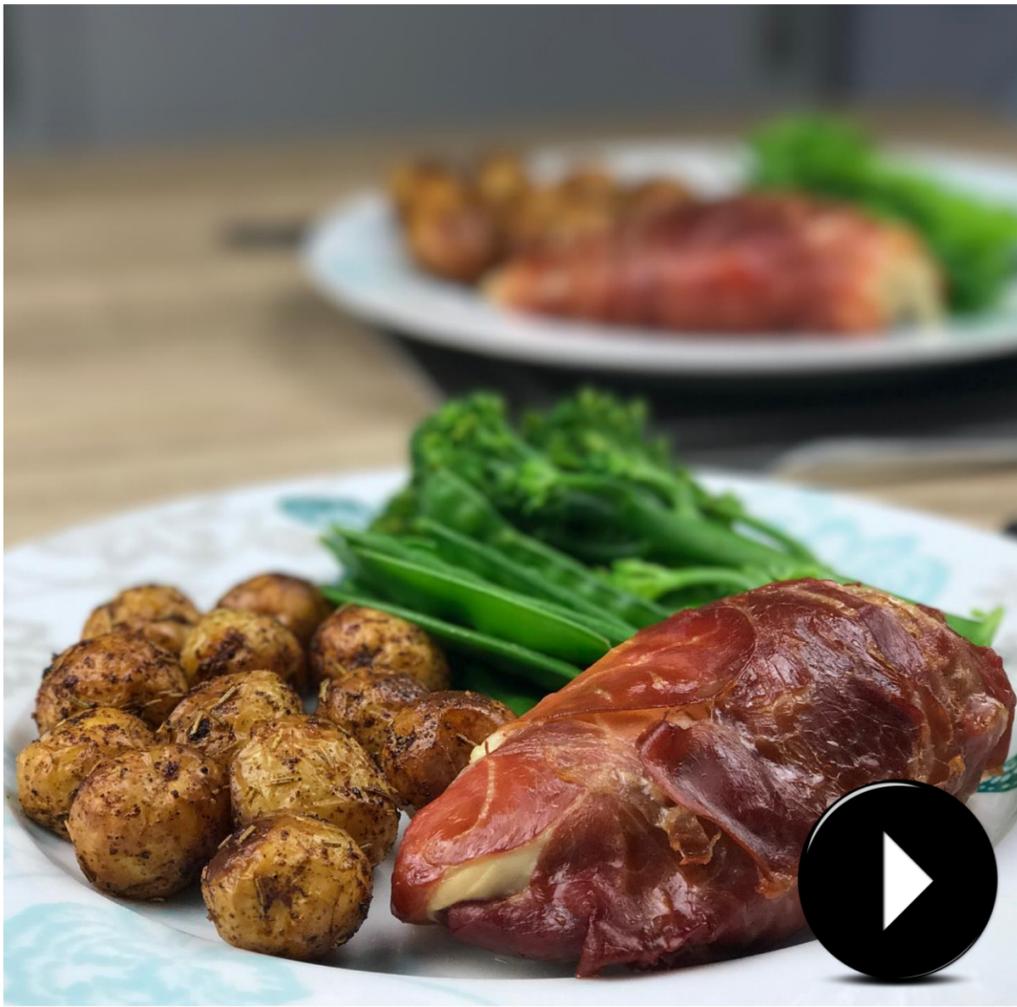
HOW TO COOK IT:

- ❖ Preheat $\frac{1}{2}$ the olive oil in the frying pan on a medium heat.
- ❖ Add the salmon to the pan, skin side down and cook for roughly 3 minutes or until the skin is crisp.
- ❖ Turn the fish over and cook for a further 5 minutes. Then cook each side for 1 minute. The fish is cooked when the salmon is nice and flakey.
- ❖ While the salmon is cooking, prepare your salad. Quarter the tomatoes. Peel, remove the seeds and slice the cucumber and drain the tinned sweetcorn. Add these to a mixing bowl.
- ❖ Add the remaining olive oil and balsamic vinegar to the mixing bowl and toss the salad and then plate up.
- ❖ When the salmon is cooked place it on top of the salad and enjoy!
- ❖ **Optional:** Add salt and pepper for flavour.

Parma Ham Wrapped

Chicken With Mozzarella

Serves: 2 / Prep Time: 10mins / Cook Time: 40mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 524 | |
| Carbs | 28g | 22% |
| Protein | 57g | 44% |
| Fat | 20g | 35% |
| Sugar | 5g | |

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INGREDIENTS:

300g New Potatoes
1 tbsp Olive Oil
Pinch of Salt & Pepper
1 tsp Smoked Paprika
1 tsp Rosemary

2 x 150g Chicken Breast
60g Mozzarella
6 Slices Parma Ham
100g Broccoli
100g Sugar Snap Peas

HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ Place the new potatoes in a bowl. Add the olive oil, salt, pepper, smoked paprika and rosemary to the new potatoes and mix.
- ❖ Spread the potatoes on a baking tray and place in the preheated oven for 40 minutes (you will add the chicken after 20 minutes).
- ❖ Meanwhile, create a slit down the side of the chicken breasts.
- ❖ Cut 4 slices of mozzarella and place 2 slices inside each chicken breast.
- ❖ Layout 3 pieces of Parma ham making sure they overlap and place the chicken in the center, then wrap the Parma ham around the chicken. Repeat with the other chicken breast.
- ❖ Place the chicken in the oven, along with the potatoes, for the last 20 minutes of cooking time.
- ❖ Cook the vegetables and serve up.

Chorizo Paella

Serves: 2 / Prep Time: 5mins / Cook Time: 22mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 478 | |
| Carbs | 60g | 50% |
| Protein | 37g | 31% |
| Fat | 10g | 19% |
| Sugar | 4g | |

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INGREDIENTS:

1 tsp Olive Oil
½ Chopped Red Onion
1 Chopped Garlic Clove
50g Chopped Chorizo
125g Paella Rice
1 Chicken Stock Cube
500ml Boiling Water

¼ tsp Turmeric
¼ tsp Paprika
50g Chopped Roasted Peppers
300g Cooked Prawns
100g Frozen Peas
Pinch Parsley
½ Lemon

HOW TO COOK IT:

- ❖ Heat the oil in a pan over a medium heat.
- ❖ Add the chopped onion, cook for 3 minutes.
- ❖ Add the chopped garlic and chorizo, cook for 2 minutes.
- ❖ Add the paella rice and stir.
- ❖ Dilute the chicken stock cube in the boiling water and add to the pan.
- ❖ Add the turmeric, paprika and chopped roasted peppers to the pan and stir.
- ❖ Simmer for 13 minutes stirring occasionally.
- ❖ Add the cooked prawns and peas, stir and cook for a further 4 minutes.
- ❖ Plate up, sprinkle the chopped parsley on top and squeeze the lemon over the dish and serve.

Red Pepper and

Chicken Tray Bake

Serves: 2 / Prep Time: 10mins / Cook Time: 40mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 609 | |
| Carbs | 34g | 22% |
| Protein | 49g | 32% |
| Fat | 32g | 46% |
| Sugar | 8g | |

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SCAN ME



INGREDIENTS:

1 tsp Lemon Zest
1 Lemon (Juiced)
1 tsp Smoked Paprika
½ tsp Cumin
½ tsp Fennel Seeds
3 tbsp Olive Oil
350g Chicken Thighs (skinless & boneless)

250g New Potatoes
100g Onion
100g Red Pepper
Salt & Pepper
100g Broccoli
2 tbsp Greek Yogurt
Sprinkle of Coriander

HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ In a small mixing bowl add lemon zest, lemon juice, paprika, cumin, fennel seeds and olive oil. Mix it together and put to one side.
- ❖ In a large mixing bowl, add skinless and boneless chicken thighs, new potatoes, onion and peppers.
- ❖ Pour the mixture from the small mixing bowl in to the big mixing bowl, add salt and pepper and mix until all the chicken and vegetables are coated.
- ❖ Put the mixture on to a baking tray and place in the preheated oven for 20 minutes.
- ❖ Remove from the oven, stir and place back into the oven for a further 20 minutes.
- ❖ Meanwhile, prepare the broccoli in boiling water (cook for between 3 and 5 minutes).
- ❖ Plate up the food and add a tablespoon of Greek yogurt to each dish. Sprinkle coriander over the top before serving.

Salmon with Garlic Butter

Hasselback Potatoes

Serves: 1 / Prep Time: 10mins / Cook Time: 40mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 496 | |
| Carbs | 32g | 26% |
| Protein | 32g | 26% |
| Fat | 26g | 48% |
| Sugar | 4g | |

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INGREDIENTS:

200g New Potatoes
15g Butter
1 tsp Olive Oil
1 tsp Rosemary

1 Garlic Clove
Salt & Pepper
1 Salmon Fillet
100g Vegetables

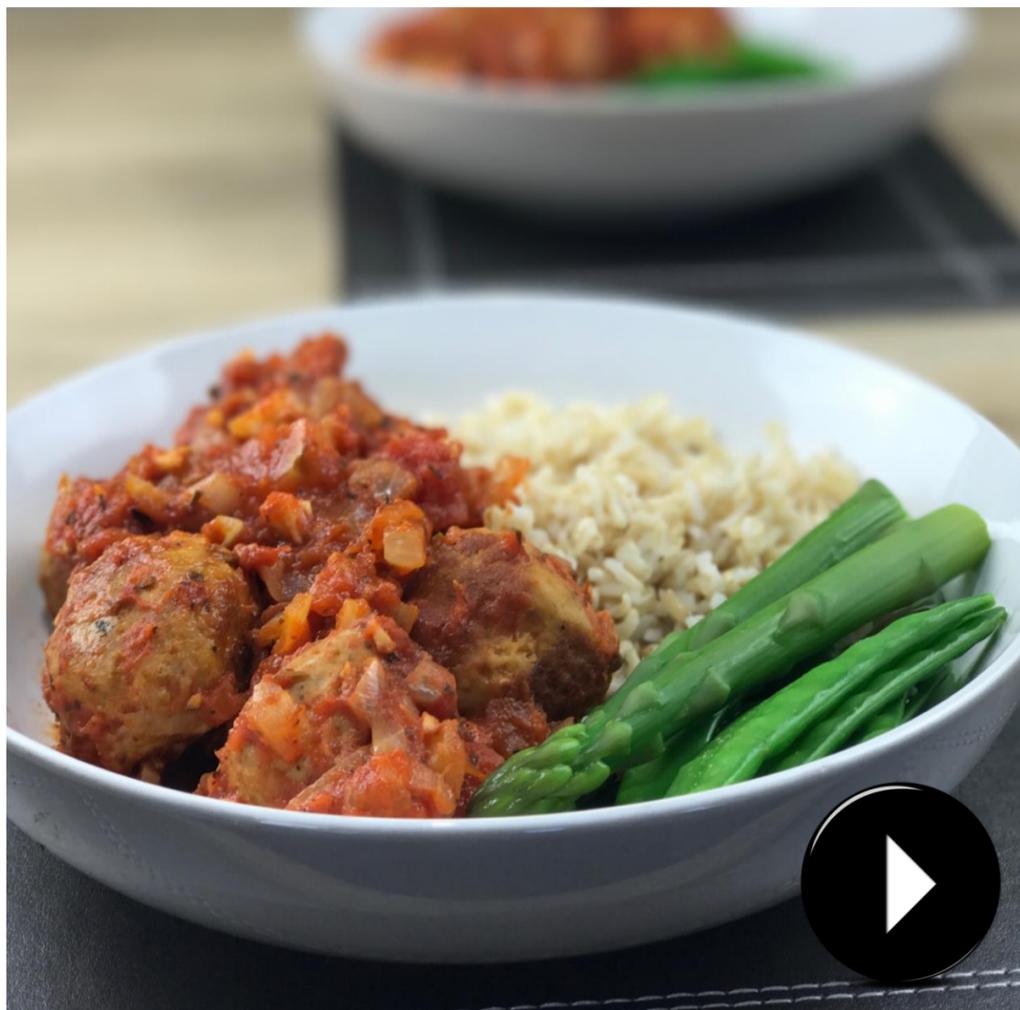
HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ Part slice the top of the potatoes several times and place on a baking tray.
- ❖ Melt the butter in the microwave, mix in the olive oil, rosemary, finely chopped garlic, salt and pepper and stir.
- ❖ Brush half the mixture over the potatoes and put in the preheated oven for 20 mins.
- ❖ Remove the potatoes from the oven and place the salmon on the baking tray.
- ❖ Sprinkle a little salt and pepper over the salmon and the brush some of the butter mixture onto the salmon.
- ❖ Brush the remainder of the butter mixture onto the potatoes and cook for a further 20mins.
- ❖ With 5 minutes to go, prepare your chosen vegetables.
- ❖ Serve up and enjoy!

Turkey Meatballs

in Tomato Sauce

Serves: 2 / Prep Time: 5mins / Cook Time: 20mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 544 | |
| Carbs | 50g | 37% |
| Protein | 41g | 30% |
| Fat | 20g | 33% |
| Sugar | 11g | |

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INGREDIENTS:

2 tsp Extra Virgin Olive Oil
400g Turkey Mince
½ Onion
1 Garlic Clove
400g Can of Tinned Tomatoes
Salt & Pepper

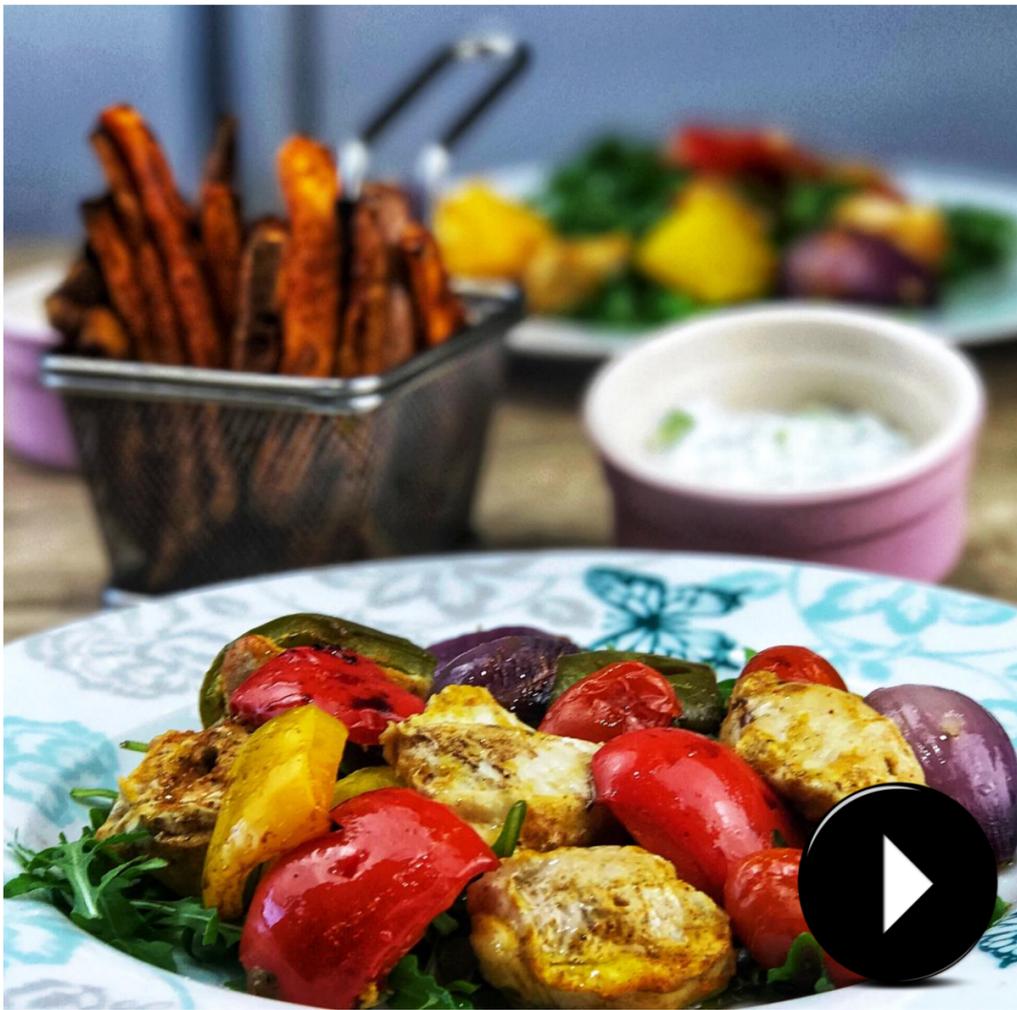
Pinch of Dried Rosemary
Pinch of Dried Mixed Herb
Pinch of Dried Oregano
4 x 50g Vegetable
250g Brown Rice (84g Dry)

HOW TO COOK IT:

- ❖ Heat 1 tsp of olive oil in a frying pan on a medium to high heat.
- ❖ If using pre-made turkey meatballs, place them into the pan and brown all the sides.
- ❖ If making from scratch, roll the turkey mince into balls then place them into the pan and brown them off.
- ❖ Once done, place the meatballs to one side.
- ❖ Heat a tsp of olive oil in a large frying pan on a medium heat.
- ❖ Peel and finely chop the onion, place into the pan and cook until the onion starts to brown.
- ❖ Peel and finely chop the garlic and place into the pan, cook for 30 seconds.
- ❖ Add the meatballs back into the pan along with the tinned tomatoes, salt and pepper, dried rosemary, dried mixed herbs and dried oregano and stir well. Cook for 15 minutes stirring occasionally.
- ❖ While the meatballs are cooking, heat a pan with water and cook your chosen vegetables and microwave your rice.
- ❖ Serve everything up and enjoy!

Chicken Tikka Kebabs

Serves: 2 / Prep Time: 15mins / Cook Time: 40mins



| Per Serving | | |
|-------------|-----|-----|
| Calories | 442 | |
| Carbs | 45g | 42% |
| Protein | 45g | 42% |
| Fat | 8g | 17% |
| Sugar | 18g | |

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INGREDIENTS:

300g Sweet Potato
2 tsp Olive Oil
Pinch of Salt & Pepper
1 tsp Paprika
1 tsp Rosemary

300g Chicken Breast
1 tbsp Tikka Powder
120g Greek Yogurt
1 ½ Coloured Peppers
½ Red Onion

6 Baby Tomatoes
1 tsp Mint
30g Cucumber
60g Rocket Leaves
1tsp Balsamic Vinegar

HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ Cut the sweet potato in half lengthways. Then cut into thin chips. Place them in a large mixing bowl.
- ❖ Add 1 tsp of olive oil to the chips as well as salt, pepper, paprika and rosemary and mix well so all the chips are covered.
- ❖ Put the chips on to a baking tray and then place in the preheated oven for 40 minutes (flip them over after 20 minutes when you start cooking the kebabs).
- ❖ Cut the chicken breasts into chunks and add to a mixing bowl.
- ❖ Add the tikka powder and 70g Greek Yogurt and mix well.
- ❖ If you have time, marinate in the fridge for a few hours for more flavour.
- ❖ Cut the peppers and onion into squares.
- ❖ In a random order, place the chicken pieces, onion, pepper and tomatoes onto the kebab skewers.
- ❖ Place the kebab skewers in the oven for the last 20 minutes with the sweet potato chips.
- ❖ In a small mixing bowl, add 50g Greek Yogurt and dried mint. Peel, cut in half and remove the middle of the cucumber. Then cut it into small pieces, add to small mixing bowl and mix well.
- ❖ Divide the rocket leaves between 2 plates, and then add the chicken and vegetables from each kebab skewer to the plates.
- ❖ Mix 1 tsp of olive oil and 1 tsp of balsamic vinegar together and pour over the salads before serving.