



THE **LEAN BODY PROJECT**  
IT SEASY WHEN YOU KNOW HOW



*Damien Coates*

# The Lean Body Cookbook

# THE LEAN BODY COOKBOOK

Hey,

My name is Damien Coates, the creator of the The Lean Body Cook Book.

We all know that diets are tough to stick to. Mainly because they are BORING and the non-diet food tastes better, right?

BUT, the solution is simple. Make your weight loss food taste amazing and make it not boring, that way you can stick to it long term and vastly increase your results as you can stay on track much easier. So I have created The Lean Body Cookbook just for you.

Nutrition is king. Nutrition is (or should be) the main part of ANY weight loss programme as it accounts for around 70-80% of the results. The training only speeds this process up. Without going into too much detail I will give you a summary of the nutrition plan, which this cookbook falls within, all of the recipes are free from:

**Wheat**

**Cow Dairy**

**Sugar**

**Alcohol**

**Processed Food**

After cutting out man-made food and just eating natural and fresh food for at least 21 days, you will feel amazing and look different too. Your tastes and cravings will change, plus you will feel less bloated.

It will leave you feeling like you have much more energy and much more confidence. Give it a go and keep it clean!

Damien 'The Weight Loss Guy' Coates

The Lean Body Project

[www.theleanbodyproject.co.uk](http://www.theleanbodyproject.co.uk)

THE LEAN BODY COOKBOOK

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# BREAKFASTS



# THE LEAN BODY COOKBOOK

## Green Smoothie

### You Need:

- ✓ 1 apple
- ✓ 1 pear
- ✓ 1/2 teaspoon of freshly grated ginger
- ✓ 2 teaspoons of flax seeds
- ✓ 250ml of water
- ✓ Juice of 1 small lemon
- ✓ 6 large kale leaves (take out woody stems), or 2 handfuls of spinach



### What To Do:

1. Quarter apple and pear, remove stems and seeds and put in a blender.
2. Add remaining ingredients to the blender and puree. Add more water if needed.
3. Add fresh fruit, cucumbers, slivered almonds, coconut, fresh herbs or different dark leafy greens for tasty variations on this recipe.

## Quinoa Delight

### You Need:

- ✓ 40ml of quinoa (for one serving)
- ✓ 120ml of frozen blueberries
- ✓ 1 banana
- ✓ Raw organic honey to taste



### What To Do:

1. Rinse quinoa under fresh water and then place in a pan and cover with water. Bring to the boil and then simmer for 20 minutes.
2. Drain the quinoa, put it in a bowl and toss in the fruit and a little honey on top to taste and enjoy!

# THE LEAN BODY COOKBOOK

## Western Omelette

### You Need:

- ✓ 4 eggs
- ✓ 1 teaspoon of coconut oil
- ✓ 1/2 an onion, diced
- ✓ 1 pepper, diced
- ✓ 1 medium tomato, diced
- ✓ 250ml of spinach
- ✓ 120g of ham, cooked and diced
- ✓ Sea salt and fresh ground black pepper to taste



### What To Do:

1. Wash and chop vegetables and then set aside.
2. Heat a non-stick frying pan over medium heat, then when it is hot add the coconut oil.
3. Add the peppers, onion, tomato, spinach and ham to the pan and allow them to cook.
4. Crack eggs into small bowl and beat well.
5. Pour the beaten eggs into the frying pan. When the egg has partially set, scrape the edges and tip the pan so that the uncooked egg at the top can spread.
6. Flip the omelette using a spatula, or place under the grill, and allow to cook on the other side . Cook for 1-2 minutes longer until eggs are cooked and then serve.

# THE LEAN BODY COOKBOOK

## Poached Eggs, Roast Veg And Spinach

### You Need:

- ✓ 2 eggs
- ✓ Vegetables (of your choice)
- ✓ Spinach
- ✓ Sea salt
- ✓ Black Pepper



### What To Do:

1. Roast your chosen vegetables in coconut oil in the oven for 20 minutes until soft and browned.
2. Meanwhile, add water to a pan so it covers around 3cm and bring to a simmer.
3. Once the water is simmering, carefully but quickly drop one egg in and then the other, trying not to let the eggs come together, and time exactly 1 minute on a clock.
4. Once the minute has elapsed, switch off the heat completely and leave to stand (on the hot ring) for a further 9 minutes using the clock to time exactly.
5. Serve the eggs on top of the roasted veg and spinach.
6. Season with salt and black pepper to taste.

# THE LEAN BODY COOKBOOK

## Banana Almond Pancakes

### You Need:

- ✓ 2 bananas
- ✓ 1 egg
- ✓ 1-2 tablespoons of almond butter
- ✓ Handful of fresh blueberries
- ✓ 60ml of walnuts, chopped
- ✓ 1 teaspoon of coconut oil

### What To Do:

1. Mash bananas in a bowl.
2. Add the egg and almond butter, and whisk until well blended.
3. Heat a large non-stick frying pan over medium heat after adding the coconut oil to the pan.
4. Pour small discs of batter onto the hot pan (around 3-4" around). They will be easier to flip if you keep them from the edges of the pan.
5. Add blueberries and walnuts as the pancakes cook on one side. Flip when batter loses its "tackiness" around the edges.
6. Cook other side slowly over medium heat until fully cooked.
7. Reapply oil to the pan after each round of pancakes.





# THE LEAN BODY COOKBOOK

## Pepper And Sausage Omelette

### You Need:

- ✓ Mixed peppers (as many as you want)
- ✓ 3 eggs
- ✓ 1 teaspoon of freshly ground black pepper
- ✓ 2 teaspoon of coconut oil
- ✓ 2 beef or pork sausages (97%, organic and gluten free)
- ✓ 2 teaspoons of fresh parsley, chopped



### What To Do:

1. Grill sausages on a medium heat for 10-12 minutes.
2. While the sausages are cooking, de-seed the peppers and slice into pieces.
3. Place peppers in a non-stick frying pan on a medium heat with a little coconut oil and cook until they are blistered.
4. Cut up sausages once cooked and add to the pan with the peppers.
5. Beat 3 eggs in a bowl and then add to the frying pan with the peppers and sausages.
6. Let the omelette cook on a medium heat for around 2 minutes and then place under the grill until cooked.
7. Finish with a sprinkle of chopped parsley, along with a sprinkle of ground black pepper.

# THE LEAN BODY COOKBOOK

## Fruit Salad Surprise

### You Need:

- ✓ 1 orange
- ✓ 1 pear
- ✓ Handful of strawberries
- ✓ 1-2 tablespoons of live organic yogurt
- ✓ Plus any other extra fruit



### What To Do:

1. Peel the orange and pear, then dice into cubes.
2. Cut heads off strawberries and slice in half.
3. Mix fruit with the yogurt and serve into dish.

## Banana Omelette

### You Need:

- ✓ 2 eggs
- ✓ 1 banana
- ✓ 1 teaspoon of cinnamon
- ✓ 1 teaspoon of sea salt
- ✓ 1 teaspoon of coconut oil



### What To Do:

1. Pre-heat a pan over a medium heat while preparing food. Place eggs, banana & cinnamon in a blender and blend until smooth and there are no banana chunks floating around.
2. Heat the coconut oil in the pan and add the egg mixture. Cook until eggs begin to set and flip once. Cook until fully set and enjoy sprinkled with some more cinnamon a dollop of yoghurt to taste.



**STARTERS  
&  
SIDES**

# THE LEAN BODY COOKBOOK

## Spicy Chicken Skewers

### You Need:

- ✓ 2 garlic cloves, roughly chopped
- ✓ 1 teaspoon of ginger
- ✓ 1 small onion, roughly chopped
- ✓ 2 tablespoons of agave nectar
- ✓ 1 tablespoon of tamari sauce
- ✓ 2 tablespoons of olive oil
- ✓ 2 small skinless boneless chicken fillets (cut into cubes)
- ✓ 1 red pepper (de-seeded and sliced)
- ✓ 1 yellow pepper (de-seeded and sliced)



### What To Do:

1. Mix the garlic, ginger and onions to a paste with a blender.
2. Add the agave nectar, tamari sauce and olive oil, then blend again.
3. Pour the mixture over the cubed chicken and leave to marinate for at least 1 hour, but preferably overnight.
4. Thread the chicken and peppers onto wooden skewers before cooking on a griddle pan for 7-8 minutes each side or until the chicken is thoroughly cooked and golden brown.
5. Turn frequently and paste with the marinade from time to time until evenly cooked.

# THE LEAN BODY COOKBOOK

## Vegetable Skewers

### You Need:

- ✓ 4 large mushrooms, quartered
- ✓ 1 (8-10") courgette, sliced thick
- ✓ 1/2 cauliflower head, pulled apart into large florets
- ✓ 1 red pepper, cut into large pieces
- ✓ 1 onion, cut into large pieces
- ✓ Wooden skewers (soaked for at least 15 minutes)



### (For The Marinade)

- ✓ 2 pieces of fresh ginger, peeled
- ✓ 2 cloves of garlic
- ✓ 120ml of olive oil
- ✓ 1/2 teaspoon of cayenne
- ✓ 1 teaspoon of basil
- ✓ 1 teaspoon of oregano

### What To Do:

1. Wash and prepare the vegetables and then put them in a large bowl.
2. Blend marinade ingredients together in a blender or food processor and pour over the vegetables in the bowl.
3. Cover, and marinate overnight in the refrigerator. Also soak the wooden skewers in water overnight.
4. Shortly before mealtime, put the vegetables onto the soaked skewers.
5. Place kebabs on grill for about 10 minutes until tender, turning frequently.

# THE LEAN BODY COOKBOOK

## Greek Green Beans

### You Need:

- ✓ 3 tablespoons of olive oil
- ✓ 1 small onion, minced
- ✓ 1 clove garlic, crushed
- ✓ 450g of fresh green beans
- ✓ Sea salt to taste
- ✓ 3 rinsed and trimmed large tomatoes, diced
- ✓ 60ml of water



### What To Do:

1. Heat the olive oil in a large frying pan over medium heat. Cook and stir the onions and garlic in the frying pan until tender for 1-2 minutes.
2. Add the beans to the frying pan, stirring to coat. Sauté the beans for 6 to 7 min.
3. Stir in the tomatoes and water.
4. Let everything simmer until the beans are tender-crisp and most of the liquid has cooked off (about 5 minutes).

# THE LEAN BODY COOKBOOK

## Grated Carrot And Mint Salad With Honey And Lemon Vinaigrette

### You Need:

- ✓ 450g of pound grated carrots, grated
- ✓ 60ml of chopped fresh mint
- ✓ 1 teaspoon of currants
- ✓ 1.5 tablespoons of vegetable oil
- ✓ 1.5 tablespoons of extra virgin olive oil
- ✓ 2 teaspoons of raw organic honey
- ✓ 1 teaspoon of lemon zest, from one lemon
- ✓ 1/4 teaspoon of salt
- ✓ 1 tablespoon of freshly squeezed lemon juice, from one lemon
- ✓ Freshly ground black pepper, to taste



### What To Do:

1. Combine all of the ingredients together in a large bowl and toss well. Taste and adjust seasoning with salt, pepper, honey and fresh lemon.
2. Cover and refrigerate until ready to serve.

# THE LEAN BODY COOKBOOK

## Chicken Liver Pate

### You Need:

- ✓ 1 pound calf liver, chicken liver or pig liver, chopped
- ✓ 1/2 an onion, chopped finely
- ✓ 2 large carrots, chopped
- ✓ 1/2 a stick of butter or ghee
- ✓ 3 eggs
- ✓ Celery sticks
- ✓ 14-inch sprig of rosemary, leaves removed from stem (optional)
- ✓ 3 sprigs of fresh thyme, leaves removed from stems (optional)



### What To Do:

1. Sauté onions and carrots in one tablespoon of butter (or ghee) until the onions are browned and the carrots are soft.
2. Add the chopped liver, herbs and remaining butter (or ghee) then cook until the liver is cooked all the way through.
3. Crack the eggs into the pan and stir until they're cooked. Add salt.
4. Put everything into a food processor or blender and puree until smooth. Serve with raw vegetables (celery or carrot) sticks.



# THE LEAN BODY COOKBOOK

## Baked Curry Cauliflower

### You Need:

- ✓ Cauliflower florets (florets from a 1kg cauliflower)
- ✓ 3 tablespoons of coconut oil
- ✓ 1 tablespoon of curry powder
- ✓ 1 teaspoon of garlic powder
- ✓ 1/4 teaspoon of turmeric
- ✓ Sea salt to taste (optional)



### What To Do:

1. Preheat the oven on gas mark 4 (180 °C).
2. In a medium-sized bowl toss the cauliflower with the coconut oil until all the florets are coated in the oil.
3. Sprinkle all the spices over the cauliflower and stir again until all florets are evenly coated.
4. Spread the cauliflower evenly into a glass baking dish and bake for 40-45 minutes, stirring half way through the cooking time.

# THE LEAN BODY COOKBOOK

## Creamy Kale

### You Need:

- ✓ 1 bunch of kale, centre stems removed, chopped, rinsed and drained
- ✓ 3-4 tablespoons of unsalted butter
- ✓ 250ml of coconut milk
- ✓ Freshly grated nutmeg (optional)



### What To Do:

1. Melt the butter in a large saucepan over medium-low heat. Add kale and cover to slightly steam it, about 4 to 5 minutes.
2. Check kale and stir or turn it to cook evenly, make sure kale and butter don't burn at the bottom of the pan (lower heat or add 1 tablespoon water if necessary to avoid burning).
3. When the kale is uniformly limp and about halfway cooked, pour coconut milk all over kale and turn up heat to medium for 1-2 minutes. When the coconut milk is bubbling, reduce heat so that it is just slightly simmers uncovered.
4. Cook for another 3 to 5 minutes, stirring once or twice to avoid sticking. Kale is done when it is tender and coconut milk is thickened and reduced by about half. Season to taste with sea salt, black pepper, and nutmeg. Serve warm.

# THE LEAN BODY COOKBOOK

## Herb Roasted Sweet Potato Skins

### You Need:

- ✓ 4 medium sweet potatoes, halved lengthwise
- ✓ 2 tablespoons of extra virgin olive oil (plus more for oiling)
- ✓ 3 tablespoons of chopped parsley
- ✓ 1/2 teaspoon of dried oregano
- ✓ 1/2 teaspoon of dried rosemary
- ✓ 1/2 teaspoon of dried thyme
- ✓ 1/2 teaspoon of dried sage
- ✓ Salt and pepper to taste



### What To Do:

1. Preheat oven on gas mark 6 (200°C).
2. Pierce potatoes all over with a fork then arrange on a greased foil-lined baking sheet, cut sides down, then bake until tender but not mushy for about 30 minutes.
3. Transfer to a plate and set aside until cool enough to handle, keep the foil-lined baking sheet.
4. Arrange a rack in the oven about 6 inches from the heating element and preheat grill. Scoop about half of the potato flesh from the skins, leaving a 1/2-inch thick wall around the edges and bottom of each half. Reserve scooped out flesh for another use.
5. Cut each sweet potato shell lengthwise into 1/2-inch strips then arrange on the same foil-lined baking sheet in a single layer.
6. In a small bowl, combine oil, parsley, oregano, rosemary, thyme, sage, salt and pepper then brush all over potato skins and broil until browned in parts and piping hot for 4 to 6 minutes total.

# THE LEAN BODY COOKBOOK

## Honey Dill Carrots

### You Need:

- ✓ 450g of baby carrots
- ✓ 1 tablespoon of coconut oil
- ✓ 1 tablespoon of raw honey
- ✓ 2 sprigs fresh dill, chopped



### What To Do:

1. Steam carrots for about 20-30 minutes until tender.
2. Remove and add coconut oil. Drizzle with honey, sprinkle with dill, and toss to coat. Serve warm.

## Apple Coleslaw

### You Need:

- ✓ 1/2 small red or green cabbage, chopped
- ✓ 1 apple (Granny Smith) grated
- ✓ 1 large stalk celery, chopped
- ✓ 1 medium green pepper, chopped
- ✓ 60ml of olive oil
- ✓ Juice of 1 lemon
- ✓ 2 tablespoon of raw organic honey
- ✓ 1 tablespoon of celery seed



### What To Do:

1. Toss the cabbage, apple, celery, and green pepper together in a large bowl.
2. In a smaller bowl, whisk remaining ingredients.
3. Drizzle over coleslaw and toss to coat.

# THE LEAN BODY COOKBOOK

## Sautéed Vegetables With Lemon And Basil

### You Need:

- ✓ 1 teaspoon of coconut or olive oil
- ✓ 6 white button mushrooms, sliced
- ✓ 1 clove of garlic, minced
- ✓ 1 red pepper, seeded and diced
- ✓ 1 medium courgette, diced
- ✓ Juice of 1/2 lemon
- ✓ 4-6 large basil leaves, thinly sliced
- ✓ Sea salt and freshly ground black pepper, to taste (optional)



### What To Do:

1. Heat a large pan over a medium heat. Add oil when the pan is hot.
2. Add mushrooms and garlic, and sauté (stirring frequently) until mushrooms begin to soften (about 8 minutes).
3. Add red pepper and courgette, and continue to cook until vegetables soften slightly.
4. Remove from heat; add lemon juice, basil, sea salt (if desired) and black pepper. Toss mixture and serve hot.

# THE LEAN BODY COOKBOOK

## Roasted Carrot And Onions with Honey Balsamic Dressing

### You Need:

- ✓ 1 bag organic baby carrots
- ✓ 2 tablespoon of olive oil
- ✓ 3 tablespoons of balsamic vinegar
- ✓ 2 tablespoons of raw organic honey
- ✓ 10 small white onions, peeled and cut in half (or 1/2 sweet yellow onion, sliced)



### What To Do:

1. Preheat oven on gas mark 4 (180 °C).
2. Grease a non-stick Pyrex dish.
3. In a medium bowl, whisk olive oil, balsamic vinegar, and honey. Add carrots and onions, and toss to coat.
4. Place in oven and bake for 30-40 minutes or until the vegetables are tender and golden.

# THE LEAN BODY COOKBOOK

## Roasted Squash With Red Onion And Rosemary

### You Need:

- ✓ 1 butternut squash, de-seeded and sliced in half
- ✓ 2 red onions, peeled and sliced thin
- ✓ 4 tablespoons of fresh rosemary leaves, chopped
- ✓ 3 tablespoons of olive oil
- ✓ Sea salt and freshly ground black pepper, to taste (optional)



### What To Do:

1. Preheat oven on gas mark 6 (200°C).
2. Line a baking tray with non-stick paper.
3. Spread the squash, onion and rosemary on the paper, and drizzle with olive oil. Toss lightly to coat all pieces with oil.
4. Place the dish in the oven and bake for 35-40 minutes, or until squash is tender.
5. Season with sea salt and black pepper if desired.

# THE LEAN BODY COOKBOOK

## Asparagus With Mushrooms And Hazelnuts

### You Need:

- ✓ 2 tablespoons of red wine vinegar
- ✓ 1/4 teaspoon sea salt, to taste (optional)
- ✓ Freshly ground black pepper, to taste
- ✓ 450g fresh asparagus ends trimmed
- ✓ 2 tablespoons of coconut oil
- ✓ 450g of mushrooms
- ✓ 1 onion, sliced
- ✓ 2 tablespoons of hazelnuts, toasted and finely chopped



### What To Do:

1. Add the vinegar, 1 tablespoon of the oil, salt, and pepper in a small bowl.
2. Add the asparagus in boiling water for just a few minutes until they are crisp.
3. Drain and pour cold water over them immediately.
4. Heat the remaining 1 tablespoon of oil in a pan on medium-high heat.
5. Add mushrooms and sauté until they are soft.
6. Add the onion then sauté for 1 minute.
7. Add the asparagus, and cook for another 3 mins.
8. Remove from the heat then slowly add in the vinegar mixture.
9. Toss the toasted hazelnuts over the top.



# THE LEAN BODY COOKBOOK

## Sweet Potatoes With Coconut, Pomegranate And Lime

### You Need:

- ✓ 3 medium sweet potatoes
- ✓ 120ml unsweetened coconut milk
- ✓ 1 pomegranate, seeded
- ✓ 2 tablespoons of chopped coriander
- ✓ 1 lime, cut into wedges
- ✓ 60ml of unsweetened coconut flakes, toasted
- ✓ Sea salt (optional)

### What To Do:

1. Preheat oven on gas mark 6 (200°C).
2. Cut off ends of the sweet potatoes. Using a heavy fork, prick 20 times around the surface of each potato.
3. Arrange on a non-stick baking dish and roast until tender (about 45 minutes).
4. Let them cool slightly, then mash sweet potatoes with a fork.
5. Stir in coconut milk, coconut flakes and pomegranate seeds. Season with sea salt if desired.
6. Garnish with coriander and serve with lime wedges.



# SALADS

A close-up photograph of a fresh salad in a white ceramic bowl. The salad is composed of various ingredients including green leafy vegetables, sliced radishes, cherry tomatoes, cucumbers, and small pieces of yellow fruit. The bowl is placed on a wooden slatted table. In the background, a silver fork is visible, and the scene is set outdoors with a blurred green background.

# THE LEAN BODY COOKBOOK

## Summer Scallop Salad With Mango, Red Pepper And Avocado

**Serves 4**

**You Need:**

- ✓ 1 pound sea scallops, rinsed and patted dry
- ✓ Unrefined sea salt, to taste
- ✓ Cayenne pepper, to taste
- ✓ 1 tablespoon of extra-virgin olive oil
- ✓ 2 teaspoons of minced fresh peeled gingerroot
- ✓ 2 teaspoons of minced garlic
- ✓ Juice from 1 whole lime
- ✓ 2 avocados, peeled, pitted and cut into small cubes
- ✓ 3 red peppers, chopped
- ✓ 2 mangoes, peeled, pitted and cut into small cubes
- ✓ 120ml chopped fresh coriander



**What To Do:**

1. Season the scallops with salt and cayenne pepper to taste. Set scallops aside.
2. Heat the oil in a large heavy frying pan over medium-high heat. Add the garlic and ginger and sauté 30 seconds. Add the scallops and sear 45 seconds each side.
3. Squeeze lime juice on top of the scallops and continue cooking until cooked through (be careful not to overcook!). Remove scallops from the heat and set aside.
4. In a large mixing bowl, add the avocados, red pepper, mangoes and coriander, gently toss.
5. Season with salt and cayenne pepper to taste. Add the scallops and gently toss once more. Serve at room temperature.

# THE LEAN BODY COOKBOOK

## Chickpea And Coriander Salad

### You Need:

- ✓ 1 red onion, thinly sliced
- ✓ 2 tablespoon of fresh coriander, chopped
- ✓ 2 garlic cloves, crushed
- ✓ 3 tablespoons of olive oil
- ✓ Juice of 1 lime
- ✓ Chickpeas
- ✓ Extra salad



### What To Do:

1. Combine the chickpeas with the sliced onion, chopped pepper and chopped coriander.
2. In a jar, mix together the garlic, olive oil and lime juice. Shake well.
3. Pour over the chickpea salad, mix well and chill in the fridge for 2 hours before serving with salad of your choice.

# THE LEAN BODY COOKBOOK

## Grilled Balsamic Mushroom And Quinoa Salad With Walnuts

### You Need:

- ✓ 6 small portobello mushroom caps, stems removed
- ✓ 120ml of balsamic vinegar
- ✓ 2 tablespoons of olive oil
- ✓ 2 tablespoons of fresh thyme
- ✓ 3 cloves of garlic, minced
- ✓ Salt and pepper to taste
- ✓ 240ml of quinoa, rinsed well
- ✓ 420ml of water
- ✓ 80ml of chopped walnuts, toasted



### What To Do:

1. Wash mushroom caps well, carefully removing any dirt. Throw all marinade ingredients together in a large bowl, mixing it around making sure it is well combined then add the mushrooms, roll contents around to coat, and let sit in the fridge for up to 12 hours (minimum 1 hour).
2. Meanwhile, prepare your quinoa: Bring water to a boil over high heat. Once boiling, add quinoa. Reduce the heat to low, cover and simmer until all of the liquid is absorbed. Keep covered for an additional 5 minutes to steam. Set aside.
3. Prepare the grill by heating it up to medium-high. Remove excess marinade from mushrooms but reserve it in a large mixing bowl.
4. Place mushrooms on lightly oiled grill, grill side DOWN, cook for 5-7 minutes or so. Flip, and repeat grill side UP. The mushrooms are cooked when they are warm through and have lost a little of their “plumpness”
5. Once done, collect mushrooms and do not lose their juices. Add it to the reserved marinade. Chop grilled mushrooms and place with marinade. Gently fold in quinoa and walnuts.

# THE LEAN BODY COOKBOOK

## Sizzling Lamb Salad

**Serves 4**

**You Need:**

- ✓ 2 teaspoons of ground cumin
- ✓ 2 teaspoons of hot chili sauce
- ✓ 4 lean lamb steaks

**(For the Salad)**

- ✓ 3 carrots
- ✓ 1 cucumber
- ✓ 2 oranges, segmented
- ✓ 2 roasted red peppers, cut into chunks
- ✓ 75g of olives
- ✓ 2 tablespoons of balsamic vinegar



**What To Do:**

1. Sprinkle the cumin and chili sauce on both sides of the steaks, marinate for 15 minutes. Preheat the grill then cook the lamb steaks for 8-12 minutes, turning halfway through, until the meat is tender.
2. Meanwhile, make the salad. Cut the carrots and cucumber into long thin strips. Using a sharp knife, cut the top and bottom off each orange, cut away all the peel and pith, then cut out each segment of orange (hold the fruit over a bowl as you do this to catch the juice; use it in the dressing).
3. Mix the carrots, cucumber, oranges and roasted pepper and olives in a salad bowl and drizzle with the orange juice and balsamic vinegar.
4. Allow the meat to rest for 3-4 minutes then serve.

# THE LEAN BODY COOKBOOK

## Roasted Vegetable Salad With Hemp Seeds And Roasted Lemony Garlic Vinaigrette

**Serves 4**

**You Need:**

- ✓ 3 parsnips, peeled (sliced lengthwise into 1 1/2 –inch long strips)
- ✓ 5 carrots, peeled (sliced lengthwise into 1 1/2-inch long strips)
- ✓ 150g of chopped onions
- ✓ 2 red peppers, sliced into medium-thin strips
- ✓ 10 radishes, sliced
- ✓ 2 teaspoons extra-virgin olive oil
- ✓ Unrefined sea salt, to taste
- ✓ Freshly ground black pepper, to taste
- ✓ 200g of rocket salad
- ✓ 150g of hemp seeds



**(For Lemon and Garlic Sauce)**

- ✓ 1 whole head garlic
- ✓ 1 tablespoon of extra-virgin olive oil
- ✓ 2 tablespoons of lemon juice
- ✓ 60ml of organic flax oil
- ✓ 2 tablespoons of chopped fresh basil
- ✓ Unrefined sea salt, to taste
- ✓ Freshly ground black pepper

**What To Do:**

1. Preheat oven on gas mark 6 (200°C). Line 2 large baking dishes with aluminum foil.
2. Arrange the parsnips, carrots, fresh pearl onions, peppers and radishes on top of the baking dish; drizzle with olive oil and gently toss to coat. Season vegetables with salt and pepper to taste. Roast vegetables for about 35 minutes, or until desired doneness. Remove vegetables from oven and set aside to cool.

## THE LEAN BODY COOKBOOK

3. Place salad rocket in a large salad bowl. Arrange the roasted vegetables on top of the rocket salad. Sprinkle with hemp seeds. Serve salad at room temperature with Roasted Lemony Garlic Vinaigrette.

### **(Sauce Method)**

1. Preheat oven on gas mark 6 (200°C).
2. Remove the outer papery covering of the garlic, but leave the covering on the individual cloves. Use a sharp knife to slice the top of the head so that most of the cloves are exposed. Place the garlic in a ramekin and drizzle with 1 tablespoon of extra virgin olive oil, season with salt to taste. Cover the ramekin with aluminum foil and place the garlic in the oven.
3. Roast the garlic for 50 to 55 minutes, until garlic is completely soft and slightly brown. Remove garlic from oven and set aside to cool, reserving the remaining olive oil.
4. Use a knife to remove the roasted garlic cloves from the head and transfer the garlic along with as much of the reserved olive oil as you can to a mini-food processor. Add the lemon juice, flax oil and basil.
5. Process until vinaigrette is smooth and creamy. Season with salt and pepper to taste.



A close-up photograph of a dark brown ceramic bowl filled with a vibrant orange soup. The bowl is placed on a light-colored wooden surface with a visible grain. A small garnish of fresh green herbs is centered on the surface of the soup. The word "SOUPS" is overlaid in the center of the image in a bold, white, sans-serif font with a dark purple outline.

**SOUPS**

# THE LEAN BODY COOKBOOK

## Carrot Soup (With Apples!)

**Serves 8**

### **You Need:**

- ✓ 2 tablespoons of extra-virgin olive oil
- ✓ 1 tablespoon of freshly grated ginger
- ✓ 1 medium-sized onion, chopped
- ✓ 560g of carrots, peeled and chopped
- ✓ 950ml organic vegetable broth
- ✓ 3 granny smith apples, cored and chopped (no need to peel)
- ✓ 1 teaspoon of cardamom
- ✓ 2 teaspoons of raw organic honey
- ✓ Juice from 1 whole lime
- ✓ 60ml of hemp seeds (optional)
- ✓ White pepper, to taste



### **What To Do:**

1. Heat the oil in a large saucepan over medium- heat; add the ginger and sauté 30 seconds.
2. Add the onions and sauté 4-5 minutes, or until soft. Add the carrots, broth, apples, cardamom, honey, and lime juice. Cover, reduce heat and simmer until carrots are tender, about 10 minutes. Add the hemp seeds (optional).
3. Use a handheld blender to process the soup until smooth and creamy. Season with white pepper to taste. Serve warm or cold.

# THE LEAN BODY COOKBOOK

## Roasted Sweet Potato And Carrot Soup

### You Need:

- ✓ 2 garlic bulbs (entire heads), peeled
- ✓ 1 sweet potato, peeled and finely chopped
- ✓ 70g of carrots, finely chopped
- ✓ 1 medium onion, finely chopped
- ✓ 1 tablespoon of extra-virgin olive oil
- ✓ Unrefined sea salt, to taste
- ✓ 1200ml of organic vegetable broth
- ✓ ½ teaspoon of pepper
- ✓ 1.5 teaspoons of cumin
- ✓ 2 tablespoons of fresh lemon juice
- ✓ 60ml of fresh chives, finely chopped



### What To Do:

1. Preheat oven on gas mark 6 (200°C).
2. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off ¼ to a ½ inch of the top of the cloves, exposing individual cloves of garlic.
3. Place the garlic on the centre of an oven tray. Arrange the sweet potatoes, carrots and onions around the garlic. Lightly brush the garlic, sweet potatoes, carrots and onions with oil. Season with salt to taste.
4. Roast for about 30 minutes, or until vegetables are fork tender.
5. Remove roasted garlic and place in a large dish with the vegetable broth. Bring liquid to boil. Add in all of the roasted vegetables, pepper and cumin. Return to boil and then remove from heat.
6. With a blender, puree soup until smooth. Add the lemon juice. Add water or more broth to thin, if desired. Add more salt if needed. Serve hot. Sprinkle chives on top of each serving.

# THE LEAN BODY COOKBOOK

## Sweet Potato, Chili And Coconut Soup

### You Need:

- ✓ 1.5kg of sweet potato chopped
- ✓ 4 large leeks sliced
- ✓ 4 large carrots chopped
- ✓ 2 sticks of celery chopped
- ✓ 3 cloves of garlic crushed
- ✓ Chili flakes
- ✓ 1 teaspoon of turmeric
- ✓ 1 teaspoon of chili powder
- ✓ 1.5 liters of vegetable stock
- ✓ 1 tin of coconut milk
- ✓ Coconut oil to sauté



### What To Do:

1. Heat oil add leeks, garlic and chili and sauté until leeks soften.
2. Add all other ingredients except milk and chili flakes then simmer until veg is soft.
3. Blend to a smooth soup, add the coconut milk and serve sprinkled with chili flakes.

# THE LEAN BODY COOKBOOK

## Warm Vegetable Soup

### You Need:

- ✓ 1 tablespoon of coconut oil
- ✓ Half an onion, diced
- ✓ 1 large carrot, thinly sliced
- ✓ 1 medium courgette, thinly sliced
- ✓ 2 teaspoon of fresh parsley, chopped
- ✓ 1/4 teaspoon of dried or 2 spring fresh thyme
- ✓ 1/8 teaspoon of freshly ground black pepper
- ✓ 475ml of vegetable broth



### What To Do:

1. In a saucepan, cook onion in coconut oil until it is translucent.
2. Add all other ingredients except vegetable stock.
3. Cover and cook over low heat, stirring occasionally, until vegetables are tender (for about 10 minutes).
4. Add stock, increase heat and bring to a boil.
5. Reduce heat to medium and cook until vegetables are soft, for about 15-20 minutes.
6. Remove from heat and let cool slightly.
7. Optional: Remove 120ml of soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth.
8. Combine pureed and reserved soup mixtures in saucepan and cook, stirring constantly until hot.

# THE LEAN BODY COOKBOOK

## Cream Of Mushroom

### You Need:

- ✓ 2 avocados, peeled and pitted
- ✓ Juice of 1/2 fresh grapefruit
- ✓ 1 clove garlic
- ✓ 475ml of hot water
- ✓ 1 tablespoons of coconut oil
- ✓ 60g of mushrooms, sliced
- ✓ 1 red sweet pepper, diced
- ✓ 1/4 small onion, finely minced
- ✓ 2 tomatoes, diced
- ✓ 3-4 sprigs fresh basil



### What To Do:

1. In a food processor, blend avocado, grapefruit juice, garlic and hot water. Set aside.
2. Meanwhile, heat a medium pan with tall sides over medium-high heat. Add coconut oil.
3. Sauté mushrooms, sweet pepper, onion, tomato, and basil until they begin to soften.
4. Add avocado mixture and heat through.

# THE LEAN BODY COOKBOOK

## Butternut Squash Soup

### You Need:

- ✓ Large butternut, peeled and chopped
- ✓ 1 onion, chopped
- ✓ 1 red pepper, de-seeded and chopped
- ✓ 2 vegetable stock cubes
- ✓ Water
- ✓ 2 garlic cloves, chopped (optional)
- ✓ 1 teaspoon of curry powder or pepper (optional)

### What To Do:

1. Add the chopped butternut, garlic, pepper and onion to a large pan.
2. Pour in water until level with the ingredients. Add in the vegetable stocks and curry powder.
3. Cook on a medium heat until butternut is soft, around 10 minutes.
4. Blend to a smooth soup.





# MAINS



# THE LEAN BODY COOKBOOK

## Salmon With Coconut Cream Sauce

### You Need:

- ✓ 450g salmon filet (wild)
- ✓ 3/4 shallots, diced
- ✓ 3 cloves garlic, mince
- ✓ 2 teaspoons of olive oil
- ✓ 2 tablespoons of fresh basil, chopped
- ✓ Zest from one lemon
- ✓ Fresh lemon juice
- ✓ 1/2 can of coconut milk



### What To Do:

1. Preheat the oven on gas mark 4 (180 °C).
2. Sprinkle salmon with some pepper and sea salt and quickly grill on both sides.
3. Place salmon on a baking sheet.
4. In a non-stick frying pan, sauté garlic and shallots in olive oil. Add lemon zest and lemon juice.
5. Add coconut milk slowly and bring liquid to a low boil. Reduce heat and add basil.
6. Pour over salmon and bake for 10-15 minutes.

# THE LEAN BODY COOKBOOK

## Curried Salmon Stir-fry

**Serves 4**

### **You Need:**

- ✓ 450g of wild salmon filet, skin removed, cut into 1-inch cubes
- ✓ Sea salt
- ✓ 1 tablespoon of curry powder
- ✓ 1 tablespoon of coconut oil
- ✓ 3 cloves of garlic, finely chopped
- ✓ A thumb-sized piece of fresh root ginger, finely chopped
- ✓ 1 fresh red chili or jalapeño, seeded and finely chopped
- ✓ 2 big handfuls of peas
- ✓ 1 orange pepper sliced into thin strips
- ✓ 1 red pepper, sliced into thin strips
- ✓ 1 handful thin asparagus ends trimmed and cut into 2-inch pieces
- ✓ 1/4 can of coconut milk
- ✓ A handful of coriander, chopped
- ✓ Juice from 1 whole lime



### **What To Do:**

1. Toss the salmon cubes in the curry powder to coat all sides.
2. Heat the extra virgin coconut oil in a large wok over high heat. Add the garlic, ginger and chili or jalapeño. Stir fry for 30 seconds.
3. Add the salmon to the wok and cook for a minute or so. Add the peas, pepper strips, asparagus and coconut milk; cook, stirring occasionally, for 2-3 minutes, or until done. Season with salt to taste.
4. Mix in the coriander and lime juice. Cook for an additional minute. Serve warm.

# THE LEAN BODY COOKBOOK

## Turkey Pizza

### You Need:

- ✓ 2 turkey breasts (chicken if preferred)
- ✓ Tomato purée
- ✓ Red onion, chopped
- ✓ Peppers, chopped
- ✓ Prawns (optional)
- ✓ Goat's cheese, grated



### What To Do:

1. Take 2 turkey breasts, bash them until flat and even.
2. Layer the top with tomato puree, chili and garlic powder.
3. Place chopped red onion, peppers and prawns (optional) on top.
4. Pop in the oven on gas mark 6 (200°C) for 15 mins.
5. Remove from the oven and cover in goat's cheese and put back in the oven for 2 minutes.

# THE LEAN BODY COOKBOOK

## Chargrilled Whole Squid With Chili And Mint

**Serves 4**

**You Need:**

- ✓ 4 medium-sized whole squid, cleaned and prepared, wings left on
- ✓ 1 tablespoon of fennel seeds
- ✓ Sea salt
- ✓ Freshly ground black pepper
- ✓ Zest and juice of 2 lemons
- ✓ Extra virgin olive oil
- ✓ 2–3 red chillies, deseeded and sliced
- ✓ Handful of fresh mint, finely chopped
- ✓ 1 lemon, cut into wedges



**What To Do:**

1. Turn the first squid upside down so that its wings are flat.
2. Slice the squid as if you were going to chop it into rings. Repeat with the other three.
3. Bash the fennel seeds into a light powder with a good pinch of salt and pepper. Sprinkle this all over the squid
4. Place immediately on the hottest part of the grill, and grill, turning every 30 seconds or so or every time it starts to char.
5. Add the lemon juice to a bowl with 3 times as much extra virgin olive oil and whisk together. Stir in the lemon zest, chili, mint and a pinch of salt and pepper.
6. Drizzle this over the squid, and then serve with lemon wedges on the side.

# THE LEAN BODY COOKBOOK

## Stew Meat With Sweet Potato

### You Need:

- ✓ 2 large sweet potatoes cut in medium cubes
- ✓ 450g of meat of your choice (beef, veal, chicken or pork)
- ✓ 1 large onion, finely chopped
- ✓ 2 large carrots, medium grated
- ✓ 4 cloves of garlic, minced
- ✓ 1/2 head of cabbage
- ✓ 4 tablespoons of coconut oil
- ✓ 1 bay leaf
- ✓ 1/2 cup of chicken stock
- ✓ 5 peppercorns
- ✓ Salt



### What To Do:

1. Prepare the meat (cut into small cubes)
2. Sauté meat until its golden colour and moist. Transfer it to a medium cook pot.
3. Peel the carrots, onions and garlic.
4. Grate the carrots. Cut potatoes into medium cubes (not too small), then finely chop onions.
5. When all the ingredients ready to use. Melt on the medium heat 2 tablespoons of coconut oil in sauté pan.
6. Add shredded carrots to the pan and sauté for a minute or two. Then add it to the medium pot with potatoes.
7. Melt another 2 tablespoons of coconut oil in the pan and add finely chopped onions and sauté until the onions are translucent. Add it to the pot.
8. Finely chop the cabbage and add it to the pot. Also add the chicken stock.

## THE LEAN BODY COOKBOOK

9. Mix all the ingredients together in the pot and cover it on medium-high heat for couple minutes until it starts to boil. Add the rest of the ingredients like peppercorns, salt, minced garlic and bay leaf. Mix it well again, cover it. And let it cook on low heat for about 45 minutes to 1 hour.
10. Check once or twice and mix it. Make sure there is enough chicken stock.
11. When it's ready, mix it well. You can decorate it with fresh chopped coriander or parsley. It's ready to serve.

# THE LEAN BODY COOKBOOK

## Chicken And Sweet Potatoes With Shallots

**Serves 2**

**You Need:**

- ✓ 4 tablespoons of coconut oil
- ✓ 4 shallots, sliced into thick rings
- ✓ 2 tablespoons of fresh rosemary, chopped
- ✓ Sea salt and freshly ground black pepper, to taste
- ✓ 4 (around 120g each) boneless, skinless chicken breasts
- ✓ 3 medium (5"-6") sweet potatoes, peeled and cut in 2" pieces



**What To Do:**

1. Wash and chop sweet potatoes. Place in a large pot and cover with cold water.
2. Bring pot to a boil. Once boiling, add 1 teaspoon of sea salt and reduce heat to medium-low. Simmer until tender (about 14-16 minutes).
3. Keep 60ml of cooking water. Drain remaining liquid and return sweet potatoes to pot. Mash with the 60ml of reserved cooking water.
4. Meanwhile, season chicken with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
5. Heat 4 tablespoons of coconut oil in large frying pan over medium-high heat.
6. When pan is hot, add sliced shallots and rosemary and cook for a minute.
7. Add chicken breasts to pan and pan-fry until golden brown and fully cooked (7-8 min per side).
8. Serve with mashed sweet potatoes on the side.

# THE LEAN BODY COOKBOOK

## Grilled Chicken Mediterranean

**Serves 2**

**You Need:**

- ✓ Cherry tomatoes
- ✓ 16-18 large olives, pitted and halved
- ✓ 3 tablespoons of capers, rinsed
- ✓ 2 tablespoons of olive oil
- ✓ 4 (around 120g each) boneless, skinless chicken breasts
- ✓ Sea salt and freshly ground black pepper



**What To Do:**

1. Pre-heat oven on gas mark 9 (240°C).
2. Toss tomatoes, olives, capers, and 2 tsp olive oil in a bowl.
3. Season chicken breasts on both sides with sea salt and freshly ground black pepper.
4. Heat a large, oven-proof frying pan over high heat. Once hot, add 2 teaspoons of olive oil and sear chicken on both sides.
5. Turn heat to medium-high and add remaining oil (should be hot but not smoking) and continue to cook until deep golden brown (about 4 minutes).
6. Use tongs to flip chicken, then add tomato mixture to skillet.
7. Transfer frying pan to oven and roast chicken until cooked through and tomatoes have softened, about 15-18 minutes.
8. Transfer to plates and spoon tomato mixture over top to serve.



# THE LEAN BODY COOKBOOK

## Apple Chicken Delight

**Serves 2 (can be eaten cold)**

### **You Need:**

- ✓ 2 (around 120g each) boneless, skinless chicken breasts
- ✓ 1/4 teaspoons of sea salt (optional)
- ✓ Pinch of freshly ground black pepper
- ✓ 2 tablespoons of coconut oil
- ✓ 1 large apple
- ✓ 1/2 teaspoon of cinnamon



### **What To Do:**

1. Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside.
2. Heat a medium deep frying pan over a medium-high heat. Add coconut oil when hot.
3. Add diced chicken and cook until slightly pink.
4. Grate apple into pan.
5. Add cinnamon and continue to cook until chicken is done and apple is tender.

# THE LEAN BODY COOKBOOK

## Fruited Chicken Thighs

**Serves 2**

**You Need:**

- ✓ 4-6 large chicken thighs, with skin
- ✓ 6 tablespoons of olive oil (divided)
- ✓ 1 medium onion, dice
- ✓ 1 celery stick, diced
- ✓ 1 garlic clove, minced
- ✓ 2 medium apples, cored and diced
- ✓ 25g raisins
- ✓ 40g walnuts, chopped
- ✓ 1 egg, beaten
- ✓ 1 teaspoon of dried tarragon



**What To Do:**

1. Preheat oven on gas mark 4 (180°C). Wash and chop onion, celery, garlic and apples.
2. Heat 2 tablespoons of olive oil in a frying pan over medium-high heat.
3. When pan is hot, add onion, celery, and garlic. Sauté about 3 minutes, until onion and celery are tender.
4. Remove from heat. Add apple, walnuts, and eggs. Mix well.
5. Prepare chicken thighs by pulling the skin away from the meat without removing it.
6. Stuff apple mixture between the skin and meat. Arrange chicken pieces in a foil-lined baking dish with skin facing up.
7. In a small bowl, combine the remaining 4 tsp olive oil with tarragon. Brush over chicken thighs.
8. Bake, uncovered, basting every 15 minutes, for 1 hour or until chicken is fully cooked.

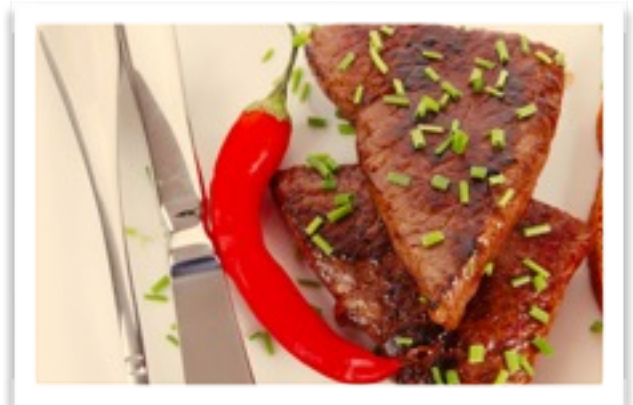
# THE LEAN BODY COOKBOOK

## Lamb with Sweet Red Peppers

**Serves 2**

**You Need:**

- ✓ 450g boneless leg of lamb, cut into 1 inch pieces
- ✓ 1/4 teaspoon of sea salt
- ✓ 1/2 teaspoon of freshly ground black pepper
- ✓ 3 tablespoon of coconut oil
- ✓ 2 garlic cloves, minced
- ✓ 500ml of hot water
- ✓ 4 large red peppers, sliced into rings
- ✓ 3 tablespoons of fresh parsley, chopped



**What To Do:**

1. Rub lamb with sea salt and freshly ground black pepper. Set aside.
2. Heat a large frying pan over high heat and add coconut oil when hot.
3. Brown the lamb on all sides, turning frequently (3-5 minutes).
4. Add garlic and water to the pan with the lamb, and bring to a boil.
5. Once boiling, reduce heat to medium, and cook partially covered for 30 minutes.
6. Uncover and cook 10-15 minutes longer, or until lamb the lamb is tender enough to fall apart with a fork.
7. Add red peppers and cook for another 10 minutes, or until peppers are tender.
8. Top with fresh parsley.

# THE LEAN BODY COOKBOOK

## Sausage Stuffed Tomatoes

**Serves 2**

**You Need:**

- ✓ 6 large tomatoes (that are very firm)
- ✓ 450g of sausage (97%, gluten free organic)
- ✓ 6 mushrooms, sliced
- ✓ 1 medium onion, chopped
- ✓ Fresh coriander



**What To Do:**

1. Preheat oven on gas mark 4 (180°C)
2. Over medium-high heat, brown onions, sausage and mushrooms together in a frying pan.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the frying pan.
4. Once onions, sausage and mushrooms are cooked, drain the fat and residual moisture from pan.
5. Spoon mixture into tomato cups.
6. Bake for 10-15 minutes.
7. Sprinkle with fresh coriander.

# THE LEAN BODY COOKBOOK

## Grilled Chili Sausage Burgers

### You Need:

- ✓ 450g of minced Beef
- ✓ 240g of sausage (97%, gluten free organic)
- ✓ 110g of diced green chiles
- ✓ 1 teaspoon of extra virgin olive oil
- ✓ 2 teaspoons of minced fresh onion
- ✓ 1 teaspoon of garlic powder
- ✓ 1 teaspoon of paprika



### What To Do:

1. Heat a large frying pan over medium-high heat.
2. In a large bowl, combine all of your ingredients until well mixed.
3. Form your patties, squishing down the centre's a bit so the edges are a little raised.
4. Place the patties into the heated pan and cook until the edges start to look cooked, then flip. It can be good to let them go a little longer on the first side to get that nice char. Let them cook to your desired level of doneness.

# THE LEAN BODY COOKBOOK

## KFC Style Chicken

### You Need:

- ✓ Chicken legs
- ✓ Paprika
- ✓ Cayenne pepper
- ✓ Garlic salt
- ✓ Coconut flour



### What To Do:

1. Marinade chicken legs in paprika, cayenne pepper, garlic salt and coconut flour.
2. On a non-stick baking tray bake on gas mark 6 (200°C) for 40 mins.
3. Serve with sweet potato fries and apple coleslaw.

# THE LEAN BODY COOKBOOK

## Chili Con Carne

### You Need:

- ✓ 500g of lean minced beef
- ✓ 2 cloves garlic, crushed
- ✓ 1 red pepper, chopped
- ✓ 1 onion, diced finely
- ✓ Kidney beans
- ✓ Coconut oil
- ✓ 1 heaped teaspoon of chilli powder
- ✓ 1 heaped teaspoon of cumin
- ✓ 1 heaped teaspoon of cinnamon
- ✓ 1 heaped teaspoon of paprika
- ✓ Salt n black pepper
- ✓ 1 teaspoon dried mixed herbs
- ✓ 2 tins of chopped tomatoes
- ✓ 1 small bunch of fresh coriander, chopped
- ✓ 2 tablespoons tomato puree
- ✓ Salad/rice/potatoes/wheat & gluten free spaghetti/broccoli to use as a 'bed'



**Note:** *Some of the things listed above are optional so just adjust to taste*

### What To Do:

1. Heat coconut oil in a large pan and add the onions, fry for about 1 minute.
2. Add in the garlic, herbs and species and stir, add minced beef and cook while stirring until brown.
3. Add in the tins of tomatoes, kidney beans and chopped coriander. Simmer for around 10 minutes and then add red peppers and tomato puree and simmer for another 10 minutes.
4. Serve with your choice of 'bed' at the bottom.

The image shows three metal bowls of Indian curries arranged on a wooden surface. The top bowl contains a yellowish-orange curry with a garnish of green herbs. The middle bowl is filled with white rice, also garnished with green herbs. The bottom bowl features a rich, reddish-brown curry with large pieces of meat. The word "CURRIES" is overlaid in the center in a bold, white font with a purple outline.

# CURRIES



# THE LEAN BODY COOKBOOK

## Beef Korma With Almonds

### You Need:

- ✓ 2 tablespoons of coconut oil
- ✓ 3 onions, finely chopped
- ✓ 900g of lean stewing beef, cubed
- ✓ 2 teaspoons of garam masala
- ✓ 2 teaspoons of ground coriander
- ✓ 2 teaspoons of chopped ginger
- ✓ 1 garlic clove, crushed
- ✓ 200ml of live yoghurt
- ✓ 2 whole cloves
- ✓ 3 cardamom pods
- ✓ 4 black peppercorns
- ✓ 950ml of water
- ✓ Handful of chopped almonds to garnish
- ✓ Handful fresh coriander, chopped



### What To Do:

1. Heat oil in large pan, add onions and stir-fry until soft, remove half the onions reserve.
2. Add meat to the pan and brown, then add garam masala, ground coriander, ginger and garlic and fry for 3 minutes.
3. Stir in yoghurt to coat meat and add cloves, cardamom pods and peppercorns.
4. Add water, reduce heat and simmer for 2 hours or until meat is tender.
5. Stir in reserved onions and garnish with almonds before serving.

# THE LEAN BODY COOKBOOK

## Pork Vindaloo

### You Need:

- ✓ 4 tablespoons of mustard oil
- ✓ 2 large onions, finely chopped
- ✓ 6 bay leaves
- ✓ 6 cloves
- ✓ 6 garlic cloves, crushed
- ✓ 3 green cardamom pods, crushed
- ✓ 8 small red chillies, sliced
- ✓ 2 tablespoons of ground cumin
- ✓ ½ teaspoon of sea salt
- ✓ ½ teaspoon of turmeric
- ✓ 2 teaspoons of cider vinegar
- ✓ 2 tablespoons of water
- ✓ 1 tablespoon of tomato puree
- ✓ 450g of pork fillet, sliced thinly
- ✓ 700ml of stock



### What To Do:

1. Put mustard oil in large pan and heat until smoking then leave to cool.
2. Reheat the oil and add onion, cooking until soft but not brown.
3. Add bay leaves, cloves, garlic, cardamom pods, chillies, cumin, turmeric and 1 tablespoon of vinegar to the onions and stir.
4. Simmer for 1 minute before adding the water and cook for a further 1 minute.
5. Dissolve the tomato puree in the leftover vinegar then add to pan.
6. Add in pork fillet and enough water to cover the meat.
7. Bring to the boil then reduce heat and cover to simmer for 45 minutes to an hour or until meat is tender and sauce thickened. Serve.

# THE LEAN BODY COOKBOOK

## Red Curry Pork With Peppers

### You Need:

- ✓ 450g of pork fillet, sliced
- ✓ 2 teaspoons of coconut oil
- ✓ 1 large onion, chopped
- ✓ 1 red pepper, chopped
- ✓ 200g of mushrooms, cleaned and sliced
- ✓ 2 teaspoons of red thai curry paste
- ✓ 2 garlic cloves, finely chopped
- ✓ 150g of creamed coconut, chopped
- ✓ 300ml of vegetable stock
- ✓ 2 teaspoons of thai fish sauce
- ✓ 4 tomatoes, peeled and chopped
- ✓ Fresh coriander, chopped



### What To Do:

1. Heat oil in a wok and then cook onion and garlic for 2-3 minutes.
2. Add the pork and stir-fry for another 3 minutes until browned all over.
3. Add in the peppers, mushrooms and paste then stir.
4. Dissolve the coconut in the stock then add to the pan. Bring it to the boil and simmer for 15 minutes until the liquid has reduced and thickened.
5. Add in tomatoes and coriander, cook for a further 3 minutes then serve.

# THE LEAN BODY COOKBOOK

## Tandoori Chicken

### You Need:

- ✓ 1 large organic free range chicken, skinned
- ✓ 1 lemon, halved

### (Tandoori Masala Paste)

- ✓ 1 tablespoon of garlic and ginger paste
- ✓ 1 tablespoon of ground paprika
- ✓ 1 tablespoon of cinnamon
- ✓ 1 tablespoon of ground cumin
- ✓ ½ teaspoon of ground coriander
- ✓ ¼ teaspoon of chili powder
- ✓ Pinch of ground cloves
- ✓ 200ml of natural live yoghurt



### What To Do:

1. To make the tandoori masala paste, combine the ginger and garlic paste, dry spices and yoghurt in a bowl (this can be stored in the fridge for up to 3 days).
2. Make small cuts all over the chicken and rub the lemon all over it then place the lemon in the cavity.
3. Rub the marinade all over the chicken on both sides.
4. Pre-heat oven on gas mark 6 (200°C).
5. Cook chicken on a rack in preheated oven for time required for the size of your bird (20 minutes plus an extra 20 minutes per 450g of meat).
6. Leave to rest for 20 minutes before serving.

# THE LEAN BODY COOKBOOK

## Hot Beef And Coconut Curry

### You Need:

- ✓ 400ml coconut milk, organic
- ✓ 2 tablespoons of red curry paste
- ✓ 450g of stewing steak, cubed
- ✓ 2 tablespoons of thai fish sauce
- ✓ 1 large red chili, chopped
- ✓ ½ teaspoons of ground turmeric
- ✓ 2 large garlic cloves, crushed
- ✓ 2 tablespoons of chopped coriander leaves
- ✓ 950ml of stock
- ✓ 2 kaffir lime leaves, or curry leaves, shredded



### What To Do:

1. Place the coconut milk in a large saucepan and bring to the boil.
2. Reduce heat and simmer for 10 minutes then stir in curry paste and garlic.
3. Add the beef to the pan and bring to the boil, reduce to a stock and turmeric.
4. Put lid on pan and simmer for 2 hours, stir and add extra water if needed.
5. Stir in basil and coriander once meat is tender and serve.

# THE LEAN BODY COOKBOOK

## Cauliflower And Sweet Potato Curry

### You Need:

- ✓ 4 teaspoons of coconut oil
- ✓ 2 onions, chopped finely
- ✓ 350g of sweet potato, diced
- ✓ 2 green chillies, chopped
- ✓ 2-3 cm of ginger, grated
- ✓ 2 teaspoons of paprika
- ✓ 2 teaspoons of ground cumin
- ✓ 1 teaspoon of ground turmeric
- ✓ ½ teaspoon of chili powder
- ✓ 1 small cauliflower, broken into florets
- ✓ 3 tomatoes, quartered
- ✓ 225g of frozen peas
- ✓ 3 tablespoons of live yoghurt
- ✓ 225ml vegetable stock
- ✓ 1 teaspoon of garam masala



### What To Do:

1. Heat the oil in a large pan, add onions and cook over a low heat while stirring for 10 minutes.
2. Add the cauliflower, sweet potato and chili then cook for 3 minutes.
3. Stir in ginger, paprika, cumin, turmeric and powder then cook for further 3 minutes.
4. Add the tomatoes and peas and stir in stock and yoghurt, simmer for 20 minutes then sprinkle in garam masala, cook for 1 more minute and serve.

# THE LEAN BODY COOKBOOK

## Chicken Tikka Masala

### You Need:

- ✓ 400g of tinned chopped tomatoes
- ✓ 300ml of live natural yoghurt
- ✓ Fresh coriander for garnish
- ✓ 2 tablespoons of coconut oil
- ✓ 1 clove of garlic, crushed
- ✓ 1 red chili, chopped
- ✓ 2 teaspoons of ground cumin
- ✓ 2 teaspoons of ground paprika
- ✓ 240ml of chicken stock
- ✓ 1 cooked chicken cut into pieces



### What To Do:

1. To make the tikka masala, heat a large frying pan with a lid and melt the oil.
2. Add garlic and chili, stir-fry for 30 seconds then stir in cumin, paprika and fry for a further 30 seconds.
3. Stir in the tomatoes, chicken stock and yoghurt. Reduce the heat and simmer for 5 minutes until slightly thickened.
4. Meanwhile remove all the bones from the chicken pieces and cut into small chunks or shred it.
5. Add to the pan, cover and leave to simmer for 10 minutes.
6. Garnish with coriander and serve.

# THE LEAN BODY COOKBOOK

## Chicken Jalfrezi

### You Need:

- ✓ ½ teaspoon of cumin seeds
- ✓ ½ teaspoon of coriander seeds
- ✓ 1 teaspoon of mustard oil
- ✓ 3 teaspoons of coconut oil
- ✓ 1 large onion, chopped
- ✓ 3 cloves garlic, crushed
- ✓ 1 tablespoon of tomato puree
- ✓ 2 tomatoes, peeled and chopped
- ✓ 1 teaspoon of ground turmeric
- ✓ ½ teaspoon of chili powder
- ✓ ½ teaspoon of garam masala
- ✓ 1 teaspoon of red wine vinegar
- ✓ 1 red pepper, chopped
- ✓ 450g cooked chicken, chopped
- ✓ 240ml of chicken stock
- ✓ Coriander to garnish



### What To Do:

1. Grind the cumin and coriander seeds in a mortar and pestle, then reserve. Heat the mustard oil in a large pan until smoking, add coconut oil, garlic and onion then cook for 5 minutes.
2. Add tomato puree, tomatoes, turmeric, chili powder, garam masala, vinegar and reserved seeds to pan and stir.
3. Add the pepper and cook for 2 minutes then stir in chicken and stock and cook through for 10 minutes until thickened.
4. Sprinkle with chopped coriander and serve.



# THE LEAN BODY COOKBOOK

## Chicken Korma

### You Need:

- ✓ 4 skinless chicken breasts, cubed
- ✓ 3 teaspoons of coconut oil
- ✓ 3 onions, chopped
- ✓ 2 cloves garlic, crushed
- ✓ 2-3cm of ginger, grated
- ✓ ½ teaspoon of chili powder
- ✓ 1 teaspoon of ground turmeric
- ✓ 1 teaspoon of ground coriander
- ✓ ½ teaspoon of ground cardamom
- ✓ ½ teaspoon of ground cinnamon
- ✓ 1 tablespoon of garam flour
- ✓ 400ml of coconut milk
- ✓ 240ml of chicken stock
- ✓ Coriander to garnish



### What To Do:

1. Heat oil in large pan and add onions and garlic.
2. Stir to soften then add ginger, chili powder, turmeric, ground coriander, cardamom, cinnamon and cook for 5 minutes.
3. Add in chicken and stir through.
4. Add the garam flour to the stock add to pan followed by the coconut milk.
5. Cook for 20 minutes to thicken.
6. Serve garnished with chopped coriander leaves.

# THE LEAN BODY COOKBOOK

## Creamy Chicken Curry With Spinach

### You Need:

- ✓ 450g of skinless chicken breasts, sliced
- ✓ 3 teaspoons of coconut oil
- ✓ 1 onion, chopped
- ✓ 2 cloves garlic, crushed
- ✓ 1 teaspoon of fresh chopped ginger
- ✓ 1 green chili, chopped finely
- ✓ 1 celery stick, chopped
- ✓ 400g chopped tinned tomatoes
- ✓ 2 tablespoons of tomato puree
- ✓ ½ teaspoon of ground cumin
- ✓ ½ teaspoon of ground coriander
- ✓ ½ teaspoon of ground turmeric
- ✓ ¼ teaspoon of garam masala
- ✓ 100ml of water
- ✓ 150ml of live yoghurt
- ✓ 200g baby spinach



### What To Do:

1. Melt oil in a pan, add the onion, garlic, ginger, chili and celery and cook on low heat for 5 minutes.
2. Stir in the tomatoes, puree, spices and water. Increase the heat to medium and bring to the boil, then reduce heat to simmer for 15 minutes.
3. Add the yoghurt to the sauce, stir then add in the chicken and cook for 15 minutes.
4. Stir in the spinach and cook for just a further 2 minutes before serving.

# THE LEAN BODY COOKBOOK

## Chicken Curry

**Serves 4**

**You Need:**

- ✓ 1 tablespoon of extra virgin olive oil
- ✓ 1 medium onion thinly sliced
- ✓ 4 cloves of garlic, diced
- ✓ 1 teaspoon of fresh ginger, grated
- ✓ 3 tablespoons of curry powder
- ✓ ½ teaspoon of cinnamon
- ✓ 1 teaspoon of cumin
- ✓ 450g of chicken breast, cut into chunks
- ✓ 240ml of coconut milk
- ✓ 120ml of water
- ✓ 120ml of greek yogurt
- ✓ Juice of 1/2 a lemon (optional)



**What To Do:**

1. Sauté onions, add garlic, ginger, curry, cinnamon and cumin. Stir.
2. Add the chicken and then cook for 2 minutes.
3. Add the coconut milk, water and yogurt. Stir to coat.
4. Let simmer stirring occasionally for 20 minutes or until chicken is cooked.
5. Add lemon juice (optional).

# THE LEAN BODY COOKBOOK

## Fruity Banana Curry Chicken (Foil Packets)

**Serves 2**

**You Need:**

- ✓ 1 tablespoon of olive oil
- ✓ 2 large carrots, peeled and sliced
- ✓ 1 red pepper, sliced
- ✓ 1 large courgette, sliced
- ✓ 4 boneless and skinless chicken breasts (around 130g each)
- ✓ Sea salt and fresh ground black pepper, to taste
- ✓ 1 large banana, peeled
- ✓ 120ml of light coconut milk
- ✓ 2 large spring onions, sliced
- ✓ 1 teaspoon of curry powder
- ✓ 1/2 teaspoon of ground turmeric
- ✓ 1/4 teaspoon of ground cinnamon
- ✓ Pinch of ground cayenne pepper
- ✓ 1 tablespoon of grated fresh ginger
- ✓ Fresh chopped coriander, for garnish



**(QUINOA)**

- ✓ 240ml of quinoa
- ✓ 1/4 teaspoon of ground cumin
- ✓ 30g of unsweetened raisins
- ✓ 30g of chopped unsalted cashews, lightly toasted
- ✓ 1 medium spring onion, light green parts, thinly sliced
- ✓ 2 tablespoons of shredded unsweetened coconut, lightly toasted

**What To Do:**

1. Preheat oven on gas mark 7 (220°C). Lay 4 large pieces of aluminum foil on a work surface and mist with cooking spray. Place a quarter of the sliced vegetables (carrots, pepper and courgette) in centre of each piece and top with 1 chicken breast. Season chicken with salt and black pepper.

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2. In a blender, add banana, coconut milk, spring onions, curry powder, turmeric, cinnamon, cayenne pepper and ginger and process until smooth. Pour banana-coconut milk mixture over each chicken breast, dividing evenly.
3. Seal foil packets by bringing together 2 opposite edges and folding them down together, then tucking in other 2 sides. Place packets on a rimmed baking sheet and cook in oven for 22 to 25 minutes. Set aside to cool for a few minutes before opening.
4. Meanwhile, prepare quinoa: In a medium saucepan, add quinoa, 2 cups water and cumin. Bring to a boil, then cover, reduce to a simmer and cook for 12 to 15 minutes or until water is absorbed. Remove from heat and gently stir in cashews, green onions and shredded coconut.
5. Carefully open foil packets and transfer chicken and vegetables to a plate, spooning excess sauce over top. Garnish with coriander and serve with quinoa alongside.



**SAUCES**

# THE LEAN BODY COOKBOOK

## Simple Salad Dressing

### You Need:

- ✓ 240ml of extra virgin olive oil
- ✓ 60ml of balsamic vinegar
- ✓ 1 garlic clove, finely minced
- ✓ 1 teaspoon of dijon mustard
- ✓ 1 teaspoon of raw organic honey
- ✓ 1 tablespoon of lemon juice
- ✓ 1 teaspoon of sea salt
- ✓ 1/2 teaspoon of freshly ground black pepper
- ✓ 1 teaspoon of dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)



### What To Do:

1. Whisk (or put in blender) balsamic vinegar, dijon mustard, minced garlic, raw organic honey and lemon juice until blended.
2. Gradually add olive oil while whisking (or blending).
3. Mix salt, pepper and dried herbs in to taste.
4. Store in the refrigerator.

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## Primal Mayonnaise

### You Need:

- ✓ 2 large egg yolks
- ✓ 2 tablespoons of fresh lemon juice
- ✓ 2 tablespoons of water
- ✓ 1 teaspoon of dry mustard
- ✓ 1 teaspoon of salt
- ✓ 240m of olive oil



### What To Do:

1. Heat the egg yolks, lemon juice, water, and stevia (sweetener) in a small frying pan over very low heat, stirring constantly. At the first sign of thickness, remove from heat and submerge in a large pan of cold water (you should continue stirring).
2. Scoop the mixture out of pan and into a blender. Blend for a few seconds and then let mixture sit uncovered for at least 5 minutes to cool.
3. Add remaining dry ingredients, and blend on low speed. Drizzle oil slowly into the mixture until all ingredients are combined.
4. Scoop into a large glass container and chill immediately.



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## Ranch Dressing

### You Need:

- ✓ 240ml of mayonnaise (primal mayo)
- ✓ 240ml of coconut milk
- ✓ 1 tablespoon of dried dill
- ✓ 1/2 tablespoon of garlic powder
- ✓ Pepper to taste



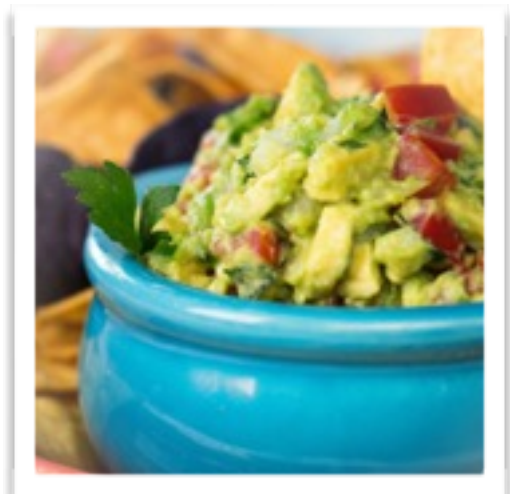
### What To Do:

1. Mix all ingredients together. It is best served after being refrigerated for at least one hour before serving.

## Avocado Salsa

### You Need:

- ✓ 2 avocados, diced (save the pits)
- ✓ 1 jalapeño pepper, seeded and diced
- ✓ 3 medium tomatoes, seeded and diced
- ✓ 1/4 of a red onion, diced
- ✓ 1 ripe mango, diced (optional)
- ✓ 1 bunch of coriander, finely chopped
- ✓ Juice of 1 lime



### What To Do:

1. Combine all ingredients in a medium bowl.
2. Keep the avocado pits in the mixture to serve. This will slow the oxidation of the avocados (what makes them turn brown) and will help the salsa last longer.

A close-up photograph of a strawberry being dipped into a small white bowl of chocolate sauce. The strawberry is held by a metal skewer and is partially submerged in the dark, glossy chocolate. The bowl contains several other strawberries, some already coated in chocolate. The background is softly blurred, showing more strawberries and a light-colored surface. The word "DESSERTS" is overlaid in a large, bold, purple-outlined font across the center of the image.

# DESSERTS

# THE LEAN BODY COOKBOOK

## Choco Nutties

### You Need:

- ✓ 1/2 jar almond butter (based on a 250g jar)
- ✓ Chopped nuts (around 220g)
- ✓ 40g of cocoa powder
- ✓ 100g of melted coconut oil
- ✓ Organic raw honey (3 tablespoons)
- ✓ 1 teaspoons of chia seeds
- ✓ 1 teaspoon of shredded coconut
- ✓ 1 teaspoon of dried cranberries
- ✓ Extra almonds for the top



### What To Do:

1. Blend all ingredients in a blender.
2. Then spread on a paper lined tray
3. Add a few extra almonds on top and put in the freezer. When it is nearly hard break into pieces or cut it up.

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## Banana And Coconut Ice Cream

**Serves 9**

**You Need:**

- ✓ 4-5 large peeled bananas
- ✓ 200g of coconut butter
- ✓ 350ml of coconut milk
- ✓ 1 teaspoon of lemon juice



**What To Do:**

1. Put everything into a blender and puree.
2. Freeze in an ice cream maker. Freeze in the freezer and check on it every 30 minutes and stir if you have no ice cream maker.

## Very Berry

**You Need:**

- ✓ 110-220g of fresh berries
- ✓ 4 teaspoons of balsamic vinegar
- ✓ Handful of slivered almonds



**What To Do:**

1. Wash and slice fresh berries (if needed).
2. Evenly separate the berries between two small bowls.
3. Pour 2 teaspoons of of balsamic vinegar over each serving.
4. Top with the slivered almonds.

# THE LEAN BODY COOKBOOK

## Grilled Bananas

### You Need:

- ✓ 2 bananas, quartered (leave peels on)
- ✓ Cinnamon
- ✓ Coconut oil (if desired)



### What To Do:

1. Brush the open side of the banana with coconut oil if desired then sprinkle on cinnamon to taste.
2. Grill open side down (peel up) for 2-4 minutes, flip and grill peel down for another 2-4 minutes or until the peel starts to separate from the fruit.
3. Remove from the grill and serve with full fat greek yogurt.

# THE LEAN BODY COOKBOOK

## Coconut Lemon Bar

### You Need:

#### (For The Crust)

- ✓ 2 eggs
- ✓ 50g of coconut oil
- ✓ 60ml of raw organic honey
- ✓ 30g of coconut flour
- ✓ Handful of coconut flakes
- ✓ Sea salt

#### (For The Filling)

- ✓ 240ml of fresh lemon juice
- ✓ 6 eggs
- ✓ 120ml of raw organic honey (for topping)
- ✓ 100g of coconut oil
- ✓ Sea salt



### What To Do:

1. We are going to start with the crust. Preheat the oven on gas mark 4 (180°C).
2. In a food blender combine the 2 eggs, 50g of coconut oil, salt and honey. Mix to combine. Add the coconut flour and some of the coconut flakes. Process until well combined.
3. Transfer to a bowl and stir in remaining coconut flakes. Grease a glass baking dish with coconut oil. Press cookie batter base evenly into the dish. Bake for 18 minutes at until the edges are just starting to brown and centre is cooked through.
4. Now for the filling. Whisk lemon juice, eggs, salt and honey together in a sauce pan. Slowly add coconut oil while whisking over medium heat. DO NOT turn your back on this.
5. Whisk until it starts to thicken. When it starts to thicken it gets thick FAST. Remove from the heat. It should be thick enough to coat the back of a spoon.
6. Strain the filling through a fine mesh to remove any cooked egg bits. Top the crust, smooth it out and refrigerate until it sets and then serve.

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## Dragon Fruit Ice Cream

### You Need:

- ✓ 1 dragon fruit
- ✓ 1 can of full fat coconut milk (450g)
- ✓ 3 egg yolks
- ✓ 1 teaspoon of organic vanilla extract
- ✓ Pinch of sea salt

### What To Do:

1. Cut the dragon fruit in half, use a spoon and remove all of the fruit.
2. Combine your coconut milk, egg yolks, vanilla, and sea salt in a sauce pan over medium heat. Bring to a mild boil constantly whisking.
3. Remove from the heat and let it cool. Place your dragon fruit in a food blender and process down.
4. Add your dragon fruit to your cooled coconut milk mixture. Once mixed, place in your refrigerator to cool (for at least 2 hours).
5. Remove from the fridge and immediately use in your ice cream maker. Freeze in the freezer and check on it every 30 minutes and stir if you have no ice cream maker.



# THE LEAN BODY COOKBOOK

## Blueberry and Banana Cake

### You Need:

- ✓ Handful of frozen blueberries
- ✓ 1 tablespoon of raw organic honey
- ✓ 60ml of coconut oil
- ✓ 90g of almond flour
- ✓ 90g of coconut flour
- ✓ 1 mashed banana
- ✓ 1 teaspoon of vanilla
- ✓ 2 teaspoons of raw organic honey
- ✓ 120ml of coconut milk
- ✓ 2 eggs



### What To Do:

1. Preheat oven on gas mark 4 (180 °C).
2. Get an 8 inch cake pan, put in the blueberries, honey and coconut oil. Place in the oven for 5 minutes until coconut oil melts and blueberries begin to give off juice.
3. While it is in the oven, mix together the cake ingredients.
4. Spoon into the cake pan and place in oven for 25-30 minutes and then serve.



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## Banana Apple Cookies

### You Need:

- ✓ 1 chopped red apple, skin on
- ✓ 1 banana
- ✓ Almonds (around 200g)
- ✓ Macadamia nuts (around 200g)
- ✓ 75g of shredded coconut
- ✓ 2 tablespoons of cinnamon
- ✓ 2 teaspoons of vanilla extract
- ✓ 2 teaspoons of coconut oil, melted
- ✓ 3 eggs



### What To Do:

1. Preheat your oven on gas mark 4 (180 °C).
2. Place your almonds and macadamia nuts in your food blender and pulse until they are mixed together and in small chunks, then place them in your mixing bowl.
3. Add your apples and banana to your food blender and mix well.
4. Transfer that to your mixing bowl with your nuts.
5. Now add in your coconut, cinnamon, vanilla, coconut oil, and eggs and mix well using a hand mixer.
6. Using a cookie scoop, form your cookie balls on your lined cookie sheet (or grease proof paper).
7. Once your sheet is full, flatten your balls into cookie shapes.
8. Place in your preheated oven and bake for 15-20 minutes, or until the bottom of your cookies are nice and lightly brown.

# THE LEAN BODY COOKBOOK

## Banana Fudge Brownies

### You Need:

- ✓ 2 eggs
- ✓ 2 tablespoons of honey
- ✓ 60ml of olive oil (or butter)
- ✓ 3 mashed bananas (over ripe)
- ✓ 1 teaspoon of pure vanilla extract
- ✓ 120g of almond flour
- ✓ 30g of cocoa powder

### What To Do:

1. Preheat the oven on gas mark 6 (200 °C).
2. Mix the eggs, honey, vanilla and oil (or butter) in bowl, slowly add almond flour and cocoa powder and blend until frothy.
3. In a separate bowl, mash bananas until totally smooth and frothy. Blend into cocoa mixture.
4. Line brownie pan with cooking paper.
5. Pour brownie mixture and spread evenly. Cook for around 50 minutes. A toothpick inserted at the end of an hour will probably not come out clean.
6. If you refrigerate over night, you can cut them into squares in the morning.



# THE LEAN BODY COOKBOOK

## Banana Express

**Serves 1**

**You Need:**

- ✓ 1/2 medium banana
- ✓ 1/2 tablespoons of raw organic honey
- ✓ Dash of cinnamon
- ✓ 60ml of frozen full fat yogurt

**What To Do:**

1. Put 1/2 banana into a bowl and pour honey on top.
2. Sprinkle the cinnamon and cook the banana, honey and cinnamon in the microwave for about 1 minute or until soft.
3. The water from the banana will make a watery syrup with the honey. Add the frozen full fat yogurt on the top.



# THE LEAN BODY COOKBOOK

## Clean Chocolate

### You Need:

- ✓ 100g coconut oil
- ✓ 25g cocoa powder
- ✓ 2 dessertspoons of raw organic honey
- ✓ 100g walnuts/pecans/flaked almonds or chopped nuts

### What To Do:

1. Chop up the nuts in a blender to make small pieces.
2. Melt the coconut oil in a glass bowl over a simmering pan of water. Once melted, take away from the heat, add the honey and cocoa powder and stir.
3. Then add the nuts and pour into a plastic container making sure it's not more than 1cm deep.
4. Chill the chocolate until it turns solid then cut into pieces and kick those sugar cravings!



# The Lean Body Cookbook

Thanks for Investing in The Lean Body Cookbook!

I hope that you enjoy the tasty guilt free meals now available to you and adapt them into a healthier lifestyle... Keep your eyes peeled for our Tasty Treats Cookbook coming soon!

My passion for health & fitness and getting you results is what I love to do. To me your results are worth more than any financial gain and I won't ever stop helping and supporting my clients through their journeys

To get you started, I would like to invite you to The 12 Day Lean Body Detox where you will find a way to use these recipes within a guaranteed fat loss plan! To get a FREE copy go to [www.theleanbodyproject.co.uk/12daydetox](http://www.theleanbodyproject.co.uk/12daydetox)

I put on a number of 'fat loss' and 'weight loss' events all over the country, sharing my secrets to success with those who want to change their lifestyles

But I can also help you to lose body fat and tone up your arms, stomach, hips & thighs so that you can feel confident again in your clothes all year round

Check out my website [www.theleanbodyproject.co.uk](http://www.theleanbodyproject.co.uk) for more information about Personal Training, monthly memberships and online training programs that I have available

I encourage you to eat real food, provide nutritious supplements to help bridge the gap to better nutrition, train smarter not harder and educate you in the secrets to health and weight loss

If you have any questions drop me an email: [info@theleanbodyproject.co.uk](mailto:info@theleanbodyproject.co.uk) and don't forget to like our Facebook page too 😊 <https://www.facebook.com/theleanbodyproject>



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