

POPPY SEED PANCAKES



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POPPY SEED PANCAKES

SERVES: 12 PANCAKES

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 1 Medium egg
- 200 grams of plain flour
- 75 grams of caster sugar
- 2 teaspoons of baking powder
- 150 millilitres of milk
- 2 lemons, juiced and zested
- 40 grams of poppy seeds
- 2 tablespoons of oil

INSTRUCTIONS

Begin by sifting the flour into a large bowl to remove any lumps before mixing in the sugar, baking powder and salt.

In a measuring jug, whisk together the milk, egg, poppy seeds, lemon juice and zest. Create a well in centre of the flour mixture and pour the liquid into it. Using a wooden spoon, slowly fold the flour into the wet ingredients until a smooth batter has formed.

Heat a lightly oiled non-stick frying pan over a low heat and add one ladleful of batter. Spread the batter out to create a pancake that is 10 centimetres in diameter and cook for around 3 minutes, or until the base has turned golden brown. Flip the pancake and cook for a further 2 minutes on the other side before removing from the pan.

Repeat this process until all the batter is used up and wrap finished pancakes in kitchen foil to keep warm while the rest cook. Squeeze over a wedge of lemon before serving with a dollop of natural yoghurt and honey for a delicious breakfast

MACROS PER PORTION (4 PANCAKES)			
CALORIES	529	PROTEIN	13
CARBS	84	FATS	17
FIBRE	3		

PB & J OVERNIGHT OATS



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PB & J OVERNIGHT OATS

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 130 grams of rolled oats
- 240 millilitres of unsweetened almond milk
- 1 tablespoon of chia seeds
- ½ tablespoon of maple syrup
- 1 tablespoons of peanut butter
- 1 tablespoon of jam

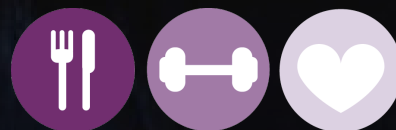
INSTRUCTIONS

To make this nutritious and simple breakfast, add all the ingredients except the jam into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup and peanut butter and soaked up much of the almond milk.

When ready to serve, add a dollop of jam on top and stir in some extra almond milk if needed.

MACROS PER PORTION			
CALORIES	326	PROTEIN	11
CARBS	45	FATS	13
FIBRE	8		

AVOCADO ON TOAST WITH SMOKED SALMON



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AVOCADO ON TOAST WITH SMOKED SALMON

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1 avocado, peeled and stoned
- 2 tablespoons of fat-free natural yoghurt
- ½ lemon, juiced
- 2 slices of rye bread, toasted
- ½ teaspoon of cayenne pepper
- 75 grams of smoked salmon
- ¼ cucumber, thinly sliced using a vegetable peeler
- A handful of watercress
- Dressing:
 - ½ red chilli, deseeded and diced
 - A handful of fresh mint, chopped
 - ½ lemon, juiced and zested
 - 1 tomato, diced
 - 1 teaspoon of white wine vinegar
 - A pinch of salt and black pepper

INSTRUCTIONS

Begin making the dressing by combining all the dressing ingredients in a small bowl and seasoning to perfection before setting aside.

In a separate bowl, roughly mash together the avocado flesh, lemon juice and yoghurt. Be careful not to make the mixture too smooth, as you want it to have a chunky texture.

Divide the avocado mixture between the slices of toasted rye bread. Sprinkle over a pinch of cayenne pepper to add a touch of heat and colour before layering the smoked salmon and cucumber ribbons on top. Finish by placing a small handful of watercress on top of the salmon and drizzling over the dressing.

MACROS PER PORTION			
CALORIES	296	PROTEIN	16
CARBS	18	FATS	17
FIBRE	6		

BLACK FOREST OVERNIGHT OATS



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BLACK FOREST OVERNIGHT OATS

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 65 grams of rolled oats
- 1 tablespoon of unsweetened cocoa powder
- 125 millilitres of unsweetened almond milk
- ¼ teaspoon of vanilla extract
- 1 teaspoon of maple syrup
- 65 grams of frozen dark cherries
- 1 teaspoon of dark chocolate chips
- A pinch of salt
- ¼ teaspoon of ground cinnamon
- 25g Chocolate Whey Protein

INSTRUCTIONS

To make this nutritious and easy breakfast, add all the ingredients except the chocolate chips into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup, vanilla and cherries.

When ready to serve, stir in the chocolate chips and some extra almond milk if needed.

MACROS PER PORTION			
CALORIES	542	PROTEIN	32
CARBS	74	FATS	14
FIBRE	6		

SPICY MOROCCAN EGGS



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SPICY MOROCCAN EGGS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 2 teaspoons of olive oil
- 1 white onion, thinly sliced
- 3 garlic cloves, crushed
- 1 tablespoon of rose harissa paste
- 1 teaspoon of ground coriander
- 150 millilitres of vegetable stock
- 1 400 gram tin of chickpeas
- 2 400 gram tins of chopped tomatoes
- 2 courgettes, diced
- 200 grams of baby spinach
- A large handful of coriander, chopped
- 4 eggs

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Once hot, sauté the onion and garlic for 5 minutes, or until the onion has softened and the garlic smells fragrant. Stir in the harissa paste and ground coriander. Let the spices roast in the pan for a few moments before adding the vegetable stock and chickpeas, including their liquid. Cover the pan and leave to simmer for 10 minutes, by which point it should smell incredible.

Add the tinned tomatoes and courgettes to the pan and cook over a low heat for a further 10 minutes. Once the tomatoes have broken down and the courgettes are tender fold in the baby spinach and fresh coriander and let the sauce gently bubble until it is rich and delicious.

Using the back of a spoon, make 4 hollows in the sauce. Crack the eggs into the hollows, put a lid on the pan and let the eggs poach in the sauce. Once the yolk has turned golden yellow and the white has set, remove from the heat and serve immediately.

MACROS PER PORTION			
CALORIES	242	PROTEIN	16
CARBS	22	FATS	10
FIBRE	8		

ROASTED BRUSSELS SPROUTS WITH CRANBERRIES



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ROASTED BRUSSELS SPROUTS WITH CRANBERRIES

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

450 grams of Brussels sprouts, trimmed and halved
1 tablespoon of olive oil
A pinch of salt and black pepper
1 tablespoon of dried cranberries

INSTRUCTIONS

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

In a large bowl, toss the Brussels sprouts with olive oil before spreading them out evenly across a baking tray. Season the sprouts to perfection with salt and pepper before roasting them in the oven for 15 minutes, by which point they will have started to soften.

Remove the sprouts from the oven and scatter over the cranberries. Return to the oven and roast for a further 10 minutes, or until the sprouts have begun to slightly char and the cranberries are caramelised.

Serve as a delicious accompaniment to any main meal or as a healthy snack.

MACROS PER PORTION

CALORIES	81	PROTEIN	4
CARBS	14	FATS	1
FIBRE	5		

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ROCKET, EGG AND CHARRED ASPARAGUS SALAD



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ROCKET, EGG AND CHARRED ASPARAGUS SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 4 eggs
- 1 tablespoon of extra-virgin olive oil
- 340 grams of asparagus, trimmed
- 50 millilitres of Greek yoghurt
- 1 lemon, juiced
- 1 tablespoon of water
- 150 grams of rocket
- A pinch of salt and black pepper

INSTRUCTIONS

Begin by preheating your grill to a high heat.

Meanwhile, bring a saucepan of water to the boil. Add the eggs and cook for 6-8 minutes until they are hard-boiled or to your liking. Using a slotted spoon, remove the eggs from the water and place in a bowl of ice or cold water for a few minutes to halt the cooking process. Once the eggs are cold to the touch, peel them and cut into quarters.

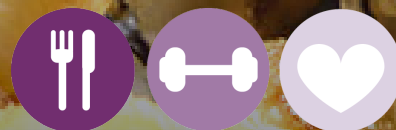
Place the asparagus on a baking tray and drizzle over olive oil and a pinch of salt and pepper. Grill for 3 minutes until it is lightly charred, then remove from the grill and chop into 3 centimetre pieces.

In a small bowl make the salad dressing by combining the yoghurt, lemon juice and seasoning – if the dressing is too thick just add a splash of water. Once it has reached your desired consistency, fold the rocket into the yoghurt mixture.

To serve, arrange the rocket on a platter and top with the asparagus and hard-boiled eggs.

MACROS PER PORTION			
CALORIES	148	PROTEIN	10
CARBS	6	FATS	10
FIBRE	2		

PARMESAN ROASTED CAULIFLOWER



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PARMESAN ROASTED CAULIFLOWER

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 1 cauliflower, cut into florets
- 1 white onion, sliced
- A handful of fresh thyme
- 4 garlic cloves, crushed
- 3 tablespoons of olive oil
- 60 grams of Parmesan cheese, grated
- A pinch of salt and black pepper

INSTRUCTIONS

Begin by preheating your oven to 220°C /425°/gas7.

Meanwhile, toss the cauliflower, onion, thyme and garlic in a large bowl with a splash of olive oil. Once the vegetables and herbs are well coated, season with salt and pepper before placing them on a baking tray.

Roast the cauliflower for 40 minutes and toss occasionally to prevent burning. Once the cauliflower has started to turn golden brown, remove from the oven and scatter over the Parmesan cheese before returning to the heat for a further 10 minutes.

Remove from the oven once the cauliflower is fully golden and the cheese has melted. Enjoy as a healthy alternative to crisps or as a delicious side to a main dish.

MACROS PER PORTION			
CALORIES	210	PROTEIN	9
CARBS	11	FATS	15
FIBRE	3		

CAPRESE SALAD



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CAPRESE SALAD

SERVES: 6

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 500 grams of different coloured tomatoes, halved
- 2 tablespoons of extra-virgin olive oil
- 90 grams of fresh mozzarella, sliced
- ½ teaspoon of salt
- ¼ teaspoon of black pepper
- Small amount of torn fresh basil

INSTRUCTIONS

In a large bowl, combine all of the ingredients except the basil. Gently toss the ingredients so that they are well combined before placing on a serving dish. Top the salad with fresh basil leaves and serve as a refreshing side dish or appetiser.

MACROS PER PORTION			
CALORIES	100	PROTEIN	3
CARBS	4	FATS	8
FIBRE	1		

BAKED VEGAN SWEET POTATO FRIES



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BAKED VEGAN SWEET POTATO FRIES

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 3 sweet potatoes
- 1 tablespoon of extra-virgin olive oil
- 1 teaspoon of ground cumin
- ¼ teaspoon of paprika
- ½ teaspoon of sea salt
- ¼ teaspoon of cayenne pepper
- 1 tablespoon of coconut oil

INSTRUCTIONS

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

While your oven heats, wash and peel the sweet potatoes before cutting them into lengthwise wedges.

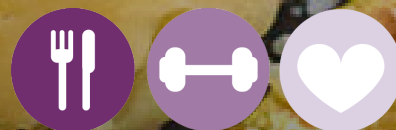
In a large bowl, drizzle the sweet potatoes with olive oil and mix well to combine. Once the sweet potatoes are well coated, mix through the cumin, paprika, cayenne pepper and salt.

Brush a large baking tray with coconut oil and arrange the sweet potatoes evenly. Bake for around 30 minutes, or until they have turned golden brown and the spices smell aromatic. Remember to toss the sweet potatoes at least once while they bake to ensure even cooking.

Serve with your favourite condiments as a nutritious snack or as an accompaniment to any main dish.

MACROS PER PORTION			
CALORIES	78	PROTEIN	1
CARBS	11	FATS	4
FIBRE	3		

PARMESAN MASHED POTATOES



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PARMESAN MASHED POTATOES

SERVES: 6

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 450 grams of red skinned potatoes, cleaned and halved
- 340 grams of parsnips, peeled and chopped
- 2 tablespoons of butter
- A pinch of black pepper
- 60 millilitres of milk
- 85 grams of Parmesan cheese, grated

INSTRUCTIONS

After thoroughly cleaning the potatoes and peeling the parsnips, add them to a large saucepan of boiling water. Cook for around 20 minutes, or until the vegetables are tender, and drain.

Using a masher, mash the potatoes and parsnips into rough mixture before adding the butter and pepper. Once well combined, gradually add the milk and beat the mixture until it is velvety and fluffy. To finish off this luxurious accompaniment, stir in a handful of Parmesan cheese before serving.

MACROS PER PORTION			
CALORIES	172	PROTEIN	8
CARBS	23	FATS	7
FIBRE	3		

TURKEY CHILLI



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TURKEY CHILLI

SERVES: 6

TOTAL TIME: 55 MINUTES

INGREDIENTS

- 2 teaspoons of olive oil
- 1 white onion, diced
- 3 garlic cloves, crushed
- 1 red pepper, chopped
- 450 grams of lean turkey mince
- 1 tablespoon of chilli powder
- 2 teaspoons of ground cumin
- 1 teaspoon of dried oregano
- ¼ teaspoon of cayenne pepper
- ½ teaspoon of salt
- 2 400 gram tins of chopped tomatoes
- 300 millilitres of chicken stock
- 2 400 gram tins of kidney beans, drained and rinsed
- 1 400 gram tin of sweet corn, drained and rinsed

INSTRUCTIONS

In a large frying pan, sauté the onion, garlic and red pepper over a medium heat for around 5 minutes, or until the vegetables are tender and beginning to caramelise. Add the turkey to the pan and cook through before adding the spices.

Let the spices roast in the pan until they are aromatic before adding the chopped tomatoes, stock, kidney beans and sweet corn. Bring the chilli to the boil and let it reduce for around 30 minutes by which point the sauce will be thick and rich. Season to your taste with a pinch of salt and black pepper before removing from the heat.

To serve, top with your favourite Mexican condiments such as guacamole, sour cream or hot sauce.

MACROS PER PORTION			
CALORIES	356	PROTEIN	32
CARBS	47	FATS	4
FIBRE	17		

BBQ CHICKEN TORTILLA PIZZA



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BBQ CHICKEN TORTILLA PIZZA

SERVES: 2

TOTAL TIME: 16 MINUTES

INGREDIENTS

- 2 flour tortillas
- 1 white onion, diced
- 85 grams of cooked chicken, shredded
- 50 millilitres of barbeque sauce
- 1 teaspoon of balsamic vinegar
- 50 grams of cherry tomatoes, sliced
- 100 grams of mozzarella cheese, grated
- 50 grams of Parmesan cheese, grated

INSTRUCTIONS

Begin by preheating your grill to a medium heat.

Place the tortillas under the grill for around 1 minute, or until they are lightly toasted all over – remember to watch the tortillas carefully as they will burn very easily. Once cooked, remove from the grill and set aside.

To soften the onion, gently sauté in a pan for 5 minutes or, alternatively, cook them in a microwave for 2 minutes.

While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce and balsamic vinegar.

To assemble the pizza, spread the tortillas with barbeque sauce and scatter over the chicken, onions and tomatoes. Top with the grated mozzarella and Parmesan before placing the pizza under the grill once again.

Once the cheese has melted and is beginning to brown, remove the pizza from the oven and serve.

MACROS PER PORTION			
CALORIES	460	PROTEIN	35
CARBS	34	FATS	22
FIBRE	3		

GOAT'S CHEESE & CARAMELISED ONION FRITTATA



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GOAT'S CHEESE & CARAMELISED ONION FRITTATA

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

4 teaspoons of rapeseed oil
2 red onions, finely sliced
4 teaspoons of honey
8 eggs
140 grams of goats cheese
100 grams of rocket
250 grams of cooked beetroot, sliced
½ lemon, juiced

INSTRUCTIONS

Begin by preheating your grill to a high temperature.

Meanwhile, in an ovenproof frying pan sauté the onions for 10 minutes until they have softened. Add the honey to the pan and leave to bubble for 2 minutes allowing the onions to caramelise.

As the onions caramelise, beat the eggs before adding them to the pan. Cook for 5 minutes until the eggs have almost set before crumbling goat's cheese over the top. Place the frittata under the hot grill and cook until a delicious layer of melted cheese has formed on top and the eggs have firmly set.

As the frittata cooks, combine together the rocket and beetroot in a large bowl and dress with lemon juice for some extra zing.

To serve, cut the frittata into quarters and serve with the beetroot salad for some added freshness.

MACROS PER PORTION

CALORIES	332	PROTEIN	20
CARBS	29	FATS	16
FIBRE	3		

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SALMON QUINOA BOWL



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SALMON QUINOA BOWL

SERVES: 1

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 45 grams uncooked quinoa
- 125 millilitres water
- A pinch salt and black pepper
- 1 tablespoon low-fat natural yoghurt
- ½ a beef tomato, sliced
- 2 tablespoon avocado
- 30 grams cooked salmon
- A handful rocket
- 1 tablespoon feta cheese
- 2 teaspoon dried oregano

INSTRUCTIONS

Bring a saucepan of water to the boil over a medium heat and add the quinoa. Cover and let the quinoa simmer for 10 to 15 minutes until the water is completely absorbed and the quinoa is fluffy.

Drain the quinoa and transfer to a bowl to cool. Once the quinoa has cooled, stir in the avocado, tomato, salmon and rocket making sure that it is well mixed.

To make the dressing, combine the yoghurt, feta cheese and oregano in a small bowl.

To serve, add a dollop of yoghurt dressing on of the quinoa and enjoy.

MACROS PER PORTION			
CALORIES	346	PROTEIN	20
CARBS	29	FATS	15
FIBRE	6		

PRAWN LINGUINE



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PRAWN LINGUINE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 220 grams of linguine pasta
- 2 tablespoons of unsalted butter
- 450 grams of shrimp, peeled and deveined
- 3 garlic cloves, crushed
- ¼ teaspoon of crushed red pepper
- 50 millilitres of white wine
- 1 lemon, juiced and zested
- A pinch of salt and black pepper
- A handful of parsley, chopped
- A handful of Parmesan cheese, grated

INSTRUCTIONS

In a large pot of boiling salted water, cook the linguine until al dente.

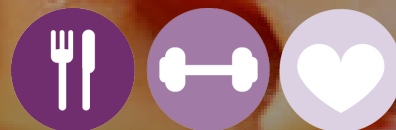
Meanwhile, melt the butter in a large pan over a medium heat before adding the prawns, garlic and crushed red pepper. Sauté for 3 minutes, or until the prawns have turned pink and the garlic and pepper smell aromatic.

Squeeze the lemon juice and pour the wine into the pan and season to perfection. Let the sauce reduce for 5 minutes before removing from the heat and stirring in the pasta, zest and parsley, which will add some freshness to the dish.

Mix well before serving immediately with a handful of Parmesan cheese scattered on top.

MACROS PER PORTION			
CALORIES	346	PROTEIN	33
CARBS	45	FATS	10
FIBRE	2		

COD PROVENCAL



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COD PROVENCAL

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 260 grams of cherry tomatoes, quartered
- 1 garlic clove, crushed
- ½ teaspoon of ground fennel seeds
- ½ teaspoon of ground black pepper
- 2 tablespoons of extra-virgin olive oil
- A pinch of salt
- 1 fennel bulb, trimmed with leaves reserved
- ½ lemon, juiced
- 1 leek, thinly sliced
- 450 grams of cod, cut into 3 centimetre pieces
- A handful of fresh thyme
- 1 tablespoons of butter
- 4 teaspoons of aniseed liqueur

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

In a large bowl, toss together the tomatoes, garlic, fennel seed, black pepper, olive oil and salt until well combined before setting aside.

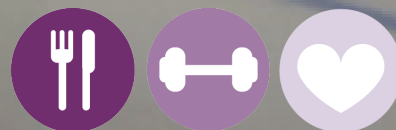
To prepare the fennel bulb, remove the tough outer layer and finely slice it using a mandolin or sharp knife. Add the fennel bulb to a bowl with the leek and lemon juice before mixing well.

Place the fish on a large sheet of kitchen foil and cover with the tomatoes and fennel bulb mixtures. Top with butter, thyme and a splash of aniseed liqueur. Create a parcel by placing another sheet of foil on top and scrunch the edges of both sheets together.

Bake the fish parcels for 10 to 15 minutes, or until the fish flakes easily and smells delicious. Scatter over the reserved fennel leaves and serve immediately.

MACROS PER PORTION			
CALORIES	319	PROTEIN	34
CARBS	36	FATS	5
FIBRE	0		

SLOW COOKED SPICY BEEF CURRY



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SLOW COOKED SPICY BEEF CURRY

SERVES: 6

TOTAL TIME: 5 HOURS

INGREDIENTS

- Marinade:
- 150 millilitres of low-fat natural yoghurt
 - 1 kilogram of lean casserole steak, cut into 3 centimetre pieces
 - 1 teaspoon of ground cumin
 - 1 teaspoon of ground coriander
 - 1 teaspoon of ground turmeric
- Curry:
- 1 tablespoon of olive oil
 - 1 white onion, diced
 - 2 tablespoons of ground coriander
 - 1½ tablespoons of ground cumin
 - 6 cardamom pods
 - 1 teaspoon of ground turmeric
 - 2 teaspoon of garam masala
 - ½ teaspoon of black pepper
 - 4 dried Kashmiri chillies
 - 1 green chilli, diced
 - 3 garlic cloves, crushed
 - 1 3 centimetre piece of ginger, peeled and grated
 - 2 tablespoons of tomato paste
 - 1 400 gram tin of chopped tomatoes
 - ½ litre of beef stock
 - 1 lemon, juiced

MACROS PER PORTION			
CALORIES	224	PROTEIN	28
CARBS	18	FATS	4
FIBRE	2		

INSTRUCTIONS

Begin by combining the ingredients for the marinade in a large bowl making sure to mix well. Once the marinade has come together, add the steak and massage the marinade into the meat so that it absorbs the delicious flavours. Cover with kitchen wrap and place the steak in the fridge for 2 hours.

Heat the oil in a large frying pan and cook the marinated steak for 5 minutes until it has sealed. Add the onions to the pan and gently sauté them until they have softened and are turning translucent.

Add the coriander, cumin, cardamom, turmeric, garam masala, black pepper, Kashmiri chillies, fresh chillies, garlic and ginger to the pan and let them cook for 4 minutes, by which point the spices will smell aromatic.

Stir in the tomato paste, stock, chopped tomatoes and lemon juice. Bring the sauce to a simmer before transferring the curry to a slow cooker and cook on high for 3 hours.

Once the meat is tender and the sauce looks rich and moreish, season to perfection. To serve, scatter over some freshly chopped coriander for some added freshness and enjoy.

BLACK BEAN AND CORN QUESIDILLAS



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BLACK BEAN AND CORN QUESADILLAS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 400 gram tin of black beans, drained and rinsed
- 130 grams of sweet corn
- 60 grams of salsa
- 2 teaspoons of taco seasoning
- A handful of fresh coriander, chopped
- 130 grams of cheddar cheese, grated
- 8 tortilla wraps

INSTRUCTIONS

In a medium bowl, combine the beans, sweet corn, salsa, taco seasoning and coriander.

Heat a large frying pan over a medium heat and place one tortilla in it. Layer the tortilla with the bean mixture and the cheese before placing a second tortilla on top. Press down on the tortillas firmly before leaving to cook. Once the bottom tortilla has turned golden brown flip the quesadilla and repeat, by which point the cheese filling should have melted.

To serve, cut the tortillas into quarters and enjoy with your favourite Mexican condiments such as sour cream, guacamole and hot sauce.

MACROS PER PORTION			
CALORIES	396	PROTEIN	31
CARBS	50	FATS	8
FIBRE	12		

EGG AND PARMENTIER POTATOES



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EGG AND PARMENTIER POTATOES

SERVES: 4

TOTAL TIME: 1 HOUR 10 MINUTES

INGREDIENTS

- 500 grams of potatoes, peeled and diced
- 2 shallots, quartered
- 1 tablespoon of olive oil
- 2 teaspoons dried oregano
- 200 grams of button mushrooms, sliced
- 4 eggs

INSTRUCTIONS

Begin by preheating your oven to 200°C (400°F).

In a large roasting tin, coat the potatoes and shallots in olive oil and sprinkle over the dried oregano. Bake for 45 minutes, or until the potatoes have softened and turned golden brown, before adding the mushrooms. Roast for a further 15 minutes, until the vegetables have started to caramelise.

Using a spoon, make four hollows in the vegetables and crack and egg into each hollow. Return to the oven for 4 minutes for a perfectly cooked egg with a runny yolk. If you prefer a harder yolk, just keep the dish in the oven for a few minutes longer.

MACROS PER PORTION			
CALORIES	218	PROTEIN	11
CARBS	22	FATS	10
FIBRE	2		

MUSHROOM BOLOGNESE



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MUSHROOM BOLOGNESE

SERVES: 6

TOTAL TIME: 1 HOUR 16 MINUTES

INGREDIENTS

- 30 grams of dried porcini mushrooms
- 2 tablespoons of olive oil
- 500 grams of chestnut mushrooms, finely diced
- 2 white onions, diced
- 4 garlic cloves, crushed
- 2 carrots, grated
- 2 celery stalks, diced
- A handful of thyme leaves, chopped
- 1 teaspoon of celery salt
- 1 star anise
- 2 tablespoons of tomato purée
- 2 x 400 gram tins of chopped tomatoes
- A handful of basil, chopped
- 400 grams of tagliatelle

INSTRUCTIONS

Begin by soaking the porcini mushrooms in a bowl of boiling water and setting them aside to rehydrate.

In a large frying pan, heat the olive oil and gently sauté the chestnut mushrooms. The mushrooms will release a lot of liquid so keep cooking until the liquid has evaporated and the mushrooms are soft and golden brown.

Remove the mushrooms from the pan and add the carrots, onion, garlic and celery. Sauté the vegetables for around 10 minutes, or until they have softened, before adding the herbs, celery salt, star anise and tomato purée.

Drain the porcini mushrooms and add them to the pan, alongside some of the reserved soaking liquid and the chestnut mushrooms. Combine the ingredients in the pan before adding the chopped tomatoes. Cook the sauce for 30 minutes, by which point it will look luxurious and glossy.

Meanwhile, cook the pasta until al dente before draining and mixing through the mushroom sauce. To serve, tear over some fresh basil leaves and enjoy.

MACROS PER PORTION			
CALORIES	363	PROTEIN	14
CARBS	60	FATS	6
FIBRE	9		

CHEESY CHICKEN ORZO



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CHEESY CHICKEN ORZO

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 2 tablespoons of olive oil
- 350 grams of chicken breasts, chopped into 2 centimetre pieces
- 140 grams of Orzo pasta
- 50 grams of cheddar cheese, grated
- 2 tablespoons of butter
- 60 millilitres of milk

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Add the chicken and cook over a medium heat for around 15 minutes until it has cooked through before setting aside.

Meanwhile, bring a large saucepan of water to the boil and add the Orzo pasta. Boil the pasta until al dente and drain before returning it to the pot. Add the grated cheese, butter and milk to the pasta and combine until it has formed a smooth and creamy sauce.

Stir in the cooked chicken and season to perfection with a pinch of salt and black pepper before serving immediately.

MACROS PER PORTION			
CALORIES	381	PROTEIN	26
CARBS	29	FATS	16
FIBRE	1		

GREEK STYLE TURKEY BURGERS



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GREEK STYLE TURKEY BURGERS

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

- Burgers:
- 450 grams of turkey mince
 - 50 grams of feta cheese, crumbled
 - 1 tablespoon of semi-skimmed milk
 - A handful of fresh parsley, chopped
 - A handful of fresh mint, chopped
 - A pinch of salt and black pepper
- Sauce:
- 150 grams of natural low fat yoghurt
 - ½ lemon, juiced
 - ½ garlic clove, crushed
 - A handful of fresh parsley, chopped
 - A handful of fresh mint, chopped
 - A pinch of salt and black pepper

INSTRUCTIONS

Begin making the burger patties by combining the turkey, feta, mint, parsley, milk, salt and pepper in a large bowl. Once well mixed, divide the burger mixture into four patties using your hands to shape them into the classic shape.

Arrange the burgers on a baking tray before placing under a high grill. Cook the burgers for 5 minutes until the top side is slightly charred before flipping and continuing to cook for a further 5 minutes.

While the burgers are grilling, make the yoghurt sauce by combining all the ingredients in a small bowl before seasoning the sauce to perfection.

Serve the burgers with a dollop of yoghurt sauce on top for some added freshness.

MACROS PER PORTION			
CALORIES	240	PROTEIN	39
CARBS	4	FATS	8
FIBRE	1		

QUICK FISH CURRY



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QUICK FISH CURRY

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1 tablespoon of vegetable oil
- 1 white onion, diced
- 1 garlic clove, crushed
- 2 tablespoons of Madras curry paste
- 1 400 gram tin of tomatoes
- 200 millilitres of vegetable stock
- 600 grams of white fish fillets, skinned and cut into large pieces
- A handful of fresh coriander, chopped

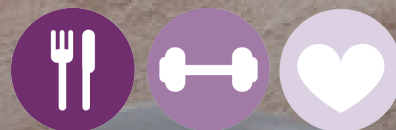
INSTRUCTIONS

To make this simple but delicious curry, begin by gently sautéing the onion and garlic for around 5 minutes, or until the onion is soft and the garlic smells aromatic. Stir in the curry paste and let it roast in the pan for 3 minutes to release the flavours of the spices before adding the tomatoes and the stock.

Bring the sauce to a simmer and add the fish. Cook gently for around 10 minutes, by which point the fish will be soft and flaky. Serve immediately topped with a handful of fresh coriander.

MACROS PER PORTION			
CALORIES	191	PROTEIN	30
CARBS	9	FATS	5
FIBRE	2		

BAKED SWEET AND SOUR CHICKEN



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BAKED SWEET AND SOUR CHICKEN

SERVES: 4

TOTAL TIME: 60 MINUTES

INGREDIENTS

- 450 grams of skinless chicken breasts, cut into 2 centimetre pieces
- 2 tablespoons of cornstarch
- 2 tablespoons of extra-virgin olive oil
- 1 250 gram tin of pineapple
- 60 millilitres of tomato ketchup
- 2 tablespoons of rice vinegar
- 1 tablespoon of soy sauce
- 1 garlic clove, crushed
- ¼ teaspoon of red pepper flakes
- 1 white onion, diced
- 2 bell peppers, diced
- 3 spring onions, thinly sliced

INSTRUCTIONS

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

Meanwhile, place the chicken and corn starch in a sealable bag and shake well to evenly coat the chicken.

Heat the olive oil in a wok over a medium heat. Add the chicken and stir-fry for around 2 minutes until it has turned golden brown before removing from the heat.

Once the chicken has cooked, drain the pineapple making sure to reserve some of the juice for the sauce. To make the sauce, whisk together the pineapple juice, ketchup, rice vinegar, soy sauce, garlic and red pepper flakes in a small bowl.

Place the chicken pieces in a large roasting tin. Scatter over the pineapple, onion and bell peppers before pouring over the sauce. Remember to make sure that everything is well coated, as this will let the vegetables and chicken absorb the sweet and sour flavours.

Cover the roasting tin with foil and bake for 45 minutes, or until the chicken has cooked through and the sauce has become thick and sticky.

Scatter over a handful of spring onions before tucking in.

MACROS PER PORTION			
CALORIES	294	PROTEIN	24
CARBS	29	FATS	10
FIBRE	3		

QUICK BLUEBERRY MUFFINS



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QUICK BLUEBERRY MUFFINS

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 1 tablespoon coconut flour
- 1 tablespoon almond flour
- 1 tablespoon oat flour
- 2 tablespoons granulated sweetener of choice
- ½ teaspoon baking powder
- Pinch cinnamon
- 1 large egg
- 1 tablespoon mashed banana or pumpkin
- 1 tablespoon semi-skimmed milk or dairy alternative
- 2-3 tablespoons frozen blueberries

INSTRUCTIONS

In a small bowl, combine all the dry ingredients and mix well.

Add the egg, mashed banana, milk and mix until fully incorporated. Fold in the blueberries making sure you can see a few poking out the top.

Microwave for 50 seconds (850w).

MACROS PER PORTION			
CALORIES	383	PROTEIN	15
CARBS	27	FATS	25
FIBRE	5		

NO BAKE PEANUT BUTTER PROTEIN BARS



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NO BAKE PEANUT BUTTER PROTEIN BARS

SERVES: 12 BARS

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 130 grams natural smooth peanut butter
- 30 grams honey
- 75 grams vanilla whey protein powder
- 60 grams oat flour
- 30 grams chocolate chips

INSTRUCTIONS

In a large bowl mix the peanut butter and honey.

Add in the protein powder and oat flour until it forms a large, slightly dry ball of dough.

Place a large piece of cling film over an 8 x 8 inch baking tray so that it hangs over the sides and press the mixture into the tray flattening with your hands so it goes right to the edges.

Place the tray into the freezer for around 20 minutes.

Whilst the mix is cooling, melt the chocolate chips in the microwave.

Remove the tray from the freezer and using the cling film lift it out and onto a chopping board.

Cut evenly into 12 bars and either drizzle or coat them all with the chocolate mix.

The bars can be stored in an airtight container in the fridge or freezer.

MACROS PER PORTION			
CALORIES	121	PROTEIN	8
CARBS	7	FATS	7
FIBRE	1		

RASPBERRY CHOCOLATE MOUSSE



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RASPBERRY CHOCOLATE MOUSSE

SERVES: 8

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 tablespoon of raspberry liqueur
- 1 tablespoon of milk
- ¾ teaspoon of gelatine
- 85 grams of baking chocolate, roughly chopped
- 4 eggs, separated
- 4 tablespoons of sugar
- 1 teaspoon of vanilla extract
- A pinch of salt

INSTRUCTIONS

Begin by whisking together the liqueur, milk and gelatine in a small bowl before leaving to set.

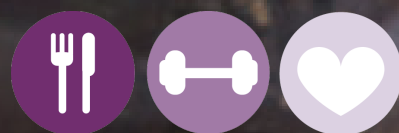
Meanwhile, create a bain-marie by placing a glass bowl atop a saucepan half filled with boiling water. Place the chocolate in the glass bowl and gently whisk until it has completely melted and there are no lumps.

Put the chocolate to one side and place another glass bowl atop the saucepan. In the bowl, combine the egg yolks, 3 tablespoons of sugar and a pinch of salt. Whisk constantly until the sugar dissolves and then add the gelatine mixture and melted chocolate. Continue to whisk until the gelatine dissolves before removing from the heat.

In a large bowl, beat the egg whites until they form stiff peaks. Once the eggs have reached this consistency, fold them into the chocolate mixture and then divide between 8 ramekins. Refrigerate the chocolate mousses for at least 2 hours before serving and garnish with fresh raspberries or whipped cream.

MACROS PER PORTION			
CALORIES	115	PROTEIN	4
CARBS	14	FATS	6
FIBRE	1		

HEALTHY AVOCADO CHOCOLATE TRUFFLES



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HEALTHY AVOCADO CHOCOLATE TRUFFLES

SERVES: 25

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 avocado, stoned, peeled and mashed
- 2 tablespoons of maple syrup
- 170 grams of dark chocolate, melted
- 4 tablespoons of unsweetened cocoa powder
- ½ teaspoon of vanilla extract
- 50 grams of desiccated coconut

INSTRUCTIONS

Begin making this healthy sweet treat by combining the maple syrup, melted chocolate, cocoa powder and mashed avocado in a large bowl. Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have hardened, remove from the fridge and enjoy. Any leftover truffles can be kept in the fridge for up to four days in an airtight container.

MACROS PER PORTION			
CALORIES	49	PROTEIN	1
CARBS	4	FATS	4
FIBRE	3		

BLACK BEAN BROWNIES



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BLACK BEAN BROWNIES

SERVES: 12

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 400 gram tin of black beans, drained and rinsed
- 2 tablespoons of cocoa powder
- 65 grams of rolled oats
- A pinch of salt
- 3 tablespoons of maple syrup
- 2 tablespoons of sugar
- 1 tablespoon of vegetable oil
- 2 teaspoons of vanilla extract
- ½ teaspoon of baking powder
- 65 grams of chocolate chips
- 230 grams of cream cheese
- 5 tablespoons of powdered sugar
- 1 lemon, zested

INSTRUCTIONS

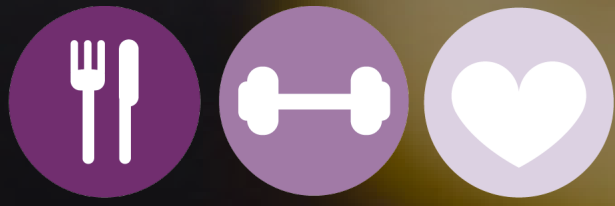
Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile, combine the black beans, cocoa powder, oats, salt, maple syrup, sugar, oil, vanilla and baking powder in a food processor. Blend the mixture until it is velvety smooth, which will take around 5 minutes. Add the chocolate chips to the food processor and roughly combine before pouring the brownie mixture into a non-stick cake tin. Bake the brownies for 25 minutes, by which point they will be crisp on the outside and gooey in the middle.

While the brownies cook, start making the icing by microwaving the cream cheese until soft. Combine the cheese with powdered sugar and lemon zest to make a tangy topping for the brownies.

Once the brownies are cooked, remove from the oven and leave to cool for 30 minutes before spreading on the icing.

MACROS PER PORTION			
CALORIES	190	PROTEIN	7
CARBS	30	FATS	5
FIBRE	3		



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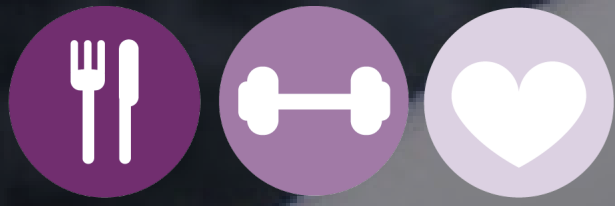


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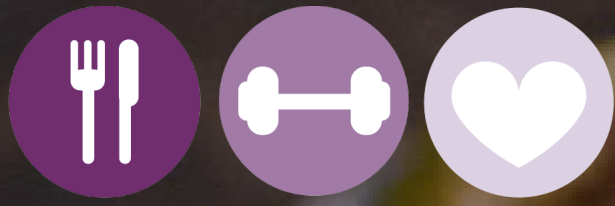


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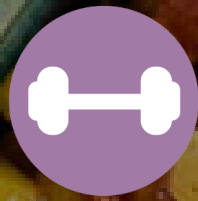


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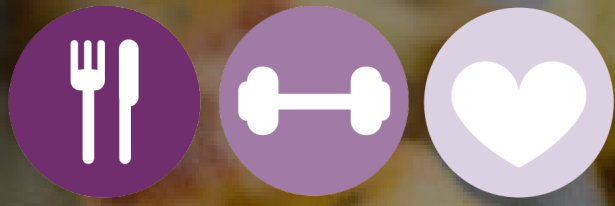


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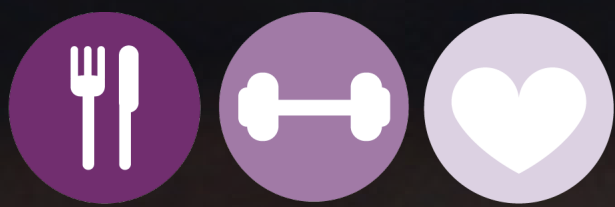


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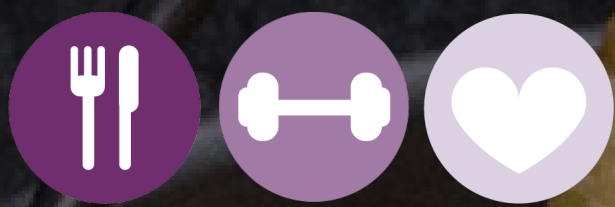


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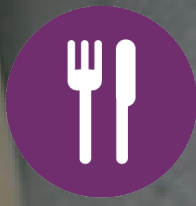


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A close-up, top-down view of two halves of a salmon avocado toast. The toast is made with whole-grain bread, topped with a thick layer of green avocado spread. It is garnished with large, vibrant orange slices of smoked salmon, diced red cherry tomatoes, thin slices of green cucumber, and fresh green cilantro leaves. The toast is served on a dark, textured wooden surface.

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A close-up photograph of a dark, textured bowl filled with a healthy meal. The bowl contains a base of cooked quinoa, topped with flaked salmon, two soft-boiled eggs, fresh spinach leaves, sliced red tomatoes, and chunks of avocado. The lighting is dramatic, highlighting the textures of the ingredients.

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A close-up photograph of a bowl of red curry. The bowl is white with a blue geometric pattern around the rim. The curry is a rich, dark red color and contains chunks of meat. A whole, bright red chili pepper is placed diagonally across the top of the curry. Several fresh green cilantro leaves are scattered on top. The background is a plain, light-colored surface.

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A close-up photograph of a white bowl filled with golden-brown fried chicken nuggets. The nuggets are garnished with sliced red and yellow bell peppers and green onions. To the left of the bowl is a small yellow bowl containing a yellow dipping sauce. A pink object is partially visible on the far left. The background is a light-colored wooden surface.

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