



THE **LEAN BODY PROJECT**
IT'S EASY WHEN YOU KNOW HOW

30 DELICIOUS LEAN BODY RECIPES

THE LEAN BODY COOK BOOK

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THE LEAN BODY
COOK
BOOK



Hi,

I'm Damien, a body transformation coach and owner of The Lean Body Project. I created this recipe book so that you have no excuses when it comes to variety and taste.

Getting fit and lean doesn't have to be complicated it just takes a little bit of planning and a lot of consistency. Myself and my team have transformed thousands of peoples lives and bodies over the years and i am super happy that you have picked up this recipe book and put your trust in us to help you.

If you put in the time, effort and consistency you too can become one of our amazing success stories!

I hope you find this recipe book useful in helping you achieve your health and fitness goals but If you need any further help on your journey be sure to reach out and contact us.

Best Wishes

Damien Coates

Body Transformation Coach



DISCLAIMER

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

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KEY

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

BREAKFAST







YOGURT GRANOLA BOWL

SERVES: 1

TOTAL TIME: 0

VE Q V

INGREDIENTS

115g coconut yogurt
30g vanilla maple keto granola
8 raspberries
2 strawberries, halved
50g fresh blueberries
1 teaspoon chia seeds
1 teaspoon hemp hearts
fresh mint, optional as garnish

INSTRUCTIONS

Add the coconut yogurt to a bowl and arrange the other ingredients over the top. Enjoy!

MACROS PER PORTION

CALORIES	451	PROTEIN	8
CARBS	19	FATS	38
FIBRE	8		



RASPBERRIES AND CHEESE CREAM CREPES

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

Crepe Batter

2 oz. cream cheese
2 large eggs
3 teaspoon rice malt syrup
1/4 teaspoon cinnamon
1/4 teaspoon baking soda
1/8 teaspoon sea salt

Cheese Cream Filling

4 oz cream cheese
1/2 teaspoon vanilla extract
2 teaspoon brown sugar

Raspberry filling

60g raspberries
2 tablespoons brown sugar

INSTRUCTIONS

Combine the cream cheese and eggs in a bowl and beat them with an electric hand mixer until completely smooth. Add rice malt syrup, cinnamon, baking soda and sea salt. Combine that all together. Heat up a medium-sized, non stick pan on a medium heat. Add in some butter or coconut oil to grease it lightly. Pour in a bit of batter while swirling the pan to help it spread to the edges. Cook until the edges start to crisp up. Wiggle a spatula around the edges to loosen them, then under the crepe gently and flip. While the crepes are cooking, prepare your filling by combining the cream cheese, vanilla extract and brown sugar in a bowl. Meanwhile, make raspberry sauce. Put raspberries in a small bowl, add sugar and a little water. Let the raspberries cook for 5-10 minutes, depending on how thick you want the sauce to be. Set aside to cool. Beat with an electric hand mixer until smooth and creamy. Add a bit of the filling down the center of each crepe. Add raspberry sauce, wrap it up and enjoy with extra cinnamon.

MACROS PER PORTION

CALORIES	262	PROTEIN	15
CARBS	19	FATS	14
FIBRE	2		



GREEN SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

V VE Q GF

INGREDIENTS

60g spinach
2 500ml water
165g mango, diced
200g pineapple, diced
2 bananas, frozen

INSTRUCTIONS

Tightly pack 2 cups of spinach in a measuring cup and then toss into blender. Add water and blend together until all leafy chunks are gone. Add mango, pineapple and banana and blend again until smooth. Pour into a mason jar or glass.

MACROS PER PORTION

CALORIES	454	PROTEIN	7
CARBS	102	FATS	2
FIBRE	12		



OATMEAL HOT CEREAL

SERVES: 2

TOTAL TIME: 15 MINUTES

V VE DF

INGREDIENTS

35g unsweetened coconut flakes 310ml almond milk
310ml water
2 tablespoons coconut flour
2 tablespoons flaxseed meal (or chia seed)
1 teaspoon of vanilla extract
8 drops monk fruit liquid extract (or 5 drops stevia)

INSTRUCTIONS

Toss coconut flakes in medium pot over medium high heat until golden (being careful not to burn). Stir in the almond milk (or coconut milk) and water. Cover and bring mixture to a boil. After the boiling point is reached, remove heat and add the remaining ingredients.

MACROS PER PORTION

CALORIES	83	PROTEIN	7
CARBS	7	FATS	3
FIBRE	5		

MAINS







CRACK CHICKEN

SERVES: 6

TOTAL TIME: 40 MINUTES

GF Q

INGREDIENTS

900g raw chicken fillets
225g cream cheese, softened
225g mozzarella cheese
2 spring onions, finely sliced
100g bacon crumbles
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon fresh dill, chopped
1 teaspoon salt

INSTRUCTIONS

Preheat the oven to 400F-200C. Spray a large casserole dish with cooking spray. Put the chicken fillets in the prepared baking dish. Mix together the cream cheese, half the mozzarella, half the spring onions, half the bacon, and the seasonings. Spread on top of the chicken. Sprinkle on the remaining cheese, spring onions, and bacon. Bake for the 30 minutes or until chicken is fully cooked. Serve with steamed or oven-roasted green beans, courgette noodles, or lettuce leaves, salad, or roasted broccoli or cauliflower.

MACROS PER PORTION

CALORIES	427	PROTEIN	43
CARBS	3	FATS	27
FIBRE	0		



PORTOBELLO MUSHROOM STIR-FRY

SERVES: 3

TOTAL TIME: 30 MINUTES

V DF GF

INGREDIENTS

Marinade/ Sauce

2 cloves garlic, minced
2 teaspoon minced ginger
3-4 tablespoon maple syrup
1/2 teaspoon red pepper flake
3-4 tablespoon tamari (or soy sauce)
1 tablespoon sesame oil
3 tablespoon lime juice
1 tablespoon water

Vegetables

2 portobello mushrooms
1 medium red bell pepper (thinly sliced)
90g broccoli
100g chopped spring onions
For serving (optional)
500g cooked brown rice or cauliflower rice
1 teaspoon sesame seeds

INSTRUCTIONS

Cook rice (or cauliflower rice) if serving with stir-fry. Wipe portobello mushrooms clean with a slightly damp towel and slice into thin strips. Prepare marinade by adding all ingredients to a small mixing bowl and whisking to combine. Taste and adjust flavour as needed. Add portobello mushrooms to a large shallow dish and top with marinade. Gently stir/toss to combine. Set aside to marinate for 10-12 minutes while you prepare your vegetables. Toss occasionally to evenly coat. Chop vegetables and set aside. Once portobellos have marinated, heat a large frying pan over medium heat and add a bit of sesame oil. Sauté mushrooms for 2-4 minutes on each side or until golden brown and slightly seared. Set portobello mushrooms aside and loosely cover to keep warm. Then add red pepper and broccoli to the pan and sauté 2-3 minutes, stirring frequently. Add the spring onion and remaining portobello marinade and toss to coat. Cook for 1 minute. then remove from heat and serve immediately. Enjoy as is or with chili garlic sauce, sesame seeds, or a garnish of chopped spring onion.

MACROS PER PORTION

CALORIES	173	PROTEIN	6
CARBS	26	FATS	5
FIBRE	4		



CHEESE PIE

SERVES: 16

TOTAL TIME: 1H 20 MIN.



INGREDIENTS

150g feta cheese
500g ricotta cheese
1 egg
4 pieces puff pastry
fresh dill (optional)

INSTRUCTIONS

Grate the feta cheese in a bowl and mix with ricotta cheese and egg. Roll out your puff pastry and spread 1/4 of the cheese mixture then roll up the dough. Repeat with remainder of puff pastry, brush with egg wash and poke holes in each pastry with a fork. Bake in the oven at 375F degrees for about an hour or until pie is golden brown. Cool pie in a cooling rack for 10 minutes and cut.

MACROS PER PORTION

CALORIES	448	PROTEIN	11
CARBS	29	FATS	32
FIBRE	1		



PORK TENDERLOIN WITH POTATOES & APPLE

SERVES: 4

TOTAL TIME: 50 MINUTES

GF DF

INGREDIENTS

800g pork tenderloin
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon rosemary, fresh
1 onion, sliced
450g potatoes
200g apples (Golden Delicious)
60ml chicken stock
2 tablespoons fresh parsley

INSTRUCTIONS

Preheat the oven to 230C - 450F. Place the pork in a bowl and coat with the oil. Sprinkle with salt and pepper and rosemary. Heat a large pan and when hot, add the loins in one layer. Arrange the onion around the pork. Cook until lightly browned all over, then transfer for a casserole dish and place in the oven. Meanwhile, peel the potatoes and put them in a saucepan with water to cover and salt to taste. Bring to a boil and cook 5 minutes. Peel, core and quarter the apples as the potatoes cook. Drain the potatoes and arrange them around the meat. Turn the pork and continue cooking for a further 30 minutes. Remove the meat to a warm serving dish. Add the stock to the pan. Stir and bring to a boil about 5 minutes, and remove from heat. Cut the pork and serve with the potatoes, apples and the sauce spooned over. Serve sprinkled with chopped parsley.

MACROS PER PORTION

CALORIES	362	PROTEIN	42
CARBS	26	FATS	10
FIBRE	3		



SPICY TOMATO BASIL SOUP

SERVES: 6

TOTAL TIME: 80 MINUTES



INGREDIENTS

8 plum tomatoes
1 onion, chopped
6 cloves garlic
2 tablespoons butter
3 tablespoons olive oil
1l vegetable broth
20g basil, chopped
2 teaspoons tomato paste
Spices
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon thyme
1/2 teaspoon paprika
1 teaspoon sriracha
1 teaspoon crushed red pepper
1/2 teaspoon cayenne

INSTRUCTIONS

Wash and thoroughly dry 8 plum tomatoes. Cut them in half lengthwise and lay them on a greased cookie sheet, cut side up. Sprinkle the tomatoes with olive oil and salt, put them in oven at 400F-200C for about 40 minutes. While tomatoes are roasting, chop onion and squeeze the garlic through a garlic press. Add a tablespoon of olive oil to a large soup pot and cook onion and garlic 5 minutes. Then pour your vegetable broth into the pot and allow to come to a boil. Once the tomatoes are roasted, take them out and add them into the pot, and simmer. At this point, you can add your fresh basil leaves, chopped. In this step, add some butter to the mix and the tomato paste. Add spices and boil on medium flame, and let simmer for about 30 minutes. Put your soup in blender and blend for a few seconds. The longer you blend, the creamier the soup will become. Serve soup with grated cheese, spring onion, crispy tortilla strips, sour cream or grilled fish.

MACROS PER PORTION

CALORIES	156	PROTEIN	3
CARBS	9	FATS	12
FIBRE	3		



CAESAR SALAD

SERVES: 1

TOTAL TIME: 15 MINUTES

V GF

INGREDIENTS

Caesar dressing

1 clove garlic

22g Parmesan cheese, finely grated

2 tablespoons lemon juice

60g mayonnaise

140g Greek yogurt

1 tablespoon olive oil

1 1/2 teaspoon Dijon mustard

1/4 teaspoon kosher salt

1/4 teaspoon ground black pepper

For the Caesar salad

homemade croutons

3 romaine hearts, leaves (or 1 large head romaine)

22g Parmesan cheese, grated

INSTRUCTIONS

For the croutons- Cut the bread into small cubes. Bake in preheated oven 400F-200C for 10 minutes. Dressing- while the croutons bake, make the dressing. Grate the garlic, or finely mince. Grate the Parmesan cheese, and juice the lemon. Whisk together all the ingredients in a bowl. For the salad- chop the romaine lettuce. Top each salad with Parmesan cheese, croutons and dressing.

MACROS PER PORTION

CALORIES	242	PROTEIN	8
CARBS	12	FATS	18
FIBRE	1		



PRAWN FAJITAS

SERVES: 4

TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

1 tablespoon vegetable oil
50g sliced red or yellow bell peppers
1 onion, sliced
2 teaspoons chilli powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon smoked paprika
2 tablespoons chopped coriander
1 pound large prawns, peeled
lime wedges for serving
flour tortillas and fajita toppings of your choice
salt and pepper to taste

INSTRUCTIONS

Heat the oil in a large pan over high heat. Add the peppers and onion to the pan and cook, stirring occasionally, until vegetables are tender and charred on the edges. Season the vegetables with salt and pepper. In a small bowl, mix together the chilli powder, garlic powder, smoked paprika, salt and pepper. Add prawns to the pan with vegetables and sprinkle the seasoning all over the prawns and vegetables. Stir to combine. Cook for 5 minutes, or until prawns are pink. Sprinkle the coriander over the top and serve. Garnish with lime wedges and flour tortillas and toppings on the side.

MACROS PER PORTION

CALORIES	173	PROTEIN	24
CARBS	8	FATS	5
FIBRE	2		



SPICY CHICKEN AND PUMPKIN WITH CHICKPEA SALSA

SERVES: 4

TOTAL TIME: 20 MINUTES

DF

INGREDIENTS

1 teaspoon red pepper flakes
1 teaspoon ground black pepper
2 large chicken breasts, halved lengthways
1 tablespoon olive oil
400g pumpkin, cut into wedges
2 tablespoons lemon juice
1 small brown onion, chopped
2 garlic cloves, minced
200g can chickpeas, drained
2 tablespoons fresh parsley leaves, chopped
1 tablespoon lemon zest

INSTRUCTIONS

In a bowl combine red pepper flakes, black pepper and salt. Sprinkle half over chicken with 1 teaspoon oil. Place pumpkin in baking pan, drizzle with olive oil, add salt and pepper, and bake in heat oven 180C- 20 minutes or until just tender. Heat a barbecue grill or char grill on medium-high. Cook chicken, turning, for 5-6 minutes or until cooked. Drizzle over 1 tablespoon lemon juice. Keep warm. Cook the pumpkin, turning, for 6-8 minutes. Meanwhile, heat remaining oil in a frying pan over medium heat. Stir onion, garlic and the remaining spice mix for 4 minutes or until soft. Stir in chickpeas for 3 minutes or until warm. Stir in parsley, lemon zest and remaining lemon juice. Serve chicken, pumpkin with chickpea salsa.

MACROS PER PORTION

CALORIES	446	PROTEIN	40
CARBS	40	FATS	14
FIBRE	10		



TURKEY AVOCADO AND BLUE CHEESE SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

DF GF

INGREDIENTS

1 lb turkey breast cutlets (450g)
1 tablespoon olive oil
1/4 teaspoon salt
2 tablespoons cider vinegar
1 tablespoon Dijon mustard
30g baby spinach leaves
4 slices cooked bacon, crumbled
1/2 ripe avocado, cut into cubes
6 cherry tomatoes, halved
30g blue cheese, crumbled

INSTRUCTIONS

Preheat the grill pan on medium high heat for 2 minutes. Brush turkey with 1 teaspoon olive oil and sprinkle with half of the salt. Grill turkey for 4 minutes, flip, and continue cooking for about 3 minutes longer. Cut into chunks. To prepare dressing, combine vinegar, mustard, 1 tablespoon of water, and remaining 2 teaspoons oil and 1/8 teaspoon salt in bowl. Whisk well. In a large bowl, toss spinach with 2 tablespoons of the dressing. Arrange turkey, bacon, avocado, tomatoes and cheese over spinach. Drizzle remaining dressing over salad and season with black pepper to taste.

MACROS PER PORTION

CALORIES	293	PROTEIN	34
CARBS	10	FATS	13
FIBRE	5		



BEETROOT PUMPKIN SALAD WITH CARROT-GINGER DRESSING

SERVES: 6-4

TOTAL TIME: 1H

V VE DF

INGREDIENTS

1 small pumpkin
olive oil
4 beetroots
1 teaspoon cumin
170g cooked quinoa
20g rocket, chopped
Dressing
50g chopped carrots
25g peeled and chopped ginger
1 garlic clove, sliced
2 small shallots, sliced
1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon Dijon mustard
2 tablespoons rice vinegar
2-3 tablespoons water

INSTRUCTIONS

Heat oven to 350F-180C. Slice the pumpkin in half. Using a spoon, scoop out the seeds and pulp. Spread the pumpkin seeds on a parchment lined baking sheet and remove any excess pulp. Drizzle with oil and cumin and season with salt and pepper. Toss to combine. Bake until seeds begin to brown, 20-25 minutes. Slice the pumpkin into small wedges and place on a parchment lined baking sheet. Brush the wedges with a oil and season with salt and pepper. Peel and slice the beetroots into square chunks or thin wedges. Place sliced beetroots on a separate parchment lined baking sheet, brush meanwhile with oil, and season with salt and pepper. Remove seeds from oven, and set aside to cool. Place the pumpkin and the beetroots in the oven and bake until tender, 40-45 minutes. Meanwhile make dressing. Place carrots in a food processor and pulse until shredded. Add ginger, garlic, shallots, soy sauce, sesame oil, mustard, honey and vinegar. Pulse until combined and slowly add in oil until dressing is fully emulsified. Add water to thin dressing to desired consistency. Remove pumpkin and beets from oven and let cool. Pour dressing over quinoa and rocket, and stir to combine. Top with the beetroots, pumpkin seeds, and a couple of wedges of the sliced pumpkin. Drizzle additional dressing on top and serve.

MACROS PER PORTION

CALORIES	363	PROTEIN	8
CARBS	31	FATS	23
FIBRE	5		



BROWN LENTILS RICE SALAD

SERVES: 1

TOTAL TIME: 25 MINUTES

V VE DF

INGREDIENTS

- 190g brown lentils
- 3 tablespoons fresh lemon juice
- 2 teaspoons extra virgin olive oil
- 1 teaspoon grated lemon zest
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 300g cooked brown rice
- 2 carrots, shredded
- 2 sticks celery, chopped
- 1 small red onion, chopped
- 30g chopped fresh parsley leaves

INSTRUCTIONS

Bring 4 cups of water to a boil in a large saucepan. Add the lentils and reduce to a simmer. Cook for 15 minutes, or just until tender. Drain well and cool. Meanwhile whisk together the lemon juice, oil, zest, paprika, salt, and cayenne in a large bowl. Add the rice, carrots, celery, tomatoes, onion, parsley, and cooled lentils. Stir to combine.

MACROS PER PORTION

CALORIES	377	PROTEIN	11
CARBS	72	FATS	5
FIBRE	9		



GRILLED SALMON WITH TRIPLE CITRUS GLAZED

SERVES: 4

TOTAL TIME: 30 MINUTES

DF GF Q

INGREDIENTS

180ml fresh orange juice
60ml fresh lemon juice
60ml fresh lime juice
60ml chicken stock
1 garlic clove, minced
2 tablespoons orange marmalade
2 tablespoons soy sauce
1 tablespoon vinegar
1 tablespoon light brown sugar
1 tablespoon butter
salt and pepper
extra-virgin olive oil, for brushing
4 salmon fillets
salt and pepper
1 cup cooked rice

INSTRUCTIONS

Glaze: Bring all of the ingredients to a boil in a medium-sized saucepan over medium heat, stirring to melt. Reduce the heat, and let the glaze reduce until syrup, about 15-20 minutes. Add salt and ground black pepper, to taste. Heat a grill to medium-high heat. Brush both sides of the fillets with olive oil, then season with salt and pepper. Grill the salmon 4 minutes, brushing with the glaze, flip and cook 4 minutes more. Transfer the salmon to serving plates and enjoy.

MACROS PER PORTION

CALORIES	391	PROTEIN	43
CARBS	21	FATS	15
FIBRE	1		



GRILLED CHICKEN AND NECTARINE SALAD

SERVES: 4

TOTAL TIME: 1H



INGREDIENTS

For the dressing:

60ml olive oil

4 teaspoons lime zest

4 teaspoon honey

1 teaspoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon pepper

For the salad:

450g boneless,

skinless chicken fillets

2 nectarines, pitted and sliced

100g mixed greens

3 tablespoons walnuts, toasted and chopped

60g feta cheese, crumbled

INSTRUCTIONS

Place all of the ingredients in a jar, and shake until combined. Add chicken in bowl, pour half of the dressing and toss to coat. Refrigerate for at least 1 hour. Heat grill pan over medium-high heat. Cook the marinated chicken for about 3-4 minutes per side, or until cooked through. Set aside on a plate. Grill nectarines for 2 minutes per side. Stir together in a large bowl remaining salad ingredients. Toss with remaining dressing and serve with chicken.

MACROS PER PORTION

CALORIES	455	PROTEIN	35
CARBS	18	FATS	27
FIBRE	3		



VEGETABLE AND GROUND BEEF FRYING PAN

SERVES: 4

TOTAL TIME: 30 MINUTES

Q DF GF

INGREDIENTS

1 tablespoon olive oil
2 large carrots, peeled and chopped
1 large broccoli, chopped
6 radishes, chopped
2 medium courgette, chopped
1 large red pepper
1 pound ground beef
1 teaspoon sea salt

INSTRUCTIONS

Heat olive oil in a large frying pan to medium heat. Add the carrots, broccoli, radishes, courgette and red pepper, and stir well. Cover and cook, stirring until vegetables begin to soften, about 5 minutes. Remove the vegetables to plate and add the ground beef and sprinkle with sea salt. Break the beef up into chunks with a spatula, fry 10 minutes, and stir with vegetables. Cook stirring occasionally, until beef is cooked. Season to taste with salt and pepper. Serve in bowls and enjoy.

MACROS PER PORTION

CALORIES	363	PROTEIN	34
CARBS	14	FATS	19
FIBRE	5		



BROCCOLI AND BLUE CHEESE SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

Q GF

INGREDIENTS

400g broccoli, trimmed
1 tablespoon olive oil, plus extra to serve
1/2 lemon juiced
100g blanched almonds, toasted and roughly chopped
Dressing:
1 tablespoon olive oil
1 small garlic clove, minced
100g blue cheese, crumbled
1/2 lemon, zested and juiced
30g natural yogurt
chives, finely chopped

INSTRUCTIONS

Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes until tender, drain well and tip into a bowl with the olive and lemon juice. Let them cool. Dressing- fry the garlic with the olive oil in a pan for 1 minute. Put the rest of the dressing ingredients into a blender along with the fried garlic and oil, and season. Add 1-2 tablespoons of water if it's a little thick. On a serving plate put the broccoli and drizzle with the dressing and chopped almonds.

MACROS PER PORTION

CALORIES	214	PROTEIN	10
CARBS	3	FATS	18
FIBRE	3		



PRAWN AND BLACK RICE SALAD

SERVES: 2

TOTAL TIME: 50 MINUTES

GF

INGREDIENTS

150g black rice
1 orange
150g cooked prawns
1 sticks celery, sliced
3 spring onions, sliced
1 teaspoon olive oil
100g edamame
1 teaspoon black sesame seeds

INSTRUCTIONS

Put the rice in a pan with plenty of boiling water, then cover and simmer for 35-40 minutes. Strain, and leave to cool. Peel the orange and cut out segments. Tip into a bowl and squeeze any remaining juice, then add prawns, celery, spring onions, oil and edamame. Season with salt, and toss with cooked rice. Serve onto plates, and scatter with the sesame seeds.

MACROS PER PORTION

CALORIES	389	PROTEIN	28
CARBS	58	FATS	5
FIBRE	9		



TOFU FRIED RICE

SERVES: 2

TOTAL TIME: 20 MINUTES

V DF GF

INGREDIENTS

1 tablespoon vegetable oil
250g ready-cooked basmati rice
1 clove garlic, thinly sliced
ginger small sized piece, finely chopped
1 red chilli, sliced
100g tofu, roughly chopped
200g stir-fry baby vegetables
100g frozen peas
1 tablespoon soy sauce

INSTRUCTIONS

Heat the oil in a non-stick pan or wok and fry the rice for 5-10 minutes or until beginning to turn golden. Add the garlic, ginger and chilli, and cook for another 2 minutes. Put the tofu into a bowl and roughly mash. Put the tofu and baby vegetables into the pan and cook for 5 minutes or until tender. Stir in the peas and soy sauce, and cook until the peas are heated through. Divide between plates and serve.

MACROS PER PORTION

CALORIES	387	PROTEIN	14
CARBS	49	FATS	15
FIBRE	8		



EASY TUNA SALAD WITH EGGS

SERVES: 2

TOTAL TIME: 45 MINUTES



INGREDIENTS

For the dressing:

60ml white wine vinegar

1 small shallot, diced

2 teaspoons Dijon mustard

1 tablespoon chopped fresh thyme

1/4 teaspoon pepper

3/4 cup extra-virgin olive oil

For the salad:

450g red-skinned potatoes sliced

8 cherry tomatoes, halved

4 large eggs, boiled and quartered

6 radishes, trimmed and quartered

300g green beans, trimmed

1 head lettuce leaves, separated

2 cans tuna, drained

100g olives, halved

INSTRUCTIONS

Put the potatoes in a medium saucepan, cover with cold water and season with salt. Bring to a simmer over medium-high heat and cook until fork-tender. Drain, and drizzle with 1/4 cup white wine vinaigrette and let cool. In a small jar or bowl whisk together all ingredients for dressing. Cut tomatoes, and toss with salt and pepper. Chop eggs and radishes. Set aside. Bring a separate saucepan of salted water to a boil. Add the green beans to the boiling water and cook until crispy, about 3 minutes. Drain and immediately put the green beans into the ice-water to cool, then drain and pat dry. Divide lettuce onto 4 plates. Arrange the potatoes, tomatoes, eggs, radishes, green beans and drained tuna on top. Drizzle with dressing and top with the olives.

MACROS PER PORTION

CALORIES	279	PROTEIN	25
CARBS	29	FATS	7
FIBRE	6		



GRILLED SARDINES

SERVES: 4

TOTAL TIME: 20 MINUTES

DF GF Q

INGREDIENTS

2 tablespoons extra-virgin olive oil, plus extra to serve
3 garlic cloves, minced
1 tablespoon smoked sweet paprika
1/2 lemon, zested and wedged to serve
4 rosemary sprigs, leaves
1 red chilli, chopped
8 sardines

INSTRUCTIONS

Put all of the ingredients, except sardines, into a bowl and mix together with some seasoning. Pour into a baking dish, add the sardines and toss really well. Cover and chill for a few hours. Heat a BBQ grill until hot. Cook the sardines for 4-5 minutes on each side or until really caramelised and charred. Put onto a serving plate, drizzle with oil, sprinkle with a little more paprika and squeeze over the lemon wedges.

MACROS PER PORTION

CALORIES	234	PROTEIN	26
CARBS	1	FATS	14
FIBRE	1		



VEGAN RISOTTO

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
1 fennel, chopped
1 courgette, halved lengthwise and thinly sliced
3 cloves garlic, chopped
1/2 teaspoon fennel seeds
200g cooked risotto rice
800ml vegetable stock, hot
200g frozen peas
2 teaspoon nutritional yeast
1 lemon, zested and juiced
parsley, small bunch chopped

INSTRUCTIONS

Heat the olive oil in a large, deep frying pan, add the onion, fennel and courgette, and fry for 10 minutes until softened, add a little water if it starts to catch. Add the garlic and fennel seeds, and cook for 2 minutes, then add the rice and stir until every grain is lightly coated in oil. Keep the vegetable stock in a pan over a very low heat to keep warm. Add a ladleful at a time to the risotto, stirring all the time, only adding more once the last spoonful has been completely absorbed. Once the rice is cooked but still has a little bite, add the frozen peas and cook for another few minutes until just cooked. Stir in the nutritional yeast, lemon zest and juice, and some seasoning. Serve between shallow plates and top with the parsley.

MACROS PER PORTION

CALORIES	305	PROTEIN	12
CARBS	53	FATS	5
FIBRE	10		



QUINOA IN JAR

SERVES: 4

TOTAL TIME: 5 MINUTES



INGREDIENTS

For the dressing:

125g Greek yogurt

2 tablespoons rice vinegar

8g fresh parsley

1 lime, juiced

salt and pepper to taste

2 tablespoons olive oil

1 garlic clove, minced

For the salad:

370g cooked quinoa

195g black beans

170g corn

120g spinach

30g tomatoes, sliced

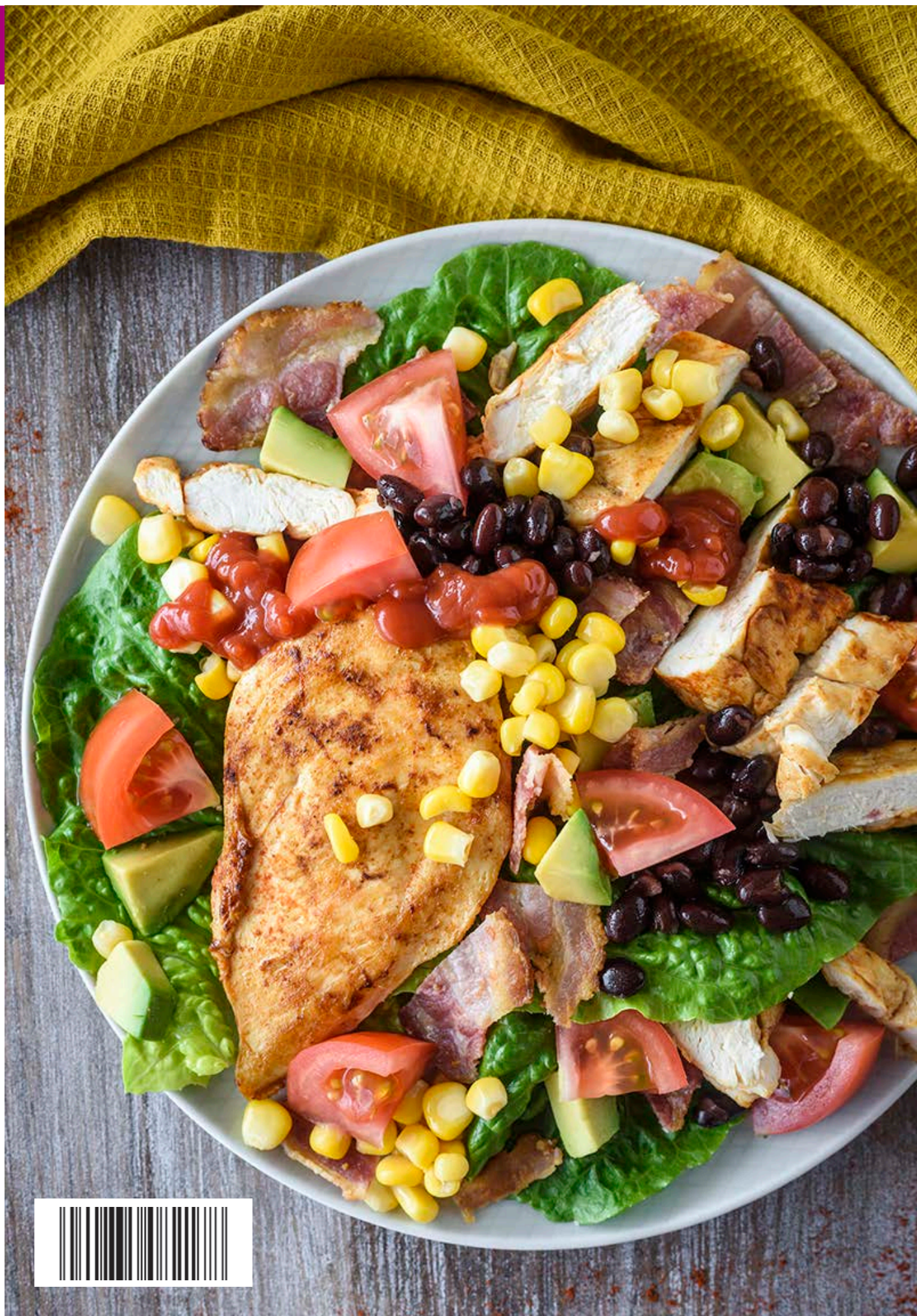
200g avocados, diced

INSTRUCTIONS

Place all of the ingredients for the salad dressing into a food processor and process until smooth. Add 3 tablespoons of salad dressing, to the mason jar base. Then add the following ingredients- 1 cup spinach, 1/4 cup tomatoes, 1/2 cup cooked quinoa, 1/4 cup black beans, 1/4 cup corn and 1/2 avocado, diced.

MACROS PER PORTION

CALORIES	318	PROTEIN	14
CARBS	52	FATS	6
FIBRE	14		



CHICKEN COBB SALAD

SERVES: 4

TOTAL TIME: 30 MINUTES

DF GF Q

INGREDIENTS

170g boneless chicken breast
3 tablespoons sunflower oil, divided
3 tablespoons chilli powder
1 pinch salt
3 tablespoons apple cider vinegar
3 tablespoons ketchup
4 teaspoons honey
720g lettuce leaves, chopped
1 slice bacon, cooked, crumbled
1/2 medium avocado, diced (1 cup)
60g black beans, drained and rinsed
150g frozen corn
150g tomatoes, chopped

INSTRUCTIONS

Preheat a grill or grill pan over medium heat. Drizzle the chicken with 1 teaspoon of oil and sprinkle all over with 2 teaspoons of chilli powder and the salt. Grill, flipping occasionally, until the chicken is cooked through, about 15 minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Chop into bite-size pieces. In a small bowl, whisk together the vinegar, ketchup and honey until smooth. Whisk in the remaining oil. Divide the lettuce on plates. Arrange the chicken in a line over the lettuce, and add the bacon, avocado, beans, corn and tomatoes over the lettuce. Drizzle with the dressing.

MACROS PER PORTION

CALORIES	426	PROTEIN	26
CARBS	31	FATS	22
FIBRE	6		

DESSERT







STRAWBERRY BITES

SERVES: 6

TOTAL TIME: 1H 25 MINS



INGREDIENTS

120g granola
70g coconut shavings
1 teaspoon coconut oil
1 1/2 tablespoon honey
200g strawberries
140g Greek yogurt

INSTRUCTIONS

Mix granola, coconut, coconut oil and honey in a blender. Blend until the mixture is finely ground. Spray a mini muffin tin with cooking spray. Add 1 Tablespoon of the granola mixture into each space in the tin. Place strawberries and yogurt in a blender. Blend until it is a smoothie. Pour the blended strawberry mixture into each of the tin spaces. Place in the freezer for 30-60 minutes. Let the bites defrost for a couple minutes. Serve and enjoy.

MACROS PER PORTION

CALORIES	128	PROTEIN	4
CARBS	19	FATS	4
FIBRE	2		



CHICKPEA BROWNIES

SERVES: 16

TOTAL TIME: 45 MINUTES

DF GF

INGREDIENTS

80ml almond or coconut milk
3 tablespoon maple syrup
85g chocolate chips
15 oz can chickpeas, drained
180g nut butter, almond or peanut
5 tablespoons coconut sugar
3 tablespoons cocoa powder
25g almond flour
2 teaspoons vanilla extract
1/8 or 1/4 teaspoon salt
3/4 teaspoon baking powder
4 tablespoons vegan chocolate chips, for topping

INSTRUCTIONS

Heat the milk and maple syrup in a frying pan or microwave until just about boiling. Take off heat. Add the chocolate chips. Mix until melted and smooth and set aside. Line a baking pan with parchment. Preheat the oven to 350F-180C. Add chickpeas, nut butter, coconut sugar, vanilla, salt and baking powder to a food processor and mix well. Add the warm melted chocolate, almond flour and process again until smooth. Add a teaspoon milk if too thick. Fold in 2 tablespoons chocolate chips into the batter. Transfer the batter to the parchment lined brownie pan. Spread using spatula and sprinkle some chocolate chips on top. Bake at 350F -180C for 35 to 40 minutes. Cool for 10 minutes then slice and serve with vanilla ice cream. Store on the counter or refrigerate for up to 5 days or freeze for a month.

MACROS PER PORTION

CALORIES	216	PROTEIN	6
CARBS	21	FATS	12
FIBRE	3		



CARROT CAKE PANCAKES

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

150g shredded carrots
280ml milk
1 large egg
2 teaspoon vanilla extract
180g all purpose flour
45g brown sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/4 teaspoon salt
2 tablespoon vegetable oil
Cream cheese frosting
115g cream cheese
2 tablespoon sugar
1 teaspoons vanilla extract
Pecan, chopped for serving

INSTRUCTIONS

In a blender add shredded carrots, milk, vanilla, egg, and pulse until well combined. In a large bowl mix together the flour, brown sugar, baking powder, cinnamon and salt. Add the carrot mixture and oil to dry ingredients and stir to combine. Heat the pan to medium heat, add a little butter. Scoop a big spoonful of batter into the pan. Cook until bubbles form all over the top of the pancake. Flip pancake and cook 1-2 minutes. Cream cheese frosting- place the cream cheese, sugar and vanilla extract in a bowl, and mix well. Serve pancakes with cream cheese frosting and toasted pecan, chopped.

MACROS PER PORTION

CALORIES	491	PROTEIN	11
CARBS	60	FATS	23
FIBRE	3		



SALTED CARAMEL AND PEAR BLONDIES

SERVES: 12

TOTAL TIME: 50

DF

INGREDIENTS

100g butter
200g demerara sugar
4 tablespoons salted caramel, plus extra for the top
2 eggs, beaten
2 small pears, peeled, cored and cut into chunks
100g white chocolate
200g self-raising flour

INSTRUCTIONS

Heat the oven to 180C-350F. Line a square brownie tin with baking paper. Melt the butter in a pan, then keep on the heat until the butter turns a nutty golden brown. Add the sugar and caramel, and heat gently for a minute. Cool to just-warm, then stir in the eggs, pears and chocolate. Put the flour in a bowl and stir in the caramel mix. Add 4 tablespoons of caramel to the top, use the handle of a teaspoon to swirl it into the mix. Bake for 25-30 minutes, until risen, golden and just set. Cool before serving.

MACROS PER PORTION

CALORIES	301	PROTEIN	4
CARBS	42	FATS	13
FIBRE	1		



THE **LEAN** BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW

THE LEAN BODY COOK BOOK