



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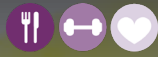
- V** VEGETARIAN
 - VE** VEGAN
 - DF** DAIRY FREE
 - GF** GLUTEN FREE
 - N** CONTAINS NUTS
 - Q** QUICK
-



BREAKFASTS







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VANILLA CHEESECAKE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS

- 1 frozen banana
- 37g cashews, (soaked in boiling water for 10 minutes)
- 1 tsp vanilla essence
- 1 tbsp lemon juice
- 250ml coconut milk
- 125ml water
- 2 scoops vanilla protein powder (vegan if required)
- 2 digestive biscuits, crumbled

INSTRUCTIONS

Place all ingredients, besides the digestive biscuits in a blender and blitz until smooth.

Pour into two tall glasses and sprinkle biscuits on top.

MACROS PER PORTION

CALORIES	567	PROTEIN	33
CARBS	31	FATS	35
FIBRE	6		



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IMMUNITY JUICE

SERVES: 1

TOTAL TIME: 10 MINUTES

GF V VE DF

INGREDIENTS

2 large carrots
2 stalks celery
1 orange
1 x 2cm piece ginger
1/4 tsp ground turmeric
1/4 tsp black pepper

INSTRUCTIONS

Add all ingredients to a juicer, transfer to a glass and serve with ice.

If you don't have a juicer, add all ingredients to a blender. Once blended, strain through a mesh cloth to remove the foamy/chunky bits.

MACROS PER PORTION

CALORIES	150	PROTEIN	3
CARBS	35	FATS	1
FIBRE	11		



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SUNSHINE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

GF V VE DF

INGREDIENTS

210g frozen pineapple
165g frozen mango
1 frozen banana
80g coconut yoghurt
1 tsp black chia seeds

INSTRUCTIONS

Place the pineapple, mango, banana and coconut yoghurt in a blender and blitz until smooth. You may need to add a little extra coconut yoghurt or a little water but you want the consistency to be nice and thick.

Pour into a serving bowl and top with chia seeds and any fruit you like.

MACROS PER PORTION

CALORIES	556	PROTEIN	6
CARBS	85	FATS	21
FIBRE	10		



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PROTEIN BREKKY

SERVES: 4

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

2 tbsp olive oil (divided)
1 brown onion, diced
2 cloves garlic, minced
450g chicken mince
1 tsp dried thyme
1 tsp onion powder
1/2 tsp dried sage
Salt & cracked pepper
4 eggs

INSTRUCTIONS

Add the olive oil to a large frying pan and bring to a medium-high heat.

Add onion and cook for five minutes or until translucent.

Next, add the garlic, chicken mince, thyme, onion powder, sage, and generous seasoning of salt & cracked pepper. Cook for 5-7 minutes or until chicken is cooked.

Meanwhile in a separate fry pan, add the remaining olive oil and bring to a medium heat. Crack the eggs into the pan and cook for 3-4 minutes. (Flip and cook for an additional minute or remove from the heat for sunny side up).

Divide chicken between four plates and top each one with a fried egg.

MACROS PER PORTION

CALORIES	289	PROTEIN	31
CARBS	4	FATS	16
FIBRE	1		



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GIANT SWEET POTATO HASH BROWN

SERVES: 2

TOTAL TIME: 20 MINUTES

GF V VE DF

INGREDIENTS

450g sweet potato, peeled and grated
2 tbsp olive oil (divided)
1/2 brown onion, grated
1 clove garlic, minced
Sea salt & cracked pepper

INSTRUCTIONS

Place grated sweet potato between some paper towel and squeeze out as much excess water as you can.

Heat the oil in a medium-large frying pan. Add the onion and garlic and cook for 2-3 minutes on high heat.

Place the sweet potato, onion and garlic in a mixing bowl and mix to combine.

Heat the remaining oil in the same frying pan, add hash brown mixture and cook stirring for 1-2 minutes. Press the mixture down in the pan to make one large hash brown and cook on a low-medium heat for 7-8 minutes or until golden. Flip and cook for another 5 minutes, or until golden on the other side.

If the hash brown still isn't crispy, remove from the pan, add some oil, bring to high heat and place back in the pan for a few minutes each side.

MACROS PER PORTION

CALORIES	272	PROTEIN	3
CARBS	34	FATS	15
FIBRE	5		



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CHEESY COURGETTE MUFFINS

SERVES: 12

TOTAL TIME: 45 MINUTES



INGREDIENTS

1 tbsp olive oil
300g courgette, cut into small cubes
Salt & cracked pepper
125g Greek yoghurt
120g self-raising flour
1/4 tsp baking powder
1 tsp dried oregano
120g cheddar cheese, cut into little cubes
1 egg

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper. Place courgette on the tray and cook for 15-20 minutes or until tender.

Once cooked, allow to cool for 15 minutes then place in a blender along with Greek yoghurt, salt & cracked pepper and blitz until smooth.

Meanwhile, add the flour, baking powder, oregano and cheese to a large mixing bowl and stir to combine.

Whisk the egg into the courgette mixture, then add to the dry ingredients.

Spoon the mixture into a greased 12-case muffin tray.

Place in the oven and cook for 15-18 minutes or until golden on top.

Transfer to a cooling rack for 10 minutes before serving.

MACROS PER PORTION

CALORIES	129	PROTEIN	7
CARBS	10	FATS	7
FIBRE	1		

SIDES & SMALL PLATES







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ASIAN STYLE PORK MEATBALLS

SERVES: 4

TOTAL TIME: 45 MINUTES

GF

INGREDIENTS

500g pork mince
2 stalks spring onions, diced
2 cloves garlic, minced
1 tsp ginger paste
1 tbsp soy sauce
2 tsp sesame oil
2 tsp chilli paste
1/2 tsp Chinese five spice
1 egg
1 tbsp corn flour

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Add all ingredients to a large mixing bowl, and use your hands to gently combine the mixture.

Roll the mixture into balls (about 2 tbsps each), place on the baking tray and cook for 12-15 minutes or until golden.

Allow to cool for 10 minutes and serve with an Asian style dipping sauce.

MACROS PER PORTION

CALORIES	270	PROTEIN	26
CARBS	5	FATS	16
FIBRE	0		



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ROASTED GREENS

SERVES: 4

TOTAL TIME: 45 MINUTES

GF V VE DF

INGREDIENTS

3 cloves garlic, minced
4 tbsp olive oil
2 tbsp balsamic vinegar
2 tbsp honey
10 Brussels sprouts, halved or quartered
1 head broccoli, florets chopped
300g green beans, sliced in half
300g asparagus, sliced in half

INSTRUCTIONS

Preheat oven to 200°C/390°F/gas 6. Line 2 baking trays with baking paper.

In a small bowl, mix together the garlic, olive oil, balsamic vinegar and honey.

Add the vegetables to a large bowl and pour the dressing all over. Toss to thoroughly coat the vegetables.

Place the vegetables on the baking trays and make sure you don't crowd them.

Roast for 20-25 minutes or until caramelised.

Season with salt & cracked pepper and serve hot.

MACROS PER PORTION

CALORIES	237	PROTEIN	7
CARBS	16	FATS	16
FIBRE	6		



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CUCUMBER & OLIVE SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

GF V VE DF

INGREDIENTS

1 large cucumber, sliced
1/2 red onion, sliced
20 black olives, sliced
1 x (400g) tin chickpeas, rinsed and drained
2 tbsp fresh dill
2 tbsp balsamic vinegar
1 1/2 tbsp lemon juice

INSTRUCTIONS

Toss together cucumber, red onion, black olives, chickpeas and dill in a medium sized serving bowl.

In a small bowl, whisk together the lemon and balsamic vinegar. Pour dressing all over the salad.

MACROS PER PORTION

CALORIES	125	PROTEIN	6
CARBS	15	FATS	5
FIBRE	4		



CRISPY CHICKEN DRUMSTICKS

SERVES: 4

TOTAL TIME: 70 MINUTES

GF DF

INGREDIENTS

28g cornflakes, roughly crushed
1 tsp paprika
1/4 tsp salt
1/4 tsp cracked pepper
2 tsp olive oil
8 chicken drumsticks

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Combine the cornflakes, paprika, salt & cracked pepper in a large zip lock bag.

Rub olive oil over the drumsticks, place them in the zip lock bag and shake to coat.

Place drumsticks on the tray and spray all over with olive oil cooking spray.

Place in the oven and cook for 45-50 minutes or until chicken is crispy and cooked through.

Serve with lemon wedges.

MACROS PER PORTION

CALORIES	321	PROTEIN	37
CARBS	6	FATS	16
FIBRE	0		



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PROSCIUTTO WRAPPED HALLOUMI

SERVES: 6

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

250g halloumi, cut into 6 slices

6 slices prosciutto

INSTRUCTIONS

Wrap the 6 slices of halloumi in prosciutto and set aside seam side down.

Bring a grill plate to medium-high heat and cook for 3-4 minutes each side.

Serve hot!

MACROS PER PORTION

CALORIES	186	PROTEIN	16
CARBS	1	FATS	13
FIBRE	0		



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GREEN EGGS & HAM

SERVES: 6

TOTAL TIME: 25 MINUTES

GF V

INGREDIENTS

35g broccoli, finely chopped
60g spinach, finely chopped
60g feta, crumbled
50g ham, finely chopped
6 eggs
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 180C/350°F/Gas 4. Lightly spray a 6-cup muffin tin with olive oil cooking spray.

Divide broccoli, spinach, feta and ham evenly between six muffin cups.

In a medium-sized bowl, whisk the egg.

Pour the egg mix evenly into each cup and season with salt & pepper.

Place in the oven and cook for 15 minutes or until eggs have set.

Serve straight away, or refrigerate in an airtight container for up to 4 days.

MACROS PER PORTION

CALORIES	120	PROTEIN	11
CARBS	1	FATS	8
FIBRE	0		

MAINS







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SALMON NIÇOISE

SERVES: 4

TOTAL TIME: 45 MINUTES

GF DF

INGREDIENTS

4 eggs, boiled and quartered
600g baby potatoes
300g green beans, chopped
3 tomatoes, chopped
65g kalamata olives, halved
1 tbsp capers
For the salmon:
300g Atlantic Salmon
1 tsp olive oil
For the dressing:
60ml olive oil
3 tbsp lemon juice
1 tbsp Dijon mustard
Salt & cracked pepper
For the garnish:
15g fresh dill

INSTRUCTIONS

In a medium-sized saucepan, boil the eggs. Once cooked, place in a bowl of cold water and run them under running cold water while you peel them. Set aside.

Place the potatoes in a medium-sized pot, cover with cold water and add salt. Bring to a boil, then reduce to a low-medium heat and cook for about 20 minutes or until tender.

When the potatoes have about 3 minutes cook time remaining, add the beans. Cook for 3 minutes then drain potatoes and beans, run under cold water and set aside.

Preheat the oven to 150°C/300°F/gas 2. Line a baking tray with baking paper.

Place the salmon fillets on the tray, brush with olive oil and season with salt & cracked pepper.

Cook for 15-17 minutes.

Meanwhile, make the dressing by adding all ingredients to a small jar and shake very well to combine.

In a large serving bowl, toss together the potatoes, beans, kalamata olives and capers.

Place the quarters of eggs, and broken up chunks of salmon evenly throughout.

Drizzle dressing all over and garnish with fresh dill.

MACROS PER PORTION

CALORIES	556	PROTEIN	28
CARBS	35	FATS	34
FIBRE	6		



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VIETNAMESE CURRY

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V VE DF

INGREDIENTS

1kg sweet potato, cut into cubes
1 tbsp olive oil
1 stalk lemongrass, finely chopped
2 cloves garlic, minced
1 tsp ginger paste
3 tbsp yellow curry paste
1 brown onion, diced
2 carrots, chopped
1 head broccoli, chopped
400ml coconut milk
2 tbsp cornflour
2 tbsp fried onion
15g coriander, leaves picked

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Toss sweet potato in olive oil, lay on the tray and cook for 25-30 minutes or until tender.

Meanwhile, add the remaining olive oil to a large wok and sauté lemongrass, garlic, ginger paste, curry paste and onion for 2-3 minutes.

Add the carrot and broccoli and cook for 5 minutes or until tender.

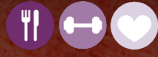
Add the coconut milk and stir through the cooked sweet potato.

Mix the corn flour with 60ml of water, add to the curry and simmer on low heat for 5 minutes, stirring continuously.

Divide between 4 bowls and garnish with fried onions and fresh coriander.

MACROS PER PORTION

CALORIES	520	PROTEIN	8
CARBS	72	FATS	24
FIBRE	14		



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SWEET CHILLI FISH

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

400g white fish
2 carrots, cut into strips
125ml sweet chilli sauce

INSTRUCTIONS

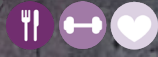
Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Lay fish and carrot on the baking tray and cook for 15 minutes-18 minutes.

Divide between 2 plates and serve with rice, optional.

MACROS PER PORTION

CALORIES	277	PROTEIN	34
CARBS	31	FATS	2
FIBRE	5		



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BANGKOK BOLOGNESE

SERVES: 6

TOTAL TIME: 40 MINUTES

GF DF

INGREDIENTS

200g spaghetti (gluten-free if required)
1 tbsp olive oil
3 stalks spring onion, diced
1 long red chilli, diced
1 clove garlic, minced
1 red bell pepper, diced
350g beef mince
4 tbsp red curry paste
300ml coconut cream
15g coriander, leaves picked

INSTRUCTIONS

Start by cooking the spaghetti according to packet instructions. Drain and set aside.

Meanwhile, heat the oil in a large saucepan over medium-high heat.

Add the spring onion and chilli and cook for 3 minutes.

Add the garlic and red bell pepper and cook for another 2 minutes.

Next, add the beef mince and curry paste and cook for 5-7 minutes or until beef is browned.

Stir through the coconut cream and allow to simmer for 10-15 minutes or until thickened.

Add the cooked pasta and toss to combine.

Divide between 4 bowls and top with fresh coriander.

MACROS PER PORTION

CALORIES	560	PROTEIN	23
CARBS	36	FATS	36
FIBRE	2		



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WARMING SOUP

SERVES: 4

TOTAL TIME: 45 MINUTES

GF V VE DF

INGREDIENTS

300g parsnips
300g carrots
300g cauliflower
2 tablespoon olive oil
Salt & cracked pepper
1 brown onion, diced
2 cloves garlic
1/2 bunch thyme, chopped
1 1/4L vegetable stock

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line 2 baking trays with baking paper.

Toss the parsnips, carrots and cauliflower in 1 tbsp olive oil and season with salt & cracked pepper.

Lay evenly on the baking trays, place in the oven and cook for 30-35 minutes.

Add the remaining olive oil to a frypan and bring to medium-high heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic and thyme and cook for another 1-2 minutes.

Add the stock and allow it to simmer for 5 minutes.

Combine the stock and vegetables in a large saucepan and cook until vegetables have all liquidised. Alternatively you can blend the soup.

Season with salt & cracked pepper and divide between 4 bowls.

MACROS PER PORTION

CALORIES	197	PROTEIN	6
CARBS	21	FATS	10
FIBRE	7		



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PUMPKIN & MACADAMIA SALAD

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

1 butternut pumpkin, peeled and diced
2 tsp olive oil
2 tbsp maple syrup
Salt & cracked pepper
4 tbsp macadamia nuts, chopped
4 tbsp pomegranate seeds
3 tbsp fresh mint leaves, chopped
200g feta, crumbled

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Toss the pumpkin in olive oil, then brush with maple syrup and season with salt & cracked pepper. Place in the oven and cook for 30-35 minutes. Set aside and allow to cool.

Once cooled, transfer to a large serving platter and toss through the macadamias, pomegranate, mint leaves and feta.

Finally, drizzle with a little olive oil.

MACROS PER PORTION

CALORIES	409	PROTEIN	13
CARBS	40	FATS	21
FIBRE	8		



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CREAMY CHICKEN

SERVES: 2

TOTAL TIME: 35 MINUTES

GF DF

INGREDIENTS

1 tbsp olive oil
200g chicken breast, sliced
1/4 tsp onion powder
1/4 tsp cayenne pepper
1/4 tsp allspice
1/4 tsp dried thyme
1/2 tsp salt
1/4 tsp pepper
250g potato, cut into very small cubes
1 brown onion, diced
1 clove garlic, minced
1 lime, juiced
200ml coconut milk
10g fresh coriander, leaves picked

INSTRUCTIONS

Start by tossing the chicken in the spices. Heat 2 tsp of olive oil in a large frying pan. Add the chicken and cook for 2-3 minutes or until browned. Remove from the heat and set aside.

Heat the remaining oil in the same frying pan. Add the potato, onion and garlic cook for 5 minutes or until the potato has softened a little.

Return the chicken to the pan, add the coconut milk, 60ml water and bring to a simmer.

Reduce the heat, cover and cook for 10 minutes, stirring occasionally.

Finally, squeeze in the lime juice and season with salt & cracked pepper.

Divide between 2 bowls and top with fresh coriander.

MACROS PER PORTION

CALORIES	499	PROTEIN	33
CARBS	32	FATS	27
FIBRE	6		



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SINGAPORE NOODLES

SERVES: 4

TOTAL TIME: 30 MINUTES

GF V VE DF

INGREDIENTS

1 tbsp peanut butter
1 tbsp tamari
2 tsp lime juice
1 tbsp sesame oil
200g firm tofu, cut into cubes
1 clove garlic, minced
1 brown onion, diced
1 yellow bell pepper, sliced
1 head broccoli, florets chopped
150g baby corn
150g Singapore noodles

INSTRUCTIONS

Add the peanut butter, tamari, and lime juice to a medium-sized bowl and stir to combine. Add the tofu and gently toss to coat.

Add 2 tsp of sesame oil to a large frying pan. Add tofu and cook for about 5 minutes each side or until golden. remove from the heat and set aside.

Meanwhile, add the noodles to a bowl of boiling water and allow to stand for 5 minutes. Drain and set aside.

Add the remaining sesame oil to the same frying pan, along with the garlic and onion. Cook for 3-4 minutes. Add the bell pepper, broccoli and corn and cook for another 4-5 minutes.

Toss the noodles through the rest of the dish and divide between 3 bowls.

MACROS PER PORTION

CALORIES	390	PROTEIN	17
CARBS	53	FATS	12
FIBRE	5		



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CHARGRILLED STEAK

SERVES: 2

TOTAL TIME: 35 MINUTES

GF DF

INGREDIENTS

1/2 bunch parsley, chopped
1 clove garlic, minced
100g kalamata olives, chopped
50g cashews, chopped
1 1/2 tbsp olive oil
Salt & cracked pepper.
2 x 200g beef rump steaks
100g spinach

INSTRUCTIONS

Add the parsley, garlic, olives and cashews to a medium-sized bowl and blitz with a stick blender until combined but still a little chunky. Stir through 1 tbsp olive oil, season with salt & cracked pepper and set aside.

Rub the remaining 1/2 tbsp of oil into the steaks and again, season with salt & cracked pepper.

Bring the chargrill plate to medium-high heat and cook steaks for 4-5 minutes each side or until cooked to your liking.

Allow the steaks to rest for a couple of minutes, then place on a bed of spinach and drizzle tapenade all over.

MACROS PER PORTION

CALORIES	652	PROTEIN	53
CARBS	15	FATS	42
FIBRE	3		



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SPICY PORK SALAD

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

1 tbsp peanut oil
1/2 brown onion, diced
1 clove garlic, minced
1 tsp fresh ginger, minced
250g pork mince
1 tsp paprika
1/2 tsp ground turmeric
Salt & cracked pepper
2 tbsp soy sauce (or tamari)
2 large tomatoes, chopped
1 large cucumber, chopped
300g lettuce leaves
1/2 bunch fresh mint, leaves picked

INSTRUCTIONS

Heat the peanut oil in a large frying pan. Add the onion and cook for 5 minutes or until translucent. Add the garlic and ginger and cook for another 1-2 minutes. Next, add the pork, paprika, turmeric, salt & cracked pepper.

Add the soy sauce and cook for about 7 minutes or until fully cooked. Remove from the heat and set aside.

Toss together the tomato, cucumber, lettuce and mint leaves.

Top with pork mince and chopped peanuts.

MACROS PER PORTION

CALORIES	375	PROTEIN	30
CARBS	18	FATS	21
FIBRE	6		



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SALMON RISOTTO

SERVES: 4

TOTAL TIME: 40 MINUTES

GF DF

INGREDIENTS

1 tbsp olive oil
1 brown onion, diced
2 cloves garlic, minced
200g arborio rice
500ml vegetable stock
200g peas
1/2 lemon juiced and zested
10g dill, finely chopped
250g smoked salmon

INSTRUCTIONS

Heat half the olive oil in a large frying pan. Add the onion and garlic and cook for 5 minutes or until onion is translucent.

Add the rice and cook, stirring continuously for 2 minutes. Add the stock and bring to a boil. Reduce the heat and simmer, cover and cook for 10 minutes. You may need to give it a couple of stirs to stop it from sticking.

Stir through the peas and cook for another 5 minutes or until all the water has absorbed.

In a small bowl, whisk together the remaining olive oil, lemon juice, lemon zest, dill, salt & cracked pepper.

Remove risotto from the heat and stir through the lemon dressing.

Divide between 4 bowls and top with shreds of smoked salmon.

MACROS PER PORTION

CALORIES	452	PROTEIN	30
CARBS	49	FATS	15
FIBRE	4		



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PUMPKIN PENNE

SERVES: 4

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

300g penne (gluten-free if required)
20g butter
1 leek, diced
250g pumpkin puree
2 tbsp fresh sage
200ml heavy cream
50g Parmesan, grated

INSTRUCTIONS

Cook the penne according to packet instructions. Drain and set aside.

In a large frying pan, add leek and cook for 3-4 minutes.

Add the pumpkin puree, fresh sage, cream and Parmesan. Simmer on low for 10 minutes

Remove from the heat and toss penne through the sauce. Season with salt & cracked pepper and divide between 4 bowls.

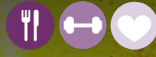
MACROS PER PORTION

CALORIES	544	PROTEIN	16
CARBS	57	FATS	26
FIBRE	4		

DESSERTS







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EASY CHOCCY BICKIE

SERVES: 25

TOTAL TIME: 30 MINUTES

INGREDIENTS

120g self-raising flour
2 tbsp stevia
35g cacao powder
75g butter, sliced
60ml almond milk
2 tbsp rice malt syrup

V

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Mix the flour, stevia and cacao together in a large mixing bowl.

Add the butter and mix together using fingers until combined.

Next, add the almond milk and rice malt syrup and mix until combined.

Place the dough in between 2 sheets of baking paper and use a rolling pin to roll out.

Use a cookie cutter or small glass to cut out the cookies.

Place on the baking tray and cook for 10-12 minutes.

Transfer to a cooling rack for 5 minutes before serving.

MACROS PER PORTION

CALORIES	62	PROTEIN	1
CARBS	8	FATS	3
FIBRE	0		



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SWEET POPCORN

SERVES: 8

TOTAL TIME: 20 MINUTES

GF V VE DF

INGREDIENTS

2 tbsp olive oil
170g popcorn kernels
115g butter
3 tbsp maple syrup
1 tbsp salt
2 tsp ground cinnamon

INSTRUCTIONS

Heat the oil in a very large saucepan. Add the corn kernels, place the lid on and cook until you hear the popping noise stop. You'll need to regularly shake the pan.

Once the popcorn has finished popping, remove from the heat.

In a smaller saucepan, add the butter, maple syrup, salt and cinnamon and slowly melt.

Pour over the popcorn and stir to coat.

MACROS PER PORTION

CALORIES	233	PROTEIN	1
CARBS	15	FATS	19
FIBRE	2		



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CHOC MINT SLICE

SERVES: 20

TOTAL TIME: 90 MINUTES

GF V VE DF

INGREDIENTS

For the base:

150g almonds

25g cacao powder

6 medjool dates

2 tbsp coconut oil

For the middle:

300g shredded coconut

2 tbsp boiling water

1 tbsp peppermint extract

100ml coconut oil

For the top:

100g dark chocolate chips (vegan if required)

1 tbsp coconut oil

INSTRUCTIONS

Line a square baking pan with baking paper.

To make the base, place all ingredients in a food processor and blend until you have a coarse texture, similar to sand. Transfer the base to the baking pan, pushing the mixture down with your fingers. Place in the fridge for 15 minutes.

Rinse the food processor and make the middle layer by adding the shredded coconut, boiling water and peppermint extract and pulse until combined. Add the coconut oil and continue to pulse until combined.

Transfer the middle layer to the base and smooth out with the back of a spatula. Place back in the fridge for 30 minutes.

To make the top, add the chocolate and coconut oil to a small saucepan and heat on a very low heat. Pour the chocolate over the mint layer and place back in the fridge for another 20 minutes.

Slice into 18 serves and keep refrigerated in an airtight container.

MACROS PER PORTION

CALORIES	211	PROTEIN	3
CARBS	8	FATS	17
FIBRE	1		



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CHOCOLATE STRAWBERRY CAKES

SERVES: 2

TOTAL TIME: 40 MINUTES

GF V VE DF

INGREDIENTS

35g buckwheat flour
2 tbsp chocolate protein powder (vegan if required)
2 tbsp desiccated coconut
1/2 tsp baking powder
Pinch of salt
60ml almond milk
3 tbsp rice malt syrup
1/2 tsp vanilla extract
100g strawberries, sliced

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5.

In a medium-sized bowl, mix together the flour, protein powder, coconut, baking powder and salt.

Next, pour in the milk, rice malt syrup and vanilla extract.

Gently fold through the strawberries.

Pour the mixture into 2 ramekins, place in the oven and bake for 18-20 minutes.

Allow to cool for 5 minutes before serving.

MACROS PER PORTION

CALORIES	293	PROTEIN	14
CARBS	39	FATS	9
FIBRE	3		



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