



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







EASY BERRY PARFAITS

SERVES: 4

TOTAL TIME: 15



INGREDIENTS

400g fresh strawberries, cut into pieces
380g fresh blueberries
4 teaspoons reduced-fat raspberry walnut vinaigrette
210g Greek yogurt or strawberry yogurt
2 teaspoons fresh mint, chopped
shredded coconut, optional

INSTRUCTIONS

Place strawberries and blueberries in separate bowls. Drizzle each with 2 teaspoons vinaigrette, toss to coat. In a small bowl, mix yogurt and mint. Spoon strawberries into 4 parfait glasses. Layer each with yogurt mixture and blueberries. If desired, top with coconut and fresh chopped mint.

MACROS PER PORTION

CALORIES	170	PROTEIN	5
CARBS	24	FATS	6
FIBRE	4		



VANILLA BUCKWHEAT PORRIDGE WITH STRAWBERRIES

SERVES: 4

TOTAL TIME: 20

V VE GF DF

INGREDIENTS

170g raw buckwheat groats
1 1/2 cups water
1 1/2 cups almond milk
1/2 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon orange zest
2 teaspoons maple syrup
150g quartered strawberries
2 tablespoons orange juice, fresh
2 tablespoons ground flax seeds

INSTRUCTIONS

Rinse the buckwheat using a fine-mesh strainer. Add the buckwheat to a medium saucepan along with water, 3/4 almond milk, vanilla extract and ground cinnamon. Bring the mixture to a boil, then decrease the heat to simmer. Cover and cook for 12 minutes. Turn off the heat and stir the orange zest and maple syrup. Cover the buckwheat to steam in the pot for an additional 5 minutes. While the buckwheat continues to cook, combine the strawberries with the remaining orange zest and orange juice. Uncover the buckwheat, and stir in rest of almond milk and the ground flax seeds. Divided the porridge into bowls, and top each with strawberries.

MACROS PER PORTION

CALORIES	416	PROTEIN	8
CARBS	42	FATS	24
FIBRE	8		



EGG CUPS WITH COURGETTE

SERVES: 4

TOTAL TIME: 40

GF Q

INGREDIENTS

2 courgette, peeled into strips
60g ham, chopped
100g cherry tomatoes, quartered
8 eggs, beaten
140g Greek yoghurt
1 teaspoon salt and pepper
1/2 teaspoon thyme
100g shredded cheddar cheese
cooking spray, for pan

INSTRUCTIONS

Preheat oven to 400F-200C and grease a muffin tin with cooking spray. Line the inside and bottom of the muffin tin with courgette strips, to form a crust. Add chopped ham and quartered cherry tomatoes inside each crust. In a medium bowl whisk together eggs, Greek yoghurt, thyme and salt and freshly ground black pepper. Pour egg mixture over ham and tomatoes, then top with shredded cheddar cheese. Bake in the oven until eggs are set and cheese melted, about 20-30 minutes. Serve with a crispy salad.

MACROS PER PORTION

CALORIES	322	PROTEIN	24
CARBS	7	FATS	22
FIBRE	2		



BELL PEPPERS, HAM, CHEESE AND EGGS BREAKFAST

SERVES: 3

TOTAL TIME: 20

Q GF

INGREDIENTS

2 bell peppers, sliced into rings
6 eggs, beaten
1 teaspoon salt and freshly ground black pepper
110g chopped bacon
2 teaspoons chopped parsley
2 teaspoons chopped thyme
75g feta cheese, crumbled

INSTRUCTIONS

In a medium bowl whisk together eggs, feta cheese and chopped bacon. Add salt and black pepper and thyme. Heat a nonstick frying pan over medium heat, and grease lightly with olive oil. Place a bell pepper ring in the frying pan then add mixture with bacon and cheese. Cook 2 minutes, then flip the ring and cook 2 minutes more. Repeat with other bell pepper rings and cheese mixture. Garnish with chopped parsley.

MACROS PER PORTION

CALORIES	413	PROTEIN	29
CARBS	9	FATS	29
FIBRE	2		

MAINS







DELICIOUS SOUP WITH BEEF AND CABBAGE

SERVES: 8

TOTAL TIME: 45

DF GF

INGREDIENTS

2 tablespoon olive oil
500g rib eye steak (cut into 1-inch pieces)
2 large carrots, peeled and diced
1 medium green cabbage, chopped into bite sized pieces
1.5l beef stock or broth
3 tablespoons fresh chopped parsley, plus more to serve
2 teaspoons dried thyme
salt and fresh cracked black pepper to taste

INSTRUCTIONS

Heat oil in a large pot over medium heat, add the beef and sear on all sides until browned all over (they don't need to be cooked through). Add carrots, mixing through the flavours in the pot. Cook while mixing occasionally for about 3-4 minutes, then add the cabbage and cook for a further 5 minutes until beginning to soften. Add the stock (or broth), parsley, dried herbs, mixing well. Bring to a simmer, reduce heat to medium-low and cover, with a lid. Allow to simmer for 10-15 minutes, or until the cabbage and carrots are soft. Season with salt and pepper, and add in a little extra dried herbs if needed. Serve warm with a sprinkle of fresh parsley (if desired) and with toasted bread.

MACROS PER PORTION

CALORIES	219	PROTEIN	21
CARBS	9	FATS	11
FIBRE	3		



BAKED BEANS

SERVES: 10

TOTAL TIME: 1 HOUR

V VE DF

INGREDIENTS

- 1 pound dry lima beans
- 5 medium yellow onions, sliced
- 75ml sunflower oil
- 1 tablespoon sweet paprika
- 2 garlic cloves, minced
- 4 bay leaves
- 1 teaspoon salt and pepper
- 1 head lettuce leaves, chopped
- 1 tablespoon vinegar
- 1 tablespoon olive oil

INSTRUCTIONS

Soak the beans overnight in plenty of water in a big pot or bowl. Drain the beans. Place the beans in a pot and cover with water (for each cup of beans use three cups of water). Bring to a boil over medium-high heat. Drain the beans, pour the water in which the beans were cooked and pour new water. Reduce the heat and simmer until the beans are very soft, for about an hour and a half. Drain the beans and keep the cooking water. Preheat the oven to 375f-175C. In a large frying pan, add sunflower oil and onions, simmer the onions for 20 minutes or until very soft and golden. Remove the onion from the stove, then add the paprika and stir. Peppers should not be fried, because they will become bitter. In a large casserole arrange onions, beans, garlic in order and add water from cooking beans and bay leaf. Add salt and pepper. Place the casserole in the oven and bake for about an hour to hour and a half, adding more water if necessary. The beans should never be completely dry. When done, the top layer of beans will be caramelized. Let beans completely cool before serving. Salad: chop lettuce leaves, add vinegar, olive oil and salt. Stir. Serve beans with salad and enjoy.

MACROS PER PORTION

CALORIES	161	PROTEIN	4
CARBS	16	FATS	9
FIBRE	4		



STUFFED AUBERGINE WITH CHEESE

SERVES: 4

TOTAL TIME: 1 HOUR

GF

INGREDIENTS

300g tomato sauce
2 medium aubergine, halved
1 tablespoon extra-virgin olive oil
1 onion, chopped
1 teaspoon dried oregano
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 cloves garlic, minced
200g tomatoes, chopped
1 large egg, lightly beaten
500g shredded mozzarella
60g Parmesan cheese, grated
30g breadcrumbs
basil, chopped, for garnish

INSTRUCTIONS

Preheat oven to 350 F-175C. Spread 1 cup of tomato sauce over the bottom of a 9x13-inch baking dish. Using a spoon, hollow out aubergine, leaving about a 1/2 thick border around skin to create a boat, and transfer to baking dish. Roughly chop scooped-out aubergine flesh. In a large frying pan over medium heat, heat olive oil. Add chopped onion and cook until soft. Stir in chopped aubergine and season with oregano, salt and pepper. Cook, stirring often until golden and tender. Add garlic and cook 1 minute more. Transfer mixture to a bowl and add tomatoes, egg (beaten), 1 cups mozzarella cheese, and remaining 1/2 cup tomato sauce. Mix until just combined, then scoop the aubergine boats. Top with remaining 1 cup mozzarella, parmesan and bread crumbs. Bake until aubergine are tender and cheese is golden, about 50 minutes. Garnish with basil before serving.

MACROS PER PORTION

CALORIES	355	PROTEIN	22
CARBS	33	FATS	15
FIBRE	13		



PORK TENDERLOIN AND CREAMY SPINACH

SERVES: 4

TOTAL TIME: 30



INGREDIENTS

500g pork tenderloin, sliced
125g baby spinach
2 cloves garlic
1 teaspoon salt
1 teaspoon black pepper
2 tablespoons flour
100ml milk
2 tablespoons Greek yogurt
olive oil

INSTRUCTIONS

Cut the pork tenderloin into steaks. Season with salt and black pepper. Set aside. In saute pan, add olive oil and minced garlic on medium high heat. Cook 1-2 minutes, then add baby spinach (chopped). Cook until the spinach softens. Put the spinach in a small bowl, then add a little more olive oil, flour, stir and gradually add milk to the same pan. Let it cook until it becomes a sauce, then add the spinach. Add the salt, and stir. Set aside. Heat a frying pan, add olive oil and fry the meat (2 minutes on each side). Serve spinach with Greek yogurt and meat.

MACROS PER PORTION

CALORIES	245	PROTEIN	35
CARBS	6	FATS	9
FIBRE	1		



BURGERS AND FRIED PEPPERS

SERVES: 4

TOTAL TIME: 30

INGREDIENTS

4 bell peppers (2 red and 2 yellow), chopped
2 onions, medium, sliced
2 teaspoons salt
2 teaspoons black pepper
1 tomato, chopped
500g minced pork
1 egg, beaten
1 garlic clove, minced
1/3 cup breadcrumbs
50ml olive oil

Q

INSTRUCTIONS

Heat oil in a large pot over medium heat, add the chopped onion and bell peppers, 1 teaspoon salt and 1 teaspoon black pepper. Cook on medium heat stirring occasionally, about 15 minutes. Add chopped tomato, and cook for another 10 minutes. While the peppers are cooking, make burgers. Put the meat in a large bowl, add salt and pepper, beaten egg and breadcrumbs. Divide the mixture into 4 parts and shape into burgers. Heat a grill pan and fry the burgers. (5 minutes on each side)

MACROS PER PORTION

CALORIES	398	PROTEIN	37
CARBS	22	FATS	18
FIBRE	4		



BAKED CHICKEN AND RICE IN THE OVEN

SERVES: 5

TOTAL TIME: 1 HOUR 10 MINUTES

GF

INGREDIENTS

5 chicken thighs
1 onion, chopped
2 cloves garlic, minced
2 tablespoon olive oil
270g uncooked white rice
375ml chicken broth/stock
300ml water
1 teaspoon dried thyme
1 teaspoon sweet paprika
1 teaspoon salt
1/2 teaspoon black pepper
fresh parsley, chopped for garnish

INSTRUCTIONS

Preheat oven to 350F-175C. Add onion and garlic and 2 tablespoons of oil to the baking dish. Bake for 10-15 minutes (do not allow the onion to burn too much, it should be light-caramel in color). Meanwhile, mix together sweet paprika, dry thyme, salt, black pepper and sprinkle on both sides of the chicken. Remove baking dish from the oven. Add rice then mix well. Place chicken on rice. Then pour chicken broth and water around the chicken. Cover with foil, then bake for 30 minutes. After 30 minutes, remove foil, then bake for a further 20 minutes until liquid is absorbed. Garnish with chopped parsley, serve and enjoy.

MACROS PER PORTION

CALORIES	529	PROTEIN	48
CARBS	46	FATS	17
FIBRE	1		



COURGETTE NOODLES WITH AVOCADO PESTO

SERVES: 2

TOTAL TIME: 10 MINUTES

Q V VE

INGREDIENTS

2 medium courgette
10g (one bunch of basil) fresh basil leaves
1/2 large avocado
2 cloves garlic
2 tablespoons pine nuts
1 tablespoon fresh lemon juice
3 tablespoons water, plus more if necessary
2oz grated Parmesan cheese
Salt and ground black pepper, to taste
80g sliced cherry tomatoes

INSTRUCTIONS

Use a mandolin or spiralizer and spiralize the courgette into noodles. Add noodles in a large bowl. In food-processor add basil, avocado, garlic, pine nuts and lemon juice, and pulse for 20 seconds or until pesto is chopped. Add in water and process again until completely smooth. You may need to add more water if necessary to get it your desired consistency. Transfer to a bowl with courgette noodles and toss the noodles until they are well coated. Top with chopped cherry tomatoes. Serve immediately or serve cold.

MACROS PER PORTION

CALORIES	318	PROTEIN	14
CARBS	16	FATS	22
FIBRE	7		



VEGAN MUSHROOM BOLOGNESE

SERVES: 4

TOTAL TIME: 1 HOUR

V VE DF GF

INGREDIENTS

2 tablespoon olive oil
1 onion diced
2 medium sized carrots, peeled and diced
1 celery stalk diced
3 cloves garlic, minced
1 tablespoon thyme leaves, roughly chopped
500g mushrooms
2 tablespoon soy sauce
Salt and pepper to taste
400g spaghetti

INSTRUCTIONS

Place a large frying pan over a medium heat and add the olive oil. Add the onion, chopped carrots and celery. Season with salt and cook until slightly golden. Add mushrooms, garlic and thyme, and cook until the mushrooms soften. Next, add tomato paste, soy sauce to the pan, cover and reduce heat to low and simmer for 30 minutes. Although the longer it cooks the better the flavour. Just before the sauce is ready, bring a large saucepan of water to a boil. Season generously with salt, and add the spaghetti and cook according to the packet directions. Drain, reserving 1/4 cup of the pasta cooking water and return to the saucepan and top with the mushroom bolognese and cooking water. Toss to combine and divide between 4 bowls to serve. Top with grated parmesan and serve.

MACROS PER PORTION

CALORIES	426	PROTEIN	17
CARBS	67	FATS	10
FIBRE	3		



SALMON BURGER

SERVES: 4

TOTAL TIME: 30

INGREDIENTS

500g white potatoes
400g salmon fillet
2 teaspoon olive oil
2 tablespoons fresh parsley
1 teaspoon salt and pepper
50g wholemeal flour
Lemon wedges and green salad to serve
4 buns
4 tablespoon tartar sauce
Optional burger toppings - lettuce tomato, onion, pickles, ketchup, mustard, mayo

Q

INSTRUCTIONS

Place the potatoes in a large pan and cover with boiling water. Cook for 10-15 minutes until soft. Drain and mash. Meanwhile, heat your grill to medium hot. Drizzle a little olive oil over salmon. Grill salmon for 3 minutes on each side. Remove salmon from the grill and put on a plate. Flake the fish and add it to the mashed potato. Add parsley, lemon juice, salt and pepper and gently mix together. Shape burgers into 4 balls (or 6). Tip the wholemeal flour into a plate and gently roll the burgers until evenly coated. Preheat the oven to 150C-250F. Heat olive oil in a large non-stick frying pan and cook for 2-3 minutes until burgers a brown crust. Flip over and repeat on the other side. Put the burgers on a plate in the warm oven to keep warm. Serve the burgers on hamburger buns with tartar sauce or hamburger toppings.

MACROS PER PORTION

CALORIES	429	PROTEIN	27
CARBS	51	FATS	13
FIBRE	6		



PORK KEBABS

SERVES: 4

TOTAL TIME: 25

Q GF

INGREDIENTS

1 teaspoon thyme
1 teaspoon oregano
500g lean pork, cut into cubes
200g Greek yogurt
3 tablespoon mayonnaise
Zest and juice of 1 lemon
1 Yellow bell pepper
1 onion
1 courgette
4 pita bread

INSTRUCTIONS

Mix together the yogurt, mayonnaise and zest and juice of lemon in a bowl. Stir in the meat and leave to marinate for 10-15 minutes. Meat, peppers, onion and courgette thread onto skewers and cook on the barbecue. Grill for 5-6 minutes on each side or until cooked through. Serve with lime wedges and pita bread.

MACROS PER PORTION

CALORIES	542	PROTEIN	48
CARBS	47	FATS	18
FIBRE	3		



VEGETABLE SPRING ROLLS

SERVES: 4

TOTAL TIME: 45



INGREDIENTS

2 tablespoon sesame oil
1 onion, diced
2 cloves garlic, minced
1 medium carrots, shredded
300g cabbage, shredded
500g mushrooms, sliced
2g ginger root
2 tablespoon soy sauce
1/4 cup cold water
1 tablespoon cornstarch
2 tablespoons sesame seeds
10 spring roll wrappers

INSTRUCTIONS

In a large saute pan or wok, add 1 tablespoon olive oil. Turn on the heat to medium-high and immediately add garlic, ginger and chopped onion, stirring frequently. By the time the oil is hot, add the mushrooms, cabbage, and carrots. Turn heat to high and stir-fry the vegetables for about 3 minutes. Add in the soy sauce and sesame oil. Cook for another minute. Then spread the filling out onto a large bowl. In a small bowl, whisk together the cornstarch and 1/4 cup of cool water to form a slurry. Place a wonton or spring roll wrapper on a flat surface, add 1 tablespoon of the vegetable mixture into a corner of the wrapper, and then roll the edge of the wrapper tightly around the mixture. Fold the two side corners towards the middle of the wrapper while continuing to roll up. Paint the top edge with the cornstarch slurry mixture and wrap tightly the rest of the way. Make sure all edges are tightly sealed. Place seam side down. Cover with plastic wrap to avoid drying out. Preheat the oven to 400F-200C. Put baking paper in a baking tray, arrange the rolls, coat them with a little olive oil and sprinkle them with sesame seeds. Bake in a preheated oven until golden brown, about 30 minutes. Remove the egg rolls to a cooling rack and serve with your favorite dipping sauce.

MACROS PER PORTION

CALORIES	411	PROTEIN	15
CARBS	63	FATS	11
FIBRE	6		



GRILLED SARDINES

SERVES: 2

TOTAL TIME: 10



INGREDIENTS

1 tbsp olive oil
1 garlic clove, chopped
1 red chilli, deseeded and chopped
1 lemon, zest and juice
2 x 120g cans sardines in sunflower oil, drained
4 slices brown bread
half small bunch parsley, chopped

INSTRUCTIONS

Heat the olive oil in a grill pan. In small bowl add garlic clove, red chilli, lemon zest, stir, add sardines and coat well. Add the sardines in grill pan and heat through for a few mins until warm. Toast the brown bread. Stir the parsley into the sardines, add a squeeze of lemon juice, then divide between the toast and serve.

MACROS PER PORTION

CALORIES	490	PROTEIN	29
CARBS	44	FATS	22
FIBRE	5		



STUFFED BELL PEPPERS

SERVES: 3

TOTAL TIME: 1 HOUR

V VE DF GF

INGREDIENTS

6 bell peppers
2 tablespoons olive oil
2 medium carrots, grated
100g grated celery
250 ml tomato sauce
50 ml water
1 cup rice
1 teaspoon thyme
1 tomato, sliced

INSTRUCTIONS

Heat oven to 400F-200C. Cut the tops off the peppers and discard. Scoop out the seeds and discard. Place the peppers on a lightly oiled shallow baking dish. Heat the 1 tablespoon olive oil, add grated carrot and celery. Fry 5 minutes then add salt, pepper and thyme. Add rice, 1/2 cup water and mix well. Divide rice mixture between the peppers shells. Top each peppers with sliced tomatoes. Mix tomato sauce with water and pour tomato sauce over peppers. Cover tightly with foil. Bake 20 minutes, then uncover bake about 15 minutes longer or until peppers are tender. Serve hot with chopped parsley.

MACROS PER PORTION

CALORIES	447	PROTEIN	9
CARBS	78	FATS	11
FIBRE	7		



VEGETABLE PAELLA

SERVES: 4

TOTAL TIME: 30

V VE DF GF

INGREDIENTS

1 cube vegetable stock
1l water
1 teaspoon turmeric
2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
3 teaspoons sweet paprika
1 red bell pepper
1 yellow bell pepper
3 medium tomatoes, chopped
100g green beans, chopped
1 teaspoon salt and pepper
100g frozen peas
2 lemons, cut into quarters
2 tablespoons parsley, chopped
300g paella rice, uncooked

INSTRUCTIONS

Stir hot water, vegetable stock and 1 teaspoon turmeric, set aside. Place the olive oil in a large pan, add the chopped onion, stirring occasionally and cook gentle heat for 3 minutes. Add the garlic and sweet paprika, and stir. Add the peppers, tomatoes, green beans, rice and vegetable stock, salt and pepper. Bring to the boil, turn heat down and simmer for 15 minutes until the liquid evaporates. Add the frozen peas and cook for a further 5 minutes. By this time all the stock should have all been absorbed. Finally stir in the juice from 2 of the lemon quarters and the chopped parsley. Serve scattered with more parsley and with the remaining lemon quarters.

MACROS PER PORTION

CALORIES	292	PROTEIN	7
CARBS	39	FATS	12
FIBRE	8		



HALLOUMI PIZZA

SERVES: 1.0

TOTAL TIME: 10

INGREDIENTS

1 whole wheat pizza dough
50g halloumi cheese
2 tablespoons passata
1 tablespoons olives, halved
1 strip bacon
4 cherry tomatoes, halved

Q

INSTRUCTIONS

Preheat your oven to 400F-220°C. Spread the passata on the smooth side of your dough, spreading right to the edge. Then add halloumi cheese, covering right to the edge. Top with the olives, tomatoes and chopped bacon. Bake in your oven for 7-10 minutes, or until golden and bubbling. Dress with fresh basil leaves. Serve straight away.

MACROS PER PORTION

CALORIES	522	PROTEIN	26
CARBS	46	FATS	26
FIBRE	8		



CHICKPEA WRAPS

SERVES: 4

TOTAL TIME: 25



INGREDIENTS

1 tin chickpeas
2 teaspoon olive oil
2 teaspoon ground cumin
2 teaspoon smoked paprika
1 avocado, peeled and chopped
1 lime, juiced
1 small bunch coriander leaves, chopped
8 corn tortillas
1 small head iceberg lettuce, chopped
150g Greek yogurt
200g roasted red pepper

INSTRUCTIONS

Heat oven to 400F-220C. Drain the chickpeas and put in a large bowl. Add the olive oil, cumin and paprika. Stir the chickpeas well to coat, then spread them onto a large baking tray and roast for 20-25 mins or until starting to crisp – give the tray a shake halfway through cooking to ensure they roast evenly. Remove from the oven and season to taste. Toss the chopped avocados with the lime juice and chopped coriander, then set aside until serving. Warm the tortillas following pack instructions, then pile in the avocado, lettuce, yogurt, peppers and toasted chickpeas at the table. Serve with chopped coriander leaves.

MACROS PER PORTION

CALORIES	388	PROTEIN	13
CARBS	48	FATS	16
FIBRE	12		



BUTTERNUT SQUASH RISOTTO AND PANCETTA

SERVES: 6

TOTAL TIME: 25



INGREDIENTS

350g butternut squash, chopped

1 onion, chopped

3 tablespoon olive oil

350g risotto rice

200ml white wine

Pancetta slices (10 slices)

1l chicken stock ,or broth

INSTRUCTIONS

Heat the oven to 400F-200C. Tip the squash and onion onto a baking tray, toss in 2 tbsp oil to coat the vegetables and bake for 20 minutes until softened. Meanwhile, heat the remaining oil in a large pan, then stir in the risotto rice and cook for 1 min until coated. Add the wine and cook, stirring, until it is absorbed. Then, add stock a ladleful at a time, stirring frequently, only adding more once the liquid has been absorbed by the rice, about 15 minutes. Tip the roasted vegetables into a food processor and blends to a smooth paste, adding a little chicken stock if needed. Stir this through the rice and season to taste. Divide the risotto between plates and top each with pieces of crisp pancetta to serve.

MACROS PER PORTION

CALORIES	485	PROTEIN	17
CARBS	57	FATS	21
FIBRE	3		



TUNA PASTA IN TOMATO SAUCE

SERVES: 4

TOTAL TIME: 20

GF Q

INGREDIENTS

100g (1 can) Tuna in oil, drained
2 garlic cloves
400g cans chopped tomatoes in tomato puree
2 tablespoon capers
300g penne pasta
25g Cheddar cheese, grated
50g breadcrumbs
25g mozzarella cheese, grated
1 tablespoons basil, chopped

INSTRUCTIONS

Heat the grill to medium high. Pour a little of the tuna oil into a wide ovenproof sauté pan and heat the garlic. Pour in the chopped tomatoes and simmer for 15 mins. Stir in the tuna, basil and capers, and season well. Meanwhile, heat the oven to 350F-174C. Cook the penne pasta according to the pack instructions. Drain lightly, then stir into the sauce. Heat through, then top with the cheese and breadcrumbs, and bake in the oven until cheese is melted.

MACROS PER PORTION

CALORIES	371	PROTEIN	21
CARBS	56	FATS	7
FIBRE	2		



PROSCIUTTO TART

SERVES: 4

TOTAL TIME: 25

Q GF

INGREDIENTS

2 sheets puff pastry
150g goat cheese
75g sun dried tomatoes
8 slices prosciutto
30g baby spinach
2 tablespoons sesame seeds

INSTRUCTIONS

Heat oven to 400F-200C. Unroll the pastry. Score the centre of the tart base and prick all over with a fork. Brush the border with a little milk for an even golden colour, and sprinkle with sesame seeds. Bake for 20-25 mins, until puffed up and golden. Meanwhile, mix the goat cheese with 1 tbsp oil from the sun blushed tomatoes. Remove the pastry from the oven and transfer to a board. Spread the goat cheese mix in the centre of the tart and scatter with the tomatoes, prosciutto and baby spinach. Drizzle over a little extra tomato oil to serve.

MACROS PER PORTION

CALORIES	477	PROTEIN	38
CARBS	16	FATS	29
FIBRE	2		



CHICKEN SALAD

SERVES: 1

TOTAL TIME: 10

Q GF

INGREDIENTS

1 head Iceberg lettuce, chopped
1 roasted chicken breast
1 stalk celery, chopped
1 carrot, chopped
1 hard boiled egg, chopped
1 tablespoons crumbled feta cheese
2 tablespoons honey-mustard

INSTRUCTIONS

Arrange lettuce, chicken, celery, carrot, egg and cheese in a salad bowl or sealable container. Before serving, drizzle with dressing.

MACROS PER PORTION

CALORIES	297	PROTEIN	30
CARBS	24	FATS	9
FIBRE	4		



QUINOA SALAD

SERVES: 4

TOTAL TIME: 20

GF Q V

INGREDIENTS

1 tablespoons extra-virgin olive oil
4 tablespoons lime juice
1 teaspoons ground cumin
250g quinoa, cooked
30g baby Arugula
200g black beans
4g coriander leaves
120g feta cheese, crumbled
1/2 avocado
160g sweet corn, kernels
1 medium courgette, cut lengthwise

INSTRUCTIONS

Preheat a grill. Grill corn, turning occasionally, until charred and tender, 10 minutes. Grill courgette, turning once, until charred and tender, about 2 minutes per side. Coarsely chop courgette and cut kernels from the cobs. Whisk oil, lime juice and cumin in a large bowl. Add the courgette, corn, quinoa, rocket, beans, coriander, crumbled cheese and chopped avocado. Gently toss to combine.

MACROS PER PORTION

CALORIES	644	PROTEIN	27
CARBS	89	FATS	20
FIBRE	16		



ROASTED SQUASH AND SAUSAGE

SERVES: 4

TOTAL TIME: 30

Q DF GF

INGREDIENTS

8 good-quality sausage (your choice)
350g squash, chopped into cubes
500g baby potatoes
1 tablespoon olive oil
2 teaspoon sweet paprika
1 lemon, zest
basil leaves, garnish

INSTRUCTIONS

Heat the oven to 400F-200C. Arrange the sausages, squash and potatoes in a roasting tin and toss in the oil, paprika and lemon zest. Season well and roast for 30 mins, tossing well halfway through. To serve scatter with basil.

MACROS PER PORTION

CALORIES	269	PROTEIN	12
CARBS	26	FATS	13
FIBRE	5		

DESSERT







CLASSIC APPLE PIE

SERVES: 8

TOTAL TIME: 1H 40 MINUTES

V VE DF

INGREDIENTS

Crust

280g flour

3/4 teaspoon salt

150ml oil

4 tablespoons cold water

Filling

6-7 Granny Smith apples, peeled and sliced

200g sugar

1 teaspoon cinnamon

2 tablespoons butter cut into small cubes

INSTRUCTIONS

Stir flour, salt, while pouring oil with a fork. Sprinkle water over dough, knead with hands until just incorporated. If mixture is too dry add a little more oil. Separate into 2 discs and wrap tightly with plastic wrap. Allow to rest in the fridge for 1 hour. Let sit out for 5 minutes, then on a lightly floured surface roll one half of dough to a circle. Transfer to a pie plate. (9-inch) Filling- Place the apples, sugar and cinnamon in a large bowl and toss to coat. Pour into the pie pan, top with butter and the second pie dough sheet. Bake for 40 minutes. Serve with vanilla ice cream.

MACROS PER PORTION

CALORIES	505	PROTEIN	4
CARBS	75	FATS	21
FIBRE	5		



STRAWBERRY CHEESECAKE IN A GLASS

SERVES: 4

TOTAL TIME: 30

Q V GF

INGREDIENTS

200g oz fat-free cream cheese
100ml whipped cream
1 teaspoon vanilla extract
150g petite beurre
4 tablespoons melted butter
160g strawberries sliced
25g sugar powder
50g sugar

INSTRUCTIONS

In a small bowl, add petite beurre crumbs and melted butter and stir until combined. Add 3 tablespoons of petite beurre crumbs mixture in separate glasses. With an electric mixer, beat the whipped cream, sugar powder, vanilla extract and cream cheese until well blended. Next add a layer of cream cheese mixture, in glasses. In medium pot add strawberries and sugar, then cook 10 minutes on low heat. Leave to cool then place on a layer of cream cheese. Store in the refrigerator until you are ready to serve.

MACROS PER PORTION

CALORIES	485	PROTEIN	11
CARBS	54	FATS	25
FIBRE	2		



CHOCOLATE BANANA BREAD WITH DULCE DE LECHE CREAM

SERVES: 6

TOTAL TIME: 1 HOUR



INGREDIENTS

70g all-purpose flour
50g cocoa powder
75g dulce de leche cream, melted,
plus more for drizzle (3 tablespoons)
150g sugar
1 teaspoon baking soda
3/4 teaspoon baking powder
1/2 teaspoon salt
300g mashed bananas
125ml vegetable oil
2 eggs
1 teaspoon vanilla extract

INSTRUCTIONS

Preheat oven to 350F-175C. Line a large loaf pan with parchment paper. Set aside. In a large bowl, mix together the slightly melted dulce de leche, sugar, mashed bananas, vegetable oil and eggs. After mixing, stir in cocoa, baking powder, soda, salt and vanilla. Add flour and stir. Pour into loaf pan and bake for 50 minutes, until knife inserted in the center of the loaf comes out clean. Cool on a wire rack for 20 minutes. When bread has cooled, drizzle with dulce de leche cream.

MACROS PER PORTION

CALORIES	485	PROTEIN	5
CARBS	60	FATS	25
FIBRE	4		



ENERGY BALLS

SERVES: 5

TOTAL TIME: 10

Q V VE DF

INGREDIENTS

- 180g almond butter
- 70g old fashioned rolled oats
- 2 tablespoons maple syrup
- 40g flaxseed meal
- 10 dates, pitted
- 1 tablespoons chia seeds
- 80g mini dark chocolate chips

INSTRUCTIONS

In a food-processor blend the dates until they start to break down and ball up into one big ball. Add almond butter, oats, syrup, flaxseed, chia seeds and chocolate chips. Pulse a few times until combined. Use a tablespoon to scoop out energy balls, rolling between your palms to form a smooth ball. Drizzle with additional melted chocolate and sprinkle with sea salt. Store in an airtight container in the fridge for up 10 days or freeze for up to 3 months.

MACROS PER PORTION

CALORIES	326	PROTEIN	7
CARBS	43	FATS	14
FIBRE	8		



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

THE LEAN BODY COOK BOOK