



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

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

# BREAKFAST









# OVERNIGHT OATS WITH BERRIES

SERVES: 4

TOTAL TIME: 5 MINUTES



## INGREDIENTS

80g rolled oats  
2 tablespoons chia seeds  
1 tablespoon hemp seed  
240ml almond milk  
245g yogurt ( non-dairy)  
2 tablespoons whey protein  
For toppings:  
2 tablespoons hemp seed  
60g raspberries, strawberries or mix  
75g nuts, chopped

## INSTRUCTIONS

Mix the rolled oats, chia seeds, hemp seeds, almond milk, yogurt, and whey protein powder into a bowl or mason jar.

Let the mix sit in the refrigerator overnight until the oatmeal has soaked up all the liquid.

Remove from the refrigerator and top with chopped nuts, hemp seeds and berries.

### MACROS PER PORTION

<b>CALORIES</b>	<b>468</b>	<b>PROTEIN</b>	<b>21</b>
<b>CARBS</b>	<b>33</b>	<b>FATS</b>	<b>28</b>
<b>FIBRE</b>	<b>11</b>		



# GINGERBREAD FRENCH TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V

## INGREDIENTS

2 eggs  
125ml milk  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground ginger  
1/4 tsp ground cloves  
4 slices rye sandwich bread (gluten-free if required)  
1 tbsp butter  
1 tbsp powdered sugar

## INSTRUCTIONS

Start by whisking together the eggs, milk, cinnamon, nutmeg, ginger and cloves.

Submerge each slice of the bread in the liquid for about 20-30 seconds each side.

Add the butter to a large non-stick frying pan and bring it to a medium heat.

Cook slices for about 4 minutes each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

### MACROS PER PORTION

<b>CALORIES</b>	<b>422</b>	<b>PROTEIN</b>	<b>16</b>
<b>CARBS</b>	<b>58</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>0</b>		



# BANANA ALMOND MILK SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

V VE Q DF

## INGREDIENTS

1 banana  
2 tablespoons almond butter  
120ml almond milk  
1 tablespoon honey  
1 tablespoon hemp seed  
1/2 teaspoon ground cinnamon  
8-10 ice cubes

## INSTRUCTIONS

Add all the ingredients into a blender.

Blend until smooth and creamy.

Replace the honey with maple syrup to make the dish vegan.

### MACROS PER PORTION

CALORIES	424	PROTEIN	11
CARBS	32	FATS	28
FIBRE	5		



# SMOKED SALMON AND EGGS

SERVES: 4

TOTAL TIME: 15 MINUTES



## INGREDIENTS

1/8 cup (1 oz) butter, melted  
6 eggs  
2.5 oz double cream  
4 teaspoons capers, drained and rinsed  
4.8 oz smoked salmon, flaked  
1/2 cup (3oz) Cheddar cheese, grated  
6 slices sourdough

## INSTRUCTIONS

Preheat the oven to 200F-180C.

Brush the insides of six ramekins or one 25 x 30cm ceramic pie dish with the melted butter. Crack one egg into each ramekin (or all into the dish), being careful not to break the yolks.

Drizzle over the cream and lightly season.

Scatter over the capers, salmon and cheese then bake for 10 mins until the eggs are just cooked but the yolks runny.

Meanwhile, toast or grill the sourdough before removing the eggs from the oven and serving with the sourdough.

### MACROS PER PORTION

<b>CALORIES</b>	<b>454</b>	<b>PROTEIN</b>	<b>27</b>
<b>CARBS</b>	<b>28</b>	<b>FATS</b>	<b>26</b>
<b>FIBRE</b>	<b>1</b>		

# MAINS









# CREAMY CUCUMBER, RADISH & TOMATO SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES



## INGREDIENTS

2 tablespoons mayonnaise  
75g crumbled feta cheese  
1 tablespoon chopped fresh chives, plus more for garnish  
1 tablespoon chopped fresh dill, plus more for garnish  
30ml lemon juice  
¼ teaspoon salt  
¼ teaspoon ground pepper  
1 large English cucumber, diced  
1 cup cherry tomatoes, quartered  
120g radishes, sliced or diced  
½ medium red onion, finely diced

## INSTRUCTIONS

Whisk the mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl.

Add cucumber, tomatoes, radishes and onion and toss to coat.

Garnish with more chives and dill, if desired.

### MACROS PER PORTION

<b>CALORIES</b>	<b>265</b>	<b>PROTEIN</b>	<b>10</b>
<b>CARBS</b>	<b>27</b>	<b>FATS</b>	<b>13</b>
<b>FIBRE</b>	<b>4</b>		



# EASY BAKED LAMB

SERVES: 4

TOTAL TIME: 1 HOURS 40 MINUTES



## INGREDIENTS

- 1 large onion, diced
- 2 large carrots, cut into bitesize pieces
- 600g lamb leg
- 500ml lamb stock - from a cube is fine ( or beef stock)
- 3 large potatoes (roughly 500g), cut into slices
- Plus a little oil, salt and pepper
- Vegetables to serve

## INSTRUCTIONS

Preheat your oven to 180C -350F.

In a large ovenproof pan , add a little oil plus the onion and carrot. Cover with a lid and cook on a low heat for 5 minutes or until soft but not brown.

Turn the heat up and add the lamb, cook for 2-3 minutes until nicely browned.

Add the lamb stock, plus a little salt and pepper and bring to the boil.

Turn the heat off and arrange the potato slices on the top so they slightly overlap. Sprinkle with a little salt and pepper then cover the pan with a lid (or foil) and place in the preheated oven for 1 hour.

After 1 hour turn the oven up to 220C- 425F and cook for a further 30 minutes, uncovered, or until the top is brown and the potatoes are completely cooked.

Serve just as it is or with lettuce salad.

## MACROS PER PORTION

<b>CALORIES</b>	<b>386</b>	<b>PROTEIN</b>	<b>39</b>
<b>CARBS</b>	<b>35</b>	<b>FATS</b>	<b>10</b>
<b>FIBRE</b>	<b>4</b>		



# CHICKEN, KALE, QUINOA AND PUMPKIN SALAD

SERVES: 6

TOTAL TIME: 30 MINUTES



## INGREDIENTS

400g pumpkin or butternut squash, cut into cubes  
2 tablespoons olive oil  
Salt and pepper to taste  
100g kale hard stalks removed  
500g cooked chicken shredded or cut into cubes  
250g cooked quinoa  
Honey, Mustard and Cider Vinegar Dressing  
4 teaspoons wholegrain mustard  
4 tablespoons cider vinegar (or lemon juice, or white wine vinegar)  
2 tablespoons extra virgin olive oil  
2 tablespoons honey  
½ teaspoon salt  
Black pepper to taste

## INSTRUCTIONS

Preheat your oven to 220C - 425F.

Place the pumpkin/squash in a roasting tray and drizzle with olive oil, sprinkle with salt and black pepper.

Toss the pumpkin in the oil and seasoning and place in the preheated oven for 20 minutes. Allow to cool for 5-10 minutes before adding to the salad.

Meanwhile, mix together the dressing ingredients. Simply place all the dressing ingredients into a clean jam jar, screw on the lid and shake until everything is combined.

Put the kale in a large bowl and pour over the dressing. Massage the dressing into the kale for about a minute, or until it feels like the kale has softened and is more like the texture of lightly cooked kale.

Add the quinoa, chicken and cooled butternut squash to the kale and stir to combine.

Serve straight away or place in boxes in the fridge for lunches.

## MACROS PER PORTION

<b>CALORIES</b>	<b>427</b>	<b>PROTEIN</b>	<b>31</b>
<b>CARBS</b>	<b>42</b>	<b>FATS</b>	<b>15</b>
<b>FIBRE</b>	<b>5</b>		





# SHEET-PAN EGGS WITH SPINACH & HAM

SERVES: 12

TOTAL TIME: 45 MINUTES

GF

## INGREDIENTS

18 large eggs  
60ml reduced-fat milk  
1½ teaspoons smoked paprika  
1 teaspoon salt  
1 teaspoon ground pepper  
1 teaspoon onion powder  
1 package frozen chopped spinach, thawed and squeezed dry  
130g Cheddar cheese  
70g diced ham

## INSTRUCTIONS

Preheat oven to 175C-350F.

Generously coat a large rimmed baking sheet with cooking spray.

Whisk eggs, milk, smoked paprika, salt, pepper and onion powder together in a large bowl.

Pour onto the prepared baking sheet and sprinkle with spinach, cheddar and ham.

Bake until just set, 20 to 25 minutes, rotating the pan from back to front halfway through baking to ensure even cooking.

Cut into 12 squares and serve.

## MACROS PER PORTION

CALORIES	163	PROTEIN	14
CARBS	2	FATS	11
FIBRE	1		



# SLOW BRAISED LAMB SHANKS & EGGPLANT

SERVES: 4

TOTAL TIME: 2 HOURS 30 MINUTES

DF GF

## INGREDIENTS

700g Aubergine chopped  
4 lamb shanks  
1¼ teaspoons salt  
½ teaspoon freshly ground pepper  
2 tablespoons extra-virgin olive oil, divided  
1 large green bell pepper, diced  
1 small onion, diced  
3 cloves garlic, minced, divided  
5 plum tomatoes, diced  
1 cup water  
½ cup finely chopped parsley, divided

## INSTRUCTIONS

Rub lamb shanks with 1 tablespoon sumac, salt and pepper and slice the aubergine.

Heat 1 tablespoon oil in a large Dutch oven (or other 5- to 6-quart pot) over medium-high heat. Add the lamb, cook, turning often, until browned on all sides, 5 to 7 minutes total.

Transfer to a plate. Add the remaining 1 tablespoon oil to the pot; add bell pepper, onion, 2 minced garlic cloves.

Cook, stirring often, until the vegetables are beginning to soften, 3 to 5 minutes. Return the lamb to the pot. Stir in the eggplant, tomatoes and water.

Bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring occasionally and turning the shanks over once about halfway through, until the lamb is very tender, about 2 hours.

Remove the lamb to a plate and tent with foil to keep warm.

Increase heat to medium-high and cook the sauce until slightly reduced and thickened, 5 to 10 minutes. Remove from heat and stir in parsley. Serve the lamb and vegetable and enjoy.

## MACROS PER PORTION

CALORIES	368	PROTEIN	49
CARBS	7	FATS	16
FIBRE	2		



# LAMB PIZZA

**SERVES: 4**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

1 tablespoon olive oil, plus extra for greasing  
1 small red onion, diced  
500g lamb mince  
1 teaspoon chilli flakes  
1 teaspoon ground cumin  
Salt and black pepper to taste  
2 tablespoons fresh parsley chopped (plus extra for garnish)  
350ml passata or tinned chopped tomatoes, blended  
4 pizza base  
100g feta cheese  
Salad  
1 small red onion, diced very finely  
Juice of 1 lemon  
150g cherry tomatoes, diced  
150g cucumber, diced  
Salt and black pepper to taste



## INSTRUCTIONS

Preheat your oven to 220C -400F and lightly grease large baking trays with oil.

Place the diced onion and oil in a large frying pan and gently fry for 3 minutes until softened.

Turn the heat up and add the lamb. Fry for 5 minutes, or until lightly browned. Add chilli flakes, cumin, salt and black pepper. Add the parsley and passata and allow to bubble and reduce for 10 minutes.

When the lamb mixture is ready, divide evenly between the pizza bases and place in the preheated oven for 10 minutes or until the bases are fully cooked and tinged with brown.

Meanwhile, make the salad. In a small bowl add chopped onion, lemon juice, cherry tomatoes, cucumber, salt and pepper.

Scatter the pizzas with feta cheese and more chopped fresh parsley and serve with salad.

### MACROS PER PORTION

<b>CALORIES</b>	<b>496</b>	<b>PROTEIN</b>	<b>31</b>
<b>CARBS</b>	<b>30</b>	<b>FATS</b>	<b>28</b>
<b>FIBRE</b>	<b>4</b>		



# ROASTED PORK CHOPS & POTATOES

**SERVES: 4**

**TOTAL TIME: 1 HOUR**

## INGREDIENTS

4 boneless pork loin chops  
4 small potatoes  
230g fresh Brussels sprouts, trimmed and halved  
60g soft bread crumbs  
1 tablespoon fresh parsley, minced  
salt and black pepper, to taste  
2 teaspoons butter, melted  
1 lettuce, medium  
1 tsp olive oil

## INSTRUCTIONS

Preheat oven to 200C-400F.

Cut each potato lengthwise into 12 wedges. Arrange potatoes and Brussels sprouts in a baking pan coated with cooking spray. Drizzle vegetables with olive oil toss to coat. Roast 20 minutes.

Pat pork dry with paper towels, add salt and pepper. Drizzle with 1 tsp olive oil. Place pork chops over top. Roast 15-20 minutes longer or until a thermometer inserted in pork reads 145°.

Preheat grill. In a small bowl, combine bread crumbs, parsley, salt and pepper. Stir in butter. Top pork with crumb mixture. Grill for 1-2 minutes or until bread crumbs are golden brown. Let stand 5 minutes.

Serve with chopped lettuce topped with lemon juice and olive oil.

## MACROS PER PORTION

<b>CALORIES</b>	<b>331</b>	<b>PROTEIN</b>	<b>28</b>
<b>CARBS</b>	<b>39</b>	<b>FATS</b>	<b>7</b>
<b>FIBRE</b>	<b>7</b>		





# EASY VEGETABLE BOLOGNESE

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

1 tablespoon olive oil  
1 onion, diced  
150g mushrooms, diced  
2 courgettes  
1 carrot, diced  
1 vegetable stock cube  
1 teaspoon dried oregano  
2x 400g tins chopped tomatoes  
salt and pepper, to taste  
300g wholewheat spaghetti, cooked according to packet  
4 tbsp parmesan, grated

## INSTRUCTIONS

Heat the oil in a large saucepan and fry the onion and carrot for 3 minutes.

Add the mushrooms, courgettes and pepper and fry for 5 minutes. Cook for 15 minutes more, or until the vegetables are golden and softened, stirring occasionally.

Add chopped tomato sauce, and bring to the boil. Add 200ml of water and stock cube and give everything a good stir. Bring to the boil, then lower the heat and simmer for 20 minutes, or until reduced. If the sauce is a bit thin, keep bubbling until it thickens.

Serve with the cooked spaghetti and grate the cheese over the top.

## MACROS PER PORTION

<b>CALORIES</b>	<b>363</b>	<b>PROTEIN</b>	<b>15</b>
<b>CARBS</b>	<b>60</b>	<b>FATS</b>	<b>7</b>
<b>FIBRE</b>	<b>11</b>		



# BAKED ZITI & MOZZARELLA CHEESE

SERVES: 4

TOTAL TIME: 1 HOURS



## INGREDIENTS

1 tablespoon olive oil  
1 medium onion, chopped  
3 garlic cloves, minced  
2 tins Italian crushed tomatoes  
350ml water  
125ml dry red wine or reduced-sodium vegetable stock  
1 tablespoon sugar  
1 teaspoon dried basil  
450g ziti or small tube pasta  
160g mozzarella cheese, grated

## INSTRUCTIONS

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

In a dutch oven, saute onion in oil, until tender. Add garlic; cook 1 minute longer.

Stir in tomatoes, water, wine, sugar and basil. Bring to a boil and remove from heat. Stir in cooked ziti pasta (or other pasta).

Transfer to a 13x 9 baking dish coated with cooking spray. Cover and bake at 175C-350F for 1 hour.

Top with the mozzarella cheese. Bake, uncovered, about 5 minutes longer or until ziti is tender and cheese is melted.

## MACROS PER PORTION

CALORIES	520	PROTEIN	18
CARBS	94	FATS	8
FIBRE	5		



# YORKSHIRE PUDDING

SERVES: 6

TOTAL TIME: 1 HOURS

## INGREDIENTS

4 large eggs  
250 ml milk  
1 pinch salt  
120g plain flour  
2 tablespoons lard, beef dripping, or vegetable oil  
2 tablespoons cold water

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## INSTRUCTIONS

Preheat the oven to 230C-450F.

In a cupcake tin (12-hole muffin tin) place a pea-sized piece of lard, dripping, or 1/2 teaspoon vegetable oil into each compartment.

Pop into the oven for about 5 minutes so the oil gets hot.

Meanwhile, beat the eggs, flour, milk and a pinch of salt and pepper together in a jug until light and smooth. Add 2 tablespoons of cold water to the batter and give it another good whisk.

Fill the openings in tin 1/3 full with batter and return quickly to the oven.

Bake approximately 20 minutes or until golden brown, puffed, and crisp.

Repeat until all the batter is used up.

Serve and enjoy.

## MACROS PER PORTION

CALORIES	185	PROTEIN	8
CARBS	18	FATS	9
FIBRE	1		



# PESTO AND PEAS WITH BAKED POTATOES

SERVES: 4

TOTAL TIME: 1 HOUR



## INGREDIENTS

4 large baking potatoes  
1 tablespoon olive oil  
1 teaspoon sea salt  
400g peas, fresh or frozen  
1/2 red onion, finely sliced  
4 tablespoon sour cream  
Pesto:  
1 parsley leaves, chopped  
1 mint leaves, chopped  
3 tablespoon grated parmesan  
3 tablespoon toasted pinenuts, crushed  
4 tablespoon extra virgin olive oil

## INSTRUCTIONS

Heat the oven to 200C-400F.

Scrub the potatoes and pat dry. Prick the skin lightly, coat in olive oil, and roll in sea salt. Bake directly on the oven rack for 50 to 60 minutes until soft.

To make the pesto, combine all ingredients in a bowl with sea salt and pepper, mixing well.

Cook the peas in simmering salted water for 3 minutes if fresh or 1 minute if frozen, then drain and toss with the pesto.

Cut a cross on the top of each potato, and pinch it open. Season well, and spoon the peas and pesto on top of the potatoes.

Add a dollop of sour cream, and scatter with red onion, extra mint leaves and cracked black pepper. Serve hot.

## MACROS PER PORTION

<b>CALORIES</b>	<b>417</b>	<b>PROTEIN</b>	<b>11</b>
<b>CARBS</b>	<b>46</b>	<b>FATS</b>	<b>21</b>
<b>FIBRE</b>	<b>8</b>		





# QUICK AND EASY PORK WITH ORZO

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

700g pork tenderloin  
1 teaspoon ground pepper  
2 tablespoons olive oil  
125g uncooked orzo pasta  
1/4 teaspoon salt  
150g fresh kale leaves  
150g baby tomatoes, halved  
110g crumbled feta cheese

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## INSTRUCTIONS

Rub pork with pepper and cut into cubes.

In a large nonstick frying pan, heat oil over medium heat. Add pork, cook and stir until no longer pink, 8-10 minutes.

Meanwhile, in a Dutch oven, bring water to a boil. Stir in orzo and salt, cook, uncovered, 8 minutes. Add kale and cook until orzo is tender and kale is wilted, 45-60 seconds longer. Drain.

Add tomatoes to pork, heat through. Stir in orzo mixture and crumbled feta cheese.

### MACROS PER PORTION

<b>CALORIES</b>	<b>389</b>	<b>PROTEIN</b>	<b>37</b>
<b>CARBS</b>	<b>22</b>	<b>FATS</b>	<b>17</b>
<b>FIBRE</b>	<b>2</b>		



# BRUSSEL SPROUT BAKE

SERVES: 6

TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

3 tbsp butter  
1 brown onion, diced  
3 cloves garlic, minced  
900g Brussels sprouts, cored and halved  
Salt & cracked pepper  
180ml heavy cream  
170g cheddar cheese, grated  
50g Parmesan, grated  
6 slices cooked bacon, crumbled

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5.

Add the butter to a large oven safe pan or frying pan. Add the Brussels sprouts, onion and garlic. cook, on medium heat, stirring occasionally for 8-10 minutes.

Remove from the heat and stir through the cream. Sprinkle with cheddar and Parmesan and top with bacon bits.

Cook for 15 minutes or until cheese has melted.

### MACROS PER PORTION

<b>CALORIES</b>	<b>410</b>	<b>PROTEIN</b>	<b>17</b>
<b>CARBS</b>	<b>18</b>	<b>FATS</b>	<b>30</b>
<b>FIBRE</b>	<b>6</b>		



# PORTOBELLO BURGERS

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

4 portobello mushroom caps  
Cooking spray  
¼ teaspoon ground pepper  
2 tablespoons mayonnaise  
1 tablespoon ketchup  
1 tablespoon sweet pickle relish  
4 teaspoons steak sauce  
4 slices American cheese  
4 whole-wheat buns, toasted if desired  
70g shredded iceberg lettuce  
4 large tomato slices

## INSTRUCTIONS

Coat mushrooms with cooking spray and sprinkle with pepper. Grill, turning occasionally, until tender, 10 to 12 minutes total.

Meanwhile, mix mayonnaise, ketchup and relish in a small bowl.

Transfer the mushrooms to a plate and pat dry with paper towels. Brush with steak sauce and top the gill side of each mushroom with a slice of cheese. Return the mushrooms to the grill and cook until the cheese is just melted, about 1 minute more.

Serve on buns with the sauce, lettuce, tomatoes and onion and pickles, if desired.

### MACROS PER PORTION

<b>CALORIES</b>	<b>293</b>	<b>PROTEIN</b>	<b>13</b>
<b>CARBS</b>	<b>40</b>	<b>FATS</b>	<b>9</b>
<b>FIBRE</b>	<b>4</b>		



# SLOW COOKER BEEF

SERVES: 8

TOTAL TIME: 7 HOURS

DF

## INGREDIENTS

900g beef top round steak  
1 tin passata  
2 tablespoons onion soup mix  
2 tablespoons canola oil  
2 tablespoons red wine vinegar  
1 teaspoon ground oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper  
8 medium potatoes  
1 tablespoon cornflour  
1 tablespoon cold water

## INSTRUCTIONS

Cut steak into serving-sized pieces. Place in a slow cooker.

In a large bowl, combine the passata, soup mix, oil, vinegar, oregano, garlic powder and pepper and pour over meat.

Peel potatoes, grate them and cut them into cubes, place over meat. Cover and cook on low for 7 to 8 hours or until meat and potatoes are tender. Remove meat and potatoes and keep warm.

For gravy, pour cooking juices into a small saucepan. Combine cornstarch and water until smooth and gradually stir into juices. Bring to a boil, cook and stir for 2 minutes or until thickened.

Serve with meat and potatoes.

### MACROS PER PORTION

<b>CALORIES</b>	<b>434</b>	<b>PROTEIN</b>	<b>40</b>
<b>CARBS</b>	<b>37</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>6</b>		





# WHOLE ROASTED FISH IN A SALT CRUST

SERVES: 4

TOTAL TIME: 45 MINUTES



## INGREDIENTS

- 1kg sea salt
- 1 cup water
- 1 tablespoon dried herbs ( thyme, marjoram, oregano, rosemary)
- 1 tablespoon + 1 teaspoon extra-virgin olive oil
- 1 whole striped bass, cleaned with head and tail
- 1 orange, sliced
- 1 lemon, cut in wedges

## INSTRUCTIONS

Preheat oven to 225C-450F.

To prepare salt crust- combine salt, water and herbs, mix until it's the consistency of wet sand.

Spread half the salt mixture on the prepared baking sheet in a rectangle just larger than the fish.

To prepare fish - open the fish up and season the inside with 1 teaspoon each salt and pepper, then add a layer of orange slices. Place the stuffed fish on the rectangle of salt. Pat the remaining salt mixture over the fish to cover completely.

Bake the fish for 30 minutes. Remove from the oven and let cool for 2 minutes.

Using a large spoon, rap all around the edge of the salt crust to loosen it. Remove the salt top and carefully remove the skin.

Use an offset spatula to remove the top fillet from the bones and transfer to a warmed serving plate.

Use the spatula to lift away the bottom fillet and place it on the plate.

Drizzle the fillets with the remaining 1 teaspoon oil and garnish with lemon wedges. Serve immediately.

## MACROS PER PORTION

CALORIES	420	PROTEIN	44
CARBS	7	FATS	24
FIBRE	2		



# ROAST BRUSSELS SPROUTS WITH ALMONDS

SERVES: 2

TOTAL TIME: 30 MINUTES

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## INGREDIENTS

50g almonds, chopped  
400g Brussels sprouts cut in half  
splash of olive oil, for roasting  
sea salt and freshly ground pepper  
2 tablespoon extra virgin olive oil  
2 teaspoon Dijon mustard  
1/2 red onion, peeled, very finely diced  
2 tablespoon lemon juice

## INSTRUCTIONS

Preheat oven to 180C.

Roast almonds and roughly chop.

Remove any brown outer leaves from the Brussels sprouts. Toss with oil, salt and pepper and place on a roasting tray. Cook in oven until softened in the centre and the edges turns crispy brown, occasionally shaking the roasting pan.

Make a dressing from the oil, mustard, onion and lemon juice, then season to taste.

Just before serving, toss roasted sprouts and almonds with the dressing in a large pot and warm through. Serve immediately.

## MACROS PER PORTION

<b>CALORIES</b>	<b>464</b>	<b>PROTEIN</b>	<b>6</b>
<b>CARBS</b>	<b>47</b>	<b>FATS</b>	<b>28</b>
<b>FIBRE</b>	<b>6</b>		



# ROAST CHICKEN WITH POMEGRANATE GLAZE

SERVES: 6

TOTAL TIME: 1 HOUR



## INGREDIENTS

250ml pomegranate juice  
1 whole chicken (1300g)  
Extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
250ml low-sodium chicken stock  
1 tablespoon fresh thyme  
1 cup pomegranate seeds

## INSTRUCTIONS

Heat pomegranate juice in a small saucepan over medium heat until reduced to 60 ml. Set aside.

Meanwhile, let the chicken come to room temperature for about 30 minutes. Heat oven to 225C-450F. Brush chicken with oil and season with salt and pepper. Tie legs and transfer to a large ovenproof frying pan. Roast chicken, turning once, reduce oven temperature to 200C-400F. Brush the chicken all over with the remaining pomegranate mixture, and continue to roast until an instant-read thermometer inserted into a thigh without touching bone reaches 165 degrees, until golden and cooked through, about 50 minutes.

Transfer to a serving dish and brush with reduced pomegranate juice. Let stand 10 minutes.

Deglaze frying pan over medium heat with stock, scraping up brown bits with a wooden spoon. Cook until reduced by half. Add thyme and pomegranate seeds.

Serve with chicken and sprinkle with pomegranate seeds.

## MACROS PER PORTION

CALORIES	475	PROTEIN	66
CARBS	10	FATS	19
FIBRE	1		



# VEGETABLE SOUP

SERVES: 8

TOTAL TIME: 1 HOURS

DF GF

## INGREDIENTS

2 tablespoons extra-virgin olive oil  
1 medium onion, chopped  
2 medium carrots, chopped  
2 stalks celery, chopped  
340g fresh green beans cut into 1/2-inch pieces  
2 cloves garlic, minced  
2l no-salt-added chicken stock or low-sodium vegetable stock cubes  
2 tins of cannellini beans, rinsed  
2 medium courgettes, chopped  
4 Roma tomatoes, seeded and chopped  
2 teaspoons red-wine vinegar  
3/4 teaspoon salt  
1/2 teaspoon ground pepper  
8 teaspoons prepared pesto

## INSTRUCTIONS

Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil.

Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.

Add cannellini beans, green peas, corn, courgette, tomatoes, vinegar, salt and pepper. Increase heat to return to a simmer. Cook until the zucchini have softened, about 10 minutes.

Top each serving of soup with 1 teaspoon pesto.

### MACROS PER PORTION

<b>CALORIES</b>	<b>484</b>	<b>PROTEIN</b>	<b>22</b>
<b>CARBS</b>	<b>36</b>	<b>FATS</b>	<b>28</b>
<b>FIBRE</b>	<b>11</b>		





# PRETZEL CHICKEN MINI-FILLET'S

SERVES: 6

TOTAL TIME: 25 MINUTES



## INGREDIENTS

700g chicken mini-fillets  
250ml buttermilk  
2 teaspoons garlic powder  
1 teaspoon salt  
1 teaspoon onion powder  
1/2 teaspoon pepper  
200g fat-free plain Greek yogurt  
30g peach jam  
1 tablespoon mustard  
200g miniature pretzels, crushed  
cooking spray

## INSTRUCTIONS

In a large bowl, combine the buttermilk, garlic, salt, onion powder and pepper, toss the chicken to coat. Refrigerate, covered, at least 30 minutes.

In a small bowl, mix yogurt, peach jam and mustard, refrigerate until serving.

Preheat oven to 200C-400F.

In a large shallow dish, add crushed pretzels.

Remove chicken from marinade, discarding marinade.

Dip both sides of chicken in crushed pretzel, patting to help coating adhere. Place on a parchment paper lined baking sheet. Spray with cooking spray.

Bake 20-25 minutes or until coating is golden brown and chicken is no longer pink.

Serve with sauce and salad.

## MACROS PER PORTION

<b>CALORIES</b>	<b>288</b>	<b>PROTEIN</b>	<b>31</b>
<b>CARBS</b>	<b>32</b>	<b>FATS</b>	<b>4</b>
<b>FIBRE</b>	<b>1</b>		



# CONFETTI KIELBASA

SERVES: 4

TOTAL TIME: 30 MINUTES



## INGREDIENTS

1 tablespoon canola oil  
200g smoked turkey kielbasa or smoked sausage), cut into 1/4-inch slices  
1 medium onion, halved and sliced  
4 sliced portobello mushrooms  
2 garlic cloves, minced  
125 ml reduced-sodium chicken stock  
3/4 teaspoon Garlic & Herb seasoning blend  
1 tin black beans, rinsed and drained  
1 packet ready-to-serve brown rice  
160g frozen sweetcorn  
75g chopped roasted sweet red peppers  
4 teaspoons minced fresh coriander

## INSTRUCTIONS

In a large frying pan, heat oil over medium-high heat.  
Add the sausage, onion and mushrooms. Cook and stir 4-6 minutes or until vegetables are tender. Add garlic, and cook 1 minute longer.  
Add stock and seasoning blend, stirring to loosen browned bits from pan. Bring to a boil, cook 2-3 minutes or until liquid is almost evaporated.  
Stir in remaining ingredients, and heat through before serving with the brown rice.

### MACROS PER PORTION

CALORIES	430	PROTEIN	25
CARBS	51	FATS	14
FIBRE	11		



# CHEESE NACHOS

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

450g lean minced beef  
1 finely chopped onion  
1 finely chopped red pepper  
4 cloves garlic, chopped  
1 tablespoon ground cumin  
2 teaspoons dried oregano  
1 teaspoon ground coriander  
1 tin diced tomatoes  
¼ cup water  
225g tortilla chips  
230g shredded cheese

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## INSTRUCTIONS

Preheat oven to 175C-350F.

Cook beef, onion, pepper and garlic in a large frying pan over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 -10 minutes.

Stir in the cumin, oregano and coriander, and cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.

Top chips with the chilli and cheese. Bake until the cheese is melted.

### MACROS PER PORTION

<b>CALORIES</b>	<b>434</b>	<b>PROTEIN</b>	<b>42</b>
<b>CARBS</b>	<b>35</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>6</b>		

# DESSERT









# CHRISTMAS FRUIT CAKE

SERVES: 10

TOTAL TIME: 1 HOUR 50 MINUTES



## INGREDIENTS

500g mixed dried fruits (apricot, raisins, prunes)  
180ml rum  
2 oranges, zest and juice  
150g honey  
175g unsalted butter  
175g dark sugar  
2 teaspoon mixed spices (cinnamon, ginger, nutmeg)  
4 tablespoons cocoa powder  
3 large eggs  
150g plain flour  
75g almonds, chopped  
½ teaspoon baking powder  
½ teaspoon bicarbonate of soda  
½ teaspoon salt

## INSTRUCTIONS

Preheat the oven at 150C-300F.

Grease an 8-inch cake tin with some butter. This fruitcake can also be prepared using 9x5-inch loaf tins. If using other types of tins, lightly grease and line with parchment paper.

Add the dried fruit, rum, orange juice and zest, honey, butter, sugar, spices and cocoa powder to a large pan on a medium heat.

Keep stirring the mixture and bring it to boil.

Turn the heat down and simmer for 5 minutes. Switch off the heat and let it cool down for 10 minutes.

In a separate bowl whisk the eggs.

In another separate bowl mix together the flour, almonds, baking powder, baking soda and salt.

Add the whisked eggs to the pan with the dried fruit mixture. Gently mix everything together.

Pour the mixture into the bowl with the flour. Mix everything together.

Pour the cake batter into the tin and bake in the oven for 1 hour and 25 minutes.

Remove it from the oven and let it cool down in the tin for 10 minutes before transferring to a cooling rack to cool down completely for at least few hours or even better overnight.

## MACROS PER PORTION

CALORIES	520	PROTEIN	7
CARBS	78	FATS	20
FIBRE	6		



# PEANUT BUTTER FUDGE

SERVES: 4

TOTAL TIME: 10 MINUTES + 4 HOURS

## INGREDIENTS

2 tablespoons butter  
35g icing sugar  
1 teaspoon vanilla extract  
120g natural peanut butter  
50g chocolate chips  
250ml condensed milk

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## INSTRUCTIONS

Heat the condensed milk and butter in a saucepan on medium until melted.

Whisk in the icing sugar until well combined, and bring the mixture to a low boil.

Continue to cook until the mixture thickens and begins to turn a bit of a light brown.

Once thickened, remove the mixture from the heat, and whisk in the peanut butter and vanilla until smooth.

Pour the mixture into a parchment-lined loaf or other small pans.

Wait for the mixture to cool for a few minutes before topping with chocolate chips (or chopped chocolate) so they stay on the surface.

Chill in the fridge for at least 4 hours.

Slice the fudge into pieces and serve.

Store remaining fudge in an airtight container in the fridge or freezer.

## MACROS PER PORTION

CALORIES	392	PROTEIN	11
CARBS	42	FATS	20
FIBRE	4		



# TIRAMISU

SERVES: 8

TOTAL TIME: 25 MINUTES



## INGREDIENTS

4 eggs  
100g golden caster sugar  
500g mascarpone cheese  
100ml Irish cream liqueur (Baileys Irish liqueur)  
300ml strong coffee, made with 2 tbsp coffee granules  
and 300ml boiling water  
175g sponge fingers  
25g dark chocolate  
2 tsp cocoa powder

## INSTRUCTIONS

Separate the egg whites and yolks into two large bowls. Whisk the whites until stiff.

Add the sugar to the yolks and whisk again (no need to clean first) until thick and foamy – this will take about 5 mins.

Whisk the mascarpone and cream liqueur into the egg yolks until you can't see any streaks of cheese.

Carefully fold the whites into the mascarpone mixture with a large metal spoon to keep in as much air as possible.

Get your serving dish ready (20 x 15 cm). Pour the coffee into a shallow dish and dip in a few sponge fingers at a time, turning them for a few seconds until they are nicely soaked, but not soggy. Layer these into the dish until you have used half the biscuits, then evenly spread over half of the creamy mixture. Using the coarse side of the grater, grate over most of the chocolate, then repeat the sponge and cream layers.

Cover and chill for a few hours or overnight. This can now be kept in the fridge for up to two days.

To serve, dust with cocoa powder and grate over the remaining chocolate.

## MACROS PER PORTION

<b>CALORIES</b>	<b>472</b>	<b>PROTEIN</b>	<b>9</b>
<b>CARBS</b>	<b>37</b>	<b>FATS</b>	<b>32</b>
<b>FIBRE</b>	<b>1</b>		



# RUM BALLS

SERVES: 20 SERVING

TOTAL TIME: 35 MINUTES

## INGREDIENTS

170g chocolate chips (or chopped chocolate)  
3 tablespoons light corn syrup  
125ml rum  
250g crushed cookies (or digestive biscuit crumbs)  
130g icing sugar (divided)  
140g nuts, finely chopped

0

## INSTRUCTIONS

Place the chocolate chips or chopped chocolate in a large microwave-safe bowl and microwave until melted, stirring after every 45 seconds to prevent overheating.

Once the chocolate is melted, add the corn syrup and rum and stir until combined.

Stir in the cookie crumbs, 1/2 of the icing sugar, and chopped nuts. Cover the bowl with cling wrap and place the mixture in the refrigerator until it is firm enough to shape - about 1 hour.

Using a small candy scoop or a spoon, roll the candy into small 1-inch balls between your palms. Place the remaining icing sugar in a small bowl, and roll the balls in the sugar, or the balls can be rolled in chopped nuts or cocoa powder.

Store the balls in the refrigerator and let them come to room temperature before serving.

## MACROS PER PORTION

<b>CALORIES</b>	<b>167</b>	<b>PROTEIN</b>	<b>3</b>
<b>CARBS</b>	<b>23</b>	<b>FATS</b>	<b>7</b>
<b>FIBRE</b>	<b>1</b>		



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

# THE LEAN BODY COOK BOOK