

30 DELICIOUS LEAN BODY RECIPES

THE LEAN BODY

THELEANBODYPROJECT.CO.UK

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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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GREEK YOGHURT WITH BANANA, GRANOLA, COCONUT AND RAISINS

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

225g low fat Greek yoghurt30g granola80g banana flesh18g coconut8g raisins

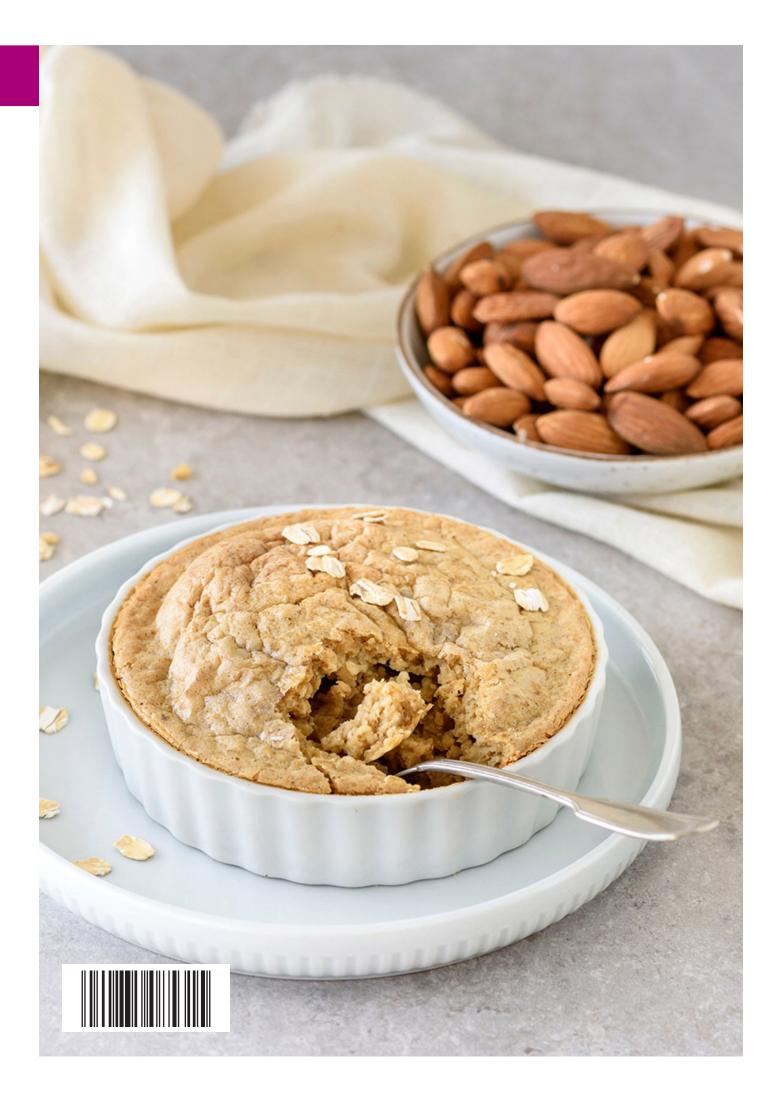
INSTRUCTIONS

Collect your ingredients and a bowl to layer up your meal.

Add the yoghurt first, then slice your banana lengthways and add into the yoghurt. Add your granola, chunks of coconut and finally your granola and raisins.

Eat immediately.

MACROS PER PORTION				
CALORIES	426	PROTEIN	28	
CARBS	47	FATS	14	
FIBRE	6			



ALMOND BUTTER BAKED OATS

SERVES: 1

TOTAL TIME: 20 MINUTES



INGREDIENTS

45g oats
8g almond butter
15g whey protein
1/4 tsp baking powder
80ml almond milk
1 egg white
Drop of almond extract
Low calorie spray oil

INSTRUCTIONS

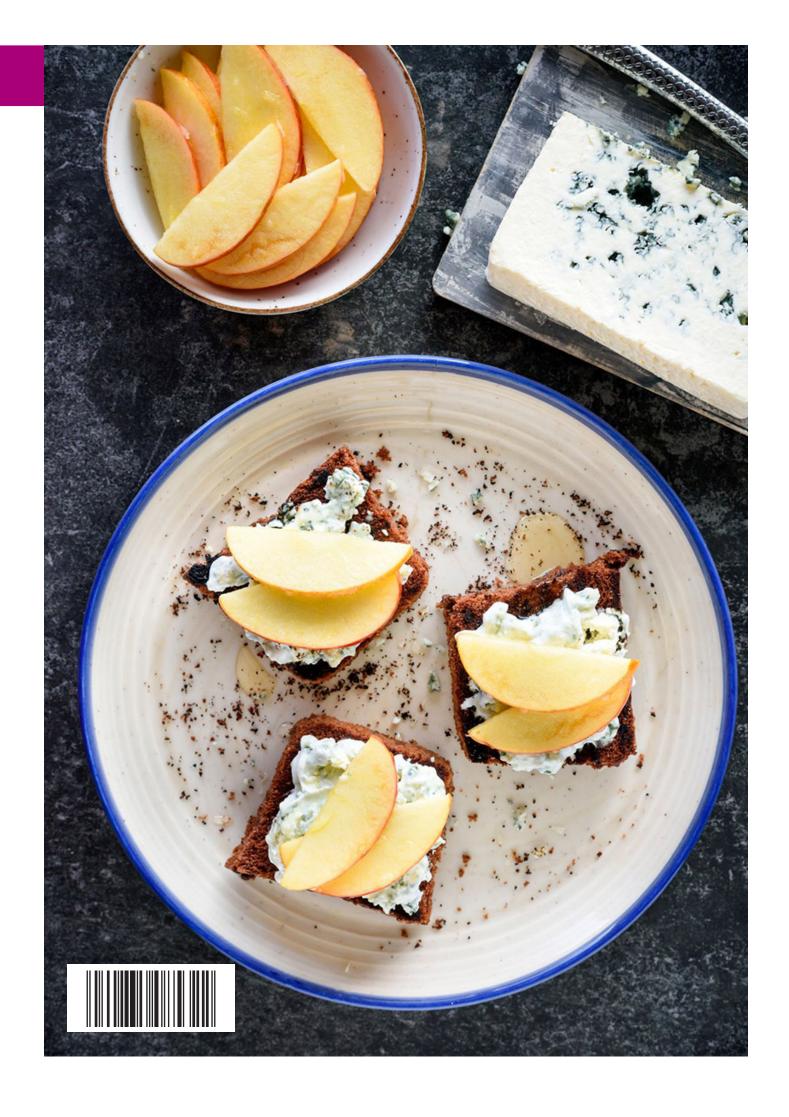
Pre heat your oven to 180C/350F/Gas Mark 4.

Collect all of your ingredients adding them to a blender blitzing into a batter.

Lightly spray an oven safe ramekin or dish with low calorie spray oil, adding half of the batter to the dish. Add 1 tsp of almond butter to the middle and top with the second half of the batter.

Bake for 15 minutes, allow to cool for 2 minutes before eating and add any of your favourite nutritional toppings.

MACROS PER PORTION					
CALORIES 353 PROTEIN 2					
CARBS	35	FATS	13		
FIBRE	4				



TOASTED MALT LOAF WITH BLUE CHEESE AND APPLE

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

2 slices (70g) malt loaf 35g blue cheese 1/2 apple sliced thinly 55g quark or 0% greek yoghurt 1 tbsp honey

INSTRUCTIONS

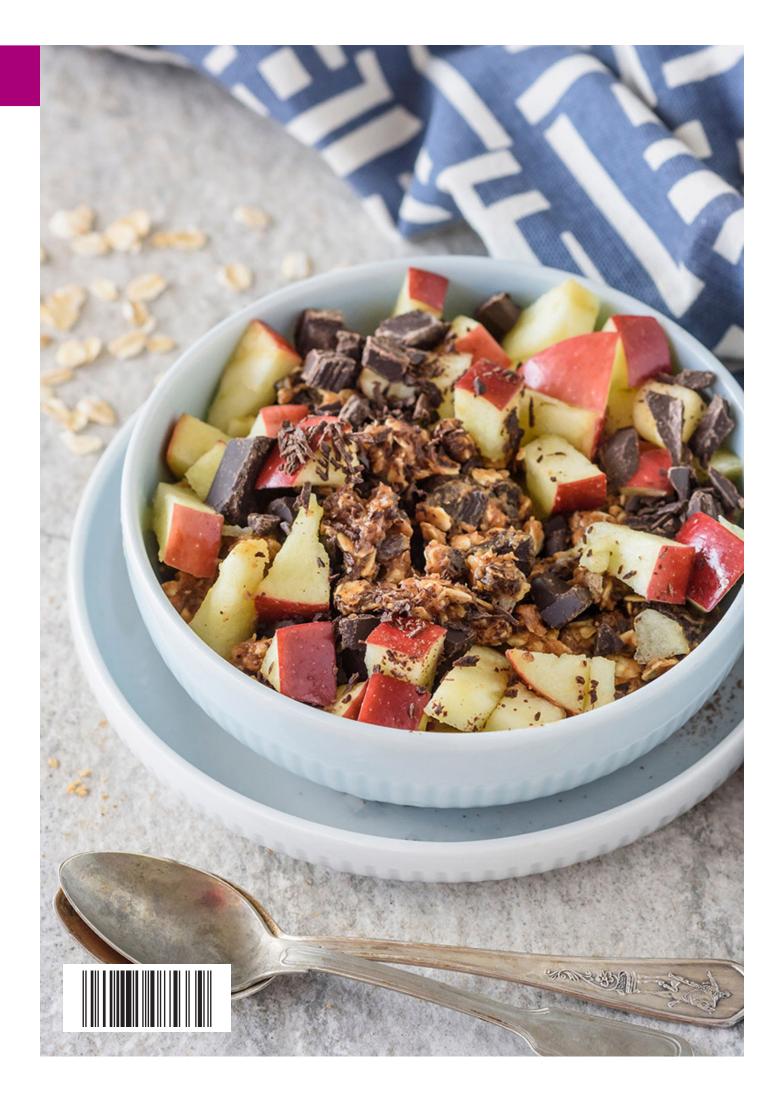
Cheese always mixes best from room temperature so take your cheese out before eating.

Slice your malt loaf and add to a toaster until crisped edges and fragrant whilst you cut blue cheese and slice 1/2 an apple thinly.

Add one heaped tbsp of quark to a bowl with the blue cheese and mix together, then add over the slices of toast evenly. Layer your apple slices and finish both with honey.

Eat warm.

MACROS PER PORTION				
CALORIES 474 PROTEIN 22				
CARBS	65	FATS	14	
FIBRE	3			



APPLE ALMOND BUTTER SALAD

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

80g apple diced
1 tbsp oats
28g crunchy almond butter
1 tsp honey
10g 70% dark chocolate diced
Juice of 1/4 lemon
Powdered sweetener to taste

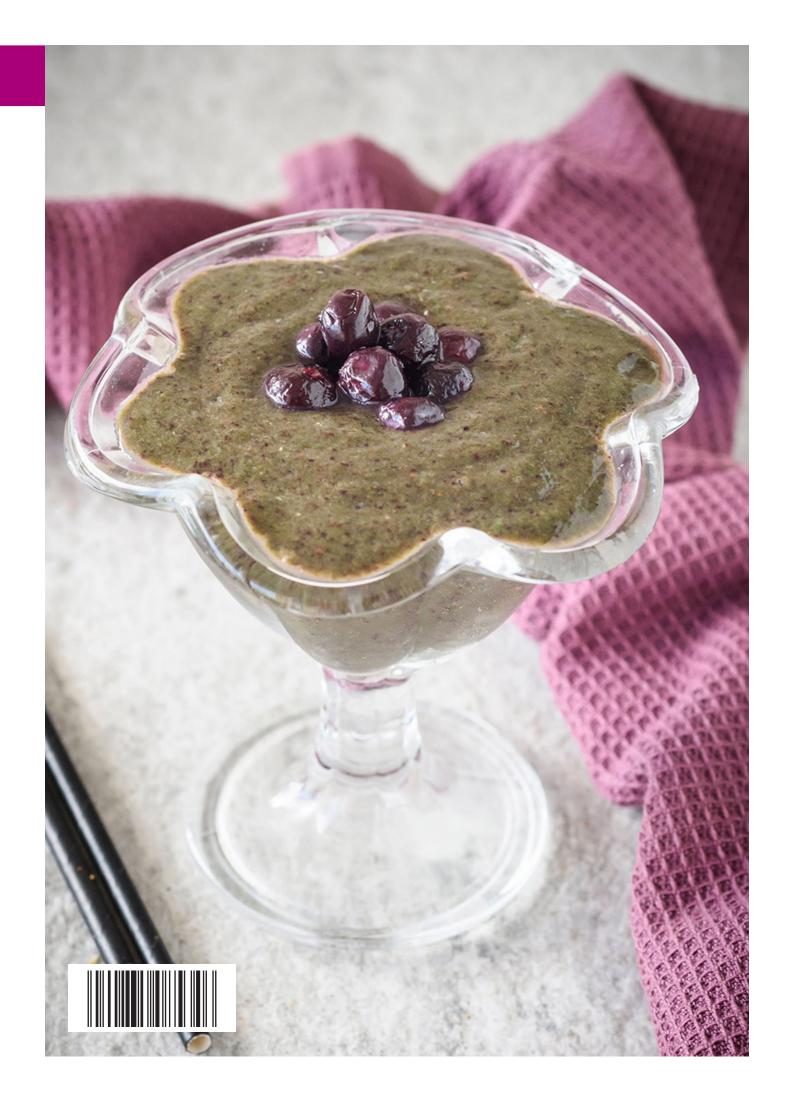
INSTRUCTIONS

Place your nut butter and lemon juice all into a mixing bowl and break down the almond butter.

Add oats, apple, dark chocolate and honey and toss very well to combine and coat all ingredients.

Serve by itself or with your favourite Skyr or protein yoghurts.

MACROS PER PORTION				
CALORIES 339 PROTEIN				
CARBS	34	FATS	19	
FIBRE	4			



GREEN SMOOTHIE

SERVES: 1

TOTAL TIME: 6 MINUTES







INGREDIENTS

100g blueberries

10g fresh ginger

1 banana

3-4 fresh mint leaves

50g cucumber

50g washed spinach

250ml almond milk

INSTRUCTIONS

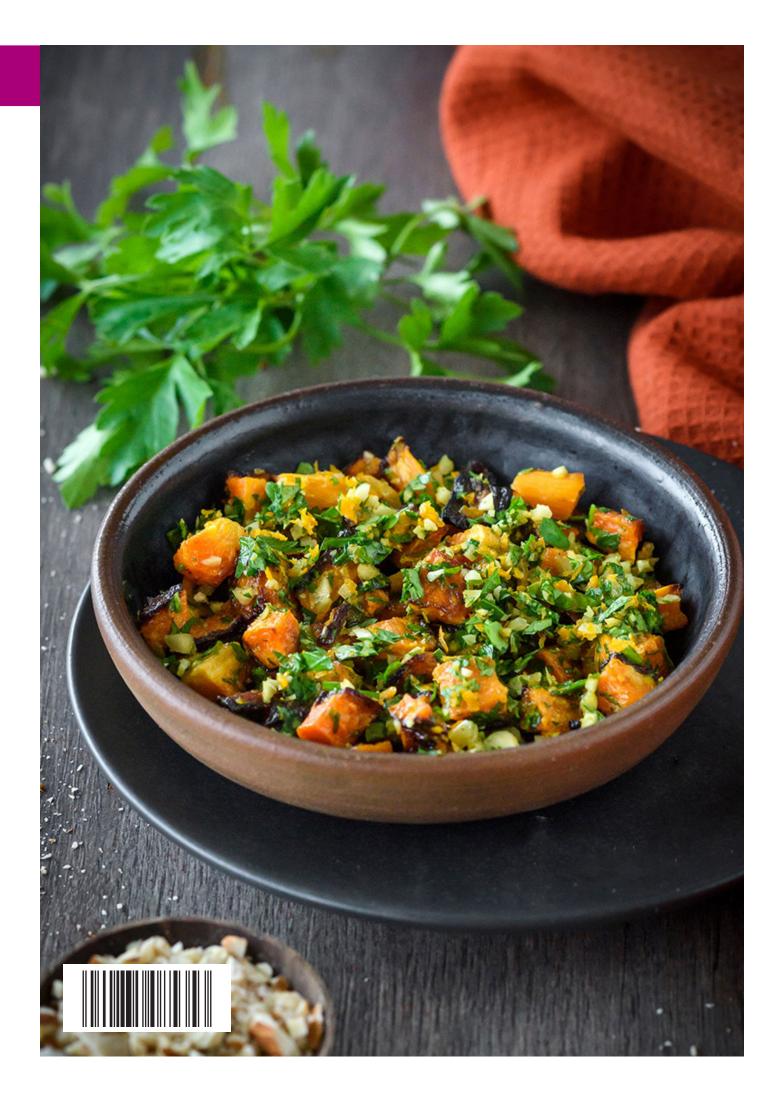
Add all of the ingredients to a blender and blitz for 45 to 60 seconds until fully incorporated.

Pour into a glass with ice.

MACROS PER PORTION					
CALORIES 263 PROTEIN					
CARBS	38	FATS	7		
FIBRE	4				







ROASTED CARROTS WITH AN ALMOND CRUMB

SERVES: 4

TOTAL TIME: 35 MINUTES



INGREDIENTS

500g carrots

1 tbsp olive oil

1 tsp ground ginger

1/2 orange zest

15g flaked almonds

1 tbsp fresh micro diced parsley

1/2 tsp smoked paprika

INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Cube the carrots and lay into a deep roasting dish big enough for them to not touch. Add the oil, ginger and paprika and toss together.

Roast for 25-30 minutes until tender and lightly coloured.

Meanwhile, zest the orange, dice the parsley and add the almonds to a mortar and pestle and lightly crush together, don't grind into a paste just smash.

Season the carrots and place into a dish, lay crumb over the top.

MACROS PER PORTION					
CALORIES	85	PROTEIN	2		
CARBS	8	FATS	5		
FIBRE	3				



SWEET POTATOES WITH TAHINI BUTTER

SERVES: 4

TOTAL TIME: 35 MINUTES



INGREDIENTS

750g sweet potatoes 60g butter Juice of 1 lime plus wedges 45g tahini 1 tbsp soy sauce

1 tbsp sesame seeds

INSTRUCTIONS

Bring water to a boil in a steamer. Halve sweet potatoes, cover and reduce heat to medium, steaming for 30 minutes.

Meanwhile, mix together the butter, lime juice, tahini and soy sauce in a small bowl until smooth. Season.

Divide the sweet potatoes onto plates adding the tahini butter over each serving.

Season with sea salt and sesame seeds. Serve with lime wedges.

MACROS PER PORTION					
CALORIES	5				
CARBS	41	FATS	21		
FIBRE	6				



OVEN JACKET POTATO

SERVES: 2

TOTAL TIME: 60 MINUTES







INGREDIENTS

500g white potato 2 tsp olive oil 1 tsp of flaky sea salt

INSTRUCTIONS

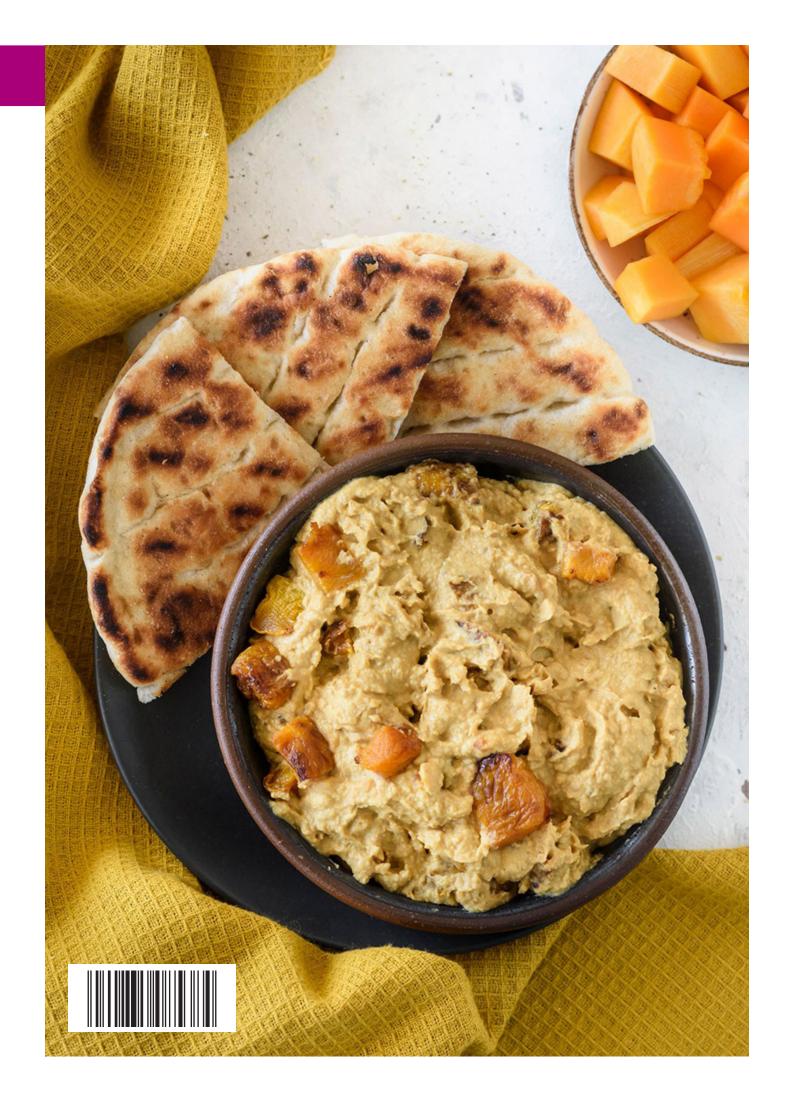
Pre heat the oven to 180C/350F/Gas Mark 4.

In a roasting dish add the potatoes, oil and salt and rub to coat very well. Bake in the oven for 50 minutes.

Turn up the oven to 220C/425F/Gas Mark 7 and cook for a further 10 minutes to crisp.

Remove and cut to release steam using a lightning bolt style cut. Press firmly on the long edges and the potato will open.

MACROS PER PORTION					
CALORIES 265 PROTEIN					
CARBS	50	FATS	5		
FIBRE	2				



ROASTED **SQUASH** HOUMOUS

SERVES: 4

TOTAL TIME: 55 MINUTES







INGREDIENTS

800g squash peeled and cut into 2cm cubes

12g olive oil

6 cloves of garlic

400g can of chickpeas, drain but reserve 1/2 of the liquid

3 tbsp tahini

Juice of 1 lemon

25g pack coriander leaves

INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

Place the squash onto a roasting tray, season and coat with 1 tablespoon of olive oil. Roast for 45 minutes, turning and mixing halfway and adding the garlic, cook until soft and slightly charred.

Take half of the squash and all of the garlic and place in a blender with the remaining ingredients, keeping half of the squash to serve. Blitz into a paste and transfer to a serving dish adding the other half of the squash over the top, scatter torn coriander (cilantro) leaves and serve alongside your favourite meats or great bread.

MACROS PER PORTION					
CALORIES 269 PROTEIN					
CARBS	28	FATS	13		
FIBRE	7				



RED SLAW

SERVES: 4

TOTAL TIME: 35 MINUTES







INGREDIENTS

250g red cabbage sliced thinly 1/2 red onion sliced thinly 225g carrots grated 80g pickles plus 2 tablespoons of their brine Juice of 1/2 a lime

INSTRUCTIONS

Put the cabbage and onion in a bowl, season well with salt and a small pinch of sugar and leave for 30 mins.

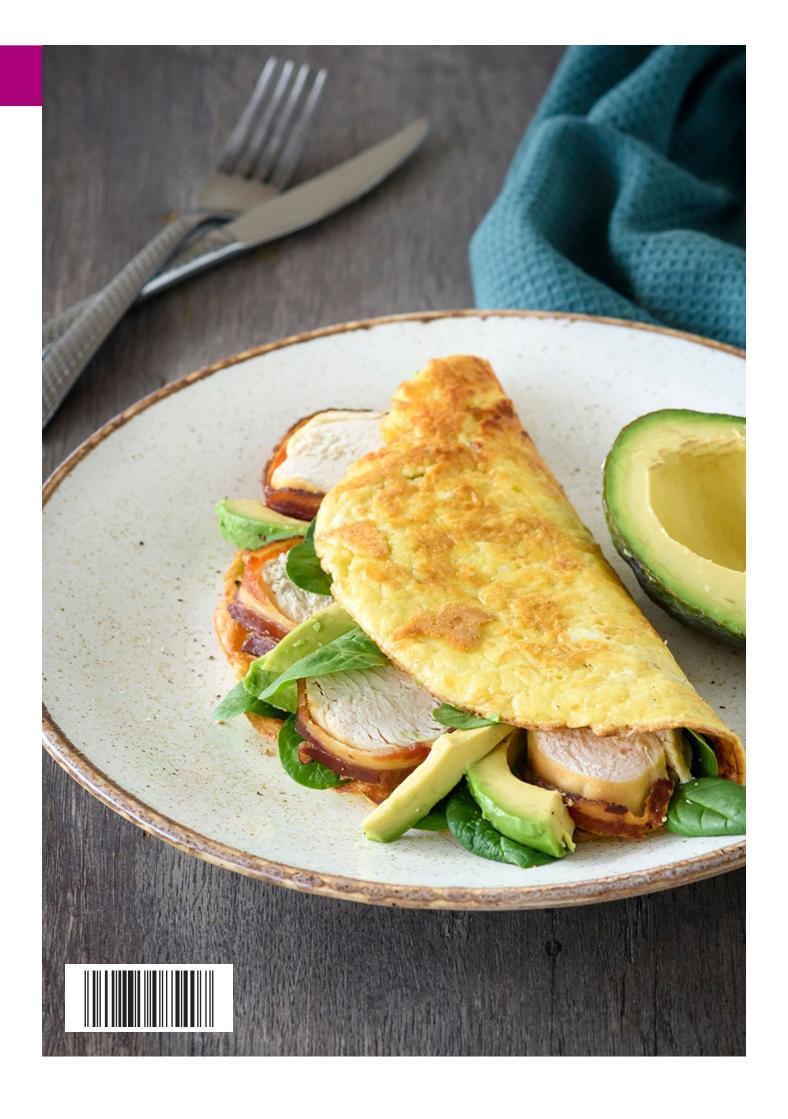
Stir the carrot, pickles and their brine through the sliced cabbage.

If you are making this in advance, prep the vegetables but don't season or dress until you are ready to eat.

MACROS PER	PORTION		
CALORIES	73	PROTEIN	2
CARBS	14	FATS	1
FIBRE	1		







LOW CARB CHICKEN, BACON AND AVOCADO CHAFFLE WRAP

SERVES: 2

TOTAL TIME: 60 MINUTES



INGREDIENTS

2 eggs
100g mozzarella
150g chicken breast
1/4 tsp of smoked paprika
1/4 tsp cumin
2 slices of loin bacon
100g avocado flesh
60g spinach

INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Season your chicken with paprika, cumin, salt and pepper then wrap with the bacon, roast for 35 minutes until well cooked through. Rest for 6-8 minutes loosely covered with foil whilst you make the wrap.

In a bowl, add 2 eggs and whisk with a pinch of salt. Grate your mozzerella and add to the eggs. Heat a non-stick pan over a medium heat. Add the egg mixture evenly over the pan and cook through for 5-6 minutes until firm. Don't be tempted to pick at and push it around, as the chese melts it will form a crust. Flip and cook for 1 more minute.

Lay out your chaffle, add half of the spinach, half of the diced chicken and bacon to each wrap, lay out slices of 1/2 an avocado to each wrap.

Wrap up and eat or keep cool.

MACROS PER PORTION					
CALORIES	447	PROTEIN	40		
CARBS	2	FATS	31		
FIBRE	3				



BEETROOT, FETA AND QUINOA SALAD

SERVES: 2

TOTAL TIME: 12 MINUTES



INGREDIENTS

160g pre-cooked beetroot

1 clove of garlic

30g spring onion

150g greek yoghurt

10g lime juice

100g quinoa

100g feta

60g red cabbage

40g grated carrot

80g spinach

INSTRUCTIONS

Boil your quinoa according to pack instructions with a pinch of salt in water. Alternatively use pre-cooked quinoa (250g).

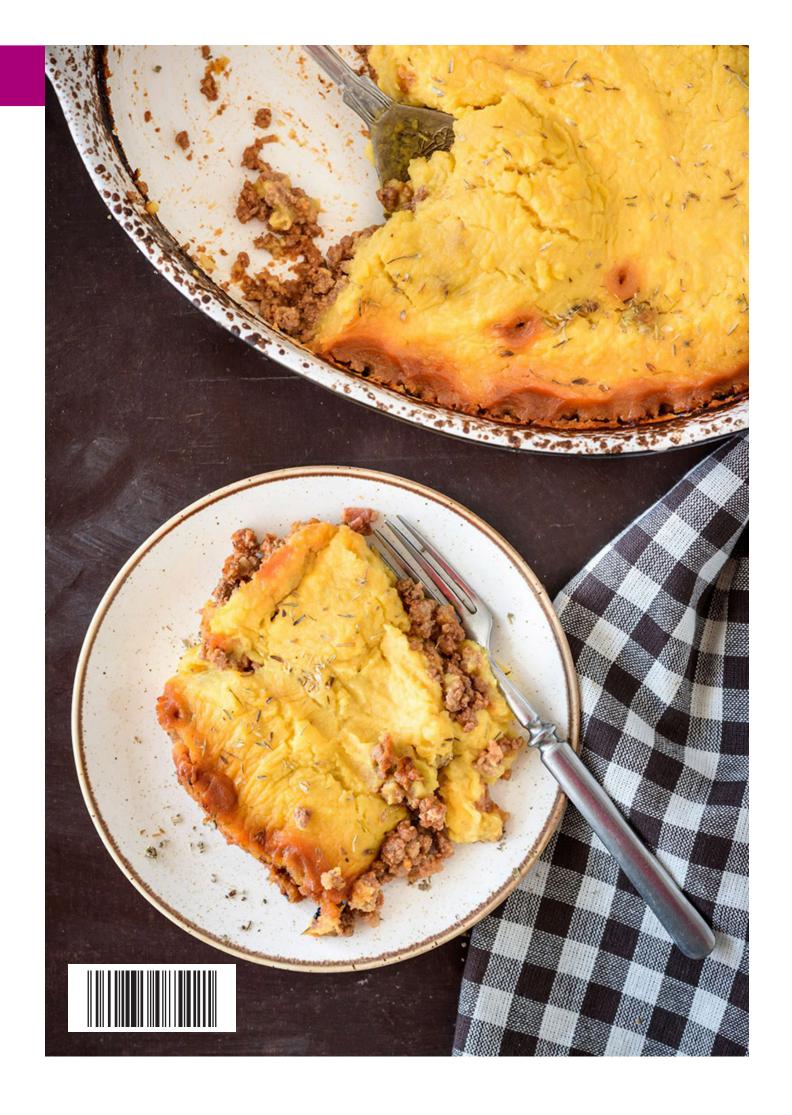
Cut the beetroot into chunks and add to a blender, combine garlic, spring onions, yoghurt and lime juice, season with salt and blitz.

Grate or finely slice your cabbage and carrot, as well as the spinach.

In a kilner jar or dish, add your beetroot dressing, then the quinoa and crumbled feta then the cabbage, carrot and spinach and store.

When ready to eat, combine the ingredients together very well and dig in.

MACROS PER PORTION					
CALORIES 457 PROTEIN 2					
CARBS	44	FATS	21		
FIBRE	4				



COTTAGE PIE WITH ROOT VEG MASH

SERVES: 3

TOTAL TIME: 90 MINUTES



INGREDIENTS

Filling:

500g 5% beef mince

50g streaky bacon diced

1 onion diced finely

2 cloves of garlic

60g Brussels Sprouts grated

1 stock cube or pot

1 tbsp tomato puree

Topping:

125g sweet potato peeled and diced

250g butternut squash peeled and diced

25g goat butter

4 tbsp milk

1 tsp sage

INSTRUCTIONS

In a deep saucepan over a medium heat, add your beef, bacon, onion and garlic and cook through completely until no pink meat is present and the onion is translucent (6-8 minutes).

Boil the kettle and add water to a saucepan with salt, add your peeled sweet potato and butternut boiling until the veg is tender for 8-12 minutes.

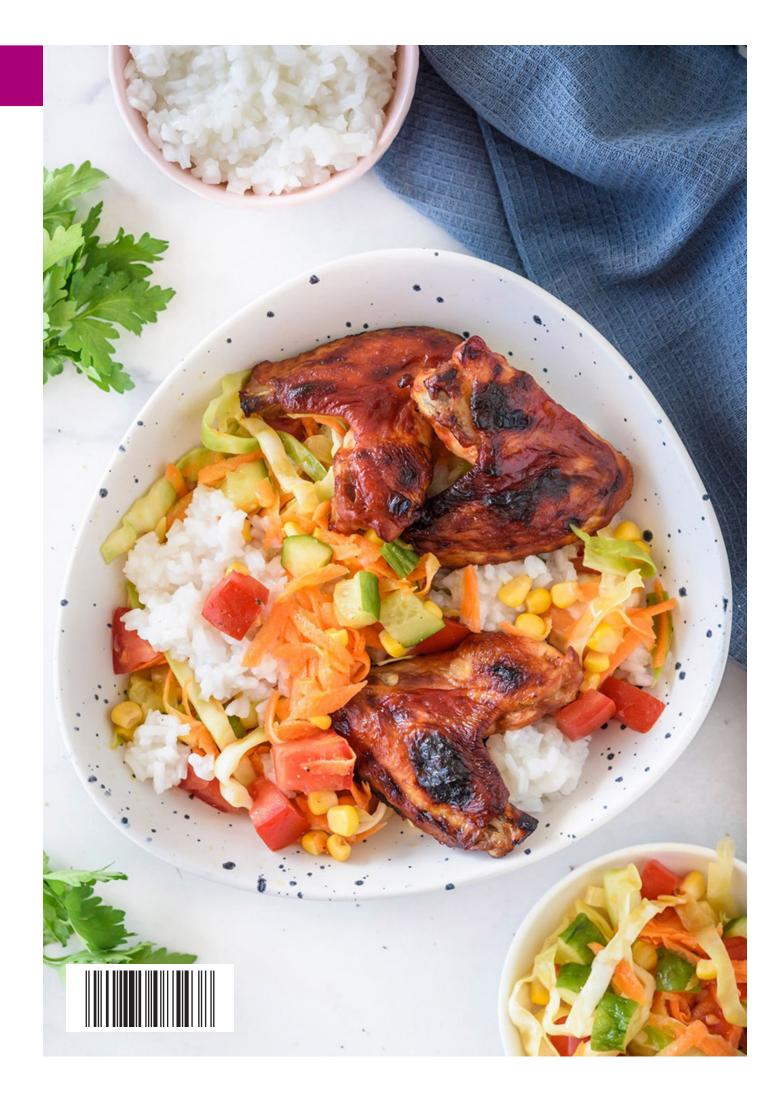
Add the sprouts, cook through for 2 minutes, add the tomato puree and cook for 2 more minutes, add your reconstituted stock with 1 pt of water and simmer on a medium heat until a loose gravy consistency is achieved and the veggies are tender (12-15 minutes).

Meanwhile, drain your sweet potato and butternut, mash together adding the butter, milk and sage, season with salt and pepper.

Pre heat oven to 220C/425F/Gas Mark 7.

Pour the beef mixture into a deep roasting tray, add the mash on top evenly and roast for 25 minutes until the sides are bubbly and the topping slightly crisp.

MACROS PER PORTION					
CALORIES 439 PROTEIN 44					
CARBS	23	FATS	19		
FIBRE	4				



SRIRACHA WING RICE SALAD

SERVES: 2

TOTAL TIME: 70 MINUTES





INGREDIENTS

400g chicken wings

80g white rice

40g cabbage sliced

40g carrot grated

40g cucumber diced

40g corn kernels

80g tomatoes diced

50g sriracha hot sauce

INSTRUCTIONS

Trim your wings of any excess fat then in a mixing bowl, add the wings with the Sriracha hot sauce, toss to combine and leave them to marinate for 30 minutes.

Pre heat oven to 220C/425F/Gas Mark 7 and cover a tray with foil. Add the wings evenly to the tray so they don't touch and bake for 35 minutes, turning half way through.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly until the water has soaked into the rice. When the rice is done, leave the lid on and rest for another 5 minutes.

Finely slice your cabbage, grate your carrot and dice the cucumbers and tomatoes, add all to a large bowl with the corn kernals. Add the wings and the rice and toss to combine.

MACROS PER PORTION					
CALORIES 567 PROTEIN 40					
CARBS	50	FATS	23		
FIBRE 3					



DRESSED LENTIL AND SQUASH SALAD WITH HALLOUMI

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

500g butternut squash, seeds removed and cut into 1cm slices

28g olive oil

225g light halloumi

25g fresh coriander

25g fresh parsley

10g diced onion

1 clove of garlic

60g pickles

1 tbsp red wine vinegar

200g puy lentils

INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7

Add the butternut to a roasting tray with 1 tsp (3g) of olive oil, season and lay out evenly. Roast in the oven for 25 minutes adding your halloumi in quarters for the last 10 minutes.

Meanwhile, rinse your lentils and add to a saucepan with a big pinch of salt and 750ml of water. Make sure your saucepan is big enough because they will grow in size. Bring to a boil, cover and simmer for 15-20 minutes.

Mix your salsa verde by crushing coriander (cilantro), garlic, onion, the remaining oil, vinegar and pickles in a mortar and pestle or blender and set aside.

Spread the lentils, top evenly with the squash and halloumi, finally dressing with the salsa verde.

MACROS PER PORTION					
CALORIES 425 PROTEIN 2					
CARBS	40	FATS	17		
FIBRE	5				



PAPRIKA CHICKEN TRAYBAKE

SERVES: 3

TOTAL TIME: 60 MINUTES





INGREDIENTS

60g olive oil

400g chicken breast

4 red bell peppers

1 leek diced and soaked

4 garlic cloves

15g sweet smoked paprika

Pinch of oregano

1 tbsp red wine vinegar

30g honey

1 tbsp flaky sea salt

80g white rice

INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

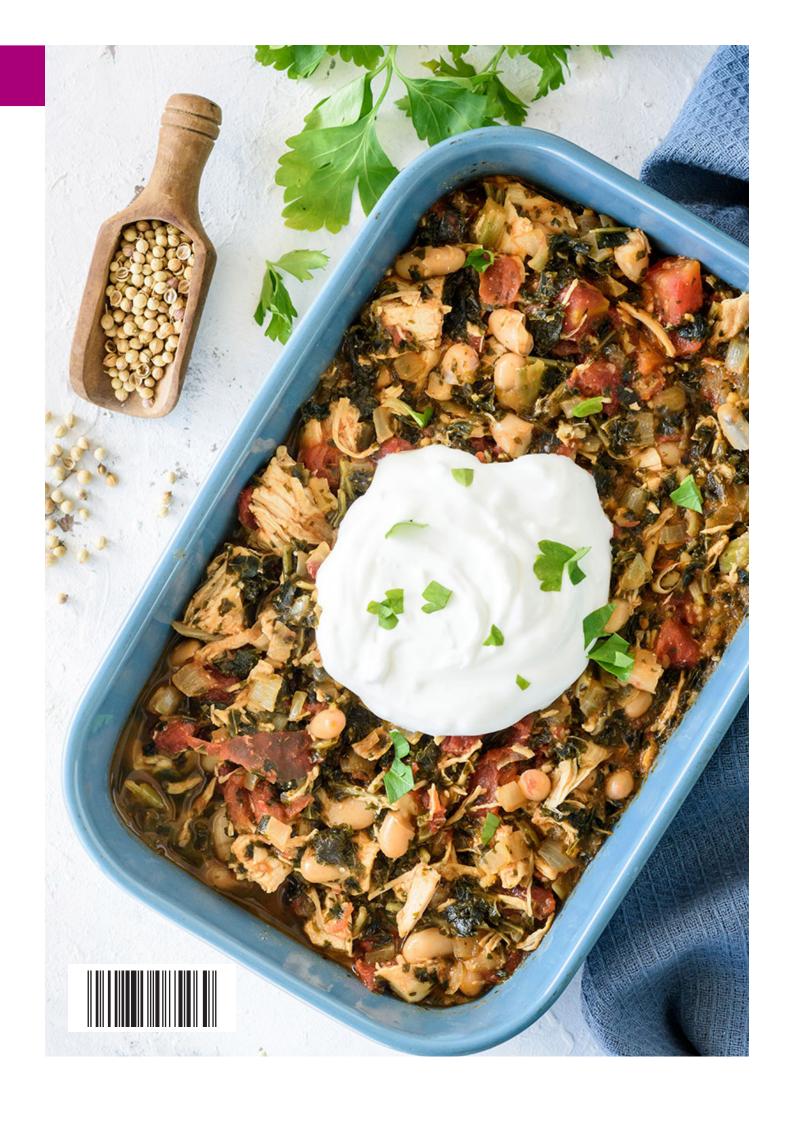
Chop and dice all the ingredients and add to a deep roasting tray, rub together and mix very well.

Roast on the top shelf for 50 minutes mixing and turning at halfway.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly until the water has soaked into the rice. When the rice is done, leave the lid on and rest for another 5 minutes.

Serve together.

MACROS PER PORTION					
CALORIES 557 PROTEIN					
CARBS	72	FATS	21		
FIBRE	11				



CHICKEN AND CANNELLINI ONE POT CHILLI

SERVES: 2

TOTAL TIME: 60 MINUTES



INGREDIENTS

300g chicken breast

1/2 white onion

2 garlic cloves

30g kale

400g tin tomatoes

400g tin cannellini beans drained

100g single cream

10g olive oil

1 chicken stock cube

Zest of 1 lime

2 tsp oregano

1 tbsp cumin

1 tsp smoked paprika

1 tsp chilli powder

1 tsp coriander seeds

INSTRUCTIONS

In a large pot, heat the oil and sauté the onion and garlic for 8-10 mins on a medium low heat until translucent.

Meanwhile, dice the chicken, season, open and drain the can of beans, chop the kale roughly, reconstitute the stock pot in boiling water as per packet instructions and measure out the spices, oregano and lime zest into a pot.

When the onions are ready, add the chicken and allow to brown slightly, the add all of the remaining ingredients and simmer for 35-45 minutes.

When the chilli is close to your desired consistency, remove from the heat, pour in the cream and season.

MACROS PER PORTION					
CALORIES 524 PROTEIN 52					
CARBS	34	FATS	20		
FIBRE	10				



FAJITA TRAYBAKE

SERVES: 4

TOTAL TIME: 35 MINUTES



INGREDIENTS

30g fajita spice mix

2 tbsp olive oil

2 red onions, sliced

3 bell peppers, deseeded and sliced

320g chicken breast diced

400g can black beans, drained

200g brown rice

150g soured cream

2 tbsp chopped coriander

INSTRUCTIONS

Pre heat the oven to 220C/425F/Gas Mark 7.

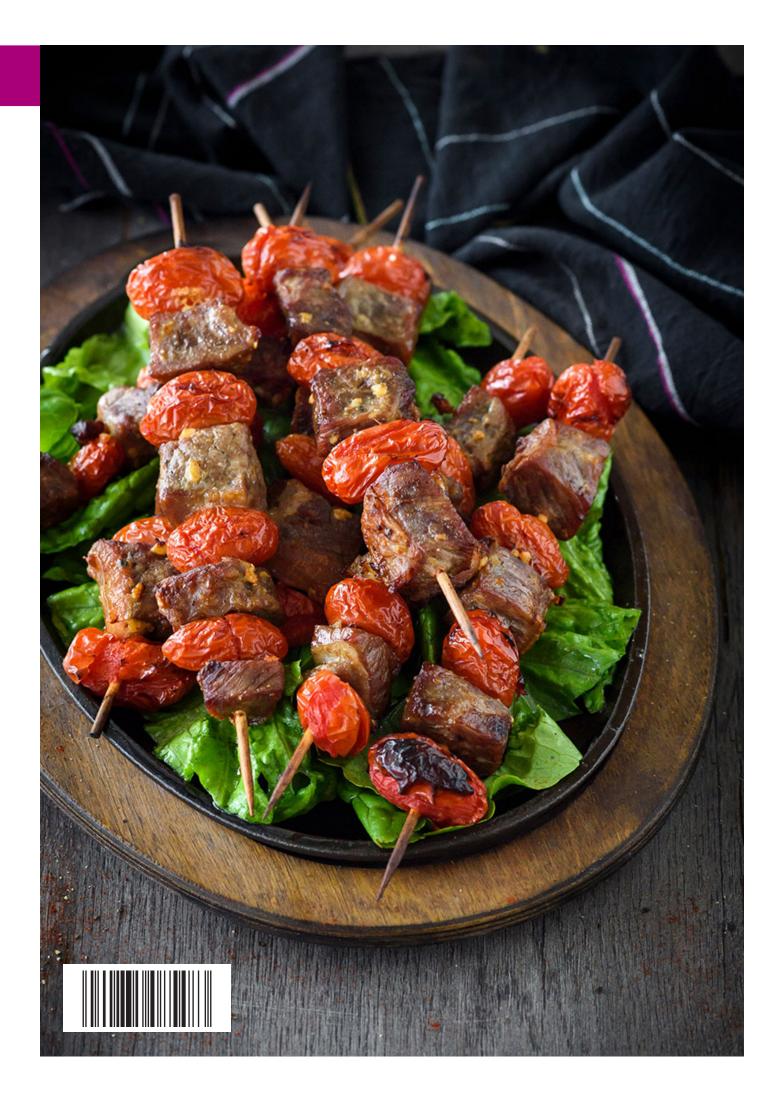
Rinse and drain your brown rice and add to a saucepan with 500ml water and a big pinch of salt. Bring to a boil and then simmer for 25 minutes.

Meanwhile, In a large bowl, stir the spice mix into the oil, then toss the onions, peppers and chicken in to coat. Add to a shallow but wide roasting tray (or divide between 2 trays spread out so that they roast rather than steam) and roast in the oven for 10 minutes.

Stir everything around and cook for another 5 minutes, then mix in the black beans and the cooked rice and return to the oven for another 5 minutes.

Divide up your portions and finish with the soured cream and coriander (cilantro).

MACROS PER PORTION					
CALORIES 530 PROTEIN 32					
CARBS	69	FATS	14		
FIBRE	7				



STEAK AND TOMATO SKEWERS

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

1 garlic clove finely minced

1 tsp mustard powder

1 tsp chilli power

1/2 tsp smoked paprika

1/2 tsp cumin

1/2 tsp ground coriander

1/2 tsp sea salt

800g sirloin steak cut into 3cm cubes

360g cherry tomatoes

1 iceberg lettuce cut into 1/4's

INSTRUCTIONS

If using wood skewers, soak them for 30 minutes, 1/4 your lettuce and wash thoroughly, drain with paper towel.

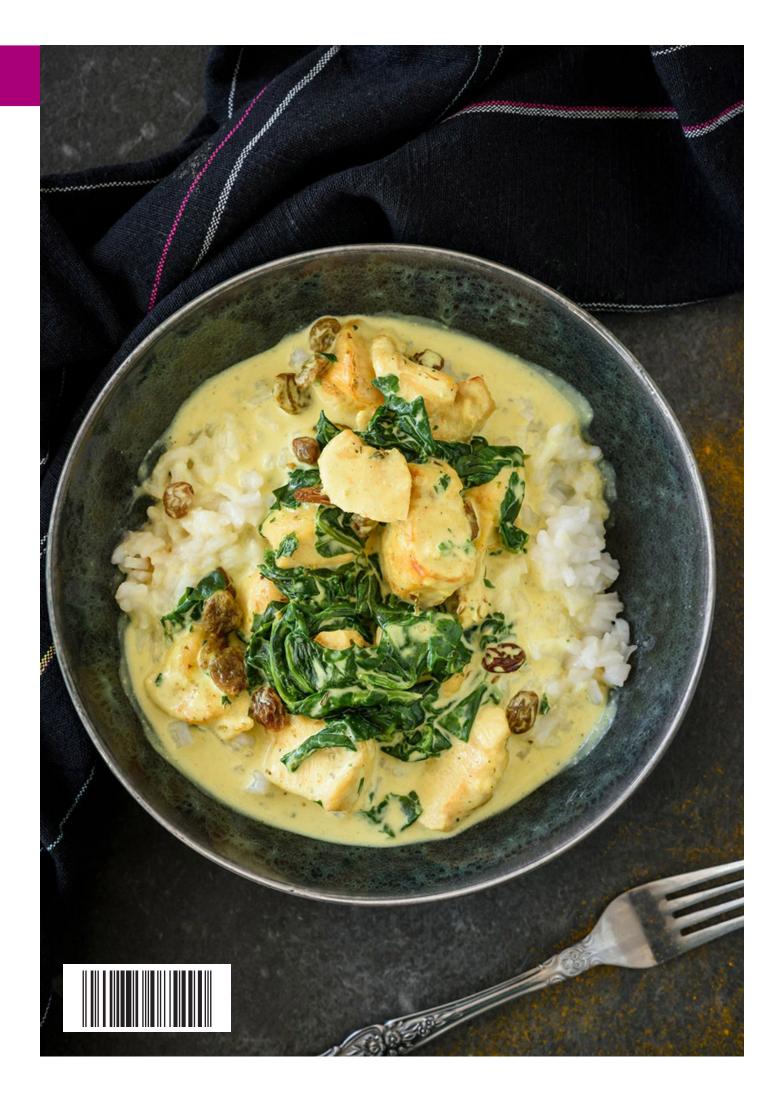
Turn your grill on high (200C/400F/Gas Mark 6) or use a griddle pan over a medium heat.

Mix the minced garlic, mustard, chilli powder, paprika, ground coriander, cumin and sea salt in a bowl adding the diced steak and mix together. Thread the meat onto the skewer alternating with the tomatoes.

Grill the kebabs over a medium heat until the desired level of cooking has been reached ideally around 10 minutes for medium turning occasionally.

Remove and allow to rest for four or five minutes before serving with a lettuce wedge.

MACROS PER PORTION					
CALORIES 431 PROTEIN 4					
CARBS	4	FATS	27		
FIBRE	2				



CHICKEN CURRY AND AROMATIC RICE

SERVES: 2

TOTAL TIME: 45 MINUTES



INGREDIENTS

300g chicken diced
120g half fat creme fraiche
1/2 white onion sliced
1" piece of ginger grated
1 tbsp raisins
1 tsp of curry powder
1/4 tsp of cinnamon
30g spinach

1 bay leaf 2 cloves of garlic

100g white basmati rice

INSTRUCTIONS

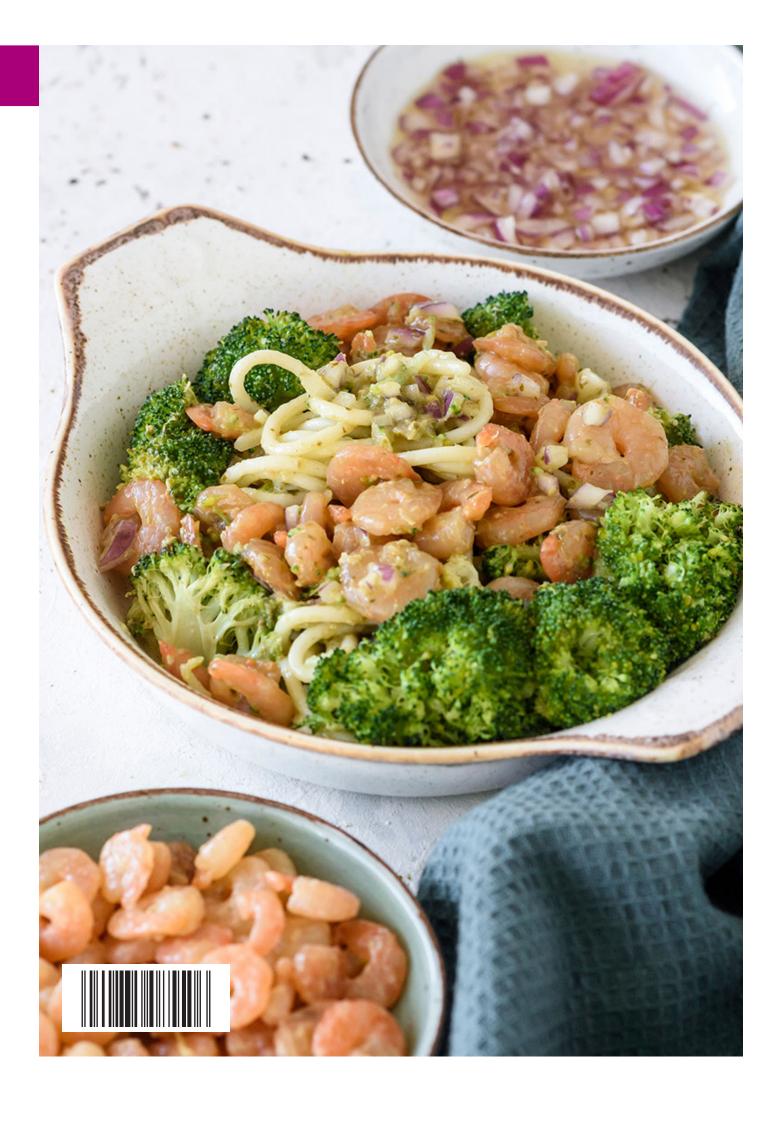
Place a deep, lidded saucepan on a medium heat and add diced chicken with the onion and ginger. Mix the curry powder, raisins and cinnamon into the creme fraiche and add to the saucepan with 1 cup (250ml) of water, bring to a low simmer and the spinach. Simmer over a low-medium heat adding water if necessary until the chicken is well cooked thorugh (30 minutes). This can also be done in a slow cooker on low for 8 or high for 6 hours.

Meanwhile rinse and drain your rice thoroughly.

When the chicken is cooked through in the saucepan, add the rice to a lidded pot with 200mls water, salt, garlic and bay and cook very low until the water has evaporated. Fluff the rice with a fork, removing the spices and leave to rest with the lid for 4-6 minutes to steam through.

Divide into bowls and serve.

MACROS PER PORTION					
CALORIES 532 PROTEIN 43					
CARBS	63	FATS	12		
FIBRE	3				



PESTO PRAWN SPAGHETTI

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

200g broccoli

12g olive oil

100g spaghetti

Juice of 1 lemon

1tsp honey

30g diced red onion

180g raw prawns

40g pesto

INSTRUCTIONS

Pre heat oven to 200C/400F/Gas Mark 6.

Boil your kettle and put the broccoli into a bowl, cover with boiling water for 3 minutes. Drain the water into a saucepan to cook the spaghetti, add the olive oil to the broccoli and spread onto a roasting tray and cook for 10 minutes.

Bring the drained water to a boil with a big pinch of salt and add the spaghetti. Cook alongside the broccoli for 10 minutes. When done, drain and rinse with hot water.

Mix 1/2 of the lemon juice in a bowl with honey and diced onion with a pinch of salt and set aside. Bring a non-stick pan to a high heat. Stir the prawns with the pesto and tip into the hot pan turning frequently for 2-3 minutes until the prawns are pink. Add the second half of lemon juice and turn off of the heat.

Stir the dressing through the pasta, adding the broccoli and divide into two servings. Add the prawns to each serving alongside any pan juices. Eat hot.

MACROS PER PORTION					
CALORIES 436 PROTEIN 27					
CARBS	46	FATS	16		
FIBRE	5				



SWEET POTATO FRITTATA

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

2 medium sweet potatoes, peeled & cubed 1"

200g spinach

4 spring onions, sliced

10 eggs

2 cloves of garlic

Zest of 1/2 a lemon

1 heaped tsp of smoked paprika

1 block of feta cheese

2 tbsp olive oil

INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Add the sweet potato and garlic cloves to a roasting tray with 1 tbsp oil, mix well and roast for 25-30 minutes until tender. Remove the garlic and set the sweet potato aside to cool. Season well with sea salt, black pepper and the smoked paprika.

Meanwhile, set a pan with a metal/heatproof handle on a medium heat. Add 1 tbsp of olive oil and the spring onions for a couple of minutes. Add the spinach, season well and cook until the spinach has wilted. Grate in the zest of 1/2 a lemon and add the cooked sweet potato.

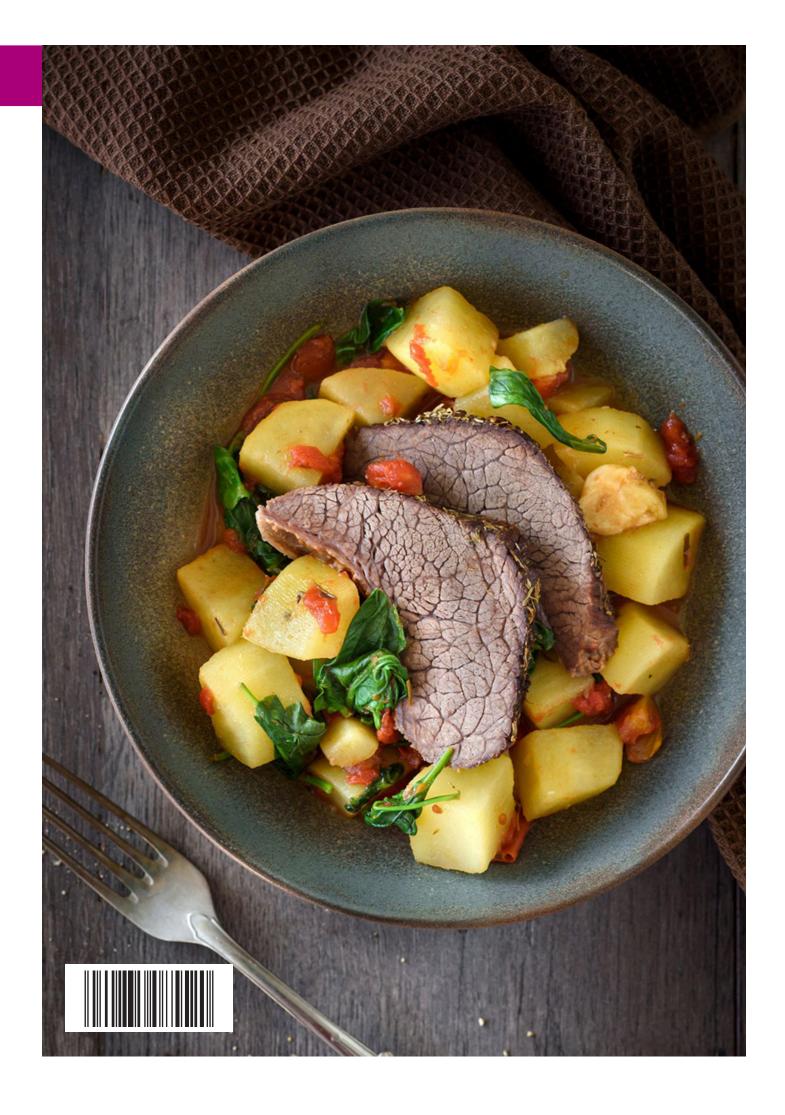
Whisk the eggs in a large bowl and pour this over the veggies. Stir well and turn the heat down to low and let it cook until the edges start coming away from the pan. Approximately 10 minutes.

Pre heat a broiler/grill to a medium heat.

Crumble the feta on top and place under the broiler/grill to cook the top of the frittata for 10 minutes. Making sure the heat isn't too high let's the frittata cook without burning the top. The cheese should be toasted, the top light brown and the middle set.

Cut it into wedges and either serve it straight away or let it cool and keep it in the fridge.

MACROS PER PORTION					
CALORIES	432	PROTEIN	27		
CARBS	18	FATS	28		
FIBRE	3				



GARLIC AND HERB STEAK AND POTATO BAKE

SERVES: 2

TOTAL TIME: 70 MINUTES



INGREDIENTS

325g beef topside, flank or chuck steak with any visible fat removed

500g red potatoes

3 garlic cloves

30g olive oil

1 tbsp dried rosemary

1 tbsp dried sage

1/2 tsp dried thyme

2 bay leaves

80g spinach

200g tomatoes on the vine

INSTRUCTIONS

Pre heat your oven to 180C/350F/Gas Mark 4.

Open the beef packet and add a liberal pinch of salt, rub in very well and leave it whilst you prepare the rest.

Bring a saucepan to a boil, heavily salted with water adding one bay leaf.

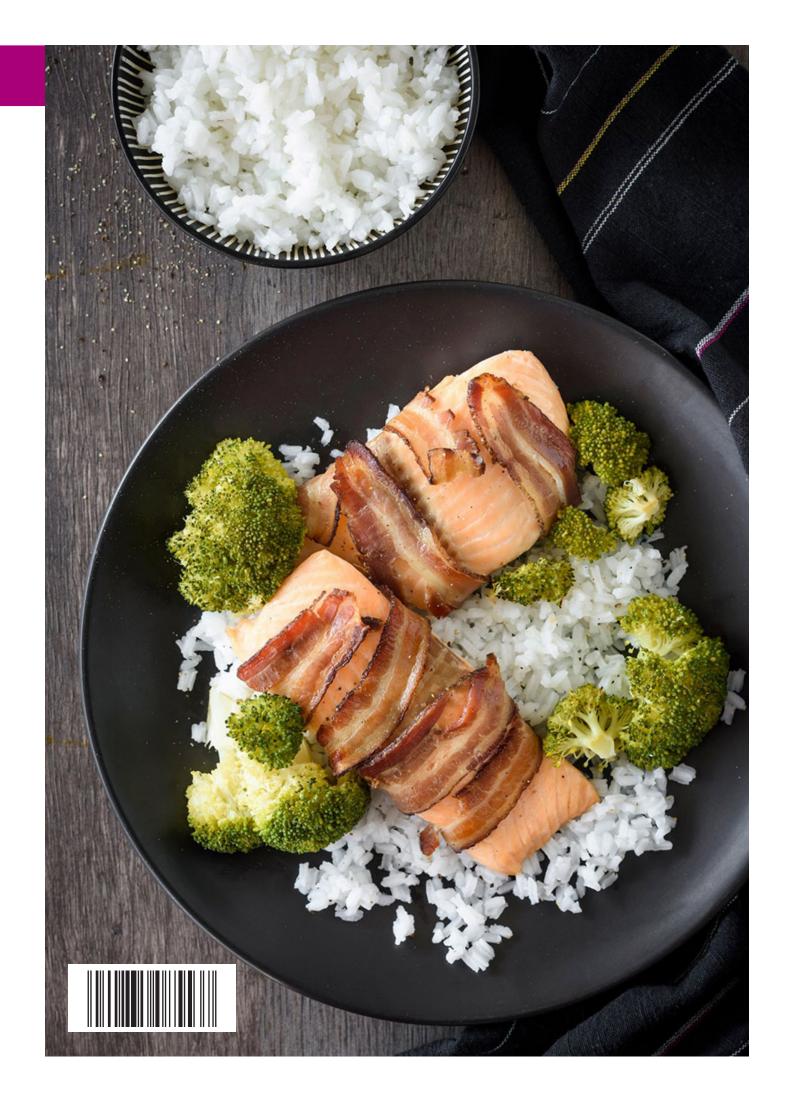
Slice your potatoes into big chunks, crush one garlic clove with the side of a knife and add both to the water. Boil for 10 minutes, drain and leave to cool uncovered.

Smash and add 2 cloves of garlic, the rosemary, thyme, sage and black pepper to a bowl and with the oil, mix and add the beef, spinach and the potatoes. Add to a roasting tray with the tomatoes.

Add 1/2 a glass (125ml) water, cover the dish with foil and bake in the oven for 45 minutes or until the beef is fork tender, remove the foil from the dish and let it reduce further and colour.

Divide between two.

MACROS PER PORTION					
CALORIES 532 PROTEIN 4					
CARBS	44	FATS	20		
FIBRE	4				



BACON WRAPPED SALMON WITH RICE AND ROASTED BROCCOLI

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

225g salmon fillets2 rashers of streaky bacon75g basmati rice120g broccoli1 tsp olive oil

INSTRUCTIONS

Pre heat the oven to 200C/400F/Gas Mark 6.

Heavily season the fillets with black pepper and sea salt, lay bacon onto a cutting board and use the back of a butter knife to 'stretch' the bacon thin so there's some holes and you can see through it slightly. Wrap each slice around a salmon fillet.

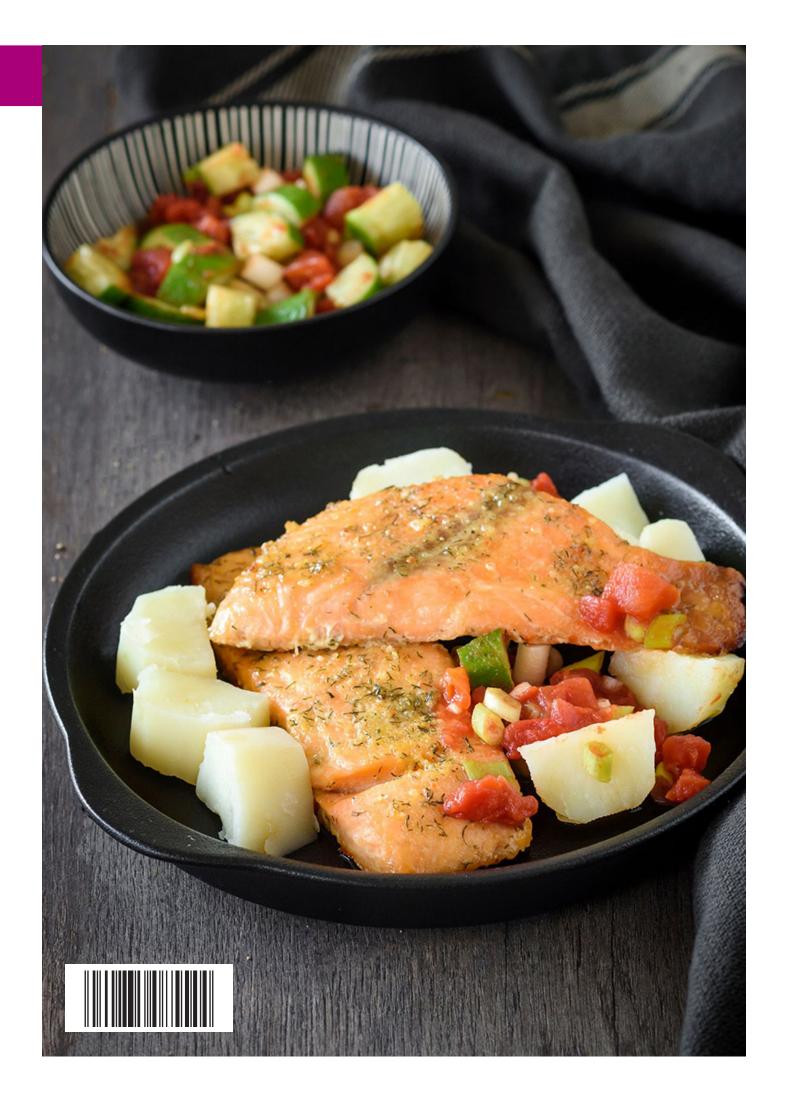
Boil your kettle and put the broccoli into a bowl, cover with boiling water for 3 minutes. Drain the water reserving a cup of the water to cook the rice, add the olive oil to the broccoli and spread onto a roasting tray.

Place the salmon and broccoli into the oven on the highest shelf. Cook for 6 minutes and turn, cook for 6 more minutes. If you want the salmon crisper, cook for a little while longer.

Meanwhile, wash and rinse your rice very well and add to a saucepan with 180ml of the broccoli water and a pinch of salt. Bring to a boil, add the lid and turn the heat low. Leave to cook slowly alongside the salmon and broccoli until the water has soaked into the rice (8-10 minutes). When the rice is done, leave the lid on and rest for another 5 minutes.

Serve all together.

MACROS PER PORTION					
CALORIES 485 PROTEIN 32					
CARBS	33	FATS	25		
FIBRE	1				



BLACK PEPPER SALMON AND POTATOES WITH A TOMATO SALSA

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

880g salmon

1 tbsp peppercorns

30g brown sugar

15g salt

25g dill

1 fresh red chilli, sliced and deseeded

3 medium sized tomatoes

1/2 cucumber

Zest and juice of 1 lemon

2 spring onions

2 tsp red wine vinegar

250g new potatoes halved

40g rocket

INSTRUCTIONS

Mix together 1 tbsp of salt, peppercorns and 2 tbsp of brown sugar with 1/2 of the dill finely chopped. Add the salmon to a glass dish with the marinade and leave for 1-2 hours refridgerated, ideally overnight. When ready to cook, remove the salmon and pat off the coating.

Pre heat your oven to 180C/350F/Gas Mark 4.

Place the salmon on a baking tray with a wire rack to allow air to go above and below the fish. Roast for 15 minutes until the salmon is firm.

Meanwhile, boil your potatoes in salted water for 15-20 minutes and prepare the salsa by finely dicing the tomatoes, chilli, 1/2 of the dill, cucumber, spring onions and zest of 1 lemon. Add 2 tsp of red wine vinegar alongside a pinch of salt and combine very well. Drain and season the potatoes.

Serve the fish with salsa, rocket, potatoes and a wedge of lemon.

MACROS PER PORTION				
CALORIES	569	PROTEIN	47	
CARBS	21	FATS	33	
FIBRE	2			







CHIA CHOCOLATE POTS

SERVES: 2

TOTAL TIME: 2-6 HOURS





INGREDIENTS

50g chia seeds 12g chocolate whey protein 20g cacao powder 1 tsp Truvia 5 drops of chocolate flavour calorie free drops 200g fat free Greek yoghurt 100ml 2% milk

INSTRUCTIONS

In a bowl combine all of your dry ingredients and stir well, this helps prevent any clumping.

Add your milk and stir very well until the chia is rehydrated.

Add your flavdrops, yoghurt and stir once again.

If using a vegan protein and plant based milks and yoghurts, expect there may be a need for more liquid.

Keep in the fridge for 2-6 hours (ideally overnight) in an air tight container or sealed for 2-3 days.

MACROS PER PORTION				
CALORIES	268	PROTEIN	17	
CARBS	23	FATS	12	
FIBRE	10			



RASPBERRY AND ALMOND CAKE

SERVES: 8

TOTAL TIME: 90 MINUTES



INGREDIENTS

180g butter 100g white sugar 100g truvia

2 whole eggs separated

3 whites

200g almond flour

1 tsp vanilla extract

150g raspberries

INSTRUCTIONS

Pre heat the oven to 140C/275F/Gas Mark 1.

Use some of the butter to grease a 10 inch springform cake tin in line with baking parchment, making sure the paper is exactly the same size as the bowl.

Cream together the butter and sugar in a large bowl, add the egg yolks and some of the ground almonds and mix until combined, repeat adding the almonds slowly and combining until you finally add the vanilla extract.

In a separate bowl beat all of the egg whites to stiff peaks with an electric hand whisk. Gently fold the egg whites into the cake mix with a metal spoon to keep the mix fluffy. Keep a handful of raspberries aside to use as decoration at the end. Transfer half of the mix to the prepared cake tin, arrange half the raspberries on top, then add the rest of the cake mix and finish with the rest of the raspberries. Don't combine the raspberries with the cake mix previously, as they will break up and discolour the cake.

Place into the oven for 45 minutes until cooked through. Use a skewer inserted to the centre of the cake to make sure that the mix has set in the middle. Place back into the oven for a little longer if it is not cooked.

Place the cake on a wire rack and allow to fully cool. Once cool, carefully remove the springform tin and the parchment. Decorate the cake with the reserved raspberries and serve.

MACROS PER PORTION				
CALORIES	406	PROTEIN	9	
CARBS	16	FATS	34	
FIBRE	2			



PEANUT BUTTER PROTEIN COOKIES

SERVES: 8

TOTAL TIME: 15 MINUTES







INGREDIENTS

100g peanut butter

30g whey protein

30g pea protein

30g almond milk

30g ground almonds

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

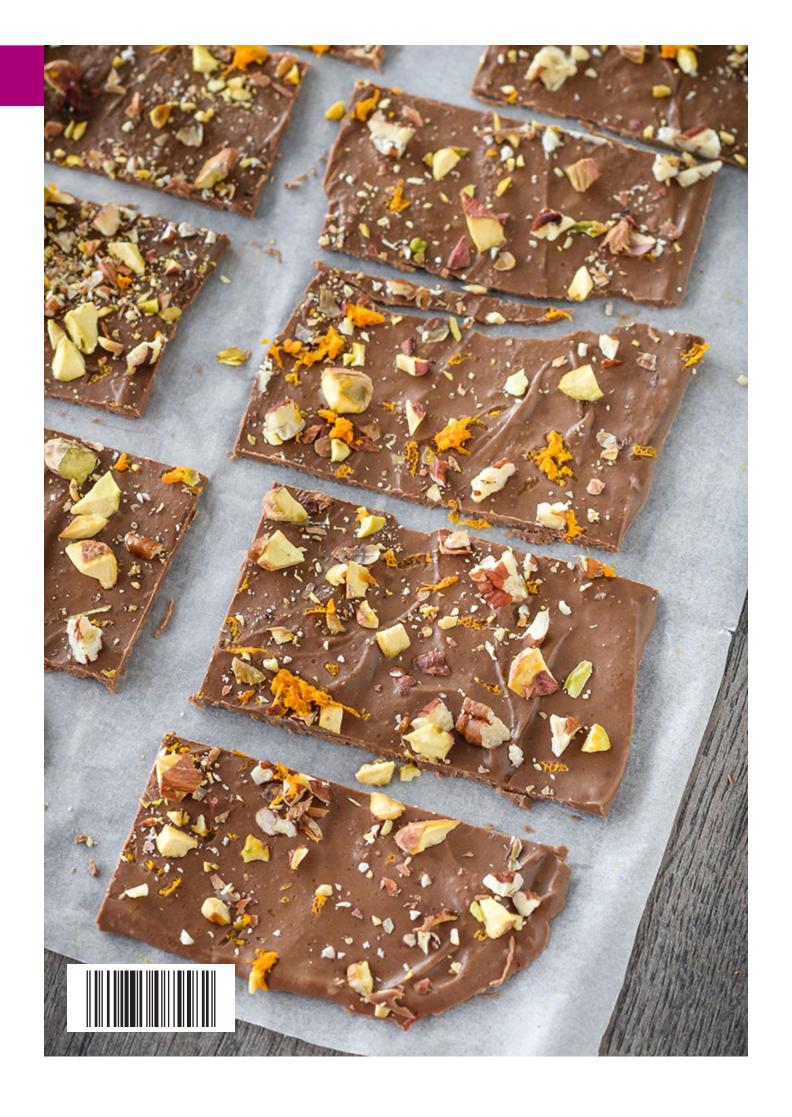
Mix all ingredients together in a bowl until you form an incorporated dough. Divide the dough into 12.

Press these balls onto a baking tray to around 1cm thick, press your thumb into the centre and make a thinner section. This assures the cookies will cook evenly all the way through.

Bake for 6-8 minutes until lightly coloured. They will harden and set firm as they fully cool.

Keep in an air tight container.

MACROS PER PORTION				
CALORIES	129	PROTEIN	10	
CARBS	2	FATS	9	
FIBRE	3			



ORANGE AND PISTACHIO CHOCOLATE BARK

SERVES: 12

TOTAL TIME: 12 MINUTES



INGREDIENTS

400g dark (70%) chocolate 28g pistachios, roughly chopped 14g pecans, roughly chopped Zest of 1/2 and orange

INSTRUCTIONS

Line a small, rimmed baking sheet with parchment.

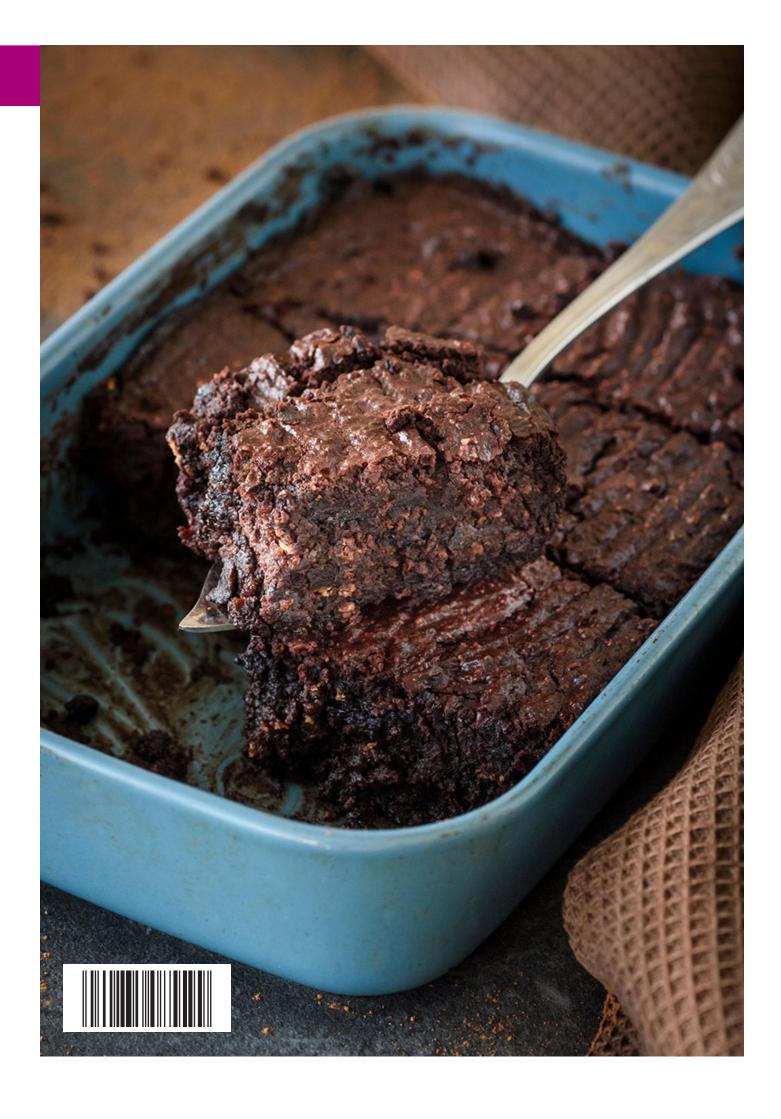
Chop pecans and pistachios, zest the orange peel with a microplane grater and chop the chocolate into smaller pieces. Place the chocolate into a microwave-safe bowl and cook on full in 20 second increments, stirring the chocolate at every interval. Go until the chocolate is completely melted.

Pour melted chocolate into the centre of your parchment lined baking sheet. Spread out evenly with a spatula or the back of a spoon.

Evenly sprinkle the chopped pecans, pistachios and orange zest over the melted chocolate.

Cool at room temperature until set, when the chocolate bark has hardened, break into 12 pieces with a large chef's knife. Store in an air tight container.

MACROS PER PORTION				
CALORIES	195	PROTEIN	2	
CARBS	22	FATS	11	
FIBRE	2			



BEETROOT BROWNIE

SERVES: 12

TOTAL TIME: 50 MINUTES



INGREDIENTS

75g butter

280g cooked beetroot

300g 70% chocolate

2 eggs

100g sugar

175g erythritol

60g ground oats

2 tsp vanilla extract

1 tsp salt

4 tbsp cocoa powder

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Use a light spray oil to grease a baking tin and line with parchment.

Blitz the cooked beetroot in a food processor scraping down the sides as needed until you have a course purée. Reserve 1 tbsp of the mixture for the topping.

Melt 200g of the chocolate with butter in a heatproof nonmetalic bowl, microwaving in 15s blasts. Set aside.

Whisk the eggs, granulated sugar, 100g of the erythritol, vanilla and salt in another bowl and then beat into the chocolate mixture. Stir in the beetroot and ground oats and then sift cocoa powder into the mixture. Add the remaining 100g chocolate in chunks and fold until combined.

Add the batter to the baking dish and bake for 35-40 minutes until a top crust has formed. When a toothpick inserted into the centre comes out slightly unclean but clear towards the edge, remove and cool in the tin.

Meanwhile add the reserved puree to 75g of erythritol with a little bit of water if needed to drizzle over the top. Roughly drizzle and allow to set.

Cut into 12.

MACROS PER PORTION				
CALORIES	290	PROTEIN	4	
CARBS	37	FATS	14	
FIBRE	2			

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