

lean body.
PROJECT

30 DELICIOUS LEAN BODY RECIPES

THE LEAN BODY COOK BOOK

THELEANBODYPROJECT.CO.UK

**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



lean body.
PROJECT

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.

CONTENTS

BREAKFASTS

Greek Yoghurt with Banana, Granola, Coconut and Raisins 8
Almond Butter Baked Oats 10
Toasted Malt Loaf with Blue Cheese and Apple 12
Apple Almond Butter Salad 14
Green Smoothie 16

SIDES

Roasted Carrots with an Almond Crumb 20
Sweet Potatoes with Tahini Butter 22
Oven Jacket Potato 24
Roasted Squash Houmous 26
Red Slaw 28

MAINS

Low Carb Chicken, Bacon and Avocado Chaffle Wrap 32
Beetroot, Feta and Quinoa Salad 34
Cottage Pie with Root Veg Mash 36
Sriracha Wing Rice Salad 38
Dressed Lentil and Squash Salad with Halloumi 40
Paprika Chicken Traybake 42
Chicken and Cannellini One Pot Chilli 44
Fajita Traybake 46
Steak and Tomato Skewers 48
Chicken Curry and Aromatic Rice 50
Pesto Prawn Spaghetti 52
Sweet Potato Frittata 54
Garlic and Herb Steak and Potato Bake 56
Bacon Wrapped Salmon with Rice and Roasted Broccoli 58
Black Pepper Salmon and Potatoes with a Tomato Salsa 60

DESSERTS

Chia Chocolate Pots 64
Raspberry and Almond Cake 66
Peanut Butter Protein Cookies 68
Orange and Pistachio Chocolate Bark 70
Beetroot Brownie 72

KEY

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

BREAKFAST







GREEK YOGHURT WITH BANANA, GRANOLA, COCONUT AND RAISINS

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

225g low fat Greek yoghurt

30g granola

80g banana flesh

18g coconut

8g 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	24
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	8
CARBS	34	FATS	19
FIBRE	4		



GREEN SMOOTHIE

SERVES: 1

TOTAL TIME: 6 MINUTES

V GF DF

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	12
CARBS	38	FATS	7
FIBRE	4		

SIDES







ROASTED CARROTS WITH AN ALMOND CRUMB

SERVES: 4

TOTAL TIME: 35 MINUTES

V GF DF

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

V GF DF

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	373	PROTEIN	5
CARBS	41	FATS	21
FIBRE	6		



OVEN JACKET POTATO

SERVES: 2

TOTAL TIME: 60 MINUTES

V GF DF

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	5
CARBS	50	FATS	5
FIBRE	2		



ROASTED SQUASH HOUMOUS

SERVES: 4

TOTAL TIME: 55 MINUTES

V GF DF

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	10
CARBS	28	FATS	13
FIBRE	7		



RED SLAW

SERVES: 4

TOTAL TIME: 35 MINUTES

V DF GF

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		

MAINS







LOW CARB CHICKEN, BACON AND AVOCADO CHAFFLE WRAP

SERVES: 2

TOTAL TIME: 60 MINUTES

GF

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 mozzarella 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 cheese 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

GF

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	23
CARBS	44	FATS	21
FIBRE	4		



COTTAGE PIE WITH ROOT VEG MASH

SERVES: 3

TOTAL TIME: 90 MINUTES

GF

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

GF DF

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 kernels. 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

V GF

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	28
CARBS	40	FATS	17
FIBRE	5		



PAPRIKA CHICKEN TRAYBAKE

SERVES: 3

TOTAL TIME: 60 MINUTES

GF DF

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	20
CARBS	72	FATS	21
FIBRE	11		



CHICKEN AND CANNELLINI ONE POT CHILLI

SERVES: 2

TOTAL TIME: 60 MINUTES

GF

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, then 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

GF

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

GF

INGREDIENTS

1 garlic clove finely minced
1 tsp mustard powder
1 tsp chilli powder
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	43
CARBS	4	FATS	27
FIBRE	2		



CHICKEN CURRY AND AROMATIC RICE

SERVES: 2

TOTAL TIME: 45 MINUTES

GF

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
100g white basmati rice
1 bay leaf
2 cloves of garlic

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 thorough (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

DF

INGREDIENTS

200g broccoli
12g olive oil
100g spaghetti
Juice of 1 lemon
1 tsp 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

GF

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

GF DF

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	44
CARBS	44	FATS	20
FIBRE	4		



BACON WRAPPED SALMON WITH RICE AND ROASTED BROCCOLI

SERVES: 2

TOTAL TIME: 25 MINUTES

GF DF

INGREDIENTS

225g salmon fillets
2 rashers of streaky bacon
75g basmati rice
120g broccoli
1 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

GF DF

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 refrigerated, 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		

DESSERT







CHIA CHOCOLATE POTS

SERVES: 2

TOTAL TIME: 2-6 HOURS

V GF

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

GF

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

V GF DF

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

V DF GF

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

V

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 non-metallic 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		

The background of the image is a dark wooden surface. In the upper left, there is a metal strainer filled with white rice. In the lower half, a black plate contains a meal consisting of white rice, green broccoli florets, and several pieces of cooked salmon. The text is overlaid on this scene.

lean body
PROJECT

THE LEAN BODY COOK BOOK