

healthy recipes



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PERSONAL TRAINING

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For Fat Loss

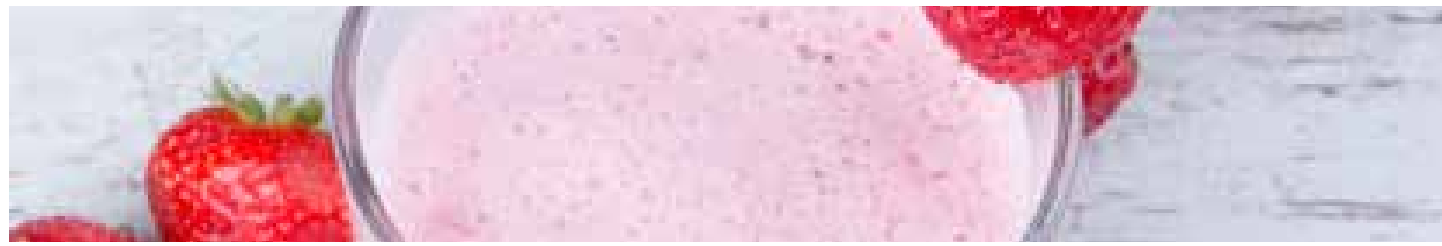
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Breakfast Recipes

If you are looking to improve your health, lose bodyfat or build muscle, you simply must eat something for breakfast.

No ifs, no buts, no exceptions.

It has been proved, that those who skip breakfast are 10 times more likely to be overweight or obese.

The food that you eat at the start of the day fans the fire of your metabolism. Eat high sugar/high G.I. foods such as cereal or bagels, you are going to get energy fluctuations and weight gain.

Eat quality protein along with some low G.I carbohydrates; you will feel more energized, alert and end up burning body fat.

The time old saying of "Breakfast like a King, Lunch like a Prince and Dinner like a pauper" is a simple but accurate way of summing up how to balance the amount we eat at each meal.

We hope that the following recipes will change the way you think of breakfast whilst at the same time providing a tasty, healthy alternative to toast and cereal!

Serves: 1

Time: 20 mins

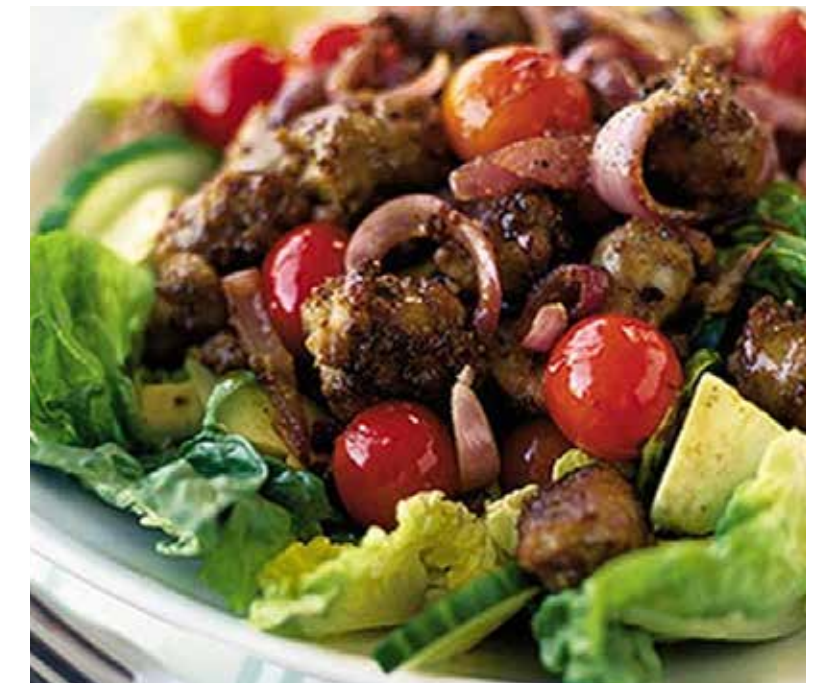
Ingredients

2 sausages
1 rasher of bacon
1 egg
Spinach
½ avocado
Cucumber
Tomatoes
Mushroom
Onion

Big Breakfast Salad

Method

- 1) Pre-heat the grill and cook sausages and bacon until lightly browned and crisp (this can be done the night before)
- 2) Heat 1 tbsp olive oil in a wok and stir-fry the onions, mushrooms and tomatoes (if you have pre-cooked the sausage and bacon add them chopped up to the wok at this stage)



- 3) Chop the cucumber and avocado into bite sized pieces and mix with the spinach.

- 4) Poach or boil the egg

- 5) Serve the stir-fried vegetables, sausage, bacon and egg on top of the salad.

NB: You can add or leave out any of the vegetables.

Turkey patties with Mushrooms and Tomatoes

Serves: 3-4

Time: 20 mins

Ingredients

400g turkey breast mince
1 red onion grated
2 tsp mixed herbs
Olive oil
Mushrooms
Tomatoes

Method

- 1) Mix the turkey mince with the grated onion and mixed herbs until well combined.
- 2) Divide the mixture in to 8 even sized balls.



3) Heat 1tbsp of olive oil in a frying pan. Fry the turkey patties in batches (do not over crowd the pan) until brown on both sides. Add the tomatoes to the pan, turn the heat down and allow to cook until the turkey is cooked through and the tomatoes are softened.

4) In a separate pan, heat 1tbsp of oil and fry the mushrooms over a high heat until golden brown. Serve with the turkey and tomatoes.

NB: You can use minced pork instead of turkey is desired.

Rebecca's Story

I started training with Pro-Fit 2 years ago after the birth of my 3rd child. Although I have never been massively over weight, I have always struggled to lose body fat, especially around my hips and thighs. I thought that this was my body shape and I would never be able to change it. How wrong I was! By following the eating plan provided by my trainer I finally have a bum I am proud of!

Being a busy mum of 3 now, I find these omelette muffins my saving grace in the morning. Whilst the kids are screaming and I'm packing bags, I can simply pop them in the oven to heat up and eat whilst on the school run.



Serves: makes 6

Time: 20 mins

Ingredients

6 eggs
3 rashers bacon cooked
2 sausages cooked chopped
1 pepper chopped
12 baby tomatoes chopped
Salt
Pepper
Butter/coconut oil
Paper muffin cases

Rebecca's Omelette muffins

Method

- 1) Pre-heat oven to 200 degrees C. Generously grease a muffin tray with butter or coconut oil and then line with paper muffin cases.
- 2) In a bowl, whisk the eggs. Add the meat, vegetables, seasoning and any other ingredients you want to add.
- 3) Spoon into the muffin cases. Bake for 18-20mins.
- 4) Serve straight away or cool and store in the fridge as an easy snack.

NB: You can exchange the meat for fish and change the vegetables.

Grilled Garlic Mushrooms with Bacon

Serves: 1

Time: 5 mins

Ingredients

5 large chopped mushrooms
3 rashers bacon chopped
1 tbsp chopped parsley
2 tbsp olive oil
1 chopped garlic clove
Salt and pepper

Method

- 1) Combine all of the ingredients.
- 2) Place under a pre-heated grill and cook until the bacon is crispy and the mushrooms have started to brown.



- 3) Add more salt and pepper as necessary. Serve over your preferred green vegetables.

Homemade sausages

Serves: 2-3

Time: 20 mins

Ingredients

500g of minced meat
(turkey, chicken or pork)
½ tsp sea salt
½ tsp fennel
½ tsp thyme
¼ tsp garlic
¼ tsp allspice
¼ tsp cloves
¼ tsp nutmeg
A dash of pepper (optional)
Olive oil or coconut oil for frying

Method

- 1) Combine all the ingredients in a bowl and mix by hand until well seasoned throughout.
- 2) Heat 1 tbsp of the oil in a frying or saucepan on a low to medium heat.



- 3) Shape the sausages into flat patties and cook for about 5-7mins on each side.

- 4) Place each patty on a paper towel over a plate to absorb any excess oil. Serve with scrambled eggs, mushrooms and tomatoes.

Broccoli, spring onion and bacon frittata

Serves: 2

Time: 10 mins

Ingredients

1 head of broccoli
2 tbsp olive oil
4 spring onions
4 rashers streaky bacon
4 eggs
Parmesan cheese (optional)
Salt and pepper

Method

1) Pre-heat the grill to its highest setting. Blanch the broccoli in water then drain well.

2) Heat the oil in a large frying pan and sauté the chopped bacon and chopped spring onions until golden then add the broccoli.



3) Pour the beaten eggs into the pan, drawing the egg from the sides into the centre, until set underneath.

4) Sprinkle with grated Parmesan and finish under the grill.

NB: This dish can be made vegetarian by omitting the bacon.

Skinny Omelette Wraps

Serves: 1

Time: 20 mins

Ingredients

2 large (preferably organic) eggs
a pinch of fine grain sea salt
a few tablespoons of chopped chives
a dollop of pesto
protein of choice (chicken, ham, tuna, salmon or cottage cheese)
a small handful of mixed salad greens

(Adapted from BBC Good Food)

Method

1) Use a fork to beat the eggs and salt in a small bowl.

2) In a large frying pan, heat a tsp of olive oil. Pour in the egg mixture and give it a good swirl so that they spread out thinly across the entire pan. Sprinkle the eggs with some of the chives and let them set.



3) Run a spatula underneath the omelette and slide it out of the pan on to a clean surface.

4) Spread the pesto across the surface of the omelette and then fill with your protein and salad greens.

5) Starting with one end, roll the omelette away from you. Cut in half on a deep diagonal.

Salmon and Courgette Fritters

Serves: 1

Time: 5 mins

Ingredients

1 egg
3 tbsp ground almonds
50g smoked salmon
½ a courgette grated
½ tbsp chopped dill
Salt and Pepper
Olive oil
Small knob of butter

Method

- 1) Whisk the egg with the ground almonds.
- 2) Add the smoked salmon, courgette, dill, salt and pepper to taste. Mix until well combined.



- 3) Heat 2 tbsp of olive oil in a frying pan, add the mixture and cook for 3-4 minutes on each side. Towards the end of cooking, add the butter and spoon over the fritters to glaze.

Chicken and Apple Sausages

Serves: 3

Time: 20 mins

Ingredients

1 small white onion
1 clove garlic, crushed
2 large chicken breasts
1 green apple – peeled and chopped
2 tsp mixed spice
2 tsp Himalayan sea salt (add more to taste)
Ground pepper to taste
Chopped fresh sage (optional)
Olive oil or coconut butter for frying

Method

- 1) Chop the chicken in to large chunks and then place in a food processor, pulse until it reaches the consistency of minced meat. Remove to a bowl.
- 2) Place the apple in the food processor and blend until finely chopped then add to the chicken a long with the salt, sage and pepper if using.



- 3) Peel and chop the onion into large chunks, then pulse in the food processor until finely chopped.
- 4) Heat 1 tbsp of the oil in a frying pan and fry the onion until golden brown. Add the crushed garlic clove and mixed spice for the last 2 mins.
- 5) Add the onion to the chicken mix and combine well. Using wet hands, form the mixture in to small patties.
- 6) Heat 1 tbsp of the oil in a frying pan and fry the patties for 3-4 mins each side or until cooked through. Serve a long side fried mushrooms, steamed broccoli and sautéed courgettes.

Turkey and Courgette Burgers

Serves: Makes 12-13 cakes
Time: 5 mins

Ingredients

500g turkey mince
 1 large courgette grated
 40g spring onions
 2tbsp chopped mint
 2 tbsp chopped coriander
 1 tsp ground cumin
 2 cloves garlic, crushed
 1 tsp Himalayan sea salt
 Pinch ground black pepper
 Pinch of cayenne
 Olive oil or coconut oil for frying

(Adapted from Yotam Ottolenghi)

Method

- 1) Pre-heat the oven to 220°C. In a large bowl, mix together all of the ingredients for the burgers (aside from the oil) until well combined.
- 2) Using wet hands form the mixture in to small patties.



- 3) Heat 1 tbsp of the oil in a frying pan and fry the patties for 2mins each side, or until lightly golden, and then place in the oven to cook through. Serve a long side stir-fried broccoli, steamed spinach and fried mushrooms.

Jenny's Story

After initially being quite excited about the idea of having scrambled eggs for breakfast, I soon got bored of the same thing each morning.

I found that by adding a bit of basil and some nuts to my eggs it helped change the taste slightly and meant I looked forward to my breakfast each morning.



Jenny's Scrambled Eggs with Basil and Pinenuts

Serves: 1
Time: 5 mins

Ingredients

3 eggs
 Knob of butter
 Handful chopped basil
 1 tbsp of pinenuts

Method

- 1) Whisk 3 eggs in a bowl. Heat a little butter in a frying pan, add the eggs and stir constantly until cooked through. Add the basil and pinenuts.



Spicy Tomato Protein Shake

Serves: 1

Time: 5 mins

Ingredients

2 chopped tomatoes
 ½ chopped cucumber
 ½ avocado
 A small handful raw spinach
 1-2 scoops vanilla protein powder
 1 tsp hot sauce or black pepper, to taste
 Squeeze of lemon
 1/2 cup ice

(Courtesy of Dr John Berardi)

Method

1) Combine all the ingredients in a blender. Pulse until desired consistency is reached.



Paleo Breakfast Bake

Serves: 1

Time: 10 mins

Ingredients

6 eggs
 4 mushrooms sliced
 1 small onion roughly chopped
 1 tsp each, sea salt and pepper
 1 clove garlic, crushed
 ½ tsp dried thyme
 Goat's cheese (optional for topping)

Method

1) Heat the oven to 180°C.

2) In a large bowl, combine all the ingredients (except the cheese) and fold until well combined.

3) Pour the mixture into a greased Pyrex baking dish and sprinkle the top with goat's cheese, if using.



4) Bake for 45 mins. Serve straight away or allow to cool and store in the fridge to be re-heated later.

NB: Add 200g leftover cooked meat for a non-vegetarian alternative.

Asparagus Omelette

Serves: 1

Time: 10 mins

Ingredients

3 eggs beaten
6 spears of asparagus
Salt and pepper to taste
Large knob of butter

Method

1) Quickly blanch the asparagus in boiling water then refresh under a cold running tap.

2) Heat the butter in a frying pan. Once foaming, add the beaten eggs. Allow to set, and then place the asparagus on one side of the omelette and season with salt and pepper.



3) Flip the omelette in half and allow to cook through over a low to medium heat for 4 minutes.

NB: You could add some ham or smoked salmon for a non-vegetarian alternative.

Paleo Granola

Serves: 6 servings

Time: 2 days in the oven

Ingredients

500g walnuts
½ tsp Celtic sea salt
125ml water
4 dates, pitted
5 dried apricots, chopped
100g sultanas
1 teaspoon cinnamon

Method

1) Soak the walnuts in some water with the salt added, overnight.

2) Pre-heat the oven to its lowest setting. Rinse the walnuts then place on a baking tray.



3) Place the nuts in the oven and dehydrate for 24 hours or until crispy.

4) Once the nuts are dehydrated, remove from the oven and set aside.

5) Place the dates and 125ml of water in a food processor and pulse until a smooth paste forms.

6) Add the walnuts, apricots, sultanas and cinnamon and pulse until coarse, like granola.

7) Place in the oven in a large Pyrex dish and dehydrate again for 24 hours or until crispy. Eat as a snack or with almond milk as a cereal.

Nutty Quinoa Porridge

Serves: 4

Time: 20 mins

Ingredients

250ml organic coconut milk
250ml water
250ml organic quinoa
500g fresh blackberries
½ tsp ground cinnamon
100g chopped pecans, toasted

Method

- 1) Combine the coconut milk, water and quinoa in a medium saucepan.
- 2) Bring to a boil over a high heat. Reduce the heat to medium-low; cover and simmer for 15 minutes or until most of the liquid is absorbed.



- 3) Turn off heat and let it stand, covered for 5 minutes.
- 4) Stir in the blackberries and cinnamon, transfer to four bowls and top with the toasted pecans.

Paleo Lemon Pancakes

Serves: 2-4

Time: 15 mins

Ingredients

1 tbsp applesauce
1 tbsp blueberries
2 tbsp lemon juice
3 tbsp almond nut butter
2 eggs
Coconut oil

Method

- 1) Combine all of the ingredients in a bowl aside from the coconut oil and beat to make a thick batter.
- 2) Heat the coconut oil in a frying pan. Once hot, add a tablespoon at a time of the batter in to the pan to make small thick pancakes. Repeat with 2 more pancakes in the same pan.



- 3) Cook for 2-3 mins then flip over and cook the other side until lightly golden on each side.
- 4) Serve with a small amount of butter.

NB: You can alter the flavours of the pancakes – try adding cinnamon, nutmeg, desiccated coconut or grated apple instead of the lemon juice and blueberries.

Whole live yoghurt with Spiced Apple Compote

Serves: 6-8
Time: 30 mins

Ingredients

6 apples, peeled, cored, cut into 1/2-inch slices
250ml of water
2 tbsp fresh squeezed lemon juice
2 tbsp sultanas
100g chopped dried apricots
2 tsp ground cinnamon
1/4 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp ground nutmeg
1 tbsp butter
1 tbsp fresh lemon zest

Method

- 1) Combine apples, water and lemon juice in a large saucepan.
- 2) Bring to a boil then turn down the heat and simmer, covered, for 25 minutes or until the apples are tender.



- 3) Stir in the dried cherries, apricots, cinnamon, ginger, cloves and nutmeg and cook for 5 more minutes.
- 4) Add the butter to the hot mixture and stir until melted. Finish with lemon zest. Serve over whole, live yoghurt, porridge or simply on its own.

Bran Muffins

Serves: Makes 10
Time: 30 mins

Ingredients

140g ground almonds
100g ground flax seeds
1 tsp baking soda
1/2 tsp sea salt
6 dates
3 eggs
2 tbsp olive oil
50ml water
50g sesame seeds
50g sunflower seeds
100g raisins

Method

- 1) Pre-heat the oven to 180°C. In a large bowl combine the almond flour, flax meal, baking soda and salt.
- 2) In a food processor, blend the dates, eggs, olive oil and water on high speed until very smooth.



- 3) Mix the wet ingredients into the dry, then stir in the sesame seeds, sunflower seeds and raisins.
- 4) Spoon the batter into lined muffin tins. Bake for 20-25 minutes then allow to cool and serve.

Swiss Bircher Muesli

Serves: 2

Time: Overnight

Ingredients

4 large handfuls of rolled oats
 400ml filtered water
 A handful of crushed walnuts
 A handful of raisins
 A small handful of pumpkin and sunflower seeds
 1 tbsp natural whole live yoghurt or a scoop of whey protein powder plus some extra water
 1 grated apple
 1 punnet fresh berries
 1 tsp cinnamon
 1-2 tbsp runny honey or Stevia
 100ml natural whole live yoghurt

Method

- 1) Place the oats, walnuts, seeds, and raisins in a bowl.
- 2) Gently warm the water in a pan and mix in to the dry mixture, along with a tbsp of yoghurt, whey, or lemon juice. Cover with a plate and leave it to soak overnight. Don't put it in the refrigerator, as you want to encourage fermentation.



- 3) The next morning, whisk the yoghurt and the honey (or Stevia) together and put to one side. Grate the apple and mix into the soaked oats, along with the berries, cinnamon, and honey-sweetened yoghurt to taste.

Blueberry Muffins

Serves: 8

Time: 20 mins

Ingredients

¼ tsp salt
 ¼ tsp baking soda
 2tsp baking powder
 350g ground almonds
 4 tbsp Xylitol or Stevia
 4 eggs
 3 tbsp melted coconut oil
 1tbsp vanilla extract
 150g fresh or frozen blueberries

Method

- 1) Pre-heat the oven to 180°C.
- 2) Mix the flour, baking soda, baking powder and salt together in a large mixing bowl.
- 3) In a separate bowl, whisk the eggs and add the melted coconut oil. Then add sweetener and vanilla extract.



- 4) Pour the wet mixture over the dry ingredients, stir together with a large mixing spoon, and then gently fold in the blueberries.
- 5) Place the mixture in to muffin cases (fill half way up) in a muffin tray.
- 6) Bake for 12-15 minutes, or until they are brown on top and cooked through.

Grilled Steak with Sweet potatoes and Mushrooms

Serves: 1

Time: 15 mins

Ingredients

1 grass-fed steak
1 sweet potato
½ punnet of mushrooms
Extra virgin olive oil
Butter
Salt and pepper

Method

1) Heat the grill to its highest setting. Chop the sweet potatoes in to 2cm cubes.

2) Toss the potatoes and the steak in 2 tbsp of extra virgin olive oil and season with salt and pepper. Place under the grill for 8 mins. Slice the mushrooms.



3) After the 8 minutes, remove the steak from the grill pan, mix the mushrooms in with the potatoes. Place the steak back in the grill pan and return under the grill for a further 8 minutes or until the potatoes are tender and the steak is cooked to your liking.

4) Serve with a knob of butter.

Ground almond pancake

Serves: Makes 12 pancakes

Time: 20 mins

Ingredients

2 eggs
100ml water
1 vanilla pod
220g ground almonds
1 tsp baking powder
½ tsp salt
Butter, for frying
Fresh berries to serve

Method

1) Beat the eggs in a large mixing bowl. Add the water and beat again.

2) Split the vanilla pod lengthways and scrape the seeds out with a knife.



3) Mix the vanilla seeds, ground almonds, baking soda and salt, then add to the egg mixture. Beat until smooth.

4) Melt a little butter in a frying pan. Using a dessert spoon, place 3 separate spoonfuls of the batter into the pan and fry until lightly browned on one side, then turn over and brown on the other side. Repeat with the rest of the mixture.

5) Serve straight away with fresh berries.

Breakfast Quinoa Cereal

Serves: 2

Time: 20 mins

Ingredients

- 1 litre water
- 500g quinoa
- 1 red apple diced
- 2 handfuls sultanas
- 1 tsp cinnamon
- Large knob of butter
- 2 tbsp coconut milk
- Fresh berries to serve (optional)

Method

- 1) Bring the water to the boil, add the quinoa, reduce the heat and simmer for 5mins.
- 2) Add the apple, sultanas and cinnamon and simmer until all the water is absorbed.



- 3) Stir in some butter and the coconut milk to reach desired consistence. Serve with fresh berries.



Lunch Recipes

If Breakfast is the most important meal of the day, then what you eat for Lunch is your second biggest priority in terms of nutrition through the day.

What you eat at lunch time determines your energy through the afternoon and can also determine whether you will reach for the biscuit tin come 3pm.

Again, protein is the key to sustaining energy levels and reducing sugar cravings.

We hope the recipes in the next section help inspire you beyond iceberg lettuce and a can of tuna!

Chicken and Chorizo Omelette

Serves: 2
Time: 10 mins

Ingredients

Cooked chicken
6 eggs beaten
1 tbsp olive oil
10 slices of chorizo
1 small onion diced
1 red pepper diced
Parmesan cheese to sprinkle

Method

- 1) Preheat the grill to its highest setting.
- 2) Heat the oil in a frying pan over the stove. Add the onion and pepper and fry until the onion is lightly golden in colour.



- 3) Pour over the beaten egg and scatter with . Continue to cook on the stove until the edges of the omelette turn golden yellow in colour.
- 4) Scatter over chicken, some parmesan cheese and place under the grill to finish cooking.

Asian Chicken Salad with chilli, ginger and lime dressing

Serves: 4
Time: 10 mins

Ingredients

For the Marinade:
2 tbsp soy sauce
Juice of ½ lime
1 clove garlic, finely chopped
½ red chilli, finely chopped
½ thumb sized piece of ginger minced

For the Dressing:
3 tbsp of olive oil
1 tbsp of soy sauce
1 tbsp smooth peanut butter
Juice of ½ lime
2 tsp honey
1 tsp sesame oil
1 clove of garlic, finely chopped
½ red chilli, finely chopped
½ thumb sized piece of ginger minced

For the Salad:
4 chicken breasts, sliced thinly into strips
1 Chinese cabbage, sliced thinly
3 carrots, sliced thinly
1 red onion, sliced thinly
100g of sugar snap peas, sliced thinly
100g of chopped cashew nuts to serve
A handful of chopped coriander to serve

Method

- 1) Add the chicken strips to a mixing bowl with the marinade ingredients and mix through. Cover and place in the fridge while you prepare the salad and dressing.
- 2) In a small bowl add all the ingredients for the dressing and whisk to combine.



- 3) Place the Chinese cabbage, carrots, red onion, and sugar snap peas in a large salad bowl. Add half the dressing and combine until all the vegetables are well coated.
- 4) Fry the chicken strips until golden brown and cooked through. Approximately 2 minutes either side.
- 5) Serve the salad in individual bowls topped with the chicken, a sprinkling of chopped cashew nuts, a little chopped coriander and an extra drizzle of the dressing.

Pork and pepper stir-fry

Serves: 1

Time: 5 mins

Ingredients

2 tbsp olive oil
 ½ an onion chopped
 1 tbsp smoked paprika
 100g lean minced pork
 2 chopper peppers

Method

- 1) Heat the olive oil in a wok, add the chopped onion and 1 tbsp smoked paprika, cook until the onion has softened.
- 2) Add the minced pork and brown.



- 3) Add the peppers or any other vegetables. Season with salt and pepper and serve.

Chicken Kebabs

Serves: 6-8 kebabs

Time: 20 mins

Ingredients

500g chicken breasts
 3 cloves of garlic
 1 handful fresh coriander
 1 handful fresh mint
 6 spring onions
 1 red chilli
 Zest and juice 1 lemon
 Salt
 Pepper
 Olive oil

Method

- 1) Cut the chicken into 1 inch cubes.
- 2) Blitz all the marinade ingredients (except the olive oil) in a food processor then loosen to a paste with a little olive oil.



- 3) Add the marinade ingredients to the chicken pieces and mix well. Allow to sit for up to an hour.
- 4) Thread the chicken pieces on to skewers. Grill for around 5 minutes, turning regularly until cooked.

NB: You can replace chicken with pork, turkey, prawns, salmon or cod.

Broccoli, Bacon and Spring Onion Frittata

Serves: 2

Time: 15 mins

Ingredients

4 eggs
4 rashers lean back bacon
4 spring onions
Salt
Pepper
Olive oil
Butter
Parmesan cheese (optional)

Method

1) Pre-heat the grill to its highest setting. Heat 1 tbsp of olive oil and a small knob of butter in a frying pan over a medium heat.

2) Chop the bacon and add to the pan, fry until golden brown.



3) Add the spring onion and allow to soften. Beat the eggs with some salt and pepper in a bowl.

4) Add the eggs to the pan; allow to cook until the edges of the frittata turn light golden brown. Sprinkle with parmesan cheese if using, then place under the grill for 5 minutes or until it starts to brown.

NB: You can replace the bacon with chicken or any other lean meat and vary the green vegetable as desired.

Easy Chicken Burgers

Serves: 6 burgers

Time: 20 mins

Ingredients

4 chicken breasts
1 clove garlic
Zest of 1 lemon
1 tsp dried rosemary
Salt
Pepper
1 egg beaten

Method

1) Place the chicken breasts in a food processor and mince.

2) Roughly chop the garlic and add to the chicken, mix for 2 mins.



3) Add all the other ingredients and mix until well combined.

4) Remove the mixture from blender. Form into burgers the size of the palm of your hand; place them in the fridge for 10 mins to firm up. From here you can freeze, keep them in the fridge or cook straight away.

6) Place 1 tbsp of coconut or olive oil in a frying pan and heat for 1 min.

7) Pan fry the burgers in the pan for 4-5 mins each side or until cooked through (no pink juices).

NB: This method can be used for beef, pork, turkey, lamb, prawns. Just alter the spices to suit the meat (parsley, sage, thyme, coriander etc...)

King Prawn Foo Yung

Serves: 2

Time: 30 mins

Ingredients

300g Raw peeled King Prawns
3-4 eggs (beaten)
Large handful of beansprouts
Half of 1 onion (sliced)
Handful of peas (quickly
blanched from frozen)
2 tbsp olive oil

Method

1) In a shallow non stick pan, heat the oil on high until you see a slight smoke, fry the prawns for 2-3 mins. Remove the prawns from the pan.

2) Fry the onions for 2mins then add the beansprouts.



3) Put the prawns followed by the peas and season to taste.

4) Add the eggs, turn the heat down to medium, and stir until cooked through.

Chicken Tikka Kebabs

Serves: 4

Time: 3-4 hours to marinate
15 min to cook

Ingredients

4 chicken breasts
8 tablespoons organic
naturalGreek yoghurt
1 tsp cumin seeds
4 cardamom pods
2 tsp turmeric
3 cloves of garlic, crushed
2 tsp fresh grated ginger
1 tsp chilli powder
1 tsp sea salt

Method

1) Cut the chicken into 1 inch cubes. Make up the marinade mixture. Measure the yoghurt into a bowl, then crush the cumin and coriander seeds together with the cardamom pod in a pestle and mortar, add them to the yoghurt.



2) Add the rest of the ingredients and stir well.

3) Cover the bowl with clingfilm and leave in the fridge for at least 3-4hrs to marinate.

4) Pre-heat the grill to high, thread the pieces of chicken on to a skewer, don't pack them too tightly.

5) Now drizzle a little oil over the chicken pieces and place under the grill for 10 mins, then turn the kebabs over and grill for 10mins on the other side or until cooked through.

Smoked Trout, Watercress and Orange Salad

Serves: 4

Time: 5 mins

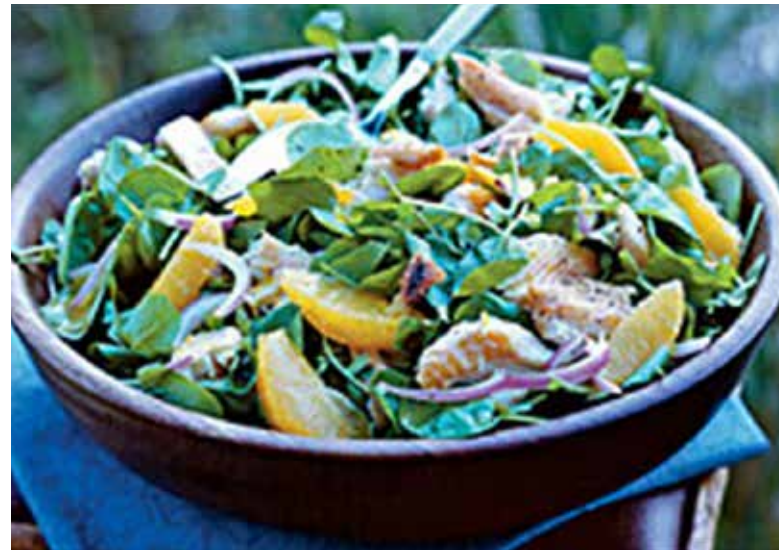
Ingredients

1 sliced red onion
 1 tsp grated orange rind
 2 tbsp fresh oranges juiced
 2 tbsp extra-virgin olive oil
 Pinch sea salt
 4 handfuls of watercress
 4 smoked trout fillets
 2 oranges segmented

(Adapted from BBC Good Food)

Method

- 1) Whisk the orange rind, juice, olive oil and salt in a bowl.
- 2) Toss the onion and watercress in the dressing.
- 3) Add the trout and orange segments then serve.



Warm Chicken, Bacon and Avocado Salad

Serves: 2

Time: 15 mins

Ingredients

2 chicken breast fillets
 4 rashers smoked back bacon
 1 ripe avocado, peeled, stoned and sliced
 50g sunblush tomatoes, drained
 1 bag watercress, rocket and spinach leaves

For the dressing

1 tbsp olive oil
 1 tbsp red wine vinegar
 1 tsp wholegrain mustard
 Salt and freshly ground black pepper

Method

- 1) Cook the chicken under a medium hot grill for 10-15 mins, turning once until cooked through and the skin is crisp.
- 2) Add the bacon to the grill pan for the final 5 mins, and cook until crisp, turning once. Slice the chicken and bacon. Place in a large bowl and leave to cool slightly.



- 3) Whisk all the dressing ingredients together in a small bowl.

- 4) Add the sunblush tomatoes, avocado and salad leaves to the chicken, add the dressing and toss well to mix. Divide the salad between two plates and serve straight away.

Simple BBQ Burgers

Serves: 4

Time: 5 mins to make
20 mins in the fridge
8 mins to cook

Ingredients

1 small onion
500g organic grass-fed minced beef
1 egg
Salt and pepper
1 tbsp olive oil

Method

- 1) Grate the onion into a bowl. Beat the egg in a separate bowl.
- 2) Place the minced beef into the bowl with the onion and combine. Season with salt and pepper.



- 3) Add enough beaten egg to bring the mince together so you can form patties.
- 4) Shape the mince into 4 burgers. Leave to rest in the fridge for 20 mins.
- 5) When ready to cook, brush the burgers with a little olive oil. Grill or BBQ on each side until slightly charred and cooked through.

NB: You can replace the beef with pork, lamb or turkey mince.

Stir-fried Broccoli with Beef and Oyster sauce

Serves: 2

Time: 20 mins

Ingredients

400g broccoli
300g of grass-fed steak
Extra virgin olive oil or coconut oil
1 green chilli
1 clove of garlic
1 inch piece of ginger
1 tbsp oyster sauce
1 tbsp Tamari soya sauce

Method

- 1) Cut the broccoli in to florets and blanch until just tender in boiling water.
- 2) Cut the steak in to thin slivers. In a wok, heat the oil and quickly stir-fry the strips of steak until browned all over. Add the chili, garlic and fresh ginger for the last 2 minutes of cooking.



- 3) Add the broccoli, oyster and tamari soya sauce. Heat through and then serve.

Chicken with Indian Coleslaw

Serves: 2

Time: 30 mins

Ingredients

2 chicken legs
Bunch of coriander
2 tsp of ground cumin
1 lime – juice and zest
2 tbsp olive oil
2 tsp ground turmeric
200g red cabbage sliced
2 carrots grated

(Adapted from BBC Good Food)

Method

- 1) Pre-heat the oven to 200°C.
- 2) Finely chop the coriander. Combine with the cumin, olive oil, lime juice and zest.



- 3) Sprinkle the turmeric over the chicken and then rub in half of the dressing in to the flesh of the chicken. Place in the oven for 20-30mins or until cooked through.

- 4) Mix the rest of the dressing with the cabbage and carrot and serve a long side the chicken.

Roast Tomato and Red Pepper Soup

Serves: 4

Time: 45 mins

Ingredients

2 red peppers
8 large tomatoes
1 red onion
2 garlic cloves
Mixed dried herbs
Olive oil
Salt and pepper

Method

- 1) Preheat a baking tray in the oven to 220°C.
- 2) Chop the pepper, tomatoes and onion in to roughly the same size pieces (approx 2cm x 2cm).



- 3) Place on the pre-heated baking tray, scatter with the mixed dried herbs and drizzle with olive oil. Mix to make sure everything is covered in oil then roast in the oven for 30-40mins or until the edges of the peppers and tomatoes are slightly charred.

- 4) Take out the baking tray and transfer the pepper/tomato mix into a large saucepan. Add boiling water until it just covers the vegetables. Using a hand blender, blend the soup to your desired consistency, adding more water if necessary. Add salt and pepper to taste.

Amaranth salad with Feta cheese and Almonds

Serves: 2

Time: 10 mins

Ingredients

250g amaranth, cooked according to instruction
 150g feta cheese, diced
 ½ cucumber, diced
 2 handfuls slivered toasted almond
 3-4 radishes, chopped finely
 Big handful of parsley, chopped
 Small handful of mint, chopped
 2 tbsp extra virgin olive oil
 Salt and pepper to taste

Method

- 1) Combine the amaranth, feta cheese, cucumber, almonds and radishes in a large bowl.
- 2) Whisk the herbs in to the olive oil and season to taste.



- 3) Combine the dressing through the salad and serve.

NB: Replace some of the cheese with a grilled chicken or salmon fillet for a non-vegetarian alternative.

Superfood Salad

Serves: 2

Time: 10 mins

Ingredients

Salad
 200g salad greens or baby spinach leaves
 200g shredded red cabbage
 A handful of raw broccoli florets
 2 heaped tbsp black beans
 1/2 a cucumber, sliced in batons
 1-2 carrots, shredded
 1-2 tbsp. chopped parsley
 2 hard boiled eggs

Dressing
 2 tbsp Greek yoghurt
 A little water to thin the yoghurt
 Drizzle of olive oil
 1 tsp fresh mint shredded

Method

- 1) Mix all the salad ingredients, excluding the eggs, together in a large bowl. In a separate bowl whisk the dressing ingredients together, thin down with a little water to desired consistency.
- 2) Mix the dressing in to the salad and garnish with boiled eggs.



NB: Serve a long side grilled fish or chicken for a non-vegetarian alternative.

Spinach and Feta Quiche

Serves: 2

Time: 40 mins

Ingredients

400g spinach
150ml natural organic yoghurt
2 eggs
200g feta cheese, crumbled
1 tbsp chopped chives
Salt
Pepper
50g parmesan cheese
25g pine nuts

Method

- 1) Pre-heat the oven to 190°C.
- 2) Steam the spinach until tender. Drain, rinse with cold water, squeeze dry and roughly chop.



- 3) Beat together the yoghurt and eggs, stir in the feta cheese, chives and season with salt and pepper. Add the spinach and pine nuts.
- 4) Pour into a ceramic dish, sprinkle with parmesan and bake for 30-35 minutes until firm and golden brown.

Falafels with Moroccan Salad

Serves: 4

Time: 30 mins

Ingredients

For the falafels:
2 tbsp olive oil
1 small onion, finely chopped
1 garlic clove, crushed
400g can chickpeas, washed and drained
1 tsp ground cumin
1 tsp ground coriander
Handful parsley, chopped
1 egg, beaten

For the dressing:
1 preserved lemon, flesh scooped out and discarded, the remainder finely chopped
2 tbsp olives, stoned, finely chopped
1 small green chilli, deseeded, very finely chopped
½ tsp cumin, toasted and finely ground
A good dash of olive oil
A squeeze of fresh lemon

For the salad
1 celery heart, with the leaves, diced
1 cucumber, diced
1 tomato, diced
1 fennel, diced
1 orange, peeled and cut into thin half slices
½ small bunch of parsley, finely chopped
½ small bunch of coriander, finely chopped

Method

- 1) For the falafels, heat 1 tbsp oil in a large pan, and then fry the onion with the garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley with seasoning to taste. Add the egg, and then squash the mixture together with your hands.



- 2) Mould the mix into 6 balls, and then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm.
- 3) For the salad, mix the chopped lemon, olives, olive oil, chilli and cumin together. Squeeze in the lemon: it should taste salty, sour and oily enough to properly dress and season all the other ingredients.
- 4) Add all the chopped vegetables and mix well. Let it sit for a little while for the flavours to blend together, serve with the falafels.

Quinoa, Roasted Vegetable and Avocado salad

Serves: 2

Time: 35 mins

Ingredients

250g red and white ready prepared quinoa
 1 courgette
 1 small aubergine
 10 button mushrooms
 1 tbsp ground cumin
 1 tsp salt
 2 tbsp extra virgin olive oil
 1 small avocado cubed
 2 tbsp toasted pumpkin seeds
 bunch of fresh coriander chopped
 punnet of sunflower sprouts

Method

- 1) Pre-heat the oven to 220°C.
- 2) Chop the mushrooms in half add the aubergine and courgette into 1-2cm chunks. Place them in a baking dish with the oil and sprinkle with cumin and salt.



- 3) Roast for 25-30mins until the vegetables are soft and lightly charred.
- 4) Combine the quinoa, roast vegetables and all the remaining ingredients in a large bowl, mix through and serve.

Bean Burgers with Avocado Salsa

Serves: 4

Time: 20 mins

Ingredients

Burgers:
 1 carrot, peeled and diced
 2 garlic cloves, minced
 2 stalks celery, diced
 1 red pepper, seeded and diced
 1 small onion, diced
 400g black beans, rinsed, drained and mashed
 4-6 tbsp gluten free oats
 Ground black pepper
 1 tsp Creole seasoning
 1 tsp salt
 Olive oil

Avocado Salsa:
 2 avocados diced
 1 green chili, finely chopped
 3 medium-sized tomatoes, diced
 2 spring onions, diced
 1-2 cloves garlic, minced
 1 tsp fresh parsley, chopped
 Juice of one lime
 1 tsp salt
 1 tsp ground black pepper
 ½ tsp ground paprika

Method

- 1) Mix all the salsa ingredients together and chill.
- 2) Preheat the oven to 200°C. Line a baking tray with grease-proof paper and set aside.



- 3) Steam the carrot for 5-10mins until tender, then mash with the black beans. Mix together then add the remaining vegetables and mix well.
- 4) Add the oats and seasoning. Mix together until combined. If the mixture is too moist, add more oats and adjust the seasoning, as needed.
- 5) In a frying pan, heat 1 tbsp of olive oil. Fry the burgers on each side for 2-3 minutes, then place on the baking sheet in the oven for 5 minutes to heat through. Serve with the salsa.

Lentil and Walnut Burgers

Serves: 5-6

Time: 20 mins

Ingredients

3 tbsp extra virgin olive oil
 1 small carrot, finely chopped
 1 stalk chopped celery
 8 chopped button mushrooms
 100g finely chopped walnuts
 1 tbsp finely chopped parsley
 1 tsp chopped fresh thyme
 ½ tsp sea salt
 ½ tsp ground black pepper
 Pinch cayenne (optional)
 400g cooked brown rice
 300g cooked lentils
 1 egg, lightly beaten

Method

1) Heat 1 tbsp of the oil in a large frying pan over a medium heat. Add the carrots, celery, mushrooms, walnuts, parsley, thyme, salt, pepper and cayenne and cook, stirring frequently, until softened, about 5 minutes; transfer to a large bowl.



2) In a food processor, purée half the rice, lentils and egg until smooth. Transfer to bowl with the vegetables, add the remaining rice and stir to combine. Form the lentil mixture into 10 to 12 patties.

3) Heat the remaining oil in the frying pan over a medium high heat. Cook the patties in batches until golden and crisp on each side, 8 to 10 minutes total.

Bacon and Lentil Soup

Serves: 4

Time: 20 mins

Ingredients

2 tbsp olive oil
 1 red onion diced
 2 sticks of celery finely chopped
 2 carrots diced
 2 cloves of garlic
 1 tbsp dried mixed herbs
 250g lardons (or replace with chopped streaky bacon)
 500ml fresh chicken stock
 200g of puy lentils (pre-soaked)

Method

1) Heat the olive oil in a large casserole pan. Add the onion, celery and carrots and cook until beginning to soften. Add the garlic and dried herbs, cook through for 2 mins.



2) Add the bacon turn up the heat and stir-fry until golden brown. Add the chicken stock, lentils and any additional water if needed.

3) Heat through for 5-10mins. Use a hand blender to blend to desired consistency.

Grilled Sausages with 3 bean salad

Serves: 2

Time: 20 mins

Ingredients

4 venison or best quality pork sausages
200g green beans, trimmed
200g can cannellini beans, drained, rinsed
200g can red kidney beans, drained, rinsed
4 vine-ripened tomatoes cut into wedges
Small bunch flat-leaf parsley leaves, roughly chopped
2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar

Method

1) Heat the grill to its highest setting. Place the sausages underneath and grill, turning frequently until cooked through.

2) Mix the 3 beans and tomatoes together until well combined.



3) In a bowl, whisk the oil, vinegar and parsley to make a dressing.

4) Once the sausages are cooked, slice in to bite size pieces, combine with the beans and the dressing.

Thai stir-fried Beef with Brown rice

Serves: 3-4

Time: 20 mins

Ingredients

6 tbsp rice wine vinegar
3 tbsp lime juice
1 tbsp palm sugar
4 ½ tsp Thai red curry paste
700g grass-fed beef, sliced in to strips
2 tbsp coconut oil
1 large onion sliced
3 carrots sliced in to thin batons
400g mushrooms sliced
400ml organic coconut milk
4 ½ tsp Asian fish sauce
400g bean sprouts
Cooked brown rice – to serve (optional)

Method

1) In a bowl, combine the rice vinegar, lime juice, palm sugar, and curry paste. Add the beef and marinate for 10 mins.

2) Heat 1tbsp of the oil in a wok. Add the onion, carrots and mushrooms and stir-fry for 5 mins. Transfer to a plate.



3) Heat the remaining oil, add the beef to the wok and stir-fry for 4mins, until browned. Add the vegetables, reserved marinade, coconut milk and fish sauce and bring to a boil.

4) Reduce the heat, add the beef and bean sprouts, simmer for 2 mins then serve with the rice if using.

Jacket Sweet Potato with Chilli con Carne

Serves: 4

Time: 1 hour

Ingredients

4 sweet potatoes
800g lean, grass-fed, minced beef
2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
Small bunch fresh coriander
1 green chilli, finely diced
2 tsp ground cumin
2 tsp ground cinnamon
2 tsp dried oregano
1 tbsp tomato purée
400g canned chopped tomatoes
500ml good-quality beef stock
2 red peppers, diced
400g can kidney beans, drained and rinsed
1 lime, cut into wedges

Method

1) Pre-heat the oven to 200°C. Place the potatoes on a baking tray and bake in the oven for 45 mins or until cooked through.

2) Heat the olive oil in a large casserole pan and gently fry the onion, garlic, coriander stalks and chilli for 5 minutes until softened. Stir through the spices and oregano and



cook for 2 minutes more.

3) Turn the heat up to medium-high, add the beef mince and brown it well, breaking it up with a wooden spoon. Once browned, add the tomato purée and cook over a medium heat for 2 mins. Stir through the canned tomatoes and add enough beef stock to cover. Stir well and bring to boiling point. Put the lid on, reduce the heat and simmer for 1½ hours, stirring occasionally.

4) Remove the lid, add the red peppers and cook for a further 10 minutes. Then add the kidney beans, season really well and cook for 20 minutes more until the sauce is reduced to your liking. Top with the coriander leaves and serve with the jacket sweet potato and lime wedges.

NB: For those of you on fat loss, this can be served with a simple green salad or some steamed vegetables. The sweet potato can also be exchanged for wild, red, black or brown rice.

Sweet Potato, Bacon and Egg Salad

Serves: 4

Time: 20 mins

Ingredients

3 diced sweet potatoes
4 eggs
6 rashers of bacon, sliced
1 tbsp olive oil
4tbsp fresh dill, finely chopped
2tbsp mayonnaise
2tbsp lemon juice

Method

1) Steam the sweet potatoes over a pan of boiling water until cooked through, approximately 15mins. For the last 7mins, add the eggs to the water and hard boil.



2) Heat the oil in a frying pan, add the chopped bacon and cook until crispy.

3) Allow the potato, eggs and bacon to cool. Then combine with the mayonnaise, lemon juice and dill.

Dinner Recipes

The evening meal is quite often the time when all the family gets together. We wanted to share with you some of the recipes we have found to appeal to all members of the family, mum, dad, kids and grandparents!

The recipes include quick dishes, healthy one-pots, recipes to impress and simple dinner party meals, all following the Paleo principles.

Fragrant Chicken, Coriander and Coconut Curry

Serves: 4

Time: 1 hour

Ingredients

400ml can coconut milk
 Small bunch coriander
 6 large garlic cloves
 Small piece fresh root ginger
 1-2 green chillies
 2 tbsp olive oil
 8 skinless chicken thighs or drumsticks
 1 onion, finely chopped
 3 cloves
 Thumb-size piece cinnamon stick
 1½ tsp cumin powder
 1½ tsp coriander powder
 1 tsp Garam masala

Method

1) Blend the coconut milk and coriander in a food processor, then tip out and set aside. Quickly wipe out the machine, add the garlic, ginger and chillies, and then blend with enough water to make a paste.



2) Heat the oil in a large pan. Brown the chicken well then remove. Add the onion, cloves and cinnamon and fry until golden. Add the chilli paste to the pan and cook until most of the liquid has evaporated.

3) Return the chicken and stir in the powdered spices plus the coconut paste. Bring to a boil, cover and cook for 40-50 mins, remove the lid halfway through to thicken the sauce.

4) Check the chicken is cooked, season to taste and then add a splash of water if the sauce has thickened too much.

Green chilli

Serves: 4

Time: 40 mins

Ingredients

1 tbsp olive oil
 800g free-range pork mince
 1 tsp dried sage
 Sea salt and ground black pepper
 2 onions, peeled and chopped
 3 cloves of garlic, chopped
 2 green peppers, diced
 3 green chillies, diced
 4 large tomatoes, diced
 1 romaine lettuce
 1 lime
 Small bunch of fresh mint
 3 spring onions

(Courtesy of Jamie Oliver)

Method

1) Heat the oil in a large pan. Add the pork mince, dried sage and salt and pepper. Cook until browned.

2) Add the onions, garlic, peppers and chillies, fry for 15 mins on a high heat. Stir in the tomatoes and half a glass of water.



3) Turn the heat down and simmer for 10 mins. Serve the chilli with a squeeze of lime juice and half the chopped mint. Wrap inside the lettuce leaves and sprinkle with the rest of the mint and the spring onions.

NB: For those on maintenance, this can be served with brown rice or corn tortilla wraps.

Moroccan Meatballs

Serves: 6

Time: 40 mins

Ingredients

Meatballs
 2 tbsp coriander seeds
 1 tbsp cumin seeds
 2 tsp Garam masala
 1 ½ tsp chilli powder
 2 tsp ground turmeric
 2 tbsp olive oil
 600g onions
 25g garlic
 800g minced pork or lamb
 1 ½ tbsp beaten egg
 1 ½ tsp salt

Sauce
 8 green cardamom pods
 6 cloves
 1 cinnamon stick
 200g chopped tomatoes
 1 tbsp tomato puree
 1 tsp salt
 24 curry leaves
 3 green chillies
 2 tbsp olive oil

Method

1) Dry fry the coriander and cumin seeds until lightly toasted. Grind in a pestle and mortar with the other spices for the meatballs.

2) Heat half the oil over a medium heat in a large frying pan. Add the onion and garlic, sweat for 10 mins. Add the



spice mix and heat for 2 mins.

3) Remove half the onions from the pan into a bowl and allow to cool.

4) Add the mince meat, beaten egg and salt to the cool onion and combine thoroughly.

5) Shape the mixture into golf ball sizes and place in the fridge to firm up.

6) Add the remaining ingredients for the sauce to the onion mixture. Bring to the boil then simmer whilst you cook the meatballs.

7) Heat the remaining olive oil in a frying pan, add the meatballs in batches and brown on all sides. Add to the sauce and simmer for 20 mins. Serve with steamed green vegetables and/or brown rice.

Charlotte's Story

I started training with Pro-Fit 2 years ago after the birth of my 3rd child. Although I have never been massively over weight, I have always struggled to lose body fat, especially around my hips and thighs. I thought that this was my body shape and I would never be able to change it. How wrong I was! By following the eating plan provided by my trainer I finally have a bum I am proud of!

Being a busy mum of 3 now, I find these omelette muffins my saving grace in the morning. Whilst the kids are screaming and I'm packing bags, I can simply pop them in the oven to heat up and eat whilst on the school run.



Charlotte's Chicken with Turmeric and Prawns



Serves: 2

Time: 30 mins

Ingredients

1 onion chopped
1 clove of garlic
2 chicken breasts
1-2 tsp of turmeric
A handful of coriander leaves roughly chopped
Small pack of cooked prawns
2 small glasses of white wine or chicken stock
Juice of 1 lime

Method

- 1) Sprinkle the turmeric over the chicken and marinate in the fridge for as long as you can a couple of hours is perfect.
- 2) Fry the onion and garlic in some olive oil in a pan add the chicken and lightly brown then season.
- 3) Add half the coriander leaves, the lime juice and the wine or stock. Allow to simmer until cooked through but do not allow the juices to dry out.
- 4) Add the prawns and allow them to heat through, sprinkle the remaining coriander over the top and serve with brown rice or salad.

Indian Spice Box Chicken



Serves: 4

Time: 1 hr 30 mins

Ingredients

3 green chillies
3 garlic cloves
5cm piece of fresh root ginger
Bunch of fresh coriander
200g creamed coconut
2 medium onions
8 medium bone-in chicken thighs, skinned
2 tbsp olive oil
2 tsp fennel seeds
1 tsp cumin seeds
a good knob of butter

Chilli-ginger garnish, to serve
1 red chilli
2cm piece fresh root ginger
Juice of 1 lime

(Courtesy of Roopa Gulati)

Method

- 1) Begin by making the chilli-ginger garnish. Split and seed the chilli and slice into thin matchsticks. Peel the ginger and slice into the same size strips as the chilli. Put all the strips in a bowl, add in the lime juice and stir to mix.
- 2) Now make the chicken. De-seed and chop the chillies into rough pieces and put them in a blender or food processor. Peel and roughly chop the garlic and ginger and add to the chillies. Add the coriander leaves and coconut cream and blitz to a puree.
- 3) Thinly slice the onions. Heat the oil in a frying pan over a medium heat until hot. Add the fennel and cumin seeds and heat for 10-20 seconds, stirring all the time so they don't burn. They're ready when you get a lovely whiff of warm nuts. If the oil starts to smoke, remove pan from the heat.
- 4) Put in the butter and let it melt, then add the sliced onions and turn the heat down. Mix the onions and spice seeds, cook for about 10 minutes until the onions are golden brown.
- 5) Put the onions to one side of the pan, then add the chicken thighs, smooth side down. Increase the heat to medium/high and fry the chicken until it's golden brown on both sides, about 15-20 mins.
- 6) Stir in the coconut mixture. Add 150ml/¼ pint cold water to the pan with a pinch of salt. Stir until bubbling. Reduce the heat to its lowest and cover the pan tightly. Simmer for 30-35 minutes or until the chicken is tender when pierced. Add a splash of hot water if the sauce is too dry. Serve sprinkled with a little chilli garnish

Pesto Pork chop with Roasted Vegetables and Kale

Serves: 2

Time: 30 mins

Ingredients

2 pork chops
1 tub of fresh good quality pesto
2 rashers bacon, diced
4 handfuls kale
Olive oil
1 clove garlic, crushed
1 pepper diced
8 cherry tomatoes
1 onion diced
8 olives (de-stoned)

Method

1) Place 2 baking trays in the oven and to 200°C. Rub the pesto over the chops and place on one of the baking trays. Roast for 30 mins (depending on the thickness of pork chop).



2) Toss the peppers, tomatoes, onions and olives in some oil and place on the other baking tray. Roast for 20-30 mins.

3) Heat 1 tbsp of olive oil in a wok over a low heat. Add the bacon and allow the fat to render away. When the bacon is beginning to brown, add the garlic and stir-fry for 1 min.

4) Add the kale and stir-fry for 2-3 mins or until it is beginning to soften. Serve alongside the pork chops and roasted peppers.

NB: Use lamb chops, chicken breasts, salmon or any other fish instead of pork if you prefer. Alter cooking time appropriately.

Ginger Chicken

Serves: 2

Time: 40 mins

Ingredients

4 boneless, skinless chicken thighs
A thumb-size piece of fresh ginger, finely chopped
2 garlic cloves, finely chopped
½ tsp chili powder
Handful of fresh coriander
Juice of ½ a lime
1 tbsp olive oil
1 onion
1 tsp ground turmeric
200ml coconut milk
½ fresh chili deseeded and sliced
½ chicken stock cube

Method

1) Chop the chicken thighs into large chunks, place in a bowl with the ginger, garlic, chili powder, half the coriander, lime juice and ½ tbsp of the oil. Mix, cover and leave in the fridge to marinate for 30mins.



2) Finely chop the onion in a food processor. Heat the remaining oil in a large frying pan, add the onion and stir-fry until soft. Stir in the turmeric and cook for 1 min.

3) Add the chicken with the marinade and cook over a high heat until browned. Add the coconut milk, chili and stock, then cover and simmer for 20 mins until the chicken is tender. Serve with vegetables or brown rice if in maintenance.

Paleo Shepherd's Pie

Serves: 4

Time: 50 mins

Ingredients

Olive oil
 800g minced beef, chicken, turkey, pork or lamb
 1 onion, diced
 2 cloves garlic, finely chopped
 2 carrots, chopped
 2 stems celery, chopped
 1 tbsp each dried sage and thyme
 1 tbsp tomato puree
 1 tsp Himalayan sea salt
 250ml fresh stock
 1 head cauliflower, chopped
 Butter
 Salt and pepper to taste

Method

1) Pre-heat the oven to 230°C. In a frying pan, heat 1 tbsp of the oil, add the minced meat and sauté on medium heat until browned. Add the onions, garlic, carrots, celery and herbs. Cook until softened.



2) Add the tomato puree and cook for 5 mins. Add the stock and season with salt to taste. Bring to the boil then reduce the heat and simmer for 20 mins.

3) Steam the cauliflower until very tender. Using a food processor, blend the cauliflower with the butter, salt and pepper until smooth.

4) Place the mince in an oven-proof dish then top with the cauliflower. Place in the hot oven until golden brown on top (approx 20 mins).

Rosemary's Story

I have worked with Pro-Fit since May 2008 and during that time have lost over 4 stone and improved my overall fitness and health—such that I was able to run my first 5km race last year.

This has been possible because of the eating plans and the personalised training programme that were devised for me. Over the years I have learnt how to adapt my favourite recipes such that they fit in with my new lifestyle. This fish recipe is one of my favourites as it's quick to make and really tasty.



Serves: 2

Time: 40 mins

Ingredients

1 tbsp olive oil
 1 onion, finely chopped
 1 garlic clove, finely chopped
 1 carrot diced
 1 celery stick diced
 400g tin chopped tomatoes
 1 tbsp tomato puree
 1 red pepper diced (you can add any additional vegetables here too)
 Salt and pepper
 400g mixed fish cut into 2 cm chunks
 1 large handful of chopped basil

Method

1) Heat the oil in a casserole pan. Cook the chopped onions for 5 minutes, or until lightly brown. Add the garlic, carrot and celery and cook for 2-3 mins.

2) Add the chopped tomatoes, tomato puree, salt, pepper and any additional vegetables you want to use.

3) Bring to the boil then reduce and simmer for 20 mins.

4) Add the fish and basil and simmer for a further 10 mins or until the fish is cooked through.

Rosemary's Mediterranean Fish Stew

Thai Steamed Fish

Serves: 4

Time: 20 mins

Ingredients

2 cloves garlic, thinly sliced
 2-3 green chillies
 2 lemongrass stalks, outer layers discarded
 1 thumb-sized piece of ginger, peeled
 1 tbsp soy sauce
 1 tbsp fish sauce
 Zest and juice of 1 lime
 Small bunch of coriander
 4 fillets sea bass, sea bream or similar
 100g bok choy, pak choy or spinach

Method

- 1) In a blender whizz up all the ingredients except the fish and green veg.
- 2) Cut a few gashes in the fish skin and rub the spice paste into the skin side of the fillets. Place in a bowl, cover and marinate for up to 2 hours in the fridge.



3) Pre-heat the oven to 200°C. Place a handful of the green veg in the centre of a large rectangle of baking parchment. Place a fish fillet on top, then wrap up into a parcel. Repeat with the other fillets.

4) Place the parcels on a baking tray and bake for 10-12 mins.

5) Serve with steamed green vegetables and/or brown rice.

NB: This method can also be used with chicken or turkey, just bake in the oven for 20-25 mins instead.

Neeraj's Story

As a part time dive instructor, I have always thought of myself to be in relatively good shape and a healthy eater with no need for a personal training programme.

After hitting 44, I started to put on extra body fat and weight, hitting a 35" waist, 86kg and a body fat of 29%.

I had tried to lose 4kg over 12 months which I thought was an achievable target, but

I failed to achieve that. After I started working with Easyfit the weight started to fall off. In less than 6 months, I have hit a 30" waist, lost 8.5kgs, put on muscle and reduced my body fat to 18%.

I'm now only in the gym 3-4 times per week. It's the small changes I have made in diet, nutrition and lifestyle that have made the biggest difference. The following recipe – Healthy lamb curry – is one that we

eat regularly as a family and allows me to enjoy the foods I am used to whilst at the same time sticking to my primal eating plan!

I have now set a goal to achieve 16% body fat and move my fitness to the next level.



Serves: 4

Time: 75 mins

Ingredients

500g lamb shoulder, diced
 2 white onions
 2 cloves garlic
 1" fresh ginger
 2 tsp each ground cumin, coriander and turmeric
 1 green chilli
 400g chopped tomatoes
 400ml fresh lamb stock
 ½ tsp black peppercorns
 4 cardamom pods
 1 dried cinnamon stick
 2 tbsp coconut cream
 Fresh coriander
 Coconut oil

Neeraj's Healthy Lamb Curry

Method

1) In a large pan, heat 1 tbsp coconut oil. Chop the onions, garlic and ginger and fry in the oil until golden brown. Remove to a bowl.

2) Heat another tbsp of the oil in the pan and fry the lamb until browned all over. Add the ground spices and chopped chilli and cook for 5 mins. Add the lamb back to the pan, then add the tomatoes and stock. Mix well to remove any bits stuck to the bottom of the pan.

3) Add the peppercorns, cardamom and cinnamon to the pan, bring to a boil then reduce the heat and simmer for 1hr.

4) If the liquid is thin after this time, rapidly boil to reduce down. When ready to serve, stir through the coconut cream and coriander. Serve with green vegetables or brown rice.

Winter Beef Stew

Serves: 4

Time: 2.5 hours

Ingredients

500g braising steak, cut into chunks
2tbsp olive oil
1 large onion finely chopped
2 cloves of garlic crushed
1 carrot chopped
1 stick of celery chopped
2 tbsp sundried tomato paste
2x400g tins chopped tomatoes
800ml organic beef stock
2 bay leaves

Method

1) Pre-heat the oven to 170°C. Heat the oil in a large casserole pot. Add the beef and brown on all sides.

2) Add the onion, garlic, carrot and celery. Sweat for 10 mins.



3) Stir in the tomato puree, then add the tinned tomatoes, beef stock and bay leaves.

4) Bring to the boil then place the lid on and put in the oven for 2 hours.

5) Serve with steamed cabbage, broccoli and cauliflower or with brown rice if in maintenance.

NB: This method can be used for pork, chicken or turkey just substitute for the relevant stock.

Chicken and vegetable curry

Serves: 2

Time: 30 mins

Ingredients

2 chicken fillets
1 red onion, diced
2 tbsp of Balti curry paste
3 large mushrooms
8 small florets of broccoli
Other vegetables e.g. cauliflower, sprouts, red pepper.
250ml passata
Olive oil
Salt and pepper

Method

1) Heat 1tbsp of olive oil in a large frying pan. Add the chopped onion and fry until golden brown.

2) Add the chicken fillets to the pan and brown on both sides.



3) Thinly slice the mushrooms and add these along with the curry paste to the pan. Stir-fry until golden.

4) Add the passata, bring to a gentle simmer, and then add the other vegetables.

5) Allow to cook until the chicken is cooked through, approximately 20mins. If the pan starts to dry out add some cold water. Season to taste and serve with green vegetables or brown rice if you are in maintenance.

Chinese Steamed Fish

Serves: 2

Time: 30 mins

Ingredients

1 whole sea bass (scaled and gutted) or 2 fillets
 1 thumb size piece of fresh ginger (sliced)
 2 spring onions
 Scattering of coriander leaves
 3 tbsp of olive oil
 2 tbsp of light soya sauce

Method

1) Scatter the sliced ginger onto the fish and place into a hot steamer. Cook for 15-20 mins

2) When the fish is cooked, heat the oil in a pan until you see a slight smoke, add the fish and spring onions.



3) Scatter the coriander and drizzle the soya sauce and serve alongside some stir-fried vegetables or Thai sticky rice if you are in maintenance.

Paleo Lasagne

Serves: 4

Time: 40 mins

Ingredients

500g sausages, casing removed
 1 red onion
 3 cloves garlic
 500ml organic, no added sugar tomato and basil sauce
 3 roasted red peppers
 2 tbsp extra virgin olive oil
 Fresh basil
 1 small butternut squash

Method

1) Pre-heat the oven to 220°C. In a frying pan crumble the sausage and brown, along with the onions & garlic.

2) Peel the squash and cut in to thick slices (like sheets of lasagna). In a blender, puree the tomato sauce, red peppers, olive oil and basil.



3) Using a baking dish, put enough sauce to lightly cover the bottom. Next add the squash, trying not to overlap the pieces and then spoon on the sausage mixture, followed by the sauce. Repeat until all your ingredients are used up. Reserve enough sauce to cover the top of the lasagne.

4) Bake for 45 minutes. Leave to stand for 15 mins as this will solidify the lasagne. Serve with a green salad.

Chicken Chasseur

Serves: 2

Time: 30 mins

Ingredients

2 chicken fillets
 1 small red onion
 5 large mushrooms
 250ml passata
 1 tsp dried mixed herbs
 Olive oil
 Salt and pepper

Method

1) Heat 1tbsp of olive oil in a large frying pan. Chop the onion in to a rough dice and add to the pan. Stir-fry until golden.

2) Add the chicken fillets to the pan and brown on both sides.



3) Thinly slice the mushrooms and add these along with the dried herbs to the pan. Stir-fry until golden.

4) Add the passata, bring to a gentle simmer and allow to cook until the chicken is cooked through, approximately 20mins. If the pan starts to dry out add some cold water.

5) Season to taste and serve with green vegetables.

Roasted Fish Wrapped in bacon with Asparagus

Serves: 4

Time: 20 mins

Ingredients

4 x white fish fillets
 2 sprigs of fresh rosemary, leaves picked and very finely chopped
 zest and juice of 2 lemons
 Black pepper
 16 rashers of thinly sliced, smoked streaky bacon or pancetta
 Olive oil
 4 tablespoons organic omega3 mayonnaise
 2 large bunches of asparagus, trimmed

Method

1) Preheat your oven to 200°C. Season the fish fillets with the rosemary, lemon zest and pepper.



2) Lay 4 rashers of bacon or pancetta together, overlapping, put a piece of fish on top and wrap the rashers around it. Repeat with the other fillets.

3) Heat 1 tbsp of the oil in a frying pan and add the fish. Fry for 1 minute, then place the pan in the oven for 10mins until the bacon is crisp.

4) Mix the mayonnaise with lemon juice and pepper. Steam the asparagus. Serve the fish with the asparagus, drizzled with the mayonnaise. Add extra vegetables to pack in more fibre!

Provençal Chicken Stew

Serves: 4

Time: 1.5 hours

Ingredients

4 chicken breasts cut into chunks
 2tbsp olive oil
 1 large onion finely chopped
 2 cloves of garlic crushed
 2 peppers diced
 2 tbsp sundried tomato paste
 2x400g tins chopped tomatoes
 1 tbsp dried oregano
 1 tbsp chopped fresh basil

Method

- 1) Pre-heat the oven to 170°C. Heat the oil over a medium heat in a large casserole pot. Add the onion, garlic, dried oregano and peppers. Sweat for 10 mins.
- 2) Increase the heat and add the chicken, brown on all sides.



- 3) Stir in the tomato puree and then add the tinned tomatoes.
- 4) Bring to the boil then place the lid on and put in the oven for 1 hour.
- 5) Add the fresh basil just before serving. Serve with steamed cabbage, broccoli and cauliflower or with brown rice.

NB: This method can be used for pork or turkey too.

Peter's Story

I first started training with Pro-Fit as I was looking for a complete change in lifestyle. The principles of a Paleolithic diet were explained to me by my trainer and it immediately made sense to me.

Since then, I have completely changed the way I eat and have so much more energy as a result.

Initially, I thought I was going to have to give up my love for curries and spicy food. However, I soon learnt that most of the things I cooked before could be adapted to the Paleo diet and as a result I can now enjoy my curries guilt free!



Serves: 4

Time: 90 mins

Ingredients

3 tbsp olive oil
 2 large onions, finely chopped
 3 garlic cloves, finely chopped
 1.5 tbsp garam masala
 ½ tsp chilli powder
 400g tin chopped tomatoes
 1 tbsp tomato puree
 500ml beef stock
 270ml tin coconut milk
 500g organic lamb mince
 1 large handful mint finely chopped
 1 large handful coriander leaves finely chopped
 1 egg, beaten
 Juice of 1 lime

Method

- 1) Heat the oil in a large frying pan. Add the chopped onions and fry until lightly brown. Add the garlic, garam masala and chilli powder, heat through for 3 mins. Remove half the onion and set aside to cool.
- 2) Add the tomato puree to the remaining onion and fry for 2 mins then add the chopped tomatoes and simmer for 5 mins. Add the stock and coconut milk bring to the boil then reduce to a simmer.
- 3) Mix the minced lamb, herbs and beaten egg to the cooled onion mixture. Roll the meat into walnut size balls.
- 4) Add the meatballs to the sauce and cook over a low heat for 30 mins or until the sauce has reduced and thickened.

Peter's Lamb Koftas in Spicy Tomato Sauce

Turkey Bolognese

Serves: 2-3

Time: 20 mins

Ingredients

2 tablespoons olive oil
 1 onion, finely chopped
 1 stalk celery, finely chopped
 1 carrot, diced
 3 slices pancetta, diced
 2 garlic cloves; crushed
 2 teaspoons finely chopped sage
 500g turkey breast mince
 Himalayan sea salt and black pepper
 500ml tomato passata

Method

- 1) Heat the olive oil in a large frying pan. Add the onion, celery, carrot, pancetta and garlic. Fry until the onion is lightly golden in colour and the pancetta is crispy.
- 2) Add the chopped sage and turkey breast mince. Stir-fry until all the turkey is brown in colour.



3) Add the passata and simmer for 15-20 mins. Season to taste.

4) Serve over preferred green vegetables, such as shredded cabbage, romaine lettuce, spinach, sautéed courgettes or broccoli.

Fiona's Story

I started training just over a year ago and have seen huge changes in my body shape as a result of eating more natural wholesome foods.

I work full time so making my nutrition plan easy to follow and quick was really important for me. I like the meatball recipe here as it makes me feel like I can still eat my favourite foods without missing out!



Serves: 2-3

Time: 20 mins

Ingredients

2 tbsp olive oil
 1 red onion, finely chopped
 2 garlic cloves, crushed
 12 organic grass fed meatballs (beef, pork, veal or venison)
 1 courgette
 1 red pepper
 Handful of mushrooms
 400g tin of organic chopped tomatoes
 2 tsp organic tomato puree
 Wilted spinach to serve

Method

- 1) Heat the olive oil in a large frying pan. Add the onion and garlic, fry until lightly golden in colour.
- 2) Add the meatballs and stir-fry until they are brown in colour all over. Chop the courgette, peppers and mushrooms then add these to the pan. Stir-fry until the mushrooms are golden.
- 3) Add the tomato puree and cook for 5 mins, then add the passata and simmer for 15-20 mins or until the meatballs are cooked through.
- 4) Serve over preferred green vegetables we like wilted, buttered spinach.

Tempeh Stir Fry with Cauliflower “Rice”

Serves: 2-3

Time: 20 mins

Ingredients

200 grams tempeh sliced
1 head cauliflower
1 red pepper, chopped
2 stalks celery, chopped
250g spinach
1 tbsp coconut oil
2 tbsp tamari soya sauce
1 tbsp rice wine vinegar
1 egg
1 tsp sesame seeds for garnish
Sesame oil to serve

Method

1) Put the cauliflower in a food processor and pulse until it resembles rice. Heat a large frying pan with the coconut oil and cook the tempeh until it is golden brown on both sides.

2) Add in the celery, red pepper and stir until softened.



3) Add the grated cauliflower, tamari, rice wine and spinach. Cook until the cauliflower is soft and the spinach has wilted.

4) Create room in the pan and slowly add the egg stirring until it is cooked. Sprinkle sesame seeds and drizzle with sesame oil before serving.

Quinoa Stuffed Peppers

Serves: 4

Time: 1.5 hours

Ingredients

1 medium onion, finely chopped
2 tbsp olive oil
2 sticks celery, finely chopped
Salt and pepper
1 tbsp ground cumin
2 cloves garlic, minced
400g spinach, chopped
800g can chopped tomatoes, drained, liquid reserved
400g kidney beans, rinsed and drained
400g quinoa
2 large carrots, grated
Feta cheese
4 large red peppers, halved lengthwise, seeds removed

Method

1) Pre-heat the oven to 200°C. Heat the oil in a pan, add the onion, celery, cumin, garlic, seasoning and cook for 5mins.



2) Stir in the spinach and tomatoes. Cook for 5mins until most of the liquid has evaporated. Add the beans, quinoa, carrots and the reserved liquid from the tomatoes. Bring to the boil then simmer for 20mins.

3) Fill each pepper with the quinoa, place on a baking tray, cover with foil and bake for 45mins. Uncover, sprinkle with the cheese and bake for 15mins or until the cheese has browned.

Sicilian Swiss Chard with Quinoa

Serves: 4

Time: 1.5 hours

Ingredients

500ml vegetable stock
400g quinoa
2 tsp olive oil
500g swiss chard, leaves cut into ribbons, stems finely chopped
1 medium onion, chopped
16 pitted black olives, halved
2 tbsp raisins (optional)
½ tsp red pepper flakes
Salt and pepper
3 cloves garlic, minced
2 tbsp toasted pine nuts

Method

1) Bring the stock to a boil in a saucepan. Add the quinoa, cover and simmer for 10mins. Remove from the heat, uncover and let it stand for 5mins, then fluff with a fork.

2) Heat the oil in a frying pan, add the chard stems, onion, olives, and raisins. Cook for 10mins then stir in the chard leaves, red pepper flakes, garlic, and seasoning.



3) Serve the quinoa topped with the chard and sprinkle with pine nuts.

Moroccan Lentil Stew

Serves: 6

Time: 30 mins

Ingredients

1 tbsp olive oil
1 chopped onion
3 cloves garlic, minced
2 tsp ground cinnamon
1 ½ tsp ground cumin
Pinch red pepper flakes, salt and pepper to taste
400g tin chopped tomatoes
500ml vegetable stock
500g ready prepared lentils
500g tin chickpeas in brine
4 tbsp Greek yogurt (optional)

Method

1) Heat the oil in a saucepan, add the onion and fry until softened and translucent. Add the garlic, cinnamon, cumin, red pepper flakes and seasoning. Cook for 2mins.



2) Stir in the tomatoes, stock, lentils, chickpeas, cinnamon, cumin and red pepper flakes. Bring to a simmer and cook for 20mins or until the liquid is reduced thickened.

3) Serve with the Greek yogurt, if using.

Indian Lentil Dahl

Serves: 2

Time: 30 mins

Ingredients

450g moong dal (orange lentils)
 1 litre water
 ½ tsp ground turmeric
 Himalayan pink sea salt – to taste
 2tbsp olive oil
 1 tsp cumin seeds
 2 cloves garlic – chopped
 1cm fresh ginger
 1 large white onion, finely chopped
 2 large tomatoes
 Fresh coriander
 ½ tsp garam masala

Method

1) Mix the first 4 ingredients in a large saucepan and bring to a boil on the hob.

2) When it starts to boil, simmer and cook until the lentils are soft – there should be only a small amount of water left.



3) Whilst the lentils are cooking, heat the oil in a frying pan, add the cumin seeds. Once they start to pop, add the garlic and the ginger (peeled and grated) and cook until golden.

4) Add the onion and cook over a low heat until deep golden brown. Add the chopped tomatoes, the lentils, coriander and garam masala. Heat through and then serve.

Vegetable Thai Green Curry with Quinoa

Serves: 2

Time: 20 mins

Ingredients

500g quinoa
 500ml coconut milk
 1-2 tbsp Thai green curry paste
 1 tbsp coconut oil
 1 large onion, sliced
 1 clove garlic, minced
 400g mushrooms, thinly sliced
 1 red pepper, thinly sliced
 200g frozen peas or sprouted beans

Method

1) In a wok, heat the coconut oil then add the onion and garlic. Stir fry over a high heat until the onion is lightly golden.



2) Add the mushrooms and cook until they have released all their liquid.

3) Add the curry paste and cook through for 5mins then add the coconut milk followed by the quinoa and red pepper.

4) Allow to simmer for 10mins or until the quinoa is tender. Add the frozen peas for the last 2mins and then serve.

Roasted Stuffed Mushrooms with Feta Cheese

Serves: 2

Time: 30 mins

Ingredients

4 large portobello mushrooms
100g feta cheese
200g spinach
1 small red onion
400g passata
1 egg, beaten
2 cloves garlic
Olive oil
Dried mixed herbs
Salt and pepper

Method

1) Pre-heat the oven to 220°C. In a large frying pan, heat 1 tbsp of olive oil. Finely dice the onion, add half to the frying pan and cook until golden, add 1 clove of the garlic crushed for 2 mins.



3) Add the spinach and allow to wilt. Dice the feta cheese and add to the spinach mix along with the egg. Season with salt and pepper.

4) In a separate frying pan, heat 1 tbsp of the oil then add the mushrooms bottom side down. Allow to fry for 2-3 mins or until golden underneath. Divide the spinach mixture between the mushrooms and place in the oven for 10-15 mins or until the mushrooms are cooked through and the cheese is beginning to melt.

5) Whilst the mushrooms are cooking, make the tomato sauce. Heat 1 tbsp of the oil in the first frying pan you used and add the other half of the onion and the other garlic clove, crushed. Allow to brown then add 1-2 tsp of the dried herbs along with some seasoning. Cook through for 2 mins.

6) Add the passata to the onion and then simmer the sauce for 5-10 mins or until reduced. Serve the mushrooms with the tomato sauce and any extra additional vegetables.

Ratatouille with Quinoa

Serves: 2

Time: 50 mins

Ingredients

1 red onion
1 small eggplant
2 large tomatoes
1 red and 1 yellow pepper
1 courgette
2 tsp dried mixed herbs
2 cloves garlic, crushed
4 tbsp olive oil
250 ml passata tomato sauce
Salt and pepper
400g quinoa (prepared to packet instructions)

Method

1) Pre-heat the oven to 200°C. Slice all the vegetables in to thin slices – onion, aubergine, tomatoes, courgette and peppers.



2) In a frying pan, heat 1 tbsp of oil and fry the aubergine for 2 mins on each side. In an oven proof dish, put 1 tbsp of oil before layering all the vegetables.

3) In the same frying pan 2 tbsp of oil, add the passata, the garlic and the herbs. Let it simmer for 5 mins. Pour the sauce on top of the vegetables, cover it with foil then bake in the oven for 40 mins. Cook, uncovered for the last 10 mins to brown. Serve with quinoa or other protein source.

Indian Vegetable Curry

Serves: 2

Time: 30 mins

Ingredients

1 large onion, diced
 Large bunch coriander
 1 small green chili
 1 small cauliflower, cut into florets
 1 small broccoli, cut into florets
 200 green beans, top and tailed
 400g can chopped tomatoes
 2cm fresh ginger, grated
 2 cloves garlic, crushed
 1 tbsp coconut oil
 2 tsp cumin seeds
 2 tsp turmeric
 1 tsp salt
 2 tsp garam masala

Method

1) Heat the coconut oil then add the onion and cumin seeds. Stir until the onions are translucent. Add the chopped coriander stalks, turmeric, and salt. Then add the chilli and stir in the tomatoes.

2) Add the green beans, broccoli and cauliflower. Cover and simmer for 20 minutes.



3) Add the garam masala. Sprinkle with the coriander leaves and serve with quinoa or grilled halloumi cheese.

Soya Sauce Chicken

Serves: 2

Time: 40 mins

Ingredients

2 star Anise
 3 cloves
 1 tbsp Szechwan peppercorns
 2 chicken leg quarters
 300ml water
 150ml light soya sauce
 1 tsp honey
 3 cloves of garlic (squashed)

Method

1) Dry fry the star anise, cloves and peppercorns until fragrant.



2) Add the water, soya sauce, honey, garlic and all the dry fry spices to a large casserole pan. Bring to the boil then add the chicken.

3) Simmer for 20-30mins or until the chicken is cooked through. Serve with a little of the sauce in a small dish for dipping with stir-fried vegetables and/or brown rice.

Warm Salad of Spring Vegetables with Griddled Lamb

Serves: 2

Time: 15 mins

Ingredients

1 bunch asparagus, trimmed
and sliced
100g peas
100g broad beans
3 tomatoes
4 tbsp olive oil
1 tbsp coriander seeds
2 tbsp red wine vinegar
Handful tarragon leaves
Handful mint leaves
4 large lamb chops

Method

1) Get a bowl of iced water and bring a large pan of salted water to the boil. Cook the asparagus, peas and broad beans for 2 mins then quickly place in the iced water.



2) Cut a cross in the bottom of each tomato, and then blanch in the boiling water for 10 secs before placing in the iced water. Peel, quarter and deseed the tomatoes and cut the flesh into small chunks.

3) Heat the oil and coriander seeds in a small saucepan then take off the heat and stir through all the veg and the vinegar. Season with salt and pepper, and add the tarragon and mint.

4) Heat a large griddle pan. Cook the lamb chops for 4 mins on each side. Serve with the vegetable dressing.

Paleo Pizza

Serves: 4

Time: 30 mins

Ingredients

Base
1 cauliflower
Olive oil
2 eggs
150g organic parmesan cheese
1/2 tsp fennel seed
Pinch of caraway seeds
1-2 cloves finely chopped garlic
2 tsp dried Italian herbs
Toppings:
Chopped tomatoes, sheep's or
goat's cheese, quality meats,
seafood and any vegetables you
like

Method

1) Preheat the oven to 230°C. Break the cauliflower into florets, place in a food processor and pulse until the texture resembles rice.



2) Heat 1 tsp of olive oil in a frying pan and fry the cauliflower rice until cooked (approx 5 mins). Allow to cool.

3) Brush a baking tray with olive oil. In a bowl, combine the cauliflower, egg, and cheese. Press evenly onto the tray. Sprinkle with fennel, caraway, finely chopped garlic, oregano and parsley. Bake for 15-20 minutes or until golden.

4) To the base, add your favourite toppings. Place under a grill at a high heat just until toppings are browned.

Healthy Fish and Chips

Serves: 2

Time: 40 mins

Ingredients

2 fish fillets (any)
Olive oil
Salt and pepper
2 large sweet potatoes cut into Wedges (you can also use Butternut squash)
Green vegetables to serve

Method

1) Place a baking tray in the oven and pre-heat the oven to 220°C. Place the potato wedges on the baking tray, drizzle with olive oil and toss until well covered. Roast in the oven for 20-30 mins.

2) Heat a frying pan. Drizzle your chosen fish in olive oil. Pan fry for 3-4 mins on each side or until cooked through.



5) Season the fish and chips with salt and pepper according to taste.

6) Serve with steamed cabbage, broccoli, cauliflower or garden peas.

Coconut Chicken Nuggets with Sweet Potato Fries

Serves: 4

Time: 20 mins

Ingredients

4 boneless, skinless chicken breasts
4 tbsp unsweetened coconut flakes
4 tbspground almonds
Salt and pepper to taste
2 eggs
2 tbsp of virgin coconut oil
Olive oil
4 sweet potatoes

Method

1) Pre-heat the oven to 220°C and place a baking tray in the oven. Cut the potatoes in to wedges and chop the chicken into strips about an inch thick.

2) Toss the potato in olive oil, place on the pre-heated baking tray and roast in the oven for 30min or until golden.



3) In a dish, combine the coconut flakes, ground almonds and salt and pepper. In a bowl, crack the eggs and beat lightly. Dip the chicken strips first in the egg and then roll in the coconut/almond flour mixture.

4) Heat the coconut oil in the pan over medium-high heat and fry the chicken strips until the exterior turns a golden brown and the inside is no longer pink.

NB: This can also be made with turkey or any firm fish.

Beef bourguignon with brown rice



Serves: 4
Time: 20 mins

Ingredients

1kg stewing beef cut in 2-inch cubes
Large knob of butter
1 sliced carrot
1 sliced onion
400g lardons (chopped streaky bacon)
2 glasses of a good quality red wine;
500ml fresh beef stock
1 tbsp tomato paste
2 cloves of garlic, minced
1 bay leaf
1 tsp dried thyme
400g mushrooms quartered
16 small white onions
Optional: Bouquet garnis (sprigs of parsley, thyme and 1 bay leaf tied together)
Salt and pepper to taste

Method

- 1) Preheat oven to 180°C. Sauté the bacon in 1 tbsp of the butter for about 3 mins in a large casserole pan. Remove the bacon but leave the fat in the pan.
- 2) Dry the beef cubes in paper towel and brown in the same pan that has the hot fat.
- 3) Remove the beef from the pan and add the sliced carrots and onions fry until golden. Add the bacon and beef back in a long with the wine, the stock (reserve 2tbsp), the tomato paste, garlic and herbs.
- 4) Season to taste, cover and put the pan in the preheated oven. Cook for 3 to 4 hours.
- 5) While the beef is stewing, heat 3 tbsp of the butter and cook the small onions. Sauté them for about 10 mins until brown on all sides. Add 2 tbsp of beef stock to the browned onions, season to taste and add the bouquet garnis, if using.
- 6) Cover and simmer for about 40 mins. After this timeremove the bouquet garnis and set the onions aside.
- 7) Make sure your pan is dry, add another 2tbsp of butter and brown the mushrooms for about 4 mins.
- 8) When the meat is ready, remove the bay leaf.
- 9) Depending on the desired thickness of the final sauce, either add some stock to make it thinner or rapidly boil uncovered to thicken the sauce. Taste and season accordingly. Add the onions and mushrooms and simmer for another 2 to 3 minutes. Serve with brown rice or mashed sweet potatoes.

Chicken, Chorizo and Prawn Jambalaya

Method

- 1) Heat 1tbsp of oil in a large pan, brown the chicken all over, then remove and set aside. Add the chorizo and allow to crisp.



- 2) Add the onions, peppers and celery, cook for 5mins then add the garlic, chilli, herbs and cook for 2mins. Add the chicken back to the pan and then add the stock, tomatoes, salt and pepper.

- 3) Bring to a simmer, cover and cook for 30 mins. Add the rice and cook for 30 mins. Stir through the prawns and serve.

Serves: 4
Time: 1hr 10mins

Ingredients

Olive oil
500g bone-in chicken pieces
250g cooking chorizo, sliced thickly
250g cooked prawns
1 onion, finely chopped
2 sticks celery, finely chopped
1 red pepper, finely chopped
1 yellow pepper, finely chopped
2 cloves garlic, crushed
1 chilli, finely chopped
1 tsp fresh thyme leaves
1 tsp dried oregano
350g brown rice
1 can chopped tomatoes
500ml chicken stock

Chicken Kiev with Sweet Potato Wedges

Serves: 2

Time: 40 mins

Ingredients

4 tbsp butter, room temperature
1 tsp dried parsley
2 cloves garlic, minced
1 tsp salt
2 chicken breasts
1 egg
4 tbsp ground almonds
4 tbsp desiccated coconut
Olive oil
2 sweet potatoes

Method

1) Pre-heat the oven to 220°C. Mix the parsley, garlic and salt into butter, place in some cling film and roll into a cylinder. Refrigerate.

2) Beat the chicken breasts flat with a meat hammer or rolling pin. Chop the sweet potatoes into wedges, toss with some oil and then place on a baking tray in the oven for 30 mins.



3) Place a piece of the garlic butter on the chicken and fold the sides over and then roll up. Dip into the ground almonds, then the beaten egg and then the coconut.

4) In a frying pan, heat 2 tbsp of oil in a frying pan, place the Kiev's fold side down in to the pan. Brown on all sides then place in the oven for 10-15mins or until cooked through.

Paleo Moussaka

Serves: 4

Time: 40 mins

Ingredients

2 large aubergines cut into long slices
200g of kale
400g can chopped tomatoes
1 onion, finely chopped
2 garlic cloves minced
450g minced beef or lamb
¼ tsp ground cinnamon
¼ tsp allspice
2 eggs
300g full-fat Greek yogurt
Pinch fresh nutmeg, grated
3 tbsp grated parmesan cheese
Olive oil
Salt and pepper to taste

Method

1) Pre-heat the oven to 220°C. Heat 2 tbsp of oil in a frying pan, brown the aubergine slices on both sides in batches.



2) Steam the kale for 5mins. Puree with the tomatoes and a splash of water. Heat 1 tbsp of oil in a pan, add the onion, garlic and cook for 5 mins. Add the meat, spices and brown. Add the tomatoes, season to taste and simmer for 30 mins.

3) Whisk together the eggs, yogurt and nutmeg. In a baking dish, layer the aubergine with the meat. Repeat and finish with the yogurt. Bake 45 mins, or until the top is set and golden brown. Let rest 20 minutes before cutting.

Beef Satay

Serves: 4

Time: 20 mins

Ingredients

1kg rump steak
75ml teriyaki sauce
Dash of hot pepper sauce
3 tbsp cashew nut butter
3 tbsp water
Dash of hot pepper sauce
2 tbsp teriyaki sauce

Method

- 1) Pre-heat the grill to its highest setting. Slice the steak in to thin slices.
- 2) For the marinade, combine 75ml teriyaki sauce and a dash of hot pepper sauce. Mix with the steak and leave to stand for at least 30mins.



- 2) Drain the steak and reserve the marinade. Thread on to kebab skewers. Brush the skewers with the remaining marinade.

- 3) For the sauce, combine a small amount of hot pepper sauce, the cashew nut butter, water and 2 tbsp teriyaki sauce in a pan. Cook over a medium heat until heated through.

- 4) Grill the kebabs until cooked through, keep brushing with the sauce as they cook and serve with the remaining sauce.

Snacks

We have put together a collection of our favourite, portable snack recipes which are convenient for people on the go.

The key to success is preparation, make your snacks in the morning (or the night before) and have them with you in a Tupperware or sandwich bag so hunger doesn't get a grip of you when you're passing the vending machine!

Greek Lamb Koftas

Serves: Makes 10

Time: 10 mins

Ingredients

500g minced lamb
 1 egg, beaten
 2 tbsp chopped coriander and mint
 1 tsp ground coriander
 1 tsp ground cumin
 Salt and pepper
 2 tbsp olive oil

Method

1) Combine all the ingredients, except the oil. Using wet hands divide the mixture into 10 small balls.

2) Heat the oil in a saucepan and fry the kofta for 2-3 minutes on each side. Drain on kitchen roll and serve.



Low Carb Sandwich

Serves: 1

Time: 5 mins

Ingredients

Romaine or any large leaf lettuce
 Cooked chicken, turkey, beef,
 pork,
 salmon, or prawns
 Avocado, peppers, tomatoes,
 cucumber

Method

1) Place your chosen ingredients inside the lettuce leaf, roll up, eat or wrap in tin foil and store in the fridge as a snack for later!



Spicy Roasted Nuts

Serves: 4

Time: 15 mins

Ingredients

1 handful almonds
 1 handful pecans
 1 handful walnuts
 1 tsp chili powder
 ½ tsp cumin
 ½ tsp black pepper
 ½ tsp sea salt
 1 tbsp olive oil

Adapted from Elanapantry.com

Method

1) Place the nuts in a large frying pan and toast over a medium heat for 2-3mins on each side.

2) While the nuts are toasting, combine the chili, cumin, black pepper and salt in a bowl.



3) Coat the nuts with the oil, then toss in the spice mixture. Allow to cool then store in an air-tight container in a cool dry place.

Homemade nut butter

Serves: 6

Time: 15 mins

Ingredients

250g nuts of your choice
 Salt to taste

Method

1) Pre-heat the oven to 220°C. Spread the nuts in a single layer on a baking sheet. Toast in the oven for 5-10 minutes until the nuts are fragrant and lightly browned.



2) Put them into a food processor and blend the nuts until they turn into a paste. Salt is optional, but ¼ teaspoon will increase the flavor. Once processed, the nuts will reduce to about half of the original measurement.

3) Keep the butters stored covered in the fridge. Let them come to room temperature for easy spreading; they may require a good stir. Serve with celery or carrot sticks, smeared onto a chopped apple or on flaxseed crackers.

NB: Our favourite combination of nuts is toasted brazil, hazel nut and macadamia.

Paleo Protein Bar

Serves: 6

Time: 15 mins

Ingredients

30g flaked almonds
30g pecans
30g desiccated coconut
1 tbsp almond butter
Pinch salt
2 tsps coconut oil
30g ground almonds
1 tsp vanilla extract
2 scoops whey protein powder
2 eggs
50g dried fruit (optional)
1 small ripe banana

Method

1) Pre-heat the oven to 20°C. Spread the almonds, pecans and coconut in a single layer on a baking sheet. Toast in the oven for 5-10 minutes until the nuts are fragrant and lightly browned.



2) Put them into a food processor with all the other ingredients and blend until well combined. Place in a lined baking tray and cook for 10-15mins. Allow to cool then store in the fridge.

Vanilla Berry Protein Shake

Ingredients

2 large handfuls frozen berries
Coconut water or almond milk
2 scoops vanilla protein powder
1/2 teaspoon vanilla extract

(Adapted from PrecisionNutrition.com)

Method

1) Blend all the ingredients together in a blender. Add more or less coconut water until desired consistency is reached. Serves 1.



Chocolate Almond

Ingredients

1 tbsp almond butter
2 scoops chocolate protein powder
2 tsps cocoa powder
Large handful of ice
Enough water or almond milk to reach desired consistency

(Adapted from PrecisionNutrition.com)

Method

1) Blend all the ingredients together in a blender. Add more or less water/almond milk until desired consistency is reached.



Paleo Flaxseed Crackers

Serves: Makes 20 crackers

Time: 1 hour

Ingredients

200g ground flaxseed
200g ground almonds
30g butter melted
1 egg, beaten
2 tsp mixed dried herbs
1 tsp Himalayan pink sea salt
½ tsp ground black pepper

Method

1) Pre-heat the oven to its highest setting. Line a baking tray with greaseproof paper and lightly grease with a small amount of the butter.

2) Place the flaxseeds in a bowl and cover with cold water. Leave to soak for 20mins. Once soaked, add the rest of the ingredients to the flaxseeds and beat until well combined.



4) Spread the mixture on to the baking tray, use a spatula to spread it out as thin as possible. Place in the oven for 20-30mins.

5) Once it is golden brown on top, remove from the oven. Place a wooden board on top of the bread and carefully invert the baking tray so the flax bread is now lying, upside down on the board. Remove the baking paper and place back on the baking tray. Carefully slide the flax bread off the wooden board, back on to the lined baking tray. Place back in to the oven for another 20-30mins.

5) Remove from the oven and immediately cut into squares (approx 3x3"). Place on a cooling rack which will allow the crackers to dry out.

Cheese Crackers

Serves: Makes 24

Time: 20 mins

Ingredients

140g ground almonds
Pinch of Himalayan sea salt
1/4 tsp baking soda
80g freshly grated cheese of your choice
1 ½ tbsp olive oil
1 large egg

Method

1) Preheat the oven to 175°C. In a medium-sized bowl, combine the almonds, salt, baking soda and cheese.

2) In a smaller bowl, whisk together the egg and oil. Pour the egg mixture into the dry ingredients and stir until well-combined.



3) Cut two pieces of parchment paper the size of your baking tray. Put one piece of parchment on a chopping board and put dough on top. Put second piece of parchment on top of the dough and roll out with rolling pin until dough covers the parchment sheet.

4) Remove the top parchment and cut dough into 2 inch squares. (A pizza cutter would be perfect for this if you have one.) Slide the parchment with the cut dough onto a baking sheet and bake crackers 12-15 mins, or until lightly browned.

5) Let the crackers cool on the baking sheet for 30 mins, they will then keep for a few days in a plastic container.

Side Dishes

You can jazz up any grilled meat or fish dish with a bit of imagination with your vegetable side dishes.

Here, we experiment with different, herbs, spices and dressing to make vegetables exciting and tasty.

Winter Waldorf Salad

Serves: 2

Time: 10 mins

Ingredients

1 Cox's apple sliced
 2 tbsp chopped walnuts
 2 celery sticks chopped
 2 handfuls of spinach
 1 chicken breast, cooked
 1 lemon (juiced)
 1 tbsp mayonnaise (homemade or a good quality bought)
 1 tsp Dijon mustard
 Salt and pepper

Method

1) Mix the mayonnaise, lemon juice, mustard, salt and pepper. Loosen with a little water if needed to make a dressing consistency.



2) Combine all the other ingredients in a bowl and mix well. Store in the fridge if you are making ahead of time.

3) When ready to serve, combine the salad with the dressing.

5 ways with Asparagus

1) Classic Steamed

Steam the asparagus until just tender. Drain and serve with melted butter.

2) Asparagus omelette

Cook three asparagus spears per person in boiling salted water until tender and drain. Beat two eggs per person and season well. Heat a little oil and butter in a pan; pour in a portion of egg, moving until cooked underneath. Place asparagus on to one half of the omelette, sprinkle with Parmesan and fold over.

3) Asparagus and artichoke salad

Toss asparagus in oil and barbecue or grill, turning, until just tender. Cool slightly, and then toss with marinated artichoke hearts, rocket leaves, mint and parsley. Season to taste.

4) Asparagus and prosciutto bundles

Toss asparagus in oil and barbecue or grill, turning, until tender. Cool, then take three spears per person, add a wafer of parmesan and wrap with prosciutto.

5) Roasted asparagus

Lay asparagus on a baking sheet, drizzle with olive oil and sprinkle with sea salt. Roast at 200°C for ten mins, turning, until just tender.



4 ways with Purple sprouting broccoli



1) Asian-style side dish

Steam equal quantities of broccoli and cauliflower until tender. Sauté a chopped onion in oil. When soft, add 1 tsp each of ground cumin and coriander, plus chili to taste. Add the broccoli and cauliflower and toss well. Finish with chopped coriander.

2) Italian side-dish

Steam the broccoli then roughly chop. Heat 1tbsp of oil in a large pan, add a chopped red chili, a clove or two of chopped garlic, a tin of anchovies, drained and chopped, some pine nuts and the broccoli.

3) Baked Broccoli

Steam the broccoli then roughly chop. Heat some oil in a pan, add some chopped spring onions, chopped bacon and mushrooms, season, then add the broccoli and toss together. Place in an oven proof dish and sprinkle with

feta or parmesan cheese. Bake for 20 mins or until golden.

4) Broccoli, spring onion and bacon frittata

Steam the broccoli. Heat 2 tbsp of oil in a large pan and sauté chopped bacon and chopped spring onions, then add the broccoli. Pour beaten eggs into the pan, drawing the egg from the sides into the centre, until set underneath. Sprinkle with grated Parmesan and finish under the grill.

Cumin Roasted Carrots

Serves: 6-8

Time: 30 mins

Ingredients

1.5kg of carrots, cut into batons
2 tbsp olive oil
3tsp cumin seeds
Salt
Pepper

Method

1) Heat the oven to 220°C. Toss the carrots in the oil, scatter over the cumin seeds and toss again to make sure they are evenly covered.

2) Roast in the oven for 30-40 mins or until golden. Serve with salt and pepper to taste.



Savoy Cabbage with Almonds

Serves: 8

Time: 20 mins

Ingredients

1 Savoy cabbage, finely sliced
25g butter
1 tbsp olive oil
1 garlic clove, sliced
1 rosemary sprig leaves finely chopped
100g blanched almonds, roughly chopped

Method

1) Steam the cabbage until just cooked. Melt the butter with the oil in a large frying pan or wok and then add the garlic, rosemary and almonds.



2) Cook the almonds for about 2 mins or until they start to brown. Tip onto a plate. Add the cabbage to the pan, stir in the leftover buttery juices and then return the almond mixture to the pan. Season well and tip into a serving dish.

Roasted Brussels sprouts with Bacon and Walnuts

Serves: 6-8
Time: 30 mins

Ingredients

750g Brussels sprouts
2 tbsp olive oil
5 slices bacon, chopped
50g walnuts, chopped
Salt and Pepper

Method

1) Preheat the oven to 220°C. Cut the ends off the Brussels sprouts, slice them in half and remove any browned or yellow leaves. Toss the sprouts in olive oil and season with a sprinkle of salt and pepper.



2) Place in a baking dish and cook for 30-40 mins. Warm a pan over medium heat. Add the bacon and cook until browned, pour off the excess fat, leaving a tablespoon or two in the pan. Add the walnuts and continue cooking for another minute or two.

3) During the last 15 minutes of the sprouts' cooking time, pour the bacon, walnuts, and remaining bacon fat over the sprouts. Toss to distribute. Continue cooking until the Brussels sprouts are tender, but not mushy. Taste and season with salt and pepper if desired.

Green Beans with Pancetta

Serves: 4
Time: 10 mins

Ingredients

400g green beans
200g pancetta, cubed
2 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tsp Dijon mustard
Salt and pepper to taste

Method

1) Top and tail the green beans and then steam until al dente.

2) Pan fry the pancetta in a dry pan, until crispy.



3) Make a quick dressing by whisking together the oil, vinegar, mustard and seasoning.

4) Whilst still warm, combine the green beans, pancetta and dressing. Allow to come to room temperature and then serve.

Spinach with pine nuts and garlic

Serves: 4

Time: 5 mins

Ingredients

800g of spinach
1 tbsp extra virgin olive oil
3 tbsp pine nuts
1 clove of garlic, crushed

Method

1) Place the spinach in a sieve and pour boiling water over it. Allow it to wilt and then squeeze out as much water as possible using a clean tea towel.

2) Chop the spinach very finely. Heat the oil in a frying pan and add the pine nuts. Toast until golden.



3) Add the garlic and heat through, and then stir in the spinach.

Roasted Spicy Cauliflower

Serves: 2-3

Time: 20 mins

Ingredients

1 ½ tbsp olive oil
1 tsp cumin seeds
2 medium onions, sliced
A pinch of turmeric
Sea salt
1 medium cauliflower, thinly sliced
4 dried red chillies, stemmed and halved
1-2 tsp sesame seeds, lightly toasted
1 garlic clove, grated
4 cm of fresh ginger, peeled and finely grated
1-2 green chillies, seeds removed, finely chopped
2-3 tbsp chopped fresh coriander

Method

1) Heat the oil in a large frying pan over medium heat, add the cumin seeds and cook until they crackle, 30 secs or so.



2) Stir in the onions, along with the turmeric and a few pinches of salt. Cook, until the onions caramelize, roughly 7 – 10 mins.

3) Add the red chillies, sesame seeds, garlic, and half of the ginger. Cook for 1 min. Add the cauliflower and allow to cook for 5 mins, until just tender.

4) Increase the heat, stir in the green chillies and remaining ginger. Add salt to taste, sprinkle with coriander and enjoy with your favourite curry.

Tender stem Broccoli in Garlic, Ginger and Chilli

Serves: 2

Time: 40 mins

Ingredients

400g tenderstem broccoli
3 cloves of garlic, sliced
4 tbsp olive oil
Thumb size piece of ginger, sliced
1 red chilli, sliced

Method

- 1) Bring a large pan of water to the boil. Steam the broccoli and cook for 3 mins.
- 2) Gently heat the garlic, ginger and oil together until the garlic just starts to sizzle and brown, then remove from the heat and add the chilli.



- 3) Drain the broccoli really well and toss in the garlic oil to serve.

Steamed Pak choi

Serves: 2

Time: 6 mins

Ingredients

2-3 pak choi
2 tbsp tamari soya sauce
2 tsp sesame oil
Chopped cashew nuts to serve

Method

- 1) Wash and cut the pak choi into quarters (from stem to leaf).
- 2) Steam for 5 mins or until soft.



- 3) Drizzle the tamari and sesame oil over the dish.
- 4) Scatter with a few chopped cashew nuts.

Grilled Mediterranean Vegetables

Serves: 4

Time: 50 mins

Ingredients

4 red peppers cut into slices
2 aubergines cut into thick rounds
2 courgettes cut into thick slices
4 red onions cut into thick rounds
2 garlic cloves, crushed
Olive oil

Method

1) Pre-heat the grill, oven or BBQ to its highest setting. Mix all the ingredients together.



2) Place the vegetables either directly on to the BBQ, or on to a pre-heated baking tray. If using a BBQ or grill, cook for 10mins each side. If roasting in the oven, cook for 30-40mins or until slightly charred and softened.

Paleo Coleslaw

Serves: 4

Time: 50 mins

Ingredients

500g finely shredded cabbage (a combination of red and green cabbage works well)
1 large carrot, grated
2 tsp sea salt
½ onion, finely sliced
4 tbsp mayonnaise (homemade or organic fresh)
2 tbsp chardonnay white wine vinegar
Black pepper, to taste

(Adapted from PaleoDiet.cz)

Method

1) Toss the cabbage and carrots with the salt in a colander and let it stand for 1-4hrs until the cabbage has softened.

2) Since the cabbage/carrot in water and squeeze out all the liquid. Dry with a clean tea towel.



3) In a large bowl, combine the cabbage/carrot with the onion, mayonnaise and vinegar. Season with fresh ground pepper to taste.

Spiced Red Cabbage

Serves: 6-8

Time: 1 hour

Ingredients

1 large red cabbage (about 1kg/2lb 4oz)
25g butter
2 red onions, finely chopped
Finely grated zest and juice 1 orange
1 cinnamon stick
150ml port
1 tbsp red wine vinegar

Method

1) Peel off the outer leaves of the cabbage, then cut into quarters and slice out the core. Use a sharp knife or the slicing attachment of a food processor to thinly slice the cabbage.



2) Heat the butter in a large saucepan, then tip in the onions and gently fry until softened, about 5 mins. Add the orange zest to the pan along with the cinnamon stick, then cook for 1 min more. Add the shredded cabbage; pour over the port, red wine vinegar, orange juice and 150ml water. Bring up to the boil, then reduce the heat to a simmer, cover the pan and cook for 45 mins-1 hr until the cabbage is softened.

Paleo Spanish Omelette

Serves: 4

Time: 45 mins

Ingredients

2 sweet potatoes
3 eggs
1 large Spanish onion
2 cloves garlic
2 tsp mixed herbs
Butter
Olive oil
Himalayan sea salt and ground pepper

Method

1) Pre-heat the oven to 220°C. Peel and very thinly slice the potatoes in to discs and also the onion in to fine strips. Crush the garlic cloves.



2) Heat 1tbsp of the oil in a frying pan over a medium heat. Add the onion and cook, stirring, for 5mins until golden brown. Add the mixed herbs, garlic, salt and pepper and cook for a further 2 mins.

3) Remove the onion mixture from the pan. Place back on the heat and add a small knob of butter a long with another splash of oil.

4) Layer up the sweet potato discs, alternating with a spoonful of the onion mixture. Repeat until all the potato and onion have been used.

5) Beat the eggs with 2tbsp of water and a little more salt and pepper. Pour the eggs mixture over the sweet potatoes and then place in the oven for 30-40mins or until the potatoes are tender.

Spinach Cake

Serves: Makes 12 cakes
Time: 45 mins

Ingredients

700g spinach
 3 tbsp extra virgin olive oil
 100g pine nuts
 2 cloves garlic, crushed
 2 eggs, whisked
 50g currants
 1 tsp sea salt

Method

- 1) Pre-heat the oven to 180°C.
- 2) Steam the spinach until wilted. Drain and cool, then gently squeeze moisture out of the spinach using a clean tea towel.



- 3) Place the spinach in a food processor and pulse until coarsely chopped.
- 4) In a small frying pan, warm the oil, add the pine nuts and fry until golden brown.
- 5) Add the garlic and warm through. In a large bowl, combine the pine nut mixture, blended spinach, eggs, currants and salt.
- 6) Spread the mixture into a greased 7 x11 inch Pyrex baking dish. Bake in the oven for 30-40 mins or until lightly golden. Cut in to squares and serve.

Cheesy Sweet Potato Crisps

Serves: 4
Time: 20 mins

Ingredients

3 sweet potatoes
 2 tbsp grated parmesan
 1 egg, beaten
 1 tsp dried rosemary
 Salt and pepper
 2 tbsp olive oil

Method

- 1) Pre-heat the oven to 180°C.
- 2) Peel and grate the sweet potato. Squeeze out any moisture using a clean tea towel.



- 3) In a large bowl, combine the potato with the parmesan, beaten egg, rosemary, salt and pepper. Using your hands, form the mixture into small rounds.
- 4) In a frying pan, heat the oil. Add the crisps in batches. Fry on each side for 5-6mins or until golden then transfer to a warm baking tray. Repeat until all of the mixture has been used.
- 5) Bake the crisps in the oven for 10mins or until cooked through.

Hot and Spicy Sweet Potatoes

Serves: 4

Time: 50 mins

Ingredients

4 sweet potatoes
8 tbsp olive oil
4 tbsp fresh thyme
2 red chillies, seeded and finely chopped
Salt and pepper

(Adapted from BBC Good Food)

Method

1) Pre-heat the oven to 220°C. Peel the sweet potatoes and cut into thick slices. Lay each potato on a large sheet of foil, keeping the slices together.



2) Drizzle each potato with the olive oil, sprinkle with thyme leaves, add half of the chopped chillies' and season with salt and pepper. Rub the flavorings into each slice then place back in to original position to form a potato shape. Sprinkle with the remaining chili; wrap the foil securely round the potatoes to make parcels.

3) Put the foil parcels on a baking tray and place in the oven for 45mins until the potatoes are buttery and softened.

NB: If you're not eating sweet potatoes this can also be made with butternut squash, reduce the cooking time to 30 mins.

Egg fried rice

Serves: 2

Time: 20 mins

Ingredients

1 tbsp coconut oil
300g cooked brown rice, cold
3 spring onions, finely sliced
1 clove garlic minced
1" of fresh ginger, grated
½ green chili finely diced
2 medium eggs, beaten
100g frozen peas
½ head of broccoli
1 tbsp tamari soya sauce
1 tsp Chinese rice wine vinegar
1 tbsp sesame oil

Method

1) Heat half the oil in a wok. Add the eggs and make an omlette. Cook on both sides until blonde. Remove from the pan and slice in to thin slivers. Chop the broccoli in to small florets



2) Add the remaining oil to the pan then add the spring onions, garlic, ginger, chili and broccoli, cook for 5 mins.

3) Add the brown rice, peas, tamari and rice wine vinegar. Then add the sliced omlette, heat through and then serve drizzled with the sesame oil.

NB: For a non-vegetarian alternative, add cooked prawns, chicken or pork.

Sweet potato chips

Serves: 2

Time: 30 mins

Ingredients

2 sweet potatoes
2 tbsp olive oil
Himalayan sea salt and black pepper

Method

- 1) Place a baking tray in the oven and pre-heat the oven to its highest setting. Slice the potatoes in to wedges. Toss in the oil, salt and pepper.
- 2) Place on a pre-heated baking tray and roast in the oven for 25-30mins (check halfway through cooking and turn over to brown the other side).



NB: You can add other seasonings/flavours to the chips for example, fajita spices, mixed herbs, paprika, cumin etc...



Dressings
Sauces
Marinades

A common complaint we get from clients is that chicken/salmon/beef gets boring after a while. Nobody wants to live off plain, bland grilled meat and vegetables!

We have put together a collection of dressings/sauces to use on your meat and salads as well as some marinades to help liven them up without breaking your nutrition plan.

Lemon vinaigrette

Serves: 6

Time: 5 mins

Ingredients

2 tbsp fresh lemon juice
 ½ tsp Dijon mustard
 6 tbsp extra-virgin olive oil
 Sea salt and freshly ground black pepper

(Adapted from Paleo Recipe Book)

1) Whisk all the ingredients together except the oil. Then, add the oil slowly while whisking vigorously until emulsified.



Balsamic vinaigrette

Serves: 6

Time: 5 mins

Ingredients

6 tbsp balsamic vinegar
 1 crushed clove of garlic
 1 tsp dried oregano
 2 tsp Dijon mustard
 6 tbsp extra-virgin olive oil
 Sea salt and freshly ground black pepper

1) Place all the ingredients in a jam jar, secure the lid and then shake well until combined.

Spicy Citrus Dressing

Serves: 8

Time: 5 mins

Ingredients

2 red chillies
 10 tbsp extra-virgin olive oil
 3 ½ tbsp lemon juice
 1 tbsp grated lemon zest
 1 bunch of finely chopped parsley
 Sea salt and freshly ground black pepper

Method

1) Very finely chop the chillies. Add to the olive oil, lemon juice and zest, whisk thoroughly.

2) Add the parsley, salt and pepper to taste.



NB: This dressing is best used over a cooling salad, cooked chicken or prawns.

Pesto Dressing

Serves: 2-3
Time: 5 mins

Ingredients

Large handful fresh basil
1 tbsp toasted pine nuts
2 cloves garlic, peeled
Salt and pepper
Extra virgin olive oil

Method

1) Add the basil, pine nuts and garlic to a food processor and pulse until chopped to a smooth paste.

2) Add the oil until desired consistency is reached; it should be a pouring consistency. Add salt and pepper to taste.



NB: This dressing can also be used over grilled chicken or fish, simply reduce the amount of oil added so it can be spooned on top of the meat before grilling.

Warm Sauce Vierge

Serves: 2-3
Time: 10 mins

Ingredients

1 garlic clove, crushed
1 finely chopped shallot or small onion
5 tbsp extra virgin olive oil
2 peeled and finely chopped tomatoes
Juice of 1/2 lemon
2 tsp chopped basil
Salt and pepper

Method

1) Place the garlic and chopped shallot or onion in a pot with the oil and heat the ingredients until soft without colouring.



2) Add the tomatoes and cook at a low heat for about 5 mins and then add the lemon juice and chopped basil. Season to taste and serve the sauce hot.

NB: This sauce is classically used served a long side white fish but it can also be used over grilled chicken, steak or roasted vegetables.

Paleo Mayonnaise

Serves: 2-3

Time: 10 mins

Ingredients

1 large egg
 1 ½ tbsp fresh lemon juice
 ½ tsp mustard powder
 125ml mild olive oil
 125ml avocado oil
 ¼ tsp white pepper (optional)

Method

1) Using a food processor, combine the egg, lemon juice and mustard powder until frothy.

2) With the motor running, very slowly add the oils (tsp by tsp).



3) Add the white pepper to taste and store in the fridge in a sealed container.

Creamy Caesar

Serves: 4-6

Time: 10 mins

Ingredients

1 tbsp lemon juice;
 2 tbsp paleo mayonnaise (see previous recipe)
 5 tbsp extra-virgin olive oil
 6 garlic cloves, crushed
 1 tbsp Dijon mustard
 3 Anchovy fillets, finely chopped
 Sea salt and black pepper to taste

Method

1) Using a food processor, process the lemon juice, garlic and mustard.

2) Add the paleo mayonnaise and blend again. Slowly add the olive oil while the blender is running.



3) Season with salt and pepper; add lemon juice and the minced anchovy fillets to taste.

Oriental Dressing

Serves: 6-8

Time: 10 mins

Ingredients

3 tbsp rice vinegar
1 thumb sized piece fresh ginger, grated
150ml extra-virgin olive oil
1 tbsp sesame oil
3 tsp toasted sesame seeds
Dried chilli flakes to taste
Sea salt and black pepper to taste

Method

1) Squeeze the grated ginger to obtain about 1 tbsp ginger juice and discard the grated ginger.

2) Whisk together in a bowl the grated ginger juice and the rice vinegar. Continue to whisk while incorporating the olive oil.



3) Add the sesame oil and seeds then add the chilli, salt and pepper to taste.

Paleo Gravy

Serves: 4-6

Time: 30 mins

Ingredients

3 tbsp butter, bacon fat or coconut oil
Leftover pan drippings from roast chicken, turkey, pork, beef or lamb
500ml fresh stock
Salt and pepper to taste
2-3 tbsp grass-fed gelatin or arrowroot

Method

1) Add the dripping, stock, salt and pepper to a medium-sized sauce pan and bring to a boil.

2) Reduce the heat and simmer for 20 minutes, stirring often.



3) Just before serving, add 1 tsp of the gelatin to cold water and let it sit for one min.

4) Add to the gravy and mix until dissolved. Continue with the rest of the gelatin until the gravy reaches desired thickness (it will thicken more as it cools to room temperature).

5) Stir in the butter, bacon fat or coconut oil and allow to cool a little before serving

Note: Though not as heavy as traditional gravy, this recipe will thicken a bit as it cools to room temperature.

Salsa Verde

Serves: 2-3

Time: 10 mins

Ingredients

Large bunch fresh flat leaf parsley
Small bunch fresh mint
1 tbsp capers
1-2 anchovy fillets
1 garlic clove
2 tbsp lemon juice
150ml extra virgin olive oil
Salt and pepper to taste

Method

1) Place the herbs, capers, anchovies and garlic in the bowl of a food processor and process in short bursts until roughly chopped.

2) Add the lemon juice, oil and pulse a few times until just combined. Season to taste.



NB: This sauce is great served a long side fish, chicken or steak.

Paleo Ketchup

Serves: 10-12 servings

Time: 50 mins

Ingredients

3kg tomatoes, sliced
4 onions, sliced
1 clove garlic
1 bay leaf
1 red pepper
125ml unsweetened apple juice
2 tsp all spice
2 tsp cloves
2 tsp mace
2 tsp celery seeds
2 tsp black peppercorns
1 inch cinnamon stick
½ lemon – juice only
Pinch of cayenne pepper

Method

1) Boil the tomatoes, onions, garlic, bay leaf, and pepper until soft. Add the fruit juice. Mix the spices (allspice, cloves, mace, celery seeds, peppercorns, and cinnamon) and place into a small cloth spice bag (cheesecloth will work).



2) Add the spice bag to the pan, bring it to a boil and continue boiling, stirring frequently, until reduced by half (approx 30mins). Remove the spice bag. Add the lemon juice and cayenne pepper. Continue boiling for ten minutes more.

3) Bottle the ketchup in clean jars with a small space at the top of the jar for expansion. Seal and store in a cool dry place until opened, then refrigerate after use.

Guacamole

Serves: 6

Time: 10 mins

Ingredients

3 Haas avocados
1 lime
1 tsp sea salt
1 clove garlic
Small bunch fresh coriander
1 green chili

Method

1) In a large bowl, half and scoop out the flesh from the avocados. Squeeze the lime juice over the flesh to stop discolouration.

2) Finely chop the garlic, chili and coriander. Add these, along with the salt, to the avocado.



3) Using the back of a fork, mash the whole lot together until smooth and well combined.

NB: This is great served with fajita lettuce wraps; Cajun spiced chicken, steak or salmon.

Tandoori Marinade

Serves: 3-4

Time: 5 mins

Ingredients

400ml Greek yogurt
3 cloves garlic, minced
1 inch piece fresh ginger, grated
Juice from one lemon
1 tbsp turmeric
2 tsp ground cumin
2 tsp ground coriander
Pinch cinnamon
2 tsp paprika
Sea salt and black pepper

Method

1) Combine all the ingredient in a large bowl. Use to marinade chicken, turkey, lamb, pork, salmon, any firm white fish or prawns.

2) Leave to marinade for at least 30mins and up to 48hrs.



3) When you are ready to cook, pre-heat the grill to its highest setting. Grill the meat/fish for 8-10mins on each side or until cooked through. Serve with a fresh salad or stir-fry vegetables.

Cool Herb Marinade

Serves: 3-4
Time: 5 mins

Ingredients

250ml Greek yogurt
Large bunch fresh basil leaves,
roughly chopped
1 small onion, roughly chopped
1 garlic clove, crushed
1 tsp salt
1 tsp pepper
1 tsp curry powder

Method

1) Pulse the yogurt, basil, onion, and garlic in a food processor until well combined.

2) Stir in the curry powder and salt. The marinade is now either ready to use on your preferred meat, fish or poultry or it can be stored in an air tight container in the fridge for



3-4 days. For best results, marinate your meat/fish for at least 20 mins and up to 24hrs (in the fridge).

3) When ready to cook, preheat the grill to its highest setting. Grill the meat/fish for 8-10mins on each side or until cooked through

Fajita Rub

Serves: 3-4
Time: 5 mins

Ingredients

2 tsp chilli powder
1 tsp salt
1 tsp paprika
1/2 tsp onion powder
1/4 tsp garlic powder
1/4 tsp cayenne pepper
1/4 tsp cumin

Method

1) Combine all the ingredients together and mix well.

2) Store in an air-tight container in a cool dry place.



3) When you are ready to use the rub, select your protein source (chicken, turkey, beef, pork, salmon, prawns or any firm white fish work well).

4) Drizzle the meat/fish with olive oil and then sprinkle over enough of the rub to coat. Allow to marinate for at least 20mins.

5) When you are ready to cook, heat 1-2tbsp of olive oil in a wok or frying pan. Add your meat/fish and allow to brown all over. You can also add chopped onions and peppers cook until they are soft and slightly caramelized. Serve in side large lettuce leaves for fajitas paleo style!

Paleo BBQ Sauce

Serves: 3-4

Time: 50 mins

Ingredients

5 tbsp tomato puree
 100ml organic beef stock
 3 cloves of garlic
 ½ small onion
 ½ tbsp Dijon mustard
 ½ tbsp apple cider vinegar
 ½ tbsp olive oil
 ½ tsp sea salt
 1 tbsp chili powder (or to taste)
 1 tbsp honey (optional)

Method

1) In a food processor, pulse the onion and garlic until finely chopped.

2) Combine all the remaining ingredients in a sauce pan. You can add more stock if you want a thinner sauce. Simmer over a low heat for 45 mins.



3) Either store the sauce in an air-tight container in the fridge or if ready to use, marinate your preferred protein source in the sauce for 30mins.

4) When you are ready to cook, in a frying pan or wok, heat 1 tbsp oil. Add the meat/fish and cook through. Remove from heat and add more of the bbq sauce as desired.

Fragrant Thai Marinade

Serves: 4

Time: 5 mins

Ingredients

3 spring onions, sliced
 1 red chili
 6-8 kaffir lime leaves
 4 cloves garlic
 1 tbsp lemon or lime juice
 2 tbsp fish sauce
 Large bunch fresh basil leaves
 2 tbsp coconut oil, melted
 3 tbsp tamari soy sauce

Method

1) Combine all of the ingredients in a food processor and blend to a fine paste.



2) Use to marinate chicken, beef, pork, prawns or other protein source of choice. This paste can also be used as the basis to any Thai green curry – simply stir fry ½ tbsp per person with some onion then add coconut milk along with any source of protein and vegetables such as mange tout, tender stem broccoli and pak choy.

Moroccan Rub

Serves: 8-10

Time: 5 mins

Ingredients

2 tsp ground ginger
 2 tsp ground coriander
 1½ tsp ground cumin
 1½ tsp crushed cardamom seeds
 1½ tsp ground black pepper
 1¼ tsp ground nutmeg
 1 tsp ground turmeric
 1 tsp ground allspice
 1 tsp ground cinnamon
 1 tsp hot Spanish paprika
 ½ tsp cayenne pepper
 Generous pinch saffron threads

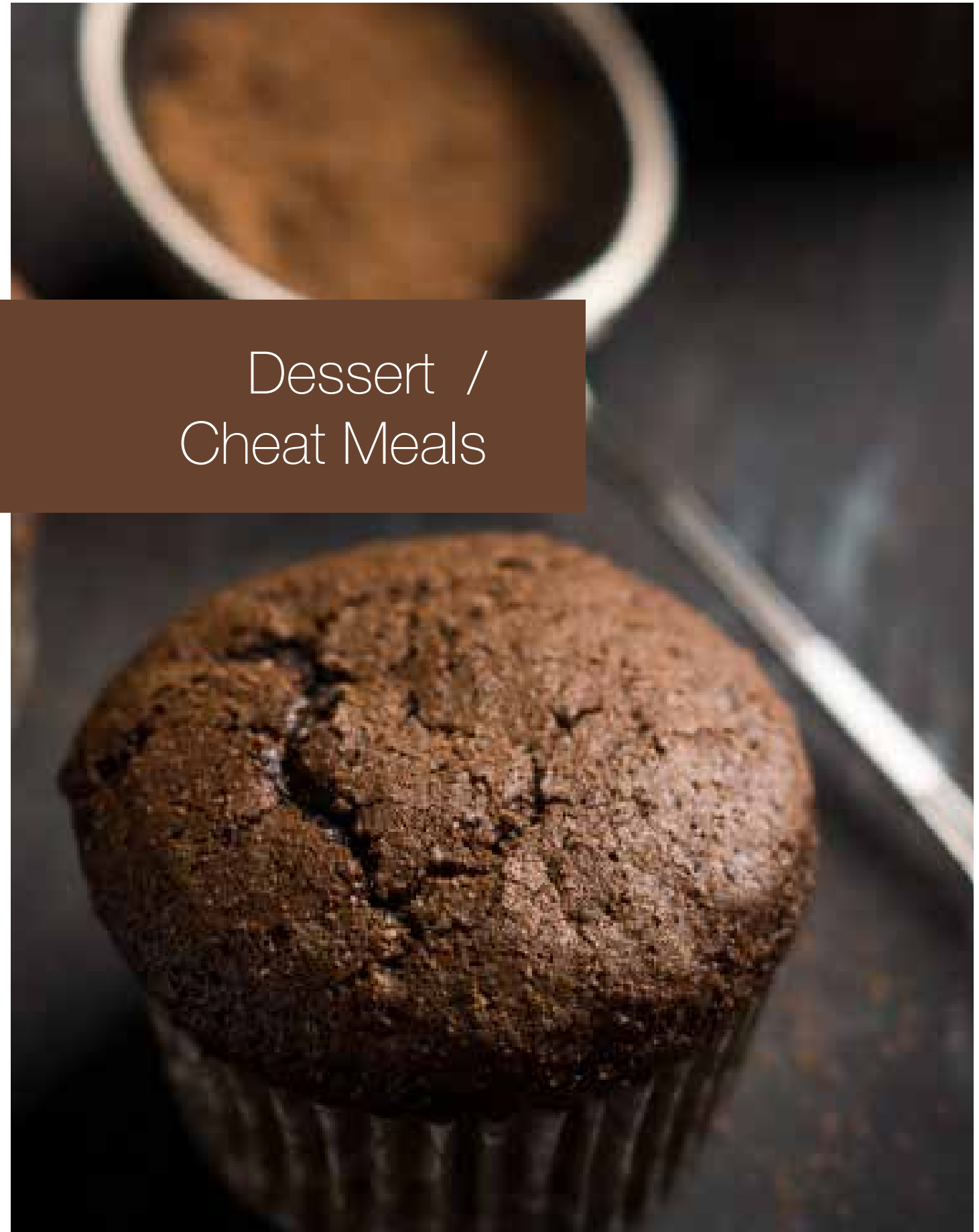
Method

1) Combine all the ground spices in a bowl, crumble in the saffron threads and combine well.



2) Store in an air-tight container in a cool dry place. When ready to use, rub in to chicken, salmon, pork or lamb a long with some olive oil. Leave to marinate for at least 30mins then bake in the oven until cooked through.

Dessert /
 Cheat Meals



Matthew's Story

I first began eating Paleo when I started working for Easyfit as a personal trainer. Prior to this, I used to suffer with bloating, poor skin (blemishes), poor sleep, occasional stomach cramps and sugar cravings.

I changed my eating habits and I can honestly say these problems are no longer an issue for me. I prepare my meals and snacks in

advance and have more energy now than I ever had before.

I have found that Paleo alternatives, such as the primal Pancakes, are a great way to have a 'cheat' without the dreaded sugar crashes and bloating afterwards!

Matthew's Quick Paleo Pancakes

Serves: 2

Time: 5-10 mins

Ingredients

2 ripe bananas
1 large free range egg
1 heaped tbsp almond butter
Butter

Method

- 1) Mash the 2 bananas in to a paste and add the whole egg.
- 2) Whisk until well mixed and then add the almond butter, and whisk again.



3) Melt butter in a pan and pour mixture to make miniature pancakes. Make sure they aren't cooked at too high temperature or they will burn on the outside.

4) Leave for a couple of minutes and then flip them

5) Serve warm with toppings of your choice – such as organic berries and melted 85% dark chocolate.

Chocolate Muffins

Serves: 8

Time: 45 mins

Ingredients

3 eggs
3 tbsp unsweetened stewed apple
3 tbsp Stevia
140 g ground almond
6 tbsp unsweetened organic cocoa powder
2 tbsp coconut butter
1 tsp baking powder
2 tsp vanilla extract

Method

- 1) Preheat the oven to 180°C. Line a muffin tray with bun cases.
- 2) In a bowl beat the eggs with the apple sauce and Stevia.



3) Heat the coconut butter until melted then allow to cool. Add to the egg mixture and combine well.

4) Add the almond flour, cocoa powder, vanilla and baking powder, and mix gently.

5) Bake until a knife inserted in the centre of one of the muffins comes out clean, approximately 35mins.

Baked Apples

Serves: 2

Time: 30 mins

Ingredients

2 baking apples
 2 tbsp chopped mixed nuts
 2 figs, flesh removed and finely chopped
 1 orange, juice and zest
 1 tsp cinnamon
 1 tsp mixed spice
 2 tsp organic honey

Method

- 1) Pre-heat the oven to 200°C.
- 2) Core the apples using a knife; create a 2cm diameter hole.



- 3) Mix the remaining ingredients in a bowl.
- 4) Stuff the fig and nut mixture into the centre of the apples.
- 5) Bake for 30mins then serve.

Flapjacks

Serves: 8

Time: 30 mins

Ingredients

6 tablespoons maple syrup
 200g butter
 450g of oats
 Extras
 Sultanas, raisins, seeds,
 chocolate chips, coconut

Method

- 1) Preheat the oven to 180°C. Butter a baking tray and line with greaseproof paper.
- 2) In a pan over the hob, melt the butter and syrup until well combined. Place the oats in a large bowl plus any of the additional ingredients. Pour over the butter mixture. Mix together until well combined.



- 3) Pour the mixture into the tin and spread out evenly. Bake in the oven for 25mins or until lightly golden brown.
- 4) Whilst still in the tin, use a knife to cut the flapjack into squares. Allow to cool in the tin.

Blueberry and Apple Custard Cake

Serves: 8

Time: 1hr 45min

Ingredients

200g ground almonds
250g apple, diced
100g Stevia
3 eggs
2 tsp baking powder
1 lemon – zest only
70g blueberries
½ tsp almond extract

Method

- 1) Preheat the oven to 180°C. Combine the almonds, apple, lemon zest, blueberries and Stevia in a bowl.
- 2) Whisk the eggs with the baking powder until foamy.



- 3) Gently fold the eggs into the almond mixture and add the almond extract.
- 4) Line a loaf tin with greaseproof paper.
- 5) Spoon the batter in to the tin and cook for 1hr 30 mins. After 45mins cover the top of the cake with baking parchment to prevent burning
- 6) Remove the cake from the oven, allow to cool then refrigerate over night before serving.

Serves: 8-12

Time: 20 mins to make 3hrs to cook

Ingredients

50g raisins
50g sultanas
50g dried cranberries
50g currants
50g stoned dates, halved
50g candied peel, chopped
50ml Irish whiskey, plus extra for serving
50g ground almonds
1 cooking apple, peeled and grated
Finely grated zest and juice of 1 lemon
3 tbsp organic golden syrup
50g blanched almonds
100g butter, grated
90g organic soft dark brown sugar
2 large free-range eggs, beaten
110g gluten and wheat free flour
½ tsp ground cinnamon

Gluten, wheat and dairy free!
Courtesy of BBCGoodFood.com

Christmas pudding



Method

- 1) Put the dried fruit, dates, candied peel and whiskey in a pan and simmer for 3mins. Remove from the heat, cover and leave to soak for at least 1 hr.
- 2) Mix the ground almonds, apple, lemon zest and juice in a bowl. Put the golden syrup and almonds in a 1-litre pudding basin.
- 3) Mix the butter, sugar and eggs in a bowl until light and fluffy. Mix in the flour and cinnamon.
- 4) Stir in the soaked fruit, almond and apple mixture. Spoon into the pudding basin.
- 5) Gently bang the bowl on the work surface to release any air bubbles. Cut a round of baking paper to fit over the top, and then cut 1 more round wider than the rim of the basin. Fold a

crease into the paper and place over the basin. Tie with a long piece of string under the lip of the bowl and over the top again. Tie at the other side to make a handle.

6) Place an upturned saucer in a large pan, place the basin on top and pour hot water around to come to three-quarters of the way up the sides of the pudding. Cover and steam for 3 hrs, keeping the water topped up.

7) Insert a skewer into the centre; it's ready if it comes out clean. Remove from the pans and cool.

8) Remove the top paper lid and cover with a new one. Store in a cool place for up to 6 weeks. Reheat by steaming for 1 hour in the same way, then turn out, pour over hot whiskey and ignite.

Banana Chocolate Protein Bread

Serves: 8

Time: 1 hour

Ingredients

130g gluten free flour
 30g organic, unsweetened cocoa powder
 1 ¼ tsp baking powder
 ½ tsp baking soda
 1 tsp ground cinnamon
 2 eggs
 100g Stevia
 1 ripe bananas, mashed
 50ml water
 70ml unsweetened applesauce
 3 scoops vanilla whey protein powder
 30g sultanas

Method

1) Preheat the oven to 180°C. Sieve the flour, cocoa powder, baking powder, baking soda and cinnamon into a large bowl.



2) Beat the eggs with the Stevia, banana, water, applesauce and protein powder.

3) Fold the wet mixture in to the dry ingredients along with the sultanas.

4) Line a loaf tin with greaseproof paper.

5) Spoon the batter in to the tin and cook for 50mins.

6) Remove the cake from the oven and allow to cool.

Spelt and Blueberry pancakes

Serves: Makes 12 pancakes

Time: 20 mins

Ingredients

2 eggs
 400ml organic buttermilk
 1 vanilla pod
 300g spelt flour
 1 tsp baking powder
 1 tsp salt
 325g fresh organic blueberries
 Butter, for frying

Method

1) Beat the eggs in a large mixing bowl. Add the buttermilk and beat again.

2) Split the vanilla pod lengthways and scrape the seeds out with a knife.



3) Mix the vanilla seeds, spelt flour, baking soda and salt together then add to the egg mixture. Beat until smooth.

4) Mix in half the blueberries.

5) Melt a little butter in a frying pan. Using a dessert spoon, place in 3 separate spoonfuls of batter into the pan and fry until lightly browned on one side, then turn over and brown on the other side.

6) Repeat with the rest of the mixture.

8) Serve straight away with the remaining fresh blueberries and a little honey if you're on a cheat meal!

NB: You don't have to use the fruit in this recipe, or the blueberries can be replaced with raspberries, grated apple, sultanas or any other fruit of your choice.

Almond Butter Cake

Serves: 8

Time: 30 mins

Ingredients

130g almond nut butter
45g Stevia
1 small egg
¼ tsp baking soda

Method

1) Pre-heat the oven to 220°C. Mix the nut butter, baking soda and stevia together in a bowl.

2) Whisk the egg and add to the mixture. Spoon the mixture into a greased and lined 9x4 inch loaf tin



3) Cook for 20-25 mins. Allow to cool before slicing into squares and serving.

You could also add vanilla extract, ginger, cocoa & chocolate chips, nuts or dried fruit for variation.

Thai Sticky Coconut Rice

Serves: 2

Time: 20 mins

Ingredients

250g Thai sticky rice
400ml coconut milk
2 tsp palm sugar

Method

1) Place the coconut milk, rice and sugar in a saucepan, bring to the boil and then reduce the heat to a simmer for 20-30mins or until the rice is soft. Stir regular to prevent sticking.



Serve alongside stewed fruit, fresh mango or berries and sprinkle with nuts and seeds.

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