



THE CLUB GYM

RECIPE BOOK

THECLUBGYM.CO.UK

THE CLUB GYM
RECIPE BOOK



Welcome to The Club Gym. Nutrition is just as important as your training when it comes to getting results, this is why we have created this recipe book which is exclusive to all of our members.

We hope you enjoy!

The Club Gym Team



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences research and knowledge. The information provided is not to be used in place of proper medical advice.



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BREAKFASTS







SERVES 1 | TOTAL TIME: 10 MINUTES

KALE, POACHED EGG AND SMOKED SALMON TOAST

INGREDIENTS

1 egg
1 slice of dark rye or farmhouse bread
30 grams of curly kale
½ teaspoon of olive oil
30 grams of smoked salmon
¼ red chilli, finely sliced

INSTRUCTIONS

Begin by poaching the egg in boiling water for around 3 minutes for a perfect runny yolk and 4 minutes if you prefer a harder yolk.

Once poached to your liking, remove from the water with a slotted spoon and place on kitchen paper to soak up any excess water.

Meanwhile, toast the bread and wilt the kale by placing it in a colander and pouring over boiling water.

Drizzle the toast with olive oil and then top with the kale, smoked salmon and poached egg. To add some heat to the dish, scatter over some finely sliced red chilli and serve.

272
CALORIES

19
PROTEIN

18
CARBS

13
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 10 MINUTES

RICOTTA AND TOMATO TOAST (V)

INGREDIENTS

200 grams of ricotta cheese
2 teaspoons of fresh herbs (we like basil, thyme or parsley), chopped
The zest of 1 lemon
A pinch of sea salt (reserve some for sprinkling on top)
A pinch of freshly cracked black pepper (reserve some for sprinkling on top)
4 thick slices of granary bread
150 grams of cherry tomatoes, sliced
Olive oil for drizzling on top

INSTRUCTIONS

In a medium sized bowl, mix together the ricotta, fresh herbs, lemon zest, salt and pepper until well combined. Keep the mixture chilled in the fridge until ready to use.

Toast the slices of bread in a toaster or under the grill until they are cooked to your liking.

Place the toast on a clean and flat work surface. Spread the ricotta mixture on each slice and then layer with the slices of tomato. This dish is great finished with a drizzle of olive oil and a sprinkle of sea salt and fresh black pepper.

Simple and totally delicious.

223
CALORIES

9
PROTEIN

22
CARBS

12
FATS

3
FIBRE



SERVES 2 | TOTAL TIME: 5 MINUTES

COOKIE DOUGH OVERNIGHT OATS

INGREDIENTS

130 grams of fat free natural Greek yoghurt
180 millilitres of unsweetened almond milk
45 grams of old fashioned oats
30 grams of protein powder (or, if you prefer, add an additional 30 grams of oats)
2½ tablespoons of maple syrup
1 teaspoon of chocolate chips
½ teaspoon of vanilla extract
½ teaspoon of ground cinnamon
¼ teaspoon of ground nutmeg
1/8 teaspoon of salt

INSTRUCTIONS

In a medium bowl, combine the Greek yoghurt and almond milk. Once well mixed, add the rest of the ingredients to the bowl and stir until well combined.

Divide the mixture between 2 small mason jars or bowls. Cover with cling film and place in the fridge overnight so that the oats can become soft and absorb the flavour of the mixture. These oats can be served cold straight out the fridge or microwaved for 1 minute to be served warm.

332
CALORIES

22
PROTEIN

50
CARBS

5
FATS

5
FIBRE



SERVES 6 | TOTAL TIME: 1 HOUR

AVOCADO BAKED EGGS IN ROASTED TOMATOES

INGREDIENTS

6 large vine ripened tomatoes
2 tablespoons of olive oil
1 garlic clove, crushed
2 tablespoons of fresh thyme
A handful of baby spinach leaves, stems removed
1 ripe avocado, peeled, stoned and chopped
6 medium eggs

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile, hollow out the tomatoes. Slice the top off each tomato and remove the core and seeds with a small spoon. Place the hollow tomatoes on a baking dish.

In a small bowl, combine the garlic and olive oil before drizzling over the tomatoes. Scatter over the thyme leaves and season to your taste with a pinch of salt and pepper.

Bake the tomatoes in the oven for 30 minutes before removing. Line the inside of the tomatoes with spinach leaves before returning them to the oven for a further 10 minutes.

By now the spinach should be wilted and you can break an egg into each tomato. To finish this healthy and delicious brunch, scatter over the chopped avocado and return to the oven for around 8 minutes, or until the eggs are cooked to perfection.

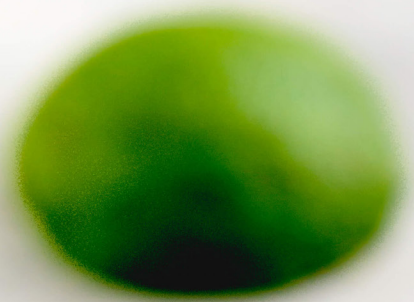
190
CALORIES

8
PROTEIN

10
CARBS

14
FATS

3
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES

KEY LIME PIE PROTEIN SHAKE

INGREDIENTS

175 grams of fat free cottage cheese
1 tablespoon of vanilla protein powder
1 lime, juiced
5-10 ice cubes (use less ice cubes for a shake with a thinner consistency)
175 millilitres of water
3 packets of stevia sweetener
A handful of spinach
Optional:
½ teaspoon of xanthan gum

INSTRUCTIONS

Add all the ingredients into a food processor and blend until the 'milkshake' reaches your desired consistency. If it is too thick simply add a splash more water and if it is too thin add a few more ice cubes to the mixture.

Alternatively, to give your shake a thick and luxurious texture add xanthan gum, which can be found in the gluten free section of most supermarkets.

The spinach is a healthy alternative to green food colouring and will give your 'milkshake' the green colour of a real key lime pie. Trust us it just adds a little extra thickness and nutrients!

180
CALORIES

36
PROTEIN

7
CARBS

0
FATS

0
FIBRE

SIDES & SMALL PLATES







SERVES 6
SERVING SIZE: 1 CUP | TOTAL TIME: 25 MINUTES

INGREDIENTS

1 lime, juiced
60 millilitres of apple cider vinegar
2 tablespoons of olive oil
1 tablespoon of honey or maple syrup
A pinch of salt
1 red onion, finely diced
½ red cabbage, finely chopped
5 radishes, finely sliced
1 jalapeño pepper, finely sliced

INSTRUCTIONS

Begin by combining the lime juice, vinegar, olive oil, honey and salt in a bowl. Once well mixed, add the remaining ingredients and toss to combine.

Set the dish aside for 20 minutes and mix occasionally. At first it will seem like you do not have enough liquid but the lime juice and vinegar will make the vegetables release liquid as they marinate.

Once the vegetables are well coated in the marinade, season the slaw to your taste. The slaw is best served immediately when the vegetables are still crunchy and fresh. However, it will keep for up to 4 days in the fridge if necessary.

COCONUT SLAW

155
CALORIES

2
PROTEIN

14
CARBS

12
FATS

3
FIBRE



SERVES 10 | TOTAL TIME: 1 HOUR

GERMAN RED CABBAGE

INGREDIENTS

1 white onion, finely sliced
1 apple, sliced
1 red cabbage, finely chopped
40 grams of sugar
40 millilitres of white wine vinegar
1 teaspoon of olive oil
A pinch of salt
A pinch of black pepper

INSTRUCTIONS

In a large pot, add the olive oil, onion and apple. Cook over a medium heat for 5 minutes, or until the onion has turned soft and the apple is beginning to caramelize. Stir in the remaining ingredients until they are well mixed before covering and stewing for around 1 hour, or until the cabbage is soft.

Remember to stir the mixture occasionally to prevent sticking.

Serve immediately as a great accompaniment to any dish or keep in the fridge and use in salads or as a healthy sandwich filling.

64
CALORIES

1
PROTEIN

12
CARBS

1
FATS

2
FIBRE



SERVES 12 | TOTAL TIME: 60 MINUTES

COLCANNON POTATOES

INGREDIENTS

1 white cabbage, finely chopped
2 kilograms of potatoes, peeled and quartered
½ litre of milk
350 grams of spring onions, finely chopped
A pinch of salt
A pinch of black pepper
60 grams of butter
A handful of fresh parsley, chopped
2 rashers of bacon, grilled and finely chopped

INSTRUCTIONS

Begin by bringing a large saucepan of water to the boil and add the cabbage. Cover the pan and leave the cabbage to simmer for around 10 minutes, or until it has become tender. Once soft, drain the cabbage and set aside for the moment.

Bring the saucepan to the boil once more, add the potatoes and cook until they are soft, this should take around 20 minutes. Meanwhile, combine the milk, spring onions, salt and pepper in a smaller saucepan and gently heat through.

Once the potatoes are soft, drain them and place in a large bowl. Mash the potatoes until they reach your desired consistency before combining it with the milk mixture. By now the mashed potatoes should look fluffy and luxurious.

Finally, combine the cabbage with the mashed potatoes and top with a handful of parsley and the chopped crispy bacon.

168
CALORIES

4
PROTEIN

27
CARBS

5
FATS

4
FIBRE



SERVES 8 | TOTAL TIME: 5 MINUTES

TRADITIONAL HUMMUS

INGREDIENTS

2 400 gram tins of chickpeas, drained and rinsed
1 lemon, juiced
1 garlic clove, crushed
1 tablespoon of extra virgin olive oil
1 teaspoon of tahini
¼ teaspoon of paprika
½ teaspoon of dried parsley

INSTRUCTIONS

Place all the ingredients in a food processor and blend. When the mixture is fully combined and smooth tip into a small serving bowl.

Serve the hummus as a delicious and healthy dip with fresh vegetable batons.

126
CALORIES

6
PROTEIN

20
CARBS

2.5
FATS

4
FIBRE



SERVES 6 SERVING SIZE: 4 WEDGES | TOTAL TIME: 35 MINUTES

GRILLED SWEET POTATO WEDGES

INGREDIENTS

4 sweet potatoes, washed and left unpeeled
1 teaspoon of salt
The juice and zest of 1 lime
¼ teaspoon of cayenne pepper
3 tablespoons of vegetable oil
A handful of fresh coriander, chopped

INSTRUCTIONS

Bring a large saucepan of water to the boil and add the whole sweet potatoes. Cook for around 25 minutes, or until the potatoes are tender, and then drain. Leave the potatoes to cool.

Meanwhile, mix the salt, lime zest and cayenne pepper together in a bowl. Once well combined, set aside for the moment.

By now the potatoes should be cool enough to handle. Cut them into 6 wedges per potato, as anything smaller will burn under the grill. Brush the wedges with vegetable oil and place under the grill.

Grill the sweet potato wedges on both sides for around 5 minutes each, making sure that both sides have turned a delicious golden brown colour.

Once the wedges are looking crispy, remove them from the grill. To serve, coat the wedges in the spice mixture, squeeze over the lime juice and scatter fresh coriander on top.

132
CALORIES

2
PROTEIN

16
CARBS

7
FATS

3
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

MEXICAN RICE

INGREDIENTS

1 sweet onion, finely diced
1 tablespoon of olive oil
2 cloves of garlic, crushed
120 grams of long grain brown rice
1 teaspoon of ground cumin
½ teaspoon of black pepper
½ teaspoon of salt
A small handful of fresh coriander, chopped
1 400 gram tin of chopped tomatoes
1 green chilli, finely sliced
½ litre of vegetable stock

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan before adding the onion. Over a medium heat sauté the onion until it becomes soft and translucent, this should take around 5 minutes. Once the onion is tender, add the garlic and fry for a further minute.

Add the remaining ingredients to the pan before covering and reducing the heat. Leave the mixture to simmer for around 45 minutes, or until the rice has soaked up most of the liquid and is tender. If the rice absorbs too much of the liquid simply add a splash of water to the pan.

Remove from the heat and allow the rice to rest for 10 minutes before serving.

224
CALORIES

6
PROTEIN

48
CARBS

2
FATS

5
FIBRE

MAIN COURSES







SERVES 4 | TOTAL TIME: 30 MINUTES

CHICKEN TIKKA BURRITOS

INGREDIENTS

4 tablespoons of low fat natural yoghurt
1 lemon, juiced
2 cloves of garlic, crushed
A 2 centimetre piece of ginger, finely chopped
1 green chilli, deseeded and finely chopped
A small handful of coriander, chopped (keep the stalks and leaves separate)
2 skinless chicken breasts, chopped into 2 centimetre pieces
1½ teaspoons of smoked paprika
¾ teaspoon of chilli powder
½ teaspoon of garam masala
½ white onion, finely sliced
100 grams of cherry tomatoes, sliced
250 grams of pre-cooked pilau rice
4 roti

INSTRUCTIONS

Begin by making the marinade for the chicken by blending half the yoghurt, the lemon juice, ginger, garlic, green chilli and coriander stalks in a food processor until smooth. In a large bowl, pour the yoghurt marinade over the chicken ensuring that it is fully covered. Leave the chicken to soak up the delicious flavours of the marinade for around 30 minutes before dividing the chicken onto metal skewers. Make sure to leave gaps between each piece of chicken to make sure they cook fully and become slightly charred on the outside.

Heat the grill to a high temperature and place the skewers on a baking sheet to grill for around 5 minutes, or until cooked through and smelling fragrant.

While the chicken is grilling, mix the onion and cherry tomatoes together in a small bowl with lemon juice and a pinch of salt and pepper if it requires extra seasoning. In another small bowl, combine the coriander leaves, remaining yoghurt and another squeeze of lemon juice.

Once the chicken is cooked and the condiments prepared, heat the pilau rice according to packet instructions and divide the ingredients between the roti. Finish the dish by wrapping it up like a burrito and enjoy.

400
CALORIES

29
PROTEIN

52
CARBS

8
FATS

3
FIBRE

36



SERVES 8 | TOTAL TIME: 50 MINUTES

FILO FISH PIE

INGREDIENTS

1 white onion, finely sliced
1 bay leaf
600 millilitres of fish stock
100 millilitres of white wine
1 kilogram of mixed fish (we recommend using salmon, cod, haddock, scallops and prawns)
60 grams of plain flour
90 grams of butter, softened
200 millilitres of crème fraîche
1 tablespoon of tomato puree
The zest of 1 lemon
A handful of parsley, chopped
4 tomatoes, deseeded and quartered
250 grams of filo pastry
A pinch of salt and pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In a saucepan over a medium heat, gently sauté the bay leaf and onion for around 5 minutes until the onion is soft and translucent and the bay leaf smells fragrant. Once the onion is tender, add the fish stock and wine to the pan and bring to the boil. Let the stock simmer for around 5 minutes before adding the larger pieces of fish, such as cod and salmon. Poach the larger pieces for a few minutes and then add the smaller fish, such as scallops and prawns. Once all the fish are in the pan, cover and let them poach for around 5 minutes until the prawns change colour. Remove from the heat and take the fish out of the pan with a slotted spoon and place in an ovenproof dish.

In a small bowl, combine the flour and butter into a roux. Reheat the poaching stock, remove the bay leaf and gradually add the roux into the stock, whisking regularly to ensure it stays smooth.

Once the sauce has thickened, add the crème fraîche, tomato puree, lemon zest, parsley and tomatoes and let it simmer for 2 minutes, or until it forms a creamy sauce, before pouring it into the ovenproof dish.

Brush the sheets of filo pastry with butter and place these on top of the ovenproof dish making sure to tuck in the edges. Bake the pie in the oven for around 25 minutes, or until the pastry is crispy and golden on top.

463
CALORIES

33
PROTEIN

30
CARBS

24
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

VIETNAMESE SESAME BEEF

INGREDIENTS

450 grams of flank steak, chopped into 1 centimetre strips
2 centimetres of ginger, grated
2 cloves of garlic, crushed
2 tablespoons of fish sauce
1 tablespoon of vegetable oil
¼ teaspoon of black pepper
60 grams of black and white sesame seeds

INSTRUCTIONS

To make the marinade, combine the ginger, garlic, fish sauce, oil and black pepper in a large bowl. Add the strips of beef to the bowl and toss to coat before setting the beef aside to soak up the flavours for between 30 minutes and 1 hour.

After the beef has marinated, place the sesame seeds in a sealable bag, add the beef and gently shake the bag so that they become well coated.

Meanwhile, heat a large frying pan over a medium-high heat. Once the pan is hot, add the beef in batches and flash fry on both sides until it is cooked.

Serve the sesame encrusted beef with a punchy chilli sauce for some added spice.

299
CALORIES

34
PROTEIN

4
CARBS

16
FATS

0
FIBRE

40



SERVES 6 | TOTAL TIME: 30 MINUTES

CREAMY FETTUCCHINE WITH BRUSSELS SPROUTS & MUSHROOMS (V)

INGREDIENTS

340 grams of whole wheat fettuccine
1 tablespoon of extra virgin olive oil
170 grams of mixed mushrooms (we recommend oyster, shiitake or cremini), thinly sliced
170 grams of brussels sprouts, thinly sliced
2 cloves of garlic, crushed
60 millilitres of dry sherry
400 millilitres of low fat milk
2 tablespoons of all purpose flour
½ teaspoon of salt
½ teaspoon of black pepper
120 grams of Asiago cheese, grated

INSTRUCTIONS

Bring a large pot of water to the boil and cook the fettuccine until al dente. Once the pasta is cooked, drain and put to one side for the moment.

Meanwhile, heat the oil in a large frying pan over a medium heat. Add the mushrooms and sprouts and cook for around 10 minutes, or until the mushrooms have released all of their liquid, before adding the garlic to the pan. Sauté the sprouts, mushrooms and garlic until fragrant before pouring in the sherry and bringing to the boil. After around 2 minutes, whisk in the milk and flour and season to perfection.

Continue whisking the sauce until it thickens before stirring in the Asiago cheese, which will make it rich and glossy. Add the fettuccine to the sauce and warm through before serving.

384
CALORIES

18
PROTEIN

56
CARBS

10
FATS

10
FIBRE



SERVES 4 | TOTAL TIME: 1 HOUR 15 MINUTES

AUBERGINE AND CHICKPEA CURRY (V)

INGREDIENTS

1 aubergine
1 white onion, finely diced
½ red bell pepper, deseeded and sliced
1¼ teaspoon of cumin seeds
1¼ teaspoon of ground coriander
½ teaspoon of ground turmeric
1/8 teaspoon of asafoetida
1 400 gram tin of chopped tomatoes
2 teaspoons of ginger paste
½ teaspoon of cayenne pepper
1 400 gram tin of chickpeas
60 millilitres of water
A handful of coriander, chopped
¼ teaspoon of garam masala

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

With a fork, prick the aubergine several times and place on a baking sheet. Place the whole aubergine in the oven for around 50 minutes, by which point it should be soft all the way through. Remove the aubergine from the oven and once it is cool enough to handle peel off the skin and roughly chop the innards.

Heat a large frying pan and sauté the onion until it turns soft and has begun to caramelize before adding the bell pepper. Cook the pepper for a few minutes before adding all the spices except garam masala to the pan and allowing them to gently roast. Once the spices smell aromatic, stir in the tomatoes and ginger.

Add the aubergine flesh to the mixture and cook over a medium-high heat until the larger pieces begin to break down, this should take around 10 minutes. Then, toss the chickpeas into the pan along with their liquid, turn the heat to low and leave to simmer for 30 minutes.

Before serving, stir in fresh coriander and garam masala to heighten the curry's already delicious flavours.

208
CALORIES

8
PROTEIN

42
CARBS

2
FATS

11
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES

ROASTED CHICKPEA WRAP (V)

INGREDIENTS

2 400 gram tins of chickpeas, drained and rinsed
2 teaspoons of extra virgin olive oil
2 teaspoons of ground cumin
2 teaspoons of smoked paprika
2 avocados, stoned, peeled and roughly chopped
1 lime, juiced
A handful of coriander, chopped
8 soft corn tortillas
1 iceberg lettuce, shredded
150 grams of natural yoghurt
500 grams of jarred roasted red peppers, chopped

INSTRUCTIONS

Begin by preheating your oven to 220°C/430°F/gas 7.

In a large bowl, toss the chickpeas with the olive oil, cumin and paprika until they are well coated. Spread the spiced chickpeas on a large baking tray and roast in the oven for around 20 minutes, or until they have started to turn crunchy. Remember to give the chickpeas a toss after around 10 minutes to make sure they roast evenly.

In a small bowl, squeeze the lime over the chopped avocado, scatter over the coriander and set aside until serving. Warm the tortillas in a frying pan over a high heat before layering them with the avocado, lettuce, yoghurt, peppers and crunchy chickpeas.

489
CALORIES

18
PROTEIN

47
CARBS

22
FATS

14
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

MOROCCAN CHICKPEA QUINOA SALAD (V)

INGREDIENTS

½ tablespoon of coconut oil
1 white onion, finely diced
1 teaspoon of ground turmeric
½ teaspoon of ground cumin
½ teaspoon of ground cinnamon
½ teaspoon of salt
½ teaspoon of black pepper
130 grams of quinoa
260 millilitres of vegetable stock
1 400 gram tin of chickpeas, drained and rinsed
100 grams of dried cranberries
A handful of parsley, chopped
70 grams of flaked almonds, toasted

INSTRUCTIONS

Begin by heating the coconut oil in a large pot over a medium heat. Once the oil is hot add the onion and gently fry until it is soft and translucent, this should take around 5 minutes. Add the turmeric, cinnamon, salt and pepper and roast the spices in the pan for around 2 minutes, or until smelling fragrant.

Next, add the vegetable stock and quinoa to the pot. Bring the mixture to the boil, cover and then reduce to a low heat. Cook the quinoa for 15 minutes, by which point it should have absorbed the stock and become fluffy.

Stir the chickpeas, cranberries and parsley into the quinoa until they are well combined. Season the quinoa to your taste and sprinkle over toasted almonds for an added crunch before serving.

448
CALORIES

16
PROTEIN

70
CARBS

14
FATS

12
FIBRE



SERVES 6 | TOTAL TIME: 2 HOURS 30 MINUTES

SIMPLE GRILLED SALMON

INGREDIENTS

700 grams of salmon fillets
1 teaspoon of lemon pepper
1 clove of garlic, crushed
1 teaspoon of salt
5 tablespoons of soy sauce
100 grams of brown sugar
5 tablespoons of water
2 tablespoons of vegetable oil
1 lemon, juiced

INSTRUCTIONS

To make the marinade, combine the lemon pepper, garlic, soy sauce, sugar, water and vegetable oil and mix well until the sugar is dissolved. Place the fillets in a sealable bag with the marinade and shake the bag so that the fish becomes coated in the sauce. Leave the fish to marinate in the fridge for at least 2 hours so it has time to soak up the flavour.

Preheat the grill to a medium heat, place the salmon on a baking tray and discard the marinade. Grill the salmon for around 8 minutes per side, or until it has charred slightly and the fish flakes easily with a fork. Remove from the oven, squeeze the lemon juice over the fish for some added freshness and serve.

318
CALORIES

20
PROTEIN

13
CARBS

20
FATS

0
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

LAMB SOUVLAKI

INGREDIENTS

1 tablespoon of ground cumin
2 cloves of garlic, crushed
1 lemon, juiced
1 tablespoon of olive oil
500 grams of lean lamb, cut into strips
4 corn tortillas
4 teaspoons of sweet chilli sauce
½ cucumber, chopped
2 tomatoes, sliced
1 red onion, finely sliced
4 tablespoons of fat free Greek yoghurt

INSTRUCTIONS

For the marinade, combine the cumin, garlic, lemon juice and olive oil in a small bowl and adjust the seasoning to your taste. Add the strips of lamb to the marinade and make sure that it is well coated before placing in the refrigerator for at least 30 minutes to absorb the spices.

In a large pan, fry the lamb until it is cooked to your liking and then leave it to rest for 5 minutes. In the same pan, heat the tortillas until they are slightly charred.

Spread each tortilla with sweet chilli sauce before topping with the cucumber, red onion and lamb. Finish with a dollop of Greek yoghurt and enjoy.

387
CALORIES

30
PROTEIN

30
CARBS

17
FATS

3
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

CHILLI LIME COD

INGREDIENTS

340 grams of cod
1 egg
120 grams of coconut flour
1 lime, juiced
1 teaspoon of paprika
½ teaspoon of cayenne pepper
1 teaspoon of salt
1 clove of garlic, crushed
1 tablespoon of hot sauce

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In two different bowls, crack and beat an egg and sieve the coconut flour to remove any lumps. Soak each cod fillet in the egg for around a minute before pressing them into the coconut flour.

Arrange the cod on a baking sheet, rub the spices into the fillets and squeeze over the lime for some extra zing.

Bake the cod in the oven for around 10 minutes. You will know when the fish is ready, as it will flake easily when pierced with a fork.

To serve, drizzle over some hot sauce for an added kick.

215
CALORIES

37
PROTEIN

3
CARBS

5
FATS

0
FIBRE



SERVES 6 | TOTAL TIME: 20 MINUTES

CASHEW CHICKEN STIR FRY

INGREDIENTS

1 tablespoon of olive oil
450 grams of skinless chicken breasts, chopped into 2 centimetre pieces
3 cloves of garlic, crushed
200 grams of broccoli
1 red bell pepper, deseeded and sliced
100 grams of sugar snap peas
50 grams of carrots, sliced
30 grams of unsalted cashew nuts
4 spring onions, finely sliced
For the sauce:
4 tablespoons of tamarind
3 tablespoons of peanut butter
2 tablespoons of honey
1 teaspoon of sesame oil
1 tablespoon of ginger paste
2 tablespoons of water

INSTRUCTIONS

Begin making the sauce by whisking together tamarind, peanut butter, honey, sesame oil ginger paste and water in a small bowl. If the sauce is too thick simply add a splash more water to the mixture. Once it reaches your desired consistency set the sauce aside.

In a large wok heat the oil and add the chicken breasts. Season them with salt and pepper and sauté them for around 5 minutes, or until they are beginning to brown. Add the garlic to the wok and fry for 30 seconds making sure that it does not burn.

Add the vegetables into the wok and mix them through the chicken. Cook for around 5 minutes, or until the vegetables have softened slightly but are still crunchy and fresh. By this point the chicken will be cooked through and you can remove the wok from the heat.

Before serving, mix through the sauce and throw in a handful of cashews and spring onions for some added texture.

268
CALORIES

21
PROTEIN

17
CARBS

12
FATS

3
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES

TERIYAKI FISH WITH PAK CHOI

INGREDIENTS

100 millilitres of dark soy sauce
100 millilitres of mirin
1 tablespoon of honey
2 centimetres of ginger, finely chopped
500 grams of whiting fillets
1 tablespoon of groundnut oil
250 grams of egg noodles
250 grams of pak choi, sliced
3 spring onions, sliced
1 tablespoon of sesame oil

INSTRUCTIONS

Begin making the marinade by whisking together the soy sauce, mirin, honey and ginger in a shallow bowl. Submerge the fillets of fish in the marinade and place in the fridge for around 30 minutes.

While the fish is absorbing all the delicious flavours of the marinade, preheat the oven to 200°C/400°F/gas 6. Once the fish has marinated, fry both sides of the fillets in groundnut oil for 3 minutes in a large frying pan before placing in a roasting tin. Pour over the leftover marinade and bake the fish in the oven for 10 minutes, by which point it will smell fantastic.

While the fish is in the oven, bring a large pot of water to the boil and add the noodles. Place a colander over the pot and steam the pak choi and spring onions in it, which should take around 5 minutes.

Drain the noodles and return them to the pan along with the pak choi, spring onions and sesame oil before mixing well.

To serve, create a bed of pak choi, spring onions and noodles and place the fish on top before pouring over any remaining marinade.

504
CALORIES

0
PROTEIN

0
CARBS

14
FATS

0
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES

TURKEY MELT PANININI

INGREDIENTS

4 rashers of bacon
3 tablespoons of mayonnaise
1 teaspoon of Dijon mustard
8 slices of wholegrain bread
225 grams of deli turkey, sliced
1 apple, sliced into eight thin segments
30 grams of Monterey Jack cheese

INSTRUCTIONS

Begin by preheating both a waffle iron or sandwich grill and a grill to a high temperature setting.

Arrange the bacon on a baking tray and grill until it becomes crisp and golden.

In a small bowl, mix together the mayonnaise and mustard and then spread the mixture over all the slices of bread. Divide the bacon, turkey slices, apple and cheese evenly among 4 slices of bread and top with the remaining bread, mayonnaise side down.

Lightly coat both sides of the sandwich with cooking spray and place a sandwich in each compartment of the waffle iron. Close the waffle iron firmly on the sandwiches and cook them for around 5 minutes, by which point they will be a delicious golden brown and the cheese will have melted.

369
CALORIES

33
PROTEIN

29
CARBS

14
FATS

5
FIBRE



SERVES 6 | TOTAL TIME: 50 MINUTES

SHEPHERD'S PIE

INGREDIENTS

Mashed potatoes:

700 gram of potatoes, peeled and diced

200 millilitres of chicken stock

2 tablespoons of soured cream

2 teaspoons of paprika

Filling:

450 grams of lean ground beef

1 teaspoon of olive oil

1 white onion, finely diced

1 celery stalk, chopped

2 cloves of garlic, crushed

225 grams of mushrooms, chopped

300 grams of frozen mixed vegetables

2 tablespoons of flour

250 millilitres of beef stock

2 teaspoons of tomato purée

1 teaspoon of Worcestershire sauce

A handful of rosemary, chopped

A handful of thyme, chopped

A pinch of salt and pepper

INSTRUCTIONS

Begin by boiling the potatoes in a large pot of salted water until they are soft. Drain the potatoes and in the same pot mash them with the chicken stock, soured cream, salt and pepper. Once smooth, set aside the mashed potatoes.

Meanwhile, preheat your oven to 200°C/400°F/gas 6. In a large sauce pan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate.

Add oil, onion, garlic, mushrooms and celery to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelize, this should take around 10 minutes.

Add the flour, frozen vegetables, beef stock, tomato purée, Worcestershire sauce, rosemary, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large ovenproof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and colour to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.

275
CALORIES

22
PROTEIN

31
CARBS

7
FATS

5
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

CHICKEN BURGERS WITH PEANUT SAUCE

INGREDIENTS

Sauce:

- 2 tablespoons of peanut butter
- 2 teaspoons of soy sauce
- 1½ teaspoons of dark sesame oil
- 1 teaspoon of water
- 1 teaspoon of rice vinegar
- 1 clove of garlic, crushed

Burgers:

- 120 grams of spring onions, chopped
- 1 tablespoon of chilli and garlic paste
- 2 centimetres of ginger, grated
- A pinch of salt
- 450 grams of skinless chicken breasts, chopped
- 4 sesame burger buns
- 120 grams of alfalfa sprouts

INSTRUCTIONS

Begin preparing the sauce by combining all the ingredients and whisking until smooth and then setting to one side.

Meanwhile, preheat the grill to a high temperature. Start making the burgers by blending the onions, chilli and garlic paste, ginger, salt and chicken in a food processor until coarsely ground. Shape the mixture with your hands into 4 equal patties, which should be around 1 centimetre thick.

Coat the patties with cooking spray and place them under the grill for 4 minutes on each side, or until they have turned golden and crispy. Once the patties are nearly finished cooking, lightly toast the burger buns under the grill as well.

To serve, top the burgers with the alfalfa sprouts and a drizzle of peanut sauce.

341
CALORIES

28
PROTEIN

33
CARBS

10.6
FATS

2.5
FIBRE

DESSERTS







SERVES 6 | TOTAL TIME: 10 MINUTES

PROTEIN COOKIE DOUGH

INGREDIENTS

1 400 gram tin of chickpeas, drained and rinsed
4 tablespoons of vanilla vegan protein powder
2 tablespoons of almond or cashew butter
1 tablespoon of coconut sugar
1 teaspoon of vanilla extract
A pinch of salt
2 tablespoons of dairy free chocolate chips

INSTRUCTIONS

Start by adding the chickpeas to a food processor and blending them until they form a smooth paste. Add the remaining ingredients with the exception of the chocolate chips to the food processor and blend until a ball of chickpea dough forms - this should only take a few minutes.

Once the dough has formed, use a spoon to break it up before scattering in the chocolate chips. Pulse the food processor until the chocolate chips become well mixed through the dough before removing from the processor with a spatula.

This cookie dough is perfect for making cookie dough balls for dipping and can be stored in the fridge for 4 days.

164
CALORIES

10
PROTEIN

19
CARBS

5
FATS

4
FIBRE



SERVES 12 PIECES | TOTAL TIME: 10 MINUTES

SALTED PISTACHIO BARK

INGREDIENTS

340 grams of chocolate chips
60 grams of pistachios, shelled and roughly chopped
1½ teaspoons of salt

INSTRUCTIONS

Begin by placing the chocolate chips in a medium glass bowl. Meanwhile, quarter fill a medium saucepan with water and bring to the boil before placing the glass bowl of chocolate chips on top to create a bain-marie.

Gently stir the chocolate chips until they become smooth and pourable. Place a piece of baking paper on a baking tray and pour the chocolate onto it until it is around 1 centimetre thick.

Sprinkle over the salt and then the pistachios for some added crunch before placing the chocolate in the fridge for 1 hour.

Remove from the fridge once the chocolate has become brittle and break into uneven pieces to create the 'bark' effect.

130
CALORIES

2
PROTEIN

11
CARBS

8
FATS

1
FIBRE



SERVES 38 | TOTAL TIME: 1 HOUR

OATMEAL RAISIN COOKIES

INGREDIENTS

60 grams of raisins
30 grams of chickpea (gram) flour
30 grams of sorghum flour
30 grams of potato starch
½ teaspoon of xanthan gum
½ teaspoon of baking powder
½ teaspoon of ground cinnamon
½ teaspoon of ground ginger
¼ teaspoon of ground allspice
¼ teaspoon of salt
60 grams of brown sugar
60 grams of granulated sugar
40 grams of unsalted butter, softened
1 teaspoon of vanilla extract
1 egg
130 grams of oats

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Soak the raisins in warm water for around 5 minutes, or until they have become soft and juicy, before draining.

In a bowl, combine both flours, potato starch, xanthan gum, baking powder, cinnamon, ginger, allspice and salt thoroughly.

In a separate bowl, cream together the butter and sugars until well blended and fluffy. Add the vanilla extract and egg and beat into the creamed butter until it has formed a smooth mixture. Gradually add the flour mixture and then scatter in the oats and raisins. Mix until all the ingredients are well combined.

Using an ice cream scoop, scoop the cookie dough onto a baking sheet. Make sure that the scoops are at least 4 centimetres apart, as they will increase in size as they bake. Cook the cookies in the oven for around 15 minutes, or until the cookies have turned golden on top but are still gooey in the middle.

Leave the cookies to cool for 2 minutes before serving.

The recipe yields quite a lot but these can be kept in an airtight container for quite some time.

62
CALORIES

1
PROTEIN

11
CARBS

2
FATS

1
FIBRE



SERVES 14 | TOTAL TIME: 10 MINUTES

COCONUT BOUNTY BARS

INGREDIENTS

130 grams of desiccated coconut
3½ tablespoons of maple syrup
2 tablespoons of coconut oil
½ teaspoon of vanilla extract
A pinch of salt
85 grams of chocolate chips
1 teaspoon of vegetable oil

INSTRUCTIONS

Start by blending the desiccated coconut, maple syrup, coconut oil, vanilla and salt in a food processor until it forms a smooth and firm mixture.

Remove the coconut mixture from the food processor and form it into chocolate bar shaped patties with your hands and then freeze until firm.

While the patties are firming up, melt the chocolate chips in a small pan. Adding vegetable oil to the chocolate will make the sauce much smoother.

Once the chocolate has melted, dip the patties into sauce and then return them to the freezer until the chocolate has solidified.

Once the chocolate has become firm, serve as a delicious snack. Any leftovers are best kept in the fridge.

104
CALORIES

1
PROTEIN

8
CARBS

8
FATS

2
FIBRE



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RECIPE BOOK

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