



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.



CONTENTS

BREAKFASTS

- Chickpea Breakfast Bowl (v) 8
- No Bake Breakfast Bars 10
- Spinach and Gouda Omelette 12
- Chocolate Peanut Butter Smoothie Bowl 14
- Potato Egg Bake 16

SIDES & SMALL PLATES

- Panzanella 20
- Beetroot and Goats Cheese 22
- Chicken Satay Strips 24
- Pita Pizza (v) 26
- Sweet Potato Fries 28
- Turkey Roll Ups 30

MAINS

- Butter bean & chorizo stew 34
- Chinese Chilli Beef 36
- Turkey Piccata 38
- Steak and Mushroom Stroganoff 40
- Salmon with Pesto Crust 42
- Spaghetti Bolognese 44
- Chicken and Spinach Pita Pizza 46
- Chicken Cobb salad 48
- Chilli Lime Chicken Bowls 50
- Chilli Sin Carne (v) 52
- Asian Chickpea Salad (V) 54
- Chickpea Curry (v) 56
- Taco Pasta Salad (v) 58
- Vegan Mushroom Bean Burger (v) 60
- Vegan Moussaka Bowls (v) 62

DESSERTS

- Mixed Berry Frozen Yoghurt 66
- No Bake Blondie Bites 68
- Easy Peanut Butter Protein bars 70
- Chocolate Banana Mug Cake 72



BREAKFASTS







SERVES 2 | TOTAL TIME: 20 MINUTES

CHICKPEA BREAKFAST BOWL (V)

INGREDIENTS

1 400 gram tin of Chickpeas
½ teaspoon Turmeric
½ teaspoon Salt
½ teaspoon Pepper
¼ White Onion diced
2 Cloves Garlic minced
Drizzle Extra Virgin Olive Oil + Mixed Greens
Handful of Parsley minced
Handful of Coriander minced
Avocado slices

INSTRUCTIONS

Empty the chickpeas and some of the water into a bowl. Mash slightly with a fork, leaving some whole.

Mix in turmeric, salt, and pepper until evenly combined.

Heat a drizzle of olive oil in a pan over a medium heat. Sauté the diced onion until soft, then add the garlic and continue sautéing until garlic is fragrant - avoid the garlic turning brown

When onions and garlic are done, add in mashed chickpeas and sauté for a further five minutes.

To assemble the breakfast bowls: Lay some mixed greens at the bottom of the bowls, then top with the chickpea scramble. Top with minced coriander and parsley.

Serve with avocado slices.

341
CALORIES

16
PROTEIN

36
CARBS

16
FATS

2
FIBRE





SERVES 15 | TOTAL TIME: 20 MINUTES

INGREDIENTS

160 grams soft dates, chopped
60 grams smooth peanut or almond butter
40 grams honey or agave syrup
4 tablespoons sunflower seeds
4 tablespoons chia seeds
100 grams porridge oats
50 grams, roughly chopped roasted peanuts or almonds

INSTRUCTIONS

Finely chop the dates in a food processor until they form a ball of paste (add 1 tablespoon boiling water if they aren't sticking).

Gently warm the nut butter and honey in a pan until it becomes a smooth, pourable liquid

Stir all the remaining ingredients and the dates in a large bowl, then pour over the nut butter and honey mix.

Mix well until everything is evenly combined. Line a 20 centimetre square tin or container with baking parchment, and pour in the mix., pressing down and into the sides with the back of a spoon.

Cover and chill for 30 minutes, before cutting evenly into bars.

Keep the bars in the fridge or an airtight container for 3 days, or in freezer if you want to keep them longer.

NO BAKE BREAKFAST BARS

145
CALORIES

4
PROTEIN

15
CARBS

7
FATS

3
FIBRE





SERVES 1 | TOTAL TIME: 20 MINUTES

INGREDIENTS

4 large egg whites
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 teaspoon olive oil
450 grams fresh spinach
90 grams sweetcorn kernels
2 tablespoons shredded smoked gouda cheese.

INSTRUCTIONS

Place egg whites in a small bowl, season with salt and pepper and whisk.

Heat the oil in a non-stick pan on a medium-high heat. Add spinach and stir frequently, for 2 to 3 minutes, or until wilted and reduced in volume, add the corn, stir frequently, for 2 to 3 minutes until warmed through. Set aside and keep warm

Heat a separate pan over medium-low heat and add the egg whites. Do not stir but as they begin to set, lift the edges letting uncooked whites slide below and cook

When eggs are almost set, add spinach mixture and cheese. Cook for a further 1 to 2 minutes, or until heated through.

Gently fold in half and serve

SPINACH AND GOUDA OMELETTE

246
CALORIES

22
PROTEIN

21
CARBS

9
FATS

4
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

INGREDIENTS

2 frozen bananas
80 millilitres almond milk
2 tablespoons peanut butter
2 tablespoons cacao powder
For topping:
½ a banana sliced
Chocolate granola
Peanut butter to drizzle
Chia seeds

INSTRUCTIONS

Combine the frozen bananas, almond milk, peanut butter, cacao powder, and chia seeds (if using), in a blender.

Purée until a very smooth but thick mixture is formed. You can add a touch of water here if the mix is too thick and not becoming smooth.

Transfer to a bowl and add your choice of toppings.

CHOCOLATE PEANUT BUTTER SMOOTHIE BOWL

485
CALORIES

13
PROTEIN

79
CARBS

19
FATS

12
FIBRE





SERVES 8 | TOTAL TIME: 55 MINUTES

POTATO EGG BAKE

INGREDIENTS

1 kilogram potatoes (about 6 medium), peeled and diced
120 millilitres water
125 grams frozen chopped broccoli, thawed
6 green onions, thinly sliced
1 small sweet red pepper, chopped
6 large eggs
8 large egg whites
225 grams low fat cottage cheese
100 grams shredded reduced-fat cheddar cheese
50 grams grated Parmesan cheese
120 millilitres skimmed milk
2 tablespoons dried parsley flakes
½ teaspoon salt
¼ teaspoon pepper

INSTRUCTIONS

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

Place potatoes and water in a microwave-safe dish. Cover and microwave on high for 7 minutes or until tender (test with a fork) then drain well

Spread potatoes in a 13 x 9 inch baking dish coated with cooking spray.

Top with the broccoli, onions and red pepper.

In a large bowl, whisk the remaining ingredients together until blended. Pour over potatoes and broccoli.

Bake, uncovered, for 35-40 minutes or until centre is set.

235
CALORIES

20
PROTEIN

20
CARBS

9
FATS

2
FIBRE

SIDES & SMALL PLATES







SERVES 6 | TOTAL TIME: 25 MINUTES

PANZANELLA

INGREDIENTS

- 2 large baguettes, cut into 1-inch cubes
- 120 millilitres extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- Rock Salt
- Freshly ground black pepper
- 1 large, seedless cucumber, roughly chopped
- 2 Punnets cherry tomatoes (preferably multi-coloured), halved
- 1 red onion, chopped
- 1 clove garlic, minced
- 1 bunch basil, torn

INSTRUCTIONS

Pre-heat a large heavy frying pan over medium -high heat.

Meanwhile, in a large bowl toss the cubed bread in half the olive oil.

Add bread to the pan and toast for around 10 minutes until it appears golden and crisp.

Set aside on kitchen paper to cool.

In a small bowl, whisk together the dressing ingredients: red wine vinegar, remaining olive oil and honey. Season with salt and pepper.

Add the bread, cucumber, tomatoes, onion and garlic together in a large bowl. Toss with dressing until evenly coated and season with more salt and pepper to your liking.

Garnish with basil and serve.

321
CALORIES

5
PROTEIN

30
CARBS

21
FATS

3.2
FIBRE





SERVES 4 | TOTAL TIME: 2 HOURS

INGREDIENTS

6 small or 4 medium beets (about ½ a kilogram), trimmed and either scrubbed or peeled
60 millilitres balsamic vinegar
2 sprigs fresh rosemary
25 grams goats cheese at room temperature
2 tablespoons milk
2 tablespoons snipped fresh chives
¼ teaspoon salt
¼ teaspoon ground pepper
2 tablespoons extra-virgin olive oil
Pinch of salt to season
Pinch of pepper to season

INSTRUCTIONS

Place the beets, vinegar and rosemary in a single layer in a large saucepan and cover with water by 2 inches.

Bring to a boil, then reduce to a simmer. Cover and continue to cook until the beets are very tender (1 to 1½ hours).

Meanwhile, whisk the goat cheese and milk in a small bowl until smooth, stir in chives, a pinch of salt and pepper then set aside and keep at room temperature.

When the beets are cooked, transfer them to a cutting board. Cut each beet in half then very lightly press on each beet with a plate or jar to flatten it, but not break it up. Sprinkle the remaining ¼ teaspoon salt and pepper on both sides of each beet.

Heat 1 tablespoon of oil in a large pan over medium-high heat. Add half the beets and cook, turning once, until browned on both sides and crispy on the edges. Set aside on a plate then repeat with the remaining beets in the rest of the oil.

Serve each beet topped with a dollop of the goat cheese mixture.

BEETROOT AND GOATS CHEESE

170
CALORIES

5
PROTEIN

14
CARBS

10
FATS

3
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES

CHICKEN SATAY STRIPS

INGREDIENTS

2 tablespoon chunky peanut butter
(without palm oil or sugar)
1 garlic clove, finely grated
1 teaspoon Madras curry powder
Soy sauce
2 teaspoons lime juice
2 medium skinless, chicken breast fillets cut into thick strips
4 inch piece of cucumber, cut into fingers
Sweet chilli sauce, to serve

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a baking tray with non-stick paper.

Mix the peanut butter, garlic, curry powder, a few drops of soy sauce and lime juice in a bowl. Some peanut butters are thicker than others, so add a dash of boiling water to get a coating consistency if required

Add the chicken and coat well. Arrange on the baking sheet, spaced apart, and bake for around 8-10 minutes until cooked, but still moist.

Serve warm with the cucumber fingers, and sweet chilli sauce.

Alternatively, allow to cool and the chicken will keep in the fridge for up to 2 days.

276
CALORIES

41
PROTEIN

3
CARBS

10
FATS

2
FIBRE





SERVES 4 | TOTAL TIME: 18 MINUTES

PITA PIZZA (V)

INGREDIENTS

4 whole-grain pitas
170 grams all-natural spaghetti sauce no salt added
2 leaves fresh basil chopped
60 grams shredded mozzarella cheese
¼ medium onion sliced
1 medium yellow bell pepper sliced into rings

INSTRUCTIONS

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

Top each pita evenly with spaghetti sauce, then a layer of basil, mozzarella, onion, and bell pepper.

Arrange the topped pitas on lined baking sheet.

Bake in the oven for 10 to 12 minutes, or until cheese is melted and bubbling

Serve piping hot

248
CALORIES

11
PROTEIN

43
CARBS

5
FATS

6
FIBRE





SERVES 1 | TOTAL TIME: 40 MINUTES

INGREDIENTS

1 x 5 inch long sweet potato
1 tablespoon dry grated parmesan cheese
Pinch of cayenne pepper to taste
½ tablespoon extra virgin olive oil

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Remove both ends of the sweet potato and peel. Cut into ½ inch sticks.

Place the potato sticks into bowl and add the rest of the ingredients. Toss until all sticks are covered.

Spray a baking sheet with non-stick cooking spray and arrange sweet potato sticks in a single layer.

Bake for around 30 minutes, turning once, until desired crispness is achieved.

SWEET POTATO FRIES

195
CALORIES

4
PROTEIN

26
CARBS

9
FATS

4
FIBRE





SERVES 1 | TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 slice deli turkey breast (use 2 slices if one is too thin)
- 1 tablespoon garlic flavoured hummus
- 1 tablespoon crumbled feta cheese
- 1 slice tomato, chopped
- 3 pitted Greek olives, chopped
- 1 - 2 baby spinach leaves, torn into smaller pieces

INSTRUCTIONS

Lay the turkey out flat, spread with a layer of hummus.

Sprinkle the rest of the ingredients over top and roll up inside the turkey breast.

Cut in half and eat.

TURKEY ROLL UPS

141
CALORIES

15
PROTEIN

6
CARBS

5
FATS

1
FIBRE





MAIN COURSES





SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

200 grams cooking chorizo
2 x 400 gram tins chopped tomatoes
2 x 400 gram tins drained butter beans
1 tub fresh pesto

INSTRUCTIONS

Slice the chorizo and fry gently in a large saucepan over a medium heat for 5 minutes or until it begins to turn a dark brown.

Add the tomatoes and butter beans, bring to the boil, then simmer for 10 minutes.

Stir through the tub of pesto, season to your liking, divide among 4 bowls and serve.

BUTTER BEAN & CHORIZO STEW

491
CALORIES

23
PROTEIN

24
CARBS

32
FATS

8
FIBRE





SERVES 2 | TOTAL TIME: 45 MINUTES

CHINESE CHILLI BEEF

INGREDIENTS

250 grams lean beef such as sirloin steak, trimmed of any excess fat
½ a red pepper
4 spring onions ends trimmed
85 grams Tenderstem broccoli spears
100 gram pak choi (baby pak choi is good)
3 tablespoon fresh orange juice
1 teaspoon Chinese rice wine vinegar or white wine vinegar
2 teaspoon dark soy sauce
1 teaspoon hot chilli sauce, such as sriracha
1 medium egg white
½ teaspoon five-spice powder
1 tablespoon cornflour
1½ teaspoons self-raising flour
1 tablespoon plus a separate 1½ teaspoon rapeseed oil
2 garlic cloves, finely chopped
2 teaspoon finely chopped root ginger
¼ teaspoon chilli flakes, or a good pinch if you prefer it a bit milder

INSTRUCTIONS

Place the meat in the freezer 25-30 minutes before you plan to start cooking, this will make it easier to slice really thinly.

Deseed and core the pepper and cut it into very thin strips. Slice the spring onions diagonally and slice the broccoli spears in half lengthways and finally, finely slice the pak choi.

Mix together the orange juice, vinegar, soy sauce and chilli sauce and set aside.

Carefully slice the beef very thinly. Then, in a bowl, beat the egg white with a fork until slightly frothy

Stir in the beef, five-spice powder, cornflour, flour and pepper so everything is evenly coated.

Pour 1 tablespoon of the oil into a non-stick wok or frying pan and bring it to a very high heat (test if ready by dropping a small piece of beef in – it should immediately sizzle). Add the beef, stirring so keep the slices separate, and stir-fry for 3-4 minutes. Remove with a slotted spoon and set aside.

Steam the broccoli for 1½ minutes, then sit the pak choi on top and steam for another 45 seconds to 1 minute until cooked but still firm. Remove and cool under running cold water to halt the cooking process. Set aside.

Pour the remaining oil into the wok and heat it again until very hot. Stir fry the garlic, ginger, red pepper and spring onions for 2-3 minutes until starting to brown. Add the chilli flakes, soy sauce and orange juice mix along with 4-5 tablespoons water. As it comes to a boil, stir in the beef and steamed veg, and cook briefly until warmed through.

If you want more sauce you can simply add another 1-2 tablespoons of water. Serve piping hot.

389
CALORIES

33.5
PROTEIN

26
CARBS

16
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 55 MINUTES

TURKEY PICCATA

INGREDIENTS

3 tablespoons olive oil
750 grams baby potatoes (halve any large ones)
Salt to season
Pepper to season
4 turkey breast steaks
2 garlic cloves, finely chopped
3 tablespoons capers
250 millilitre chicken stock
1 lemon zested and juiced
Small pack dill, roughly chopped
Prepared green salad, to serve

INSTRUCTIONS

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

Toss the potatoes in 2 tablespoons of the oil, season with salt and pepper and roast for around 40 - 45 minutes.

In a large frying pan heat the remaining oil, season the turkey steaks and cook for 2-3 minutes each side until cooked through, then set aside.

In the same pan add the garlic, capers, stock and lemon juice and allow to simmer for 3-4 minutes. Return the turkey to the pan and allow to warm through.

Finally add the dill and lemon zest, stir through then serve with the potatoes and green salad.

382
CALORIES

41
PROTEIN

29
CARBS

10
FATS

4
FIBRE



SERVES 2 | TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tablespoon olive oil
1 red onion, chopped
2 garlic cloves, chopped
1 teaspoon paprika
1 green pepper chopped
200 grams mushroom sliced
2 tablespoon red wine vinegar
150 millilitres beef stock
200 grams lean rump steak, sliced and all fat removed
150 millilitres fat-free fromage frais

INSTRUCTIONS

In a heavy pan heat the oil and fry the onion for a few minutes until soft, add the garlic and paprika and cook for a further 1-2 minutes. Add the pepper and mushrooms, and continue to fry for another 5 minutes or so until soft.

Add the vinegar, bring to a boil and reduce until most of the liquid has evaporated. Pour over the stock and allow to bubble for a few minutes to thicken slightly.

Add the beef and cook for 2-3 minutes (depending on how rare you like it). Stir in the fromage frais and season.

Serve on a bed rice or tagliatelle.

STEAK AND MUSHROOM STROGANOFF

271
CALORIES

33
PROTEIN

11
CARBS

11
FATS

3
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES

INGREDIENTS

4 skinless salmon fillets
4-6 tablespoons fresh pesto
3 tablespoons breadcrumbs
3 tablespoons parmesan cheese finely grated
Olive oil
300 grams green beans

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Arrange the salmon fillets skinned side down, on a non-stick baking tray.

Spread each fillet with some pesto, combine the breadcrumbs and cheese together and sprinkle over.

Drizzle each fillet with some olive oil and bake for 10 minutes.

Boil the green beans for 3-4 minutes until tender and crisp. Drain well, toss in a little olive oil, season to taste with salt and pepper and serve with the salmon

SALMON WITH PESTO CRUST

511
CALORIES

42
PROTEIN

9
CARBS

33
FATS

3
FIBRE



SERVES 6 | TOTAL TIME: 25 MINUTES

SPAGHETTI BOLOGNAISE

INGREDIENTS

400 grams lean beef mince
1 onion diced
2 cloves garlic, crushed
40 grams button mushrooms finely diced
2 large carrots grated
1 400 gram tin diced tomatoes
1 tablespoon tomato paste
125 millilitres of water or salt reduced stock
1 handful of chopped parsley
Salt and pepper
Cooking oil spray
210 grams dried pasta
6 tablespoons grated parmesan

INSTRUCTIONS

Coat a large pan with cooking oil spray. Fry the onion and garlic over a medium heat until soft. Add the carrot and mushrooms and fry gently until the mushrooms lose their water.

Add in the beef to the pan and cook until browned, add the tomatoes, tomato paste and water/stock. Bring to a boil then reduce to a simmer for around 10-15 minutes until the liquid has reduced and thickened slightly.

Meanwhile cook the pasta as per the pack directions.

Stir the parsley into the sauce and serve over the pasta, topped with the grated parmesan.

270
CALORIES

21
PROTEIN

33
CARBS

6
FATS

2
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES

CHICKEN AND SPINACH PITA PIZZA

INGREDIENTS

4 whole wheat pita bread
1 tin Condensed Low Fat Cream of Chicken Soup
1 tablespoon basil pesto,
¼ teaspoon ground black pepper
450 grams chicken breast
2 roma tomatoes, diced into small pieces
150 grams shredded mozzarella cheese
450 grams fresh baby spinach, loosely chopped
25 grams Parmesan cheese (optional)

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Line a baking sheet with greaseproof paper.

In a large bowl thoroughly mix the soup, pesto and black pepper.

Spread an even amount of the mixture onto each pita to cover then top with chicken, tomatoes, spinach and cheese.

Arrange on the baking sheet and cook for 10-15 minutes until crisp on the bottom and cheese is melted and bubbling.

Serve immediately.

580
CALORIES

57
PROTEIN

45
CARBS

19
FATS

6
FIBRE





SERVES 2 | TOTAL TIME: 20 MINUTES

CHICKEN COBB SALAD

INGREDIENTS

230 grams Chicken breast
2 Large eggs
225 grams chopped lettuce of choice,
450 grams Coleslaw mix (the kind without dressing)
2 Strips Bacon, cooked
1 Roma tomato, cubed
40 grams Crumbled Feta cheese
25 grams Green onion, sliced
½ Avocado, chopped
RANCH DRESSING:
65 grams Non-fat Plain Greek yogurt
2 tablespoons Light Ranch dressing of choice
Water, as needed

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4. Coat a baking sheet with cooking spray, arrange the chicken and bake for around 25 - 50 minutes or until no longer pink in the centre

Place the eggs in a pan with enough water to cover by an inch and bring to a boil. Turn off the heat once the water reaches a boil, cover the pot and let it sit for 11 to 12 minutes. Pour out the hot water and refill the pan with cold water.

Mix together the chopped lettuce and coleslaw mix. Divide the mix evenly between two plates or bowls. Crumble the bacon evenly over both plates, followed by the tomato, feta cheese, green onion and avocado.

Slice the chicken, peel and slice the eggs and divide equally between both plates.

Blend the ranch dressing and Greek yogurt, thinning out to desired consistency with water and drizzle over the salads

Serve immediately

454
CALORIES

44
PROTEIN

17
CARBS

21
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

CHILLI LIME CHICKEN BOWLS

INGREDIENTS

450 grams boneless skinless chicken breasts or thighs
350 grams sliced bell peppers
500 grams cups cooked rice of choice
CHICKEN MARINADE
2 tablespoons fresh lime juice or juice of 1 lime
2 teaspoons lime zest or zest of 1 lime
2-3 cloves garlic minced or crushed
15 grams cilantro minced
4 tablespoons oil
1 tablespoon brown sugar
2 teaspoons chili powder
½ teaspoon cumin powder (optional)
1 teaspoon salt
¼ teaspoon black pepper

INSTRUCTIONS

In a large bowl, whisk together all the ingredients for the marinade then add the chicken and mix until fully coated.

Preheat grill or skillet to medium-high and grease with a little oil. Remove the chicken from the marinade and add to the pan, discarding any leftover marinade.

Grill the chicken for 5-8 minutes on each side or until cooked through. Remove from the pan, allow to cool and then slice.

Immediately add sliced bell peppers to the same pan. Cook for 3-4 minutes or until they begin to char.

Allow everything come to room temperature then begin assembling the 'bowls'. Assemble 4 airtight containers and add 250 grams of rice to each one, then divide the chicken and bell peppers into each box.

Once cooled seal the lids and refrigerate for up to four days.

413
CALORIES

29
PROTEIN

46
CARBS

14
FATS

9
FIBRE





SERVES 6 | TOTAL TIME: 40 MINUTES

CHILLI SIN CARNE (V)

INGREDIENTS

2 tablespoons olive oil
3 cloves of garlic, minced
1 large red onion, thinly sliced
2 celery stalks, finely chopped
2 medium carrots, peeled and finely chopped
2 red peppers, roughly chopped
1 teaspoons ground cumin
1 teaspoons chili powder
Salt and pepper to taste
2 x 400 gram tins chopped tomatoes
400 gram tin of red kidney beans, drained and rinsed
100 grams split red lentils
400 grams frozen soy mince
250 millilitres vegetable stock

INSTRUCTIONS

Heat the olive oil in a large pan over a medium heat, sauté the garlic, onion, celery, carrots and peppers for a few minutes until softened. Stir in the cumin, chilli powder, salt and pepper.

Next, add in the chopped tomatoes, kidney beans, lentils, soy mince and vegetable stock and simmer for a further 25 minutes.

Serve with some fluffy basmati rice, topped with fresh torn coriander and a squeeze of lime juice.

This recipe freezes well and will also keep for up to 4 days refrigerated.

340
CALORIES

25
PROTEIN

42
CARBS

16
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES

ASIAN CHICKPEA SALAD (V)

INGREDIENTS

200 grams red cabbage, shredded
200 grams white cabbage, shredded
1 large carrot, coarsely grated
400 gram tin of chickpeas in water, drained
300 grams frozen soya beans, thawed
25 grams fresh coriander, chopped, plus extra to garnish
75 grams unsalted cashews, toasted
2 tablespoons fish sauce
2 limes juiced
3 tablespoons sweet chilli sauce

INSTRUCTIONS

Add all the salad ingredients, except the cashews, in a large bowl and mix until combined.

In a separate small bowl, whisk together the fish sauce, lime juice and chilli sauce to make the dressing.

Spoon the dressing over the salad and toss well.

Serve topped with the toasted cashews, and garnish with the extra coriander.

324
CALORIES

17
PROTEIN

32
CARBS

15
FATS

11
FIBRE





SERVES 6 | TOTAL TIME: 15 MINUTES

CHICKPEA CURRY (V)

INGREDIENTS

1 medium chilli pepper, cut into thirds
4 large cloves garlic
1 2 inch piece fresh ginger, peeled and coarsely chopped
1 medium yellow onion, chopped
6 tablespoons canola or grapeseed oil
2 teaspoons ground coriander
2 teaspoons ground cumin
½ teaspoon ground turmeric
500 grams no-salt added tinned chopped tomatoes (including juice)
¾ teaspoon rock salt
2 x 400 gram tin chickpeas, rinsed
2 teaspoons garam masala
Fresh cilantro for garnish

INSTRUCTIONS

Add the pepper, garlic and ginger together in a food processor and pulse until minced, if you need to, scrape down the sides and pulse again.

Add the onion and pulse again until finely chopped but not puréed and watery. Over a medium-high heat, heat the oil in a frying pan. Add the onion mixture to the pan and cook, stirring occasionally, until softened, add coriander, cumin and turmeric and cook, stirring, for a further 2 minutes.

Meanwhile, pulse tomatoes in the food processor until fine then add to the pan along with the salt.

Reduce heat to a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally for a further 5 minutes.

Serve topped with cilantro, if desired.

278
CALORIES

6
PROTEIN

30
CARBS

15
FATS

6
FIBRE





SERVES 10 | TOTAL TIME: 20 MINUTES

TACO PASTA SALAD (V)

INGREDIENTS

800 grams cooked rotini pasta, rinsed
400 grams cherry tomatoes, sliced in half
1 400 gram tin of corn
1 400 gram tin of black beans, rinsed
4-5 scallions, chopped
260 grams chunky salsa
195 grams taco sauce
½ tablespoon onion powder
½ tablespoon garlic powder
1 teaspoon cumin
1 teaspoon chili powder
Pinch of cayenne pepper

INSTRUCTIONS

Mix the cooked pasta, tomatoes, corn, black beans, scallions, salsa, taco sauce, onion powder, garlic powder, cumin, chili powder and cayenne pepper together in a large bowl until everything is evenly coated.

Cover and refrigerate for at least 15 minutes.

Serve with optional garnish of sour cream, cheese, extra scallions.

166
CALORIES

14
PROTEIN

24
CARBS

2
FATS

7
FIBRE





SERVES 6 | TOTAL TIME: 20 MINUTES

VEGAN MUSHROOM BEAN BURGER (V)

INGREDIENTS

1 tablespoon canola or vegetable oil
1 small onion (white or yellow) diced
1 clove minced garlic
3 diced green onions
½ teaspoon cumin
75 grams diced mushrooms
1 400 gram tin pinto beans
1 teaspoon parsley
Sea salt or Rock salt to taste
Black pepper to taste
2 tablespoons olive oil

INSTRUCTIONS

Sauté the onion and garlic in oil for 3 to 5 minutes until soft. Add the green onions, cumin, and mushrooms and cook for a further 5 minutes, until mushrooms are cooked. At this point if the mix becomes very dry, you can add a little more oil. Once cooked set aside

Meanwhile mash the beans in a large bowl, or alternatively you can pulse them in a food processor.

To the mashed beans add the onion and mushroom mix along with the parsley, salt, and pepper, combine well.

Shape the mixture into patties one inch thick. If you make them too thin, they are likely to break up, too thick, and they will be difficult to cook evenly all the way through.

Heat about two tablespoons of oil over a medium heat and cook each patty until done, this should take about 3 minutes each side.

These are super tasty cooked on a griddle pan!

313
CALORIES

18
PROTEIN

55
CARBS

4
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES

VEGAN MOUSSAKA BOWLS (V)

INGREDIENTS

2 aubergines cut into 1 centimetre slices
2 teaspoons olive oil
4 large ripe tomatoes, halved
A handful of torn flat-leaf parsley
LENTIL MINCE
1 tablespoon olive oil
1 onion finely chopped
1 garlic clove crushed
½ teaspoon ground cinnamon
½ teaspoons smoked paprika
½ teaspoon dried oregano
400 gram tin of chopped tomatoes
400 gram tin of drained and rinsed green lentils
1 teaspoon Marmite
NUTMEG YOGURT
8 tablespoons unsweetened soya yogurt
Pinch of freshly grated nutmeg
Drizzle of extra-virgin olive oil

INSTRUCTIONS

Brush each aubergine slice with olive oil and cook in a hot griddle pan for 5-6 minutes on each side until really soft and starting to char, then grill the tomatoes for 4 minutes, cut-side down.

For the lentil mince heat the olive oil in a large pan over a medium-high heat. Cook the onion until softened but not browned, add the garlic, cinnamon, paprika and oregano, and cook for a further minute, stirring constantly. Add the chopped tomatoes, lentils, marmite and 50 millilitres of water, and allow to simmer for 10 minutes.

Spoon the lentil mince into bowls along with the aubergine slices and griddled tomato halves.

Top with the soya yogurt and garnish with the grated nutmeg a drizzle of extra-virgin olive oil and the flat-leaf parsley

241
CALORIES

12
PROTEIN

26
CARBS

7
FATS

14
FIBRE

DESSERTS







SERVES 2 | TOTAL TIME: 25 MINUTES

INGREDIENTS

120 gram plain Greek yogurt
1 scoop vanilla flavoured whey protein powder
¼ teaspoon ground Ceylon cinnamon
Pinch Himalayan salt
120 gram frozen mango
110 gram frozen raspberries

INSTRUCTIONS

Blend the yogurt, protein powder, salt and cinnamon in a small food processor until well combined. Scrape the sides clean and blend again if necessary.

Add the frozen fruits (make sure the fruits are frozen solid) and pulse until they are completely blended into the yogurt. You will likely have to scrape the sides and push the fruit to the bottom of the blender a couple of times.

This dish is meant to be consumed immediately as it will freeze solid if stored in the freezer. However, it can be placed in the freezer for up to 15 minutes to firm up a bit, if you prefer a firmer texture

MIXED BERRY FROZEN YOGHURT

328
CALORIES

45
PROTEIN

37
CARBS

1
FATS

2
FIBRE





SERVES 8 | TOTAL TIME: 5 MINUTES

NO BAKE BLONDIE BITES

INGREDIENTS

56 grams White Chocolate (we used baking chocolate)
60 millilitres Almond Milk
3 scoops Vanilla Protein Powder
1 1 ounce pack of Sugar and Fat Free White Chocolate Pudding Mix
1 tablespoon Coconut Flour
2 tablespoon Honey

INSTRUCTIONS

Line a small plate or dish with parchment paper and set aside.

Add the chocolate along with 2 tablespoon almond milk into a small bowl. Microwave for 30-45 seconds (stirring every 10 seconds) or until the chocolate is melted.

Mix the coconut flour, pudding mix, and protein powder together before stirring in the melted chocolate mixture. Gradually add the honey and remaining milk until you have a thick mixture that can be formed into balls. (Different protein powders may need different amounts of liquid so if your mixture is too dry, add a further tablespoon of liquid slowly as required)

Once you have the desired consistency, roll the mixture into balls using your hands then roll between your palms to smooth. Placing the mix into the freezer for a few minutes will make this process easier.

Make 8 golf ball size bites, arrange on to the parchment paper and place in the freezer for 10-15 minutes.

Any leftover bites can be kept in the freezer. Just thaw for 5-10 minutes before eating.

Tip: Roll the bites in a mix of protein powder and stevia/sweetener before freezing.

119
CALORIES

10
PROTEIN

13
CARBS

3
FATS

0
FIBRE



70



SERVES 12 | TOTAL TIME: 15 MINUTES

INGREDIENTS

250 grams natural peanut butter
265 grams cup honey
120 grams cups quick oats (not instant)
100 grams vanilla protein powder

INSTRUCTIONS

Line a 9 x 9 inch or a 7 x 11 inch pan with parchment or greaseproof paper.

Heat the peanut butter and honey on high for 30 seconds in a microwave-safe bowl. Stir. Place bowl back in the microwave and heat for a further 30 seconds, stir again.

Mix in the oats and protein powder until combined then immediately spread evenly into the lined pan.

Refrigerate, uncovered for 1 hour then remove from the fridge and cut into 12 bars.

Cover and store in a cool dry place for up to 1 week.

EASY PEANUT BUTTER PROTEIN BARS

294
CALORIES

21
PROTEIN

30
CARBS

11
FATS

3
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

INGREDIENTS

28-30 grams chocolate protein powder
1 small extra ripe banana mashed (120 grams unsweetened apple sauce works too)
¼ teaspoon baking powder
1 pinch sea salt
3 tablespoons liquid egg whites

INSTRUCTIONS

Spray a microwave safe mug or small bowl with non-stick cooking spray.

Mix all the ingredients together, place in the mug or bowl and microwave for 30 seconds. Remove from microwave and stir, microwave for a further 1 minute, stir again then microwave for a final 30 seconds.

If the cake still appears wet at this stage, microwave for a further 15 seconds or so.

Enjoy straight from your mug or transfer to a small plate and serve topped top fresh fruit, Greek yogurt, whipped topping and/or almond butter!

CHOCOLATE BANANA MUG CAKE

210
CALORIES

23
PROTEIN

33
CARBS

1
FATS

4
FIBRE





THE CLUB GYM

RECIPE BOOK

THECLUBGYM.CO.UK