



# THE CLUB GYM

## RECIPE BOOK

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**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.*



# RT

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# BREAKFASTS







SERVES 6 | TOTAL TIME: 3 HOURS

# VEGETARIAN BREAKFAST CASSEROLE

## INGREDIENTS

400 grams **sausage substitute**  
6 **eggs**  
1 tablespoon **onion**, chopped  
340 millilitres **milk**, soy **milk** or **rice milk**  
50 to 75 grams shredded **cheddar cheese**  
4 slices **wholegrain bread**  
1 tablespoon **cooking oil**  
Optional: Large handful of **spinach**

## INSTRUCTIONS

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

Brown the sausage and onion in a little oil over a medium heat.

Line the bottom of a 9 x 9 pan with the sausage substitute. Cut one inch strips from the bread and lay them across the sausage to cover.

Beat the eggs and milk together in a bowl. If required, finely chop the spinach, add to the egg and pour evenly over the bread slices in the pan. Finally sprinkle with shredded cheese.

Ideally, cover and refrigerate overnight or for at least 2 hours.

Bake uncovered for 35 to 45 minutes until golden on top.

Cut in 6 squares and enjoy while it's hot!

323  
CALORIES

18  
PROTEIN

11  
CARBS

23  
FATS

1  
FIBRE

Of course you don't have to use black salt to season your dish. Sea salt or Himalayan salt works well too.



Kala namak has a pungent smell due to its sulphur content.



**SERVES 4 | TOTAL TIME: 40 MINUTES**

# VEGAN BREAKFAST TACOS

## INGREDIENTS

1 tablespoon **olive oil**  
1 large **garlic clove**, finely chopped  
2 small **spring onions**, sliced  
10 **cherry tomatoes**, halved  
350 grams silken (firm) **tofu**  
1 teaspoon **turmeric powder**  
Black **salt** (kala namak), to taste  
125 grams cooked **black beans**  
1 **avocado**, sliced  
**Sambal oelek** (to serve)  
4 soft **tortillas** (to serve)

## INSTRUCTIONS

Fry the chopped garlic and spring onions in 1 tablespoon olive oil over low-medium heat, stirring frequently, until both soften.

Place the tomato halves cut side down on the pan and fry them in the same oil gently until they soften.

Make some room and add a block of silken tofu breaking it into small pieces with a fork.

Sprinkle with turmeric and black salt, stir and fry for another two minutes, just to warm through.

Taste and adjust the seasoning.

Pile black beans and tofu scramble onto warm tacos, decorate with avocado slices, black pepper, spring onion and chilli paste.

Consume immediately.

**378**  
CALORIES

**19**  
PROTEIN

**42**  
CARBS

**16**  
FATS

**2**  
FIBRE

Oats are a carb traditionally associated with breakfast and some kind of sweet addition. Savoury oatmeal adds a twist to this classic dish.



Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables.

SERVES 1 | TOTAL TIME: 20 MINUTES

# SAVOURY OATMEAL

## INGREDIENTS

1 teaspoon **olive oil**  
1 **scallion**, thinly sliced, greens and whites separated  
½ **bell pepper**, cored and chopped  
1 clove **garlic**, minced  
**salt and pepper**  
40 grams **rolled oats**  
240 millilitres **semi skimmed milk**  
1 large **egg**  
½ teaspoon **white vinegar**  
30 grams **Parmesan cheese** grated

## INSTRUCTIONS

Gently fry the onion whites, bell pepper, and garlic. Season and continue to cook until soft.

Add oats and milk, bring to a boil, then reduce to a simmer and cook until mixture starts to thicken but is still slightly wet, about 5 minutes should do.

Then stir in parmesan and onion greens.

Keep the oatmeal warm by covering the pot and turn the heat down to low.

Poach the egg in swirling, simmering water for 3 minutes. Use a slotted spoon to remove from the pan and drain off excess water.

Serve the oatmeal in a bowl immediately, topped with the poached egg.

409  
CALORIES

24  
PROTEIN

45  
CARBS

15  
FATS

5  
FIBRE

If you're a fan of cherries grabbing them from the freezer aisle ensures you can have them year round.



Cherries are especially high in polyphenols, a large group of plant chemicals that help fight cellular damage, reduce inflammation, and promote overall health.

SERVES 1 | TOTAL TIME: 6 HOURS

# CHERRY COCONUT OVERNIGHT OATS

## INGREDIENTS

190 grams low fat **Greek yogurt**  
25 grams **rolled oats**  
80 millilitres **light coconut milk**  
12 **fresh** (or frozen and thawed) **cherries**, pitted  
1 tablespoon unsweetened **shredded coconut**  
1 teaspoon **honey**  
¼ teaspoon **vanilla extract**  
Pinch **salt**

## INSTRUCTIONS

In a mason jar or resealable container, mix all the ingredients until well combined.

Cover and refrigerate at least 6 hours or overnight.

If the mixture is a little thick in the morning add a little more milk.

Stir and serve cold.

402  
CALORIES

20  
PROTEIN

47  
CARBS

16  
FATS

7  
FIBRE

Over easy” means turned over when almost cooked and fried lightly on the other side, so that the yolk remains slightly liquid.



SERVES 2 | TOTAL TIME: 20 MINUTES

# EGG AND AVOCADO FLATBREAD

## INGREDIENTS

1 Flatbread or Naan  
1 tablespoon **Olive Oil**  
1 pinch **salt**  
1 ripe **avocado** peeled and seed removed  
1 teaspoon **red pepper flakes**  
8 **cherry tomatoes** sliced  
2 **eggs** fried over easy  
**Salt and pepper** to taste

## INSTRUCTIONS

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

Place flatbread on a flat baking sheet, drizzle on some olive oil and sprinkle with salt.

Bake until the bread begins to toast.

Meanwhile, roughly mash the avocado with the red pepper flakes.

Once the flatbread is warmed, spread with the mashed avocado almost to the edges.

Top with sliced tomatoes and fried eggs.

Sprinkle with salt and fresh ground black pepper to taste, if desired.

Serve warm.

519  
CALORIES

16  
PROTEIN

44  
CARBS

32  
FATS

3  
FIBRE

# SIDES & SMALL PLATES





This is a fantastic accompaniment to a piece of grilled fish.



As members of Brassica or Sinapis genera, mustard plants are close relatives to broccoli.

SERVES 4 | TOTAL TIME: 1 HOUR

## INGREDIENTS

1 kilogram **new potatoes**  
1 tablespoon **avocado oil**  
1 teaspoon **sea salt**  
150 grams cooked **lentils**  
450 grams **fresh spinach**  
Herb dressing:  
50 millilitres **extra virgin olive oil**  
10 grams **dill**, finely chopped  
10 grams **chives**, finely chopped  
2 tablespoons **white wine vinegar**  
1 teaspoon **Dijon mustard**  
½ teaspoon **honey** or **maple syrup**  
½ teaspoon **sea salt**  
½ teaspoon **black pepper**

## INSTRUCTIONS

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

Scrub the potatoes and cut any larger ones so that they're all roughly the same size (about the size of a golf ball). Coat with the avocado oil and salt and roast on baking tray lined with parchment paper.

Roast for 50-60 minutes, or until golden.

To make the dressing, add the dill and herbs to a small bowl or jar, then add the remaining ingredients and stir to combine.

Place the hot potatoes in a large bowl with the lentils and spinach. Pour over the dressing and stir until the potatoes are fully coated and the spinach is wilted.

Serves well either warm or cold.

# ROASTED NEW POTATO SALAD WITH LENTILS

371  
CALORIES

10  
PROTEIN

46  
CARBS

17  
FATS

5  
FIBRE

Feel free to use the regular variety of balsamic too.



White balsamic vinegar, blends white grape must with white wine vinegar and is cooked at a low temperature to avoid darkening.

SERVES 8 | TOTAL TIME: 15 MINUTES

## INGREDIENTS

- 1 kilogram **green beans**
- 2 **bacon slices**
- 55 grams minced **shallots**
- 3 tablespoons coarsely chopped **almonds**
- 2 tablespoons **brown sugar**
- 60 millilitres **white balsamic vinegar**

## INSTRUCTIONS

Boil the beans for 2 minutes.

Rinse under cold water. Drain well and set aside.

Cook the bacon in a pan until crisp. Remove, crumble and set aside.

Sauté the shallots in the same pan for 1 minute, then add almonds and sauté for a further 1 minute.

Remove and allow to cool, add sugar and vinegar stir until the sugar dissolves then add the crumbled bacon.

Pour vinaigrette over beans, tossing gently to coat.

# GREEN BEANS WITH BACON-BALSAMIC VINAIGRETTE

75  
CALORIES

3  
PROTEIN

12  
CARBS

3  
FATS

3  
FIBRE

Coconut yoghurt can be traded for regular or low fat Greek yoghurt if you're not a fan.



The Rocky Road dessert was first created in Australia in 1853.



SERVES 2 | TOTAL TIME: 5 MINUTES

# ROCKY ROAD SMOOTHIE BOWL

## INGREDIENTS

1 large frozen **banana**  
125 grams **coconut yogurt**  
2 scoops chocolate **protein powder**  
120 millilitres **almond milk**  
90 grams frozen **courgette**  
1 teaspoon **chia seeds**  
1 tablespoon **cacao powder**  
Slivered **almonds**, almond **butter** and marshmallows for topping

## INSTRUCTIONS

Pour half of the coconut yogurt in the bottom of two wide glasses or bowls.

Blend all remaining ingredients except toppings together.

Pour the blended mixture into the glasses and top with the remaining coconut yogurt, almond slivers, almond butter and marshmallows.

Enjoy cold!

279  
CALORIES

26  
PROTEIN

23  
CARBS

12  
FATS

2  
FIBRE

This green feast is packed full of nutrients and loads of fibre. A great side dish.



Kale was originally known as peasant's cabbage.



SERVES 1 | TOTAL TIME: 12 MINUTES

## INGREDIENTS

2 **cloves garlic**, thinly sliced  
1 hot **red chilli**, finely chopped  
2 tablespoons **olive oil**  
2 bunches **kale**, trimmed and chopped  
½ teaspoon **sugar**  
1 pound **frozen peas**

## INSTRUCTIONS

In a large pan on medium, cook garlic and chilli in the oil for around 2 minutes, stirring often.

Add kale, sugar and ½ teaspoon of salt.

Cook for a further 6 minutes or until kale is tender, stirring occasionally then gently stir in the peas.

Cook 2 minutes or until heated through.

# GARLICKY KALE & PEA SAUTÉ

85  
CALORIES

5  
PROTEIN

11  
CARBS

3  
FATS

4  
FIBRE



Beetroot contains high amounts of boron, which is directly related to the production of human sex hormones.



SERVES 10 | TOTAL TIME: 45

## INGREDIENTS

1½ pounds **beetroot**, scrubbed, trimmed and cut into ¼ inch-thick slices  
3 tablespoons **olive oil**  
1 **cucumber**, chopped and seeded  
10 **radishes**, thinly sliced  
1½ kilogram arugula (substitute with **rocket** if not available)  
3 tablespoons **red wine vinegar**  
230 milligrams **fresh mozzarella**, torn

## INSTRUCTIONS

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

Meanwhile toss the beetroot with 2 tablespoons oil and ¼ teaspoon salt. Arrange these in a single layer on 2 large rimmed baking sheets.

Roast for 20 to 25 minutes or until they start to turn golden brown and crisp. Set aside to cool.

In large bowl, toss cooled beets with cucumber, radishes, rocket, vinegar, remaining 1 tablespoon oil and ½ teaspoon each of the salt and pepper.

Divide among serving plates and top with the torn mozzarella.

# CRISPY BEET AND MOZZARELLA SALAD

130  
CALORIES

5  
PROTEIN

6  
CARBS

10  
FATS

2  
FIBRE

30

Loads of protein and fibre-packed red lentils. Nutritious and super filling!



In the Middle East, lentil seeds have been found dating back more than 8000 years.



SERVES 6 | TOTAL TIME: 30 MINUTES

# SPICED RED LENTIL, TOMATO, AND KALE SOUP

## INGREDIENTS

1 tablespoon **extra-virgin olive oil**  
2 large **garlic cloves**, minced  
1 **sweet onion**, diced  
3 **celery stalks**, diced  
1 **bay leaf**  
1½ teaspoons **ground cumin**  
2 teaspoons **chilli powder**  
½ teaspoon **ground coriander**  
½ teaspoon **smoked sweet paprika**, to taste  
⅛ teaspoon **cayenne pepper**, or to taste  
400 gram tin diced **tomatoes**, with juices  
1 to 1½ litres low-sodium **vegetable broth**, as needed  
75 grams uncooked **red lentils**, rinsed and drained  
Fine grain **sea salt and pepper**, to taste  
3 handfuls de-stemmed and chopped **kale** leaves or **baby spinach**

## INSTRUCTIONS

In a large pot, over medium heat sauté the onion and garlic in the oil for 4 to 5 minutes then add the celery and sauté for a further few minutes, before stirring in the bay leaf and the spices (cumin, chili powder, coriander, paprika and cayenne).

Add the can of tomatoes (with juice), broth and lentils. Bring to the boil, reduce heat, and then simmer, uncovered, for about 20 to 25 minutes, until the lentils are tender.

Stir in kale or spinach and cook until wilted.

Serve and enjoy with a chunk of crusty bread!

When cooled, the soup can be stored in your fridge in an air-tight container for 3 to 5 days, or you can freeze it in a freezer-safe container for a couple of months.

Just leave an inch gap at the top for expansion.

200  
CALORIES

10  
PROTEIN

31  
CARBS

4  
FATS

8  
FIBRE



# MAIN COURSES





This fantastic curry can also be used as a base for any type of meat should you want to add.



SERVES 4 | TOTAL TIME: 30 MINUTES

## INGREDIENTS

½ tablespoon **canola oil**  
1 medium **onion**, diced  
½ tablespoon minced **fresh ginger**  
250 grams cubed **butternut squash** (**Carrots** or **potatoes** would both be perfect substitutes for the squash, just in case butternut is not in season)  
1 head **cauliflower**, cut into florets  
1 tin **chickpeas**, drained  
1 **jalapeño pepper**, minced  
1 tablespoon yellow **curry powder**  
400 gram tin diced **tomatoes**  
400 gram tin **light coconut milk**  
Juice of 1 **lime**  
**Salt and black pepper** to taste  
Chopped **coriander**

## INSTRUCTIONS

Sauté the onion and ginger in oil over a medium heat for about 2 minutes, until the onion is soft and translucent.

Add the squash, cauliflower, chickpeas, jalapeño, and curry powder. Stir and cook for a further 2 minutes.

Stir in the tomatoes and coconut milk and turn the heat down to low.

Simmer gently for 15 to 20 minutes, until the vegetables are tender, add the lime juice and season with salt and black pepper.

Serve garnished with the chopped coriander.

# CAULIFLOWER AND BUTTERNUT SQUASH CURRY

478  
CALORIES

26  
PROTEIN

65  
CARBS

15  
FATS

2  
FIBRE

These are also a great snack and can be sliced up into as many as 16 slices.



Cranberries can be used as fabric dyes.



**SERVES 4 | TOTAL TIME: 35 MINUTES**

## INGREDIENTS

150 grams **fresh cranberries**  
3 tablespoons pure **maple syrup**.  
1 tablespoon finely chopped **shallots**  
½ teaspoon chopped **dry thyme**  
¼ teaspoon **salt**  
2 **flatbreads**  
400 milligrams **fresh goat cheese**, crumbled

## INSTRUCTIONS

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

Then mix the cranberries, maple syrup, shallot, thyme and salt in an 8 x 8 inch baking dish.

Roast, turning over a couple of times, until the cranberries burst and the mixture is bubbling with the edges starting to caramelize.

Remove from the oven and stir further until the cranberries are all broken down and the mixture is fairly thick. Set aside.

Arrange the flatbreads on a flat baking pan then spoon the cranberry mixture over the top of the breads dividing evenly.

Top with the goat cheese and bake directly on the oven rack until the cheese is softened and flatbread is crispy.

Serve hot.

# ROASTED CRANBERRY AND GOATS CHEESE FLATBREAD

**372**  
CALORIES

**12**  
PROTEIN

**56**  
CARBS

**12**  
FATS

**4**  
FIBRE

Experiment with different types of mince, chicken or turkey mince is good and the more traditional Italian meatballs also have pork in them.



It is nearly 60 percent more expensive to obtain dietary fibre from fresh tomatoes as from the same portion of tinned tomatoes.

SERVES 3 | TOTAL TIME: 25 MINUTES

# ITALIAN MEATBALLS AND PASTA

## INGREDIENTS

300 grams extra lean **beef mince**  
1 teaspoon **olive oil**  
2 small **onions**  
80 grams **celery**  
4 **cloves garlic**  
400 g ram tin **chopped tomatoes**  
20 grams **sun dried tomato paste**  
8 grams soft **brown sugar**  
Pinch **dried oregano**  
225 grams **fusilli**

## INSTRUCTIONS

Grind the lean beef mince with a pestle and mortar until it forms a paste like consistency.

Coat a non-stick fry-pan with olive oil, chop the onion and celery finely and fry gently until translucent.

Chop or mash 2 cloves of the garlic and add to the pan. Fry for another 2 mins, then take off the heat.

Blend the chopped tomatoes, tomato paste and sugar with a little water. Then add the onion/celery/garlic mix and blend further.

Add 1 finely chopped garlic clove and the oregano to the beef mince.

Mix well and form into balls.

Fry the meatballs in olive oil on a medium to high heat, browning on all sides.

As soon as they have enough colour, add the sauce in the pan and turn the heat right down to a gently simmer.

Season with salt and pepper to taste.

Cook the pasta as per packet instruction and serve with the cooked meatballs and sauce.

490  
CALORIES

33  
PROTEIN

67  
CARBS

11  
FATS

4  
FIBRE

Add a handful of finely diced mushrooms to add a bit more moisture.



Pronounced chi-POHT-lay in case you wondered.

SERVES 4 | TOTAL TIME: 25 MINUTES

# CHIPOTLE BLACK BEAN BURGERS

## INGREDIENTS

2 400 gram tins **black beans**, drained and rinsed  
½ medium **onion**, roughly chopped  
3 **cloves garlic**  
Chipotle **Hot Sauce** to taste  
2 teaspoons **cumin**  
Pinch **salt**  
1 tablespoon **corn-starch**  
Handful **fresh coriander**  
1 teaspoon **sriracha**  
40 grams **rolled oats**  
2 tablespoons **olive oil**

## INSTRUCTIONS

Blend half the black beans, onion and garlic in a food processor until well combined. Then add the peppers, cumin, salt, corn-starch, cilantro, and sriracha. Blend for a further 10 to 20 seconds.

Transfer to a large mixing bowl, stir in the oats and remaining black beans.

Heat the olive oil in a large pan over medium heat.

Form the bean mixture into patties and carefully transfer to the pan.

Cook for about 5-7 minutes until the bottom is browned and set.

Very carefully flip and cook for an additional 4-6 minutes until the opposite side is browned and set as well.

Serve immediately.

217  
CALORIES

13  
PROTEIN

32  
CARBS

5  
FATS

1  
FIBRE

Try different types of burgers by switching in different curry pastes. Also great “bunless” and with a salad.



Tandoori got the name from the clay oven its cooked in which is the ‘Tandoor’.

**SERVES 4 | TOTAL TIME: 20 MINUTES**

# TANDOORI CHICKEN BURGERS

## INGREDIENTS

450 grams **chicken mince**  
45 grams dry **breadcrumbs**  
2 tablespoons prepared **Tandoori paste**  
1 large **egg**  
1 tablespoon **lemon juice**  
1 teaspoon finely grated **lemon zest**  
 $\frac{3}{4}$  teaspoon **salt**  
 $\frac{1}{2}$  teaspoon **ground black pepper**  
 $\frac{1}{2}$  teaspoon **ground cumin**  
1 dash **hot sauce** (optional)  
4 wholegrain hamburger **buns**  
Sliced **cucumbers** and peaches or mango  
Yogurt or creamy dressing of your choosing

## INSTRUCTIONS

Combine the chicken with the breadcrumbs, paste, egg, lemon juice and zest, salt, pepper and cumin (and the hot sauce, if you like a bit of heat).

Shape the mixture to form 6 burger patties and refrigerate until ready to use.

Preheat your grill to medium and cook the patties for 10 to 12 minutes on each side, or until cooked all the way through.

Serve the burgers on buns and top with sliced cucumbers and peaches (or mango), and serve with a dollop of yogurt or preferred creamy dressing.

**310**  
CALORIES

**35**  
PROTEIN

**28**  
CARBS

**7**  
FATS

**4**  
FIBRE

If you can't get coconut flour feel free to substitute regular flour into the mix.



Loads of really good low or no calorie sweet chilli sauces out there.

SERVES 8 | TOTAL TIME: 25 MINUTES

# SWEET CHILLI CHICKEN BURGERS

## INGREDIENTS

1 kilogram **chicken thighs**, visible fat removed and roughly chopped

1 medium **onion**, chopped finely

1 clove **garlic**, chopped finely

**Salt**

**Pepper**

**Red pepper flakes** (optional)

2 tablespoons **coconut flour**, sifted

1 large **egg**

1 tablespoon **chilli sauce** of choice (optional)

**Sweet chilli sauce** to top

## INSTRUCTIONS

Blend the chicken thighs, onion, garlic, salt, pepper and red pepper flakes until very well combined.

Place into a large mixing bowl, add the coconut flour, egg and chilli sauce and mix well.

Using your hands, form into burger patties.

Coat a frying pan with oil and cook the burgers on each side over a medium heat for around 3-4 minutes, before flipping and cooking for another 3-4 minutes or until cooked through.

Repeat until all burgers have been cooked. Coat with sweet chilli sauce and serve in burger buns or with a fresh green salad.

265  
CALORIES

34  
PROTEIN

2  
CARBS

14  
FATS

1  
FIBRE

Experiment with different cuts of beef for this. Filet mignon is the gold standard but porterhouse or ribeye are both great options.



SERVES 4 | TOTAL TIME: 17 MINUTES

# SOUVLAKI BEEF KEBABS

## INGREDIENTS

4 ready made **beef kebab skewers** (about 200 grams each)  
2 tablespoons **olive oil**  
2 tablespoons **red wine vinegar**  
2 tablespoons **lemon juice**  
3 **cloves garlic minced**  
1 tablespoon **dried oregano**  
1 tablespoon **dried mint**  
2 teaspoons **salt**  
½ teaspoon chili flakes

## INSTRUCTIONS

Arrange the skewered beef in a large baking dish in a single layer.

Whisk together the remaining ingredients and drizzle over the kebabs.

Marinate for 30 minutes or preferably overnight, turning once.

Pre-heat your grill on high.

Grill for 8-12 minutes, rotating once halfway through.

Let rest for 8 minutes before serving.

287  
CALORIES

28  
PROTEIN

8  
CARBS

16  
FATS

5  
FIBRE

These are great prepared with pre cooked tinned or pouches of cooked salmon.



SERVES 2 | TOTAL TIME: 5 MINUTES

# GREEK SALMON PITA SANDWICH

## INGREDIENTS

280 grams poached **salmon**  
2 tablespoons Fat Free **Greek yogurt**  
50 grams chopped **cucumber**  
40 grams finely chopped **red onion**  
10 **cherry tomatoes**, halved  
2 tablespoons **feta cheese**  
1 teaspoon chopped **fresh dill**  
2 leaves **lettuce**  
1 **pitta bread** pocket, cut in half

## INSTRUCTIONS

In a bowl, gently combine the salmon, yogurt, cucumber, red onion, tomatoes, feta cheese, and dill.

Stuff generous amounts of the mixture with a crisp lettuce leaf into pita pockets and serve.

514  
CALORIES

44  
PROTEIN

32  
CARBS

24  
FATS

3  
FIBRE

Trade in the bacon for some turkey bacon to trim the fat in this dish and bump the protein a little.



Legitimate Brie must be made in the Seine-et-Marne area south of Paris, the rest are just very good forgeries.



SERVES 2 | TOTAL TIME: 16

## INGREDIENTS

2 prebaked **flatbreads**  
50 grams **mozzarella cheese**  
60 grams **brie** sliced very thin  
½ a **pear**, thinly sliced  
4 rashers of **bacon**, cooked and crumbled  
For the garnish:  
**Spinach** and **Rocket salad**  
**Balsamic glaze**

## INSTRUCTIONS

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

Place the flatbreads on a baking sheet and warm in the oven for 2 minutes.

Remove from the oven, sprinkle with both cheeses, the pear slices and crumbled bacon.

Return to the oven and bake for 3 to 4 more minutes, or until the cheeses are bubbling.

Remove from the oven, garnish with the salad, drizzle with balsamic glaze, cut into wedges and serve immediately.

# PEAR BACON AND BRIE FLATBREAD

503  
CALORIES

29  
PROTEIN

41  
CARBS

26  
FATS

2  
FIBRE

Pad Thai follows a Thai culinary tradition of using all five tastes which are salty, sour, sweet, spicy and bitter.



Pad Thai is also know as Phad Thai



SERVES 4 | TOTAL TIME: 20 MINUTES

# PAD THAI

## INGREDIENTS

### Sesame oil

- 1 **red chilli** diced
- 1 tablespoon grated **ginger**
- 1 clove **garlic**, crushed
- 2 sliced **spring onions**
- 1 **egg**, beaten and seasoned
- 1 **mooli** shredded
- 2 **courgettes** shredded or spiralised
- 50 grams **beansprouts**
- 200 grams cooked and peeled **prawns**
- Juice of 1 **lime**
- 1 tablespoon **fish sauce**
- ½ bunch **coriander**, chopped
- 2 tablespoon roasted **peanuts**, chopped

## INSTRUCTIONS

Heat 1 teaspoon of oil in a wok until smoking hot.

Stir fry the chilli, ginger and garlic until fragrant, then add the spring onions for 2 minutes. Scrape everything to one side and add the egg.

Rapidly stir-fry, to get scrambled egg mixed with the spring onions and chilli.

Add the mooli and stir-fry for another 4 minutes, then add the beansprouts and the prawns.

Cook for another 2 minutes until the prawns have warmed though and the water has all but evaporated.

Flavour with the lime juice and fish sauce and transfer to four bowls.

Scatter with the coriander and chopped peanuts and serve.

139  
CALORIES

14  
PROTEIN

5  
CARBS

7  
FATS

1  
FIBRE

"Saag" indicates a leaf-based dish. This could be spinach, mustard leaf, collard greens etc.



Cumin is the second (right after the black pepper) most popular spice in the world today.



SERVES 4 | TOTAL TIME: 45 MINUTES

# CHICKEN SAAG

## INGREDIENTS

2 **red chillies**, seeded  
2 **cloves garlic**  
4 cm piece **ginger**, peeled  
1 **onion**, chopped  
**Olive oil**  
1 teaspoon **ground cumin**  
1 teaspoon **ground coriander**  
1 teaspoon **garam masala**  
½ teaspoon **turmeric**  
4 **cloves**  
4 skinless **chicken breast** cut into large chunks  
150 grams **red split lentils**  
400 gram tin **chopped tomatoes**  
260 grams **fresh spinach**  
4 small **rotis** warmed to serve

## INSTRUCTIONS

Blend the chillies, garlic, ginger and onion to a paste.

Heat 1 teaspoon of olive oil in a large pan and gently fry the paste for 2 minutes, until fragrant.

Add the dry spices and cook for a further minute, before adding the chicken pieces, stirring to coat in the spices.

Cook for 5 minutes before adding the lentils and chopped tomatoes with along with 1½ tins of water.

Simmer slowly for 25 minutes, season to taste, add the spinach and stir until wilted.

Serve with warmed rotis.

330  
CALORIES

43  
PROTEIN

28  
CARBS

4  
FATS

6  
FIBRE

Black bean sauce is popular sauce in Cantonese and Sichuan cooking.



Sichuan is a southwestern Chinese province.



SERVES 1 | TOTAL TIME: 30

## INGREDIENTS

**Cooking oil** spray

1 small **onion**

½ medium **green pepper**

½ medium **red pepper**

1 **garlic clove**

130 grams **turkey breast**

45 grams stir in **black bean sauce**

100 grams medium **wholewheat noodles**

## INSTRUCTIONS

Prepare and chop the onion and pepper, then peel and crush the garlic and cut the turkey into strips.

Spray a non-stick frying pan or wok with the oil, and fry the onion and garlic until softened.

Add the turkey and cook until starting to colour.

Now, add the red and green pepper and continue to fry until the turkey is cooked, before stirring in the black bean sauce and allowing to heat through.

Meanwhile cook the noodles according to the pack instructions

Finally add the cooked noodles to a bowl and serve topped with the turkey.

# TURKEY IN BLACK BEAN SAUCE WITH NOODLES

402  
CALORIES

39  
PROTEIN

48  
CARBS

4  
FATS

6  
FIBRE

Feel free to switch out the pork for any other lean meat.



SERVES 4 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 **pork tenderloin**

1 tablespoon and 1 teaspoon **olive oil**

1 teaspoon **chili powder**

**Salt**

**Black pepper**

2 tablespoons pure **maple syrup**

2 medium **sweet potatoes**

2 large **shallots**, chopped

140 grams **baby spinach**, chopped

**Hot sauce** (optional)

## INSTRUCTIONS

Heat your grill to medium.

Place the pork on a foil-lined rimmed baking sheet and rub with 1 teaspoon of the oil, the chili powder and ¼ teaspoon each of salt and pepper.

Grill, turning and basting with the maple syrup twice, until cooked through. Set aside to rest for 5 minutes before slicing.

Meanwhile, grate the sweet potatoes.

Heat the remaining oil in a large non-stick pan over a medium-high heat.

Add the shallots and cook, stirring occasionally, until beginning to brown, then add the potatoes and cook, tossing occasionally, until tender. Finally, add the spinach and cook, tossing until wilted.

Serve the pork and potatoes in bowls splashed with the hot sauce, if desired.

# CHILI-GLAZED PORK WITH SWEET POTATO HASH

366  
CALORIES

35  
PROTEIN

33  
CARBS

10  
FATS

5  
FIBRE

Prawns have claws on three of their five pairs of legs, shrimp have claws on two of their five pairs of legs. In cuisine pretty much interchangeable.



**SERVES 4 | TOTAL TIME: 45 MINUTES**

# GRILLED HERB-MARINATED PRAWN SKEWERS

## INGREDIENTS

10 grams **coriander leaves**  
10 grams **parsley leaves**  
20 grams **fresh basil leaves**  
3 tablespoons **extra-virgin olive oil**  
3 tablespoons **fresh orange juice**  
1 tablespoon **fresh lime juice**  
½ teaspoon **ground cumin**  
½ teaspoon **salt**  
¼ teaspoon freshly **ground black pepper**  
2 **garlic cloves**  
24 **king prawns**, peeled and deveined

## INSTRUCTIONS

To make the marinade, combine everything except the prawns in a food processor until smooth.

Place in a bowl with the prawns, stirring to coat evenly.

Marinate in refrigerator for 30 minutes, stirring a couple of times.

Preheat your grill to high.

Remove your prawns from the marinade and divide them evenly on to 4 wooden skewers.

Place the loaded skewers on a grill pan coated with cooking spray and top with any remaining marinade.

Grill around 5 inches from heat for 2 minutes on each side or until the prawns are cooked.

Serve immediately with your choice of rice and sides.

**285**  
CALORIES

**35**  
PROTEIN

**5**  
CARBS

**13**  
FATS

**1**  
FIBRE



Cashews are actually the kidney-shaped seeds that adhere to the bottom of the cashew apple

SERVES 10 | TOTAL TIME: 25

## INGREDIENTS

1 teaspoon **sesame oil**  
300 grams **button mushrooms**, sliced  
25 grams **fresh ginger**, grated  
1 to 2 mild **red chillies**, deseeded and finely sliced  
400 grams **kale**, shredded  
350 grams **frozen peas**  
75 grams unsalted **cashews**  
2 teaspoons **Chinese five spice**  
2 tablespoons reduced **salt soy sauce**

## INSTRUCTIONS

Heat the sesame oil on medium-high in a wok or large non-stick frying pan.

Add the mushrooms, ginger and chilli and cook until starting to brown.

Add the kale and peas and cook for a further 2 to 3 minutes to heat through.

Add the cashews and cook for 2 minutes more.

Stir in the five spice and soy sauce, then serve piping hot with fluffy Jasmin rice.

# KALE MUSHROOM AND CASHEW STIR FRY

237  
CALORIES

13  
PROTEIN

16  
CARBS

14  
FATS

10  
FIBRE

# DESSERTS





You can trade the arrowroot starch for 1½ teaspoons of corn-starch.



The United States produces 80% of the world's pecans.

SERVES 8 | TOTAL TIME: 3 HOURS

# CHEESECAKE VEGAN CHERRY

## INGREDIENTS

For the **crust**:

100 grams **raw pecans**

175 grams **pitted dates**

Pinch **sea salt**

For The Vegan Cheesecake **Filling**:

225 grams **raw cashews**

80 millilitres freshly squeezed **lemon juice**

80 millilitres **coconut oil**, melted and cooled

160 millilitres **full fat coconut milk**, chilled

80 millilitres pure **maple syrup**

For the Sweet Cherry Topping:

900 grams frozen **sweet cherries**, pitted

80 millilitres **water**

2 tablespoon pure **maple syrup**

1 tablespoons **lemon juice**

2 teaspoons **arrowroot starch**

½ teaspoon **lemon zest**

## INSTRUCTIONS

Cover the cashews with boiling water, soak for one hour.

In a food processor, add the pecans, sea salt, and dates. Process until a small ball forms and then until the mixture resembles a loose dough. Set aside.

Line a loaf tin with parchment paper. Carefully pack down the mixture using your fingers. This will serve as the crust.

Drain cashews and add them into a blender, followed by the lemon juice, coconut oil, chilled coconut milk (just use solid milk from the top and leave the clear liquid), and maple syrup.

Blend together until smooth and creamy.

Pour the filling over the pecan crust and pop into the freezer for 2 to 3 hours to set.

When you're ready, remove from the freezer to thaw slightly then pull up the parchment paper to remove.

Meanwhile, combine the cherries, water, maple syrup, and lemon juice in a pan over medium-high, and stir for about 12 to 15 minutes.

Add the arrowroot and whisk until smooth.

Cook until thick and bubbly, allow to cool to room temperature, then serve over the cheesecake.

369  
CALORIES

7  
PROTEIN

39  
CARBS

27  
FATS

5  
FIBRE

You can also use different types of bread for these. Even tortilla wraps work pretty well.



In Scotland, French toast is traditionally served with sausage between two slices of French toast, eaten as a sandwich.

SERVES 7 | TOTAL TIME: 30 MINUTES

# FRENCH TOAST ROLL UPS

## INGREDIENTS

7 **Flatbreads**

**Butter** to grease

Toothpicks (optional)

For the French Toast Batter:

5 **eggs**

2 tablespoons **semi-skimmed milk**

55 grams **granulated sugar**

1 teaspoon **vanilla extract**

½ teaspoon **cinnamon**

To Serve:

Powdered **sugar**

Your favourite syrup

## INSTRUCTIONS

Whisk together all the batter ingredients and set aside.

Grease a large non-stick pan and place over medium heat.

Dip one flatbread, in the batter, let excess drip off and cook until golden on both sides.

Transfer to a plate and repeat with the remaining breads.

Roll up the flatbreads, slice and stick with a toothpick if desired.

Eat warm with dipping syrup or fill with any of your favourite toppings – Nutella, peanut butter, coconut, fruit etc.

Dust with powdered sugar before serving.

250  
CALORIES

10  
PROTEIN

43  
CARBS

4  
FATS

0  
FIBRE

A tad more indulgent than most of our recipes, but an array of good stuff thrown in with some not so good but calorically pretty good as a “pudding”.



SERVES 8 | TOTAL TIME: 6 HOURS 20 MINUTE

# CHILLED SUMMER PUDDING

## INGREDIENTS

300 grams **strawberries**  
250 grams **blackberries**  
100 grams **redcurrants**  
500 grams **raspberries**  
175 grams **golden caster sugar**  
7 thin slices **white bread**

## INSTRUCTIONS

Wash and dry the fruit - keeping the strawberries separate. Gently heat sugar and 3 tablespoons of water in a large pan until the sugar dissolves, then bring to a boil for 1 minute before adding in the fruit (except the strawberries).

Cook for 3 minutes over a low heat, stirring occasionally until softened. Sieve the fruit and juice into a bowl and while its straining, line a pudding basin with cling film, allowing the edges to overhang by about 15 cm.

Remove the crusts from the bread. Cut 4 slices of bread in half then cut 2 slices into 4 triangles each and leave the final piece whole.

Dip the whole piece of bread into the fruit juice to coat then place into the bottom of the basin. Dip the rectangular pieces and press around the basin's sides so that they fit together neatly, just trim the last piece to fit.

Add the strawberries to the fruit, stir and add to the pudding bowl, dip the last of the bread in the juice and make a lid, trimming to fit - keep leftover juice for later.

Bring cling film up and loosely seal. Put a side plate on top and weight down. Chill for 6 hours or overnight.

Remove onto the plate by simply tipping the bowl upside down until you feel it loosen. Paint any gaps of dry bread with the remaining juice.

175  
CALORIES

3.5  
PROTEIN

40  
CARBS

1  
FATS

7  
FIBRE



SERVES 1 | TOTAL TIME: 45 MINUTES

# BLUEBERRY YOGHURT BARK

## INGREDIENTS

125 grams plain low -fat **Greek yogurt**  
1 teaspoon **honey**  
¼ teaspoon **vanilla extract**  
25 grams **blueberries** (fresh or frozen)  
1 tablespoon unsweetened **shredded coconut**  
5 **almonds**, roughly chopped

## INSTRUCTIONS

Line a shallow, freezer safe airtight container with parchment or greaseproof paper.

In a small bowl, gently combine the yogurt, honey, and vanilla extract.

Pour into the container in a thin, even layer and top with blueberries, coconut, and almonds.

Cover and freeze until solid.

Break into odd sized pieces.

Keep in the freezer until ready to enjoy.

202  
CALORIES

13  
PROTEIN

18  
CARBS

9  
FATS

2  
FIBRE



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