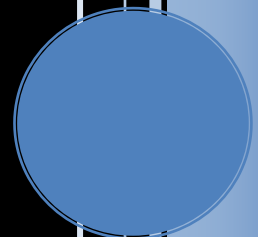




Physical Dimensions

Sport, Exercise & Nutritional Science

Healthy Recipes



Nutrition

The following recipes have been tried and tested extensively on our fitness boot-camps.

As healthy option alternatives to the more traditional recipes, they offer nutritionally balanced meals that are not only healthy but also very tasty.

For more advice on nutrition & exercise, please contact Lee on 07958 385887, or at physicaldimensions.pt@gmail.com

Physical Dimensions,
Unit 60, Canterbury Innovation Centre,
University Road,
Canterbury, Kent.
CT2 7FG



Soups

Carrot, Leek and Ginger Soup

Ingredients:

2 leeks - chopped

6 organic carrots – chopped (no need to peel if organic)

1 inch (2.5cm) ginger – grated or 1 teaspoon ground ginger

1 onion – chopped

1-2 cloves garlic – crushed or teaspoon of garlic puree

1 vegetable stock cube dissolved in boiling water

A little crème fraîche

Method:

- ❖ Sweat the onion and leeks in a little olive oil until softened but not coloured – about 4 minutes
- ❖ Add garlic and ginger and cook for a further minute.
- ❖ Add carrots
- ❖ Cover with water in which a stock cube has been dissolved
- ❖ Bring to the boil and simmer until carrots are soft
- ❖ Taste for seasoning
- ❖ Blitz with a blender and add more water if necessary
- ❖ Serve with a dash of crème fraîche

Curried Parsnip Soup

Ingredients:

2.2 lbs(1 kilo) parsnips – roughly chopped

1 onion – chopped

1-2 cloves garlic – crushed or teaspoon garlic puree

1 tablespoon mild curry powder

1 vegetable stock cube dissolved in boiling water

Method:

- ❖ Sweat the onion in a little olive oil until softened but not coloured – about 4 minutes
- ❖ Add garlic and curry powder and cook for a further 2 minutes
- ❖ Add parsnips and cover with water and stock cube
- ❖ Bring to the boil and simmer until parsnips are soft
- ❖ Taste for seasoning
- ❖ Blitz with a blender and add more water if necessary
- ❖ Serve with grated nutmeg or paprika

Pumpkin and Cinnamon Soup

Ingredients:

1lb (1/2 kilo) chopped pumpkin

1 onion – chopped

1-2 cloves garlic – crushed or teaspoon garlic puree

1 cinnamon stick

1 vegetable stock cube dissolved in hot water

Method:

- ❖ Sweat the onion in a little olive oil until softened but not coloured – about 4 minutes
- ❖ Add garlic and cinnamon stick
- ❖ Add pumpkin and cover with water and stock cube
- ❖ Bring to the boil and simmer until pumpkin is soft
- ❖ Taste for seasoning

- ❖ Blitz with a blender (including cinnamon stick) and add more water if necessary
- ❖ Pass through a sieve to get rid of woody bits of the stick
- ❖ Serve with nutmeg or cinnamon

Courgette and Garlic Soup

Ingredients:

1lb (1/2 kilo) chopped courgette

1 onion – chopped

1 bulb garlic

1 cinnamon stick

1 vegetable stock cube

Method:

- ❖ Sweat the onion and garlic in a little olive oil until softened but not coloured – about 4 minutes
- ❖ Add courgettes and cover with water and stock cube
- ❖ Bring to boil and simmer until courgette is soft
- ❖ Taste for seasoning
- ❖ Blitz with a blender and add more water if necessary
- ❖ Serve with a dash of crème fraîche
- ❖ Note: you can roast courgettes in a little oil until soft but not coloured for added taste



Main Courses

Fish Parcels

Ingredients

1 piece of any non-oily fish eg cod, haddock, plaice, monkfish etc

A variety of chopped raw vegetables eg carrots, onions, fennel, courgettes, leeks

A selection of cooked root vegetables eg new potatoes, sweet potatoes, turnips

Water, wine or lemon juice etc

Herbs and/or spices

Method:

- ❖ Cut a piece of tin foil 18" x 9" and place a smaller square of greaseproof paper in the centre
- ❖ Trim the fins off flat fish and place fish on greaseproof paper
- ❖ Place vegetables on fish
- ❖ Seal three sides of parcel
- ❖ Add any herbs or spices and a large dash of liquid
- ❖ Seal the fourth side of the parcel
- ❖ Put in a medium oven for around 20 minutes
- ❖ Serve sealed parcels on individual plates

Chicken Sausages, Mash and Onion Gravy

Ingredients

2 chicken sausages per person

Marais Piper potatoes

Skimmed milk

2 egg whites (optional)

Low fat or soya spread

1 onion – finely sliced

Dash oil (try 1 calorie spray)

1 beef stock cube dissolved in 1 pint (600ml) boiling water

¼ pint (100ml) cranberry juice

Cornflour or Bisto

Seasoning – Worcestershire sauce, wholegrain mustard

Method:

- ❖ Poach sausages in boiling water for 5 minutes to get rid of excess fat and keep sausages moist. Drain and grill lightly to give colour
- ❖ Cut potatoes into chunks and put in a saucepan of cold water. Bring to the boil and simmer until soft
- ❖ Drain and add skimmed milk. Mash as fast and hard as possible. For extra volume fold in whipped egg whites
- ❖ Finish with a dash of low fat or soya spread
- ❖ Cook onion in a little oil on a medium heat until coloured and soft - about 5/6 minutes
- ❖ Deglaze pan with cranberry juice and reduce
- ❖ Add stock and thicken with a tablespoon of cornflour or Bisto
- ❖ Season with salt, pepper, dash of Worcester sauce and a teaspoon of wholegrain mustard

Lamb Tagine

Ingredients:

1 lb (400g) diced lamb (neck is best but try a leaner cut if you need to reduce your fat content)

1 large tub natural, low-fat yogurt

1 tin chopped tomatoes

1 teaspoon garam masala

1 teaspoon cumin powder

1 teaspoon garlic puree

1 teaspoon turmeric
1 teaspoon paprika
1 teaspoon ginger puree
5 cardamom pods crushed a little
2 star anise
Raisins and dried apricots
1 bunch of chopped coriander

Method:

- ❖ Add all the above ingredients (apart from the raisins and apricots) together in a bowl with 5 grinds of black pepper and small pinch of salt
- ❖ Leave for 24 hours in the fridge, mixing once or twice
- ❖ Put the mixture in a pan and add 2 star anise
- ❖ Cook on a low/medium heat for 4+ hours until lamb is tender (it is preferable to cook at a lower temperature for longer ie 8 hours)
- ❖ Halfway through cooking add a handful of raisins and apricots
- ❖ Stir often
- ❖ Finish with the juice of a lemon and a bunch of chopped coriander.
- ❖ Stir and serve with Ainsley Harriet's Mediterranean cous cous or brown rice

Bolognese Sauce

Ingredients:

1lb (400g) mince - 1/3 beef mince and 2/3 turkey mince
1 onion – chopped
1 tin chopped tomatoes
1 tablespoon tomato paste
1 clove garlic
Beef stock dissolved in ½ pint (300ml) boiling water
Worcestershire sauce
Mushroom ketchup (optional)
Italian mixed herbs

1 teaspoon instant coffee (adds colour)

1 teaspoon grated dark chocolate 80% + cacao (optional but draws out meaty flavour)

Method:

- ❖ Sweat the onion and garlic in a little olive oil until softened but not coloured – about 4 minutes
- ❖ Add mince, tomato paste, instant coffee and chocolate and cook for 2-3 minutes
- ❖ Add tomatoes and stock
- ❖ Add seasoning and simmer until meat is cooked – about 20 minutes
- ❖ You can add a teaspoon of Bisto to thicken

Using turkey mince instead of beef mince significantly reduces the amount of saturated fat in the dish. This sauce can be served with wholegrain pasta or used in a moussaka or made into meatballs.

Jerk Chicken

Ingredients:

4 chicken thighs (more flavour) or 2 chicken breasts (for ease) without skin and cut into chunks

1 large tub low-fat, plain yoghurt

1 tin of pineapple chunks in own juice (no added sugar)

1 tin of chopped tomatoes

1 tablespoon jerk seasoning

Freshly ground pepper

Bunch coriander

Method:

- ❖ Add chicken to yoghurt and tomatoes, add pineapple chunks and seasoning
- ❖ Marinade for 24 hours
- ❖ Cook slowly in oven or slow cooker for 3 hours (thighs) 1 hour (breast)
- ❖ Just before serving add chopped coriander
- ❖ Serve with cous cous or brown rice



Desserts

Eaton Mess

Ingredients:

7 fl oz (200ml) double cream

7 fl oz (200ml) low fat yoghurt

1 teaspoon Splenda

Berries (frozen or fresh) strawberries, raspberries, blackberries

1 banana

1 small meringue per person

Method:

- ❖ Add Splenda to cream and whip into stiff peaks
- ❖ Gently fold in yoghurt
- ❖ Gently fold in fruit and broken meringue

Yoghurt and Fruit Ice Dream!

Ingredients

1 large pot of low fat natural yogurt

12 ozs (325g) fruit - fresh or frozen (Dan usually uses blueberries)

1 banana - more if you like them!

1 tablespoon Splenda or sweetener

Method:

- ❖ Blend half the fruit and the banana fully with the sweetener until smooth.

- ❖ Add the remaining fruit and blitz once or twice to leave in some of the texture of the fruit.
- ❖ Place in a container and put into the freezer. Stir once an hour for 3 hours, then leave overnight.
- ❖ Remove from freezer 30 minutes before eating to allow to soften slightly.

Banana Flapjack

(8 portions)

Ingredients

4 ozs(110g) porridge oats

3 ozs(110g) caster sugar

1 dessertspoon baking powder

½ teaspoon bicarbonate of soda

1 teaspoon ground cinnamon

3 ½ ozs (100g) sultanas

8 ozs (225g) mashed banana

4 tablespoons skimmed milk

2 egg whites

1 teaspoon vanilla extract

Method:

- ❖ Mix all the dry ingredients together.
- ❖ In a separate bowl, mix together banana, egg whites, milk and vanilla.
- ❖ Combine banana mixture with dry ingredients and beat together.
- ❖ Bake in a greased tin 9" x 13" for 30 minutes at 180°/Gas Mark 4 for 30 minutes. Allow to cool.



Suggested Store Cupboard

- Ainsley Harriet's Mediterranean cous cous
- Basil – dried
- Beef and vegetable stock cubes (Knorr)
- Cardamom seeds
- Chives – dried
- Coriander ground
- Cinnamon powder
- Cinnamon sticks
- Cumin
- Extra virgin olive oil
- Fennel seeds
- Garam marsala
- Garlic paste
- Ginger ground
- Jerk seasoning
- Lea and Perrin's Worcestershire sauce
- Mild curry powder
- Mixed herbs – dried
- Mushroom ketchup
- Nutmeg
- Parsley – dried
- Piri piri
- Smoked paprika
- Splenda
- Star anise
- Turmeric
- Wholegrain mustard