



**Food is**  
**Pleasure**  
**Comfort**  
**Energy**  
**Social**

# We don't diet. ❤

Welcome to my food guide. As you know, I have been putting this together for some time. It is by no means perfect and, please excuse some of the image editing in the ready meals section. The purpose of this is to give you guidance, recipe inspiration and, show that you can eat, enjoy and reach your goals. Playing the long game is the better option when loosing fat and building muscle. Sometimes the barrier that is blocking us reaching our goal is down to habits and, often just not feeling happy in life.

Setting achievable and realistic goals will help you achieve what you want to. It could be committing to 3 sessions per week at the gym. It could be preparing your gym clothes the night before so you've set it in your subconscious that you're going to train in the morning.

## Some key points to remember.

### THIS IS NOT A DIET

You do not earn your calories.

If you haven't worked out you do not need to drop your calories.

If you are on an active rest day you do not need to drop your calories.

Your neat activity, your non planned exercise e.g. fidgetting, random walks, gardening, just generally being active counts for a lot.

Hitting your protein goal and calorie count is a great start

Some days you'll go over your count and other days under, so long as it balances out.

Foods and food groups should not be restricted, moderation is key.

Tracking food will be required for a short period but, it is not long term. You'll be able to eyeball foods once you're accustomed to it.

Eating meals over 400 calories is ok (something I have had to work on)

Having days where you don't eat fruit or veg is ok too.

You may opt to reduce your calories Mon - Fri by 75 to a 150 calories for example, to accommodate for weekend food and socialising. This is an approach I tend to take OR another approach is, if you know you are going to be indulging quite a bit, opt to have a small breakfast and lunch like a protein shake and drink lots of water. Then you can enjoy your indulgence. It is just about being smart.

One hot day doesn't make a summer as James Smith says therefore, one bad day of eating will not ruin your diet so let's not take the **all or nothing approach** and throw in the towel after one or a few bad days of eating. There are going to be birthdays, celebrations where I do not want you to feel restricted or like you can't eat anything, you can!

I know I have focused on fat loss. Those who wish to be at maintenance can still follow this guide and, use the recipes in here just adapt them to your calories. Those looking to gain muscle you'll want an increase of 200-400 calories so, don't worry about 0% fat foods, you can go full fat. Protein should be 1.8-2.4g x bodyweight (kg), fats around 20-40% of your intake and the remainder from carbohydrates. If you need me to work it out, get in touch wih me while I build my calorie calculator.

# Supplements and Protein Powder



Do you have to take protein powder? No. You do not. Protein powder is there for individuals that struggle to increase their protein intake from natural foods, like I do. I also like using protein powder to add to shake or bakes for that boost. It is also an easy on the go options that you can bulk up with fruits, nuts and, yogurt etc. Where I have included protein powder in some recipes you can omit this and just increase the dry ingredient or reduce the wet ingredients.

What other supplements are there? **BCAAs.** Branch chain amino acids which are found in proteins, should you consume enough protein you do not need to take them. If you are plant based you can get these from a mixture of foods combined as plant foods aren't whole sources of BCAAs. If you're doing a very long workout or competing then ensure that you are eating in between where you can.

**Creatine Monohydrate.** Everyone can benefit from taking this both young and old. It can lower cholesterol and triglyceride levels, increase strength and or muscle mass, minimize bone loss, improve cognitive function and many more. It is recommended that you take 5g 4x per day for the first week and, after the loading phase 3-5g per day. Make sure to take it with food and, drink lots of water. You can find them on the My Protein or Bulk Powders websites. I prefer capsule form.

**Vitamin D.** We don't get enough sun in the UK so Vitamin D is important. The suggested amount to take is up to 2500iu, it is best taken with food that contains around 11g fat as it is a fat soluble vitamin that does not dissolve in water but absorbs best in your bloodstream when paired with high fat foods.

**Omega 3.** You can get your dose by eating fish, vegetable oils, nuts (walnuts in particular), flax seeds, flax oil, and leafy vegetables. If you don't get enough then you can supplement them. The body can't make these particular fats it has to get them from food.

**ZMA. Zinc and, Magnesium.** Studies have proven that it can help sleep and low mood. Low magnesium can result in symptoms of depression as magnesium is vital for optimal brain function. Zinc is thought to increase serotonin in the brain. More research is needed to conclude whether it is beneficial for muscle growth. (I use it for sleep).

# The Menstrual Cycle



Ladies, let's talk about the menstrual cycle. If you are starting a training programme I would personally advise that you start to track your cycle. Apple has a built in cycle tracker, otherwise there are numerous free apps that you can use.

## Why is it important to track?

We're all aware of our hormone changes, pms, appetite changes, bloating, tiredness, all of it but, it is important to know what happens in each cycle so we can tailor your training by reducing weights, sets, reps or removing a WOD. We'll be able to notice patterns and also increase calories, fats and carbs to help manage each stage of the cycle better.

### **Stage 1 - Menstrual**

Your period starts.  
Estrogen and progesterone has dropped.  
You are usually more tired.  
Keep workouts less intense, avoid the wod. Maybe reduce weights / sets.  
Eat warming foods, high in iron and more fat. Beef, liver, red kidney beans, chickpeas, nuts, dark chocolate.

### **Stage 2 - Follicular**

Starts as soon as your period ends.  
Estrogen starts to rise again.  
Immune system is high, less likely to get sick.  
As estrogen is rising cravings are reduced or have gone.  
Plenty protein and leafy greens.  
Foods that boost serotonin.  
Perfect time to smash them wods / higher intensity workouts.

### **Stage 3 - Ovulation**

Estrogen peaks. Your energy is high.  
Quite dramatic hormone changes.  
Perfect for high intensity workouts so, again smash out them wods and lifting should feel good in this phase too.  
Broccoli, spinach and eggs to support the liver in this phase.

### **Stage 4 - Luteal**

Progesterone and estrogen rise moreso in the first half. Energy peaks.  
Great for strength training and aerobic exercises.  
Stress response is heightened.  
Metabolism is higher, you are burning more in this phase so increase calories from 200 up to 300.  
Foods rich in vitamin C, think peppers, strawberries, potatoes and citrus foods.

It is good to track mood changes, appetite changes, basal temperature and how you feel during your workouts through all of the stages. Don't worry about calorie increase, if you are eating in a deficit you'll likely return to normal during the follicular and ovulation phases.

# Menopause



Menopause is when the last egg is released. Women will no longer have periods. In the run up to menopause, perimenopause, women's ovaries will produce less and less hormones and, fewer eggs are released. Each woman will experience things differently but the symptoms listed below are very common:

Hot flushes

Mood swings

Sleep problems

Weight gain

You are also at increased risk of osteoporosis as estrogen levels drop, this hormone helps protect bone tissue. However, bone strength depends on more than just hormone levels.

## **What do we do?**

Hormone replacement therapy is the most effective treatment for menopause. Speak to your doctor for more advice and options.

Exercise is hugely beneficial, building lean muscle is key. Muscle mass affects our base metabolic rate, what we burn at resting / what the body needs to perform basic bodily functions. To maintain a higher BMR building lean muscle mass is important so resistance training is key. Focus on pushing them weights. HIIT is also known to be helpful, combine resistance training and 30 minute bursts of HIIT.

## **Are there any supplements I can take?**

**Vitamin B6** assists the body's production of serotonin which can help to boost mood and reduce feelings of tiredness.

**Magnesium** helps with sleep, irritability and, anxiety as well as being important for bone health and muscle function following menopause. Try ZMA from My Protein or Bulk.

**Vitamin D. Omega 3.**

**Ashwaghanda** which can help balance cortisol levels.

**Vitamin C** can give relief from hot flushes and, support the body's collagen production.

## **Resources**

<https://www.ncbi.nlm.nih.gov/books/NBK279311/>

<https://www.girlsgonestrong.com/blog/articles/working-female-clients-menopause-beyond/>

<https://onlinedoctor.superdrug.com/menopause-supplements.html>

# Pregnancy



Congratulations, you're pregnant! Great news! Now, I am no expert, I have done some research and linked the resources as they are very useful and, have a lot more information than I can provide you. Here are some key points.

In trimester two and three you will need to increase your calories. The amount will vary depending on height, weight and activity variables. In the second trimester increase your calories up to 340 calories. In the third trimester increase your calories up to 450 calories. This is on top of your maintenance. It is not recommended to eat in a deficit at any stage.

Protein needs are slightly higher than usual. Increase your protein by 25g per day. If you are vegan or vegetarian ensure a mix of grains, plants and legumes so you manage to get all the amino acids into your body.

As for training, get cleared by your doctor first and foremost. If you are used to training and your doctor or a specialist has cleared you then you can continue to do so. Strength / resistance training and lighter aerobic activity is recommended alongside yoga too. You may need to adjust training as the baby and bump grows, for example, reducing squat depth, reducing movements that have you lying on your back etc. There is a lot more to consider during the third trimester.

# Postpartum



I am not a mum but, having worked around mums in the gym and taught them in my class I am forever hearing pre-baby body. It has a negative connotation. Your body has just been through something amazing, it needs to rest and heal. Give it time and patience and love.

Gaining clearance from your doctor to exercise is again hugely important. Everyone's circumstances and bodies are different. Don't go too hard, start with core and pelvic floor workouts first. Eat nutritiously and adequately, if you are breastfeeding you may need up to 750 calories more, this number can vary daily though.

Please please read the articles listed below, they are the experts.

## Resources

- <https://www.girlsgonestrong.com/blog/articles/nutrition-needs-change-pregnancy/>
- <https://www.girlsgonestrong.com/blog/articles/strength-training-pregnancy/>
- <https://www.girlsgonestrong.com/blog/articles/5-life-changing-nutrition-tips-new-moms/>
- <https://www.girlsgonestrong.com/blog/articles/pre-baby-body-post-pregnancy/>

# PCOS



PCOS is a hormonal condition that is one of the most common and most misunderstood. Diagnostic criteria for the Rotterdam diagnosis of PCOS:

1. Lack of ovulation
2. Increased testosterone
3. Polycystic ovaries

The causes of PCOS are complicated but, insulin resistance and hormone regulation are key factors. Insulin resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. PCOS effects your base metabolic rate, it can reduce it by up to 40% however, this does not make it impossible to loose weight.

## **What do we do?**

We have to be smarter about food. Ensure your food sources are whole foods free of pesticides so give your veg a wash! Make sure meat is grass fed. Avoid fried food and processed foods, foods that tend to cause an inflammatory response. Eat low GI foods which does not mean cut out carbohydrates. You will have to figure out what your carb tolerance is by increasing and reducing carbs in your meals and seeing how you feel after consumption. Everyone will vary. Add Cinnamon and Turmeric to your food. Turmeric is an anti-inflammatory and Cinnamon is known to have a positive effect on insulin resistance. Definitely get your protein in, 1.6-2g x your body weight in KG per day.

## **Can I exercise?**

Yes. You may need to adapt your training during days 14-28 to a lower intensity, not everyone will. Days 1-14 will be your better days for gaining muscle so, use that to your advantage.

## **Are there any supplements I can take?**

**Insitol** is a B vitamin that can help improve insulin resistance and, in some cases of PCOS it has been found to help fertility. Taking 4g per day has proven to be effective in clinical trials.

**L-carnitine** helps the body turn fat into energy.

Vitamin D. Omega 3. Ashwaganda which can help balance cortisol levels. Probiotics.

**SLEEP!** Get your 8-10 hours of sleep, it is essential for regulating cortisol levels.

Reduce stress which, I know is easier said than done. Walks in nature. Self care, this looks different to us all.

## **Resources**

<https://www.racgp.org.au/afp/2012/october/polycystic-ovary-syndrome/>  
<https://www.girlsgonestrong.com/blog/articles/pcos-nutrition/>  
<https://www.webmd.com/vitamins/ai/ingredientmono-1026/l-carnitine>  
[@didelsferrizle](https://www.healthline.com/health/womens-health/natural-treatment-pcos)

# Endometriosis



Endometriosis causes painful periods, heavy, prolonged periods, pelvic pain, endo belly, food intolerances and more. It is important to resistance train as you will need to build strength around the muscle groups, especially the weakened ones. It is also important to stretch areas around the hips, pelvis, back and abdomen. It may come with some gut dysbiosis like IBS and food sensitivities. Avoid foods that you know cause a reaction, avoid foods that cause an inflammatory response like highly processed, fried, sugary foods. Keep protein high and eat foods rich in omega-3 fatty acids, vitamin B, antioxidants and Zinc. There is a lot more to Endometriosis and, it is very painful.

## **Are there any supplements I can take?**

**Vitamin E (1200 IU) and vitamin C (1000 mg)** - Vitamin E has shown to significantly reduce pelvic pain while Vitamin C can increase progesterone levels. Check with your doctor first as Vitamin C can increase estrogen levels and Endometriosis is an estrogen dependant disease.

**Vitamin D** - has also been found to alleviate pain in people who suffer from dysmenorrhea.

# How to eat when you're ill



Feed a cold and feed a fever. Yes, feed both, no starving. As you'll know from being ill, you tend to lose weight unintentionally. Most people celebrate this. Stop it, silly! When you are ill your basal temperature increases and thus you burn more calories as your resting metabolic rate increases however, your appetite decreases causing weight loss. In an ideal world when you are ill I would advise eating at maintenance calories even if you are not training. The reality is you won't as your appetite will be suppressed. If you are still somehow training while ill and still feel hungry after eating your maintenance calories, then increase it by 100-200. Listen to your body. Your body is in battle mode, the immune system uses a lot of energy fighting off infections.

Eat what you enjoy however, aim to get your protein in, fruits and veggies in the form of soup. Try and eat filling hearty foods like soups with lots of vegetables in, despite vegetables being less appetising. Get your fix of banana and citrus fruits too. I find these a lot more appealing when I am ill. You most certainly need your vitamins when fighting infections or illness. There is a high demand for nutrients when ill.

You will feel better for eating more nutritious food and it may help speed up recovery. As I mentioned above, your appetite will be suppressed and you probably won't hit your calorie target, again don't worry just ensure that you are hydrating, your body needs to be hydrated a lot, aim for at least 2 litres. You can add hydration tablets /electrolytes to your water too if that helps.

# It's not just food ❤

We've discussed food but, we need to remember that other factors are at play too. Sleep, stress, general day to day movement not including your planned exercise, thermic effect of food, water and, of course hormones for the women.



# Eating Out Guide



I've mentioned a few tips on eating out in terms of saving calories or eating smaller meals in the previous pages however, here is some extra advice.

We want to enjoy in moderation and overall we want to enjoy eating out and not feel restricted especially when out socialising. Be wary of friends who mock your eating choices, they are bad for your progress. If you want to eat smart while you're out, great, but, if you want to indulge too that is also fine.

If you're eating out regularly my advice would be to avoid fried foods or avoid the option of having chips with your meal. Opt for a different kind of potato. Oil is dense and counts for a lot of calories. Tasty as it may be! Look at the menu before hand. Everywhere pretty much has a nutritional information pdf on their website so, download it and plan it out. In restaurants where a nutrition pdf isn't available you'll be able to guess what's higher in calories or not based on whether it is fried or comes with sauces, dressings, like any kind of curries etc.

Later on in this guide there is a section on ready meals that you can have for lunch or dinner that won't break the bank.

## Nandos

### **1/4 Chicken + Spicy Rice**

530kcal

Protein: 43.8g

Carbs: 42.5g

Fat: 19.6g

### **Sunset Burger solo**

467kcal

Protein: 39.6g

Carbs: 42.1g

Fat: 15.1g

### **Grilled Chicken Pitta**

485kcal

Protein: 36.6g

Carbs: 51.13

Fat: 14.9g

### **Regular Chips**

450kcal

Protein: 6.3g

Carbs: 64.6g

Fat: 19.4g

## KFC

### **3pc Boneless Dips Meal**

690kcal

Protein: 44.9g

Carbs: 49.4g

Fat: 27.8g

### **Kentucky Mayo Twister**

510kcal

Protein: 29.9g

Carbs: 46.7g

Fat: 22g

### **Fillet Burger**

475kcal

Protein: 29.7g

Carbs: 45.1g

Fat: 19.3g

### **Regular Fries**

250kcal

Protein: 3.5g

Carbs: 30.6g

Fat: 11.0g

## McDonalds

### **Big Mac & Med Fries**

845kcal

Protein: 29.3g

Carbs: 85g

Fat: 42.4g

### **Quarter pounder + cheese**

518kcal

Protein: 31g

Carbs: 37g

Fat: 27g

### **6 Chicken Nuggets**

259kcal

Protein: 16g

Carbs: 18g

Fat: 13g

### **Medium Fries**

337kcal

Protein: 3.3g

Carbs: 42g

Fat: 17.4

# Eating Out Guide



Wagammas is tasty goodness but, it is very easy to rack up almost a full days worth of eating if you have a starter, main and, dessert or a few starters and, main meal. You'd be surprised. I don't want you to eat with guilt, that's not what we do, we're learning to balance. If you want to eat a starter, main and dessert, by all means go for it and ENJOY it, just balance out your days food. As long as them weekly calories balance out , it is all good. Pub burgers are always more calorific than an Honest Burger branch. Cooking methods vary. Pub grub in general, starters and mains are a lot more calorific.

## **Wagamamas**

### **Chicken Katsu Curry**

1031kcal

Protein: 44g

Carbs: 112g

Fat: 143.7g

### **Chicken/Prawn Pad Thai**

801kcal

Protein: 34g

Carbs: 85g

Fat: 36g

### **Beef Brisket Ramen**

690kcal

Protein: 36g

Carbs: 80.6g

Fat: 22.4g

### **Beef Steamed Buns**

264kcal

Protein: 7.7g

Carbs: 36.27g

Fat: 9.3g

### **Chicken Gyoza**

223kcal

Protein: 9.3g

Carbs: 26.8g

Fat: 8.5g

## **Franco Manca Pizza**

### **Margherita**

800kcal

Protein: 17g

Carbs: 93g

Fat: 30 g

### **No.6 Chorizo**

795kcal

Protein: 36g

Carbs: 123g

Fat: 18g

## **Brewer & Fayre Pub**

### **Classic Cheeseburger**

1158kcal

Protein: 44.6g

Carbs: 99g

Fat: 62.3g

### **8oz Rump Steak**

875kcal

Protein: 55g

Carbs: 76g

Fat: 36.6g

### **Lasagna**

951kcal

Protein: 51.7g

Carbs: 73.3g

Fat: 49.7g

### **Skin on Chips**

365kcal

Protein: 5.1g

Carbs: 52.3g

Fat: 13.9g

### **Sweet Potato Fries**

290kcal

Protein: 1.1g

Carbs: 35.7g

Fat: 15g

# Eating Out Guide Vegan ❤

Choices are no longer limited for eating out when you are vegan. There are of course some restaurants and speciality restaurants that might not cater for vegans however, the majority do. Don't forget all the local independent restaurants too. In Manchester we have some incredible ones.

Please please enjoy eating out. If you do have a goal or if you eat out often, my advice is to be smarter. Check the nutrition guides before eating out. The calorie content will surprise you in some meals, even vegan ones!

wagamama



GOURMET  
BURGER  
KITCHEN



HONEST  
BURGERS

ASK  
ITALIAN

Pho  
Vietnamese street food

Bill's  
RESTAURANT & BAR

T.G.I.  
FRIDAYS®

LEON.  
NATURALLY FAST FOOD

giraffe

las IGUANAS

EAT.  
THE REAL FOOD COMPANY

★ PRET ★



FLAMING  
GRILL™  
PUBS

COSY  
CLUB

# The Booze Cruise (smart one) ❤

If you are someone that enjoys an alcoholic drink, here is a guide to drinking smart. Yes, every now and again it is ok to consume a bit more than usual but, if you have a goal in mind, maybe not. To put it simply, alcohol will affect your gains and your progress.

Spirits are fermented and, distilled and, beer is just fermented which means it retains most of its calories and, the additional from alcohol. Spirits tend to be combined with mixers which tend to push the calories up and, they're often loaded with sugar. Cocktails come with liquor, high sugar mixers and, sugar syrups which will also bump up the calories.

Don't forgot those next day feelings after alcohol consumption where you want to eat high calorific foods and, you feel dehydrated and, tired. That tiredness is the force behind your food choices.

**Skinny moscow mule - 80 Cals**

**Skinny prosecco - 66-68 Cals**

**Vodka soda - 65 Cals**

**Gin & slimline tonic - 115 Cals**

**Champagne - 86 Cals**

**Light beer- 89 - 156 Cals**

**Light Koppaberg - 165 Cals**

**Frozen Rose - 120 Cals**

**White wine spritzer - 130 Cals**

**Paloma - 158 Cals**

**Red Wine - 85 Cals**

**Whiskey on the rocks - 61 Cals**

**Rum and light ginger beer - 60 Cals**

# Snacking Sweet ❤

Sugar is not the enemy. Yes, you can eat a little something each day. Yes, you can have a splurge here and there, just be sure to hydrate even more when you have consumed sugar. Here are some sweet treat ideas that are 100 calories or less with a few that are a little over 100 calories.



# Snacking Savoury



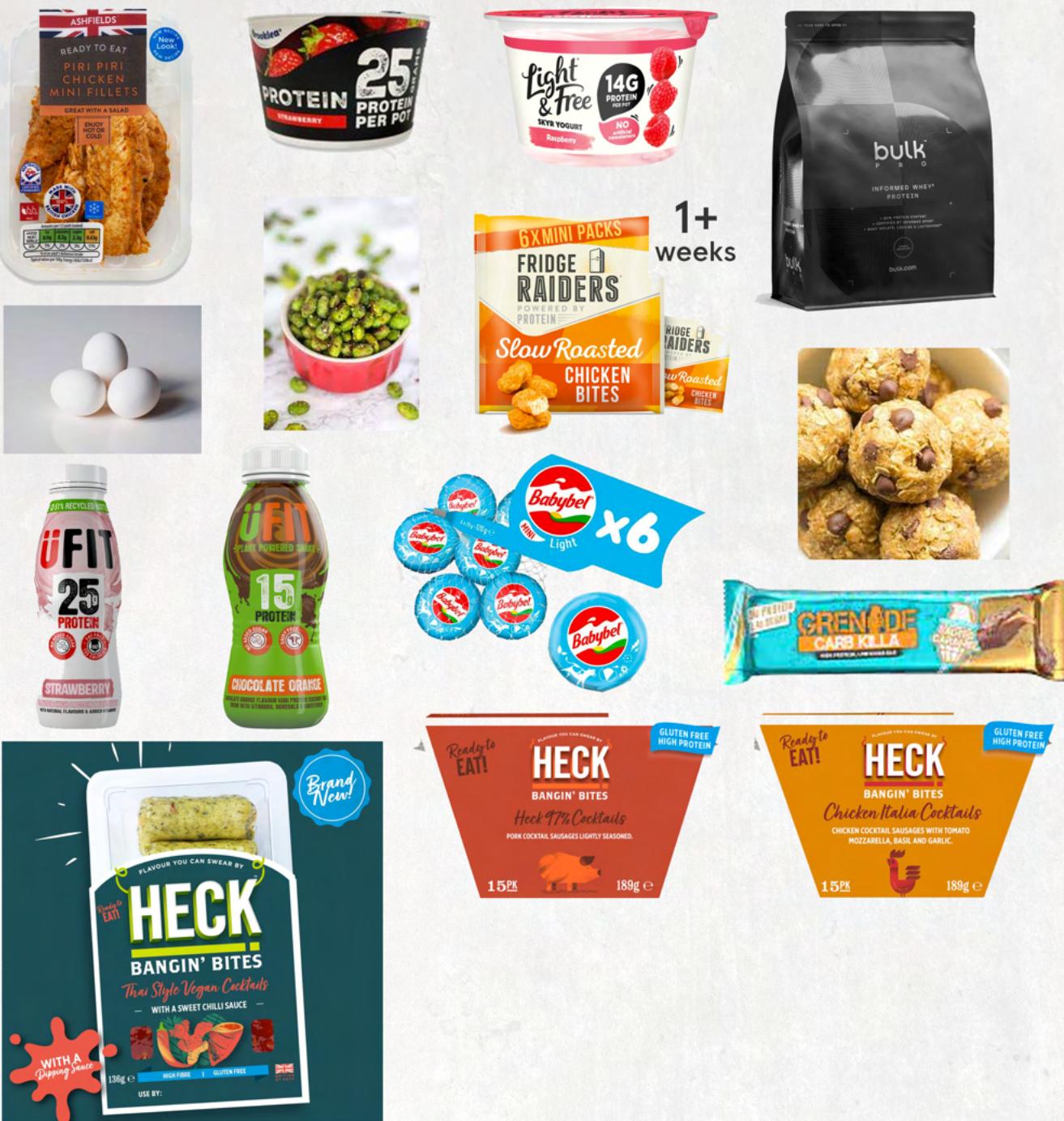
For those who prefer savoury snacks. Here's examples of 100 calories or less with a few options over 100 calories. If there is a high salt content again ensure you are hydrating enough. Aim for a minimum of 2 litres of water.



# Protein Snacks



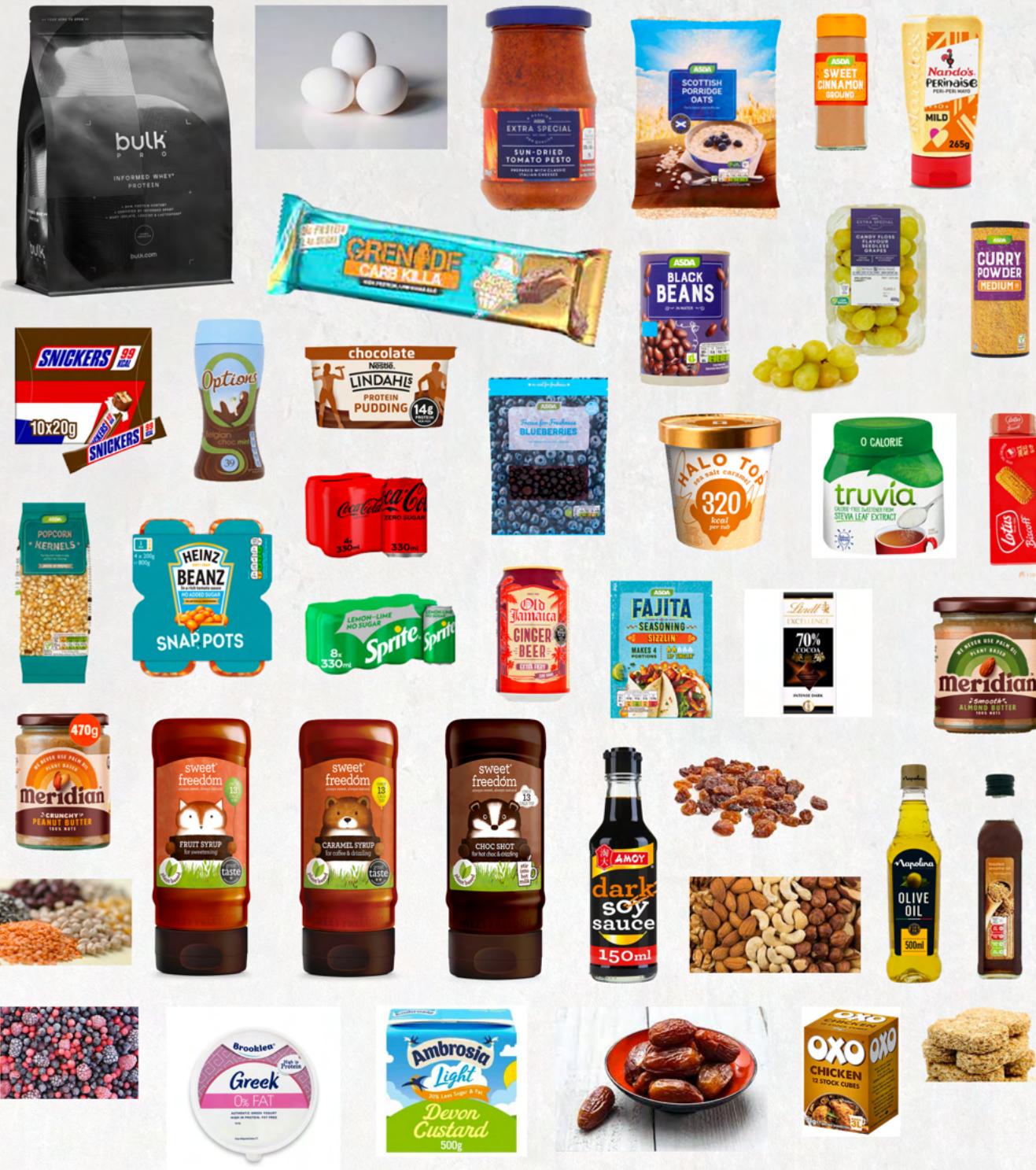
Protein snacks. If you aren't reaching your protein goal, here are some snacks that can help boost your protein intake. Watch out for protein snacks that are loaded with sugar as some can be. Carb Killa protein bars are great, they come in at 200+ calories. I sometimes eat half but, it depends on your needs. This isn't an exhaustive list just an example of things you can eat to fill you up a bit more when you're struggling. There are more options and, I have seen supermarkets offer protein pots which are a great option.



# Kitchen Essentials



Here are some essential 'keep in your kitchen' foods!



# Ready Meals Lunch & Dinner ❤

I am not the biggest fan of ready meals, I like home cooked goodness. I am aware that people's working hours are different and, lives are very busy so, I went on a supermarket adventure to find some ready meals that are balanced. Here are some. I missed out a few supermarkets which I am sure will have their options too. Some Morrison express stores (Manchester) have a great salad bar and fresh food options.



# Ready Meals Lunch & Dinner



# Ready Meals Lunch & Dinner



# Ready Meals Lunch & Dinner ❤



# Ready Meals Lunch & Dinner ❤



# **Recipes Section**

**Breakfast**

**Lunch**

**Dinner**

**Mix & Match**

**Snacks & Desserts**

**Spices & Marinades**

A few things to consider before diving into these recipes.

All recipes are based on one person however, they are an EXAMPLE and YOU will likely need to tweak the quantities based on your calorie requirements . This isn't too hard to do nor is it too hard to multiply quantities if more than one person is eating.

Yes, there is a lot of chicken but, each recipe can be adapted to other meats and, for vegetarians / vegans bar one or two. Everyone's tastes are different so feel free to add or remove as per your taste buds. Again if you're trying to eat at maintenance or in a surplus potentially eating 3 bigger meals and, a couple of snacks. If you're in a surplus, don't worry too much about eating lower fat or 0% fat foods.



# Vegan Options and Swaps



When eating Vegan we want to ensure that you're getting all the vital nutrients which you can certainly get from combining foods. There are some great options out there to ensure that you hit your protein goals. Here are some vegan swaps and options that you can use to replace ingredients in the recipes section.

## 1 Egg

65g apple sauce  
60g carbonated water  
Commercial egg replacer

Whisk together 7 grams of ground chia or flaxseeds with 45 grams of water until fully absorbed and thickened

Mix 7 grams of baking soda with 15 grams of apple cider vinegar.

## Cheese Alternatives

Nush - Almond based  
Nutritional yeast  
Oatly spread  
Violife

## Milk

Soy  
Coconut  
Coconut & Almond  
Almond  
Oat  
Cashew

## Yogurt

Coconut yogurt  
Soy yogurt  
Almond milk yogurt  
Cashew milk yogurt  
Oat milk yogurt

## Butter / Margarine

Coconut oil  
Vitalite plant free  
Flora plant butter

## Protein Brands

The Foodie Market  
Quorn  
Beyond Burger  
Linda McCartney  
Heck  
Wicked  
Naked  
Squeaky Bean

## Cheese Sauce

10ml olive oil  
10g self raising flour  
175ml plant milk  
30g Nutritional yeast  
½ tsp mustard  
½ tsp salt

In a pan mix the olive oil and flour until it forms a ball or dough. Mix it with the milk until combined and thick then add in the yeast, salt and mustard. You can add other cheese too.

## Protein powder/bars

Raw Sport  
SF Nutrition  
Sci-MX  
MisFits  
Barebells Vegan  
Tribe  
Phd Plant  
Nine

## Protein sources

Chickpea/Legume Fusilli or pasta of sorts  
Tofu  
Seitan  
Soy  
Soy Beans  
Chickpeas  
Black Beans

# Spice / Marinade / Sauce Edition ❤

## Shawarma Mix (4ppl)

2 tsp fresh garter garlic  
1 level tsp dried oregano  
1 level tsp ground allspice  
1 level tsp ground black pepper  
1 level tsp paprika  
1 level tsp ground corriander  
1 heaped tsp ground cumin  
¾ tsp chili powder  
¼ tsp turmeric  
10ml olive oil  
2 tbsp juice of lemon  
15g 0 % fat Greek yogurt

Mix it all up apart from the yogurt and oil.  
When you're ready to use the paste then add in the oil and yogurt.

## Peri Peri

2 tbsp sugar  
2 tbsp paprika  
2 tbsp onion powder  
2 tbsp garlic powder  
2 tbsp ground coriander  
1 tbsp salt  
1 tbsp dried oregano  
1 tbsp dried parsley  
2 tsp ground ginger  
2 tsp ground cardamon  
1 tsp smoked paprika  
1 tsp cayenne pepper

Mix it all up! When you're ready to use take out a tablespoon or 2 and add in  
1tbsp of Olive oil and ½ tablespoon of peri peri sauce.

## Soy & Ginger Sauce

1 tbsp ginger, minced  
2 tbsp low sodium dark soy sauce  
½ tsp honey  
½ tbsp Sesame Oil

## Salt and Pepper Mix (4ppl)

60 g (½ cup) cornflour - (cornstarch)  
1 tbsp table salt  
1 ¼ tbsp ground black pepper  
1 tbsp Chinese five-spice  
2 tbsp Soy Sauce

Marinate meat in spices and soy sauce then dip into the cornflour. Fry in sesame oil with grated garlic, chopped chillis and spring onion

## Lasagne Cheese Sauce (2ppl)

15g butter  
200ml semi skimmed milk  
15g self raising flour  
75g lighter mature cheddar  
½ tsp mustard

In a pan, melt the butter and add the SF flour until it forms a ball, pour in the milk and wait until the mix thickens before adding in 60g of cheese. If it is too thick add more milk. Add in the mustard and mix, pour over your lasagna and sprinkle the remaining cheese on top.  
If you need more of this based on your macros or partners macros, just divide it by 3 and add on to the specified quantities.

## Keema Mix

½ tbsp ginger, minced  
½ tbsp garlic, minced  
½ tsp green chilli minced  
1tsp ground cumin  
1tsp ground corriander  
¾ tsp garam masala  
¼ tsp turmeric  
½ tsp salt  
x2  
¾ tbsp olive oil  
1 star anise  
1 cinamon stick  
3 cloves  
1 white onion diced  
1 tin of tomatoes

Heat the oil and add in the star anise, cinamon stick, cloves and onion. Let the onions brown.  
Mix your 1st spices into your meat.  
Add the second spices to your tomatoes. Throw the tomatoes into the pan and cook on a low heat until the oil rises a little, then throw in your meat.  
Lamb works really well in this dish. Don't forget to top with chopped corrainder.

## Nut butter sauce

25g nut/seed butter  
1tbsp Sweet Freedom syrup  
100ml milk of choice

Mix on a low heat in a pan until slightly thickened  
Add cocoa powder to make it chocolatey and extra milk. Top on pancakes, french toast...

# Mix and Match



If you don't fancy following a recipe why not mix and match? Pick your meat (tofu, soy, seitan, quorn, beans, jackfruit to replace meat), your seasoning, sauce or paste, pair it with vegetables, carbs and fats (vegan cheese, coconut yogurt to replace dairy) too. Easy!

Read the labels on the sauces and ensure there isn't an overdose of sugar or fat per serving. As for cheese you can choose normal or lighter.

<b>Protein</b>	<b>Sauce/Paste</b>	<b>Veg + Carbs</b>	<b>Fats</b>
Any lean meat - beef, pork, fish, prawns, chicken, tofu	Soy & Ginger	Carrot, pepper, cabbage Noodles or rice	Sesame oil Crushed peanuts
Chicken breast/thigh/ beef steak Yogurt (coleslaw)	Peri Peri	Coleslaw veg mix Pitta / rice / baked potato chips	Olive oil Lighter mature cheddar (if in pitta) Light mayonnaise
Lean lamb Chicken breast/thigh	Shawarma spices	Onion, carrot, lettuce, tomato Pitta / homemade naan	Olive oil Garlic Light mayonnaise
Chicken breast/thigh/ bacon/ turkey bacon	Asda Speciality Pesto*	Pepper, sweetcorn, seas, onion Pasta	Lighter mature cheddar
Lamb / beef / turkey / chicken thigh / breast / quorn / tofu mince	Keema spice mix Yogurt + mint sauce topping	Onions, tomatoes, lettuce, purple cabbage Baked Potato Chips	Olive oil
Any lean meat - beef / turkey / chicken thigh / breast / quorn / tofu	Fajita spice sachet	Onions, pepper mix Black beans Tortilla wrap	Olive oil Lighter mature cheddar Lighter sour cream Avocado
Eggs & Egg Whites	General seasoning - salt, pepper paprika	Spinach, pepper 100g Beans 1/2 slice b.o.b bread	Butter Lighter mature cheddar
Tuna, Egg & Ham	Mustard	Lettuce, spinach, tomatoes Croutons	Olive oil drizzle Lighter mature cheddar
Chicken breast / thigh / chickpea / blackbeans	Honey, mustard & balsamic	Rocket, grated carrots, beetroot, onion Rice / quinoa	Olive oil Feta Cheese Walnuts

This is a basic mix and match. There is a page of spice mixes so do take a look at that and pinterest is your best friend for food inspo.

# Breakfast



I think breakfast has to be my favourite meal of the day. I could eat it twice! Sometimes I do and, you can too, as lunch. Breakfast sets me up for the day and is my post workout fuel. Below is one of my go to weekday recipes.

## Ingredients

50g banana  
37.5g 0% fat Greek yogurt  
1 egg  
50ml milk (I use Koko unsweetened)  
30g oats  
15g vanilla protein powder  
1 tsp of sugar / Stevia (I use Stevia)  
¼ tsp bicarb soda  
¼ tsp vanilla/almond/orange Essence  
50g raspberries/blueberries  
10g nut/seed butter



## Macros

411  
Cals

30g  
P

40g  
C

14g  
F

## Method

If you have a blender throw everything apart from the raspberries and, nut butter into the blender and blitz until smooth and, thick. Without a blender, mash the banana, mix the yogurt, protein powder and, milk together. Mix in the eggs and banana and, oats. Pour equally into cupcake case tin, I use silicone muffin cases which work really well. Add in your fruit. Bake at 175C for 17-20 minutes. Leave to cool and then top with your nut butter of choice. You can drizzle some Sweet Freedom syrup on them too.

If you want to remove the protein powder replace it with 15g self raising flour and reduce the liquid a little bit.

Don't want oat muffins, go for normal flour muffins, it isn't a crime!

Normal syrup can be used too, that's ok.

If you want to increase the quantity divide it by 3 and, add ⅓ onto the current measurements.

I bulk cook these. On a Sunday night I multiply the recipe by 3 and, again on a Weds I multiply it by 2. This is my weekday breakfast choice.

These are great as breakfast or can be divided up to eat as snack!

# Protein Pancakes



## Ingredients

50g banana  
33g 0% fat Greek yogurt  
1 egg  
20g self raising flour  
20g oats  
15g vanilla protein powder  
1 tsp of sugar / Stevia (I use Stevia)  
1/4 tsp baking powder  
1/2 tsp vanilla essence  
50g pear or whatever fruit you'd like  
75ml milk (I use Koko unsweetened)  
10g nut/seed butter  
5g Sweet Freedom syrup



## Macros

498  
Cals

31g  
P

55g  
C

15g  
F

## Method

If you have a blender throw everything apart from the butter, fruit, milk, syrup and, nut butter into the blender and blitz until smooth and thick. Otherwise, mash the banana, mix the yogurt and, protein powder together then add in the banana and eggs. Once mixed add the sugar, oats, self raising flour and, essence. Make sure the pan is heated and you have 5g of butter set aside. Once heated brush the pan with a little of the butter. Pour a third or a quarter of your batter into the pan and cook evenly on both sides. Once your pancakes are stacked, let your pan cool off a little bit and then add in the milk, nut or seed butter and Sweet Freedom syrup. Stir on a low heat until thickened into a sauce. Slice up your pear (you can poach if you want to while your pancakes are cooking), place it on your pancakes and, pour the sauce on top.

If you want to remove the protein powder replace it with an extra 15g of oats.  
If you don't want protein pancakes or oat pancakes just use 40g of self raising flour.  
You can use normal golden syrup and maple syrup too. Spice it up with a bit of biscoff or nutella spread instead of the homemade sauce.  
If you want to increase the quantity divide it by 3 and, add a third onto the current measurements.  
It's easy to use these as snacks too, if you have 3 or four you can have one or two as a filling snack.

# Baked French Toast ❤

## Ingredients

2 slices Hovis 50/50 bread  
100ml milk (I use Koko unsweetened)  
1 egg  
33g blueberries  
33g 0% fat Greek yogurt  
10g vanilla protein powder  
10g nut/seed butter  
1 tsp Sweet Freedom caramel syrup



## Macros

397  
Cals

27g  
P

43g  
C

14g  
F

## Method

Whisk the milk and, sugar or sweetener in the ovenware you are using to bake the french toast in. Break up your bread and, place into the ovenware. Mix it around so all of the mixture is soaked up into the bread. Then whip the eggs with a dash of milk. Pour the egg into the bread and, allow it to soak up. Throw in your blueberries and bake at 175C for around 15-20 minutes. Dollop on your yogurt, nut butter and drizzle over the sauce.

If you want to remove the protein powder, that's fine.

If you want to use brioche bread or white bread, go for it, it'll be delicious!

Normal syrups are fine and, spicing it up with biscoff or nutella is an option too.

If you want to increase the quantity divide it by 3 and, add one third on to the current measurements.

You can do this as the normal version without baking it so just soak the bread without tearing it up and cook in a pan instead.

# Cheesy, bacon & egg tortilla ❤

## Ingredients

50 ml milk  
1 egg  
1 egg white  
2 rashers naked bacon (Asda)  
5g butter  
1 corn tortilla  
25g lighter mature cheddar cheese  
½ tsp pepper  
½ tsp chives  
30g spinach (lightly sauteed)



## Macros

480  
Cals

46g  
P

32g  
C

24g  
F

## Method

Grill the bacon until lightly crispy, chop and set aside. Sautee the spinach lightly and set aside. Add pepper and, chive to the milk. Whip in the eggs and sauteed spinach. Brush the pan with the butter, spreading everywhere. Pour half the egg and, spinach mix into the pan and, place the tortilla on top. Add in the rest of the mix covering the tortilla. Scatter the chopped bacon over the tortilla and, egg mix. Once it seems cooked, place the cheese on one half of the tortilla and fold in half. Let it melt. Remove from the pan and slice in half. Enjoy!

If you don't eat bacon you can use turkey rashers, even shredded chicken would work. If vegetarian or vegan black beans can work too.

Feeling hungrier? Add an extra egg and, tortilla, once you've poured the second half of the egg mix over the tortilla and, added the bacon and, cheese, sandwich the second tortilla on top.

# Easy breakfasts



## Proats

40g oats  
125ml milk  
Water (add accordingly)  
20g vanilla pp (add once oats are cooked)  
½ tsp Stevia  
10g nut butter  
Choice of fruit  
50g banana/cherries  
apple / raspberries  
1 chopped date  
15 sultanas

Cook oats, sugar and, fruits with water and milk until thick-ish, then add in your protein powder and, mix well!. Sprinkle sugar and, nut butter on top. Protein can be removed and, increased with oats. Options such as nutella, biscoff and, jam can be added too.

## Macros

407 Cals	29g P	44g C	12g F
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## Cereal & Yogurt

40g Shreddies Simple  
½ tsp Stevia  
125ml milk  
Brooklea protein yogurt tub  
10g walnuts

## Macros

418 Cals	36g P	44g C	12g F
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## Toast & Shake

30g protein powder of choice  
100ml milk | 100 ml water  
2 slices Hovis 50/50 bread  
5g butter  
10g nut butter

## Macros

430 Cals	37g P	39g C	15g F
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## Bagel & Cream Cheese

1 Warburtons cinnamon & raisin bagel  
100g Aldi lighter soft cheese  
15g vanilla protein powder (mix with cheese)  
8g butter

## Macros

463 Cals	29g P	46g C	18g F
-------------	----------	----------	----------

## Eggs Anyway on Toast

2 eggs  
1 egg white  
2 slices of Hovis 50/50 bread  
8g butter

## Macros

399 Cals	24g P	34g C	21g F
-------------	----------	----------	----------

## Just a Shake

30g vanilla protein powder  
25g oats  
100ml milk | 100ml water  
10g nut butter  
10g cocoa (optional, match with fruit)  
**Fruit Options**  
75g banana  
237g raspberries  
75g raspberries + 50g blueberries +  
100g strawberries  
172g Pink Lady apple  
150g cherries  
86 g Pink Lady Apple + 75g cherries

## Macros

405 Cals	35g P	42g C	11g F
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# Easy lunches ❤

Let's talk lunches. Everyone is different. I really like quite a mix and match at lunch time, a lot of salads during the Spring and Summer time and more roasted vegetables or soups throughout Autumn and Winter.

## Chicken Salad, Hummus & Pitta

112g raw chicken breast  
6g olive oil  
30g lettuce  
30g spinach  
30g grated carrot  
50g beetroot  
10g walnuts  
50g sweet chilli hummus  
 $\frac{1}{2}$  or 1 Warburtons pitta (Macros based on  $\frac{1}{2}$ )  
½ tbsp balsamic vinegar

### Macros

480  
Cals

36g  
P

32g  
C

20g  
F



### Method

Use half the oil to marinate the chicken with. I vary my marinade. Sometimes it is a honey and, mustard or sometimes a spicy sriracha marinade. Choose from the marinades list or hunt one out on pinterest. Once you've grilled your chicken for around 8 minutes let it cool. Chop and, grate everything else and mix together, scatter over the walnuts, drizzle the balsamic and, oil, dollop the hummus on, add the chicken on top and, place the pitta on the side.

There's many funky things you can do with salads. You could remove the hummus, carrot and spinach and, replace them with feta cheese, a fig and, rocket leaves instead. You could add a dash of honey into the balsamic to ease the tang and, use that instead of pure balsamic. If you are vegetarian or vegan, go for a mix of quinoa and, beans or Quorn / soy chunks. Replace cheese with a vegan alternative or omit it. When Winter approaches I switch up the vegetables so that they can be roasted instead maybe adding beans instead of hummus.

# Chicken Soup



## Ingredients

350ml chicken stock  
1tsp olive oil  
½ tsp fresh grated garlic  
½ tsp pepper  
100g raw chicken breast OR  
90g leftover roast chicken  
15g shallots  
30g carrots  
30g peas  
7g butter  
5g self raising flour  
25ml lighter double cream  
2 slices 50/50 bread



Photo credit @bbcgoodfood

## Macros

458  
Cals

38g  
P

53g  
C

14g  
F

## Method

In a pan heat the oil, thyme and, garlic until lightly browned. Add in all the vegetables and pepper and, salt to taste. Once softened add in the chicken stock, allow it to come to the boil and, then simmer. While simmering in a separate pan, add butter and, self raising flour. Once formed into a ball pour in double cream and a laddle of stock. Once thickened pour into the main stock and allow to thicken slightly. Now add in your chicken. If your chicken is raw, season it with garlic and, herbs and throw into the pan when the vegetables are thrown in. Eat with bread, rice, croutons, pasta, whatever carb of your choice.

Soup is ‘souper’ versatile. You can change up the veg, the seasoning and, the carbs to make it more exciting. I have played with morrocoan flavours, thai flavours and mexican flavours, adding beans or tabbouleh as the carb instead. Get creative!

# Easy lunches ❤

## Chicken, coleslaw, potato salad

90g Mexican chicken (Aldi) OR meat/fish of choice  
100g coleslaw mix (Tesco)  
30g spinach  
150g raw potato (boil)  
20g lighter mature cheddar  
20g light mayonnaise  
40g 0% fat Greek yogurt  
½ tsp chipotle paste (Tesco)

### Macros

**473 Cals**   **36g P**   **38g C**   **19g F**

## Chicken, & bean salad with tortilla

100g raw chicken breast or meat/fish of choice  
40g Black beans  
25g onion  
30g red pepper  
30g yellow pepper  
30g grated carrot  
50g lettuce  
1 corn tortilla wrap  
1tsp chipotle paste (to marinade the meat in)  
30g lighter mature cheddar  
30g 0% at Greek yogurt  
15g light mayonnaise  
½ tsp garlic powder

Once the meat is cooked and cooled, mix it with the veg, beans and cheese. Mix the yogurt, mayo and garlic powder together and place on top of the salad. Bake or grill the tortilla until it is crunchy and breakable then place into your salad or leave separate if eating the next day.

### Macros

**415 Cals**   **38g P**   **35g C**   **12g F**

## Tuna Sandwich

2 slices Hovis 50/50 bread  
8g butter  
112g tuna (1 Tin)  
20g light mayonnaise  
20g sweetcorn  
110g baby plum tomatoes

### Macros

**414 Cals**   **31g P**   **39g C**   **14g F**

## Toastie

2 slices Hovis 50/50 bread  
8g butter  
40g lighter mature cheddar  
40g chicken/ham/bacon/turkey/beef/beans  
15g Branson pickle / whatever your choice

### Macros

**412 Cals**   **25g P**   **38g C**   **19g F**

# Dinner ❤

I love a good dinner. Something hearty and whole, super tasty and, satisfying to dig into to close the day. I enjoy recreating food that I have eaten out in my favourite restaurants. Burgers, Pad Thai, Kebabs, Salt & Pepper chicken..

## Salt and Pepper Chicken Wrap / Chips

125g raw chicken breast  
½ tbsp soy sauce  
⅔ tbsp black pepper  
¼ tbsp Chinese five spice  
15g cornflour  
10g sesame oil  
40g red pepper  
40g yellow pepper  
25g onion  
20g lettuce  
½ tbsp spring onion  
½ tbsp chopped chillies  
200g raw potato / 1 tortilla wrap  
30g sriracha  
15g light mayonnaise



## Macros

522  
Cals

35g  
P

59g  
C

14g  
F

## Method

Preheat the oven at 190C. Chop potatoes into slices like chips. In an oven proof dish add around 3g sesame oil and, place in the heated oven until runny. Throw in your potato and, cook for up to 40 minutes depending on the potato brand you are using. Dice the chicken thigh and marinate in a bit of the soy sauce and, all the spices. Once coated, place the cornflour in a plastic tub or container of sorts, add the chicken inside and give it a good shake until it is well coated. Heat the remainder of the oil in the pan and add in your chicken, peppers and chillis. Once it is cooked toss in your chips and, spring onions for a few minutes. If you're having a wrap and, not chihs, warm up your wrap and place everything in the wrap. Drizzle over the sriracha and, light mayo on your chips or wrap.

# Burger & Chips ❤

## Ingredients

1 5% fat beef burger  
1 brioche bun  
20g lighter mature cheddar  
150g raw potato  
30g lettuce  
30g tomato slices  
20g onion  
17g ketchup  
15g light mayonnaise  
½ tsp mustard



## Macros

569  
Cals

34.5g  
P

74.3g  
C

14.2g  
F

## Method

This is pretty straightforward. Preheat the oven to 190C. Add 3ml olive oil to an oven proof dish and, place in the heated oven. Once runny add in your sliced potato and, shake, add in any seasoning apart from salt (this removes the moisture from the potato). Bake for up to 45 minutes depending on your potato brand. Slice your onion and, place under the grill until lightly browned, grill your burger at this stage too. Add cheese on top of the burger in it's final stages of cooking. Assemble the ingredients and, top with your sauces before closing the bun.

The meat does not have to be beef, it can be chicken, lamb, tofu, soy or even bean.

# Prawn & Chorizo Spaghetti



## Ingredients

75g raw prawns  
33g chorizo  
200g tinned tomato  
50g green beans  
20g lighter mature cheddar  
½ tsp grated garlic  
½ tsp paprika  
½ tsp dried oregano  
½ tsp salt  
3g olive oil  
1 bay leaf



## Macros

511  
Cals

36.2g  
P

43.6g  
C

20.3g  
F

## Method

Fry off the chorizo on a medium heat. Set to one side. Using the same pan toss in the prawns and cook lightly. Set aside. In the same pan add in the oil, bay leaf and, garlic. Once it has lightly browned add in the tomato and, all the herbs. Let it cook on low heat until the tomato has soaked up all the flavours. Try the mix and if it needs more seasoning add it. Don't be afraid to increase seasoning. At the same time boil your green beans and, spaghetti, Once the green beans are boiled add them, the chorizo, the prawns and, spaghetti to the tomato sauce. Once heated, serve and, sprinkle cheese on top.

# Pad Thai



## Ingredients

75g raw jumbo king prawns OR  
112g chicken thigh  
50-70g folded rice noodles  
30g beansprouts  
1 egg  
1 spring onion  
10ml toasted sesame oil  
5g tamarind sauce  
10g oyster sauce  
10g soy sauce  
3 tsp fish sauce  
½ tsp chilli flakes  
½ tsp crushed garlic  
½ tsp brown sugar  
1 tsp lime juice  
A few corriander leaves



## Macros

500  
Cals

34g  
P

59g  
C

17g  
F

## Method

Boil noodles until cooked, once cooked drain and, rinse in cold water. Drizzle with a third of the oil. In a wok or a pan add another third of oil and the garlic. Let it brown slightly. Mix together the 4 sauces, lime and, sugar. Add into the pan along with the prawns. Once cooked add in the noodles and beansprouts. Scramble the egg slightly in the remainder of the oil. Once cooked add into the pad thai and stir. Serve with a wedge of lime, the chilli flakes and, garnish with spring onion and, corriander.

# Kebab ❤

## Ingredients

112g raw chicken thigh  
50g raw chicken breast  
50g wholemeal flour  
35g onion  
30g grated carrot  
30g lettuce  
1 tsp fresh gartered garlic  
½ level tsp dried oregano  
½ level tsp ground allspice  
½ level tsp ground black pepper  
½ level tsp paprika  
½ level tsp ground corriander  
1 level tsp ground cumin  
¼ tsp chili powder  
¼ tsp garlic powder  
A sprinkle of turmeric  
35g 0% 5 fat Greek yogurt  
10ml olive oil



## Macros

473  
Cals

40g  
P

43g  
C

15g  
F

## Method

Preheat the grill at 275C. Set a frying pan on low heat. Chop up veg and, chicken. Combine all the spices together and, mix with half of the olive oil, lemon and, a small drop of yogurt. Marinate chicken in paste. It is tastier when marinated for a few hours but, you can marinate and cook straight away. In a small bowl mix the flour with a teaspoon of yogurt, 3ml olive oil and, warm water, bind into a dough. Grill the chicken at 275C for 8-12 minutes, keep checking it as you don't want to overcook it. While the chicken is cooking add the remainder of your oil, ketchup a dash of vinegar and, onion into a smaller pan and, let it cook on a low heat until the onions are a little bit soft. Roll out the dough until it is round and, has the thickness of a £1 coin. Place onto frying pan and, cook, when you start to see bubbles rising flip the bread and cook until larger bubbles form, flip again and, gently press down with a spatula and watch the bubbles become larger, slightly press on them to encourage the rest of the bread to bubble. Don't worry if it doesn't! You'll know when it is cooked. Mix remaining yogurt with mayonnaise and, add in the garlic powder. Add your salad items, onions, chicken onto the bread and, dollop over the yogurt sauce. Wrap it up and enjoy!

\*Your entire salad might not fit in the bread.

Again, your meat of choice can vary. Jackfruit can be a replacement for meat to make it vegan friendly, swapping yogurt for a vegan option listed on the vegan swaps page.

# Chicken, Chickpea, Spinach Curry ❤

## Ingredients

110g raw chicken/turkey breast/thigh  
60g spinach  
60g chickpeas  
30g onion  
200g tomato tin  
45g raw basmati rice  
10ml olive oil  
1tsp garlic  
1tsp ginger  
¾ tsp fresh green chillies  
½ tsp chilli powder  
½ tsp salt (plus salt to taste)  
¼ tsp garam masala  
½ tsp ground coriander  
¾ tsp ground cumin  
½ tsp fenugreek seeds  
Pinch of turmeric  
1 tsp chopped coriander



Photo credit @seasonsandsuppers

## Macros

509  
Cals

36.9g  
P

55.7g  
C

15g  
F

## Method

Boil the rice in water with a sprinkle of salt and, prepare the rest of the curry. Blitz tomatoes with all the spices, garlic and, chilli. In a lightly heated pan add in the oil. Once heated, throw in the fenugreek seeds and, onion, let the onions brown slightly. Once they are browned throw in your tomato mix and, cook on a low heat until the oil has risen to the top. You may need to keep checking back. Add a splash of water and then add in the chicken and chickpeas. Simmer until the chicken is just cooked and then throw in the spinach. Once the spinach has reduced down, serve with rice and, garnish with coriander.

You can use a whole chicken for this too, especially if you're cooking for more than one person or fancy making it last for a couple of meals. The bones actually give off a better flavour. The calories would vary as you get more of a mix of parts. You can omit the spinach and, chickpeas if you like. Swap the rice for pitta, naan or chappatis. The more traditional version uses, cinnamon sticks, cloves, peppercorns and, whole cardmon pods instead of fenugreek seeds and, alot more corrainder to garnish.

Remove the chicken and, double up on chickpeas to make it a fully vegan meal!.

# Fish Pie ❤

## Ingredients

225g raw potato  
30g haddock fillets  
30g salmon  
30g raw jumbo prawns  
½ tsp salt  
½ tsp pepper  
½ tsp paprika  
1tsp garlic  
10g butter  
5g self raising flour  
125ml milk of choice  
35g lighter mature cheddar  
½ tsp mustard  
30g green peas  
30g green beans  
60g broccoli



Photo credit @bbcgoodfood

## Macros

536  
Cals

37g  
P

53g  
C

22g  
F

## Method

Preheat the oven to 180C.

Boil the potato and, the vegetables (if frozen) separately. While boiling prepare the cheese sauce. In a pan, melt the butter and, flour and, mix until it forms a ball, pour in 100ml of the milk and, wait until the mix thickens slightly, then add your cheese, remove from the heat before it gets too thick. Once the potatoes are boiled, mash with the remainder of the milk and, butter. Add salt and pepper to taste. Season fish in salt, pepper, garlic and, paprika. In your bakeware mix the cheese sauce with your fish and vegetables. Spread the mashed potato on top evenly and then bake for 15-18 minutes.

Choose whatever fish you like it doesn't necessarily have to be the specified. You can also sprinkle some extra cheese on top instead of using it all in the cheese sauce. If your cheese sauce is too thick add abit more milk.

# Fish and Chips



## Ingredients

175g raw potato  
125g haddock fillets  
20g plain flour  
½ egg  
½ tsp fresh garlic  
½ tsp salt  
½ tsp pepper  
½ tsp paprika  
65ml milk of choice  
12ml olive oil  
150g mushy peas (Tesco)  
1 tbsp tarte sauce



Photo credit @bbcgoodfood

## Macros

567  
Cals

42.8g  
P

63.3g  
C

15.8g  
F

## Method

Preheat the oven to 190C.

Place a bit of oil in your ovenware for the chips. Once runny throw in your potatoes and season with a bit of pepper and bake for up to 45 minutes. Sometimes throwing in some thyme gives the potato a nice flavour. Mix the milk and, egg together and, put the flour on a plate. Pat dry the haddock fillets and, then dip each side into the flour then dip into the egg and, milk mix and, one more time into the flour. Pour the rest of the oil into the pan and, fry the fish for 2 minutes on each side, then place into the oven to cook for around 10 minutes, any remaining oil add into the oven dish with the fish. Warm up the peas and, serve with a wedge of lemon and a dash of vinegar over the fish and chips.

Choose whatever fish you like it doesn't necessarily have to be the specified.

# Snacks and Desserts



## Flapjacks

120g oats  
50g nut butter  
50g butter/coconut oil  
60g vanilla protein powder  
20g stevia  
20g Sweet Freedom syrup/honey  
125ml milk

Mix oats, protein powder and, stevia together. Melt the butter and, mix with the milk, syrup and, nut butter then add to the dry mix. Rest for 30 minutes and, then bake for 10 minutes at 175C. You can add melted chocolate on top, or spices in the mix or dried fruit or chocolate chips. Makes 12.

## Macros

118 Cals	6.6g P	8g C	6.6g F
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## Cheesecake of sorts

50g reduced fat soft cheese  
20g 0% fat greek yogurt  
5g vanilla protein powder  
½ tsp sweetener  
2 Lotus biscoff (or Oreo / biscuit choice)

Whip up the soft cheese, sweetener and, yogurt. Sometimes a squeeze of lemon helps with the flavour. You can add essence too. Crush the biscuits and, add them on top! You can omit the biscuits if you like. I use this for an Indian dessert recipe, Shrikand, add ½ tsp ground cardamon and, 3 crushed almonds.

## Macros

189 Cals	12g P	15g C	9g F
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## Cinnamon Buns

90g self raising flour  
30g vanilla protein powder  
160g 0% fat greek yogurt  
15g butter  
25g Sweet Freedom syrup  
2 tsp cinnamon

Mix together the dry ingredients. Set aside 60g of the yogurt. In the dry mix add the yogurt bit by bit until it forms a dough. Roll the dough out and, form a rectangle. Melt the butter, add the cinnamon and, ½ the syrup. Pour over the dough evenly and, roll the dough until it's like a swiss roll. Cut into 7/8 pieces and place into a baking tin. Bake at 180C for 25 minutes. Add remaining syrup a dash of milk to the yogurt and, spread over the rolls.

## Macros

97 Cals	7.2g P	12.8g C	2g F
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## Popcorn

35g popcorn kernels  
8g butter  
8g stevia  
10g Sweet Freedom caramel syrup

Heat the butter, once melted add in the kernels, just before they start popping throw in the sugar and, the syrup. You don't have to have it sweet. Just top with salt. Once popped let cool and eat!

## Macros

201 Cals	4g P	29g C	7g F
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# Snacks and Desserts



## Nachos

1 Mission corn & wheat tortilla  
25g lighter mature cheddar  
10g 0% fat greek yogurt  
30g avocado  
1 tsp fresh lime juice  
1/4 tsp garlic powder  
1/4 tsp salt  
1 tsp chopped coriander

Heat grill around 265C. Bake tortilla under the grill on both sides until it's browned, let it cool and then break up. Sprinkle on the cheese and return to the grill. Mash up the avocado with the yogurt, lime, garlic and, salt then add the coriander. Top the nachos with avocado. You can make this into a meal by adding shredded chipotle chicken and, vegetables.

## Macros

242  
Cals

12g  
P

20g  
C

14g  
F

## Oat & Raisin Protein Balls

50g oats  
20g vanilla protein powder  
10g buckwheat flour / chickpea flour  
20g coconut oil  
20g nut / seed butter  
20ml milk  
16g sultanas | dried fruit (adds sweetness)

Mix all the dry ingredients together. Melt the coconut oil in the microwave with the milk. Once melted add in the almond butter and, mix until it is all combined. Add the sultanas into the dry mix and, add the wet ingredients slowly until combined. Mix with a spoon and then make 5 protein balls. Refrigerate for 30 minutes then remove and, eat or store in a dry place.

## Macros

131  
Cals

5.8g  
P

10g  
C

7g  
F

## Egg & Banana Muffins

75g banana  
1 egg  
10g vanilla protein powder (can omit)

Pre-heat oven to 175C. Blitz all the ingredients and pour into silicone cupcake cases. Bake for around 9-12 minutes. Keep an eye on them, they may need less.

## Macros

197  
Cals

16g  
P

19g  
C

7g  
F