

TRINITY  
COOKBOOK

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# *Welcome to the* **COOKBOOK**

SIMPLE DELICIOUS RECIPES TO MAKE DIETING EASY

Eating healthily is associated with boring bland meals - salads, stir fries and none of the good stuff. These foods are so unsatisfying it's no wonder most people go insane and fall off the wagon.

We're here to tell you it doesn't have to be that way. With this recipe pack we've put together 100-pages of our favourite recipes from the past five years to show you that you can still eat mouth-watering food whilst shrinking your waist and flattening your belly.

You can have ice cream, brownies and fish 'n' chips. You can devour curries, lasagna and burgers too. All you need to do is buy a few ingredients and give these simple recipes a go.

We've purposefully selected only the fastest and easiest recipes for this cookbook as we have precious little time to spend in the kitchen and we're sure you do too.

## *When Should I Use It?*

We recommend taking this little book shopping with you to stock up on ingredients. Pick a couple of your favourite meals, snacks and smoothies, buy all the ingredients and cook them up in bulk. Cooking meals this way will save you hundreds of hours and hundreds of pounds a year as you'll no longer have to grab expensive meals on the go that over time ruin your bank account as well as your results!



## *Cooking Equipment*

Now, we're not going to suggest you go out there and spend hundreds of pounds on fancy kitchen equipment - it's simply not necessary as most people have everything they need to cook healthy delicious meals.

However, if you want to make sure you have everything from the get go, here's what we recommend:

- A sharp chef's knife (the only knife you need)
- A large saucepan
- A second saucepan (any size)
- A large non-stick frying pan
- A good chopping board
- A wooden, plastic or silicone spatula
- A set of digital kitchen scales
- A measuring jug (or protein shaker with a scale)
- A blender (it doesn't have to be fancy)
- 5-10 tupperware containers (we like glass)

That's it! None of it need to be fancy - in fact you can pick up most of it from IKEA for a very reasonable price (less than £100).





# *Breakfasts*



### DIET MAKEOVER SWAPS

Swap natural yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yogurt), and swap regular cheddar cheese for lactose-free cheddar or vegan cheese.

# Zesty Chipotle Mexican Omelette

Macros/serving (serves 2): 479 kcal, P 46g, C 15g, F 26g

## INGREDIENTS

4 large eggs	½ small onion
1 chicken breast*	½ small carrot
1 tsp Chipotle paste*	¼ white cabbage
1 tbsp coconut oil	1 fresh red chilli
1 tsp olive oil	2 tbsp natural yogurt
½ ripe avocado	30g Cheddar cheese, grated
2 limes	
1 handful fresh coriander	

## METHOD

1. Butterfly chicken breast and smother in chipotle paste. Grill for 6-8 minutes on each side until cooked through.
2. Blend the following until smooth: avocado, juice of 1 lime, coriander stalks, natural yogurt, olive oil, salt and pepper.
3. Peel and finely chop onion and carrot. Finely slice the cabbage and chilli. Place in bowl, pick over most of the coriander leaves, add avocado dressing and mix together.
4. Add a teaspoon of coconut oil to a frying pan on a medium heat. Whisk up two eggs and then pour into the frying pan, tilting the pan to cover it. As the omelette begins to set, sprinkle over half the cheese.
5. Slide the omelette onto a plate. Place a handful of cabbage slaw on top, and then some sliced chicken breast. Roll it up, squeeze over lime juice and tear over some coriander. Repeat for the second omelette.



### DIET MAKEOVER SWAPS

Swap regular cheddar cheese for lactose-free cheddar or vegan cheese.

# *Pizza-Style Omelette*

Macros/serving (serves 2): 284 kcal, P 17g, C 6g, F 19g

## INGREDIENTS

4 Large Eggs	5 Artichoke Heart Pieces
½ White Onion, Sliced	(jarred in Olive Oil)
2-3 Anchovy Fillets (tinned in Olive Oil)	30g Mature Cheddar Cheese
5 Sun-dried Tomatoes (jarred in Olive Oil)	Small Handful of Spinach or Rocket

## METHOD

1. Place a large non-stick frying pan over a medium heat. Open the tin of anchovies and pour the olive oil from the tin into the frying pan. Add the sliced onion and fry until it turns clear.
2. Crack the eggs into a container (a large measuring jug works well) and whisk them with a fork to mix the yolks and whites.
3. Make sure the oil is evenly coating the bottom of the pan (use a spatula to spread it around if needed), and then pour the eggs into the frying pan.
4. Whilst the eggs are cooking, finely chop the anchovy fillets, and slice the sun dried tomatoes and artichoke hearts.
5. When the omelette is nearly set (the top should still be a little soft), grate over the cheese using the coarse side of a grater. Sprinkle over the remaining ingredients: anchovies, sun-dried tomatoes, artichoke hearts and spinach or rocket leaves.
6. Leave to cook for a minute, season with freshly ground black pepper, slide onto a plate and enjoy!



## DIET MAKEOVER SWAPS

Miss out the honey - it will still taste good!

# *Low-Carb Calzone Omelette*

Macros/serving (serves 2): 322 kcal, P 19g, C 15g, F 21g

## INGREDIENTS

400g Chopped tomatoes	Pinch of salt
1 Large vine tomato	Black pepper
1 Clove of garlic	Dried basil
5 Large eggs	Dried oregano
1 tbsp Olive oil	Handful of salad leaves
½ tsp Honey	

## METHOD

1. Finely chop the garlic and chop the vine tomato into large chunks. If you are using fresh basil and oregano, chop these too.
2. Put the garlic, vine tomato, chopped tomatoes, basil, oregano, salt, pepper and half the olive oil into a saucepan. Put the pan on a medium heat and cook for 10 minutes, stirring occasionally.
3. Whisk the eggs in a separate container. Pour the other half of the olive oil into a frying pan and place it on a high heat.
4. Pour the whisked eggs into the frying pan and turn the heat down to a medium setting. As the eggs begin to cook, start to carefully lift up the cooked edges of the omelette and fill the gaps with uncooked egg from the centre by tilting the pan.
5. Pour the tomato sauce onto the cooked omelette and spread it around. Carefully fold over the omelette using a spatula and slide it out of the pan onto a plate.
6. Serve with a side salad of your choice, I chose to use a basic leafy salad but you can use anything you want.

## DIET MAKEOVER SWAPS

Swap 85% dark chocolate for 90% dark chocolate, or miss it out altogether - it will still taste great!





# Double-Chocolate Proats

Macros/serving (serves 1): 395 kcal, P 25g, C 36g, F 16g

## INGREDIENTS

50g Oats	1 Square (10g) 85% Dark
200ml Unsweetened Almond or Oat Milk	Chocolate
½ Scoop Chocolate Protein Powder	½ tbsp (15g) Peanut Butter
	1 Handful Frozen Berries

## METHOD

1. Combine the oats and almond milk in a microwaveable bowl (with room to spare) and chuck it in the microwave for 2 minutes (for a 700W microwave – reduce the time if using a more powerful microwave).
2. Give the oats a quick stir and put back in the microwave for a minute more.
3. Remove the oats from the microwave and mix in the chocolate protein powder. Start by pressing the protein into the oats with the back of a spoon until it has mostly been absorbed by the oats before stirring (this makes it mix much quicker and easier!).  
Tip: if it gets really dry and thick at this point, add some more milk and stir it in.
4. Next chuck in the squares of dark chocolate and stir that too so that it melts into the proats.
5. Finally, add your peanut butter and frozen berries (it's up to you whether you stir these in) and enjoy!



## DIET MAKEOVER SWAPS

Swap natural yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yogurt), and you can miss out the sweetener.

# *Carrot Cake Baked Oats Bliss*

Macros/serving (serves 2): 379 kcal, P 23g, C 38g, F 13g

## INGREDIENTS

150g Low fat natural yoghurt	20g Prunes (stoned)
150g Unsweetened Almond or Oat milk	15g Desiccated coconut
100g Carrot (peeled)	1 Egg (medium size)
50g Oats	Pinch of baking powder, salt, sweetener and cinnamon
40g Raisins	Small amount of butter/ coconut oil for greasing
30g Coconut or Vanilla protein powder	

## METHOD

1. Preheat your oven to 200°C (180°C for fan assisted).
2. Put the egg, almond milk, protein powder, baking powder, salt, sweetener and cinnamon into a mixing bowl and whisk it up.
3. Grate your carrot then add it along with the oats, raisins, prunes and coconut to your blended mix.
4. Transfer the combined ingredients to a small greased loaf tin and put it in the oven for 25-30mins until it is golden brown on top with a spongy feel when pressed.
5. Remove it from the oven and allow it to cool before removing it from the tin.
6. Once it has cooled down, wrap it and stick it in the fridge ready for breakfast the next day.
7. Serve up your carrot cake baked oats with the natural yoghurt and a sprinkling of cinnamon.



# *Almighty Almond Shake*

Macros/serving (serves 1): 431 kcal, P 30g, C 31g, F 22g

## INGREDIENTS

300ml Almond or Oat Milk (Unsweetened)	10g Desiccated Coconut
30g Blueberries	10g Coconut Oil
30g Vanilla Whey Protein	1 Medium Banana (80g)
35g Almond Butter	

# *Low-Carb Vitamin Booster*

Macros/serving (serves 1): 545 kcal, P 38g, C 25g, F 33g

## INGREDIENTS

300ml Coconut or Oat Milk	50g Almond Butter
30g Whey Protein (unflavoured, vanilla or even chocolate works!)	50g Fresh Blueberries
	100g Frozen Raspberries

## METHOD

1. Chuck all of the ingredients into a blender and whiz until smooth. Pour out into a large glass or a protein shaker. Enjoy!



# Paleo Breakfast Fry-Up

Macros/serving (serves 1): 446 kcal, P 27g, C 14g, F 34g

## INGREDIENTS

1/4 tbsp or 5 Sprays Olive Oil	<i>Salmon Seasonings:</i>
120g Salmon Fillet	1 tsp Onion Flakes
1 Small Avocado	1 tsp Red Pepper Flakes
¼ Beef Tomato	½ tsp Ground Mustard Seed
Handful of Spinach	½ tsp Ground Mustard Seed
Handful of Mushrooms	¼ tsp Szechuan pepper
½ Lemon	¼ tsp Cumin
½ Lime	Salt & Pepper

## METHOD

1. Mix all of the salmon seasoning ingredients together in a bowl. Add the salmon to the bowl containing the seasoning. Mix it all up until the salmon is coated with the seasoning on all sides.
2. Put a large non-stick frying pan on a medium heat. Add the oil, and once the oil has heated up, throw in the salmon. It should take about 5 minutes per side to cook.
3. Slice up your mushrooms and tomato, and add them to the pan alongside the salmon.
4. Once you see the salmon has cooked about halfway through, flip the salmon over to cook the other side.
5. By this point, the salmon should only have a couple of minutes left, so add your handful of spinach.
6. Finally, peel and slice your avocado. Place it on a plate, then add all of the ingredients from the frying pan. Grind over some pepper and squeeze over the juices of the lemon and lime.



### DIET MAKEOVER SWAPS

Use zero-calorie sugar-free syrup (e.g. Skinny Foods available on Amazon) or miss it out altogether.



# Bacon & Syrup Pancakes

Macros/serving (serves 1): 478 kcal, P 35g, C 28g, F 25g

## INGREDIENTS

¼ cup (40g) coconut flour	rashers of bacon
1 whole egg	Sugar free pancake syrup (e.g. Walden Farms), Agave Nectar or Honey
1 egg white	
¼ cup almond/oat milk	1 tsp melted Coconut oil (and extra/spray oil for frying the pancakes)
½ tsp baking powder	
½ tsp salt	
2 smoked or maple cured	

## METHOD

1. Combine the flour, baking powder, and salt in a bowl. Stir in the egg, egg white, almond milk and teaspoon of coconut oil. Stir until thoroughly combined.
2. Heat a non-stick pan over medium high heat. Grease it with a good dollop of coconut oil – around 2 teaspoons. Make sure the pan is good and hot before you add the batter – while the pan is heating up place the bacon under the grill or alternatively, cook it in the same pan as the pancakes!
3. Pour your desired amount of batter onto the pan – you should have enough to make 4 medium sized pancakes. Cook until golden on one side, and flip using a large spatula (the pancakes are quite delicate so be careful when flipping). Cook until golden on a low-medium heat.
4. Stack the pancakes onto a plate, place the bacon on top, and drizzle (or smother) syrup on the top – I also like to add a few blueberries to the dish!



# Smoked Mackerel Kedgeree

Macros/serving (serves 4): 522 kcal, P 22g, C 44g, F 28g

## INGREDIENTS

260g Smoked Mackerel Fillets	<i>Spices:</i>
200g Basmati rice	1 ½ tbsp Mild Curry Powder
4 Large Eggs	1 Cinnamon stick
1 tbsp Olive Oil	1 Lemon
1 Large Onion	Small Handful of Parsley
1 Aubergine	Black Pepper
2 Courgettes	Pinch of Salt

## METHOD

1. Slice the aubergine into ½ cm thick semicircles. Slice the courgettes into disks the same thickness. Tip both into a griddle pan or grill tray with half the olive oil and cook until browned.
2. Slice the onion and put these into a large high-sided frying pan and cook in the second half of the oil until softened. Add the cinnamon stick and curry powder, stir, and cook for a minute.
3. Fill the kettle and boil. Tip the rice into the pan with the onions and spices, and stir. Pour over enough water to come above the surface of the rice by 2 1/2 cm (1 inch) and bring to the boil.
4. Turn the rice down to a simmer, put a lid on the pan and cook for 10 mins until the rice is cooked and the water's absorbed.
5. Boil the eggs for 7 minutes, then remove and cover with cold water, lave to cool slightly. Remove the shells and cut in half.
6. Shred the smoked mackerel using a fork and combine with the rice mix. Top with parsley, lemon juice and the halved eggs.



# *Main Meals*



# Quick Tasty Thai Red Curry

Macros/serving (serves 4): 549 kcal, P 36g, C 48g, F 24g

## INGREDIENTS

500g Chicken Breast	1 Sweet Red Pepper
4 tbsp (60g) Red Thai Curry Paste	1 large handful Kale
1 tbsp (15g) Extra Virgin Coconut Oil or Olive Oil	1 Lime
1 tbsp (15ml) Fish Sauce	Boiling Water
400ml (1 tin) Coconut Milk	200g Basmati Rice

## METHOD

1. Put the cooking oil and curry paste into a large saucepan and fry over a low heat for 2 minutes. Dice up the chicken breast and add to the saucepan and stir to coat evenly with the paste.
2. When the chicken begins to colour up, pour over the coconut milk and add the fish sauce. Bring to a light simmer for about 5 minutes, but don't let it boil as this will curdle the coconut milk.
3. Measure the rice into a separate saucepan using a mug. Cover with twice the amount of boiling water as rice (use the mug to measure). Put a lid on the saucepan and bring this to the boil. When it starts boiling, turn the heat down to a minimum and leave to steam for 10 minutes until all the water is absorbed.
4. Return to the curry and add the kale and pepper and cook for a further 5 minutes.
5. When you're ready to serve, squeeze the lime into the curry, and add a dollop of Greek yogurt, and serve with the rice.





# Salmon & Coconut Curry

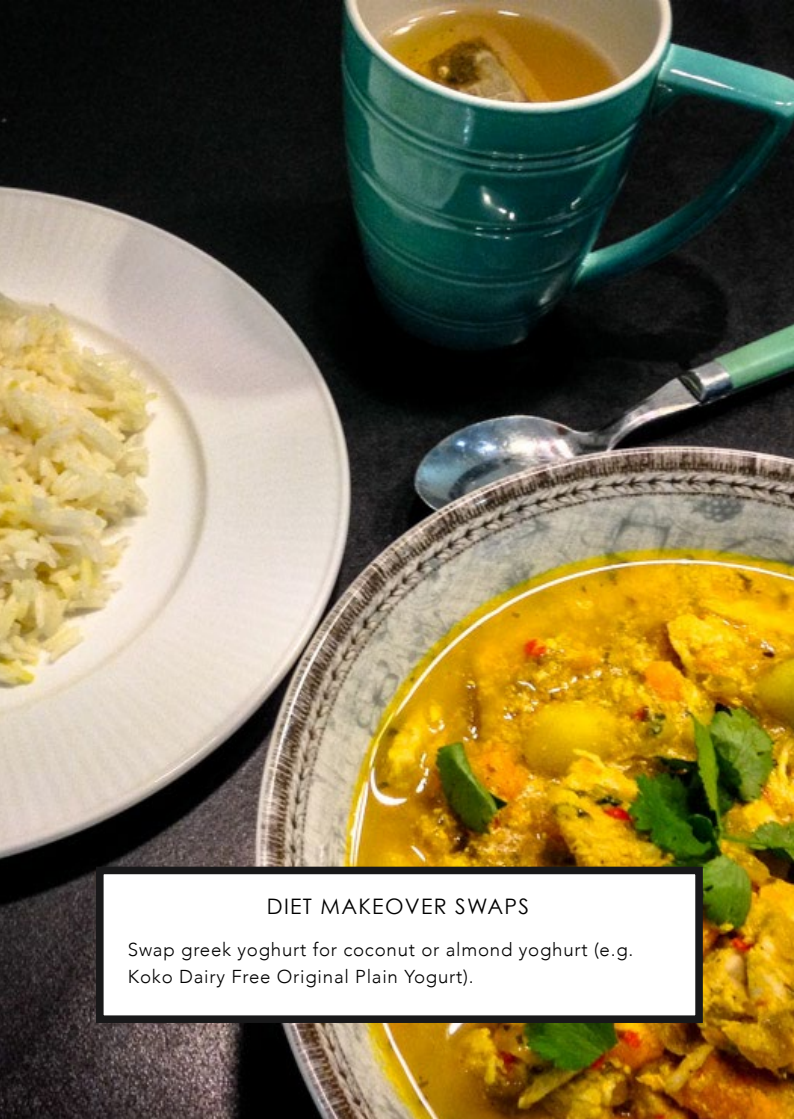
Macros/serving (serves 6): 315 kcal, P 27g, C 8g, F 19g

## INGREDIENTS

700g wild salmon fillets	Handful fresh coriander
2 x 400g tins light coconut milk	2 lemons
2 medium red onions	2 tbsp extra virgin olive oil
2 sweet pointed peppers	2 tsps medium curry powder
10 cherry tomatoes	1 tsp cumin seeds
2 cloves garlic	1 tsp mustard seeds
2 cm ginger	1 tsp fennel seeds
1 fresh red chilli	Rice to serve (not in macros)

## METHOD

1. Preheat the oven to 160°C/325°F.
2. Peel and finely slice the onion, garlic and ginger. Slice the pointed peppers and chilli. Chop most of the coriander.
3. Add 1 ½ tbsp of Olive Oil to a medium-sized saucepan. Add the spices to the pan and stir over a low heat for 2-3 minutes. Chuck all the sliced veg into the pan and cook for 15 mins.
4. Tip the veg into a large baking dish. Place the salmon fillets skin-side down on top of the veg. Season the salmon and drizzle with ½ tbsp of Olive Oil. Flip the salmon over so the skin is facing up and put the dish in the oven for 20 mins.
5. Remove the tray from the oven and carefully remove the skin from the salmon. Pour the coconut milk into the dish, add the tomatoes and juice of 1 lemon. Break up the salmon and mix all together. Return to the oven for 10 minutes. Remove from the oven and break up the coriander leaves and scatter on top.



## DIET MAKEOVER SWAPS

Swap greek yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yogurt).

# Healthy Turkey Curry

Macros/serving (serves 4): 362 kcal, P 44g, C 26g, F 10g

## INGREDIENTS

500g Turkey breast fillets	1 tbsp Extra virgin olive oil
300g White potatoes, cubed	200g Greek yogurt 0% fat
200g Sweet potatoes, cubed	1 Chicken stock cube
3 Garlic cloves	1 Lemon
1 Medium onion	8 Cardamom pods
1 Fresh red chilli	1 tsp medium curry powder, cumin seeds, garam massala and turmeric (1 tsp each)
1 inch/2.5 cm Fresh ginger	Rice to serve (not in macros)
Handful of fresh coriander	
25g Organic butter	

## METHOD

1. Preheat the oven to 180°C/355°F. Place the turkey breasts in a roasting dish and cover with foil. Put in the oven for 30 minutes.
2. Chop the onions, garlic, chilli and ginger. Heat the oil and butter in a large saucepan. Add the onion and fry for 2 minutes. Add the garlic, chilli, ginger and spices. Cook until softened.
3. Add the potatoes and fry until the potatoes begin to stick to the pan slightly. Boil 500ml of water and break in the chicken stock cube. Pour in the chicken stock and bring to the boil. Reduce the heat and leave to simmer for 10-15 minutes.
4. Remove the turkey breasts from the oven and place on a chopping board to cool. Once the turkey breasts have cooled slightly, carve into slices with a serrated knife.
5. Make sure the potatoes are cooked and then add the sliced turkey breast to the pan. Stir in the yogurt and the lemon juice.



# *Lean Mean Chilli Con Carne*

Macros/serving (serves 6): 407 kcal, P 46g, C 15g, F 18g

## INGREDIENTS

500g Organic Lean Beef Mince	2 Small Chillies
500g Lean Turkey Breast Mince	Organic stock cube
2x400g Tins Chopped Tomatoes	Cumin
400g (240g drained) Mixed Pulses or Kidney Beans	Coriander Leaf
2 tbsp Extra Virgin Olive Oil	Smoked Paprika
100g Onion (1 medium onion)	Turmeric
100g Carrots	Mild Chili Powder
	Rice to serve (not in macros)

## METHOD

1. First chop the onions and chilli, and grate the carrot using a cheese grater (chop it finely if you don't have one).
2. Chuck all this veg into a large saucepan with the olive oil and fry over a low heat until the onions turn transparent. You can reduce the quantity of olive oil to suit your diet or substitute this for coconut oil.
3. Add both beef and turkey mince to the pan and continue to cook until the meat is lightly coloured all over. Next, add the tinned tomatoes, pulses, stock cube and spices, and mix.
4. Leave this to simmer for at least 15 minutes to allow the meat to cook. However, for the ultimate chilli I like to leave mine for about 45 minutes to really release the deep intense flavours.
5. Serve with a dollop of Greek yogurt (or dairy-free coconut or almond yoghurt if on the Diet Makeover) and a sliced avocado with steamed rice (can use cauliflower rice to reduce calories).



ORIGINAL  
CHOLULA  
HOT SAUCE  
ORIGINAL  
150 ml

# *Must-Have Mexican Chicken*

Macros/serving (serves 3): 267 kcal, P 39g, C 7g, F 9g

## INGREDIENTS

3 Chicken breasts	1 tsp Onion granules
1 Red Pepper	1 tsp Garlic granules
1 Green Pepper	1 tsp Oregano
1 Yellow Pepper	1 tbsp Extra virgin olive oil
1 tbsp Paprika	1 Lime
1 tsp Mild curry powder	Salt & Pepper
1 tsp Cayenne pepper	Rice to serve (not in macros)

## METHOD

1. Mix all the spices together in a large mixing bowl together with the olive oil until thoroughly combined and smooth. Season with salt and pepper to taste.
2. Butterfly the chicken breasts or slice them up into strips approximately 2 inches long and half an inch wide.
3. Add the chicken to the spices and thoroughly mix together until the chicken is evenly coated.
4. Place a griddle pan or frying pan on a high heat. Once hot (almost smoking) add the chicken to the pan. Allow the chicken to sear on one side for approximately 5 minutes, then flip over and cook the other side.
5. Serve on a bed of steamed basmati rice (recipe in the sides section) and top with low fat cheddar cheese, avocado and Greek yogurt (or dairy-free coconut or almond yoghurt if on the Diet Makeover). Squeeze of the juice from the lime and enjoy!



## DIET MAKEOVER SWAPS

Use zero-calorie sugar-free syrup instead of honey (e.g. Skinny Foods available on Amazon).



# *Honey Grilled Salmon*

Macros/serving (serves 4): 301 kcal, P 30g, C 9g, F 16g

## INGREDIENTS

- |                               |   |
|-------------------------------|---|
| 4 Salmon fillets (480g)       | 1 Fresh spring onion  |
| 4 tbsp Soy sauce              | Rice, cauliflower rice, potato<br>or sweet potato mash to serve |
| 30g honey                     | (not in macros)   |
| 4 Cloves of garlic            |   |
| 1 Thumb sized piece of ginger |   |
| 1 Handful of coriander leaves |   |
| 1 Fresh red Chilli            |   |

## METHOD

1. Finely chop the ginger, garlic and coriander.
2. Slice up the spring onion and the chilli and set aside.
3. Add the soy sauce, honey, garlic, coriander and ginger to a large mixing bowl and mix until combined.
4. Add the salmon fillets to the mixing bowl and move them around to ensure they are all coated evenly.
5. Remove the salmon fillets from the marinade and place onto a lined oven tray.
6. Grill the salmon fillets on a medium-high heat for 10 minutes or until cooked through. Turn the fillets halfway through to prevent the marinade from burning.
7. Serve on a bed of steamed basmati rice (full recipe in sides section) and top with the sliced spring onion and chilli.



# *Blackened Salmon*

Macros/serving (serves 2): 268 kcal, P 30g, C 0g, F 16g

## INGREDIENTS

2 Wild Salmon Fillets, skin on	1/4 tsp Dried Thyme
1 tbsp Extra Virgin Olive Oil	1/4 tsp Dried Basil
1 tbsp Paprika	1/4 tsp Dried Oregano
1 tsp Cayenne Pepper (or Garam Massala)	1/4 tsp Ground White Pepper
1 tsp Medium Chilli Powder	1/4 tsp Ground Black Pepper
1 tsp Smoked Garlic Powder	1/4 tsp Salt

## METHOD

1. Mix all the spices up in a medium-sized bowl.
2. Coat both sides of the salmon fillets in the olive oil. Sprinkle the spice mix onto both sides and rub into the salmon, making sure it's evenly coated.
3. It will probably get quite smoky, so get your hob extractor fan on full before you start frying the fish.
4. Grab a griddle pan (or a non-stick frying pan if you don't have a griddle) and put it on a medium-high heat. Wait for the pan to heat up properly.
5. Chuck in the salmon fillets, skin side down without any oil. Use a spatula to keep them moving around and prevent them from sticking. Fry for 5 minutes and then flip them and cook for a further 5 minutes on the other side.
6. Serve with a squeeze of lemon. Enjoy!



# Chilli Pumpkin Turkey Burgers

Macros/serving (serves 1): 309 kcal, P 65g, C 6g, F 2g

## INGREDIENTS

200g turkey breast mince	1 tsp onion powder
30g pumpkin puree (or 30g mashed sweet potato)	1 tsp smoked paprika
1 tsp chilli puree	½ tsp truvia/brown sugar (miss out on Diet Makeover)
1 tsp light soy sauce	Salt, to taste
1 tsp cider vinegar	½ red chilli, chopped
2 tsp water	Bunch coriander, chopped
1 tsp garlic powder	

## METHOD

1. In a bowl, combine everything except the turkey, and mix to a paste.
2. Add the turkey and mix to a paste until fully combined. Stir in the fresh chilli and coriander, if using. Shape the mixture into patties – the mix is supposed to be quite wet.
3. Heat a non-stick frying pan to medium heat. Add a little coconut oil or spray oil.
4. Add the patties and cook on both sides until done – mine took about 8-10 minutes.
5. Serve with our homemade sweet potato fries or chunky chips.

## DIET MAKEOVER SWAPS

Swap greek yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yoghurt).



# Loaded Sweet Potato Skins

Macros/serving (serves 2): 425 kcal, P 36g, C 43g, F 11g

## INGREDIENTS

1 large/2 small sweet potatoes	Juice ½ Lime
1 tbsp Coconut oil, melted	1 tsp chilli flakes
2 Chicken breasts, cut into small bite-sized pieces	1 tsp chilli or cayenne pepper
½ cup Sweet peppers, finely chopped	Jalapeño peppers (optional)
½ Red onion, finely chopped	½ cup of Total 0% Greek yogurt

## METHOD

1. Marinate the chicken over night or for at least half an hour in a sandwich bag with the lime juice, chilli flakes and chilli pepper.
2. Preheat the oven to 180°C (355F).
3. Microwave the potatoes in a tupperware for 10-15 minutes.
4. While the potatoes are cooling, fry the pieces of chicken breast and the juices from the bag in a hot pan with 1 tsp coconut oil. Add the onion, sweet peppers and jalapeños to the pan. Remove the pan from the heat when the chicken is cooked.
5. Once the potatoes are cool, scoop out the flesh of the sweet potato, leaving a layer above the skin. Place ½ of the flesh into a bowl and put the other ½ to one side.
6. Mash the sweet potato in the bowl and stir in the chicken mix from the pan. Refill the sweet potato skins with the mash and place back in the oven, or under the grill, for 5-10 minutes.



### DIET MAKEOVER SWAPS

Swap greek yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yogurt), and swap mozzarella cheese for lactose-free mozzarella or grated vegan cheese.



# *Creamy Stuffed Peppers*

Macros/serving (serves 2): 439 kcal, P 44g, C 18g, F 21g

## INGREDIENTS

2 Bell peppers	2 tbsp Nut butter (cashew or peanut butter)
1 Egg, beaten	½ Red onion, finely diced
75g Total 0% fat Greek yoghurt	150g Chicken breast, sliced
½ tsp Thyme	150g Cooked and peeled prawns
½ Red chilli, finely chopped	2 tsp Coconut or olive oil
30g Grated Mozzarella or Gruyère cheese	

## METHOD

1. Preheat the oven to 180°C (355°F).
2. Half the peppers and remove the seeds. Rub oil onto the skins, then place cut side up on a baking tray. Bake for 20 minutes.
3. Grill or bake the chicken breast slices until cooked through.
4. Whilst the peppers are cooking, fry the red onion and red chilli until softened.
5. Mix the egg, yoghurt, thyme and cashew butter together in a bowl. Slice your chicken breast into thin pieces. Stir the chicken, prawns, cooked onion and chilli into the yoghurt mixture.
6. Remove the peppers from the oven. Pour ¼ of the yoghurt mixture into each pepper half and top with the grated cheese.
7. Bake for 10 – 15 minutes, until the peppers are soft and the cheese mixture is bubbling. Serve with a green salad or steamed vegetables and place on a bed of rice if you need more carbs.



## DIET MAKEOVER SWAPS

Swap cottage cheese for a vegan cottage cheese recipe (search Google online), choose oat/almond milk and swap regular low-fat cheese for lactose-free cheddar or vegan cheese. Skip the flour.

# *Low-Carb Courgette Lasagna*

Macros/serving (serves 1): 362 kcal, P 33g, C 23g, F 15g

## INGREDIENTS

1 large courgette	1 tsp oregano
100g lean beef mince	30g low-fat cheese
150g chopped tomatoes	120ml semi-skimmed milk, almond milk or oat milk
30g onion	60g natural cottage cheese
30g bell pepper	10g whole-wheat/regular white flour
15g beetroot	
1 finely chopped garlic clove	

## METHOD

1. Chop the vegetables (minus the courgette) and the garlic and add with the mincemeat to a medium heat pan. Fry off until the mince is browned and the veg has had time to sweat down. Add the chopped tomatoes and oregano and reduce to a low heat.
2. Peel the courgette into long thin strips at least an inch wide (this acts as the pasta) and prepare the low fat cheese by grating it.
3. In another pan on a low heat, combine the cottage cheese, milk and flour and stir continuously until the sauce has thickened.
4. Preheat an oven to 180°C. Get an oven-proof dish and start to layer the ingredients. Start off with a layer of mince, then cheese sauce and grated cheese and then layers of courgette. Be sure to lay the courgette strips above each layer with no gaps. Repeat this technique for as many layers as you desire and finish off with a final layer of cheese sauce and grated cheese.
5. Place the dish in the oven for around 20 minutes, then tuck in!



# King Prawn Pad Thai Zoodles

Macros/serving (serves 2): 573 kcal, P 43g, C 28g, F 32g

## INGREDIENTS

2 medium courgettes	60g cashew nuts, chopped
2 tbsp coconut oil or olive oil	Coriander
300g fresh king prawns	2 tbsp white wine/rice vinegar
3 cloves garlic, finely chopped	2 tbsp fish sauce
½ bag stir fry veg	1 tbsp ketchup
1 small bag beansprouts	½ tsp stevia (optional)
1 small onion/3 spring onions	1 tsp umami paste (optional)
1 large egg	½ tsp cayenne pepper

## METHOD

1. Mix the fish sauce, ketchup, stevia, umami paste and cayenne pepper together in a small bowl.
2. Cut the courgettes into noodles using a spiralizer.
3. Put a pan on a medium heat and add 1 tablespoon of oil. Add the noodles and cook for 3 minutes, stirring. Leave them to rest for a couple of minutes then tip into a colander to drain.
4. Wipe the pan and put it back on the heat with the rest of the oil and the garlic. Cook the garlic for a couple of minutes and then add the prawns and cook until they turn pink – about 3-4 minutes. Add the stir fry veg and onion and cook for 2 minutes.
5. Push the veg to one side of the pan and add the egg. Break the egg up and then leave to cook into a kind of scrambled egg. Once it's almost cooked, mix the egg into the veg.
6. Add the noodles back into the pan along with the sauce and then stir in the bean sprouts and cashew nuts. Enjoy!

## DIET MAKEOVER SWAPS

Swap ceam cheese for lacto-free cream cheese or vegan cream cheese, and miss out the white wine!



# *Chicken, Mushroom & Bacon Pasta*

Macros/serving (serves 2): 538 kcal, P 44g, C 55g, F 15g

## INGREDIENTS

120g Rizopia brown rice pasta	½ tsp smoked paprika
15ml (1tsp) coconut oil	¼ tsp onion powder
200g mushrooms, sliced	¼ tsp dried oregano
1 garlic clove, crushed	30ml (2tbsp) white wine
60g smoked bacon medallions	1 tsp Worcestershire sauce
25g (2 tbsp) tomato puree	80g half fat creme fraiche
¼ beef gel stock cube	15g cream cheese (3% fat)
60ml (¼ cup) water	250g chicken breast, cooked

## METHOD

1. Boil the kettle ready for your pasta.
2. Heat a non-stick frying pan to high heat and add ½ tsp of the coconut oil. Add the mushrooms and garlic and fry until browned, a few minutes. Add the chopped bacon and fry until cooked, another few minutes. Transfer to a bowl.
3. Cook your brown rice pasta according to the packet instructions.
4. Whilst that's cooking, slice up your cooked chicken breast.
5. Next, to the frying pan, add the remaining ingredients apart from the creme fraiche and cream cheese. Stir to combine and allow to simmer for a couple of minutes, topping up the water if necessary. Stir in the creme fraiche and cream cheese.
6. Add the mushrooms and bacon back to the pan, along with the sliced chicken breast. Stir to coat in the sauce and allow to heat through and simmer. Add water to bring the sauce to the consistency you desire. Serve with the pasta and enjoy!





# Spicy Sweet Potato Curry

Macros/serving (serves 3): 454 kcal, P 33g, C 42g, F 17g

## INGREDIENTS

2-3 sweet potatoes, peeled and chopped	2 tbsp tomato puree
2 chicken breasts, cubed	1 tbsp Garam Massala
1 onion, sliced	1 tsp coriander, cayenne pepper and chilli powder
1 red pepper, cut into chunks	Garlic, black pepper and chilli salt to season
1 pack of baby corn, halved	½ can coconut milk
1 pack Sugar snap peas or mangetout	Coconut oil or olive oil, to fry

## METHOD

1. Prepare all of your vegetables to save time when cooking.
2. Fry the chicken in a large pan in some coconut oil until browned, then add the seasoning powders (garlic, black pepper and chilli salt) and stir in all of the vegetables, stirring well.
3. Put the other spices and tomato puree into a cup/mug and add enough hot water to make a paste – you'll need extra liquid anyway so I fill it up to the top, stirring well. Pour into the pan and mix well, coating the chicken and veg. Simmer for 10 minutes.
4. Stir in the coconut milk and continue to cook for another 10 minutes until the sauce is thickened, the sweet potato is soft and the chicken is cooked through. Now indulge!



### DIET MAKEOVER SWAPS

Swap natural yoghurt for coconut or almond yoghurt (e.g. Koko Dairy Free Original Plain Yogurt).

# Healthy Indian Fakeaway

Macros/serving (serves 4): 446 kcal, P 37g, C 51g, F 3g

## INGREDIENTS

400g chicken breast	4 tsp turmeric
800g chopped tomatoes	6 tsp cumin
500g fat free natural yoghurt	2 tsp paprika
120g onion	4 tsp chilli powder
1 medium fresh red chilli	400g basmati rice, cooked
4 tsp fresh garlic	
4 tsp ginger root	

## METHOD

1. Dice the chicken into mouth sized pieces, chop the chilli very finely after removing the seeds, grate the ginger and garlic and prepare all of the spices in a small bowl.
2. Fry off the chicken in a hot pan until cooked through, reduce the heat and add the onion, ginger, garlic and chilli and continue to gently fry on a medium heat. (If you are serving the curry with rice, now is a good time to boil some up in another pan!).
3. Combine the spices with the chopped tomatoes and add to the pan. Bring the contents of the pan to the boil then leave to simmer.
4. Allow the curry to cool a little to prevent curdling and then add the yoghurt bit by bit until combined and smooth.
5. Serve up your healthy chicken curry with sides of your choice (we recommend our steamed basmati rice), and enjoy!

## DIET MAKEOVER SWAPS

Swap regular cheese for lactose-free cheddar or vegan cheese.



# *Homely Chicken Risotto*

Macros/serving (serves 4): 561 kcal, P 43g, C 62g, F 15g

## INGREDIENTS

500g Chicken Breast	1 Large Bunch of Parsley
250g Arborio (Risotto) Rice	1 Beef Stock Cube
2 tbsp Olive Oil	1 tbsp Worcestershire Sauce
250g Mushrooms	100g Reduced Fat Cheese, grated
4 Garlic Cloves, diced	1 Litre of Boiling Water
4 Sweet Pointed Peppers	1 Red Chilli
1 Large Onion	

## METHOD

1. Chop the onion and place into a large saucepan with 2 tbsp of olive oil. Slice the pointed peppers and mushrooms. Finely chop the parsley, chilli, garlic and lemon zest and set aside
2. Cook the onions on a low heat, stirring occasionally. Meanwhile cut the chicken into chunky pieces and make up the beef stock. When the onions start to turn translucent, add the rest of the chopped ingredients along with the Worcestershire sauce and black pepper. Increase the heat to a medium setting and fry for 5 minutes stirring continuously.
3. Add the risotto rice to the pan and stir continuously for a minute, then pour in enough beef stock to cover all the rice and reduce the heat. Keep adding stock a splash at a time, stirring constantly until you have used up all the stock – this should take around 20 minutes.
4. After the rice is cooked, gently stir in the grated cheese and lemon juice. Garnish with fresh parsley and serve.



# Healthy Fish and Chips

Macros/serving (serves 4): 525 kcal, P 39g, C 55g, F 16g

## INGREDIENTS

4 Cod Fillets (500g)	1 tbsp Olive Oil
Handful of Parsley	1.2kg King Edward Potatoes, cut into chips
1 Lemon	30g Extra Virgin Coconut or Olive Oil
15g Butter	Black Pepper
400g of Frozen Peas	Pinch of Salt
1 Red chilli	
Handful of Mint Leaves	

## METHOD

1. Boil the kettle. Preheat the oven to 200°C (430F).
2. Chuck the sliced potatoes into a large saucepan and cover with boiling water. Boil for 8-10 minutes.
3. Meanwhile, finely chop the parsley and soften the butter in the microwave. Combine the butter, parsley and lemon juice and coat the cod fillets in the mixture in a bowl.
4. Drain the potatoes and return to the pan. Add the oil, black pepper and salt and mix. Spread the chips out onto two baking trays with plenty of space between, and bake for 40 minutes. When the chips have been in for 25 minutes, turn them over.
5. Place the cod fillets into a glass or ceramic baking dish and cover with foil or baking parchment. Bake for 12-15 minutes.
6. Cook the peas in the microwave. Chop the mint and chilli and add to the peas with the olive oil and stir well. Blend half the pea mixture until smooth and then combine with the rest.
7. Remove everything from the oven and serve topped with parsley.





# *Sides*



# *Spicy Sweet Potato Mash*

Macros/serving (serves 2): 190 kcal, P 9g, C 22g, F 1g

## INGREDIENTS

- |   |  |
|---|--|
| 4 Small Sweet Potatoes or 1<br>Large Sweet Potato (approx.<br>400g) | Handful of Coriander<br>Reduced Salt Soy Sauce |
| 2 Limes, halved   |  |
| 1 Fresh Chilli (green or red)                                       |  |

## METHOD

1. Grab a large microwaveable tupperware container (with a lid if possible) and place the sweet potatoes inside along with one of the limes cut into two halves.
2. Rest the lid on top and set the microwave for 15 minutes at full power (this is for a 750w microwave – adjust accordingly).
3. Meanwhile, finely chop the chilli and coriander on a large chopping board.
4. Once cooked, place the sweet potatoes on top of the chopped chilli and coriander, skins and all. Start by chopping them up with a knife, squeezing in the fresh lime and a dash of soy sauce. You can then use a potato masher to make it smoother, although we rarely bother with this step.
5. That's it – ready to eat! Our spicy sweet potato mash is delicious served with chicken, beef, fish or even on its own if you fancy!



# Spicy Sweet Potato Wedges

Macros/serving (serves 1): 380 kcal, P 4g, C 65g, F 10g

## INGREDIENTS

- |                             |                          |
|-----------------------------|--------------------------|
| 1 large sweet potato (300g) | 1 tsp onion powder       |
| 2 tsp olive oil             | Salt and pepper to taste |
| 1 tbsp chilli powder        |                          |
| 1 tbsp smoked paprika       |                          |
| 1 tbsp chilli flakes        |                          |
| 1 tsp cumin                 |                          |
| 1 tsp garlic powder         |                          |

## METHOD

1. Preheat the oven to 200°C (400F).
2. Rinse the sweet potato well and pat dry. Cut the sweet potatoes into wedges or chips.
3. Put the wedges into an empty saucepan or large mixing bowl along with the oil and all the spices. Put a lid on the top and give it a good shake to coat the wedges evenly in oil and spices.
4. Line a baking tray with aluminum foil and lightly grease it with a little olive oil.
5. Spread the wedges out on the prepared sheet with plenty of space between them (or they'll steam and go soggy).
6. Bake at 200°C for 20-25 minutes or until the wedges are fork tender. For best results, turn fries over once midway through baking.



# *Steamed Basmati Rice*

Macros will vary depending on quantity of rice

## INGREDIENTS

Dry Basmati Rice

Boiling Water

## METHOD

1. Fill the kettle with water and set it to boil.
2. Measure out how much rice you want into a flat-sided mug (so you can use it to measure out twice the volume of water). The amount of rice you need will depend on your nutrition targets.
3. Add the rice to a saucepan with a lid. Measure out twice the amount of boiling water as rice using the same mug and add to the saucepan.
4. Put the lid on top of the saucepan and put it on a high heat.
5. Note: The lid should not come off again until the rice is cooked or it will ruin the steaming processes.
6. Watch (or listen if you have a non-glass lid) and as soon as the water starts to boil in the pan, turn the heat right down to a minimum setting. Leave for 30 seconds then turn the heat off.
7. Wait 15 minutes for the rice to cook and absorb all the water.
8. After 15 minutes, remove the lid, fluff up the rice with a fork and serve.





# *Healthy Pub-Style Chips*

Macros/serving (serves 2): 265 kcal, P 5g, C 43g, F 7g

## INGREDIENTS

500g White potatoes

Sea salt & black pepper

1 tbsp Extra Virgin Olive Oil

## METHOD

1. Boil the kettle with plenty of water.
2. Preheat the oven to 200°C (400F).
3. Rinse the potatoes well and pat dry. Cut the potatoes into wedges or fat chips.
4. Put your potatoes into a large saucepan and cover with boiling water. Boil the potatoes for 5 minutes.
5. Drain the potatoes and leave to steam dry for 5 minutes - this is important to stop them going soggy!
6. Put the potatoes back into the empty saucepan along with the oil and any spices or seasonings you fancy. Put a lid on the top and give it a good shake to coat the potatoes evenly.
7. Line a baking tray with aluminum foil and lightly grease it with a little olive oil.
8. Spread the potatoes out on the prepared sheet with plenty of space between them (or they'll steam and go soggy).
9. Bake at 200°C for 20-25 minutes or until they are crispy but not burnt. To make sure they're crispy all over, turn them over once midway through baking.



# Fast Fruity Red Lentils

Macros/serving (serves 8): 426 kcal, P 18g, C 47g, F 18g

## INGREDIENTS

500g dried red lentils	60ml red wine vinegar
120 g currants	2 tsp Stevia (optional)
1-2 tbsp capers	2 tsp sea salt
Red onion, cut into slithers	Black pepper
Fresh parsley	1 tsp ground cumin
	1 tsp mustard powder
<i>Dressing:</i>	1 ½ tsp freshly grated nutmeg
150ml Extra virgin olive oil	¼ tsp cinnamon

## METHOD

1. Place large saucepan of water on to boil for the lentils.
2. Put the lentils in a fine sieve and run under cold water. When water runs clear, give them a good shake to rid of excess water.
3. Tip the lentils into a saucepan of boiling water, stir them well and cook them for only a couple of minutes, until they are just tender with a hint of firmness (watch carefully as they can easily turn to mush). As soon as they are ready pour them into a sieve to drain, shaking them well to get rid of any excess water.
4. Combine the dressing ingredients in a large mixing bowl.
5. Tip the cooked lentils into the dressing and mix well. Add the currants and the capers, and leave the salad to cool to room temperature, stirring it regularly.
6. When you are ready to serve, scoop it onto a plate or bowl and sprinkle some onion slithers and parsley leaves over the top.



# *Creamy Coconut Kale*

Macros/serving (serves 4): 127 kcal, P 2g, C 3g, F 12g

## INGREDIENTS

2-3 Big Handfuls of Shredded Curly Kale (approx. ½ a bag)	2 Garlic Cloves, finely chopped
1 tbsp Coconut Oil	1 Fresh Red Chilli, chopped
½ 400ml Can Coconut Milk	1 Lemon
1 Shallot, chopped (or ½ a regular Onion)	

## METHOD

1. Melt the coconut oil in a large saucepan over a medium to low heat.
2. Add the chopped shallot to the pan and fry until it starts to turn transparent – about 3 minutes. Add the finely chopped garlic and chilli, then cook for about a minute more.
3. Add two to three big handfuls of kale to the pan with half a tin of coconut milk and reduce the heat to medium-low, and cover.
4. Simmer for 10-15 minutes more, or until the kale is tender.
5. Squeeze over the juice of a lemon and serve. This tastes really good with some fresh coriander and slice chilli sprinkled on top if you can handle the heat!



# *Snacks*





# *Two Minute Protein Brownie*

Macros/serving (serves 1): 161 kcal, P 19g, C 3g, F 8g

## INGREDIENTS

20g chocolate protein powder (two thirds of a normal scoop)	1 square 90% dark chocolate, broken into bits
10g cocoa powder (one third of a normal protein scoop)	Splash unsweetened almond milk or oat milk

## METHOD

1. Simply combine the ingredients in a small microwaveable bowl and mix (add just enough almond milk to stop it being dry).
2. Microwave for 30-50 seconds depending on how gooey you want it, and voila - a warm gooey chocolate brownie!



# Mind-Blowing Rocky Road

Macros/serving (serves 6): 125 kcal, P 5g, C 6g, F 9g

## INGREDIENTS

50g coconut oil  
1 scoop chocolate whey protein  
2 tbsps cocoa powder  
½ - 1 tbsp sweetener (stevia, honey or agave)

*Add-ins:*  
30g sugar-free marshmallows  
Handful of dried cranberries  
Handful of chopped almonds  
1 small scoop (5g) MyProtein Protein Crispies (optional)

## METHOD

1. Melt your coconut oil over a low heat — you want to get it just warm enough to melt completely, but no hotter (if your coconut oil is already in liquid form, then you can skip this step).
2. Add the chocolate whey, cocoa powder and sweetener to the melted coconut oil and mix it all together until smooth. The mixture should resemble melted chocolate.
3. Throw in all of your chosen add-ins and stir through to distribute them throughout the chocolate.
4. Pour the Rocky Road mix into a rectangular mould (preferably a silicone mould, as it can otherwise be difficult to remove later!).
5. Place in the freezer and allow to set for approx. 1 hour.
6. Once the chocolate has fully hardened, remove it from the mould and cut into bars or squares.
7. Keep your rocky road chunks in the fridge and enjoy!



### DIET MAKEOVER SWAPS

Use zero-calorie sugar-free syrup (e.g. Skinny Foods) instead of honey. Use 90% dark chocolate.

# Protein Millionaire's Shortbread

Macros/serving (serves 14): 165 kcal, P 9g, C 12g, F 9g

## INGREDIENTS

70g Ground Almonds	<i>Caramel Layer:</i>
70g Oat Flour/blended oats	5 large Medjool Dates, pitted
3 Scoops Vanilla Whey Protein	1 Tbsp Smooth Peanut Butter
40g Coconut Oil	50ml Almond Milk
50ml Almond/Oat Milk	<i>Chocolate Layer:</i>
1 Tbsp Honey	40g 85% Dark Chocolate
1 tsp Vanilla Extract	20g Coconut Oil
1 tsp Cinnamon	1 Scoop Chocolate Protein

## METHOD

1. Preheat your oven to 180°C. In a bowl, mix the dry ingredients together – oat flour, almond flour, 3 scoops of vanilla protein and cinnamon. Melt 40g coconut oil and add along with the almond milk, honey and vanilla extract and mix well.
2. Take a rectangular baking dish and line the bottom with coconut oil. Press the shortbread dough into the bottom of your baking tray to form an even base, approx. 1 inch thick. Bake for 10 mins, until golden, then set aside to cool.
3. Add the dates to a blender with almond milk, peanut butter and a pinch of salt. Blend to a smooth "caramel". Spread over the cooled shortbread base and place in the fridge to set.
4. Meanwhile, melt the dark chocolate and 20g coconut oil in a bowl over a pot of boiling water. Once melted, remove from the heat and add 1 scoop of chocolate whey protein.
5. Carefully top your millionaire's shortbread with a layer of melted chocolate. Place in the freezer to set, then cut up and enjoy!



# 3 Ingredient Protein Pancakes

Macros/serving (serves 1): 430 kcal, P 25g, C 30g, F 12g

## INGREDIENTS

2 medium-large eggs	Coconut oil for frying
2 bananas	Toppings of your choice e.g.
1 ½ scoops (40g) vanilla whey protein	Stevia, lemon and berries

## METHOD

1. Combine all the ingredients in a blender and blitz until smooth. If you don't have a blender, mash the bananas using a fork, whisk the eggs in a bowl and combine with the whey and mix together.
2. Heat a teaspoon of coconut oil in a non-stick frying pan over a medium heat.
3. Pour a dollop of the batter mix into the pan and quickly tilt and rotate the pan to make sure it covers the pan in a nice thin layer.
4. Cook for 2-3 minutes until the edges just start to turn golden and bubbles begin to form in the pancake – this means it's ready to flip.
5. Use a large spatula to flip the pancake and cook for 1-2 minutes on the other side. Repeat this process until all the batter is used up.
6. Top with anything you like! Bacon, blueberries and honey are one of our favourites, or use berries and stevia as pictured here.



### DIET MAKEOVER SWAPS

Swap whole milk to oat milk and swap 85% dark chocolate to 90% dark chocolate.



# *Chocolate Orange Protein Ice Cream*

Macros/serving (serves 4): 251 kcal, P 26g, C 14g, F 10g

## INGREDIENTS

Zest of Half an Orange	120g Whey protein
50g Dark chocolate (85% Cocoa)	1 Banana
180ml Whole milk	

## METHOD

1. Combine the ingredients in a blender until smooth, keeping half a teaspoon of the orange zest to one side.
2. Pour the ice cream mixture into four glasses and place into the freezer for 30 minutes.
3. When ready to eat, remove from the freezer and serve topped with slices of banana and the leftover orange zest.
4. These can be stored in the freezer for up to two weeks.



# Cookie Dough Protein Ice Cream

Macros/serving (serves 2): 196 kcal, P 22g, C 24g, F 5g

## INGREDIENTS

1 Cookies & Cream Quest Bar	1 Scoop (25g) Vanilla Whey Protein
1 Medium Banana, Just Ripe, Frozen	1-2 tbsp Almond/Oat Milk

## METHOD

1. First make the vanilla protein ice cream. Cut the frozen banana in half and peel off the skin.
2. Chuck the frozen banana, whey protein and almond milk into a food processor (1 serving fits into a mini food processor) and blend until smooth. This takes a little while but it's worth the wait.
3. Scoop this mixture from the food processor and into a bowl.
4. Take the Quest bar out of the packet and chop it up into small 1cm square chunks. Roll these chunks into little cookie-dough balls using your fingers.
5. Add these chunks and any crumbs from the bar to the ice cream and mix well with a spoon.
6. Place the bowl in the freezer for at least 30 minutes to an hour for it to set properly, and consume your protein ice cream within 1 week.



# Cookie Dough Protein Bars

Macros/serving (serves 6): 215 kcal, P 21g, C 8g, F 11g

## INGREDIENTS

4 scoops Vanilla Whey Protein	Several drops of Toffee
4 Tbsps Coconut Flour or Almond Flour	Flavdrops (or sub. 1 Tbsp Stevia or Honey)
130ml Almond Milk	1 bar of Lindt 90% Dark Chocolate
4 Tbsps Peanut Butter	
1 tsp Cinnamon	

## METHOD

1. Add the vanilla whey, coconut flour, peanut butter and almond milk into a mixing bowl and mix them all together.
2. If the mixture feels very dry, add a tiny bit more milk. If it feels too wet, add a tiny bit more flour (a little coconut flour goes a long way). You want the mix to be soft enough to mould into bars, but not so soft that they won't hold their shape.
3. Once you've reached the right texture, add 1 tsp cinnamon and your desired sweetener until you're happy with the taste.
4. Take around half of your dark chocolate bar and break up into small chunks. Stir the pieces of dark chocolate carefully into your mixture, trying to distribute them evenly around the dough.
5. Now make it into bars. Pick up the dough and mould into 6 bars.
6. Take the remaining dark chocolate and melt it by placing it in a bowl over a pot of boiling water. Using a spoon, drizzle the melted chocolate over each of the bars.
7. Transfer your bars to the freezer for at least an hour to allow the bars to set. Store in the fridge and enjoy!



# *Green Smoothies*



## *Banana Flax Seed Booster*

Macros/serving (serves 1): 252 kcal, P 6g, C 28g, F 18g

30g Spinach  
1/2 Banana  
1/2 Avocado  
450ml Almond Milk  
5g Flax seeds  
1/2 tbsp Cinnamon  
1/2 Lemon (juice only)





## *Chia, Apple and Cashew Crusher*

Macros/serving (serves 1): 290 kcal, P 8g, C 36g, F 15g

30g Spinach  
1/2 Banana  
5g Chia seeds  
1/2 Apple  
25 Cashews  
Water



## *Kale & Mint Refresher*

Macros/serving (serves 1): 238 kcal, P 4g, C 61g, F 1g

20g Kale  
1 Orange (juice only)  
1/2 Banana  
1/2 Lemon (juice only)  
1 Pear  
Green tea (iced)  
10 Mint Leaves



## *Kale & Grape Spritzer*

Macros/serving (serves 1): 182 kcal, P 3g, C 47g, F 1g

20g Kale  
200g Pineapple  
100g Grapes  
Green tea (iced)  
1/2 Lemon (juice only)



## *Banana & Berry Oat Shake*

Macros/serving (serves 1): 296 kcal, P 9g, C 52g, F 9g

20g Kale  
10 Mint leaves  
450ml Almond milk  
1/2 Banana  
5g Chia seeds  
20g Oats  
60g Blueberries  
1/2 Lemon (juice only)



## *Cherry Berry Booster*

Macros/serving (serves 1): 379 kcal, P 6g, C 54g, F 18g

20g Bok choy  
450ml Unsweetened coconut milk (Alpro)  
50g Cherries  
60g Blueberries  
1 Banana  
20g Cashews



## *Chinese Chiller*

Macros/serving (serves 1): 146 kcal, P 2g, C 37g, F 1g

20g Bok choy  
Green tea (iced)  
1/2 Apple  
1/2 Lemon (juice only)  
100g Grapes  
10 Mint leaves



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