



LIGHT BITES





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1. BLACK BEAN HUMMUS
2. SOYBEAN HUMMUS
3. SUN-DRIED TOMATO HUMMUS
4. SWEET POTATO PASTE
5. AVOCADA AND EGG PASTE
6. TOFU AND GREEN PASTE
7. MEDITERRANEAN GUACAMOLE
8. SALMON TARTAR WITH AVOCADO AND MANGO
9. NUT BREAD
10. MEXICAN LETTUCE WRAPS
11. BLT LETTUCE WRAPS
12. PAPRIKA LETTUCE WRAPS
13. TOFU CAESAR SUMER ROLLS
14. SALMON SPRING ROLLS
15. ZUCCHINI PIZZA BITES
16. ZUCCHINI FRIES
17. PROSCIUTTO WRAPPED ASPARAGUS
18. SWEET POTATO PANCAKES
19. POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE
20. ASIAN FISH BURGER
21. TUNA AND AVOCADO FILLING
22. LOW CARB BBQ CHICKEN PIZZA
23. GLUTEN FREE PIZZA WRAPS
24. GRILLED AVO WITH BLACK BEANS AND SALSA
25. STEAMED ITALIAN STYLE MEATBALLS
26. KETO TAGLIATELLE WITH PEA SAUCE AND HAM
27. LOW CARB AVOCADO CARBONARA
28. IMMUNITY BOOSTER CHICKEN BROTH
29. CRISPY TOFU



BLACK BEAN HUMMUS

NUTRITION PER SERVING: 91 kcal, 4g Fats, 9g Carbs, 4g Protein

WHAT YOU NEED

1x15 oz. (400g) can black beans, keep the water for the can
1 garlic clove, minced
2 tbsp. olive oil
2 tbsp. tahini
2 tbsp. lime juice, or more
½ tsp. cumin
½ tsp. salt
¼ tsp. cayenne pepper

SERVES

Eight people

PREPARATION

5 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.



SOYBEAN HUMMUS

NUTRITION PER SERVING: 129 kcal, 9g Fats, 8g Carbs, 6g Protein

WHAT YOU NEED

2 1/3 cups (400g) chickpeas, drained
 2 cups (150g) soy beans
 1/2 cup (15g) mint
 3 tbsp. tahini
 1 garlic clove
 3 tbsp. lemon juice
 2 tbsp. olive oil
 water, as needed

SERVES

Eight people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Put the chickpeas, beans, mint, tahini and garlic in a high-speed blender and puree until smooth.

Add in the lemon juice and olive oil, season to taste with salt & pepper, and blend again. Add water as necessary to achieve desired texture.

Serve as a dip with vegetables. Store in a sealed container in the fridge for up to 1 week.



SUN-DRIED TOMATO HUMMUS

NUTRITION PER SERVING: 165 kcal, 7g Fats, 19g Carbs, 6g Protein

WHAT YOU NEED

1 15oz. (425g) can chickpeas, drained and rinsed
¼ cup (15g) sundried tomatoes
2 tbsp. tahini
1 clove garlic, crushed
juice of 1 lemon
2 tbsp. oil from tomatoes

SERVES

Eight people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed.

If necessary add water to bring it to the consistency that you like. Season with salt and pepper to taste.

Store in a sealed container in the fridge for up to 1 week.



SWEET POTATO PASTE

NUTRITION PER SERVING: 140 kcal, 1g Fats, 27g Carbs, 5g Protein

WHAT YOU NEED

2 large sweet potatoes
½ red chili pepper
¾ cup (150g) chickpeas, drained
1 tsp. garam masala

SERVES

Four people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.

Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.

Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.



AVOCADO AND EGG PASTE

NUTRITION PER SERVING: 298 kcal, 24g Fats, 9g Carbs, 1g Protein

WHAT YOU NEED

3 boiled eggs
1 small garlic clove, minced
1 ripe avocado
1 tsp. lemon juice
1 tsp. olive oil
3 tbsp. coriander leaves, chopped

SERVES

Two people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.



TOFU AND GREEN PEAS PASTE

NUTRITION PER SERVING: 290 kcal, 21g Fats, 17g Carbs, 11g Protein

WHAT YOU NEED

100g green peas, frozen
50g natural tofu
1/4 avocado
1 handful mint leaves
1 tbsp. olive oil
1 tbsp. lemon juice

SERVES

One person

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Cover the frozen peas with boiling water and wait a few minutes until defrosted, then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary add some more mint and lemon to adjust taste. Serve with toast (not included in nutrition info).



MEDITERRANEAN GUACAMOLE

NUTRITION PER SERVING: 76 kcal, 7g Fats, 2g Carbs, 1g Protein

WHAT YOU NEED

2 ripe avocados, halved, pit removed
1 lemon, juiced
1 tbsp. chopped sun-dried tomatoes
4 cherry tomatoes, diced
½ small red onion, diced
1 tsp. dried herbs de province
2 tbsp. chopped parsley
8 black olives, chopped
1 tbsp. feta crumbled (optional)

SERVES

Eight people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Place the avocado and lemon juice into a large bowl and mash it up with a fork. Add remaining ingredients (apart from the feta) and mix well. Season with salt and pepper.

Crumble the feta on just before serving.



SALMON TARTAR WITH AVOCADO

NUTRITION PER SERVING: 282 kcal, 17g Fats, 9g Carbs, 26g Protein

WHAT YOU NEED

1 small salmon filet (100g), cut in cubes
 ¼ avocado, cut in cubes
 30g mango, cut in cubes
 1 tbsp. lime juice
 1/3 tsp. honey
 chili pepper, to taste
 handful coriander, chopped

SERVES

1 person

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).



NUT BREAD

NUTRITION PER SERVING: 160 kcal, 13g Fats, 4g Carbs, 7g Protein

WHAT YOU NEED

1 ½ cup (140g) almond flour
 1/3 cup (40g) sunflower seeds
 1/3 cup (50g) sesame seeds
 ¼ cup (20g) pumpkin seeds
 2 tbsp. flax seeds
 2 ½ tsp baking powder
 2 tbsp. coconut oil, melted
 4 eggs
 1 tsp. mixed dried herbs

SERVES

12 people

PREPARATION

10 minutes

COOK

40 minutes

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

In a large bowl mix almond flour, sunflower seeds, sesame seeds, pumpkin seeds, flax seeds and baking powder.

Add in the melted coconut oil, eggs, salt and oregano and mix well until a batter has formed.

Line a bread tin with baking paper and transfer the batter into it.

Bake the bread for about 40 minutes in the oven. Before removing the bread from the oven insert a wooden skewer inside the bread to check if it is ready. If the skewer comes out clean, then it is cooked, if not then bake for another 5-10 minutes.

Remove the bread from the tin and allow to cool completely before slicing.



MEXICAN LETTUCE WRAPS

NUTRITION PER SERVING: 246 kcal, 8g Fats, 20g Carbs, 22g Protein

WHAT YOU NEED

1 onion, chopped
 1 tbsp. coconut oil
 10.5 oz. lean ground beef (300g)
 14 oz. Mexican stir-fry vegetables (400g) (corn, green beans, red pepper, leek)
 2 tsp. Mexican spice mix
 14 oz. can kidney beans (400g)
 lettuce leaves

SERVES

4 people

PREPARATION

5 minutes

COOK

15 minutes

WHAT YOU NEED TO DO

Heat the oil in a wok and fry the onion for 2-3 mins on low heat. Add the meat, turn up the heat and cook for 3 min. Add in the vegetables and Mexican spices and stir fry for another 4 min, stirring often.

In the meantime, drain the beans & rinse under cold running water. Turn the heat to low, add the beans and cook for 2 mins. Season with pepper and salt if necessary. Wash and dry the lettuce leaves.

Serve the Mexican stir fry wrapped in lettuce leaves with a dollop of crème fraiche and salsa (optional).



PAPRIKA LETTUCE WRAPS

NUTRITION PER SERVING: 402 kcal, 25g Fats, 17g Carbs, 30g Protein

WHAT YOU NEED

9 oz. (250g) lean ground beef (5% fat)
 1 tsp. paprika
 2 spring onions, chopped
 1 avocado, flesh diced
 1 tsp. lemon juice
 5/8 cup (125g) cherry tomatoes, halved
 1 pepper, diced
 handful parsley, chopped
 8 leaves baby Romanian lettuce

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Heat a dry, non-stick frying pan and cook the ground beef until lightly browned. Season with salt & pepper, and paprika. Then add the spring onions and mix well. Set aside.

In a bowl mix together the avocado, lemon juice, tomatoes, pepper, and parsley. Season lightly with salt & pepper.

Divide the beef and avocado mix between the lettuce leaves and serve.



TOFU CAESAR SUMMMER ROLLS

NUTRITION PER SERVING: 191 kcal, 10g Fats, 8g Carbs, 5g Protein

WHAT YOU NEED

5/8 cup (100g) firm tofu
 1 tbsp. coconut oil
 4 Romaine lettuce leaves, shredded
 ½ avocado, sliced
 2 tbsp. Parmesan, grated
 Caesar salad dressing
 4 rice paper wrappers

SERVES

4 people

PREPARATION

15 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(Pro tip: dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)



SALMON SPRING ROLLS

NUTRITION PER SERVING: 154 kcal, 10g Fats, 4g Carbs, 13g Protein

WHAT YOU NEED

4 sheets rice paper
 fresh coriander
 7 oz. (200g) salmon, cut into 4 pieces
 1 tbsp. coconut oil
 soy sauce or tamari (GF), to serve

SERVES

4 people

PREPARATION

10 minutes

COOK

5 minutes

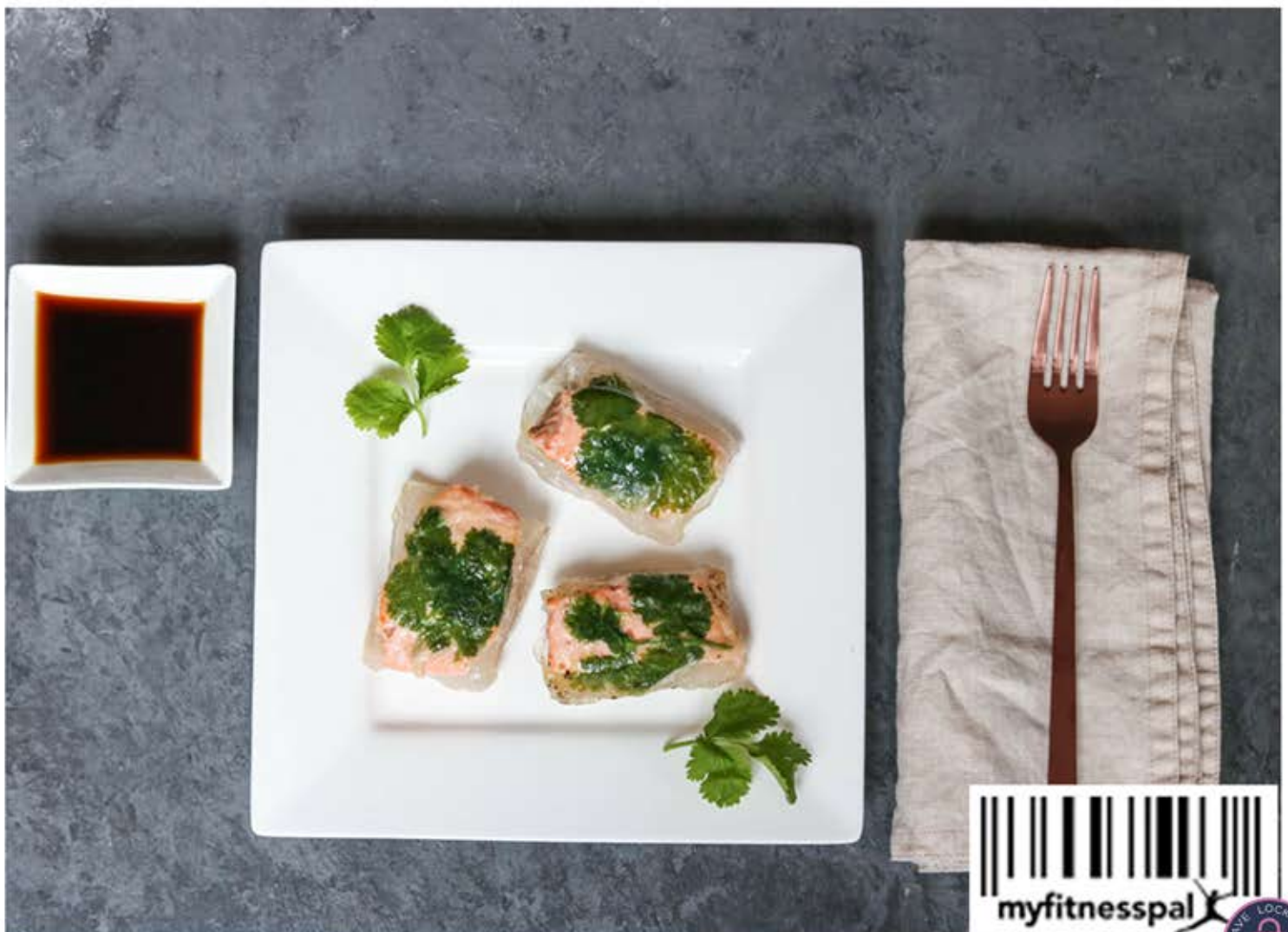
WHAT YOU NEED TO DO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



ZUCCHINI PIZZA BITES

NUTRITION PER SERVING: 54 kcal, 3g Fats, 3g Carbs, 4g Protein

WHAT YOU NEED

1 tbsp. olive oil
3 medium zucchini
1/3 cup (75g) tomato puree
4 oz. (115g) light mozzarella, grated
Italian herb seasoning

SERVES

8 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Slice the zucchini into ¼-inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 mins each side. Season with salt & pepper.

Place the cooked zucchini on a large baking sheet and top with the tomato purée and grated mozzarella.

Cook this in the oven for about 2-3 minutes or until the cheese has melted. Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.



ZUCCHINI FRIES

NUTRITION PER SERVING: 177 kcal, 12g Fats, 14g Carbs, 5g Protein

WHAT YOU NEED

1.1 lbs. (500g) zucchini
 1 clove garlic, crushed
 1 egg
 1 tsp. plant milk
 4 tbsp. breadcrumbs
 1 tsp. dried oregano
 1 tsp. dried thyme
 3 tbsp. olive oil

SERVES

4 people

PREPARATION

20 minutes

COOK

15 minutes

WHAT YOU NEED TO DO

Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.

Season with salt and serve.



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3. SUN-DRIED TOMATO HUMMUS
4. SWEET POTATO PASTE
5. AVOCADA AND EGG PASTE
6. TOFU AND GREEN PASTE
7. MEDITERRANEAN GUACAMOLE
8. SALMON TARTAR WITH AVOCADO AND MANGO
9. NUT BREAD
10. MEXICAN LETTUCE WRAPS
11. PAPRIKA LETTUCE WRAPS
12. TOFU CAESAR SUMMER ROLLS
13. SALMON SPRING ROLLS
14. ZUCCHINI PIZZA BITES
15. ZUCCHINI FRIES
16. PROSCIUTTO WRAPPED ASPARAGUS
17. SWEET POTATO PANCAKES
18. POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE
19. ASIAN FISH BURGER
20. TUNA AND AVOCADO FILLING
21. LOW CARB BBQ CHICKEN PIZZA
22. GLUTEN FREE PIZZA WRAPS
23. GRILLED AVO WITH BLACK BEANS AND SALSA
24. STEAMED ITALIAN STYLE MEATBALLS
25. KETO TAGLIATELLE WITH PEA SAUCE AND HAM
26. LOW CARB AVOCADO CARBONARA
27. IMMUNITY BOOSTER CHICKEN BROTH
28. BLT LETTUCE WRAP
29. CRISPY TOFU



PROSCIUTTO WRAPPED ASPARAGUS

NUTRITION PER SERVING: 120 kcal, 11g Fats, 1g Carbs, 12g Protein

WHAT YOU NEED

- 20 asparagus spears
- 1 tbsp. olive oil
- 10 slices prosciutto, halved lengthwise

SERVES

4 people

PREPARATION

15 minutes

COOK

6 minutes

WHAT YOU NEED TO DO

Heat the oven to broil and place a rack about 5 to 6 inches below the heat.

Rub the asparagus with olive oil then season with salt and pepper. Next, wrap each spear with the prosciutto, starting from the bottom.

Place the wrapped asparagus on a baking tray and under the heat. Broil for about 3 mins, then turn the asparagus and broil for another 3 more minutes.

Serve as a snack.



SWEET POTATO PANCAKES

NUTRITION PER SERVING: 199 kcal, 9g Fats, 25g Carbs, 5g Protein

WHAT YOU NEED

2 cups (300g) sweet potato, grated
 1/2 small onion, grated
 1 clove garlic, crushed
 2 eggs
 3 heaped tbsp. buckwheat flour
 2 tbsp. coconut oil
 1/2 tsp. sweet paprika

SERVES

4 people

PREPARATION

10 minutes

COOK

10-15 minutes

WHAT YOU NEED TO DO

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.

Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
 - hummus / avocado / tomato / onion



POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE

NUTRITION PER SERVING: 502 kcal, 20g Fats, 56g Carbs, 28g Protein

WHAT YOU NEED

Pancakes:

- 5/8 cup (140g) potatoes, peeled and grated
- ¼ cup (50g) zucchini, grated
- 1 egg
- ½ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

Cheese:

- 1/5 cup (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- ½ shallot, chopped

SERVES

1 person

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Wash, peel and grate the potatoes using the fine grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined.

Heat up a dry non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.



ASIAN FISH BURGER

NUTRITION PER SERVING: 120 kcal, 1g Fats, 7g Carbs, 18g Protein

WHAT YOU NEED

12 oz. (350g) white fish fillet (catfish, cod or other)
 2 tbsp. corn flour
 1 lime, juice and zest
 2 tbsp. yellow Thai curry paste
 3 spring onions, chopped

SERVES

4 people

PREPARATION

15 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Preheat the oven to 430F (220C). Dab the fish dry with a paper towel and cut into pieces. Place the fish, cornflower, lime zest & juice and curry paste in a bowl and puree with the hand blender until smooth. Add in the chopped spring onions and mix well.

With moist hands form 4 fish burgers and place on a baking tray covered with baking paper. Cook for about 10 minutes in the middle of the oven.

Once ready put straight away in a bun or with a side salad, or store refrigerated until required.



TUNA AND AVOCADO FILLING

NUTRITION PER SERVING: 247 kcal, 14g Fats, 8g Carbs, 20g Protein

WHAT YOU NEED

- 1 can tuna in water, drained
- 1 medium avocado
- 1 small red onion, diced
- 1 small carrot, peeled and grated
- 1 hard-boiled egg, diced
- 1 tbsp. 0% fat Greek yogurt
- 1 tsp. Dijon mustard
- 1 tbsp. lemon juice

SERVES

2 people

PREPARATION

15 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Drain the tuna flakes and place in a bowl. Add in the rest of the ingredients, season with salt and pepper and combine.

Serve with a salad, in a wrap or as a jacket potato filling.



LOW CARB BBQ CHICKEN PIZZA

(CAULIFLOWER BASE)

NUTRITION PER SERVING: 370 kcal, 13g Fats, 23g Carbs, 43g Protein

WHAT YOU NEED

1 large head of cauliflower (approx. 1.8lbs / 840g)
 3/4 cup (90g) almond flour
 2 garlic cloves, minced
 1.5 tbsp. herbs de Provence
 1 egg
 2 eggs whites
 1/4 cup (55g) BBQ sauce
 2 3/8 cups (300g) cooked chicken, shredded
 1 small red onion, sliced
 3/4 cup (75g) mozzarella or dairy free alternative cheese

SERVES

3 people

PREPARATION

15 minutes

COOK

45 minutes

WHAT YOU NEED TO DO

Heat the oven to 350F (180C).

Chop the cauliflower into smaller bits and add into a high-speed blender or food processor. Pulse until you have cauliflower rice.

Alternatively many shops now sell cauliflower rice. Squeeze any excess water from the cauliflower rice into a paper towel.

Place the cauliflower rice, almond flour, garlic, herbs and eggs in a large bowl, season with salt and pepper. Mix everything until a smooth but moist batter forms.

Place the batter on a baking tray lined with baking paper and flatten it out, leaving the edges a bit thicker. Bake the crust in the oven for 25-30 mins until the edges start to turn golden brown.

Next, top the crust with the BBQ sauce, chicken, onions and finally cheese. Return to the oven for another 10-15 mins, until the cheese has melted and started browning up.



GLUTEN FREE PIZZA WRAPS

NUTRITION PER SERVING: 349 kcal, 18g Fats, 22g Carbs, 26g Protein

WHAT YOU NEED

2 gluten free wraps
4 tbsp. tomato paste
3 oz. (80g) tuna, canned, drained
2 tbsp. capers
2 handfuls rocket
2 slices Parma ham, halved
10 black olives, chopped
2.1 oz. (60g) cheese, grated

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Preheat the oven to 400F(200C).

Spread the tomato paste over the wraps and place them on a baking tray covered with parchment paper.

Pizza 1: Spread half the cheese, the tuna, and capers over the tomato paste. Once cooked garnish with rocket.

Pizza 2: Spread the remaining cheese and the olives over the tomato paste. Once cooked layer with Parma ham.

Bake the pizzas in the oven for about 7-10 mins until the cheese has melted.

Finish garnishing before serving.



GRILLED AVO WITH BLACK BEANS AND SALSA

NUTRITION PER SERVING: 300 kcal, 14g Fats, 32g Carbs, 12g Protein

WHAT YOU NEED

2 avocados, halved, stone removed
 1 medium tomato
 zest and juice of 1 lime
 1 cup (184g) black beans, drained
 1 clove garlic, crushed
 2 tbsp. coriander, chopped
 2 tbsp. smoked almonds, chopped

SERVES

4 people

PREPARATION

10 minutes

COOK

5 minutes

WHAT YOU NEED TO DO

Heat the grill to high or prepare the barbecue.

Finely chop the tomatoes and combine with zest of whole lime and juice of ½ lime. Mix in the chopped coriander and season with salt & pepper.

In a separate bowl, mix together the black beans and crushed garlic. Season with salt and pepper.

Place the avocados on the grill or bbq and cook for about 3 mins or until slightly browned.

To serve fill the avocado halves with black beans and top with the tomato salsa, almonds and more coriander.



STEAMED ITALIAN STYLE MEATBALLS

NUTRITION PER SERVING: 189 kcal, 9g Fats, 12g Carbs, 15g Protein

WHAT YOU NEED

9 oz. (250g) 50/50 lean pork beef mince
 2-3 slices bread of choice, soaked in water
 1 small chili pepper, deseeded and chopped
 1 garlic clove, finely chopped
 1 handful fresh parsley, finely chopped
 1 ½ tbsp. olive oil

SERVES

4 people

PREPARATION

10 minutes

COOK

35 minutes

WHAT YOU NEED TO DO

Soak the bread in water for about 10 mins.

Place the meat mix in a bowl. Squeeze out excess water from the bread and add to the meat. Season with salt and pepper. Next add the chopped chili (but use only half if it is very hot), garlic, parsley and 1 tbsp. olive oil. Using your hands mix everything together.

Bring a pot of water to the boil, placing a plate on top instead of the lid. Once water has boiled, grease the plate with ½ tbsp. of olive oil and add in ¼ cup of boiling water.

Next, using wet hands form meatballs about the size of a cherry tomato and place on the plate. Carry on until you've used all the meat, at this stage add in a little bit more boiling water to the meatballs, but make sure not to cover them. Finally, cover the meatballs with a place or lid and steam for 30-35 mins.

Once ready serve with pasta and an extra sprinkle of fresh parsley. Also great with parmesan.



KETO TAGLIATELLE WITH PEA SAUCE AND HAM

NUTRITION PER SERVING: 212 kcal, 13g Fats, 18g Carbs, 17g Protein

WHAT YOU NEED

3 zucchinis
 1 onion, chopped
 5 cups (400g) chestnut mushrooms, sliced
 1 tsp. coconut oil
 3 cups (450g) of garden peas, frozen
 1 vegetable stock tablet
 2/3 cup (150ml) of hot water
 5 oz. (140g) bacon, cut into pieces
 ½ cup (125ml) of soy cooking cream

SERVES

4 people

PREPARATION

10 minutes

COOK

25 minutes

WHAT YOU NEED TO DO

Wash and spiralize the zucchinis, then set aside.

Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.

Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to the boil and cook the garden peas for 4 minutes until done.

Heat another dry frying pan and fry the bacon for 5 mins, increase the heat and add the mushrooms, cook for another 5 mins.

Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 mins.

To serve, divide the zucchini between plates and top with the ham and mushrooms.

NOTE:

- replace zucchini with whole-wheat pasta if not on a low-carb diet



LOW CARB AVOCADO CARBONARA

NUTRITION PER SERVING: 278 kcal, 22g Fats, 4g Carbs, 16g Protein

WHAT YOU NEED

2 medium zucchinis
juice of half a lemon
5/8 cup (140g) bacon, cut into strips
2 garlic cloves, sliced
2 medium avocados
5/8 cup (60g) Parmesan cheese, grated
3/4-1 cup (175-250ml) water, hot

SERVES

4 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Spiralize the zucchini and place them in a bowl, drizzle with lemon juice.

Heat a dry non-stick frying pan and fry the bacon strips for 8 min, on medium heat until golden brown and crispy. Add in the garlic and fry for another 1 min then set aside.

Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. Place the avocado with half Parmesan cheese in a blender, add water and season with salt and pepper. Purée until smooth.

Mix the avocado puree and bacon through the zoodles (zucchini noodles), divide onto four plates and sprinkle with the rest of the Parmesan to serve.



IMMUNITY BOOSTER CHICKEN BROTH

NUTRITION PER SERVING: 130 kcal, 9g Fats, 0g Carbs, 12g Protein

WHAT YOU NEED

1 onion
 4 garlic cloves
 2 leeks
 1 carrot
 4 stalks of celery
 2 stalks lemon grass
 1 tsp. black peppercorns
 4.7 inch (12cm) ginger
 1 tbsp. peanut oil
 1½ tsp. ground turmeric
 1 free-range chicken
 3 litres of tap water
 4 sprigs thyme
 2 laurel leaves

SERVES

4 people

PREPARATION

20 minutes

COOK

2 hours



WHAT YOU NEED TO DO

Halve the onion and heat a dry non-stick frying pan. Cook the onion, cut side down for 8 minutes on medium heat (the bottom of the onion may become browned).

Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces. Crush the peppercorns with a spoon and peel the ginger and cut into slices.

Heat the oil in a large soup pot and fry the ground turmeric 30 sec. Place the chicken in the pot and pour in the water, then bring to the boil. Scoop off any foam with a spoon.

Next, add in all the vegetables, pepper, thyme, bay leaves and half of the lemongrass, and half of the ginger and gently simmer for 2 hours on low heat. Scrape off any foam with a spoon.

Take the chicken out of the broth and set aside and strain the broth. Allow the broth to cool to room temperature, and then place in the refrigerator so that the fat solidifies, and you can scoop it out with a spoon.

In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes, like pasta, salads or stews.

Put the pot with the broth back on the heat. At this point add the rest of the ginger and lemongrass and let it simmer for 45 minutes on low heat.

Remove the ginger and lemongrass, before serving or allow to cool to room temperature and freeze.

BLT LETTUCE WRAP

NUTRITION PER SERVING: 316 kcal, 17g Fats, 6g Carbs, 30g Protein

WHAT YOU NEED

2 hard-boiled eggs, chopped
 4 slices bacon medallions, cooked and chopped
 1 medium tomato, diced
 1 tsp. mayo
 3-4 large lettuce leaves

SERVES

1 person

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Firstly, cook the eggs to your liking, then set aside. In the meantime, heat a dry non-stick pan and fry the bacon for a few minutes until crispy, set aside to cool.

Once both egg and bacon have cooled, chop them into small pieces. Mix the diced tomato with mayonnaise and season with salt and pepper to taste.

Prepare 3-4 large lettuce leaves, and place them on a plate. Top with tomatoes, bacon, egg, and serve seasoned with freshly ground black pepper.



CRISPY TOFU

NUTRITION PER SERVING: 151 kcal, 10g Fats, 4g Carbs, 11g Protein

WHAT YOU NEED

2 ¾ cup (350g) firm tofu
1 tbsp. extra-virgin olive oil
1 tbsp. tamari
1 tsp. favourite seasoning
1 tbsp. corn-starch

SERVES

4 people

PREPARATION

15 minutes

COOK

30 minutes

WHAT YOU NEED TO DO

Preheat the oven to 200°C (400° F) and line a large baking tray with baking paper.

Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let rest for 10 mins.

Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.

Sprinkle the starch over the tofu, and toss them again until evenly coated.

Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges.

Use tofu in salads, or as a snack.



