



**TARA GRIMES**  
FITNESS NUTRITION LIFE

# GET A BETTER BODY

## WITH TARA'S AMAZING RECIPES

• 1300 CALORIES •



[www.taragrimesfitness.com](http://www.taragrimesfitness.com)



### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Welcome...



Welcome to the *Get a Better Body* recipe book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.



"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "***When the student is ready, the teacher will appear.***"

And you are ready! That's why you are reading this!



Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

## Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

# Testimonials



Having achieved my goal within five weeks with the lovely Tara Grimes, I cannot recommend her enough. Its not just about the end results though, with Tara, she was there for every step of my individual journey: not only physically but building on my confidence every single day, allowing me not only to achieve a healthier lifestyle but also a happier lifestyle. I lost 14 lbs in 5 weeks.

**Rebecca**



Tara's 6 week program is amazing, she is there for you every step of the way and is very insistent on you meeting your goals. I love her persistence, effort and passion.

**Siobhan**



Practical, simple, easy to understand. Tara plan met all my needs as I'm a busy stay at home Mum. She contacted me daily helping me with my weight loss. Couldn't have done it without her support.

## Emily



Even though I never met Tara personally , I feel I know her as Im in regular contact online. She helped me every step of the way. Previously I hadn't a clue how to lift weights and never dreamt of going into the weights area. Now I go in with my phone and headphones and do her online workouts with confidence.

## Brenda



Love this, Tara is brilliant. very informative.

## Olivia

I always struggled with my weight even though I exercised regularly that was until I joined Taras program. She was able to explain very quickly where I was going wrong , provided a plan to suit me and my job. I lost 10 lbs in the first 4 weeks and went on to lose another 7 lbs by following her 6 week program.

**Paula**



What you put into this plan you get back. its a new way of eating for me but I lost 12 ½ inches in 2 programs with Tara and now onto my third with a loss of 21lbs in weight. My husband has even joined in wanting to shrink that beer belly!!

**Deirdre**

Currently on my journey with Tara & Damien which for me is primarily about weight loss but also increasing my fitness level: I couldn't recommend this highly enough. Have done every diet in the book and realise that these are only short term fixes! This is different; it is realistic, sustainable and it works; and has the extra bonus of being fun. Tara combined fitness and nutritional knowledge is fantastic; I know where I want to be; I know how long it will take realistically and I know that, with all the support & encouragement I get with Tara, I will be in that place one day. Done wait for it, work for it.

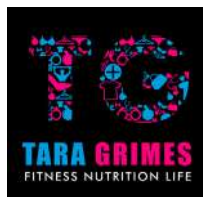
## Ursula



Just started Taras programme 3 weeks ago after a feedback from friends of how good it was, have to say feel fab from nutrition, diet and the classes are brill, different tasks every session that u actually look forward to the next night, even though u be a bit sore from the previous .... lets say no pain without gain..lol... great programme and leader...x



# Contact me



Tara Grimes

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# Blueberry, avocado, oat & chia protein bowl



150ml unsweetened almond milk  
100g natural yoghurt (use dairy free if preferred)  
50g frozen avocado  
50g frozen blueberries  
30g vanilla flavour whey or rice protein powder (optional)  
25g oats (use gluten free if preferred)  
10g chia seeds  
½ tsp ground cinnamon

Place all of the ingredients in a blender and blend until smooth.

Transfer to a bowl and top with a sprinkle of oats and berries.

*Store in an airtight container and refrigerate for up to 24 hours.*

SERVES 1



PER SERVING:  
466 Calories  
**28g Carbs**  
**39g Protein**  
**22g Fat**

# Beef & broccoli stir fry



15ml Worcestershire sauce  
a pinch of sea salt & black pepper  
½ tsp dried thyme  
2 garlic cloves, finely chopped  
the grated zest of ½ a lemon  
400g thin cut minute steak, cut into strips  
150g Tenderstem broccoli  
10g ghee or coconut oil  
1 red onion, sliced  
1 large red chilli pepper, sliced

SERVES 2

Combine the Worcestershire sauce, salt, pepper, dried thyme, garlic and lemon zest in a bowl. Mix well.

Add the steak strips and mix well to coat the meat thoroughly in the marinade. Set aside for 10 minutes.

Meanwhile, steam the broccoli for 5 minutes and set aside.

Melt the ghee / oil in a large wok or frying pan and add the steak and marinade. Stir fry for 3 minutes.

Add the onion and chilli and stir fry for 5 minutes, stirring occasionally.

Add the broccoli and stir fry for 4-5 minutes. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
336 Calories  
**11g Carbs**  
**46g Protein**  
**12g Fat**

# Chicken & pesto green lentil stew



10g ghee or coconut oil  
1 red onion, finely diced  
14 cherry tomatoes, halved  
100g green beans, cut into thirds  
2 garlic cloves, finely chopped  
360g chicken breast, diced  
50ml boiling water  
400g tinned green lentils, drained  
40g green pesto  
sea salt & ground black pepper,  
to taste  
a handful of fresh basil, chopped

**SERVES 2**

Place the ghee / oil in a large saucepan over a medium / high heat.

Add the onion, cherry tomatoes, green beans and garlic and stir fry for 3 minutes.

Add the chicken and stir fry for 3 minutes.

Add the boiling water, green lentils and pesto. Stir well and bring to a simmer. Cook for 10 minutes, stirring occasionally. Season to taste with salt and pepper.

Add the basil and stir.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
486 Calories  
29g Carbs  
52g Protein  
18g Fat

# Blueberry overnight oats



- 1 small ripe banana
- 80g blueberries
- 100g oats (use gluten free if preferred)
- 250ml unsweetened almond milk (or use milk of your choice)
- 50g vanilla or chocolate flavour whey or rice protein powder (optional)
- 30g crunchy peanut butter (or use nut butter of your choice)
- 10g ground almonds
- 5g chia seeds

SERVES 2

Mash the banana in a large bowl.

Add the remaining ingredients and mix well. Transfer to an airtight container and refrigerate for one hour or more. Serve.

*Refrigerate any leftovers for up to 2 days.*



PER SERVING:  
473 Calories  
47g Carbs  
33g Protein  
17g Fat

# Mexican butterfly chicken breast



- 2 x 200g fresh chicken breasts
- 15ml extra virgin olive oil
- 1 tsp paprika
- ½ tsp chilli powder
- ½ tsp coriander powder
- ⅓ tsp cumin seeds
- a pinch of salt and black pepper
- 1 red bell-pepper, sliced
- 1 green bell-pepper, sliced
- 2 small red onions, sliced
- 14 cherry tomatoes, halved
- 2 lime wedges to serve

**SERVES 2**

Place a chicken breast on a chopping board. Place your hand flat on top of it and, using a sharp knife, slice into one side of the breast, starting at the thicker end and ending at the thin point. Be careful not to cut all the way through to the other side. Open out the breast so that it resembles a butterfly. Repeat with the other chicken breast.

Place the chicken breasts between two layers of cling film. Hit the chicken breasts with a rolling pin to tenderise the meat.

Drizzle the olive oil over the chicken breasts. Sprinkle the paprika, chilli powder, coriander powder, cumin seeds and salt and pepper evenly over the chicken.

Cover with cling film and refrigerate for at least half an hour, but longer will provide a better flavour.

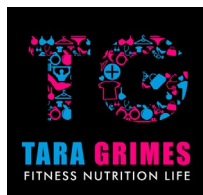
Preheat oven to 180°C/350°F. Place the chicken breasts, peppers, onions and tomatoes on a baking tray. Cook for 20-25 minutes, ensuring the chicken is cooked thoroughly. Serve with lime wedges

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



**PER SERVING:**  
350 Calories  
18g Carbs  
47g Protein  
10g Fat

# Italonese beef



10g coconut oil  
1 medium white onion, finely diced  
1 medium red onion, finely diced  
4 garlic cloves, finely chopped  
750g 5% fat beef mince  
400g tinned chopped tomatoes  
15g tomato purée  
1 tsp red chilli flakes  
15ml soy sauce or tamari  
10ml fish sauce  
1 tsp Chinese 5 spice  
3 spring onions, chopped  
a handful of fresh coriander, finely chopped  
salt and pepper to taste  
50g (per person) dry weight vermicelli

**SERVES 4**

Melt the coconut oil in a large saucepan over a medium heat. Add the red and white onions. Sauté gently for 5 minutes, or until the onions turn translucent.

Add the garlic and beef mince. Cook for 5 minutes, stirring regularly.

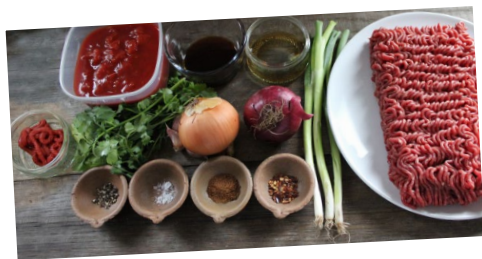
Add the chopped tomatoes, tomato purée, chilli flakes, soy sauce, fish sauce and Chinese 5 spice. Stir well and simmer gently, stirring regularly.

Add the spring onions and half of the coriander and stir well. Season to taste with salt and pepper.

Bring a saucepan of water to the boil and add the noodles. Cook for around 3 minutes, until soft. Drain well.

Serve the beef sauce on a bed of vermicelli rice noodles. Garnish with the remaining coriander.

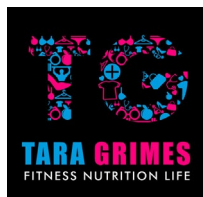
*Store any leftover beef sauce in an airtight container and refrigerate for up to 2 days or freeze on same day.*



PER SERVING:  
503 Calories  
**56g Carbs**  
45g Protein  
**11g Fat**



# Pesto, kale & Feta omelette



3 eggs plus 1 egg white  
a pinch of sea salt  
a pinch of ground black pepper  
1 tsp ghee, butter or coconut oil  
50g button mushrooms, chopped  
30g kale, washed  
15g basil pesto  
35g Feta cheese (use dairy free  
cheese if preferred)

SERVES 1

Beat the eggs in a jug and add the salt and pepper.

Melt the ghee/butter/oil in a frying pan over a medium heat.

Add the mushrooms and kale and fry gently for 3 minutes, or until softened. Transfer to a plate and set aside.

Add the eggs to the pan and cook for 2-3 minutes. When the centre of the omelette starts to firm up, add small spoonfuls of the pesto around the omelette.

Crumble the Feta over the omelette.

Add the kale and mushrooms and cook for 1-2 minutes.

Using a slice, fold the omelette in half and transfer to a plate. Serve.

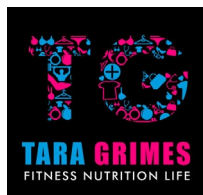
*Consume immediately.*



PER SERVING:  
475 Calories  
**9g Carbs**  
**31g Protein**  
**35g Fat**



# Moroccan inspired salad



350g lean turkey or chicken breast, cut into strips  
1 tbsp harissa seasoning, mixed with 15ml olive oil  
1 garlic clove, finely chopped  
juice of 1 lemon  
a handful of fresh coriander, finely chopped  
80g tinned chickpeas, drained and rinsed  
sea salt and ground black pepper to season (optional)  
2 large handfuls mixed lettuce leaves  
10 cherry tomatoes, halved  
60g cucumber, chopped  
50g super sprouts (alfalfa, radish etc)  
100g ripe avocado flesh, sliced

Place the turkey / chicken in a bowl. Add the harissa seasoning, garlic, half of the lemon juice and half of the chopped coriander. Stir well to coat the turkey in the marinade. Set aside.

Place the chickpeas in a separate bowl. Add the remaining lemon juice and chopped coriander and mix well. Season to taste with salt and pepper (optional). Set aside.

Place a frying pan over a medium heat. Add the turkey / chicken and cook for 6-8 minutes, turning occasionally to cook on all sides. When the meat is thoroughly cooked, remove pan from heat.

Assemble the lettuce leaves in two serving bowls. Top with the tomatoes, cucumber, super sprouts and avocado. Top with the meat and chickpeas. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*

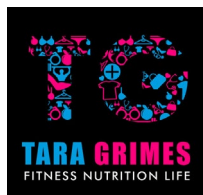
**SERVES 2**



**PER SERVING:**  
450 Calories  
**21g Carbs**  
**51g Protein**  
**18g Fat**



# Reduced carb courgette lasagne



1 tsp ghee or coconut oil  
2 white onions, chopped  
750g 5% fat beef mince  
1 handful fresh basil, chopped  
150g mushrooms, finely chopped  
4 garlic cloves, finely chopped  
a pinch of sea salt and ground black pepper  
1 tsp Italian seasoning  
400g tinned chopped tomatoes  
250g courgette, cut into long strips with a potato peeler  
100g Cheddar cheese, grated (use dairy free if preferred)  
**for the white sauce:**  
25g butter or olive oil  
25g plain flour (use gluten free if preferred)  
1 pint milk / almond milk  
a pinch of salt and pepper

**SERVES 6**



PER SERVING:  
382 Calories  
18g Carbs  
37g Protein  
18g Fat

Melt the ghee / oil in a large saucepan over a medium heat. Add the onions and sauté for 4 minutes, stirring occasionally. Add the beef and cook for 4-5 minutes, stirring occasionally.

Add the basil, mushrooms and garlic, stir well and cook for 3 minutes, stirring occasionally. Add the salt, pepper, Italian seasoning and tinned tomatoes and stir well. Cover and simmer for 20 minutes.

Preheat oven to 175°C/350°F. Melt the butter / oil in a saucepan over a low / medium heat, stirring continuously. Add the flour and stir well to remove lumps. Gradually add the milk, stirring continuously until all used up. Reduce heat to low and continue to stir until the sauce has thickened slightly. Remove from heat, season with salt and pepper and stir.

Spoon half of the mince sauce into a large rectangular oven dish, covering the base. Cover with the courgette strips and a layer of white sauce. Sprinkle around a third of the cheese over the top. Repeat with the remaining mince sauce, courgette and white sauce. Top with the remaining cheese. Bake for 45-60 minutes, until the surface is golden and bubbling. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



# Vegetable & kidney bean omelette



2 eggs

1 tbsp unsweetened almond milk  
a pinch of sea salt & black pepper

½ tsp onion powder

10g ghee or coconut oil

80g closed-cup mushrooms, finely chopped

50g red bell-pepper, diced

1 ripe vine tomato, chopped

25g tinned kidney beans, drained

a small handful of lettuce leaves

15g Cheddar cheese, grated (use dairy free if preferred)

**SERVES 1**



Crack the eggs into a jug. Add the almond milk and beat well. Add the salt, pepper and onion powder and stir.

Melt half of the ghee / oil in a frying pan over a medium heat. Add the mushrooms, bell-pepper and tomato and fry gently for 3-4 minutes, stirring until soft. Add the kidney beans and cook for 1-2 minutes, or until the kidney beans are heated thoroughly. Transfer mixture to a plate.

Remove any bits from the pan. Melt the remaining ghee / oil in the frying pan over a medium / high heat. Add the egg mixture. Cook gently for around 4 minutes.

When the centre of the omelette begins to firm up, spoon the mushroom mixture over one half of the omelette. Arrange the lettuce leaves over the top. Sprinkle the cheese over the lettuce.

Using a wooden slice, fold the omelette in half. Cook for one minute. Remove the omelette from the pan and serve.

*Consume immediately.*

PER SERVING:  
345 Calories  
**10g Carbs**  
**20g Protein**  
**25g Fat**



# Mexican bean salad



2 bell peppers, (any colour), diced  
2 tsps olive oil  
1 tsp ghee / olive oil  
300g fresh chicken or turkey breast  
a small handful of fresh coriander,  
stalks and leaves separated  
2 garlic cloves, finely chopped  
1 small red chilli, finely chopped  
160g (drained weight) tinned  
cannellini or borlotti beans,  
rinsed well  
a pinch of salt and pepper  
½ tsp paprika  
½ tsp chilli powder  
½ tsp ground cumin  
juice of 1 lime  
1 medium sized ripe avocado

**SERVES 2**



PER SERVING:  
477 Calories  
**28g Carbs**  
**44g Protein**  
**21g Fat**

Preheat oven to 180°C/350°F. Place the bell peppers in an oven dish and drizzle over 2 tsps olive oil. Bake for 20 minutes, or until the pepper is soft and the skin starts to peel. Remove from oven and allow to cool. Peel and dice the peppers.

Slice the chicken. Heat the ghee/oil in a frying pan over a medium heat and add the chicken. Cook for 6-8 minutes, stirring occasionally. Ensure that the chicken is thoroughly cooked then remove from pan and set aside.

Finely chop the coriander stalks. Add them to the frying pan along with the garlic and chilli. Fry for 2 minutes, stirring occasionally.

Reduce the heat to low. Add the beans, cooked peppers, salt, pepper, paprika, chilli powder and cumin and stir. Cook gently for 7-8 minutes. Add the chicken and cook for 5 minutes. Transfer the contents of the pan to a serving plate.

Finely chop the coriander leaves. Sprinkle over the Mexican beans. Peel and slice the avocado and arrange the slices over the salad. Squeeze over the lime juice. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



# Chicken, squash & lentil curry



10g ghee or coconut oil  
3 small white onions, finely chopped  
3 garlic cloves, finely chopped  
1 thumb sized piece of ginger, finely chopped  
500g fresh chicken breast, diced  
150g uncooked red split lentils, pre-soaked for 20 minutes  
1 tsp curry powder  
1 tsp chilli powder  
600g butternut squash, diced  
700ml freshly boiled water  
200ml coconut milk  
150g spinach, roughly chopped  
salt and pepper to taste  
the juice of 1 lime

SERVES 4



PER SERVING:  
470 Calories  
44g Carbs  
42g Protein  
14g Fat



Melt the ghee / oil in a large saucepan over a medium heat. Add the onions and sauté gently for 5 minutes or until they begin to soften.

Add the garlic, ginger and chicken. Stir well and cook for 5 minutes, stirring regularly.

Add the lentils, curry powder, chilli powder and butternut squash.

Add enough boiled water to cover all of the ingredients. Bring to the boil, then reduce heat to simmer for 20 minutes, stirring occasionally.

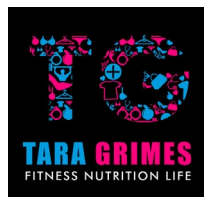
Add the coconut milk spinach, salt, pepper and lime juice. Stir well and simmer for 5 minutes. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on its own or with rice.

# Poached salmon protein brunch



100g salmon fillet  
40g kale  
30g closed cup mushrooms  
5g organic butter or coconut oil  
2 medium sized eggs  
salt and pepper to season

SERVES 1

Pour two inches of boiling water into a medium sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes, turning halfway. When the salmon is cooked, remove it from the saucepan with a slotted spoon and set aside.

In a separate saucepan, melt the oil over a medium heat. Add the mushrooms and cook for 3-4 minutes, or until soft.

Bring a small saucepan of water to the boil. Reduce the heat to a very gentle simmer and carefully crack the eggs into the water. Poach for 2-4 minutes (2 minutes is ideal for a runny egg, 4 minutes for a 'well done' egg).

Steam the kale for 3-4 minutes, until tender.

Place the kale and the mushrooms on a plate and top with the salmon and the eggs. Season with salt and pepper and serve.

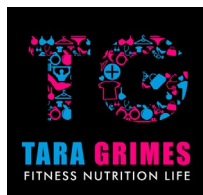
*Consume immediately.*



PER SERVING:  
457 Calories  
**6g Carbs**  
**42g Protein**  
**30g Fat**



# Beef, bacon & cabbage stew



1 tsp ghee or coconut oil  
1 small white onion, chopped  
750g lean beef mince  
3 rashers streaky bacon, cut into small pieces  
1 stick celery, finely chopped  
250g Savoy cabbage, roughly chopped  
a pinch of sea salt and ground black pepper  
½ tsp Italian seasoning  
200g tinned chopped tomatoes  
200ml hot beef stock, made with one organic stock cube  
200ml recently boiled water  
100g basmati rice, uncooked

**SERVES 4**



PER SERVING:  
401 Calories  
**26g Carbs**  
**45g Protein**  
**13g Fat**

Melt the ghee / oil in large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring frequently.

Add the mince and break up into small pieces using a wooden spoon. Cook for 3-4 minutes, stirring, until brown all over.

Add the bacon and cook for 2 minutes, stirring frequently.

Add the celery and cabbage. Stir well and cook for 3 minutes.

Add the salt and pepper, Italian seasoning, tomatoes and stock. Stir well and cook for 2 minutes.

Add the rice and water and stir. Cover and simmer for 10 minutes. Add more water if the mixture becomes too dry. Cook for a further 10 minutes or until the rice is cooked. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Spicy orange sticky chicken



35g plain flour (use gluten free if preferred)  
a pinch of sea salt & black pepper  
1 egg  
360g fresh chicken breast, diced  
10g ghee or coconut oil  
2 spring onions, chopped  
2 garlic cloves, finely chopped  
a thumb-sized piece of fresh ginger, finely chopped  
15ml soy sauce or tamari  
15ml honey  
15ml apple cider vinegar  
juice of 1 navel orange  
1 tsp orange extract (optional - this will give a more orangey flavour)  
½ tsp stevia (or more if you prefer a sweeter taste)

**SERVES 2**

## Serving suggestion:

Serve with steamed greens



PER SERVING:  
420 Calories  
32g Carbs  
46g Protein  
12g Fat

Place the flour in a bowl. Season the flour with salt and pepper.

Crack the egg into a separate bowl. Dip the chicken in the egg, roll in the flour and place on a plate.

Melt the ghee / oil in a frying pan over a medium/high heat. Carefully place the coated chicken pieces in the frying pan and fry for 2-3 minutes each side so that the coating turns crispy and golden. Remove the chicken from the frying pan using tongs and place on a plate.

Reduce heat to medium and add one chopped spring onion, plus the garlic and ginger to the frying pan. Sauté for one minute.

Add the soy sauce / tamari, honey, apple cider vinegar, orange juice, orange extract (if using), and stevia. Bring the sauce to a simmer, stirring frequently for 2 minutes. Add the coated chicken back into the frying pan and simmer for 5 minutes, ensuring the chicken is cooked through. Serve garnished with the remaining spring onion.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*





# Protein oats with berries



70g oats (use gluten free if preferred)  
170ml unsweetened almond milk  
(or use milk of your choice)  
a small pinch of sea salt  
2 egg whites  
100g blueberries and/or raspberries  
10g almonds  
5g mixed seeds

**SERVES 1**

Place the oats and almond milk in a saucepan over a medium heat. Cook for 3-4 minutes, stirring frequently until thickened. Add a splash more almond milk if required, to achieve desired consistency.

Add the salt and stir well.

Add the egg whites and whisk well for 2 minutes.

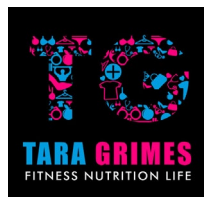
Remove pan from heat. Transfer porridge to a bowl and top with the berries, almonds and seeds.

*Consume immediately.*



PER SERVING:  
456 Calories  
**57g Carbs**  
**21g Protein**  
**16g Fat**

# Creamy salmon frittata



80g cooked salmon fillet  
3 eggs  
a pinch of sea salt and ground black pepper  
2 spring onions, finely chopped  
30g crème fraîche (use dairy free plain yoghurt if preferred)  
a few sprigs of fresh dill, finely chopped  
30g Cheddar cheese, grated (use dairy free if preferred)

SERVES 2

Preheat oven to 180°C/350°F. Grease an 15x15cm ovenproof dish with butter or coconut oil.

Whisk the eggs in a jug. Add the salt, pepper, spring onions, crème fraîche, dill and cheese and stir well.

Break the salmon up into bite-sized chunks. Place the chunks into the ovenproof dish.

Pour the egg mixture into the dish.

Bake for 15-20 minutes until golden and cooked throughout. Allow to stand for 5 minutes. Cut into 2 slices and serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
376 Calories  
2g Carbs  
29g Protein  
28g Fat

# Authentic beef curry



- 1 tbsp cumin seeds
- 2 tbsps butter
- 5 medium sized white onions, finely diced
- 1 clove garlic, finely chopped
- 2 tbsps fresh ginger, peeled and finely chopped
- 3-4 green finger chillis, chopped
- 600g extra lean beef, diced
- 2 tbsps ground turmeric
- 1 tbsp garam masala
- 1 tbsp meat masala
- 2 tsps sea salt
- a handful of curry leaves
- 1 x 400g canned chopped tomatoes
- 50ml cold water
- a small bunch of fresh coriander, chopped
- 2 tbsps per person uncooked basmati rice
- 4 tbsps per person cauliflower, grated

In a large pan, heat the cumin seeds gently for 30-45 seconds, until you can smell them roasting. Stir well to prevent them burning. Add the butter, and heat until melted, then add the onions. Cook on a medium heat until softened.

Stir in the garlic, ginger and chillis. Cook for one minute. Add the beef and cook for two minutes. Add the spices, salt and curry leaves. Stir well, then add the tomatoes, and water and simmer for 45 minutes. Add more water if the mixture looks too dry. Cook for one hour over a medium heat.

Meanwhile place the rice in a large saucepan of cold salted water and bring to the boil. Simmer gently until almost cooked. Add the cauliflower and cook for 2 minutes. Drain and serve garnished with coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

**SERVES 4**



PER SERVING:  
500 Calories  
48g Carbs  
41g Protein  
6g Fat



# Apple & cinnamon proats



1 apple, peeled, cored and finely grated (approximately 70g)  
50g oats (use gluten free if preferred)  
30g vanilla flavoured whey or rice protein powder (optional)  
115ml unsweetened almond milk (or use milk of your choice)  
10g raisins  
a pinch of ground cinnamon  
natural sweetener of your choice, to taste (not required if using protein powder)  
5g chopped walnuts

Place the apple, oats, almond milk, protein powder (if using), raisins, cinnamon and sweetener (if using) in a bowl. Stir well until thoroughly combined. Cover and refrigerate for 1 hour or overnight.

If the mixture is too thick, add a drop of chilled almond milk and stir well. Transfer mixture to a serving bowl and top with the walnuts.

*Refrigerate any leftovers for up to 1 day.*

**SERVES 1**



PER SERVING:  
389 Calories  
46g Carbs  
31g Protein  
9g Fat

# Black kale, chicken, bacon & Feta cheese



5g ghee or coconut oil  
100g boneless and skinless  
chicken thighs, diced  
2 rashers unsmoked back bacon,  
cut into small pieces  
80g black kale  
80g cherry tomatoes, halved  
30g Feta cheese (use dairy free  
cheese if preferred)  
black pepper to taste

SERVES 1

Melt the ghee / oil in a frying pan over a medium heat. Add the chicken and fry gently for 3-4 minutes, stirring to seal on all sides.

Add the bacon and fry for around 2-3 minutes each, until crispy. Meanwhile, steam or boil the kale. It takes 8-10 minutes if steaming or 6-7 minutes if boiling.

When the chicken and bacon is cooked, removed it from the frying pan and set aside.

Add the cherry tomatoes to the frying pan and cook for 2-3 minutes, stirring occasionally.

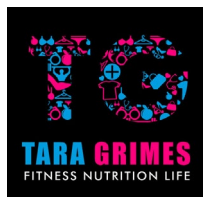
Assemble the dish by placing the kale in a bowl before adding the chicken, bacon and tomatoes on top. Finally, crumble the Feta on top and season with black pepper.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*



PER SERVING:  
460 Calories  
**4g Carbs**  
**39g Protein**  
**32g Fat**

# Chicken, squash & courgette stew



10g ghee or coconut oil  
1 red onion, diced  
2 garlic cloves, finely chopped  
400g chicken breast, diced  
200g tinned chopped tomatoes  
2 fresh tomatoes, cut into quarters  
200g butternut squash, diced  
1 tsp paprika  
½ tsp dried Italian herbs  
1 tsp onion powder  
salt and pepper to taste  
200g courgette, sliced  
a handful of fresh basil, chopped  
20g flaked almonds

**SERVES 2**

Melt the ghee / oil in a large saucepan over a medium heat.

Add the red onion and sauté for 3 minutes, stirring regularly.

Add the garlic and fry for 3 minutes, stirring regularly.

Add the chicken and cook for 5 minutes, stirring regularly.

Add the chopped tomatoes, fresh tomatoes and butternut squash. Stir well and simmer.

Stir in the paprika, Italian herbs, onion powder and salt and pepper. Stir well and continue to simmer for 10 minutes. Add the sliced courgette and stir.

Cook for 5 minutes then add the basil and flaked almonds. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.*



PER SERVING:  
473 Calories  
**27g Carbs**  
**53g Protein**  
**17g Fat**

