



**TARA GRIMES**  
FITNESS NUTRITION LIFE

# GET A BETTER BODY

## WITH TARA'S AMAZING RECIPES

• 1500 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



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# Full English omelette



1 tsp ghee or coconut oil  
2 rashers unsmoked bacon, cut into small pieces  
2 small ripe tomatoes, chopped  
3 closed cup mushrooms, sliced  
3 eggs  
pinch of salt and pepper  
25g grated Cheddar cheese (or use dairy free cheese if preferred)

**SERVES 1**

Melt the ghee / oil in a frying pan over a medium heat. Add the bacon and fry for 4-5 minutes, turning halfway, until crispy. Remove from pan and set aside.

Add the tomatoes and mushrooms to the frying pan and fry for 3-4 minutes, until soft. Remove from pan and set aside. Discard any debris from the pan.

Mix the eggs in a jug and add the salt and pepper. Pour the mixture into the frying pan, covering the base, and cook for 3-4 minutes, until the edges of the mixture start to firm up and bubbles appear in the centre.

Add the cheese, mushrooms and tomatoes and continue to cook for 2-3 minutes until the omelette is firm enough to slide a slice underneath.

Gently fold the omelette in half, to cover the tomatoes and mushrooms. Remove carefully from pan and serve.

*Consume immediately.*



PER SERVING:  
479 Calories  
**3g Carbs**  
**38g Protein**  
**35g Fat**



# Speedy sesame duck



1 tsp ghee or coconut oil  
400g duck breast, visible fat removed and sliced  
4 garlic cloves, finely chopped  
1 red or yellow bell-pepper, sliced  
60ml cold water  
1-2 tsps chilli flakes  
1½ tbsps soy sauce (or tamari sauce)  
salt and pepper to season  
2 heads of pak choi, ends removed and leaves washed  
**to serve:**  
small handful of fresh coriander, finely chopped  
2 tsps toasted sesame seeds

SERVES 2

Melt the ghee / oil in a wok over a medium heat. Add the duck and cook for 2-3 minutes, stirring to brown on all sides.

Add the garlic and bell-pepper and sauté gently for 1 minute.

Add the water, chilli flakes, soy sauce and salt and pepper. Simmer for 3-4 minutes, stirring occasionally.

Taste test the liquid in the pan and add more seasoning if required.

Stir in the pak choi and steam for 2-3 minutes, until wilted.

Transfer the contents of the wok to 2 serving bowls. Top with sesame seeds and chopped coriander.

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



PER SERVING:  
360 Calories  
7g Carbs  
56g Protein  
12g Fat



# Piri-piri chicken



2 tps ghee or coconut oil  
1 small red onion, finely chopped  
3 cloves fresh garlic, finely chopped  
375g fresh chicken breast, diced  
½ tsp garlic powder  
pinch of sea salt  
pinch of ground black pepper  
1 tsp piri-piri seasoning  
200g chopped tinned tomatoes  
120g basmati rice

SERVES 2



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

Add the garlic and sauté for 2 minutes, stirring.

Add the chicken and spices and stir well to coat. Cook for 4 minutes, stirring occasionally to seal the meat.

Add the tomatoes and a splash of cold water. Stir well, cover and cook for 10 minutes until the chicken is thoroughly cooked.

Meanwhile bring a saucepan of water to the boil. Add the rice and reduce to a simmer. Cook according to packet instructions. Drain well. Serve.

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



PER SERVING:  
500 Calories  
55g Carbs  
52g Protein  
8g Fat

# Berry cocoa bars



50g cashew nuts  
50g dried dates  
30g peanut butter (or use nut butter of your choice)  
1 tsp vanilla extract  
30g oats (use gluten free if preferred)  
10g cocoa powder  
30ml unsweetened almond milk  
30g vanilla flavour whey or rice protein powder (optional)  
15g freeze-dried strawberries or raspberries, roughly chopped

**MAKES 6 BARS**

Blitz the cashew nuts and dates with 2 tps cold water in a food processor or blender.

Stir in the remaining ingredients except for the freeze-dried fruit and mix well. Add a drop more almond milk if the mixture is too crumbly.

Stir in the freeze-dried fruit.

Place the mixture onto a sheet of cling film and roll into a sausage shape. Flatten gently into a long bar.

Refrigerate for 30 minutes. Remove the clingfilm and cut into 6 bars. Serve.

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



PER BAR:

151 Calories

14g Carbs

8g Protein

7g Fat

# Creamy coconut & strawberry breakfast



180g Greek yoghurt (use dairy free yoghurt if preferred)  
30g coconut cream (use the fat part from a tin of coconut milk)  
25g vanilla or strawberry flavoured whey or rice protein powder (optional)  
100g fresh strawberries, hulled and chopped (reserve a few for topping)  
7g unsweetened coconut flakes

Place the yoghurt, coconut cream and protein powder (if using) in a bowl and mix until thoroughly combined. Stir in the strawberries.

Transfer the mixture to a serving bowl and top with the coconut flakes and remaining strawberries.

Serve.

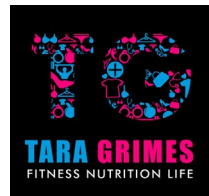
*Refrigerate any leftovers for up to 2 days.*

SERVES 1



PER SERVING:  
413 Calories  
18g Carbs  
38g Protein  
21g Fat

# O-mega salad



1 medium sized egg  
3 small new potatoes, chopped into small pieces  
1 tsp butter or coconut oil  
125g fresh chicken breast, cut into strips  
½ tsp dried oregano  
few handfuls of mixed lettuce, torn into small pieces  
¼ red pepper, diced  
¼ yellow pepper, diced  
4 cherry tomatoes, chopped  
small handful samphire  
25g cucumber, sliced  
1½ tps organic olive oil  
2 tps omega sprinkle (e.g flaxseed, sesame seeds, sunflower seeds)  
salt and pepper to season

SERVES 1



PER SERVING:  
482 Calories  
19g Carbs  
52g Protein  
22g Fat

Bring a saucepan of water to the boil and cook the egg for around 10 minutes. Remove from water and set aside.

Add the potatoes to the water and simmer for 10 minutes or until soft. Remove from the water and drain.

Melt the butter or oil over a medium heat in a frying pan and add the chicken. Add the oregano, and cook for around 8 minutes, turning occasionally to brown on all sides. Once cooked, remove chicken from pan and set aside.

In a salad bowl, mix together the lettuce, peppers, tomatoes, samphire and cucumber. Pour over the olive oil and mix well.

Slice the egg into quarters and arrange over the salad leaves, along with the chicken. Top with the omega sprinkle and season with salt and pepper.

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



# Easy lamb stew



2 tsps ghee or coconut oil  
300g white onion, finely chopped  
350g carrot, peeled and sliced  
500g stewing lamb, visible fat removed, diced  
2 cloves garlic, finely chopped  
1 sprig fresh rosemary  
500ml lamb or vegetable stock, made with one organic stock cube  
350g all rounder potatoes, peeled and chopped  
salt and pepper to season

**SERVES 4**

## Serving suggestion:

Serve with steamed greens of your choice.



PER SERVING:  
465 Calories  
**30g Carbs**  
**30g Protein**  
**25g Fat**



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

Add the carrot and sauté for 3-4 minutes, stirring occasionally.

Add the lamb, stir well and cook for 4 minutes. Stir occasionally to seal on all sides.

Add the garlic and rosemary and fry gently for 2 minutes, stirring.

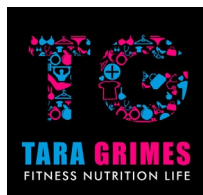
Add the potatoes and stock and stir well. Season with salt and pepper. Bring to the boil then reduce to a simmer. Cover and cook for 30 minutes.

If the mixture is too dry or thick, add some boiling water. Stir well and cook for one hour, or until the lamb is tender (checking the thickness of the stew halfway through cooking time).

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



# Indulgent chocolate nut mousse



## for the mousse:

- 50g frozen avocado
- 30g chocolate flavour whey or rice protein powder (optional)
- 5g cocoa powder
- 30g crunchy peanut butter (or use nut butter of your choice)
- 50g Greek yoghurt (use dairy free if preferred)
- 6g coconut flakes

## for the topping:

- 20g pomegranate seeds
- 20g raspberries
- 1 tsp chia seeds
- ½ tsp grated dark chocolate (minimum 70% cocoa)

SERVES 2

Place the mousse ingredients in a blender and blend until smooth.

Add a drop of cold water if the mixture is too thick.

Divide the mixture between two serving bowls.

Top with the remaining ingredients. Serve.

*Cover and refrigerate any leftovers for up to 2 days.*



PER SERVING:  
283 Calories  
8g Carbs  
20g Protein  
19g Fat

# Buttery spring onion scrambled eggs



- 4 eggs
- 1 egg white
- a pinch of salt and pepper
- 10g butter
- 2 spring onions, finely chopped

SERVES 1

Crack the eggs into a jug. Add the egg white, season with salt and pepper and whisk well with a fork.

Melt the butter in a pan and add the spring onions.

Add the eggs to the pan and stir until the eggs are cooked. Serve.

*Consume immediately.*

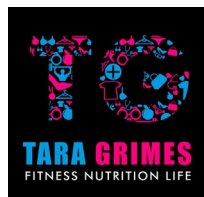
## Serving suggestion:

Serve with steamed greens of your choice.



PER SERVING:  
357 Calories  
**3g Carbs**  
**30g Protein**  
**25g Fat**

# Sun-dried tomato chicken salad



500g chicken mini fillets  
100g sun-dried tomato pesto  
200g mixed baby leaf salad  
6 vine-ripened tomatoes, finely sliced  
1 medium sized red onion, finely sliced  
1-2 tbsps balsamic vinegar  
100g Feta cheese (or use a dairy free cheese if preferred), cut into cubes  
75g pitted black olives, left whole or sliced  
a pinch of black pepper

**SERVES 4**

Place the chicken fillets in a bowl and coat evenly with the pesto. Allow to marinate for at least one hour or preferably overnight.

Preheat the oven to 160°C/325°F. Place the chicken on a foil lined tray and cook for around 20 minutes, until thoroughly cooked.

While the chicken is cooking, divide the salad leaves between four serving bowls. Add the tomato and onion. Drizzle the balsamic vinegar over the salad and add the Feta cheese and olives.

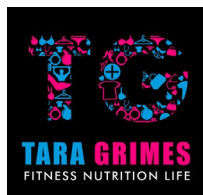
Arrange the chicken over the salad. Season with black pepper and serve.

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



PER SERVING:  
376 Calories  
**13g Carbs**  
**36g Protein**  
**20g Fat**

# Thai style lamb curry



60g red lentils, rinsed  
1 tsp ghee or coconut oil  
100g white onion, finely chopped  
300g lamb, diced  
3 spring onions, finely chopped  
1 red chilli pepper, finely chopped  
100g Thai red curry paste  
250ml hot chicken stock (made with 1 organic stock cube)  
1 tsp fish sauce (nam pla)  
a handful of fresh basil, finely chopped  
a handful of fresh coriander, finely chopped  
275ml coconut milk  
100g plain yoghurt (use dairy free if preferred)  
grated zest and juice of 1 lime  
100g basmati rice

SERVES 2



PER SERVING:  
787 Calories  
76g Carbs  
51g Protein  
31g Fat

Bring a small saucepan of water to the boil. Add the lentils and cook according to pack instructions, until soft. Drain well.

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

Add the lamb and cook for 3 minutes, stirring to brown on all sides. Add the spring onions and chilli pepper and sauté for 2 minutes, stirring. Add the Thai red curry paste, stir well and cook for 1 minute.

Add the chicken stock and increase heat to bring to a boil. Reduce to a simmer and cook for 30 minutes.

Add the fish sauce and lentils and cook for 20 minutes or until the lamb is tender. Add the basil, coriander, coconut milk, yoghurt, lime zest and juice and cook for 2 minutes.

Meanwhile bring a saucepan of water to the boil. Add the rice and reduce to a simmer. Cook according to packet instructions. Drain well. Serve.

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



# Banana protein pancakes



4 medium sized eggs  
1 egg white  
25g vanilla or chocolate flavour  
whey or rice protein powder  
1 medium sized banana  
40g oats (use gluten free if  
preferred)  
1 tsp cinnamon  
2 tsps stevia or honey  
15g coconut flour  
15g coconut oil

MAKES 4 PANCAKES



Put all of the ingredients except for the oil into a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick but pourable.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn (or flip) it over and heat on the other side for 1-2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

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



PER 2 PANCAKES:  
386 Calories  
28g Carbs  
28g Protein  
18g Fat

# Chicken & mixed bean soup



10g butter or coconut oil  
1 medium sized white onion,  
finely chopped  
3 medium sized carrots, sliced  
2 large sticks celery, finely chopped  
800g chicken breast/meat free  
chicken\*, diced  
2 garlic cloves, crushed  
1 tsp paprika  
1 tsp ground cumin  
½ tsp Himalayan pink salt  
1 tsp dried thyme  
1 x 400g tin chopped tomatoes  
1 medium salad tomato, diced  
15g tomato purée  
1 pint chicken or vegetable stock  
(made with 1 organic stock cube)  
1 red pepper, sliced  
200g mixed beans, drained

SERVES 4

Heat the butter or oil in a large pan. Add the onion and cook gently until softened. Add the carrot and celery and cook for 5 minutes, stirring regularly.

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

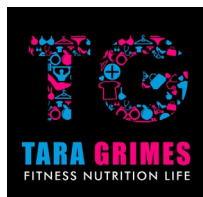
Add the mixed beans and cook for a further 5 minutes.

*Once cooled, refrigerate for up to 3 days or freeze on the same day.*



PER SERVING:  
290 Calories  
**16g Carbs**  
**43g Protein**  
**6g Fat**

# Authentic curry



1 tbsp cumin seeds  
1 tbsp ghee or coconut oil  
5 medium sized onions, diced  
5-10 garlic cloves, finely chopped  
1-2 inch piece fresh ginger,  
peeled and finely chopped  
5 green chillis, finely chopped  
600g fresh chicken breast, diced  
2 tbsps ground turmeric  
1 tbsp garam masala  
1 tbsp meat masala  
1 tbsp sea salt flakes  
1 x 400g tin chopped tomatoes  
50ml cold fresh water  
50g per person uncooked basmati  
rice plus 6 cauliflower florets per  
person, grated  
handful fresh coriander, finely  
chopped

**SERVES 4**

In a large pan, roast the cumin seeds gently over a medium heat for 30-45 seconds. Melt the ghee or oil and add the onions. Cook over a medium heat until the onions are soft. Stir in the garlic, ginger and chillis. Cook for 1 minute.

PER SERVING:  
586 Calories  
68g Carbs  
56g Protein  
10g Fat



Add the chicken and cook for 2 minutes. Then add the spices and salt. Stir well, coating the meat in the spices. Add the tin of tomatoes, and the water and simmer for 10 minutes. Add more water if the mixture seems too dry. Cover and simmer for one hour.

Meanwhile, add the rice to a pan of cold salted water and bring to the boil. Simmer gently until cooked and drain well, reserving the water.

Bring the water back to the boil, then add the cauliflower. Cook for 2-3 minutes and drain. Serve garnished with coriander.

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

# Berry parfaits



25g oats (use gluten free if preferred)  
15g chopped nuts (almonds, pecans or walnuts are ideal)  
½ tsp ground cinnamon (or use more if preferred)  
2 tsps ground flaxseed or shelled hemp  
30g vanilla flavour whey or rice protein powder (optional) or use  
1 tsp vanilla extract  
180g Greek yoghurt (use dairy free if preferred)  
150g blueberries, strawberries and/or raspberries

Place the oats and nuts in a frying pan over a medium / low heat. Sprinkle over the cinnamon and toast gently for 3-4 minutes, stirring frequently. Remove from heat.

Stir in the flaxseed / hemp. Transfer to a plate and allow to cool.

Stir the protein powder (if using) or vanilla extract into the yoghurt.

Layer the yoghurt, toasted oats and berries in 2 serving glasses.

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

SERVES 2

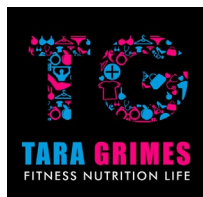


PER SERVING:  
242 Calories  
**25g Carbs**  
**13g Protein**  
**10g Fat**





# Avocado salmon brunch



3 eggs  
salt and pepper to season  
1 tsp ghee or coconut oil  
40g button mushrooms, sliced  
2 spring onions, sliced  
15g Cheddar cheese, grated (or use dairy free cheese of your choice)  
40g ripe avocado, sliced  
25g smoked salmon

SERVES 1



Whisk the eggs in a jug. Season with salt and pepper.

Melt the ghee / oil in a frying pan over a medium heat. Add the mushrooms and spring onions and sauté gently for 3-4 minutes, stirring until soft.

Transfer to a plate. Remove pan from heat and gently wipe out any debris.

Place the pan back on the heat. Add the eggs and cook gently, stirring continuously. As the eggs start to cook, add the cheese. Stir the eggs until thoroughly cooked and remove pan from heat. Mix the smoked salmon with the scrambled eggs.

Place the avocado slices on a plate. Top with the remaining ingredients and serve.

*Consume immediately.*

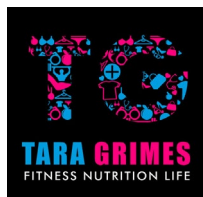
**Serving suggestion:**

Enjoy with a slice or rye toast (or use a gluten free alternative if preferred).



PER SERVING:  
441 Calories  
**7g Carbs**  
**29g Protein**  
**33g Fat**

# Chicken & black bean frittata



a small amount of coconut oil to grease 1-2 baking tins  
130g new potatoes, sliced finely  
4 eggs  
2 egg whites  
1 tsp hot paprika  
½ tsp ground black pepper  
a pinch of sea salt  
100g cooked chicken breast, cut into small pieces  
10 cherry tomatoes, halved  
100g tinned black beans, drained and rinsed  
a small handful of flat leaf parsley, finely chopped

**SERVES 2**

Preheat oven to 180°C / 350°F.

Grease one large baking tin or two 20 x 20cm baking tins with coconut oil.

Bring a saucepan of water to the boil then reduce heat to simmer. Carefully add the potatoes and cook for around 3-4 minutes until al dente. Remove the potatoes from the water with a slotted spoon and transfer to a colander to drain. Arrange the potato slices in the base of the tin(s).

Whisk the eggs and egg whites in a jug. Add the paprika, salt and pepper and stir. Pour the egg mixture over the potato slices.

Arrange the cooked chicken, cherry tomatoes and black beans over the egg mixture the baking tin, distributing evenly. Sprinkle the parsley on top.

Bake for 15 minutes, or until cooked thoroughly. Serve.

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



PER SERVING:  
327 Calories  
**21g Carbs**  
**36g Protein**  
**11g Fat**



# Asian inspired beef stir fry



350g thin cut minute steaks cut into strips

15ml soy sauce (or use tamari)

10 Szechuan peppercorns

10g coconut oil

1 medium red onion, sliced

1 tsp Chinese 5 spice

2 cloves garlic, finely chopped

1 thumb-sized piece of ginger, finely chopped

6 spring onions, sliced

1 small can bamboo shoots, drained (120g drained weight)

100g shiitake, oyster or closed cup mushrooms, chopped

a handful of fresh coriander, chopped

120g basmati rice

**SERVES 2**



PER SERVING:  
518 Calories  
**62g Carbs**  
**45g Protein**  
**10g Fat**

Place the steak strips in a bowl. Pour the soy sauce over the steak and mix well to coat thoroughly. Allow to marinate for 15 minutes.

Crush the Szechuan peppers in a bowl with the back of a spoon.

Melt the coconut oil in a wok over a high heat. Add the beef and stir fry for 2 minutes, or until the beef starts to take on some colour.

Add the red onion, Chinese 5 spice and Szechuan peppercorns and continue to stir fry for a further 2 minutes.

Add the ginger, garlic, spring onions, bamboo shoots and mushrooms and continue to stir fry on a high heat for 5 minutes until all ingredients are cooked through.

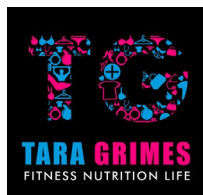
Meanwhile bring a saucepan of water to the boil. Add the rice and reduce to a simmer. Cook according to packet instructions. Drain well. Serve.

Serve garnished with coriander.

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



# Caramel protein bars



30g oats (use gluten free if preferred)

30g pitted dates

1 tbsp melted coconut oil

50g tahini

35g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste

10g cocoa powder

½ tsp vanilla extract

a pinch of sea salt

## for the chocolate coating:

1 tbsp melted coconut oil

20g dark chocolate (minimum 70% cocoa powder)

MAKES 5 BARS



Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

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

PER BAR:

214 Calories

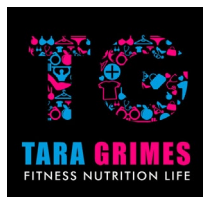
12g Carbs

10g Protein

14g Fat



# Citrus protein yoghurt breakfast bowls



60ml +25ml recently boiled water  
¾ tsp vanilla extract or vanilla  
bean paste  
2 strips of lemon rind  
1 tsp stevia (or use natural  
sweetener of your choice)  
1 navel orange, peeled and sliced  
60g raspberries  
5g chia seeds  
2 tps lemon juice  
300g Greek yoghurt (use dairy free  
if preferred)  
25g vanilla flavour whey or rice  
protein powder (optional)

**SERVES 2**

Pour 60ml recently boiled water into a small saucepan and add the lemon rind, vanilla extract and stevia. Simmer gently for 6 minutes then remove from heat. Remove lemon rind and leave to cool.

Add the orange slices and stir.

In a separate saucepan mash the raspberries. Add the chia seeds, lemon juice and 25ml recently boiled water. Stir well and cook over a medium / low heat for 4 minutes, stirring occasionally. Remove from heat.

Mix the protein powder (if using) with the yoghurt. Spoon the yoghurt into two small serving bowls. Add a layer of raspberry chia jam. Top with the orange slices in the juice. Add a drizzle of raspberry chia jam. Serve.

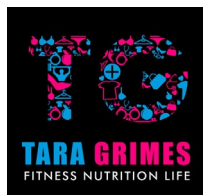
*Refrigerate any leftovers for up to 2 days.*



PER SERVING:  
260 Calories  
22g Carbs  
25g Protein  
8g Fat



# Thai inspired pork & lettuce wraps



5g coconut oil  
400g 10% fat pork mince  
4 spring onions, finely chopped  
1 small red onion, sliced  
4 tsps fish sauce (nam pla)  
2 tsps red chilli flakes (more or less depending on how hot you like your food)  
juice of 1 lime  
⅓ tsp stevia (or use natural sweetener of your choice)  
2 romaine lettuce hearts, ends removed and separated into leaves.

Melt the coconut oil in a large saucepan over a medium heat.

Add the pork mince and stir fry for 4 minutes, stirring occasionally to break up the mince.

Reduce heat to low. Add the red onion and spring onions to the pan along with the fish sauce, chilli flakes, lime juice and stevia.

Stir well and cook for around 4 minutes, stirring regularly.

Spoon the mince into the lettuce leaves and serve.

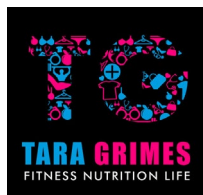
*Store any leftover pork in an airtight container and refrigerate for up to 3 days or freeze on same day.*

SERVES 2



PER SERVING:  
398 Calories  
**9g Carbs**  
**41g Protein**  
**22g Fat**

# Quick salmon fillet



1 red chilli pepper, finely chopped  
1 tbsp olive oil  
2 garlic cloves, finely chopped  
1 tsp ground coriander  
1 tsp dried basil  
pinch of sea salt  
juice of 1 lemon  
175g fresh salmon fillet  
fresh chopped coriander to serve

SERVES 1



Preheat oven to 160°C/325°F.

Line an ovenproof tray with a sheet of foil (large enough to seal the salmon in a loose parcel).

Mix the chilli, oil, garlic, ground coriander, basil, salt and lemon in a large bowl.

Place the salmon fillet in the bowl and carefully turn in the mixture to cover thoroughly. Transfer the salmon to the tray. Spoon the mixture over the salmon. Seal the salmon loosely in the foil.

Oven cook for 15-20 minutes, until the salmon is thoroughly cooked (the flesh will be a pale pink colour throughout). Sprinkle on the chopped coriander and serve.

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

## Serving suggestion:

Serve the salmon with a big leafy salad.



PER SERVING:  
529 Calories  
**13g Carbs**  
**36g Protein**  
**37g Fat**

# Cocoa raspberry quinoa pudding



40g quinoa, rinsed and drained  
1 tbsp cocoa powder  
160ml unsweetened almond, coconut or oat milk  
30g chocolate flavour whey or rice protein powder (optional) or add natural sweetener of your choice, to taste  
40g fresh raspberries  
½ tsp vanilla extract

**SERVES 1**

Place the quinoa, cocoa powder and milk in a saucepan over a medium heat. Stir well and cook for around 25 minutes, stirring frequently until the quinoa is cooked.

Remove saucepan from heat. Add the protein powder or sweetener and stir well to remove any lumps.

Add the raspberries and vanilla extract. Stir well, mashing the raspberries up a little. Leave to stand for 10 minutes then serve.

Enjoy warm or cold.

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



**PER SERVING:**  
330 Calories  
37g Carbs  
32g Protein  
6g Fat



# Egg muffins



35g ham, cut into small pieces  
5 eggs  
35g Cheddar cheese, grated (use dairy free if preferred)  
35g spinach, cut into small pieces  
½ tsp Italian seasoning  
salt and pepper to season

SERVES 2

Preheat oven to 160°C / 325°F.

Whisk the eggs in a large jug. Stir in the remaining ingredients.

Grease 6 compartments of a muffin tin.

Pour the mixture into the 6 compartments.

Bake for 15-20 minutes or until the muffins are cooked throughout. Serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
297 Calories  
**3g Carbs**  
**24g Protein**  
**21g Fat**

# Lentil tabbouleh



140g green lentils, rinsed  
100g halloumi cheese, cut into  
slices approximately 5mm thickness  
3 spring onions, chopped  
2 vine-ripened tomatoes, diced  
a small bunch fresh parsley,  
chopped  
a small bunch fresh mint, chopped  
a pinch of salt and pepper  
½ tsp ground cumin  
60g cucumber, diced  
2 tbsps extra virgin olive oil  
juice of 1 lemon

SERVES 2

Bring a saucepan of water to the boil. Reduce heat to simmer and add the lentils. Cook according to packet instructions. Drain well and allow to cool.

Fry the halloumi in a dry non-stick frying pan until golden brown on both sides.

Mix the spring onions, tomatoes, parsley, mint, salt and pepper, cumin, cucumber, oil and lemon juice in a bowl.

When the lentils have cooled, add them to the mixture and stir well.

Transfer the mixture to 2 plates. Top with the halloumi and serve.

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



PER SERVING:  
541 Calories  
41g Carbs  
29g Protein  
29g Fat

# Almond chicken curry



800g fresh chicken breast, diced  
1 tsp ground black pepper  
pinch of saffron threads  
150g plain yoghurt (use dairy free if preferred)  
2 tsps ghee or coconut oil  
1 medium white onion, sliced  
4 garlic cloves, finely chopped  
20g fresh ginger, finely chopped  
5 green cardamom pods  
1 tsp ground coriander  
½ tsp cayenne pepper  
½ tsp turmeric  
½ tsp sea salt  
4 cloves  
400ml cold water  
50g ground almonds

SERVES 4

Place the chicken in a bowl. Sprinkle on the black pepper and saffron, stirring to coat. Add the yoghurt and mix thoroughly. Refrigerate for at least 30 minutes.

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté gently for 4-5 minutes, stirring.

Add the ginger and garlic and sauté for 3 minutes, stirring.

Add all of the spices, chicken and water and bring to the boil. Reduce to a gentle simmer and stir well. Cover and cook for 5 minutes, stirring occasionally.

Stir in the ground almonds. Cover and cook for 4-5 minutes. Serve.

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



PER SERVING:  
426 Calories  
**8g Carbs**  
**67g Protein**  
**14g Fat**



# Avocado, coconut & lime mousse



160ml unsweetened almond milk  
40ml coconut milk  
1 sheet gelatine (use a vegetarian gelatine if preferred)  
1 small ripe avocado, mashed  
40g fresh coconut, grated or very finely chopped  
juice of 1 lime  
80g quark

SERVES 2

In a saucepan, heat the almond milk and coconut milk over a gentle heat for 1-2 minutes, stirring occasionally.

Add the gelatine and stir until dissolved.

Add the avocado and fresh coconut. Remove from the heat and stir well for around 1-2 minutes until thoroughly combined.

Add the lime juice and quark and whisk until thoroughly combined and lumps are removed.

Pour into 2 serving dishes and leave to cool. Refrigerate until set.

*Refrigerate for up to 3 days.*



PER SERVING:  
260 Calories  
**9g Carbs**  
**11g Protein**  
**20g Fat**