



TARA GRIMES
FITNESS NUTRITION LIFE

GET A BETTER BODY

WITH TARA'S AMAZING RECIPES

• 1700 CALORIES •



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

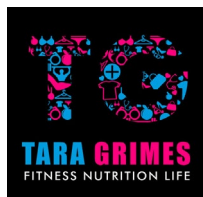
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Peanut & banana overnight oats



for the oat layer:

50g oats (use gluten free if preferred)
60g ripe banana, mashed
25g crunchy peanut butter
170ml unsweetened almond milk or oat milk
2 tsps chia seeds
25g vanilla flavour whey or rice protein powder

for the jam layer:

25g raspberry or strawberry flavour low sugar jam
30g fresh raspberries or strawberries, diced

SERVES 1



PER SERVING:
608 Calories
63g Carbs
35g Protein
24g Fat

Place the oat layer ingredients in a bowl and mix well to combine. Transfer to an airtight container and refrigerate for 2 hours or overnight.

Mix the jam layer ingredients together and transfer to a serving bowl.

Stir the oat mixture and add a drop more water if required, to achieve desired consistency.

Spoon the oat layer over the jam layer and serve.

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



Spicy quinoa salad



50g quinoa (dry weight)
100g Greek cheese (or use a dairy free cheese if preferred), diced
100g cucumber, chopped
50g red pepper, diced
50g rocket leaves
40g spring onion, sliced
15g pumpkin seeds
6 baby plum tomatoes, halved
1 red chilli, sliced
1 tsp balsamic vinegar
a pinch of ground black pepper

SERVES 1

Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions. Drain the quinoa and rinse under cold running water to cool.

Assemble all of the ingredients in a bowl, except for the balsamic vinegar and black pepper.

Sprinkle on the balsamic vinegar and season with black pepper.

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



PER SERVING:
535 Calories
49g Carbs
33g Protein
23g Fat

Thai red curry



For the sauce:

400ml coconut milk

1 stick lemongrass, minced

3 kaffir lime leaves, minced

1 thumb-sized piece galangal, minced

3 shallots, finely sliced

5 cloves garlic, finely chopped

1-2 green chillis, finely sliced

2 tbsps tomato purée

2 tbsps fish sauce (nam pla)

½ tsp ground cumin

½ tsp ground coriander

juice of one fresh lime

For the remaining curry:

550g fresh chicken breast, diced

1 red bell-pepper, sliced

2 tomatoes, diced

100g mushrooms (any variety),
finely sliced

a handful of fresh basil or
coriander, finely chopped

Preheat oven to 180°C/350°F.

In a large bowl, mix together the sauce ingredients. Transfer to an ovenproof dish, add the chicken and mix well. Cook for 45 minutes.

Add the pepper, tomatoes and mushrooms. Mix well, covering the vegetables in the sauce. Return to the oven for 15 minutes.

Serve garnished with coriander or basil.
Store in an airtight container and refrigerate for up to 3 days or freeze on the same day.



SERVES 3

PER SERVING:

386 Calories

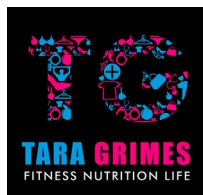
19g Carbs

46g Protein

14g Fat



Protein freezer balls



75g fresh coconut, grated or finely chopped (or use desiccated coconut*)
50g vanilla flavour whey or rice protein powder
20g crunchy nut butter
20g dark chocolate (minimum 70% cocoa)
10g coconut oil
2 tps desiccated coconut to coat

MAKES 4 BALLS

Place all of the ingredients in a bowl, except for the 2 tps desiccated coconut. Mix well. Roll into four balls.

Sprinkle the 2 tps desiccated coconut onto a plate, covering evenly. Roll the balls in the desiccated coconut to give a light even coating.

Place in an airtight container and freeze until ready to serve (remove from freezer 15 minutes before serving).

Freeze for up to 1 month.

* Note: if using desiccated coconut instead of fresh you might have to add a bit more peanut butter to get the right consistency to form the balls.



PER BALL:
211 Calories
6g Carbs
13g Protein
15g Fat

Salmon burrito with cabbage & courgette



2 tps ghee or coconut oil
½ a red onion, finely chopped
1 spring onion, finely sliced
60g courgette, finely chopped
100g Savoy cabbage, finely chopped
180g fresh salmon fillet
2-3 garlic cloves, finely chopped
equivalent amount of fresh ginger,
finely chopped
pinch of salt and pepper
1 tsp mustard seeds
½ tsp dried oregano
juice of 1 lime
2 eggs
a handful of fresh coriander, chopped

SERVES 2

Melt half of the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes. Add the spring onion, cabbage and courgette and sauté for 4 minutes, stirring, until soft. Remove the cooked vegetables from the pan and set aside.

PER SERVING:
299 Calories
12g Carbs
29g Protein
15g Fat



Add the salmon to the pan, skin side down and cook for 5-6 minutes until the skin is crispy. Turn over and cook until the flesh is a pale pink throughout. Remove skin and discard. Break the salmon up into flakes.

Return the salmon and cooked vegetables to the pan. Add the garlic, ginger, salt, pepper, mustard seeds and oregano. Squeeze over half of the lime juice and stir. Cook for 3 minutes, stirring occasionally. Remove pan from heat.

Whisk the eggs in a jug. Melt the remaining ghee / oil in a frying pan or skillet over a medium heat. Pour the eggs into the pan and cook for 2-3 minutes until the centre of the eggs are firm. Use a slice to turn and cook until firm. Remove from pan and transfer to a plate.

Spoon the filling across the centre of the cooked egg. Add the coriander and remaining lime juice. Wrap the sides of the cooked egg up and around the filling. Roll then slice in half and serve.

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



Chicken drummer soup



500g soup and broth mix
10g ghee or butter
200g leek, sliced
200g carrot, sliced
200g white onion, diced
4 cloves of garlic, finely chopped
2-3 litres cold water (depending on desired consistency)
7 cooked chicken drumsticks (skin removed after cooking)
 $\frac{3}{4}$ tsp salt
 $\frac{3}{4}$ tsp ground black pepper

SERVES 8

Place the soup mix in a bowl and cover with cold water. Soak overnight and drain.

Heat the ghee / butter in a large saucepan and add the onion, carrot and leek. Sauté for 5-6 minutes.

Add the garlic and sauté for 1-2 minutes.

Add the cold water to the pan and bring to the boil before adding the soup mix. Bring back to the boil and add the chicken drummers. Cover and simmer for 1 hour, stirring occasionally. Season with salt and pepper.

Remove skin from chicken before serving.

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



PER SERVING:
330 Calories
41g Carbs
28g Protein
6g Fat



Prawn red curry



10g coconut oil
20g Thai red curry paste
1 large red chilli, sliced
6 baby plum tomatoes
75g bamboo shoots
150g coconut milk
200g uncooked and peeled king prawns
1 tsp fish sauce (nam pla)
handful of fresh coriander, chopped
fresh lime wedges

SERVES 1

Melt the coconut oil in a large frying pan.

Add the Thai red curry paste and cook for 2 minutes in the oil to allow the flavours to release.

Add the red chillis, baby tomatoes and bamboo shoots. Stir fry for 1-2 minutes.

Add the coconut milk and stir well.

Add the prawns and simmer for 7-8 minutes or until thoroughly cooked through.

Stir in the fish sauce.

Serve with the fresh coriander and lime.

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



PER SERVING:
431 Calories
15g Carbs
41g Protein
23g Fat

Raspberry protein pudding



40g oats (use gluten free if preferred)
90ml unsweetened almond milk (or use milk of your choice)
30g vanilla or raspberry flavour whey or rice protein powder (optional)
30g fresh raspberries
1 tsp vanilla extract
a small amount of stevia to taste (only required if not using protein powder. Use an alternative natural sweetener if preferred)

for topping;

10g fresh raspberries
10g macadamia nuts, chopped

SERVES 1

Mix all of the ingredients in a bowl until thoroughly combined. Refrigerate for one hour or more.

Transfer the mixture to a serving bowl. Top with the macadamia nuts and fresh raspberries.

Serve.

Refrigerate any leftovers for up to 2 days.



PER SERVING:
341 Calories
26g Carbs
30g Protein
13g Fat

Purple 'greens' smoothie



150ml unsweetened almond milk
handful cooked broccoli (or use
fresh spinach)
80g blueberries (fresh or frozen)
half a small avocado
35g vanilla flavour whey or rice
protein (optional)
2 ice cubes

Put everything into a blender, liquid first.
Blend until smooth. Add more almond milk
if necessary, until you achieve the desired
consistency.

Consume immediately.

SERVES 1



PER SERVING:
289 Calories
22g Carbs
31g Protein
11g Fat

Veggie protein breakfast



125g broccoli, cut into small florets
half a courgette, chopped
2 small leeks, sliced finely
50ml coconut milk
6 eggs
pinch of oregano
salt and pepper
30g Cheddar cheese (optional),
grated (use dairy free if preferred)

SERVES 2



Preheat oven to 200°C / 400°F.

Grease a 10 inch round ovenproof dish.

Steam the broccoli, leeks and courgette for 4-5 minutes, or until tender.

Place the cooked vegetables in the base of the oven dish.

Whisk the eggs, coconut milk, oregano, salt and pepper together. Stir in the cheese if using.

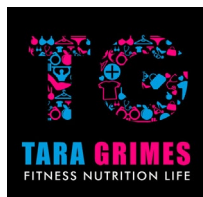
Pour the egg mixture over the vegetables. Bake for around 20 minutes, or until thoroughly cooked.

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



PER SERVING:
388 Calories
17g Carbs
26g Protein
24g Fat

Thai turkey meatballs



20g desiccated coconut
10g coconut oil or ghee
2 shallots, finely chopped
¾ fresh lemongrass stalk, finely sliced (or use lemongrass purée)
500g turkey thigh mince
juice of 1 lime
2 tsps fish sauce (nam pla)
a small handful of fresh coriander, finely chopped
the grated zest of ½ a lime

SERVES 2

Place the desiccated coconut in a dry frying pan over a medium heat and gently toast for around 1 minute or until golden all over. Remove from heat and set aside.

Melt the coconut oil / ghee in a frying pan over a medium heat. Add the shallots and lemongrass and fry for 3-4 minutes. Transfer to a plate to cool.

Preheat the oven to 190°C / 375°F.

Place the turkey mince in a large bowl. Pour the lime juice and fish sauce over the mince. Add the coconut, shallots, lemongrass, lime zest and coriander and mix well.

Form into 18 meatballs and place onto a foil lined baking tray. Bake for around 15 minutes or until thoroughly cooked.

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

Serving suggestion:

Serve with a soy / tamari and chilli dipping sauce for extra spice. Simply mix together 2 tbsps soy sauce or tamari with 2 -3 chopped green or red chilli peppers.



PER SERVING:
323 Calories
5g Carbs
33g Protein
19g Fat



Coconut bounty balls



100g fresh coconut, grated or blitzed in a food processor

100g vanilla flavour whey or rice protein powder

40g oats (use gluten free if preferred)

2 tps coconut oil

50ml cold water

1½ tps cocoa powder

30g dark chocolate (minimum 70%), melted

In a large bowl, mix everything together except for the cocoa powder.

Divide the mixture into 7 and roll into balls.

Sprinkle the cocoa powder onto a plate and roll the balls in the cocoa to dust evenly.

Drizzle over the melted chocolate, or roll each ball in the chocolate to cover completely.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 7 BALLS



PER BALL:

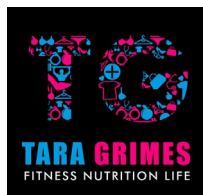
156 Calories

8g Carbs

13g Protein

8g Fat

Peanut chocolate smoothie



200ml unsweetened almond milk
or cold water
2 tps peanut butter (or nut butter
of your choice)
small pinch of salt
15g banana or vanilla flavour whey
or rice protein powder
½ tsp vanilla extract
1 small ripe banana
2 tps cocoa powder
handful of spinach leaves
2 ice cubes

SERVES 1

Place all ingredients in a blender, liquid
first so that the blender doesn't jam.

Pulse until smooth.

Consume immediately.



PER SERVING:
238 Calories
19g Carbs
18g Protein
10g Fat

Tropical smoothie bowl



20ml cold water or unsweetened almond milk
120g plain yoghurt (use dairy free if preferred)
25g vanilla or strawberry flavour whey or rice protein powder (optional)
1 tsp vanilla extract
60g frozen berries (any variety)
3g seeds e.g. chia, sunflower, pumpkin
2g flaked almonds
30g fresh papaya, sliced
30g fresh mango, sliced
25g fresh berries, to decorate

SERVES 1

Put the water/almond milk, yoghurt, protein powder (if using), vanilla extract and frozen berries in a blender and pulse until creamy.

Transfer the contents to a serving bowl.

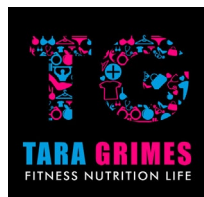
Top with the remaining ingredients. Serve.

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



PER SERVING:
288 Calories
29g Carbs
34g Protein
4g Fat

Chicken frittata



1 tsp ghee or coconut oil plus a little extra to grease dish
30g broccoli, cut into small florets
50g diced bell pepper (any colour)
handful of cherry tomatoes, sliced in half
5 eggs
1 tbsp ricotta cheese (or use a dairy free cheese if preferred)
100g cooked chicken breast, shredded into small pieces
25g fresh spinach leaves, chopped
salt and pepper to season
pinch of oregano
pinch of paprika

SERVES 2

Preheat oven to 180°C/350°F.

Melt the ghee / oil in a large frying pan over a medium heat. Add the broccoli and pepper and sauté gently for 2-3 minutes, stirring occasionally.

Add the tomatoes and cook for 2-3 minutes, until soft. Remove from heat and set aside.

In a large bowl mix together the eggs, cheese, chicken, spinach, cooked vegetables, salt, pepper, oregano and paprika.

Lightly grease an ovenproof dish with coconut oil or ghee and transfer the mixture to the dish. Use a spoon to gently even out the mixture.

Oven cook for 30-40 minutes, until the centre of the frittata is firm. Leave to cool in the dish for several minutes before serving.

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



PER SERVING:
309 Calories
5g Carbs
34g Protein
17g Fat



South Indian fish curry



350g white fish fillets, skin removed
pinch of cayenne pepper
1 tsp sea salt
2 tsps English mustard
200ml cold water
2 tsps ghee or coconut oil
1 heaped tsp brown mustard seeds
½ tsp cumin seeds
1 medium sized onion, finely chopped
2-4 green chillis, sliced lengthways
½ tsp garam masala
½ tsp ground black pepper
½ tsp turmeric
2 medium sized tomatoes, chopped
100g basmati rice

SERVES 2

Place the fish in a bowl and add the cayenne pepper and salt.

Mix the mustard and water together in a jug and add half of the mixture to the fish. Stir well.

Melt the ghee / oil in a large saucepan over a medium heat. Add the fish and cook for 2 minutes each side. Remove fish from the saucepan and set aside. Add the cumin seeds and mustard seeds to the pan and gently sauté for 1 minute, stirring.

Add the onion and sauté for 2-3 minutes, stirring. Add the chillis and cook for 2 minutes, stirring. Add the garam masala, black pepper, turmeric and tomatoes and stir well. Cook for 2 minutes.

Add the remaining mustard mixture and bring to the boil then reduce to a gentle simmer. Cook for 3-4 minutes, stirring occasionally. Add the fish back into the saucepan and cook for 4-5 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 leftover curry in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
519 Calories
65g Carbs
40g Protein
11g Fat



Chewy choc chip & peanut bars



40g crunchy peanut butter
12g cocoa powder
20g dark chocolate chips
(minimum 70% cocoa)
10g sunflower seeds
¼ tsp ground cinnamon
15ml cold water or unsweetened
almond milk
25g vanilla or chocolate flavour
whey or rice protein powder
(optional)

Place the ingredients in a bowl and mix until well combined.

Line the base of a baking tray with greaseproof paper. Transfer the mixture to the tray and shape into a long rectangle using a spatula. Level the surface and neaten the sides with the spatula.

Refrigerate for 30 minutes or until firm. Cut into 3 bars. Serve.

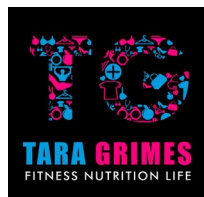
Store any leftovers in an airtight container and refrigerate for up to 4 days.

MAKES 3 BARS



PER BAR:
185 Calories
5g Carbs
12g Protein
13g Fat

Protein-rich spinach smoothie



200ml cold water
30g porridge oats
35g whey or rice protein powder
(any flavour)
20g ground flaxseed
handful of spinach leaves
50g frozen blueberries
1 tsp ground cinnamon

Place all ingredients in a blender, water first so that the blender doesn't jam.

Pulse until smooth. Add more water if required, to achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:
377 Calories
48g Carbs
35g Protein
5g Fat

Poached eggs Spanish style



1 tsp ghee or coconut oil
60g red onion, finely chopped
1 clove garlic, finely chopped
7g pine nuts
pinch of salt and pepper
½ tsp ground cinnamon
a large handful of fresh spinach
leaves, rinsed
2 eggs
5g raisins

SERVES 1

Melt the ghee / oil in a frying pan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the garlic and sauté for 1 minute, stirring.

Add the pine nuts, salt and pepper and cinnamon. Cook for 1 minute, stirring. Add the spinach leaves, raisins and 2 tsps cold water. Stir and cover. Cook until the spinach has wilted.

Meanwhile bring a small saucepan of water to the boil (around 3 inches deep). Reduce to a steady simmer. Carefully crack the eggs into the water.

Poach for 2-4 minutes (2 minutes is ideal for a runny egg).

Transfer the spinach mixture to a plate. Top with the poached eggs and serve.

Consume immediately.



PER SERVING:
278 Calories
12g Carbs
17g Protein
18g Fat

Mozzarella, tomato & spinach tortilla



1 tsp ghee or coconut oil plus a little extra to grease tin

150g potato, cut into small cubes

½ tsp paprika

1 small red onion, finely chopped

50g spinach leaves

8 cherry tomatoes, halved

50g Mozzarella, cut into chunks (use dairy free cheese if preferred)

5 eggs

½ tsp garlic powder

a pinch of sea salt

a pinch of ground black pepper

SERVES 2

Preheat the oven to 180°C/350°F. Grease a 15x15cm baking tin with a small amount of ghee/oil.

Heat 1 tsp ghee/oil in a frying pan over a medium heat.

Add the potato and paprika. Stir well and sauté for around 10 minutes, stirring until soft.

Add the onion and sauté gently for 3-4 minutes, stirring frequently.

Add the spinach and cook until wilted. Remove pan from heat.

Add the spinach to the baking tin with the cherry tomatoes and Mozzarella.

Beat the eggs in a jug with a fork. Add the garlic powder, salt and pepper and stir well.

Pour the eggs into the tin and bake for 20 minutes, or until golden and firm.

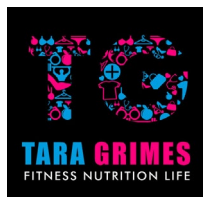
Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
372 Calories
22g Carbs
26g Protein
20g Fat



Cajun spiced salmon



- 1 tsp ground red chillies
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground coriander
- ¼ tsp ground black pepper
- 1 tbsp olive oil
- 1 x 180g fresh salmon fillet

SERVES 1

Mix the spices together in a bowl and add the olive oil. Stir well to combine. Spoon onto the salmon and turn to coat in the marinade. Refrigerate for 1 hour minimum (ideally overnight).

Preheat oven to 180°C/350°F. Line an oven tray with a large sheet of foil.

Place the salmon on the foil and wrap loosely in a parcel.

Cook for 25-30 minutes, until the salmon is cooked throughout (the flesh will be a pale pink colour when cooked).

Serve with salad or steamed vegetables and a wedge of lemon.

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



PER SERVING:
509 Calories
5g Carbs
39g Protein
37g Fat

Mint chocolate chip protein bars



40g dried dates, chopped
40g almonds or cashews, finely chopped
30g chocolate flavour whey or rice protein powder (optional)
1 tbsp cocoa powder
1 tsp mint extract
25g flaxseed
20g dark chocolate chips (minimum 70% cocoa)
35ml coconut milk

Place all of the ingredients in a large bowl and mix well until thoroughly combined.

Shape into 4 bars and place on a baking tin or plate.

Refrigerate for 1 hour or until firm. Serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days.

MAKES 4 BARS

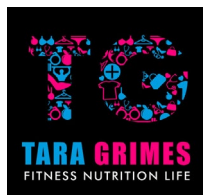


PER SERVING:
192 Calories
11g Carbs
10g Protein
12g Fat

Chia coconut smoothie

150ml unsweetened almond milk
2 tbsps coconut milk
handful of fresh spinach leaves
1 frozen banana (or use fresh banana plus 2 ice cubes)
2 tsps chia seeds
30g vanilla flavour whey or rice protein powder (optional)
few fresh mint leaves (optional)

SERVES 1



Put everything into a blender, liquid first. Blend until smooth. Add some water if required, until you achieve the desired consistency.

Consume immediately.



PER SERVING:
350 Calories
35g Carbs
30g Protein
10g Fat

Egg pancake rolls



for the dipping sauce:

2 tsps soy sauce (or tamari sauce)
juice of ½ a lime

for the pancake rolls:

3 small eggs, beaten
1 tsp soy sauce (or tamari sauce)
small bunch fresh chives, finely chopped
30g cooked ham, cut into small pieces
pinch of ground chilli flakes
small bunch of fresh coriander, finely chopped
salt and pepper
1 tsp ghee or coconut oil

To create the dipping sauce, mix the soy sauce and lime juice. Taste test, and add more lime juice if required.

Mix the eggs in a jug with the soy sauce, chives, ham, chilli flakes, coriander and salt and pepper.

Melt the ghee / oil in a large flat-based frying pan over a medium heat. Pour the egg mixture into the pan, tilting the pan gently to cover the base in a thin even layer. Cook gently for several minutes until firm.

Use a slice to roll the cooked egg up completely. Transfer to a large plate and cut into 3-4 pieces.

Serve with the dipping sauce.

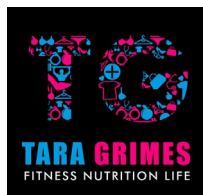
Store any leftovers in an airtight container and refrigerate for up to 1 day.

SERVES 1



PER SERVING:
303 Calories
7g Carbs
26g Protein
19g Fat

Salmon & broccoli omelette



75g broccoli florets
3 eggs plus 1 egg white
a pinch of sea salt and ground black pepper
1 tsp dried dill or parsley
1 tsp ghee or coconut oil
2 closed cup mushrooms, finely chopped
100g cooked salmon, flaked
15g Cheddar cheese, grated (use dairy free cheese if preferred)

SERVES 2

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

Beat the eggs and egg white in a jug with the salt, pepper and dried herbs.

Melt the ghee/oil in a frying pan. Add the mushrooms and fry gently for 3-4 minutes, stirring occasionally until soft.

Remove the mushrooms from the pan and set aside.

Pour the eggs into the frying pan and cook for 3-4 minutes. When the centre of the omelette begins to firm up, distribute the salmon around one half of the omelette. Add the broccoli and mushrooms and cook for 2 minutes.

Add the cheese and cook for 1 minute.

Fold the omelette in half and remove from the pan with a slice. Serve.

Consume immediately.



PER SERVING:
296 Calories
3g Carbs
26g Protein
20g Fat



Asian inspired quick beef noodles



- grated zest and juice of 1 lime
- 1 small handful fresh basil leaves, roughly chopped
- 1 small handful fresh mint leaves, roughly chopped
- 1 tsp fish sauce (nam pla)
- 1 tsp soy sauce (or tamari sauce)
- 1 inch piece fresh ginger, grated
- 1 tsp honey
- 60g (dry weight) vermicelli, or use noodles of your choice
- 1 tsp ghee or coconut oil
- 350g lean stir fry beef strips
- 2 spring onions, finely sliced
- 8-10 small asparagus spears
- ½ - 1 red chilli, finely sliced
- 100g sugar snaps
- to garnish:**
- 1 tsp unsalted peanuts (optional)
- ½ tsp sesame seeds

In a bowl, mix the lime juice and zest, mint, basil, ginger, fish sauce, soy sauce and honey.

Bring a small saucepan of water to the boil. Add the vermicelli, stir well and cook for 2-3 minutes until tender. Drain.

Melt the oil / ghee in a frying pan over a high heat. Add the beef and cook for 2-3 minutes, stirring to brown all over. Transfer beef to a plate and set aside. Reduce heat to medium. Add the spring onions, asparagus, red chilli and sugar snaps to the frying pan. Sauté for 3 minutes, stirring.

Add the sauce to the frying pan and stir well. Cook for 2-3 minutes, stirring occasionally. Add the vermicelli to the frying pan and stir. Transfer the contents of the pan to serving bowls. Top with peanuts (if using) and a sprinkle of sesame seeds. Serve.

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

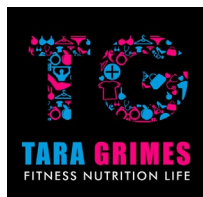
SERVES 2



PER SERVING:
456 Calories
41g Carbs
46g Protein
12g Fat



Chewy choc chip & peanut bars



40g crunchy peanut butter
12g cocoa powder
20g dark chocolate chips
(minimum 70% cocoa)
10g sunflower seeds
¼ tsp ground cinnamon
15ml cold water or unsweetened
almond milk
25g vanilla or chocolate flavour
whey or rice protein powder
(optional)

Place the ingredients in a bowl and mix until well combined.

Line the base of a baking tray with greaseproof paper. Transfer the mixture to the tray and shape into a long rectangle using a spatula. Level the surface and neaten the sides with the spatula.

Refrigerate for 30 minutes or until firm. Cut into 3 bars. Serve.

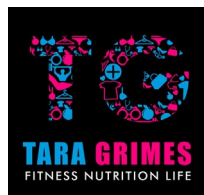
Store any leftovers in an airtight container and refrigerate for up to 4 days.

MAKES 3 BARS



PER BAR:
185 Calories
5g Carbs
12g Protein
13g Fat

Protein freezer balls



75g fresh coconut, grated or finely chopped (or use desiccated coconut*)
50g vanilla flavour whey or rice protein powder
20g crunchy nut butter
20g dark chocolate (minimum 70% cocoa)
10g coconut oil
2 tps desiccated coconut to coat

MAKES 4 BALLS

Place all of the ingredients in a bowl, except for the 2 tps desiccated coconut. Mix well. Roll into four balls.

Sprinkle the 2 tps desiccated coconut onto a plate, covering evenly. Roll the balls in the desiccated coconut to give a light even coating.

Place in an airtight container and freeze until ready to serve (remove from freezer 15 minutes before serving).

Freeze for up to 1 month.

* Note: if using desiccated coconut instead of fresh you might have to add a bit more peanut butter to get the right consistency to form the balls.



PER BALL:
211 Calories
6g Carbs
13g Protein
15g Fat

Strawberry & rhubarb smoothie



200ml unsweetened almond milk
100g tinned rhubarb, drained
140g frozen strawberries (or use fresh strawberries plus 2 ice cubes)
1 tsp ground flaxseed
30g vanilla or strawberry flavour whey or rice protein powder (optional)
pinch of xanthan gum (optional)

Put everything into a blender, liquid first. Blend until smooth. Add some water if required, until you achieve the desired consistency.

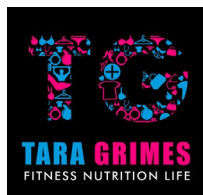
Consume immediately.

SERVES 1



PER SERVING:
238 Calories
18g Carbs
28g Protein
6g Fat

Pistachio, cardamom & chia pudding



for the pudding:

250ml unsweetened almond milk

50g chia seeds

15g shelled pistachios, finely chopped

½ tsp cardamom seeds, ground

1 tsp vanilla extract

25g vanilla flavour whey or rice protein powder (optional)

1 tsp honey or agave syrup (or use liquid sweetener of your choice)

to serve:

30g Greek yoghurt per person (use dairy free yoghurt if preferred)

5g pistachios, finely chopped
a drizzle of honey or agave syrup

SERVES 2



PER SERVING:
279 Calories
13g Carbs
23g Protein
15g Fat

Place all of the pudding ingredients into a sealable container and mix thoroughly. Refrigerate for one hour or until chilled.

Stir well.

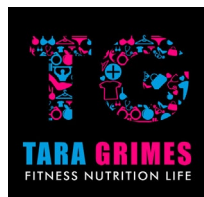
Transfer the mixture to serving bowls, layered with Greek yoghurt.

Top with the additional pistachios and a drizzle of honey or agave syrup.

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



Lamb steaks with roasted red peppers



15ml olive oil
2-3 garlic cloves, finely chopped
pinch of salt and pepper
360g lamb leg steaks
a large sprig of fresh rosemary
for the red pepper topping:
1 red bell-pepper, left whole
a drizzle of olive oil
salt and pepper
3ml olive oil
a few sprigs of fresh mint,
chopped finely
50g cucumber, diced finely

SERVES 2

In a bowl, mix the garlic, olive oil, salt and pepper. Place the lamb in a single layer in a wide based ovenproof dish. Add the oil mixture and turn the lamb to coat thoroughly. Add the rosemary. Cover and refrigerate for 2 hours, or overnight.



PER SERVING:
343 Calories
6g Carbs
37g Protein
19g Fat

Preheat oven to 160°C / 325°F.

Place the red pepper upright in an ovenproof dish and drizzle lightly with olive oil. Bake for around 25 minutes, or until the skin becomes crispy. Remove from oven and allow to cool.

Remove the skin, seeds and core from the pepper. Chop into small bite-sized pieces. Add the salt and pepper, olive oil, fresh mint and cucumber and stir well.

Place the lamb steaks in the oven and cook for around 10 minutes each side (medium) or longer if you prefer the lamb well done.

Serve the lamb topped with the red pepper mixture.

Store any leftover lamb in an airtight container and refrigerate for up to 2 days.
Store any leftover red pepper mixture in an airtight container and refrigerate for up to 2 days.



Chicken, leek & potato casserole



10g butter or coconut oil
600g skinless and boneless chicken thighs
400g potatoes, peeled and diced
1 leek, sliced
1 white onion, chopped
2 carrots, peeled and sliced
150g celery, sliced
5 spring onions, sliced
2 garlic cloves, finely chopped
15g plain flour (use gluten free if preferred)
a pinch of sea salt and ground black pepper
500ml chicken stock

Preheat oven to 180°C/350°F.

Melt the butter / oil in a large saucepan and add the chicken thighs. Cook for 4-5 minutes, turning them to brown on all sides.

Add all of the vegetables. Cook for 5 minutes, stirring occasionally.

Add the garlic, flour, salt and pepper and stir well. Transfer to a casserole dish or tagine and add the chicken stock. Stir well.

Place a lid on the dish or cover with foil. Place in the oven and cook for 50 minutes.

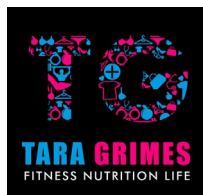
Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 4



PER SERVING:
422 Calories
33g Carbs
32g Protein
18g Fat

Coconut bounty balls



100g fresh coconut, grated or blitzed in a food processor

100g vanilla flavour whey or rice protein powder

40g oats (use gluten free if preferred)

2 tps coconut oil

50ml cold water

1½ tps cocoa powder

30g dark chocolate (minimum 70%), melted

In a large bowl, mix everything together except for the cocoa powder.

Divide the mixture into 7 and roll into balls.

Sprinkle the cocoa powder onto a plate and roll the balls in the cocoa to dust evenly.

Drizzle over the melted chocolate, or roll each ball in the chocolate to cover completely.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 7 BALLS



PER BALL:

156 Calories

8g Carbs

13g Protein

8g Fat

Mint chocolate chip protein bars



40g dried dates, chopped
40g almonds or cashews, finely
chopped
30g chocolate flavour whey or rice
protein powder (optional)
1 tbsp cocoa powder
1 tsp mint extract
25g flaxseed
20g dark chocolate chips
(minimum 70% cocoa)
35ml coconut milk

Place all of the ingredients in a large bowl and mix well until thoroughly combined.

Shape into 4 bars and place on a baking tin or plate.

Refrigerate for 1 hour or until firm. Serve.

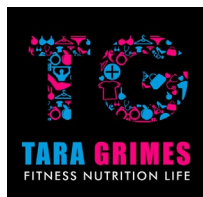
Store any leftovers in an airtight container and refrigerate for up to 4 days.

MAKES 4 BARS



PER SERVING:
192 Calories
11g Carbs
10g Protein
12g Fat

Pecan & pumpkin smoothie



125g tinned pumpkin purée
225ml unsweetened nut milk of your choice
3 ice cubes
a large handful of fresh spinach leaves
15g pecan nuts (reserve a small amount for topping)
25g vanilla flavour whey or rice protein powder (optional), or replace with 100g ripe banana)

Place all of the ingredients in a blender and pulse until creamy.

Add a drop more nut milk if required, to achieve desired consistency.

Top with a sprinkle of chopped pecan nuts.

Consume immediately.

SERVES 1



PER SERVING:
316 Calories
15g Carbs
28g Protein
16g Fat