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# Flexible Nutrition

Volume 3

30 Quick and easy recipes

Hello,

Welcome to the A.N Coaching lifestyle nutrition recipe book.

We always aim to give you the best service, and make your journey as easy as possible, whilst still being able to enjoy food at the same time. How many times have you started a diet or a new plan and after two weeks been sick and tired of the same meals ? I'm guessing every time. This is why flexible dieting is the winner, because it sets you up for the long term.

I hope you enjoy the recipes

**Andrew Naylor**

Personal trainer/coach

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### **DISCLAIMER**

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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# BREAKFASTS











# OPEN FACED BREAKFAST SANDWICH

**SERVES 3**

**TOTAL TIME: 23 MINUTES**

## INGREDIENTS

½ tablespoon **olive oil**  
½ clove **garlic**, minced  
25 grams sun-dried **tomatoes** (not packed in **oil**),  
**chopped**  
3 large **eggs**  
25 grams **low-fat feta cheese**  
Coarse rock **salt** and freshly **ground black pepper**  
3 slices **wholegrain bread**, toasted  
**Fresh chopped parsley** (optional)

## INSTRUCTIONS

In a large non-stick pan, heat the oil over medium low heat.

Add the garlic and sun dried tomatoes and cook stirring for 1-3 minutes or until the garlic is fragrant and translucent.

Crack the eggs evenly around the pan and sprinkle with feta, salt, and pepper.

Cover and cook undisturbed until the eggs are cooked to your liking.

Jiggling the pan slightly will allow you to check the yolks - runny yolks will move, fully cooked yolks will be firm.

Transfer each egg along with some of the tomato and garlic, to a piece of toast and sprinkle with parsley if desired.

194  
**CALORIES**

11  
**PROTEIN**

15  
**CARBS**

9  
**FATS**

2  
**FIBRE**

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“Caprese denotes a salad of mozzarella cheese, tomatoes, and fresh basil.”





# CAPRESE FRITTATA

**SERVES 4**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

1 teaspoon **olive oil**  
2 teaspoons minced **garlic** (or 2 large **cloves garlic**, minced)  
250 grams **baby plum tomatoes**  
110 grams **fresh basil leaves**, stems removed, finely sliced or shredded  
**salt** to season (optional)  
8 large **eggs**  
60 millilitres **unsweetened almond milk** (or skim/low fat **milk**)  
100 grams **baby spinach leaves**  
125 grams **fresh mozzarella cheese**, slice thinly into rounds  
2 tablespoons **grated mozzarella cheese** (optional)  
**Balsamic glaze**

## INSTRUCTIONS

Preheat your oven or grill to a medium heat.

Slice the tomatoes in half horizontally.

Next, heat the oil in an 8-inch non stick pan over medium-high heat. Once hot, add the garlic, stirring while it cooks for about one minute or until fragrant. Add the tomato slices and basil.

Continue cooking until the tomatoes are becoming slightly blistered and soft.

While the tomatoes are frying, whisk the eggs, milk and a pinch of salt together in a bowl until well combined. When the tomatoes are ready, transfer HALF of the tomato mixture onto a warmed plate. Cover it and set aside.

Pour the egg mixture into the remaining tomatoes in the pan, stirring the mixture for a few seconds to combine the flavours. Reduce heat to low-medium and add in the spinach leaves.

Arrange the mozzarella slices evenly over top, pressing them down slightly into the egg, and cook until the eggs are almost set (the centre should be slightly runny). This should take around eight minutes.

Sprinkle the extra cheese (if using) over the top and transfer pan into the preheated oven.

Grill until the top is golden, puffed up and cooked through. The edges and the bottom of the frittata should appear a light golden brown.

To serve, warm the remaining tomatoes and basil mixture, and spoon over the top.

Drizzle with the balsamic glaze.

212  
CALORIES

18  
PROTEIN

4  
CARBS

16  
FATS

3  
FIBRE

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# BREAKFAST EGG MUFFINS

**SERVES 6**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

**Cooking spray**

**6 eggs**

**salt and pepper** to taste

110 grams cooked **chopped spinach** excess **water** removed

75 grams crumbled cooked **bacon**

35 grams **grated cheddar cheese**

diced **tomatoes** and **chopped parsley** optional garnish

## INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5. Coat six cups of a muffin tin with cooking spray or alternatively you can line them with paper liners.

Crack the eggs into a large bowl and whisk until smooth - this should only take a minute or less.

Add the spinach, bacon and cheese to the egg mixture and stir until all the ingredients are well combined.

Divide the egg mixture evenly between the six muffin cups.

Bake for 15-18 minutes or until eggs are set.

Serve immediately garnished with diced tomatoes and parsley if desired, or store in the refrigerator once cooled until ready to eat.

129

**CALORIES**

10

**PROTEIN**

1

**CARBS**

10

**FATS**

**FIBRE**

**FIT FORWARD »**







# CAULIFLOWER EGG CUPS

**SERVES 12**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

1 head of **cauliflower**, stalk and leaves removed, cut into florets  
1 extra large **egg**, whisked  
50 grams **cheddar cheese**, (or **Mozzarella**)  
25 grams **grated Parmesan cheese**  
½ teaspoon **salt and pepper**  
½ teaspoon **garlic powder**, (or 1 teaspoon **onion powder**)  
12 small-medium sized **eggs**  
**Chilli Flakes**  
**Parsley**

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Lightly spray a 12-hole muffin tin with cooking oil spray or alternatively you can line them with paper liners.

Pulse the cauliflower in a blender in two batches for about 30-50 seconds until a fine “rice” type texture is formed - it’s ok if there are a few bigger pieces in there. (Be careful not to over process or the cauliflower will form a raw purée.)

Measure out 480 grams of the cauliflower rice into a microwave safe bowl and heat for about eight minutes or until soft (alternatively, lightly steam over a pot of boiling water or in a vegetable steamer until soft). Remove and allow to cool for a good five minutes before handling.

Using paper towels, an old tea towel or a cheesecloth, squeeze out as much liquid as you can until hardly any liquid is produced (It’s less messy if you wrap the cauliflower in the towel or cloth and squeeze it into a ball over the sink).

Transfer back into your bowl (make sure there’s no liquid in it), and add the whisked egg, cheeses, salt and garlic powder.

Divide the mixture into each muffin hole and firmly press them with your fingertips to create a “nest” or cup.

Bake for about 15-20 minutes or until the cheese has melted, the cups are golden and the edges are browned.

Remove from the oven, break the eggs into each cup, season with salt and pepper, return to the oven and bake for a further 10-15 minutes, or until the whites are set and the yolks are cooked to your liking.

Allow them to cool for five minutes before handling them, or they may fall apart. Lightly slide a knife around the sides of each cup, then using a fork, gently lift one side first (to make sure they’re not sticking to the bottom) and lift out of the pan.

Garnish with red chilli flakes and parsley if desired

98  
CALORIES

8  
PROTEIN

1  
CARBS

6  
FATS

FIBRE

**FIT FORWARD »**





# HIGH PROTEIN VEGAN BREAKFAST BURRITO (V)

**SERVES 4**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

340 grams package firm or **extra-firm tofu\***  
1 teaspoon **oil** (or 1 tablespoon (15 millilitres) **water**)  
3 teaspoons **garlic** (minced)  
15 grams **hummus**  
1 teaspoon **chilli powder**  
1 teaspoon **cumin**  
1 teaspoon **nutritional yeast**  
¼ teaspoon **sea salt**  
750 grams baby **potatoes** (**chopped** into bite-size pieces)  
1 medium **red bell pepper** (thinly sliced)  
1 tablespoon **oil or water**  
135 grams **chopped kale**  
3-4 large **flour** or gluten-free **tortillas**  
200 grams ripe **avocado** (**chopped** or mashed)  
**Coriander**  
Chunky **red or green salsa** or hot **sauce**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Line a baking sheet with parchment paper. In the meantime, wrap the tofu in a clean towel and set something heavy on top - such as a heavy pan - to remove excess moisture. Then crumble with a fork into fine pieces. Set aside.

Add potatoes and red pepper to the baking sheet, drizzle with oil (or water) and spices, and toss well. Bake for 15-22 minutes or until fork tender and slightly browned adding the kale in the last 5 minutes and tossing with the other vegetables.

Heat oil or water in a large pan over medium heat. Sauté the garlic, and tofu for 7-10 minutes, until slightly brown.

In another bowl, add the hummus, chili powder, cumin, yeast, and salt. Stir, then add water until a pourable sauce is formed. Add the spice mix to the tofu and continue cooking over medium heat until slightly brown. Set aside.

Roll out a large tortilla, add portions of the roasted vegetables, scrambled tofu, avocado, coriander, and a drop of salsa.

Roll up and place seam side down (you can wrap in foil to keep warm).

Continue until all toppings are used up.

Enjoy immediately for best results. Alternatively, you can package and refrigerate these up to 4 days (or the freezer for 1 month). Just microwave or heat in the oven before eating (be sure to remove foil if heating in microwave).

441  
CALORIES

17  
PROTEIN

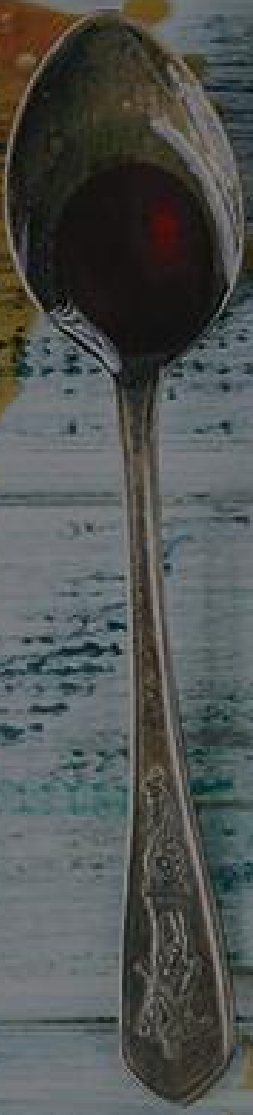
54  
CARBS

20  
FATS

8  
FIBRE

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# SIDES & SMALL PLATES





“Naan, a word that just means bread in its original Persian.”



# QUICK AND EASY NAAN BREAD

**SERVES 5**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

250 grams **plain flour**  
2 teaspoons **sugar**  
½ teaspoon **salt**  
½ teaspoon **baking powder**  
120 millilitres **milk**  
2 tablespoons **vegetable oil**, plus extra for greasing

## INSTRUCTIONS

For the dough, sift the flour, sugar, salt and baking powder into a bowl.

In another bowl, mix together the milk and oil. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the “well”, to make a smooth, soft dough.

Knead well for 8–10 minutes, adding a little flour if the dough is too sticky.

Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10–15 minutes.

Form the dough into five balls.

Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.

Roll the dough balls out quite thinly and pull into a teardrop shape (this isn’t essential but makes them look authentic). Sprinkle over your chosen topping and press into the surface of the dough.

Place the naans onto the hot baking sheet and grill for 1–2 minutes, or until lightly browned.

Brush with butter and serve hot.

264  
CALORIES

6  
PROTEIN


42  
CARBS

8  
FATS

2  
FIBRE

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Originally called  
“hashed brown  
potatoes” and  
around 1970 the  
name had become  
simply “hash  
browns.”





# OVEN BAKED HASH BROWNS

**SERVES 6**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

2 medium **potatoes**  
1 medium **onion**  
2 medium **eggs**  
A pinch of **sea salt and black pepper**  
½ teaspoon **garlic powder**  
For the topping:  
Nigella seeds, **poppy seeds** or **sesame seeds**, or  
**chopped garlic** and **fresh coriander**  
1 tablespoon **butter**, melted, to serve

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Grate the potato and onion on the large side of a box grater. Put the grated potato and onion at the centre of a kitchen towel and squeeze out the excess liquid over the sink to avoid a mess.

Put the mixture into a bowl and add the egg, salt, pepper and garlic powder and combine.

Lightly grease a baking tray and get handfuls of the mixture and shape in to round patties.

Put them on the tray and gently flatten – the mixture should make 8 hash browns.

Bake for 15 minutes.

Flip them over, pat them down and then cook for a further 20 minutes until they are crispy.

107  
CALORIES

5  
PROTEIN


17  
CARBS

2  
FATS

2  
FIBRE

**FIT FORWARD »**





The aroma when cooking Jasmine rice is caused by the evaporation of 2-Acetyl-1-pyrroline.



# COCONUT LIME RICE (V)

**SERVES 4**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

1 teaspoon **coconut oil**  
200 grams white **jasmine rice**  
1 400 grams tin of light (or low fat) **coconut milk**  
**Zest** of 1 **lime**  
Juice of half a **lime**  
**Salt** to taste

## INSTRUCTIONS

In a small saucepan over medium high heat, sauté the rice in the coconut oil for 1 minute.

Pour in the can of coconut milk and stir to combine. Bring to the boil, cover with a lid, and reduce heat to low.

Cover and simmer for 35 minutes.

Remove from the heat, and allow to sit still covered for a further 10 minutes.

Remove the lid, fluff the rice with a fork, then stir in the lime zest, lime juice, and salt to taste.

Serve warm.

262  
**CALORIES**

4  
**PROTEIN**

44  
**CARBS**

9  
**FATS**

1  
**FIBRE**

**FIT FORWARD »**





The name succotash derives from a Narragansett word for boiled corn.



# SOUTHERN SUCCOTASH (V)

**SERVES 6**

**TOTAL TIME: 10 MINUTES**

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## INGREDIENTS

115 grams **lima beans**  
350 grams **fresh** or frozen **corn** kernels  
60 millilitres **water**  
1 clove **garlic**, minced  
100 grams quartered **cherry tomatoes** or halved **baby plum tomatoes**  
½ tablespoon **extra virgin olive oil**  
5 **chopped parsley** or **basil** (optional)  
**Salt** and freshly **ground black pepper**

## INSTRUCTIONS

In a small pot, cook the lima beans and corn over medium heat with the water for 5 minutes.  
Strain out any remaining water and return the lima and corn mix back to the pot.  
Stir in the olive oil, garlic, and tomatoes and cook for an further 2 minutes.  
Add the chopped herbs, if using and salt and pepper to taste.

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210  
CALORIES

14  
PROTEIN

9  
CARBS

14  
FATS

2  
FIBRE

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“The word  
“broccoli” comes  
from the Italian  
plural of broccolo,  
which means “the  
flowering crest of a  
cabbage””





# ASIAN INSPIRED BROCCOLI SALAD

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

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## INGREDIENTS

1 tablespoon **sesame seeds**, lightly toasted  
1 teaspoon **poppy seeds**  
1 head of **broccoli** cut into florets  
100 grams **frozen peas**  
For the dressing  
1 tablespoon **soy sauce**  
1 teaspoon clear **honey**  
¼ teaspoon **sesame oil**

## INSTRUCTIONS

To make the dressing, mix the soy, honey and sesame oil together in a bowl.

In a separate bowl, mix the seeds together. In a large pan of boiling water cook the broccoli and peas for 2 minutes and drain.

Tip the broccoli and peas back in the pan, pour half the dressing and half the seeds over, and shake for a few seconds to mix.

Serve sprinkled with the rest of the dressing and seeds.

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68  
CALORIES

5  
PROTEIN

5  
CARBS

3  
FATS

3  
FIBRE

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# COURGETTE AND BALSAMIC REDUCTION

**SERVES 4**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

235 millilitres **balsamic vinegar**  
½ teaspoon **sugar**  
2 tablespoon **olive oil**, more if needed  
3 medium **courgettes**, sliced in ¼ inch thick rounds  
1 teaspoon seasoning **salt**, more if needed  
**Black sesame seeds** for garnish  
Dried **mint flakes**

## INSTRUCTIONS

In a saucepan, heat the balsamic vinegar and sugar and bring to a boil, then reduce the heat to medium-low.

Allow to simmer for 20 minutes to reduce. Remove from the heat and let the vinegar thicken as it cools.

Meanwhile, in a large non-stick pan, heat 2 tablespoons of olive oil on high.

Sauté the courgette slices in the heated oil for 3-4 minutes until golden-brown on the bottom. Sprinkle lightly with seasoned salt, then flip over and repeat. If needed, sauté it in batches and add more olive oil. Remove the courgette from the pan and place on a paper towels to drain off any excess oil

Transfer the courgette to a serving platter or dish.

Drizzle with the prepared balsamic reduction and garnish with black sesame seeds and dried mint flakes.

This dish can be enjoyed hot or at room temperature.

172  
CALORIES

2  
PROTEIN

14  
CARBS

12  
FATS

4  
FIBRE

**FIT FORWARD »**



# MAIN COURSES







The word saag refers to common leafy green vegetables found in the Indian subcontinent.



# CHICKEN SAAG

**SERVES 4**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

2 **red chillies chopped** and seeded  
2 **cloves garlic**  
1 4 cm piece of **ginger**  
1 medium **onion chopped**  
1 teaspoon **olive oil**  
1 teaspoon **ground cumin**  
1 teaspoon ground **coriander**  
1 teaspoon **garam masala**  
½ teaspoon **turmeric powder**  
4 **cloves**  
4 skinless **chicken breast fillets** diced  
150 grams red split **lentils**  
400 gram tin **chopped tomatoes**  
260 grams **spinach**  
4 small, ready made **rotis** warmed to serve

## INSTRUCTIONS

Put the chillies, garlic, ginger and onion in a blender and blend to a paste. Heat 1 teaspoon of oil in a large pan and fry the paste for 2 minutes, until fragrant and aromatic.

Add the spices and cook for a further minute.

Add the chicken pieces and thoroughly coat them in the spices.

Cook for 5 minutes before adding the lentils and chopped tomatoes with along with 1½ tins of water.

Enjoy this tasty dish with our simple nan bread recipe!

330  
CALORIES

43  
PROTEIN

28  
CARBS

4  
FATS

6  
FIBRE

**FIT FORWARD »**







# MOROCCAN CHICKEN SKILLET

**SERVES 2**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

220 grams **chicken breast**  
**salt and pepper**  
½ tablespoon extra-**virgin olive oil**  
650 grams **cauliflower** cut into bite-sized pieces  
115 grams **carrot** sliced  
75 grams roughly **chopped sweet onion**  
1 ½ teaspoons **fresh ginger** minced  
1 ½ teaspoon **ground cumin**  
1 teaspoon **cinnamon**  
¼ teaspoon **paprika**  
⅛ teaspoon ground **allspice**  
180 millilitres **orange juice** (not from concentrate)  
100 grams crushed **tomatoes**  
2 **medjool dates** sliced  
25 grams **coriander** minced plus additional for garnish  
2 tablespoon roasted **pistachios** roughly **chopped**  
½ a small **cucumber** thinly sliced

## INSTRUCTIONS

Using a meat mallet (or a rolling pin) pound out the chicken breasts until they are flat and an even thickness. Sprinkle with salt and pepper.

Heat the olive oil in a large pan on a medium/high heat, then cook the chicken breast until golden brown, on both sides then transfer to a plate.

Turn the heat down to medium and add the cauliflower, carrot, onion, ginger, cumin, cinnamon, paprika, and Allspice to the pan. Cook, stirring frequently, until the vegetables just begin to soften and the spices are fragrant.

Stir in the orange juice, crushed tomatoes and sliced dates. Turn the heat up to high and bring to a boil and cook for a further 2 minutes. Reduce the heat to medium and simmer, stirring frequently for about 5 minutes until the sauce begins to reduce and thicken. Season to taste with salt and pepper.

Return the chicken to the pan, nestling it into the vegetables and spooning some sauce over the top. Cover and reduce the heat to medium/low. Cook for a further 10 minutes ensuring the chicken is cooked through.

Stir in the coriander and divide the chicken between two plates.

Top each dish with the chopped pistachios and place the sliced cucumbers on the side.

Garnish with extra coriander, if desired, and enjoy!

427  
CALORIES

44  
PROTEIN

40  
CARBS

12  
FATS

9  
FIBRE

**FIT FORWARD »**





Mole is the  
national  
dish of  
Mexico.



# CHICKEN MOLE

**SERVES 4**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

2 **red onions**, 1 **chopped** and 1 sliced into rings  
2 **cloves** of **garlic** crushed  
1 tablespoon **olive oil**  
6 skinless **chicken thighs**, cut into strips  
400 gram tin **chopped tomatoes**  
500 millilitres **chicken stock**  
45 grams **Cacao Powder**  
Pinch of **chilli powder**  
Small bunch of **coriander** stalks removed  
500 grams cooked **rice** to serve  
**Lime wedges** to serve

## INSTRUCTIONS

In a pan cook the chopped onion and garlic in 1 teaspoon olive oil until softened.

Add the chicken and fry for a further 2 minutes, then stir in the tomatoes and stock before bringing to a simmer.

Add the cacao and chilli and cook for another 30 minutes, until thick and rich.

Stir in half the coriander and serve with fluffy rice, onion rings, lime wedges and a garnish of coriander,

243  
CALORIES

24  
PROTEIN

10  
CARBS

12  
FATS

3  
FIBRE

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# THAI TURKEY MEATBALLS

**SERVES 10**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

900 grams **turkey mince**  
1 bunch **spring onions, chopped**  
5 cm chunk of **fresh ginger**, minced  
2 tablespoon **coriander, chopped**  
5 **cloves garlic**, minced  
2 tablespoon **Thai green curry paste**  
1 tablespoon **lemongrass paste**  
Juice of 1 **lime**  
1 teaspoon **soy sauce**  
1 teaspoon **fish sauce**  
1 teaspoon **rice wine vinegar**  
1 teaspoon **red chili flakes**  
½ teaspoon **salt**  
½ teaspoon **pepper**  
2 tablespoon **olive oil**  
1 tablespoon **olive oil**  
150 grams green **onions, chopped**  
5 **cloves garlic**, minced  
½ tablespoon **red chili flakes**  
½ teaspoon **curry powder**  
2 tablespoon **white wine vinegar**  
350 millilitres tinned **coconut milk**  
1 teaspoon **sea salt**

## INSTRUCTIONS

In a large bowl, combine all ingredients except the olive oil and mix together using your hands until well combined.

Form the mixture into balls about 2 tablespoons in size, and roll between your hands to shape.

Line a baking sheet with parchment, arrange the meatballs to rest before frying.

In a large non stick pan bring half the olive oil to a medium high heat and carefully add the meatballs.

Cook for 6-7 minutes and then turn to brown on both sides, ensuring they don't stick to the pan.

Remove and set aside on a plate.

Coconut Chili Sauce

In the same pan, add the remaining olive oil. Bring the pan to medium heat and add the onion.

Sauté for 4 to 5 minutes until the onions are softened and translucent.

Add the minced garlic, chili flakes, and curry powder. Continue stirring until the garlic softens and the spices are fragrant. Carefully pour in the vinegar and sauté for a further 2 minutes.

Shake the coconut milk thoroughly and then pour into the pan, stirring to combine. Increase heat until the sauce is at a gentle boil.

Add the meatballs and simmer until meatballs are hot through.

Serve over rice or noodles as desired and garnish with fresh coriander.

231  
CALORIES

18  
PROTEIN


3  
CARBS

16  
FATS

1  
FIBRE

**FIT FORWARD »**





Courgettes  
are also  
known as  
Zucchini.



# COURGETTE TUNA CAKES

**SERVES 2**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

½ medium **courgette**

**Cooking spray**

1 100 gram tin of tuna, drained

2 tablespoon **oats**

2 tablespoon **shredded cheese**

1 large **egg**

¼ teaspoon **garlic salt**

¼ teaspoon **dill**

¼ teaspoon **onion powder**

**Fresh ground pepper**

For the **Lemon Yogurt Sauce**:

2 tablespoon Greek **yogurt**

1 teaspoon **lemon juice**

¼ teaspoon **dill**

¼ teaspoon **garlic salt**

## INSTRUCTIONS

Grate 100 grams of courgette.

Place the grated courgette in a tea towel or cloth, gather the edges and squeeze as much liquid as possible from the grated vegetable. It's best to do this over the sink to avoid mess.

In a mixing bowl, add the squeezed courgette and all the other cake ingredients and mix well.

Spray a medium sized pan with non stick spray and heat to medium low.

Using a spoon, scoop up half of the mixture and add to one side of the frying pan. Use your spoon to form a round flat cake, about ½ inch thick. Then do the same with the rest of the mixture on the other side of the pan.

Let it cook for about 5-6 minutes or until the underside is a crispy golden brown.

Flip and cook the other side.

While the cakes are cooking, you can mix up your lemon dill yogurt sauce:

Simply mix the yogurt, lemon juice, dill, and garlic salt in a small bowl and set it aside.

When the cakes are ready, place them on a plate and top with a dollop of the refreshing yoghurt sauce

280  
CALORIES

34  
PROTEIN

14  
CARBS

11  
FATS

4  
FIBRE

**FIT FORWARD »**





Chickpeas  
are one of  
the best food  
sources of  
folate.



# INDIAN CHICKPEAS WITH POACHED EGGS

**SERVES 2**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

1 tablespoon **rapeseed oil**  
2 **garlic cloves, chopped**  
1 **yellow pepper**, deseeded and diced  
½ - 1 **red chilli**, deseeded and **chopped**  
5 **spring onions** tops and whites sliced but kept separate  
1 teaspoon **cumin** plus a little extra to serve (optional)  
1 teaspoon **coriander**  
½ teaspoon **turmeric**  
3 **tomatoes** cut into wedges  
⅓ bunch of **coriander, chopped**  
400 gram **tin chickpeas** in **water**, drained but liquid reserved  
½ teaspoon reduced-**salt bouillon powder**  
4 large **eggs**

## INSTRUCTIONS

Heat the oil in a non-stick sauté pan, add the garlic, pepper, chilli and the whites from the spring onions, and fry for 5 mins over a medium-high heat.

Meanwhile, put a large pan of water on to boil.

Add the spices, tomatoes, most of the coriander and the chickpeas to the sauté pan and cook for 1-2 mins more. Stir in the bouillon powder and enough liquid from the chickpeas to moisten everything, and leave to simmer gently.

Once the water is at a rolling boil, crack in your eggs and poach for 2 mins, then remove with a slotted spoon.

Stir the spring onion tops into the chickpeas, then very lightly crush a few of the chickpeas with a fork or potato masher to add texture.

Spoon the chickpea mixture onto plates, scatter with the reserved coriander and top with the eggs.

Serve with an extra sprinkle of cumin for added warmth and flavour if desired

412  
CALORIES

24  
PROTEIN

27  
CARBS

20  
FATS

10  
FIBRE

**FIT FORWARD »**





"Mackerels are carnivores (meat-eaters). Their diet consists of copepods, small fish, shrimps and squids."





# GRILLED MACKEREL WITH SOY, LIME & GINGER

**SERVES 2**

**TOTAL TIME: 25 MINUTES**

## INGREDIENTS

300 grams mackerel  
100 grams **jasmine rice**  
4 **spring onions** sliced  
1 **red pepper**, deseeded and diced  
For the marinade  
1 tablespoon low-**sodium soy sauce**  
juice 1 **lime**  
2 cm piece **fresh ginger**, grated  
1 **garlic clove**, crushed  
2 tablespoon **honey**

## INSTRUCTIONS

To make the marinade, mix all the ingredients together and pour over the mackerel.  
Cover and chill in the refrigerator for 30 mins.  
Heat the grill and put the mackerel, skin-side up, on a baking sheet lined with foil.  
Grill for 5 mins, then turn and baste with remaining marinade before grilling for a further 5 mins.  
Cook the rice according to the packet instructions, then drain and toss with the spring onions and pepper.  
Serve piping hot with the mackerel.

582

**CALORIES**

33

**PROTEIN**

61

**CARBS**

25


**FATS**

1

**FIBRE**

**FIT FORWARD »**





Lamb hotpot  
is a traditional  
dish of  
Lancashire.





# LAMB HOTPOT

**SERVES 4**

**TOTAL TIME: 2 HOURS**

## INGREDIENTS

3 teaspoon **olive oil**  
600 grams **lamb leg steaks** (once all visible fat removed it should weigh around 500 grams)  
2 **onions**, roughly **chopped**  
2 **garlic cloves**, thickly sliced  
250 grams **celery stalks** thickly sliced  
400 grams **carrots** thickly sliced  
Small handful **fresh rosemary**, finely **chopped**  
Few sprigs **fresh thyme**  
1 tablespoon **plain flour**  
1 **beef stock** pot diluted to make 500 millilitre/18 fluid ounces stock  
2 tablespoon **Worcestershire sauce**  
2 tablespoon **tomato purée**  
650 grams floury **potatoes**, ideally Maris Piper, cut into thick slices  
**Salt** and freshly **ground black pepper**

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Heat 1 teaspoon of the oil in a large heavy-bottomed casserole over a medium to high heat.

Cut the lamb into cubes and brown on all sides in two batches for around 3-4 minutes per batch. Transfer to a plate using a slotted spoon.

Add another teaspoon of oil to the pan and add the onions, garlic, celery and carrots and fry, stirring, for 3-4 minutes.

Add the rosemary and thyme and fry for another minute. Sprinkle over the flour and cook for 2 minutes, stirring constantly to cook the flour.

Return the lamb to the pan, pour over the stock and stir in the Worcestershire sauce and tomato purée, then bring to the boil.

Layer the potatoes on top in two overlapping layers, seasoning between the layers.

Cover with the lid and bake in the oven for 1½ hours, or until the lamb and the potatoes are tender. Remove the lid and increase the oven temperature to 200°C/400°F/gas 6.

Brush the potatoes with the final teaspoon of oil and bake for a further 15 minutes, or until the top is nicely browned and crispy.

455  
CALORIES

31  
PROTEIN

47  
CARBS

14  
FATS

10  
FIBRE

**FIT FORWARD »**





There are seven species of Pacific salmon. There is one species of Atlantic salmon.





# ASPARAGUS, PEA AND SALMON RICE

**SERVES 4**

**TOTAL TIME: 10 MINUTES**

## INGREDIENTS

2 bunches **asparagus or green beans**, trimmed and diagonally **chopped**  
150 grams **frozen peas**  
2 x 250 grams packs ready-to-heat white **rice**  
350 grams poached **salmon fillets**, flaked  
100 grams **baby spinach**  
**Zest** and juice 1 **lemon**  
2 teaspoon **Dijon** mustard  
1 tablespoon **olive oil**  
Pinch **sugar**

## INSTRUCTIONS

Cook the asparagus or green beans and peas for 2–3 min in a large pan of boiling water until just tender. - drain well.

Meanwhile, heat the rice according to the packet instructions, then put in a large bowl. Add the asparagus or beans, peas, salmon and spinach.

Put the lemon zest and juice, mustard, olive oil and sugar in a bowl and whisk to combine. Drizzle over the rice mixture and gently toss to combine.

Serve immediately sprinkled with ground black pepper.

434  
CALORIES

29  
PROTEIN

46  
CARBS

16  
FATS

6  
FIBRE

**FIT FORWARD »**



Penne is the plural form of the Italian penna meaning feather.





# HERBY CHICKEN PASTA

**SERVES 4**

**TOTAL TIME: 17 MINUTES**

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## INGREDIENTS

300 grams **penne**  
Small bunch **fresh basil leaves**  
Small bunch **fresh flat-leaf parsley** leaves  
2 tablespoon **capers**  
Juice 1 **lemon**  
1 tablespoon **olive oil**  
400 grams roasted or poached skinless and boneless **chicken**, shredded

## INSTRUCTIONS

Cook the penne in a large pan of boiling water, according to the pack instructions until al dente.

Meanwhile, blend the basil, parsley, capers, lemon juice and oil in a food processor to make a thick sauce.

Drain the pasta well, then return to the pan with the shredded chicken and add the sauce.

Toss well, then divide among 4 bowls, sprinkle with black pepper and serve.

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435  
**CALORIES**

36  
**PROTEIN**

46  
**CARBS**

9  
**FATS**

4  
**FIBRE**

**FIT FORWARD »**





Up your plant  
intake with this  
quick and easy  
vegetarian  
option.



# 20 MINUTE VEGETARIAN CHILLI (V)

**SERVES 2**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

½ small **onion** finely **chopped**  
1 large **garlic clove**, crushed  
1 knob of **butter**  
½ teaspoon **ground cumin**  
½ teaspoon **paprika**  
(sweet or smoked depending on preference)  
Pinch of **chilli flakes or chilli powder**  
400 grams tin **chopped tomatoes**, drained and juice reserved  
400 grams tin **kidney beans** drained and rinsed  
½ **vegetable stock cube**  
2 squares dark **chocolate**  
**soured cream**, to serve (optional)  
**coriander**, to serve (optional)

## INSTRUCTIONS

Put the onion, garlic, butter and spices in a microwaveable container, stir, then heat in the microwave on high for 30-40 seconds.

Allow to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.

Cover with microwaveable cling film and pierce 3 times.

Place some kitchen paper on your microwave turntable, put the container on top and cook for 2 mins on high.

Stir well and leave to stand for a further minute. If your chilli starts to dry out, add some of the reserved tomato juice, but bear in mind that it won't reduce as much in the microwave as it would on the hob.

Cover and cook on medium for a further 2 minutes.

Give it a good stir and allow to stand for 1 minute before serving topped with soured cream and coriander or your favourite Mexican topping if desired

333  
CALORIES

13  
PROTEIN

36  
CARBS

12  
FATS

15  
FIBRE

**FIT FORWARD »**





# CURRIED CHICKEN BOWLS

**SERVES 4**

**TOTAL TIME: 2 HOURS AND 30 MINUTES**

## INGREDIENTS

190 grams low-fat plain **yogurt**  
50 grams grated **onion**  
2 tablespoons **mild curry powder**  
1½ tablespoons **lemon juice**  
1 tablespoon **extra-virgin olive oil**  
½ teaspoon **salt**  
¼ teaspoon **cayenne pepper** (optional)  
650 grams boneless, skinless **chicken breast**, cut into 1-2 cm pieces  
250 grams cooked **brown rice**  
250 grams cooked **quinoa**  
5 grams **chopped fresh coriander**  
25 grams thinly sliced **spring onions**

## INSTRUCTIONS

Stir the yogurt, onion, curry powder, lemon juice, half the oil, salt and cayenne, if using, together in a medium bowl.

Add the chicken and toss to coat evenly. Cover and marinate in the refrigerator for at least 2 hours or preferably overnight.

Preheat your oven to 200C/180C Fan/Gas 6.

Line a rimmed baking sheet with foil and create a foil barrier to divide the baking sheet in half.

Place the Curried Chicken, in a single layer in an ovenproof dish.

Roast for 15 to 18 minute or until the chicken is cooked through

Whilst the chicken is roasting cook the rice and quinoa before adding to the bowls with the chicken, coriander and spring onions.

Feel free to use different types of curry powders to change up the heat or taste.

274  
CALORIES

24  
PROTEIN

28  
CARBS

7  
FATS

4  
FIBRE

**FIT FORWARD »**





# VEGAN THAI GREEN CURRY (V)

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

2 tablespoons **sunflower oil**  
1 medium **butternut squash** (about 800 grams),  
peeled and cut into bite-sized cubes  
3 tablespoon **light soy sauce**  
1 **lime wedged** to serve  
A handful of **coriander** roughly torn, to serve  
1 **red chilli**, deseeded and finely sliced, to serve  
1 spring **onion** finely **chopped** to serve  
500 grams Cooked **jasmine rice** to serve  
**GREEN CURRY BASE**  
1 **lemongrass stalk**, bruised  
1 tablespoon **Thai green curry paste**  
2 x 400 millilitre tins **low-fat coconut milk**  
A handful, **sugar snap peas** halved  
A handful of **asparagus spears** tough ends removed  
A handful of **green beans** trimmed  
2 tablespoon frozen or **fresh edamame beans**

## INSTRUCTIONS

Add 1 tablespoons of sunflower oil in a wok and bring to a medium heat.

Meanwhile, toss the butternut squash cubes into the soy sauce.

Put the soy-coated butternut squash in the wok and cook for 10 minutes or until softened and browned, stirring frequently.

For the green curry base:

Heat the remaining sunflower oil in a separate large frying pan. Add the lemongrass and Thai green curry paste, and fry over a high heat for 1 minute until the spices are fragrant and aromatic

Add the coconut milk, stir, then reduce the heat slightly and simmer for a further 8 minutes.

Meanwhile cook the jasmine rice according to the packet instructions.

Remove and discard the lemongrass stalk. Add the sugar snap peas, asparagus, green beans and edamame beans to the sauce and cook for 4-5 minutes or until the vegetables are cooked but still have some firmness.

Ladle the curry into bowls and spoon in the softened soy-glazed butternut squash.

Top each bowl with a squeeze of lime juice, and sprinkle with the coriander.

For added depth of flavour and heat, top with a few slices of chilli and a scattering of chopped spring onion.

Serve with bowls of steaming, fluffy jasmine rice.

332  
CALORIES

6  
PROTEIN

22  
CARBS

23  
FATS

6  
FIBRE

**FIT FORWARD »**







# VEGGIE BURGER (V)

**SERVES 8**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

400 grams tin chick **peas**, drained and mashed  
8 **fresh basil leaves**, chopped  
25 grams **oat bran**  
25 grams cup **quick cooking oats**  
225 grams **brown rice**, cooked  
14 ounce/400 grams package firm **tofu**  
5 tablespoon **Korean barbeque sauce**  
½ teaspoon **salt**  
½ teaspoon **black pepper**, ground  
¾ teaspoon **garlic powder**  
¾ teaspoon **dried sage**  
2 teaspoon **vegetable oil**

## INSTRUCTIONS

In a large bowl, stir together the mashed chick peas and basil.

Mix in the oat bran, quick oats, and rice - at this stage, the mixture should seem a little dry.

In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible.

Drain off the water, and repeat the process until there is hardly any water being produced (a little is fine).

Pour the barbeque sauce over the tofu, and stir to coat thoroughly

Stir the tofu into the chick peas and oats. Season with salt, pepper, garlic powder, and sage; mix until well blended.

Heat the oil in a large heavy pan over medium-high heat.

Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side until golden and appetising.

Serve as you would burgers with your favourite toppings.

161  
CALORIES

8  
PROTEIN


24  
CARBS

5  
FATS

4  
FIBRE

**FIT FORWARD »**



A close-up photograph of a single cinnamon roll baked in a white ceramic mug. The roll is golden-brown with a visible spiral pattern. In the background, two cinnamon sticks and a pat of butter on a small wooden spreader are visible on a light-colored, textured surface. The entire scene is set on a blue and white striped cloth.

October 4th  
is actually  
the National  
Cinnamon Roll  
day in Sweden.



# CINNAMON ROLL MUG CAKE

**SERVES 1**

**TOTAL TIME: 2 MINUTES**

## INGREDIENTS

1 scoop **vanilla protein powder**  
1 tablespoon. **coconut flour**  
180 grams **egg** whites  
60 millilitres **unsweetened almond milk**  
½ teaspoon **baking powder**  
1 teaspoon **cinnamon**  
¼ teaspoon. **vanilla extract**  
1 tablespoon raw **honey or stevia** to taste  
For the glaze: 1 tablespoon. coconut **butter** and a pinch of **cinnamon**

## INSTRUCTIONS

Spray a microwavable mug with a little cooking spray.

Stir the protein powder, baking powder, coconut flour, cinnamon, sweetener of choice together until well combined.

Add egg whites, almond milk, and vanilla extract. Add more almond milk if needed (a thick batter is the desired consistency).

Microwave for 60 seconds, or until the centre is cooked (microwave times will vary depending on microwave).

Make the glaze by melting coconut butter with a pinch of cinnamon and drizzle over the top of the cakes.

Serve immediately.

312  
CALORIES

32  
PROTEIN

10  
CARBS

12  
FATS

0  
FIBRE

**FIT FORWARD »**




# DESSERTS









Black beans  
contain quercetin  
and saponins  
which can protect  
the heart.



# BLACK BEAN CHOCOLATE PROTEIN TRUFFLES

**SERVES 12**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

400 gram tin low-sodium or no **salt** added organic **black beans**, rinsed and drained, and patted dry  
1 scoop **chocolate protein powder** of choice  
1 ½ tablespoons **coconut oil**, plus 1 teaspoon for **chocolate** coating  
2 tablespoons pure **maple syrup**  
5 tablespoons good-quality **unsweetened cocoa powder**  
100 grams good quality **chocolate, chopped**  
Toppings, if desired: sprinkles, flaked coconut, and/or **chopped** nuts

## INSTRUCTIONS

Place black beans, 1 ½ tablespoons coconut oil, and maple syrup in large bowl of food processor; process until very smooth in consistency. You may need to occasionally scrape the mix from the sides.

Slowly add in cocoa powder and chocolate protein powder (if desired). Taste and add more cocoa powder if necessary.

If you decide not to add in protein powder, simply replace with about 3 more tablespoons of cocoa powder or until batter tastes chocolatey enough to your liking.

Place the truffle batter in the fridge for about 20 minutes. Once chilled remove from the fridge and form the batter into 12 even dough balls; roll them with your hands to form a ball (you can use latex gloves if you don't want messy hands)

Place the formed truffles on a baking tray lined with parchment paper and place back in fridge while you prepare the chocolate coating:

Heat the chocolate and 1 teaspoon coconut oil in small saucepan on very low. Stir every so often until chocolate has melted and is smooth.

Remove from heat.

Lift each truffle with a fork or toothpick and dip into the chocolate mixture to coat - they don't have to be perfect!

Roll in sprinkles, nuts or coconut if desired.

Place back on parchment paper and return to the fridge for ten minutes.

Once chilled, enjoy these delicious sweet treats!

105  
CALORIES

4  
PROTEIN

13  
CARBS

5  
FATS

3  
FIBRE

**FIT FORWARD »**





# NO BAKE ALMOND FUDGE PROTEIN BARS

**SERVES 12**

**TOTAL TIME: 10 MINUTES**

## INGREDIENTS

80 grams **oats**, ground into a **flour**  
40 grams quick **oats**  
60 grams **vanilla protein powder**  
15 grams **crispy rice cereal**  
125 grams **almond butter** (or **peanut butter**)  
115 grams cup **honey**  
1 teaspoon **vanilla extract**  
Optional: 2-3 tablespoon. **chocolate chips** for melting

## INSTRUCTIONS

Prepare a 9 x 5 inch loaf tin by spraying it with cooking spray. Set it aside for now.

In a medium-sized mixing bowl, combine the oat flour, quick oats, protein powder, and crispy rice cereal. Mix until well combined and also set aside.

In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in the vanilla extract.

Remove from the heat, pour into the dry mixture, stirring well until everything is well mixed.

Pour the mixture into the loaf tin. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

For the optional topping, place the chocolate into a microwave safe bowl and heat on high in 20 second intervals, stirring between each heating session.

When fully melted, drizzle over the top of the packed mix using a spoon.

Place pan into fridge and allow to cool for 30 minutes before slicing into bars.

162  
CALORIES

7  
PROTEIN

18  
CARBS

7  
FATS

2  
FIBRE

**FIT FORWARD »**





# CHOCOLATE FUDGE CAKE BARS

**SERVES 8**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

100 grams **oat flour**  
2 scoops **vanilla** or unflavoured **protein powder**  
115 grams **granulated sweetener** of choice  
3 tablespoon **cocoa powder**  
½ teaspoon **baking soda**  
¼ teaspoon **sea salt**  
½ cup unsweetened **apple sauce** OR tinned **pumpkin**  
65 grams **almond butter**  
125 grams plain **yogurt**  
4 large **egg** whites  
60 millilitres **milk** of choice  
45 grams **Chocolate chips**, to stir through and drizzle on top (optional)

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Line an 8 x 8 ovenproof glass baking dish with oil and set aside.

In a large mixing bowl, combine the dry ingredients and mix well.

In a small bowl, mix together the apple sauce, yogurt, almond butter, egg whites and milk of choice well. Pour into the dry mixture and mix until fully incorporated.

Stir through chocolate chips/chunks and bake for 20-30 minutes, depending on your oven, and your desired texture (test using a tooth pick or skewer).

Rotate the dish occasionally, to ensure the mixture is evenly cooked.

Remove from the oven and allow to cool completely, before topping with extra chocolate drizzle and slicing into bars.

171  
CALORIES

11  
PROTEIN

16  
CARBS

7  
FATS

2  
FIBRE

**FIT FORWARD »**



"The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'."





# PUMPKIN PROTEIN BREAD

**SERVES 8**

**TOTAL TIME: 70 MINUTES**

## INGREDIENTS

425 gram tin **pumpkin** puree  
50 grams **protein powder** (**chocolate**, **vanilla** or **cinnamon**)  
25 grams **buckwheat flour** (or gluten-free **oat flour**)  
½ **egg white**  
1 tablespoon organic pure **maple syrup**  
½ teaspoon **baking powder**  
1 tablespoon **vanilla extract**  
½ tablespoon **pumpkin** pie spice

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Using a high-speed blender, food processor, or handheld mixer, blend all ingredients together thoroughly.

If you prefer to use gluten-free oat flour you can make your own by simply blending rolled oats in a high-speed blender or food processor until it turns into flour.

Pour mixture into a bread tin (we used a 6.5 x 3 inch tin) and bake for 1 hour.

Poke with toothpick or skewer and continue to bake until it pulls out clean.

75  
CALORIES

7  
PROTEIN

9  
CARBS

1  
FATS

0  
FIBRE

**FIT FORWARD »**