



# MONTHLY HEALTH PLAN

---

EXCLUSIVELY FOR FITTER 365 MEMBERS

# Fitter Food Principles

- 1** Eat 3 Fitter Food meals daily.
- 2** Consume protein at each meal.
- 3** **Limit snacks ideally to** one daily and aim to fast completely between meals for 3-5 hours.  
*\*This includes avoiding liquid calories.*
- 4** Fast for 12 hours overnight.
- 5** Walk for 45–60 minutes daily.
- 6** Exercise 2–5 times a week doing something that you enjoy that gets you sweaty.
- 7** Aim for 8–9 hours sleep each night.
- 8** Perform 10 minutes of active stress management each day.
- 9** Eliminate alcohol for the next 31 days.
- 10** Limit caffeine to 1 small serving daily.



# NEW RECIPES

 NEW

- Chilli Chicken and Chickpea Bake
- Mediterranean Fish Stew
- Smokey Chorizo Baked Beans
- Spicy Sweet Potato and Lentil Soup
- Turkey, Carrot and Sultana Burgers



# PANTRY

FATS		PROTEIN		CARBOHYDRATES	
Oils					
Avocado oil					
Extra virgin coconut oil					
Extra virgin olive oil					
Macadamia oil					
Seeds					
Chia	Pumpkin				
Flaxseed	Sunflower				
Hemp					
Solid fats					
Beef fat	Coconut				
Goose fat	manna				
Lard	Creamed				
Coconut cream (tin or carton)	coconut (bar)				
Nuts, nut butters & milk					
Almond	Hazelnuts				
Brazil	Macadamias				
Cashews	Pecans				
Chestnuts	Pistachios				
Coconut	Walnuts				
Meat/Game (ideally free range, grass-fed or organic)		Starchy Vegetables		Vegetables	
Beef		Celeriac		Artichoke	
Buffalo		Parsnips		Asparagus	
Game		Sweet potatoes		Aubergine	
Gluten-free sausages (>80% meat)		Turnips		Broccoli	
Lamb		White potatoes		Brussels sprouts	
Organ meats (liver and kidney)		Yams		Butternut squash	
Pork		Legumes		Cabbage	
Venison		Chickpeas		Carrots	
Poultry/Eggs (ideally free range, grass-fed or organic)		Lentils		Cauliflower	
Chicken		Borlotti beans		Celeriac	
Duck		Butter beans		Celery	
Goose		Black beans		Courgette	
Turkey		Green beans		Cucumber	
Fish/Seafood		Peas		Kale	
Anchovies		Fruits		Lettuce	
Cod		Favour low sugar fruits;		Leeks	
Coley		Avocados		Mushrooms	
Haddock		Berries		Parsnips	
Herring		Lemons/Limes		Peppers	
Mackerel		Tomatoes (passata and puree)		Radish	
Pollock				Red onions	

# PANTRY CONT.

## MISCELLANEOUS

Apple cider vinegar  
 Balsamic vinegar  
 Cocoa powder  
 Raw honey  
 Coconut palm sugar  
 Stevia drops  
 Tamari sauce (gluten free soya)  
 Wholegrain mustard  
 Xylitol powder

### Herbs & Spices

Chilli powder  
 Curry powder (mild or hot)  
 Ground cumin  
 Cinnamon  
 Garlic (fresh and powder)  
 Ginger (root and powder)  
 Harissa spice mix  
 Mixed herbs  
 Paprika (sweet and smoked)  
 Ras el Hanout spice mix  
 Zaatar spice mix

Protein powders  
 Dark chocolate  
 Arrowroot (to thicken casseroles)  
 Tapioca flour (to thicken casseroles)  
 Gluten free flour  
 Black coffee  
 Coconut water  
 Mineral/filtered water  
 Green tea  
 Black tea  
 White leaf tea  
 Herbal teas  
 Kombucha  
 Water kefir  
 Unsweetened nut milk

## DAIRY

Butter  
 Cheese  
 Double cream or sour cream  
 Crème fraîche  
 Natural or Greek yogurt  
 Full fat milk

## GRAINS

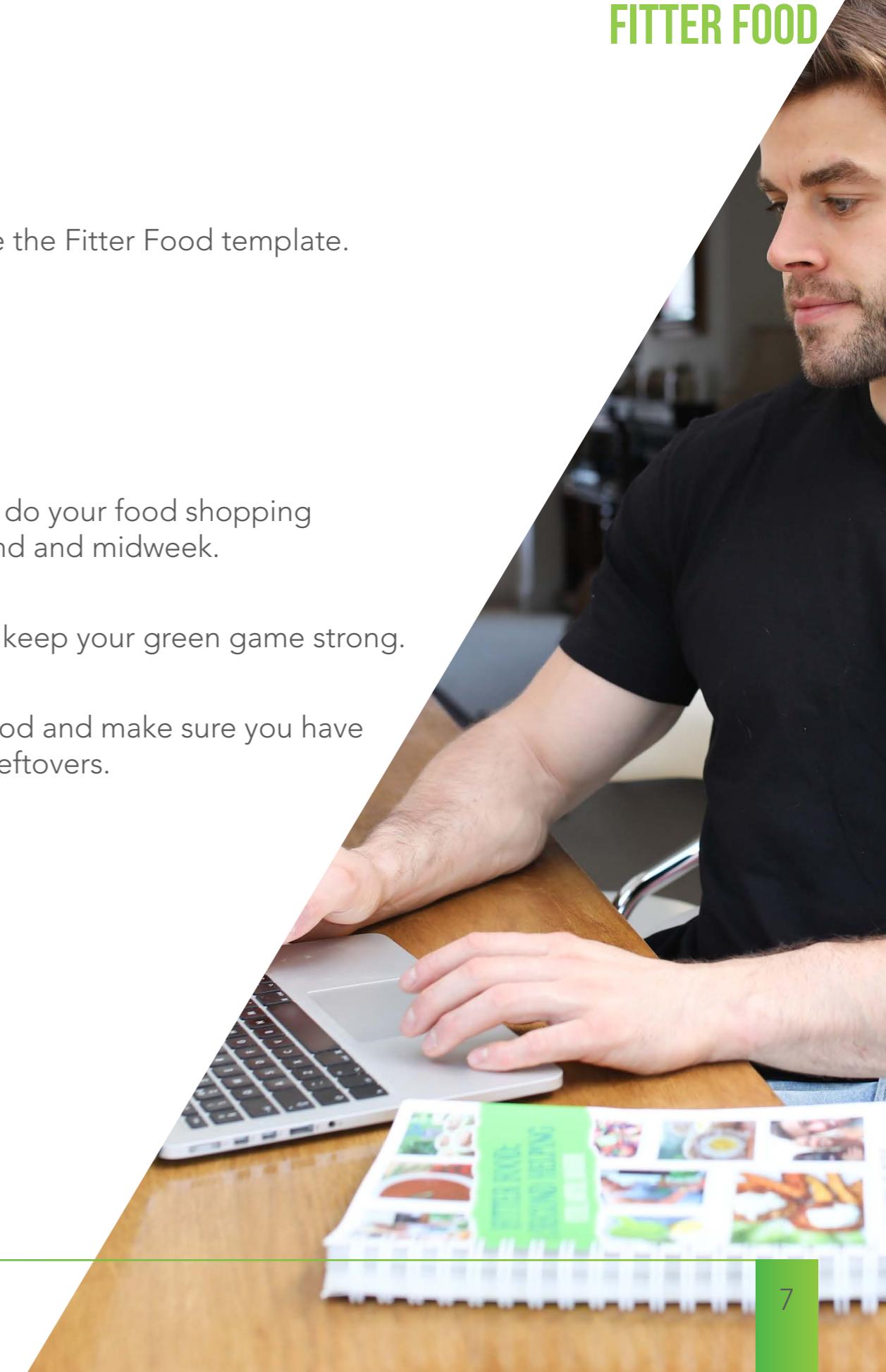
Buckwheat  
 Rolled oats  
 Rice (brown, red, black and white)  
 Oat bran  
 Quinoa

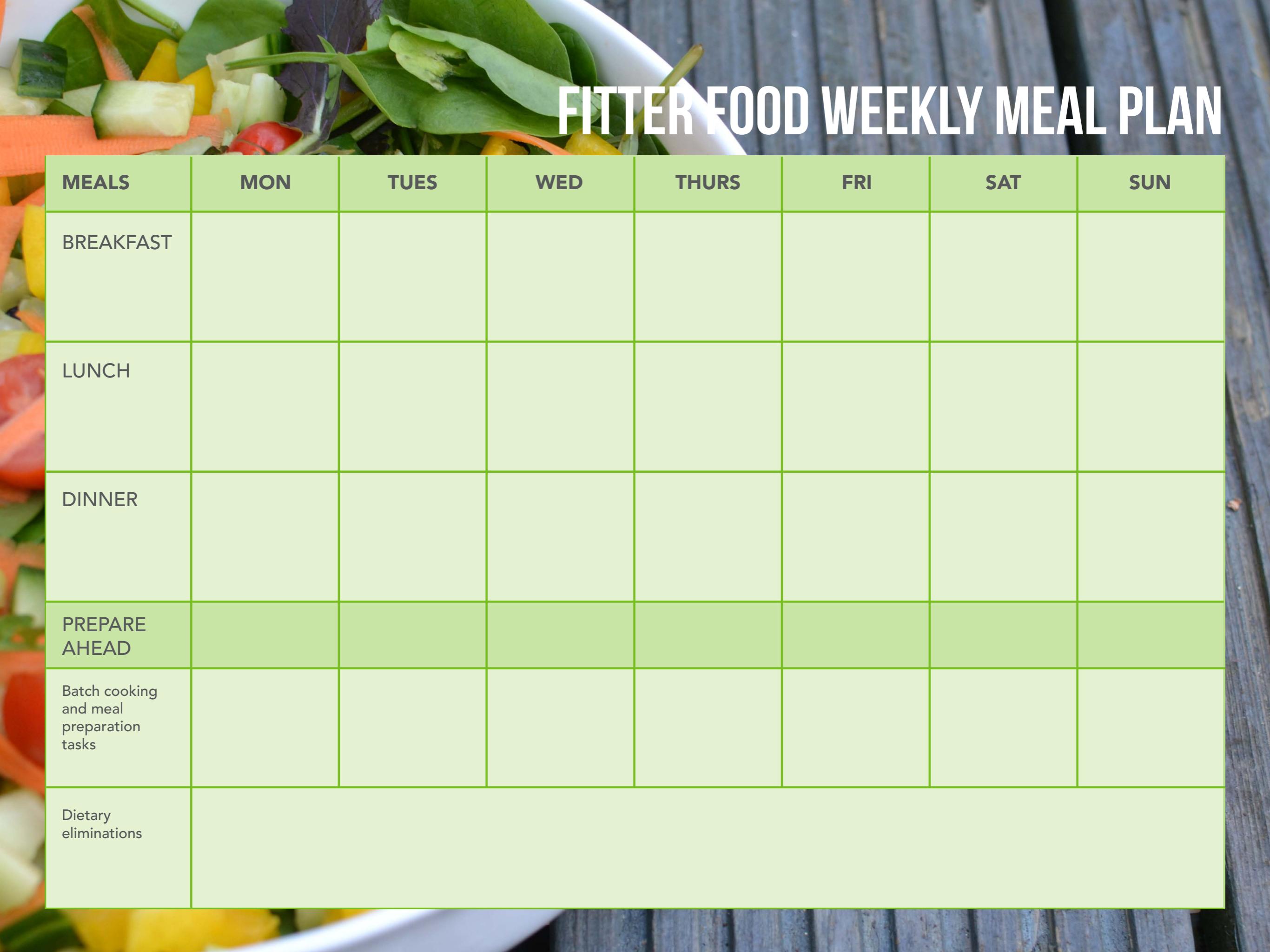


FITTER 365 | YOUR PERSONAL MEAL PLAN

# Plan Your Meals

- Use the blank meal planner to create your own weekly meal plan or use the Fitter Food template.
- Get organised by writing your shopping list.
- Plan time to batch cook meals and prepare ahead.
- Check your meal plan each Friday to ensure you have plenty of time to do your food shopping and have the ingredients ready for a batch cooking session at the weekend and midweek.
- Make sure you have plenty of fresh salad ingredients in each week and keep your green game strong.
- See **Quick Meal Ideas** for occasions you don't have time to prepare food and make sure you have the ingredients for these at home each week or just in case there are no leftovers.





# FITTER FOOD WEEKLY MEAL PLAN

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
PREPARE AHEAD							
Batch cooking and meal preparation tasks							
Dietary eliminations							

# FITTER FOOD SHOPPING LIST

## MONDAY MEALS

- 1
- 2
- 3

## TUESDAY MEALS

- 1
- 2
- 3

## WEDNESDAY MEALS

- 1
- 2
- 3

## THURSDAY MEALS

- 1
- 2
- 3

## FRIDAY MEALS

- 1
- 2
- 3

## SATURDAY MEALS

- 1
- 2
- 3

## SUNDAY MEALS

- 1
- 2
- 3

## VEGETABLES, FRUIT, HERBS

## MEAT, FISH, POULTRY, EGGS

## TINNED GOODS, OILS, SPICES

## DAIRY

## GRAINS, LEGUMES

## DRINKS, FROZEN FOODS

## MISCELLANEOUS

# CONTENT

## BREAKFASTS

- Blueberry oats to go
- Breakfast salad
- Breakfast stir fry
- Breakfast veggies
- Fitter breakfast zoats
- Green boost
- Nojito smoothie
- Protein pancakes
- Protein power porridge
- Stewed fruit with yogurt and spices
- Sunflower seed, honey and oat loaf

## LUNCHES

- Cheese, tomato and basil quiche
- Chilli tuna ceviche
- Fresh mint and coriander chicken
- Sundried tomato and olive protein loaf
- Sweet tuna jackets
- Thai omega balls
- Tuna and sweetcorn omwraps
- Tuna avo egg
- Turkey blueberry bites

## SOUPS

- Carrot and apple soup
- Pea and mint soup
- Souper supper
- Spicy sweet potato and lentil soup **NEW**
- Squash, ginger and leek soup

## DINNERS

- Caribbean sweet potato & black bean curry
- Chicken squash and pea risotto
- Chilli chicken and chickpea bake **NEW**
- Citrus salmon with pea and avocado mash
- Epic turkey shepherd's pie
- Everyday chicken curry
- Fast and furious chicken paella
- Fish in a Caribbean bag
- Fitter chicken nuggets
- Ginger miso chicken
- Healthy twist fish n chips
- Lamb koftas with minty yogurt
- Mediterranean fish stew **NEW**
- Mighty mackerel
- Moroccan vegetable tagine
- Quick seafood stir-fry
- Spanish style chicken
- Tamari chicken
- Thai steak salad
- Tomato, caper and olive salmon
- Tuna and sweet potato fishcakes
- Turkey meatballs
- Turkey, carrot and sultana burgers **NEW**
- Vegetable bolognese

## SIDES

- 5-a-day slaw
- 5-a-side veg
- Baked cauliflower
- Balsamic potatoes
- Carrot and cauliflower harissa mash
- Carrot and coriander slaw
- Cauliflower stir-fry rice
- Chunky celeriac chips
- Curried sweet potato mash
- Indian style sweet potatoes
- Italian tray bake
- Quick ratatouille
- Smokey chorizo baked beans **NEW**
- Spicy courgette chips
- Squash wedges with almond pesto
- Super mash
- Sweet and spicy squash wedges
- Sweet potato wedges
- Veghetti

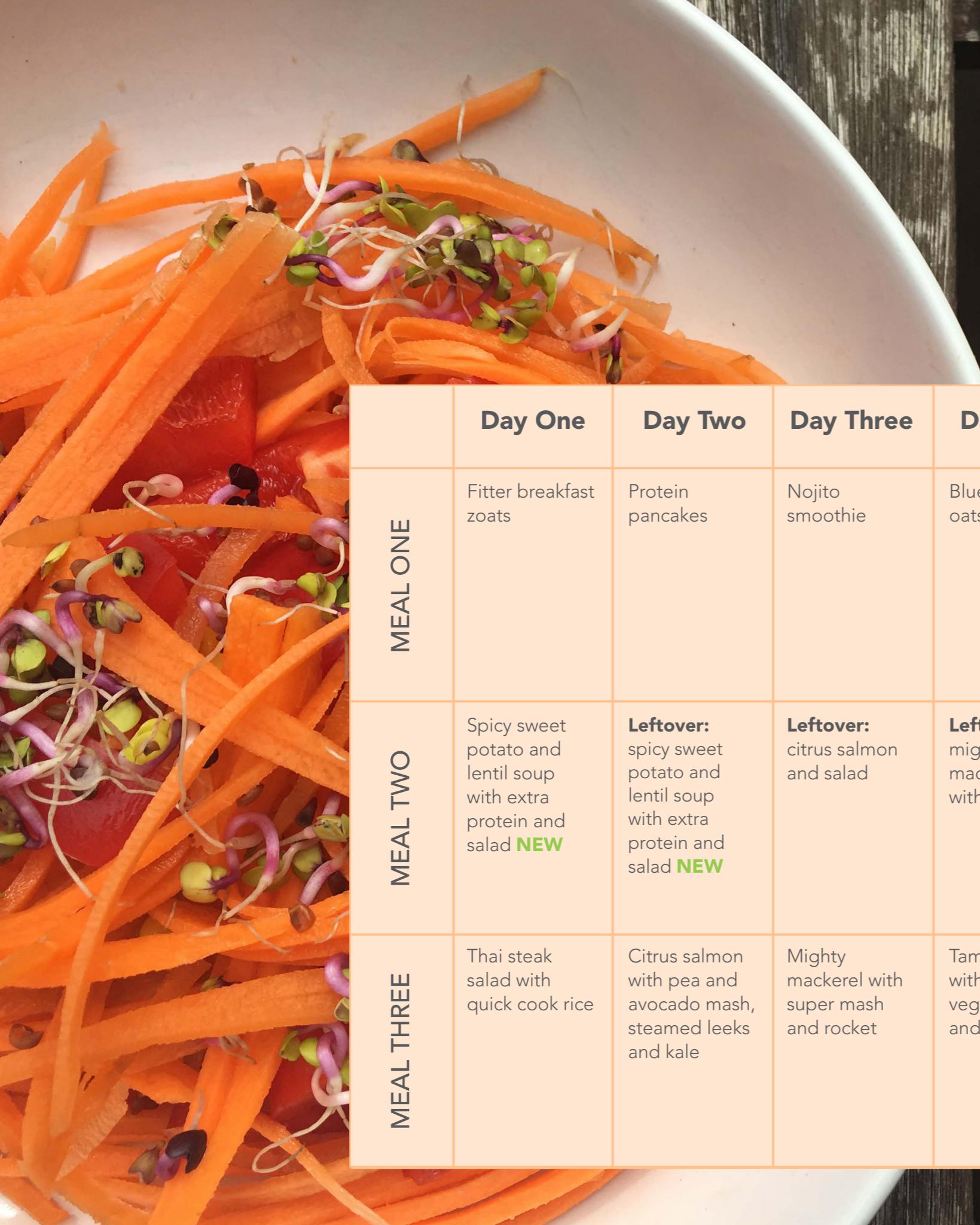
## SAUCES

- Almond pesto
- Carrot, apple and ginger dressing
- Homemade guacamole
- Homemade ketchup
- Homemade tartar sauce
- Homemade tzatziki

## DESSERTS

- Double chocolate chunk courgette brownie
- Easy cheesecake mash up
- Fitter mint choc chip ice cream
- Mighty macadamias in sea salt blankets
- Savoury jacks
- Sea Salt and Cacao Collagen Chocolates

# MEAL PLAN WEEK 1

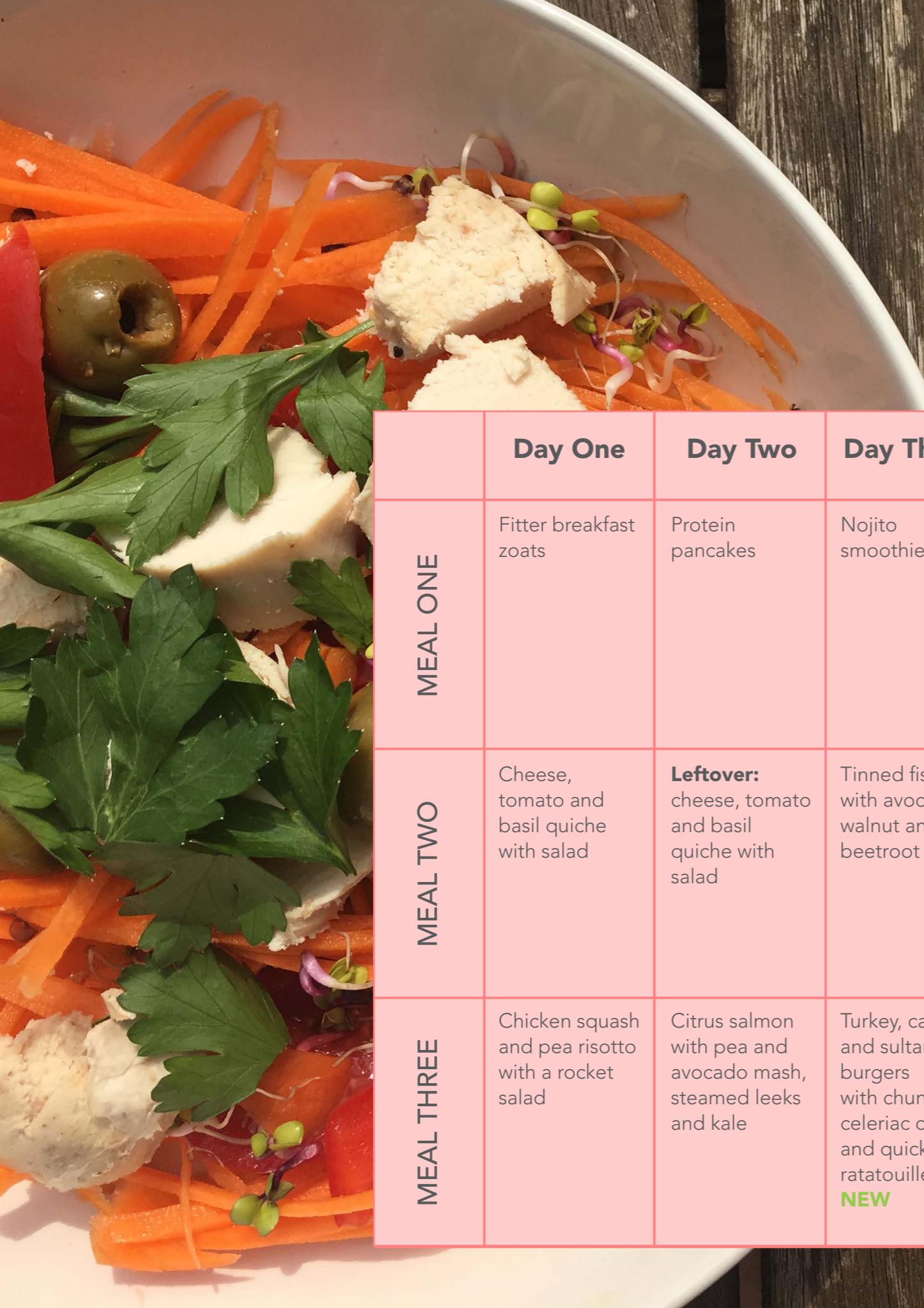


	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Fitter breakfast zoats	Protein pancakes	Nojito smoothie	Blueberry oats to go	Breakfast salad	Protein pancakes with a green boost	Poached or scrambled eggs with leftover smokey chorizo baked beans and spinach
MEAL TWO	Spicy sweet potato and lentil soup with extra protein and salad <b>NEW</b>	<b>Leftover:</b> spicy sweet potato and lentil soup with extra protein and salad <b>NEW</b>	<b>Leftover:</b> citrus salmon and salad	<b>Leftover:</b> mighty mackerel with salad	<b>Leftover:</b> tamari chicken and salad	<b>Leftover:</b> fish stew and steamed greens	Chilli tuna ceviche with avocado and salad
MEAL THREE	Thai steak salad with quick cook rice	Citrus salmon with pea and avocado mash, steamed leeks and kale	Mighty mackerel with super mash and rocket	Tamari chicken with stir fry vegetables and rice	Mediterranean fish stew with baked sweet potato and steamed broccoli <b>NEW</b>	Healthy twist fish n chips with salad with smokey chorizo baked beans <b>NEW</b>	Epic turkey shepherd's pie with steamed vegetables

# MEAL PLAN WEEK 2

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Stewed fruit with yogurt and spices	Sunflower seed, honey and oat loaf with sliced turkey and a green boost	Breakfast salad	<b>Leftover:</b> sunflower seed, honey and oat loaf with almond butter and a green boost	Protein power porridge	Breakfast veggies	Breakfast stir fry
MEAL TWO	<b>Leftover:</b> turkey shepherds pie with extra quick cook vegetables	<b>Leftover:</b> fast and furious chicken paella with salad	<b>Leftover:</b> vegetable Bolognese with rocket and avocado	<b>Leftover:</b> tomato, caper and olive salmon with salad	<b>Leftover:</b> lamb koftas with avocado and salad	Sundried tomato and olive protein loaf with salad	<b>Leftover:</b> turkey, carrot and sultana burgers with salad
MEAL THREE	Fast and furious chicken paella with rocket	Vegetable Bolognese with courgette and parmesan	Tomato, caper and olive salmon with Italian tray bake and rice	Lamb koftas with minty yogurt, carrot and cauliflower harissa mash and rocket	Chilli chicken and chickpea bake with spicy courgette wedges and steamed spinach <b>NEW</b>	Turkey, carrot and sultana burgers with Italian tray bake and smokey chorizo baked beans <b>NEW</b>	Pan fried fish with Caribbean sweet potato and black bean curry

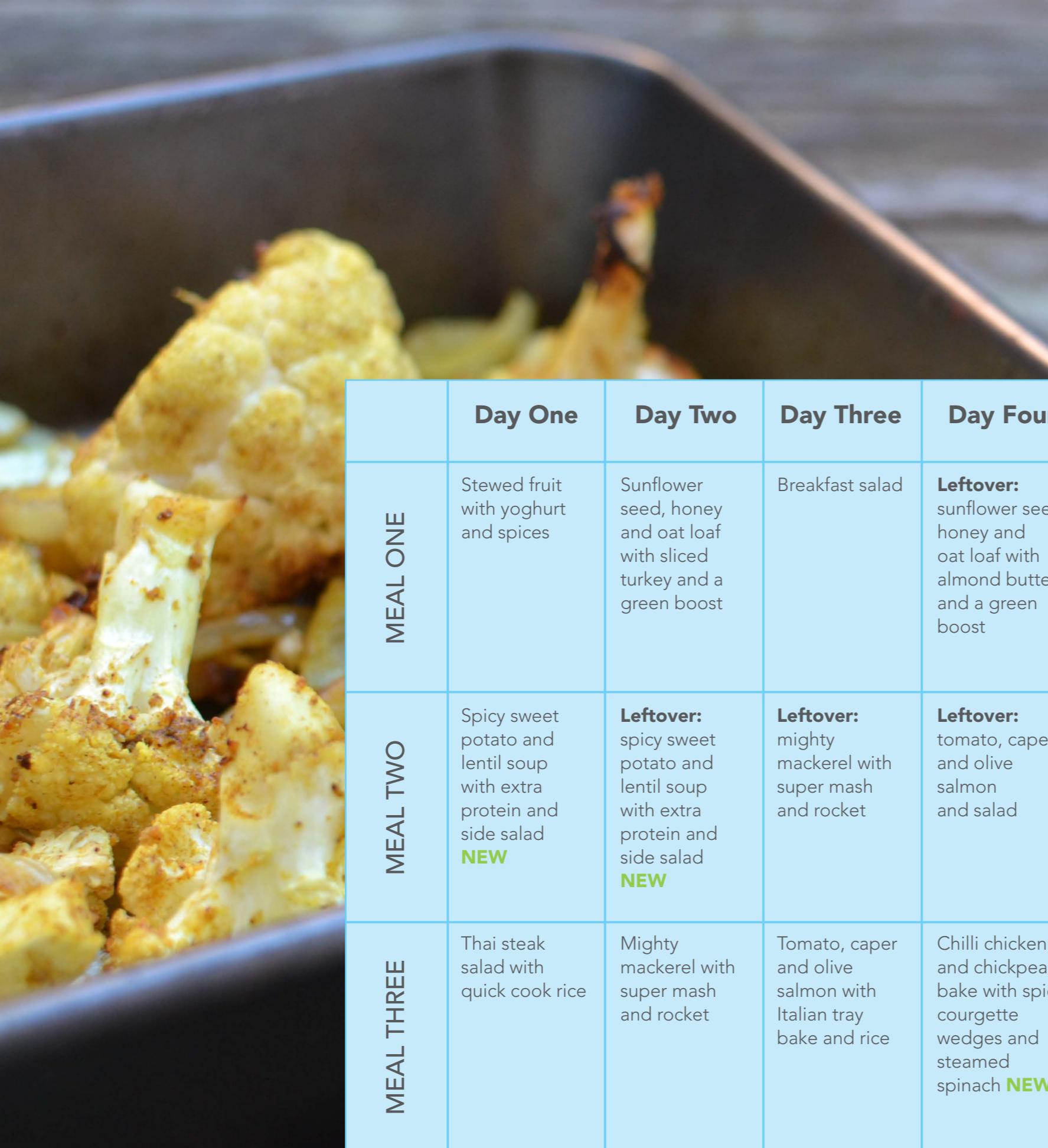
# MEAL PLAN WEEK 3



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Fitter breakfast zoats	Protein pancakes	Nojito smoothie	Blueberry oats to go	Breakfast salad	Protein pancakes with a green boost	Breakfast stir fry
MEAL TWO	Cheese, tomato and basil quiche with salad	<b>Leftover:</b> cheese, tomato and basil quiche with salad	Tinned fish with avocado, walnut and beetroot salad	<b>Leftover:</b> turkey, carrot and sultana burgers with rocket salad <b>NEW</b>	Tuna avo egg And salad	Squash, ginger and leek soup	<b>Leftover:</b> squash, ginger and leek soup
MEAL THREE	Chicken squash and pea risotto with a rocket salad	Citrus salmon with pea and avocado mash, steamed leeks and kale	Turkey, carrot and sultana burgers with chunky celeriac chips and quick ratatouille <b>NEW</b>	Mediterranean fish stew with steamed greens and rice <b>NEW</b>	Ginger miso chicken with cauliflower stir fry rice and baked sweet potato	Vegetable Bolognese With sundried tomato and olive protein loaf and rocket salad	Fitter chicken nuggets with sweet potato wedges, smokey chorizo baked beans and 5-a-day slaw <b>NEW</b>

# MEAL PLAN WEEK 4

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
MEAL ONE	Stewed fruit with yoghurt and spices	Sunflower seed, honey and oat loaf with sliced turkey and a green boost	Breakfast salad	<b>Leftover:</b> sunflower seed, honey and oat loaf with almond butter and a green boost	Protein power porridge	Breakfast veggies	Breakfast stir fry
MEAL TWO	Spicy sweet potato and lentil soup with extra protein and side salad <b>NEW</b>	<b>Leftover:</b> spicy sweet potato and lentil soup with extra protein and side salad <b>NEW</b>	<b>Leftover:</b> mighty mackerel with super mash and rocket	<b>Leftover:</b> tomato, caper and olive salmon and salad	<b>Leftover:</b> chilli chicken and chickpea bake with salad	Tuna and sweetcorn omwraps	Thai omega balls with avocado and salad
MEAL THREE	Thai steak salad with quick cook rice	Mighty mackerel with super mash and rocket	Tomato, caper and olive salmon with Italian tray bake and rice	Chilli chicken and chickpea bake with spicy courgette wedges and steamed spinach <b>NEW</b>	Pan fried steak or fish with carrot and cauliflower harissa mash and spicy courgette chips	Everyday chicken curry With baked cauliflower and Indian style sweet potatoes	Turkey meatballs with veghetti and Italian tray bake



# QUICK MEAL OPTIONS



1	Parrma ham, melon and boiled eggs.	2	Scrambled eggs with spinach and tomatoes.	3	Plain Greek yogurt with mixed berries, cinnamon and chia seeds.	4	Boiled eggs, sliced pear and almond butter.
5	Tinned tuna nicoise with eggs, olives, capers and olive oil.	6	Feta, apple and walnut salad with balsamic vinegar.	7	Tinned salmon, avocado, rocket salad.	8	Mackerel, beetroot and grated carrot salad dressed in lemon juice and apple cider vinegar.
9	Steak pan fried in butter with sautéed spinach, mushrooms and cherry tomatoes.	10	Fish pan fried in olive oil, tamari sauce, garlic powder and fresh lime with bok choy, courgettes and quick cook microwave rice.	11	Whack something in a sweet potato jacket and serve with a large salad.	12	Cooked prawns with mashed avocado, mixed salad and quick cook microwave rice.

# FITTER 365 | BREAKFASTS



# BLUEBERRY OATS TO GO

PREPARATION TIME: 5 minutes

\*soak overnight if possible

SERVES: 1

## INGREDIENTS

100g blueberries  
150g low fat Greek yogurt  
50g oats  
½ tsp. cinnamon  
1 heaped tsp. chia seeds  
Water

## METHOD

Place the oats in a small bowl and cover with water, stir in the yogurt, blueberries, chia seeds and cinnamon. Place in the fridge and allow to soak overnight.

You can consume the ingredients as overnight oats or blend into a smoothie the following morning.



# BREAKFAST SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 1

## INGREDIENTS

2–4 slices bacon or smoked salmon

2 eggs

Handful salad leaves

Small handful fresh parsley

½ avocado sliced

2 tbsp. toasted or raw nuts

Balsamic vinegar, as desired

1 tbsp. olive oil

Juice of half a lemon

Salt and pepper

Pinch of chilli powder (optional)

## METHOD

Poach or boil the eggs.

Whilst the eggs are cooking gently heat a little oil in a frying pan and cook the bacon.

Place the salad leaves and parsley in a serving bowl and toss in the oil, vinegar and lemon juice.

Top with the avocado and toasted nuts.

Add the bacon and eggs, sprinkle with chilli and season to taste.



# BREAKFAST STIR-FRY

PREPARATION TIME: 3 minutes

COOKING TIME: 10 minutes

SERVES: 1

## INGREDIENTS

1/4 onion, sliced  
2 tomatoes, chopped  
250g turkey mince  
3 tbsp. tomato puree  
1 tsp. mixed herbs  
Handful mushrooms  
Handful spinach  
1/2 avocado, sliced  
Salt and pepper  
Olive oil for cooking

## METHOD

Heat a little olive oil in a frying pan.

Add the onion and tomato to the pan and stir-fry.

Add the mince and continue to stir-fry for 2–3 minutes.

Add the tomato puree, mixed herbs, salt mushrooms and pepper and stir-fry for another 5 minutes until the meat is cooked through.

Finally add the spinach and allow to wilt down for 2–3 minutes.

Serve with the sliced avocado.



# BREAKFAST VEGGIES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–12 minutes

SERVES: 4

## INGREDIENTS

1 x 390g carton chopped tomatoes

½ courgette, cubed

100g cooked chickpeas

200g spinach

125g mushrooms

1 tsp. mixed herbs

Salt and freshly ground black pepper

Handful of fresh parsley, roughly chopped

## METHOD

Place the chopped tomatoes in a saucepan and warm through on a medium heat.

Add the courgette, mushrooms, chickpeas and mixed herbs. Stir and simmer for 8–10 minutes until the courgette has softened.

Finally add the spinach and allow to wilt for 2–3 minutes, season to taste and serve topped with fresh parsley.



## Tip:

Serve with either poached eggs, smoked salmon or half an avocado.

# FITTER BREAKFAST ZOATS

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1



## INGREDIENTS

50–80g rolled oats  
½ courgette, grated  
25g vanilla protein powder  
150–200ml unsweetened almond milk or water  
½ tsp. cinnamon  
½ tsp. of vanilla extract (optional)  
½–1 tsp. honey (optional)

## METHOD

Soak the oats overnight in the milk or water.

Place in a pan and stir in the grated courgette, allow to cook through.

Once cooked stir in the protein powder, vanilla extract and cinnamon and honey if adding.



# GREEN BOOST

PREPARATION TIME: 5 minutes

SERVES: 1

## INGREDIENTS

1 handful of either kale or watercress  
½ avocado  
1 handful fresh parsley  
Chunk of fresh ginger  
Juice of one lime or lemon  
Coconut water or water  
2 heaped tbsp. berries (optional)

## METHOD

Place all the ingredients in a blender, add desired amount of water or coconut water.

Blend to desired consistency.



# NOJITO SMOOTHIE

PREPARATION TIME: 15 minutes

SERVES: 1

## INGREDIENTS

20-25g vanilla protein powder  
½ avocado  
Juice of ½ lime  
Chunk of ginger, peeled  
1 sprig mint  
¼ cucumber  
Water or coconut water

## METHOD

Place all the ingredients in a blender, add desired amount of water or unsweetened milk and blend to make your perfect smoothie.

# PROTEIN PANCAKES

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

## INGREDIENTS

1 banana, mashed  
1–2 eggs  
20–25g vanilla protein powder  
(or substitute 2 more eggs)  
1 tbsp. ground flaxseed  
¼ tsp. vanilla extract  
Oil for cooking

## To Serve

½ tsp. cinnamon  
Handful fresh berries

## METHOD

Mix the ingredients thoroughly to make a batter (use a smoothie blender to save time).

Heat a little oil in a non-stick frying pan.

Pour the batter into the pan and cook over medium-low heat for 2–3 minutes on one side until browned.

Flip over and cook for a further 3 minutes.

You may wish to make 2–3 smaller pancakes as these will be easier to flip.

Top with fresh berries and cinnamon.



# PROTEIN POWER PORRIDGE

PREPARATION TIME\*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

\*Soak overnight if possible

## INGREDIENTS

50–80g rolled oats or quinoa, buckwheat flakes, rice flakes

Water, coconut water or unsweetened almond or rice milk

as desired, roughly 350–450ml

20–25g protein powder

## METHOD

Place the ingredients in a bowl to soak overnight (this aids digestibility).

Place the grains and water in a saucepan over a low heat, add the fruit, seeds and spices necessary for your chosen flavour (see page 33) and follow the cooking instructions until the porridge reaches your desired consistency.

Add more water or milk if the consistency is too thick.

Remove from the heat, place in a serving bowl and stir in your chosen protein powder.

Add a little more warm water if needed.



# STEWED FRUIT WITH YOGURT AND SPICES

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

## INGREDIENTS

2 apples or pears, cored and chopped

200ml water

½ tsp. cinnamon

½ tsp. ginger

Pinch grated nutmeg

2 tbsp. sultanas

2 tbsp. walnuts

400g natural yogurt, to serve

## METHOD

Place the apples or pears in a saucepan with the water, cinnamon, ginger, nutmeg and sultanas.

Stir over a medium-low heat, until the they have softened and almost formed a purée; this should take around about 10 minutes, depending on how ripe the fruit is. Add a little water during cooking if mixture looks too dry.

Place the yogurt in a bowl. Top with the stewed apple and sprinkle over the walnuts.



# SUNFLOWER SEED, HONEY AND OAT LOAF

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

MAKES: 12–14 slices



## INGREDIENTS

150g ground flaxseed  
100g rolled oats (plus a little to sprinkle on top)  
2 tbsp. chia seeds  
3 tbsp. sunflower seeds  
½ tsp. salt  
2 tsp. baking powder  
1–2 tbsp. honey  
4 eggs  
180ml almond, oat or rice milk

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line loaf tin with greaseproof paper.

Place the ground flaxseeds, oats, chia seeds, sunflower seeds, salt and baking powder in a large bowl and toss to mix the ingredients.

Place the milk, eggs and honey in a separate bowl and beat with a fork until combined. Add to the dry mixture and mix together.

Place the batter into the loaf tin, sprinkle additional sunflower seeds and oats.

Place in the oven to cook for 30–40 minutes, insert a knife into the centre and check it comes out clean.



FITTER 365 | LUNCH & LIGHT BITES

# CHEESE, TOMATO AND BASIL QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–35 minutes

SERVES: 8–10

## INGREDIENTS

1 red pepper, diced  
3 spring onions, chopped  
150g cherry tomatoes, sliced (substitute sundried tomatoes if desired)  
1 heaped tsp. dried herbs  
Handful of fresh basil leaves  
6 eggs  
300g fat free, natural cottage cheese  
1 heaped tsp. garlic powder  
Salt & freshly ground black pepper

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the eggs, cottage cheese, fresh basil and garlic powder in a blender and blitz to combine. Season with salt and pepper and set aside.

Grease a large oven-proof flan dish with olive oil or line with greaseproof paper. Place the red pepper, spring onions and tomatoes vegetables in the dish and pour the cottage cheese mixture over the top.

Place in the oven to bake for 35–40 minutes until golden and cooked through.



# CHILLI TUNA CEVICHE

PREPARATION TIME: 10 minutes

MARINADE TIME: 5–30 minutes

SERVES: 1

## INGREDIENTS

1 fillet tuna, cut into bite-sized pieces

1 inch piece of ginger, grated

1 small handful fresh coriander leaves, finely chopped

½ small mild chili, finely sliced

Juice of 1 lime

Freshly ground black pepper

## METHOD

Place the tuna, coriander, chilli and ginger in a bowl.

Pour over the lime juice and combine the ingredients thoroughly.

You can eat this immediately but ideally leave for 30 minutes.

If preparing this in advance set aside the lime juice and pour over 30 minutes before serving.



**Serving suggestion...**  
**Serve with roasted vegetables**

# FRESH MINT AND CORIANDER CHICKEN SALAD

PREPARATION TIME: 15 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6



## INGREDIENTS

1 tbsp. olive oil  
4 chicken breasts or 6 chicken thighs  
170g low fat, natural yogurt (substitute 2 tbsp. olive oil and lemon juice for a non dairy dressing)  
100g peas, cooked  
Handful fresh chives, finely chopped  
Handful fresh coriander, finely chopped  
Handful fresh mint, finely chopped  
Zest and juice of 1 lemon  
50g cornichons, finely chopped (optional)  
Salt and pepper  
250g new potatoes, cooked (optional)  
2 eggs boiled and sliced (optional)

## METHOD

Pan fry the chicken in a little olive oil over a medium heat.

Place the yogurt in a bowl and add the peas, chives, coriander, mint, lemon juice and zest, cornichons and combine. Season to taste.

Stir in the chicken, eggs and new potatoes and toss to combine the ingredients.

# SUNDRIED TOMATO AND OLIVE PROTEIN LOAF

PREPARATION TIME: 5 minutes

COOKING TIME: 35 minutes

SERVES: 6–8

## INGREDIENTS

3 eggs  
30g sundried tomatoes  
100g oatbran  
1 tsp baking powder  
50g unflavoured pea protein  
½–1 tsp garlic powder  
1 tbsp. Italian mixed herbs  
Salt and pepper  
200ml almond milk  
3 tbsp. olives sliced  
1tsp. dried rosemary (optional)

## METHOD

Pre heat the oven to 180°C/350°F/gas mark 4

Line a loaf tin with greaseproof paper and set aside.

Place all the ingredients, except the olives, in a food processor and combine into a batter.

Stir in the olives and transfer the mixture to the loaf tin. Sprinkle with dried rosemary and bake in the oven for 35 minutes or until cooked through. Serve warm or cool.



# SWEET TUNA JACKETS

PREPARATION TIME: 5 minutes

SERVES: 1

## INGREDIENTS

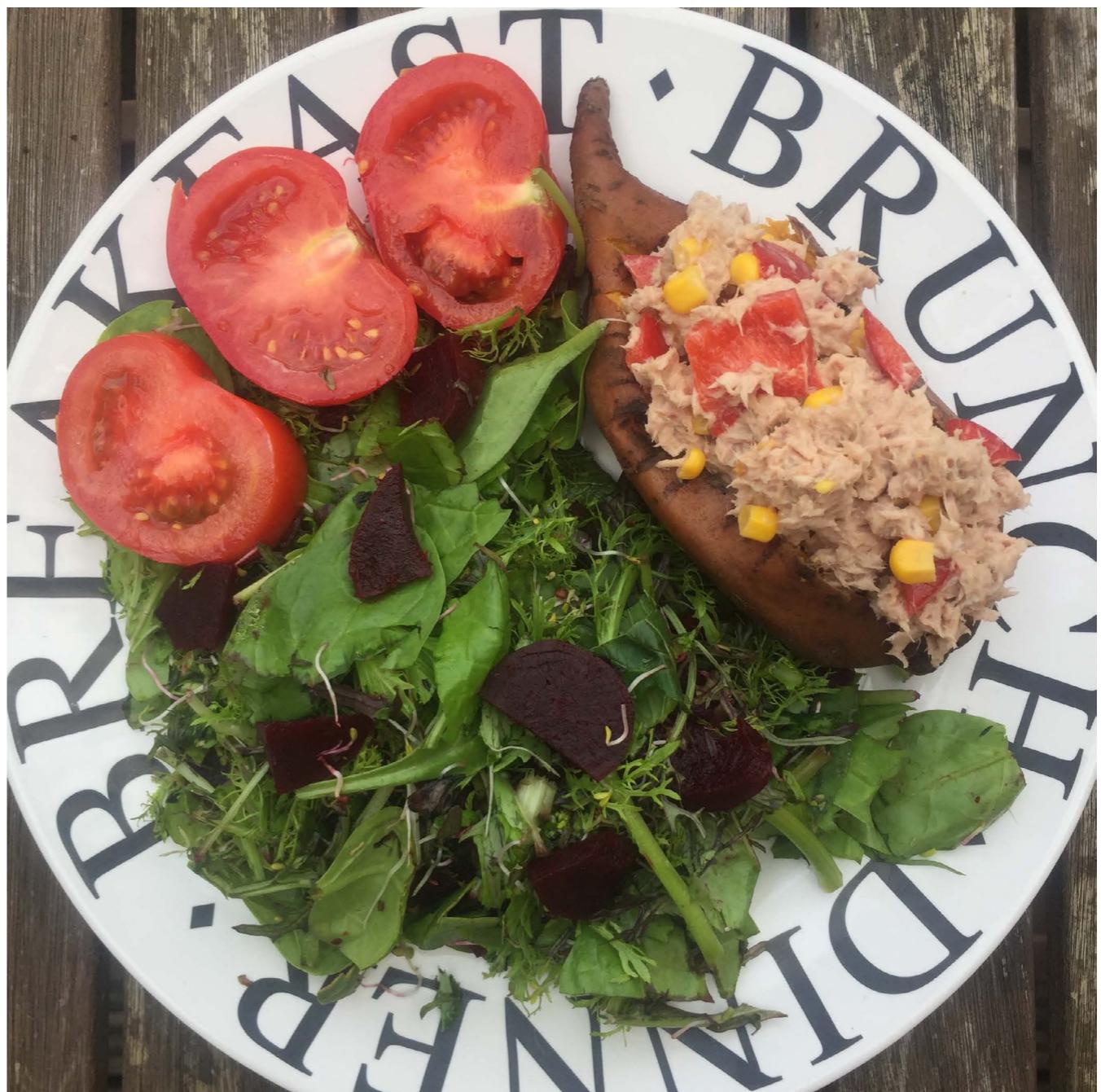
- 1 baked sweet potato
- 1 tin tuna
- 1 spring onion, sliced
- 1 tbsp. natural yogurt
- Juice of  $\frac{1}{2}$  lemon
- $\frac{1}{2}$  red pepper, chopped
- 2 tbsp. sweetcorn
- $\frac{1}{4}$ – $\frac{1}{2}$  tsp. garlic powder
- Salt and pepper

## METHOD

Mix the tuna, spring onion, yogurt, lemon, red pepper, sweetcorn and garlic powder in a bowl.

Taste and season with salt and pepper.

Split open the sweet potato, stuff the tuna mixture in and serve with a big green salad.



PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

MAKES: 8 balls

#### INGREDIENTS

418g tin of wild red salmon  
 Juice of 2 limes  
 3 heaped tbsp. desiccated coconut  
 5 anchovies in olive oil, finely chopped  
 2–3 tsp. crushed chilli flakes  
 1 egg  
 Handful of fresh coriander, chopped

#### METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a baking tray with greaseproof paper.

Drain the juices from the tinned salmon and place in a large bowl.

Add in the lime juice, desiccated coconut, anchovies, crushed chillies, egg and fresh coriander.

Combine all the ingredients thoroughly. You can taste the mixture at this stage and amend if you need (more lime, more chilli, etc.).

Using clean hands take handfuls of the mixture and squeeze together to carefully shape into golf-sized balls.

Place the balls on the prepared tray and in the oven to bake for around 20 minutes until they start to brown.



**Serving suggestion...**  
**Serve with mixed salad leaves or roasted vegetables**

# TUNA AND SWEETCORN OMWRAPS

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4

## INGREDIENTS

2 x 110g tin tuna, drained  
1/4 cucumber, cubed  
80g sweetcorn  
100g low fat Greek yogurt  
(substitute 1tbsp. olive oil for  
diary free option)  
Juice of 1 lemon  
3 spring onions, finely chopped  
1/2 red pepper, finely chopped  
Handful fresh coriander  
(optional)

Pinch chilli flakes (optional)  
Salt and pepper to taste  
2 handfuls rocket leaves  
(optional)

**For The Wraps**  
8 eggs (2 eggs per wrap)  
Handful fresh chives,  
finely chopped  
Olive oil for cooking

## METHOD

In a bowl combine the tuna, cucumber, sweetcorn, yogurt, lemon juice, spring onions, pepper, coriander, and seasoning and set aside.

Heat a little olive oil in a small, non-stick frying pan.

Beat two eggs, add a teaspoon of chives and pour the mixture into a frying pan, keep the wraps thin and cook for 30s –1 minute before gently turning over to cook the underside.

Once cooked set aside (or place in the oven on a low heat if serving warm) and cook the remaining eggs to make 4 wraps.

Place the tuna mixture inside the wrap; add the rocket, wrap and serve.



# TUNA AVO EGG

PREPARATION TIME: 5 minutes

SERVES: 2

## INGREDIENTS

½ avocado  
Juice of 1 fresh lime  
Crushed chilli flakes  
200g tin of tuna in olive oil, drained  
4 eggs, boiled  
2 handfuls salad leaves  
Salt and pepper

## METHOD

Mash the avocado with the lime juice and add a pinch of chilli flakes.

Divide the tuna into two bowls.

Slice the boiled eggs and place two in each bowl with a tablespoon of the mashed avocado.

Serve on a bed of salad leaves.



# TURKEY BLUEBERRY BITES

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 14 bites

## INGREDIENTS

200g turkey mince

100g blueberries

2 egg yolks

Pinch salt

200g cashews

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a baking tray with greaseproof paper or a little cooking oil.

Place the cashews in a food processor and chop until fine with a few chunky bits left.

Add the egg yolks, salt and turkey and blend again.

Once combined use a spoon to stir in the blueberries.

Shape into bite sized balls and place on the prepared baking tray.

Place in the oven and cook for 20–25 minutes until golden.

Allow to cool and serve.



## Serving suggestion...

**Serve with avocado and mixed salad leaves**



FITTER 365 | SOUPS

# CARROT AND APPLE SOUP

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4

## INGREDIENTS

2 tbsp. olive oil

2 Cox's apples, cores removed and chopped

1 leek, chopped

5 large carrots, chopped

2 inch chunk of ginger, peeled and finely chopped

200ml coconut milk

300ml bone broth/stock or water (add extra for a thinner soup)

½ tsp. salt

Freshly ground black pepper

## METHOD

Heat the olive oil in a pan and sauté the apples, leek and carrot until tender.

Add the fresh ginger, coconut milk and broth/stock or water.

Cook for 25–30 minutes until the carrots are soft.

Purée using a hand blender or food processor.

Once cooked, season with salt and pepper to your taste.



# PEA AND MINT SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4



## INGREDIENTS

1 tbsp. olive oil  
4 shallots, finely chopped  
2 cloves garlic, finely chopped  
2 tbsp. grated fresh ginger  
500g frozen green peas  
Large bunch of fresh mint, finely chopped  
Salt and pepper

## METHOD

Add the olive oil to a frying pan on a medium heat and sauté the shallots, garlic and ginger for 5 minutes.

Add the frozen peas and stir for 1 minute.

Add enough water to cover the peas and cook over a medium heat for 10 minutes.

Remove from the heat and add the fresh mint.

Place in a blender/food processor (or in a bowl and use a hand blender) to blend until the mixture reaches the consistency of soup.

If the mixture is too thick, gently add a little more boiling water.

# SOUPER SUPPER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

## INGREDIENTS

25g butter  
4 spring onions, chopped  
2–3 garlic cloves, peeled and finely chopped  
2 leeks, chopped  
500g potatoes, chopped  
Large handful of fresh parsley, roughly chopped  
Salt and freshly ground black pepper  
1 litre chicken or vegetable stock  
400g spinach  
150g low fat creme fraîche

## METHOD

Place the butter in a large saucepan on a medium heat. Add the spring onions, garlic, leeks, potatoes, fresh parsley, salt and pepper, cover and cook for around 10 minutes, stirring occasionally.

Add the stock and cook for a further 15 minutes or until the potato is cooked through.

Add the spinach, stir through and cook briefly until it wilts. Use a stick blender to blitz until smooth. Add a little more stock or water to reach your desired consistency.



**Tip:**  
This soup works great as a base for pan fried fish, prawns or chicken.  
Make a large batch and just add protein for a quick ready meal in the evening.

# SPICY SWEET POTATO AND LENTIL SOUP

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 6–8



## INGREDIENTS

2 tbsp. olive oil  
2 onions, peeled and chopped  
3 garlic cloves, peeled and finely chopped  
1 dice size piece of ginger peeled and finely chopped  
Salt and pepper  
3 tsp. medium curry powder  
½–1 tsp. chilli flakes  
750g sweet potatoes, peeled and cubed  
2 carrots halved and finely chopped

1 x 380g carton lentils (230g drained weight)  
1 litre vegetable stock  
300–400ml almond milk (depending on desired consistency, start with less and add as required)  
Salt and pepper

To serve  
Fresh coriander

## METHOD

Heat the olive oil in a large saucepan or stew pan and add the onions, garlic, ginger, salt and pepper, stir and cook for a couple of minutes, stirring occasionally.

Add the curry powder and chilli flakes and cook for a further few minutes stirring occasionally until the onions begin to soften.

Add the sweet potatoes, carrots, lentils, vegetable stock, almond milk and seasoning, stir through before covering and simmering for 30–35 minutes or until the sweet potatoes and carrots are cooked.

Blend until smooth using a hand blender. Add more water or almond milk to change the consistency or seasoning if desired.

Top with fresh coriander and serve.

# SQUASH, GINGER AND LEEK SOUP

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 6

## INGREDIENTS

1 tbsp. olive oil  
1 medium butternut squash, deseeded and chopped  
2 large leeks, chopped  
3 cloves of garlic peeled and chopped  
1 diced size chunks ginger, peeled and finely chopped  
1 litre of chicken or vegetable stock  
½–1 tsp. of chilli powder  
Salt and pepper to taste

## METHOD

Warm the olive oil in a large saucepan on a medium heat and add the squash, leeks, garlic, ginger, salt and pepper and stir.

Cook for around 10 minutes stirring occasionally until the vegetables soften nicely.

Add the stock and chilli powder and stir before simmering for 20 minutes or until the squash is cooked through.

Use a stick blender to blitz until the soup reaches the desired consistency. Add a little more water or chicken stock if the consistency is too thick.





FITTER 365 | DINNERS

# CARIBBEAN SWEET POTATO & BLACK BEAN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

SERVES: 4

## INGREDIENTS

2 tbsp. olive oil  
1 onion, peeled and sliced  
25g root ginger, peeled and finely chopped  
2 garlic cloves, peeled and finely chopped  
600g sweet potatoes chopped  
2 tsp. jerk seasoning (we used Levi Roots)  
2 tsp. dried thyme

Salt and pepper  
400g chopped tomatoes  
500ml vegetable or chicken stock  
380g carton (230g drained weight) black beans rinsed and drained  
1 red pepper, deseeded and chopped  
Sachet quick cook rice (optional)  
Fresh coriander to serve (optional)

## METHOD

Heat the olive oil in a large pan or stew pan on a medium heat and add the onion, ginger, garlic and sweet potatoes. Stir and cook for around 5 minutes stirring occasionally until the onion softens.

Add the jerk seasoning, thyme, salt and pepper, stir and cook for a couple of minutes stirring occasionally before adding the chopped tomatoes and stock and stirring again, cover and simmer 30 minutes, stirring occasionally.

Add the black beans, pepper and stir through, cover and cook for a further 10 minutes or until the sweet potato is cooked, stir occasionally.

Top with fresh coriander and serve with rice.



# CHICKEN SQUASH AND PEA RISOTTO

PREPARATION TIME: 15 minutes

COOKING TIME: 45 minutes

SERVES: 4



## INGREDIENTS

500g butternut squash, peeled and cubed  
4 tbsp. olive oil  
Salt and pepper  
1 onion, peeled and finely chopped  
3 cloves garlic, peeled and finely chopped  
250g risotto rice (uncooked weight)  
1 litre vegetable stock  
200g frozen peas  
2 tsp. dried Italian herbs (or mixed herbs)  
Chicken breast, skin removed and chopped  
100g Grana Padano or Parmesan cheese, finely grated (optional)  
Fresh chives to serve (optional)

## METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Place the cubed squash on a baking tray, drizzle with 2tbsp. olive oil, season with salt and pepper and toss together with your hands to fully coat the squash before placing in the oven to cook for 40 minutes or until cooked through.

Heat the remaining olive oil in a large pan on a medium heat and add the onions and garlic and cook for a few minutes stirring occasionally. Add the chicken and stir fry for 3–4 minutes.

Add the risotto rice and stir through, finally add the vegetable stock, stir and bring it to the boil before reducing to simmer for 20 minutes stirring frequently until the rice is cooked and creamy.

Add the Italian herbs and frozen peas and stir through, cook for a further 5 minutes stirring frequently.

Remove the pan from the heat, add the grated cheese and cooked squash and stir to combine. Serve topped with some fresh chives.

PREPARATION TIME: 5 minutes

COOKING TIME: 45 minutes

SERVES: 4

#### INGREDIENTS

2 tbsp smoked paprika  
1 tbsp garlic powder  
1 tbsp onion powder  
1 tbsp oregano  
1 tsp chilli flakes  
8 chicken thighs with bone in and skin on  
1 x 400g tin of cannellini beans rinsed and drained

1 x 400g tin of chickpeas rinsed and drained  
75g sundried tomatoes drained of oil  
2 tbsp olive oil  
Juice of 1 lemon  
Salt and pepper

#### METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Mix the smoked paprika, garlic powder, onion powder, oregano, chilli flakes, some salt and pepper together in a large bowl. Add the chicken thighs to the spice blend and use your hands to fully coat the chicken in the spices.

Add the cannellini beans, chickpeas, sundried tomatoes, olive oil, lemon juice, salt and pepper to the bowl and use your hands to toss the ingredients together and ensure the chicken, chickpeas and beans are coated nicely.

Place in a large baking tray or dish, spread out evenly and with the chicken thighs on top before placing in the oven to cook for 45 minutes or until the chicken is cooked through. Be sure to give the chickpeas a stir occasionally during cooking.

NEW

# CHILLI CHICKEN AND CHICKPEA BAKE



# CITRUS SALMON WITH PEA AND AVOCADO MASH

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 4

## INGREDIENTS

### For the Mash

250g new potatoes, halved  
250g frozen peas  
1 ripe avocado  
Salt and pepper to taste

### For the Salmon

1 tbsp. olive oil  
Juice of 1 lemon  
2 cloves garlic, finely chopped  
Salt and pepper to taste  
4 salmon fillets

## METHOD

Boil or steam the new potatoes and peas for about 8–10 minutes until soft.

While the potatoes are cooking, heat the olive oil in a pan over a medium heat and add the lemon juice, garlic, salt and pepper.

Cook for about 30 seconds before adding the salmon fillets.

Cook the salmon for around 3–4 minutes on each side.

When the potatoes and peas are cooked, drain and place in a bowl. Add the avocado, butter, salt and pepper and mash until smooth.

Serve the salmon with the mash and pour over the leftover cooking juices from the salmon.



**Serving suggestion...**

**Serve with steamed broccoli and leeks**

# EPIC TURKEY SHEPHERDS PIE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 10 minutes

SERVES: 6

## INGREDIENTS

2 tbsp. olive oil  
 750g turkey thigh mince  
 3 carrots, finely chopped  
 2 red onions, peeled and finely chopped  
 2 celery sticks, finely chopped  
 2 cloves of garlic, peeled and finely chopped  
 250g chestnut mushrooms, finely chopped

2–3 tsp. dried rosemary  
 Salt and freshly ground black pepper  
 1 x 400g tin of chopped tomatoes  
 250ml vegetable stock  
 300g frozen peas  
 1 tbsp. Worcestershire sauce  
 1kg potatoes quartered (skin on)  
 500g parsnips sliced (skin on)  
 Knob of butter  
 Almond milk (for the mash)

## METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the turkey mince and cooking until browned all over. Stir occasionally.

Add the carrots, onions, celery, garlic and mushrooms, stir through and cook for a few minutes until onions start to soften, stirring occasionally.

Add the salt, pepper and rosemary and stir through before adding the chopped tomatoes and vegetable stock before stirring again. Bring to the boil, cover and then reduce the heat to simmer for 25–30 minutes. Add the frozen peas and Worcestershire sauce about 5 minutes before it's ready and stir through.

Whilst that's simmering away pre heat the oven to 180°C/350°F/gas mark 4. Steam or boil the potatoes and parsnips for about 15–20 minutes or until cooked.



Drain the potatoes and parsnips before placing back into the saucepan or in a large bowl with a knob of butter, a little almond milk, salt, pepper and mash together. Add a little more almond milk if desired until the mash is smooth.

Place the turkey mince in a large baking dish and spread out evenly before spooning the mash on top of the mince and use a fork to spread evenly across the top.

Place in the oven to cook for about 30 minutes.

Serve with some vegetables of your choice.

# EVERYDAY CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 2

## INGREDIENTS

1 tsp. olive oil for cooking  
2 chicken breasts/4 thighs or legs, chopped  
1 large onion, chopped  
1 inch piece of fresh ginger, peeled and grated  
2 cloves garlic, crushed or finely chopped  
390g carton of tomatoes  
1 tbsp. medium curry powder  
½ teaspoon of cumin  
1 tbsp. ground coriander  
½ tsp. turmeric  
½ tsp. black pepper  
½ tsp. salt

## METHOD

Add the oil to a saucepan and sauté the chicken for 5 minutes.

Add all the spices, the ginger, tomatoes, garlic, salt and chopped onion until the chicken is covered (add extra water if needed).

Bring to the boil and simmer for around 20–30 minutes or until the chicken is cooked and tender.



## Tip:

Boost the nutritional content by adding your favourite vegetables e.g. red pepper, carrots, green beans, or throw in some spinach to wilt down just before serving.

# FAST AND FURIOUS CHICKEN PAELLA

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

SERVES: 4

## INGREDIENTS

2 tbsp. olive oil  
3 chicken breasts, chopped into chunks  
2 cloves garlic, peeled and finely chopped  
1 onion, peeled and chopped  
2 leeks, finely sliced  
150g mushrooms, sliced  
250g frozen peas  
Salt and freshly ground black pepper

1 tsp. smoked paprika  
½ tsp cayenne chilli powder  
1 tsp. dried thyme  
400g tin cherry tomatoes (or chopped tomatoes)  
250g quick cook microwave rice  
Lemon wedges and fresh parsley to serve

## METHOD

Warm half the olive oil in a large frying pan on a medium heat and add the chicken. Stir fry for around 5 minutes until golden and cooked through. Remove from the pan and set aside.

Heat the remaining olive oil in the frying pan on a medium heat and add the garlic, onion, leeks and mushrooms. Cook for a few minutes until the onion begins to soften and then add the peas. Cook for a further 2–3 minutes, stirring occasionally.

Add the salt, pepper, smoked paprika, chilli, thyme and stir to combine before adding the tomatoes.

Finally add the rice and stir through. Simmer for 2–3 minutes before adding the cooked chicken, stir to combine and warm through for a couple of minutes.

Serve topped with fresh parsley and lemon wedges.



# FISH IN A CARIBBEAN BAG

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 2

## INGREDIENTS

2 salmon fillets

Zest and juice of 1 lemon

2 spring onions, chopped

2 cloves garlic, peeled and finely chopped

1 dice-sized chunk of ginger, peeled and chopped

1 tsp. crushed chillies or Scotch bonnet chilli,  
deseeded and chopped

Salt and pepper

2 tbsp. fresh coriander

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Lay a sheet of greaseproof paper on a baking dish and place the fish in the centre.

Scatter over the lemon zest and juice, spring onions, garlic, ginger, Scotch bonnet or crushed chillies and fresh coriander.

Take the four corners of the greaseproof paper and gather together, twisting the paper to seal the fish and vegetables inside.

Place in the oven to cook. Check the fish after 20–25 minutes.

Serve once cooked through.



# FITTER CHICKEN NUGGETS

PREPARATION TIME: 10 minutes

COOKING TIME: 12–15 minutes

MAKES: 20 chicken nuggets

## INGREDIENTS

2 skinless chicken breasts

70g oat bran

Salt and freshly ground black pepper

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. smoked paprika

½ tsp. cayenne chilli (optional)

1 egg beaten

2–3 tbsp. olive oil

## METHOD

Cut the chicken breasts into small chunks, around 20 pieces, and place on a plate.

Crack the egg into a bowl and beat it.

On a separate plate sprinkle the oat bran, salt, pepper, onion powder, garlic powder, chilli and smoked paprika and mix together before spreading it out over the plate.

Dip a chunk of chicken into the beaten egg, shake off the excess before coating thoroughly in the oat bran mixture and place on a plate whilst you repeat the process for the remaining nuggets.

Once all the nuggets are coated heat the oil in a pan on a medium to high heat and carefully place the chicken in the pan to cook for about 5–7 minutes or until golden and crispy. Now turn them over and repeat on the other side.

Enjoy with Fitter Food homemade ketchup.



# GINGER MISO CHICKEN

PREPARATION TIME: 15 minutes \*1 hour to marinade the meat

COOKING TIME: 10–15 minutes

SERVES: 4

## INGREDIENTS

2 tbsp. miso paste (e.g. Clearspring)  
2 tbsp. water  
Dice size piece of ginger, grated  
1 tsp. garlic powder  
Juice of 1 lemon  
1 tbsp. sesame oil  
1 tsp. honey  
4 chicken breasts, chopped  
1 small head broccoli, florets sliced  
2 carrots, julienned  
2 courgettes, finely sliced  
1 yellow pepper finely sliced  
1–2 tbsp. tamari sauce  
Olive oil for cooking

## METHOD

In a small bowl combine the miso, water, ginger, garlic powder, lemon juice, sesame oil and honey. Add the chicken and toss to coat in the ingredients. You can cook immediately or set aside for 1 hour to marinade.

Heat a little olive oil in a large saucepan on a medium heat and add the chicken pieces, stir-fry for 3–4 minutes before adding the broccoli, carrot, courgette, pepper and tamari sauce. Stir-fry for another 5–10 minutes until the chicken is cooked through, the vegetables should still be a little crunchy.

Serve topped with fresh coriander.



# HEALTHY TWIST FISH N CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 2



## INGREDIENTS

2 large cod or haddock fillets  
40g oat bran  
1 egg, beaten  
160g cooked (cold) quinoa (e.g Merchant Gourmet sachets)  
1 tsp smoked paprika

1 tsp garlic powder  
Salt and freshly ground pepper  
2–3 tbsp olive oil  
1 lemon, quartered to squeeze over the fish once cooked  
2 sweet potatoes, cut into chips

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4. Place the sweet potato chips on a baking tray, drizzle with olive oil and add a generous serving of salt and pepper. Toss together and cook for 30–35 minutes.

15–20 minutes before the potatoes are ready begin to prepare the fish by gently patting each fillet with kitchen towel before seasoning to soak up any moisture, sprinkle with the salt and pepper on both sides.

Set up two plates and a bowl. Spread the oat bran on one plate, the quinoa on the other and place the egg in the bowl.

Coat both sides of each fillet in the oat bran and shake off any excess before coating it in the beaten egg and allowing any excess egg to drip off before covering in the quinoa. Use your hands to press the quinoa onto the fish.

Heat the olive oil in a pan on a medium to high heat. To check the temperature throw some of the excess quinoa into the pan and if it starts sizzling straight away then you're good to go.

Gently place the fillets into the pan and cook until the quinoa turns golden which should be about 4 minutes on each side. Remove the fillets from the pan and place them on some paper towels to get rid of any excess oil.

Squeeze some fresh lemon juice over the top and enjoy.

# LAMB KOFTAS WITH MINTY YOGURT

PREPARATION TIME: 15 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–3



## INGREDIENTS

500g lamb mince

Handful mint leaves, finely chopped

Handful fresh coriander leaves, finely chopped

1 tsp cumin

2 cloves fresh garlic, chopped

1 tsp onion powder

Pinch of salt

## Minty Yogurt Sauce

200g Greek yogurt

¼ cucumber grated

Juice of 1 lemon

Handful fresh mint chopped

½ tsp garlic powder

Salt to taste

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the lamb mince in a large bowl, add the mint, coriander, cumin, garlic, onion powder and salt. Combine thoroughly using your hands.

Wrap the mince mixture around a skewer in a sausage shape.

Place the skewers on a baking tray and bake in the oven for 25–30 minutes until the lamb is cooked through.

To make the minty yogurt place all the ingredients in a bowl and combine thoroughly, chill until the lamb koftas are ready to serve.

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

#### INGREDIENTS

3 tbsp. olive oil  
1 red onion, peeled and sliced  
3 garlic cloves, peeled and finely chopped  
1–2 tsp. chilli flakes  
2 tbsp. tomato puree  
1kg tomatoes roughly chopped (any tomatoes)  
2–3 tbsp. mixed herbs  
2 tsp. paprika

500ml fish or vegetable stock  
2 skinless basa fillets chopped into chunks (substitute any white fish)  
500g large raw prawns  
1 lemon

#### To Serve

Handful of fresh parsley

#### METHOD

Heat the olive oil in a stew pan on a medium heat, add the onion and garlic and cook for a couple of minutes, stirring occasionally, before adding the chilli flakes, some salt and pepper and cooking for a few minutes further until the onions start to soften.

Add the tomato puree, tomatoes, mixed herbs, paprika and a bit more seasoning and cook for about 10 minutes until the tomatoes soften nicely stirring occasionally.

Add the stock, stir through and bring to a simmer for 10 minutes.

Gently place the fish chunks into the liquid and allow to cook for 5 minutes. Add the prawns and cook for a further 5 minutes or until the fish is cooked through.

Squeeze over the lemon juice, sprinkle parsley over the top and serve with either rice or potatoes and vegetables of your choice.

NEW

# MEDITERRANEAN FISH STEW



# MIGHTY MACKEREL

PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

SERVES: 2

## INGREDIENTS

2 fresh mackerel fillets

Juice of half a lemon

2 tbsp. apple cider vinegar

1 tsp. ground cumin

½ tsp. black pepper

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the mackerel fillets in an oven dish and top each one with the lemon juice, vinegar, cumin and pepper.

Place the mackerel in the oven and bake for around 20 minutes.



# MOROCCAN VEGETABLE TAGINE

PREPARATION TIME: 15 minutes

COOKING TIME: 30–40 minutes

SERVES: 4–6



## INGREDIENTS

500g butternut squash, peeled and chopped  
500ml chicken or vegetables stock  
1 heaped tbsp. tomato puree  
2 stalks celery, sliced  
3 cloves garlic, peeled and finely chopped  
1 tsp. cumin  
1 tsp. ground coriander  
1 tsp. salt  
3 dried, unsulphured apricots, chopped  
1 large onion, peeled and chopped  
1 tsp. cinnamon  
¼ tsp. allspice  
Pinch of cayenne pepper  
250g cooked chickpeas, drained and rinsed  
Fresh coriander to serve

## METHOD

Place all the ingredients in a large casserole dish, stir to combine. The vegetables should be covered by the stock if not add a little more stock or water.

Bring to the boil and then turn down to simmer for 30–40 minutes, stirring occasionally, until the vegetables are soft.

Add a little more seasoning if needed and serve with a generous handful of fresh coriander.

# QUICK SEAFOOD STIR-FRY

PREPARATION TIME: 10 minutes

COOKING TIME: 13–16 minutes

SERVES: 4

## INGREDIENTS

- |  |                               |
|--|-------------------------------|
| 1 tbsp. coconut oil                        | 1 heaped tsp. smoked paprika  |
| 1 red pepper, deseeded and sliced          | ½ tsp. chilli powder          |
| 1 handful French beans, halved             | 200g raw scallops             |
| 10 cherry tomatoes, halved                 | 300g raw squid rings          |
| 2 cloves garlic, peeled and finely chopped | 2 large courgettes, julienned |
|  | Salt and pepper               |

## METHOD

Heat the coconut oil in a large frying pan over a medium heat.

Add the red pepper, French beans, tomatoes and garlic and stir-fry.

Stir in the paprika and chilli powder and cook for a further 6–8 minutes.

Add the scallops and squid rings and coat in the spices.

Cook for a further 4–5 minutes, stirring occasionally.

Finally, add the julienned courgette, combine all the ingredients and cook for around 3 minutes or until cooked to your liking.

Season with salt and pepper and serve.



## Serving suggestion...

**Serve with steamed squash and broccoli**

# SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

## INGREDIENTS

1 tbsp olive oil  
4 cloves garlic, peeled and chopped  
1 small white onion, peeled and chopped  
1 leek, sliced  
4 chicken breasts, chopped  
2 tsp. paprika  
1 tsp. oregano  
1 tsp. thyme

½-1 tsp. salt  
½ tsp. black pepper  
1 handful olives, halved  
680g passata  
200ml chicken stock  
4 sweet or white potatoes,  
peeled and sliced

## METHOD

Heat the olive oil in a large saucepan over a medium heat and add the garlic, onions, leeks and stir through. Sauté for 3-4 minutes until the onions and leeks start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown.

Add the paprika, thyme, oregano, salt and pepper and stir through, coating all the ingredients in the spices.

Add the olives, passata, chicken stock and potatoes.

Bring to a simmer and cook for 30 minutes.

Season further if required and serve either on its own or with steamed greens.



**Serving suggestion...**

**Serve with steamed spinach and kale**

# TAMARI CHICKEN

PREPARATION TIME: 5 minutes

COOKING TIME: 15–20 minutes

Serves: 4

## INGREDIENTS

3 tbsp. tamari  
2 cloves garlic, crushed and finely chopped  
1 inch cube of ginger, peeled and finely chopped  
Juice of 1 lime  
½ onion peeled and sliced  
1 red pepper, deseeded and chopped  
Salt and pepper  
4 chicken breast or 8 thighs  
1 tbsp. olive oil

## METHOD

Add all ingredients except for the olive oil and chicken into a large bowl and mix together.

Add the chicken and coat thoroughly in the marinade.

Marinate for at least 30 minutes or overnight if possible.

Heat the olive oil in a pan over a medium heat

Add the chicken, vegetables and marinade, pan-fry until golden and cooked through.



**Serving suggestion...**

**Serve with stir-fry vegetables and steamed squash**

# THAI STEAK SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5

## INGREDIENTS

2 x 200g rump steaks

### To make the Dressing

Zest and juice of 3 limes

2 tbsp tamari

Freshly ground black pepper

1 dice-sized piece of ginger, peeled and grated

1 green or red chilli

1 tsp. xylitol or honey

1 handful fresh coriander, finely chopped

1 tbsp olive oil

### For the Salad

200g cherry tomatoes, quartered

½ cucumber, sliced

200g radishes, sliced

1 red onion, sliced

1 handful fresh mint, roughly broken

1 handful fresh basil, roughly broken

## METHOD

For the marinade: mix the tamari, zest and juice of 1 lime and ground black pepper in a bowl.

Slice the steaks into strips, add them to the bowl and coat fully in the mixture.

Mix the lime zest and juice from the remaining 2 limes with the ginger, chilli, xylitol (or honey) and fresh coriander to make the dressing.

Heat the olive oil in a pan over a medium heat and add the marinated steak strips. Stir-fry for 3–4 minutes or until cooked to your liking. Leave to rest while you mix the salad ingredients together.

Place the steak strips on top of the salad and drizzle the dressing over the top.



**Serving suggestion...**

**Serve with beetroot ratatouille**

# TOMATO, CAPER AND OLIVE SALMON

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 4–5

## INGREDIENTS

600g passata  
3 cloves garlic, peeled and chopped  
80g capers  
10 large green olives, chopped  
1 red onion, finely chopped  
3 tbsp. sundried tomatoes in olive oil  
6 salmon fillets

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Mix all the ingredients except for the salmon in a large baking dish before adding the salmon fillets.

Ensure each fillet is nicely topped with the sauce.

Place the baking dish into the oven to cook for around 30 minutes.

## Serving suggestion...

Serve with celeriac chips, steamed leeks and spinach



# TUNA AND SWEET POTATO FISHCAKES

PREPARATION TIME: 30 minutes  
(includes potato cooking and cooling time)  
COOKING TIME: 10 minutes  
MAKES: 8 fishcakes

## INGREDIENTS

600g sweet potatoes, peeled and diced  
Salt and freshly ground black pepper  
4 x tins of tuna in spring water, drained  
4 spring onions, sliced  
4 tsp. Laksa paste (or use Thai red curry paste if preferred)  
2 eggs, beaten  
Olive oil for cooking

## METHOD

Steam the sweet potatoes for about 15 minutes or until cooked, drain, transfer to a bowl and leave to cool.

Once cooled add the salt and pepper and mash until smooth before adding the tuna, spring onions, Laksa paste, eggs and mixing thoroughly before shaping into patties.

Heat a little olive oil in a frying pan on a medium heat (you may want to get two pans on the go to cook all of them at the same time), add the patties and fry for around 4–5 minutes on each side until golden.

Serve topped with fresh coriander, spring onion slices (optional) and a crispy salad.



# TURKEY MEATBALLS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–35 minutes

SERVES: 4–5



## INGREDIENTS

1kg turkey thigh mince  
2 tbsp mixed herbs  
1 ½ tsp garlic powder  
1 onion, peeled and chopped  
3 tbsp tomato puree  
Salt and pepper

## For the Sauce

500g passata  
½ tsp garlic powder  
1 tsp oregano  
1 red pepper, deseeded and  
chopped  
Salt and pepper

## METHOD

Preheat the oven to 180°C/350°F/gas mark

In a bowl, Using your hands, combine the turkey mince with the mixed herbs, tomato puree, garlic and chopped onion. Add a generous serving of salt and pepper and shape into small balls.

Place the turkey meatballs in an oven proof dish.

In a small bowl mix together the passata, garlic powder, red pepper and season.

Pour over the meatballs and place in the oven to cook for 25–30 minutes.

# TURKEY, CARROT AND SULTANA BURGERS

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

MAKES: 4 patties

## INGREDIENTS

500g turkey thigh mince  
1 carrot, grated  
1 red onion, peeled and finely chopped  
75g sultanas  
1 tsp. garlic powder  
1 tsp. smoked paprika  
1 tsp. oregano  
½ tsp. chilli flakes  
Salt and pepper  
2 tbsp. olive oil

## METHOD

Combine all the ingredients, except for the olive oil, together in a large bowl and mix together thoroughly using your hands.

Shape into 4–6 patties, a smaller patty will cook quicker.

Heat the olive oil in a pan on a medium heat and add the patties. Cook for around 8 minutes on each side or until cooked through.



# VEGETABLE BOLOGNESE

PREPARATION TIME: 15 minutes

COOKING TIME: 1 hour 30 minutes

SERVES: 4

## INGREDIENTS

2 tbsp olive oil  
2 carrots, diced  
2 celery stalks, finely sliced  
3 gloves garlic peeled and finely chopped  
1 medium onion, peeled and sliced  
1 red pepper, deseeded and chopped  
410g tin of lentils rinsed and drained (drained weight 265g)  
2 x 400g tins of chopped tomatoes  
125ml red wine  
2 tbsp. tomato puree  
1 tbsp. Worcestershire sauce  
2 tbsp. Italian style herb blend or mixed herbs  
Salt and pepper

## To serve (Optional)

400g green pea fusilli or courgetti  
Parmesan shavings

## METHOD

Heat the olive oil in a large saucepan on a medium heat. Add the carrots, celery, garlic, onion, red pepper, salt, pepper and cook for 10 minutes, stirring regularly until the vegetables softens.

Add the lentils, stir through and cook for a further 5 minutes, stirring occasionally.

Add the chopped tomatoes, red wine, tomato puree, Worcestershire sauce, herbs and season to taste. Stir through



before bringing to the boil, reduce to a gentle simmer, cover and cook for 1hr 15 minutes, stirring occasionally and add extra water if needed.

Just before the Bolognese is ready, prepare 400g green pea fusilli following the cooking instructions or pan fry some courgetti.

Serve topped with parmesan.



FITTER 365 | SIDES

# 5-A-DAY SLAW

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 6–8



## INGREDIENTS

1 sweetheart cabbage  
½ red cabbage  
2 carrots, grated  
2 celery stalks, finely chopped  
2 handfuls walnuts, crushed  
Handful sultanas  
3 small apples, grated

## For the Dressing

½ red onion, finely chopped  
3 tbsp olive oil  
1 tbsp. apple cider vinegar  
1 tbsp balsamic vinegar  
Juice of 2 lemons  
Salt and pepper

## METHOD

Place all the slaw ingredients in a bowl and mix together.

Mix the dressing ingredients in a bowl or shake in a glass jar and pour over the slaw. Toss the ingredients in the dressing and set aside in the refrigerator to chill for 30 minutes.

# 5-A-SIDE VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2–4

## INGREDIENTS

1 tbsp. olive oil  
2 cloves garlic, peeled and chopped or 1 tsp garlic powder  
1 onion, finely chopped  
1 yellow pepper, chopped  
400g chopped tomato  
100g sweetcorn  
1 heaped tsp. mixed herbs  
2 courgettes, julienned and then chopped  
2 carrots, julienned and then chopped  
2 handfuls spinach  
Handful fresh basil  
Salt and pepper

## METHOD

Pan fry the onions, garlic and pepper in the olive oil for 5 minutes.

Pour over the chopped tomatoes, stir in the sweetcorn and add the mixed herbs. Season with salt and pepper and leave to cook for 15 minutes.

Five minutes before serving add the julienned courgettes and carrots, stir to combine the vegetables and allow to cook for a further 2–3 minutes.

Finally add the spinach and allow to wilt for 1–2 minutes. Cook until the vegetables are soft.

Season again to taste and serve.



# BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

## INGREDIENTS

1 large cauliflower, chopped into florets  
1 onion, peeled and sliced  
Juice of 1 lemon  
1 ½ tsp curry powder  
2 tsp garlic powder  
½ tsp cinnamon  
3 tbsp olive oil

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the cauliflower on a baking tray and scatter over the onions.

In a bowl combine the lemon juice, olive oil, curry powder, garlic powder and cinnamon.

Pour the oil mixture over the onion and cauliflower and toss to coat the vegetables.

Place in the oven to cook for 25–30 minutes, toss one more time half-way through cooking.



# BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

## INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

## The Dressing

2 cloves garlic, peeled and finely chopped  
or  $\frac{1}{2}$ –1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

## METHOD

Boil or steam the new potatoes and green beans until soft.

As the potatoes are cooking prepare the dressing by adding the ingredients to a blender or mixing in a cup.

Once the potatoes and beans are cooked add the onion and fresh basil and pour over the dressing.

Toss all the ingredients together and serve.



# CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

## INGREDIENTS

1 large cauliflower, chopped into florets

5 carrots

1 tbsp. olive oil

2 heaped tsp. harissa spice mix

1 heaped tsp. garlic powder

Salt and pepper

## METHOD

Steam or boil the cauliflower and carrots until soft.

Place in a large bowl and add the olive oil, garlic and harissa spice.

Mash until the mixture has a smooth consistency.

Season to taste and serve.



# CARROT AND CORIANDER SLAW

PREPARATION TIME: 10 minutes

SERVES: 2

## INGREDIENTS

2 tbsp. Greek yogurt  
Juice of ½ a lemon  
1 tsp. honey  
2 large carrots, grated  
2 spring onions, finely chopped  
1 handful fresh coriander, roughly chopped  
Salt and pepper

## METHOD

Mix the yogurt, lemon juice and honey together thoroughly in a bowl.

Stir in the grated carrot, spring onion and fresh coriander and mix together thoroughly.

Season to taste and serve.



# CAULIFLOWER STIR-FRY RICE

PREPARATION TIME: 4 minutes

COOKING TIME: 10 minutes

SERVES: 6

## INGREDIENTS

1 tbsp. toasted sesame oil  
1 red onion, peeled and diced  
5 spring onions, finely chopped  
1 red pepper, diced  
1 green pepper, diced  
2 cloves of garlic, finely chopped  
1 large carrot, peeled and diced

3 tbsp. of tamari  
4–5 drops of fish sauce  
3 eggs, beaten  
1 large cauliflower,  
grated into rice  
Salt and pepper

## METHOD

Warm the sesame oil in a wok or a large frying pan and add the onion, spring onions, peppers, garlic, carrots, fish sauce and tamari. Stir to coat in the oil and sauté the vegetables for around 4 minutes, stirring occasionally.

Add the beaten eggs to the pan and as it starts to set, add the grated cauliflower rice and stir to combine the ingredients. Cook until the cauliflower softens.

Season to taste and serve.



# CHUNKY CELERIAC CHIPS

PREPARATION TIME: 10 minutes

COOKING TIME: 45–50 minutes

SERVES: 4



## INGREDIENTS

1 whole celeriac, peeled and chopped into chips  
2 tbsp. olive oil  
1 tbsp. of fresh rosemary, chopped, or mixed herbs  
2 cloves garlic, peeled and chopped

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Scatter the chips across the tray and drizzle with olive oil. Add the garlic and herbs and and using your hands toss and mix the ingredients together.

Place in the oven. These usually take around 45 minutes to one hour.

Check after 30 minutes and stir/toss the chips again.

Once the vegetables are cooked to your liking, remove from the oven and leave to cool.

# CURRIED SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Serves 2–4

## INGREDIENTS

2–3 medium sweet or white potatoes,  
peeled and chopped

3 tsp. medium curry powder

1 tsp. garlic powder

1 handful fresh coriander, roughly chopped

Salt and pepper

2 tbsp. pine nuts (optional)

## METHOD

Steam or boil the sweet potatoes until soft.

Place in a large bowl and add the curry powder,  
garlic, fresh coriander, salt and pepper.

Place the pine nuts in a non stick frying pan (no oil  
needed) over a medium heat to toast lightly while  
you mash the potatoes.

Top the potato with the toasted pine nuts and  
more fresh coriander to serve.



# INDIAN STYLE SWEET POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 5



## INGREDIENTS

- 3 medium sweet potatoes, peeled and sliced into 1cm thick slices
- 2 tbsp. olive oil
- 1 red onion, peeled and sliced
- 200g cherry tomatoes, halved
- 1 green or red chilli, de-seeded and finely chopped
- 2 tsp. garam masala
- Generous pinch of salt
- 2 large handfuls fresh coriander

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Drizzle the oil in a baking tray and add all the ingredients, coating the vegetables well in the oil and spices.

Place in the oven to cook for 25–30 minutes or until the potatoes are soft. Stir occasionally.

Serve topped with extra fresh coriander.

# ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

## INGREDIENTS

1 red onion, peeled and sliced

1 large courgette, sliced

Handful olives

1 yellow pepper, deseeded and chopped

180g tomatoes on the vine

3 cloves garlic, peeled and chopped

1 tbsp. mixed herbs

Olive oil

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil.

Place in the oven to cook for 35–40 minutes until the vegetables are soft.



# QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



## INGREDIENTS

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 3 cloves garlic, peeled and chopped
- 2 courgettes, chopped
- 1 red pepper, chopped
- 3 stalks celery (optional)
- 800g chopped tomato
- 1 tbsp. mixed herbs
- 2–3 tbsp. olives (optional)
- Salt and pepper

## METHOD

Pan fry the onions, garlic and peppers in the olive oil. Add the courgettes, celery and peppers and stir-fry for 2–3 minutes.

Add the tomatoes, herbs, and olives and season.

Cook through for 10–15 minutes until the vegetables are soft.

Season to taste and serve.

# SMOKEY CHORIZO BAKED BEANS

NEW

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 6



## Serving suggestion...

These are a great addition to a Full English,  
served on a baked potato or with poached eggs.

## INGREDIENTS

1 tbsp olive oil  
120g chorizo, finely chopped  
1 red onion, peeled and finely chopped  
2 cloves garlic, peeled and finely chopped  
1 red pepper, deseeded and finely chopped  
1–2 tsp. smoked paprika  
½–1 tsp chilli flakes (optional)  
2 x 400g tins chopped tomatoes  
3–4 tbsp. Worcestershire sauce  
1 x 400g tin cannellini beans, drained  
1 x 400g tin haricot beans, drained  
Salt and pepper

## METHOD

Heat the olive in a saucepan on a medium heat before adding the chorizo and cooking for a few minutes stirring occasionally.

Add the red onion, garlic, pepper, smoked paprika and chilli flakes, stir and cook for a few more minutes, stirring occasionally until the onions start to soften.

Add the tomatoes and Worcestershire sauce and simmer for 6 minutes, stirring occasionally.

Add the beans and simmer for a further 6 minutes stirring occasionally.

# SPICY COURGETTE WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 10–15 minutes

SERVES: 3–4

## INGREDIENTS

½ onion, peeled and chopped (optional)

3 large courgettes

1 tbsp. olive oil for cooking

½–1 tsp. garlic powder

½–1 tsp. smoked paprika

1 tsp. crushed chilli flakes

Salt

## METHOD

Chop the courgettes into chunky wedges.

Heat the oil in a frying pan and add the onion (if adding) stir fry for 2–3 minutes.

Add the courgettes wedges and continue to stir-fry.

Sprinkle the garlic powder, paprika and chilli flakes over the courgettes and onions.

Sauté until the courgettes begin to soften but still remain a little crunchy.

Season to taste with a little salt and serve.



# SQUASH WEDGES WITH ALMOND PESTO

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8

## INGREDIENTS

1 whole squash, halved, deseeded and  
chopped into wedges (leave the skin on)

1 tbsp olive oil

1 tsp garlic powder

1 tsp onion powder

Salt to taste

Pomegranate seeds

## For The Almond Pesto

1 tbsp almond butter

Juice of 1 lemon

1 tbsp olive oil

2 cloves garlic roughly chopped

Small handful flat leaf parsley, roughly chopped

Salt & pepper

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the squash wedges on a baking tray, drizzle with olive oil and sprinkle with garlic powder, onion powder and salt.

Place in the oven to cook for 35–40 minutes until the wedges are soft in the middle.

Once cooked allow to cool and place on a bed of rocket, sprinkle with pomegranate seeds.



## To Make the Almond Pesto

Place all the pesto ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.

# SUPER MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 8

## INGREDIENTS

1kg potatoes (white or sweet)  
peeled and chopped  
1 large leek, chopped  
300g broccoli florets  
2 tsp. garlic powder  
Large handful kale, chopped  
2 inch cube of fresh ginger,  
peeled and finely chopped

6 sundried tomatoes  
1 tsp. mixed herbs  
Salt and pepper

## To Serve

Fresh parsley

## METHOD

Cook the potatoes and leeks in a steamer or boil in a saucepan until soft.

In a separate pan, steam or boil the broccoli, kale and spinach for 5–7 minutes.

Once cooked drain the potatoes and vegetables and place in a bowl with the garlic, ginger, sundried tomatoes and herbs.

Season to taste with salt and pepper and mash everything together until it reaches the desired consistency.

Serve with fresh parsley.



# SWEET AND SPICY SQUASH WEDGES

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 6–8



## INGREDIENTS

- 1 whole squash, halved, deseeded and chopped into wedges (leave the skin on)
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tsp garlic powder
- 1 tsp cinnamon
- Pinch of cayenne pepper
- 1 tbsp. sesame seeds
- Salt

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the squash wedges on a baking tray.

In a bowl combine the olive oil, honey, garlic powder, cinnamon and cayenne and pour over the wedges, toss the wedges to coat each one in the oil and spices.

Season with salt and sprinkle the sesame seeds over the wedges.

Place in the oven to cook for 35–40 minutes until the wedges are soft in the middle.

# SWEET POTATO WEDGES

PREPARATION TIME: 5 minutes

COOKING TIME: 35–40 minutes

SERVES: 5

## INGREDIENTS

4 large sweet potatoes

1 tbsp. olive oil

2 tsp. smoked paprika

1 tsp. salt

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Slice the sweet potatoes into 3–4 inch wedges and place in a baking tray.

Drizzle with a little olive oil and toss the wedges to coat them. Mix the smoked paprika and salt and sprinkle over the wedges.

Bake in the oven for 35–40 minutes until soft and lightly browned around the edges.



# VEGHETTI

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

## INGREDIENTS

Vegetables of your choice: carrots, courgettes or butternut squash

Olive oil for cooking



Tip

Get yourself a good julienne peeler; we use Good Grips

## METHOD

Use the Julienne peeler to slice the vegetables into spaghetti-like strips or noodles.

These can either be cooked in a steamer or gently sautéed in a little oil in a frying pan until the vegetables have softened.

**FITTER 365 | SAUCES**



# ALMOND PESTO

PREPARATION TIME: 10 minutes

SERVES: 3–4

## INGREDIENTS

1 tbsp. almond butter  
Juice of 1 lemon  
1 tbsp. olive oil  
2 cloves garlic roughly chopped  
Small handful flat leaf parsley, roughly  
chopped  
Salt & pepper

## METHOD

Place all the ingredients in a food processor and blitz until smooth but keep a little texture.

Add a little more lemon juice and olive oil to reach your desired texture. Spoon the pesto over the squash and enjoy.



# CARROT, APPLE AND GINGER DRESSING

PREPARATION TIME: 10 minutes

SERVES: 3–4

## INGREDIENTS

25ml tamari sauce  
25ml rice or apple cider vinegar  
1 small apple, grated  
1 small carrot, grated  
Juice of 1 lime  
Dice sized chunk ginger, grated  
¼ tsp. onion powder

## METHOD

Combine the dressing ingredients in a small bowl.



# HOMEMADE GUACAMOLE

PREPARATION TIME: 10 minutes

SERVES: 2–4

## INGREDIENTS

2 avocados, peeled and mashed  
½ red onion  
1 tomato, finely chopped  
½–1 tsp. garlic powder  
Juice of 1 lime  
1 handful fresh coriander, roughly chopped  
½ tsp. cayenne chilli powder (optional)  
Salt and pepper

## METHOD

Place all the ingredients except the salt and pepper in a large bowl, combine all the ingredients together and season to taste.



# HOMEMADE KETCHUP

PREPARATION TIME: 5 minutes

SERVES: 4

## INGREDIENTS

100g tomato purée  
2 tbsp. balsamic vinegar  
6 tbsp. water  
Salt and pepper  
1 tsp. xylitol or raw honey (optional)

## METHOD

Place the tomato puree, vinegar and water in a bowl and combine together, season to taste, add honey or xylitol if desired.



# HOMEMADE TARTAR SAUCE

PREPARATION TIME: 5 minutes

SERVES: 4

## INGREDIENTS

3 heaped tbsp. Greek yogurt (you can also use sheep's or goat's yogurt)  
1 heaped tbsp. capers, finely chopped  
2 tbsp. cornichons, finely chopped  
1 handful of fresh parsley, chopped  
Salt and freshly ground black pepper

## METHOD

Mix all the ingredients together in a bowl. Taste and add more seasoning if necessary.



# HOMEMADE TZATZIKI

PREPARATION TIME: 10 minutes

SERVES: 2–4

## INGREDIENTS

- 300g plain, natural yogurt
- 1 cucumber, grated and drained
- 2 cloves garlic, minced
- 2 tbsp fresh lemon juice
- 2 tbsp fresh dill, chopped
- 2 tbsp fresh mint, finely chopped
- Salt and pepper to taste

## METHOD

Place all the ingredients except the salt and pepper in a bowl, combine together and season to taste.



FITTER 365 | DESSERTS



# DOUBLE CHOCOLATE CHUNK COURGETTE BROWNIE

PREPARATION TIME: 15 minutes

COOKING TIME: 25–30 minutes

MAKES: 8–10

## INGREDIENTS

200g 85% dark chocolate broken into small

150g nut butter or dairy butter

300g courgette, grated

½ teaspoon salt

3 eggs

2 tsp baking powder

100g xylitol, coconut palm sugar or unrefined cane sugar

1 tsp vanilla extract

100g ground almonds

40g chopped walnuts

60g dark chocolate, broken into chunks

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line an 8.5 inch square baking/roasting tin (at least 2 ¼ inch deep) with greaseproof paper.

Melt the chocolate and butter together in a glass bowl over a pan of simmering water.

In a processor or blender beat the eggs, baking powder, vanilla and sugar together.

Once the chocolate has melted allow to cool.

Place the grated courgette between two sheets of kitchen towel and squeeze to get rid of the excess moisture.



Add the courgette, ground almonds and egg mixture to the melted chocolate and combine thoroughly.

Pour the brownie batter in the prepared tin and bake for 25–30 minutes, check they are cooked by inserting a skewer or knife into the middle.

# EASY CHEESECAKE MASH UP

PREPARATION TIME: 5 minutes

SERVES: 1



## INGREDIENTS

170g Low fat Greek yogurt  
Few drops vanilla extract  
100g berries (or any fruit)  
Zest and juice of 1 lemon  
2 oatcakes, crushed into chunky pieces

## METHOD

Place the yogurt in a bowl and stir in the vanilla extract.

Blitz the berries with the lemon juice and zest in a blender to make a fruit sauce, add a few tbsp. of water if needed.

Pour the berry mixture over the yogurt, add the oatcake pieces and stir to combine the ingredients. Serve immediately.

# FITTER MINT CHOC CHIP ICE CREAM

PREPARATION TIME: 5 minutes

SERVES: 1-2

## INGREDIENTS

2 frozen bananas  
½ tsp pure peppermint extract,  
or more as desired  
2 squares dark chocolate, chopped  
or 2 tbsp cacao nibs  
¼ tsp spirulina (optional to colour)  
1 tbsp cashew butter (optional)  
Almond milk to taste

## METHOD

Blend the bananas with the peppermint extract, spirulina and cashew butter (if adding). You can also add a little almond milk for a smoother ice cream. Start by adding a small amount, blend and repeat until the mixture reaches the desired texture. Be careful not to add too much or the ice cream will become too soft.

Stir in the dark chocolate chunks or cacao nibs.

Eat immediately or place in a container and freeze for a few hours for a firmer mixture that scoops easily.



# MIGHTY MACADAMIAS IN SEA SALT BLANKETS

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5



## INGREDIENTS

10 medjool dates

100g dark chocolate

¼ tsp. Sea salt

20 macadamias (Optional: lightly toasting the macadamias makes these extra tasty)

## METHOD

Prepare a sheet of greaseproof paper on a plate.

Melt the chocolate over a pan of simmering water and stir in the sea salt.

Slice each date in the middle and place two macadamias inside.

Dip each date in the melted chocolate, coating half or the whole date. Place each one on the greaseproof paper and set aside in a cool place or in the fridge to set.



# SAVOURY JACKS

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

MAKES: 12–14 squares

## INGREDIENTS

- 4 eggs
- Pinch of salt
- 1 tsp. cinnamon
- 1 dice size chunk root ginger, peeled
- 1/4 tsp. nutmeg
- 100g almond butter or dairy butter
- 200g rolled oats
- 30g ground flaxseed
- 2 tbsp seeds (either sunflower, pumpkin, sesame or a mix of all of them)
- 60–80g dried apricots, finely chopped or sultanas (or a mix of both)

## Optional

If you prefer a less savoury jack add 1-2 tbsp. of honey.

## METHOD

Preheat the oven to 180°C/350°F/gas mark 4 and line a baking tray with greaseproof paper or a little butter/coconut oil.

Place the eggs in a processor or blender with the butter, cinnamon, ginger and nutmeg and beat for 1 minute until light and fluffy.

Place the oats, flaxseed, seeds and dried fruit in a bowl and toss together, add the egg mixture and combine thoroughly.

Place on the prepared baking tray and compress the mixture, bake in the oven for 25–30 minutes until golden.

Turn off the oven and leave in a little longer if desired to give a crunchier texture.

# SEA SALT AND CACAO COLLAGEN CHOCOLATES

PREPARATION TIME: 10 minutes

MAKES: 22

## INGREDIENTS

300g 85% Dark Chocolate  
100g collagen powder  
50g vanilla protein powder  
3 tbsp. cacao nibs  
2 tsp. vanilla extract  
Sea Salt to taste

## METHOD

Melt the chocolate in a heat proof bowl over a pan of simmering water and allow to cool slightly. Add the remaining ingredients and stir to combine thoroughly.

Place a teaspoon of the mixture in an ice cube tray or roll into balls and place on a sheet of greaseproof paper.

Place in the refrigerator to set for 30 minutes, store in an airtight container.



FOR MORE MEAL PLANS  
AND OTHER EXCLUSIVE  
FITTER FOOD MEMBERSHIP  
CONTENT LOGIN TO  
[WWW.FITTER365.COM](http://WWW.FITTER365.COM)

