



HIGH PERFORMANCE RECIPE BOOK

30 DELICIOUS MACRO COUNTED RECIPES

The Christmas Edition

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We know how difficult cooking for fitness and health can be. Planning your meals and counting your calories can be a real pain. That's why I am bringing you the five star fitness recipe book. We are taking the hassle out of cooking and doing the work for you. Whether the goal is health, fat loss, performance or muscle building these delicious high protein recipes are all calorie and macronutrient counted and can be adjusted to fit your individual needs.

Paul Dickinson

Elite Personal Trainer



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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KEY

V	VEGETARIAN
VE	VEGAN
DF	DAIRY FREE
GF	GLUTEN FREE
N	CONTAINS NUTS
Q	QUICK





SERVES 2 | TOTAL TIME: 5 MINUTES

INGREDIENTS

250ml **almond milk**
1 **banana**
2 tbsp **cocoa powder**
2 tsp **peppermint extract**
5 **ice cubes**
4 tbsp **whipped cream**
4 leaves **fresh mint**

INSTRUCTIONS

Add the almond milk, banana, cocoa powder and peppermint extract to the blender and blitz until smooth.

Pour into two tall glasses and top with whipped cream and fresh mint.

CHOC PEPPERMINT SMOOTHIE

232
CALORIES

4
PROTEIN

36
CARBS

8
FATS

7
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

2 **eggs**
125ml **milk**
1/2 tsp **ground cinnamon**
1/2 tsp **ground nutmeg**
1/4 tsp **ground ginger**
1/4 tsp **ground cloves**
4 slices **rye sandwich bread** (gluten-free if required)
1 tbsp **butter**
1 tbsp **powdered sugar**

INSTRUCTIONS

Start by whisking together the eggs, milk, cinnamon, nutmeg, ginger and cloves.

Submerge each slice of the bread in the liquid for about 20-30 seconds each side.

Add the butter to a large non-stick skillet and bring it to a medium heat.

Cook slices for about 4 minutes each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

GINGERBREAD FRENCH TOAST

422
CALORIES

16
PROTEIN

58
CARBS

14
FATS

0
FIBRE



SERVES 6 | TOTAL TIME: 25 MINUTES

RED VELVET PANCAKES

INGREDIENTS

2 cups **all-purpose flour**
2 tsp **baking powder**
1/2 tsp **baking soda**
1/2 tsp **salt**
2 tbsp **cocoa powder**
250ml **milk**
2 **large eggs**
1 tbsp **red food coloring**
1 tsp **vanilla extract**
3 tbsp **butter**

INSTRUCTIONS

Start by mixing together the flour, baking powder, baking soda, salt and cocoa powder.

In a separate bowl, whisk the egg and milk together. Then, whisk in the food colouring and vanilla extract.

Pour the wet mixture into the dry mixture and stir until just combined.

Add 1 tbsp of butter to a non-stick fry pan. Bring it to medium heat and pour batter in about a 1/4 cup at a time. Cook for 2-3 minutes or until bubbles start to appear. Flip and cook for another minute. (make sure you add more butter as you need).

Keep cooked pancakes warm in the oven or under tin foil.

Serve with fresh raspberries.

245
CALORIES

8
PROTEIN

33
CARBS

9
FATS

2
FIBRE



SERVES 12 | TOTAL TIME: 30 MINUTES

MINI CHRISTMAS QUICHE

INGREDIENTS

12 **eggs**
125ml **milk**
Salt & cracked pepper
1/2 **red bell pepper**, diced
2 stalks **spring onion**, diced
100g **mozzarella**, diced

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a 12-case muffin tin with olive oil cooking spray.

In a medium-sized bowl, whisk together the eggs, milk, salt & cracked pepper.

Pour half the mixture into the egg cups (so they're only half full).

Add bell pepper, spring onion and cheese to each one and then fill to the top with the extra egg mixture.

Place in the oven and cook for 15-17 minutes or until cooked through.

107
CALORIES

8
PROTEIN

3
CARBS

7
FATS

1
FIBRE



SERVES 5 | TOTAL TIME: 20 MINUTES

INGREDIENTS

1 large pre-made **flatbread** (gluten-free if required)
200g **goat's cheese**
100ml **sour cream**
1 **clove garlic**, minced
2 tbsp **fresh dill**, diced
1 **lemon**, zested plus 1 tbsp juiced
200g **smoked salmon**
1/2 **red onion**, finely sliced
2 tbsp baby **capers**

INSTRUCTIONS

Cook the flatbread according to packet instructions.

Meanwhile, mix together the goat's cheese, sour cream, garlic, dill, lemon zest and lemon juice.

Spread the cheese spread across the flatbread and top with flaked smoked salmon, red onion and capers.

Cut into squares and transfer to a large serving platter.

SMOKED SALMON FLATBREAD

372
CALORIES

21
PROTEIN

27
CARBS

20
FATS

2
FIBRE



SERVES 8 | TOTAL TIME: 70 MINUTES

INGREDIENTS

2 tbsp **olive oil**
4 **large eggs**
185ml **skim milk**
1 tbsp **Dijon mustard**
Salt & cracked pepper
350g **sourdough bread**, cut into chunks (gluten-free if required)
1 small **red onion**, cut into slices
150g sliced **ham**, torn into pieces
2 tbsp **fresh thyme**
250g **cheddar cheese**, grated

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Spray a medium-large baking dish with olive oil cooking spray.

In large bowl, whisk together eggs, milk, mustard, salt & cracked pepper. Submerge the bread for about 5 minutes.

Mix in the onion, ham, thyme and cheese. Transfer to the baking dish, cover with foil and cook for 50-55 minutes. Take the foil off for the last 15 minutes so it brown's up a little bit.

Serve hot!

HAM AND CHEESE BREAD AND BUTTER PUDDING

318
CALORIES

17
PROTEIN

22
CARBS

18
FATS

1
FIBRE



SERVES 8 | TOTAL TIME: 40 MINUTES

INGREDIENTS

2 tbsp **olive oil**, divided
200g **bacon**, chopped
60ml **balsamic vinegar**
900g **Brussels sprouts**, halved
Salt & cracked pepper
1 **lemon**, juiced
30ml **water**
250g **dried figs**, cut into quarters

INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6.

Bring a large skillet to medium heat, add 1/2 tbsp oil and bacon, and cook for about 7 minutes. Once cooked set aside.

Add the remaining oil, balsamic vinegar and Brussels sprouts to a large oven proof dish. Toss to coat and season with salt & cracked pepper. Place in the oven and cook for 20-25 minutes.

Meanwhile, add the lemon juice, water and figs to a pan and cook on medium-high heat for about 5 minutes or until the figs are tender and the water has evaporated.

Add bacon, sprouts and figs to a large serving bowl and toss to combine.

SWEET BRUSSELS SPROUTS

281
CALORIES

8
PROTEIN

33
CARBS

13
FATS

8
FIBRE



SERVES 8 | TOTAL TIME: 70 MINUTES

CRISPY SMASHED POTATOES

INGREDIENTS

1kg **new potatoes**
Sea salt
60ml **olive oil**
30ml **lemon juice**
3 tbsp **capers**, diced
1 tbsp **anchovy paste**
1 **clove garlic**, minced

INSTRUCTIONS

Add the potatoes to a large pot, cover with cold water and some salt. Bring to a boil, reduce to a simmer and cook potatoes for about 20 minutes or until tender.

Preheat oven to 220°C/430°F/gas 7.

Pour olive oil in a large baking dish. Transfer boiled potatoes to the tray and press down on each of them with a large spoon to “squish” them. Brush a little oil on the top of each potato too.

Place in the oven and cook for ten minutes. Then, turn the heat down and allow to cook for another 40-45 minutes.

Meanwhile, in a small bowl, mix together olive oil, lemon juice, capers, anchovy paste and garlic.

Once the potatoes are cooked, drizzle with the green sauce and serve straight away on a large tray.

214
CALORIES

5
PROTEIN

26
CARBS

10
FATS

3
FIBRE



SERVES 20 | TOTAL TIME: 50 MINUTES

SALMON BLINIS

INGREDIENTS

300g **plain flour**
2 tbsp **caster sugar**
1 1/2 tbsp **baking powder**
1 tsp **salt**
250ml **skim milk**
2 **eggs**
25g **butter**, melted
500g **creme fraiche**
500g **smoked salmon**, cut into slices
2 **tbsp dill**, finely chopped

INSTRUCTIONS

In a large bowl, mix together the flour, sugar, baking powder and salt.

In a separate bowl whisk together the egg, milk and butter. Transfer the wet mixture to the bowl of dry ingredients and whisk gently to combine.

Heat a large frying pan over medium-high heat and add a little olive oil or extra butter.

Drop about half a tbsp of mixture into the pan for each blini and cook for 30-40 seconds each side. Repeat until you've used all the mixture.

Spread with creme fraiche and top with salmon and dill.

194
CALORIES

11
PROTEIN

15
CARBS

10
FATS

1
FIBRE



SERVES 10 | TOTAL TIME: 45 MINUTES

INGREDIENTS

5 thin slices **pancetta**, cut in half
10 **chipolatas**
1 tbsp **olive oil**
1 tbsp **maple syrup**
2 tsp **Dijon mustard**
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Wrap the slices of pancetta around the chipolatas, drizzle with olive oil, place in the baking tray and cook for 12 minutes, turning occasionally.

Meanwhile mix the maple syrup and Dijon together. Take the chipolatas out and drizzle with maple/mustard dressing. Place back in the oven for 12-15 minutes or until cooked through, again, turning occasionally.

Serve immediately.

PANCETTA WRAPPED CHIPOLATAS

144
CALORIES

7
PROTEIN

2
CARBS

12
FATS

0
FIBRE



SERVES 6 | TOTAL TIME: 60 MINUTES

CHRISTMAS CARROTS

INGREDIENTS

4 large **carrots**, cut into thick batons
3 **parsnips**, cut into thick batons
2 tbsp **olive oil**
2 tbsp **honey** (or **maple syrup**)
1 tbsp **fresh rosemary**, diced
Salt & cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6. Line a large baking tray with baking paper. Lay the carrots and parsnips in the tray.

In a small jar, add the olive oil, honey, fresh rosemary, salt & cracked pepper. Shake well to combine.

Pour sauce all over the carrots and parsnips and toss to cover.

Cook for 35-40 minutes or until the vegetables have caramelised.

129
CALORIES

1
PROTEIN

20
CARBS

5
FATS

4
FIBRE



SERVES 6 | TOTAL TIME: 50 MINUTES

WARM ROASTED SQUASH

INGREDIENTS

- 2 tbsp **maple syrup**
- 2 tbsp **butter**
- 1/2 **vanilla bean**, seeds scraped
- 1 kg **butternut squash**, deseeded and sliced into large chunks
- 90g **pomegranate seeds**
- 50g **pistachios**, shelled

INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised. (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.

200
CALORIES

4
PROTEIN

28
CARBS

8
FATS

7
FIBRE



SERVES 6 | TOTAL TIME: 50 MINUTES

HERBY STUFFING

INGREDIENTS

- 3 tbsp **olive oil**
- 400g **country bread loaf**, cut into 1/2-inch pieces (gluten-free if required)
- 2 **brown onions**, diced
- 4 stalks **celery**, chopped
- 750ml **chicken stock** (or vegetarian)
- 25g **fresh flat-leaf parsley**, chopped
- 1 tsp dried **thyme**
- 1 tsp dried **sage**
- 2 **large eggs**, beaten

INSTRUCTIONS

Start by preheating oven to 200°C/400°F/ gas 6. Line a baking tray with baking paper. Lay squash evenly across the tray.

In a small saucepan, slowly melt the maple syrup, butter and vanilla bean.

Drizzle squash with melted sauce.

Place in the oven and cook for 30-35 minutes or until squash is caramelised (turn once)

Once cooked, transfer to a serving platter and sprinkle with pomegranate seeds and pistachios.

259
CALORIES

8
PROTEIN

32
CARBS

11
FATS

3
FIBRE



SERVES 6 | TOTAL TIME: 30 MINUTES

BROCCOLI & GOJI BERRY QUINOA SALAD

INGREDIENTS

90g **red quinoa**, rinsed (uncooked)
2 large **broccoli** heads, grated
3 **spring onion** stalks, thinly sliced
50g roasted **almonds**, chopped
60g **dried goji berries**
1 tsp crushed **red pepper flakes**
60ml **olive oil**
3 tbsp **lemon juice**
Salt & cracked pepper

INSTRUCTIONS

Start by cooking the quinoa according to packet instructions. Once cooked, drain, rinse and set aside in a bowl lined with paper towel for about 15 minutes to dry it out a little.

Toss the cooked quinoa, broccoli, spring onion, almonds and goji berries together in a large serving bowl.

In a small jar, add the crushed red pepper flakes, olive oil, lemon juice, salt & cracked pepper. Shake really well to combine.

Pour the dressing all over the salad and allow to sit for at least 30 minutes before serving.

260
CALORIES

8
PROTEIN

21
CARBS

16
FATS

6
FIBRE



SERVES 20 (MAKES 40) | TOTAL TIME: 40 MINUTES

CHRISTMAS MEATBALLS

INGREDIENTS

2 **large eggs**, lightly beaten
1 **onion soup mix**
1 **tbsp soy sauce**
45g **bread crumbs** (gluten-free if required)
1 1/2 **tsp ground allspice**
1 **tsp ground cinnamon**
1/2 **tsp ground clove**
Salt & cracked pepper
700g lean **ground beef** (90% lean)
3 **tbsp butter**

INSTRUCTIONS

In a large bowl mix together the eggs, onion soup mix, soy sauce, bread crumbs, spices, salt & cracked pepper. Next, mix through the beef until well combined.

Roll the mixture into small meatballs (about a tbsp) and set aside.

Melt a 1/3 of the butter in a large skillet and begin to cook the meatballs in batches. Adding more butter as you need.

Serve hot or cold with tomato chutney.

63
CALORIES

6
PROTEIN

3
CARBS

3
FATS

0
FIBRE



SERVES 6 | TOTAL TIME: 120 MINUTES

ROAST CHICKEN

INGREDIENTS

3 large **carrots**, chopped
2 **brown onions**, chopped
1 **bulb garlic**
4 tbsp **olive oil**
1 tsp **paprika**
Salt and pepper
1 whole **chicken** (about 1.5kg)
1 **lemon**, cut into quarters
1/2 bunch **fresh rosemary**
1/2 bunch **fresh thyme**

INSTRUCTIONS

Preheat the oven to 240°C/475°F/gas 9. Place the carrots, onion and full garlic cloves in a large roasting dish and toss with olive oil.

Rub the chicken all over with olive oil, paprika, salt & cracked pepper.

Place the lemon quarters and herbs inside the chicken cavity.

Reduce the heat of the oven to 200°C/400°F/gas 6. Place the chicken in the oven and cook for 1 hour and 20 minutes.

Brush the chicken with a little extra olive oil half way through cooking.

Allow the chicken to sit for 10 minutes under some aluminium foil before carving.

482
CALORIES

55
PROTEIN

7
CARBS

26
FATS

2
FIBRE



SERVES 8 | TOTAL TIME: 85 MINUTES

MUSHROOM & NUT ROAST

INGREDIENTS

300g raw **mixed nuts**
2 tbsp **olive oil**
1 **onion**, finely chopped
1/2 **leek**, finely chopped
2 stalks **celery**, finely chopped
1 **large carrot**, grated
75g **mushrooms**, chopped
2 tsp **garlic**, minced
65g **tomato paste**
2 tbsp **tamari**
150g **panko breadcrumbs** (gluten-free if required)
2 tbsp **ground flaxseed** meal
75g **dried cranberries**, diced
20g **fresh parsley**
Salt & cracked pepper

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5. Line a medium sized loaf tin with baking paper and spray it with olive oil cooking spray.

Next, pour the nuts into a food processor and blend until finely chopped. Set aside.

Bring a large skillet to medium-high heat and add the onion, leek, celery, carrot, mushrooms and garlic. Cook for 1-2 minutes.

Stir through the tomato paste and tamari and cook the veggies for about 10 minutes or until softened.

Transfer the processed nuts to a large mixing bowl and add the breadcrumbs, ground flaxseed meal, cranberries and parsley.

Add the cooked veggies and mix with your hands to create a dough.

Transfer to the loaf tin, place in the oven and cook for 40-50 minutes.

Allow to cool for 15 minutes before removing from the tin and slicing.

390
CALORIES

10
PROTEIN

29
CARBS

26
FATS

5
FIBRE



SERVES 6 | TOTAL TIME: 80 MINUTES

INGREDIENTS

800g frozen **spinach**, thawed and drained
2 tbsp **olive oil**
1 **garlic clove**, minced
1 **leek**
2 **eggs**
260g **feta**, crumbled
60g **parmesan**
10g **basil**, chopped
10g **dill**, chopped
10g **oregano**, chopped
1 tsp **lemon zest**, grated
Salt & cracked pepper
160g **salted butter**, melted
12 sheets frozen **phyllo dough**, thawed, room temperature

INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas 5 and grease your baking tray with olive oil cooking spray.

Drain the thawed spinach by placing it in the center of a tea towel, enclose it in and twist to ring the liquid out. Get as much liquid out as possible. Transfer to a bowl, break the spinach into smaller pieces and set aside.

Add the oil to a medium-sized skillet and bring to medium heat. Cook the leek and garlic for 5 minutes or until translucent.

Next, whisk the eggs and pour them into the spinach mixture. Add the feta, parmesan, basil, dill, oregano, lemon zest, salt & cracked pepper. Mix until really well combined.

Place 1 sheet of phyllo dough in your baking dish and brush with melted butter. Do the same with 2 more sheets. Place the 4th sheet perpendicular to the first 3, continuing to brush with butter as you go. Finally place the next three sheets in the gap to create a star shape.

Transfer spinach into the centre of the pastry and gently fold the phyllo over the top. Brush the remaining 3 sheets of phyllo with butter and place on top.

Place in the oven and cook for 40-45 minutes or until golden on top.

446
CALORIES16
PROTEIN28
CARBS30
FATS3
FIBRE



SERVES 12 | TOTAL TIME: 130 MINUTES

ROAST TURKEY

INGREDIENTS

- 1 **whole turkey** (approx. 4kg)
- 2 **carrots**, peeled, chopped
- 2 **brown onions**, chopped
- 3 **celery stalks**, chopped
- 1/2 **lemon**, cut into wedges
- 100g **butter**
- 2 tsp **garlic powder**
- 2 tsp **dried basil**
- 1 tsp **ground sage**

INSTRUCTIONS

Start by preheating oven to 165°C/325°F/gas 4. Insert half the onions, carrots and celery, along with the lemon, into the cavity. Place the turkey in a large roasting dish with the remaining vegetables.

In a small saucepan melt the butter along with the garlic powder, basil and sage.

Brush the turkey with the butter (reserving some for later) and cover with foil. Place in the oven and cook for 75-90 minutes. Remove the turkey half way and baste with extra butter and again towards the end of the cooking time.

Allow the turkey to rest for 25 minutes before carving.

380
CALORIES

65
PROTEIN

3
CARBS

12
FATS

9
FIBRE



SERVES 6 | TOTAL TIME: 20 MINUTES

BUBBLE & SQUEAK

INGREDIENTS

6 tbsp **butter**
1 **brown onion**, diced
450g **potato**, mashed
50g **peas**, cooked
50g **carrot**, cooked
Salt & cracked pepper

INSTRUCTIONS

Heat the olive oil in a large skillet. Add the onion and cook for 5 minutes or until translucent.

Add the vegetables and season with salt & cracked pepper.

Heat the vegetables for about 10 minutes so they become mushy. Using the back of a spoon flatten the vegetable mix into a pancake.

Cook for 1 minute and then flip and cook for an additional 1 minute.

Remove from the pan, cut into slices and serve.

184
CALORIES

3
PROTEIN

16
CARBS

12
FATS

1
FIBRE



SERVES 8 | TOTAL TIME: 60 MINUTES

XMAS PASTA SALAD

INGREDIENTS

450g **bow tie pasta** (gluten-free if required)
2 heads **broccoli**, cut into florets
30ml **olive oil** (divided)
50g **parmesan**, grated
10g **fresh basil**, leaves picked
2 tbsp **lemon juice**
1 x (460g) jar **roasted red peppers**, chopped
200g **bocconcini**

INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling, add the broccoli and cook for 2 minutes before removing with a slotted spoon and instantly submerging in cold water. Add the pasta to the same pot and cook according to packet instructions. Drain, pour 1-2 tbsp of the roasted pepper oil through the pasta and set aside in the fridge.

While the pasta is cooling, add the olive oil, parmesan, basil leaves and lemon juice to a blender and blitz until smooth.

Pour the sauce over the pasta and toss with red peppers, bocconcini and broccoli.

Refrigerate until ready for serving.

426
CALORIES

18
PROTEIN

57
CARBS

14
FATS

6
FIBRE



SERVES 12 | TOTAL TIME: 35 MINUTES

INGREDIENTS

125g **plain flour**
250ml **milk**
2 **eggs**
1/2 tsp **salt**
2 tbsp **butter**

INSTRUCTIONS

Start by preheating oven to 175°C/350°F/gas 4.

In a medium-sized bowl, whisk together the flour, milk, eggs and salt.

Divide the batter between a 12-case muffin tin, with about 1/2 a tsp per cup. Place in the oven for about 3 minutes to melt the butter.

Transfer batter between the cups and cook for about 25 minutes or until nice and puffy.

YORKSHIRE PUDDINGS

84
CALORIES

3
PROTEIN

9
CARBS

4
FATS

0
FIBRE



SERVES 6 | TOTAL TIME: 25 MINUTES

BRUSSELS SPROUT BAKE

INGREDIENTS

3 tbsp **butter**
1 **brown onion**, diced
3 **cloves garlic**, minced
900g **Brussels sprouts**, cored and halved
Salt & cracked pepper
180ml **heavy cream**
170g **cheddar cheese**, grated
50g **Parmesan**, grated
6 slices cooked **bacon**, crumbled

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5.

Add the butter to a large oven safe pan or skillet. Add the Brussels sprouts, onion and garlic. cook, on medium heat, stirring occasionally for 8-10 minutes.

Remove from the heat and stir through the cream. Sprinkle with cheddar and Parmesan and top with bacon bits.

Cook for 15 minutes or until cheese has melted.

410
CALORIES

17
PROTEIN

18
CARBS

30
FATS

6
FIBRE



SERVES 6 | TOTAL TIME: 25 MINUTES

GOAT'S CHEESE & PEAR SALAD

INGREDIENTS

100g **pecans**
1 tbsp **maple syrup**
2 **pears**, thinly sliced
1 **apple**, thinly sliced
100g **arugula**
100g **goat's cheese**
For the dressing:
2 1/2 tsp **Dijon mustard**
2 tbsp **white wine vinegar**
4 tbsp **extra virgin olive oil**

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

In a small bowl, toss the pecans with maple syrup, then lay them evenly on the baking tray. Cook for 5 minutes. Set aside and chop once cooled.

Meanwhile, add all the dressing ingredients to a small jar and shake very well to combine.

Toss the pear, apple and arugula together with the dressing.

Top with goat's cheese and sprinkle with pecans.

321
CALORIES

5
PROTEIN

19
CARBS

25
FATS

4
FIBRE



SERVES 10 | TOTAL TIME: 65 MINUTES

PEPPERCORN BEEF

INGREDIENTS

- 2 tbsp **pink peppercorns**
- 1 tbsp **green peppercorns**
- 1 tbsp **black peppercorns**
- 3 sprigs **fresh thyme**, leaves picked
- 2 **cloves garlic**, finely chopped
- Sea salt**
- 2 tbsp **olive oil**
- 1 x 4lb **beef tenderloin**, trimmed and tied with butcher's twine

INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/gas 7. Pat the tenderloin dry with a little paper towel and set aside.

Coarsely crush the peppercorns. Add the thyme, garlic, salt and olive oil to the same bowl and mix to combine.

Rub the tenderloin with the spice mix, all over, place in the oven and cook for 35-45 minutes or until cooked to your liking.

Allow to rest for 10 minutes before slicing.

361
CALORIES

51
PROTEIN

1
CARBS

17
FATS

0
FIBRE



SERVES 20 | TOTAL TIME: 90 MINUTES

RED VELVET MERINGUE

INGREDIENTS

4 medium **egg whites**
1 tsp **vanilla extract**
½ tsp **white wine vinegar**
50g **sucralose sweetener**
2 tbsp **cocoa powder**
1 tsp **red food dye**

INSTRUCTIONS

Start by preheating the oven to 110°C/230°F/gas 1/4 gas. Line a baking tray with baking paper.

Add the egg whites and vanilla to an electric mixer and whisk until the eggs have stiffened and are forming peaks.

Gently fold through the white wine vinegar.

Next, start to add the sweetener 2 tbsp at a time, gently folding it through, allowing the mixture to stay fluffy.

Finally fold through the cocoa powder and red food dye.

Spoon little dollops of meringue onto the baking tray. (spread them out a little so they have room to expand)

Place in the middle of the oven and cook for 60 minutes or until crispy on the outside.

4
CALORIES

1
PROTEIN

0
CARBS

0
FATS

0
FIBRE



SERVES 20 | TOTAL TIME: 75 MINUTES

GINGERBREAD COOKIES

INGREDIENTS

1 1/2 tsp **ground ginger**
1/2 tsp **ground cinnamon**
1/2 tsp **mixed spice**
1/4 tsp **ground nutmeg**
1/4 tsp **ground clove**
180g **wholemeal spelt flour**
1/4 tsp **bicarbonate of soda**
Pinch **sea salt**
50g **butter**
30ml **milk**
85g **maple syrup**

INSTRUCTIONS

Preheat the oven to 150°C/300°F/gas 2. Line a baking tray with baking paper.

Start by mixing together the ginger, cinnamon, mixed spice, nutmeg and clove in a medium-sized bowl.

Add the flour, bicarbonate of soda and salt. Mix to combine.

Add the butter, milk and maple syrup to a blender (add the maple syrup last) and blitz until combined.

Transfer the wet ingredients to the dry ingredients and mix to form a dough.

Roll into a ball, wrap in cling wrap and refrigerate for 45 minutes.

Place the dough in between two sheets of baking paper (so it doesn't stick) and roll out with a rolling pin.

Cut the cookies out with a small cookie cutter and lay on the baking tray. Cook for 11-12 minutes or until golden.

Allow to cool for 5 minutes before transferring to a cooling rack.

58
CALORIES

1
PROTEIN

9
CARBS

2
FATS

1
FIBRE



SERVES 12 | TOTAL TIME: 110 MINUTES

CHRISTMAS MUD CAKE

INGREDIENTS

250ml **coconut milk**
400g **dark chocolate**
5 tbsp **rice malt syrup**
4 **eggs**
240g **almond meal**
Pinch **sea salt flakes**
250g **raspberries**
2 tbsp **caster sugar**

INSTRUCTIONS

Start by preheating the oven to 150°C/300°F/gas 2. Line a round cake tin with baking paper and lightly spray with olive oil cooking spray.

Next, add the coconut milk, chocolate and rice malt syrup to a saucepan over low heat. Very slowly, melt the chocolate, stirring continuously. Remove from the heat and set aside.

Whisk together the eggs and stir in the almond meal, followed by the melted chocolate.

Transfer the mixture to the cake tin and cook for 60 minutes.

Allow to cool for 15 minutes before transferring to a cooling rack.

Top with caster sugar and raspberries before serving.

345
CALORIES

8
PROTEIN

31
CARBS

21
FATS

3
FIBRE



SERVES 3 | TOTAL TIME: 25 MINUTES

INGREDIENTS

300g **strawberries**
100g **all-purpose flour**
50g **rolled oats**
50g **coconut sugar**
2 tbsp **butter**
3 tbsp **pistachios**, chopped

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas 6. Line two baking trays with baking paper. Lay the strawberries on one of the baking trays.

In a medium-sized bowl, mix together the flour, oats and coconut sugar.

Use your hands to rub the butter into the dry mixture until it forms a crumble.

Stir through the pistachios.

Lay the crumble mix on the other baking tray. Place both trays in the oven and cook for 10 minutes.

Transfer fruit to serving bowls and top with crumble.

STRAWBERRY & PISTACHIO CRUMBLE

375
CALORIES

8
PROTEIN

61
CARBS

11
FATS

6
FIBRE



SERVES 20 | TOTAL TIME: 65 MINUTES

SANTA BROWNIES

INGREDIENTS

120g **all-purpose flour** (gluten-free if required)
1 tsp **baking powder**
75g **cocoa powder**
180g **coconut sugar**
125ml **maple syrup**
125ml **butter**, melted
3 **eggs**
125g **cream cheese**
55g **caster sugar**
20 **fresh strawberries**, leaves removed

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease 2 x 12 case muffin tins with olive oil cooking spray.

In a large bowl, mix together the flour, baking powder cocoa and coconut sugar.

In a separate bowl, whisk together the maple syrup, butter and eggs.

Pour the wet ingredients into the dry ingredients and gently mix until combined.

Transfer the brownie mix to the muffin tins (recipe should make 20) and cook for 15 minutes or until a skewer comes out dry. Remove from the oven and cool for 20 minutes.

Once the brownies have cooled, using an electric mixer, beat the cream cheese and caster sugar for 1-2 minutes. Transfer the frosting to a pipe bag or zip lock bag with the corner cut off.

Top each brownie with some frosting, followed by a strawberry. Finally place one more dot of frosting on top of the strawberry (like a pom pom).

185
CALORIES

3
PROTEIN

23
CARBS

9
FATS

2
FIBRE



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