



# HIGH PERFORMANCE RECIPE BOOK

THE PLANT-BASED 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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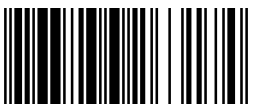
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The average cherry tree has 7,000 cherries.





SERVES 2 | TOTAL TIME: 5 HOURS 10 MINUTES

## INGREDIENTS

375ml unsweetened, plain **almond milk** or your favorite **non-dairy milk**  
90g **rolled oats**  
3 tbsp **raw cacao** or **cocoa powder**  
2 tbsp **maple syrup**  
1 teaspoon **vanilla extract**  
230g **cherries**, pitted, plus a few extra for serving (optional)  
1 tbsp cacao nibs or dairy-free **chocolate chips** for serving

## INSTRUCTIONS

Place the almond milk, oats, cacao powder, maple syrup, and vanilla extract in a jar or container with a lid.

Shake until everything is mixed together.

Place in your fridge for at least 5 hours.

Just before serving, fold in the pitted cherries.

Spoon into two bowls and top with the cacao nibs or chocolate chips and extra cherries, if using.

# CHOC CHERRY OVERNIGHT OATS

467  
CALORIES

17  
PROTEIN

75  
CARBS

11  
FATS

18  
FIBRE



SERVES 12 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 **ripe banana**  
125ml **sunflower oil**  
165ml **unrefined sugar** or 78ml agave  
1 tsp **vanilla**  
113g **plain flour**  
½ tsp **baking soda**  
¼ tsp **salt**  
½ tsp **cinnamon and nutmeg** (to your taste, optional)  
180g **rolled oats**  
60g **mixed nuts**  
35g **mixed seeds**  
70g **dried fruit**

## INSTRUCTIONS

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

Add your banana to a large mixing bowl and mash it really well with a fork.

Add the oil and sugar and continue to mix well.

Next, throw in the flour, baking soda and salt. Feel free to add ½ tsp cinnamon, nutmeg or any spices you desire.

Mix these ingredients together until the mixture is quite moist

Now it's time to add the oats, nuts, dried fruit, seeds and protein chunks you have chosen to include. Mix really well with your hands to make sure it is all well distributed and stuck together.

Make small balls with the dough and place on an oiled baking tray. Flatten the balls with the palm of your hand, making sure there is a reasonable gap between each disc shape.

Bake for 10-15 minutes (depending on how browned you like your cookies). Remove from the oven and leave to cool on the baking tray. Once they have slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes.

376  
CALORIES

7  
PROTEIN

60  
CARBS

12  
FATS

3  
FIBRE

Sprouted tofu contains more protein than regular tofu.



SERVES 2 | TOTAL TIME: 10 MINUTES

# TOFU SCRAMBLED EGGS

## INGREDIENTS

425g organic **sprouted tofu**, firm  
1 tsp **non dairy butter**  
½ tsp **onion powder**  
½ tsp **garlic powder**  
¼ tsp **sea salt**  
¼ tsp **turmeric powder**  
3 tbsp **vegetable broth**

## INSTRUCTIONS

Start by draining the tofu from the water.

Heat a medium nonstick skillet (if you don't have a nonstick skillet, make sure your pan is well-greased) over medium-high heat. Add a tsp of non dairy butter, either way, for an even creamier taste.

Add tofu and all spices together. Using a spatula, cut up the tofu in the pan to look like scrambled eggs.

Add the vegetable broth (1 tbsp at a time). Bring the broth to a boil and allow each tbsp of water to fully absorb into the tofu before adding the next.

Remove from heat and season with sea salt and pepper, as desired.

112  
CALORIES

12  
PROTEIN

3  
CARBS

6  
FATS

1  
FIBRE

Millet porridge is a traditional food in Russian, German, and Chinese cuisines.



**SERVES 2 | TOTAL TIME: 25 MINUTES**

## INGREDIENTS

500ml **water**  
90g **oats**  
31g **millet**  
28g **flax meal**  
65g cup whole **pecans** or **walnuts** (or a mixture of both)  
½ tsp **salt**  
¼ **apple**

## INSTRUCTIONS

Blend all ingredients in a high speed blender until smooth.

Bring your waffle iron to high heat. If you are going for a completely oil-free waffle (and you don't have a brand new non-stick waffle iron), sprinkle a few sesame seeds on the lower portion of the iron before pouring the batter.

Cook waffles according to your waffle iron's instructions, but it should take about 8-10 minutes. Remember, with all the oats and flax in there, you'll need to cook it a little bit longer to prevent "goopiness".

Divide waffles onto two plates and serve hot.

# VEGAN POWER WAFFLES

**578**  
CALORIES

**15**  
PROTEIN

**62**  
CARBS

**30**  
FATS

**6**  
FIBRE





SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

250ml **almond milk**  
45g **porridge oats**  
50g **blueberries**  
½ medium **pear**, sliced  
½ tbsp **hemp seeds**

## INSTRUCTIONS

Add the almond milk and porridge oats to a saucepan, bring to the boil and simmer for 5 minutes.

Add the porridge to a bowl, garnish with the remaining ingredients and serve hot.

# BLUEBERRY HEMP PEAR PORRIDGE

479  
CALORIES

17  
PROTEIN

78  
CARBS

11  
FATS

13  
FIBRE





Kale is among the most nutrient-dense foods on the planet.



**SERVES 4 | TOTAL TIME: 11 MINUTES**

# SAUTEED KALE

## INGREDIENTS

1 bunch **kale**  
1 tbsp **olive oil** or 60ml **water** or **vegetable broth**  
2 tbsp **nutritional yeast**  
1 tsp **garlic powder**  
Mineral **salt & pepper**, to taste

## INSTRUCTIONS

Start by washing and drying the kale leaves.

The kale might need to be trimmed based on personal preferences. You can either keep the thick central ribs intact or remove them if you prefer.

Next, stack the leaves on top of each other. Using a sharp knife, cut the leaves widthwise into thin strips across the leaves. Once done, give it a quick rough chop.

Heat oil, water or vegetable broth in a large, heavy-bottomed skillet or wok over medium-low heat. Add kale and saute for 3-4 minutes, stirring frequently.

Stir through the nutritional yeast, garlic powder, salt and pepper. Continue to cook until kale is wilted and turns bright dark green (about 4-5) minutes.

Serve immediately.

**57**  
CALORIES

**4**  
PROTEIN

**8**  
CARBS

**1**  
FATS

**3**  
FIBRE



**SERVES 6 | TOTAL TIME: 20 MINUTES**

## INGREDIENTS

1 tbsp **extra virgin olive oil**  
1 **sweet onion**, diced  
2 large **garlic cloves**, minced  
3 **celery stalks**, diced  
1 **bay leaf**  
1½ tsp **ground cumin**  
2 tsp **chili powder**  
½ tsp **ground coriander**  
½ tsp **smoked sweet paprika**, to taste  
⅛ tsp **cayenne pepper**, to taste  
1 can (400ml) **diced tomatoes**, with juices  
1.25 to 1.5L **low-sodium vegetable broth**, as needed  
190g **dried red lentils**, rinsed and drained  
**Fine grain sea salt and pepper**, to taste  
3 handfuls **kale leaves** or **baby spinach**, destemmed and chopped

## INSTRUCTIONS

In a large pot, sauté the onion and garlic in the olive oil for about 4-5 minutes over medium heat. Add the celery, then sauté for a few minutes more.

Stir in the bay leaf and all the spices.

Next, add the can of tomatoes (including the juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.

Stir through the kale or spinach and cook until just wilted.

Divide into 6 bowls.

The cooled soup can be stored in an airtight container in the fridge for 3-5 days, or you can freeze it in a freezer-safe container (leave 1-inch at the top for expansion) for up to 1-2 months.

# LENTIL, TOMATO AND KALE SOUP

**196**  
CALORIES

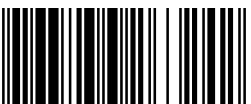
**31**  
PROTEIN

**10**  
CARBS

**4**  
FATS

**8**  
FIBRE

Coleslaw is from the Dutch word for cabbage salad.





**SERVES 4 | TOTAL TIME: 20 MINUTES**

# VEGAN COLESLAW

## INGREDIENTS

For the mayonnaise:

1 clove **garlic**

¾ tbsp **Dijon mustard**

Pinch of **black pepper**

150ml **soya milk**

Pinch **salt**

150ml **olive oil**

For the slaw:

250g **red cabbage**, grated

250g **white cabbage**, grated

75g **carrot**, grated

½ **onion**, diced

## INSTRUCTIONS

Begin by preheating oven to 180°C/350°F/Gas 4. Put the whole garlic clove into a small roasting tin and cook for 10 minutes, until it starts to smell fantastic, then remove from the oven and peel.

To make the mayonnaise, blend the roasted garlic, mustard, pepper, and soya milk with a pinch of salt until smooth.

Next, slowly and gently pour in the oil, with the blender running. Continue to blend until it starts to emulsify into a mayonnaise-like texture.

Mix together grated red cabbage, white cabbage, carrot and diced onion in a large bowl.

Thoroughly mix the mayonnaise through, and your coleslaw is ready to go!

**389**  
CALORIES

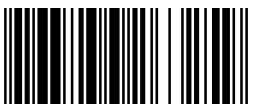
**4**  
PROTEIN

**10**  
CARBS

**37**  
FATS

**6**  
FIBRE

Tahini is a paste or butter made from ground sesame seeds.



**SERVES 4 | TOTAL TIME: 20 MINUTES**

# CHICKPEA AND BROCCOLI SALAD

## INGREDIENTS

1 head **broccoli**, very finely chopped  
1 can (400g) **chickpeas**, rinsed and drained  
70g **carrots**, shredded  
50g **dried cranberries**  
1 bunch **green onions**, chopped  
40g **fresh coriander**, chopped  
For the dressing:  
62ml **tahini**  
½ large **lemon**, juiced  
3-5 tbsp warm **water**, to thin dressing  
1 clove **garlic**, finely minced  
1-2 tsp **pure maple syrup**, to sweeten  
1 tsp **yellow curry powder**  
½ tbsp freshly grated **ginger**  
½ tsp **ground turmeric**  
½ tsp **salt**  
Freshly **ground black pepper**  
To serve:  
70g **toasted sliced almonds** (can also use chopped roasted **almonds**)

## INSTRUCTIONS

Grab a large bowl and add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and coriander. Set aside.

Next up, you need to make the dressing. Whisk together the tahini, lemon juice, water, garlic, maple syrup, curry powder, grated ginger, turmeric, salt and pepper. Drizzle over the salad and toss to combine.

Sprinkle almonds on top and toss a few more times.

You can serve immediately with a fresh squeeze of lemon or place in the fridge for later. The salad will keep well for up to 5 days.

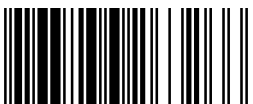
**446**  
CALORIES

**16**  
PROTEIN

**56**  
CARBS

**18**  
FATS

**15**  
FIBRE



SERVES 2 | TOTAL TIME: 1 HOUR

# BEEETROOT CHIPS

## INGREDIENTS

5 **beetroot**  
2 tbsp **olive oil**  
1 dash **sea salt**

## INSTRUCTIONS

Begin by preheating the oven to 150°C/300°F /Gas 2.

Cut the beetroot into 2mm thick circles. Put them into a big bowl with the olive oil and sea salt.

Mix everything well before you put it on a baking tray, covered with baking paper.

Roast the chips for about 40-50 minutes, but make sure you check them regularly.

Serve hot with an extra sprinkle of sea salt.

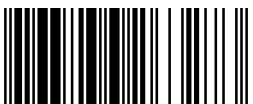
**143**  
CALORIES

**2**  
PROTEIN

**9**  
CARBS

**11**  
FATS

**2**  
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

# CUBAN BLACK BEANS

## INGREDIENTS

225g white or brown **long grain rice**, to serve  
2 cans (400g) **black beans**  
2 tbsp **salted butter** (substitute additional **olive oil** for vegan)  
1 tbsp **olive oil**  
1 large **onion**, minced  
½ **green bell pepper**, minced  
¼ **jalapeño pepper**, minced  
6 **cloves garlic**, minced  
1 tsp **cumin**  
2 tsp **oregano**  
1¼ tsp **kosher salt**  
**Fresh coriander**, to garnish

## INSTRUCTIONS

Bring a pot of water to boil and cook rice according to the packet instructions.

Meanwhile, use a strainer to drain the black beans over a glass measuring cup, reserving the can liquid (no need to rinse).

In a large skillet, heat the butter and olive oil over medium high heat. Once melted, add the onion, bell pepper, jalapeño pepper, and garlic. Cook for 10 minutes, stirring occasionally until the onions are translucent and lightly browned. Add the beans, cumin, oregano, and kosher salt and stir to combine.

Next, add 1/2 cup of the liquid from the black beans and simmer for 15 minutes until beans are tender.

Divide the black beans and rice into four bowls and serve with a handful of chopped coriander leaves, to garnish.

471  
CALORIES

16  
PROTEIN

77  
CARBS

11  
FATS

15  
FIBRE







Lentils have been eaten by humans since Neolithic times.



**SERVES 2 | TOTAL TIME: 55 MINUTES**

## INGREDIENTS

1/4 **dried red lentils**, rinsed and drained  
3 **onions**, finely sliced  
1 tsp **sunflower oil**  
4 large **garlic cloves**, whole  
1 large **aubergine** or 2 small ones, diced  
1 tsp **cumin** (seeds or ground)  
1/2 tsp **ground cinnamon**  
1/4 tsp **star anise**, or 1/8 tsp **fennel seeds**  
**Ground black pepper**  
1–2 tsp **chilli flakes**  
2 tbsp **tomato purée**  
2 tbsp **vinegar** or **lemon juice**  
30g **spinach**

## INSTRUCTIONS

Firstly, thoroughly rinse and drain the lentils and place in a pan. Cover with water and bring to the boil. Reduce to a simmer for around 12 minutes until soft and swollen. Drain, rinse well and set aside.

Meanwhile, soften the onions in a large pan with a little oil over medium heat. After about 10 minutes, add the garlic cloves (peeled, but whole) and aubergine, stirring often. Cook for 15 minutes, adding more oil, if needed.

Add the cumin, cinnamon, star anise or fennel seeds, and pepper, as well as half of your chosen quantity of chilli, leaving half to garnish. Stir well to combine, then add 200ml water to the pan, and turn up the heat to medium-high.

Add the reserved lentils, tomato purée and vinegar, or lemon juice, and stir well. Bring to the boil, then reduce to a simmer and cover for around 30 minutes, stirring slowly every now and then.

If it still looks too watery, bring it back to the boil, then reduce the heat and cook a little more. Stir through the spinach a few minutes before serving, taste and add the extra chilli, if you like.

Divide into two bowls and serve hot with rice, if you desire.

# AUBERGINE AND LENTIL VINDALOO

**244**  
CALORIES

**12**  
PROTEIN

**40**  
CARBS

**4**  
FATS

**12**  
FIBRE



SERVES 4 | TOTAL TIME: 55 MINUTES

# MEDITERRANEAN SPICED TOFU KEBABS

## INGREDIENTS

250ml **coconut milk**  
3 tbsp **lemon juice**  
2 tbsp **tomato paste**  
3 **garlic cloves**, minced  
2 tsp **paprika**  
2 tsp **ground cumin**  
½ tsp **turmeric**  
¼ tsp **cayenne pepper**, or more to taste  
¾ tsp **salt**, or to taste  
¼ tsp **black pepper**  
1 package (400g) **extra firm tofu**, drained, pressed and cut into 1-inch pieces  
1 small **courgette**, cut into large chunks  
1 medium **red bell pepper**, cut into large chunks  
**Fresh coriander**, to garnish  
Drizzle **tahini**, to garnish

## INSTRUCTIONS

In a medium bowl stir together the coconut milk, lemon juice, tomato paste, garlic, paprika, cumin, turmeric, cayenne pepper, salt and pepper. Add the tofu, courgette and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers.

Next, we have two cooking options - grill or bake.

To grill: Lightly oil the grate and place the skewers on the grill. Grill over a medium flame until lightly charred and the vegetables are tender (about 10 minutes), brushing with excess marinade while grilling and turning halfway through.

To bake: Preheat the oven to 200°C/400°F/Gas 6 and line a baking sheet with baking paper. Arrange the skewers on the baking sheet and bake until lightly browned in spots or until vegetables are tender (about 35 minutes) turning halfway through.

Divide the skewers onto plates, sprinkle with coriander and a drizzle of tahini.

263  
CALORIES

11  
PROTEIN

12  
CARBS

19  
FATS

1  
FIBRE



# VEGAN MACCRO BOWL

SERVES 2 | TOTAL TIME: 35 MINUTES

## INGREDIENTS

1 tsp **olive oil**  
½ **sweet potato**, diced  
225g **extra-firm tofu**, drained, pressed, and cubed  
1 tbsp **olive oil**  
1 tbsp **soy sauce**  
Pinch **basil**  
Pinch **oregano**  
200g **brown rice**, cooked  
1 tbsp **miso paste**  
½ bunch **broccoli**, cut into florets and steamed  
1 large **carrot**, shredded  
1 tsp **sauerkraut**  
1 tsp **pickled ginger** (optional)

## INSTRUCTIONS

Preheat your oven to 200°C/400°F/Gas 6, lightly drizzle sweet potato with olive oil and cook for about 35-40 minutes.

At the same time, bring a pot of water to boil and cook rice according to packet instructions. Place a steamer basket on top and steam broccoli for about 6-8 minutes.

Meanwhile, combine the tofu, olive oil, soy sauce, basil, and oregano in a pan and cook on medium heat until the tofu is browned.

Once the rice is cooked, mix together with miso paste in a two medium-sized bowls. Add the tofu mixture, sweet potato, broccoli, carrot, sauerkraut, and pickled ginger, if you desire.

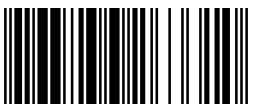
261  
CALORIES

13  
PROTEIN

23  
CARBS

13  
FATS

2  
FIBRE





SERVES 4 | TOTAL TIME: 30 MINUTES

# THAI RED CURRY

## INGREDIENTS

2 tbsp **vegetable oil**  
1 can (400ml) reduced-fat **coconut milk**  
150ml reduced-**salt vegetable stock**  
1 tbsp **palm sugar** (or regular **sugar**)  
2 tbsp **agave syrup**  
4 tbsp **soy sauce**  
2 **peppers** (1 red, 1 green), deseeded and cut into 2cm chunks  
1 **red chilli**, sliced  
200g **mushrooms**, sliced  
160g **baby plum tomatoes**  
60g **baby corn**, halved  
50g **mangetout**, trimmed  
½ x (425g) can **lychees**, drained (optional)  
**Coriander leaves**, to garnish  
For the Thai **red curry paste**:  
1 tsp **cumin seeds**  
2 tbsp **coriander seeds**  
2cm **fresh ginger**, peeled and roughly chopped  
5 **shallots**, peeled and roughly chopped  
5 **garlic cloves**  
2 **lemongrass stalks**, trimmed and roughly chopped  
3 **red chillies**, chopped  
1 **red bird's eye chilli**, chopped (optional)  
1 tsp **black peppercorns**  
½ **roasted red pepper** from a jar, sliced  
2 tbsp **tomato purée**  
3 **kaffir lime leaves**  
Juice ½ **lime**  
10g **fresh coriander leaves**, to garnish

## INSTRUCTIONS

Start by making the curry paste. Toast the cumin and coriander seeds in a pan for 2 minutes. Put the toasted seeds into a liquidiser or blender with the ginger, shallots, garlic and lemongrass. Add the chillies, bird's eye chilli, if using, peppercorns, roasted red pepper, tomato purée, lime leaves and lime juice. Add the coriander and a splash of water, then whiz until really smooth, adding up to 50ml water to loosen the paste, if necessary. Spoon 1/3 (100g) of the paste into a bowl and freeze the rest in two 100g batches to use another time.

To make the curry, heat the oil in a pan over a high heat. Add the 100g curry paste and fry for 2 minutes until it deepens in colour. Pour in the coconut milk and stock and stir to mix well. Add the sugar, agave syrup, soy sauce, peppers, chilli, mushrooms, tomatoes, baby corn and mangetout. Add the lychees, if using, and bring to the boil. Simmer for 7–10 minutes until the vegetables are cooked through. Taste the curry and add more black pepper if required.

To serve, spoon into 4 bowls and garnish with the coriander leaves.

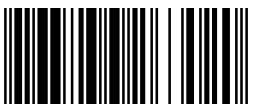
340  
CALORIES

7  
PROTEIN

42  
CARBS

16  
FATS

8  
FIBRE



**SERVES 4 | TOTAL TIME: 40 MINUTES**

# VEGAN SPAGHETTI AND MEATBALLS

## INGREDIENTS

1 packet **Red Lentil Spaghetti**  
**Marinara sauce**, to taste  
For the meatballs:  
1 can (400g) **kidney beans**, drained and rinsed  
6 tbsp **gluten-free quick oats**  
1 tbsp **onion powder**  
1 tbsp **garlic powder**  
1 tbsp **oregano**  
1 tbsp **chili powder**  
1 tbsp **soy sauce** or tamari  
2 tbsp **mustard**  
3 tbsp **marinara sauce** (or **tomato sauce**)

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line baking tray with baking paper (or spray with nonstick cooking spray), and set aside.

Add kidney beans to large bowl and mash until no whole-bean pieces remain. Add all remaining meatball ingredients, and stir to combine.

Scoop out about 1 tbsp of the mixture, and use your hands to form meatball shapes (kind of like flattened balls).

Place on the baking sheet and bake for 20 to 22 minutes, until outside is slightly crispy.

While meatballs are baking, prepare pasta according to packet instructions.

When pasta has 5 minutes left, place marinara sauce in small saucepan, and warm on medium heat, stirring occasionally to prevent sticking.

When pasta is finished, strain pasta, add marinara, top with meatballs and divide into 4 bowls.

**326**  
CALORIES

**19**  
PROTEIN

**58**  
CARBS

**2**  
FATS

**8**  
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES

## INGREDIENTS

3 ½ tbsp **olive oil**  
2 **garlic cloves**, crushed  
1 tsp **chilli flakes**  
3 **rosemary sprigs**, finely chopped  
4 **Portobello mushrooms**, cut into quarters  
4 **peaches**, destoned, cut into quarters  
2 large **courgettes**, cut into 8 chunks  
2 large **red onions**, cut into 8 wedges (leave the root on)  
1 **avocado**  
1 **lemon**, juiced  
½ tsp **wholegrain mustard**  
Large bag **rocket, watercress and spinach salad mix**  
2 tbsp **toasted mixed seeds**  
8 metal skewers

## INSTRUCTIONS

Begin by mixing 3 tbsp olive oil with the crushed garlic, chilli flakes and rosemary.

Next, thread alternating pieces of mushroom, peach, courgette and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil, season with salt and pepper, then set aside. (The kebabs can also be made the day before and kept in the fridge).

Now, heat the barbecue or a grill to its highest setting.

While it's heating up, blitz the avocado, half the lemon juice and 50ml water to a smooth dressing and season to taste. Whisk the remaining lemon juice, remaining ½ tbsp olive oil and mustard together, then toss with the mixed rocket salad and toasted seeds.

Barbecue or grill the skewers for 4-5 mins on each side or until cooked through and nicely charred.

Pile onto a platter and serve with the avocado dressing and salad on the side.

276  
CALORIES

9  
PROTEIN

15  
CARBS

20  
FATS

8  
FIBRE



SERVES 8 | TOTAL TIME: 30 MINUTES

# SPICY CARROT BURGERS

## INGREDIENTS

2 tbsp **vegetable oil** (divided)  
4 medium **carrots**, peeled and grated  
1 can (400g) **beans**, rinsed and drained  
1 large **onion**, peeled and grated  
2 **eggs**  
1 tsp **curry powder** (**garam masala** or **chilli powder**)  
32g **fresh breadcrumbs**

## INSTRUCTIONS

Begin by frying the onions and carrots in 1/2 tbsp olive oil until soft.

Drain, rinse and mash the beans, and add them to a mixing bowl with the carrot and onion. Add the spices and one of the eggs and mix well with your hands.

Crack the remaining egg into a bowl and whisk it to break it up. Place a plate next to the bowl and empty breadcrumbs onto it.

Shape the burger mixture into eight patties and dip each one into the egg first, then cover with breadcrumbs.

Fry gently in the remaining oil until crisp and golden on both sides.

Can be eaten hot or cold.

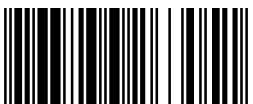
266  
CALORIES

9  
PROTEIN

35  
CARBS

10  
FATS

6  
FIBRE





SERVES 2 | TOTAL TIME: 15 MINUTES

# POWER PROTEIN SALAD

## INGREDIENTS

For the chili roasted **almonds**:

140g **whole raw almonds**

Drizzle **extra virgin olive oil**

½ tsp **smoked paprika**

½ tsp **chili powder**

½ tsp **salt**

For the rest of the **salad**:

4-5 handfuls **mixed greens**

100g **quinoa**, cooked

60g **edamame**, cooked and shelled

90g **kidney beans**, cooked

100g **chickpeas**, cooked

¼ **red onion**, sliced

To Serve:

Your favourite **salad dressing**

## INSTRUCTIONS

Start by preparing the chili roasted almonds. Bring a cast-iron skillet or other skillet to medium-high heat.

While the skillet is heating, combine almonds, olive oil, and spices in a bowl. Just use enough olive oil to lightly coat the almonds, not any more. Mix well until almonds are evenly coated with the oil and spices.

Once skillet is hot, add spiced almonds to the pan and sauté for 3-5 minutes, or until the almonds start to brown and become fragrant. Be sure to stir frequently so they don't burn. You may hear a popping noise - it's just the almonds cracking.

Once almonds are done cooking, remove from the skillet and let cool for a few minutes.

Now for the rest of the salad.

To assemble your salad, toss mixed greens, quinoa, beans, chickpeas and onion with your favorite salad dressing until evenly combined. Divide into 2 bowls.

This salad is really versatile - feel free to sub quinoa with any other grain, or sub any type of hardy beans for the beans listed in the recipe. It will all taste great!

498  
CALORIES

31  
PROTEIN

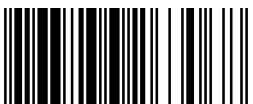
44  
CARBS

22  
FATS

5  
FIBRE

50

Gnocchi is Italian for dumplings.



SERVES 4 | TOTAL TIME: 30 MINUTES

## INGREDIENTS

1 tbsp **olive oil**  
450g **potato gnocchi**  
1 medium **onion**, thinly sliced  
4 **cloves garlic**, minced  
½ tsp **ground black pepper**  
450g **crushed tomato**  
1 tbsp **italian herb mix**  
20g **nutritional yeast**  
½ tsp **sea salt**  
400g **spinach**  
8 pieces **sun-dried tomatoes**, thinly sliced  
250ml **vegetable broth**

## INSTRUCTIONS

Begin by preheating your oven to 180°C/360°F/Gas 4.

In a skillet heat up ¾ of the olive oil and roast the gnocchi on low heat until golden brown for about 10 minutes. Once cooked, set aside.

Using the same skillet, add the leftover oil and saute onion and garlic for about 3 minutes, until fragrant. Add all other ingredients, give it a good stir and simmer until the spinach is withered.

Transfer the sauce and the gnocchi to a baking dish and give it another good stir before you bake it for 20 minutes.

Let the gnocchi cool down a little bit before serving, season with salt & pepper if you desire.

# BAKED GNOCCHI WITH SPINACH

504  
CALORIES

23  
PROTEIN

76  
CARBS

12  
FATS

14  
FIBRE



**SERVES 4 | TOTAL TIME: 20 MINUTES**

## INGREDIENTS

346g frozen **sweet corn kernels**  
2 **avocados**, chopped  
210g **cherry tomatoes**, cut in half  
120g **edamame**, thawed and unshelled  
1 medium **shallot**, thinly sliced  
For the seasoning:  
1 dash **chili powder**  
1 tsp **extra virgin olive oil**  
15g **fresh coriander**, thinly sliced  
1 **lime**, juiced  
1 tsp **sea salt**  
Serve with:  
4 slices whole grain **bread**, toasted

## INSTRUCTIONS

Firstly, boil the corn in lightly salted water for about 5-8 minutes.

Add the corn to a large salad bowl and let it cool down while you prepare the rest of the ingredients.

Mix all the seasoning ingredients in a small bowl, then add the rest of the salad ingredients to the bowl and mix well all together.

Serve with a slice of bread.

# CORN SALAD WITH AVOCADO

**408**  
CALORIES

**14**  
PROTEIN

**43**  
CARBS

**20**  
FATS

**14**  
FIBRE



**SERVES 4 | TOTAL TIME: 60 MINUTES**

## INGREDIENTS

1 tbsp **olive oil**  
1 medium **onion**, thinly chopped  
280g frozen **green peas**, defrosted  
152g **wild mushroom**, chopped  
2 tbsp **dried thyme**  
1 tbsp **sea salt**  
255g **risotto rice**  
1.4L **vegetable broth**  
2 tbsp **nutritional yeast**  
1 tsp **garlic powder**  
1 tsp **black pepper**, ground  
158g **baby spinach**

## INSTRUCTIONS

Preheat the olive oil in a large skillet or a medium size pot.

Add the onions, peas, mushrooms, thyme and salt and saute for about 5 minutes.

Next, add the risotto rice and start adding 1/4 of the vegetable broth in small amounts while stirring.

Add the nutritional yeast, garlic powder, pepper and baby spinach.

Finally, add the rest of the vegetable broth in stages until the risotto rice has absorbed all the liquid and tastes al dente.

Divide into four bowls and serve immediately.

# MUSHROOM RISOTTO WITH BABY SPINACH AND PEAS

**522**  
CALORIES

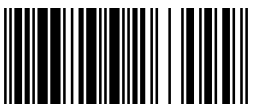
**16**  
PROTEIN

**101**  
CARBS

**6**  
FATS

**10**  
FIBRE

Botanically, aubergine is a berry.





# AUBERGINE DHANSAK

SERVES 4 | TOTAL TIME: 55 MINUTES

## INGREDIENTS

100g **red lentils**  
1 large **onion**, grated  
1 can (400g) **cherry tomatoes**  
1 tsp **ground turmeric**  
2 large **aubergines**, cut into 3cm chunks  
2 tbs **groundnut oil**  
2 tsp **cumin seeds**  
2 tsp **ground coriander**  
4 **cardamom pods**, split  
4 **cloves garlic**, crushed  
1 small bunch **coriander**, chopped  
1 tsp **garam masala**  
**Rice** and naans to serve

## INSTRUCTIONS

Put the lentils, onion, tomatoes, turmeric and 1 tsp of salt in a pan with one tomato tin full of water, and bring to a boil. Turn down the heat and simmer gently for 20 minutes or until the lentils are tender.

Meanwhile, put the aubergines in a bowl, and toss with the oil and a little salt and pepper. Heat a large frying pan, cook half the aubergines until golden brown and softened. Tip out on a plate and cook the next batch.

Tip all the aubergines back into the pan and cook for one more minute. Add all the spices, except the garam masala, and cook for 2 minutes.

Next, stir through the garlic and cook for a few minutes, before adding the tomato and lentil mix, plus 200ml of water. Simmer for 20 minutes, stirring regularly. Lastly, add the coriander and garam masala and cook for another 2 minutes.

Serve with rice and naans, if you like.

232  
CALORIES

12  
PROTEIN

28  
CARBS

8  
FATS

12  
FIBRE



SERVES 5 | TOTAL TIME: 30 MINUTES

# COURGETTE CRAB CAKES

## INGREDIENTS

280g **courgette**, grated  
1 **egg**, beaten  
2 tbsp **butter**, melted  
114g **bread crumbs**  
25g **onion**, minced  
1 tsp **Paprika and celery salt**  
80g **all-purpose flour**  
125ml **vegetable oil** for frying

## INSTRUCTIONS

In a large bowl, combine courgette, egg, and melted butter. Add the breadcrumbs, minced onion, and seasoning and mix well with your hands..

Shape mixture into patties and dredge in flour.

In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

197  
CALORIES

6  
PROTEIN

23  
CARBS

9  
FATS

4  
FIBRE

The word fusilli presumably comes from fuso which means spindle.



SERVES 4 | TOTAL TIME: 35 MINUTES

## INGREDIENTS

250g **cherry tomatoes**, halved

**Olive oil spray**

200g **wholewheat fusilli**

250g **asparagus**, cut into 2cm lengths

175g **frozen peas**

4 tbsp **fresh basil leaves**, plus extra to garnish

4 tbsp chopped **fresh flat leaf parsley**

2 tbsp **toasted pine nuts**

1 **ripe avocado**, chopped

Zest and juice 1 **lemon**

## INSTRUCTIONS

Start by preheating your oven to 140°C/240°F/gas 2. Line a large baking tray with non-stick baking paper, add the cherry tomatoes and spray with olive oil. Roast for 20 min.

Meanwhile, cook the pasta according to the packet instructions. Add the asparagus and peas for the last 2 minutes of the cooking time. Drain and return everything to the pan.

Blitz the basil, parsley, pine nuts and lemon zest in a food processor until finely chopped. Add the avocado, lemon juice and 3-4 tbsp water and whiz until smooth. Season generously with freshly ground black pepper.

Stir the pesto through the pasta.

Divide among 4 bowls and serve topped with the tomatoes and extra basil.

# AVOCADO PESTO PASTA WITH PEAS, ASPARAGUS AND ROASTED TOMATOES

311  
CALORIES

13  
PROTEIN

40  
CARBS

11  
FATS

12  
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

# QUINOA AND BLACK BEAN CHILLI

## INGREDIENTS

1 **onion**, chopped  
2 **cloves garlic**, crushed  
1 **red chilli**, chopped  
**Olive oil spray**  
2 tsp **ground cumin**  
1 tsp **hot smoked paprika**  
½ tsp **chilli powder** (optional)  
200g **quinoa**, rinsed and drained  
625ml **vegetable stock**  
1 tin (400g) **chopped tomatoes**  
1 tin (400g) **black beans**, rinsed and drained  
1 small **avocado**, sliced  
**Coriander leaves**, to serve

## INSTRUCTIONS

Fry the onion, garlic and red chilli in a spray of olive oil until soft, then add all the spices. Add extra chilli powder if you like it spicy.

Add the quinoa, stock, tomatoes and black beans, and season well. Cover and simmer for 30 minutes until the quinoa is tender and the sauce has thickened.

Divide into 4 bowls and top with avocado slices and coriander leaves, to serve.

317  
CALORIES

15  
PROTEIN

44  
CARBS

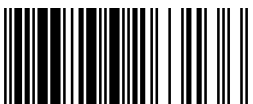
9  
FATS

13  
FIBRE









SERVES 4 | TOTAL TIME: 10 MINUTE + 2 HOURS CHILING

# CREAMY VEGAN CHOCOLATE PUDDING

## INGREDIENTS

115g **vegan chocolate chips**  
1 packet (340g) **silken tofu**  
3 tbsp **cocoa powder**  
1 tbsp **maple syrup**, plus more to taste  
¼ tsp **salt**, plus more to taste

## INSTRUCTIONS

Melt the chocolate chips in a bowl by microwaving in 30 second increments, stirring well between each increment. Place the tofu, melted chocolate chips, cocoa powder, maple syrup, and salt into the bowl of a food processor fitted with an s-blade.

Blend until smooth, stopping to scrape down the sides of the bowl as needed.

Taste-test and add more maple syrup and/or salt, if desired.

Transfer the pudding to a sealable container and chill until ready to serve.

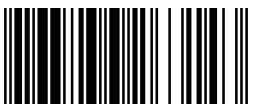
304  
CALORIES

9  
PROTEIN

31  
CARBS

16  
FATS

4  
FIBRE



**SERVES 6 | TOTAL TIME: 60 MINUTES**

## INGREDIENTS

225g **sweet potato**, peeled and chopped  
2 medium **bananas**  
3 tbsp **vanilla extract**  
1 tsp **ground cinnamon**  
55g **pecan nuts**, chopped (keep 6 for garnish)  
For the **crust**:  
255g **almond flour**  
75g **date**, pitted  
3 tsp **extra virgin coconut oil**  
60ml **lukewarm water**

## INSTRUCTIONS

Begin by boiling the sweet potato for about 20 minutes or until soft and set aside. Also, preheat the oven to 180°C/350°F/Gas 4. .

To make the crust, add the dates and water to a blender and blend until you get a smooth mixture. Add the blended dates, along with all the other ingredients for the crust to a medium size bowl and mix everything together really well.

Divide the dough and add it to the pie tartlets, bake for 10 minutes, until slightly golden brown.

Add banana and vanilla extract to a blender and blend until smooth. Add to a bowl and mix through the chopped pecans, ground cinnamon and boiled sweet potato. Fill the tartlets with the mixture and top with the pecan nuts you kept for garnish.

Bake the tartlets on 160°C/320°F/Gas 3, for 20 more minutes.

Let them cool down completely before you serve it.

# MINI SWEET POTATO PIE TARTLETS

**442**  
CALORIES

**11**  
PROTEIN

**32**  
CARBS

**30**  
FATS

**9**  
FIBRE



**SERVES 36 | TOTAL TIME: 30 MINUTES**

## INGREDIENTS

3 tbsp **water**  
1 tbsp **ground flaxseed**  
158g **organic granulated sugar**, divided  
105g **organic brown sugar**  
135g **creamy natural peanut butter**  
120g **butter**, softened  
1 tsp **vanilla extract**  
180g **all-purpose flour**  
¾ tsp **baking soda**  
½ tsp **baking powder**  
½ tsp **salt**  
For the ganache:  
175g **vegan chocolate chips**  
250ml **coconut cream**

## INSTRUCTIONS

Preheat the oven to 190°C/375°F/Gas 5 and line a couple of baking trays with baking paper.

Whisk the water and flaxseed together in a small bowl. Allow the mixture to sit for a few minutes to gel while you gather the rest of your ingredients.

Place 1/2 cup of sugar, brown sugar, peanut butter, butter, and vanilla into a large mixing bowl. Add the flax mixture, and beat everything together with an electric mixer on high-speed for about 1 minute, until creamy. Add the flour to the bowl, and sprinkle the baking powder, baking soda, and salt on top of the flour. Stir everything together until blended well.

Place the remaining 1/4 cup of sugar into a small bowl. Roll the dough into 1-inch balls, then roll the balls in the sugar. Place them on the baking sheets, separated by about 2-inches.

Bake for 10 minutes, remove the baking sheets from the oven, and transfer them to a cooling rack. When the cookies have cooled, melt the chocolate chips in a double boiler or by placing them into a bowl and microwaving in 30 second increments, stirring in between.

Stir the coconut cream into the melted chips. Allow the mixture to cool down a bit, to thicken.

# VEGAN PEANUT BUTTER BLOSSOMS

**123**  
CALORIES

**2**  
PROTEIN

**13**  
CARBS

**7**  
FATS

**1**  
FIBRE





SERVES 24 | TOTAL TIME: 50 MINUTES

## INGREDIENTS

180g **vegan butter**, at room temperature105g **organic granulated sugar**60ml **unflavored non-dairy milk**240g **all-purpose flour**½ tsp **salt**For the **Filling**:180ml **lemon juice**, chilled60g **cornstarch**1 can (400ml) **coconut cream**150g **organic granulated sugar**2 tbsp **lemon zest**1 tsp **lemon extract**½ tsp **salt**Pinch **turmeric**, optional, for color

## INSTRUCTIONS

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

Begin by making the crust. Place the vegan butter and sugar in a large mixing bowl and beat at high-speed with an electric mixer, until creamy. Start beating in the flour, adding about 1/2 cup at a time and beating until fully blended before adding more.

Sprinkle the salt over the last addition of flour before mixing it in. At this point, the mixture will be very thick. Set aside the mixer and stir the dough together with a spoon.

Spread the dough in an even layer into the bottom of a 9 x 13 inch baking pan. Bake for about 20 minutes, just until the edges of the crust begin to pull away from the sides of the pan.

While the crust bakes, make the filling. Whisk the lemon juice and cornstarch together in a small bowl or large liquid measuring cup. Place the coconut cream, sugar, lemon zest, lemon extract, salt and turmeric, if using, into a medium saucepan and place it over medium-heat.

Slowly heat the mixture up, stirring frequently. After a few minutes the sugar should dissolve and the coconut cream should liquefy. When the coconut cream mixture comes to a simmer, stir in the lemon juice mixture. It should begin to thicken up very quickly.

Continue cooking the mixture for about 1 minute, stirring frequently, until it becomes thick and glossy. When the crust comes out of the oven, spread the filling over it, using a spatula to smooth out the top surface.

Return the pan to the oven and bake for 15 minutes more, until the filling becomes bubbly around the edges. Remove the pan from the oven and transfer it to a cooling rack. Allow the bars to cool completely. The filling will continue to thicken up as it cools.

Slice and serve or store at room temperature in a sealed container for 2-3 days or in the

202  
CALORIES1  
PROTEIN36  
CARBS6  
FATS1  
FIBRE



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