



# HIGH PERFORMANCE RECIPE BOOK

30 DELICIOUS MACRO COUNTED RECIPES

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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

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



# BREAKFASTS













SERVES 1 | TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

2 rashers bacon  
2 eggs  
20ml skim milk  
1 tbsp tomato relish  
1/4 avocado, sliced

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook bacon for 15-20 minutes or until nice and crispy.

Meanwhile, crack the eggs into a bowl, along with milk, salt & cracked pepper. Bring a frying pan to high heat, pour egg into the pan and swirl to coat the base (like a crêpe). Cook for 1 minute or until fully cooked.

Transfer to a plate and spread with relish. Top with bacon and avocado and roll like a burrito.

# BACON EGG ROLL

345  
CALORIES

21  
PROTEIN

9  
CARBS

25  
FATS

3  
FIBRE





SERVES 8 | TOTAL TIME: 35 MINUTES

GF V VE DF

## INGREDIENTS

300g quinoa  
140g rolled oats  
60g sesame seeds  
1 tbsp coconut sugar  
1 tsp nutmeg  
60ml maple syrup  
2 tbsp coconut oil, melted

## INSTRUCTIONS

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

Place all ingredients in a large bowl and mix well to combine.

Spread the mix across a baking tray (use 2 if you need, as you don't want to crowd the tray).

Cook for 15-17 minutes or until golden.

Allow to cool and serve with Greek yoghurt and fresh fruit (optional).

Granola will last 1 1/2 weeks in an airtight container.

# QUINOA GRANOLA

315  
CALORIES

10  
PROTEIN

44  
CARBS

11  
FATS

5  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

250ml almond milk  
1 shot espresso (or 1 tsp instant coffee)  
1 scoop chocolate protein powder (vegan if required)  
2 medjool dates, pitted  
10 ice cubes

## INSTRUCTIONS

Place all ingredients in the blender, in the order listed and blitz until nice and smooth.

Pour into a large glass and drink straight away.

# CHOCOLATE ALMOND LATTE SMOOTHIE

300  
CALORIES

27  
PROTEIN

39  
CARBS

4  
FATS

6  
FIBRE

14





**SERVES 2 | TOTAL TIME: 15 MINUTES**

**V**

## INGREDIENTS

4 eggs  
1 tsp vinegar  
65g Greek yoghurt  
1 clove garlic, minced  
1/2 tsp chilli flakes  
2 slices Turkish bread  
2 tsp olive oil  
2 handfuls rocket

## INSTRUCTIONS

Start by bringing a pot of water to boil. Once boiling, reduce to a gentle simmer and add a tsp of vinegar. Stir the water with a spoon to make a gentle whirlpool.

Crack 1 egg into the water and gently stir around it. Wait 20 seconds before cracking the remaining eggs. (you might want to do 2 at a time, depending on your pot).

Once cooked, remove the eggs with a slotted spoon. Place on some kitchen towel to absorb any excess water.

Meanwhile, mix together the Greek yoghurt, garlic and chilli flakes.

Once you've toasted your Turkish bread, brush with a little olive oil and top with rocket.

Place two eggs on each slice of bread and drizzle with yogurt sauce.

# TURKISH EGGS

**475**  
CALORIES

**24**  
PROTEIN

**52**  
CARBS

**19**  
FATS

**1**  
FIBRE



The world's largest pancake weighed more than the weight of an average hippopotamus.





SERVES 2 | TOTAL TIME: 20 MINUTES



## INGREDIENTS

20g almond flour  
100g cream cheese, softened  
2 eggs  
1 tsp lemon zest  
1 tbsp butter  
For serving:  
1 lemon, juiced  
1/2 tbsp coconut sugar

## INSTRUCTIONS

In a medium bowl, whisk together the almond flour, cream cheese, eggs and lemon zest.

Bring a frying panto medium heat and add butter to melt. Pour batter into the pan and cook pancakes one-by-one or two at a time, depending on the pan. (You should have enough for 6 pancakes).

Cook for about 2 minutes or until you see bubbles appearing. Flip and cook for another 2 minutes. You can keep the ones you've cooked warm under some foil or in the oven.

Top with lemon and coconut sugar.

# LEMON SUGAR PANCAKES

**377**  
CALORIES

**12**  
PROTEIN

**8**  
CARBS

**33**  
FATS

**1**  
FIBRE

# SIDES & SMALL PLATES













SERVES 2 | TOTAL TIME: 15 MINUTES (PLUS 30 FOR MARINATING)

GF V VE DF

## INGREDIENTS

60ml balsamic vinegar  
1 tbsp olive oil  
1 tbsp fresh thyme  
1 clove garlic, minced  
4 large portobello mushrooms, stems and gills removed  
Sea salt & cracked pepper

## INSTRUCTIONS

Firstly, preheat the griddle.

Next, in a shallow dish, mix the balsamic vinegar, olive oil, thyme, garlic, salt & cracked pepper. Place the mushrooms in the dish and allow them to coat in the marinade for 30-40 minutes, turning regularly.

Spray the griddle with a little olive oil cooking spray and cook mushrooms for 4-5 minutes, each side, brushing them with any extra marinade as you go.

Serve immediately.

# GRILLED MUSHROOMS

147  
CALORIES

7  
PROTEIN

14  
CARBS

7  
FATS

3  
FIBRE

The lifespan of tunas varies by species, but ranges from about 15 years to over 40 years.





SERVES 1 | TOTAL TIME: 10 MINUTES

GF DF

## INGREDIENTS

90g tuna in springwater, drained  
1 1/2 tbsp mayonnaise  
1 tbsp capers  
1 tsp Dijon mustard  
2 slices rye bread (gluten free if required)

## INSTRUCTIONS

Mix the tuna, mayonnaise, capers and Dijon mustard together in a small bowl.

Spread one slice of bread with tuna mix and top with the other slice.

Place in the toasted sandwich maker and cook until golden and toasted.

# GRILLED TUNA SANDWICH

387  
CALORIES

23  
PROTEIN

31  
CARBS

19  
FATS

4  
FIBRE







SERVES 2 | TOTAL TIME: 20 MINUTES



## INGREDIENTS

1 x (400g) canned chickpeas, rinsed & drained  
35g buckwheat flour  
25g parmesan cheese, grated  
1 1/2 tbsp fresh parsley, diced  
Salt & cracked pepper  
2 tbsp olive oil

## INSTRUCTIONS

Place the chickpeas, flour, parmesan cheese, parsley, salt and pepper in a bowl, along with 2 tbsp water. Mash until fully combined.

Next, heat the oil in a large skillet. Allow the oil to get nice and hot before adding the fritters.

Divide mixture into six patties and cook each one for 2-3 minutes each side or until cooked through and golden.

Set aside on some kitchen towel and serve with a little relish or mayonnaise.

# CHICKPEA FRITTERS

**368**  
CALORIES

**13**  
PROTEIN

**34**  
CARBS

**20**  
FATS

**7**  
FIBRE



According to The Guinness Book of World Records, the largest meatball ever weighs in at a whopping 1,100 pounds.





**SERVES 6 | TOTAL TIME: 50 MINUTES**

**GF**

## INGREDIENTS

450g ground beef  
4 cloves garlic, minced  
1 tbsp dried oregano  
Salt & cracked pepper  
2 tsp chilli paste  
50g parmesan cheese, grated  
100g bread crumbs (gluten free if required)  
2 eggs  
250ml milk  
1 tbsp olive oil  
600ml passata  
200g mozzarella cheese, grated

## INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/ gas 6.

Add the beef, garlic, oregano, salt & pepper, chilli paste, parmesan cheese, bread crumbs, egg and milk to a large bowl and mix well to combine.

Roll the mixture into 15-20 balls.

Next, heat the oil in a large frying pan and cook the meatballs for 3-4 minutes. All you're doing for now is browning the outside, as they will continue to cook in the oven.

Add a few spoonfuls of passata to the bottom of an oven-proof casserole dish. Then, lay the meatballs in the dish.

Pour the rest of the sauce all over, top with mozzarella and sprinkle with a little extra oregano, salt & cracked pepper.

Cover with foil and cook for 30 minutes or until cheese has melted and sauce is bubbling.

Serve hot!

# CHEESY MEATBALLS

**386**  
CALORIES

**24**  
PROTEIN

**23**  
CARBS

**22**  
FATS

**0**  
FIBRE







**SERVES 4 | TOTAL TIME: 50 MINUTES**

**GF V VE DF**

## INGREDIENTS

1 medium sweet potato, cut into cubes  
1 aubergine, cut into cubes  
500g pumpkin, cut into cubes  
2 tbsp red curry paste  
80ml coconut cream  
2 tsp olive oil  
To serve:  
3 tbsp fresh coriander, leaves picked

## INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6. Line a large baking tray with baking paper.

Mix all the vegetables together in a large bowl, along with the curry paste and coconut cream.

Lay vegetables across the tray (use two rather than crowd one tray).

Drizzle with olive oil and cook for 35-40 minutes.

Serve with fresh coriander.

# THAI ROASTED VEGETABLES

**231**  
CALORIES

**5**  
PROTEIN

**37**  
CARBS

**7**  
FATS

**9**  
FIBRE





**SERVES 6 | TOTAL TIME: 15 MINUTES**

**GF V VE DF**

## INGREDIENTS

2 tbsp olive oil  
½ brown onion, finely diced  
1 garlic clove, crushed  
2 tsp taco seasoning  
1 x (400g) tin pinto beans, drained and rinsed  
125ml water  
1-2 tbsp lime juice  
1 bag plain corn chips

## INSTRUCTIONS

Start by heating the oil in a non-stick skillet. Add the onion and cook for 5 minutes or until nice and soft.

Next, add the garlic and taco seasoning and stir to coat the onion for 1 minute.

Add the beans and water and cook, stirring occasionally for 5-7 minutes or until the water has evaporated.

Transfer the bean mix to a food processor or blender, add the lime juice and blitz until smooth.

Serve with corn chips.

# REFRIED BEAN DIP

**295**  
CALORIES

**6**  
PROTEIN

**43**  
CARBS

**11**  
FATS

**7**  
FIBRE

# MAIN COURSES









A cooked 3.5 oz chicken breast contains 31g of protein and 3.6g of fat. It's also the healthiest part of the chicken





**SERVES 5 | TOTAL TIME: 40 MINUTES**

**GF**

## INGREDIENTS

180g quinoa (uncooked)  
400g chicken breast, cut in half lengthways  
1 tbsp olive oil  
4 tomatoes, chopped  
1 cucumber, sliced  
1 red bell pepper, sliced  
4 big handfuls rocket  
1 small handful fresh mint, chopped  
For the dressing:  
125ml buttermilk  
100g goat's cheese  
Salt & cracked pepper

## INSTRUCTIONS

Start by cooking the quinoa according to packet instructions. Once cooked, fluff with a fork and set aside.

Place the chicken pieces in some plastic wrap and pound to flatten. Then, toss chicken in olive oil.

Bring a grill plate to high heat and cook chicken pieces for 4-5 minutes on each side or until fully cooked through. Cover with foil and set aside.

Meanwhile, combine all the vegetables in a large bowl.

Prepare the dressing by briskly mixing together the buttermilk with goat's cheese, salt & cracked pepper.

Add the quinoa to the vegetables, along with the dressing and toss really well.

Transfer to a long serving plate and top with chicken.

# QUINOA & CHICKEN SALAD WITH BUTTERMILK DRESSING

**434**  
CALORIES

**46**  
PROTEIN

**31**  
CARBS

**14**  
FATS

**4**  
FIBRE



Stir fried rice noodles were introduced to Thailand from China centuries ago, the dish “Pad Thai” was invented in the mid-20th century.





**SERVES 2 | TOTAL TIME: 30 MINUTES**

**GF DF**

## INGREDIENTS

100g mangetout, sliced lengthways  
1 Lebanese cucumber, sliced lengthways  
1 red bell pepper, sliced into matchsticks  
1 carrot, sliced into matchsticks  
15g fresh mint leaves  
15g fresh Thai basil leaves  
15g fresh coriander, leaves picked  
1 red chilli, sliced thinly lengthways  
For the sauce:  
2 tbsp lime juice  
2 tbsp fish sauce  
1 tbsp rice wine vinegar  
1/2 tbsp honey  
1 tsp sesame oil  
1/2 tsp garlic paste  
For the eggs:  
2 eggs  
2 tsp coconut oil

## INSTRUCTIONS

Combine the vegetables, fresh herbs and chilli in a large bowl and toss to combine.

Next add all the sauce ingredients to a jar, place the lid on and shake well for 2 minutes. Pour dressing over the salad and toss again to coat the vegetables.

Crack the eggs into a small bowl and whisk. Add coconut oil to a medium-sized frying pan and pour half the egg into the pan, swirling the pan so you thinly coat it (like a crêpe. Cook for 1 minute or until fully cooked). Remove from the pan and cook the remainder of the mixture.

Next very tightly roll the eggs into cigars and finely chop them.

Transfer salad to two bowls, pouring any excess dressing on, and top with egg.

# NO NOODLE PAD THAI

**208**  
CALORIES

**11**  
PROTEIN

**14**  
CARBS

**12**  
FATS

**3**  
FIBRE







SERVES 2 | TOTAL TIME: 45 MINUTES



## INGREDIENTS

- 300g butternut pumpkin, peeled and cut into cubes
- 1/2 tbsp olive oil
- 1/2 tbsp sumac
- 2 large flatbreads (gluten free if required)
- 4 tbsp onion relish
- 100g soft goat's cheese
- 2 handfuls baby spinach

## INSTRUCTIONS

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

Toss the pumpkin in olive oil and sumac, lay evenly on the baking tray and cook for 15 minutes (or until just beginning to soften but not fully cooked yet).

Next, spread onion relish all over the 2 flat breads. Top with cooked pumpkin and goat's cheese and cook for 20 minutes or until goat's cheese is melting.

Once cooked, top with baby spinach and season with salt & cracked pepper.

# PUMPKIN & GOAT'S CHEESE FLAT BREADS

506  
CALORIES

20  
PROTEIN

48  
CARBS

26  
FATS

9  
FIBRE



The term 'prosciutto' is derived from the Latin words 'pro' meaning 'before' and 'exsuctus' meaning 'dried up' or 'without juice'.



SERVES 4 | TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

400g spaghetti (cooked) (gluten free if required)  
8 slices prosciutto  
2 cloves garlic  
250ml light cream  
2 tbsp lime juice  
15g parsley  
Sea salt & cracked pepper

## INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Heat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Lay prosciutto on the tray and cook for 10-15 minutes or until crispy.

In a medium sized skillet, add the garlic, cream and lime juice. Heat for 3-5 minutes on medium heat, stirring continuously. Add the pasta and stir to heat through.

Finally, add the parsley and season with salt & cracked pepper.

Divide into four bowls and serve immediately.

# CRUNCHY PROSCIUTTO PASTA

459  
CALORIES

22  
PROTEIN

41  
CARBS

23  
FATS

2  
FIBRE







SERVES 4 | TOTAL TIME: 25 MINUTES



## INGREDIENTS

4 x 200g salmon fillets  
1 tbsp olive oil  
2 tsp dried chilli flakes  
For the salad:  
2 large Lebanese cucumbers, halved and sliced  
15g fresh coriander, leaves picked  
For the dressing:  
30ml lime juice  
1/2 tbsp fish sauce  
1/2 tbsp rice wine vinegar  
1 tsp honey  
1 garlic clove, minced

## INSTRUCTIONS

Bring a large frying pan to high heat and add olive oil. Next, place the salmon steaks in the pan and sprinkle with chilli flakes. Cook for 2-3 minutes each side, or until cooked to your liking. A little undercooked is recommended.

Meanwhile, make the dressing by adding all ingredients to a jar and shaking very well to combine.

Place cucumber and coriander in a bowl and toss with dressing.

Divide salad on 4 plates and place a piece of chilli salmon on each.

# CHILLI SALMON

448  
CALORIES

51  
PROTEIN

7  
CARBS

24  
FATS

1  
FIBRE



Did you know chicken has a total carbohydrate count of 0, contains no trans fat, and is low in sodium.



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

**DF**

## INGREDIENTS

35g plain flour  
2 tsp sea salt flakes  
2 tsp Chinese five spice  
1 tsp black pepper  
2 x 200g chicken breasts, sliced into strips  
3 tbsp vegetable oil  
3 cloves garlic, diced  
2 sprigs spring onion, diced  
2 long red chilli, diced

## INSTRUCTIONS

Add the flour, sea salt flakes, Chinese five spice and black pepper to a large bowl and toss to combine.

Submerge the chicken slices in the flour mix and ensure all pieces are well coated.

Next, add the oil to a large skillet. Bring the pan to high heat and once the oil is sizzling, add the chicken and cook, flipping regularly for about 7 minutes.

Add the garlic, spring onion and chillies. Cook for another 5 minutes or until chicken is cooked through and golden.

Once cooked, place chicken on some paper towel to absorb the excess juice, then serve hot.

Optional: serve with white rice.

# SALT & PEPPER CHICKEN

**390**  
CALORIES

**25**  
PROTEIN

**14**  
CARBS

**26**  
FATS

**0**  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

8 x 100g minute steaks  
Salt & cracked pepper  
40g butter  
2 tbsp olive oil  
4 cloves garlic  
500g vine-ripened cherry tomatoes  
2 tbsp fresh basil, leaves torn

## INSTRUCTIONS

Start by seasoning the steaks with salt & cracked pepper.

Next bring a large frying pan to high heat. Once the pan is very hot, add half the butter, oil and garlic. Once it's beginning to brown, place four of the steaks in the pan. Cook for 30 seconds each side. Once cooked set aside under some foil and cook the next batch.

Next, place the cherry tomatoes in the same pan, add a little salt & cracked pepper and cook for about 4 minutes, shaking the pan constantly.

Stir through the fresh basil and remove from the heat.

Divide the steaks and tomatoes on 4 plates and serve immediately.

# MINUTE STEAKS

542  
CALORIES

43  
PROTEIN

7  
CARBS

38  
FATS

2  
FIBRE



People have been eating mussels for over 2,000 years. Prehistoric settlements can often be identified by large mounds of empty mussel shells.



SERVES 2 | TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

1 tsp coconut oil  
1 long red chilli, thinly sliced lengthways  
1 stick lemongrass, thinly sliced lengthways  
1/2 tbsp ginger, thinly sliced lengthways  
125ml coconut milk  
100ml water  
2 tbsp lime juice  
1/2 tbsp fish sauce  
500g mussels  
2 tbsp fresh coriander, leaves picked

## INSTRUCTIONS

Bring a wok or deep saucepan to medium-high heat and add the oil, chillies, lemongrass and ginger. Cook, stirring continuously for 2 minutes. Next, add the coconut milk, water, fish sauce and lime juice and bring to a simmer. Add the mussels and cook for about five minutes or until the mussels open up.

Serve immediately with fresh coriander.

# THAI CHILLI MUSSELS

313  
CALORIES

33  
PROTEIN

25  
CARBS

9  
FATS

3  
FIBRE







SERVES 2 | TOTAL TIME: 35 MINUTES

GF

## INGREDIENTS

For the salad:

- 1 small head radicchio, leaves chopped
- 2 tbsp fresh parsley, chopped

For the dressing:

- 1/2 tbsp olive oil
- 2 tsp white wine vinegar
- 1/4 teaspoon Dijon mustard

For the cutlets:

- 120g bread crumbs (gluten free if required)
- 3 tbsp parmesan cheese, finely grated
- 1/2 tbsp lemon rind
- 1 egg
- 1 tbsp Dijon mustard
- 4 x (70g) veal cutlets, pounded

## INSTRUCTIONS

Add the salad ingredients to a medium-sized bowl and toss to combine.

Add the dressing ingredients to a jar and shake very well to combine. Pour the dressing over the salad and set aside.

Next, mix the bread crumbs, parmesan cheese and lemon rind together in a medium sized bowl.

In a separate bowl, whisk together the egg and dijon.

Dip the veal cutlets in the egg, followed by the breadcrumb mix.

Next, add the olive oil to large frying pan and bring it to medium-high heat. Place the cutlets in the pan and cook for about 3 minutes each side.

Serve immediately alongside radicchio salad.

# PARMESAN CRUSTED VEAL CUTLETS

483  
CALORIES

36  
PROTEIN

60  
CARBS

11  
FATS

0  
FIBRE



Feta is a brined curd white cheese usually made from sheep's milk or a combination of sheep and goat's milk, giving it a signature tangy flavour.





**SERVES 3 | TOTAL TIME: 65 MINUTES**

**GF**

## INGREDIENTS

1 tbsp olive oil, divided  
1 medium sweet potato, cut into cubes  
2 cloves garlic, minced  
1/2 tbsp fresh thyme  
300g lamb mince  
125ml vegetable stock  
1 red bell pepper, cut into chunks  
1 tbsp pine nuts  
100g feta, cut into cubes

## INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6.

Add 2 tsp olive oil and sweet potato to a saucepan and cook for about 10 minutes or until the sweet potato begins to soften. Set aside.

Add the remaining olive oil and onion to the same pan and cook for about five minutes or until onion is translucent.

Add the garlic and thyme and cook for another 1-2 minutes. Next, add the lamb and cook for about 7-8 minutes.

Add the stock, bell pepper, pine nuts and cooked sweet potato to the pan and cook for another 5-10 minutes.

Pour the mixture into an ovenproof casserole dish.

Toss the feta in the remaining olive oil and place on top of the lamb.

Cook for 20-25 minutes.

# LAMB & SWEET POTATO BAKE

**551**  
CALORIES

**25**  
PROTEIN

**25**  
CARBS

**39**  
FATS

**4**  
FIBRE





**SERVES 2 | TOTAL TIME: 50 MINUTES**

# SWEET & STICKY CHICKEN

## INGREDIENTS

1 tsp butter  
2 cloves garlic, minced  
2 tsp ginger paste  
75g basmati rice  
125ml water  
4 chicken thighs, skin removed  
4 tbsp sweet chilli sauce  
1/2 head broccoli, cut into florets

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

In a medium-sized saucepan, add the olive oil, garlic and ginger. Cook for 2 minutes, stirring continuously. Next, add the rice, water and sprinkling of salt. Stir, bring to a boil, then reduce the heat to low, cover with a lid and cook for 10-12 minutes or until the water has absorbed.

Next, pour the sweet chilli sauce into a medium-sized bowl and coat the thicken thighs. Place chicken on the baking tray and cook for 20 minutes.

Meanwhile, steam the broccoli either in a steaming basket on the stove or in the microwave.

Once the chicken is cooked, bring a grill plate to high heat and brown the top side of the chicken for 1-2 minutes.

Divide rice on two plates and top with chicken and broccoli.

**557**  
CALORIES

**50**  
PROTEIN

**51**  
CARBS

**17**  
FATS

**4**  
FIBRE



It's believed that over 2,000 years ago, a Chinese cook accidentally discovered tofu by curdling soy milk using nigari seaweed





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

**INGREDIENTS**

- 2 large sweet potato, cut into small cubes
- 2 large courgette, cut into small cubes
- 2 red bell peppers, cut into small cubes
- 1 red onion, sliced
- 1 tbsp olive oil, divided
- 500g tofu, sliced
- 1 pack tex mex seasoning
- For the dressing:
- 250ml Greek yoghurt
- 1/2 bunch coriander, leaves picked
- 2 tbsp lemon juice
- 1 clove garlic, minced

**INSTRUCTIONS**

Preheat oven to 200°C/400°F/gas 6. Line 2-3 baking trays with baking paper. Lay the sweet potato on one and the courgette, bell pepper and onion on the others. Drizzle the trays with 2 tsp olive oil and season with salt & cracked pepper. Cook for 30-35 minutes or until tender.

Meanwhile, make the dressing by mixing all the ingredients together. Set aside.

Rub the tex mex into the tofu. Add the remaining olive oil to a large frying pan or grill plate, bring to medium-high heat and add tofu. Cook for 5-7 minutes each side.

Divide cooked vegetables on four plates, top with tofu and yoghurt dressing.

**370**  
CALORIES

**20**  
PROTEIN

**41**  
CARBS

**14**  
FATS

**8**  
FIBRE







**SERVES 2 | TOTAL TIME: 45 MINUTES**

## INGREDIENTS

2 medium potatoes, cut into small cubes  
1 red bell pepper, cut into small cubes  
1 tbsp olive oil, divided  
1 red onion, sliced  
1 tbsp balsamic vinegar  
2 cloves garlic, minced  
2 x (140g) pork loin steaks  
4 big handfuls baby spinach

## INSTRUCTIONS

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

Toss the potato and bell pepper in 2 tsp olive oil and lay the vegetables across. Cook for 30 minutes or until the potatoes are golden and the bell pepper is soft.

Meanwhile, bring a medium-sized frying panto medium heat, add 1 tsp olive oil and cook onions for 5 minutes. Add the balsamic vinegar and 1 tbsp of water and cook for another 5 minutes or until sticky, stirring constantly.

Rub the remaining oil and garlic into the pork steaks. Bring a frying panto medium-high heat and cook steaks for 3-4 minutes each side. Once cooked, set aside under some tin foil.

Toss the cooked potato and bell pepper with spinach and divide on two plates.

Top with sliced pork and caramelised onion.

# PORK WITH CARAMELISED ONION

**518**  
CALORIES

**31**  
PROTEIN

**40**  
CARBS

**26**  
FATS

**9**  
FIBRE



60

Penne translates to the word “pen”, and gets its name from its shape.





**SERVES 2 | TOTAL TIME: 30 MINUTES**

# SICILIAN PASTA

## INGREDIENTS

150g penne pasta  
1 tsp olive oil  
2 cloves garlic, minced  
90g pitted black olives  
1 tbsp capers  
300ml passata  
1-2 tsp chilli flakes  
95g tinned tuna, drained  
Salt & cracked pepper  
2 tbsp fresh basil, leaves picked

## INSTRUCTIONS

Start by cooking the pasta according to packet instructions. Drain and set aside.

Meanwhile, bring a frying pan to medium heat and add the olive oil, garlic, olives and capers. Cook for about 2 minutes before adding the passata and chilli flakes.

Stir through the tuna, breaking up the chunks with your spoon. Add the pasta and continue to stir through.

Divide into two bowls and garnish with fresh basil.

**450**  
CALORIES

**25**  
PROTEIN

**65**  
CARBS

**10**  
FATS

**5**  
FIBRE







**SERVES 1 | TOTAL TIME: 35 MINUTES**

**GF V VE DF**

## INGREDIENTS

1 small sweet potato, cut into cubes  
2 small beetroots, cut into thin wedges  
1/2 red onion, cut into wedges  
2 tsp olive oil, divided  
1/2 tsp chilli flakes  
2 big handfuls kale  
For the sauce:  
1/2 tbsp tahini  
1 tbsp water  
1 tsp honey  
To serve:  
1/2 tbsp cashews, chopped

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the sweet potato, beetroot and onion in 1 tsp olive oil and chilli flakes and cook for 25-30 minutes.

Add the remaining olive oil to a wok and cook kale for 5-7 minutes.

Meanwhile, make the sauce by whisking together the tahini, water and honey.

Transfer vegetables to a serving bowl, top with cashews and drizzle with sauce.

# VEGAN BUDDHA BOWL

**492**  
CALORIES

**12**  
PROTEIN

**75**  
CARBS

**16**  
FATS

**13**  
FIBRE



# DESSERTS









The flavonols in dark chocolate can protect against sun damage, improve blood flow to the skin and increase skin density and hydration.





SERVES 4 | TOTAL TIME: 90 MINUTES

V

## INGREDIENTS

185g butter  
185g dark chocolate  
4 eggs  
150g coconut sugar  
2 scoops chocolate protein powder  
100g self raising flour

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5.

Next, place the butter and chocolate in a small saucepan on low heat and continuously stir until melted.

Pour the melted chocolate into a bowl, add the eggs, sugar and flour and whisk well to combine.

Pour the mixture into six individual ramekins and place in a larger baking dish. Fill the dish with enough water so that it comes up to half the height of the ramekins.

Bake for 40-45 minutes.

# MOLTEN CHOC PROTEIN PUDDING

637  
CALORIES

16  
PROTEIN

51  
CARBS

41  
FATS

3  
FIBRE







**SERVES 12 | TOTAL TIME: 50 MINUTES**

**V**

## INGREDIENTS

240g whole wheat pastry flour  
1 ½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
2 medium bananas, mashed  
1 ½ tbsp olive oil  
2 tbsp peanut butter  
70g Greek yogurt  
125ml milk  
For the frosting:  
100g cream cheese softened, cut into cubes  
2 tbsp butter softened, cut into cubes  
100g powdered erythritol  
1 tsp vanilla extract  
1 tbsp heavy cream

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a 12-case muffin tray with cupcake liners.

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

In a separate bowl, mix the bananas with the olive oil, then mix in the peanut butter, Greek yoghurt and milk.

Add the wet ingredients to the dry ingredients and mix until just combined.

Transfer the cupcake batter to the muffin tins and cook for 17-20 minutes.

Remove from the oven and allow to cool for 5-10 minutes before transferring to a cooling tray.

To make the frosting: Using an electric mixer, beat together the cream cheese and butter.

Next, beat in the powdered erythritol and vanilla extract. Once combined, beat in the cream. If it's too thick, just add a little extra.

When the cupcakes are fully cooked, top with frosting.

# PEANUT BUTTER AND BANANA CUPCAKES

**189**  
CALORIES

**5**  
PROTEIN

**22**  
CARBS

**9**  
FATS

**3**  
FIBRE



There are over 500 mango fruit varieties grown all over the world.





**SERVES 6 | TOTAL TIME: 50 MINUTES (PLUS 5 HOURS IN THE REFRIGERATOR)**

# SKINNY MANGO CHEESECAKE

**V**

## INGREDIENTS

For the base:

65g digestive biscuit, crumbled

2 tbsp butter, melted

For the filling:

170g light cream cheese, softened to room temperature

190g Greek yogurt

2 large eggs, plus 1 large egg yolk

50g coconut sugar

80ml mango nectar

## INSTRUCTIONS

Preheat oven 150°C/300°F/gas 2. Line the bottom and the sides of a 9" x 9" baking pan with baking paper. Leave a little extra hanging over the sides so you can easily lift the cake out once it's cooked.

In a medium-sized bowl, mix together the biscuit crumbs and butter. Press the mixture into prepared pan with your hands or the back of a spoon. Bake for 7-8 minutes.

Next, using an electric mixer, add the cream cheese and whisk on high until smooth. Reduce the speed to medium, add the yoghurt and again, beat until smooth. Add the eggs next and once combined, add the sugar and mango nectar. Continue to beat until completely smooth.

Transfer filling to the crust and bake for 27-30 minutes or until the filling has set.

Place in the fridge for 5 hours to allow it to fully set.

Slice into 10 portions.

**203**  
CALORIES

**8**  
PROTEIN

**18**  
CARBS

**11**  
FATS

**1**  
FIBRE





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