



PD FITNESS RECIPE BOOK



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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 PD fitness fitness recipe book. We are taking the hassle out of cooking and doing the work for you. Wether the goal is health, fat loss, performance or muscle building these delicious high protein recipes are all calorie and macro nutrient counted and can be adjusted to fit your individual needs. All recipes come with a bar code and can be scanned straight in to my fitness pal.

Paul Dickinson
Owner and founder



DISCLAIMER

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

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BREAKFASTS





Try it, you might just like it.



SAVOURY BAKED OATMEAL WITH BACON, MUSHROOMS

SERVES 6

TOTAL TIME: 1 HOUR

INGREDIENTS

1 tbsp **extra virgin olive oil**
2 medium **onions**, sliced into thin half moons
3 slices thick cut **smoked bacon**, diced
150g **shiitake mushrooms**, sliced
470ml **water**
80g **steel cut oats**
2 tbsp **fresh parsley**, chopped
½ tsp **salt**
¼ tsp **black pepper**

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Heat the olive oil in a large frying pan over a low heat, add the onions and a pinch of salt. Have some extra water to hand. Cook the onions, stirring, until they begin to brown. Increase the heat to medium and continue caramelising the onions. Add a few tbsps of water and scrape up the brown bits, incorporating them into the onions. Allow the water to evaporate, then repeat this process until the onions have turned a dark brown colour. Remove from the heat and set aside.

In the same pan cook the bacon over medium-low heat. Once the fat has mostly rendered out, turn up the heat and brown the bacon until it's brown and crunchy, then set aside on paper towels.

Remove most of the bacon fat from the pan leaving about two tbsps. Add the sliced shiitake mushrooms and cook over medium heat until soft.

In a medium pan, bring the 470ml of water to a boil and then add the oats and reduce the heat to a simmer. Cook until the liquid has completely absorbed.

Lightly grease a 30cm casserole dish, then in a large bowl, stir together the oats, onions, bacon, mushrooms, parsley, salt and pepper, then gently press flat into the greased baking dish.

Baked for 10-12 minutes, or until the top has browned slightly and serve.

225
CALORIES

8
PROTEIN

28
CARBS

9
FATS

6
FIBRE





Obviously if curry isn't your thing, just leave it out.



CURRY AVOCADO EGG TOAST

SERVES 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

5 tbsp **olive oil**
2 large **eggs**
2 slices **bread**
½ tsp **curry powder**
1 **avocado**
2 tsp **lime juice**
⅛ tsp **salt**
Chopped coriander, for garnish

INSTRUCTIONS

Crack each egg into a cup. In a non-stick pan, heat 3 tbsp olive oil on medium-high until very hot.

Carefully add the eggs and cook until the whites turn golden brown and crisp around edges. If the edges are dark but the whites are not set, remove the pan from heat and cover until whites are cooked. Season with salt and pepper.

Next, in a small dry pan over a medium heat, toast the curry powder until fragrant. Stir into 2 tbsp of olive oil and set aside.

Toast 2 slices of bread and meanwhile mash the avocado with the lime juice and salt. Top each slice of toast with the avocado mash, 1 crispy egg and chopped coriander.

Drizzle with the curry oil and serve.

380
CALORIES

13
PROTEIN

19
CARBS

28
FATS

2
FIBRE





Prosciutto is actually thinly sliced dry-cured ham



SPINACH AND PROSCIUTTO MUFFINS

SERVES 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

6 large **eggs**
120ml **milk**
75g **soft goat cheese**, crumbled
140g **baby spinach**, wilted and chopped
90g roasted **red pepper**, diced
60g **prosciutto**, sliced into ribbons

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and spraying a 12-cup muffin pan with non-stick cooking spray.

Meanwhile, beat the eggs, milk, ¼ tsp salt and ½ tsp black pepper together then stir in the cheese, spinach and roasted red pepper.

Divide this batter among the muffin-pan cups, top with prosciutto and bake for 20 to 25 minutes or until just set in the centre.

Remove from the oven and allow to cool on a rack for 5 minutes, then remove from cups.

Equally delicious served warm or cold.

158
CALORIES

13
PROTEIN

4
CARBS

10
FATS

1
FIBRE





Basil is a
culinary herb
of the mint
family.



SCRAMBLED EGGS WITH BASIL, SPINACH &

SERVES 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 tbsp **rapeseed oil**, plus an extra 1 tsp
3 **tomatoes**, halved
4 large **eggs**
4 tbsp **natural yoghurt**
1/3 small pack **basil**, chopped
175g **baby spinach**

INSTRUCTIONS

Heat 1 tsp of the oil in a large non-stick frying pan, then add the tomatoes and cook, cut side down, over a medium heat. Meanwhile, beat the eggs together with the yoghurt, 2 tbsp water, lots of black pepper and the basil.

When cooked, transfer the tomatoes to serving plates and keep warm. Add the spinach to the same pan and allow to wilt gently.

Over a medium heat, warm the remaining oil in a non-stick pan and pour in the egg mixture and scramble until just set.

Spoon the spinach onto the plates, top with the scrambled eggs and serve immediately.

291
CALORIES

20
PROTEIN

10
CARBS

19
FATS

2
FIBRE



The word
“Marmite” is
actually French
for “casserole
dish”.



DIPPY EGGS WITH MARMITE SOLDIERS

SERVES 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 **eggs**
4 slices **wholemeal bread**
A knob of **butter**
Marmite
Mixed seeds

INSTRUCTIONS

Allow the eggs to come to room temperature.

Bring a large pan of water to a simmer. Add the eggs and allow to simmer for 2 minutes then turn off heat. Cover and set aside for a further two minutes.

Meanwhile, toast 4 slices of bread and spread with butter and then the Marmite.

Cut the toast into soldiers and dip into the egg, then the mixed seeds and devour.

381
CALORIES

17
PROTEIN

31
CARBS

21
FATS

4
FIBRE





SIDES & SMALL PLATES





The word pomegranate means apple with many seeds.



POMEGRANATE AND HERB COUSCOUS

SERVES 4

TOTAL TIME: 12 MINUTES

INGREDIENTS

300g **couscous**
400ml **vegetable stock**
100g **spring onions**, washed, trimmed and finely sliced
30g **fresh flat-leaf parsley**, leaves washed and roughly chopped
30g **fresh coriander leaves**, washed and roughly chopped
100g **pomegranate seeds**
Juice of ½ **lemon**
2 tbsp **extra virgin olive oil**

INSTRUCTIONS

Begin by warming the stock.

Put the couscous in a large bowl and pour over the hot stock, cover with cling film and put to one side for 10 minutes.

Carefully remove the cling film and then fluff up the couscous with a fork.

Stir in the spring onions, herbs, pomegranate seeds, lemon juice and olive oil.

Serve piping hot.

234
CALORIES

6
PROTEIN

39
CARBS

6
FATS

1
FIBRE





If you can't get shallots, regular onion will do the trick.



CUCUMBER TOMATO SALAD WITH PESTO

SERVES 8

TOTAL TIME: 15 MINUTES

INGREDIENTS

450g **cucumber**, sliced
450g **cherry tomatoes**, halved
1 **shallot**, diced
28g **mozzarella pearls**
75g **pesto**
1 tsp **red wine vinegar**
½ tsp **lemon juice**
Pinch **salt**

INSTRUCTIONS

Gently combine the cucumber, tomatoes, shallot, and mozzarella in a large bowl.

Next whisk together the pesto, red wine vinegar, lemon juice, and salt. Taste and adjust seasoning to your liking.

Pour the pesto mixture over the vegetables and toss gently to coat.

Cover and chill until ready to serve.

58

CALORIES

6

PROTEIN

4

CARBS

2

FATS

1

FIBRE





Popped amaranth is done in very much the same way as popcorn.



AMARANTH POWER BARS WITH HEMP SEEDS

SERVES 1

TOTAL TIME: 30 MINUTES

INGREDIENTS

½ tsp **allspice**
75g **amaranth** popped
½ tsp **cinnamon** ground
50g dried **goji berries**
65g **hemp seeds**
1 dash **sea salt**
65g **sunflower seeds**
65g **walnut halves** (chopped)

FOR THE WET INGREDIENTS

½ medium **apple** (grated)
90g **dates**
90g **dried apricots**
120ml **extra virgin coconut oil**
½ tbsp **vanilla extract**

INSTRUCTIONS

Begin by preheating your oven to 150°C/300°F/gas 2 and cover a 20 cm x 20cm baking dish with baking paper.

In a food processor and add the wet ingredients and blitz first then add the dry ingredients and pulse to combine.

Add the batter to the baking dish and bake for about 20-25 minutes.

Let the batter completely cool before slicing into bars.

200
CALORIES

5
PROTEIN

18
CARBS

12
FATS

3
FIBRE



Pilau is also spelled pilaf depending on where in the world you are.



MUSHROOMS & PEAS RICE PILAU

SERVES 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 package **rice pilau mix with toasted almonds**
1 tbsp **butter**
225g **fresh** or **frozen peas**
75g sliced **baby portobello mushrooms**

INSTRUCTIONS

Prepare the pilau according to the package directions.
In a large non-stick pan, heat the butter over medium heat.
Add the peas along with the mushrooms and allow to cook, stirring occasionally, until tender.
Stir in rice and serve hot.

186
CALORIES

5
PROTEIN

28
CARBS

6
FATS

3
FIBRE



Wonton
literally means
“swallowing
clouds” in
Chinese.



BAKED POT STICKERS WITH DIPPING SAUCE

SERVES 40

TOTAL TIME: 45 MINUTES

INGREDIENTS

250g cooked **chicken breast**, finely chopped
220g tinned **water chestnuts**, drained and chopped
4 **spring onions**, thinly sliced
15g shredded **carrots**
60g **reduced-fat mayonnaise**
1 large **egg white**
1 tbsp **reduced-sodium soy sauce**
1 **garlic clove**, minced
1 tsp grated **fresh ginger root**
48 **wonton wrappers**
Cooking spray

FOR THE SAUCE:

160g **jalapeño pepper jelly**
60ml **rice vinegar**
2 tbsp **reduced-sodium soy sauce**

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7, then in a large bowl, combine the first nine ingredients and place 2 tsp of the mixture in the centre of a wonton wrapper.

Moisten the edges of the wrapper with water. Fold the edges together over filling and roll to form a sausage shape then twist the ends to seal. Repeat with remaining wrappers and filling until they are all used up.

Place the pot stickers on a baking sheet coated with cooking spray then give each one a coating of the spray. Bake 12-15 minutes or until edges are golden brown.

Meanwhile, place the jelly in a small microwave-safe bowl and microwave, covered, on high until melted.

Stir in the vinegar and soy sauce and serve with the pot stickers.

53

CALORIES

3

PROTEIN

8

CARBS

1

FATS

1

FIBRE





GRILLED VEGETABLE PLATTER

SERVES 6

TOTAL TIME: 30 MINUTES

INGREDIENTS

60ml **olive oil**
2 tbsp **honey**
4 tsp **balsamic vinegar**
1 tsp **dried oregano**
½ tsp **garlic powder**
⅛ tsp **pepper**
Pinch **salt**
450g **fresh asparagus**, trimmed
3 small **carrots**, cut in half lengthwise
1 large **sweet red pepper**, cut into 2½cm strips
1 medium **yellow summer squash**, cut into 1cm slices
1 medium **red onion**, cut into wedges

INSTRUCTIONS

Combine the first 7 ingredients together by whisking in a bowl. Then place 3 tbsp of the marinade in a large bowl. Add vegetables and turn until well coated.

Cover and allow to marinate at room temperature for 1½ hours.

Transfer the vegetables to a grill pan cook, over medium heat turning occasionally, until crisp but still tender.

Place vegetables on a large serving plate and drizzle with remaining marinade.

149
CALORIES

2
PROTEIN

15
CARBS

9
FATS

2
FIBRE



MAIN COURSES





Real Kalamata olives
are only found on
the Peloponnese
peninsula in southern
Greece.



BALSAMIC BEEF WITH BEETROOT & ROCKET

SERVES 2

TOTAL TIME: 40 MINUTES

INGREDIENTS

240g **beef sirloin**, fat removed
1 tbsp **balsamic vinegar**
2 tsp **thyme leaves**
2 **garlic cloves**, 1 finely grated, 1 sliced
2 tsp **rapeseed oil**
2 **red onions**, halved and sliced
175g **fine beans**, trimmed
2 cooked **beetroot**, halved and cut into wedges
6 pitted **Kalamata olives**, quartered
2 handfuls **rocket**

INSTRUCTIONS

Beat the steak with a rolling pin until it is about ½cm thick then cut into two equal pieces. Next, in a bowl, mix the balsamic, thyme, grated garlic, half the oil and a good pinch of black pepper. Place the steaks in the marinade and set aside to marinate.

Meanwhile heat the remaining 1 tsp oil in a large non-stick frying pan and fry the onions and garlic together for 8-10 minutes, stirring frequently, until soft and just starting to brown.

While the onion and garlic cooks, steam the beans for 4-6 minutes or until just tender.

Push the onion mixture to one side in the pan. Remove the steaks from the bowl, shake off any excess marinade, and sear in the pan for 2½-3 minutes, turning once, until cooked but still a little pink in the centre.

Pile the beans high onto plates and place the steaks on top. Quickly add the beetroot wedges, olives and remaining marinade to the pan and cook briefly to heat through, then spoon on top and around the steaks.

Add the rocket and serve immediately.

265
CALORIES

27
PROTEIN

19
CARBS

9
FATS

9
FIBRE





CAJUN TURKEY STEAKS WITH PINEAPPLE SALSA

SERVES 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 **red onion**, finely chopped
1 tbsp **sunflower oil**
1 **red pepper**, deseeded and diced
200g **basmati rice**
450ml **chicken stock**
400g tinned **kidney beans**, rinsed and drained
4 **turkey steaks**
2 tsp **Cajun seasoning**
220g tinned **pineapple rings**, drained
½ **green chilli**, finely chopped
Juice 1 **lime**

INSTRUCTIONS

Set aside 2 tbsp of the onion for the salsa, then cook the remaining onion and half the pepper in the oil for 4 minutes or until softened and coloured.

Next stir in the rice, then add in the stock. Then add the kidney beans and a pinch of salt.

Bring the pan to a boil, stir, cover, then reduce the heat to a simmer. Cook for 15 minutes or until the rice is tender and the liquid absorbed.

Dust the turkey steaks with the Cajun spice and griddle or fry them in a non-stick pan for about 4-6 minutes on each side until cooked through.

Cut the pineapple into small pieces and mix with the reserved red onion, pepper, green chilli and lime juice.

Spoon some salsa over each steak and serve with the rice.

481
CALORIES

49
PROTEIN

60
CARBS

5
FATS

6
FIBRE





Nice easy
store
cupboard and
freezer option
this.



PAELLA

SERVES 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tbsp **olive oil**
1 **onion**, chopped
1 tsp **hot smoked paprika**
1 tsp **dried thyme**
300g **paella or risotto rice**
3 tbsp **dry sherry or white wine**
400g tinned **chopped tomatoes with garlic**
900ml **chicken stock**
400g bag **frozen seafood mix**
Juice ½ **lemon**
½ **lemon**, cut into wedges
Handful **flat-leaf parsley**, roughly chopped

INSTRUCTIONS

Heat 1 tbsp olive oil in a large frying pan and soften 1 chopped onion for 5 minutes. Add 1 tsp paprika, 1 tsp thyme and the rice, stir for 1 minute, then pour over 3 tbsp sherry or white wine.

Once the liquid has evaporated, stir in the tomatoes and stock. Season and continue to cook, uncovered, for about 15 minutes, stirring occasionally until the rice is almost tender and still coated with some liquid.

Stir in the seafood and cover with a lid. Simmer for 5 minutes, or until the seafood is cooked through and the rice is now tender.

Squeeze over the lemon juice, scatter with parsley and serve with the lemon wedges.

445
CALORIES

34
PROTEIN

66
CARBS

5
FATS

3
FIBRE





The tail of a prawn is called a telson.



LEMON-CHILLI PRAWN QUINOA BOWLS

SERVES 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

225g **uncooked quinoa**
350ml **low sodium vegetable or chicken broth**

FOR THE PRAWNS

24 **king prawns**, peeled and deveined
2 tbsps **olive oil**, divided
Juice and zest of 1 **lemon**, divided
1 tbsp **fresh oregano**
1 tbsp chopped **fresh parsley**
2 **garlic cloves**, minced
¼ tsp **crushed red chilli flakes**, or more to taste
⅛ tsp **salt**
Black pepper, to taste

FOR THE BOWLS:

1 medium **avocado**, pitted and sliced
300g chopped **romaine lettuce** or your
favourite greens
200g diced **tomato**
75g diced **red onion**

INSTRUCTIONS

Bring the broth to a boil in a medium sized heavy pot, add the quinoa, lower the heat and cook, covered with a lid, for 25 minutes. Remove from the heat and set aside, still covered, for 5 minutes, then fluff with a fork.

While the quinoa cooks, add 2 tsp of the olive oil, half of the lemon juice and zest, oregano, parsley, garlic, chilli, salt and pepper to a small bowl and mix well. Add the prawns and toss well to coat.

Heat a griddle or heavy frying pan over a high heat. When hot, spray with cooking oil, add the prawns and cook for 2 to 3 minutes on each side.

Divide the salad leaves amongst 4 large serving bowls on one half of the dish, add half the quinoa to the other side, then top with prawn, avocado, tomato, and onion.

Dress with the remaining olive oil, salt, pepper, red chilli flakes and drizzle with lemon juice.

Serve immediately.

477
CALORIES

37
PROTEIN

44
CARBS

17
FATS

9
FIBRE



Contains Alcohol



GRILLED BOURBON CHICKEN

SERVES 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

1kg boneless, skinless **chicken breasts**
120ml low sodium or gluten-free **soy sauce**
125g **unsweetened apple sauce**
75g finely chopped **yellow onion**
2 tsp **ginger**, grated
4 **garlic cloves**, minced
1 tbsp **canola oil**
60ml **bourbon**
60g **BBQ sauce**
2 tbsps **apple cider vinegar**
2 tbsps **brown sugar**
Pinch **red pepper flakes**
120ml **low sodium chicken broth**
Sliced **spring onions**, for garnish

INSTRUCTIONS

Place the chicken breasts, 1 at a time, in a Ziploc bag and pound the chicken to an even thickness, being careful not to puncture the bag. Place all the chicken back in the bag when finished.

Next, combine the soy sauce, apple sauce, onion, ginger, garlic, oil, bourbon, BBQ sauce, vinegar, brown sugar and red pepper flakes together in a small bowl.

Reserve and refrigerate 80ml of the marinade and transfer the remainder to the Ziploc bag with the chicken.

Marinate in your refrigerator for at least 30 minutes or overnight if possible.

Preheat your grill pan over medium high heat. Grill the chicken for 4 minutes per side, or until chicken is cooked through. Discard the remaining marinade.

Transfer the chicken to a plate, tent with foil and allow to rest while you make the sauce.

Pour the reserved marinade in a small pan. Add the chicken broth and bring to a boil over medium high heat. Then reduce the heat to medium until sauce has thickened slightly.

Slice chicken breasts, top with the sauce, garnish with the spring onions and serve.

346
CALORIES

51
PROTEIN

13
CARBS

10
FATS

1
FIBRE





A taste of
Canada.



MAPLE SOY GLAZED SALMON

SERVES 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

3 tbsp **pure maple syrup**
3 tbsp **reduced sodium soy sauce**,
or gluten-free **soy sauce**
1 tbsp **sriracha hot sauce**
1 clove **garlic**, smashed
4 170g **wild salmon fillets**, skinless

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Then combine the maple syrup, soy sauce, sriracha and garlic in a small bowl, pour into a large sized resealable bag and add the salmon. Let the fish marinate for 20 to 60 minutes, turning occasionally.

Meanwhile, lightly grease a baking sheet with non-stick spray. Remove the fish from the marinade, pat lightly with kitchen towels and pour the marinade in a small saucepan.

Arrange the fish on the baking sheet and cook for around 8 to 10 minutes.

While the salmon cooks, bring the marinade to a gentle simmer over medium heat and reduce until it thickens into a glaze.

Spoon the glaze over the fish and serve.

287
CALORIES

35
PROTEIN

12
CARBS

11
FATS

1
FIBRE





Hoisin sauce is also sometimes called Peking sauce.



HOISIN TURKEY LETTUCE WRAPS

SERVES 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

½kg lean **turkey mince**
220g sliced **fresh mushrooms**
1 medium **sweet red pepper**, diced
1 **medium onion**, finely chopped
1 **medium carrot**, shredded
1 tbsp **sesame oil**
60ml **hoisin sauce**
2 tbsp **balsamic vinegar**
2 tbsp **reduced-sodium soy sauce**
1 tbsp minced **fresh ginger root**
2 **garlic cloves**, minced
8 **lettuce leaves**

INSTRUCTIONS

In a large heavy frying pan, cook the turkey along with the vegetables in sesame oil over medium-high heat.

Cook for 8 to 10 minutes until the turkey is cooked through and crumbled.

Stir through the hoisin sauce, vinegar, soy sauce, ginger and garlic.

Continue to cook and stir over a medium heat until sauce is slightly thickened.

Divide the turkey mixture between the lettuce leaves, roll up and serve with hoisin and soy sauces for dipping.

297
CALORIES

26
PROTEIN

19
CARBS

13
FATS

3
FIBRE





CALIFORNIA BURGER BOWLS

SERVES 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

3 tbsps **fat-free milk**
2 tbsps **quick-cooking oats**
 $\frac{3}{4}$ tsp **salt**
 $\frac{1}{2}$ tsp **ground cumin**
 $\frac{1}{2}$ tsp **chilli powder**
 $\frac{1}{2}$ tsp **pepper**
450g lean ground **turkey**
400g **baby kale**
200g – 300g cubed **fresh pineapple**
1 medium **mango**, peeled and thinly sliced
1 medium ripe **avocado**, peeled and thinly sliced
1 medium **sweet red pepper**, cut into strips
4 **physalis**, husks removed, thinly sliced
20g **reduced-fat chipotle mayonnaise**

INSTRUCTIONS

Begin by mixing the milk, oats and seasonings together in a large bowl, then add the turkey and mix gently before forming four patties a cm or so thick.

Place the patties on an oiled grill pan over medium heat.

Grill for 4-5 minutes per side until cooked through.

Serve over the kale salad, along with remaining ingredients.

407
CALORIES

26
PROTEIN

33
CARBS

19
FATS

7
FIBRE





Ricotta is low in fat and high in protein



HAM & RICOTTA PIZZAS WITH PESTO

SERVES 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

4 tbsp **tomato pasta sauce**
2 **pizza bases**
2 slices **ham**, roughly torn
125g **ricotta**
1 tbsp **fresh pesto**

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and place a flat baking sheet in the oven to heat up.

Spread each pizza base with 2 tbsp of tomato sauce.

Carefully slide the topped bases onto the warmed baking sheet and cook according to the package instructions.

Five minutes before the end of the cooking time, scatter over the ham, dot the ricotta on top in blobs and place back into the oven to continue cooking.

Season and drizzle the pesto over each pizza before cutting into triangles and serving.

287
CALORIES

13
PROTEIN

43
CARBS

7
FATS

1
FIBRE





Soya beans
work well!



GOAT'S CHEESE, PEA & BEAN FRITTATA

SERVES 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

300g mix **frozen peas and beans**
8 large **eggs**
Splash of **milk**
100g log **goat's cheese**, the kind with rind,
or use **feta cheese**
1-2 tbsp chopped **mint**
A little **oil**

INSTRUCTIONS

Start by heating your grill to medium. Meanwhile, boil the peas and beans for 4 minutes until just tender, then drain well.

Beat the eggs with a little of the milk and some salt and pepper.

Slice 4 thin, round slices of goat's cheese (you'll use about 50g), roughly chop or crumble the rest into pieces, then stir this into the eggs along with the vegetables and mint.

Lightly oil an ovenproof shallow frying pan and place on the heat.

Pour in the egg mix and gently cook on the hob for 8-10 minutes until there is just a little un-set mix on the surface.

Top with the slices of goat's cheese, then place under the grill until set, golden and the cheese is bubbling.

Serve piping hot.

312
CALORIES

25
PROTEIN

8
CARBS

20
FATS

4
FIBRE



If Cherries aren't in season use some frozen ones.



CHERRY CAESAR SALAD

SERVES 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

340g **Romaine lettuce hearts**
200g pitted **fresh** sweet **cherries**
400g uncooked **chicken breast**
3 slices of **day-old bread**
60ml **extra virgin olive oil**
2 tbsp shredded **Parmesan cheese**
3 tbsp **fresh lime juice**
1 clove crushed **garlic**
 $\frac{3}{4}$ tsp **salt**
 $\frac{1}{2}$ tsp grated **lime peel**
1 tsp **coarse black pepper**

INSTRUCTIONS

To make the easy Parmesan croutons:

Cut the bread into 1cm cubes and toss with 1 tbsp each of olive oil and Parmesan. Heat in a non-stick frying pan over a medium heat until golden brown and crunchy. Set aside to cool.

Meanwhile in a small saucepan over medium heat, bring 500ml of water to a boil, and poach the chicken breasts. When cooked remove the chicken from the pan and when cool enough to handle, cut into cubes around 3cm square.

Next make the lime dressing.

Combine 3 tbsps fresh lime juice, 1 small clove crushed garlic, $\frac{3}{4}$ tsp salt, $\frac{1}{2}$ tsp grated lime peel and $\frac{1}{4}$ tsp freshly ground coarse black pepper. Beat in 80ml olive oil until blended. Remove garlic clove just before using.

Next, toss the lettuce, cherries, chicken and croutons in a large salad bowl. Dress with the lime dressing, scatter with Parmesan cheese and toss lightly before serving.

414
CALORIES

37
PROTEIN

17
CARBS

22
FATS

3
FIBRE





Also known as Welsh rarebit.



CHICKEN RAREBITS

SERVES 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

4 skinless boneless **chicken breast fillets**
140g **cheddar**, coarsely grated
1 tbsp **wholegrain mustard**
3 tbsp **milk**
150g **cherry tomatoes**
Broccoli (to serve)
New potatoes (to serve)

INSTRUCTIONS

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

Meanwhile, butterfly the chicken breasts by slicing them in half through the middle so you have two thinner pieces.

Lightly oil a shallow baking dish and arrange the chicken in a single layer.

Mix the cheese, mustard and milk together, then pile the mixture on top of each breast.

Scatter the tomatoes, around the chicken, then bake for 20-30 minutes until the chicken is golden and the tomatoes are starting to split and soften.

Serve with broccoli and new potatoes.

319
CALORIES

44
PROTEIN

2
CARBS

15
FATS

1
FIBRE





LEMONGRASS THAI GROUND PORK STIR FRY

SERVES 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

450g lean **ground pork**
1kg veggies such as **courgette, carrots, green beans and peas**, spiralised or cut into matchsticks
1 tbsp **olive oil**
1 stalk **lemongrass**, minced
2 cloves **garlic minced**
1 tbsp **ginger**, minced
2 **shallots**, finely chopped
60ml **fish sauce**
50g **brown sugar**

INSTRUCTIONS

Cook the ground pork for 5-8 minutes in a non-stick pan, until cooked through. Allow to rest on a paper towel lined plate and discard any juices that remain in the pan.

Add the vegetables to the same pan and cook for 5-8 minutes, until just tender then set aside.

Add the olive oil to the pan, and cook the lemongrass, garlic, ginger and shallots until softened.

Stir together the fish sauce and brown sugar, then add that to the pan.

Return the pork to the pan and toss to coat in the sauce before returning the veggies to the pan and stirring for a minute or two.

Serve hot over your favourite rice.

272
CALORIES

27
PROTEIN

32
CARBS

4
FATS

6
FIBRE



Any fish with a
meaty texture
works well
with this dish.



BLACKENED MAHI MAHI BURGERS

SERVES 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

4 140g fillets **Mahi Mahi**, skin removed
1 tablespoon **Cajun seasoning blend**
½ teaspoon **garlic powder**

FOR THE PIQUILLO PEPPER AIOLI:

2 roasted **piquillo peppers**
20g **mayo**
¼ tsp **garlic powder**
2 tsps **fresh lime juice**
Dash of **hot sauce**
Pinch of **salt**

FOR THE BURGER:

4 thick slices of **pineapple**
8 leaves of **lettuce**
4 **wholemeal buns**
Pickled onions (optional)

INSTRUCTIONS

Begin by bringing your BBQ, grill or a grill pan up to a medium high heat.

Then in a food processor blend the peppers, mayo, garlic powder, hot sauce, lime juice and salt then set aside.

Next mix the Cajun seasoning and garlic powder and season both sides of the fish fillets with the Cajun seasoning mix.

Spray the grill with cooking spray and place the pineapple and fish on the grill.

Grill each side of the pineapple for 4-5 minutes and each side of the fish for 3-4 minutes. Remove from grill and allow to cool.

Toast the buns on the grill, then assemble your burgers in this order: 2 leaves of lettuce, fish, pineapple, spread aioli on the top bun and serve.

169
CALORIES

26
PROTEIN

5
CARBS

5
FATS

2
FIBRE





If you mess up a regular lasagne, simply call it “open”.



COURGETTE, SPINACH AND RICOTTA OPEN LASAGNE

SERVES 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 medium **courgettes**, thinly sliced lengthways
2 tsp **olive oil**
2 tbsp **pine nuts**
6 **fresh lasagne sheets**
250g **baby leaf spinach**
2 tbsp **fresh green pesto**
250g **ricotta**
10g **basil**, to garnish

INSTRUCTIONS

Begin by bringing a large pan of water to the boil.

Heat a grill pan then toss the courgette strips with the oil and grill them for 2-3 minutes, turning often.

Meanwhile, toast the pine nuts over a medium heat in a dry pan. When toasted remove from the pan immediately.

Cook the lasagne sheets for 3-4 minutes in the boiling water, then drain well.

Carefully slice each sheet in half width ways to make 12 pieces.

Next, cook the spinach in 1 tsp water for 2-3 minutes until the leaves have wilted. Drain well, squeezing out the excess moisture with the back of a spoon.

Stir the pesto through the cooked courgette strips, then layer with the lasagne sheets, spinach and dollops of the ricotta.

Garnish with the basil and pine nuts and serve.

395
CALORIES

16
PROTEIN

40
CARBS

19
FATS

5
FIBRE



DESSERTS







PROTEIN RICE CRISPY TREATS

SERVES 12

TOTAL TIME: 15 MINUTES

INGREDIENTS

75g **rice cereal**
190g **natural peanut butter**
2 scoops **Vanilla Whey Protein Powder**
265g **honey**

FOR THE GLAZE:

130g **cacao chocolate chips**
60ml **unsweetened coconut milk**
3 tbsp **coconut butter**

INSTRUCTIONS

Make the treats: Add rice cereal to a large mixing bowl and set aside, then in a microwave-safe bowl, place peanut butter with the honey. In 10-second intervals, microwave for 40 seconds, or until the mixture is soft. Finally add the protein powder and mix until smooth.

Pour the peanut butter mixture over the cereal and mix well, using your hands.

Fill each hole of a standard muffin tray with the mixture and pressing into a rough shape and allow to cool.

Make the glaze: Microwave the cacao chips in 15-second intervals, for around 45 seconds or until melted. Then add the coconut butter and coconut milk and mix until smooth.

Use a spoon to drizzle the glaze over the treats, allow to cool and enjoy!

299
CALORIES


9
PROTEIN

32
CARBS

15
FATS

1
FIBRE





The name of the cookie comes from an Italian word meaning paste, maccarone.



COCONUT MACAROONS

SERVES 15

TOTAL TIME: 32 MINUTES

INGREDIENTS

60g **unsweetened fine shredded/desiccated coconut**
45g **almond flour**
120ml **pure maple syrup**
3 tbsps melted **coconut oil**
½ tsp **vanilla**
⅛ tsp **sea salt**
3–4 tbsps **dairy-free chocolate chips**
Coconut oil, (if required)

INSTRUCTIONS

Begin by preheating your oven to 150°C/300°F/gas 2 and line a baking sheet with parchment paper.

Mix the coconut, almond flour, syrup, coconut oil, vanilla and salt in a medium bowl. Use a tablespoon to scoop the batter onto the lined baking sheet and bake for 20-22 minutes.

Remove from the oven and allow to cool — they will firm up as they cool.

Meanwhile add the chocolate chips to a microwave safe bowl and heat for about 30 seconds and stir. If the chocolate seems too thick after melting, you can add a tsp of melted coconut oil to thin it out.

Dip each macaroon into the melted chocolate and/or drizzle chocolate over each macaroon.

Place macaroons in the fridge for 5-10 minutes to allow the chocolate to harden.

Store any leftover macaroons in the fridge or freezer. If you do store them in the freezer, leave them at room temperature for 10 minutes or so before eating.

100
CALORIES

1
PROTEIN

6
CARBS

8
FATS

1
FIBRE



The true "J" is actually grape jelly. If you can find it.



PB&J BARS

SERVES 9

TOTAL TIME: 50 MINUTES

INGREDIENTS

150g **oat flour**
100g **Peanut flour**
115g **coconut sugar**
120ml **coconut oil**, melted
1 **egg**, whisked
½ tsp **vanilla**
½ tsp **baking soda**
¼ tsp **sea salt**
245g organic **strawberry jam**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a square baking dish with parchment paper.

Mix the oat and peanut flour together in a large mixing bowl, then add the coconut sugar, coconut oil, whisked egg, vanilla, baking soda and salt. Mix again.

Set aside a handful of the dough for topping then press the rest evenly into the baking dish using your hands. Add strawberry jam on top and spread evenly to cover the dough.

Crumble the remaining dough over the strawberry jam layer and press everything down lightly.

Bake for 35-40 minutes until the bars a golden brown. Remove from oven and allow bars to cool in the baking dish before slicing and removing.

Once cool, slice into 9-12 bars and enjoy. Store any leftovers in the fridge for up to 3-5 days.

331
CALORIES

9
PROTEIN

40
CARBS

15
FATS

4
FIBRE





Yes, it has
carrots
in it.



CARROT CAKE CUPCAKES

SERVES 9

TOTAL TIME: 19 MINUTES

INGREDIENTS

150g **spelt or white flour**
½ tsp **baking soda**
¾ tsp **salt**
1 tsp **cinnamon**
75g **sugar**, unrefined if desired
(or xylitol for **sugar** free)
Pinch uncut **stevia** OR 2 tbsp more **sugar**
75g **raisins** (optional)
115g **apple sauce**
80ml **oil**
2 tsp **white or apple cider vinegar**
2 tsp **pure vanilla extract**
200g shredded **carrot**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line 9 cups of a muffin tin with cupcake liners.

Next, in a bowl combine all the dry ingredients thoroughly, and set aside.

Combine all liquid ingredients and carrot well.

Stir the wet and dry mixes together and divide equally amongst the baking cups.

Bake for 19 minutes, before allowing to cool completely.

Remove from the tray and serve.

147
CALORIES

3
PROTEIN

18
CARBS

7
FATS

3
FIBRE





PD FITNESS RECIPE BOOK

