



# 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.

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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: 5 MINUTES

GF V DF

## INGREDIENTS

1 large **apple**  
1/2 frozen **banana**  
3 tbsp **oats** (gluten-free if required)  
250ml **almond milk**  
1 tsp **honey**  
1/4 tsp **nutmeg**  
1/2 tsp **cinnamon**

## INSTRUCTIONS

Place all ingredients in the blender and blitz until smooth.

Pour into a tall glass.

# APPLE PIE SMOOTHIE

350  
CALORIES

6  
PROTEIN

68  
CARBS

6  
FATS

11  
FIBRE





SERVES 2 | TOTAL TIME: 5 MINUTES



## INGREDIENTS

4 slices **dark rye bread** (gluten-free if required)

2 tbsp **nut butter**

1 **banana**, sliced

1 tsp **ground cinnamon**

## INSTRUCTIONS

Start by toasting the bread.

Spread the nut butter evenly across each slice of toast.

Top with sliced banana and a sprinkling of cinnamon.

# NUT BUTTER & BANANA TOAST

294  
CALORIES

8  
PROTEIN

43  
CARBS

10  
FATS

5  
FIBRE





SERVES 5 | TOTAL TIME: 25 MINUTES

V

## INGREDIENTS

120g **self-raising flour**  
1 tsp **baking soda**  
2 **eggs**, beaten  
250g **ricotta**  
250ml **skim milk**  
95g **dried mixed fruit**  
2 tbsp **honey**  
2 tbsp **butter**

## INSTRUCTIONS

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

In a separate bowl whisk together the eggs, ricotta and milk. Once combined stir through the dried fruit and honey.

Transfer the wet ingredients to the dry ingredients and stir to combine.

Bring a large non-stick frying pan to high heat and melt half the butter.

Transfer the batter to the pan (making one pikelet from two tbsp of batter). Once cooked, set aside under aluminium foil to keep warm or place in the preheated oven.

Add more butter as you need.

The batch should make 15 pikelets. Divide between 5 plates and serve with a dollop of Greek yoghurt.

# FRUIT PIKELETS

359  
CALORIES

11  
PROTEIN

45  
CARBS

15  
FATS

0  
FIBRE







SERVES 4 | TOTAL TIME: 20 MINUTES

GF

## INGREDIENTS

10 **eggs**

125ml **milk**

2 stalks **spring onions**, chopped

**Salt & cracked pepper**

2 tbsp **butter**

450g **smoked salmon**, chopped into small pieces

## INSTRUCTIONS

Start by whisking together the eggs, milk, 3/4 of the spring onion, salt & cracked pepper.

Heat the butter in a large non-stick frying pan over medium heat. Add the eggs and gently fold them around the pan. When the eggs are half way to cooked, stir through the salmon.

Remove from the heat when the eggs are just slightly underdone.

Divide on four plates and top with extra chopped spring onion.

# SMOKED SALMON EGG SCRAMBLE

483  
CALORIES

58  
PROTEIN

2  
CARBS

27  
FATS

0  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES (PLUS 8 HOURS OVERNIGHT)

GF V VE DF

## INGREDIENTS

80g frozen **blueberries**  
2 tbsp **chia seeds**  
125ml **coconut milk**  
1/2 tsp **vanilla extract**  
1 tbsp **coconut yoghurt**

## INSTRUCTIONS

Start by mashing the blueberries with the back of a fork or spoon.

Add the rest of the ingredients and stir to combine.

Transfer to a jar, cover and place in the fridge overnight.

In the morning top with a little extra yoghurt.

# BLUEBERRY CHIA POT

250  
CALORIES

6  
PROTEIN

25  
CARBS

14  
FATS

12  
FIBRE

# SIDES & SMALL PLATES













SERVES 1 | TOTAL TIME: 10 MINUTES



## INGREDIENTS

- 1/2 tbsp **olive oil**
- 2 **eggs**
- 2 big handfuls **spinach**
- 1 tbsp **parmesan cheese**
- Salt & cracked pepper**

## INSTRUCTIONS

Add the olive oil to a frying pan and bring it to high heat. Crack the eggs directly in the pan and cook for about 2 minutes or until the edges turn white. Place the lid on and cook for another 4-5 minutes. Remove from the pan and set aside under some aluminium foil.

Add the spinach to the same pan and cook for 2-3 minutes or until wilted and cooked through.

Transfer the eggs and spinach to your serving plate and sprinkle with parmesan cheese, salt & cracked pepper.

# SAUTEED SPINACH & EGGS

234  
CALORIES

15  
PROTEIN

3  
CARBS

18  
FATS

1  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES



## INGREDIENTS

- 1 large head **cauliflower**
- 2 tbsp **olive oil**
- Salt and black pepper**
- 70g **sundried tomato pesto sauce**
- 100g **mozzarella**, shredded

## INSTRUCTIONS

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

Trim the stalk of the cauliflower and any leaves. Cut the cauliflower lengthways down the middle.

Brush well with olive oil on both sides and season with salt & cracked pepper.

Cook for 10 minutes, flip and continue to cook for another 5 minutes.

Remove from the oven, brush with pesto, top with mozzarella and cook for another 5 minutes or until cheese is melting.

Serve hot.

# SUNDRIED TOMATO CAULIFLOWER STEAKS

285  
CALORIES

9  
PROTEIN

15  
CARBS

21  
FATS

5  
FIBRE





SERVES 4 | TOTAL TIME: 75 MINUTES

GF V VE DF

## INGREDIENTS

2 large **beetroots**  
1 x (400g) tin **chickpeas**, drained and rinsed  
1 **clove garlic**  
1 tbsp **tahini**  
60ml **lemon juice**  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook beetroot for 50-60 minutes or until soft.

Add the cooked beetroot and all the other ingredients to a food processor and blitz until smooth. If the consistency is too thick, add 1-2 tbsp of water.

Serve with Turkish bread.

# BEEETROOT HUMMUS

124  
CALORIES

6  
PROTEIN

16  
CARBS

4  
FATS

4  
FIBRE





SERVES 4 | TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

For the **salsa verde**:

25g **parsley**

25g **basil**

1 1/2 **cloves garlic**

80ml **olive oil**

1/2 **lime**, juiced

**Salt & cracked pepper**

For the skewers:

2 tsp **olive oil**

500g **flank steak**, sliced into 10 thin strips

1 tsp **dried parsley**

## INSTRUCTIONS

Add the parsley, basil and garlic to a food processor, and blitz until the leaves are chopped into small, fine pieces.

Add the olive oil and lime juice while the motor is still running. Season with salt & cracked pepper and blitz one last time. Set aside.

Toss the steak in olive oil and dried parsley and thread pieces onto individual skewers.

Bring a grill plate to medium high heat and cook the skewers for 2-3 minutes each side or until cooked to your liking.

Drizzle salsa verde all over the skewers and serve hot.

# BEEF SKEWERS WITH SALSA VERDE

398  
CALORIES

27  
PROTEIN

5  
CARBS

30  
FATS

1  
FIBRE





SERVES 6 | TOTAL TIME: 25 MINUTES

DF

## INGREDIENTS

350g **salmon steaks** (cooked), cut into bite-sized chunks  
60g **all-purpose flour**  
1 tsp **ground coriander**  
1 tsp **salt**  
2 **eggs**, whisked  
150g **bread crumbs**  
100g **almonds**, chopped  
80ml **sweet chilli sauce**

## INSTRUCTIONS

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

Start by preparing three medium sized bowls. Add flour, ground coriander and salt to the first and toss to combine. In the second bowl, crack the eggs and whisk well. In the third bowl, add the breadcrumbs and almonds.

Submerge the salmon pieces in the flour, dip them in the egg mix, and finally roll them in the bread crumb/almond mix.

Lay the salmon bites on the baking tray and cook for 10-12 minutes or until golden.

Serve with sweet chilli sauce.

# SALMON BITES

390  
CALORIES

19  
PROTEIN

38  
CARBS

18  
FATS

3  
FIBRE







SERVES 4 | TOTAL TIME: 20 MINUTES (PLUS 4-5 HOURS TO MARINATE)

GF DF

## INGREDIENTS

1kg **prawns**  
60ml **olive oil**  
60ml **lemon juice**  
2 tbsp **lemon zest**  
5g **fresh basil**, leaves chopped  
2 tsp **honey**  
1 **red onion**, sliced  
250g **cherry tomatoes**, quartered  
1 **lemon**, cut into wedges

## INSTRUCTIONS

Mix together the olive oil, lemon juice, lemon zest, basil and honey. Submerge the prawns in the marinade, cover and refrigerate for 4-5 hours.

Meanwhile, toss together the red onion and cherry tomatoes.

Bring a bbq grill plate to high heat and cook the prawns for 2-3 minutes each side.

Toss the prawns with the onion and cherry tomatoes. Serve with lemon wedges.

# ZESTY PRAWN SALAD

424  
CALORIES

59  
PROTEIN

11  
CARBS

16  
FATS

2  
FIBRE







SERVES 4 | TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

1 tsp **dried chilli flakes**  
1 tsp **Chinese five spice**  
1/2 tsp **garlic powder**  
1 tsp **salt**  
1 tsp **black pepper**  
2 tbsp **rice flour**  
800g **firm tofu**, patted dry with kitchen towel and cut into cubes  
30ml **vegetable oil**  
1 tbsp **sesame seeds**

## INSTRUCTIONS

Combine the chilli flakes, Chinese five spice, garlic, salt & cracked pepper and rice flour together in a large shallow dish. Submerge the tofu in the flour and spices, making sure all edges are well coated.

Add the vegetable oil to a large frying pan and bring it to a medium-low heat. Add the tofu and cook for 2-3 minutes each side or until golden and a little crispy.

Sprinkle with sesame seeds and serve hot.

# SALT & PEPPER TOFU

305  
CALORIES

37  
PROTEIN

10  
CARBS

13  
FATS

2  
FIBRE

# MAIN COURSES













SERVES 6 | TOTAL TIME: 25 MINUTES

DF

## INGREDIENTS

1/2 tbsp **olive oil**  
2 **red onions**, sliced  
1 x (225g) packet **chorizo ring**  
2 **cloves garlic**, minced  
100g **black olives**, chopped  
250g **cherry tomatoes**  
200g **couscous** (uncooked)  
70ml **chicken stock**  
1 **lemon**, cut into wedges

## INSTRUCTIONS

Start by heating the olive oil in a deep fry pan. Add the onion and chorizo and cook for 5 minutes. Add the garlic and black olives and cook for another 3-4 minutes.

Next, throw in the cherry tomatoes, couscous and stock. Reduce to a low heat, cover, and simmer for 8-10 minutes or until the stock is absorbed. Give it a quick stir every few minutes to make sure it's not sticking.

Serve with lemon wedges.

# SPICY CHORIZO COUSCOUS

400  
CALORIES

13  
PROTEIN

33  
CARBS

24  
FATS

1  
FIBRE





SERVES 4 | TOTAL TIME: 20 MINUTES (PLUS 1-8 HOURS FOR MARINATING)

GF

## INGREDIENTS

800g **chicken breast**, cut into large bite-sized pieces

2 tbsp **olive oil**

60ml **balsamic vinegar**

2 tbsp **honey**

2 **cloves garlic**, minced

**Salt & cracked pepper**

**For the ranch dressing**

2 **red chillies**, diced

125ml **buttermilk**

120g **sour cream**

1 tbsp **lemon juice**

**Cracked pepper**

## INSTRUCTIONS

Mix together the olive oil, balsamic vinegar, honey, garlic, salt & cracked pepper.

Submerge the chicken in the marinade, cover and place in the fridge for at least 1 hour, or you can leave it overnight.

Heat a barbeque or char-grill plate over high heat and cook the chicken for 3-4 minutes each side or until fully cooked through.

Make the dressing by mixing together the chillies, buttermilk, sour cream, lemon juice and cracked pepper.

Transfer chicken to a serving platter and serve with ranch dressing.

# GRILLED CHICKEN BITES WITH RANCH DRESSING

250  
CALORIES

32  
PROTEIN

8  
CARBS

10  
FATS

0  
FIBRE





SERVES 4 | TOTAL TIME: 6 HOURS AND 30 MINUTES

GF DF

## INGREDIENTS

1 tbsp **olive oil**  
600g **chicken thigh fillets**  
1 **onion**, diced  
2 tsp **garlic**, minced  
400ml **apricot nectar**  
1/2 tbsp **balsamic vinegar**  
1 tsp **parsley**  
1 tsp **thyme**  
400g tinned **apricot halves**, drained

## INSTRUCTIONS

Bring a large frying pan to high heat, add the oil and brown the chicken for about 3-4 minutes.

Transfer to a 5.5L slow cooker.

Add onion to the same pan and cook for about 5 minutes or until translucent.

Add the garlic, apricot nectar, balsamic vinegar, parsley and thyme.

Pour the mixture into the slow cooker, cover and cook on low for 6 hours. Add the apricot halves for the last 30 minutes.

Optional: serve with brown rice or couscous.

# SLOW COOKER APRICOT CHICKEN

462  
CALORIES

18  
PROTEIN

48  
CARBS

22  
FATS

1  
FIBRE







SERVES 2 | TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

300g **lamb cutlets**  
80ml **red wine vinegar**  
15g **fresh rosemary**, finely chopped  
1 tsp **fine sea salt**  
For the **sprouts**:  
250g **Brussels sprouts**  
2 tsp **olive oil**  
1 **clove garlic**, minced  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Slice very thin slices in the lamb racks.

In a medium bowl, mix together the red wine vinegar, rosemary and sea salt.

Submerge the lamb racks in the sauce with the fatty side down. Let it sit for 20 minutes.

Meanwhile, toss the Brussels sprouts in olive oil, garlic, salt & cracked pepper.

Transfer the lamb and Brussels sprouts to an ovenproof dish and cook for 25 minutes or until the lamb is cooked to your liking. (keep the leftover marinade and set aside) Give the pan a shake half way through to make sure the Brussels sprouts don't stick.

Meanwhile add the reserved sauce to a small saucepan and bring to a boil. Cook for 2-3 minutes or until thickened.

Divide the lamb and Brussels sprouts between two plates and serve with sauce.

# LAMB RACKS WITH SPROUTS

470  
CALORIES

47  
PROTEIN

12  
CARBS

26  
FATS

5  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

For the tartare sauce:

80g **mayonnaise**

2 tbsp **pickles**, finely chopped

1 **spring onion**, finely chopped

1 tbsp **lemon juice**

For the burgers:

4 **white fish fillets**

1 tbsp **olive oil**

Zest 1 **lemon**, finely grated

1 tbsp **dill**, finely chopped

**Sea salt & cracked pepper**

4 **soft bread rolls** (gluten-free if required)

4 **butter lettuce leaves**

## INSTRUCTIONS

Add the mayonnaise, pickles, spring onion and lemon juice to a small dish and stir well to combine. Set aside.

Next, mix together the olive oil, lemon zest, dill, sea salt & cracked pepper in a shallow dish. Submerge the fish fillets and turn to coat both sides.

Heat the barbeque or grill plate and cook fish for about 3 minutes each side or until cooked to your liking.

Slice buns in half, add a generous dollop of tartare sauce, a butter lettuce leaf and finally, the fish.

# LEMONY FISH BURGERS

435  
CALORIES

27  
PROTEIN

30  
CARBS

23  
FATS

4  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES (PLUS 30 MINUTES FOR MARINATING)

GF DF

## INGREDIENTS

450g **beef sirloin steak**, sliced into bite-sized pieces

2 bunches **bok choy**

1 tbsp **coconut oil**

2 **cloves garlic**, minced

2cm piece **ginger**, finely chopped

For the marinade:

2 tbsp **tamari**

1 tbsp **sesame oil**

1 tbsp **rice wine vinegar**

**Salt & cracked pepper**

1 tsp **cornstarch**

1/4 tsp **baking soda**

For the **sauce**:

2 tbsp **tamari**

2 tsp **Sambal Oelek**

2 tsp **sesame oil**

## INSTRUCTIONS

Start by mixing all the marinade ingredients together. Submerge the beef in the marinade and allow it to sit for 30 minutes.

Next, mix together the sauce ingredients and set aside.

Place the bok choy in a large fry pan, along with 3 tbsp of water. Put the lid on and bring the fry pan to medium heat. Cook for 3 minutes, drain and set aside.

Add the coconut oil to a large wok and bring to medium heat. Cook the garlic and ginger for 1-2 minutes, stirring continuously so it doesn't stick. Turn the heat up a little higher and add the beef. Allow the beef to cook for 3-4 minutes before flipping and cooking the other side.

Pour the sauce all over the beef, add the bok choy and stir to heat through.

Serve immediately.

# BEEF WITH BOK CHOY

301  
CALORIES

25  
PROTEIN

3  
CARBS

21  
FATS

1  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES



## INGREDIENTS

- 350g **whole-wheat spaghetti** (uncooked) (gluten-free if required)
- 250g **asparagus**, trimmed
- 1 large **courgette**, sliced and cut into quarters
- 1 bunch **spring onions**, trimmed
- 125g **basil pesto** (vegan if required)
- 1 **lemon**, juiced

## INSTRUCTIONS

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

In a large wok or frying pan add the asparagus, courgette and spring onions. Cook for 2 minutes. Add the basil pesto and cook for another 3-4 minutes or until the vegetables are just tender.

Toss the spaghetti with vegetables, season with salt & pepper and squeeze the juice of the lemon all over.

# GREEN SPAGHETTI

435  
CALORIES

16  
PROTEIN

59  
CARBS

15  
FATS

10  
FIBRE

50





SERVES 2 | TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

350g **mangetout**  
20g **basil leaves**  
2 tbsp **avocado oil**  
1 tbsp **red wine vinegar**  
4 large **cos lettuce leaves**  
1 x (400g) tin **butter beans**, drained and rinsed  
150g **tuna** in springwater, drained  
2 hard boiled **eggs**

## INSTRUCTIONS

Start by bringing a pot of salted water to boil. Add the mangetout and cook for 2-3 minutes or until just tender. Drain and rinse under cold water immediately.

Meanwhile, add the basil, avocado oil, vinegar, salt & cracked pepper to a blender and blitz until smooth.

Toss the tuna with the mangetout, white beans and lettuce. Pour the dressing all over.

Divide between two bowls and serve with boiled eggs.

# TUNA & BUTTER BEAN SALAD

396  
CALORIES

36  
PROTEIN

27  
CARBS

16  
FATS

5  
FIBRE







SERVES 6 | TOTAL TIME: 35 MINUTES

GF DF

## INGREDIENTS

2 tbsp **sesame oil** (divided)  
500g **chicken breast**, sliced into strips  
2 long **red chillies**, diced  
2 **brown onions**, diced  
3 **cloves garlic**, minced  
1 head **broccoli**, cut into florets  
1 head **cauliflower**, cut into florets  
2 **red bell pepper**, sliced  
2 **courgette**, sliced  
125ml **tamari**  
60ml **sesame oil**  
30ml **rice wine vinegar**  
3 tbsp **honey**

## INSTRUCTIONS

Add the sesame oil to a large wok and bring to medium-high heat. Add the chicken and cook for 8-10 minutes or until lightly browned and cooked through. Set aside and cover with aluminium foil to keep warm.

In the same pan, add the chillies and onion and cook for 5 minutes or until onion is translucent.

Next, add the garlic, broccoli, cauliflower, bell pepper and courgette. Cook for 10 minutes or until tender.

Meanwhile, mix together the tamari, sesame oil, rice wine vinegar and honey.

Once the vegetables are cooked, toss through the cooked chicken and sauce. Heat through for 1-2 minutes.

Divide between six bowls and serve with rice or just on it's own.

# EASY CHICKEN STIR-FRY

451  
CALORIES

36  
PROTEIN

34  
CARBS

19  
FATS

7  
FIBRE





SERVES 2 | TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

75g **vermicelli noodles**  
1/2 tbsp **peanut oil**  
300g **pork mince**  
2 long **red chillies**, sliced  
1 1/2 tbsp **fish sauce**  
30ml **lime juice**  
1/2 tbsp **coconut sugar**  
1 large **carrot**, shredded  
2 1/2 tbsp **fresh mint**, leaves torn  
2 1/2 tbsp **coriander**, leaves picked

## INSTRUCTIONS

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

Next, add the peanut oil to a large wok and bring it to a medium-high heat. Add the pork mince and cook for 5-7 minutes or until cooked through.

Mix together the fish sauce, lime juice and coconut sugar in a small bowl, then pour it over the pork. Stir to heat through.

Toss the pork with the cooked noodles, shredded carrot, mint leaves and coriander.

# VIETNAMESE PORK NOODLES

470  
CALORIES

27  
PROTEIN

23  
CARBS

30  
FATS

3  
FIBRE







SERVES 6 | TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

1 tbsp **olive oil**  
2 **garlic cloves**, minced  
1 tsp **chilli flakes**  
250g **shiitake mushrooms**  
1 bunch **broccolini**, stems cut in half lengthways  
1 **avocado**, mashed  
1 **lime** juiced  
4 **corn tortillas**, warmed  
1/2 bunch **coriander**, leaves picked  
**Chilli sauce**

## INSTRUCTIONS

Start by mixing together the olive oil, garlic and chilli flakes and toss the mushrooms and broccolini to coat.

Transfer the vegetables to a large frying pan and cook for 5-6 minutes.

Meanwhile, mash the avocado with the lime juice.

Divide the vegetables between the tortillas, top with avocado, coriander and chilli sauce.

# SHIITAKE TACOS

439  
CALORIES

13  
PROTEIN

54  
CARBS

19  
FATS

9  
FIBRE





SERVES 4 | TOTAL TIME: 30 MINUTES



## INGREDIENTS

350g **brown spiral pasta** (gluten-free if required)  
1 tbsp **olive oil**  
1 **brown onion**, diced  
3 **cloves garlic**, minced  
1 **courgette**, grated  
1 **carrot**, grated  
1 x (800g) can diced Italian **tomatoes**  
1 tbsp **dried oregano**  
1 tbsp **dried parsley**  
1 x (425g) can **brown lentils**, drained  
2 tbsp **nutritional yeast**

## INSTRUCTIONS

Start by cooking the pasta according to packet instructions.

Meanwhile, heat the oil in a large frying pan on medium-high heat. Add the onion and cook for 5 minutes.

Add all the other ingredients and cook, stirring regularly for 7-10 minutes.

Divide pasta between four bowls, top with bolognese sauce and sprinkle with nutritional yeast flakes.

# VEGAN BOLOGNESE

475  
CALORIES

19  
PROTEIN

84  
CARBS

7  
FATS

10  
FIBRE





SERVES 4 | TOTAL TIME: 15 MINUTES

GF

## INGREDIENTS

1 tbsp **olive oil**  
400g **beef sizzle steak**, sliced  
500g frozen stir fry **Asian mixed vegetables**  
200ml **peppercorn sauce**

## INSTRUCTIONS

Heat the oil in a large wok on medium-high heat.

Cook the beef for 4-5 minutes or until cooked to your liking. Remove from the pan, cover with aluminium foil and set aside.

Add the vegetables to the same wok and cook for 3-4 minutes.

Return the beef to the wok, add the sauce and stir through for 2 minutes.

Divide between four bowls and serve immediately.

# SIZZLE BEEF STIR FRY

298  
CALORIES

22  
PROTEIN

3  
CARBS

22  
FATS

0  
FIBRE







SERVES 4 | TOTAL TIME: 85 MINUTES

GF

## INGREDIENTS

2 medium-large **sweet potatoes**  
2 tsp **olive oil**  
2 tbsp **tomato paste**  
100g **cheddar cheese**, grated  
1/2 **red onion**, thinly sliced  
1 **red bell pepper**, thinly sliced  
200g **black olives**, pitted & sliced  
50g **salami**  
2 tsp **chilli flakes**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Brush sweet potatoes with oil, wrap in aluminium foil and cook for 50-60 minutes.

Once potatoes are cooked, remove from the oven, unwrap and cut in half lengthways.

Top with cheese, onion, red bell pepper, olives, salami and chilli flakes.

Place back in the oven and cook for 15 minutes or until the cheese has melted and salami is crispy.

# PIZZA JACKET POTATOES

320  
CALORIES

10  
PROTEIN

25  
CARBS

20  
FATS

3  
FIBRE

# DESSERTS











SERVES 12 | TOTAL TIME: 60 MINUTES (PLUS 3 HOURS FOR COOLING)



## INGREDIENTS

- 250g **cream cheese**, softened
- 200ml **maple syrup**
- 2 **eggs**
- 2 **oranges**, juiced
- 1 tbsp **cornflour**
- 1kg **fresh ricotta**
- 2 tsp **vanilla essence**
- 250g **blueberries**

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Using an electric mixer, beat together the cream cheese and maple syrup on high for about 5 minutes.

Next, add the eggs, orange juice, cornflour, ricotta and vanilla essence. Beat for another 4-5 minutes or until very smooth. Gently mix through the blueberries.

Place in the oven and cook for 40 minutes.

Cool for 4 hours in the fridge before serving.

# RICOTTA CHEESECAKE

311  
CALORIES

9  
PROTEIN

26  
CARBS

19  
FATS

2  
FIBRE





SERVES 15 | TOTAL TIME: 40 MINUTES



## INGREDIENTS

300g **rolled oats** (gluten-free if required)  
30g **protein powder** (of your choice)  
3/4 tsp **baking soda**  
1/2 tsp **salt**  
60g **butter**, softened  
45g **coconut sugar**  
1 large **egg**  
1 tsp **vanilla extract**  
125ml **peanut butter**

## INSTRUCTIONS

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

Blend up 100g of the oats in a food processor or blender.

Combine the ground oats with the remaining whole oats, protein powder, baking soda, and salt. Stir to combine and set aside.

Next, using an electric beater, cream together the butter and coconut sugar. Add the egg, vanilla extract and peanut butter and mix to combine.

Slowly pour the dry ingredients into the wet mix and stir until just combined.

Roll the cookie mixture into balls, place on the baking tray and flatten with the back of a fork.

Bake for 8-10 minutes or until turning golden.

# OATMEAL PROTEIN COOKIES

185  
CALORIES

6  
PROTEIN

20  
CARBS

9  
FATS

3  
FIBRE





SERVES 12 | TOTAL TIME: 5 MINUTES (PLUS 1 HOUR FOR COOLING)

# COCO PUFFS

V

## INGREDIENTS

150ml **coconut oil**, melted  
35g **cocoa powder**  
75ml **honey**  
50g **desiccated coconut**  
100g **whole grain puffed rice**

## INSTRUCTIONS

Start by melting the coconut oil in a large mixing bowl. Add the cocoa powder and mix to combine.

Next, whisk in the honey and desiccated coconut.

Finally, gently mix through the puffed rice.

Spoon the mixture into cupcake and refrigerate for one hour.

171  
CALORIES

2  
PROTEIN

7  
CARBS

15  
FATS

1  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

V

## INGREDIENTS

35g **self-raising flour**  
60ml **almond milk**  
2 tbsp runny **peanut butter**  
1 tbsp **coconut sugar**  
1 tbsp **white chocolate chips**

## INSTRUCTIONS

Place all the ingredients (except the white choc chips) in a large microwave safe mug. Gently mix in the chocolate chips and also sprinkle some on top.

Microwave for 1 minute 30 seconds or until cooked through.

# PEANUT BUTTER MUG CAKE

504  
CALORIES

15  
PROTEIN

57  
CARBS

24  
FATS

3  
FIBRE



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