



# 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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# BREAKFASTS









SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

1 green **apple**  
80g frozen **raspberries**  
100g **Greek yoghurt**  
125ml **almond milk**  
1 tbsp **psyllium husk**  
5 **ice cubes**

## INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.

# RASP-APPLE SMOOTHIE

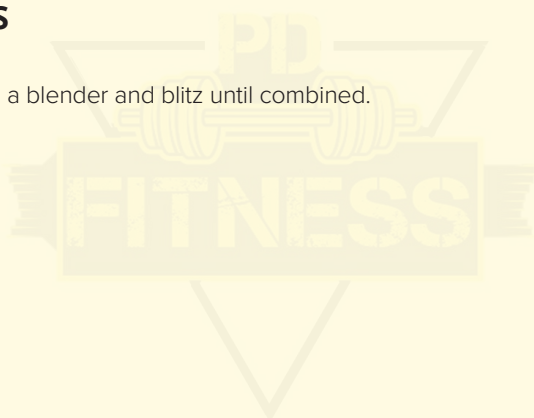
216  
CALORIES

11  
PROTEIN

28  
CARBS

7  
FATS

11  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

125ml **orange juice**  
100g tinned **pineapple**  
1 frozen **banana**  
1 x 2cm piece **ginger**, peeled  
1/2 **lime**, juiced

## INSTRUCTIONS

Add all ingredients to a blender and blitz until combined.

# GOOD MORNING SMOOTHIE

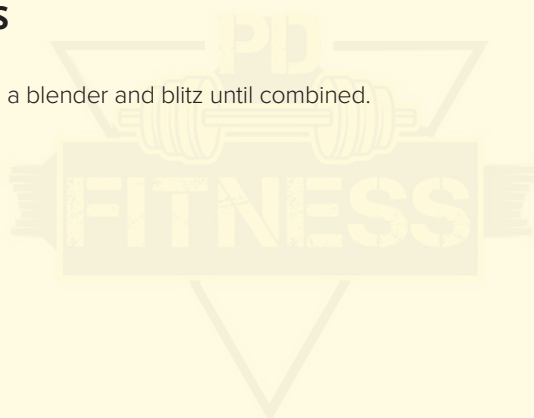
219  
CALORIES

3  
PROTEIN

53  
CARBS

1  
FATS

4  
FIBRE



Sunflower seeds are especially high in vitamin E and selenium.



SERVES 2 | TOTAL TIME: 10 MINUTES (PLUS 8 HOURS REFRIGERATION)

# CHIA BREAKFAST BOWL

## INGREDIENTS

- 6 tbsp **chia seeds**
- 2 tbsp **sunflower seeds**
- 2 tsp **cinnamon**
- 220ml **almond milk**
- 2 tbsp **almonds**, chopped
- 6 **dates**, chopped
- 6 slices **orange**

## INSTRUCTIONS

Divide the chia seeds, sunflower seeds, cinnamon and almond milk between two bowls or jars and mix well to combine. Place in the fridge overnight.

In the morning, top each bowl with almonds, prunes and slices of orange.

**586**  
CALORIES

**18**  
PROTEIN

**59**  
CARBS

**29**  
FATS

**22**  
FIBRE



**SERVES 2 | TOTAL TIME: 10 MINUTES**

# EGG TOAST

## INGREDIENTS

2 **slices wholemeal bread** (gluten-free if required)  
2 tsp **butter**  
2 **eggs**  
60g **cheddar cheese**, grated

## INSTRUCTIONS

Using a cookie cutter or glass, cut a hole in each slice of bread.

Heat the oil in a large, non-stick frying pan and cook the bread for 2 minutes or until golden.

Flip the bread, crack the egg in the hole and sprinkle with cheese. Cook for another 3-4 minutes or until the egg is cooked to your liking.

Season with salt & cracked pepper and serve.

**326**  
CALORIES

**18**  
PROTEIN

**18**  
CARBS

**21**  
FATS

**2**  
FIBRE

Buckwheat consumption is linked to improved blood sugar control and heart health.





SERVES 3 | TOTAL TIME: 35 MINUTES

# GREEN PROTEIN PANCAKES

## INGREDIENTS

200g **spinach**  
280ml **buttermilk**  
1 **egg**, beaten  
2 tbsp **plain protein powder**  
175g **buckwheat flour**  
1 tsp **baking powder**  
1 tsp **salt**  
2 tbsp **Avocado oil**  
1 **avocado**

## INSTRUCTIONS

Firstly, place the spinach in a colander and pour over boiling water. Squeeze out excess liquid then place spinach in a food processor. Add the buttermilk and egg and blitz until smooth.

Mix all the dry ingredients in a large bowl. Pour the wet ingredients into the dry and mix to combine.

Heat the avocado oil in a large frying pan over medium heat. Spoon the pancake mixture into the pan, one ladle at a time. Cook each pancake for 2-3 minutes or until bubbles appear. Flip and cook for another minute.

Transfer cooked pancakes to a plate and cover with aluminium foil to keep warm.

Serve with sliced avocado.

401  
CALORIES

30  
PROTEIN

32  
CARBS

17  
FATS

6  
FIBRE



SERVES 3 | TOTAL TIME: 20 MINUTES

# BREAKFAST SAUSAGE BURRITO

## INGREDIENTS

- 2 tsp **olive oil**
- 1 **brown onion**, diced
- 250g **breakfast sausage**
- 1 **green bell pepper**, diced
- 3 **tortillas** (gluten-free if required)
- 1/2 **avocado**, sliced
- 1 large **tomato**, sliced

## INSTRUCTIONS

Add the olive oil to a large frying pan and cook onion for 5 minutes or until translucent.

Add the sausage and green bell pepper and cook for about 7 minutes or until meat is fully cooked.

Heat the tortillas in the microwave for 40 seconds.

Spoon sausage mixture into the tortillas and top with avocado and cheese.

491  
CALORIES

15  
PROTEIN

38  
CARBS

31  
FATS

4  
FIBRE

# SIDES & SMALL PLATES





The domesticated carrot that we know today originated from the wild carrot called *Daucus carota* which was native to Europe and south western Asia.



SERVES 4 | TOTAL TIME: 45 MINUTES

# ROASTED CARROTS

## INGREDIENTS

8 **carrots**, sliced  
1 **red onion**, diced  
1 tbsp **olive oil**  
1/2 tsp **cumin**  
40g **raisins**  
10g **fresh parsley**

## INSTRUCTIONS

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

In a large bowl toss together the carrot, onion, olive oil and cumin. Lay on the tray, place in the oven and cook for 20-25 minutes.

Transfer carrots to a serving plate and allow to cool.

Once cooled, toss through the raisins and sprinkle with fresh parsley.

124  
CALORIES

2  
PROTEIN

20  
CARBS

4  
FATS

5  
FIBRE





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

# TOMATO BISQUE

## INGREDIENTS

2 tbsp **olive oil**  
3 sprigs **spring onion**, diced  
1 **clove garlic**, finely chopped  
1 **carrot**, chopped  
1 stalk **celery**, chopped  
1/2 tsp **salt**  
1/2 tsp **cracked pepper**  
1 tsp dried **parsley**  
1 tsp dried **thyme**  
1 **bay leaf**  
1L **vegetable stock**  
800g crushed **tomatoes**  
250ml heavy **cream**

## INSTRUCTIONS

Add the olive oil to a large saucepan over high heat. Add the spring onion and garlic and cook, stirring continuously for 3-4 minutes. Add the carrot and celery and cook for another 5 minutes.

Next, add the salt & cracked pepper, parsley, thyme, bay leaf, vegetable stock, and tomatoes. Reduce the heat and simmer for 30-40 minutes.

Transfer to a blender (or use a stick blender) and blitz until smooth.

Finally, stir through the cream.

Divide between 4 bowls and season with salt & cracked pepper.

**253**  
CALORIES

**5**  
PROTEIN

**14**  
CARBS

**20**  
FATS

**3**  
FIBRE

Ham production is of French origin. It was the Gauls who first became known for the salting, smoking, and curing of pig about 2000 years ago.



SERVES 12 | TOTAL TIME: 40 MINUTES

## INGREDIENTS

300g **self raising flour**  
100g shaved **ham**  
1/4 tsp **salt**  
175ml **milk**  
1 **egg**, beaten  
60ml **olive oil**  
100g tasty **cheese**  
100g **creamed corn**

## INSTRUCTIONS

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

In a large bowl, mix together the flour, ham and salt. Make a little well and pour in the milk, egg, olive oil, cheese and corn. Gently stir to combine.

Spoon the mixture into the muffin trays, place in the oven and cook for 17-20 minutes.

Allow to cool for 5 minutes before serving.

# HAM AND CORN SAVOURY MUFFINS

197  
CALORIES

7  
PROTEIN

20  
CARBS

10  
FATS

1  
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES

# BBQ CORN

## INGREDIENTS

4 **corn cobs**  
4 tbsp **pesto sauce**  
60g **cheddar cheese**  
60g **Parmesan cheese**  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat grill to high heat. Add corn and cook, turning regularly, for about 10 minutes or until charred all over.

Spread 1 tbsp of pesto on each cob, sprinkle with cheese and season with salt & pepper.

**324**  
CALORIES

**15**  
PROTEIN

**25**  
CARBS

**18**  
FATS

**3**  
FIBRE

Unlike nuts that grow on trees, peanuts grow underground.



SERVES 4 | TOTAL TIME: 15 MINUTES

## INGREDIENTS

60ml **peanut oil**  
2 long **red chillies**, sliced  
75g peanuts  
125ml **rice wine vinegar**  
1 large **cucumber**, sliced into matchsticks

## INSTRUCTIONS

Place the oil in a small saucepan on medium heat. Add the chillies, peanuts and rice wine vinegar and cook stirring continuously for 5 minutes.

Transfer the peanuts and sauce to a blender and blitz until combined.

Serve with cucumber sticks.

# SATAY DIPPING SAUCE

273  
CALORIES

6  
PROTEIN

6  
CARBS

25  
FATS

2  
FIBRE





SERVES 15 | TOTAL TIME: 50 MINUTES

# CHICKEN MEATBALLS

## INGREDIENTS

500g **chicken mince**  
2 tbsp **olive oil**  
25g **sundried tomatoes**  
10g **fresh basil**  
1 tsp **onion powder**  
1 **egg**  
50g **panko crumbs**  
45g **Parmesan cheese**, finely grated  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Mix all the ingredients together in a large bowl.

Roll into bite-sized balls and place on the baking tray.

Place in the oven and cook for 25-30 minutes or until cooked through and golden.

Serve with sweet chilli sauce or chutney.

98  
CALORIES

9  
PROTEIN

3  
CARBS

6  
FATS

0  
FIBRE

This Swedish side dish gets its name from Hasselbacken, the Stockholm restaurant where it was first served.



**SERVES 4 | TOTAL TIME: 80 MINUTES**

# HASSELBACK POTATOES

## INGREDIENTS

1kg desiree **potatoes**  
1 tbsp + 1 tsp **olive oil**  
1 **clove garlic**, minced  
2 tbsp **fresh rosemary**, chopped  
**Salt & cracked pepper**  
20g **parmesan cheese**  
20g **breadcrumbs** (gluten-free if required)

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Cut slices into each potato, 3-6mm apart. The cuts should be deep but not quite all the way through.

Mix together 2 tbsp of olive oil and the garlic in a small bowl. Brush the potatoes with oil, sprinkle with rosemary and season with salt & cracked pepper.

Place in the oven and cook for 60 minutes.

Carefully remove the potatoes from the oven and sprinkle with cheese, breadcrumbs and 1 tsp olive oil. Place back in the oven for 10 minutes.

Allow to cool for 5 minutes before serving.

**273**  
CALORIES

**8**  
PROTEIN

**45**  
CARBS

**7**  
FATS

**2**  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES

# PARMESAN COURGETTE

## INGREDIENTS

- 1 tbsp **olive oil**
- 1 **clove garlic**
- 2 **courgette**, diced
- 1 tsp **dried basil**
- Salt & cracked pepper**
- 1/2 **lemon**, juiced
- 2 tbsp **Parmesan cheese**, grated

## INSTRUCTIONS

Start by heating the olive oil in a medium-sized frying pan. Add the garlic, courgette, basil, salt & cracked pepper and cook for 6-7 minutes or until courgette is tender.

Stir through the lime juice and remove from the heat.

Transfer to serving dish and sprinkle with Parmesan cheese.

155  
CALORIES

9  
PROTEIN

6  
CARBS

11  
FATS

3  
FIBRE

Harissa is a Tunisian & Libyan hot chilli pepper paste.



**SERVES 4 | TOTAL TIME: 25 MINUTES**

# LAMB WITH HOUMOUS

## INGREDIENTS

1 tbsp **olive oil**  
1 **onion**, finely chopped  
1 **clove garlic**, minced  
500g lean **lamb mince**  
1/2 tbsp **Harissa spice**  
50g **argulu**  
4 **tomatoes** chopped  
1 large **cucumber**  
1/2 **red onion**, diced  
120g **houmous**  
4 **wholemeal** pittas

## INSTRUCTIONS

Heat oil in a frying pan over medium heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, lamb and Harissa and cook for 5-7 minutes or until lamb is cooked.

Place the rocket on a serving plate and top with lamb.

Toss together the tomatoes, cucumber and red onion and serve on the side of the lamb with houmous and pittas.

**478**  
CALORIES

**41**  
PROTEIN

**39**  
CARBS

**16**  
FATS

**10**  
FIBRE



# MAIN COURSES









SERVES 4 | TOTAL TIME: 45 MINUTES

# RED LENTIL SOUP

## INGREDIENTS

1 tbsp **ground coriander**  
1 tsp **cumin**  
1 tsp **turmeric**  
1/2 tsp **paprika**  
375g dried **red lentils**  
2L **water**  
1 **brown onion**, diced  
1 large **carrot**, diced  
1 **red bell pepper**, diced  
1 **courgette**, diced

## INSTRUCTIONS

Place the coriander, cumin, turmeric and paprika in a deep saucepan and dry roast for 2-3 minutes.

Add all other ingredients and bring to a boil. Cover and reduce to a simmer for 35-40 minutes or until lentils and vegetables are soft.

Divide between 4 bowls.

**382**  
CALORIES

**25**  
PROTEIN

**68**  
CARBS

**2**  
FATS

**13**  
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES

## INGREDIENTS

2 tbsp **olive oil**  
3 **clove garlic**, minced  
1 **brown onion**, diced  
250g **chicken breast**, sliced  
2 tsp **lemon rind**  
2 tbsp **white wine**  
3 medium **courgettes**, spiralised  
10g **fresh basil**

## INSTRUCTIONS

Add the olive oil to a large frying pan and bring to medium-high heat. Add the garlic, onion and chicken and cook for 7-8 minutes or until chicken is fully cooked.

Meanwhile, bring a large pot of salted water to boil. Submerge spiralised courgette in the water and cook for 1 minute. Drain, keeping aside 125ml pasta water.

Add the lemon and white wine to the chicken.

Add the courgette noodles, reserved pasta water and basil to the chicken and stir to heat through for 2-3 minutes.

Divide between 4 bowls and season with salt & cracked pepper.

# COURGETTI WITH CHICKEN AND LEMON

407  
CALORIES

42  
PROTEIN

15  
CARBS

18  
FATS

5  
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES

## INGREDIENTS

60g **spinach**  
60 **rocket**  
250g **cherry tomatoes**, quartered  
2 **Lebanese cucumbers**, cut into half moons  
2 **mangos**, cut into cubes  
5g **mint** leaves, diced  
60g **Greek yoghurt**  
1 tbsp **lemon juice**  
200g **turkey breast slices**

## INSTRUCTIONS

Toss together the spinach, rocket, cherry tomatoes, cucumber and mango.

In a small bowl, mix together the mint leaves, lemon juice and Greek yoghurt.

Arrange Turkey on top of the salad and drizzle with mint dressing.

# TURKEY SALAD WITH MANGO

395  
CALORIES

34  
PROTEIN

57  
CARBS

5  
FATS

12  
FIBRE

In Japan it's not uncommon to refer to any thin noodle as soba in contrast to udon which are thick noodles made from wheat.





SERVES 4 | TOTAL TIME: 30 MINUTES

# SOBA NOODLE SLAW

## INGREDIENTS

120g **soba noodles** (uncooked)  
140g **red cabbage**, shredded  
2 large **carrots**, grated  
1 large **cucumber**, thinly sliced  
For the **sauce**:  
100g **peanut butter**  
3 tbsp **tamari**  
2 tbsp **honey**  
1 **lime** juiced  
2 tsp **sesame oil**  
2 **cloves garlic**, minced  
1/2 tbsp **ginger**, grated  
For garnishing:  
40g **coriander**, leaves picked  
1 long **red chilli**, sliced

## INSTRUCTIONS

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

In a large bowl, toss together the cabbage, carrots and cucumber.

In a small bowl, whisk together all dressing ingredients. If the sauce is too thick, just add a little water.

Stir the dressing through the salad and top with coriander and fresh red chilli.

352  
CALORIES

14  
PROTEIN

39  
CARBS

15  
FATS

5  
FIBRE



SERVES 4 | TOTAL TIME: 35 MINUTES

## INGREDIENTS

1 tbsp **olive oil**  
1 **onion**, diced  
500g **aubergine**, sliced  
1 long **red chilli**, sliced  
750g **ripe tomatoes**, peeled and chopped  
125g tinned **tuna**, drained  
40g chopped **basil leaves**  
400g **penne pasta** (gluten-free if required)

## INSTRUCTIONS

Heat the oil in a large frying pan. Add the onion and aubergine and cook, stirring continuously for 10 minutes or until aubergine has softened.

Add the tomatoes and basil, cover and simmer for 15 minutes.

Meanwhile, cook the pasta according to packet instructions. Drain and rinse.

Once the pasta is cooked, stir the tuna through the sauce, followed by the pasta for 1-2 minutes.

Divide between 4 bowls.

# RICH TOMATO & TUNA PASTA

490  
CALORIES

23  
PROTEIN

86  
CARBS

7  
FATS

8  
FIBRE

Americans alone consume approximately 50-billion burgers a year.



SERVES 6 | TOTAL TIME: 40 MINUTES (PLUS 60 MINUTES REFRIGERATION)

# HEALTHY HAMBURGERS

## INGREDIENTS

350g **lean mince**  
1 large **carrot**, grated  
1 **courgette**, grated  
125g **breadcrumbs** (gluten-free if required)  
15g **parsley**, chopped  
2 **garlic cloves**, minced  
1 **egg**, lightly whisked  
1 tbsp **Worcestershire sauce**  
**Salt & cracked pepper**  
6 large **iceberg lettuce** leaves  
6 slices, tinned **pineapple**  
6 slices **tomatoes**  
4 tbsp **mayonnaise**

## INSTRUCTIONS

In a large bowl, combine the beef carrot, courgette, breadcrumbs, parsley, garlic, herbs, Worcestershire sauce, salt & cracked pepper. Roll the mixture into 6 patties and place in the fridge for 60 minutes.

Bring the grill plate to medium-high heat and cook patties for 5-6 minutes each side.

Place each pattie inside a lettuce leaf and top sliced pineapple, tomato and mayonnaise.

352  
CALORIES

15  
PROTEIN

25  
CARBS

21  
FATS

2  
FIBRE



SERVES 2 | TOTAL TIME: 50 MINUTES

# BBQ LAMB

## INGREDIENTS

- 2 **lamb steaks**
- 2 sprigs **rosemary**
- 1 tbsp **balsamic vinegar**
- 1 bunch **broccolini**

## INSTRUCTIONS

Start by making little slits in the steaks and insert the fresh rosemary. Drizzle with balsamic vinegar and leave on the kitchen bench for 30 minutes.

Meanwhile, place the broccolini in a saucepan with 3-4 tbsp water. Place a lid on and steam for 4-5 minutes or until tender.

Bring the grill plate to high heat and cook for 3-4 minutes each side or until cooked to your liking.

Serve lamb alongside broccolini.

196  
CALORIES

33  
PROTEIN

3  
CARBS

6  
FATS

2  
FIBRE

Beta-glucan fibre found in barley may help feed healthy gut bacteria, increasing their probiotic activity.





**SERVES 4 | TOTAL TIME: 85 MINUTES**

# BARLEY & MUSHROOM SOUP

## INGREDIENTS

2 tbsp **olive oil**  
1 **brown onion**, chopped  
1 **clove garlic**, minced  
1 **carrot**, diced  
2 **celery** stalks, diced  
400g **mushrooms**, chopped  
200g **pearl barley**  
800ml **vegetable stock**  
**Cracked pepper**

## INSTRUCTIONS

Start by heating the oil in a large saucepan over high heat. Add the onion and cook for 5 minutes or until translucent. Add the garlic, carrot and celery and cook for an additional 5 minutes.

Next, stir through the mushrooms and cook for 2 minutes.

Add the vegetable stock, barley and a generous sprinkling of cracked pepper.

Bring to a boil, reduce to a low simmer and cook for 50-60 minutes or until barley is cooked.

Divide between four bowls and serve with crunchy bread, optional.

**293**  
CALORIES

**9**  
PROTEIN

**45**  
CARBS

**9**  
FATS

**10**  
FIBRE



SERVES 2 | TOTAL TIME: 40 MINUTES

## INGREDIENTS

90g **quinoa**  
4 x **nori sheets**  
1 **avocado**, sliced  
1/2 **cucumber**, sliced  
2 x 125g tin **tuna**, drained  
2 tsp **sesame seeds**

## INSTRUCTIONS

Start by cooking quinoa according to packet instructions. Once cooked allow to fully cool.

Lay the nori sheets out on the bench and layer with quinoa, avocado, cucumber, tuna and sesame seeds.

Gently roll the sushi, once you get close to the edge, sprinkle a little water on the end of the nori sheet to help it stick.

Slice into bite-sized pieces or eat whole.

# TUNA & QUINOA SUSHI

413  
CALORIES

27  
PROTEIN

34  
CARBS

19  
FATS

8  
FIBRE

Paella is a Valencian rice dish that originated in its modern form in the mid-19th century.



**SERVES 4 | TOTAL TIME: 45 MINUTES**

# SEAFOOD PAELLA

## INGREDIENTS

500ml **vegetable stock**  
175g **brown rice**  
1 tbsp **olive oil**  
1 **onion**, diced  
1 **courgette**, sliced  
1 **red bell pepper**, sliced  
2 large **tomatoes**, chopped  
200g **white fish**  
150g **prawns**  
100g **calamari**  
2 tsp **paprika**  
14g **fresh parsley**  
1 **lemon**, juiced

## INSTRUCTIONS

Add the rice and stock to a medium-sized pot and cook according to packet instructions.

In a large pan, add the olive oil and bring to high heat. Add the onion and cook for 5 minutes or until translucent.

Add the courgette, bell pepper and tomatoes and cook for 5 minutes.

Next, add the seafood and cook for an additional 5-7 minutes or until cooked through.

Add the paprika, parsley, lemon and cooked rice. Gently stir to combine.

Divide between 4 bowls and top with a little extra fresh parmesan.

**337**  
CALORIES

**26**  
PROTEIN

**43**  
CARBS

**7**  
FATS

**4**  
FIBRE



SERVES 2 | TOTAL TIME: 30 MINUTES

# BROCCOLI NOODLE BOWL

## INGREDIENTS

100g **soba noodles**  
400g **broccoli**, florets chopped  
1/2 bunch **kale**, stems removed and leaves chopped  
2 tsp **sesame oil**  
2 stalks **spring onion**, diced  
For the **sauce**:  
2 tbs **tamari**  
1 tbsp **rice wine vinegar**  
1/2 tbsp **maple syrup**  
2 tsp **lemon**

## INSTRUCTIONS

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

Bring a large pot of water to boil. Add broccoli and kale and cook for 4-5 minutes or until tender.

Meanwhile, in a small fry pan, add the sesame oil and spring onion. Cook for 4-5 minutes.

To make the dressing, add all ingredients to a small jar and shake well to combine.

Arrange the noodles, cooked broccoli and kale in two serving bowls. Top with spring onion and drizzle dressing all over.

323  
CALORIES

18  
PROTEIN

46  
CARBS

9  
FATS

9  
FIBRE

# DESSERTS







You can apply coconut oil to your hair to increase shine and protect it from damage.



SERVES 12 | TOTAL TIME: 10 MINUTES (PLUS 3 HOURS REFRIGERATION)

# COCCO RASPBERRY BITES

## INGREDIENTS

105g **coconut oil**, melted  
500g frozen **raspberries**  
1 **lemon**, juiced  
2 tsp **honey**

## INSTRUCTIONS

Set aside 12 raspberries, then place all ingredients in your blender, blitz until smooth.

Transfer mixture into a 12 case muffin tin and top each one with a raspberry.

Refrigerate for 3 hours before serving/eating.

98  
CALORIES

1  
PROTEIN

3  
CARBS

9  
FATS

3  
FIBRE



SERVES 6 | TOTAL TIME: 10 MINUTES (PLUS 8 HOURS OVERNIGHT)

# BANANA ALMOND SWEET SANDWICHES

## INGREDIENTS

2 **bananas**  
2 tbsp **almond butter**  
12 **digestive biscuits**

## INSTRUCTIONS

Mush the bananas up in a medium-sized bowl. Add almond butter and mix to combine.

Lay some aluminum foil on a tray and spread half the Digestive biscuits out.

Dollop a spoonful of banana on each cracker and place another cracker on top.

Place in the freezer overnight.

98  
CALORIES

2  
PROTEIN

16  
CARBS

3  
FATS

2  
FIBRE

The Chinese consider the pear, which they call "li," to be a symbol of immortality.



SERVES 2 | TOTAL TIME: 40 MINUTES

# HONEY BAKED PEARS

## INGREDIENTS

2 **pears**, peeled, halved and core removed  
1 tbsp **butter**  
1 tbsp **maple syrup**  
50g **almonds**, finely chopped  
2 tbsp **Greek yoghurt**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a shallow oven proof tray with butter.

Place the pear halves face down in the tray and drizzle with maple syrup.

Place in the oven and bake for 30 minutes or until the face down sides of the pears have caramelised.

Serve with almonds and Greek yoghurt.

**310**  
CALORIES

**7**  
PROTEIN

**23**  
CARBS

**21**  
FATS

**4**  
FIBRE





SERVES 2 | TOTAL TIME: 5 MINUTES (PLUS 60 MINUTES IN THE FREEZER)

# CHOCOLATE NICE CREAM

## INGREDIENTS

3 frozen **bananas**  
35g **cocoa powder**  
110g **dates**  
2 tbsp **almond butter**

## INSTRUCTIONS

Place all ingredients in a blender or food processor and blitz until very smooth.

Transfer to a freezer safe tray and place in the freezer for at least 60 minutes for before serving.

**325**  
CALORIES

**7**  
PROTEIN

**58**  
CARBS

**9**  
FATS

**10**  
FIBRE



# HIGH PERFORMANCE RECIPE BOOK

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