FIRST EDITION

EATING WELL SHOULD NOT BE HELL!

Delicious meals that support your training regime

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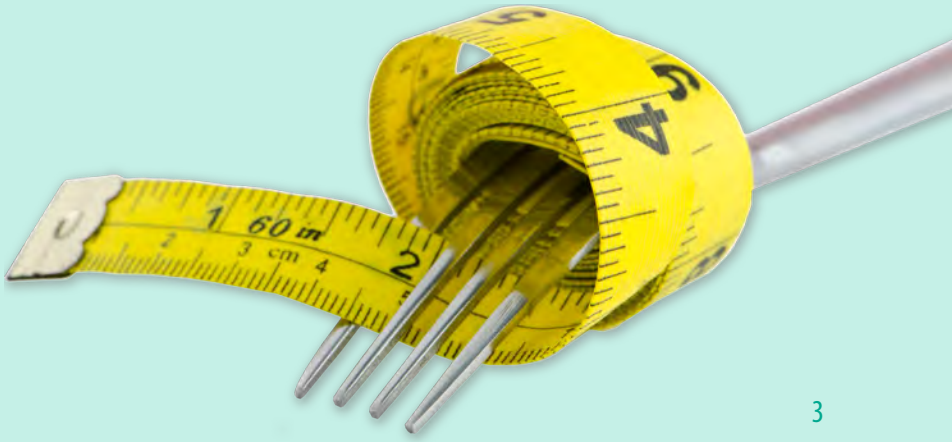

1

INTRODUCTION

The cold hard truth

Task your kids with the 'mission' of helping you with your healthy eating regime

INTRODUCTION

There's an awful lot of advice out there on how to eat healthily and, if we're being honest, it can sometimes feel like too much to think about. Not only that, the chances are you have a family and a job, and having your own 'special diet' is neither practical, nor any fun.

So, let's get the *bad news* out of the way first...

It doesn't matter *how hard* you train, you *will not* achieve and maintain your fitness goals unless you combine your training with a healthy diet.

But, now the *good news*...

In actuality, eating healthily doesn't have to be convoluted, and you don't have to cut yourself off from the rest of your family.

What's important is that you stick with the basics, which is easy to do with these 25 common-sense tips.

1. Prepare healthy dishes that are enjoyable for you and *all* of the family

Many healthy-eating diet plans are b-o-r-i-n-g! In the short term they may help you lose weight, but they're unsustainable - and in the long term the weight often comes back, with a vengeance!

This cookbook contains 43 recipes that are not only healthy, but the food is delicious and, most importantly, practical to prepare. The ingredients are readily found in every supermarket, and you don't need to spend a fortune on new kitchen equipment to cook them!

2. Check the nutrition label before you buy

The front of a packet is all advertising, designed to tempt you to make the purchase. Flip it around, and take a look at the back for the real story.

The more ingredients, the more likely that it has been through a few processes where something artificial has made it into the mix. Checking the label is a great way to find out if there are unnecessary ingredients in something *seemingly* healthy. Because, no, bread does not need added sugar!

3. Eat foods that you could actually grow yourself

Now, we're not suggesting you rent yourself an allotment (although that would be awesome). We're saying try to focus on those foods that you *could* actually grow yourself. A potato comes from the ground. An apple comes from a tree. These are good unprocessed foods that haven't been through a factory.

Factory processing often takes out nutrients, such as antioxidants and fibre. What's worse is that a lot of processed foods tend to sneak in things that aren't really necessary, such as extra salt and sugar.

There's nothing wrong with indulging the occasional processed food craving (life would be pretty dull if you didn't). However, if you're trying

to live a healthier life, be on the lookout for products that have been minimally processed.

4. Eat crunchy foods

We're talking about snacks that offer a big, satisfying crunch when you bite into them - such as apples and celery, not crisps! Keep your mouth busy longer with food you slurp. The more you chew, the slower you eat and the more time your body has to register 'fullness'.

5. Eat more mindfully

When you sit down to a meal, try to savour every bite - especially the first few, because those are the mouthfuls that you will enjoy most.

There is a toning-down of taste buds after the first few bites of a meal. However, that's not the only reason to take it slowly whilst eating. It takes your brain about 20-minutes to realise that your stomach is full. If you're busy throwing food down-your-neck like there's no tomorrow, odds are that you're going to accidentally eat past the 'full point' and wind-up totally stuffed!

6. Drink more water

Staying well-hydrated helps your body function properly, and it also helps make sure that you don't overeat. But it's not just that staying hydrated keeps you from overeating. Sometimes you may feel hungry, when you're actually thirsty. Essentially, no harm can come from drinking a glass of water!

7. Don't skip meals

Don't tell her, but your mother was right! Eating regularly throughout the day keeps your metabolism running at full speed, prevents dips in your energy, keeps you alert and focused, and can help keep your weight steady by preventing overeating at later meals. Most nutritionists recommend eating every 3-4 hours.

8. Snack more often

Yes, we're actually telling you to eat more! In between meals, go ahead and have a snack. When you go too long in between meals without eating, it is difficult to go into your next meal in control, and avoid overeating.

Of course, you'll want to be mindful about the kind of snacks that you opt for. Those that are high in protein, fibre, and complex carbohydrates will help give you the energy to get through the day - and stay satisfied from one meal to the next. Conversely, those snacks that are high in refined carbohydrates and sugar will give you a sudden blood sugar spike that will eventually cause you to crash and feel *even more* tired.

9. Keep healthy snacks handy

The easiest way to make sure your inter-meal nibbling stays under control is to have healthy snacks on hand for when your hunger strikes.

You can keep non-perishable goodies in your desk drawers, or in your gym bag. Simply keeping a bowl of fruit on

your kitchen counter will bring your snacking to the next healthy level.

10. Remove constant temptation from the snack cupboard

Resolving to never eat a sweet again takes a lot of effort, and can create a feeling of deprivation. A more realistic solution is to create an environment in which you can consume fewer sweets without having to rely solely on your willpower.

If all you have to do is walk to your kitchen cupboard, you'll grab a bag and chomp on down. But, let's say you must put on your shoes, find your keys and drive to the shop. Laziness will likely triumph (Yes, sometimes sloth is a good thing!)

11. Treat yourself from time-to-time

Having a treat now and then is a great way to make sure your healthy eating plan stays on track. Now, you might be thinking, how can eating a piece of cake or a doughnut help my eating habits? By not making anything completely off-limits, dietitians explain that you're less likely to wind up feeling deprived - which means you're also less likely to find yourself in a binge-eating episode. It also means that you can have an occasional snack with the kids, rather than being the 'alien mum/dad' that never eats anything 'naughty'.

12. Frozen fruit can be just as healthy

Purchasing organic local produce is better for both the environment and your health, but not always practical.

Frozen, canned and fresh fruit all have comparable amounts of nutrients.

13. Don't bother with 'low-fat' or 'diet' versions of the foods you love

When you're craving a tub of Chunky Monkey, no amount of 'fat-free ice treat' will make up for it. Diet foods leave you feeling hungry and cheated. Instead, splurge on one-scoop of the real deal and savour it. You'll be satisfied physically and psychologically.

14. Choose real fruit over 'fruit flavour'

Seeing flavour on the label is a sign that the food was stripped of its real taste and a fabricated one substituted instead.

"Natural" only means that the additive came from a plant or an animal, which may not be as healthy as it sounds. Scientists even create flavours using bacteria, and call them "natural". Would you buy a pack of Bacteri-Os?

15. Actually eat dinner at a table

As much sitting as we do, we rarely stay put during dinner. The less distracted and stressed you are when you dine, the more efficiently your body absorbs nutrients. Turn off the TV and push your phone away before you dig in.

16. Watch out for drinks with lots of added sugar

Bursting with vitamins! Full of energy! The shop shelves are stuffed full of colourful, cleverly named drinks that sound healthy - but are, actually,

just sweetened water. Don't let the labels fool you. If it's not plain H_2O, or regular tea or coffee, it's a treat. For a healthier thirst-quencher, try lemon or mint iced-tea, or sparkling water with a splash of juice.

17. Don't assume all smoothies are healthy

A smoothie with only fruits and fruit juice is essentially dessert! Smoothies can definitely be a healthy meal option, provided you're using vegetables in addition to those fruits, and high-protein, high-fibre ingredients like almond milk and chia seeds.

Unfortunately a lot of smoothies (especially shop-bought varieties) tend to pack in sugar - and *a lot of it*. In fact, a regular Innocent Super Smoothie packs in a staggering 40g of sugar!

Instead of buying your smoothies, take a look at some of the delicious (yet more healthy) recipes in this guide.

18. Choose meat that hasn't been processed

No-one is expecting you to hunt and skin your supper, but if your chicken has been moulded into nuggets, who knows what you're really chewing. And, when you choose meat that's been processed into sausages, strips or slices, you're chomping salt and preservatives instead of healthy nutrients. Stick to straight cuts, without any of the fuss.

19. When grabbing a bite on-the-go, choose simple snacks

If all you have time for is a quick snack from the petrol station or corner-shop, be aware that you do still have options. Look for snacks like nuts and seeds that pack plenty of flavour (such as wasabi chickpeas), plenty of protein, and not a whole lot else.

20. Cook at home more often

Pushing your snout into a bucket of KFC is one option, but for a healthy meal, you need to invest at least a few minutes in chopping, rinsing and grilling. The result is worth the effort. When you prepare dishes yourself, you can see exactly which ingredients are going into it and make conscious choices about what you truly want to eat.

21. Create a meal plan

A weekly meal plan can help you eat better, as well as saving you time & money during the week. Use the recipes in this cookbook to help you plan a week of cooking. Try to select recipes that use similar ingredients, so that you can buy more efficiently and avoid leftovers.

22. Learn to love meal preparation

Akin to planning your meals, doing meal prep saves you a lot of time - which is a bonus in today's busy world. Get yourself a decent set of Tupperware boxes, well-stocked cupboards, fridge and freezer, and a couple of hours to spare on a Sunday night.

23. Pack up your leftovers right away

Once you have sliced and sautéed your way to a fabulous feast, you don't have to finish every bite. If you keep eating after you're full, you are using your body as a storage unit. If there's enough food left over for lunch tomorrow, pack it up and put it in the fridge.

24. Turn one meal into many

If you're going to make yourself dinner anyway, why not stretch it to get you through lunch for a couple of days, too? It makes sense, doesn't it?!

25. Cut yourself some slack!

If you follow these rules most of the time, but occasionally crave a fast-food fix, a slice of pizza, or a slice of cake, go for it. Enjoying your food isn't an exception to a healthy eating plan - it's an integral part.

We all have to relax a bit. If you fancy fried chicken now and then, enjoy it! Just remember, everything in moderation, and then get back on track so you can look forward to your next 'treat'.

Tell sugar-rich smoothies to 'jog-on', and make your own healthy, delicious alternatives

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SMOOTHIES

Tasty, refreshing, filling, and all *without* the 40g of sugar you find in shop bought versions

SMOOTHIES

MANGO & ALMOND SMOOTHIE

If your mornings are hectic, this rich & tasty smoothie is a quick solution to getting breakfast on-the-run. Packing a kick of protein, this is better than a bowl of sugary cereal any day.

INGREDIENTS

125g	sliced mango
2 tbsp	almond butter
handful	raspberries
handful	ice cubes
100ml	almond milk
2 tbsp	full-fat greek yoghurt
30g	vanilla or strawberry protein powder

METHOD

Place all of the ingredients in a blender, and spritz until smooth.

Pour into a glass, or your travel flask, and you're good-to-go!

A HEADS-UP

Be aware that, whilst a fantastic source of protein, fibre and essential fats, nuts also contain a lot of calories.

Try to restrict yourself to maybe 25-30g, and mix-up your breakfast regime - don't have a smoothie *every* day.

GREEN SMOOTHIE SUPER-BOWL

This nutrient-packed smoothie is power-packed, served in a bowl, and eaten soup-style!

INGREDIENTS

1	avocado
1	banana
1 scoop	moringa powder
2 hands	spinach
1 small	celery stick
1 tbsp	greek yoghurt
1 splash	almond milk
1 sliced	kiwi fruit
6-8	blueberries
a few	chia seeds

METHOD

Place all of the ingredients in a blender, and blend until smooth.

Transfer to a cereal bowl, and top with a sliced kiwi, a few blueberries and a few chia seeds.

HOW ABOUT...

If you're not keen on the kiwi, blueberries or chia seeds, how about adding some mint into the blitz, and then topping with some cocoa powder? Thick, creamy and tasting like an After Eight, what's not to love?!

CODE-RED DETOX SMOOTHIE

Feeling a bit fragile, and in need of a cleanse?

This refreshing detox smoothie delivers fruity bursts of watermelon, strawberry, banana and pomegranate.

INGREDIENTS

100g	watermelon (pips removed)
handful	halved strawberries
½	banana, sliced
150ml	pomegranate juice
150ml	water

METHOD

Place all of the ingredients in a blender, and blend until smooth. Transfer into a glass and let the juice work it's magic!

KALE & APPLE DETOX SMOOTHIE

This detox smoothie recipe is full of vitamins, antioxidants, fibre, and other healthful nutrients giving your body a detoxifying flush. It also contains a large amount of water, which helps to hydrate your body and boost metabolism.

METHOD

Place all of the ingredients in a blender, and blitz. When smooth, pour into a glass.

INGREDIENTS

⅔ cup	almond milk (unsweetened)
1½ cup	kale, chopped
1 stalk	celery, chopped
½	apple
¾ cup	ice
1 tbsp	ground flax seed
1 tsp	honey (optional)

SERVES 1

FATS-ENOUGH FOR ME SMOOTHIE

Low in carbohydrates, this is another smoothie that you can drink on-to-go. The avocado and almond milk provide you with some healthy fats for fuel, with the whey powder giving you a protein boost.

INGREDIENTS

200ml	almond milk
handful	blueberries
handful	blackberries
½	avocado, chopped
3 tbsp	greek yoghurt
2	limes (the juice of)
1 scoop	vanilla protein
1 tbsp	honey (optional)

METHOD

Chuck it all into the blender, hit the button and blitz it until smooth.

A HANDY TIP...

Make sure that you use a soft, ripe avocado to get the best results and taste from this recipe.

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BREAKFAST

"The most important meal of the day"
- *Your mother*

BREAKFAST

SCRAMBLED EGGS & SMOKED SALMON

This tasty dish takes no time to prepare, and is packed with protein. Eat well, whilst keeping the calories under control!

INGREDIENTS

4	medium eggs
1 tbsp	fresh chives
15g	butter
1	english muffin, cut in half
4 slices	smoked salmon (approx. 75g)
a pinch	flaked sea salt
a pinch	finely ground black pepper

METHOD

With a metal whisk, beat the eggs well with a pinch of flaked sea salt, and lots of freshly ground pepper. Stir in the chives.

Over a low heat, melt the butter in a medium non-stick saucepan. Pour the beaten eggs into the pan and cook very gently, stirring slowly until the eggs are softly scrambled.

Whilst cooking the eggs, toast the muffin and put half on each plate. After about 2-minutes of cooking, remove the pan from the heat, and continue to stir for a few seconds more.

Spoon the scrambled eggs over the muffins, add the slices of smoked salmon and season with a little more black pepper.

Serve immediately.

HEALTHY HOMEMADE GRANOLA

INGREDIENTS

175g	mixed nuts (e.g. almonds, walnuts, cashews, pecans)
1 tsp	ground cinnamon
1	apple, cored & grated
150g	rolled oats
40g	raisins
20g	honey

This homemade granola goes really well with Greek yoghurt and fresh berries, plus it is *so much* more healthy than the sugar-laden shop versions.

Taking about half-an-hour, get this granola in the oven and cooking whilst you're doing some of your other meal prep for the week.

METHOD

Preheat your oven to 180°C (fan 160°C, gas mark 4)

Putting the raisins aside, mix the rest of the ingredients in a large bowl. Tip onto a large baking tray and spread into a uniform layer.

Bake for about 25-minutes, pulling out the tray a couple of times, and mixing the granola around. This ensures a nice, even toasting.

Remove from the oven and leave to cool, before stirring in the raisins. Store in a well sealed jar for up to 3-days.

BIG BREAKFAST BURRITO

The Big Breakfast Burrito is a nutritious cocoon of breakfast ingredients in a wholemeal wrap, perfect for when you're rushing to work.

INGREDIENTS

1 tsp	chipotle paste
1	egg
1 tsp	rapeseed oil
50g	kale
7	cherry tomatoes, halved
½	small avocado, sliced
1	wholemeal tortilla wrap, warmed
a pinch	salt
a pinch	finely ground black pepper

METHOD

Whisk the chipotle paste with the egg and the seasoning in a jug. Heat the oil in a large frying pan, add the tomatoes and kale.

Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan.

Our the beaten egg into the cleared part of the pan, and beat with a metal whisk to scramble it.

Layer everything into the centre of your wrap, topping with the avocado.

Close-up the wrap, and eat immediately.

SMOKY BEANS ON TOAST

Packing an impressive 4 of your "5 a day", this homemade version of beans-on-toast absolutely whoops the shop bought varieties!

INGREDIENTS

½ tbsp	olive oil, plus extra for drizzling
½	small onion, diced
½	small red pepper, cut into thin strips
1	garlic clove, halved
227g	can chopped tomatoes
½ tsp	smoked paprika
2 tsp	red wine vinegar
210g	can butter beans or chickpeas, drained
¼ tsp	sugar
1	slice seeded bread
a few	parsley sprigs, finely chopped

METHOD

Heat the oil in a small pan, add the onion and pepper, and fry gently until soft. This will take about 10-15 minutes.

Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 minutes, or until slightly reduced and thickened.

Toast the bread, rub with the remaining garlic and drizzle with a little oil.

Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.

AVOCADO & TOFU SCRAMBLE

This low calorie vegan breakfast recipe brings together smoked tofu, pan fried courgettes and a kick of chilli. Ready in less than 30-minutes, it is also gluten-free.

INGREDIENTS

1 tbsp	olive oil
½	onion, finely diced
2 cloves	garlic
1	red chilli, finely chopped
½	courgette, diced
½ tsp	smoked paprika
½ tsp	ground cumin
½ tsp	dried oregano
handful	spinach
225g	smoked tofu
2 slices	sour-dough, toasted
1	avocado, sliced with juice of 1 lime squeezed over
handful	coriander, to garnish

METHOD

Heat the olive oil in a frying pan. Add the onion, garlic, chilli and courgette, along with some seasoning. Cook for 5-minutes until softening, then stir in the paprika, cumin and oregano. Cook for a further 2 minutes.

Add the spinach, and toss for another few minutes, until the spinach has wilted.

Put the tofu into a bowl and mash until it resembles scrambled eggs. Stir this into the pan and cook gently to heat.

Divide between two plates and serve with the toasted sour-dough, avocado and coriander.

4

LUNCH

Lunch time dishes, for when you have access
to a kitchen and time to prepare a meal

LUNCH

SERVES 2

HEALTHY TUNA LETTUCE WRAPS

These nifty little wraps with avocado mayonna are a fantastic low-carbohydrate, high-protein lunch. They're packed with omega-3 rich tuna, and boast three of your "5 a day".

INGREDIENTS

2 drops	rapeseed oil, for brushing
2x 140g	fresh tuna fillets, defrosted
1	ripe avocado
½ tsp	english mustard powder
1 tsp	cider vinegar
1 tbsp	capers
8	romaine lettuce leaves
16	cherry tomatoes, ideally on-the-vine, halved

METHOD

Brush the tuna with a little oil. Heat a non-stick pan, add the tuna and cook for 1-minute each side (or a minute or so longer, for a thicker fillet). Transfer to a plate to rest.

Halve and stone the avocado and scoop the flesh into small bowl. Add the mustard powder and vinegar, then mash well so that the mixture is smooth like mayonnaise. Add the capers, and stir them in. Spoon into two small dishes and put on serving plates with the lettuce leaves and tomatoes.

Slice the tuna (it should be slightly pink on the inside) and arrange on the plates. Spoon some 'mayo' onto the lettuce leaves and top with tuna, cherry tomatoes, and a few extra capers. To eat, roll the lettuce into little wraps.

INDIAN SPICED ROSTI & FRIED EGG

Spiced with cumin and coriander seeds, this one-pot meal is both filling and healthy. Amazingly, it's only 150 calories.

INGREDIENTS

1 tsp	cumin seeds, crushed
1 tsp	coriander seeds, grated
1 small	carrot, grated
1 small	courgette
1	egg
1 squirt	spray oil

METHOD

Toss the cumin seeds and coriander seeds with the carrot and courgette. Add to a small non-stick frying pan and cook over a medium heat, stirring occasionally, until almost tender.

Make a space in the centre of the veg, add a squirt of spray oil and crack in 1 egg. Increase the heat and fry until the egg white has set.

TASTY TIP

Serve sprinkled with fresh coriander and 40g salad leaves.

FISH BURGER WRAPS

At about 440 calories, these fish burger wraps are much healthier than your average burger. Replacing the buns with lettuce wraps cuts down on the carbohydrates, but not the flavour.

INGREDIENTS

4	white fish portions, just thawed
2 tbsp	plain flour
1	medium egg
45-60g	fresh breadcrumbs
½	lemon, zest and juice
2 tbsp	sunflower oil
4	flour tortillas
8 tsp	tartar sauce
1	little gem lettuce
4	dill pickles

METHOD

Pat the fish dry with kitchen-towel. Put the flour on a plate. Beat the egg in a bowl. Mix the crumbs with the lemon zest and seasoning, in a separate bowl.

Coat the fish portions in the flour, dip in the egg, and then coat in the crumbs. Pat them on well, so there's a good coverage.

Heat the oil in a large frying pan. Add the fish and cook over a medium heat for about 5-minutes on each side, until golden. Stand them up in the pan to brown the edges.

Warm the tortillas, then spread each with 2-teaspoons tartar sauce. Pull apart the lettuce leaves and add 2 to each tortilla. Slice the dill pickles lengthways into 4, lay on top of the lettuce leaves, then top each with a fish burger. Squeeze over a dash of lemon juice. Fold the sides, and serve immediately.

ROASTED VEGETABLE COUSCOUS

INGREDIENTS

1	red pepper, de-seeded & chopped
1	yellow pepper, de-seeded & chopped
2	courgettes, sliced
1	large red onion, sliced
1 tbsp	vegetable oil
300g	couscous
450ml	low-salt vegetable stock
16	cherry tomatoes
a pinch	finely ground black pepper

Peppers, courgettes and tomatoes bring plenty of flavour to this dish, with the couscous being a healthy alternative to pasta or rice.

METHOD

Preheat the oven to 180°C (fan 160°C, gas mark 4)

Put the courgettes, onion and peppers into a roasting tin and add the vegetable oil, tossing to coat. Roast in the oven for 25-30 minutes, turning over after 15-minutes.

Meanwhile, put the couscous in a heatproof bowl and add the hot snack, stirring to mix. Cover and leave for 10-15 minutes to soak and swell, then stir with a fork to plump up the grains.

Remove the vegetables from the oven, and add the cherry tomatoes and couscous, stirring them through.

Season with some pepper. Return to the oven for a final 5-minutes to heat through, and then serve.

TARRAGON CHICKEN WITH BRAISED BEANS

Braising green beans is a great way to help them retain their nutrients, and get the most out of their fresh, hearty flavour.

INGREDIENTS

50g	butter
1 tbsp	fresh tarragon leaves, chopped
2 tsp	lemon zest, finely grated
2x 250g	chicken breasts, skin on with part wing bone
150g	round green beans, topped-and-tailed
4 sprigs	lemon thyme
200ml	low-fat chicken stock, hot

METHOD

Heat the oven to 200°C (fan 180°C, gas mark 6). Put a small roasting tin in the oven to heat up.

Soften the butter in a small bowl, then mix in the tarragon, lemon zest and seasoning. Ease your fingers under the skin of the chicken and push the flavoured butter underneath. Season the skin.

Heat a non-stick frying pan over a high heat. Put the chicken in the pan, skin-side down, and cook for 4-minutes. Turn it over and cook for a further 3-4 minutes.

Put the beans and thyme into the warm roasting tin and pour in the stock. Place the chicken breasts on top, skin-side up and pour over the buttery juices. Bake for about 15 minutes until the chicken is cooked through and the beans are tender.

To serve, arrange the beans in 2 hot, shallow bowls with the chicken on top. Pour some of the hot stock into the bowls.

FALAFEL PITTAS

These spicy chickpea cakes are a popular street food all over the Middle East. Served in pitta pockets with a colourful crunchy salad, they are deliciously healthy, as well as fun to eat.

INGREDIENTS

2x 400g	cans chickpeas, drained and rinsed
2	garlic cloves, crushed
1 tsp	ground cumin
1 tsp	ground coriander
1	green chilli, de-seeded and finely chopped
2 tbsp	fresh coriander, chopped
1 small	egg, beaten
2 tbsp	plain flour
2 tbsp	vegetable oil
4	wholemeal pitta bread
4 tbsp	reduced-fat hummus
½	lemon, juice of

SALAD

100g	red cabbage, finely shredded
1	carrot, finely shredded
⅓	cucumber, cut into fine matchsticks
1 small	red onion, thinly sliced

METHOD

Put the chickpeas in a blender and process until smooth. Add the garlic, cumin and ground coriander, and blitz again until well mixed. Add the chilli, fresh coriander, egg and 1 tbsp of the flour and process again briefly. Season to taste. Transfer to a bowl and chill for about 30-minutes to firm the mixture.

Meanwhile, prepare the salad by putting the cabbage, carrot, cucumber and onion in a bowl. Mix together.

Flour your hands with the remaining flour, and shape the chickpea mixture into 8 patties. Heat the oil in a frying pan and fry the patties, for about 3-minutes on each side until crisp and golden. Drain on kitchen-towel.

Warm the pitta breads in a toaster, or under the strip. Stir the lemon juice into the hummus to thin it slightly. Cut a slit lengthwise in the side of each bread to form a pocket. Spread 1 tbsp of hummus inside each pocket, then stuff in 2 falafel with some salad. Serve immediately.

DUAL-BEAN CHILLI

This chilli (sans carné) combines two varieties of beans with sweetcorn in a rich tomato sauce, flavoured with herbs, fresh chilli and chilli sauce.

INGREDIENTS

2 tbsp	extra virgin olive oil
1 large	onion, halved and sliced
1	fresh red chilli, seeded and chopped
400g	can chopped tomatoes
1 tbsp	chilli sauce
2 tbsp	tomato ketchup
600ml	low-salt, hot vegetable stock
1 tbsp	parsley, chopped
1 tbsp	fresh oregano, chopped
400g	can red kidney beans, drained and rinsed
400g	can cannellini beans, drained and rinsed
200g	sweetcorn, frozen
a pinch	salt
a pinch	finely ground black pepper
150g	fromage frais
2 tbsp	fresh chives, snipped
handful	fresh oregano leaves

METHOD

Heat the oil in a large frying pan. Add the onion and chilli, and fry over a moderate heat for 5-minutes, stirring occasionally, until the onion is lightly browned.

Stir in the tomatoes with their juices, the chilli sauce, ketchup, stock, parsley, and oregano, with seasoning to taste. Bring to the boil, then reduce the heat and simmer for 10-minutes, stirring occasionally.

Add the kidney and cannellini beans, plus the sweetcorn. Simmer for a further 10-minutes.

Meanwhile, mix the fromage frais with the snipped chives. Taste the chilli for seasoning, and adjust if necessary. Serve the chilli sprinkled with the oregano leaves, and put the fromage frais mixture in a side-bowl.

SWEET POTATO WITH POACHED EGG & ASPARAGUS

INGREDIENTS

1 small	sweet potato, unpeeled & thinly sliced
2 tbsp	olive oil
100g	asparagus tips
2 large	eggs
handful	salad dressing

This delicious lunch recipe is simple to make. With a gooey poached egg, soft griddled asparagus bursting with flavour and sweet, creamy potato, this dish is an absolute winner.

METHOD

Coat the potato slices in oil. Cook them in batches on a hot griddle pan until well-marked on one side, then flip them over and cook until softened.

Meanwhile, blanch the asparagus for 2-minutes, drain and dry, then coat them in the leftover oil. Griddle for a few minutes, whilst poaching the eggs.

Arrange the vegetables on plates, and put an egg on top.

Drizzle with a *light* salad dressing of your choice.

QUICK CRAB MELT

A gorgeous combination of crab, mustard, chilli, coriander, lime and mascarpone on ciabatta. This is a popular, Cornish favourite.

INGREDIENTS

½ pack	"seafood & eat it" white crab (or equivalent)
1 tsp	dijon mustard
1 tsp	mascarpone
½	red chilli, finely sliced
handful	coriander, roughly chopped
squeeze	lime
2 slices	ciabatta
handful	grated mozarella
a pinch	finely ground black pepper

METHOD

Mix the crab, mustard, mascarpone, chilli and coriander in a bowl until well combined. Squeeze over the lime.

Spread the mixture over the ciabatta, and top with a little grated mozarella cheese.

Toast under the grill until golden.

Season with pepper, and serve.

STEADY AS YOU GO...

Don't overdo the cheese, and don't have this every lunchtime! This is a quick and delicious treat, but you don't want too much cheese in your healthy eating plan.

VIETNAMESE SPRING ROLLS

Healthy, and not fried, these Vietnamese spring rolls are definitely worth the effort.

INGREDIENTS

50g	rice vermecilli or rice noodles
8	spring roll rice wrappers
8 large	cooked prawns, peeled, de-veined & cut in half
1⅓ tsp	fresh thai basil, chopped
3 tbsp	fresh mint leaves, chopped
2 leaves	lettuce, chopped
3 tbsp	fish sauce
50ml	water
2 tbsp	fresh lime juice
1 clove	garlic, minced
2 tbsp	caster sugar
½ tsp	garlic chilli sauce
3 tbsp	hoisin sauce
1 tsp	peanuts, finely chopped

METHOD

Bring a medium saucepan of water to the boil. Boil the rice vermicelli for 3-5 minutes, or until al-dente, and drain. Rinse thoroughly with cold water, so they don't stick.

Fill a large bowl with warm water. Dip one wrapper into the water for 1 second to soften, then lay it flat. In a row across the centre, place 2 prawn halves, a handful of noodles, basil, mint, coriander and lettuce - leaving about 5cm at each edge.

Fold the uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with the remaining ingredients.

In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chilli sauce.

In another small bowl, mix the hoisin sauce and peanuts.

Serve rolled spring rolls, with the fish and hoisin sauce mixes.

SALMON & POTATO FRITTATA

The asparagus and salmon in this dish make a delicious combination. Try smoked salmon for an even more intense flavour.

INGREDIENTS

500g	floury potatoes, such as desiree or king edward, peeled & cut into small cubes
6	eggs
4	salmon fillets, skinless & boneless, cut into small cubes
400g can	cut green asparagus spears in water, drained & cut into bite-size lengths
handful	fresh chives, finely snipped
1	onion, finely chopped
a pinch	salt
a pinch	finely ground black pepper
500g	green beans, trimmed & steamed, to serve

METHOD

Boil the potatoes for 6-8 minutes, or until just tender, then drain. In the meantime, lightly beat the eggs and stir in the salmon, asparagus, chives, onion and seasoning. Add the cooked potatoes.

Place a large oven-proof frying pan (sprayed with low-calorie spray) over a low heat. Pour in the egg mixture and cook for 8-10 minutes, or until it is starting to set. Preheat your grill to medium-high.

Grill the frittata for 4-5 minutes, or until lightly browned and cooked through. Serve with green beans.

HALLOUMI & MUSHROOM KEBABS

INGREDIENTS

250g	halloumi cheese
8	closed cup mushrooms
1	yellow pepper, de-seeded
1	red onion
1 tbsp	olive oil
2 tbsp	fresh coriander, chopped
1	lime, juiced
1 clove	garlic
a pinch	finely ground black pepper

The mushroom's delicious, distinct flavours come alive on the grill. They absorb marinades just like meat, and are a perfect summer dish.

METHOD

Cut the cheese, pepper and onion into even-sliced pieces about 2.5cm square.

In a large bowl, mix the oil, coriander, lime, garlic and plenty of ground black pepper. Stir in the cheese, pepper, onion and mushrooms and leave to marinade in the fridge for a least 30-minutes, or overnight if preferred.

Thread the cheese and vegetables onto skewers.

You can barbecue these kebabs over hot coals, turning occasionally until charred at the edges (about 10 minutes). Alternatively, throw them under a conventional grill and cook similarly. Brush with leftover marinade juices as you turn them.

Serve with a rocket salad.

5

LUNCH BOXES

Meals that you can prepare at home and take into the office to enjoy at your desk

LUNCH BOXES

CHICKEN & LIME MEXICAN BEAN SOUP

INGREDIENTS

2 tsp	rapeseed oil
1	large onion, finely chopped
1	red pepper, cut into chunks
2	garlic cloves, chopped
2 tsp	mild chilli powder
1 tsp	ground coriander
1 tsp	ground cumin
400g	can chopped tomatoes
400g	can black beans
1 tsp	vegetable bouillon powder
125g	cooked, skinless chicken breast, shredded
handful	coriander, chopped
1	lime, juiced
½	red chilli, de-seeded & finely chopped

Use leftover chicken breast in this substantial, healthy soup which will keep you powered-up all afternoon.

METHOD

Heat the oil in a medium pan, add the onion and pepper, and fry, stirring frequently for 10-minutes. Stir in the garlic and spices, then tip in the tomatoes and beans with their liquid, half a can of water and the bouillon powder. Simmer, whilst covered, for 15-minutes.

Meanwhile, tip the chicken into a bowl, add the coriander and lime juice with a little chilli and toss well.

Ladle the soup into your thermos, and cool and refrigerate any remaining soup for another day.

STEAK & BROCCOLI PROTEIN POT

Serving up a Japanese twist, these protein pots are packed with wholegrain rice and a zing of sushi ginger.

INGREDIENTS

250g	wholegrain rice mix with seaweed
2 tbsp	sushi ginger, chopped
4	spring onions, the green part finely chopped, the white part cut lengthwise
160g	brocolli florets, cut to bite-sized pieces
225	lean fillet steak, fat-trimmed

METHOD

Tip the rice mix into a bowl and stir in the ginger, chopped onion greens and 4 tbsp water. Add the broccoli and the spring onion whites, but keep the onions together, on top, as you will need them in the next step. Cover with cling film, pierce with the tip of a knife and microwave for 5-minutes.

Meanwhile, heat a non-stick frying pan and sear the steak for 2-minutes on each side. Take the onion whites from the bowl and add to the pan, so they char a little in the meat juices whilst the steak rests.

Tip the rice mixture into 2 large packed lunch pots. Slice the steak, pile the charred onions on top, and seal until you're ready to eat.

TIP

If refrigerated, these pots will stay fresh for a couple of days.

MEDITERRANEAN STUFFED LOAVES

INGREDIENTS

2	ciabatta loaves
1-2 tbsp	green pesto
4 tbsp	virgin olive oil
2x 200g	peppers, marinated & grilled, drained
4	plum tomatoes, sliced
4-6 tbsp	black olives, drained
handful	fresh basil
250g	mozzarella cheese, drained & sliced
a pinch	salt
a pinch	finely ground black pepper

METHOD

Bake the ciabatta loaves, if necessary, until they are crisp. Leave them to cool.

Cut the loaves in half. Scoop out some of the bread from the halves. Mix the pesto and olive oil together, then brush this over the cut surfaces of the bread.

Use half of the rest of the ingredients for each loaf. Working one loaf at a time, spread half the peppers over the bottom, then arrange half the sliced tomatoes on top. Season with salt and pepper, and scatter over the olives and some torn basil.

Top with mozzarella slices, then layer-up the remaining ingredients in reverse order (i.e. olives, torn basil, tomato slices, and finally the peppers).

Place the top on the loaf. Wrap in parchment paper, and tie tightly with string. Repeat for the second loaf.

Chill the loaves for at least 4-hours, turning them occasionally. Finally, whilst still wrapped, slice them into four, and pack them up for everyone's school/office lunch.

SMOKED TROUT NIÇOISE

An early summer twist on a colourful Provençal favourite.

INGREDIENTS

600g	baby new potatoes, scrubbed
225g	asparagus spears, trimmed & cut into short lengths
225g	cherry tomatoes, halved
40g	stoned black olives
2	large eggs
175g	hot-smoked trout fillets, flaked
85g	rocket
2 tbsp	extra virgin olive oil
1 tbsp	lime juice
1 tsp	dijon mustard
1 tbsp	fresh parsley, chopped

METHOD

Make the dressing by shaking the oil, lime juice, mustard and parsley together in a screw-topped jar. Season to taste.

Cook the potatoes in a saucepan of lightly salted, boiling water for about 15-minutes until just tender. Lift the potatoes from the pan. Leave whole if they are small, or slice thinly, and then toss with the dressing and put to one side.

Bring the pan of water back to the boil and add the asparagus. Reduce the heat and simmer for 4-5 minutes until tender. Remove with a draining spoon, refresh briefly under cold water, and drain. Stir the asparagus into the potatoes, with the tomatoes and olives.

Add the eggs to the pan of water and simmer for 7-minutes. Remove, and run them under cold water until cool enough to handle. Peel away the shells and cut the eggs into quarters.

Add the eggs, flaked trout and rocket to the potatoes and toss lightly to coat evenly in the dressing. Pack it up for lunch.

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DINNER

After a hard day's work, sit down with your
family and take the time to enjoy
a healthy meal together

DINNER

SERVES 3-4

WILD MUSHROOM RISOTTO

INGREDIENTS

10g	porcini mushrooms, dried
1 tbsp	olive oil
1 small	onion, peeled & chopped
1 clove	garlic, peeled & chopped
150g	chestnut mushrooms, wiped and sliced
150g	arborio rice
300ml	low-salt, vegetable stock (hot)
300ml	almond milk, unsweetened
2 knobs	butter
30g	almond halves, un-blanched
100g	wild mushrooms, fresh, well rinsed
Sprig	sage

METHOD

Add the porcini to 150ml of just-boiled water. Soak for 15-minutes. Strain, keeping the liquid, and chop mushrooms. Meanwhile, warm the oil in a sauté pan. Add the onion, garlic and a sage sprig and fry over a medium heat for 5-minutes, until softened. Add the porcini with the chestnut mushrooms and sauté for 5-minutes.

Tip in the rice, coat the grain well, turn up the heat and pour in the mushroom soaking liquid. Let it cook until almost evaporated. Pour in half of the stock, stir occasionally until it has been absorbed. Then add the rest of the stock, repeating until absorbed. Add the almond milk and stir until creamy and tender (20-minutes). Season well and remove the sage.

Cook the almonds until browned in a pan, then tip onto kitchen paper. Add a little butter and fry the mushrooms.

Spoon mushrooms onto the risotto. Scatter the nuts on top.

AUBERGINE PARMIGIANA

This hearty aubergine parmigiana is sure to be a real hit with the whole family. Even better, one portion is just 320 calories!

INGREDIENTS

3	aubergines, sliced
4 tbsp	olive oil
2 cloves	garlic
2x 400g	cans tomatoes, chopped
400g	can lentils, rinsed & drained
100g	grated parmesan
1 ball	mozzarella, torn
handful	fresh basil, torn
a pinch	caster sugar

METHOD

Lay the aubergine on baking trays and brush with half the oil. Grill until golden. Turn and cook on the other side.

In the meanwhile, heat the remaining oil in a pan. Add the garlic, and allow to infuse for 1-minute. Pour in the tomatoes, basil and sugar, and simmer for 10-minutes. Add the lentils, and cook for 5-10 minutes to work through and reduce.

Layer the aubergine with the tomato sauce and a generous sprinkling of parmesan. Dot the mozzarella over the top and grill.

If you wish to make this dish ahead of time, leave it to cool completely and then chill. Reheat in the oven at 200°C (fan 180°C, gas mark 6) for 25-30 minutes.

Scatter a few basil leaves over the top of the dish before serving.

SPLIT PEA & VEGETABLE CURRY

Bin-off the takeaway, and cook this delicious, slightly hot, vegetarian curry instead.

INGREDIENTS

200g	yellow split peas
2 tbsp	vegetable oil
1 large	onion, peeled & sliced
2 cloves	garlic, peeled & sliced
2 tsp	ground coriander
1 tsp	ground cumin
1 tsp	ground turmeric
1 large	red chilli, de-seeded & chopped
2	carrots, peeled & chunked
2 sprigs	curry leaves
400ml	light coconut milk
200g	paneer cheese, cubed
200g	sugar-snap peas, trimmed
1 tsp	cumin seeds, toasted
1 pack	naan breads
a pinch	salt
a pinch	finely ground black pepper

METHOD

Rinse the split peas in a sieve under the cold tap, and then simmer in 900ml of fresh water for 30-minutes.

Heat the oil in a large pan. Add the onion and fry very gently, until softened. Stir in the garlic, spices and chilli, and dry for about 5-minutes until the onion is golden brown.

Add the split peas, carrot and curry leaves. Season and then simmer for 10-minutes. Stir in the coconut milk and paneer, and simmer for a further 10-minutes.

Add the sugar-snap peas and cook for 5-minutes, until they're tender and the liquid has thickened. Sprinkle with cumin seeds, and serve with warm, toasted naan bread.

PORK & VEGETABLE STIR FRY

This stir-fry is quick and easy to make, and makes a nice change from the usual chicken or beef.

INGREDIENTS

300g	pork tenderloin fillet, sliced thinly
½	red chilli, finely chopped
2 cloves	garlic, finely chopped
20g	root ginger, peeled & chopped
1½ tbsp	low-salt soy sauce
1 tbsp	rapeseed oil
1	red pepper, cut into strips
100g	sugar-snap peas, cut in half
3 tbsp	stir-fry sauce
300g	medium noodles (straight-to-wok)
8	spring onions, sliced
100g	bean-sprouts

METHOD

Marinate the pork with the chilli, garlic, ginger and soy sauce for 10-minutes.

Heat a wok over a high heat, add the oil and stir fry the pork for 1½-minutes.

Add in the peppers and sugar-snap peas and 100ml of water. Cook for a further 3-4 minutes until tender.

Add in the stir-fry sauce, noodles, spring onions, bean-sprouts, and stir fry for a further minute.

Serve immediately.

CHICKEN TIKKA MASALA

One of our favourite curry dishes, this tikka masala works out at just 350 calories per serving.

INGREDIENTS

2 tbsp	ground nut oil
1	onion, peeled & sliced
500g	chicken breasts, cut into four
3 tbsp	tikka masala paste
500g	passata
170ml	single cream
¼	cucumber, cut into fine sticks
5	radishes, cut into fine sticks
a pinch	salt
a pinch	finely ground black pepper
1 tsp	malt vinegar
1 pack	basmati rice

METHOD

Heat the oil in a frying pan. Add the onion, and cook gently for about 5-minutes to soften it.

Add chicken, season and cook gently for 5-minutes, turning the meat as required, until browned.

Add the tikka masala paste, stir for 1-minute, then add the passata and warm through.

Stir in the cream, and simmer for 5-minutes. Meanwhile, mix the cucumber, radish and carrot with vinegar. Serve alongside the curry and rice.

FOR THE PERFECT RICE

Measure the rice in a jug up to the 200ml mark. Tip into a pan, and add 400ml of boiling water and a pinch of salt. Cover with a tight fitting lid. Bring to the boil and simmer for 10-minutes. Turn off heat, leave covered for 5-minutes, then serve.

CHICKEN ENCHILADAS

Perfect for a Friday night dinner, these appetising enchiladas are something that the whole family will love.

INGREDIENTS

250g	chestnut mushrooms, quartered
200g	cooked chicken, cut into chunks
1x 400g	can chopped tomatoes
20g	low-fat cheese
1	onion, finely chopped
1 clove	garlic, crushed
1 tbsp	fajita spice mix
handful	parsley, chopped
4	corn tortillas
4 tsbp	low-fat sour cream

METHOD

Preheat the oven to 200°C (fan 180°C, gas mark 6).

Preheat a non-stick pan, and dry-fry the onion and garlic until soft. Add the mushrooms, chicken, spices and tomatoes.

Bring to the boil, reduce the heat and simmer for 10-minutes, to allow the sauce to reduce.

Allow the mixture to cool slightly, then divide between the tortillas, spreading it evenly across the centre of each one.

Roll up the tortillas, and place in an oven-proof dish. Spread the sour cream over the top and grate the cheese on.

Bake in the centre of the oven for 30-minutes until golden brown.

Sprinkle with the parsley before serving.

CHINESE VEGETABLE CHOW MEIN

This vegetable chow mein recipe serves four to five people, so it's a handy dish to make for the entire family.

INGREDIENTS

125g	oyster mushrooms, sliced
300g	medium egg noodles
2 tsbp	vegetable oil
1	red pepper, de-seeded & sliced
125g	tenderstem broccoli, cut into pieces
1	carrot, peeled & sliced
1 tbsp	soy sauce
1-2 tbsp	oyster sauce
1	lime, to serve

METHOD

Heat the oil in a wok or large frying pan.

Add the vegetables to the wok and cook for 2-3 minutes.

Pour in the soy sauce, vinegar and oyster sauce. Add the noodles to the pan and heat through.

Serve immediately, with some lime squeezed over the top.

CHILLI CON CARNE MEATBALLS

INGREDIENTS

500g	extra lean beef mince
30g	chilli con carne spice mix
1	onion, grated
1	green chilli, de-seeded & sliced
2 tbsp	tomato purée
2x 400g	cans chopped tomatoes
150ml	low-salt beef stock
400g	can black beans, drained & rinsed
300g	dried brown rice
40g	low-fat guacamole
1 tbsp	low-fat soured cream

METHOD

Put the beef mince, half the chilli spice mix and the onion in a large bowl. Mix together with your hands and then shape into 24 small meatballs.

Heat a wide, deep saucepan and spritz with low-fat cooking spray. Cook the meatballs in batches for 10-minutes, turning occasionally until browned all over and almost cooked. Remove from the heat, and set them aside.

Spray the pan again, and add the chilli, tomato purée and remaining spice mix. Cook for 1-minute. Stir in the tomatoes and stock, and bring to the boil. Simmer for 10-minutes, stirring occasionally.

Return the meatballs to the pan, and stir in the black beans. Simmer for a further 5-minutes until the sauce is thickened and the meatballs are cooked. Check the seasoning and serve immediately.

To complete the dish, serve with dried brown rice, guacamole and soured cream.

BEEF FAJITAS

Knock-up these sizzling steak fajitas in less than 20-minutes, for a fuss-free meal with only 420 calories per serving.

INGREDIENTS

400g	sirloin steaks, trimmed, cut into thin strips
1½ tbsp	rapeseed oil
1	yellow pepper, de-seeded & stripped
1	red pepper, de-seeded & stripped
1 large	onion, sliced
4 tbsp	brown sauce
2 cloves	garlic, finely chopped
1 tsp	ground cumin
1½ tsp	ground coriander
½ tsp	hot chilli powder
2	tomatoes, chopped
3 tbsp	fresh coriander, chopped
4	20cm flour tortillas, warmed
4 tbsp	natural yoghurt, low fat
handful	salad, to serve

METHOD

Heat a tablespoon of oil in a non-stick wok over a high heat. Add the peppers and onion, and cook for 3-4 minutes until charred, stirring occasionally. Remove from the pan, and set aside.

Add the remaining oil and fry the steak for 2-minutes, turning once.

Stir in the brown sauce, garlic, cumin, coriander, chilli powder and tomatoes. Cook for 15-seconds before adding the vegetables back in. Cook for a further minute.

Stir in the coriander and season before dividing between the warmed tortillas.

Roll-up and serve with yoghurt and salad.

LOWER-FAT CARBONARA

This lower-fat carbonara dish is perfect for those trying to eat healthily, but wanting to satisfy those hunger pangs.

INGREDIENTS

300g	dried penne
4 rashers	lean back bacon, snipped into pieces
150g	low-fat soft cheese, with garlic & herbs
150ml	1% fat milk
1 large	egg
1 tsp	vegetable oil
40g	reduced fat parmesan
2 tsbp	fresh parsley, chopped
a pinch	finely ground black pepper

METHOD

Bring a large saucepan of water to the boil. Add the pasta and cook for 8-12 minutes, according to the pack instructions.

Meanwhile, heat the oil in a large non-stick frying pan. Add the bacon and spring onions, and cook them for about 5-minutes, stirring frequently. Remove from the heat.

Beat together the soft cheese and egg in a mixing bowl, then stir in the bacon and spring onions. Add the milk, half the cheese and the parsley. Season with some pepper.

Drain the pasta, then return it to the saucepan. Add the egg mixture and heat gently for 2-3 minutes, stirring constantly until the mixture cooks and thickens.

Serve, sprinkled with the remaining cheese.

QUATTRO FORMAGGI PIZZA

Yes, that's right... A cheesy pizza needn't *always* be a calorie killer. Not one for *every* night of the week, though!

INGREDIENTS

50g	ricotta cheese
20g	gorgonzola cheese
30g	low-fat mature cheese
2 tsp	parmesan, grated
1	medium onion, peeled & quartered
2 cloves	garlic, crushed
300g	tomato passata
1 large	ready made pizza base
1	red chilli, de-seeded & sliced
2	tomatoes, sliced
a pinch	italian seasoning
handful	basil leaves, shredded

METHOD

Preheat the oven to 200°C (fan 180°C, gas mark 6).

Place the onion, garlic, passata and Italian seasoning in a blender and grind coarsely.

Place the pizza base on a non-stick baking tray. Spoon the tomato mixture over, leaving a border around the edge. Scatter with the sliced chilli and cover with all the cheeses. Finally, space the sliced tomatoes evenly across the top of the cheese.

Bake near the top of the oven for 20-minutes.

Just before serving, scatter with shredded basil.

Serve hot with a tossed salad.

GREEK STYLE LAMB BURGERS

Made with a spicy twist and served with garlicky yoghurt, these Greek style lamb burgers are a surprising success.

INGREDIENTS

400g	lamb mince
50g	cucumber, thinly sliced
100g	natural yoghurt
1	medium onion, chopped
1 clove	garlic, crushed
1-2 tbsp	spice mix
4 small	burger buns
handful	salad leaves

METHOD

Cook the onion with a couple of sprays of low-fat oil in a non-stick frying pan until soft. Add the spice mix and cook for a couple of minutes.

Mix the lamb mince with the onion mixture, then season and shape into small patties. Leave the burgers in the fridge until ready to cook.

Wipe-out the frying pan, and add a couple of sprays of fresh oil. Fry the burgers for 8-minutes, then turn them and continue to cook for about 5-minutes, or until cooked through.

Meanwhile, toss the cucumber with the vinegar and a pinch of salt. Set aside. Mix the garlic into the yoghurt.

Serve the burgers in the toasted buns with the cucumber and yoghurt sauce, and plenty of salad leaves. For extra bonus points, bin-off the burger buns.

7

SNACKS & TREATS

Keep yourself fuelled in between meals

BEETROOT PROTEIN BROWNIES

These brownies take about 30-minutes to make but, hey, you'll have earned your treat!

INGREDIENTS

140g	beetroot, cooked & peeled, roughly chopped
120g	chestnut purée
175g	ground almonds
30g	cocoa powder
45g	honey
30g	vanilla protein powder
2 tsp	vanilla extract
4	eggs

METHOD

Preheat your oven to 180°C (fan 160°C, gas mark 4).

Place all the ingredients in a blender and blitz until they're of a smooth consistency.

Tip the batter into a lined brownie tin (approx. 28 x 15cm), and bake for 18-minutes.

Remove and set aside to cool before cutting into squares.

Enjoy!

GRILLED PEAS

These grilled peas are easy to make, and work well as an in-between meal snack.

INGREDIENTS

500g fresh peas, in the pod
1-2 glugs olive oil
½ lemon, juiced

METHOD

Heat the griddle pan (or barbecue) until it's *very* hot.

Dress the peas, in their pods, with a good glug of olive oil and large pinch of salt. Cook the pods for 2-3 minutes on each side until charred.

Serve with a squeeze of lemon, and eat them like edamame beans- squeezing the peas out of their pods.

SMOKY PAPRIKA KALE CRISPS

Cut the woody stalks from the kale and discard. Chop the leaves into pieces. Pat dry. Put in a large bowl and toss with the olive oil.

Spread the kale over a baking sheet. Bake for 25-30 minutes at 150°C (fan 130°C, gas mark 2). Mix the paprika, salt and cumin together, then sprinkle over the kale. Delicious!

INGREDIENTS

200g curly kale, washed thoroughly
¼ tsp hot smoke paprika
1 tsp sea salt flakes
½ tsp cumin
1 tbsp olive oil

VEGAN ENERGY BALLS

This is a really easy recipe for coconut butter, date and cranberry energy balls - and they're vegan friendly.

INGREDIENTS

100g	mixed nuts, such as hazelnuts & almonds
50g	rolled oats
100g	pitted medjool dates
50g	dried cranberries
25g	coconut butter
1 tbsp	cocoa powder

TO COAT

handful	pistachios
2 tbsp	cocoa nibs
10g	raspberries, freeze-dried, crushed to a powder
handful	mixed nuts

METHOD

Add the rolled oats, the pitted dates, cranberries, coconut butter and cocoa powder, and blend to a rough paste.

Tip into a bowl and roll into 15 walnut-sized balls.

Arrange your coatings in bowls, and roll the balls in the different toppings (as you wish).

These little energy-laden treats will last up to 2-months in an air-tight Tupperware container.

SEEDED BRAN MUFFINS

These muffins come in at about 280 calories, and 15g of fat, so remember... one is plenty!

INGREDIENTS

100g	all-bran cereal
280ml	buttermilk
2	eggs, beaten
125ml	vegetable oil
2 tbsp	black treacle
100g	light muscovado sugar
175g	plain flour
1½ tsp	baking powder
½ tsp	bicarbonate of soda
85g	raisins
50g	sunflower or pumpkin seeds

METHOD

Mix the all-bran with the buttermilk and soak for 30-minutes. In the meantime, pre-heat the over to 200°C (fan 180°C, gas mark 6).

Beat the eggs, oil, treacle and sugar into the buttermilk mix.

Sift the flour with the baking powder, bicarbonate of soda and ½ tsp salt. Fold together. Mix in the raisins and seeds.

Spoon the mix into 12 paper muffin cases, and bake in the oven for 20-25 minutes.

Cool on a wire rack.

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WEEKLY PLANNER

Get ahead of the game,
and plan your meals in advance

WEEKLY PLANNER

Sunday
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Monday
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Tuesday
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Wednesday
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Thursday
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Friday
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Saturday
B
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D

Goals
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Snack Ideas

grocery list

Dairy

Produce

Meat

Frozen

Dry Goods

Misc.

This book is dedicated to all of those that battle with maintaining a healthy lifestyle, but persevere none-the-less.

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Don't eat less...

...Just eat right