



HEALTH & FITNESS RECIPE BOOK

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EDITION 6



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Welcome once again to my published health and fitness recipe books

Redefined and rebranded for 2023

Here you will find some of my classic recipes and some new additions
thrown in for good measure

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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

CONTENTS

BREAKFASTS

Hazelnut Shiitake Toast	8
Salted Caramel Smoothie	10
Chia Pot with Berry Purée	12
Chili Garlic Leeks and Tomato on Toast	14
Turmeric Fried Eggs	16

SIDES

Green Beans with Bacon-Balsamic Vinaigrette	20
Rocky Road Smoothie Bowl	22
Garlicky Kale and Pea Sauté	24
Spiced Red Lentil, Tomato and Kale Soup	26
Frittatine with Ricotta	28

MAINS

Tandoori Chicken Burgers	32
Sweet Chilli Chicken Burgers	34
BBQ Chicken Wrap	36
Chermoula Chickpea Salad	38
Taco Bowls	40
Flaming Tofu Salad	42
Turkey Ham Quesadillas	44
Spaghetti Bolognese	46
Quinoa and Black Bean Chilli	48
Cauliflower Pizza	50
Spicy Chicken Burgers with Mango Salsa	52
Sheet Pan Teriyaki Salmon and Vegetables	54
Beef and Mushroom Marinara with Spaghetti Squash	56
BLT Salad	58
Satay Tofu Skewers	60

DESSERTS

Chocolate Peanut Butter Pudding	64
Raspberry Chocolate Chip Protein Brownies	66
Choc Bananas	68
Lemony Coconut Balls	70
Bounty Pudding	72

- V** VEGETARIAN
- VE** VEGAN
- DF** DAIRY FREE
- GF** GLUTEN FREE
- N** CONTAINS NUTS
- P** HIGH PROTEIN
- LC** LOW CARB
- LF** LOW FAT
- C** LOW CALORIE

BREAKFAST



HAZELNUT SHIITAKE TOAST



SERVES: 2



TOTAL TIME: 15 MINUTES

Ingredients

1 tbsp hazelnuts, roughly chopped
2 tsp butter
300g shiitake mushrooms, sliced
1 clove garlic, minced
2 slice crusty bread (gluten-free if required)
60g brie cheese, sliced
Salt and cracked pepper

Instructions

Bring a pan to high heat and dry roast the hazelnuts for about three minutes. Make sure you're shaking them around continuously to prevent burning. Set aside.

Add butter to the pan and as it melts and the mushrooms and garlic. Cook for 5 minutes or until mushrooms are cooked to your liking.

Top the toasted sourdough with slices of brie, mushrooms, hazelnuts and sprinkling of salt and pepper.



Calories	337
Protein	11
Carbs	35
Fats	17
Fibre	5





SALTED CARAMEL SMOOTHIE



SERVES: 2



TOTAL TIME: 5 MINUTES

Ingredients

350ml soy milk unsweetened, or other dairy free milk flavour works great too
40g gluten free oats
2 frozen bananas
3 tbsp cashew butter
5 Medjool dates (seeded)
45g cup raw cacao chunks
1 tbsp treacle
½ tsp Himalayan pink salt

Instructions

Place all ingredients into a high speed blender or food processor.
Blend until smooth.
Enjoy ice cold!



Calories	683
Protein	16
Carbs	112
Fats	19
Fibre	13





CHIA POT WITH BERRY PURÉE



SERVES: 1



TOTAL TIME: 5 MINUTES

Ingredients

120ml coconut milk
3 tbsp chia seeds
1 tsp maple syrup
For the berry purée:
25g blueberries
25g raspberries
25g berries, to serve

Instructions

Start by blending the berries together. Next, add the milk, chia seeds and maple syrup to a jar and shake well. (add the milk first to stop the chia seeds from clumping to the bottom of the jar). Stir through the berry purée and leave it in the fridge for at least two hours but ideally overnight. Sprinkle with a handful of extra berries before eating.



Calories	507
Protein	9
Carbs	48
Fats	31
Fibre	21





CHILI GARLIC LEEKS AND TOMATO ON TOAST



SERVES: 2



TOTAL TIME: 10 MINUTES

Ingredients

4 large tomatoes
2 tsp oregano
2 tsp olive oil, divided
1 leek, sliced
1 clove garlic, crushed
1 tsp chili flakes
2 slices sourdough or (gluten -free if required) bread

Instructions

Preheat oven to 160°C/320°F/Gas 3.
Put the tomatoes on a baking sheet with the oregano, drizzle over 1 tsp of olive oil, salt and cracked pepper, and roast for 1 hour. Remove and set aside to cool a little.
Next, bring a frying pan to high heat. Add the remaining olive oil.
Add the leek, garlic and chili flakes and fry for 6-8 minutes.
Meanwhile, prepare your toast on two plates.
Top with leeks and tomatoes and serve.



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Calories	186
Protein	4
Carbs	29
Fats	6
Fibre	3





TURMERIC FRIED EGGS



SERVES: 1



TOTAL TIME: 10 MINUTES

Ingredients

1 1/2 tsp ghee (or coconut oil)
2 eggs
1 tsp turmeric
1/2 tsp chili flakes
1/2 avocado
Sea salt and cracked pepper

Instructions

Bring a non-stick pan to high heat and add ghee. Crack two eggs into the pan and immediately reduce the heat to low-medium. Cover the tops of the eggs with turmeric and chili flakes. Serve with sliced avocado and a generous sprinkle of sea salt and cracked pepper.



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Calories	336
Protein	14
Carbs	7
Fats	28
Fibre	6



SIDES



GREEN BEANS WITH BACON-BALSAMIC VINAIGRETTE



SERVES: 8



TOTAL TIME: 15 MINUTES

Ingredients

1kg green beans
2 bacon slices
55g spring onions, minced
3 tbsp almonds, coarsely chopped
2 tbsp brown sugar
60ml white balsamic vinegar

Instructions

Boil the beans for 2 minutes.
Rinse under cold water. Drain well and set aside.
Cook the bacon in a pan until crisp. Remove, crumble and set aside.
Sauté the spring onions in the same pan for 1 minute, then add almonds and sauté for a further 1 minute.
Remove and allow to cool, add sugar and vinegar stir until the sugar dissolves then add the crumbled bacon.
Pour vinaigrette over beans, tossing gently to coat.



Calories	87
Protein	3
Carbs	12
Fats	3
Fibre	3





ROCKY ROAD SMOOTHIE BOWL



SERVES: 2



TOTAL TIME: 5 MINUTES

Ingredients

1 large frozen banana
125g coconut yoghurt
2 scoops chocolate protein powder
120ml almond milk
90g frozen courgette
1 tsp chia seeds
1 tbsp cacao powder
Slivered almonds, almond butter and
marshmallows for topping

Instructions

Pour half of the coconut yoghurt in the bottom of two wide glasses or bowls.
Blend all remaining ingredients except toppings together.
Pour the blended mixture into the glasses and top with the remaining coconut yoghurt, almond slivers, almond butter and marshmallows.
Enjoy cold!



Calories	279
Protein	26
Carbs	23
Fats	12
Fibre	2





GARLICKY KALE AND PEA SAUTÉ



SERVES: 1



TOTAL TIME: 12 MINUTES

Ingredients

2 cloves garlic, thinly sliced
1 hot red chilli, finely chopped
2 tbsp olive oil
2 bunches kale, trimmed and chopped
½ tsp sugar
1lb frozen peas

Instructions

In a large pan on medium, cook garlic and chilli in the oil for around 2 minutes, stirring often. Add kale, sugar and ½ tsp of salt. Cook for a further 6 minutes or until kale is tender, stirring occasionally then gently stir in the peas. Cook for 2 minutes or until heated through.

Calories 85

Protein 5

Carbs 11

Fats 3

Fibre 4





SPICED RED LENTIL, TOMATO AND KALE SOUP



SERVES: 6



TOTAL TIME: 30 MINUTES

Ingredients

1 tbsp extra-virgin olive oil
2 large garlic cloves, minced
1 sweet onion, diced
3 celery stalks, diced
1 bay leaf
1½ tsp ground cumin
2 tsp chilli powder
½ tsp ground coriander
½ tsp smoked sweet paprika, to taste
⅛ tsp cayenne pepper, or to taste
1 x (400g) tin diced tomatoes, with juices
1-1½l low-sodium vegetable broth, as needed
75g uncooked red lentils, rinsed and drained
Fine grain sea salt and pepper, to taste
3 handfuls kale leaves or baby spinach, de-stemmed and chopped

Instructions

In a large pot over medium heat, sauté the onion and garlic in the oil for 4 to 5 minutes then add the celery and sauté for a further few minutes, before stirring in the bay leaf and the spices. Add the tin of tomatoes (with juice), broth and lentils. Bring to the boil, reduce heat, and then simmer, uncovered, for about 20 to 25 minutes, until the lentils are tender. Stir in kale or spinach and cook until wilted. Serve and enjoy with a chunk of crusty bread! When cooled, the soup can be stored in your fridge in an airtight container for 3 to 5 days, or you can freeze it in a freezer-safe container for a couple of months. Just leave an inch gap at the top for expansion.



Calories	200
Protein	10
Carbs	31
Fats	4
Fibre	8





FRITTATINE WITH RICOTTA



SERVES: 6



TOTAL TIME: 35 MINUTES

Ingredients

4 eggs
Small handful flat leaf parsley, finely chopped, plus extra sprigs to serve
Handful chives, finely snipped
1 small garlic clove, finely chopped
50g parmesan, freshly grated
Olive oil, for frying
For the filling
250g tub ricotta
handful fresh basil, torn
50g parmesan, freshly grated

Instructions

First, beat the eggs with 2 tbsp water and season. Mix in the parsley, chives, garlic and parmesan. Heat a 23cm heavy-based frying pan on a medium heat with a little oil. Once the oil is hot, add one ladleful (about a third) of the egg mixture and tip the pan so it covers the base. Reduce the heat and cook the omelette until it's just firm, then flip it over and cook the other side. Keep warm while you repeat to make three omelettes in total, adding a little extra oil to the pan each time. Meanwhile, make the filling by combining the ricotta, basil, parmesan and some pepper. Spread mixture over each omelette, roll up loosely like a cigar and cut into thickish slices. Serve with a sprinkling of parsley.



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Calories	239
Protein	16
Carbs	1
Fats	19
Fibre	1



MAINS



TANDOORI CHICKEN BURGERS



SERVES: 4



TOTAL TIME: 20 MINUTES

Ingredients

450g chicken mince
45g dry breadcrumbs
2 tbsp prepared Tandoori paste
1 large egg
1 tbsp lemon juice
1 tsp lemon zest, finely grated
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp ground black pepper
 $\frac{1}{2}$ tsp ground cumin
1 dash hot sauce (optional)
4 wholegrain hamburger buns
Sliced cucumbers and peaches or mango
Yoghurt or creamy dressing of your choosing

Instructions

Combine the chicken with the breadcrumbs, Tandoori paste, egg, lemon juice and zest, salt, pepper and cumin (and the hot sauce, if you like a bit of heat).
Shape the mixture to form 6 burger patties and refrigerate until ready to use.
Preheat your grill to medium and cook the patties for 10 to 12 minutes on each side, or until cooked all the way through.
Serve the burgers on buns and top with sliced cucumbers and peaches (or mango), and serve with a dollop of yoghurt or preferred creamy dressing.



Calories	310
Protein	35
Carbs	28
Fats	7
Fibre	4





SWEET CHILLI CHICKEN BURGERS



SERVES: 8



TOTAL TIME: 25 MINUTES

Ingredients

1kg chicken thighs, visible fat removed and roughly chopped
1 medium onion, chopped finely
1 clove garlic, chopped finely
Salt
Pepper
Red pepper flakes (optional)
2 tbsp coconut flour, sifted
1 large egg
1 tbsp chilli sauce of choice (optional)
Sweet chilli sauce to top

Instructions

In a food processor, blitz the chicken thighs, onion, garlic, salt, pepper and red pepper flakes until minced.

Place the mixture into a large mixing bowl then add coconut flour, egg and chilli sauce and combine.

Using your hands, form into burger patties.

Coat a frying pan with oil and cook the burgers on each side over a medium heat for around 3-4 minutes, before flipping and cooking for another 3-4 minutes or until cooked through.

Repeat until all burgers have been cooked. Coat with sweet chilli sauce and serve in burger buns or with a fresh green salad.



Calories	265
Protein	34
Carbs	2
Fats	14
Fibre	1





BBQ CHICKEN WRAP



SERVES: 1



TOTAL TIME: 5 MINUTES

Ingredients

1 gluten-free tortilla wrap
2 tsp mayonnaise
1 handful spinach
1/2 medium carrot, grated
1/2 medium tomato, sliced
1/4 cucumber, sliced
70g barbecue chicken, diced
Salt and pepper, to taste

Instructions

Start by laying your wrap on a large plate. Spread mayonnaise over the whole wrap. Next, layer the wrap with all the vegetables, followed by chicken and lastly the cheese. Season with salt and pepper, if you like.



Calories	386
Protein	29
Carbs	36
Fats	14
Fibre	6





CHERMOULA CHICKPEA SALAD



SERVES: 4



TOTAL TIME: 20 MINUTES

Ingredients

2 tins (400g) chickpeas, rinsed and drained
300g carrots, grated
150g cucumber, chopped and quartered
150g celery, chopped
52g spring onions, diced
90g roasted pepper, chopped
5g parsley, chopped
For the dressing:
60ml extra-virgin olive oil
60ml lemon, juiced
2 tsp chermoula seasoning (or moroccan spice)
1 clove garlic, minced
¼ tsp salt
Freshly ground black pepper

Instructions

Start by adding the chickpeas and all the chopped vegetables to a large bowl and toss together. Next, add all the dressing ingredients to a jar, put the lid on and give it a good shake. Pour over the salad and add a sprinkling of sea salt and cracked pepper.



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Calories	341
Protein	9
Carbs	38
Fats	17
Fibre	9





TACO BOWLS



SERVES: 2



TOTAL TIME: 25 MINUTES

Ingredients

1 tsp olive oil
1 clove garlic, minced
1/2 onion, diced
250g beef mince (90% lean)
1 tsp chili flakes
1 tsp oregano
1 tsp paprika
1 tsp cumin
1/2 tsp chili powder
2 handfuls iceberg lettuce, shredded
2 tomatoes, chopped
1/2 cucumber, chopped
2 tbsp salsa
1 tbsp sour cream
Fresh coriander

Instructions

Bring a frying pan to high-heat, add olive oil, garlic and onion. Once the onion has started to soften, add the beef and cook for 3 to 4 minutes or until browned.

Next, add all the spices and cook for another 5 minutes, or until fully cooked through.

Grab two bowls and layer the lettuce, tomato and cucumber. Top with the cooked beef, 1 tbsp of salsa and 1 tbsp of sour cream per bowl.

Garnish with fresh coriander.



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Calories 341

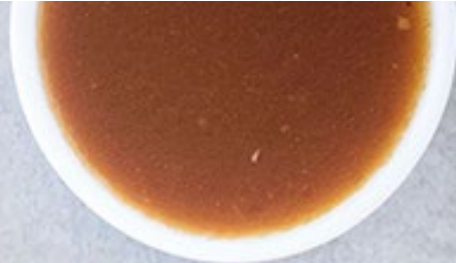
Protein 29

Carbs 18

Fats 17

Fibre 5





FLAMING TOFU SALAD



SERVES: 4



TOTAL TIME: 20 MINUTES

Ingredients

800g Japanese pumpkin or Kabocha,
cut into thin wedges

300g firm tofu, cut into 1cm-thick
slices

300g broccolini

1 red bell pepper, chopped

For the sauce:

2 tbsp soy sauce (or tamari for gluten-
free)

1 tbsp olive oil

2 tsp sriracha

1 tsp honey

1.5 tsp paprika

1 tsp cayenne pepper

1/2 tsp cinnamon

1/2 tsp chili flakes

1 clove garlic, minced

To garnish:

25g coriander, leaves picked

2 tbsp almonds, chopped

Instructions

In a large dish, combine all ingredients for the dressing and mix well. Remove 1 tbsp of the sauce and set aside. Add the pumpkin and tofu to the dish and cover really well with the sauce.

Next, preheat a barbeque grill to medium heat and cook the pumpkin for 4 minutes on each side, or until lightly charred and set aside. Now, do the same with the tofu, followed by the bell pepper and set aside.

Meanwhile, lightly steam the broccolini in a steaming pot for 4 minutes.

Arrange tofu and vegetables on a large serving plate, sprinkle with coriander and almonds. Drizzle with the reserved sauce.

Calories 247

Protein 14

Carbs 23

Fats 11

Fibre 5





TURKEY HAM QUESADILLAS



SERVES: 6



TOTAL TIME: 20 MINUTES

Ingredients

- 6 large tortilla wraps (gluten-free if required)
- 150g cranberry sauce
- 225g leg ham, finely chopped
- 225g turkey breast, finely chopped
- 1 red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 200g cheddar cheese

Instructions

First, lay three of the tortillas on a chopping board. Spread cranberry sauce all over, followed by the ham, turkey, onion, bell pepper and cheese. Top each tortilla with another. Bring a large non-stick fry pan to medium heat and, one at a time, carefully place the quesadilla in the pan. Cook on each side for approximately 3 minutes or until lightly toasted. Place the cooked quesadillas on a large board, slice and serve immediately.



Calories	436
Protein	25
Carbs	48
Fats	16
Fibre	3





SPAGHETTI BOLOGNESE



SERVES: 4



TOTAL TIME: 45 MINUTES

Ingredients

1 red onion
3 garlic cloves
2 celery sticks
1 large carrot
200g mushrooms
1 tsp smoked paprika
½ tsp nutmeg
120ml red wine
1 (400g) tin chopped tomatoes
120ml vegetable stock
1 tbsp soy sauce
1 tsp mixed dried herbs
1 tsp marmite
300g vegan mince
400g whole wheat spaghetti

Instructions

Chop the onions and garlic. Heat some vegetable oil in a saucepan on medium heat and when hot, add the garlic and onion. Allow to sauté for about 5 minutes.

Chop the carrot into small pieces and add to the onion and garlic with the celery, allow to cook for 5 minutes. Roughly slice and add the mushrooms. Once all the liquid from the mushrooms has evaporated, add the paprika and nutmeg, then stir. Add the red wine, simmer for a minute or so before adding the tomatoes, vegetable stock, soy sauce, herbs, mince and marmite.

Let this simmer gently for about 15 minutes until the sauce is the desired consistency and is rich and red in colour. Meanwhile, put some spaghetti on to boil for 10 minutes.

Once the pasta is cooked, drain and serve topped with the sauce, some fresh basil and vegan cheese.

Calories **430**

Protein 29

Carbs 41

Fats 14

Fibre 4





QUINOA AND BLACK BEAN CHILLI



SERVES: 5



TOTAL TIME: 3 HOURS

Ingredients

300ml vegetable broth
300g uncooked quinoa
1 (400g) tin black beans, drained and rinsed
1 (400g) tin diced tomatoes
45g red bell pepper, chopped
45g green bell pepper, chopped
1 carrot, shredded
½ onion, chopped
2 cloves garlic
½ small chili pepper
2 tsp chili powder
¼ tsp cayenne pepper
1½ tsp sea salt
1 tsp ground black pepper
1 tsp ground cumin
1 tsp oregano
90g corn kernels
Toppings:
Avocado chunks
Spring onions
Carrot, shredded
Vegan cashew sour cream:
75g soaked cashews (cashews soaked in water overnight)
3-4 tbsp water
Splash apple cider vinegar
½ tsp fine sea salt
1 tsp lime juice

Instructions

Combine the broth, quinoa, black beans and tomatoes in a slow cooker. Add the peppers, carrot, onion and garlic, and stir. Then add the rest of the seasonings and give a final stir to mix well. Set the slow cooker to high for 2 ½ to 3 hours or if you prefer, on low for 5 to 6 hours (for high, monitor the last 30 minutes and for low, monitor the last hour to ensure it doesn't get too dry). If you like a chili with more liquid, do 2 ½ on high, and 5 on low. If you like thicker chili, just add a little bit of liquid and go with the higher number for each option.

Vegan Cashew Sour Cream:

Blend all the ingredients in a high speed blender until smooth, for about 30 seconds. You may need to scrape the sides of the blender halfway through. Serve the chili with a dollop of the cream and your favourite Mexican toppings

Calories	247
Protein	11
Carbs	48
Fats	2
Fibre	10





CAULIFLOWER PIZZA



SERVES: 4



TOTAL TIME: 1 HOUR 20 MINUTES

Ingredients

1 large head cauliflower
1 egg
¼ tsp dried oregano
¼ tsp sea salt
⅛ tsp garlic powder
2 tbsp vegan parmesan, shredded
85g goat cheese
For the pizza toppings:
Jackfruit pieces
¼ tsp sea salt
¼ tsp black pepper
⅛ tsp garlic powder
Handful baby spinach
95g vegan mozzarella, sliced

Instructions

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

Make the cauliflower into rice by grating the cauliflower by hand or in a food processor, grating enough to produce 300 g of rice. Spread evenly on a rimmed baking sheet lined with parchment paper and roast in the oven for 20-25 minutes, tossing every so often. Once the rice is tender and beginning to turn golden brown, remove from the oven and transfer into a clean, tea towel or cloth and squeeze any excess moisture out.

Place the drained cauliflower rice into a mixing bowl, along with the egg, dried oregano, salt, garlic powder, grated parmesan and crumbled goat cheese. Mix well.

On a fresh sheet of parchment paper, pour the rice mixture out and form into a small rectangle. Do not use aluminium foil for this step, as the crust will stick.

Keep the dough about ⅓ of an inch thick as even and as flat as possible. You can also form the edges to stand up to mimic a crust. Once the crust is fully formed, place back into the oven and bake for 30 to 40 minutes, or until the crust is firm and golden brown.

Top with whatever normal pizza toppings you prefer. As per the ingredients, I recommend diced jackfruit, a handful of baby spinach and about 2-3 oz of mozzarella cheese.

Once topped, place back into the oven until toppings are cooked, or warmed through. Remove from the oven and allow to sit for 5 minutes before slicing into quarters.

Calories 281

Protein 30

Carbs 11

Fats 13

Fibre 6





SPICY CHICKEN BURGERS WITH MANGO SALSA



SERVES: 4



TOTAL TIME: 35 MINUTES

Ingredients

2 large chicken breasts, skinless,
halved horizontally
4 pitta breads
2 tbsp roasted red peppers or
peppers from a jar, drained and diced
2 spring onions, chopped
For the marinade
1 lemon, juiced
3 tbsp korma or mild curry paste
125g low-fat natural yoghurt
2 tbsp fresh coriander, chopped
For the salsa
1 small mango, diced
1 ripe avocado, diced
1 red onion, diced
2 tbsp fresh coriander, chopped
4 tbsp sweet chilli sauce
Squeeze of lime or lemon juice

Instructions

Start by putting the chicken between 2 pieces of cling film or in a plastic bag and flatten with a rolling pin to an even thickness. Cut the flattened chicken into wide strips and put in a non-metallic bowl. In another bowl, combine the marinade ingredients, then pour over the chicken and mix to coat. Cover, then transfer to the fridge to marinate for up to 3 hours.

Meanwhile, mix all the salsa ingredients together in a bowl and set aside.

At the same time, preheat the barbecue. Cook the marinated chicken strips for 4 to 5 minutes on each side or until cooked through.

Warm the pitta breads, then split them open. Fill each with chicken, then top with a dollop of mango salsa, the peppers and spring onions.



Calories	420
Protein	30
Carbs	48
Fats	12
Fibre	5





SHEET PAN TERIYAKI SALMON AND VEGETABLES



SERVES: 2



TOTAL TIME: 35 MINUTES

Ingredients

2 cups broccoli florets, bite-sized
10 mini sweet rainbow peppers,
seeded and halved
1 tbsp sesame oil
¼ tsp kosher salt
Freshly ground black pepper, to taste
For salmon:
2, 115g wild salmon filets
1 tsp sesame oil
1 garlic clove, grated
½ tsp ginger, grated
2 tbsp reduced sodium soy sauce, or
gluten-free soy
1 tsp rice vinegar
1 tsp brown sugar
For garnish
½ tsp sesame seeds, toasted
1 spring onion, chopped

Instructions

Preheat oven to 200°C/400°F/Gas 6. Cover a large sheet pan with foil, spray it lightly with olive oil and set aside.

Meanwhile, you can prepare the marinade.

Combine sesame oil, garlic, ginger, soy sauce, vinegar and brown sugar in a small bowl and mix. Pour into a large ziplock bag add the salmon and marinate for 10 minutes.

In a medium bowl, toss broccoli and peppers with 1 tbsp sesame oil, ¼ tsp salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes.

Remove the vegetables from the oven, toss, and move them over slightly to make room for the salmon. Place the salmon on the sheet pan, reserving the marinade and return to oven, roast for an additional 7 to 8 minutes, or until salmon is just cooked through.

While salmon is cooking, heat a small frying pan over low heat. Add the remaining marinade to the pan and simmer, stirring until the sauce has thickened slightly, about 1 to 2 minutes.

Brush salmon with the sauce and sprinkle fillets with sesame seeds and spring onions.

Divide salmon onto two plates and serve with veggies on the side.

Calories 329

Protein 27

Carbs 17

Fats 17

Fibre 4





BEEF AND MUSHROOM MARINARA WITH SPAGHETTI SQUASH



SERVES: 4



TOTAL TIME: 145 MINUTES

Ingredients

1 large spaghetti squash
455g grass fed beef mince
225g mushrooms, sliced
900ml tomato sauce
2-3 tbsp Italian seasoning
Salt and black pepper, to taste

Instructions

Start by preheating the oven to 177°C/350°F/Gas 4. Pierce the spaghetti squash with a knife. Roast whole for about 1½ to 2 hours (or until a knife easily pierces the skin).

Carefully slice squash in half, allowing heat to escape and set aside to allow for cooling.

Remove and discard seeds from cooked and cooled spaghetti squash. Scoop out squash using a fork.

In a large pan, add the beef mince (breaking it apart) and sliced mushrooms and sauté for 15 minutes, stirring occasionally.

Add the tomato sauce, Italian seasoning, salt, and black pepper to taste.

Divide the squash over four plates or bowls, top with sauce and serve immediately.



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Calories	442
Protein	28
Carbs	42
Fats	18
Fibre	6





BLT SALAD



SERVES: 4



TOTAL TIME: 30 MINUTES

Ingredients

8 bacon rashers
1 red onion, diced
455g tomatoes, diced
2 romaine lettuce hearts, shredded
For the dressing:
3 tbsp sour cream
3 tbsp light mayonnaise
1 garlic clove, minced
2 tbsp fresh chives, finely chopped
Sea salt and cracked pepper.
To serve:
1 avocado, chopped into chunks
90g croutons

Instructions

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper and place bacon rashers on top. Cook bacon for 15-20 minutes or until nice and crispy.
While the bacon is cooking, chop the vegetables and place them in a large bowl.
Meanwhile, you can prepare the dressing by adding all ingredients to a jug or bowl and mixing well to combine.
Once the bacon is cooked, let it cool down then chop it into rough chunks.
Mix the dressing and bacon through the vegetables and top salad with croutons and avocado.



Calories	262
Protein	9
Carbs	16
Fats	18
Fibre	5





SATAY TOFU SKEWERS



SERVES: 2



TOTAL TIME: 30 MINUTES

Ingredients

225g tofu, cubed
200g red bell pepper, chopped
200g green bell pepper, chopped
200g yellow bell pepper, chopped
½ courgette, chopped
1 red onion, chopped
For the sauce:
½ lime, juiced
1 tsp honey
1 tbsp soy sauce (or tamari if gluten-free)
3 tbsp peanut butter
165ml coconut milk

Instructions

Start by preheating the grill to 190°C/375°F/Gas Mark 5.

Place the tofu and vegetables onto skewers in alternating order and season with salt and pepper. Grill for about 15 minutes, rotating the skewers every 5 minutes. When they begin to have charred lines and the vegetables have softened, they should be ready.

Meanwhile, make the satay dipping sauce by combining all ingredients in a small bowl. If it's too thick, add a dash of water. Transfer to a pan and heat on low heat for 5 minutes.

Place skewers on a serving plate and drizzle with satay sauce.



Calories	388
Protein	19
Carbs	33
Fats	20
Fibre	10



DESSERTS



CHOCOLATE PEANUT BUTTER PUDDING



SERVES: 1



TOTAL TIME: 45 MINUTES

Ingredients

1 scoop (30g) chocolate peanut butter protein powder (or just plain chocolate protein powder)
1/4 tsp vanilla extract
120ml vanilla almond milk, unsweetened
1 tbsp chia seeds
Stevia drops to taste (about 4 drops)
1 tbsp dark chocolate shavings (optional)

Instructions

Combine all ingredients in small glass container or cup
Cover and refrigerate for at least 30 minutes (or overnight) to allow the chia seeds to expand and thicken the mixture
Optional: add dark chocolate shavings on top before eating.
This should last 2-3 days covered in the fridge.



Calories	201
Protein	29
Carbs	10
Fats	5
Fibre	7





RASPBERRY CHOCOLATE CHIP PROTEIN BROWNIES



SERVES: 12



TOTAL TIME: 30 MINUTES

Ingredients

25g gluten free oats (gluten free if required)
50g unsweetened cocoa powder
55g whey chocolate protein powder
120ml unsweetened applesauce
1 egg
1 tbsp honey
1 tsp vanilla extract
160ml almond milk, unsweetened
45g chocolate chips, plus 2 tbsp for topping
65g raspberries, broken up into large pieces

Instructions

Preheat oven to 177°C/350°F/Gas 4.
Spray 8x8 inch baking pan with nonstick cooking spray.
Place oats in a blender and blend for one minute or until they resemble the consistency of flour. Transfer oat flour to a medium bowl then whisk in cocoa powder and protein powder, set aside.
In a separate bowl, whisk together applesauce, egg, honey, vanilla and almond milk until smooth and well combined. Add to dry ingredients and mix together until just combined.
Next, heat coconut oil and the chocolate chips (save 2 tbsp) in a small saucepan over very low heat. Stir continuously until all chocolate chips and coconut oil have melted together. (You can also heat them in a microwave safe bowl for 30-45 seconds.) Gently stir into brownie batter.
Pour mixture into prepared pan. Sprinkle remaining 2 tbsp of chocolate chips and raspberries on top and bake for 18-22 minutes or until just cooked through and the top has set.
Transfer pan to wire rack to cool completely.
Once cool, cut into 12 bars. The bars should be kept covered in the refrigerator and enjoyed cold!

Calories 114

Protein 5

Carbs 11

Fats 6

Fibre 2





CHOC BANANAS



SERVES: 6



TOTAL TIME: 5 MINUTES

Ingredients

3 medium-large bananas
170g dark chocolate
Peanuts, chopped

Instructions

Start by cutting each banana into 4-6 pieces.
Place chopped peanuts in a bowl and set aside.
Place chocolate in a microwave safe bowl and heat in 20 second increments. Taking it out each time to give it a stir.
Place a toothpick in each piece of banana, dip the banana in the chocolate, then in the peanuts.
Freeze for at least 30 minutes before serving.



Calories	337
Protein	7
Carbs	30
Fats	21
Fibre	6





LEMONY COCONUT BALLS



SERVES: 6



TOTAL TIME: 5 MINUTES

Ingredients

200g shredded coconut
70g almonds
2-3 tbsp honey
1 lemon, zest and juice

Instructions

Put all ingredients in the food processor and blend until everything is smooth.
Roll the mixture into small balls and then roll them in an extra dusting of coconut.
Lay sparsely on a tray and place in the fridge until firm.

Calories 134

Protein 3

Carbs 17

Fats 6

Fibre 2





BOUNTY PUDDING



SERVES: 1



TOTAL TIME: 5 MINUTES (PLUS 2 HOURS)

Ingredients

180ml coconut milk
2 tbsp chia seeds
1 scoop chocolate protein powder
1 tbsp cacao powder
1 tsp honey
1 tsp desiccated coconut
Handful raspberries

Instructions

First, pour the coconut milk into the blender. Add the chia seeds and blend for 20-30 seconds. Add all remaining ingredients and blend until you have a very smooth consistency.

You want the pudding to be nice and thick, but if it's too thick, you can add a little extra milk to loosen it. Transfer to a bowl or jar and refrigerate for at least 2 hours.



Calories	368
Protein	22
Carbs	34
Fats	16
Fibre	12





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