



GURU
FITNESS.COM

TASTY & HEALTHY

RECIPE BOOK



More than 70 quick, easy, tasty and nutritious recipes!



Medical Disclaimer

The recipes within these pages are for information purposes only and in no way supercede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

Further, if you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.

© Copyright Gurufitness.com

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

Contents



Introduction

Smoothies

Strawberry & melon cooler	1
Alkalising tonic	2
Supreme green smoothie	2
Melon, orange & kiwi cooler	3
Pina colada	3
Refresher cooler	4
Oaty berry shake	5
Orange, ginger & carrot smoothie	6

Snacks

Refreshing cucumber salad	7
Amazing strawberry jelly	8
Chicken meatballs	9
Protein heaven bars	10
Blueberry crunch	11
Banana yoghurt	11

Treats

Flaxseed spelt bread	12
Banana-berry freeze	13
Berry sandwich bars	14
Chocolate & coconut bark	15
Carrot & ginger loaf	16
Chocolate nut pancakes	17
Cherry almond muffin loaf	18
Banana choc cupcakes	19
Sticky popcorn	20
Chocolate nut icecream	21

Breakfast

Crunchy cottage cheese	22
Crunchy quinoa	23
Spiced apple power porridge	23
Breakfast burrito	24
5 veg omelette	25

Breakfast

Summer fruit pancakes	26	Cauliflower chicken	39
Protein pancakes	27	Zingy turkey kebabs	40
Fruit & nut porridge	28	Sesame chicken	41
Egg in a cup	29	Summery chicken salad	42
Thai coconut quiche	30	Salmon asparagus	43
Piled-high protein brekkie	31	Asian inspired fish salad	44
Tasty veg pizza	32	Spinach & ricotta pizza	45
Poached salmon protein brunch	33	Steak strip salad	46

Lunch

Lentil, sweet potato & coriander stew	34	Tuna & sweet potato crunchy salad	47
Turkey taco salad	35	Lentil pepper soup	48
Quick protein soup	36	Spicy salmon parcels	49
Coconut stew	37	Mackerel salad	50
Dill & caper salmon burgers	38	Tomato & basil soup	51
		Thai turkey burgers	52
		Chicken & vegetable soup	53

Dinner

Buzzing beef curry	54	Sizzle steak	68
Mediterranean salmon	55	Mediterranean meatloaf	69
Chicken, rice & pepper pot	56	Lamb kefta	70
Warming beef stew	57	Turkey Thai hot pie	71
Authentic chicken curry	58	Easy oven chicken	72
Spaghetti courgetti	59	Mediterranean chicken	73
Lentil & sweet potato curry	60	Meat masala	74
Chickpea chicken	61	Fragrant mince	75
Chicken nuggets	62	Turkey yam soup	76
Quick & tasty stir fry	63	Hot & tasty chicken	77
Chilli con cauli	64	Satay spice kebabs	78
Fragrant fish stir fry	65	Lime chicken fajitas	79
Quick fish stew	66		
Thai red chicken	67	Bonus Section	80

Preface



I am blessed to have one of the best jobs in the world – a fitness professional to help others improve their health. I have been in this fitness industry for more than 15 years and my passion still burns strong.

From conducting group training sessions, coaching personal clients one-on-one, coordinating and facilitating government-initiated fitness programmes (such as Singapore's Lose To Win by the Health Promotion Board) and providing fitness solutions to my corporate clients, I have had the opportunity to meet and train people from all walks of life.

I feel blessed to have had the chance to partner up with other fitness coaches and nutritionists in my quest to help others adopt healthier lifestyles and get fitter. I have seen many successes. My mission is to see more success stories by helping those who are still struggling. A big part of what I do involves educating and encouraging: the right knowledge, the right tools and a good cheerleader can go a long way.

Being healthy is about having a body that is functional and efficient. Having a low body fat percentage (within the recommended guidelines) would generally lower the risks of getting diseases such as diabetes, heart disease, high blood pressure, diabetes, sleep apnea, and certain cancers and other diseases.

In this modern world where a lot of emphasis is placed on looking good, many of us engage in physical activity and exercise in pursuit of that perfect body. We forget that exercise is just one aspect of getting healthy. We need to be mindful of what we put into our bodies too. In fact, if we watch what we eat in the first place, we will find that we do not have to work so hard to keep our bodies in mint shape.

For those who have seen some changes to your physical appearance but find it difficult to move forward to the next level, this book might be just what you need.

Coach Sharm
GuruFitness.com

Introduction



This book will share delicious, healthy recipes that you can easily incorporate into your daily meal plans to complement your overall plan towards a better, fitter you. This book is not about a new fad diet or a shortcut to losing weight. There are no shortcuts for that, no matter what anyone tells you.

A healthy body can be achieved when you take care of the following 3 components:

1. Food – Keep your food intake within the recommended levels and choose healthier options whenever you can.

Here is my Triple Threat to Fat Reduction: Reduce, Substitute and Record.

- **REDUCE:** Lower consumption of unhealthy food by 10% this week for a start. Work upwards as time goes by.
- **SUBSTITUTE:** Look for healthier alternatives - choose low GI (Glycemic Index) over high ones.
- **RECORD:** Log down entries in your food journal for 1 week. There are currently so many mobile apps out there that you can download and use. Use it! Jot EVERYTHING down. Analyse what goes into your body and modify your eating patterns accordingly. Just seeing all those food and drinks you consume in print can make all the difference. (Tip: Look for cravings vs hunger.)

2. Movement – Ensure that you are engaged in more physical activities. This includes all incidental physical activities such as walking to the train station to work, climbing up those flights of stairs to go back home or even those hours you put in to vigorously scrub your toilets and mop the floors. Increase the amount of time you are on your feet and moving. Remind yourself that sedentary lifestyle is a ticking bomb!

3. Mental strength – Knowledge of the above-mentioned points is important. What is even more important in determining your success in this journey is how mentally strong you are. Knowledge without action is worthless. You must have the willpower to turn thought into deed.

Do not just say that you want to lose weight or that you want to eat better. Do not just say that you want to start living a healthier lifestyle.

DO IT!

Start by setting SMART (Specific, Measurable, Attainable, Realistic, Time-bound) goals, plan your daily intake and then figure out how you are going to expend those calories everyday.

Be prepared to push away naysayers. Be strong enough to get over the inertia of staying in your comfort zone.

Here is a formula that you might be wise to remember:

↓ caloric intake + ↑ caloric expenditure = a trimmer you

This book aims to help you make better choices with your food intake by showing you that healthy food does not have to mean tasteless, boring food. We hope you enjoy trying out these recipes as much as we have enjoyed preparing it for you.

Yours in health,

Coach Sharm, MSc
Master Trainer and Fitness Consultant
GuruFitness.com
Email: sharm@GuruFitness.com

PS: There's a bonus section on exercise strategies at the end of the book. Enjoy!

So, you want to know the secret? Well, that's easy! To put it plainly... there is NO secret! However, there are six key points that you can put to use in your quest for better health and fitness. If anything you read, see or hear deviates from any of these six principles (see below), chances are you can dismiss it immediately as a short term fad diet.

The recipes in this book shows a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. Our recipes are tasty, quick and easy: these are the "ingredients" to keep you on the right track.

FOLLOW THESE 6 PRINCIPLES AND YOU WILL GET RESULTS...

- 1. Eating less calories than you burn (calorie deficit).**
- 2. Balancing blood sugars by consuming less carbohydrates in general and making sure that those carbohydrates that we do consume are low GI (controlling the fat storage hormone insulin and increasing the fat burning hormone glucagon).**
- 3. Eating more vegetables and some low sugar fruits because they are rich in antioxidants and micronutrients (vitamins and minerals).**
- 4. Eating plenty of protein for repair and maintenance of lean tissue (main contributor to metabolism), and to keep us feeling full (protein satisfies the appetite more than any other macronutrient).**
- 5. Eating plenty of healthy fats from fatty fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet).**
- 6. Drinking plenty of water for naturally detoxifying the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake).**

Now go and learn, cook, enjoy and experience the benefits that these recipes have to offer.

Let's get started...

Below are a few hints and tips to help you along the way. We recommend you spare a few minutes to read this before you get cooking.

COOKING WITH FATS AND OILS

With so many different fats and oils available, it's important to be aware of their correct usage. For cooking and frying at high temperatures, the following are safe to use, as they remain stable at higher temperatures, thus pose no danger to your health. These are **coconut oil** and **ghee** (clarified butter). Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

Although often perceived as unhealthy, when used in moderate amounts, **butter** is a much better option than a highly processed vegetable oil spread or margarine. It's a great fat to use on top of fish or meat in the oven, or in stews or slow-cooked meals at lower temperatures.

For salads, use **cold pressed extra virgin oils**.

There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Also makes great pancakes! (See our **Summer Fruit Pancakes** recipe).



TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

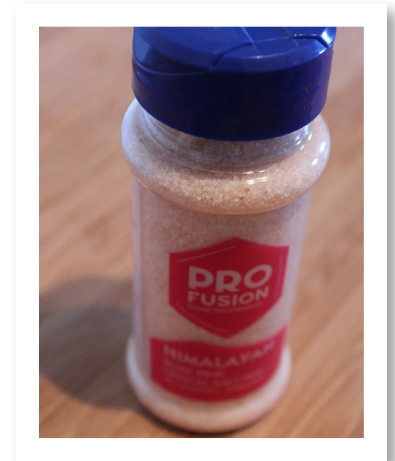
Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.

Of all herbal teas, **licorice tea** is arguably one of the most beneficial yet under-appreciated herbal teas. Licorice tea can help the liver to rid unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.



STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.



Consider replacing cheap, processed table salt (which is full of chemicals, and some brands even contain sugar!) with a good quality organic **sea salt** or **Himalayan pink salt**. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.

A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity. However, we believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic. The occasional bit of sugar in your diet won't wreck your progress or make you ill. Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you might feel deprived.



Our advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity. This should encourage you to make more sensible food choices overall.

In some of our recipes we use stevia – pictured above right. This is a plant-based sweetener which has been around for many years. Many research studies have been conducted on its safety, and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. This also applies to most other sugar substitutes out there. If you'd prefer to swap the stevia in our recipes with something else then that is fine. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes. Experiment and enjoy your time in the kitchen!

Note: There are several forms of stevia available - a very light powdery texture, and a more granulated / grainy texture. In all of our recipes, we have used the granulated version. We recommend you use the same, so that the ingredient weight is accurate.

A helping hand...



Through a combination of good nutrition and exercise, the following recipes will help you achieve optimum fat loss results.

Here are some low carb recipes, ideal for a NON TRAINING DAY:

- Thai Coconut Quiche
- Dill & Caper Salmon Burgers
- Chicken Meatballs
- Spicy Salmon Parcels
- Mediterranean Chicken
- 5 Veg Omelette
- Hot & Tasty Chicken
- Lime Chicken Fajitas
- Quick fish stew
- Pina Colada
- Chocolate Nut Pancakes
- Refreshing Cucumber Salad
- Protein Jelly

Research has shown that the body can tolerate carbohydrate better after exercise. If you are going to consume carbs, you should aim to do this within 2 hours of exercise.

Here are some recipes which are ideal post-workout. These are also medium / high protein to aid muscle repair.

- Crunchy Quinoa
- Fruit & Nut Porridge
- Breakfast Burrito
- Banana Yoghurt
- Tuna & Sweet Potato Crunchy Salad
- Buzzing Beef Curry
- Chicken, Rice & Pepper Pot
- Authentic Chicken Curry
- Chilli Con Cauli
- Fragrant Fish Stir Fry
- Thai Red Chicken
- Sizzle Steak
- Turkey Yam Soup
- Flaxseed Spelt Bread
- Strawberry & Melon Cooler
- Carrot & Ginger Loaf

Strawberry & melon cooler

READY IN
5
MINUTES

1 medium slice watermelon,
chopped roughly
12 medium strawberries
handful ice cubes
300ml spring water (more or less,
depending on desired consistency)

SERVES 1



Put all the ingredients into a blender and whizz until smooth. Serve in a glass.

PER SERVING:

136 Calories

31g Carbs

3g Protein

0g Fat

Alkalising tonic



handful fresh spinach
1 kiwi, halved
2 tbsps wheatgrass powder
juice of half a lemon
2 tbsps liquid chlorophyll diluted
in 300ml cold water (add more or less,
depending on desired consistency)

Put all the ingredients into a blender and whizz until smooth. Serve in a glass.

SERVES 1

PER SERVING:
121 Calories
20g Carbs
8g Protein
1g Fat



Supreme green smoothie

30g baby leaf spinach
15g ginger, roughly chopped
1 tsp wheatgrass powder
1 tsp spirulina
50g blueberries
200ml cold water (add more or less,
depending on desired consistency)

Put all the ingredients into a blender and whizz until smooth. Serve in a glass.



SERVES 1

PER SERVING:
64 Calories
11g Carbs
5g Protein
0g Fat



Melon, orange & kiwi cooler



- 1 medium slice watermelon, chopped roughly
- 1 small orange, peeled
- 1 kiwi peeled and chopped roughly
- handful ice cubes
- 200ml spring water (more or less, depending on desired consistency)

Put all the ingredients into a blender and whizz until smooth. Serve in a glass.

SERVES 1

PER SERVING:
137 Calories
28g Carbs
4g Protein
1g Fat



Pina colada



- 1 slice fresh pineapple, peeled and chopped roughly
- 1 tbsp coconut cream
- handful ice cubes
- 40g vanilla flavoured whey protein (optional)

SERVES 2

PER SERVING:
145 Calories
7g Carbs
15g Protein
6g Fat



Put all the ingredients into a blender and whizz until smooth. Serve in a glass.

Refresher Cooler

READY IN
5
MINUTES



50g fresh mango
handful fresh spinach
1 tbsp wheatgrass powder
handful cucumber, chopped roughly
1 kiwi, peeled and diced
handful ice cubes

SERVES 1

Put all the ingredients into a blender and whizz until smooth. Serve in a glass.

PER SERVING:

109 Calories

21g Carbs

4g Protein

1g Fat

Oaty berry shake



25g vanilla or strawberry flavoured whey protein
70g frozen mixed berries
15g porridge oats (gluten-free if preferred)
cold fresh water

SERVES 1

Put the whey protein, berries and oats into a blender and add half of the water.

Blend together, adding more water until you have the desired consistency.



PER SERVING:
145 Calories
14g Carbs
20g Protein
1g Fat

Orange, ginger & carrot smoothie



1 large orange, peeled and pips removed

20g fresh ginger, peeled and roughly chopped

1 medium carrot, peeled and roughly chopped

SERVES 1



Put all of the ingredients into a blender and add 50ml cold fresh water.

Blend together, adding more water until you have the desired consistency.

PER SERVING:

124 Calories

28g Carbs

3g Protein

0g Fat

Refreshing cucumber salad

READY IN
5
MINUTES



Suggestion:

Ideal as a quick snack or as an accompaniment to lunch or dinner



1 cucumber, halved lengthways then cut into long strips
1 tbsp olive oil or grape seed oil
handful fresh mint, chopped finely
pinch of sea salt

SERVES 2

PER SERVING:

75 Calories

2g Carbs

1g Protein

7g Fat

Prepare a medium grill. Place the cucumber strips onto a baking tray and lightly drizzle with oil.

Grill for 5 minutes until the cucumbers have softened slightly.

Serve with a sprinkle of mint and sea salt.

Amazing strawberry jelly

1 sachet/pack sugar free strawberry
or raspberry jelly
½ pint of boiling water
40g strawberry flavoured whey
protein powder
½ pint of cold water
50g berries

SERVES 3

Try to source jelly which
doesn't contain any artificial
sweeteners, flavours,
or colourings.

Add the jelly to the boiling water. Stir well until
the jelly has dissolved.

Stir in the whey protein. Top up with cold water.

Pour into dessert bowls or glasses. and add
the berries.

Refrigerate until set.

Store in the refrigerator for up to 3 days,

PER SERVING:

60 Calories

2g Carbs

13g Protein

0g Fat



Chicken meatballs

350g chicken breast, diced
1 carrot, grated
2 garlic cloves
100g fresh coconut, grated
1 egg
2 tsps curry powder
½ tsp salt
handful parsley or coriander
10g coconut oil

Put everything except for the coconut oil into a food processor and whizz into a smooth paste. Using your hands, form 20 meatballs.

In a large pan, melt the coconut oil over a high heat. When the oil is hot, put the meatballs in the pan and cook for 2 minutes. Roll each meatball over and cook for a further 5 minutes.

Reduce to a medium heat, cover the pan and cook for a further 6-8 minutes.

MAKES 20 MEATBALLS

Suggestion:

These are ideal as a portable snack, or a post workout protein fix



PER MEATBALL:
51 Calories
1g Carbs
5g Protein
3g Fat

Protein heaven bars

3 medium sized bananas (approx 220g)
50g peanut butter (no added sugar)
2 medium eggs
1 egg white
40g porridge oats (use gluten free oats if preferred)
20g ground almonds
30g flaxseeds, whole or ground
50g chocolate flavoured whey protein
30g organic raisins
20g dark chocolate (70% cocoa), chopped finely

Preheat your oven to 190°C.

Line a baking tray with parchment paper.

In a large bowl, mash the bananas. Add all of the other ingredients and mix thoroughly. Pour the mixture onto the tray and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then chop into 9 pieces.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 9 BARS



Top Tip:

200g blueberries will work as an alternative to the banana. It also reduces the carbs.

PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat



Blueberry crunch



100g low fat Greek yoghurt (use a dairy free yoghurt if preferred)
50g fresh blueberries
15g chopped hazelnuts

SERVES 1

Place the yoghurt into a bowl.
Top with the blueberries and hazelnuts.

PER SERVING:
205 Calories
16g Carbs
6g Protein
13g Fat



Banana yoghurt

60g low fat Greek yoghurt (use a dairy free yoghurt if preferred)
1 medium sized banana, chopped
15g flaked almonds
1 tsp acacia honey

SERVES 1

Place the yoghurt into a bowl.
Top with the banana, almonds and honey.

PER SERVING:
242 Calories
32g Carbs
6g Protein
10g Fat



Flaxseed spelt bread

500g wholegrain spelt flour (use
gluten free flour if preferred)

½ tsp salt

1 tsp quick yeast

3 tbsps flaxseed

400ml warm water

1 tbsp olive oil

SERVES 6

Recommended:

Flaxseed is a great antioxidant,
rich in Omega 3 essential fatty
acids and fibre



PER SERVING:

331 Calories

54g Carbs

13g Protein

7g Fat

Preheat oven to 200°C. Line the base of two
medium sized bread tins with baking paper.

In a large bowl, mix together the flour, salt,
flaxseed and yeast.

Roughly mix the water into the flour. While the
dough is still craggy, add the olive oil and give it
a good mix.

Knead the dough for several minutes, using a
little extra flour to stop it sticking to your hands.

Divide the mixture into the two bread tins.
Cover with a clean tea towel, and leave
somewhere warm for 25 minutes e.g. next
to a radiator.

Bake for 40-45 minutes. Turn out the loaves
onto a wire rack and allow to cool for at least
5 minutes before serving.



Banana-berry freeze

1 banana
300g frozen raspberries
100g low fat Greek yoghurt (use a dairy free yoghurt if preferred)
1 tbsp acacia honey
1 sheet parchment / baking paper

SERVES 4

Cut the banana into thin slices, and place on a lined tray. Freeze for one hour.

Remove bananas from the freezer and place in a food processor with the frozen raspberries.

Leave for ten minutes to soften up. Add honey and yoghurt and pulse until creamy. If the processor gets stuck, wait a few minutes for the mixture to soften up before continuing.

Serve immediately or freeze for a later date. Remove from the freezer 15 minutes before serving.



Top Tip:

A healthy dessert packed full of antioxidants, ideal for entertaining guests

PER SERVING:

109 Calories

21g Carbs

4g Protein

1g Fat



Berry sandwich bars

100g coconut flour
60g vanilla flavoured whey protein (optional)
1 tbsp ground flaxseed
2 tsp baking soda
1½ tsp cinnamon
½ tsp sea salt
50ml coconut oil
25ml light coconut milk
4 eggs
2 tsp vanilla extract
20g pitted dates, chopped finely
200g mixed berries
10g unsweetened coconut flakes

SERVES 8

Preheat the oven to 175°C. Line a 9x9 inch baking tray with greaseproof paper.

Sieve the flour into a bowl and add the whey protein (if using), flaxseed, baking soda, cinnamon, and salt. Set aside.

In a separate bowl whisk together the coconut oil, coconut milk, eggs, and vanilla until creamy. Add the dates then slowly stir in the flour mixture until well combined and a firm dough forms.

PER SQUARE:
204 Calories
12g Carbs
12g Protein
12g Fat

Divide the dough in half and press half evenly into the bottom of the parchment lined pan. Spread the berries evenly over top of the dough.

On a separate sheet of greaseproof paper, gently shape the remaining dough into a similar size and shape as before. Lift the dough on the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible. Sprinkle the dough lid with coconut flakes, and press lightly to hold them in place.

Bake for 20 minutes, until the coconut is golden and they spring back to the touch. Allow to cool in the pan completely before cutting into squares. Store in an airtight container and refrigerate for up to 4 days.



Chocolate & coconut bark

80g coconut oil
3 tbsps organic cocoa powder
1 tsp stevia
80g chopped nuts
50g chocolate flavoured whey protein

SERVES 6

A low carb treat that tastes truly indulgent and will satisfy any sweet tooth.

You can use any type of nuts. Hazelnuts, brazils, macademia or pistachios work very well. Chop them roughly to add extra texture.

Line a baking tray with greaseproof paper and put in the freezer.

Melt the coconut oil gently in a pan over a medium/low heat. Add the cocoa powder and stevia. Stir well to combine. Remove from heat.

Stir the nuts and whey protein into the mixture. Add a little cold water so that the consistency is thick but pourable.

Remove baking tray from freezer and pour the mixture onto the baking paper, spreading evenly to desired thickness.

Put in freezer on a level shelf and leave for 20 minutes. If you can resist not eating it all in one go, the bark can be kept in the freezer for up to 2 weeks.



PER SERVING:
222 Calories
3g Carbs
9g Protein
22g Fat

Carrot & ginger loaf

20g flaxseed, ground
180g bramley apple, peeled, cored and sliced
150g coconut flour
½ tsp xanthan gum
2 tsps baking powder
50g chocolate peanut flavour peptide fusion / chocolate flavour whey protein (optional)
pinch of sea salt
2 tsps ground cinnamon
1 tsp ground ginger
8 cloves, ground
3 tsps stevia
50g coconut palm sugar
100ml light coconut milk
100ml extra virgin olive oil
1 egg
1 egg white
200g carrots, peeled and grated
80g organic raisins
20g nuts, chopped (any kind)

Preheat oven to 180°C. Line the base of two medium sized loaf tins with greaseproof paper.

Mix the flaxseeds with a little water until the consistency thickens. Leave to stand.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

In a large bowl, mix the flour, xanthan gum, baking powder, peptide fusion / whey protein (optional), salt, cinnamon, ginger, cloves, stevia and coconut sugar.

In a separate bowl, mix the coconut milk, olive oil, egg, egg white, apple sauce until smooth. Gently stir in the carrots and raisins and mix. Divide the mixture between the two loaf tins and sprinkle the nuts over the top.

Bake for 30 minutes. Remove from oven and leave to cool for 5 minutes on a wire rack.

Remove from tins and allow to cool. These can be stored in an airtight container for up to 3 days.

MAKES 14 SLICES



PER SLICE:
176 Calories
15g Carbs
8g Protein
11g Fat



Chocolate nut pancakes

25g coconut flour
25g chocolate flavour whey protein
30g whole porridge oats (gluten-free if preferred)
2 eggs
1 egg white
1 tsp cocoa powder
1 tsp stevia
20g dark chocolate (70% cocoa)
15g crunchy peanut butter (no added sugar)
10g coconut oil

MAKES 5 PANCAKES

Put all of the ingredients except for the oil into a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick yet runny enough to pour.

Heat some of the coconut oil in a large non stick pan over a medium / high heat. Pour one quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn or flip it over and heat on the other side for 1-2 minutes.

PER PANCAKE:

148 Calories

9g Carbs

10g Protein

8g Fat



Transfer pancake to a plate. Add more oil to the pan and repeat the process with the remaining batter.

These can be kept in the refrigerator for up to 2 days.

Serving suggestion:

Serve with a dollop of Greek yoghurt, black cherries (fresh or frozen) and some grated dark chocolate.

Cherry almond muffin loaf

50g bramley apple, peeled and sliced
 5 medium sized eggs
 1 egg white
 30g pitted dark cherries, halved
 80g coconut flour
 65g agave syrup
 1½ tsps stevia
 70g ground almonds
 1 tsp of vanilla essence
 1 tsp bicarbonate of soda

MAKES 10 SLICES

Preheat oven to 180°C.

Line the base of a medium sized loaf tin with greaseproof paper.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

Beat the eggs and egg whites with a whisk for 30 seconds.

Add all of the remaining ingredients and mix well. Pour the mixture into the loaf tin and bake for 40-50 minutes, until golden brown.

Leave to cool for 5 minutes, then remove from the tin and transfer to a wire rack to cool.

Healthy baking - fun for the family!



PER SLICE:
 132 Calories
 12g Carbs
 7g Protein
 7g Fat



Banana choc cupcakes



- 75g coconut flour
- ½ tsp salt
- 1 tsp baking powder
- 2 tsp organic cocoa powder
- ½ tsp ground cinnamon
- 2 large overripe bananas, mashed
- 75g Greek yoghurt plus extra for topping (use a dairy free yoghurt if preferred)
- 3 eggs
- ½ tsp vanilla essence
- 2 tsps stevia
- 50g organic 70% chocolate, grated or finely chopped, plus extra for topping (optional)

MAKES 8 CUPCAKES

Preheat oven to 175°C.

Sieve the coconut flour into a small bowl. Add the salt, baking powder, cocoa powder and cinnamon. Set aside.

In a medium bowl, beat together the mashed bananas, Greek yoghurt, eggs and vanilla. Add the stevia, stirring until well combined.

PER CUPCAKE:

159 Calories
15g Carbs
6g Protein
7g Fat

Gently stir in the dry ingredients until fully mixed. Fold in the chocolate.

Spoon the batter into each of a lined muffin tin. Bake for 20-25 minutes until a toothpick comes out clean. Allow to cool for a few minutes in the pan, and then remove to a wire rack to cool.

Optional: Top the cupcakes with a teaspoon of yoghurt and a few chocolate chips. Consume on same day.

Without the topping, these cupcakes can be stored in an airtight container for several days.

Store in an airtight container for up to 3 days.

Sticky popcorn

80g popping corn
15g coconut oil
15g coconut sugar

SERVES 4

Transfer to a large serving bowl. Sprinkle on the coconut sugar and mix well.

The sugar will melt slightly onto the warm popcorn to give a slightly sticky coating.

Warning: Leave a few minutes to cool before eating as warm sugar can burn.

Melt the oil over a medium / high heat in a large saucepan.

Add the popping corn and cover.

When the corn starts to pop, shake the pan gently from time to time over the heat, to prevent burning.

When most of the corn has popped remove saucepan from heat. You will probably find there are a few that remain unpopped.



PER SERVING
145 Calories
14g Carbs
2g Protein
9g Fat

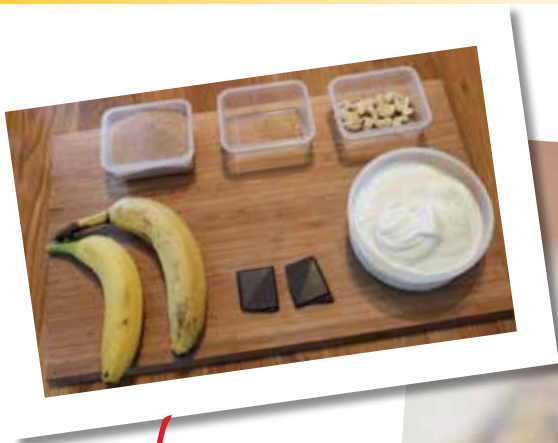
Chocolate nut icecream



500g 0% total Greek yoghurt (use a dairy free yoghurt if preferred)
2 medium sized ripe bananas, sliced
50g chocolate flavour whey protein
1 tsp vanilla essence
10g dark chocolate (70% cocoa), finely chopped
20g chopped hazelnuts

Put the yoghurt, banana, whey protein and vanilla essence in a blender. Pulse until creamy.
Stir in the dark chocolate and nuts.
Divide into 6 small freezer proof pots
Freeze for at least 2 hours.
Remove from freezer 15 minutes before serving.

SERVES 6



PER SERVING
156 Calories
14g Carbs
16g Protein
4g Fat

Crunchy cottage cheese



175g cottage cheese
1 kiwi diced
15g flaked almonds

Serve the cottage cheese in a bowl, topped with the kiwis and almonds.

SERVES 1

PER SERVING:
288 Calories
21g Carbs
24g Protein
12g Fat



Crunchy quinoa



60g uncooked quinoa
50g low fat Greek yoghurt (use a dairy free yoghurt if preferred)
20g dried pitted prunes
15g flaked almonds
½ tsp ground cinnamon

Cook the quinoa according to packet instructions. You might prefer to do this the night before to save time in the morning. Cool the quinoa with cold spring water.

Drain and serve in a bowl topped with yoghurt, almonds, prunes and a sprinkle of cinnamon.

SERVES 1

PER SERVING:
379 Calories
53g Carbs
17g Protein
11g Fat



Spiced apple power porridge

40g porridge oats, (gluten-free if preferred) soaked overnight in fresh water

1 medium sized apple, diced

15g flax seeds, ground

1 tsp ground cinnamon

SERVES 1

Place the soaked oats into a sauce pan and cook over a medium heat for several minutes, stirring continuously.

Add the diced apple and cook for several minutes. Stir in the flax seed.

Spoon the contents into a bowl, and sprinkle with cinnamon.

Top Tip:

Soaking the oats for at least 12 hours overnight makes it much easier for the body to digest.

This also speeds up the cooking process, which is ideal if you are short on time in the mornings



PER SERVING:

241 Calories

44g Carbs

5g Protein

5g Fat

Breakfast burrito



3 eggs, yolks and whites separated
5g coconut oil
half a red onion, finely chopped
1 tomato, finely chopped
1 green chilli, finely chopped
½ yellow or red pepper, diced
handful fresh coriander,
finely chopped
60g cooked chicken
quarter avocado, cut into
small chunks

SERVES 1

A perfect weekend treat!



Whisk the egg whites.

Melt half of the coconut oil in a lightly warmed skillet. Pour half the egg whites into the pan, swirling to spread them evenly. After 30 seconds, cover and cook for 1 minute. Use a spatula to loosen and slide onto a plate. Repeat this process with remaining egg whites.

Sauté the onion with the remaining oil for one minute then add tomato, chillis, pepper, coriander and meat. Whisk egg yolks and pour into pan, mixing into the other ingredients.

Add avocado then spoon half of the filling onto each egg white. Roll the egg white up into burritos.



PER SERVING:

540 Calories

20g Carbs

43g Protein

32g Fat

5 veg omelette

3 eggs plus 1 egg white, beaten
 10g organic butter
 2 medium sized mushrooms, sliced
 3 medium sized broccoli florets,
 finely chopped
 30g bell pepper, finely chopped
 2 spring onions, finely chopped
 Himalayan sea salt to season
 handful baby leaf spinach, roughly
 chopped
 10g low fat cheddar cheese, grated

Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette starts to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Add the cheese. Using a wooden slice fold the omelette in half. Remove the omelette from the pan and serve.

Any leftovers can be kept in the fridge for up to 3 days.

SERVES 2

Break the eggs and whites into a jug and beat with a fork and season well.

Melt half of the butter in a non-stick frying pan over a medium heat and add all of the chopped vegetables except for the spinach.

Sauté for 5 minutes, until softened. Remove from heat and set aside.

Remove any bits from the pan. Melt the remaining butter. Pour the eggs into the pan.



PER SERVING:
210 Calories
4g Carbs
17g Protein
14g Fat

Summer fruit pancakes

- 3 tsps coconut flour
- 2 eggs
- ½ tsp ground cinnamon
- 2 tsps stevia
- 1 tsp coconut oil
- 1 tbsp low fat Greek yoghurt (use a dairy free yoghurt if preferred)
- 80g mixed berries and fruit, chopped into small pieces

SERVES 1

Suggestion:

Choose low / medium-sugar fruits, such as berries, kiwis and strawberries, rather than high-sugar fruits, such as bananas, apples and mangos, if you are watching your carb intake

Place the flour, eggs, cinnamon and stevia in a blender and mix until smooth. Add more flour if necessary to achieve a medium consistency (pourable but not runny).

Heat the coconut oil in a pan to a medium / high heat and then pour in a small amount of the mixture into the centre of the pan (around 50ml).

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn it over and heat on the other side for 1-2 minutes. Repeat with remaining batter.

Serve with yoghurt and fruit.



PER SERVING:
312 Calories
14g Carbs
19g Protein
20g Fat

Protein pancakes

4 eggs
1 egg white
25g vanilla or chocolate whey protein
1 medium sized banana
40g whole porridge oats
1 tsp cinnamon
2 tsps stevia
15g coconut flour
15g coconut oil

MAKES 4 PANCAKES



Put all of the ingredients in a blender and mix together. Add a little water if necessary to achieve the right consistency. The mixture should be quite thick but pourable.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn (or flip) it over and heat on the other side for 1-2 minutes.

Transfer to a plate.

Add more oil and repeat with the remaining batter.

These can be kept in the fridge for up to 3 days.



PER PANCAKE:
193 Calories
14g Carbs
14g Protein
9g Fat

Fruit & nut porridge

40g porridge oats, (gluten-free if preferred) soaked overnight in fresh water

1 tsp stevia

1 kiwi, diced

15g flaked almonds

handful dried prunes, chopped

SERVES 1

Place the soaked oats into a saucepan and cook over a medium heat for several minutes, stirring continuously. Stir in the stevia.

Spoon the contents into a bowl. Add the kiwi, almonds, and prunes.

Top Tip:

Soaking the oats overnight - for at least 12 hours - makes it much easier for the body to digest.

This also speeds up the cooking process - ideal if you are short on time in the mornings



PER SERVING:
340 Calories
48g Carbs
10g Protein
12g Fat

Egg in a cup



2 eggs
2 oatcakes
5g organic butter
salt and pepper

SERVES 1

Boil the eggs in a pan of salted water for 10 minutes. Place in cold water for one minute to cool, then peel.

Place in a cup with butter and season with salt and pepper. Mash thoroughly with a fork.

Spread thickly onto oatcakes.



PER SERVING:
283 Calories
12g Carbs
16g Protein
19g Fat

Thai coconut quiche

10g coconut oil, for greasing
handful of broccoli, chopped into
medium sized pieces

6 eggs

2 salad tomatoes

2 shallots

1 garlic clove

1 stick lemongrass

400ml light coconut milk

½ tsp chilli flakes

SERVES 4

Preheat oven to 200°C.

Grease a 10-inch round or 13x9 inch square baking dish. Cook the broccoli in boiling water for 4 minutes, then drain.

In a blender, mix together the remaining ingredients. Stir in the broccoli.

Pour the mixture in a baking dish and bake in the oven for 20 minutes or until set in the middle.



PER SERVING:
232 Calories
9g Carbs
13g Protein
16g Fat

Piled-high protein brekkie



2 eggs
large handful of spinach
15g plain cashews
½ tsp salad seasoning (recipe below)

SERVES 1



Easy to make salad seasoning: *Lemongrass, Coriander & Garlic*

In a grinder, mix up a teaspoon of the following: Dried lemongrass, ground coriander and garlic powder. Add a good pinch of rock salt. Adjust quantities to taste. Store in an airtight container for future use.

PER SERVING:
289 Calories
6g Carbs
19g Protein
21g Fat

Boil the eggs in a pan of salted water for 10 minutes.

While they are cooking, steam the spinach gently for 3-4 minutes, until wilted.

Remove the eggs from the heat, and cool down for one minute with cold water, before peeling.

Serve the eggs sliced over a bed of spinach. Add the cashew nuts and sprinkle with seasoning.

Tasty veg pizza

4 eggs
3 egg whites
Himalayan pink salt to season
40g porridge oats (gluten-free if preferred)
7 cherry tomatoes, halved
60g baby leaf spinach, finely chopped
1 green chilli pepper, finely chopped
½ a large green bell pepper, finely chopped
1 tsp paprika
½ tsp dried oregano
15g low fat cheddar cheese, grated (optional) - use a dairy free cheese if preferred

MAKES 6 SLICES

Top tip:

This pizza makes a great portable snack

Preheat oven to 150°C.

Lightly grease a large round ovenproof dish with coconut oil or butter.

Whisk the eggs and egg whites in a jug and season well with Himalayan salt.

Add the oats, vegetables, dried spices and herbs. Stir well.

Pour into the dish and cook for 10 minutes.

Remove from oven and sprinkle on the cheese, if using.

Cook for a further 5 minutes, or until centre of pizza is cooked.

Refrigerate any leftovers for up to 3 days.



PER SLICE:
63 Calories
4g Carbs
6g Protein
3g Fat

Poached salmon protein brunch



100g salmon fillet
40g kale
30g mushrooms
5g organic butter
2 medium sized eggs
salt and pepper to season

SERVES 1

In a large shallow pan, bring some water to the boil - just a couple of inches of water is needed for shallow poaching.

Add the salmon and poach gently for 8 minutes, turning on each side as it cooks.

In a separate saucepan, melt the butter over a medium heat and cook the mushrooms for 3-4 minutes until soft.

Bring a small pan of water to the boil (again just a couple of inches of water). Reduce the heat to a very gentle simmer and carefully add the eggs.

Poach for 2-4 minutes (2 minutes is ideal for a runny egg).

Add the kale to the saucepan with the salmon and cook it in the water for several minutes. Top up with water if necessary.

When the salmon is cooked - it should be a light pink colour throughout - remove it from the saucepan and set aside. Drain the kale and leave for a few minutes to remove excess water.

Place the kale and the mushrooms on a plate and top with the salmon and the eggs.

Season well with salt and pepper.



PER SERVING:
457 Calories
6g Carbs
42g Protein
30g Fat



Lentil, sweet potato & coriander stew

2 tbsps oil (preferably coconut)
1 red onion, chopped finely
1 carrot, chopped finely
1 garlic clove, chopped finely
1 tsp ground coriander
1 tsp celery salt
½ tsp ground cumin
350g red lentils, soaked overnight
1 bay leaf
1 litre spring water
2 medium sized sweet potatoes,
peeled and diced
1 tin tomatoes
juice of half a lemon
handful coriander, chopped finely
½ tsp salt
½ tsp black pepper
4 tbsps plain yoghurt for serving (use a
dairy free yoghurt if preferred)

SERVES 4

In a large saucepan, heat the oil over a medium heat. Add the onion and carrots. Cook, stirring occasionally, until softened. Add the garlic, ground coriander, celery salt and cumin and cook for 30 seconds. Add the lentils, water and the bay leaf.

Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes. Add the potatoes and cook for a further 10-15 minutes or until the potatoes are just tender.

Stir in the tomatoes and cook for several minutes until warmed through. Remove the bay leaf. Stir in the lemon juice, coriander, salt and pepper. Spoon into a bowl and top with a spoonful of yoghurt.



PER SERVING:
348 Calories
47g Carbs
13g Protein
12g Fat

Turkey taco salad

- 10g coconut oil
- 1 romaine lettuce, halved lengthwise
- 1 tomato, diced roughly
- 1 red onion, cut into chunks
- 1 green pepper, diced roughly
- half an avocado, peeled, pitted and diced
- ½ tsp ground cumin
- ¼ tsp paprika
- ¼ tsp chilli powder
- ¼ tsp salt
- handful fresh coriander, chopped finely (optional)
- 200g turkey, diced

Drizzle half of the oil lightly over the romaine lettuce, tomato, onion, pepper and avocado. Mix remaining oil with the spices and salt and coat the turkey thoroughly.

Heat a large skillet to a medium temperature. Add the turkey to the pan and spread the vegetables and romaine evenly around it. Cook for 3 minutes, then turn all the ingredients.

Cook for a further 3 minutes, then remove the turkey, romaine lettuce and all vegetables, except for the onion and peppers. Grill the onions and peppers until softened.

Cut romaine into small chunks. Serve in a bowl topped with the turkey and cooked vegetables. Add salt to taste and garnish with coriander.

SERVES 2



PER SERVING:
286 Calories
20g Carbs
20g Protein
14g Fat

Quick protein soup



500ml chicken stock (see recipe on right)
200g fresh chicken breast, diced
300g frozen vegetables, (broccoli, carrots, sweetcorn, beans, etc)
2 eggs, beaten
3 spring onions, sliced finely
salt and pepper

SERVES 2

In a large saucepan, bring the stock to a gentle simmer. Add the chicken and vegetables. Simmer rapidly for 5 minutes.

Pour eggs into the soup in a steady stream, then stir gently while the egg cooks. Season with salt and pepper to taste.

Spoon into bowls, and garnish with spring onions.

Easy to make:

Home-made chicken stock

Chicken stock is quick to make and so good for you! Remove the meat from a cooked chicken carcass. Place carcass in a large pan of water. Season well with salt and pepper and a bay leaf if you have one.

Bring to the boil, then simmer for 2 hours. Remove from heat and allow to cool completely, then drain the liquid from the carcass. Discard carcass and bay leaf. The stock can be frozen or kept in the fridge for several days.



PER SERVING:
365 Calories
21g Carbs
41g Protein
13g Fat

Coconut stew

- 2 small shallots, roughly chopped
- 75g fresh coconut, grated
- 2 garlic cloves, finely chopped
- 3 jalapeno peppers, seeded and halved
- 1 tbsp coconut oil
- 300g chicken, diced (optional)
- 1 large cucumber, peeled, seeded and sliced
- 1 small head of cauliflower, broken into florets
- 1 carrot, peeled and sliced
- 2 spring onions, finely chopped
- 60g green beans, ends removed
- 1 tsp turmeric
- ½ tsp ground cumin
- 300ml light coconut milk
- salt to taste
- 150g low fat natural yoghurt
(use a dairy free yoghurt if preferred)

In a food processor, blend the shallots, fresh coconut, garlic and jalapenos for 1 minute until finely shredded.

In a large saucepan, warm the coconut oil and add the shredded mixture to the pan. Sauté for 2 minutes.

Add the chicken, if using, plus the cucumber, cauliflower, carrot, spring onions, green beans, turmeric and cumin. Sauté for one minute then add coconut milk and bring to a rapid simmer.

Reduce heat slightly, cover and cook for around 8 minutes until vegetables are cooked.

Add salt to taste. Remove from heat and stir in the yoghurt.

SERVES 3



PER SERVING:
425 Calories
21g Carbs
29g Protein
25g Fat

Dill & caper salmon burgers

350g salmon fillets
1 tsp dijon mustard
1 tbsp dill, finely chopped
1 tsp capers, drained
1 jalapeno pepper, seeds removed,
finely chopped
half a red onion, finely chopped
¼ tsp rock salt
lemon wedge to garnish
1 tsp coconut oil

SERVES 2

Cut the salmon into chunks and put quarter into a food processor with the mustard. Pulse into a smooth paste. Add remaining salmon and ingredients and pulse to break up salmon into small chunks, rather than a smooth paste.

Shape the salmon into two burgers. If the burgers are very moist, brush lightly with coconut flour.

Heat a skillet over a medium heat. Add the coconut oil and fry the burgers gently for 3-5 minutes until firm and easy to flip. Turn and repeat. Serve with wedges of lemon.

Suggestion:

These taste great with a Refreshing Cucumber Salad. See recipe on page 7



PER SERVING:
464 Calories
3g Carbs
50g Protein
28g Fat

Cauliflower chicken

1 head cauliflower, grated
1 tbsp organic butter or coconut oil
600g boneless chicken thighs,
cut into strips
1 onion, finely chopped
1 jalapeno pepper, finely chopped
2 garlic cloves, finely chopped
1 green pepper diced
1 red pepper, diced
1 tin (400g) tomatoes
150ml chicken stock (see recipe
on page 36)
1 tsp ground cumin
1 tsp salt
100g frozen peas

SERVES 4

Grate the cauliflower or whizz in a food processor.

In a large saucepan, heat the butter or oil over a medium / high heat and add the chicken. Cook for 4-6 minutes until browned all over. Add more butter or oil if needed, then add the onion, garlic, jalapeno and peppers and cook for several minutes.

Add tomatoes, stock, cumin, salt and cauliflower. Stir well. Simmer covered for 10 minutes, then add peas and simmer for 2 minutes



PER SERVING:
306 Calories
20g Carbs
34g Protein
10g Fat

Zingy turkey kebabs

100g low fat Greek yoghurt (use a dairy free yoghurt if preferred)
2 tsps fresh lime juice
1 tsp fresh ginger, chopped finely
1 garlic clove, chopped finely
½ tsp ground cumin
½ tsp turmeric
½ tsp ground black pepper
½ tsp rock salt
3g coconut oil, for greasing
500g fresh turkey breasts, cut into 1½ inch thick pieces
bamboo skewers, pre-soaked for 30 minutes

SERVES 3

In a bowl, combine the yoghurt, lime juice, ginger, garlic, cumin, turmeric, pepper and salt. Add the turkey and marinate in fridge for 30 minutes.

Grease an oven tray with a small layer of melted coconut oil and prepare a medium / hot grill.

Thread the turkey onto the skewers. Grill on a medium setting, turning occasionally for 10-12 minutes.

Suggestion:

These taste great with a Refreshing Cucumber Salad. See recipe on page 7



PER SERVING:
317 Calories
5g Carbs
54g Protein
9g Fat

Sesame chicken

2 tbsps coconut oil
350g chicken, cut into strips
salt and pepper
1 tbsp olive oil or grape seed oil
1 tbsp tahini
1 tbsp sherry vinegar
1-2 carrots, grated
12 radishes, sliced
handful parsley, roughly chopped
1 tsp sesame seeds to garnish

Melt half of the coconut oil gently in a pan.

Season the chicken with salt and pepper and mix with the melted oil. In a skillet, melt the remaining oil over a medium / high heat. Cook the chicken for 10 minutes. Set aside to cool slightly.

In a jug, combine the tahini, oil and sherry vinegar.

In a bowl, mix the chicken with carrots, radish and parsley. Drizzle the tahini dressing on top and mix well. Garnish with sesame seeds.

SERVES 2



PER SERVING:
446 Calories
11g Carbs
42g Protein
26g Fat

Summery chicken salad

READY IN
10
MINUTES



handful fresh spinach leaves
3 spring onions, chopped roughly
handful cherry tomatoes
75g cucumber, chopped roughly
150g cooked chicken breast
2 tpsps extra virgin olive oil or
grape seed oil
1 tsp balsamic vinegar
sprinkle salad seasoning*

SERVES 2

*See recipe on page 31

Place the spinach leaves in a bowl.

Assemble the spring onions, tomatoes, cucumber and chicken on top.

Pour the oil into a jug. Add the balsamic vinegar, then spoon the dressing onto the salad.

Sprinkle with salad seasoning.



PER SERVING:
192 Calories
5g Carbs
25g Protein
8g Fat

Salmon asparagus



4-6 asparagus spears
1 tbsp organic butter or coconut oil
2 x 150g salmon steaks
½ tsp himalayan or rock salt
pepper to season
15 cherry tomatoes
2 lemon wedges

SERVES 2



Bring a small pan of salted water to the boil. Add the asparagus, reduce heat and simmer for around 3 minutes. Drain the asparagus and cool in cold water.

In a heavy skillet, melt the butter or oil over a medium heat. Add the salmon and cook for 10 minutes (turning halfway).

Season with the salt and pepper. Add the cherry tomatoes to the pan, and cook for 1-2 minutes. Check that the salmon is cooked through (the meat should now be a lighter colour all the way through).

Remove pan from heat. Serve the salmon with the asparagus and tomatoes.

Garnish with a wedge of lemon.

PER SERVING:

369 Calories

6g Carbs

30g Protein

25g Fat

Asian inspired fish salad

100g white fish
½ a red pepper, diced
½ a yellow pepper diced
½ a green pepper, diced
few handfuls of lettuce (optional),
torn up into small pieces
1 tsp rice vinegar
1 tsp toasted sesame oil
salt and pepper to season

SERVES 1

Bring a saucepan of water to the boil (just enough water to cover the fish).

Reduce to a gentle simmer and place the fish in the water. Cook for 2-3 minutes, turning halfway. When cooked through, remove from heat, drain and leave to cool.

In a salad bowl, mix together the peppers, lettuce (if using) rice vinegar and sesame oil.

Break the fish into small pieces, and mix into the salad.

Season well with salt and pepper



PER SERVING:
198 Calories
12g Carbs
24g Protein
6g Fat

Spinach & ricotta pizza

small amount of coconut oil or butter to grease dish
 4 eggs
 3 egg whites
 40g gluten free porridge oats
 4 cherry tomatoes, halved
 40g baby leaf spinach, finely chopped
 1 red chilli pepper, finely chopped (optional)
 ½ a green bell pepper, finely chopped
 1 tsp paprika
 1 tsp dried oregano
 40g low fat ricotta / cream cheese
 salt and pepper to season

MAKES 6 SLICES



Preheat oven to 150°C.

Lightly grease a large round ovenproof dish with coconut oil or butter.

Whisk the eggs and egg whites in a jug. Season well.

Add the oats, vegetables, dried spices and herbs and stir well.

Pour into the dish and cook for around 10 minutes, until centre of mixture is cooked.

Spoon on the ricotta cheese, and cook for a further 5 minutes.

Once cooled, store any leftovers in the fridge for up to 3 days.

Suggestion:

This recipe tastes great either warm from the oven or straight from the fridge.

A great portable snack.



PER SLICE:
 93 Calories
 6g Carbs
 9g Protein
 4g Fat

Steak strip salad

READY IN
10
MINUTES



½ tbsp coconut oil
100g stir fry steak, cut into strips
handful fresh spinach
handful cherry tomatoes
5 radishes, cut into small pieces
75g cucumber, chopped roughly
salt and pepper
1 tbsp extra virgin olive oil or
grape seed oil
1 tsp organic balsamic vinegar

SERVES 1



PER SERVING:
365 Calories
9g Carbs
35g Protein
21g Fat

Heat the coconut oil in a frying pan to a medium / high heat, and add the steak.

Season well and cook for 3-5 minutes on both sides, until cooked. Remove pan from heat.

In a bowl, add the spinach, tomatoes, radishes and cucumber. Top with the steak.

Pour the oil into a jug. Add the balsamic vinegar, then spoon the dressing onto the salad.

Tuna & sweet potato crunchy salad

READY IN
10
MINUTES



10g organic butter or coconut oil
1 small onion, diced
130g tinned tuna chunks, drained
1 medium sized sweet potato
handful mixed leaf lettuce
75g cucumber, chopped roughly
1 red pepper, sliced
1 beef tomato, diced
2 tbsps extra virgin olive oil or
grape seed oil
1 tsp balsamic vinegar
juice of half a lemon

SERVES 1

PER SERVING:
539 Calories
49g Carbs
43g Protein
19g Fat

Melt the butter or oil gently in a frying pan and add the onion. Cook over a medium heat until softened. Remove from heat and place in a bowl. Add the tuna and mix well.

Pierce the potato with a knife and microwave on full heat for 6-8 minutes. When cooked, mash in a bowl with a fork. Place the potato in a serving bowl. Add the lettuce, cucumber, red pepper and tomato.

Pour the oil into a jug. Add the balsamic vinegar, then spoon the dressing onto the salad. Top with tuna and drizzle with lemon juice.

Lentil pepper soup

250g red lentils
2 pints spring water or chicken stock (see recipe on page 35)
½ large white onion, chopped
3 garlic cloves, chopped
1½ teaspoon cumin
½ teaspoon ground coriander
½ teaspoon paprika
1 bay leaf
3 medium carrots, peeled and diced
1 red pepper, diced
1 red onion, thinly sliced
juice of half a lemon
¼ teaspoon black pepper

SERVES 4

In a large saucepan set over high heat, bring lentils and stock / water to a boil. Stir in white onion, garlic, spices and bay leaf. Reduce heat to medium / low temperature.

Cover and simmer. Stir the carrots and red pepper into the soup. Continue simmering, covered, for around 15 minutes until carrots are very tender.

Stir in red onion, lemon juice and black pepper. Cook for a further 10 minutes. Serve immediately.

PER SERVING:

224 Calories

34g Carbs

13g Protein

4g Fat



Spicy salmon parcels

2 fresh salmon fillets (approximately 125g each)
small bunch fresh coriander, roughly chopped
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
pinch sea salt
1 lemon, sliced into wedges

SERVES 2

Preheat oven to 170°C.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli, and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and close into a parcel.

Cook for 20 minutes or until cooked right through (when cooked, the salmon should be a pale pink colour).

Serve with green leafy vegetables.



PER SERVING:
273 Calories
5g Carbs
25g Protein
17g Fat

Mackerel salad

READY IN
10
MINUTES

handful lettuce leaves
5 cherry tomatoes
5 radishes, chopped
½ pepper, any colour
75g cucumber, sliced
3 spring onions, chopped
100g peppered mackerel
1 tsp extra virgin olive oil or
grape seed oil
1 tsp balsamic vinegar
sprinkle salad seasoning*



SERVES 1

*See recipe on page 31

In a bowl add the lettuce, tomatoes, radishes, pepper, cucumber and spring onions.

Using your hands, gently tear the mackerel into large chunks. Add to the salad.

Pour the oil into a jug. Add the balsamic vinegar, and spoon the dressing onto the salad.

Sprinkle with salad seasoning.



PER SERVING:
480 Calories
15g Carbs
24g Protein
36g Fat

Tomato & basil soup

1 tsp organic butter or coconut oil
1½ onions, chopped finely
2 garlic cloves, chopped finely
2 small sticks celery, chopped
2 small potatoes, peeled and diced
2 carrots, peeled and chopped
2 medium tomatoes, diced
1 pt chicken or vegetable stock
(see chicken stock recipe on
page 36)
1 tin (400g) chopped tomatoes
1 sprig fresh basil, roughly chopped
salt and pepper

SERVES 4

In a large pan, gently melt the butter or oil and cook the onion until softened. Add the garlic, celery, potato and carrots and cook for 3-4 minutes. Add the diced tomatoes and cook for a further 2 minutes.

Add the stock and tinned tomatoes. Simmer over a gentle heat for 45 minutes. Remove from heat and allow to cool.

Add the basil, and season well with salt and pepper, then whizz everything in a food processor for just long enough to get the big lumps out.

The soup can be reheated to serve, or frozen.

PER SERVING:

200 Calories

33g Carbs

8g Protein

4g Fat



Thai turkey burgers

For the burgers:

450g lean turkey mince
 1 egg
 20g fresh coriander, finely chopped,
 plus extra to garnish
 1 green chilli, sliced finely
 2 spring onions, sliced finely
 1 tsp Thai 7 Spice seasoning
 ½ a red onion, peeled and finely
 chopped
 slice of fresh lime to garnish

For the vegetable side dishes:

2 large sweet potatoes
 1 tsp ground cinnamon
 10 cherry tomatoes,
 sliced in half
 50g baby leaf spinach

**MAKES 5 BURGERS AND
 3 SERVINGS OF MASH AND VEG**

Preheat oven to 175°C.

In a large bowl, mash up the mince, using a masher or your hands. Add the remaining burger ingredients and mix well until well combined.

Shape the mixture into 5 patties, then transfer to a lightly greased baking tray. Oven cook for 10 minutes. Turn over and cook for a 10-15 minutes. The juices will run clear when cooked.

For the vegetable side dishes:

Bake the sweet potatoes in the oven for 45 minutes or until soft.

Using a fork, scrape the contents of the potatoes into a bowl. Discard the skin. Mash thoroughly and season well. Stir in the cinnamon.

Pour cold water into a non-stick frying pan (just enough to cover the base). Add the tomatoes and cook gently for 2 minutes, stirring frequently. Add the spinach and wilt gently.

The burgers and mash can both be kept in the fridge for up to 3 days.



PER BURGER / VEG SIDE DISHES:
 154 Calories / 156 Calories
1g Carbs / 35g Carbs
33g Protein / 4g Protein
2g Fat / 0g Fat



Chicken & vegetable soup

- 10g organic butter
- 1 medium sized white onion, finely chopped
- 3 medium sized carrots, sliced
- 2 large sticks celery, finely chopped
- 800g chicken breast, diced
- 2 garlic cloves, crushed
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp Himalayan pink salt
- 1 tsp dried thyme
- 1 x 400g can chopped tomatoes
- 1 medium salad tomato, diced
- 15g tomato puree
- 1 pint chicken stock (made with 1 organic stock cube)
- 1 red bell pepper, sliced
- 200g mixed beans, drained

SERVES 4

Heat the butter in a large pan. Add the onion and cook gently until softened.

Add the carrot and celery and cook for 5 minutes, stirring regularly.

PER SERVING:
290 Calories
16g Carbs
43g Protein
6g Fat

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, puree, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

Once cooled, this can be kept in the fridge for up to 4 days or frozen on the same day.



Buzzing beef curry

1 tbsp cumin seeds
2 tbsps organic butter or coconut oil
5 medium sized onions, diced
1 clove garlic, chopped finely
2 tbsps ginger chopped finely
handful green finger chillis,
chopped finely
600g extra lean beef, diced
2 tbsps ground turmeric
1 tbsp garam masala
1 tbsp meat masala
1 tbsp rock salt
handful curry leaves (optional)
1 tin (400g) tomatoes
50ml spring water
fresh coriander
60g per person uncooked basmati rice
OR 30g per person uncooked basmati
rice plus 30g per person cauliflower,
finely chopped - see note on right

SERVES 4

Reduce the carbs in this recipe by swapping
rice with Cauli Rice. Recipe on page 64

PER SERVING: With Rice / With Cauli Rice
601 Calories / 500 Calories
70g Carbs / 48g Carbs
42g Protein / 41g Protein
17g Fat / 16g Fat



White or Wholegrain Rice?

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat

In a large pan, heat the cumin seeds gently for 30-45 seconds, until you can smell them roasting. Add the butter or oil and heat until melted, then add the onions. Cook on a medium heat until softened.

Stir in the garlic, ginger and chillis. Cook for one minute. Add the beef and cook for two minutes. Add the spices, rock salt and curry leaves. Stir well, coating the meat in the spices. Add the tomatoes, and water and simmer for 1 hour. Add more water if necessary. Cook for 1 hour on a medium heat, until the meat is tender.

Meanwhile place the rice in a large saucepan of cold salted water and bring to the boil (or follow the Cauli Rice recipe if using). Simmer the rice gently until cooked and drain well. Serve the curry on a bed of rice and garnish with coriander.



Mediterranean salmon

10g organic butter or coconut oil
2 cloves garlic, chopped finely
1 red onion, chopped finely
1 tin (400g) chopped tomatoes
½ pt chicken stock
(see recipe on page 36)
125g bulgar wheat
salt and pepper
2 salmon fillets (around 150g each)
handful fresh coriander,
chopped finely
wedge lemon to garnish



SERVES 2

Preheat oven to 150°C.

In a large pan, melt one third of the butter or oil over a medium heat and cook the garlic and onion until softened. Add the tomatoes and cook for 5 minutes. Add the stock and continue to cook.

Meanwhile, melt half of the remaining butter or oil in a frying pan over a medium heat. Gently fry the bulgar wheat for one minute. Pour the bulgar wheat into an overproof dish. Add the mixture from the large pan and stir well. Season well with salt and pepper. Cook in the oven for 15 minutes.

Meanwhile, heat a skillet over a medium temperature. Melt the remaining butter or oil and fry the salmon for 8-10 minutes turning half way. When the flesh is a pale pink all the way through, remove from the heat.

Remove the bulgar wheat mixture from the oven. Stir in the coriander.

To serve, spoon half of the bulgar wheat mixture onto a plate. Add the cooked salmon and garnish with a wedge of lemon.

PER SERVING:

624 Calories

59g Carbs

43g Protein

24g Fat

Chicken, rice & pepper pot



1 tbsp coconut oil
 1 whole chicken, jointed,
 or 8 chicken pieces
 1 large onion chopped
 1 small stick celery chopped finely
 1 red pepper chopped roughly
 3 garlic cloves, crushed
 1 tbsp tomato purée
 1 tbsp dried thyme
 1½ pts chicken stock (see recipe
 on page 36)
 150g long grain rice (dry weight)
 150g cauliflower, finely chopped
 salt and pepper

SERVES 4

PER SERVING:
418 Calories
48g Carbs
27g Protein
6g Fat

White or Wholegrain Rice?

See note on page 54

Heat the oil over a medium / high temperature in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover the dish with a tight-fitting lid and lower the heat. Cook for 30 minutes.

Tip in the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes, or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

Warming beef stew

1 tbsp olive oil
1 small white onion, finely chopped
850g lean casserole beef
handful button mushrooms, sliced
3 cloves garlic, finely chopped
2 carrots, peeled and chopped
half a swede, diced
375g small all purpose potatoes,
peeled and chopped
1 organic beef stock cube
dissolved in 1 pint boiling water
sprig fresh rosemary
1 tbsp tomato purée
salt and pepper to season

SERVES 4

In a large saucepan, heat the oil over a medium heat. Add the onion, and saute gently until soft. Transfer to a separate plate.

Add the beef to the saucepan and brown on all sides (approximately 3-5 minutes). Transfer to a separate plate.

Add the mushrooms to the saucepan and cook for 3-5 minutes until soft. Add the garlic and cook for a further 2 minutes, stirring continuously.

Return the beef and onions back into the saucepan. Stir in the carrots, swede and potatoes and add the stock liquid. There should be enough liquid in the pan to cook the vegetables, although they needn't be completely covered.

Add the rosemary and tomato purée and season well. Cover and simmer for up to two hours. Top up with fresh water if necessary. As the potatoes cook, they will thicken the sauce.



PER SERVING:
501 Calories
29g Carbs
76g Protein
9g Fat

Authentic chicken curry

1 tbsp cumin seeds
 1 tbsp ghee or coconut oil
 5 medium sized onions, diced
 5-10 garlic cloves, chopped finely
 1-2 inch piece fresh ginger,
 chopped finely
 5 green chillis, chopped finely
 600g chicken breast, diced
 2 tbsps ground turmeric
 1 tbsp garam masala
 1 tbsp meat masala
 1 tbsp rock salt
 1 tin (400g) plum tomatoes
 50ml spring water
 60g per person uncooked basmati rice
 OR 30g per person uncooked basmati
 rice plus 30g per person cauliflower,
 finely chopped - see note below
 handful fresh coriander

SERVES 4

White or Wholegrain Rice?

See note on page 54

PER SERVING: With Rice / With Cauli Rice
 504 Calories / 403 Calories
69g Carbs / 48g Carbs
 39g Protein / 37g Protein
8g Fat / 7g Fat



Reduce the carbs in this recipe by swapping rice with Cauli Rice. Recipe on page 64

In a large pan, roast the cumin seeds gently for 30-45 seconds. Add the oil or ghee, and when melted, add the onions. Cook on a medium heat until the onions are softened. Stir in the garlic, ginger and chillis. Cook for 1 minute.

Add the chicken and cook for 2 minutes. Then add the spices and rock salt. Stir well, coating the meat in the spices. Add the tin of tomatoes, and the water and simmer for 10 minutes. Add more water if the mixture seems too dry. Cover and simmer for 1 hour.

Meanwhile, add the rice to a pan of cold salted water and bring to the boil (or follow the Cauli Rice recipe if using).

Simmer gently until cooked and drain well. Serve the curry on a bed of rice and garnish with coriander.

Spaghetti courgetti

1 tbsp olive oil
3 onions, chopped finely
fresh basil leaves and stalks,
chopped roughly
500g lean beef mince
100g mushrooms, sliced
1 salad tomato, diced
1 stick celery, chopped finely
½ green pepper, diced
4 cloves garlic, chopped finely
dollop of tomato purée
3-4 large courgettes
1 tin (400g) chopped tomatoes
salt and pepper to season
sprig fresh basil to garnish

In a frying pan, gently heat the oil over a low / medium heat. Fry the onions until soft. Add the chopped basil and fry for 30 seconds.

Add the beef mince and season well with salt and pepper. When beef is browned, add the mushrooms, salad tomato, celery, pepper and garlic. Cook gently for 5 minutes. Add the tin of tomatoes and tomato purée. Cook on a medium heat for 20 minutes.

Chop the courgettes into fine spaghetti strips, or wider tagliatelle size strips. Bring to the boil in a pan of salted water, and simmer gently for several minutes.

Serve the sauce on a bed of courgette spaghetti. Garnish with a sprig of basil.

SERVES 4



PER SERVING:
388 Calories
20g Carbs
32g Protein
20g Fat

Lentil & sweet potato curry

2 tbsps olive oil
2 medium onions, chopped
pinch of rock salt
2 sweet potatoes, peeled and cut into 1 inch chunks
1 inch piece fresh ginger, peeled and chopped
2 small garlic cloves, chopped
1 tbsp curry powder
1 bay leaf
150g red lentils (dry weight)
500ml boiling spring water

Warm the oil in a large saucepan over a gentle heat. Add the onion and a pinch of salt and sauté, stirring occasionally, until the onion softens.

Add the sweet potato, ginger, garlic, curry powder and bay leaf and sauté for one minute until fragrant.

Add the boiling water and stir in the lentils. Reduce the heat to medium-low, cover and simmer for around 18-20 minutes, until the lentils break down and the sweet potatoes are tender.

Season with salt and serve.

SERVES 3



PER SERVING:
348 Calories
47g Carbs
13g Protein
12g Fat

Chickpea chicken

1 tbsp olive oil
600g chicken fillets, diced
2 orange peppers, deseeded and chopped
1 onion, peeled and chopped finely
3 cloves garlic, chopped finely
1 tsp ground cumin
1 tsp ground coriander
2 red chillis, deseeded
400g tin chickpeas, drained and rinsed
500ml chicken stock (see recipe on page 36)
60g per person uncooked basmati rice
OR 30g per person uncooked basmati rice plus 30g per person cauliflower, finely chopped - see note below
handful fresh coriander

SERVES 4

Reduce the carbs in this recipe by swapping rice with Cauli Rice. Recipe on page 64

PER SERVING: With Rice / With Cauli Rice
573 Calories / 477 Calories
67g Carbs / 45g Carbs
47g Protein / 45g Protein
13g Fat / 13g Fat

White or Wholegrain Rice?

See note on page 54

Preheat oven to 190°C.

Heat the oil to a medium / low heat in a large saucepan. Fry the chicken until golden. Remove chicken from pan and set aside.

Add the peppers, onion, garlic, spices and chillis and fry gently for 5 minutes.

Return the chicken to the saucepan and add the chickpeas and stock. Transfer the contents of the saucepan to a casserole dish, cover and cook in the oven for 20 minutes. Add the rice and cook for a further 10-15 minutes (if using white rice) or 15-20 minutes (brown rice). Add the cauliflower and cook for a further 5 minutes, then serve.



Chicken nuggets

5g coconut flour
15g ground almonds
pinch of paprika
salt and pepper to season
1 tsp coconut oil
1 egg
200g fresh chicken breast, diced

MAKES 10 NUGGETS

Preheat the oven to 180°C.

Mix the flour, almonds, paprika, salt and pepper in a bowl.

In a separate bowl whisk the egg.

Take a piece of chicken and dip it in the egg, coating it evenly. Then dip it in the flour mixture and roll until covered.

Repeat this step with all of the chicken.

Melt the oil in a non stick frying pan over a medium / high heat. Add the chicken and cook for 5 minutes, turning regularly until brown all over.

Transfer the chicken to an oven tray and cook in the oven for 10-15 minutes until cooked through.



PER NUGGET:
46 Calories
0g Carbs
6g Protein
2g Fat

Quick & tasty stir fry

400g peeled tiger prawns or coley fillets
1 green chilli, finely chopped
3 garlic cloves, finely chopped
30g coriander, finely chopped
juice of 1 lime
2 tbsps fish sauce
1 tbsp coconut oil
20g fresh ginger, grated
4 spring onions, sliced finely
1 red bell pepper, sliced finely
30g mushrooms (any variety),
finely sliced
100g beansprouts
1 tbsp light soy sauce
45g rice noodles
wedge of lime to serve

SERVES 2



PER SERVING: with prawns / white fish
422 Calories / 516 Calories
50g Carbs / 50g Carbs
33g Protein / 52g Protein
10g Fat / 12g Fat

Put the prawns / coley in a bowl.

In a separate bowl, mix together the chilli, garlic and half of the coriander. Add the fish sauce and half of the lime juice, then pour the contents over the prawns / coley.

Heat half of the oil in a wok, add the ginger and spring onions and fry for 1 minute.

Add the red pepper and mushrooms and fry for 1 minute. Add the beansprouts, and mix together until they start to wilt. Add the soy sauce, season with black pepper, then transfer everything to a serving dish.

Heat the remaining oil in the wok and add the prawns / coley, lifting them out of the marinade. Cook, stirring for 3 minutes until the prawns turn pink, or until cooked through, if using coley.

Add the marinade, stirring continuously and cook for 45 seconds. Pour the contents of the wok over the vegetables. Sprinkle over the remaining coriander leaves and add the lime juice.

Make the rice noodles according to pack instructions.

Serve the meal with a wedge of lime.



Chilli con cauli

1 tbsp olive oil
2 onions, chopped finely
500g lean beef mince
½ green pepper, chopped roughly
3 beef tomatoes, diced
5 garlic cloves, chopped finely
4 red or green chilli peppers
1 tin (400g) tomatoes
dollop of tomato purée
1 tsp cayenne pepper
1 tin (400g) kidney beans, drained
50g per person uncooked basmati rice
1 medium sized cauliflower,
chopped finely
salt and pepper

SERVES 4

White or Wholegrain Rice?

See note on page 54

Heat the oil in a pan to a medium heat and add the onion. Fry for several minutes until soft. Add the mince and brown all over. Season well with salt and pepper.

Add the green pepper and beef tomatoes, and cook for several minutes until soft. Add the garlic cloves and chilli peppers and cook for 1 minute.

PER SERVING:

362 Calories

33g Carbs

35g Protein

10g Fat



Add the tinned tomatoes, tomato purée and cayenne pepper.

Simmer gently for 15-20 minutes. Add the kidney beans and continue to cook for 10 minutes.

For the Cauli Rice:

Add the rice to a pan of cold salted water and bring to the boil. Simmer gently until cooked, then add the cauliflower. Cook for 2 minutes before draining.

Serve the chilli sauce on a bed of cauliflower rice.

Fragrant fish stir fry

100ml light coconut milk
1 tbsp fish sauce
juice of one lime
2 tbsps soy sauce
1 tsp chilli flakes
2 tsp acacia honey
30g per person uncooked basmati rice
30g per person cauliflower, finely chopped
1 tbsp coconut oil, melted
1 red onion, finely chopped
5-6 cloves garlic, finely chopped
1-2 inch piece ginger, sliced
1 red chilli, sliced
1 carrot, sliced
handful mushrooms, sliced
400g white fish, broken into chunks
60g broccoli, sliced
1 red pepper, sliced into strips
handful beansprouts

To make the sauce, combine the coconut milk, fish sauce, lime juice, soy sauce, chilli flakes and honey in a bowl. Adjust these flavours to suit your taste, adding more lime juice if too sweet or salty.

Place the rice in a large saucepan of cold salted water and bring to the boil. Simmer gently until cooked then add the cauliflower. Cook for 2 minutes before draining.

Warm a wok or large frying pan over medium / high heat. Add the coconut oil followed by the onion, garlic, ginger, and chilli. Stir fry for 1-2 minutes, then add the carrot and mushrooms. Also add a quarter of the sauce. Continue stir frying for 2-3 minutes.

Add the fish, broccoli, red pepper and beansprouts plus up to half of remaining stir fry sauce.

Simmer fish and vegetables in the sauce for up to 5 minutes, until the fish is cooked. Add more of the stir fry sauce as needed, enough to just cover vegetables in sauce. Simmer for 2 minutes.

Remove from heat and serve on a bed of rice.

SERVES 2

White or Wholegrain Rice?

See note on page 54

PER SERVING:
591 Calories
53g Carbs
52g Protein
19g Fat



Quick fish stew



10g organic butter or coconut oil
2 garlic cloves, chopped finely
1½ tsps ground cumin
1 tsp paprika
1 tsp himalayan salt
250ml cold water
1 x 400g can chopped tomatoes
8 cherry tomatoes
1 green bell pepper, deseeded,
cut into chunks
1kg white fish fillets, cut into chunks
60g fresh coriander, finely chopped
1 lemon cut into quarter wedges

SERVES 5

PER SERVING:
253 Calories
6g Carbs
46g Protein
5g Fat

Heat butter or oil in a large saucepan.

Add the garlic and stir well. Cook for 30 seconds.

Add the cumin, paprika and salt and cook for 1 minute, stirring continuously.

Add the water and tomatoes. Bring to the boil, then reduce to a simmer.

Add the pepper, and simmer for 5 minutes.

Add the fish and cherry tomatoes and cook for 10 minutes until the fish falls apart. Break the fish up with a wooden spoon.

Stir in the coriander and remove from heat.

Serve with a wedge of lemon.

Suggestion:

Tastes great with a serving of fresh green leafy vegetables, such as spinach or kale

Thai red chicken

1 tbsp coconut oil
 ¼ jar red thai paste
 1 tin (400ml) light coconut milk
 300g chicken breast, diced
 handful mushrooms, chopped roughly
 1 aubergine, quartered lengthways and cut into strips
 handful baby sweetcorn
 handful sugar snap peas
 handful cherry tomatoes
 50g per person uncooked basmati rice
 OR 30g per person uncooked basmati rice plus 30g per person cauliflower, finely chopped - see note below

SERVES 2

Reduce the carbs in this recipe by swapping rice with Cauli Rice. Recipe on page 64

Heat the coconut oil in a large frying pan over a medium heat. Add the red thai paste and cook for one minute stirring constantly.

Add the coconut milk and bring to the boil. Reduce heat and simmer.

PER SERVING: With Rice / With Cauli Rice
 701 Calories / 624 Calories
56g Carbs / 41g Carbs
 45g Protein / 43g Protein
33g Fat / 32g Fat

White or Wholegrain Rice?

See note on page 54



Add the chicken, mushrooms, aubergine, sweetcorn, peas and tomatoes and cook gently for 15 minutes.

Bring a small saucepan of cold salted water to the boil. Add the rice and simmer gently until cooked. Drain well.

Serve the thai curry over a bed of rice or on its own as a soup.

Sizzle steak

2 tsps barbecue seasoning mix
1 sweet potato
1 tsp organic butter or coconut oil
150g steak strips
100g carrots, peeled and sliced
80g broccoli, cut into florets

SERVES 1

Rub the barbecue seasoning into both sides of the steak.

Pierce the potato with a knife and microwave on full heat for 6-8 minutes. Cut the potato in half and mash the insides gently with a fork.

In a frying pan melt the butter or oil over a medium heat. Add the steak and cook for several minutes each side.

Bring a small pan of salted water to the boil. Add the carrots and simmer gently for 3 minutes. Add the broccoli and simmer for a further 2 minutes. Drain the vegetables.

Serve the steak on a plate with the sweet potato and vegetables.



PER SERVING:

396 Calories

35g Carbs

37g Protein

12g Fat

Top Tip:

There are plenty of seasoning mixes available in the markets and stores. Just check the ingredients before you buy and try to avoid anything high in sugar.

Alternatively, why not have a go at making your own spice blend? Try some of these as a start: salt, pepper, onion powder, chilli powder, garlic powder and paprika. Any leftovers can be stored in an airtight container

Mediterranean meatloaf

small amount of organic butter to
grease loaf tin
750g extra lean minced beef
250g tinned chopped tomatoes
1 large white onion, diced
1 handful fresh parsley, chopped finely
2 tsps dried oregano
2 large eggs, beaten
3 cloves garlic, chopped finely
1 tsp chilli flakes
½ tsp organic sea salt
1 tbsp olive oil plus a drizzle extra
salt and pepper to season

Preheat oven to 150°C.

Grease a loaf tin with butter.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

The meatloaf can be stored in the fridge for up to 4 days.

SERVES 6



PER SERVING:
208 Calories
5g Carbs
29g Protein
8g Fat

Lamb kefta

450g lean minced lamb
2 small white onions, finely diced
handful fresh parsley, finely chopped
2 tsps ground cumin
1 tsp ground cinnamon
1 tsp ground coriander
1 tsp paprika
salt and pepper to season
1 tbsp olive oil
1 small onion, diced
1 tbsp organic butter
3 garlic cloves, finely chopped
2 tsps fresh ginger, finely chopped
1 large red chilli, finely chopped
2 tsps turmeric
handful fresh coriander,
finely chopped
a few mint leaves and stalks, finely
chopped
juice of half a lemon
lemon wedges to serve

MAKES 15 KEFTAS

Suggestion:

Tastes great with a salad of mixed leaves and tomatoes

PER KEFTA:
138 Calories
4g Carbs
8g Protein
10g Fat

Put the mince in a large bowl and mash it with your hands. Add the onion, parsley, spices, and season well with salt and pepper. Mix all the ingredients together using your hands.

Shape the mixture into 15-16 balls. Leave them to marinate in the fridge for up to 24 hours.

Heat the butter and oil in a tagine dish or ovenproof dish. Stir in the onion, garlic, ginger and chilli and sauté gently until they turn brown. Add the turmeric and half of the coriander and mint, and add 300ml cold water.

Bring water to a boil, then reduce heat and simmer, covered for 10 minutes. Carefully place the kefta in the liquid, cover and cook for 15 minutes, turning them from time to time.

Pour on the lemon juice, season the liquid with salt and poach for another 10 minutes. Sprinkle with the remaining coriander and mint and serve with a wedge of lemon.



Turkey Thai hot pie



1 tbsp organic butter or coconut oil
2 onions, chopped finely
500g turkey mince
2 garlic cloves, chopped finely
2 shallots, chopped finely
1 stick fresh lemongrass, minced
1 tbsp galangal, minced (optional)
10 cherry tomatoes, chopped
3 green finger chillis
5 lime leaves
1 tsp chilli flakes
400ml light coconut milk
1 large all-purpose potato, cut into
1 inch thick cubes
1 cauliflower head, grated
salt and white pepper

SERVES 4

PER SERVING:
436 Calories
28g Carbs
36g Protein
20g Fat

In a large pan, melt the butter or oil and fry the onion until softened. Add the turkey mince and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for 1 minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash).

Season well and simmer for 10-15 minutes. Preheat the oven to 160°C.

Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a further 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter or olive oil to soften up the mash. When all the lumps are gone, add the remaining coconut milk to the mash. Season well.

Spoon the turkey mixture into a rectangular oven dish. Top with the mash. Cook for 45 minutes and serve.

Easy oven chicken

850g chicken breast, diced
4 garlic cloves, chopped finely
60g fresh coriander, chopped finely
3 green chilli peppers, chopped finely
15g fresh ginger, chopped finely
½ tsp Himalayan salt
black pepper to season
juice of 1 lime

SERVES 4

Place the chicken in a large bowl.

Add the remaining ingredients and mix well.

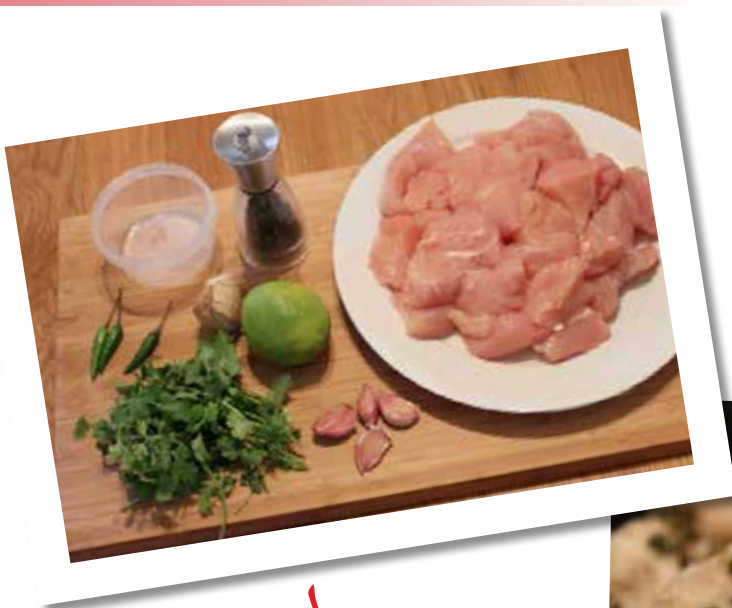
Marinate in the fridge for 30 minutes (if you have time).

Preheat oven to 180°C.

Transfer the contents of the bowl to an ovenproof dish.

Cover and cook for 45 minutes.

Once cooled, store any leftovers in the fridge for up to 3 days.



PER SERVING:
190 Calories
2g Carbs
41g Protein
2g Fat

Mediterranean chicken

1 tbsp coconut oil
1kg chicken breast, diced
Himalayan pink salt to taste
1 tbsp paprika
2 tsp cayenne pepper
6 small red onions
4 cloves garlic, finely chopped
2 tbsps tomato purée

SERVES 6



Heat the oil in a pan over a medium heat.

Add the chicken and cook for five minutes, stirring regularly.

Add the salt, spices and stir.

Add the onion, garlic and tomato purée.

Stir well and simmer for 15-20 minutes until the chicken is cooked through.

Serve with fresh vegetables and sweet potato or basmati rice.

PER SERVING:

313 Calories

6g Carbs

52g Protein

9g Fat



Meat masala

½ tbsp coconut oil
1 large onion, finely chopped
750g extra lean beef mince
2-3 cloves garlic, finely chopped
2 tps Mangal meat masala spice
1 tsp cayenne pepper
1 tsp pink Himalayan salt
2 tbsps tomato purée

SERVES 4

Suggestion:

Meat masala tastes great with a side of chopped raw baby leaf spinach and chopped cherry tomatoes

Melt the oil over a medium heat. Add the onions and cook for 5 minutes until soft.

Add the mince and stir frequently until browned all over. Add the garlic, spices and salt and cook for 5 minutes, stirring continuously.

Add the tomato purée and simmer gently for 15 minutes.



PER SERVING:
279 Calories
5g Carbs
40g Protein
11g Fat

Fragrant mince

1 red onion, sliced
400g extra lean beef mince
2 tbsps curry powder
150g red lentils (dry weight)
700ml chicken stock (see recipe on page 36)
½ tin (200g) chopped tomatoes
2-3 tomatoes
handful coriander leaves
50g per person uncooked basmati rice
OR 30g per person uncooked basmati rice plus 20g per person cauliflower, finely chopped - see note below
handful fresh coriander

SERVES 4

Reduce the carbs in this recipe by swapping rice with Cauli Rice. Recipe on page 64

In a non-stick frying pan, dry-fry the onion and mince over a high heat for 2 minutes, breaking up the mince as you go.

Stir in the curry powder and lentils. Pour in stock and bring to a gentle boil, then simmer for 10-15 minutes. Add the tinned tomatoes.

PER SERVING: With Rice / With Cauli Rice
485 Calories / 428 Calories
62g Carbs / 52g Carbs
39g Protein / 37g Protein
9g Fat / 8g Fat

White or Wholegrain Rice?

See note on page 54



While the mince is cooking, dice the tomatoes and roughly chop the coriander, then mix together in a small bowl.

Place the rice in a large saucepan of cold salted water and bring to the boil (or follow the Cauli Rice recipe if using).

Simmer gently until cooked and drain well. Serve the mince on a bed of rice, with a few spoonfuls of the tomato and coriander salad.

Turkey yam soup

- 2 tbsps olive oil
- 500g turkey steaks, diced
- 400g yam, peeled and cubed
- 1 head cauliflower, cut into large florets
- 400ml light coconut milk
- 200ml spring water
- 1 tin (400g) cannellini beans, drained and rinsed
- 1 tsp chilli flakes
- 1 large sprig chopped fresh basil
- 1 tbsp soy sauce
- 1 tsp dry mustard powder
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp ground ginger
- ½ tsp ground cardamom
- ½ tsp ground turmeric
- 1 bay leaf
- 1 cinnamon stick
- salt and pepper
- 1 large sprig chopped fresh parsley

Heat the oil in a large skillet over a medium heat. Cook the turkey for 5 minutes, turning to brown all over. Add the yams and cook for around 8 minutes, stirring regularly until fork-tender. Add the cauliflower and continue cooking for 10 minutes.

Combine the coconut milk, water, and cannellini beans in a large saucepan over a medium / high heat.

Stir the chilli flakes, basil, soy sauce, mustard powder, coriander, paprika, ground ginger, cardamom, turmeric, bay leaf and cinnamon stick into the bean mixture. Add more water if needed.

Season the soup with salt and black pepper. Bring to the boil, add the yam mixture and reduce heat to a low temperature. Simmer for 45 minutes.

Spoon into bowls, garnished with parsley.

SERVES 4

PER SERVING:
498 Calories
38g Carbs
46g Protein
18g Fat



Hot & tasty chicken



- 1 large onion, finely chopped
- 50ml white wine vinegar
- 6 spring onions, finely chopped
- 6 cloves garlic, minced
- 2 chilli peppers
- 3 tbsps olive oil
- 2 tsp dried thyme leaves
- 1 tbsp ground allspice
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp black pepper
- 8 chicken drumsticks

In a large bowl, combine all ingredients except for the chicken. Add the chicken and mix well.

Marinate in fridge for several hours, or overnight if you have time.

Preheat oven to 150°C and, if using a barbecue, prepare it for cooking.

Remove the chicken from the marinade and discard marinade ingredients. Cook chicken in the oven for 20 minutes, then turn and cook for a further 25 minutes.

Finish on the barbecue for 20 minutes (or continue to cook in the oven).

Serve with a crispy salad.

SERVES 4



PER SERVING:
321 Calories
6g Carbs
27g Protein
21g Fat

Satay spice kebabs



juice of one medium orange
2 tsps orange zest
2 tbsps peanut butter
3 tbsps soy sauce
1 inch piece ginger, chopped finely
4 garlic cloves, minced
1 tsp acacia honey
2 tsp red pepper flakes
450g chicken breast, diced
pre-soaked kebab skewers

SERVES 3

Mix together the orange juice, orange zest, peanut butter, soy sauce, ginger, garlic, honey and red pepper flakes until the mixture is smooth.

Stir in the chicken, ensuring it is evenly coated. Refrigerate for at least 30 minutes, but no longer than eight hours.

Preheat oven to 150°C and, if using a barbecue, prepare it for cooking.

Remove the chicken from the marinade and discard marinade ingredients. Cook chicken in the oven for 20 minutes, then turn and cook for a further 25 minutes.

Finish on the barbecue for 20 minutes (or continue to cook in the oven).

Serve with a crispy salad.



PER SERVING:
344 Calories
11g Carbs
48g Protein
12g Fat

Lime chicken fajitas

IDEAL
FOR
BBQ

500g chicken breast, diced
juice of 2 limes
4 cloves garlic, chopped finely
1 tbsp olive oil
1 red pepper, sliced
1 green pepper, sliced
1 yellow pepper, sliced
1 medium onion, sliced
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon ground black pepper
pre-soaked kebab skewers

SERVES 3

Preheat the oven to 150°C, or alternatively, prepare the barbecue for cooking.

Put the chicken in a bowl. Combine the lime juice and about half of the garlic. Pour the mixture over the chicken, coating thoroughly.

Cover the dish and allow it to marinate in the refrigerator for half an hour. Don't leave the chicken marinating for too long, or the lime juice will break down too much of the tissue.

PER SERVING:

325 Calories

12g Carbs

49g Protein

9g Fat



Remove from fridge and thread several chicken pieces onto each skewer. Place the chicken on the barbecue or in the oven and turn regularly until cooked through (around 20 minutes).

Heat the oil in a large skillet over a medium heat. Add the peppers, onion and remaining garlic to the skillet.

Cook for about five minutes or until tender, stirring regularly. Sprinkle with cumin, salt and pepper.

Serve the fajita mix topped with the chicken, with a side salad.

Bonus Section



You gotta move it, move it!

I know that this book is on nutrition. I have also, however, mentioned at the beginning of this book that we need to move too if we want to have a healthier body. I included this section as a bonus and a way of saying thank you to you for reading this book.

Tips & Strategies to Help You Attain Your Fitness Goals

Most of my clients who start working out with me see results after two weeks. One of the most common questions I get asked is: How do you effectively and safely train your overweight clients?

Here are some of my personal sharing and tips. Go ahead, use and share any (or all of these tips/strategies) to help you in your fit and fab journey.

Get clearance from a doctor

Everyone who is embarking on any new fitness regime should talk to their physicians first. This is very important and could prevent injuries in the future. Make a list of your medical background (asthma, injuries, operation etc) too and get this list out to your trainer if you have one.

Conditioning Phase - Go SLOW!

Taking the first step is the most important one. For the first two weeks of training, focus on taking baby steps. Make each set as comfortable and as manageable as possible. While many training centres and fitness trainers embrace the 'work hard or go back home!', 'no pain, no gain!' or 'train hard and don't waste my time' mantras, I think going the opposite way might actually serve you better.

Go slow. Take it easy. Do the things you can do. Do the things you want to do. Do not worry about not being able to complete a full set. The worst thing that can happen at the onset of any new fitness regime is a sports related injury that might set you back and slow down your progress before you even begin properly.

Celebrate Mini Successes

I know many trainers say it is important that clients are taught how to do an exercise properly from the very first session. There is nothing wrong with this. This is a perfectly sound training advice. However, if you are a newbie to exercise and just starting to warm your engine up, you do not want to focus on just 'pure' form.

You do not want to be discouraged by the constant correction to your form. Look, instead, for mini successes of movement. Short range of motions should be accepted and failure to complete a whole set is OK if you are a beginner! Focus on safety (so you do not get injured) and taking things 'light' (so that you do not get too intimidated and sore). By doing this, you have a better chance of developing a high level of exercise adherence. The longer you stick to an exercise/fitness regime, the better the outcome will be in the long run.

That being said, you still have to ensure that all the exercises that you do is safe. And remember to maintain a good posture whilst exercising. As you get a little stronger and more conditioned to working those muscles, you can slowly work on perfecting your form to gain maximum result with each repetition.

Body Transformation, NOT Weight Reduction

We need to realise that our bodies consist of more than just fats. When we workout, our muscles will increase in size (hypertrophy), which in turn will increase your weight. Muscles weigh more than fats but muscles are more compact. So as you progress with your fitness training, do not be alarmed to see your weight plateau or going up after the first few initial weeks. You usually see a rapid weight loss in the beginning as your body loses water first. As your muscles grow, your weight might plateau because muscles are heavier than fat. But you will start to look leaner because muscles are compact and take up less space than the same amount of fat.

Plus, if you keep at it and increase your muscle to body fat ratio, you inevitably increase your metabolic rate which in turn will help you burn more fat... Even when you are resting/sleeping/watching television! Win!

Focus on body changes instead of just weight loss., The satisfaction of seeing your body transform into a sleeker, leaner, better you would be worth it, I promise.

Serious Fun after 2 weeks

After weeks 1 and 2 of induction to fitness training and conditioning phase – you can start to train hard but always ensuring that you train safely. Nobody can get good results by persisting with bad form so now it is time to focus on movement, form, posture, breathing, positive mental states, core engagement and centering. Inch forward progressively, happily and with a high amount of satisfaction which is built upon previous trainings' successes. Just a simple example of how someone can improve – for Joe, who started with the ability of burning 200 calories on session #1, he can now burn about 500 calories on session #10. All exercises done with perfect form.

Cardio Progression

Once you can accomplish 150 minutes/week at the gym, you can increase the duration spent on each cardiovascular setting until you can maintain a minimum of 30 minutes at a consistent heart rate intensity. Once duration goals are met (30 minutes), you can increase frequency to a minimum of 4 days a week, preferably 5. Only after duration, frequency and modalities are all monitored, and physical responses such as heart rate, skeletal and muscular are observed, should you then increase intensity of the workout.

Strength and Interval trainings – The essentials

Strength and interval training is important for all of us. The benefits of strength training have been shown over and over again in many studies. When employed properly, many of those who are overweight will see benefits and results quicker than those who do only cardio exercises. Please look up and read my posts about strength and interval trainings, both of which I have discussed in great depth before at gurufitness.com.

Progression... Again!

Progressions are added in small increments in the first few weeks and then in larger steps later on, after those essential first few weeks are over. At this point, your training regime will begin to look more like a traditional program.

Be Aware of Your Resources and Limitations

Be especially sensitive to your own limits and capabilities when it comes to exercising. Many severely obese clients may have muscular/skeletal concerns due to excessive weight, and their overuse symptoms may occur sooner than with clients of lower weight. Check the primary areas of concern – knees, hips and back.

Body Image and Confidence

Initially, especially if you are overweight, you would probably be afraid and unwilling to watch your form in a mirror while working out. Some of my overweight clients turn sideways or turn away from the mirrors altogether. They slowly gain self-confidence as they progress though, and they begin to see their bodies as amazing, functioning assets. Then they will independently turn to face the mirrors, watching their bodies and checking them out. When I see this magic “a-ha” moment of them taking ownership and being awakened to the beauty of their bodies, I know they have made that next big leap into their level of wellness.

You will be going through these different stages of appreciating your body too. Watch out for it, because you will get fitter and better as long as you stick with it!

Incidental Physical Activities

This is something that many of us may not realise. Many of us here do not get enough physical activities such as walking or taking the stairs. The recommended number of steps per day is 10,000. Many of us fall short of this.

The solution to this is to use pedometers. Pedometers are invaluable tools for monitoring physical activity outside of the structured training environment because they provide measurable feedback. I ask clients to increase their total steps by 50–100 steps every day until they reach the 10,000 steps/day goal. By gradually increasing the steps they take, the clients stay motivated. It is also something they can do with friends, co-workers and family members.

Too many clients expect miracles from 3 hours of training with a trainer. You have to remember that you are without a trainer 7×24-3 hours a week. This is where pedometers can be utilised to help monitor physical (in)activity. Monitoring your daily physical activities can definitely help you achieve your fitness goals faster.

I also encourage you to do add on to your list of daily incidental physical activities. For example, take the stairs instead of the lifts or escalators; walk to the MRT station instead of taking the shuttle bus. Over the weekends: get outdoors with your family or loved ones. Go cycling or play ball at the park. Go for a walk at the park/beach. Not only are you getting your body moving and healthy, you are also spending quality time with your family/ loved ones.

Use fitness devices to keep you in check

Currently I'm personally using Fitbit Flex (it's a pedometer, and more!) and Aria (WIFI Weighing scale) to monitor the number of steps I take, my sleep patterns, log my weight and bodyfat. There's other devices out there to choose from - you can even install free pedometer apps in your smartphones.

Studies show that those who log their food intake see results faster. There's tons of apps out there - such as MyFitnessPal and MyNetDiary. They calculate the calories that you consume, and tell you if you're overeating!

Conclusion

There are many more other factors that are involved in the success of one's weight loss journey. The things that I have shared here are just a few winning formulae that have helped in my clients' successes. Feel free to give it a try. What have you got to lose?

Feel free to check out my blog at guruFitness.com for more ideas and strategies too.

Do email me and share with me your experience:

Which tip did you like best? Which one helped you most? What else helped you in your journey? I would love to hear your story.

Looking forward to your success!

Yours truly,

Coach Sharm, MSc

Master Trainer and Fitness Consultant

www.TeamFitnessGuru.com

email: sharm@teamfitnessguru.com



Get Free Expert Advice at GuruFitness.com

Contact Information for Fitness and Nutrition Consultation:

Coach Sharm, MSc

Personal Training: www.GuruFitness.com

Group Training: www.FitnessBootcamp.sg

Corporate Wellness: www.TeamFitnessGuru.com

Email: sharm@GuruFitness.com

Facebook: <http://www.facebook.com/SingaporePersonalTrainer>

Text/Whatsapp: +65 91090995