

THE CHARITY RUNNER



"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

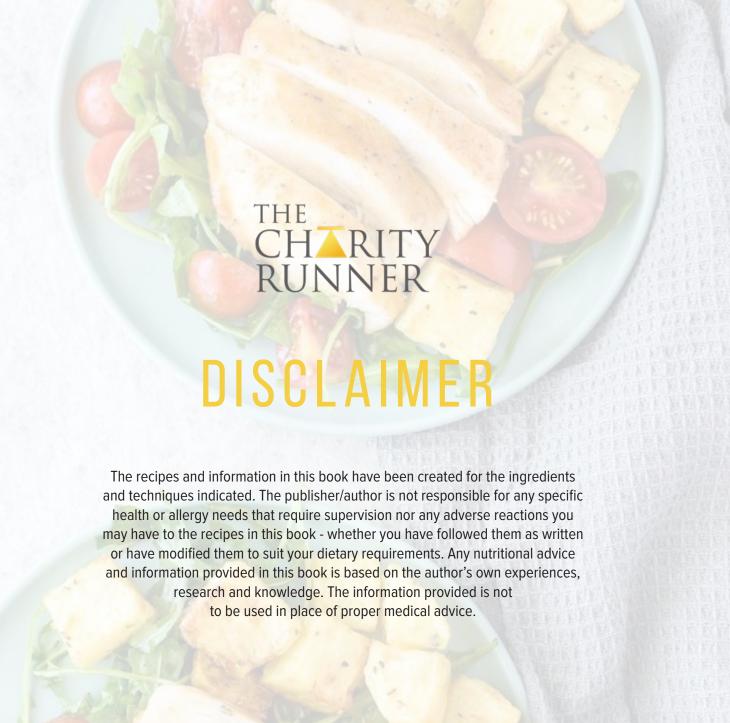
Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

Phil Roberton

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Coach



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KEY









N CONTAINS NUTS

Q QUICK

P HIGH PROTEIN

LOW CARB

I LOW FAT

C LOW CALORIE









PROTEIN BAGEL STACK

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

1 egg

1 plain bagel

12g BBQ sauce

40g Greek style yoghurt

20g rocket

40g tomato slices

110g pre-cooked chicken slices

70g thin pastrami slices

INSTRUCTIONS

Bring a saucepan of water to the boil and reduce the heat to very low. Crack your egg into the water and leave for 4 (runny) - 6 (harder) minutes.

Meanwhile, halve the bagel and add to a toaster for 2 minutes.

Carefully remove the egg with a spoon and rest on paper towel.

Spread BBQ sauce, greek yoghurt then build the layers with rocket, tomato, prepared chicken slices, pastrami slices and then the egg with the top half of the bagel.

MACROS PER PORTION					
CALORIES	500	PROTEIN	49		
CARBS	49	FATS	12		
FIBRE	2				



SPANISH POTATO TORTILLA

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

240g tomatoes, cut into bite-sized chunks

2 tsp red wine vinegar

70g olive oil

700g desiree potatoes, peeled and cut into 3cm dice

1 white onion, finely diced

4 medium eggs

6 egg whites

60g single cream

INSTRUCTIONS

Place tomatoes on a serving plate. Season with salt and pepper, toss, then drizzle with the vinegar and 10g oil. Set aside.

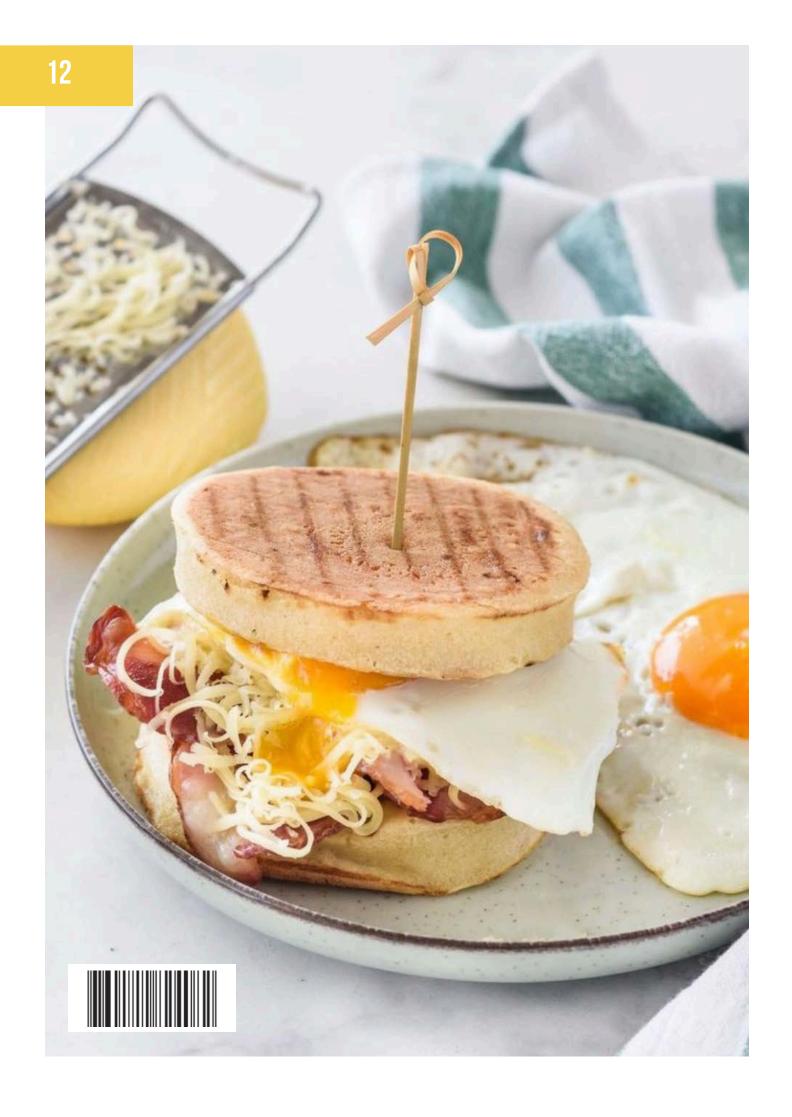
Heat remaining 50g oil in a frying pan over medium-high heat. Add the potato chunks and toss to coat in oil and cook for 5 minutes. Add the onion and fry, stirring often, for 15-20 minutes until soft and lightly coloured. Season with salt, then drain well, reserving the oil.

Meanwhile, whisk the eggs and cream with a pinch of salt in a bowl. Stir in potato mixture.

Heat a 24cm frying pan over medium heat. Add 10g of oil and swirl to coat the pan. Pour in egg and potato mixture and spread. Stir the base of the pan with a wooden spoon to let some egg mixture seep through and set. Cook for 1-2 minutes, then gently shake to detach the tortilla.

Place a plate over pan and flip so the tortilla is on the plate, then carefully slide it back into the pan to cooker the other side. Cook for two minutes. Flip back onto a plate and serve with the tomatoes.

MACROS PER PORTION				
CALORIES	453	PROTEIN	17	
CARBS	40	FATS	25	
FIBRE	2			



EGG AND BACON MUFFIN

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

1 English muffin, cut in half, toasted

1 tsp coconut oil

4 rashers back bacon

2 eggs

30g cheddar cheese, grated

INSTRUCTIONS

Add the English muffin to a toaster until cooked to your preference.

Add coconut oil to a non-stick frying pan over a mediumhigh heat, add the bacon and fry on each side until crisp, around 4 minutes a side.

Remove bacon and pop onto a plate lined with some paper towel to drain excess oil.

Use the same pan and add the eggs and fry in the leftover bacon oil for around 3 minutes or until the yolk is cooked to your liking. Meanwhile, add your bacon to the halved of English muffin and grate the cheese and set aside. When done, add the eggs onto the muffins and serve.

MACROS PER PORTION					
CALORIES	375	PROTEIN	25		
CARBS	17	FATS	23		
FIBRE	1				



RASPBERRY AND LEMON BARS

SERVES: 16

TOTAL TIME: 45 MINUTES



INGREDIENTS

For the bars

280g oats, 1/2 whole, 1/2 ground

4 tbsp sweetener

1 tsp baking powder

1/4 tsp salt

80g maple syrup

Zest of 2 lemons

For the berries

250g frozen raspberries

1 lemon, juice & zest

2 tbsp sweetener

1.5 tbsp cornflour

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Mix together the ground oats, sweetener, baking powder and salt in a large bowl. Rub in the maple syrup and lemon zest.

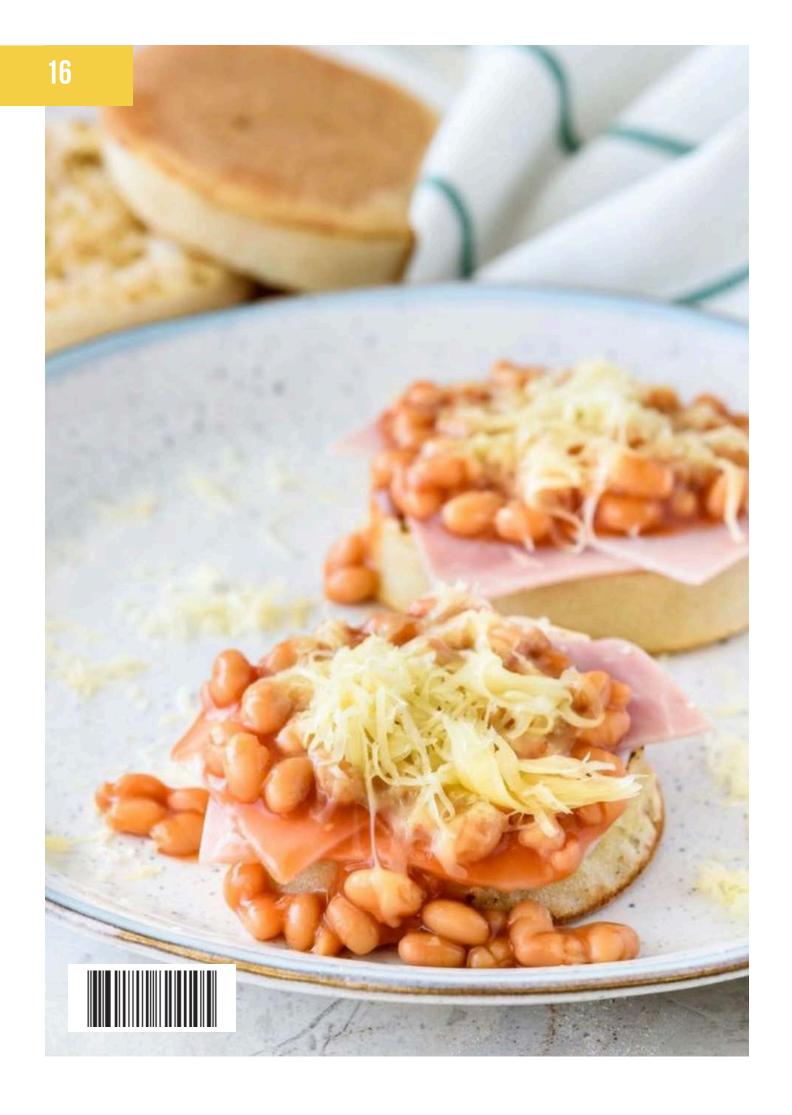
Transfer 3/4 of the mixture into an 8" square cake tin lined with greaseproof paper. Press down with your hands or a spoon to make sure the base is even.

Mix all the raspberry layer ingredients in a bowl then pour on top of the base.

Sprinkle on top the remaining whole oat mixture and bake for 35-40 minutes, until golden on top.

Leave to cool before slicing.

MACROS PER PORTION				
CALORIES	106	PROTEIN	2	
CARBS	20	FATS	2	
FIBRE	2			



BEAN AND CHEESE CRUMPETS

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 crumpets200g tin of baked beans4 slices of very thin ham20g 50% reduced fat cheddar cheese20g butter

INSTRUCTIONS

Toast crumpets in toaster for 3 minutes or until cooked to your liking.

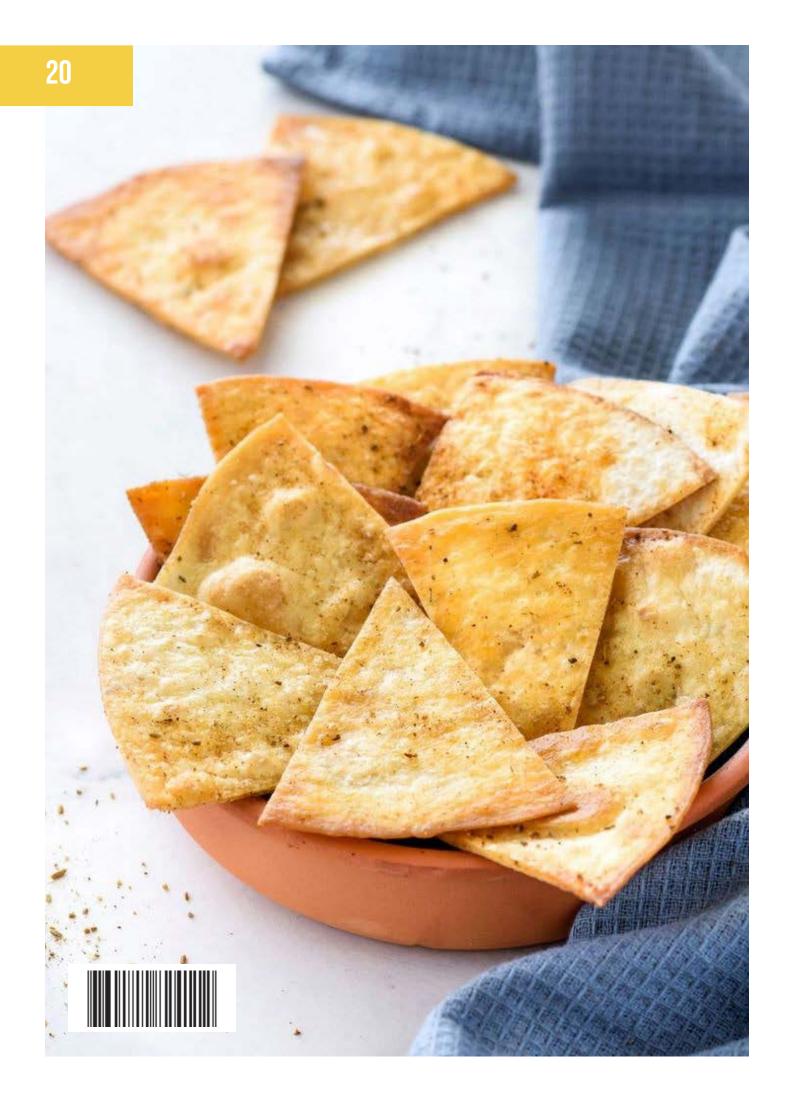
Set a saucepan over medium heat and add the beans. Stir frequently.

When the crumpets have finished, add 10g butter to each. Add the ham, then the beans on top, finally the cheese.

MACROS PER PORTION				
CALORIES	603	PROTEIN	31	
CARBS	68	FATS	23	
FIBRE	9			







BAKED TORTILLA CHIPS

SERVES: 4

TOTAL TIME: 10 MINUTES



INGREDIENTS

3 soft white tortilla wrapsLight spray oil2 tsp cumin1 tsp smoked paprika1 tsp celery salt

INSTRUCTIONS

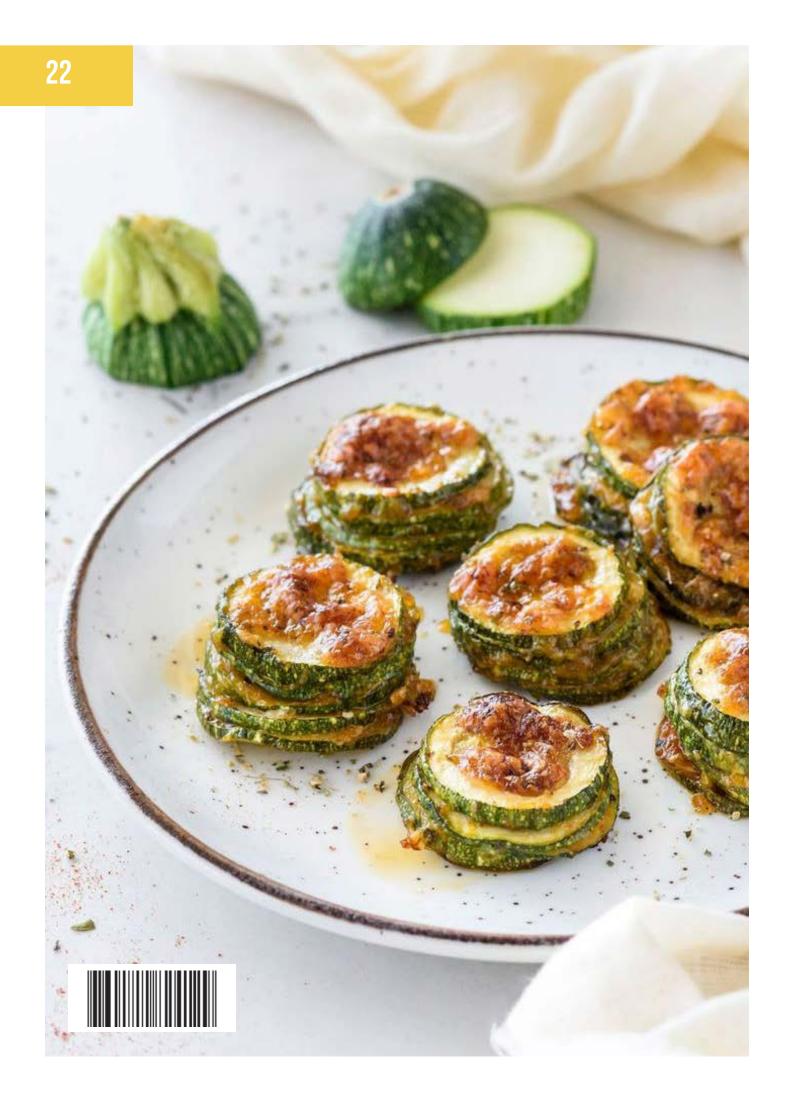
Pre heat the oven to 180C/350F/Gas Mark 4.

On each tortilla, spray oil on both sides and cut into quarters, then again in halves to get eight triangles. Lay as many triangles as you can evenly onto baking trays.

Add your spices to a bowl and mix together very well, then sprinkle over the tortillas.

Roast in the oven for 6-7 minutes until crispy and golden.

MACROS PER PORTION					
CALORIES 112 PROTEIN 3					
CARBS	16	FATS	4		
FIBRE 1					



PARMESAN COURGETTE STACKS

SERVES: 12

TOTAL TIME: 25 MINUTES



INGREDIENTS

2 courgettes, sliced into discs1 tsp dried oregano1 tbsp smoked paprika60g parmesan2 tbsp olive oil

INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7.

Slice the courgette horizontally into 0.5cm thick rounds and add them to a mixing bowl along with oregano, smoked paprika, black pepper, parmesan and the olive oil, make sure the slices are coated very well on both sides.

Stack slices on top of each other in groups of 6 until all of the pieces have been used, add each stack to an individual section of a muffin tray and roast for 18-20 minutes until golden and caramelised.

MACROS PER PORTION					
CALORIES	46	PROTEIN	2		
CARBS	1	FATS	4		
FIBRE	1				



SPICED ALMOND BUTTER POPCORN

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 tbsp sunflower oil100g popcorn maize1 tsp sweet smoked paprika1 tsp cumin30g crunchy almond butter

INSTRUCTIONS

Add 1/2 tbsp oil to a large frying pan over medium-high heat for 1-2 minutes. Add the popcorn maize and then cover with a lid or plate. Wait for the kernals to start popping and gently shake the pan to move the kernals intermittently. When pops are often (every 2-3s) remove the pan from the heat.

Meanwhile, in another pan, add the second 1/2 tbsp oil with the cumin, paprika and a pinch of salt. Heat until the spices are aromatic and add in the almond butter. Stir through.

Transfer the popcorn to a large bowl and coat well with the almond butter mix.

Keeps in an airtight bag for 2 days.

MACROS PER PORTION				
CALORIES	149	PROTEIN	5	
CARBS	12	FATS	9	
FIBRE	7			



ROASTED TOMATOES WITH MOZZARELLA

SERVES: 6

TOTAL TIME: 30 MINUTES



INGREDIENTS

600g beef tomatoes
1/2 head garlic
2 tbsp + 2 tsp olive oil
1 tbsp balsamic vinegar
250g g mozzarella
Handful of torn basil

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6.

Slice any large tomatoes in half and toss with 2 tablespoons of olive oil, the garlic and the balsamic vinegar. Spread into a roasting tin and season. Roast for 25 minutes.

Once cooked add to the sharing plate and top with torn mozzarella, basil and 2 tsp of olive oil.

MACROS PER PORTION				
CALORIES	169	PROTEIN	9	
CARBS	4	FATS	13	
FIBRE	1			



CUMIN SPICED CHEESE STRAWS

SERVES: 25

TOTAL TIME: 40 MINUTES



INGREDIENTS

1 tsp cumin seeds 1/4 tsp black pepper 100g 1/2 fat cheddar cheese, grated 320g ready rolled puff pastry, halved 1 egg, lightly beaten

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6 and line a large baking tray with baking paper.

Combine cumin seeds, pepper, parmesan and cheddar in a bowl, set aside.

Place 1 sheet pastry on prepared tray. Brush with egg then top with half the cumin mixture. Top with the second sheet and press down firmly. Brush with egg and add the remaining mixture. Refrigerate for 10 minutes or until firm.

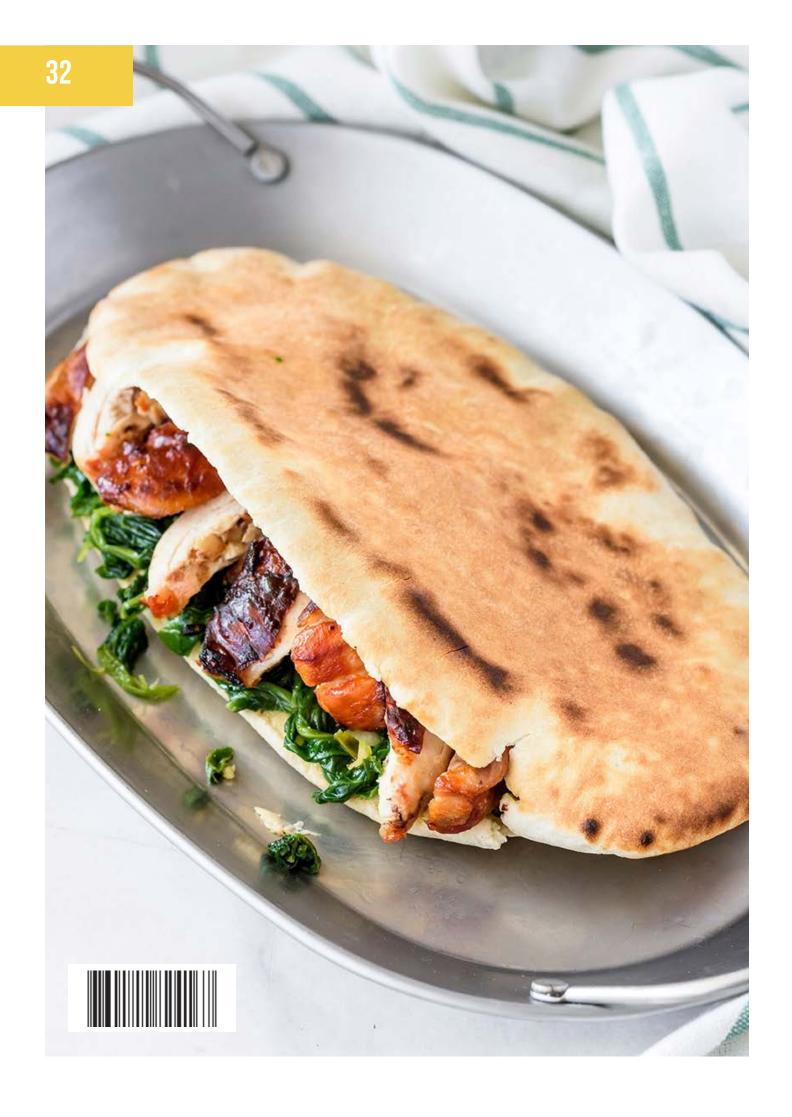
Using a sharp knife, cut pastry in half then into 3cm wide strips, twist the strips and place on prepared tray.

Bake for 12 minutes or until browned and crisp.

MACROS PER PORTION				
CALORIES	60	PROTEIN	2	
CARBS	4	FATS	4	
FIBRE	0			







CHICKEN KEBAB MEAT IN PITTA

SERVES: 4

TOTAL TIME: MARINADE: 2 HOURS

COOK: 1 HOUR



INGREDIENTS

900g boneless, skinless chicken thighs

30g tomato puree

2 garlic cloves, minced

Zest and juice of 1 lemon

1 tsp onion granules

1 tsp ground cumin

1/4 tsp ground allspice

1 tsp dried thyme

4 tbsp olive oil

4 large pitta

80g spinach

INSTRUCTIONS

Place the chicken in a non-metallic bowl and in a separate bowl, mix the marinade ingredients together and season. Pour the marinade over the chicken thighs and mix together smothering the chicken in the paste. Marinade for at least a couple of hours.

Pre heat an oven to 180C/350F/Gas Mark 4.

Grab 6 large metal skewers and take 3 of the skewers and lay them side by side. Thread your chicken onto the skewers so that you have one central skewer and one either side. When all the meat is threaded on, insert the remaining skewers from the opposite end, securing everything together.

Add to the oven on a wire rack and turn every 20 minutes for 1 hour. 5 minutes before the end, add the pitta to a microwave for 1 minute until puffed. Remove and slice down the edge to open into a pocket. Add 20g of spinach to each.

Remove the chicken from the oven and slice thin straight from the stack.

Serve in the pittas.

MACROS PER PORTION				
CALORIES	619	PROTEIN	57	
CARBS	55	FATS	19	
FIBRE	1			



TURKEY MEATBALLS WITH FETA CHEESE

SERVES: 2

TOTAL TIME: 20 MINUTES



INGREDIENTS

6g coconut oil
1/2 red onion, finely diced
150g red pepper, thinly sliced
90g courgette, seeds removed, diced
336g (12) pre-rolled 5% turkey meatballs
400g tin of chopped tomatoes
20g feta, crumbled

INSTRUCTIONS

Heat coconut oil in a large frying pan over a medium-high heat. Add the onion, pepper and courgette then stir fry for two minutes until the vegetables begin to soften.

Turn up the heat to high and add the meatballs to the pan. Fry for 3 minutes moving often and brown all over.

Add the chopped tomatoes and bring to a boil, reduce the heat to a simmer for 5 minutes. Remove a meatball and check it is fully cooked by cutting in half and checking for any pink meat. If so, cook for a further 2-3 minutes.

Remove the mixture from the pan and add to a serving bowl, top with feta.

MACROS PER PORTION			
CALORIES	409	PROTEIN	49
CARBS	24	FATS	13
FIBRE	4		



CHICKEN AND POTATO HASH

SERVES: 1

TOTAL TIME: 20 MINUTES

6F 0F 0F 0F

INGREDIENTS

200g new potatoes6g coconut oil200g chicken breast, sliced4 spring onions, finely diced60g mangetout1 egg

1 tsp smoked paprika

40g spinach leaves

INSTRUCTIONS

Add the potatoes to a microwave on high heat for 8 minutes.

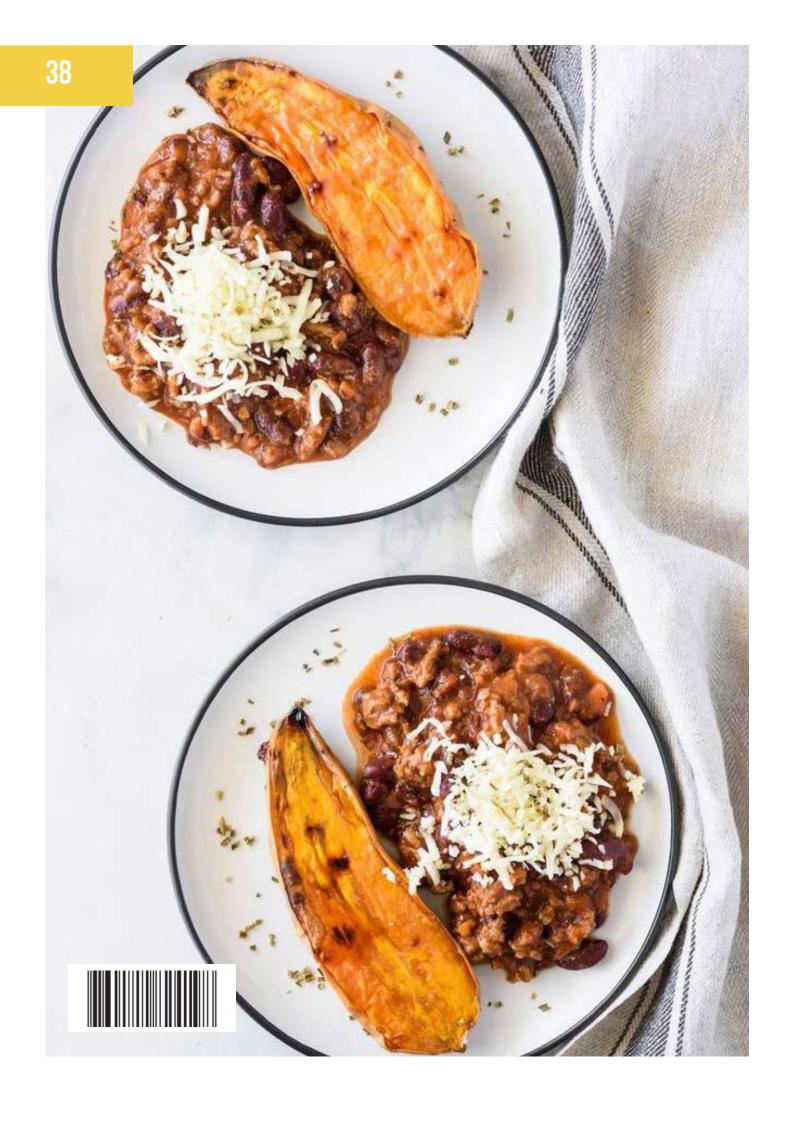
Meanwhile, melt the oil in a frying pan over medium-high heat. Add the chicken for 2 minutes stirring occasionally. Add spring onion and mangetout stir frying for 1 more minute. Remove from the heat.

Boil a kettle and empty it's contents to a saucepan, bring to the boil, reduce the heat to low and carefully crack in the egg, leaving for 4 minutes. Remove with a spoon and lay on paper towel.

Once cooked, carefully halve the potatoes and return the pan to high heat. add the potatoes and fry for 3-4 minutes with the mixture. Add the paprika and spinach and mix well.

Add to a bowl, place the egg on top.

MACROS PER PORTION					
CALORIES 480 PROTEIN					
CARBS	39	FATS	8		
FIBRE	5				



BEEF CHILLI LOADED SWEET POTATOES

SERVES: 2

TOTAL TIME: 45 MINUTES



INGREDIENTS

300g sweet potatoes, halved lengthways

2 tsp olive oil

240g 5% beef mince

400g can red kidney beans, drained and rinsed

15g cajun spice mix

300g passata

1 beef stock cube

50ml of water

1/2 tsp sugar

50g cheddar

10g chives

INSTRUCTIONS

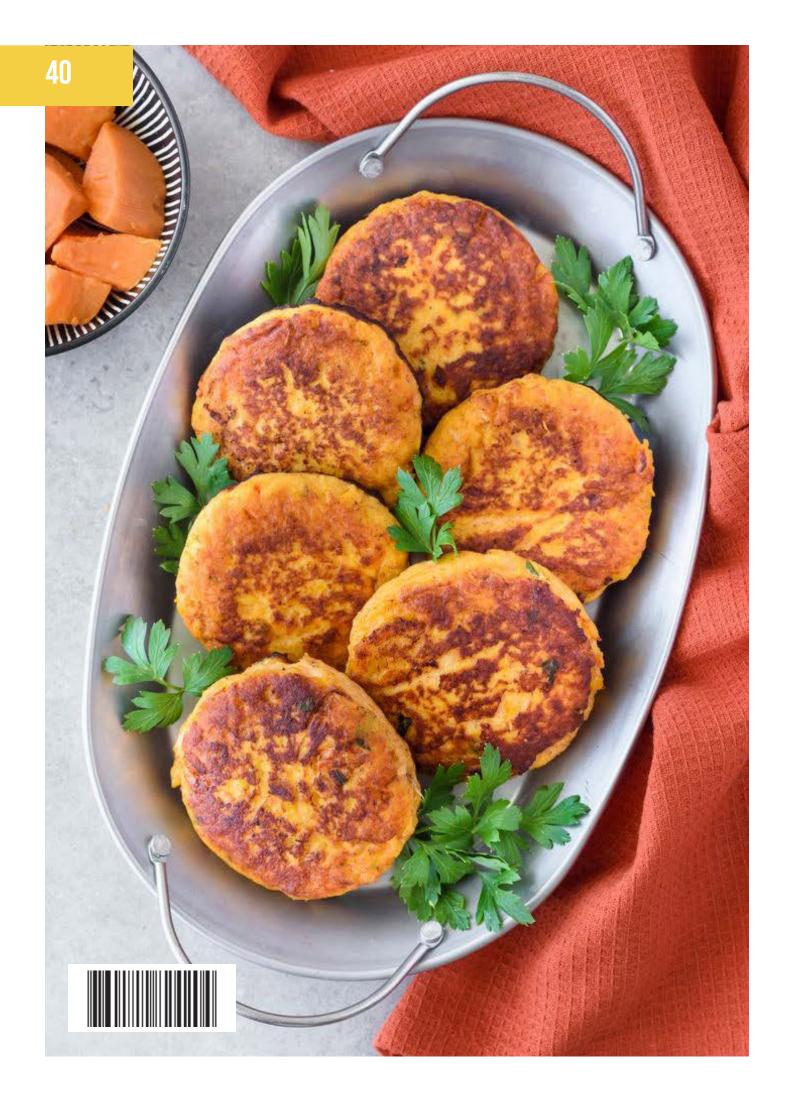
Pre heat oven to 220C/425F/Gas Mark 7.

Add the sweet potatoes to a roasting tray with the olive oil, season and rub very well, cook cut side down for 35 minutes.

Meanwhile, in a non-stick frying pan over medium-high heat, add the beef mince, season and cook for 2-3 minutes. Add the cajun spice mix and half of the kidney beans roughly mashing together and add the remaining kidney beans, passata, stock cube, water and a pinch of sugar. Bring the chilli back to a boil and reduce to a simmer. Cook for the remaining time of the sweet potatoes (approximately 20 minutes), stir occasionally and if the mixture sticks, add a little water.

Divide the sweet potatoes between plates with equal amounts of chilli, top with half of the cheese and chives.

MACROS PER PORTION					
CALORIES	598	PROTEIN	46		
CARBS	63	FATS	18		
FIBRE	13				



SWEET POTATO AND CHICKEN BURGERS

SERVES: 15

TOTAL TIME: 60 MINUTES

6000

INGREDIENTS

500g chicken breast mince

300g sweet potato

1 medium red onion, finely chopped

2 cloves of garlic, grated

1 tsp dried parsley

1 tsp dried basil

1 medium egg

100g panko breadcrumbs

20g parmesan

2 tsp olive oil

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Add your sweet potatoes to a roasting tray and roast in the oven for 45 minutes until very tender, remove the flesh from the skin then coarsely mash.

Place mince, sweet potato, onion, garlic, herbs, egg, breadcrumbs and parmesan in a large bowl with seasoning and mix well. Shape mixture into 15 individual palm shaped burgers.

Heat 1 tsp oil in a large non-stick frying pan over medium heat. Cook the burgers in batches for 5 minutes on each side until golden brown and cooked. Repeat with remaining oil and patties.

MACROS PER PORTION					
CALORIES 103 PROTEIN					
CARBS	10	FATS	3		
FIBRE	1				



SWEET AND SOUR PORK

SERVES: 2

TOTAL TIME: 20 MINUTES



INGREDIENTS

150g jasmine rice

1 shallot, diced

1 tsp olive oil

240g 5% pork mince

1 green pepper, deseeded and cubed

220g can of pineapple, flesh diced and juice

2 cloves of garlic, grated

25g salted peanuts, chopped

30g rice vinegar

15g soy sauce

50g tbsp ketchup

INSTRUCTIONS

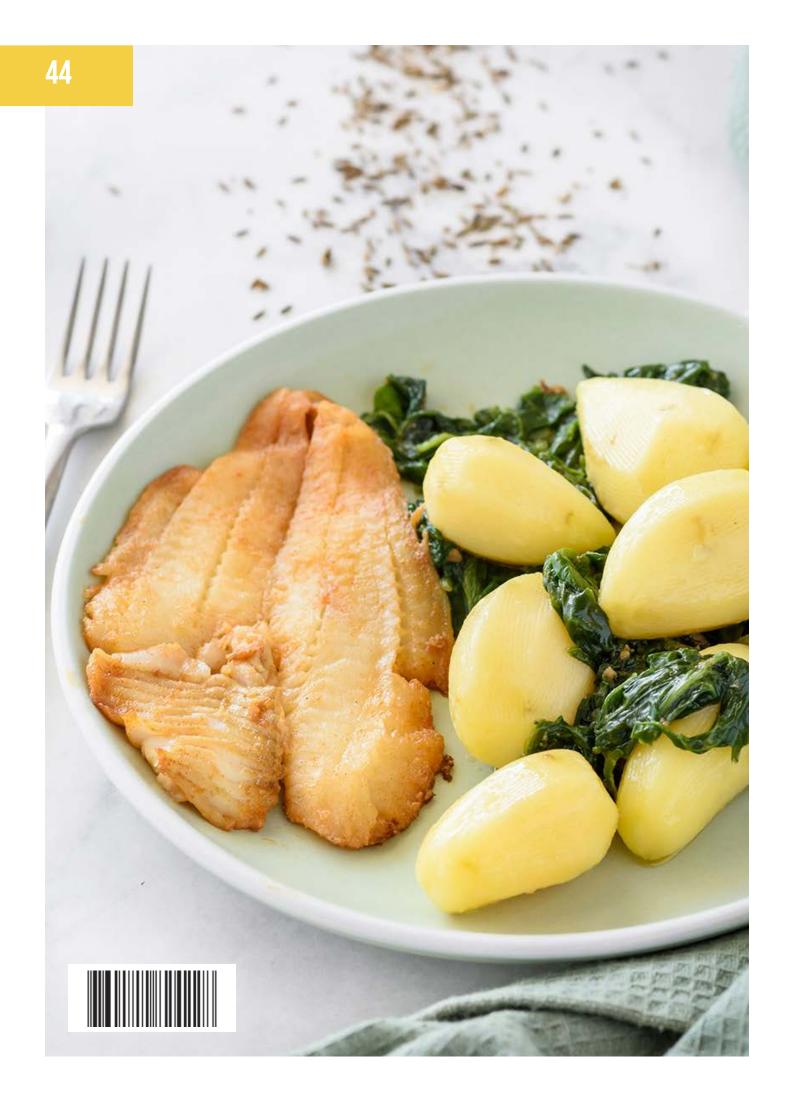
Boil a kettle and empty it's contents into a saucepan with a pinch of salt. Place the pan over high heat until boiling, add your rice and cook for 12-13 minutes. Drain with a sieve and add back into the saucepan until ready to serve.

Meanwhile, add the diced shallot with the olive oil to a frying pan over medium-high heat. Once hot add the pork mince and cook until browned for 4-5 minutes.

Add the pineapple juice to a bowl with the soy, ketchup, rice vinegar and a pinch of sugar and combine. Add the garlic and pepper to the mince in the frying pan and cook for another 4-5 minutes. Add the pineapple and the sauce and cook until thickened for 3-5 minutes.

Fluff the rice and divide between two plates, add the pork and cover with the peanuts.

MACROS PER PORTION					
CALORIES	38				
CARBS	90	FATS	13		
FIBRE	4				



CUMIN SEA BASS AND NEW POTATOES

SERVES: 2

TOTAL TIME: 45 MINUTES





INGREDIENTS

375g new potatoes 1 tsp cumin 2 tbsp + 2 tsp olive oil 360g sea bass fillets, skin on 1 tsp sumac seasoning 1/2 garlic clove, grated 160g spinach

INSTRUCTIONS

Boil a kettle and empty it's contents into a saucepan and bring to a boil over high heat, once boiling add the potatoes and cook for 25 minutes until very tender.

Meanwhile, coat the sea bass fillets in a tsp of olive oil each and then add sumac and cumin, rubbing onto both sides. In a seperate bowl combine 2 tbsp of olive oil with the garlic and season.

When the potatoes are cooked, drain and steam dry, add to a tray and gently pop them open with the back of a fork. Add them to a bowl with half of the olive oil mixture and stir through, then cover.

Set a frying pan over high heat and when hot add the sea bass skin side down, cooking for 4-6 minutes. Flip and add the spinach and cook both for 1 more minute.

Divide the potatoes between two and top with the sea bass and spinach and drizzle the remaining olive oil mixture.

MACROS PER PORTION					
CALORIES	43				
CARBS	32	FATS	34		
FIBRE	4				



CHICKEN ASPARAGUS BAKE

SERVES: 4

TOTAL TIME: 45 MINUTES

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INGREDIENTS

1 tbsp olive oil880g chicken thighs, skinless and boneless300g asparagus tips280ml buttermilk25g chives, diced1 clove of garlic, grated

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6.

In a deep roasting tin, add the chicken and drizzle with the oil, roast for 25 minutes.

Toss the asparagus tips through the oil in the tray and roast for a further 5 minutes.

Meanwhile, in a bowl combine the buttermilk, garlic, and chives, season. Add the buttermilk sauce to the tray and cook for 2 more minutes until hot.

MACROS PER PORTION					
CALORIES 330 PROTEIN					
CARBS	8	FATS	10		
FIBRE	2				



FAJITA SPICED COTTAGE PIE

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

1 red pepper, deseeded and sliced thinly

1 clove of garlic, sliced

2 spring onions, thinly sliced

450g white potatoes, diced into 1" chunks

240g 5% beef mince

20g fajita spice mix

400g can chopped tomatoes with garlic

1 beef stock cube

45g cheddar, grated

2 tsp butter

INSTRUCTIONS

Boil a kettle and empty it's contents into a saucepan and bring to a boil over high heat, once boiling add the potatoes, a pinch of salt and cook for 15-20 minutes until tender.

Meanwhile, add the beef mince and pepper slices to a frying pan over medium-high heat for 6-7 minutes, breaking up the mince as it cooks until browned, add the fajita mix and the garlic, then the chopped tomatoes, beef stock cube and 100g of water. Bring to a boil then lower the heat and simmer for 6 minutes until thickened.

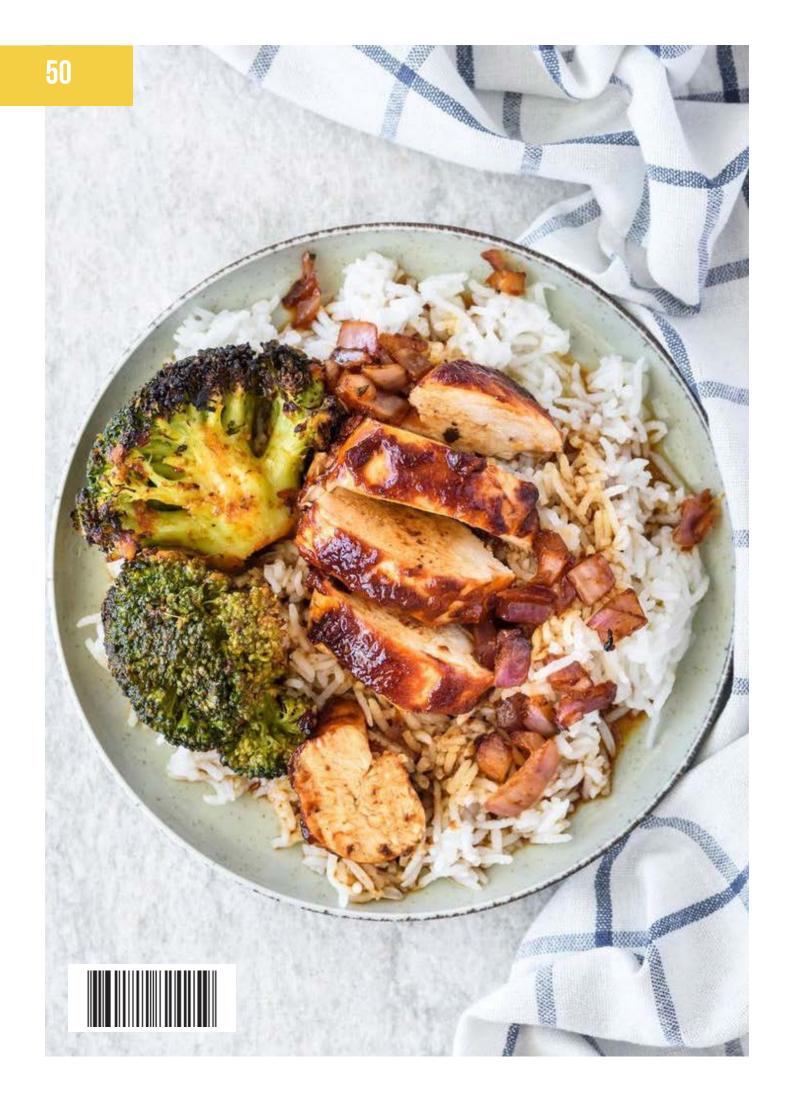
Pre heat an oven grill on high.

When the potatoes are done, drain and return the potatoes to the pan. Add the butter and mash until smooth with a pinch of salt. Mix the cheese and spring onions into the mash.

Add the beef filling to a roasting dish, spread mash on top and grill for 5 minutes.

Serve between two.

MACROS PER PORTION					
CALORIES	41				
CARBS	62	FATS	18		
FIBRE	5				



TRAYBAKED HOISIN CHICKEN AND RICE

SERVES: 2

TOTAL TIME: 40 MINUTES



INGREDIENTS

1 clove of garlic, grated
1 medium red onion, chopped
1/2 head broccoli, florets
1 tbsp olive oil
2 tbsp soy sauce
3 tbsp (60g) hoisin sauce
120g basmati rice
400g chicken breast

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6.

In a small bowl mix the hoisin sauce with the soy sauce and garlic. Add the chicken, red onion and half of the hoisin mixture into a roasting dish with the olive oil and coat very well. Roast for 15 minutes then add the brocolli, combine, stir and roast for another 15 minutes.

Meanwhile, wash the rice in a seive under cold water then add to a saucepan with 300g of water and a pinch of salt then bring to the boil. Put the heat on low and add a lid, cooking for 10 mins, then remove the pan from the heat (still covered) and set aside for 10 mins until ready to serve.

Add the remaining sauce mixture to the frying pan and thicken over medium heat for 1 minute.

Fluff up the rice with a fork and divide between plates. Add the roasted chicken, onion and broccoli with any juices from the roasting tin to each plate. Spoon over the sauce.

MACROS PER PORTION					
CALORIES 645 PROTEIN					
CARBS	81	FATS	9		
FIBRE	4				



ROASTED TOMATO AND GARLIC SPAGHETTI

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

800g fresh tomatoes, halved 1 bulb of garlic, halved

4 tbsp olive oil

400g spaghetti

120g parmesan

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6 and fill a large saucepan with a pinch of salt and water over high heat and bring to a boil.

Add the halved tomatoes to a deep roasting tray with the garlic bulb, skin on, nestled into the tomatoes. Add the olive oil then add to the oven for 25 minutes until lightly charred.

Add the pasta to the boiling water and cook for 10-12 minutes, reserve 1/2 cup of the pasta water and then drain thoroughly.

Remove the garlic and tomatoes from the oven and squeeze the cloves of garlic out of their skins, stir them into the tomatoes. Toss the spaghetti into the tray with a splash of the pasta water.

Divide between four and top with 30g parmesan over each plate.

MACROS PER PORTION					
CALORIES	24				
CARBS	84	FATS	22		
FIBRE	6				



GRILLED PRAWN AND AVOCADO SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

300g raw prawns

1 tbsp olive oil

1 lime, juice of 1 half, 1 half cut into wedges

1 iceberg lettuce, shredded

1 large, ripe avocado, sliced

INSTRUCTIONS

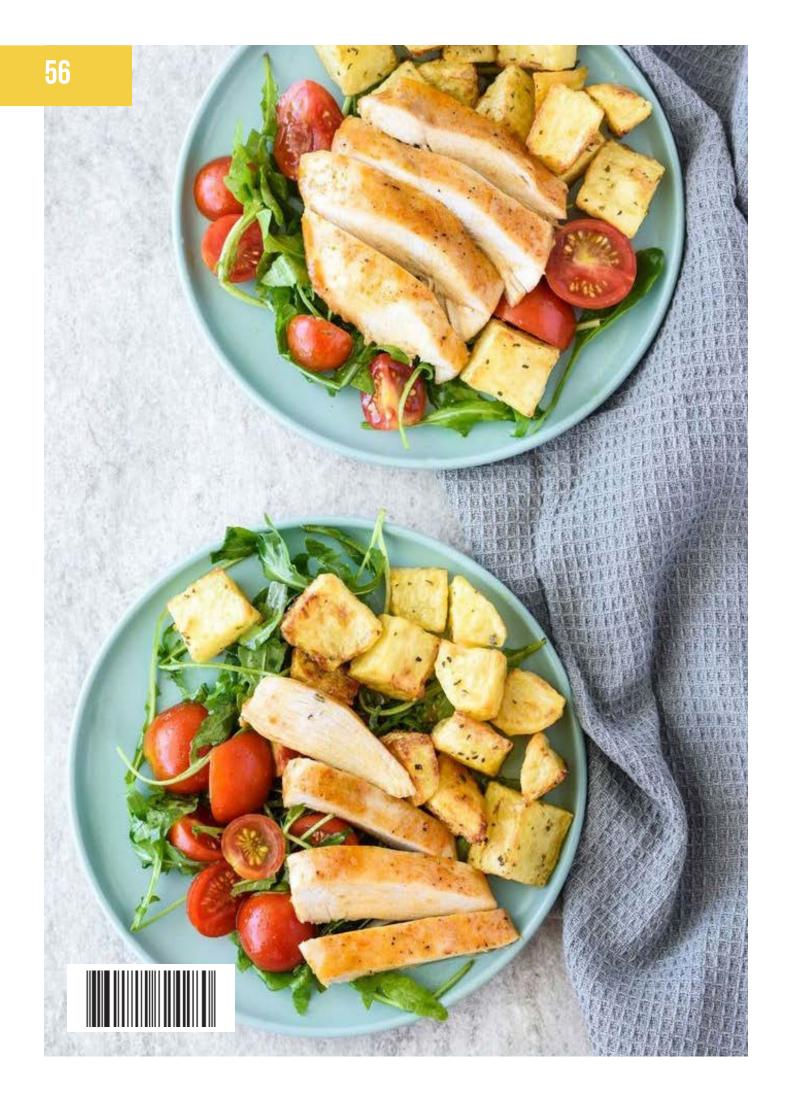
Pre heat an oven grill to high.

Add the prawns to a bowl with the lime juice and olive oil with seasoning.

Lay the prawns onto a roasting or grill tray and cook for 2-3 minutes per side until pink and opaque.

Meanwhile, shred the lettuce and slice the avocado and divide between two bowls. Add the cooked prawns and any pan juices.

MACROS PER PORTION					
CALORIES 370 PROTEIN 3					
CARBS	4	FATS	26		
FIBRE	5				



PERI PERI CHICKEN AND OREGANO POTATOES

SERVES: 2

TOTAL TIME: 35 MINUTES



INGREDIENTS

1 clove of garlic, grated

450g potatoes, diced into 1" chunks

2 tsp oregano

15g peri peri seasoning

3 tbsp olive oil

30g honey

300g chicken breast

30g apple cider vinegar

125g cherry tomatoes

40g rocket

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6.

Add the potatoes to a bowl with 1/2 tbsp oil, then season and add the oregano. Coat well and add to a roasting tray, spread in a single layer not touching.

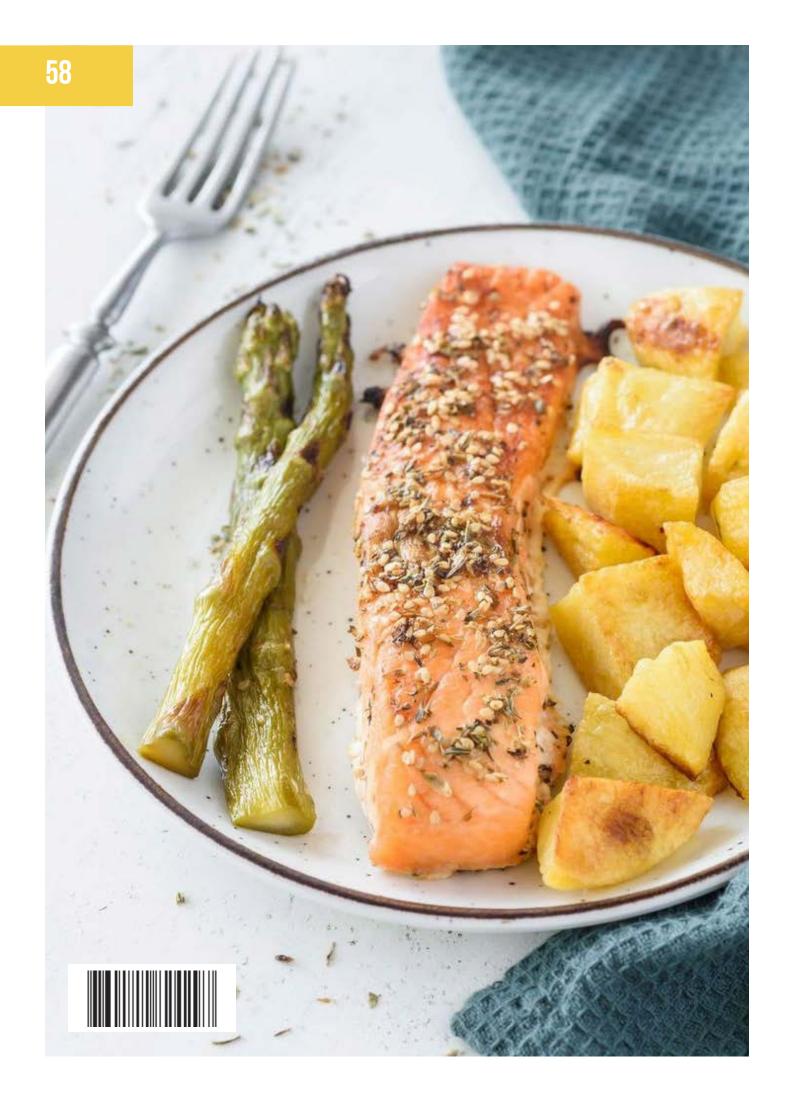
In a large bowl, add the peri peri seasoning, garlic and half of the honey. Add 1/2 tbsp olive oil and mix. Add the chicken and fully coat then add to a roasting dish. Add the potato chunks on the top shelf and the chicken on the middle for 25-30 mins.

In another large bowl, add the cider vinegar, 2 tbsp of olive oil and remaining honey and season. This is the dressing.

Just before the chicken and potatoes are done, add the tomatoes and rocket to the dressing and combine.

Divide between two.

MACROS PER PORTION					
CALORIES 582 PROTEIN					
CARBS	62	FATS	18		
FIBRE	3				



SALMON ASPARAGUS TRAYBAKE

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

440g salmon fillets1 tsp zaatar seasoning1 tsp olive oil400g potatoes, diced into 1" cubes220g asparagus

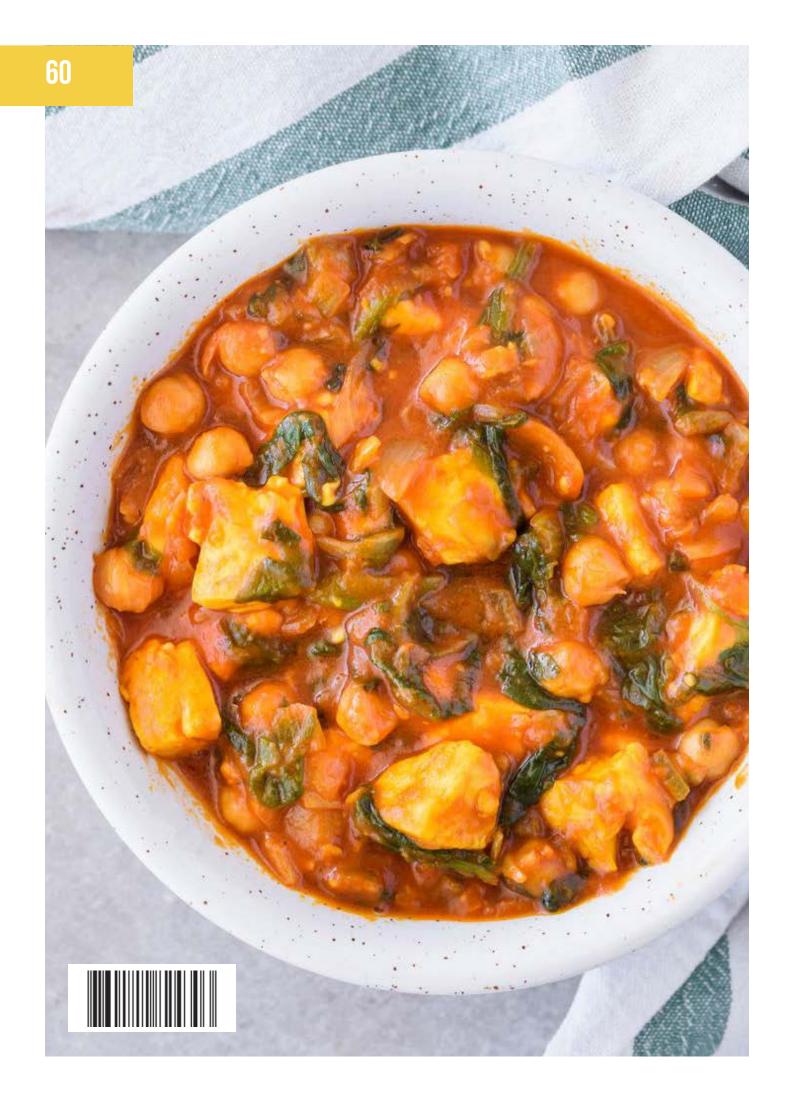
INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6 and place a sheet of parchment onto a baking tray.

Rub the salmon with the zaatar, olive oil, salt and pepper. Leave to marinate for 10 minutes.

Meanwhile, add the potatoes to the baking tray and roast for 10 minutes. Add the salmon and asparagus to the tray and roast for 20 minutes until the fish is firm, the asparagus tender and potatoes golden.

MACROS PER PORTION					
CALORIES 617 PROTEIN					
CARBS	42	FATS	25		
FIBRE	4				



HALLOUMI AND **CHICKPEA CURRY**

SERVES: 2

TOTAL TIME: 25 MINUTES





INGREDIENTS

400g can of chickpeas plus their water 225g light halloumi, cut into 1" cubes 500g passata 100g fresh spinach 30g curry powder 1 medium onion, finely diced 1 tbsp olive oil

INSTRUCTIONS

In a deep saucepan over medium heat add the oil and onion with a pinch of salt and cook for 2-3 minutes until soft, add the curry powder and mix into the onion and oil.

Add the halloumi and coat in the spices then the can of chikepeas, bring to a simmer for 2 minutes then add the passata. Simmer for 10 minutes.

Add the spinach and cook for another 2-3 minutes until fully wilted.

Serve between two.

MACROS PER PORTION				
CALORIES	610	PROTEIN	43	
CARBS	42	FATS	30	
FIBRE	14			







DATE AND OAT BITES

SERVES: 12

TOTAL TIME: 35 MINUTES



INGREDIENTS

165g dates, pitted

5 tbsp olive oil

2 medium eggs, beaten

90g plain flour

90g oats

1 tsp cinnamon

1/2 tsp bicoarbonate of soda

INSTRUCTIONS

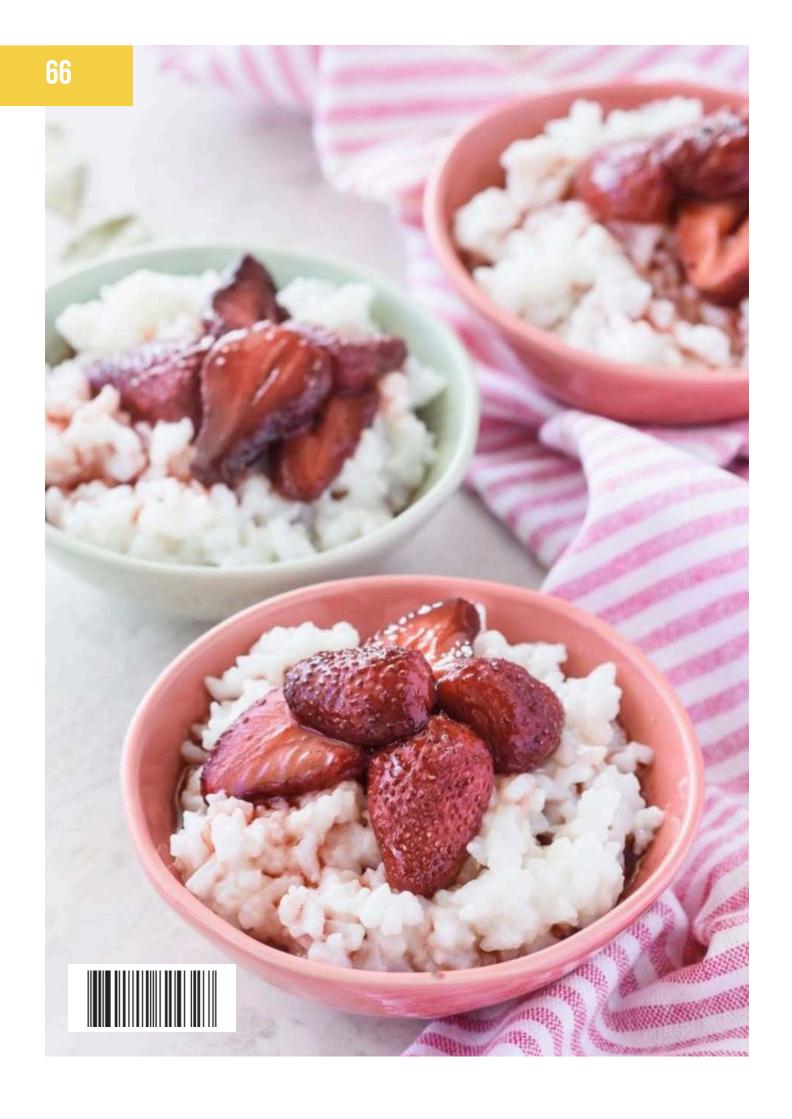
Pre heat the oven to 180C/350F/Gas Mark 4 and line two baking trays with parchment.

In a food processor, add the dates, oil and eggs blitzing until you get a rough paste. Add the remaining ingredients with a pinch of salt and combine again.

Divide the mixture around 28g each and roll into 12 balls. Place 6 on each tray and squash into a cookie.

Bake for 15-18 minutes until golden then allow to cool on a rack for 5-8 minutes.

MACROS PER	PORTION		
CALORIES	146	PROTEIN	3
CARBS	20	FATS	6
FIBRE	1		



ROASTED STRAWBERRIES AND RICE PUDDING

SERVES: 3

TOTAL TIME: 40 MINUTES



INGREDIENTS

175g strawberries, halved 20g brown sugar 1/4 tsp vanilla essence 85g pudding rice 325g oat milk 50g single cream

30g white sugar 1/2 bay leaf

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

In a bowl, add the brown sugar, vanilla and strawberries and combine. Roast for 15 minutes until caramelised.

Wash the rice under cold water in a seive for 5 minutes. Add to a saucepan along with the oat milk, cream, bay leaf and caster sugar then bring to a simmer over low heat for 30 minutes.

Divide the pudding between three and top with equal amounts of strawberries and their syrup.

MACROS PER PORTION				
CALORIES	287	PROTEIN	4	
CARBS	52	FATS	7	
FIBRE	2			



PEANUT BUTTER RICE CAKE RASPBERRY CUPS

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

4 rice cakes
80g raspberries
1 level tsp sugar
80g peanut butter

80g 85% dark chocolate

INSTRUCTIONS

In a saucepan with a lid, add your berries with the sugar and 2 tsp of water. Add the lid and cook on very low heat for 6-8 minutes to break down. Mash with a fork and set aside.

Meanwhile, add your dark chocolate to a microwaveable bowl and microwave in 15s blasts until fully melted.

Spread the rice cakes carefully with 20g peanut butter on each, top with equal amounts of your berries. Coat each with equal amounts of dark chocolate over the berries.

Freeze for 5-10 minutes until set.

MACROS PER PORTION			
CALORIES	281	PROTEIN	7
CARBS	16	FATS	21
FIBRE	5		



SLOW COOKER APPLE AND CINNAMON OATS

SERVES: 4

TOTAL TIME: 7 HOURS



INGREDIENTS

200g oats

1 tsp cinnamon

1 tsp salt

30g maple syrup

4 medium green apples, cored and diced

750ml water

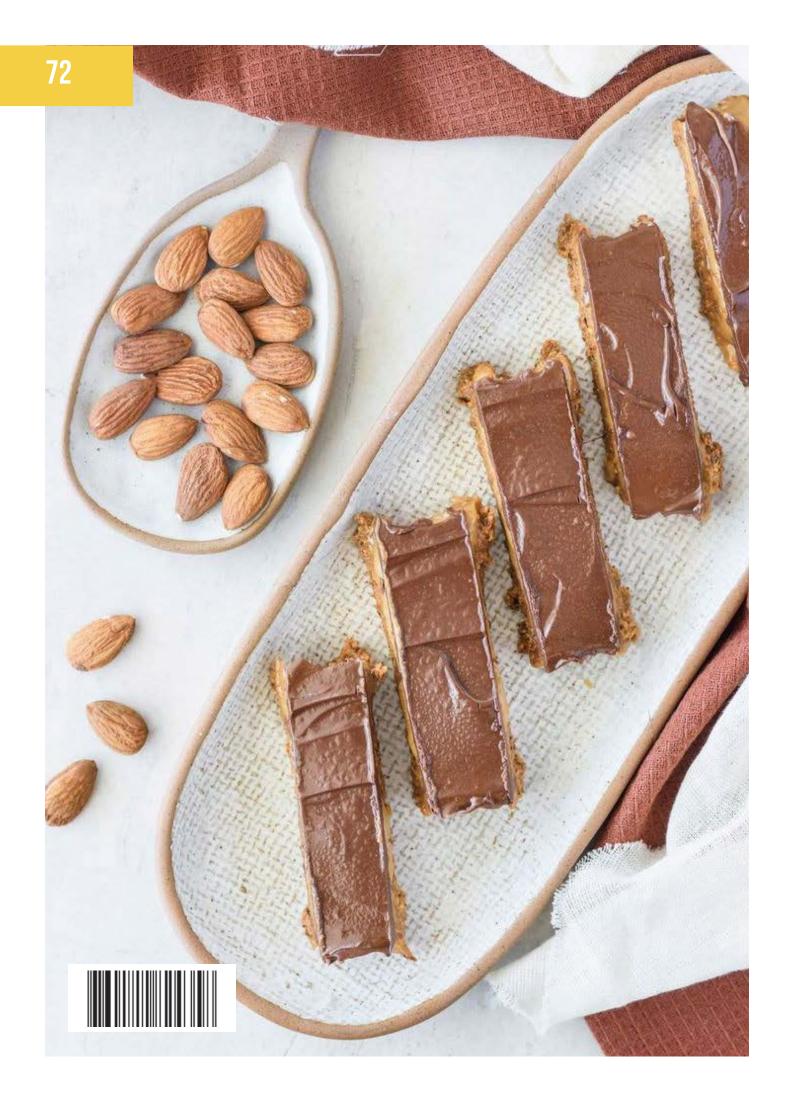
750ml unsweetened soya milk

INSTRUCTIONS

Add the oats, cinnamon, salt, maple syrup, apples, water and milk to the slow coooker. Stir and combine and then cover.

Cook on low for 7 hours.

MACROS PER PORTION				
CALORIES	328	PROTEIN	11	
CARBS	53	FATS	8	
FIBRE	5			



ALMOND MILLIONAIRE'S SHORTBREAD

SERVES: 10

TOTAL TIME: 40 MINUTES





INGREDIENTS

200g ground almonds 200g almond butter 2 tbsp honey 100g ready-made caramel 100g 85% dark chocolate

INSTRUCTIONS

In a bowl, add the almonds, almond butter and honey in a bowl and rub the ingredients together with your fingers.

Using a loaf tin, press this mix in firmly to the bottom and create a smooth surface.

Spoon the caramel sauce over in a thin layer and add the tin to the freezer.

Add the dark chocolate to a microwave safe bowl and microwave in 15s blasts until fully melted.

Remove the loaf tin from the freezer and drizzle the chocolate over to coat. Set in the fridge for 30 mins.

Cut into 10.

MACROS PER PORTION				
CALORIES	352	PROTEIN	11	
CARBS	14	FATS	28	
FIBRE	5			

