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HIGH PERFORMANCE FOOD GUIDE

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HIGH PERFORMANCE FOOD GUIDE

We hope these healthy and delicious recipes will help provide inspiration for you in your quest for better health and high performance.

This recipe book contains easy-to-make and nutritionally balanced meals to help you fuel your performance - it includes breakfasts, main meals, desserts and snacks.

Designed with your busy lifestyle in mind, they are quick and easy to prepare, and are made from ingredients that are readily available in most supermarkets.

The FuelIn Team

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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KEY

- V VEGETARIAN
- VE VEGAN
- DF DAIRY FREE
- GF GLUTEN FREE
- N CONTAINS NUTS
- Q QUICK

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BREAKFASTS

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EASY GREEN SHAKSHUKA

SERVES: 2

TOTAL TIME: 30 MINUTES

GF Q

INGREDIENTS

12 asparagus tips
100g peas
double-podded broad beans 100g
spinach 200g, shredded
1 tablespoon olive oil
1 tablespoon butter
6 baby leeks, sliced
2 garlic cloves, sliced
2 teaspoon cumin seeds
4-6 eggs
dill a handful, chopped
chilli flakes a pinch

INSTRUCTIONS

Bring a pan of salted water to a boil then add the asparagus and cook for 30 seconds. Add the peas and beans and cook for another 30 seconds, then add in the spinach and cook for 2 seconds more before tipping everything out into a colander to drain. Heat 2 tbsp olive oil and a knob of butter in a large frying pan. Cook the leeks and garlic until soft, then add the cumin seeds. Stir in the blanched veggies and cook for 3-4 minutes. Season, then make holes for as many eggs as you want and crack an egg into each space. Keep cooking gently on the hob until the eggs are done how you like them (cover with a lid if you want to speed things up). Scatter over dill and chilli flakes and add another drizzle of olive oil before serving.

MACROS PER PORTION			
CALORIES	414	PROTEIN	26
CARBS	28	FATS	25
FIBRE	11		

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MOCHA PORRIDGE

SERVES: 2

TOTAL TIME: 15 MINUTES

V N Q

INGREDIENTS

1 Tablespoon soft light brown sugar
2 teaspoon dark cocoa powder
70ml freshly brewed espresso
1 teaspoon vanilla extract
100g porridge oats
500ml unsweetened almond milk
3 dates, halved and thinly sliced
1/2 teaspoon ground cinnamon
80g dairy-free Yogurt
2 teaspoon toasted almond flakes
1 teaspoon cacao nibs

INSTRUCTIONS

Put the sugar and cocoa powder in a small pan, and gradually add the espresso and vanilla, stirring until the sugar has dissolved. Bring the mixture to a gentle boil over medium heat. Reduce the heat and simmer for 6-8 minutes or until slightly thickened and syrupy. Remove from the heat and set aside to cool slightly. Meanwhile, tip the oats into a medium pan and stir in the milk, dates, cinnamon and a pinch of salt. Cook over low-medium heat for 4-5 minutes, stirring until thick and creamy. Divide the porridge between two bowls. Top with the yoghurt, a drizzle of the mocha syrup, the almonds and cacao nibs.

MACROS PER PORTION			
CALORIES	518	PROTEIN	17
CARBS	66	FATS	23
FIBRE	15		

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ORANGE SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 bananas (frozen)
125ml almond Milk
1 orange,juice, plus some zest
2 tablespoons goji berries
1/2 teaspoon grated ginger
2 tablespoon hemp seeds
handful of ice

INSTRUCTIONS

Combine all ingredients in a blender, and blend until smooth. Add more ice if you would like.

MACROS PER PORTION			
CALORIES	418	PROTEIN	9
CARBS	51	FATS	23
FIBRE	9		

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APPLE, CINNAMON BREAKFAST QUESADILLAS

SERVES: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

4 (10-inch) whole-grain flour tortillas
250g chunky applesauce
230g cheddar, grated
2 tablespoons light brown sugar
1 teaspoon ground cinnamon
1 tablespoon melted butter
250g sour cream

INSTRUCTIONS

Preheat oven to 400F-200C. Spread applesauce over two tortillas. Top with cheese and remaining tortillas. In a small bowl, mix brown sugar and cinnamon. Brush tops of quesadillas with butter and sprinkle with half of the sugar-cinnamon mixture. Bake for 6 to 10 minutes or until golden brown. Set aside to cool. Stir sour cream into the remaining sugar-cinnamon mixture. Cut each quesadilla into quarters. Serve topped with dollops of sour cream mixture.

MACROS PER PORTION			
CALORIES	261	PROTEIN	11
CARBS	25	FATS	13
FIBRE	9		

MAINS

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WILD RICE, HERB AND SALMON SALAD

SERVES: 3

TOTAL TIME: 50 MINUTES

GF DF

INGREDIENTS

150g wild black rice
400g salmon fillets
1 lemon, zested and juiced, plus wedges to serve
1 1/2 cumin, ground
1/2 teaspoon coriander, ground
1/2 small red onion, finely chopped
1 tablespoon olive oil
1/2 cucumber, halved, seeds scooped out, and diced
12 baby plum tomatoes, quartered
parsley a small bunch, chopped
mint a small bunch, chopped

INSTRUCTIONS

Cook the rice following pack instructions. Put the salmon on a non-stick baking tray, mix 2 teaspoons of the lemon juice with ½ teaspoon of the cumin, season and rub all over the salmon. Heat the grill to high. Mix the rest of the lemon juice, zest and cumin with the onion and olive oil, and put in a large bowl. Drain the rice well then add to the onions, season and toss. Grill the salmon for 5 minutes, then cool a little. Flake the salmon into chunks, discarding any skin and bone, add to the rice with the cucumber, tomato and herbs, and toss gently. Serve with extra lemon wedges.

MACROS PER PORTION			
CALORIES	335	PROTEIN	26
CARBS	38	FATS	10
FIBRE	2		

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COURGETTI WITH PESTO AND BALSAMIC TOMATOES

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

baby plum Tomatoes 8, 4 halved and 4 whole
olive oil
garlic 1/2 clove, crushed
balsamic vinegar 1 Tablebspoon
courgette 1 large, spiralised or very thinly shredded into noodles
fresh vegetarian pesto 2 tablespoons
pine nuts 1 Tablespoon, toasted

INSTRUCTIONS

Toss the tomatoes with 1 teaspoon olive oil, garlic and balsamic vinegar and some seasoning. Tip into a frying pan and cook for 5 minutes until the whole tomatoes start to burst, and they are coated in the balsamic. Pour a kettle of hot water over the courgette spaghetti and blanch for 30 seconds. Drain well, toss with the pesto and season well. Stir, coating the noodles, then add the tomatoes and toasted pine nuts to serve your courgette.

MACROS PER PORTION			
CALORIES	499	PROTEIN	12
CARBS	45	FATS	31
FIBRE	4		

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PORK FILLET WITH BALSAMIC LENTILS

SERVES: 4

TOTAL TIME: 40 MINUTES

DF Q

INGREDIENTS

sunflower oil for frying
onion 1, finely chopped
carrot 1, finely diced
celery 1 stick, finely diced
rosemary a few sprigs, finely chopped
pork tenderloin 400g, cut into 4
lentils 500g, cooked
lettuce 2, shredded
Lemon ½, juiced
balsamic vinegar 3 tablespoon
parsley leaf, finely chopped

INSTRUCTIONS

Heat 1 tablespoon olive oil in a deep frying pan and gently cook the onion, carrot, celery, rosemary and some seasoning for 15 minutes until really soft. Meanwhile, heat a non-stick frying pan until medium-hot. Drizzle the pork portions with a little oil and season all over. Cook for 5 minutes on each side until really golden. Put onto a plate and cover tightly with foil to rest for 10 minutes, then slice. Add the lentils, lettuce, lemon juice and balsamic to the onion mix, stir through and cook for 2-3 minutes until the lettuce has just wilted. Season and stir through the parsley and any resting juices from the pork, spoon onto plates and top with the pork slices. Sprinkle with chopped parsley.

MACROS PER PORTION			
CALORIES	440	PROTEIN	46
CARBS	37	FATS	12
FIBRE	11		

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BEEF STEAKS WITH BUTTERBEANS

SERVES: 3

TOTAL TIME: 30 MINUTES

DF Q

INGREDIENTS

spray olive oil
2 garlic cloves, crushed
6 plum tomatoes, chopped
1 tablespoon balsamic vinegar
1/2 lemon, zested and juiced
1 teaspoon capers
150g greens or spinach or kale
400g butterbeans, rinsed and drained
pork loin steaks 3 (about 100g each), trimmed of all fat
oregano a handful, chopped
basil a handful, chopped

INSTRUCTIONS

Heat a spray of oil in a frying pan, and fry half the garlic for a minute. Add the tomatoes, vinegar, a splash of water, lemon zest and capers and simmer for 2-3 minutes, to soften. Leave to cool. In another pan, fry the remaining garlic in a spray of oil. Add the greens, butterbeans and lemon juice with a splash of water, if you need to, to wilt the greens. Season well. Season the pork chops and spray with a little olive oil. Grill the pork chops for 2-4 minutes on each side until cooked through. Add the oregano and basil to the tomatoes and season. Divide the greens and beans between 3 plates or bowls. Top with the pork steaks and the tomato relish.

MACROS PER PORTION			
CALORIES	424	PROTEIN	31
CARBS	30	FATS	21
FIBRE	7		

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ROAST AUBERGINE WITH GREEN TAHINI DRESSING

SERVES: 4

TOTAL TIME: 30 MINUTES

V VE N Q

INGREDIENTS

2 aubergine, cut into wedges
2 teaspoon sweet paprika
1 teaspoon ground coriander
1/2 teaspoon ground cumin
4 tablespoons olive oil
400g can chickpeas, rinsed, drained
250g cherry tomatoes, halved
35g chopped nuts
mint leaves, flat-leaf parsley leaves and lemon wedges, to serve
green tahini dressing
1/2 cup chopped flat-leaf Parsley leaves
1/2 cup chopped Coriander leaves
140g tahini
1 tablespoon olive oil
125ml lemon juice
1 garlic clove, chopped

INSTRUCTIONS

Preheat the oven to 200C.For the green tahini, whiz all ingredients in a food processor until smooth. Set aside. Place aubergine in a bowl, add the spices and oil and toss to combine. Season with salt. Place in a single layer on a baking paper-lined baking tray with chickpeas and roast for 30 minutes or until tender and golden. Add tomatoes for the final 5 minutes of cooking. Cool slightly. Arrange the aubergine, chickpeas and tomatoes on a platter. Top with chopped nuts, mint and parsley leaves. Drizzle with green tahini dressing to serve.

MACROS PER PORTION			
CALORIES	535	PROTEIN	16
CARBS	52	FATS	32
FIBRE	20		

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BEEF STEAK WITH LEMON COUSCOUS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tablespoon cumin seeds
2 teaspoon coriander seeds
1 teaspoon chilli flakes
pinch of ground cinnamon
3 tablespoon olive oil
100g natural yoghurt
2 (100-150g each) beef steak
2 courgettes, sliced into ribbons
500ml chicken stock
250g couscous
pared zest and juice of 1 lemon, plus lemon wedges, to serve
2 tablespoon chopped fresh coriander

INSTRUCTIONS

Crush the spices with some salt and pepper. Put in a bowl and mix with 1 tablespoon oil and the yoghurt. Add the beef, turn to coat, then marinate for at least 15-20 minutes or overnight in the fridge. Preheat the oven to 180C. Heat 1 tablespoon oil and fry the beef for 5 minutes, until browned. Transfer to a grill pan and roast for 10-12 minutes, until cooked. Remove and cover with foil. Meanwhile, toss the courgettes in the remaining oil. Heat a griddle pan and cook the courgettes, in batches, for 1 minute on each side. Pour chicken stock all over the couscous. Add the zest of lemon, fork through and cover with cling film for 5 minutes. Fluff up the couscous, then stir in the juice, courgettes, coriander and seasoning. Slice the steak and serve with couscous and lemon wedges.

MACROS PER PORTION			
CALORIES	297	PROTEIN	27
CARBS	10	FATS	18
FIBRE	2		

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CHICKPEA AND SPINACH CURRY

SERVES: 4

TOTAL TIME: 10 MINUTES

Q V VE

INGREDIENTS

1 medium onion, diced
2 garlic cloves, crushed
400g chopped tomatoes
400g canned chickpeas, drained
100g spinach
10g fresh coriander leaves
1/2 teaspoon ground coriander
1/2 teaspoon paprika
1 teaspoon cumin
1 turmeric
1/2 teaspoon cayenne pepper
1 teaspoon sea salt and black pepper

INSTRUCTIONS

Heat a little oil in a large pan and add the onion and garlic and cook for 2 minutes. Add the spices and stir well. Add the chopped tomatoes, drained chickpeas and salt and pepper. Reduce the heat and simmer for 8 minutes. 2 minutes before it has finished cooking, add the spinach and coriander and stir well. Cook for 2 minutes or until the spinach has wilted. Serve with brown rice.

MACROS PER PORTION			
CALORIES	407	PROTEIN	22
CARBS	70	FATS	6
FIBRE	20		

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CHILLY TOFU WITH VEGGIE NOODLES

SERVES: 2

TOTAL TIME: 15 MINUTES

V VE Q

INGREDIENTS

1 tablespoon olive oil
200g firm tofu, cut into cubes
1 garlic clove, crushed
thumb-size piece fresh ginger, grated
1 fresh red chilli, finely sliced
2 spring onions, finely sliced
2 courgettes (320g), finely sliced into 'noodles' with a julienne peeler or spiraliser
1 carrot (160g), finely sliced into 'noodles' with a julienne peeler or spiraliser
2 teaspoons sesame oil
finely grated zest and juice 1 lime
fresh coriander to serve

INSTRUCTIONS

Heat a non-stick frying pan. Add the tofu and cook for 4-5 minutes, turning regularly, until golden. Add the garlic, ginger and half the chilli and spring onions, then cook for 2-3 minutes. Add the courgette and carrot 'noodles' to the pan and cook, tossing, for another 2-3 minutes. Stir in the sesame oil, lime zest and juice, then divide between two plates. Serve sprinkled with the coriander, remaining sliced chilli and spring onions.

MACROS PER PORTION			
CALORIES	244	PROTEIN	12
CARBS	18	FATS	16
FIBRE	5		

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WALNUT LETTUCE WRAPS

SERVES: 4

TOTAL TIME: 20 MINUTES

N Q DF V VE

INGREDIENTS

50g sweet chilli sauce
50ml rice vinegar
150g cubes avocado
150g small matchstick pieces carrots
150g halved or quartered grapes (preferably red)
100g walnuts, toasted and coarsely chopped
2 green onions, thinly sliced
20 small romaine, butter lettuce or Belgian endive leaves
fresh parsley leaves

INSTRUCTIONS

Stir together chilli sauce and rice vinegar in a medium bowl. Add avocados, carrot and grapes and refrigerate for 10 minutes. Stir in walnuts and green onions. Spoon equal amounts of mixture into lettuce leaves and top with parsley.

MACROS PER PORTION			
CALORIES	344	PROTEIN	11
CARBS	22	FATS	25
FIBRE	6		

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GREEK PASTA WITH SAUSAGE

SERVES: 4

TOTAL TIME: 20 MINUTES

GF Q

INGREDIENTS

2 tablespoons olive oil
3 links cooked chicken sausage (9 ounces), sliced into rounds
200g-8 ounces diced onion
1 clove Garlic, minced
225g-8 ounces no-salt-added tomato sauce
900g-32 ounces lightly packed baby spinach
600g cooked rotini pasta
60g-2 ounces chopped pitted kalamata olives
100g-4 ounces finely crumbled feta cheese
5g chopped fresh basil

INSTRUCTIONS

Heat oil in a large straight-sided frying pan over medium-high heat. Add sausage, onion and garlic, cook, stirring often, until the onion is starting to brown, 5 minutes. Add tomato sauce, spinach, pasta and olives, cook, stirring often, until bubbling hot and the spinach is wilted. Add 1 to 2 tablespoons of water, if necessary, to keep the pasta from sticking. Stir in feta and basil, if using.

MACROS PER PORTION			
CALORIES	518	PROTEIN	20
CARBS	79	FATS	14
FIBRE	14		

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POACHED EGGS AND SMOKY STEAK

SERVES: 2

TOTAL TIME: 1 HOUR

Q GF DF

INGREDIENTS

4 filet mignon steaks
1/2 teaspoon sea Salt
1/2 teaspoon smoked sea salt flakes, + additional for garnish
1/4 teaspoon fresh cracked black pepper
4 shallot, thinly sliced
4 eggs, poached

INSTRUCTIONS

Remove steak from the refrigerator and season with salt and pepper. Set the steak aside to come to room temperature for 1 hour.When you are ready to cook, warm a cast-iron frying pan to medium-high heat for several minutes so that the pan is evenly heated. Melt butter in the skillet. Sear the fillets for 4-5 minutes, flip then continue cooking for an additional 4-5 minutes, for a medium-rare steak, depending on the thickness of your steaks. Remove steak from the pan and set aside to rest for 5 minutes. Sauté the shallots in the leftover butter and steak juices of the pan until they turn slightly crispy. Plate steak with a poached egg, crispy shallots and a few pinches of smoked salt flakes.

MACROS PER PORTION			
CALORIES	418	PROTEIN	54
CARBS	2	FATS	20
FIBRE	1		

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SLOW-COOKED SHIN

SERVES: 4

TOTAL TIME: 5 HOURS

DF GF

INGREDIENTS

beef shin 600g, off the bone
1 tablespoon olive oil
2 onions, large, finely chopped
3 celery sticks, finely chopped
1 carrot, finely diced
6 garlic cloves, finely chopped
750ml beef stock
4 Tablespoon tomato purée
4 bay leaves

INSTRUCTIONS

Heat the oven to 180C/fan 160C/gas 4. Season the meat, then brown all over in a large casserole with a little olive oil. Take out then cook the onions, celery, carrot and garlic until softened, adding a little more oil if you need to. Pour in the wine, bubble up, then stir in the tomato purée, bay leaves and the beef stock. Add the beef back to the pan and bring to a simmer. Cover with a lid and put in the oven. Cook for 4 hours until the meat starts to fall apart. Pull the meat into chunks and stir through the sauce.

MACROS PER PORTION			
CALORIES	392	PROTEIN	35
CARBS	24	FATS	17
FIBRE	4		

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CLASSIC MUSSELS

SERVES: 4

TOTAL TIME: 20 MINUTES

Q DF

INGREDIENTS

2 tablespoon olive oil
4 cloves garlic, finely chopped
1/4 teaspoon red pepper flakes
2 cup dry white wine
kosher salt
1800g mussels, scrubbed and beards removed
3 tablespoons unsalted butter
1/4 cup flat-leaf parsley, roughly chopped
crusty bread and lemon wedges, for serving

INSTRUCTIONS

Heat oil with garlic and red pepper flakes in a large Dutch oven on medium-low until beginning to turn golden brown, 4 minutes. Add wine and bring to a boil on medium-high, then boil 2 minutes. Add salt, mussels, and cook, covered, stirring once or twice, until shells open, 6 minutes.
Uncover, add butter, and cook 2 minutes, stirring. Toss with parsley and serve with crusty bread and lemon wedges if desired.

MACROS PER PORTION			
CALORIES	552	PROTEIN	54
CARBS	18	FATS	26
FIBRE	1		

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HEALTHY PAD THAI

SERVES: 4

TOTAL TIME: 20 MINUTES

DF GF Q V

INGREDIENTS

1 tablespoon sesame oil
1 red chilli, diced
1 tablespoon ginger, grated
2 garlic cloves, minced
2 spring onions, sliced
1 egg, beaten
1 courgette (large), shredded or spiralised
1 carrot, shredded or spiralised
400g prawns, cooked and peeled
1 lemon, juiced
100g parsley, chopped
pistachio, chopped

INSTRUCTIONS

Heat 1 teaspoon sesame oil in a wok until very hot. Stir fry the chilli, ginger and garlic until fragrant. Add the spring onions for a few minutes before scraping everything to one side and adding the egg. Quickly stir-fry, and toss everything around in the wok to get scrambled egg mixed with the spring onions and chilli. Toss in the courgette and carrot noodles, and stir-fry for 4 minutes, then add the prawns. Cook for another 2 minutes until the prawns have warmed through and the water from the veg has evaporated. Add the lemon juice. Scatter with the parsley and chopped pistachio to serve.

MACROS PER PORTION			
CALORIES	341	PROTEIN	40
CARBS	18	FATS	12
FIBRE	4		

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LEMON, GARLIC PRAWNS AND BRUSSELS SPROUTS

SERVES: 2

TOTAL TIME: 30 MINUTES

Q DF GF

INGREDIENTS

450g prawns, tails removed & deveined
260g Brussels Sprouts, sliced in half
30ml lemon, juice
2 tablespoon extra-virgin olive oil
6 cloves garlic
1/2 teaspoon red pepper flakes
1/2 teaspoon dried parsley
1/2 teaspoon garlic powder
salt & pepper

INSTRUCTIONS

Preheat oven to 175C-350F. Prepare a baking sheet with parchment paper. In a small bowl, combine lemon juice, extra virgin olive oil, garlic and pepper flakes, salt, pepper and parsley, toss prawns in the marinade. Let it sit for 20 minutes to marry the flavours. Place the prawns on the prepared baking sheet in the centre. Surround the prawns with the sliced brussels sprouts and sprinkle with garlic powder, salt and pepper. Bake in the oven for 20 minutes until the prawns are pink. Remove from the oven, serve immediately with fresh lemon slices.

MACROS PER PORTION			
CALORIES	468	PROTEIN	57
CARBS	20	FATS	18
FIBRE	6		

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GRILLED STEAK WITH TORTILLA SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

Q DF

INGREDIENTS

700g skirt steak
1 teaspoon chilli powder
kosher salt
black pepper
700g plum tomatoes, cut into pieces
2 spring onions, sliced
1 red chilli, sliced
2 tablespoon fresh lime juice
1 lettuce, chopped
25g fresh parsley, chopped
corn tortillas, for serving

INSTRUCTIONS

Season steak with chilli powder and ½ teaspoon each salt and pepper. Broil or grill, 3 to 4 minutes per side for medium-rare. Let rest before slicing. In the bowl, toss plum tomatoes, spring onions, jalapeño, lime juice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Toss with parsley and chopped lettuce fold in steak. Serve with corn tortillas.

MACROS PER PORTION			
CALORIES	427	PROTEIN	49
CARBS	17	FATS	18
FIBRE	4		

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CHICKEN CORN SOUP

SERVES: 8

TOTAL TIME: 20 MINUTES

Q DF

INGREDIENTS

900g chicken breasts
1500ml chicken stock
400g creamed corn
2 teaspoons salt
1/2 teaspoon black pepper
1/2 teaspoon sesame oil
1/4 cup cornstarch
2 egg whites (beaten with fork)

INSTRUCTIONS

Finely chop chicken breast. Mix 1 egg white & 1/2 cup water. Set aside. Heat stock, then add corn, salt, pepper. Add chicken mixture & bring to a boil. Add cornstarch mixed with 1/4 cup water, and stir. Slowly add beaten egg whites while stirring soup constantly. Serve with chopped chives.

MACROS PER PORTION			
CALORIES	560	PROTEIN	60
CARBS	27	FATS	19
FIBRE	2		

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SWEET POTATO CORNBREAD

SERVES: 4

TOTAL TIME: 30 MINUTES

Q V

INGREDIENTS

150g all-purpose Flour
140g cornmeal
50g sugar
1 tablespoon baking powder
1 teaspoon salt
70ml vegetable oil
1 large egg
230ml milk
280g Greek yogurt
225g cooked and mashed sweet potato

INSTRUCTIONS

Preheat oven to 200C-400F.Mix flour, cornmeal, sugar, baking powder and salt in a large bowl, set aside. Pour oil if using, into a 10-inch cast-iron skillet and place in the oven for 5 to 10 minutes to preheat. If using butter, place in skillet and put in oven until melted and hot but not bubbling. Whisk egg lightly in a small bowl while oil heats, add milk and yoghurt and whisk to combine. Add yoghurt mixture and sweet potato to dry ingredients, stirring to combine. Stir in hot oil. Pour the batter back into the hot skillet. Bake for 20 to 25 minutes or until nicely browned on top and paring knife or skewer inserted in centre comes out clean. Let cornbread cool in the pan for at least 30 minutes for easy removal.

MACROS PER PORTION			
CALORIES	514	PROTEIN	15
CARBS	74	FATS	19
FIBRE	4		

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HAM AND CHEESE PIZZA

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

250g part-skim ricotta
2 cloves garlic, crushed with press
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 large (70G) pizza crust
100g shredded fontina cheese
3 slices ham, chopped
6g basil leaves
1 tablespoon fresh lemon juice

INSTRUCTIONS

Spray a large cookie sheet with nonstick spray. Mix ricotta, garlic, salt and pepper, spread all over pizza crust. Top with cheese and ham. Bake on a prepared cookie sheet in the oven at 200C-400F for 15 minutes. Toss basil with lemon juice; serve on top of pizza.

MACROS PER PORTION			
CALORIES	268	PROTEIN	19
CARBS	13	FATS	16
FIBRE	1		

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PANCETTA CHICKEN

SERVES: 4

TOTAL TIME: 40 MINUTES

Q DF GF

INGREDIENTS

800g small skinless, boneless chicken-breast halves
8 thin slices pancetta
1 lb. green beans
lemon wedges

INSTRUCTIONS

Heat oven to 200C-400F. Line two rimmed baking sheets with aluminium foil. Sprinkle chicken breast halves with salt. Drape 2 slices of pancetta over each piece of chicken and tuck the ends underneath to wrap. Place chicken on a foil-lined rimmed baking sheet, and sprinkle with black pepper. On the other baking sheet, toss 1 pound of green beans with 2 tablespoons olive oil, and season with salt and pepper. Place both baking sheets in the oven and roast for 30 minutes or until the chicken is cooked through. Serve with lemon wedges.

MACROS PER PORTION			
CALORIES	365	PROTEIN	37
CARBS	18	FATS	17
FIBRE	8		

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AVOCADO TOAST WITH ALMOND SAUCE

SERVES: 4

TOTAL TIME: 20 MINUTES

V Q N

INGREDIENTS

almond sauce:
145g raw blanched and peeled almonds
250ml almond milk
1 tablespoon Dijon mustard
zest & juice of 1 lemon
2 teaspoons dried turmeric
2 tablespoons olive oil
salt & pepper
crusty bread (toasted or grilled)
4 eggs, hard boiled and sliced
avocado slices
topping:
watercress leaves
edamame
radish slices
capers
chives

INSTRUCTIONS

Place eggs and water in a small pot. Bring the water to a boil, cover and turn the heat off. Let the eggs cook in the hot water for 14 minutes. Remove from the pan and place them in a bowl of ice water to cool. Chill in the fridge until you're ready to peel and eat. In a high-speed blender puree everything, except the olive oil. While your blender is running, drizzle in the olive oil. Blend until smooth, adding more almond milk or olive oil if necessary. Taste and adjust seasonings. Assemble the toast with your choice of toppings-avocado, radish slices, capers, and top with a dollop of almond sauce.

MACROS PER PORTION			
CALORIES	408	PROTEIN	12
CARBS	10	FATS	37
FIBRE	5		

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GROUND TURKEY SWEET POTATO SKILLET

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

3 small or 2 large sweet potatoes, peeled and diced (about 3 cups)
450g ground turkey
1 yellow bell pepper
160g onion, diced
100g cup mozzarella, shredded
125ml water
4g coriander, chopped
2 tablespoons olive oil
6g ground cumin
1 tablespoon garlic, minced
1 teaspoon chilli powder
½ teaspoon salt
¼ teaspoon black pepper

INSTRUCTIONS

In a large cast-iron skillet, heat olive oil over medium-high heat. Add garlic and cook for 1 minute and then add ground turkey. Use a wooden spoon to break apart meat and continue cooking for approximately 8 minutes until browned. Add cumin, chilli powder, salt and pepper. Stir well to incorporate. Add onion and bell pepper, and cook for 3-4 minutes. Add diced sweet potato and water. Stir and cover with a lid for approximately 6-8 minutes until the sweet potatoes soften. Add additional water during this process if needed to keep the meat from drying out. Remove lid and add additional salt and pepper if needed. Top with shredded mozzarella and allow it to melt. Remove skillet from heat and garnish with fresh coriander before serving.

MACROS PER PORTION			
CALORIES	414	PROTEIN	33
CARBS	33	FATS	20
FIBRE	5		

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CHICKEN AND CAULIFLOWER CURRY

SERVES: 2

TOTAL TIME: 30 MINUTES

Q DF GF

INGREDIENTS

1 teaspoon vegetable oil
2 boneless, skinless chicken thighs, sliced
1/2 onion, chopped
1 red bell pepper, sliced
¼ cauliflower, cut into florets
3 tablespoon curry paste
250ml vegetable stock
200g chopped tomatoes
1 fresh bay leaf
handful fresh coriander leaves, finely chopped, to garnish
1/2 Lemon, cut into wedges to serve

INSTRUCTIONS

Heat the oil in a non-stick pan, then fry the chicken and onion with a pinch of salt for 5 minutes until the onion has softened a little and the chicken has browned. Add the pepper and cauliflower and cook for another 5 minutes, stirring. Stir in the curry paste and cook for 1-2 minutes until fragrant, then add the stock, tomatoes and bay leaf. Simmer for 10 minutes or until the sauce has thickened and the chicken is completely cooked through. Serve garnished with the coriander, plenty of black pepper and lemon wedges for squeezing over.

MACROS PER PORTION			
CALORIES	381	PROTEIN	43
CARBS	21	FATS	13
FIBRE	5		

DESSERTS

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BAKED APPLES

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

4 medium Granny Smith apples, washed and scrubbed
80g raisins
2 tablespoons brown sugar
1 tablespoon ground cinnamon
100g Greek yogurt
30g buckwheat, cooked

INSTRUCTIONS

Preheat the oven to 175C-350F. Using a small paring knife, gently cut around the apple core, starting from the top to remove the inner core and seeds. Be sure to remove all the seeds and any stringy, firm parts while keeping the bottom intact. Stand the apple up on a baking sheet with the cored portion up. In a small bowl, combine the cooked buckwheat, raisins, brown sugar, and cinnamon. Gently stir the ingredients together until they are well combined. Using a small spoon, fill each apple cavity of the raisin mixture. Place the apples in the oven and bake for about 25 minutes. After about 20 minutes, check the apples for doneness by piercing them with a fork or sharp knife. If the apples are tender, remove them from the oven. If not, continue baking in 5-minute increments until they are completely done. Top each apple off with a small scoop of yoghurt, or vanilla ice cream.

MACROS PER PORTION			
CALORIES	256	PROTEIN	4
CARBS	62	FATS	1
FIBRE	8		

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VANILLA PROTEIN CREPES

SERVES: 6

TOTAL TIME: 30 MINUTES

V VE DF GF

INGREDIENTS

125g gluten-free flour (of your choice)
2 eggs
100g vanilla protein
80ml water
pinch of salt
1 teaspoon vanilla extract
2 tablespoons coconut oil melted
apple pumpkin filling:
1 tablespoon coconut oil
1 apple, chopped
3 tablespoons coconut sugar
1/4 teaspoon salt
3 tablespoons pumpkin puree
1 teaspoon vanilla extract
1/4 teaspoon pumpkin pie spice

INSTRUCTIONS

In a large bowl, mix the flour, eggs, vanilla protein. Add, water, and salt with a whisk and a whole lot of elbow grease! Mix till batter is creamy and lump-free. Then whisk in the melted coconut oil. Place a pan over medium heat and grease it with coconut oil. Add a ladleful of batter to swirl pan around so the batter coats the bottom of the pan in a thin layer. Flip and let cook for about 30 seconds and transfer to a plate. Repeat with the rest of the batter. Apple Pumpkin filling - add coconut oil to the same pan and add in the apple, coconut sugar, salt, pumpkin puree, vanilla and pumpkin pie spice and let cook till apple softens - and stir till excess liquid is evaporated. Place a couple of tablespoons in each crepe and roll and enjoy.

MACROS PER PORTION			
CALORIES	409	PROTEIN	14
CARBS	56	FATS	14
FIBRE	3		

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BLUEBERRY, MINT & VANILLA BEAN YOGURT PARFAITS

SERVES: 2

TOTAL TIME: 15 MINUTES

V GF

INGREDIENTS

350ml grape Juice

760g frozen or fresh blueberries

2 tablespoon chopped fresh mint leaves

400g lowfat vanilla bean Greek yogurt

INSTRUCTIONS

Bring grape juice to boil in a large skillet over high heat, and cook for 5 minutes. Add blueberries and continue cooking until reduced and bubbling thickly, about 4 minutes longer. Transfer sauce to a bowl, cover and refrigerate until chilled. When ready to serve, stir mint into a sauce. Layer yoghurt and sauce in two glasses and enjoy.

MACROS PER PORTION			
CALORIES	406	PROTEIN	17
CARBS	84	FATS	4
FIBRE	8		

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HIGH PERFORMANCE FOOD GUIDE