



Fit. Cookin'

# THE INTRO: RECIPE E-BOOK





# The Intro: Recipe E-Book

A free e-book of various recipes to help you on your healthy and fit cooking journey. This edition contains recipes for smoothies, breakfasts, lunches and dinners that will help you on your way. Whether you are looking to detox, lose weight, gain lean weight or generally just want to change to a healthy eating lifestyle, there is some great ideas featured in here for you. All our recipes have macro nutritional breakdowns to work within your weekly meal preparations and healthy eating lifestyle. We hope to offer you some inspiration on quick, healthy and tasty recipes as well as an insight to the wonderful world of Fit. Cookin'.





# BALSAMIC CHICKEN SALAD

SERVES: 1

Dairy Free, Gluten Free

A simple yet effective way to bring excitement to chicken. Zesty citrus flavours cut in to the balsamic vinegar and mustard, you will find it hard to believe it is so good for you

## INGREDIENTS

### For the Chicken

2 x chicken breast (approx 120g each)  
1/4 lemon zest  
1 tablespoon lemon juice  
1 teaspoon dijon mustard  
1 teaspoon olive oil  
20ml balsamic vinegar  
1/2 teaspoon salt

### For the Salad

150g baby leaf spinach  
2 plum tomatoes, sliced  
Handful of fresh basil  
1/2 red onion  
Pinch of salt and cracked black pepper to taste

## MACROS

Calories (kcal)	262
Fat (g)	7
Carb (g)	12
Protein (g)	36

## METHOD

- Whisk together the salt, lemon juice, mustard, vinegar, oil and lemon zest.
- Coat the chicken breasts, cover and leave to marinate in the fridge for a few hours (1 hour minimum).
- Preheat the oven to 140°C.
- Layer a baking tray with tin foil, add the chicken and cook in the oven for 40-45 minutes, or until cooked.
- The slow cooking will prevent the chicken from drying out.
- In the meantime, create the salad by slicing the onion and tearing the basil.
- Mix them with the tomatoes, baby spinach or any mixed leaf salad and season with salt and cracked black pepper.
- Serve the chicken sliced and placed on top of the salad and drizzle some of the juice from the baking tray over as your dressing.

**PREP TIME: 10 MINUTES + 1 HOUR**

**MARINATING COOK TIME: 55 MINUTES**





# CAULIFLOWER STEAK WITH TURMERIC AND GARLIC

Vegan, High Fibre, Gluten Free, Dairy Free

Enriched with fibre, this dish can be eaten on its own or complimented with quinoa (for some protein) or salad. This dish can also work well with any meat dish. Having one steak can offer a good balance of fibre to your main meal.



## MACROS

Calories (kcal):	254
Fat(g):	16
Carb (g):	25
Protein (g):	7

**SERVES: 2**

## INGREDIENTS

1 large head cauliflower  
sea salt, to season  
Pinch freshly ground black pepper  
2 tablespoons olive oil  
1 teaspoon fresh ginger, grated  
1 teaspoon ground cumin  
1/2 teaspoon turmeric  
1 handful coriander, chopped  
75g quinoa

## METHOD

- Preheat the oven to 200°C.
- Trim the stem of the cauliflower and remove the leaves, but leave the core in tact.
- Using a large knife, cut the cauliflower from top to base into three or four 3/4-inch-thick steaks. Season each steak with salt and pepper on both sides.
- Heat 1 tablespoon of olive oil in a pan over medium-high heat. Sear the cauliflower steaks until golden brown, about 2 minutes on each side.
- Bring together the ginger, cumin, turmeric and mix in a tablespoon of olive oil. Brush or spoon the mixture on the cauliflower steaks.
- Place this on the baking tray and roast for around 15 minutes, until tender.
- Cook the quinoa as instructed, serve the cauliflower on top and garnish with the coriander and some mixed salad.

**PREP TIME: 10 MINUTES**

**COOK TIME: 20 MINUTES**





## EGG AND SPINACH POT

Gluten Free, Dairy Free, Vegetarian

This little dish is easy and great to have in the mornings. You can put what ever you fancy into it and leave it to cook while you get on with other morning chores.

### MACROS

Calories (kcal)	143
Fat (g)	8
Carb (g)	4
Protein (g)	15

**SERVES:** 2

### INGREDIENTS

4 large egg whites  
2 whole eggs  
handful of baby spinach, chopped into small pieces  
1 tomato, diced  
50g feta cheese, broken into small pieces  
pinch black pepper  
salt, to taste

### METHOD

- Preheat the oven to 180°C.
- Whisk together all ingredients in a medium mixing bowl. Lightly spray small ramekins or a large cup cake tray with non-stick cooking spray.
- Evenly divide the egg mixture into 2 of the pots (or more depending how much you have made).
- Place ramekins on a tray and bake 25 minutes or until eggs puff and are almost set in the centre. Serve hot.

**PREP TIME: 5 MINUTES**

**COOK TIME: 20 MINUTES**



## FIRECRACKER SALMON

### Dairy Free

Salmon with a twist. A unique dish with a combination that brings a variety of flavours onto your taste buds.

### MACROS

Calories (kcal)	384
Fat (g)	20
Carb (g)	8
Protein (g)	45

**SERVES:** 2

### INGREDIENTS

- 2 tablespoons balsamic vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 spring onion, thinly sliced
- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 teaspoon crushed ginger
- 1/4 - 1/2 teaspoon crushed red chilli flakes (optional)
- 1 tablespoon fresh parsley, chopped
- 2 salmon fillets (170-200g)
- 200g tenderstem broccoli

### METHOD

- In a small bowl, combine the first eight ingredients. Pour 1/2 the marinade into a large resealable plastic bag. Add the salmon, seal the bag and mix to evenly coat the fish.
- Refrigerate for up to 30 minutes. Cover and refrigerate the remaining marinade for later use.
- Lightly coat your grill pan with some oil, you can moisten a paper towel with oil and rub the pan.
- When the pan heats up place salmon skin side down, and cook over medium heat for 3-4 minutes.
- Turn the salmon and cook further until salmon starts to flake.
- Serve with a handful of tenderstem broccoli, steamed or boiled for 1 minute. Season to your taste and drizzle the remaining marinade over them.

**PREP TIME:** 10 MINUTES + 30 MINUTES MARINATING

**COOK TIME:** 10 MINUTES





# NAKED EGGS ROYALE

Gluten Free, Dairy Free

A simplified dish on a classic, a great alternative for a low carb breakfast

## MACROS

Calories (kcal)	221
Fat (g)	14
Carb (g)	10
Protein (g)	19

**SERVES:** 1

## METHOD

### A simple how to on poaching eggs

- Fill a saucepan with a couple inches of water.
- Heat the water on high until bubbles start appearing at the bottom of the pan. Working with the eggs one at a time, crack the egg into a small bowl or cup.
- Gently slip the egg into the water (you can use a spoon to push the egg whites closer to the yolk) and turn the hob off.
- Add the second egg the same way keeping some distance between the two.
- Once both eggs are in, place a lid over the pan and leave for 4 minutes.
- The whites should now be cooked with the yolk runny, but note timing can vary depending on size of egg, if they are too cooked reduce the time.

### The rest of the dish

- Add oil into a pan over a medium heat, season and sauté the mushrooms. This should take around 8 minutes, turning half way through.
- During the last minute, add the spinach to gently wilt them and squeeze in the lemon. From here, you essentially just pile everything.
- Start with the mushrooms, and add the spinach on top. Layer with the smoked salmon, and gently lift the eggs out the pan using a slotted spoon.
- Finish with a sprinkle of chives and cracked black pepper.

## INGREDIENTS

2 portobello mushrooms  
2 eggs  
60g smoked salmon  
50g baby spinach  
2 sprigs fresh chives, chopped  
1/4 lemon wedge  
salt and pepper to taste  
1 teaspoon olive oil



**PREP TIME: 5 MINUTES**  
**COOK TIME: 15 MINUTES**





## QUINOA AND BEETROOT SALAD

Gluten Free, Dairy Free, Vegan

Quinoa is a great source for protein, especially for vegetarians. This dish offers a middle eastern twist with plenty of superfoods. It is nutritionally packed raw goodness on a plate.

### MACROS

Calories (kcal)	361
Fat(g)	12
Carb (g)	55
Protein (g)	11

**SERVES:** 2

### INGREDIENTS

2 large cooked beetroot, chopped  
150g fresh rocket leaves  
Handful pomegranate seeds  
2 tablespoons fresh parsley, chopped  
100g cooked quinoa  
1/2 lemon, juiced  
1 carrot, grated  
handful walnuts, toasted  
1 tablespoon olive oil  
1 teaspoon white wine vinegar  
Salt and cracked black pepper to season

### METHOD

- Create a dressing by mixing the lemon juice, vinegar and olive oil.
- Combine the quinoa, parsley, beetroot, pomegranate seeds and carrot.
- Layer your bowl with the rocket leaves, add the quinoa on top, drizzle with the dressing and finish with a sprinkle of walnuts.

**PREP TIME:** 15 MINUTES

**COOK TIME:** 10 MINUTES





## BLUEBERRY PASSION

### Gluten Free

Blueberries are rich in antioxidants, and combine really well with the unique and ever so tasty passion fruit

### MACROS

Calories (kCal)	166
Fat (g)	1
Carb (g)	41
Protein (g)	2

**SERVES:** 1

### INGREDIENTS

- 2 tablespoons blueberries
- 1 tablespoon low fat yogurt
- 150ml apple juice
- 1/2 banana
- 1 passion fruit
- 3-5 ice cubes

### METHOD

- Cut the passion fruit in half and remove the nectar.
- In a blender combine all the ingredients with the passion fruit nectar, until smooth.





# GINGER AND PAPAYA

Gluten Free

One of the more exotic smoothies, the unique blend of ginger and papaya make this a real stand out. Great for digestion and the bodies immune system.

## MACROS

Calories (kcal)	109
Fat(g)	1
Carb (g)	25
Protein (g)	3

## INGREDIENTS

1/4 papaya, peeled, seeds removed and sliced  
3-4 ice cubes  
1 tablespoon greek yogurt  
1 teaspoon ginger  
1 teaspoon agave nectar  
1/2 lemon, juiced  
2-3 leaves fresh mint  
100ml water

## METHOD

- Blend all the ingredients together until smooth in texture.
- If the smoothie is too thick add a little water and blend again







## GRAPEBERRY SHAKE

Gluten Free, Dairy Free, Protein

Grapes, our plump and juicy, snack friendly fruit is a great source for Vitamin C and powerful antioxidants. Blended with the protein and blueberries, you will powering through you day in no time.

### MACROS

	202
Calories (kcal)	2
Fat(g)	20
Carb (g)	29
Protein (g)	

**SERVES: 2**

### INGREDIENTS

- 1 teaspoon dry chia seeds
- 1 scoop vanilla protein powder
- Handful seedless red grapes
- 1 tablespoon blueberries
- 150ml water
- 3-5 ice cubes (optional)

### METHOD

- Combine ingredients and blend until smooth.



# GREEN COCONUT-MANGO SMOOTHIE

Gluten Free, Dairy Free

The coconut and fruit make this smoothie hydrating yet subtly sweet, with kale adding all its vital nutrients into your system. Flaxseed gives this smoothie a boost of healthy omega-3 fats.

## MACROS

Calories (kcal)	297
Fat(g)	3
Carb (g)	65
Protein (g)	6

**SERVES:** 1

## INGREDIENTS

- 150ml coconut water
- 1/4 mango
- Handful kale, chopped
- 1 medium banana, chopped
- 1 tablespoon flaxseed
- 1 teaspoon agave nectar or honey

## METHOD

- Add coconut water and banana to the blender, then add kale, mango, flaxseed and the agave.
- You can replace the honey for agave, and for extra protein and consistency you can add a tablespoon of cottage cheese.







## PEAR AND AVOCADO

**Dairy Free, Gluten Free**

This quick and easy smoothie, brings together the sweet and tastiness of the pear and the natural goodness of the avocado

### MACROS

Calories (kCal)	285
Fat (g)	20
Carb (g)	30
Protein (g)	2

**SERVES: 1**

### INGREDIENTS

- 1 pear, core and seeds removed
- 1/2 avocado, pipped and peeled
- 200ml water
- 3-5 ice cubes

### METHOD

Put all the ingredients into a blender and spin. For added nutrients, mix in some baby spinach.







## PEACHES AND CREAM

Gluten Free, High Fibre

Fruity, creamy and rich in fibre

### MACROS

Calories (kcal)	348
Fat(g)	25
Carb (g)	28
Protein (g)	8

**SERVES: 1**

### INGREDIENTS

- 1/2 apricot, pitted
- 2 peaches, pitted
- 2 tablespoons greek yogurt
- 100ml almond milk
- 3-4 ice cubes

### METHOD

Blend all the ingredients over ice in the blender until you get a smooth texture.





# LEMONGRASS TILAPIA WITH A MANGO SALSA

Dairy Free



**PREP TIME: 15 MINUTES + 30 MINUTES MARINATING**  
**COOK TIME: 30 MINUTES**

Mango salsa compliments white fish really well, bringing out a sweet tangy flavour and creating a refreshing feel to the dish.

## MACROS

Calories (kCal)	557
Fat (g)	5
Carb (g)	86
Protein (g)	43

**SERVES: 2**

## INGREDIENTS

150g brown rice

### For the fish

2 tilapia fillets (170g each approx.)

2 garlic cloves, crushed

1 large red chilli, seeded and sliced

1/2 stalk lemongrass white part only, finely chopped

1/2 lime

2 tablespoons light soy sauce

### For the mango salsa

1 large ripe mango, peeled, seeded and diced

1/2 red bell pepper, seeded and diced

1 tablespoon coriander, chopped

1/2 red onion, thinly sliced

1 jalapeno pepper finely chopped

1/2 lime, juiced

salt and cracked black pepper to season

## METHOD

- Mix together the chilli, garlic, lemongrass, soy sauce and juice of the lime in a bowl and pour this into a re-sealable plastic bag.
- Place the tilapia in the bag, coat with the marinade and seal the bag, squeezing as much air out as possible. Marinate for at least 30 minutes in the fridge.
- Preheat the oven to 200 °C.
- Start to cook the brown rice as instructed.
- Tip the tilapia and the marinade on a large sheet of tin foil and then place this on to a roasting dish. Cover the tilapia with tin foil creating a parcel and roast in the oven for 25 to 30 minutes until cooked.
- In the meantime, prepare the mango salsa by mixing the onions in with the lime juice. Leave to stand for a minute then add the remaining ingredients.
- Keep the salsa in the fridge until ready to serve.
- Once ready, serve the fish on top of the rice with the salsa poured over.



# PEANUT BUTTER CHICKEN

Dairy Free, Gluten Free



Protein packed, with flavours that will have you wanting more and more. A great dish to pick at as a snack or have for a main meal especially post workout.

## MACROS

Calories (kCal)	609
Fat (g)	25
Carb (g)	23
Protein (g)	73

**SERVES:** 2

## INGREDIENTS

400g chicken breast, cut in to strips

1 teaspoon coconut oil

### For the Marinade

2 tablespoons 100% pure peanut butter, smooth or crunchy, no salt

1/2 teaspoon salt

1 tablespoon sesame oil

1 teaspoon cracked black pepper

1 teaspoon chilli powder (optional)

1 tablespoon white wine or rice wine vinegar

1 tablespoon light soy sauce

1 large garlic clove, crushed

1 teaspoon ginger, minced (approx 2cm cubes)

1 tablespoon agave nectar

### For the Greens

200g Sugar Snap Peas

Salt to season (optional)

## METHOD

- Combine all the ingredients for the marinade and mix well.
- Mix in the chicken, cover and leave to marinate for 1 hour.
- On a medium heat, add the coconut oil to the pan, cook the chicken for 12 to 15 minutes or until cooked, turning frequently.
- In the mean time pre boil water and boil the greens for 2 to 3 minutes, and drain well.
- Serve the chicken hot with sugar snap peas to the side.

**PREP TIME:** 10 MINUTES + 1 HOUR MARINATING

**COOK TIME:** 20 MINUTES



# WHOLEMEAL PITTA POCKET BREKKIE

**High Fibre, Vegetarian**

Pitta pockets can be eaten as part of a main meal or snack and great for using up what ever is left in your fridge. As a breakfast we have used eggs and some fresh vegetables to start the day with a good balance of vitamins, minerals and protein.

## MACROS

Calories (kcal): 348  
Fat(g): 12  
Carb (g): 34  
Protein (g): 25

**SERVES: 2**

## INGREDIENTS

2 large eggs  
4 large egg whites  
2 tablespoons semi-skimmed milk  
1/4 bag (50g) baby spinach, chopped  
2 small tomatoes, pulp removed and diced  
1 spring onion, diced  
Sea salt and pepper to taste  
50g feta cheese, crumbled  
2 wholemeal pittas, cut in half or 4 small ones

## METHOD

- In a bowl whisk together eggs, egg whites, milk, spinach, tomatoes, spring onions, salt and pepper to taste.
- Heat the oil in a pan over a medium heat and pour the egg mixture into a non-stick pan.
- Stir the eggs while they are cooking and after a minute add in the feta cheese. Continue stirring until the eggs firm up.
- Place the pitta bread into a toaster, just to warm them up, usually 1 minute is enough.
- Split your eggs in in half. Place each half in a pita pocket and serve immediately.

**PREP TIME: 7 MINUTES**

**COOK TIME: 8 MINUTES**





## KING PRAWN SPAGHETTI

**PREP TIME: 8 MINUTES**  
**COOK TIME: 15 MINUTES**

### Dairy Free, High Fibre

A low fat, energy fuelled dish great for keeping you going throughout the day. Prawns are a good low fat, high protein dish and take very little time to cook. This dish is best served hot but makes a pretty good cold salad the next day.

### MACROS

Calories (kcal)	481
Fat(g)	11
Carb (g)	53
Protein (g)	47

**SERVES: 2**

### INGREDIENTS

200g king prawns (raw)  
1 large red chilli, seeded and finely chopped  
Handful cherry tomatoes (6-8)  
6-7 basil leaves  
1 large garlic clove, crushed  
1 tablespoon olive oil  
100g sugar snap peas  
130g spelt spaghetti  
Mixed Salad

### METHOD

- Cook the pasta according to the cooking instructions and add the peas in at the last minute.
- In a pan, heat the oil over a medium to high heat, throw in the garlic, chilli and cook until golden in colour.
- Add the prawns with the tomatoes and cook over a medium to high heat for about 6 minutes until the prawns are cooked.
- Drain the pasta with the peas, keeping 2 tablespoons of the water aside and toss into the pan with the prawns.
- Take it off the heat, tear the basil leaves in, add the pasta water and stir.
- Finish by seasoning with salt and cracked black pepper, and serve with a side salad.



## MACROS

Calories (kcal)	410
Fat(g)	23
Carb (g)	23
Protein (g)	28

## INGREDIENT

6 large eggs, (4 egg whites and 2 whole eggs, this can vary depending on your specific diet)  
1/2 potato (ideally a waxy one like Jersey Royals), peeled and sliced around 1/2 cm thick  
1/4 medium onion, diced  
1/2 red pepper, chopped  
3 sprigs of chive, chopped  
1 tablespoon olive oil

**SERVES: 2**

## METHOD

- To soften the potatoes you have a few choices, microwave is the quickest (1-2 minutes), steam (4 minutes) or boil (6 -7 minutes) until just cooked through and drain well.
- In a pan, add the oil on a low to medium heat and cook the onions until they soften (2 minutes).
- Season with salt and pepper, then cook for another 5 minutes.
- Add the egg mixture into a bowl and beat with a fork. Add the chives and season this with a generous amount of pepper and a pinch of salt.
- Reduce the heat to low and pour the egg mixture in to the pan. Stir to even out the vegetables in the mixture.
- Cook for 6-8 minutes with the lid on until almost set and golden brown underneath.
- To finish put the frying pan under the grill leaving the handle outside the oven. After 1 or 2 minutes your dish is good to go.
- The beauty about this dish is that it can be eaten cold or kept and re-heated at a later time, while still tasting just as great.

**PREP TIME: 6 MINUTES**

**COOK TIME: 25 MINUTES**

## SPANISH OMELETTE

**Gluten Free, Vegetarian**

Spanish Omelette, Spanish Tortilla, a slow cooked, thick omelette with a potato filling. So simple but oh so delicious. Here you have a lower calorie twist making this dish great for any time of the day.







## STUFFED PEPPERS

Gluten Free, Dairy Free, Vegetarian

This dish is very versatile and you can mix and match what you fill it with.

Quinoa gives this dish a good source of protein and compliments the textures and flavours well.



### METHOD

- Preheat the oven to 175°C.
- Cook the quinoa as instructed.
- Place a pan on medium heat, add the coconut oil and cook the garlic and shallots, until golden.
- Stir fry the vegetables (aubergine, mushrooms, courgettes, tomatoes) for around 3-4 minutes.
- Take the pan off the hit and stir in the quinoa, basil and feta cheese.
- Place the peppers, open side up on a baking tray.
- Fill the peppers with the quinoa, dividing the mixture evenly.
- Place the peppers in the oven and roast for around 20 minutes.

**PREP TIME: 20 MINUTES**

**COOK TIME: 30 MINUTES**

### MACROS

Calories (kcal)	460
Fat(g)	17
Carb (g)	62
Protein (g)	20

**SERVES: 2**

### INGREDIENT

- 2 large red bell peppers, core out, seeded and halved
- 1 clove garlic, crushed
- 1/2 shallot, diced
- 1/2 courgette, diced
- 1 tomato, diced
- 1/2 small aubergine, diced
- 5-6 button mushrooms, chopped
- Salt and cracked black pepper to taste
- 100g cooked quinoa
- Handful fresh basil, chopped
- 1 teaspoon coconut oil
- 40g feta cheese, crumbled





**Fit. Cookin'**

© 2015 fit-cookin. All rights reserved.

For more inspirational ideas and recipes please follow us:-

