

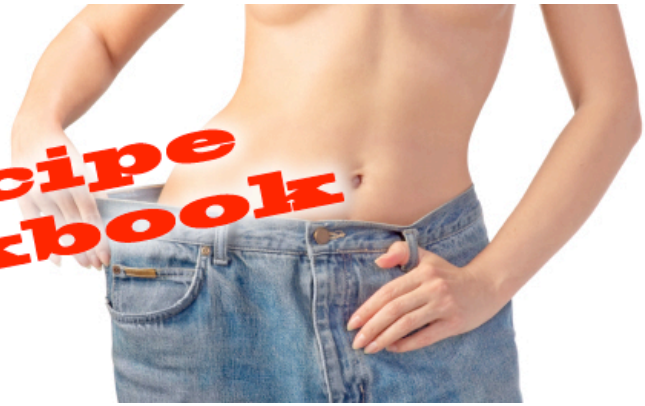
BEST FAT LOSS **FOR WOMEN**



**Recipe
Cookbook**

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Disclaimer:

You must consult your GP's before beginning this exercise program. The workouts cannot allow for individual circumstances therefore you must get your GP's approval before commencing. If you have any medical condition or injury you must make your GP aware of this when speaking to them. If you are taking any medication or if you have had any surgery you must also make your GP aware of this before commencing the workouts.

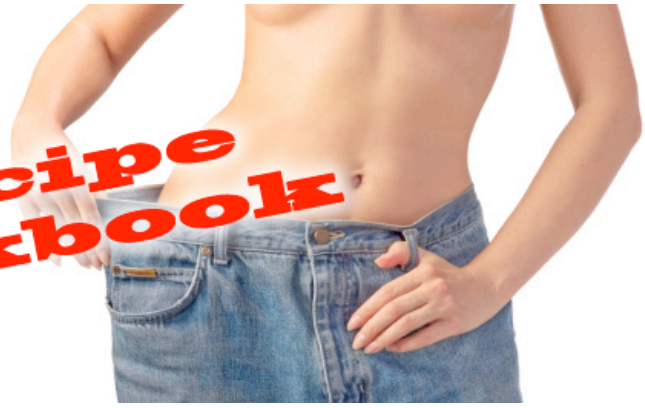
Injuries are a risk in any form of exercise. You must follow the warm up and cool down guidelines every time you do a workout. You must be aware of your own limits and level of fitness and not take risks beyond this. Don't perform any exercise until you have read, understood and perfected the technique for each exercise, and watched the workout at least once.

If you experience any dizziness, feel light-headed or short of breath, experience tightness in the chest or anything else unusual while exercising, stop immediately and consult a GP. Similarly if you experience any pain whilst exercising you must stop and consult your GP.

If your GP recommends that you don't use Best Fat Loss For Women, please follow your Doctor's orders.

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Most of these recipes are quick and easy, although some contain a little preparation and a few different ingredients. Variation is key as we have stated previously, but don't let the fact you are missing a minor ingredient stop you. Just go for it anyway!

What you will find is that a lot of the recipes are interchangeable. So if you don't have turkey for the Thai turkey salad, just throw chicken in instead.

Salads

Some of the salads have the dressings included in the recipe. In terms of saving time, I would recommend choosing a

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dressing to make every week and using that for all your salads. But obviously if you have the time to make the dressing specifically for the salad, then go for it! Unless stated otherwise the salads are for 1 person.

1/ Black eyed bean, sweet corn and spinach salad

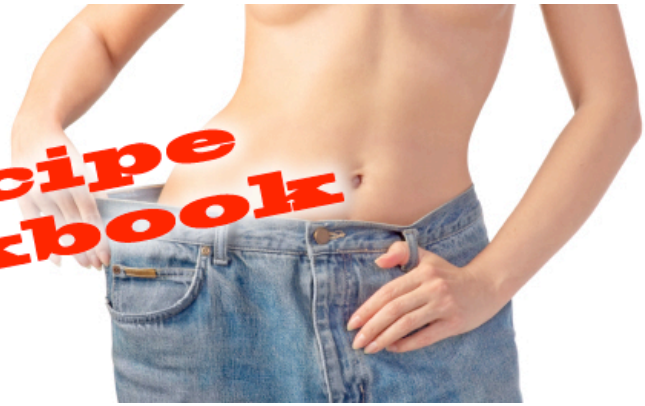
200g (7 oz) can black-eyed beans, drained and rinsed.
½ stalk of celery, diced
½ carrot, grated
100g (3½ oz) chopped fresh spinach
85g (3oz) sweet corn
55g (2oz) diced red onion

2/Broad bean, couscous and Feta cheese salad

150 grams (5oz) broad beans
100 grams (3½oz) bag of rocket (arugula) or salad leaves
100 grams (3½oz) couscous
6/7 pitted black olives
20g (¾oz) low fat feta cheese, cubed
Small bunch of coriander, chopped
Small bunch of fresh mint, chopped

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Juice of 1 lemon
2 teaspoons of balsamic vinegar
2 teaspoons of sugar

3/ Italian tuna salad

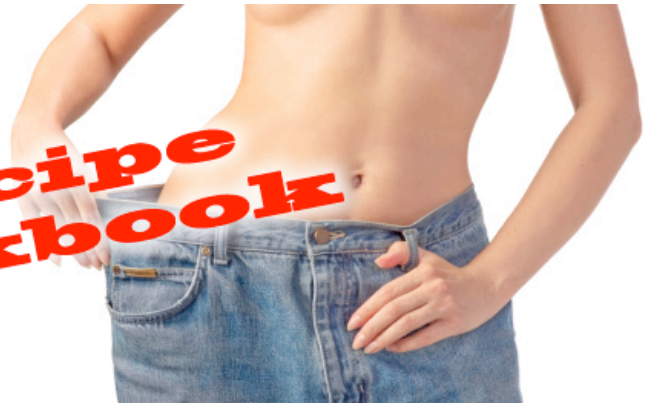
Standard can tuna in water, drained
4 sun-dried tomatoes (1 large normal tomato if not)
1/4 red onion, minced
80 grams (2 3/4 oz) lettuce
1/2 stalk celery, chopped
6/7 olives – halved
1 tbsp capers, rinsed
2 tbsp basil leaves , chopped
2 tbsp extra-virgin olive oil
1 tsp finely grated lemon zest
Juice of 1/2 a lemon
salt and black pepper

4/ Tuna, Artichoke, and Olive Salad

1 standard can tuna in water, drained.
150 grams (5oz) chopped artichoke hearts (if you can get fresh that's best, otherwise a jar is fine)

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80 grams (2 $\frac{3}{4}$ oz) lettuce

6/7 olives, halved

Small amount of reduced-fat mayonnaise

1 $\frac{1}{2}$ teaspoons chopped fresh oregano (dried if not)

2 teaspoons lemon juice

5/ Prawn and Avocado Salad

100grams (3 $\frac{1}{2}$ oz) cooked peeled prawns

$\frac{1}{2}$ medium avocado

80grams (2 $\frac{3}{4}$ oz) lettuce

40grams (1 $\frac{1}{2}$ oz) cherry tomatoes

80grams (2 $\frac{3}{4}$ oz) red pepper, deseeded and sliced

1 wholemeal bread roll

6/ King Prawn (Shrimp) Salad

100grams (3 $\frac{1}{2}$ oz) king prawns/shrimps (small prawns if not)

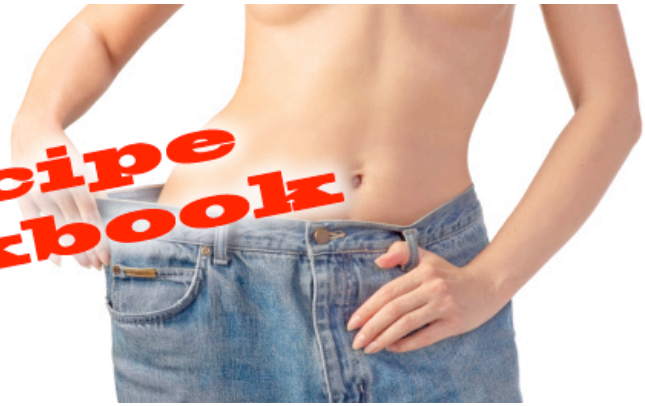
1 large tomato, diced

80 grams (2 $\frac{3}{4}$ oz lettuce)

$\frac{1}{2}$ green pepper, de-seeded and diced

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½ small onion, diced
½ tbsp cumin seeds
2 tbsp olive oil
1 tbsp red wine vinegar
Salt and black pepper

Directions: Once you have assembled the salad, dry-fry the cumin seeds until slightly browned. Sprinkle the dry-fried cumin seeds over the king prawn salad.

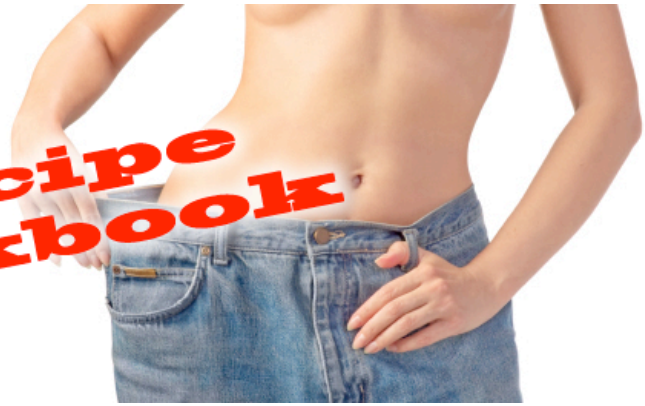
7/ Thai beef salad

225 grams (8 oz) sirloin steak
1 tablespoon soy sauce
Zest of 1 lime
3 tbsp lime juice
1 1/2 tbsp fish sauce

1/2 tsp sugar
80 grams (2 ¾ oz) lettuce
1 tomato, chopped
½ pepper, chopped
2 tbsp chopped fresh mint
2 tbsp sesame oil
Salt and pepper to taste

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Directions: While you cook your steak, combine the soy sauce, lime juice, lime zest, fish sauce, sugar, sesame oil and salt and pepper. Mix together then mix in the lettuce, tomato and pepper.

8/ Barbecue chicken salad (make own bbq sauce!)

1 chicken breast (no skin)
80 grams (2 ¾ oz) lettuce
1 tomato, chopped
85 grams (3oz) sweet corn
200 grams (7oz) (half a can) black beans, drained
Barbecue sauce – see recipe in Dressing and Sauces Section

9/ Chicken, Pea and Noodle Salad

1 chicken breast (no skin)
1 spring onion, chopped
1 bay leaf and a few sprigs of thyme
75g (2 ½ oz) sugar-snap peas, (or mange tout),
100g (3 ½oz) fine egg noodles

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Recommended Dressing: Asian Dressing

10/ Spiced Lemon Chicken

For chicken: (combine ingredients and cook chicken)

1 large chicken thigh piece

1 tsp Olive oil

1tsp paprika

½tsp dried oregano

¼tsp cayenne pepper

½tsp salt

For salad:

¼ cabbage finely shredded

½ large carrot, peeled and sliced into thin batons

½ onion, finely sliced

¼ cucumber, cut into batons

1tbsp lemon juice

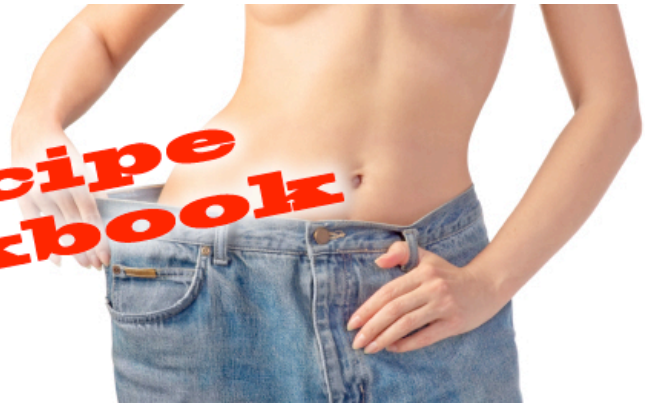
½ tbsp white wine vinegar

½ tsp extra virgin olive oil

11/ Tropical turkey salad

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100g (3 ½ oz) chopped cooked turkey
1/3 cup low-fat sour cream
1 tbsp mango chutney (make you own – see sauces section for recipe)
1/2 tbsp fresh lemon juice
½ tbsp honey (organic)
1/4 tsp coriander powder
¼ tsp cumin
½ red pepper, diced
1 stalk celery, diced
40 grams (1 ½ oz) pineapple chunks
40 grams (1 ½ oz) orange segments
¼ of an onion, diced

12/ Thai Turkey salad

100 g (3 ½ oz) cooked turkey meat

80 grams (2 ¾ oz) mixed salad leaves
½ tbsp fresh lime juice
20 ml (1/10 cup) soy sauce
½ tbsp ginger, grated
½ tsp ground star anise
½ tbsp fish sauce
½ tsp honey (organic)

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- 1/2 red chilli, seeded and finely chopped
- 1 spring onions, sliced
- 1/4 cucumber, peeled, seeded and sliced
- 1 tomato, cut into wedges
- 1/2 tbsp chopped mint
- 1/2 tbsp coriander leaves
- 1/2 tbsp basil
- black pepper

Directions: In a saucepan combine the lime juice, soy, ginger, star anise, fish sauce and honey. Cook for 2 minutes, leave to cool and combine with the rest.

Sauces and dressings

The best thing to do when making any kind of quantity of a sauce is to make a larger quantity then break it down into portions and freeze some of it. That means rather than hav-

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ing to find time to keep making it you can just get a portion out of the freezer.

1/ Salsa

6 tomatoes, finely chopped
1 onion, finely chopped
3 chillis, finely chopped
lime juice, to taste
1tbsp water
salt, to taste

2/ Guacamole

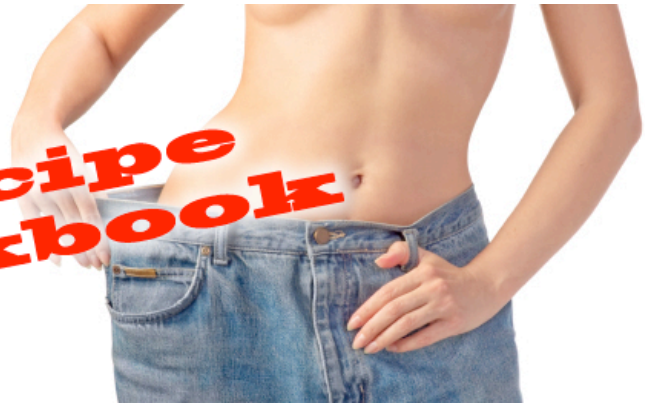
3 ripe avocados

bunch of coriander, chopped
1-2 tbsp water
½ lime, juice only
salt, to taste

3/ Tomato sauce

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20grams ($\frac{3}{4}$ oz) onion, minced
1 clove garlic, minced
1 tbsp extra virgin olive oil
300 grams (11oz) tomatoes – the riper the better
1 tbsp lemon juice

4/ Cocktail sauce

10grams ($\frac{1}{4}$ oz) white wine vinegar
1 egg yolk
1 or 2 drops Tabasco (depending on your taste)
Few drops of Worcester sauce (optional)
20grams ($\frac{3}{4}$ oz) tomato sauce (see recipe above)
20g ($\frac{3}{4}$ oz) extra virgin olive oil

5/ Barbecue sauce recipe

1 onion, finely chopped
1 tbsp water
400 grams (14 oz) tin of chopped tomatoes
1 tbsp of tomato purée
3 tbsp of cider vinegar
1 tsp tamarind purée (if you have it)

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1/2 tsp chilli powder
1/2 tsp cinnamon
1/2 tsp paprika
salt and pepper all to taste

6/ Mango Chutney

2 ripe mangoes, peeled and finely chopped
2 tsp olive oil
1 large onion, finely chopped
1 tbsp ginger, finely chopped
1 chilli, seeded and diced
2 tbsp light brown sugar
60 ml (1/4 cup) cider vinegar
250 ml (1 cup) orange juice

bunch of coarsely chopped cilantro (coriander)
salt and pepper to taste

Directions-

1/ Cook the onion, ginger and mangoes for about 3 to 4 minutes.
2/ Add the chilli, sugar, orange juice and vinegar and simmer for about 20 minutes.

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3/ Stir in the cilantro (coriander) and add salt and pepper.

7/ Balsamic Vinaigrette

180 ml (3/4 cup) extra virgin olive oil

180 ml (3/4 cup) balsamic vinegar

1 clove garlic, minced

1/2 tsp dried oregano

2 tsp Dijon mustard

Salt and pepper to taste

8/ Flax Seed Dressing

1 tbs flax seeds

1 tbs sesame seeds

1 tbs sunflower seeds

1 tbs pumpkin seeds

1 tbs honey

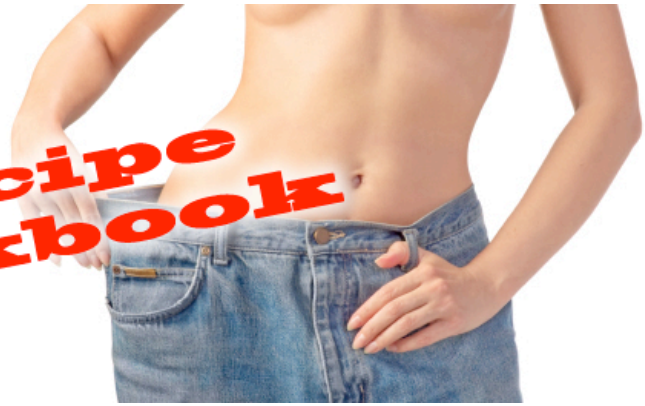
Sprinkling of raisins

Sprinkling of almonds

4 tbs hot water

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9/ Ginger/Asian dressing

- 2 tbsp onion, minced
- 1 carrot, shredded
- 2 tbsp white wine vinegar
- 2 tbsp cider vinegar
- 1 tbsp soy sauce
- 1/2 tsp sesame oil
- 1 tbsp mustard
- 1 tbsp fresh ginger, minced

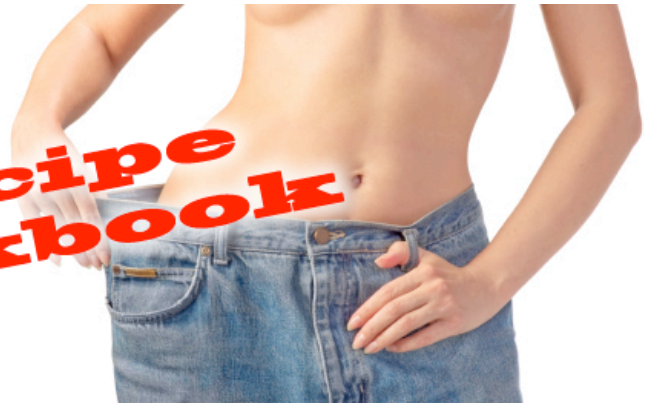
10/ Smoked Paprika

- 1 1/4 tsp smoked paprika
- 1 clove garlic, minced
- 125 ml (1/2 cup) red wine vinegar

- 80 ml (1/3 cup) organic honey
- 1 tbsp mustard
- 1 tbsp lime juice
- 2 tbsp onion, minced
- 1/4 tsp oregano
- 125 ml (1/2 cup) olive oil
- Salt and pepper to taste

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Lunches (Except Salads)

1/ Omelettes and Scrambled eggs.

I am not going to write recipes for the omelettes and scrambled eggs recipes, I'm sure you are quite capable of cooking them. Below is the way I do it:

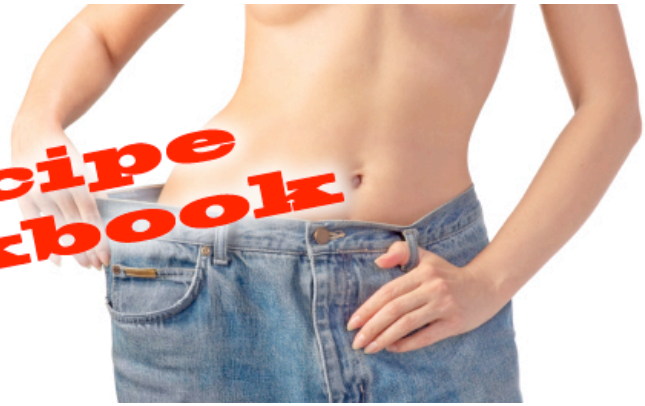
Directions:

1/ Put all the ingredients in a bowl, including salt and pepper and mix thoroughly. Meanwhile I heat a little oil in a pan.

2-A/ For omelette – I just pour everything into the pan and let it cook for a few minutes. Then fold in half and cook it for 30 seconds more on each side.

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2 –B/ For scrambled eggs – I throw everything into the pan and keep stirring until cooked.

This is certainly an area where you can use your own way of cooking if you prefer. My main goal is to keep it healthy and get it ready as quick as I can. Just be careful not to add unhealthy ingredients, i.e. no cheese or butter!

2/ Baked Beans Recipe

400 grams (14 oz) white beans, soaked overnight
2 medium onions, finely chopped
6 garlic cloves, finely chopped
2 tbsp tomato puree/paste
200ml (3/4 cup) red wine

800 grams (28 oz) tinned tomatoes
2 bay leaves
3 tbsp brown sugar
Salt to taste

Directions:

1/ Drain the beans and simmer for 30 minutes.

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A photograph of a woman's midsection, showing her bare torso and the waistband of her blue jeans. The text 'Recipe Cookbook' is overlaid in a bold, red, sans-serif font, slanted upwards from left to right across her abdomen.

2/ Heat some oil in a pan, add onion and garlic and cook for around 15 minutes. Then add tomato puree and cook for a further 2 minutes.

3/ Add wine and reduce for a few minutes.

4/ Add beans, tomatoes, bay leaf and sugar. Cover and cook for 1 hour.

5/ Serve with a baked potato.

3/ Whole wheat Chicken and Avocado wrap

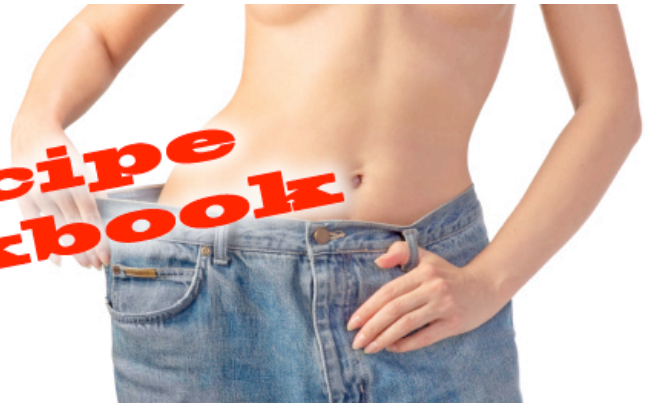
Add whatever salad stuff you like really. I would generally add lettuce, tomato, cucumber to the chicken and avocado.

Soups

Top tip – Cook and big batch and freeze half of it. Then you can have the rest of it a few weeks later.

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1/ Carrot and Lentil Soup

75 grams (2 ½ oz) red lentils
1 large onion, chopped
400 grams (14 oz) carrots, sliced
1.2 litres (5 cups) of veg stock
1 tsp ground coriander
Handful of chopped parsley

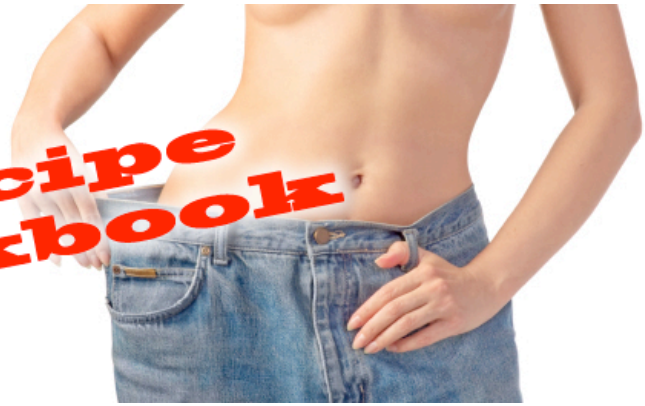
Directions - Put everything in a pan and bring to the boil, then simmer for 30 minutes (or as long as it takes for the lentils to cook. Add parsley, then put in a blender. Serve.

2/ Mexican Mixed Bean and Lentil Soup

1 onion, chopped
1 garlic clove, minced
1 tsp chilli powder (more if you like)
1 X 400 grams (14 oz) tinned tomatoes
500 ml (2 cups) of vegetable stock
50 grams (1 ¾ oz) of red lentils

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400 grams (14 oz) mixed beans, drained & rinsed
Bunch of fresh coriander (cilantro), chopped
salt and pepper to taste

Put everything in a pan and bring to the boil, then simmer for 20 minutes. Add the beans and cook for a further 15 minutes. Add coriander, then put in a blender. Serve.

3/ Pumpkin Soup

2 leeks, shredded
1 large onion, chopped
1 kg (35 oz) cubed and peeled pumpkin.
1.5 litres (6 cups) vegetable stock

Directions: Put everything in the pan, bring to the boil, then simmer all the vegetables gently in the stock for 15-20 minutes, or until the pumpkin is tender. Puree in a blender. Serve.

4/ Broccoli Soup

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600 grams (21 oz) broccoli, chopped
1 large onion, chopped
1 clove garlic, chopped
800 ml (3 cups) chicken stock
Sprinkle of nutmeg
Salt and Pepper to taste

Directions:

Put everything in the pan, and cook until tender – 10/15 mins. Then blend. Serve.

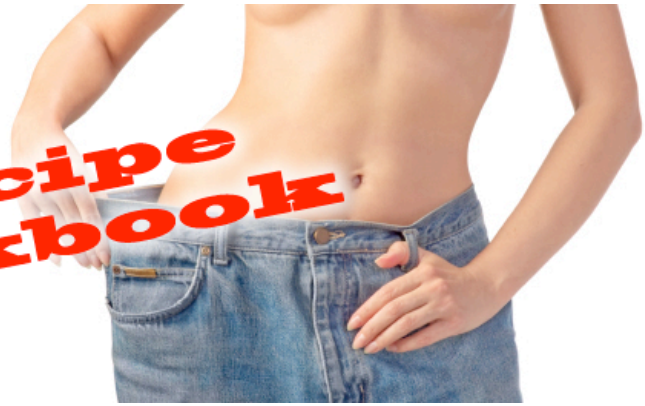
Dinners

All dinners are designed to be enough for two people, so adjust the quantities according. The general rule you should be aiming for is more protein and veg, and less carbs.

1/ Thai Chicken Curry (made a big batch of the paste and freeze some for the next time you make it)

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400 grams (14 oz) chicken breast, cut into chunks
4 kaffir lime leaves (just use lime juice if you can't get it)
200 grams (7 oz) coconut milk
1 red pepper, cut into chunks
1 zucchini (courgette), cut into chunks
a big bunch of fresh basil

GREEN CURRY PASTE:

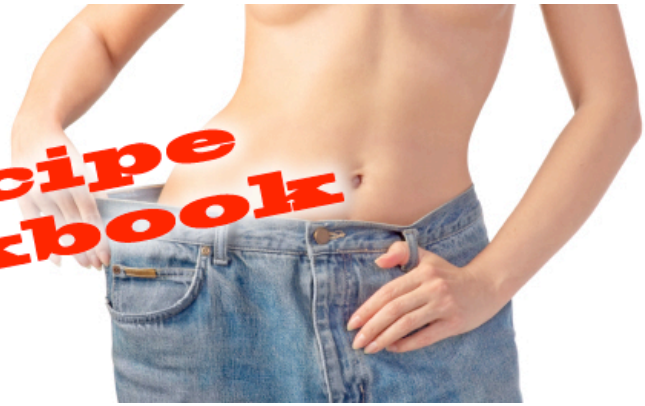
4 small green chillies (less if you aren't too keen on spicy foods)
1 onion, diced
4 cloves garlic, minced
20 grams (3/4 oz) ginger, minced

1 stalk lemongrass, diced
1/2 tsp ground coriander
1/2 tsp ground cumin
1 tsp shrimp paste
3 Tbsp fish sauce
1 tsp brown sugar
2 Tbsp lime juice
Big bunch of fresh coriander/cilantro leaves and stems, chopped

Directions;

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- 1/ Put all the curry paste ingredients together in a food processor. Blitz into a paste.
- 2/ Heat a pan/wok, then add the green curry paste.
- 3/ Stir-fry briefly for around 1 minute, then add the coconut milk,.
- 4/ Add the chicken, bring to the boil, then reduce to a simmer for 5 minutes or until chicken is cooked through.
- 5/ Add the pepper and zucchini, plus the strips of lime leaf, then simmer for another 2-3 mins.
- 6/ Add the fish sauce to taste, then serve with boiled brown rice.

2/ Stir Fry Recipe – For Chicken, Turkey, Prawns (Shrimp), etc.

I'm sure I don't need to tell you how to make a stir fry. The more varied the vegetables you can put in together the better. I generally go for onion, carrot, peppers, garlic as a base. Then try and add different stuff depending on what I have bought that week. For example, mages-tout, peas, leeks, asparagus, etc. Try and add some fresh chilli too (spicy foods increase metabolism). I normally finish the dish

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with soy sauce, fresh herbs and a sprinkle of sesame seeds.

3/ Oven cooked salmon with tomatoes, spinach and capers

(This is just my basic recipe. Feel free to throw whatever other veg you have in the fridge in with the sauce).

2 small salmon fillets – 150/200 grams (6/7 oz) each
½ medium onion(s), chopped
1 clove garlic, minced
200 grams (7 oz) tomatoes, chopped (tinned or fresh)
55 grams (2 oz) baby spinach

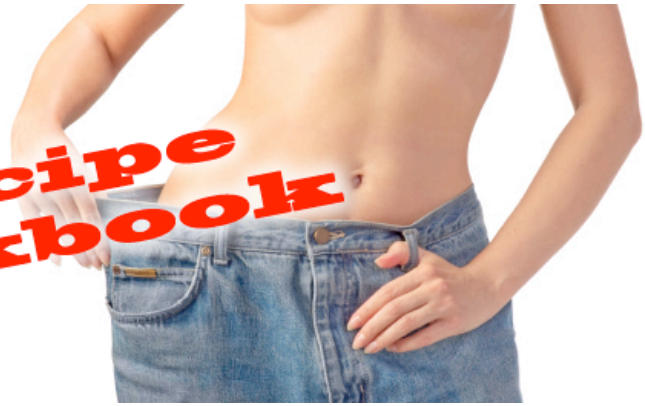
½ tbsp capers, rinsed and drained
Squeeze of lemon
salt and pepper to taste.

Directions:

1/ Cook the salmon for 8-10 minutes or until cooked (180C/350F/GAS4)
2/ Meanwhile cook onion and garlic until softened, about 7 minutes. Stir in tomatoes, spinach, and capers and cook for 2 minutes longer.

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3/ Remove the pan from the heat. Remove salmon, pour over sauce and serve.

4/ Lamb steaks with tomatoes and olives

4 lamb leg steaks (approx. 150g/5oz each)

1 large red onion, sliced

1 tsp oregano (fresh or dried)

400g (14 oz) cherry tomatoes (tinned tomatoes if not)

100g (3 ½ oz) black olives

Handful flat-leaf parsley, chopped

Directions:

1/ Put everything (except parsley) in an oven dish and roast in the oven (180C/350F/GAS4)

for 15 minutes or until lamb is cooked to your taste.

2/ Scatter parsley over before serving.

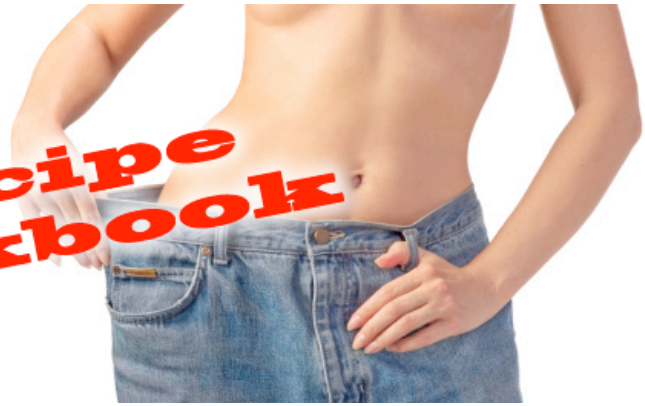
5/ Chicken korma Curry

2 chicken breasts, chopped into bite sized pieces

1 onion, finely chopped

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2 cloves of garlic, crushed
1/2 green chilli, finely chopped
20 grams (3/4 oz) ginger, grated
1/2 tsp turmeric
1/2 tsp ground cumin
1 tsp ground coriander
1/2 tsp garam masala
1 tsp tomato purée
100 ml coconut milk
Few ground almonds

Directions

1/ Lightly cook the onion, garlic, ginger and chilli in a pan for about 5 minutes.

2/ Stir in the turmeric, cumin, coriander, salt and tomato purée

3/ Add chicken and cook for a further 5 minutes.

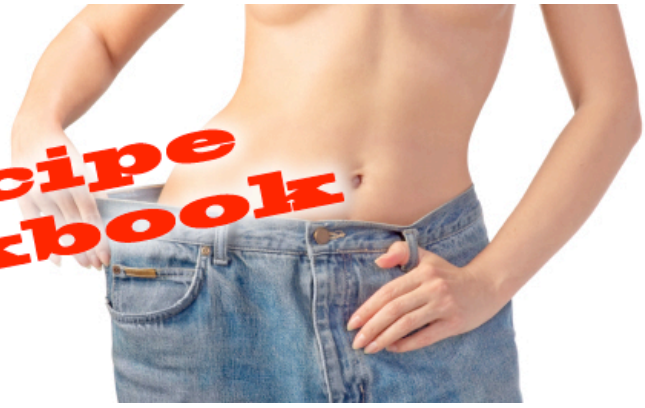
4/ Add the coconut milk and ground almonds

5/ Add 400ml water and cook for 5-7 minutes or until chicken is cooked.

6/ Add garam masala and serve with brown or brown basmati rice.

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6/ Fish Curry

300g white fish fillets

1 garlic cloves, finely chopped 1/2 onion, finely chopped

1/2 tsp coriander powder

1/2 tsp cumin

1/2 tbsp tomato purée

1/4 tsp sugar

1 bay leaf

1 1/2 tbsp thick natural yogurt

Salt and pepper to taste

Directions:

1/ Cook the onion and garlic in a pan for about 5 minutes.

2/ Add coriander powder and cumin and tomato puree and cook for another 2 minutes.

3/ Add 200ml (1 cup) water, the sugar and the bay leaf and cook on a low heat for 15 minutes

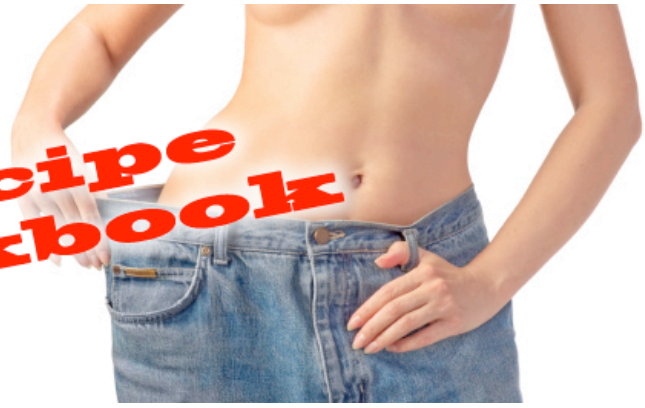
4/ Put in the fish and cook for 10 minutes or until cooked.

5/ Stir in yogurt and serve with brown/brown basmati rice.

7/ Prawn (Shrimp) curry

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300g raw prawns (shrimps)
Juice of 1/2 lemon
1 onion, finely chopped
100ml coconut milk
1 tsp ginger, minced
1 tsp garlic, minced
1/2 tsp turmeric
1/2 tsp cinnamon powder
2 cloves
4 cardamon pods
2 bay leaves
1/2 tsp chili powder
Salt to taste

Directions;

(If your prawns are already cooked, just add them at the end instead)

- 1/ Cook the onion in pan for around 5 mins.
- 2/ Add all the spices, garlic and ginger and cook for another 2 mins.
- 3/ Add coconut milk and bring to boil.
- 4/ Add the prawns, reduce the heat and cook for another 5 minutes or until cooked through.
- 5/ Serve with brown or brown basmati rice.

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8/ Roast Chicken/Turkey/Lamb/Beef

I very much enjoy having a Roast on a Sunday. There is no need to give that up even if you are on a healthy regime.

Joint of meat, e.g. Whole chicken

2 Baked Potatoes

Mixed vegetables, e.g. carrots, parsnips, beans, peas, etc.

Directions;

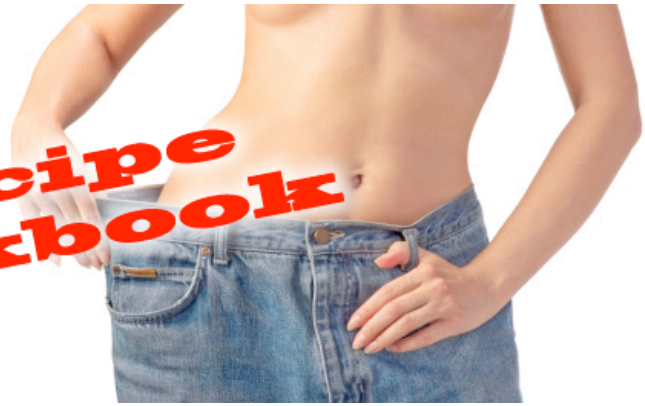
1/ Roast the meat (180C/350F/GAS4) as you would do normally but don't pour olive oil over it, simply add salt and pepper and any herbs or spices you wish to use.

2/ Ideally steam all the vegetables. Have a good mix, whatever you want and the more the better.

3/ Careful with the potatoes. Ideally have a baked potato instead of roast, but if you want to use roast potatoes as a treat cook them in a small amount of oil (no duck fat please!). Don't overdo the quantity and you will be fine.

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9/ Sesame and Soy Sauce Tuna, Vegetables and Brown Rice

2 pieces of tuna – ideally yellow fin – 150-200 grams (5-7 oz) each

75 grams (2 ½ oz) brown rice

Mixture of vegetables

Directions;

1/ Steam a mixture of vegetables – the more the better

2/ Boil half a cup of brown rice. (The more vegetables and the less rice you have, the better).

3/ Put a little oil on your tuna and sprinkle sesame seeds on both sides. Add to the pan and cook to desired taste.

4/ Take off the heat and add a little soy sauce and allow to sit in the pan for 30 seconds.

10/ Bean and Lentil Stew

75 grams (2 ½ oz) red kidney beans

75 grams (2 ½ oz) raw lentils

1 ½ medium onions, chopped

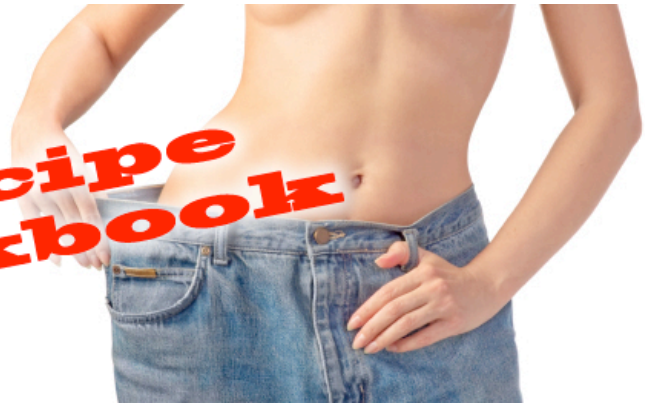
2 cloves garlic, crushed

1 chilli, finely chopped

50 grams (1 ¾ oz) brown rice

BEST FAT LOSS FOR WOMEN

**Recipe
Cookbook**



1 tsp cumin
1 tsp oregano
3 tbs finely chopped fresh coriander leaves
1 litre (4 cups) water
salt and pepper to taste.

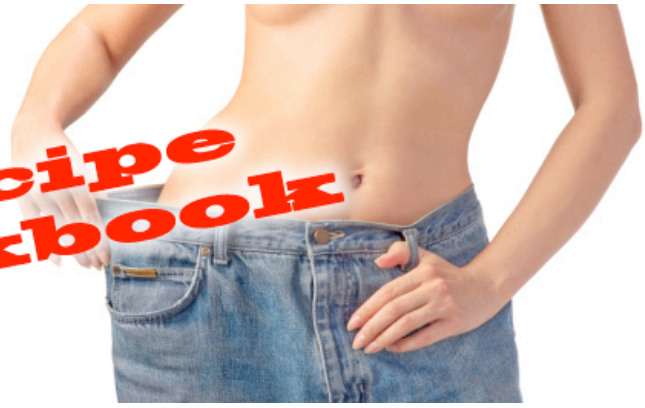
Directions:

- 1/ In a pot, cover the amount of beans with 3 times as much water in volume. Cover the pot & bring to the boil.
- 2/ Reduce the heat & allow to simmer 5 - 10 minutes. Take off heat and allow to stand still covered for about 2 ½ hours.
- 3/ Next drain the beans and discard the water.
- 4/ Sauté onions in oil until brown. Add garlic and chilli and stir fry for 1 - 2 minutes.
- 5/ Add onion to lentils and beans, adding rice and all the dry spices.
- 6/ Cover & simmer over a low heat for 30 minutes or until everything is cooked, stirring occasionally to prevent sticking to the pot. Just before serving, adjust seasonings & stir in coriander.

11/ Salmon Teriyaki

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**Recipe
Cookbook**



2 salmon fillets – approx. 350 grams (12 oz)
100 grams couscous (3 ½ oz)
Mixture of vegetables
20 ml (1/10 cup) teriyaki sauce.

Directions;

1/ Cook the salmon in the pan, and stir fry a mixture of vegetables.

2/ Meanwhile cook the couscous

3/ Add some good quality teriyaki sauce 30 seconds before the salmon finishes cooking. Serve.

12/ Homemade Meatballs Recipe

300 grams lean steak mince (beef)

1 egg

400 grams (14 oz) tinned tomatoes

1 clove garlic, finely chopped

1 onion, finely chopped

1 pepper, finely chopped

1 tsp mustard (optional)

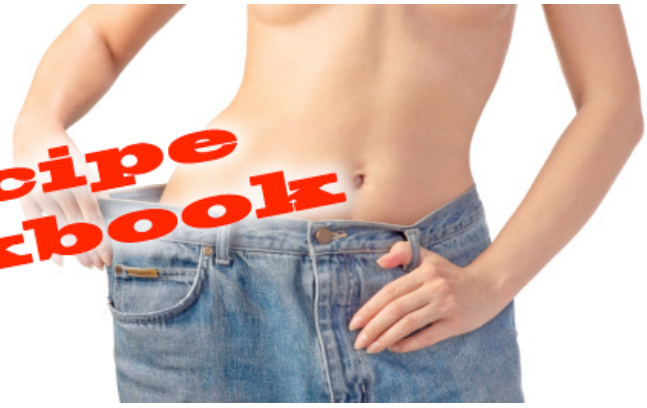
1 tsp tomato puree/paste

100grams (3 ½ oz) brown spaghetti

Salt and pepper to taste

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**Recipe
Cookbook**



Directions:

The key here is to add plenty of vegetables to the sauce to bulk it out. Add carrot, courgette, whatever you want along with the ingredients above. This way you will be able to cut down on the amount of pasta (carbs) you eat without changing your portion size.

1/ Put the mince in a bowl with the egg, mustard, salt and pepper. Mix thoroughly and then work into small meatball. Allow to cook in a pan whilst you do step 2.

2/ Put the garlic, onions, peppers and any other veg in another pan and cook for around 5 minutes. Then add the tomato puree and cook for a further 2 minutes.

3/ Add the tinned tomatoes and simmer for 5 minutes.

4/ Mix meatballs into the sauce and serve with brown spaghetti/ pasta.

13/ Homemade Beef Burger

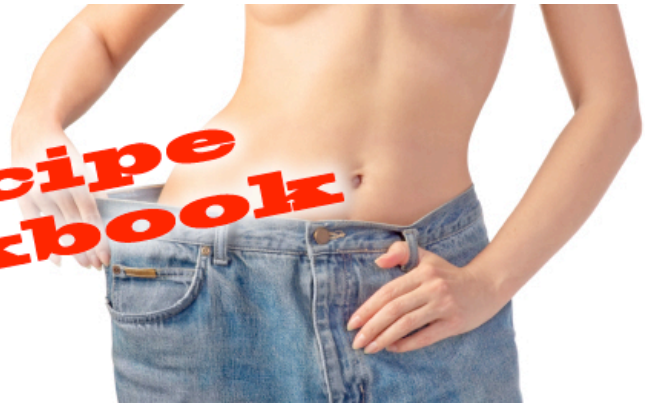
300 grams lean steak mince (beef)

1 egg

½ onion, finely chopped

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**Recipe
Cookbook**



1 tsp mustard (optional)
2 Wholemeal bread buns
Salt and pepper

Directions:

1/ Put all the ingredients together in a bowl and mix thoroughly.

2/ Make into 2 burgers and place into a hot pan. Cook for 2 minutes on 1 side, then turn over and place in oven for 8 minutes (180C/350F/GAS4) or until cooked through.

3/ While burgers are cooking prepare a salad to go with it. Lettuce, tomato, cucumber, avocado, etc, whatever you like.

4/ Serve the burger in the bun with the salad.

14/ Homemade Spaghetti Bolognese

300 grams lean steak mince (beef)

1 egg

1 clove garlic, finely chopped

1 onion, finely chopped

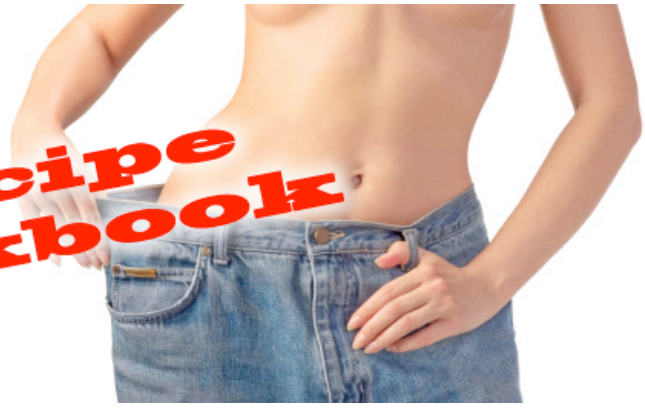
1 pepper, finely chopped

½ small courgette

400g (14 oz) tinned tomatoes

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**Recipe
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1 tsp tomato puree/paste
100 grams (3 ½ oz) brown spaghetti
Salt and pepper to taste

Directions:

The more veg you put in the better. It means you don't eat so much spaghetti.

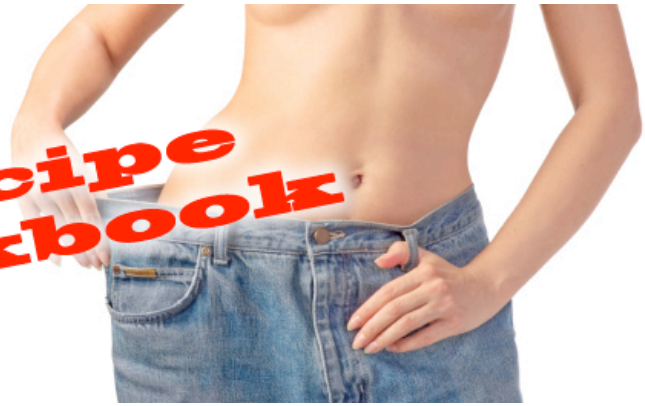
- 1/ Place the vegetables and garlic in a pan and cook for around 5 minutes.
- 2/ While the veg is cooking put the spaghetti on to cook.
- 3/ Add the tomato puree/paste and cook for a further 2 minutes. Then add the mince and cook until brown.
- 4/ Add the tinned tomatoes and cook for another 5 minutes.
- 5/ Serve with the spaghetti.

15/ Mackerel or Trout with mixed steamed vegetables and couscous

2 whole mackerels/trout – approx. 350 grams
¼ tsp cayenne
1 tsp paprika
1tsp Mustard
½ tbsp Balsamic Vinegar
Selection of vegetables, e.g. carrots, courgette, etc

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**Recipe
Cookbook**



100 grams couscous
Salt to taste

Directions:

- 1/ Mix the cayenne, paprika, mustard and balsamic vinegar and smear over mackerel. Then oven cook (180C/350F/GAS4) for 20 minutes or until fish is cooked.
- 2/ In the meantime steam the veg and cook the couscous.
- 3/ Serve.

16/ Cod (or any white fish) with Roasted Veg –

300 grams cod (or other white fish)
Assortment of vegetables to roast, e.g. carrots, peppers, parsnips, etc.

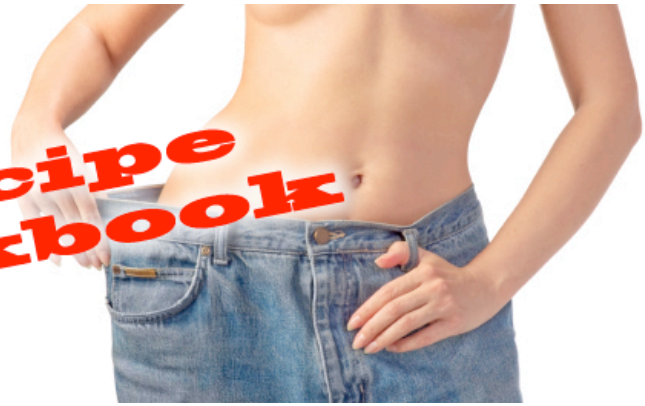
Directions

- 1/ Just put the fish and all the veg in an oven dish (two dishes if you want to space it all out).
- 2/ Drizzle a little olive oil and cook in oven for 20 minutes (180C/350F/GAS4) or until cooked.

17/ Spanish Chicken Stew –

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**Recipe
Cookbook**



2 large Chicken thighs (more if small)
2 stalks of celery, cut into chunks
1 onion, sliced
2 carrots, cut into chunks
1 pepper, cut into chunks
2 cloves of garlic, finely chopped
400 grams (14 oz) tinned tomatoes
250 ml (1 cup) chicken stock
Salt and pepper

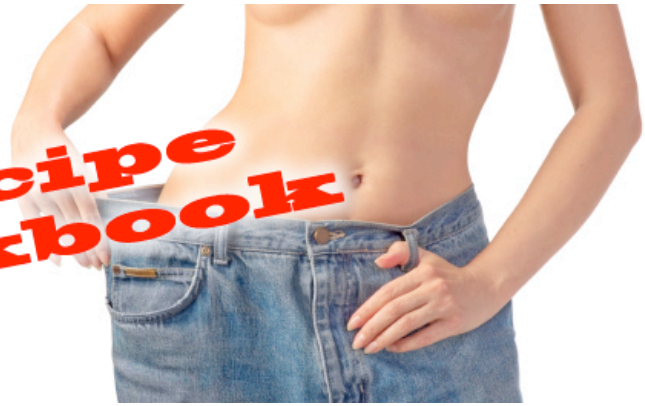
Directions;

I know the recipe isn't that Spanish. The truth is it's a recipe a totally made up, and my girlfriend made up the title 'Spanish Chicken Stew' when we had friends coming round for dinner to make it sound more fancy!

- 1/ Brown the chicken in a casserole dish on the hob.
- 2/ Remove the chicken and then brown the vegetables and garlic.
- 3/ Add the tinned tomatoes and the chicken stock and bring to the boil.
- 4/ Add the chicken back in, put the lid on the dish and place in the oven (150C/300F/GAS2)
- 5/ Cook for 3 hours, until the chicken is falling off the bone.
- 6/ Serve with brown rice.

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**Recipe
Cookbook**



18/ Swordfish with Spinach and Green Beans

2 pieces of Swordfish – 350 grams (13 oz) approx.
100 grams (3 ½ oz) spinach
50 grams (1 ¾ oz) green beans
Salt and pepper to taste

Directions:

- 1/ Oven cook the swordfish (180C/350F/GAS4) for around 15 mins or until cooked through.
- 2/ Meanwhile steam to spinach and green beans until cooked.
- 3/ Serve.

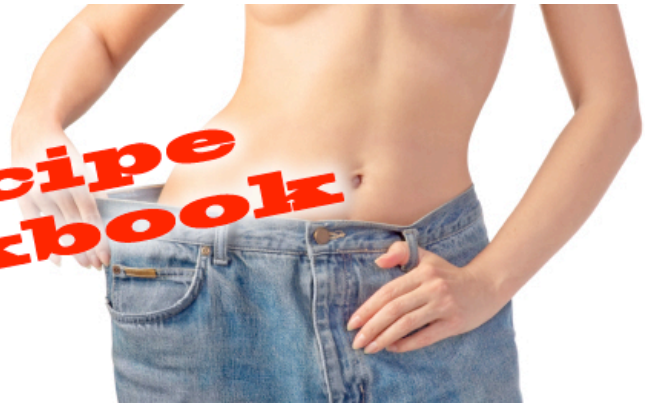
19/ Steak with new potatoes and salad

2 pieces of steak – approx. 400 grams (14 oz) – organic meat
100 grams (3 ½ oz) new potatoes
Lettuce, tomatoes, avocado, etc. for salad
Salt and pepper to taste.

Directions;

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- 1/ Put the new potatoes on to boil.
- 2/ Heat a pan and cook steak.
- 3/ Meanwhile put together your salad.
- 4/ Serve everything together.

20/ Lamb Steaks with Roasted Root Veg

- 2 Lamb Steaks, 300-400 grams (12-14 oz)
- 150g (5 oz) Sweet Potatoes, sliced
- 2 Parsnips, sliced
- ½ Red Onion, finely chopped
- 1 Clove of Garlic, finely chopped
- 50grams (1 ¾ oz) Wholegrain Mustard
- Few sprigs of Rosemary

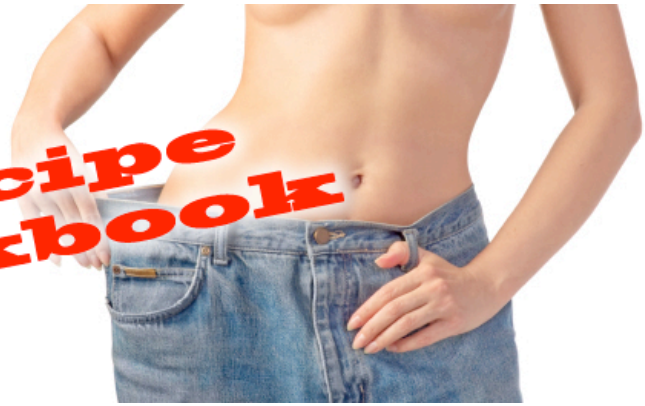
Directions:

- 1/ Place all the vegetables and garlic, rosemary and a little olive oil in a oven dish, roast for 10 mins (180C/350F/GAS4)
- 2/ Rub the mustard on the lamb and place in the oven.
- 3/ Cook both lamb and vegetables for a further 15-20 or until cooked.
- 4/ Serve.

21/ Chicken Fajitas

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**Recipe
Cookbook**



2 chicken breasts cut into strips – approx. 300 grams (12 oz)

1 onion, sliced

1 carrot sliced

1 pepper, sliced,

2 cloves of garlic, finely chopped

4 wholemeal tortilla wraps

2 tbsp. natural yogurt

Home Salsa (see recipe)

Homemade Guacamole (see recipe)

Directions;

1/ Place the chicken in a pan and cook for 2-3 minutes

2/ Add the vegetables and garlic and cook for a further 4-5 minutes or until everything is cooked.

3/ Serve with the wholemeal tortillas, natural yogurt and homemade sauces.

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**Recipe
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A photograph of a woman's midsection, showing her bare torso and the waistband of her blue denim jeans. The text 'Recipe Cookbook' is overlaid in a bold, red, sans-serif font, slanted upwards from left to right across her abdomen.

Vegetarian Section

Being vegetarian just means you have to find slightly different ways to stay healthy. For the majority of the recipes you can easily substitute quorn or a vegetarian alternative into the recipe.

For the fajitas use beans instead of chicken.

For the spaghetti bolognaise, burger and meatballs, use quorn instead.

The list could go on.

In my experience there are 3 main problems vegetarian have with their diets;

1/ Not enough protein

2/ Too much cheese.

3/ Lost of pastry and tarts

So be aware of these factors.

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**Recipe
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Here are a few vegetarian specific recipes for you to substitute into your meal planner.

1/ Chick Pea and Potato Curry

400 grams (14 oz) chickpeas, drained
1 large potato, cut into chunks
400grams (14 oz) tinned tomatoes
4 cloves garlic, blitzed
2 chillies, blitzed
40 grams (2 oz) ginger, blitzed
1 large red onion, finely chopped
1 tsp cumin seeds
1/2 tsp turmeric
1/2 tsp ground cinnamon
1 tbsp tomato purée
600 ml (2 ½ cups) water
1/2 lime, juice only
Bunch of chopped coriander (cilantro), to serve

Directions:

1/ Blitz the garlic, chillies and ginger into a paste.
2/ Sauté the onions and cumin seed until brown. Stir in the

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**Recipe
Cookbook**



garlic paste and cinnamon and fry for another minute.

3/ Add the tomato purée, tomatoes, turmeric, and cook for a few minutes until the sauce reduces a bit.

4/ Add the chickpeas, potatoes and water. Cover the dish and simmer until the potatoes are tender.

5/ Stir in the lime juice and serve.

2/ Stuffed Butternut Squash

1 butternut squash, halved and seeds removed

1 handful of dried porcini mushrooms

1 red onion, finely chopped

1 clove of garlic, finely chopped

1 teaspoon coriander seeds, pounded

1 red chilli, chopped and seeds removed

Few sprigs of rosemary

3/4 sun-dried tomatoes, chopped

20 grams (3/4 oz) of pine nuts, lightly roasted

50 grams (2 oz) brown basmati rice

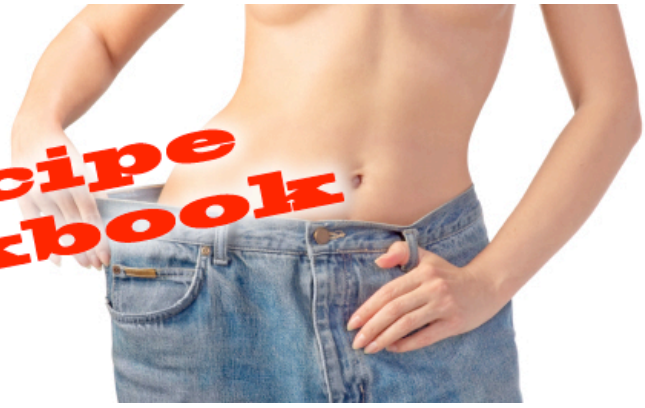
sea salt and freshly ground black pepper

Directions:

1/ Soak your porcini mushrooms for 5 minutes in boiling water.

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2/ Scoop out some of the flesh from the squash.

3/ Finely chop this and add to a frying pan with the onion, garlic, coriander seeds, chilli, rosemary and sun-dried tomatoes. Cook for around for 4 minutes.

4/ Add the mushrooms and 50 ml (1/4 cup) of the water you used to soak the mushrooms. Cook for a further 2 minutes.

5/ Add your rice and pine nuts, pack the mixture tightly into the 2 halves of the squash and then press them together.

6/ Wrap in tin-foil, and bake in the preheated oven (230C/ 450F/gas 8) for about 1¼ hours.

3/ Vegetarian Goulash

200 grams (7 oz) quorn pieces

½ onion, chopped

2 cloves of garlic, finely chopped

1 pepper, chopped

3 tsp paprika

400 grams (14 oz) tinned tomatoes

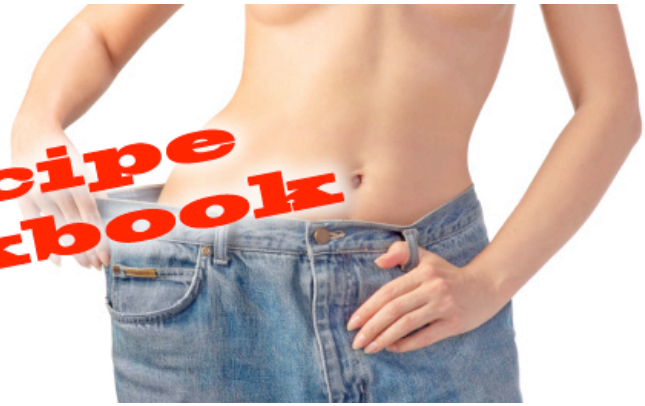
100 ml (1/4 cup) red wine

1 tsp oregano

1 tsp tomato puree

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Salt and pepper to taste

Directions:

- 1/ Sauté the onions and garlic for 5 minutes
- 2 Add pepper and quorn and cook for another 5 minutes
- 3/ Add tomatoes and paprika
- 4/ Add wine, tomato puree, and oregano and bring to boil
- 5/ Simmer for 20-30 minutes until thickened. Serve.

Desserts

When I say 'healthy desserts' I do not mean 'low fat versions' of chocolate brownies or cheesecake. I've got news for you, these are not 'healthy options.'

If you are going to treat yourself to one of your favourite desserts, you may as well do it properly and have the full fat version you enjoy. This way hopefully you will feel fulfilled and not crave it again for a while.

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If you try and make a 'reduced fat' version, it often ends up not really being that nice and still pretty high in fat and calories.

But the options below should show you a few ways to have a dessert without being unhealthy.

1/ Fruit and Yogurt

I know this isn't the most exciting of desserts, but it's the healthiest, and the option you should turn to most often if you have a sweet craving after dinner.

Just add a tablespoon or so of low fat natural yogurt to a bowl of mixed fruit. This is a chance to eat different fruits that you wouldn't be able to eat during the day when you are busy. For example, pineapple, kiwi, different berries.

2/ Cinnamon Banana

This is one of my favourites and it is really sweet without actually using any sugar.

Top tip: Try this with other fruit as well. Apples is particularly good one.

1 Banana

1 tbsp low fat natural yogurt

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Sprinkle of cinnamon

Directions;

1/ Wrap the banana (remove skin) in foil and bake in the oven for 10/15 minutes.

2/ Sprinkle with cinnamon and serve with the natural yogurt.

3/ Pears with Walnuts

1 Pear, cut into slices

50 ml (1/4 cup) balsamic vinegar

50 grams (1/4 cup) walnuts

Cinnamon to taste

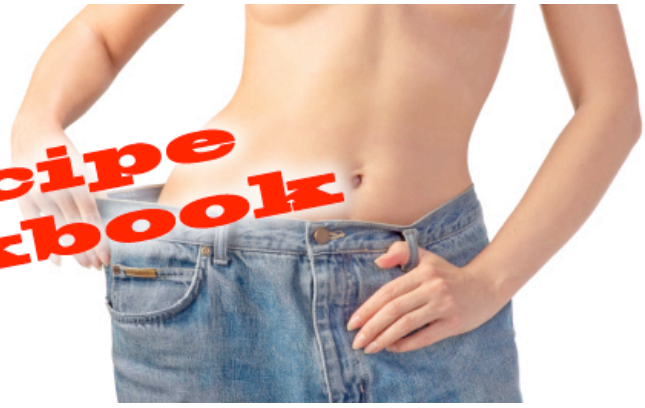
Directions:

1/ Put the balsamic vinegar in a pan and cook for around 10 minutes so it reduces a bit.

2/ Place the walnuts and pear slices in the pan and cook for another 4-5 minutes, until the pears are soft. Serve.

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4/ Strawberry Split

- 1 banana
- 4 oz strawberries
- 4 Oz natural yogurt
- 1 tbsp chopped toasted almonds
- 1 tsp vanilla essence/extract

5/ Dark Chocolate and Berries

- 2 squares of dark chocolate
- Mixture of berries (strawberries, raspberries, etc)

Directions;

- 1/ Melt the chocolate in a pan
- 2/ Throw in the berries, mix together and serve.