

Recipe Book



Quick, simple & super tasty

fit'N'up
Personal Training & Sports Therapy

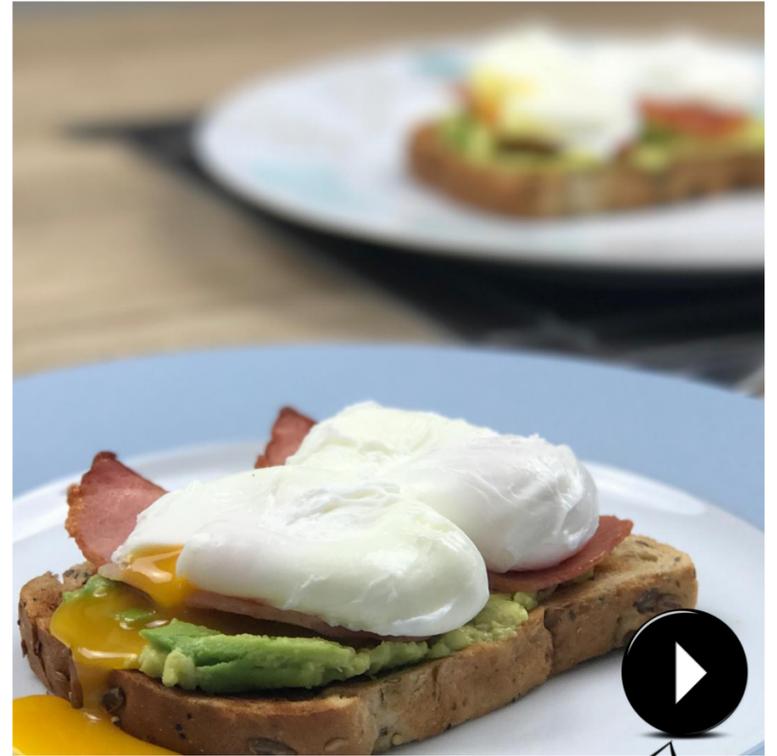
Welcome!

There are some cool features in this recipe book that will make it easy for you to cook the dishes and also track your food.

Recipe Videos

All the recipes in the book come with a short video showing you how to cook them.

Click the play button in each picture to watch the video.



Try it



Try it

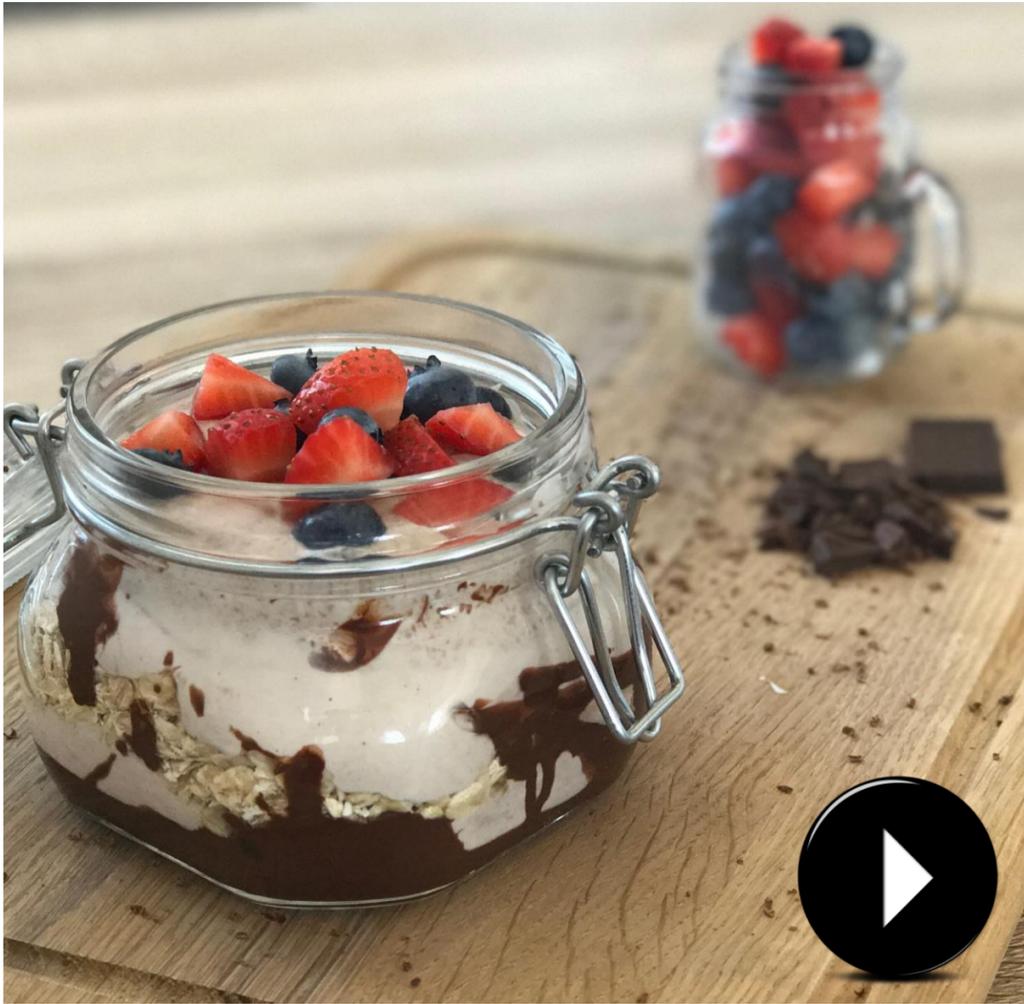
Tracking Your Food

If you want to keep track of your macronutrients and calories, then all you have to do is scan the barcode on each recipe in your 'My Fitness Pal' App and voila.

	Per Serving	
Calories	388	
Carbs	17g	18%
Protein	30g	31%
Fat	22g	51%
Sugar	2g	

Dark Chocolate Overnight Oats

Serves: 1 / Prep Time: 10mins / Cook Time: Chill overnight



	Per Serving	
Calories	384	
Carbs	42g	44%
Protein	36g	38%
Fat	8g	19%
Sugar	17g	



INGREDIENTS:

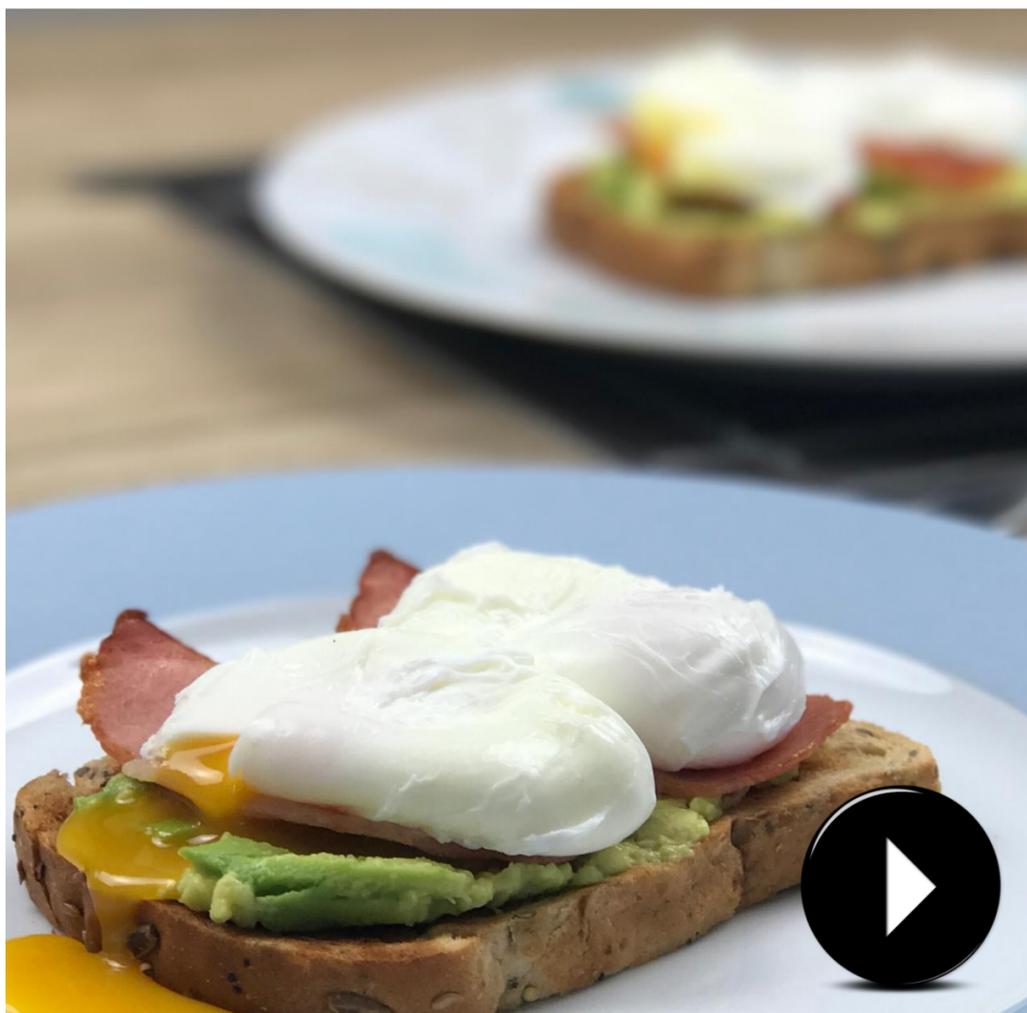
- 1 square 70% Dark Chocolate
- 200g Plain Low Fat Greek Yogurt
- 15g Chocolate Whey Protein (can work with other flavours)
- 35g Porridge Oats
- 30g Blueberries
- 70g Strawberries

HOW TO COOK IT:

- ❖ Melt the dark chocolate in a glass bowl over boiling water.
- ❖ When melted, drizzle the dark chocolate around the inside of your chosen container.
- ❖ Mix your Greek yogurt and protein powder together, then place half the mixture in the bottom of the container.
- ❖ Add the oats to the container along with half the blueberries and chopped strawberries.
- ❖ Finally, add the remainder of the Greek yogurt and protein powder mixture and top with the remaining fruit.
- ❖ Seal the container and place in the fridge overnight to allow the oats to soften.

Avocado, Bacon & Egg on Toast

Serves: 2 / Prep Time: 5mins / Cook Time: 10mins



	Per Serving	
Calories	388	
Carbs	17g	18%
Protein	30g	31%
Fat	22g	51%
Sugar	2g	

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SCAN ME



INGREDIENTS:

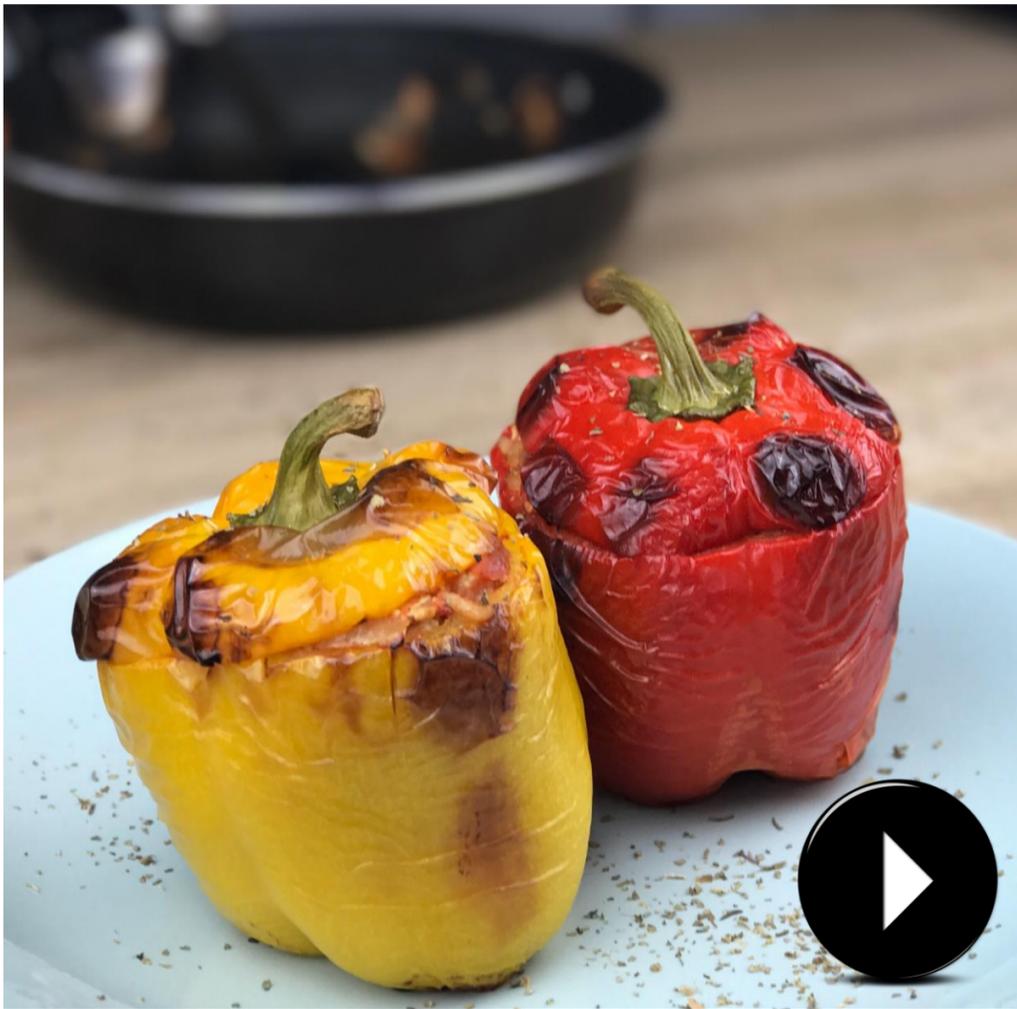
- 4 Smoked Bacon Medallions
- 2 Wholegrain Seeded Bread Slices
- Pinch of Salt
- 1 tsp Vinegar
- 4 Medium Eggs
- 1 Avocado

HOW TO COOK IT:

- ❖ Put the water on the heat and bring to the boil.
- ❖ Put the bacon under the grill and cook for 4 minutes per side or until done.
- ❖ Place the bread in the toaster and toast.
- ❖ Add a pinch of salt and a tsp of vinegar to the boiling water.
- ❖ Create a swirl in the water and then quickly crack the eggs add them to the water.
- ❖ Cook the eggs for 90 to 120 secs then remove from the water.
- ❖ Halve the avocado, remove the stone and mash both halves of the avocado.
- ❖ Spread the whole avocado between both slices of toast.
- ❖ Place the cooked bacon on top of the avocado.
- ❖ Place the cooked eggs on top of the bacon and serve.

Stuffed Peppers

Serves: 1 / Prep Time: 15mins / Cook Time: 25mins



	Per Serving	
Calories	289	
Carbs	22g	30%
Protein	39g	54%
Fat	5g	16%
Sugar	10g	

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SCAN ME



INGREDIENTS:

40g Brown Rice (12g Dry)
2 Bell Peppers
1 tsp Olive Oil
½ Onion
1 Garlic Clove

135g Turkey Mince
175g Tinned Chopped Tomatoes
Mixed Herbs
Pinch of Salt (to taste)
Pinch of Pepper (to taste)

HOW TO COOK IT:

- ❖ Preheat oven to 200°C and cook the rice as per instructions on the packet.
- ❖ Chop off the top of the peppers and remove all the seeds from inside.
- ❖ Heat up the olive oil in a frying pan over a medium heat.
- ❖ Chop up the onion and cook for 2 minutes, then finely chop the garlic and cook for 30 seconds.
- ❖ Add the turkey mince and cook for 4/5 minutes.
- ❖ Add the pre-cooked rice, tinned tomatoes and salt and pepper, then cook for a further 4 minutes.
- ❖ Add the mixture to the peppers and place in the preheated oven for 25 minutes.
- ❖ Leave to stand for 3 minutes before serving.

Chinese Spiced Duck Salad

Serves: 2 / Prep Time: 10mins / Cook Time: 10mins



	Per Serving	
Calories	335	
Carbs	9g	11%
Protein	35g	43%
Fat	17g	47%
Sugar	8g	

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INGREDIENTS:

2 Large Duck Breasts
1 tbsp Chinese Five Spice Powder
½ Ripe Mango
2 Spring Onions
1 Sprig Fresh Coriander

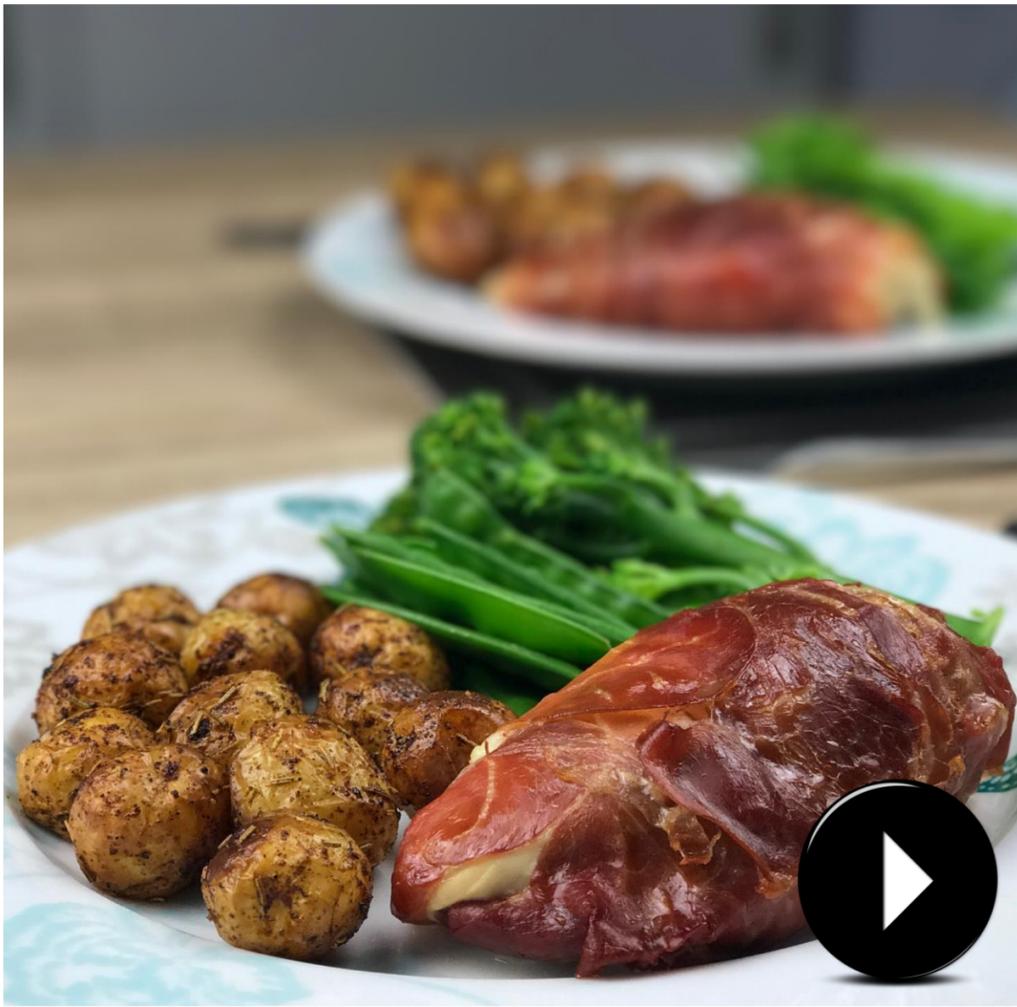
2 tbsp Pomegranates
A Few Sprigs Watercress
1 Little Gem Lettuce
½ Lime Juice
2 tsp Sesame Oil

HOW TO COOK IT:

- ❖ Score the skin of both duck breasts and then sprinkle the tablespoon of Chinese five spice on the duck breasts and rub in.
- ❖ Place in a pan on a medium heat, skin side down first. Cook for 3 minutes per side then remove from the heat and slice the duck into centimetre slices.
- ❖ Pour the fat from the pan and then wipe it clean with a paper towel.
- ❖ Return the sliced duck to the pan and cook for 2 minutes.
- ❖ Meanwhile, peel and slice the mango into squares.
- ❖ Trim and slice the spring onions.
- ❖ Chop the coriander.
- ❖ Place the 3 ingredients above in a mixing bowl along with the pomegranates, watercress, and the sliced duck and mix it all together.
- ❖ Place the little gem salad into bowls for serving.
- ❖ Divide the duck mixture into the two bowls, squeeze the lime and drizzle the sesame oil over each dish and serve.

Parma Ham Wrapped Chicken With Mozzarella

Serves: 2 / Prep Time: 10mins / Cook Time: 40mins



	Per Serving	
Calories	524	
Carbs	28g	22%
Protein	57g	44%
Fat	20g	35%
Sugar	5g	

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INGREDIENTS:

300g New Potatoes
1 tbsp Olive Oil
Pinch of Salt & Pepper
1 tsp Smoked Paprika
1 tsp Rosemary

2 x 150g Chicken Breast
60g Mozzarella
6 Slices Parma Ham
100g Broccoli
100g Sugar Snap Peas

HOW TO COOK IT:

- ❖ Preheat oven to 200°C.
- ❖ Place the new potatoes in a bowl. Add the olive oil, salt, pepper, smoked paprika and rosemary to the new potatoes and mix.
- ❖ Spread the potatoes on a baking tray and place in the preheated oven for 40 minutes (you will add the chicken after 20 minutes).
- ❖ Meanwhile, create a slit down the side of the chicken breasts.
- ❖ Cut 4 slices of mozzarella and place 2 slices inside each chicken breast.
- ❖ Layout 3 pieces of Parma ham making sure they overlap and place the chicken in the center, then wrap the Parma ham around the chicken. Repeat with the other chicken breast.
- ❖ Place the chicken in the oven, along with the potatoes, for the last 20 minutes of cooking time.
- ❖ Cook the vegetables and serve up.