



# HIGH PERFORMANCE RECIPES

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# **HIGH PERFORMANCE RECIPES**



My top priority as a coach is to enable and empower you to reach your goals safely, effectively and efficiently.

An essential part of achieving your goals comes down to making better choices and that starts with what you're eating.

Cooking at home is a sure-fire way to plan and keep track of your calories, portion sizes and nutrients allowing you to remain in control of your progress.

Happy cooking!

**Philip Gonçalves**

Your coach





## DISCLAIMER

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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

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|           |               |
|-----------|---------------|
| <b>V</b>  | VEGETARIAN    |
| <b>VE</b> | VEGAN         |
| <b>DF</b> | DAIRY FREE    |
| <b>GF</b> | GLUTEN FREE   |
| <b>N</b>  | CONTAINS NUTS |
| <b>Q</b>  | QUICK         |

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# BREAKFAST SANDWICH

GF

SERVES: 1

TIME: 20 MINUTES

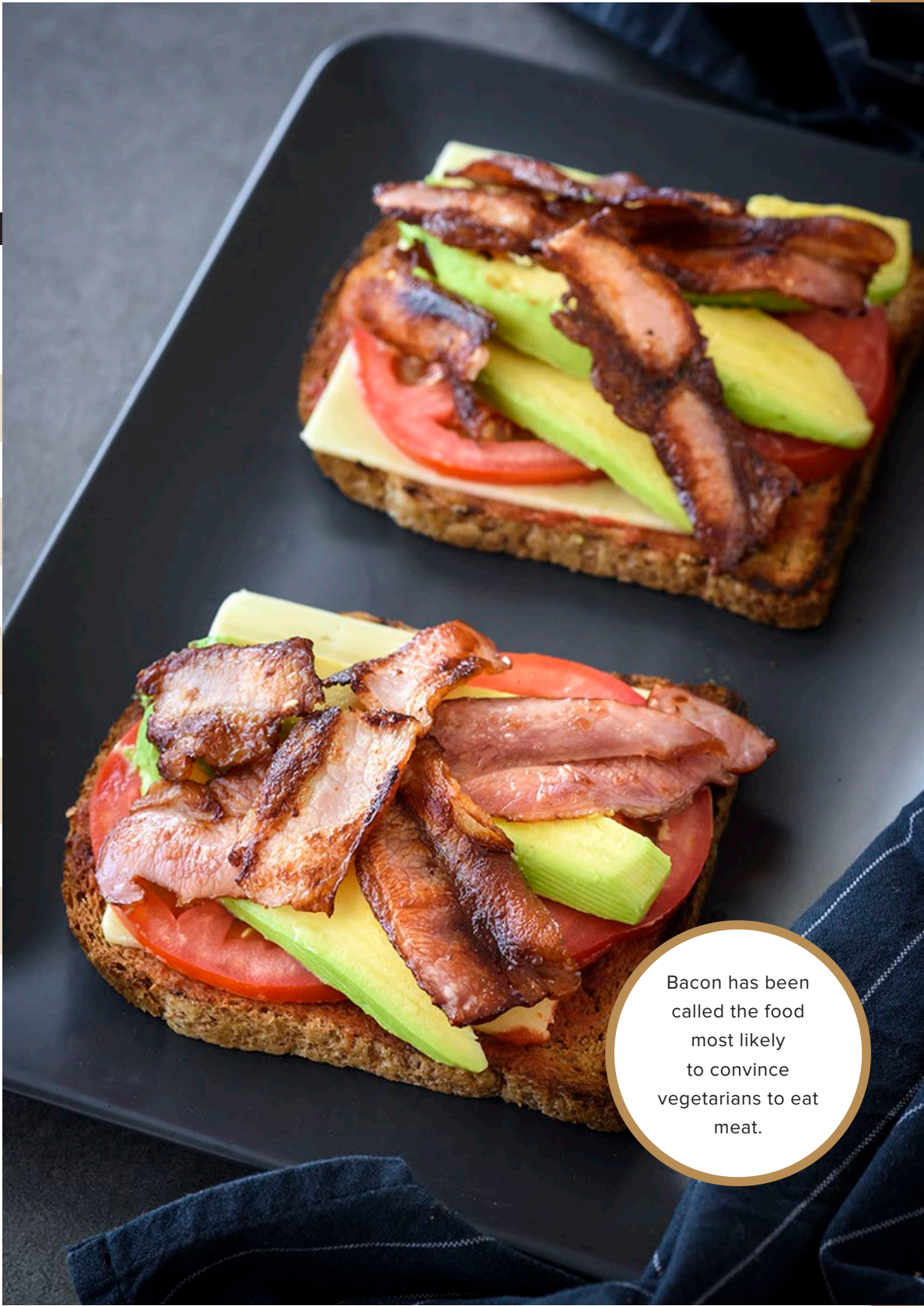
CALORIES 482

PROTEIN 25

CARBS 37

FATS 26

FIBRE 14



Bacon has been called the food most likely to convince vegetarians to eat meat.



# INGREDIENTS

---

2 rashers bacon  
2 slices brown bread (gluten free if required)  
1/2 tomato, sliced  
1/2 avocado, sliced  
1 slice cheddar cheese  
2 tsp tomato sauce

CALORIES  
**482**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper. Lay bacon on the tray and cook for 15-20 minutes or until crispy.

Meanwhile, toast your bread and layer it with tomato, avocado, cheese and tomato sauce.

Top with bacon and eat it while it's hot!

# BREAKFAST MEATBALLS

GF DF

SERVES: 2

TIME: 45 MINUTES

CALORIES 384

PROTEIN 16

CARBS 17

FATS 28

FIBRE 3





# INGREDIENTS

---

200g sweet potato, peeled and chopped into small chunks  
1/2 brown onion, diced  
300g ground pork  
80g mushrooms, chopped  
1/2 tsp dried sage  
1/2 tsp dried rosemary  
Sea salt & cracked pepper

CALORIES  
**384**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with non-stick aluminium foil.

Start by placing sweet potato in a microwave safe bowl with 1-2cm water. Nuke the sweet potato in 1 minute increments until it's soft enough to mash.

Next, mix the sweet potato together with the pork, onion, mushrooms and fresh herbs. Season well with salt & cracked pepper.

Roll the mixture into 8 meatballs and cook for 12-13 minutes on each side or until cooked through. Lastly turn the oven to grill and cook for an additional 2 minutes to create a golden brown colour.

# ASPARAGUS & RICOTTA OMELETTE

GF V

SERVES: 2

TIME: 30 MINUTES

CALORIES 177

PROTEIN 16

CARBS 8

FATS 9

FIBRE 1





# INGREDIENTS

---

6 egg whites  
2 tsp olive oil  
8 spears asparagus, thinly sliced  
1 tbsp spring onion, thinly sliced  
60ml milk  
60g ricotta

CALORIES  
**177**

# INSTRUCTIONS

Start by preheating the grill.

Heat the olive oil in a medium-large frying pan over medium heat. Add half the asparagus and spring onion and cook for 2-3 minutes.

Meanwhile, whisk the egg and milk together and season with salt & pepper.

Pour half the egg over the asparagus and spring onions and cook for another 2-3 minutes.

Top the omellette with ricotta and cook under the grill for 2 minutes. Remove from the pan and keep warm while you cook the next one.

Season with salt & cracked pepper and serve immediately.

# STRAWBERRY CHIA POT

GF V VE DF

SERVES: 1

TIME: 5 MINUTES  
(PLUS 8 HOURS  
REFRIGERATION)

CALORIES 500

PROTEIN 12

CARBS 59

FATS 24

FIBRE 24





# INGREDIENTS

---

180g frozen strawberries, thawed  
125ml almond milk  
80g coconut yoghurt  
1/2 tsp vanilla extract  
2 tsp honey (or maple syrup)  
45g chia seeds

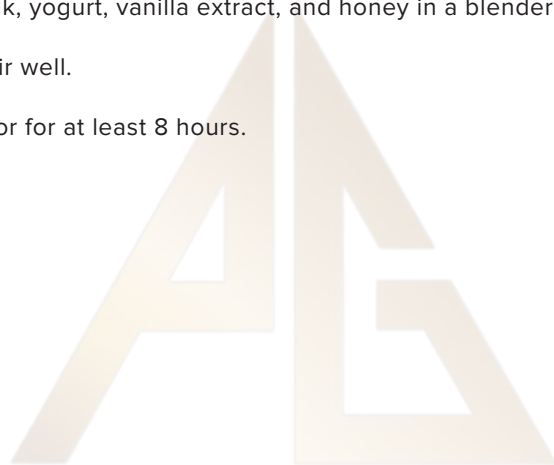
CALORIES  
**500**

# INSTRUCTIONS

Place strawberries, milk, yogurt, vanilla extract, and honey in a blender and blitz.

Add chia seeds and stir well.

Refrigerate overnight or for at least 8 hours.



# SPICY BEANS & EGGS

GF V DF

SERVES: 2

TIME: 30 MINUTES

CALORIES 463

PROTEIN 36

CARBS 46

FATS 15

FIBRE 12



You can sometimes find fresh, in the pod cannellini beans at farmers' markets. But it's more common to eat and cook with canned or dried beans.





# INGREDIENTS

---

2 tsp olive oil  
2 cloves of garlic, minced  
1/2 tsp chilli flakes  
1 x (400g) cannellini beans, rinsed & drained  
1 x (400g) chopped tomatoes  
1/2 tsp ground paprika  
1/2 tsp maple syrup  
Salt & cracked pepper  
4 eggs

CALORIES  
**463**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

In a medium oven-proof frying pan, add olive oil, garlic and chilli flakes. Saute for 1-2 minutes.

Add the beans, chopped tomatoes, paprika and maple syrup, stir well, cover and simmer on low-medium heat for 10-15 minutes or until the sauce has thickened.

Use a spoon to make indents and then crack the eggs into the spaces. Season with salt & cracked pepper.

Place the frying pan under the grill for 5-6 minutes or until the eggs are cooked to your liking.

# CHICKPEA BREAKFAST RATATOUILLE

GF V VE DF

SERVES: 4

TIME: 40 MINUTES

CALORIES 480

PROTEIN 56

CARBS 55

FATS 4

FIBRE 8





# INGREDIENTS

---

2 tsp olive oil  
1 brown onion, diced  
1 clove garlic, minced  
1 x (400g) tin chopped tomatoes  
1 aubergine, cut into cubes  
1 courgette, cut into cubes  
1 tsp dried oregano  
1 x (400g) butter beans  
125ml vegetable stock  
4 slices crusty bread (gluten free if required)

CALORIES  
**480**

# INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4.

Add oil to an ovenproof frying pan and bring to medium heat. Add the onion and cook for about 5 minutes before adding the garlic and cooking for an additional 1 minute.

Add the tinned tomatoes and aubergine. Cook, stirring often for 5-7 minutes.

Add the courgette, oregano, butter beans and stock.

Cook for 20-25 minutes.

Serve with crusty bread.

# BREKKIE BAR



SERVES: 12

TIME: 30 MINUTES

CALORIES 320

PROTEIN 6

CARBS 38

FATS 16

FIBRE 4



Cranberries are a very good source of vitamin C, dietary fiber, and manganese.





# INGREDIENTS

---

400g muesli  
45g dried cranberries  
45g dried apricots  
25g rice puffs  
35g flour  
175g unsalted butter  
80ml golden syrup  
25g coconut sugar  
1 egg, lightly beaten

CALORIES  
**320**

# INSTRUCTIONS

Preheat oven to 160°C/350°F/gas 4.

Grease a 20cm x 30cm pan with butter or olive oil cooking spray, and line the bottoms and sides with baking paper.

Place the muesli, cranberries and apricots in a food processor and blitz until finely chopped.

Transfer to a large bowl, add the rice puffs and flour, and stir to combine.

Next, place the butter, golden syrup and coconut sugar in a saucepan and stir constantly over medium heat for about 3 minutes, or until butter has fully melted.

Add the beaten egg to the muesli mixture, followed by the melted butter and stir to combine. Spoon into the prepared pan and press down evenly.

Cook for 20-25 minutes or until the top has become golden. Allow to cool before removing from the pan.

Cut into bars and serve or keep in the freezer.









# EASY TOSSED SALAD

GF V

SERVES: 4

TIME: 15 MINUTES

CALORIES 214

PROTEIN 8

CARBS 14

FATS 14

FIBRE 4





# INGREDIENTS

---

For the dressing:

1/2 avocado

2 tbsp fresh flat-leaf parsley

1 1/2 tbsp fresh dill

2 tbsp lime juice, plus 1 tsp lime zest

1 1/2 tbsp avocado oil

Salt & cracked pepper

For the salad:

1/2 red onion, thinly sliced

1 large Romaine lettuce, leaves torn

3/4 Lebanese cucumber, sliced

2 tomatoes, chopped

To serve:

80g Parmesan cheese

CALORIES  
**214**

# INSTRUCTIONS

Add all dressing ingredients to a food processor or blender and blitz to combine.

Prepare the salad ingredients in a large bowl and pour dressing all over.

Toss really well to combine. Sprinkle with Parmesan cheese before serving.



# LEMON AND JALAPEÑO POTATO SALAD

GF V VE DF

SERVES: 5

TIME: 60 MINUTES

CALORIES 225

PROTEIN 4

CARBS 41

FATS 5

FIBRE 5

Research suggests that jalapeños and other spicy peppers may promote weight loss by boosting metabolism, increasing fat





# INGREDIENTS

---

1kg baby potatoes, cut in quarters  
2 tbsp olive oil, divided  
Sea salt & cracked pepper  
2 tbsp jalapeños, diced  
1 tbsp lemon juice, 1 tsp lemon zest  
1/2 tbsp honey (or maple syrup)  
2 stalks spring onion, thinly sliced

CALORIES  
**225**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper. Spread potatoes evenly across the tray (don't overcrowd) and toss in 1 tbsp olive oil, salt & cracked pepper. Cook for 25-30 minutes or until potatoes are cooked through and golden.

Meanwhile, mix the remaining tbsp of olive oil with the jalapeños, lemon juice & zest and honey.

Allow potatoes to cool, transfer to a large bowl, toss with dressing, sprinkle with spring onions and a little extra salt & cracked pepper.

# BACON & TOMATO SALAD

GF

SERVES: 4

TIME: 30 MINUTES

CALORIES 260

PROTEIN 11

CARBS 9

FATS 20

FIBRE 1





# INGREDIENTS

---

5 rashers bacon, chopped  
3 tbsp sherry vinegar  
2 tbsp olive oil  
2 tsp Dijon mustard  
100g halloumi cheese, chopped into cubes  
1 tsp olive oil  
500g heirloom tomatoes, cut into wedges  
1 tbsp fresh chives, chopped

CALORIES  
**260**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper and cook bacon for 20-25 minutes or until very crispy. Once cooked, transfer to a plate lined with paper towel to allow some of the oil to absorb.

In a small bowl, mix together the sherry vinegar, olive oil and Dijon mustard.

Meanwhile, in a medium sized frying pan, add the tsp of olive oil and halloumi and cook on medium-high heat for 2 minutes on each side.

Arrange tomatoes on a large plate, toss with sherry dressing and top with halloumi and chives.

# GARLIC & PARMESAN GREEN BEANS

GF V

SERVES: 4

TIME: 25 MINUTES

CALORIES 158

PROTEIN 8

CARBS 18

FATS 6

FIBRE 7



Green beans are high in chlorophyll. Eating chlorophyll increases the number of red blood cells in the body, which means better oxygenation to the organs and tissues and more energy for you.



# INGREDIENTS

---

1kg green beans, ends trimmed  
1 tbsp extra virgin olive oil  
Sea salt & cracked pepper  
2 cloves garlic, minced  
40g parmesan, grated

CALORIES  
**158**

# INSTRUCTIONS

Start by preheating oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Toss the beans in olive oil, garlic, salt & cracked pepper and place on the baking tray.

Cook for 15 minutes, remove from the oven and sprinkle with Parmesan cheese. Place back in the oven and cook for an additional 5 minutes.

Serve hot!









# RUSSIAN BORSCHT

GF DF

SERVES: 2

TIME: 60 MINUTES

CALORIES 288

PROTEIN 10

CARBS 62

FATS 0

FIBRE 12





# INGREDIENTS

---

450g beetroot, peeled and cut into cubes  
2 carrots, peeled and cut into cubes  
1 onion  
1l chicken stock  
1 tbsp honey  
1 tbsp lemon juice  
1/2 tsp salt

CALORIES  
**288**

# INSTRUCTIONS

Start by placing the beetroot, carrots, onion and chicken stock in a large pot and bring it to a boil. Cover, reduce heat to a simmer and cook for 45 minutes - 1 hour, or until the vegetables are tender.

Add the vegetables and half the stock to a blender or food processor and blitz until smooth.

Next, stir in the honey, lemon juice, salt, and a little extra stock if it needs.

Refrigerate until cooled and serve cold if you want to try the traditional way. Otherwise, it's delicious served hot!

# ONION AND BUTTER BEAN SOUP

V

SERVES: 4

TIME: 30 MINUTES

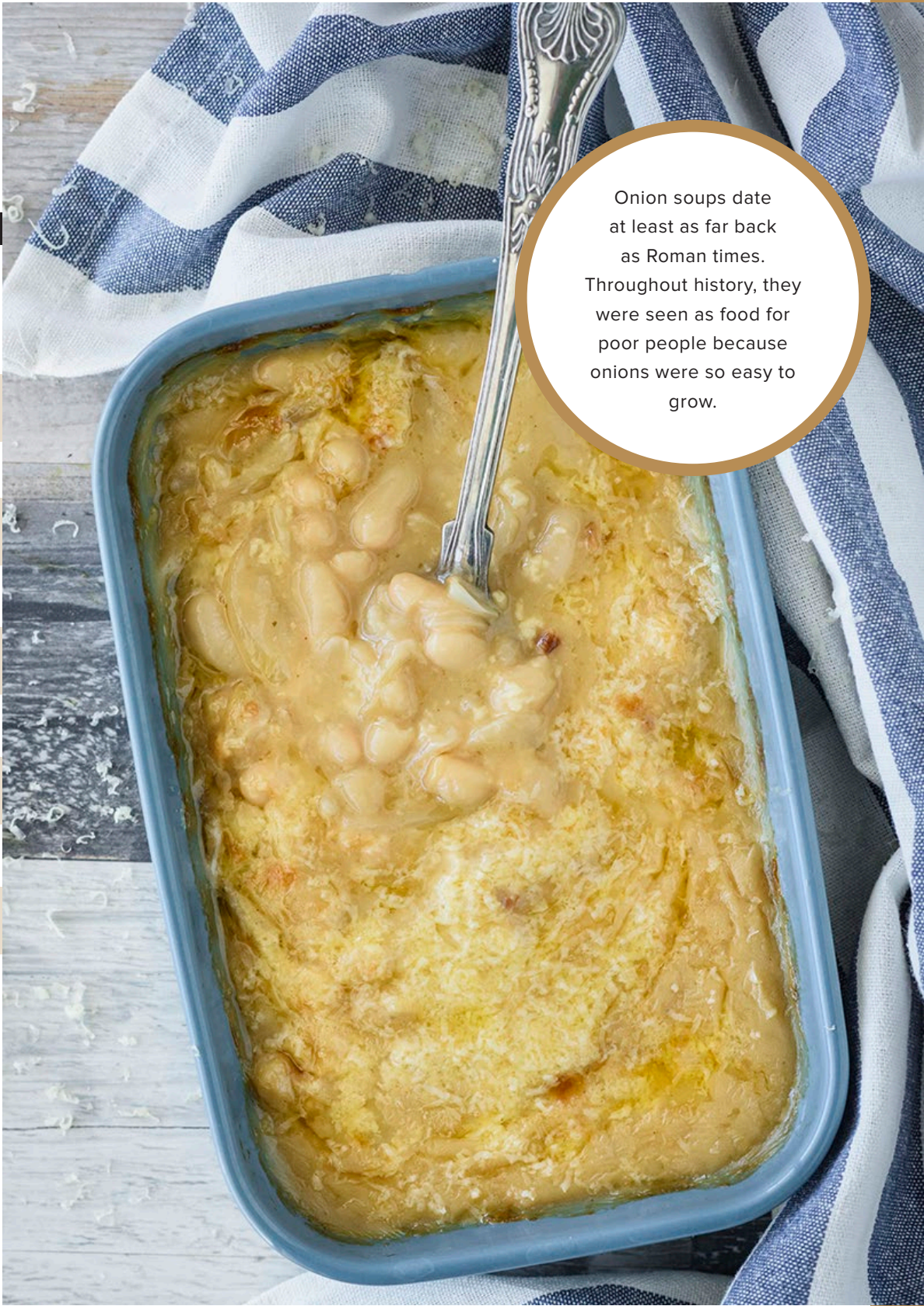
CALORIES 413

PROTEIN 15

CARBS 32

FATS 25

FIBRE 6



Onion soups date at least as far back as Roman times. Throughout history, they were seen as food for poor people because onions were so easy to grow.



# INGREDIENTS

---

60g butter  
5 brown onions, thinly sliced  
1 1/2 tbsp plain flour  
1 x (400g) tin butter beans, drained and rinsed  
1.2l vegetable stock  
150g cheddar cheese, grated

CALORIES  
**413**

# INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6.

Melt the butter in a pan, add the onions and flour and cook for about 5 minutes or until the onions have softened.

Next, add the butter beans and stock. Simmer for 10 minutes or until the beans have softened.

Transfer into an ovenproof casserole dish, sprinkle with cheese, salt & cracked pepper. Place in the oven and cook for 10 minutes or until cheese has melted and turned golden.

# GINGERY CHICKEN WINGS

GF DF

SERVES: 5

TIME: 1 HOUR (PLUS  
8 HOURS  
OVERNIGHT)

CALORIES 261

PROTEIN 21

CARBS 6

FATS 17

FIBRE 0





# INGREDIENTS

---

1kg chicken wings  
For the sauce:  
80ml tamari  
1 tsp ground ginger  
1/2 tsp ground garlic  
3 tsp honey  
1 1/2 tbsp tomato sauce  
1 1/2 tbsp lime juice

CALORIES  
**261**

# INSTRUCTIONS

Start by mixing all the sauce ingredients together.

Place the chicken wings in a large dish, pour the sauce all over, cover and leave in the fridge for at least four hours, or ideally overnight.

Preheat oven to 190°C/375°F/Gas 5. Line a large ovenproof dish with baking paper.

Transfer the wings to the ovenproof dish, brushing the chicken wings with any extra sauce. Place in the oven and cook for 1 hour or until wings are crispy.

# ROAST CHICKEN FRIED RICE

GF DF

SERVES: 4

TIME: 40 MINUTES

CALORIES 432

PROTEIN 28

CARBS 53

FATS 12

FIBRE 8



One of the secrets of fried rice is that the ingredients are cooked separately which helps them maintain their distinct flavours.



# INGREDIENTS

---

250g brown rice (uncooked)  
1 tbsp coconut oil  
1 brown onion, diced  
1 clove garlic, diced  
300g frozen vegetable mix  
1 egg  
350g roast chicken, pulled  
1 tbsp tamari  
1/2 tbsp sriracha

CALORIES  
**432**

# INSTRUCTIONS

Start by cooking the rice according to packet instructions.

Meanwhile, bring a large wok to medium high heat, add coconut oil and onion and cook for 4-5 minutes or until onion has softened.

Next, add the garlic and vegetables and cook for another five minutes.

Meanwhile, crack the eggs into a small bowl and whisk. Transfer the eggs to a medium sized fry pan and cook like an omelette. Remove from the pan, chop into bite sized pieces and add to the wok.

Add the pulled roast chicken, sriracha and tamari and heat through.

Divide into 4 bowls and serve hot.

# OKONOMIYAKI

GF V DF

SERVES: 2

TIME: 40 MINUTES

CALORIES 466

PROTEIN 13

CARBS 81

FATS 10

FIBRE 7





# INGREDIENTS

---

500g potatoes, grated  
1 egg  
3 stalks spring onion  
Salt & cracked pepper  
50ml teriyaki sauce  
4 tsp Kewpie mayonnaise

CALORIES  
**466**

# INSTRUCTIONS

Start by draining as much water out of the grated potato as you can. Transfer to a large bowl, add the egg, spring onion, salt & cracked pepper, mix to combine.

Bring a large frying pan to medium heat and add olive oil. Spoon half the mixture into a pancake shape into the pan. Cook for about 5 minutes each side or until the potato has turned golden. Set aside and cook the remainder of the potato.

Add the teriyaki sauce to the same pan and heat on low. Place the pancakes gently back into the pan and coat in the sauce.

Remove from the pan, divide on two plates and drizzle with Kewpie mayonnaise and extra spring onions.

# LAMB STEW

DF

SERVES: 4

TIME: 120 MINUTES

CALORIES 463

PROTEIN 35

CARBS 11

FATS 31

FIBRE 2



Stews have been made since ancient times. The world's oldest evidence of stew was found in Japan!



# INGREDIENTS

---

2 tbsp flour  
Salt & cracked pepper  
1 tbsp fresh rosemary  
700g lamb neck chops  
1 large brown onion, diced  
2 large carrots, sliced  
1 large bell pepper, chopped  
1 large courgette, sliced  
Water  
1 tbsp worcestershire sauce

CALORIES  
**463**

# INSTRUCTIONS

Mix the flour, salt & cracked pepper and rosemary together in a large bowl and coat the lamb.

Add the chopped vegetables and lamb to a very deep casserole dish. (Make sure you layer the vegetables and the meat all the way up, with a vegetable layer last).

Fill the pot with enough water to just cover the top layer. Add the Worcestershire sauce.

Bring to a boil, cover and then reduce the heat to a simmer. Cook for approximately 1 1/2 hours or until the water has reduced, vegetables are tender and meat is cooked.

Divide into four bowls and serve with crusty bread, optional.

# BAKED CHICKEN

GF DF

SERVES: 2

TIME: 75 MINUTES.

CALORIES 311

PROTEIN 40

CARBS 22

FATS 7

FIBRE 2





# INGREDIENTS

---

2 tsp olive oil  
700g chicken breast  
1 brown onion, diced  
3 stalks celery, sliced  
1 tsp Italian seasoning  
1 x (400g) tinned tomatoes  
To serve:  
180g rice (cooked)

CALORIES  
**311**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Add the oil to a frying pan and bring to medium-high heat. Add the chicken and brown the pieces all over.

Transfer the chicken to an ovenproof casserole dish.

In the same pan, add the onion, celery, Italian seasoning and tinned tomatoes and bring to a boil.

Pour the tomato sauce all over the chicken and place in the oven for 45-55 minutes, or until chicken is fully cooked.

Serve with a side of rice.

# BEEF MACARONI

SERVES: 4

TIME: 30 MINUTES

CALORIES 565

PROTEIN 34

CARBS 51

FATS 25

FIBRE 2



The earliest known recorded mac'n'cheese recipe was scribbled down in 1769.





# INGREDIENTS

---

200g macaroni (uncooked)  
2 tsp olive oil  
1 clove garlic, minced  
400g beef mince  
150g peas  
150g tinned corn  
50g butter  
35g gluten free flour  
400ml skim milk  
150g cheese

CALORIES  
**565**

# INSTRUCTIONS

Start by cooking the macaroni according to packet instructions.

Next, heat the oil and cook the onion for five minutes. Add the garlic and beef and cook for 7-10 minutes or until fully cooked. Add the peas and corn and cook for an additional 2 minutes.

In a separate pan, melt the butter on low heat before adding the flour. Slowly pour in the milk, stirring constantly for about five minutes or until bubbling slightly. Add the cheese and stir for another 3 minutes.

Transfer the cheese mix to the beef and stir through.

Finally, stir through the macaroni and season with salt & pepper.

Divide into four bowls and serve hot.

# COCONUT FISH

GF DF

SERVES: 2

TIME: 20 MINUTES

CALORIES 334

PROTEIN 45

CARBS 7

FATS 14

FIBRE 2





# INGREDIENTS

---

400g white fish  
1 tbsp coconut oil  
1 1/2 tsp ground allspice  
1 clove garlic, minced  
75ml coconut milk  
1 large carrot  
To serve:  
Fresh parsley

CALORIES  
**334**

# INSTRUCTIONS

Start by steaming the carrot over boiling water or in the microwave.

Meanwhile, heat the coconut oil in a large frying pan on medium heat.

Add the all spice, garlic, and coconut milk, stirring constantly.

Place the fish in the frying pan, cover and cook for 10-12 minutes.

Serve fish with carrots and fresh parsley.

# EASY CHINESE NOODLES

GF DF

SERVES: 3

TIME: 25 MINUTES

CALORIES 380

PROTEIN 31

CARBS 46

FATS 8

FIBRE 1



Hokkien Noodles are made from wheat flour and egg. They were introduced to Malaysia by Hokkien Chinese and are now found in stir-fries around the world





# INGREDIENTS

---

500g Hokkien noodles  
1 tsp olive oil  
500g beef mince  
1/4 white cabbage, shredded  
75g frozen carrot  
75g frozen beans  
For the sauce:  
4 tsp corn flour  
3 tbsp dark soy sauce  
1 tbsp Mirin  
1 tsp honey  
Salt & cracked pepper

CALORIES  
**380**

# INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Next, add the olive oil and beef to a large wok and cook for 5-7 minutes.

Next, stir through the vegetables.

In a small bowl, whisk together all the sauce ingredients until well combined.

Pour the sauce over the beef and vegetables and heat through for about 3 minutes.

Divide into 3 bowls and top with fresh chilli if you desire.

# VEGETABLE & BEAN STEW

GF

SERVES: 3

TIME: 20 MINUTES

CALORIES 380

PROTEIN 33

CARBS 35

FATS 12

FIBRE 2





# INGREDIENTS

---

2 brown onions, diced  
8 rashers bacon  
500ml vegetable stock  
2 x (400g) tin kidney beans  
1 tsp dried thyme  
To serve:  
4 tbsp sour cream

CALORIES  
**380**

# INSTRUCTIONS

Bring a large frying pan to high heat. Add the onion, bacon and vegetable stock and bring to a boil. Reduce the heat and simmer for 10 minutes.

Add the kidney beans and thyme and simmer for an additional 5 minutes or until the kidney beans have softened.

Divide into 4 bowls and serve with sour cream

# SATAY TOFU

GF V VE DF

SERVES: 3

TIME: 30 MINUTES

CALORIES 415

PROTEIN 14

CARBS 20

FATS 31

FIBRE 6



It takes about 540 peanuts to make a 12-ounce jar of peanut butter.



# INGREDIENTS

---

270ml coconut milk  
70g crunchy peanut butter  
2 tbsp tamari  
2 tsp olive oil  
200g tofu, cut into cubes  
2 bunches bok choy, chopped  
1 large cucumber, cut into matchsticks  
2 carrots, cut into ribbons  
To serve:  
Spring onions, sliced  
Fresh red chilli

CALORIES  
**415**

# INSTRUCTIONS

Preheat oven to 190°C/375°F/gas 5.

Place the coconut milk, peanut butter and soy sauce in a saucepan over low heat. Cook for 10 minutes, stirring occasionally, allowing the sauce to thicken.

Meanwhile, in a large saucepan, add the olive oil and cook the tofu for 7-10 minutes, constantly shaking the pan and flipping the tofu.

Transfer the tofu to a baking tray and place in the oven for 5 minutes while you cook the remainder of the meal.

Place the bok choy in the same pan the tofu was in and cook for 5 minutes.

Transfer to 3 serving bowls, along with the carrot and cucumber.

Top with tofu, satay sauce, fresh spring onion and chilli if you desire.

# MEDITERRANEAN CHICKEN

GF

SERVES: 2

TIME: 50 MINUTES

CALORIES 381

PROTEIN 22

CARBS 17

FATS 25

FIBRE 9





# INGREDIENTS

---

100g large green olives  
100g artichoke hearts (marinated in a jar)  
1 red bell pepper, chopped  
2 courgette, chopped  
Salt & cracked pepper  
2 chicken thigh cutlets  
1 tsp oregano  
50g feta, crumbled

CALORIES  
**381**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line an oven-proof baking dish with baking paper.

Combine the olives, artichoke, bell pepper, and courgette in a large bowl, along with a little liquid from the artichoke hearts, salt & cracked pepper. Toss well to coat and set aside.

Place chicken in the baking dish, skin side up, season with oregano and cook for 20 minutes.

Remove from the oven, add all the vegetables to the dish (with the chicken still sitting on top) and cook for another 20 minutes or until the chicken is fully cooked.

Divide on two plates and top with feta.

# AUBERGINE TORTILLAS

V VE DF

SERVES: 4

TIME: 30 MINUTES

CALORIES 336

PROTEIN 8

CARBS 40

FATS 16

FIBRE 13



Aubergines  
aren't actually  
vegetables,  
they're  
berries!



# INGREDIENTS

---

500g aubergine, cut into cubes  
2 tbsp olive oil  
1 packet burrito spice mix  
4 tortillas  
1/2 iceberg lettuce  
2 tomatoes, diced  
1 Lebanese cucumber, sliced  
1 avocado, sliced  
To serve:  
4 tbsp salsa  
2 tbsp fresh coriander, leaves picked

CALORIES  
**336**

# INSTRUCTIONS

Bring a large frying pan to high heat, add olive oil and cook aubergine for 12-15 minutes or until very soft.

After 15 minutes, add the spice mix, stir to coat and cook for another 5 minutes.

Meanwhile, prepare the tortillas by placing them in the microwave for 30 seconds.

Next, layer them with lettuce, tomato, cucumber and avocado.

Top with aubergine, salsa and fresh coriander. Serve immediately.

# TUNA RAVIOLI

**SERVES: 3**

**TIME: 20 MINUTES**

**CALORIES 347**

**PROTEIN 44**

**CARBS 36**

**FATS 3**

**FIBRE 2**





# INGREDIENTS

---

200g spinach and cheese ravioli  
400g tuna in springwater, drained  
500ml passata  
2 tsp oregano  
1 tsp Italian herbs  
1/2 tsp chilli flakes

CALORIES  
**347**

# INSTRUCTIONS

Start by cooking ravioli according to packet instructions. Drain and set aside.

In a separate pan, add the tuna, passata, oregano, Italian herbs and chilli flakes.

Cook stirring constantly for 4-5 minutes.

Add the cooked ravioli to the pan and stir through to heat for 2 minutes.

Transfer to 3 bowls and season with salt & cracked pepper.

# BURGER BOWL

GF DF

SERVES: 4

TIME: 25 MINUTES

CALORIES 311

PROTEIN 20

CARBS 24

FATS 15

FIBRE 5



Overall, turkey contains fewer calories than chicken and more protein.



# INGREDIENTS

---

1/2 tbsp olive oil  
4 turkey burgers  
2 tomatoes, sliced  
4 large dill pickles, sliced  
8 slices tinned beetroot  
8 iceberg lettuce leaves  
2 tbsp mayonnaise  
2 tbsp tomato sauce

CALORIES  
**311**

# INSTRUCTIONS

Heat a large frying pan on medium-high heat, add the olive oil and cook the burgers for about 5 minutes on each side or until fully cooked through.

Meanwhile, prepare the four bowls by adding all salad ingredients.

Transfer 1 burger to each bowl and serve with mayonnaise and tomato sauce.









# DATE PUDDINGS

DF

SERVES: 2

TIME: 45 MINUTES

CALORIES 374

PROTEIN 10

CARBS 70

FATS 6

FIBRE 7





# INGREDIENTS

---

200g sweet potato, cooked and mashed  
3 pitted Medjool dates, chopped  
30ml maple syrup  
2 tbsp cocoa powder  
2 eggs  
1/2 tsp vanilla extract  
2 1/2 tbsp plain flour  
1/4 tsp Himalayan salt

CALORIES  
**374**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Grease 2 ramekins with coconut oil, or coconut oil cooking spray.

In a large bowl, add the mashed sweet potato, maple syrup and cocoa powder. Stir to combine.

Next, add the eggs and stir well, before adding the flour and salt.

Transfer to the greased ramekins and place in the oven for 15-18 minutes or until edges are beginning to look hardened.

Serve with Greek yoghurt.

# MACARONS



**SERVES: 15**

**TIME: 40 MINUTES**

**CALORIES 132**

**PROTEIN 3**

**CARBS 12**

**FATS 8**

**FIBRE 12**

The word macaron stems from the same origin of the word macaroni, both meaning “fine dough”.





# INGREDIENTS

---

3 egg whites  
100g coconut sugar  
2 tbsp lime juice  
70g almond meal  
100g desiccated coconut  
1 tbsp self-raising flour  
1/2 tsp baking powder

CALORIES  
**132**

# INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4 and line a baking tray with baking paper.

Beat the egg white with an electric beater until soft peaks begin to form. Add the sugar and continue to beat until the peaks stiffen. Add the lime juice and beat for another 10 seconds.

Next, add the almond meal, coconut, flour and baking powder and fold to combine.

Using a spoon, transfer the mixture to the baking tray (leaving room for them to spread).

Cook for 15-20 minutes. Once cooked, transfer to a cooling tray and allow to cool for five minutes.

# APRICOT CRUMBLE POT

GF V

SERVES: 1

TIME: 35 MINUTES

CALORIES 229

PROTEIN 2

CARBS 35

FATS 9

FIBRE 3





# INGREDIENTS

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170g tinned apricots  
1 tsp cornstarch  
1/8 tsp ground ginger  
1/8 tsp ground cinnamon  
2 tsp maple syrup  
For the crumble:  
2 tbsp rolled oats (gluten free if required)  
1/4 tsp cinnamon  
2 tsp butter

CALORIES  
**229**

# INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4.

Toss together the apricots, corn starch, ginger, cinnamon and maple syrup and place in a ramekin.

In a separate bowl, mix together the rolled oats, cinnamon, and butter. Use your hands to mush the butter into the oats.

Transfer oats to the ramekin and cook for 20 minutes or until golden and bubbling.



# HIGH PERFORMANCE RECIPES

