

Beyond the Gym:

A RECIPE BOOK FOR A TOTAL BODY & MIND TRANSFORMATION



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**HIGH CARB
BREAKFAST**
Recipes

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Banana Oat Pancakes

Ingredients

50g Oats
100ml Water
2 Egg Whites
30g Banana
2 Tsp Baking Powder
80g 0% Yoghurt (topping)
20 Berries (topping)

Instructions

- Mash banana and mix with egg whites
- Add dry ingredients and wet ingredients and mix well.
- Preheat a skillet over a medium heat
- Add mixture to the pan (should be 3-4 pancakes)
- Flip the pancake and cook on both sides until brown
- Serve immediately with berries and yoghurt (optional)

Serving Size~ 1 Serving



295Kcals/serving

Macros

Protein 15g
Carbs 51g
Fats 5g
Fibre 10g

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Light French Toast

Ingredients

2 Slices Hovis Bread (88kcal)

2 Egg Whites

1 Whole Egg

20g Berries

Calorie Free Syrup (Skinny

Syrup salted caramel)

Instructions

- Mix egg and egg whites
- Dip Bread into egg mixture until saturated
- Add to a preheated skillet and cook on both sides until browned
- Serve with berries and calorie free syrup

Serving Size~ 1 Serving



290Kcal/serving

Macros

Protein 21g

Carbs 34g

Fats 7g

Fibre 6g

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Apple Cinnamon Toast

Ingredients

100ml Skimmed Milk
1 Large Eggs
1 Egg White
1 Tsp Vanilla Extract
1 Tsp Ground Cinnamon
2 Slices Wholemeal Bread
1/2 Apple

Instructions

- Whisk milk, eggs, vanilla extract
- Dip bread into the mixture and fry on a high heat (using 1kcal spray, not butter or oil)
- When the toast is browned on both sides, remove from heat and serve with cinnamon and chopped apple.

Serving Size~ 1 Serving

308Kcals/serving

Macros

Protein 18g
Carbs 42g
Fats 7g
Fibre 5g



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Berry Egg White Oats

Ingredients

60g Oats
2 Egg Whites
80g 0% Yoghurt
30g Berries
10g Chia Seeds
1/2 Tbsp Honey

Instructions

- Add oats and roughly 200ml water to a pot
- Place on hob at a high heat
- Add in egg whites and stir until the oats are thoroughly cooked
- Serve with honey, berries, yoghurt and chia seeds

Serving Size~ 1 Serving



380Kcals/serving

Macros

Protein 24g
Carbs 51g
Fats 8g
Fibre 9g

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Apple Egg White Oats

Ingredients

60g Oats
2 Egg Whites
1/4 Apple
30g Berries
10g Chia Seeds

Instructions

- Add oats and roughly 200ml water to a pot
- Place on hob at a high heat
- Add in egg whites and stir until the oats are thoroughly cooked
- Serve with apple, berries, and chia seeds

Serving Size~ 1 Serving



310Kcals/serving

Macros (per Serving)

Protein 16g
Carbs 41g
Fats 8g
Fibre 9g

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PB Banana Oats

Ingredients

40g Oats
1/2 Medium Banana
2 Egg Whites
1 Tbsp Peanut Butter

Instructions

- Add oats and roughly 200ml water to a pot
- Place on hob at a high heat
- Add in egg whites and stir until the oats are thoroughly cooked
- Serve with banana and peanut butter

Serving Size~ 1 Serving



338 Kcals/serving

Macros (per Serving)

Protein 16g
Carbs: 43g
Fats: 10g
Fibre: 6g

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Banana & Choc Smoothie

Ingredients

150ml almond milk
1/2 frozen banana
1/2 tbsp dark cocoa powder
1/2 scoop vanilla protein powder

Instructions

- Blend all ingredients and enjoy!

Serving Size~ 1 Serving



260Kcals/serving

Macros (per Serving)

Protein 16g
Carbs 29g
Fats 10g
Fibre 5g

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Yoghurt & Granola

Ingredients

150g Fat Free Yoghurt

25g Granola

15g Dark Chocolate

20g Berries

Instructions

- Add all ingredients to a bowl and enjoy!

Serving Size~ 1 Serving

232Kcals/serving

Macros (per Serving)

Protein 15g

Carbs 30g

Fats 6g

Fibre 2g



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Peach Quinoa Oats

Ingredients

30g quinoa
15g porridge oats
150ml unsweetened almond milk
1 ripe peach

Instructions

- Add oats, quinoa, and almond milk (or water) water to a pot and slowly cook for 12-15 minutes
- Add in chopped ripe peach and serve

Serving Size~ 1 Serving



316 Kcals/serving

Macros (per Serving)

Protein: 10g
Carbs: 50g
Fats: 6g
Fibre: 6g

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Vegan French Toast

Ingredients

200ml Water
15g Soya Protein (vanilla or unflavoured)
2 Tbsp ground flax seeds
1 Tsp cinnamon
2 slices wholemeal bread

Instructions

- Mix flax, water, and protein powder
- Dip Bread into mixture until saturated
- Add to a preheated skillet and cook on both sides until browned
- Serve with berries

Serving Size~ 1 Serving

303 Kcals/serving

Macros

Protein: 24g

Carbs: 35g

Fats: 7g

Fibre: 10g



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Vegan Fry

Ingredients

- 2 Cauliflower Sausages
- 1 Tomato
- 3 Mushrooms
- 1/4 tin Baked Beans
- 1 Slice Wholemeal bread

Instructions

- Cook sausages as per instructions, adding chopped tomato and mushrooms to the pan to fry.
- Cook beans per instructions
- Serve with toasted bread

Serving Size~ 1 Serving

280 Kcals/serving

Macros (per Serving)

Protein: 12g

Carbs: 45g

Fats: 3g

Fibre: 12g



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Vegan Smoothie Bowl

Ingredients

150g Coconut/Soya Yoghurt
15g Vegan Whey (Women's Best)
50g Berries
10g Almonds

Instructions

- Add all ingredients to a bowl and enjoy!

Serving Size~ 1 Serving

281 Kcals/serving

Macros (per Serving)

Protein 20g
Carbs 15g
Fats 15g
Fibre 6g

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Tofu Scramble

Ingredients

200g Tofu
1 Chopped Tomato
1 Tsp coconut oil
Pinch of salt
Pinch of turmeric powder
Slice of wholemeal bread

Instructions

- Add tofu and chopped tomato to a bowl and mash with a fork
- Add coconut oil to a skillet and cook tofu thoroughly, adding salt and tumeric
- Serve with toasted bread

Serving Size~ 1 Serving

289 Kcals/serving

Macros (per Serving)

Protein 20g

Carbs 20g

Fats 14g

Fibre 8g

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**LOW CARB
BREAKFAST**
Recipes

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PB Chia Pudding

Ingredients

3 Tbsp Chia Seeds
1/2 Scoop PB Whey
100ml Milk (s/s or almond)
1/2 Large Banana

Instructions

- In a bowl, mix together 1/4 banana, milk, whey, and chia seeds and chill for 2 hours.
- Add pudding to a glass and top with remaining banana.

Serving Size~ 1 Serving

286Kcals/serving

Macros

Protein 19g

Carbs 37g

Fats 7g

Fibre 9g



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Raspberry Choc Chia Pudding

Ingredients

30g Raspberries
3 Tbsp Chia Seeds
40g 80% Dark Chocolate
100ml Skimmed Milk
1 Tbsp Maple Syrup

Instructions

- Blend raspberries and mix with maple syrup for raspberry compote
- Melt chocolate in a pan over a medium heat along with the milk
- Leave chocolate mix to cool before adding in chia seeds
- Place chia seed pudding in the fridge for 6-8 hours
- Add raspberry compote to a glass or jar, adding the chia pudding mixture and topping with fresh raspberries

Serving Size~ 1 Serving



260 Kcals/serving

Macros (per Serving)

Protein 7g

Carbs 24g

Fats 15g

Fibre 8g

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High Vibe Omelette

Ingredients

- 2 Large Eggs
- 1 Egg White
- 15g Lowlow Cheese
- 20g Chopped Mushrooms
- 1 Chopped Tomato
- 1/2 Chopped Red Onion
- 1 Handful Mixed Lettuce
- 1/2 Tbsp Balsamic Vinegar

Instructions

- Mix egg whites and eggs and add to a skillet on a high heat
- Add chopped tomato, mushrooms, and onion and cook for a few minutes
- Flip the omelette or cook the top of the omelette under a pre-heated grill
- Remove from heat once the omelette is fully cooked and top with lettuce, cheese, and balsamic vinegar

Serving Size~ 1 Serving

284Kcals/serving

Macros (per Serving)

Protein 21g

Carbs 7g

Fats 19g

Fibre 2g

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Chorizo Omelette

Ingredients

- 1 Large Egg
- 2 Egg Whites
- 15g Low Fat Cheese
- 15g Chorizo
- 1 Chopped Tomato
- Handful Spinach

Instructions

- Mix egg whites and eggs and add to a skillet on a high heat
- Add chopped tomato, chorizo, and cook for a few minutes
- Flip the omelette or cook the top of the omelette under a pre-heated grill
- Remove from heat once the omelette is fully cooked and top with cheese and spinach

Serving Size~ 1 Serving

283 Kcal/serving

Macros (per Serving)

Protein 28g

Carbs 6g

Fats 19g

Fibre 2g



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Turkey Sausage Scramble

Ingredients

1 turkey Sausage
2 Whole Eggs
1 Egg White
Chopped Tomato
Handful Spinach

Instructions

- Mix egg whites and eggs and add to a skillet on a high heat
- Add chopped tomato and spinach and cook for a few minutes
- Flip the omelette or cook the top of the omelette under a pre-heated grill
- Cook turkey sausages as per instructions
- Remove from heat once the omelette is fully cooked and serve with turkey sausages

Serving Size~ 1 Serving

264 Kcals/serving

Macros (per Serving)

Protein 28g

Carbs 6g

Fats 17g

Fibre 2g



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Spinach & Tomato Frittata

Ingredients

3 Large Eggs
4 Large Egg Whites
Handful Spinach
2 Medium Tomato
30g Low Low Cheese
20g Zucchini

Instructions

- Add eggs and egg whites to a bowl and whisk until mixed.
- Chop tomatoes and zucchini
- Add 1/2 of the tomatoes, zucchini, and spinach to eggs and mix.
- Add mixture to a pan and place on a medium heat until the sides start to set
- Add cheese and place the pan under a grill until fully cooked.
- Serve with remaining spinach, tomatoes, and zucchini

Serving Size~ 2 Serving



200 Kcals/serving

Macros (per Serving)

Protein 21g

Carbs 3g

Fats 11g

Fibre 1g

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Choc & Coffee Smoothie

Ingredients

150ml Almond Milk
1/4 cup coffee
1/2 tbsp dark cocoa powder
1 vanilla protein powder

Instructions

- Blend all ingredients and enjoy!

Serving Size~ 1 Serving



200 Kcals/serving

Macros (per Serving)

Protein 26g

Carbs 10g

Fats 4g

Fibre 3g

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Mocha Smoothie

Ingredients

150ml almond milk
1/2 frozen banana
1/2 tbsp dark cocoa powder
1/2 scoop vanilla protein powder

Instructions

- Blend all ingredients and enjoy!

Serving Size~ 1 Serving



252 Kcals/serving

Macros (per Serving)

Protein 15g
Carbs 27g
Fats 11g
Fibre 4g

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PB & J Smoothie

Ingredients

150ml Almond Milk
50g Frozen Strawberries
1 Tbsp Peanut Butter
30g Vanilla Whey

Instructions

- Blend all ingredients and enjoy!

Serving Size~ 1 Serving



250 Kcals/serving

Macros (per Serving)

Protein 28g

Carbs 12g

Fats 10g

Fibre 2g

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Berry Yoghurt Bowl

Ingredients

150g Fat Free Strawberry Yoghurt
15g Strawberry Whey
50g Berries
10g Chia Seeds
5g Flaked Almonds

Instructions

- Add all ingredients to a bowl and enjoy!

Serving Size~ 1 Serving



230Kcals/serving

Macros (per Serving)

Protein 30g
Carbs 12g
Fats 7g
Fibre 3g

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PB Yoghurt Bowl

Ingredients

150g 0% Fat Yoghurt
1 Tbsp (15g) Nut Butter
20g 70% Dark Chocolate
10g Chopped Walnuts

Instructions

- Add ingredients to a bowl and enjoy

Serving Size~ 1 Serving



308 Kcals/serving

Macros (per Serving)

Protein 21g
Carbs 16g
Fats 19g
Fibre 2g

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Yoghurt with Choc & Berries

Ingredients

150g Fat Free Yoghurt

30g Dark Choc (70%)

20g Berries

Instructions

- Add all ingredients to a bowl and enjoy!

Serving Size~ 1 Serving



221Kcals/serving

Macros (per Serving)

Protein 17g

Carbs 17g

Fats 10g

Fibre 3g

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HIGH CARB LUNCH

Recipes

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Taco Salad

Ingredients

100g 5% Lean Mince
20g Onion
20g Tomato
1/2 Tbsp 30% Less Fat Houmous
1/2 Tbsp Guacamole
Mixed Lettuce
40g Corn Chips
1 Tbsp Salsa

Instructions

- Place meat into a skillet on a high heat
- Add onion and tomato and fry until meat is thoroughly browned.
- In a bowl, add a handful of salad, 1/2 tablespoon of hourmous and 1/2 tablespoon of guacamole.
- Add 1/5 of the mince to the bowl
- Top with 40g corn chips and 1 tablespoon or salsa

Serving Size~ 1 Serving

435 Kcals/serving

Macros (per Serving)

Protein 27g
Carbs 34g
Fats 20g
Fibre 5g

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Chicken Burrito Bowl

Ingredients

100g Chicken
30g Rice (uncooked weight)
1/2 Tomato
Handful Spinach
50g Shredded Carrot or corn
30g Black beans (Optional)
1/2 Cucumber
1 Tbsp Melted coconut Oil
1/4 Lime

Instructions

- Add rice to pot of boiling water and cook as per instructions
- Soak beans overnight and cook as per package instructions
- Add carrot, cabbage, spinach, chopped tomato, and cucumber to a bowl
- Add chicken, rice and beans and cover with squeeze lime and melted coconut oil

Serving Size~ 1 Serving



400 Kcals/serving

Macros (per Serving)

Protein 30g

Carbs 48g

Fats 9g

Fibre 7g

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Slimbo Chicken Sandwich

Ingredients

100g Chicken
1/2 Tomato
1 Tbsp Extra Light Mayo
1/2 Tsp Green Pesto
10g Avocado
Handful Spinach
20g Red Pepper
1 Multiseed Bagel Slim

Instructions

- Mix pesto with mayo and chopped peppers
- Add spinach, chopped tomato, and pesto mayo sauce to lightly toasted bagel
- Add chicken and serve immediately

Serving Size~ 1 Serving



290 Kcals/serving

Macros (per Serving)

Protein 32g

Carbs 26g

Fats 7g

Fibre 3g

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Turkey Melt Panini

Ingredients

70g Turkey Slices
1 Slice Turkey Rasher (turkey bacon)
15g Low Fat Cheese Slices
1 Tsp Dijon Mustard
1 tbsps Extra Light Mayo
(Optional: cucumbers or spinach)

Instructions

- Mix dijon mustard and mayo
- Cook turkey rashers as per instructions
- Add sauce to wholemeal bread slices along with turkey, turkey rashers, and pan fry using 1kcal spray

Serving Size~ 1 Serving

363Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 33g

Fats 6g

Fibre 6g



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Turkey Salad Sandwich

Ingredients

100g Turkey Breast

1/2 Tomato

1 Tbsp Extra Light Mayo

1 Slice Low Fat Cheese

Handful Lettuce

2 Slices Wholemeal Bread

Instructions

- Add lettuce, chopped tomato, cheese and mayo to wholemeal bread
- Add turkey breast and serve immediately

Serving Size~ 1 Serving

362Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 31g

Fats 9g

Fibre 6g



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Chicken Salad Sandwich

Ingredients

100g Chicken
1/2 Tomato
1 Tbsp Extra Light Mayo
Handful Lettuce
2 Slices Wholemeal Bread

Instructions

- Add lettuce, chopped tomato, and mayo to wholemeal bread.
- Add cooked chicken breast and serve.

Serving Size~ 1 Serving

355Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 32g

Fats 8g

Fibre 6g



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Chicken Pesto Sandwich

Ingredients

100g Chicken
1/2 Tomato
1 Tbsp Extra Light Mayo
1/2 Tsp Green Pesto
Handful Spinach
2 Slices Wholemeal Bread

Instructions

- Mix pesto with mayo and chopped peppers
- Add spinach, chopped tomato, and pesto mayo sauce to lightly toasted bagel
- Add chicken and serve immediately

Serving Size~ 1 Serving

366 Kcals/serving

Macros (per Serving)

Protein 36g

Carbs 34g

Fats 9g

Fibre 6g



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Roasted Pepper Wraps

Ingredients

- 2 Whole Wheat Wraps
- 2 Tbsp Low Fat Hummus
- 2 Handfuls Spinach
- 2 whole sliced roasted peppers
- 1 grated carrot
- 30g Avocado (or 30g feta)

Instructions

- Add 1 tbsp hummus to each wrap along with spinach, sliced roasted peppers, feta or avocado and carrot

Serving Size~ 2 Servings



317 Kcals/serving

Macros (per Serving)

Protein 12g

Carbs 42g

Fats 11g

Fibre 11g

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Avocado Toast

Ingredients

- 30g Avocado
- 50g Cooked Tofu
- 1/2 Tomato
- 2 Slices Wholemeal Bread
- 2 Tsp Balsamic Dressing

Instructions

- Toast wholemeal Bread
- Add mashed avocado, tofu, chopped tomato and top with balsamic dressing

Serving Size~ 1 Serving



286Kcals/serving

Macros (per Serving)

Protein 15g

Carbs 35g

Fats 9g

Fibre 11g

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Mediterranean CousCous

Ingredients

1 clove minced garlic
1 tsp Melted coconut oil
50g couscous (uncooked)
50g tomatoes
1/2 green pepper (chopped)
1/2 medium red onion (chopped)
50g feta cheese (optional)

Instructions

- Bring water to the boil to cook couscous. Cook as per instructions.
- Remove from heat, then add remaining ingredients
- Serve immediately

Serving Size~ 1 Serving



307 Kcals/serving

Macros (per Serving)

Protein 18g

Carbs 32g

Fats 13g

Fibre 9g

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**LOW CARB
LUNCH**

Recipes

LEAN &
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High Vibe Salad

Ingredients

100g Chicken
50g Shredded Carrot
50g Shredded Cabbage
1 Tbsp Beetroot
1/2 Tomato
1 Tbsp Melted coconut Oil

Instructions

Add all ingredients to a bowl
Enjoy. It's that simple!

Serving Size~ 1 Serving



320 Kcals/serving

Macros (per Serving)

Protein 23g

Carbs 18g

Fats 17g

Fibre 5g

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Apple Mango Chicken Salad

Ingredients

100g Chicken
30g Feta Cheese
1 Large Apple
Handful of Spinach
50g Cherry Tomatoes
50g Mango
10g Walnuts
1 Tbsp Honey Dijon Dressing

Instructions

- Add chicken to a pre-heated skilled and fry until thoroughly cooked
- Add tomatoes, spinach, walnuts, mango and chopped apple to a bowl
- Cut chicken and add to bowl with crumbled feta
- Serve with honey dijon dressing

Serving Size~ 1 Serving



350 Kcals/serving

Macros (per Serving)

Protein 31g

Carbs 21g

Fats 19g

Fibre 3g

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Turkey Rainbow Salad

Ingredients

100g Turkey Breast
50g Cherry Tomatoes
1 Handful Lettuce
50g Red Onion
50g Cucumber
1/2 Pepper
2 Tsp Melted Coconut Oil

Instructions

- Add chopped tomatos, cucumber, and pepper to a plate/bowl
- Add in cooked turkey breast
- Serve with melted coconut oil as a dressing

Serving Size~ 1 Serving



317Kcals/serving

Macros (per Serving)

Protein 34g

Carbs 24g

Fats 10g

Fibre 9g

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Salmon & Chickpea Salad

Ingredients

100g Pink Salmon
1/4 Can Chickpeas
Handful of Spinach
1 Red Onion
1 Large Tomatoes
1 Lemon

Instructions

- Cook pink salmon as instructed (15-20 mins in the oven at 180C)
- Rinse and drain chickpeas
- Add spinach, chopped tomato, and onions
- Mix in juiced lemon and serve

Serving Size~ 1 Serving



298Kcals/serving

Macros (per Serving)

Protein 31g

Carbs 32g

Fats 4g

Fibre 11g

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Avocado Tuna Salad

Ingredients

120g (1 tin) Tuna
50g Avocado
1/2 Red Onion
2 Tsp Melted Coconut Oil
1 tsp Lemon Juice
50g Celery (optional)

Instructions

- Drain tuna and add chopped avocado, chopped onion, and chopped celery to a bowl.
- Mix together and add melted coconut oil and lemon juice as a dressing.

Serving Size~ 1 Serving



273 Kcals/serving

Macros (per Serving)

Protein 29g

Carbs 10g

Fats 14g

Fibre 3g

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Chicken & Coconut Flatbread

Ingredients

Flatbread

2 Tbsp Coconut Flour

Pinch Baking Powder

Pinch Baking Soda

2 Egg Whites (1 yolk)

Filling

100g Chicken

Handful of Spinach

1/2 Pepper

Low Calorie Thai Sweet Chilli Sauce

Instructions

- Whisk eggs and add into dry ingredients
- Stir until a batter is formed (add water if needed if the mixture is too dry/thick)
- Add half the batter to a skillet over a medium heat, cook until browned
- Add the rest of the batter to the skillet and cook
- Serve with chicken, peppers, and spinach

Serving Size~ 1 Serving



260 Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 9g

Fats 8g

Fibre 5g

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Lighter Prawn Cocktail

Ingredients

100g Prawns
2 Tbsp Low Cal Ketchup
2 Tbsp Extra Light Mayo
Handful Spinach
50g Chopped Tomato

Instructions

- Mix ketchup and mayo for the sauce
- Rinse prawns and add to a bowl with spinach and chopped tomatoes
- Serve with sauce mixture

Serving Size~ 1 Serving



179 Kcals/serving

Macros (per Serving)

Protein 25g

Carbs 9g

Fats 4g

Fibre 2g

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**FAMILY FRIENDLY
DINNER**
Recipes



Steak & Peri Peri Wedges

Ingredients

200g Sirloin Steak
500g White Potato
100g Veg (of your choice)
1 Tsp Peri Peri Seasoning
1kcal Coconut Oil Spray

Instructions

- Wash and scrub the potatoes
- Cut the potatoes in half lengthwise then cut each half into four wedges
- Place wedges in a bowl, spray with 1kcal spray and add seasoning
- Preheat the oven to 425F, and place the potatoes on a pan in the middle of the oven, and roast for 30 minutes
- Cook steak on a high heat skillet using 1kcal coconut spray or a non stick pan
- Cook to preference
- Serve steak with wedges and veg of choice

Serving Size~ 2 Servings



350 Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 42g

Fats 5g

Fibre 7g

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LEAN &
CLEAN



Spaghetti Bolognaise

Ingredients

750g 5% Lean Mince
2 Tins Chopped Tomatoes
2 Garlic Cloves
1 Onion
400ml Beef Stock
200g Spaghetti (uncooked)

Instructions

- Place a saucepan on a medium heat, adding a few sprays of 1kcal coconut oil spray
- Add mince to the pan and brown
- Cook the onions in a separate pan with chopped garlic, adding stock and chopped tomatoes
- Add the mince to the sauce and reduce to simmer for 20 minutes
- Cook pasta or spaghetti in boiling water as per packet instructions

Serving Size~ 5 Servings

350 Kcals/serving

Macros (per Serving)

Protein 33g

Carbs 32g

Fats 7g

Fibre 3g



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LEAN &
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Steak & Broccoli Noodles

Ingredients

500g Beef Strips
250g Broccoli

Sauce

3 Tbsp Soy Sauce
2 Tbsp Oyster Sauce
1 Tbsp Low Sugar Ketchup
2 Garlic Cloves
1 Thumb Size Ginger
1 Tbsp White Wine Vinegar
200g Egg Noodles

Serving Size~ 5 Servings

Instructions

- Mix the sauce ingredients together in a bowl
- Boil the noodles as per instructions, adding in broccoli 2 minutes before the end to cook
- Place a skillet on a medium heat, spraying with 1kcal coconut oil spray
- Cook the beef strips until browned thoroughly
- Stir in sauce and serve with noodles

300 Kcals/serving

Macros (per Serving)

Protein 40g
Carbs 33g
Fats 4g
Fibre 3g



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LEAN &
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Lighter Chicken Curry

Ingredients

500g Chicken Breast
1 Onion
2 Garlic Cloves
1 Thumb Size Piece Ginger
3 Tbsp Medium Spice Paste
400g Chopped Tomatoes
100g Fat Free Yoghurt
200g Rice (uncooked)

Instructions

- Cut chicken into thick chunks and add to a preheated pan using 1kcal coconut spray
- Add chopped onions and cook chicken thoroughly
- Add chopped ginger, and garlic and cook for a further minute
- Add chopped tomatoes, spice paste, reduce heat and cook for a further 10-15 minutes
- Remove from heat and stir in yoghurt
- Cook rice in boiling water for 10-15 minutes

Serving Size~ 4 Servings



300 Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 35g

Fats 3g

Fibre 2g

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LEAN &
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Light Chicken Tikka Masala

Ingredients

250g Chicken Breast
1 Onions
1 Garlic Cloves
1 Thumb Size Piece Ginger
1 Chicken Stock Pot (100ml water)
1 Tbsp Tikka Spice Powder
400g Chopped Tomatoes
80g Fat Free Yoghurt
100g Rice (uncooked)

Instructions

- Cut chicken into thick chunks and add to a preheated pan using 1kcal coconut spray
- Cook chicken thoroughly
- Add chopped onion, ginger, and garlic to a separate pan and cooked for 1-2 minutes
- Add chopped tomatoes, stock, and tikka powder, reduce heat and cook for a further 15 minutes
- Remove from heat, leave to cool for 5 minutes before blending and stirring in yoghurt
- Cook rice in boiling water for 10-15 minutes

Serving Size~ 2 Servings

370 Kcals/serving

Macros (per Serving)

Protein 33g

Carbs 45g

Fats 6g

Fibre 2g



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LEAN &
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Lighter Chicken Saag

Ingredients

250g Chicken Breast
1 Onions
2 Red Chillies
1 Garlic Cloves
1 Thumb Size Piece Ginger
1 Tsp Ground Cumin
1 Tsp Coriander
1 Tsp Garam Masala
1/2 Tsp Tumeric
Handful Spinach
400g Chopped Tomatoes
100g Rice (uncooked)

Instructions

- Cut chicken into thick chunks and add to a preheated pan using 1kcal coconut spray
- Cook chicken thoroughly
- Blend chopped onion, ginger, garlic, and powders to a paste, add to a separate pan and cooked for 1-2 minutes
- Add chopped tomatoes and spice paste to the chicken, reduce heat and cook for a further 15 minutes
- Remove from heat, leave to cool for 5 minutes before adding spinach
- Cook rice in boiling water for 10-15 minutes

Serving Size~ 2 Servings

400 Kcals/serving

Macros (per Serving)

Protein 32g

Carbs: 48g

Fats 10g

Fibre 8g



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LEAN &
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Lighter Chicken Korma

Ingredients

250g Chicken Breast
1 Onions
1 Garlic Cloves
1 Thumb Size Piece Ginger
400ml Chicken Stock
2 Tbsp Korma Spice Powder
400g Chopped Tomatoes
150g Fat Free Yoghurt
100g Rice (uncooked)

Instructions

- Cut chicken into thick chunks and add to a preheated pan using 1kcal coconut spray
- Cook chicken thoroughly
- Blend chopped onion, ginger, and garlic to a paste then add to the chicken
- Add the stock, korma powder, and paste to the pan, reduce heat and cook for a further 15 minutes
- Remove from heat, leave to cool for 5 minutes before stirring in yoghurt
- Cook rice in boiling water for 10-15 minutes

Serving Size~ 2 Servings

420 Kcals/serving

Macros (per Serving)

Protein 40g

Carbs 45g

Fats 12g

Fibre 8g

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LEAN &
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Chili Con Carne

Ingredients

500g 5% Lean Mince
1 Tin Chopped Tomatoes
1 Red Pepper
1 Tbsp Tomato Puree
1 Tbsp Chilli Powder (mild or hot)
1/2 Tsp Ground Cumin
150g Rice (Uncooked)

Instructions

- Pan Fry lean mince using 1kcal coconut oil spray until browned
- Add in chopped tomatoes , tomato puree, and peppers and mix well
- Add in remaining ingredients
- Cook rice separately in boiling water for around 10-15 minutes

Serving Size~ 5 Servings



320 Kcals/serving

Macros (per Serving)

Protein 33g

Carbs 29g

Fats 7g

Fibre 2g

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LEAN &
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Beef Stew

Ingredients

250g stew beef
1 medium yellow onion
4 roma tomatoes
4 peeled garlic cloves
1 canned tomatoes sauce
½ teaspoon curry powder
2 teaspoons smoked paprika
1 tablespoon beef bouillon powder
1-2 green onion
80g Rice (uncooked)

Instructions

- Boil beef in a medium pot until tender (try using a slow cooker for softer meat)
- Add beef to pan and brown in 1kcal spray oil
- Blend the onions, tomatoes, and garlic.
- Add puree, curry powder, smoked paprika, and bouillon, and add to the pan with beef
- Bring to a boil, then reduce heat and simmer for about 20 minutes.
- Add water if needed to keep sauce from thickening to much.
- Cook rice in boiling water for 10-15 minutes

Serving Size~ 2 Servings



470 Kcals/serving

Macros (per Serving)

Protein 35g

Carbs 50g

Fats 10g

Fibre 6g

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LEAN &
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Vegetable Lasagna

Ingredients

2 Onions
2 Courgettes
2 Garlic Cloves
2 Red Peppers
1 Aubergine
400g Chopped Tomatoes
2 Tbsp Tomato Puree
6 Lasagna Sheets
100g Low Fat Grated Cheese

Instructions

- Fry Chopped onions and garlic in a pan using 1kcal spray, cooking until soft
- Add diced courgettes, chopped peppers, chopped tomatoes, and tomato puree
- Add sliced aubergine to the bottom of slow cooker and top with 3 lasagna sheets
- Add 1/3 of the chopped tomato mix on top of the lasagna sheets, adding 3 more lasagna sheets
- Add remaining mixture on top of the lasagna sheets and cook on high for 3 hours
- Remove from slow cooker and top with cheese and serve immediately with salad

Serving Size~ 3 Servings

315 Kcals/serving

Macros (per Serving)

Protein 15g

Carbs 40g

Fats 9g

Fibre 3g



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LEAN &
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Homemade Burgers

Ingredients

250g Extra Lean 5% Mince
2 Wholemeal Burger Buns
2 Medium Onions
Handful Lettuce
2 Tbsp Condiment of Choice

Instructions

- Using your hands, make 4 small burger patties (or 2 large patties)
- Add to a preheated pan using 1kcal spray, browning the burgers on both sides and cooking thoroughly
- Add the onions to the pan and brown (optional)
- Add lettuce, condiment of choice, and serve with wholemeal burger buns

Serving Size~ 2 Servings

380 Kcals/serving

Macros (per Serving)

Protein 34g

Carbs 41g

Fats 8g

Fibre 6g



LEAN &
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Spicy Turkey Burgers

Ingredients

250g Lean Turkey Mince
2 Wholemeal Burger Buns
2 Medium Onions
Handful Lettuce
2 Tbsp Condiment of Choice

Instructions

- Using your hands, make 4 small burger patties (or 2 large patties)
- Add to a preheated pan using 1kcal spray, browning the burgers on both sides and cooking thoroughly
- Add the onions to the pan and brown (optional)
- Add lettuce, condiment of choice, and serve with wholemeal burger buns

Serving Size~ 2 Servings

440 Kcals/serving

Macros (per Serving)

Protein 40g

Carbs 41g

Fats 11g

Fibre 6g



LEAN &
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Turkey Chili

Ingredients

500g Turkey Mince
1 Tin Chopped Tomatoes
1 Red Pepper
1 Tbsp Tomato Puree
1 Tbsp Chilli Powder (mild or hot)
1/2 Tsp Ground Cumin
150g Rice (Uncooked)

Instructions

- Pan Fry lean mince using 1kcal coconut oil spray until browned
- Add in chopped tomatoes , tomato puree, and peppers and mix well
- Add in remaining ingredients
- Cook rice separately in boiling water for around 10-15 minutes

Serving Size~ 5 Servings

320 Kcals/serving

Macros (per Serving)

Protein 32g

Carbs 29g

Fats 6g

Fibre 2g

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LEAN &
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Grilled Salmon

Ingredients

200g Salmon
2 Tomatoes
10 Spears Asparagus
100g Rice (Uncooked)

Instructions

- Pan Fry lean mince using 1kcal coconut oil spray until browned
- Add in chopped tomatoes , tomato puree, and peppers and mix well
- Add in remaining ingredients
- Cook rice separately in boiling water for around 10-15 minutes

Serving Size~ 2 Servings

400 Kcals/serving

Macros (per Serving)

Protein 27g

Carbs 40g

Fats 15g

Fibre 3g



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LEAN &
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Veggie Stir Fry

Ingredients

500g Tofu
200g Chopped Green Beans
2 Chopped Carrot
3 Tbsp Low Sodium Soy Sauce
2 Tbsp Agave
1 Tbsp Grated Ginger

Instructions

- Pan Fry lean mince using 1kcal coconut oil spray until browned
- Add in chopped tomatoes , tomato puree, and peppers and mix well
- Add in remaining ingredients
- Rinse chickpeas rice separately in boiling water for around 10-15 minutes

Serving Size~ 5 Servings

210 Kcals/serving

Macros (per Serving)

Protein 20g

Carbs 15g

Fats 8g

Fibre 8g



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LEAN &
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Vegan Black Bean Burgers

Ingredients

60g black beans (drained and rinsed)
1 Tsp Coconut Oil
1/2 Chopped Red Pepper
1/2 Chopped Yellow Pepper
2 Tsp Minced Garlic
1/2 Tsp ground cumin
1/2 teaspoon chili powder
70g bread crumbs or oat flour
2 Low Carb Wholemeal Buns

Serving Size~ 2 Servings

Instructions

- Preheat oven to 180C. Add beans to a pan and bake for 15 minutes
- Fry chopped pepper, onion, and garlic over medium heat in coconut oil until peppers and onions are soft.
- Stir together remaining ingredients and add blackbeans.
- Form into patties and place on a parchment paper lined baking sheet and bake at 200C for 10 minutes on each side
- Serve on a wholemeal bun with chopped tomato and lettuce



313 Kcal/serving

Macros (per Serving)

Protein 18g

Carbs 42g

Fats 7g

Fibre 17g

LEAN &
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Vegan Chilli

Ingredients

500g Tofu
1 Tin Chopped Tomatoes
1 Tbsp Tomato Puree
1 Tbsp Chilli Powder (mild or hot)
1/2 Tsp Ground Cumin
400g Chickpeas (1 tin) (Uncooked)

Instructions

- Pan Fry lean mince using 1kcal coconut oil spray until browned
- Add in chopped tomatoes , tomato puree, and peppers and mix well
- Add in remaining ingredients
- Rinse chickpeas rice separately in boiling water for around 10-15 minutes

Serving Size~ 5 Servings

302 Kcals/serving

Macros (per Serving)

Protein 23g

Carbs 40g

Fats 10g

Fibre 15g

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DESSERT *Snacks*

LEAN &
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Vanilla Whey Ice Cream

Ingredients

500g Banana

5 Scoops AN Vanilla Whey

200g Fat Free Yoghurt

50ml Skimmed Milk

Instructions

- Mash bananas thoroughly
- Add whey, yoghurt, and milk
- Mix with bananas and place in the freezer for 2-3 hours
- Remove mixture, stir well, and place back into the freezer for another 3-4 hours
- Serve with sugar free syrup (optional)

Serving Size~ 5 Servings



160 Kcals/serving

Macros (per Serving)

Protein 13g

Carbs 29g

Fats 1g

Fibre 3g

Snacks

Protein Snacks



- 150g Fat Free Yoghurt with 15g almonds
- 30g Whey Protein
- Low Carb Protein Bar (under 20g carbs)
- 100g Chicken Breast

Snacks

Under 250kcal

- Mini Magnums
- Twix
- Dairy Milk
- Twirl
- Snickers
- Mars Bar
- Kitkat Chunky
- Plain Scone

Under 200kcal

- Creme Egg
- Snack Bar
- 50g Cereal
- Med. Cappucino
- Milky Way Bar
- Crunchie bar

Under 150kcal

- Kitkat
- Monster Munch
- Hula Hoops
- Walker's Crisps
- 25g Peanut Butter
- Crumpet

Under 100kcal

- Skinny Whip
- Skinny Popcorn
- Fibre One Bar
- Sugar Free Jelly
- Mini Party Rings
- Milkybar Mousse
- Snack-a-jack Minis
- Skips