



fitness hub21



Recipe Book

PART 1

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Introduction

Today life is so hectic that we find it hard to make time to prepare healthy meals and so often rely on ready meals or takeaways to get by.

We have put together a collection of breakfasts, main meals and snacks that are all healthy and easy to make.

In keeping with what Fitness Hub 21 is about, most of our recipes can be made in bulk to freeze and eat later, or to store in the fridge to eat over the next few days.

We believe that batching your meals is a great way to save time during the week. This gives you time back to train or spend with family and makes it easier to stay on track, especially if you are trying to lose weight.

The healthy snacks we have included are all fresh and full of nutrients. Over-eating them may hinder fat loss, but having healthy snacks to hand that are easy to make and share with your family makes healthy eating for the whole family so much easier.

Keep it simple.

Keep it tasty.

Enjoy eating healthy and reap the benefits!

Breakfast Smoothie



Ingredients

- Juice of 1 lime
- 40g kale or spinach
- 90g cucumber
- 80g frozen blueberries
- 80g frozen raspberries
- 10g milled flaxseed
- 60g banana
- Water

Method

1. Blend all the ingredients together.
2. Enjoy!

Nutrition (myfitnesspal)

Calories: 228 kcal

Carbs: 36g

Protein: 6g

Fat: 5g

Breakfast in 20 Minutes



Ingredients

For the smoothie

- 40g spinach
- 100g cucumber
- Juice of 1 lime
- 1 apple
- ½ banana
- 100g frozen berries
- 12g milled flaxseed
- Water

For the omelette

- 2 eggs
- 100g Mushrooms chopped
- 1 cup red peppers chopped
- 2 tsp butter (10g)

Method

For the shake

1. Put all of the shake ingredients into the blender with some water.
2. Blend it up ready to drink.

For the omelette

1. In a medium sized bowl, beat the eggs using a fork or a whisk.
2. Add the chopped mushrooms and pepper, and stir.
3. Melt the butter in a frying pan until bubbling slightly and move the frying pan around to spread.
4. Add the egg mix to the pan and cook.
5. Flip half way through to ensure both sides are cooked.

Nutrition (myfitnesspal)

Shake

Calories: 260 kcal
Carbs: 47g
Protein: 6g
Fat: 5g

Omelette

Calories: 282 kcal
Carbs: 12g
Protein: 16g
Fat: 17g

Total

Calories: 542 kcal
Carbs: 59g
Protein: 22g
Fat: 22g

Turkey Chilli

(serves 6)



*This is my go-to recipe for a quick and easy healthy dinner.
It can be eaten alone or paired with rice, pasta or a sweet jacket potato.*

Ingredients

- 1 tbsp coconut oil
- 3 cloves of garlic
- 750g turkey breast mince (preferably 2% fat)
- 1 broccoli
- 2 red bell peppers
- 1 large courgette
- 2 large carrots
- 2 cans tinned tomatoes
- 2 tbsp tomato puree
- 1 chicken stock cube made up with 250ml water
- 1 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp salt & 1tsp pepper

Method

1. Dice the vegetables as small as possible.
2. Heat the coconut oil in a large saucepan.
3. Add the garlic until just golden.
4. Brown the turkey mince, stirring occasionally.
5. Once the turkey is all browned, add the vegetables and cook until they have softened, stirring occasionally. Approximately 10 minutes.
6. Add the chicken stock, chopped tomatoes, tomato puree and herbs. Stir thoroughly.
7. Simmer for 40-45 minutes. Stirring occasionally.
8. Enjoy by itself or with rice, pasta or sweet potato.



Nutrition (myfitnesspal)

per portion

Calories: 280 kcals

Fat: 5.4g

Carbs: 8g

Protein: 47.7g

Gluten Free Banana Bread



If you do not have enough bananas, you can use other fruits such as pears.

Serves 10 slices (or smaller slices if you want)

Ingredients

- 75g butter
- 15g raw honey or coconut nectar
- 2 eggs, beaten
- 450g banana
- 200g gluten-free plain flour
- ¼ tsp bicarbonate of soda
- 110g mixed nuts, crushed

Method

1. Preheat oven to 180°C (gas mark 4).
2. Cream butter and honey together until pale and fluffy.
3. Add the eggs 1 at a time, stirring well between each addition.
4. Add the banana and beat again until well combined.
5. Sift together the flour and bicarbonate of soda, and stir into the cake mixture along with the nuts.
6. Pour into a greased and lined loaf tin and bake in the preheated oven for 1 hour 15mins or until well risen. **Do not open oven until the end of the cooking period or your cake will sink.**
7. Test your cake by inserting a thin knife into the centre. If it comes out clean it is done.

Nutrition (per serving)

based on 10 slices per loaf

Calories: 258kcal

Carbs: 29g

Protein: 5.7g

Fat: 13g

Sea Bass with Vegetables



*This dish is great if you are looking for a delicious, low fat, high protein, healthy meal.
It is also quick and easy to prepare.*

Ingredients

- 1tsp olive oil
- Juice of ½ a lemon
- ½ tsp oregano
- 90g sea bass
- 1tsp coconut oil
- 1 cup kale
- 1 courgette
- 4 mushrooms

Method

1. Heat the olive oil in a medium pan and sauté the sea bass with the lemon juice and oregano until cooked, turning over half way through.
2. Meanwhile, heat the coconut oil in a separate pan and sauté the vegetables until softened.

Nutrition

Calories: 324kcal
Carbs: 15g
Protein: 26g
Fat: 21g

Vegetable, Almond and Coconut Satay

(makes 10 portions)



This recipe is perfect for preparing in large quantities, portioning and freezing for a later date. This will save time and energy when it comes to preparing future meals.

For more protein add 100g of cooked chicken breast.

Ingredients

For the vegetables

- 600g mushrooms, chopped
- 3 courgettes, spiralised
- 1 red pepper, chopped
- 2 green peppers, chopped
- 1 head of broccoli, chopped

For the sauce

- 250ml almond and coconut butter
- 1 tbsp soy sauce
- 2 tbsp apple cider vinegar
- ¼ tsp garlic powder
- ¼ tsp ginger powder
- ¼ tsp cayenne pepper
- 100g creamed coconut
- 1 tbsp fish sauce

Method

1. To make the sauce, pour 600mls of boiling water into a saucepan, add the almond and coconut butter and stir until melted.
2. Add in the rest of the sauce ingredients and stir thoroughly.
3. Add the vegetables and cook until done.

Nutrition (per serving)

Calories: 240kcal
Carbs: 12g
Protein: 10g
Fat: 17g

with 100g chicken breast

Calories: 373kcal
Carbs: 12g
Protein: 41g
Fat: 19g

Thai Red Curry Vegetables

(makes 10 portions)



This recipe is very adaptable to your taste. The vegetables I have used are just a guide, pick ones you prefer and use them instead.

Ingredients

- ½ celeriac
- 1 broccoli
- 2 peppers
- 2 courgettes
- 1 aubergine
- 1 pack of mushrooms
- 1 large bag (500g) stir fry mix
- ½ large bag red curry paste
- 1 block creamed coconut
- 400-600ml water

Method

1. Preheat oven to 220°C (gas mark 7).
2. Finely chop the vegetables and transfer them into a large roasting tray.
3. Heat the red curry paste in a saucepan to make it more fragrant.
4. Break up the coconut block and place it into another saucepan.
5. Add 400-600ml of boiling water to the saucepan with the coconut.
6. Once the paste is heated and the coconut melted, mix the two together and stir on a low heat until well combined.
7. Pour the sauce over the chopped vegetables and roast in the preheated oven for 40-60mins until cooked. Stir halfway.

Green Pea Fusilli Pasta Bake

(serves 8-10 depending on portion sizes)

This is a really simple and healthy way to feed the family. I used green pea fusilli which is high in protein but you can also use other alternatives such as red lentil pasta, gluten-free pasta or regular pasta. You can also use a variety of different vegetables such as leeks, carrots, broccoli or onion and you can substitute out the ground beef for ground turkey or other ground meat to fit your taste. If you have fussy eaters at home, blitz up the vegetables and sneak them into the sauce, they'll never know.



Ingredients

- 1 tbsp coconut oil
- 2 courgettes
- 2 peppers
- 250g mushrooms
- ¼ celeriac
- 3 cloves garlic
- 1kg beef mince
- 2 tsp smoked paprika
(optional)
- 1 jar (370g) roasted red peppers, drained
- 300g green pea fusilli, uncooked
- 200g cheddar cheese, grated
- Salt and pepper to taste

Method

1. Preheat oven to 200°C (gas mark 6).
2. Chop the vegetables to your liking.
3. Heat the coconut oil in a large pan and cook the garlic until slightly browned.
4. Cook the mushrooms first before adding in the peppers and the rest of the vegetables. Once cooked remove from the pan and set aside in a bowl.
5. Brown off the beef mince, seasoning with salt and pepper to taste and add the smoked paprika if using.
6. Meanwhile, cook the pasta most of the way, drain and rinse.
7. Drain and blitz up the roasted red peppers and add water to make a sauce.
8. Combine all the ingredients together in a large bowl and place in a large oven safe tray or dish.
9. Add the cheese to your liking.
10. Bake in the preheated oven for 30mins.

Nutrition (based on 9 servings)

Calories: 460kcal

Carbs: 36.5g

Protein: 35.5g

Homemade Pizzas



Cheat day without really cheating!

This is a really good alternative to regular pizza, less calories and still tastes so good! I use wholemeal wraps as they are thinner and lighter than pita bread and it's bigger. They are also less calories (around 162kcals). This recipe is just an example of the toppings I like to use, you can add whatever toppings suit you.

Ingredients

- 1 wholemeal wrap
- 25g tomato puree
- 40g cheddar cheese, grated
- 50g mozzarella, sliced
- 30g olives
- 50g peppers
- 50g mushrooms
- 15g red onion
- 25g sundried tomatoes
- 75g chicken breast

Method

1. Preheat oven to 190°C (gas mark 5).
2. Cook the chicken breast and finely slice.
3. Chop up the toppings to your liking.
4. Spread the tomato puree over one of the wraps and sprinkle over the grated cheese.
5. Place the mozzarella slices evenly over the base and add the toppings to your liking.

Nutrition (based on my toppings)

Calories: 655kcal

Carbs: 46g

Protein: 50g

Roasted Vegetables with Paprika, Garlic and Ginger



This recipe is a very quick and simple way to make your vegetable meals taste different, adding variety to your meals. Cooking a larger batch of vegetables will keep in the fridge for longer than if you make it with meat. You can cook your meat separately and add them together when you're preparing your meal.

Ingredients

- ½ celeriac (300g)
- 2 peppers (400g)
- 3 courgettes (400g)
- 1 pack mushrooms (300g)
- 1 head of broccoli
- ¼ fennel
- 2-3 tbsp olive oil (30-45g)
- 4 tsp paprika
- 1-2 tsp garlic
- 1-2 tsp ginger

Method

1. Preheat oven to 220°C (gas mark 7).
2. Chop the vegetables to your liking and stir in the olive oil.
3. Heat the paprika in a small pan.
4. Add the paprika, garlic and ginger to the vegetables and mix well.
5. Transfer the vegetables into a large roasting tin and cook in the preheated oven for 40-60mins.
6. Makes around 8-10 meals

TIP: You can add a protein to increase the meal size, or beans and lentils if you prefer a veggie option.

Nutrition (per serving)

Calories: 82kcal

Carbs: 7.5g

Protein: 2.2g

Fat: 5.4g

Banana and Oat Cookies

(makes 20 cookies)



These cookies are a delicious treat that can be whipped up in minutes and are a much better alternative to store bought biscuits.

Ingredients

- 3 cups jumbo oats
- 4 large ripe bananas
- 75g dried cherries or apricots
- 50g desiccated coconut
- 2 tsp cinnamon
- 1 tsp bicarbonate of soda

Method

1. Preheat oven to 180°C (gas mark 4).
2. Mash up the bananas.
3. Add the oats, fruit, coconut and bicarbonate of soda and mix thoroughly.
4. Scoop a tablespoon size portion of the mixture and place on a lined baking tray then flatten into a cookie shape.
5. Repeat until all of the mixture has been used, spacing the cookies an inch apart.
6. Bake in the preheated oven for 20 mins until golden.
7. I turned them with 5mins to go to crisp up the oats on both sides.

Nutrition (per cookie)

Calories: 126kcal
Carbs: 21g
Protein: 3g
Fat: 4g

Gluten-free Banana Bread Muffins

(makes 12 muffins)



This is another great gluten-free alternative to a delicious treat which is much healthier than store bought alternatives. If you want to reduce the calories even more, use less nuts and banana. I have also used mashed pear if I don't have enough bananas.

Ingredients

- 75g butter
- 15g honey
- 1tsp vanilla extract
- 2 medium eggs
- 450g ripe bananas
- 50g gluten-free oat flour
- 50g gluten-free brown rice flour
- 100g gluten-free plain flour
- ½ tsp bicarbonate of soda
- 1 tsp xanthan gum
- 2 tsp gluten-free baking powder
- 2 tsp cinnamon
- A pinch of salt
- 50g chopped almonds
- 50g chopped walnuts

Method

1. Preheat oven to 180°C (gas mark 4).
2. Cream together the butter, honey and vanilla essence until pale and fluffy.
3. Add the eggs one at a time, mixing between each addition.
4. Add the bananas and beat again.
5. Sift in the three types of flour, bicarbonate of soda xanthan, baking powder, cinnamon and salt and mix thoroughly.
6. Stir in the nuts.
7. Place 12 muffin cases into a 12-hole muffin tray and divide the mixture between the cases.
8. Bake in the preheated oven for 45mins until slightly golden.

Nutrition (per muffin)

Calories: 249kcal

Carbs: 19g

Protein: 5.9g

Fat: 16.5g