



The Fit Clinic
7 Day Healthy Eating Recipe Book

It is my pleasure to be sharing this 7 day healthy eating recipe book with you! This guide has 7 breakfast, lunch, dinner and sweet treat recipes - Packed with nutrients, easy to prepare and absolutely delicious.

Of course, this is not intended to be an individualised nutrition plan, as you have your own needs and goals that are entirely unique to you. But it will serve as great starting point to show you how easy it can be to whip up delicious and nutrient-dense meals.

I really hope you enjoy these recipes as much as we do, and if you have any questions at all, please don't hesitate to reach out to us!

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& The Fit Clinic Team



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BREAKFAST

- PLUM AND ALMOND OATS **1**
- TURMERIC FRIED EGGS **3**
- NO BAKE BREAKFAST BARS **5**
- CHICKPEA BREAKFAST BOWL (V) **7**
- SPINACH AND GOUDA OMELETTE **9**
- MANGO PASSION SMOOTHIE **11**
- AUBERGINE & COURGETTE HASH **13**

LUNCH

- CUCUMBER AND POMEGRANATE SALAD **16**
- QUINOA STUFFED SPANISH PEPPERS (V) **18**
- CHICKEN TIKKA BURRITOS **20**
- MOROCCAN CHICKPEA QUINOA SALAD (V) **22**
- LEMON-CHILLI PRAWN QUINOA BOWLS **24**
- TURKEY ROLL UPS 26 CHICKPEA AND BROCCOLI SALAD (V) **28**

DINNER

- CASHEW CHICKEN STIR FRY **31**
- ASPARAGUS, PEA AND SALMON RICE **33**
- THAI TURKEY MEATBALLS **35**
- 20 MINUTE VEGETARIAN CHILLI (V) **37**
- TACO BOWLS **39**
- VEGAN THAI GREEN CURRY (V) **41**
- BEEF AND MUSHROOM MARINARA WITH SPAGHETTI SQUASH **43**

SWEET STUFF

- STRAWBERRY SORBET **46**
- PROTEIN COOKIE DOUGH **48**
- SALTED PISTACHIO BARK **50**
- COCONUT MACAROONS **52**
- NO BAKE ALMOND FUDGE PROTEIN BARS **54**
- RASPBERRY CHOCOLATE CHIP PROTEIN BROWNIES **56**
- EASY PEANUT BUTTER PROTEIN BARS **58**

BREAKFAST



PLUM AND ALMOND OATS

SERVES: 2

**TIME: 10 MINUTES
PLUS SOAKING
OVERNIGHT**

CALORIES 226

PROTEIN 9

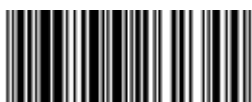
CARBS 25

FATS 10

FIBRE 7



Plum's could be one of the oldest fruits, remains have been found in Neolithic age archaeological sites.



INGREDIENTS

60g **rolled oats** (or gluten free **rolled oats**)
1 tbsp **chia seeds**
300ml **almond milk**
Couple drops **vanilla extract**
Small pinch **nutmeg**, freshly grated
3 **plums**, ripe, stoned and chopped into chunky cubes
1 tbsp **almonds**, roughly chopped
Drizzle **honey or agave**, to serve

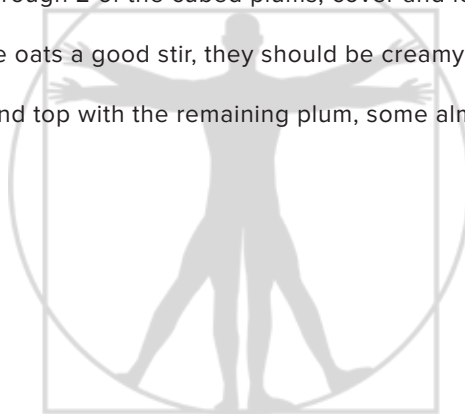
CALORIES
226

INSTRUCTIONS

The night before, mix the oats, chia seeds, almond milk, vanilla extract and nutmeg together in a medium sized bowl. Stir through 2 of the cubed plums, cover and leave in the fridge overnight.

The next morning, give the oats a good stir, they should be creamy and soft.

Divide between 2 bowls and top with the remaining plum, some almonds and honey or agave to sweeten.



TURMERIC FRIED EGGS

SERVES: 1

TIME: 10 MINUTES

CALORIES 336

PROTEIN 14

CARBS 7

FATS 28

FIBRE 6



INGREDIENTS

1 1/2 tsp **ghee** (or **coconut oil**)

2 **eggs**

1 tsp **turmeric**

1/2 tsp **chili flakes**

1/2 **avocado**

Sea salt & cracked pepper

CALORIES
336

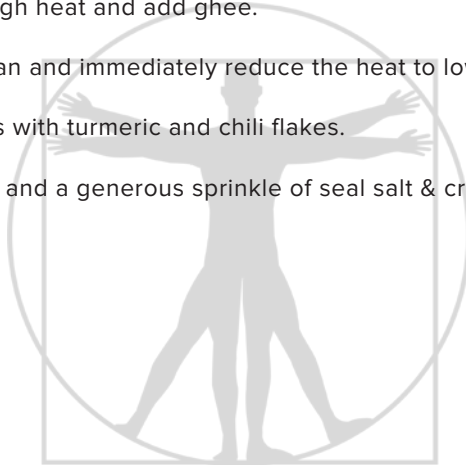
INSTRUCTIONS

Bring a non-stick pan to high heat and add ghee.

Crack two eggs into the pan and immediately reduce the heat to low-medium.

Cover the tops of the eggs with turmeric and chili flakes.

Serve with sliced avocado and a generous sprinkle of sea salt & cracked pepper.



NO BAKE BREAKFAST BARS

SERVES: 15

TIME: 20 MINUTES

CALORIES 145

PROTEIN 4

CARBS 15

FATS 7

FIBRE 3



INGREDIENTS

160 grams soft dates, chopped
60 grams smooth peanut or almond butter
40 grams honey or agave syrup
4 tablespoons sunflower seeds
4 tablespoons chia seeds
100 grams porridge oats
50 grams, roughly chopped roasted peanuts or almonds

CALORIES
145

INSTRUCTIONS

Finely chop the dates in a food processor until they form a ball of paste (add 1 tablespoon boiling water if they aren't sticking).

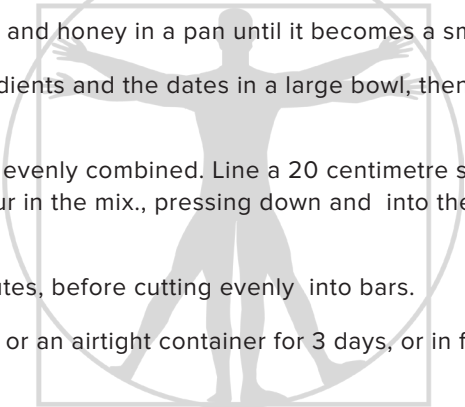
Gently warm the nut butter and honey in a pan until it becomes a smooth, pourable liquid

Stir all the remaining ingredients and the dates in a large bowl, then pour over the nut butter and honey mix.

Mix well until everything is evenly combined. Line a 20 centimetre square tin or container with baking parchment, and pour in the mix., pressing down and into the sides with the back of a spoon.

Cover and chill for 30 minutes, before cutting evenly into bars.

Keep the bars in the fridge or an airtight container for 3 days, or in freezer if you want to keep them longer.



CHICKPEA BREAKFAST BOWL (V)

SERVES: 2

TIME: 20 MINUTES

CALORIES 341

PROTEIN 16

CARBS 36

FATS 16

FIBRE 2



INGREDIENTS

1 400 gram tin of Chickpeas
½ teaspoon Turmeric
½ teaspoon Salt
½ teaspoon Pepper
¼ White Onion diced
2 Cloves Garlic minced
Drizzle Extra Virgin Olive Oil + Mixed Greens
Handful of Parsley minced
Handful of Coriander minced
Avocado slices

CALORIES
341

INSTRUCTIONS

Empty the chickpeas and some of the water into a bowl. Mash slightly with a fork, leaving some whole.

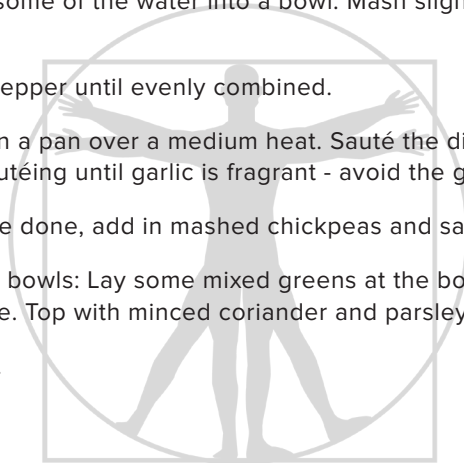
Mix in turmeric, salt, and pepper until evenly combined.

Heat a drizzle of olive oil in a pan over a medium heat. Sauté the diced onion until soft, then add the garlic and continue sautéing until garlic is fragrant - avoid the garlic turning brown

When onions and garlic are done, add in mashed chickpeas and sauté for a further five minutes.

To assemble the breakfast bowls: Lay some mixed greens at the bottom of the bowls, then top with the chickpea scramble. Top with minced coriander and parsley.

Serve with avocado slices.



SPINACH AND GOUDA OMELETTE

SERVES: 1

TIME: 20 MINUTES

CALORIES 246

PROTEIN 22

CARBS 21

FATS 9

FIBRE 4



INGREDIENTS

4 large egg whites
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 teaspoon olive oil
450 grams fresh spinach
90 grams sweetcorn kernels
2 tablespoons shredded smoked gouda cheese.

CALORIES
246

INSTRUCTIONS

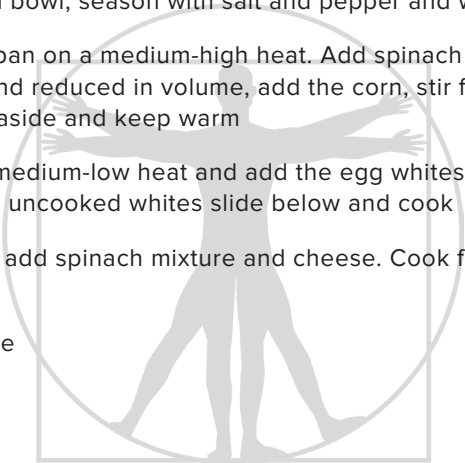
Place egg whites in a small bowl, season with salt and pepper and whisk.

Heat the oil in a non-stick pan on a medium-high heat. Add spinach and stir frequently, for 2 to 3 minutes, or until wilted and reduced in volume, add the corn, stir frequently, for 2 to 3 minutes until warmed through. Set aside and keep warm

Heat a separate pan over medium-low heat and add the egg whites. Do not stir but as they begin to set, lift the edges letting uncooked whites slide below and cook

When eggs are almost set, add spinach mixture and cheese. Cook for a further 1 to 2 minutes, or until heated through.

Gently fold in half and serve



MANGO PASSION SMOOTHIE

SERVES: 2

TIME: 5 MINUTES

CALORIES 277

PROTEIN 22

CARBS 36

FATS 5

FIBRE 5

Smoothies have been around since the 1930's. Early smoothies were simply fruit, fruit juice and ice.



INGREDIENTS

400ml **coconut milk**
4 tbsp **natural protein powder**
120g **fresh or frozen mango** diced
1 medium **banana** frozen
2 **passionfruit**, pulped
Large handful of **ice**

CALORIES
277

INSTRUCTIONS

Add all ingredients to a blender and blitz until nice and smooth. To make it thicker, add extra ice or if you prefer your smoothie runny just add a little water.



AUBERGINE & COURGETTE HASH

SERVES: 4

TIME: 30 MINUTES

CALORIES 252

PROTEIN 12

CARBS 6

FATS 20

FIBRE 2

The aubergine belongs to the tomato and potato family, which are all nightshades.



INGREDIENTS

2 tsp **olive oil**, divided, plus extra for drizzling
4 slices **pancetta**, cut into small pieces
1/2 **red onion**, sliced
1 large **aubergine**, cut into very small chunks
1 **clove garlic**, crushed
1 tsp **cumin**
1 tsp **chili flakes**
1 **courgette**, cut into very small chunks
Sea salt and black pepper to taste
4 **eggs**
150g **feta cheese**, crumbled

CALORIES
252

INSTRUCTIONS

Start by bringing a skillet to medium heat and add 1 tsp of olive oil.

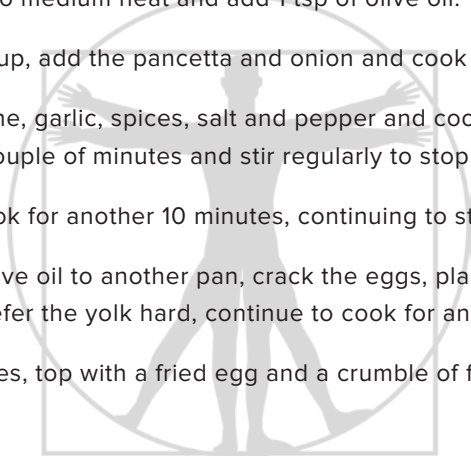
Once the pan has heated up, add the pancetta and onion and cook for about three minutes.

Next, add the the aubergine, garlic, spices, salt and pepper and cook for 10 minutes, add a little drizzle of olive oil every couple of minutes and stir regularly to stop it from sticking.

Add the courgette and cook for another 10 minutes, continuing to stir.

Meanwhile, add 1 tsp of olive oil to another pan, crack the eggs, place a lid on top and cook for 2 to 2 1/2 minutes. If you prefer the yolk hard, continue to cook for another 1 to 2 minutes.

Divide hash onto four plates, top with a fried egg and a crumble of feta.



LUNCH



CUCUMBER AND POMEGRANATE SALAD

SERVES: 5

TIME: 20 MINUTES

CALORIES 162

PROTEIN 4

CARBS 11

FATS 12

FIBRE 3

The word
pomegranate
means apple
with many
seeds.



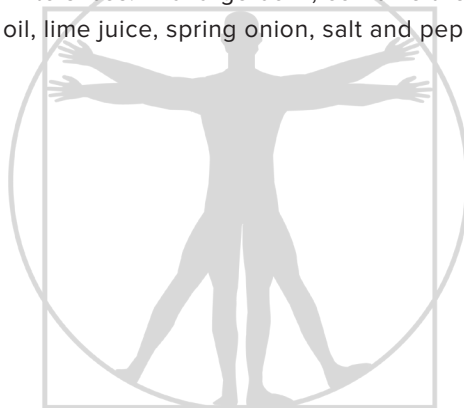
INGREDIENTS

2 large **cucumbers**
A good handful of **coriander**, chopped
The seeds of 1 **pomegranate**
3 tablespoons of **extra-virgin olive oil**
The juice of 1 **lime**
1 **spring onion**, sliced
½ teaspoon of **salt**
A pinch of **black pepper**
50 grams of **feta cheese**

CALORIES
162

INSTRUCTIONS

Begin by peeling the cucumbers and halving them lengthwise. Scoop out the seeds using a spoon and then cut the cucumber into slices. In a large bowl, combine the cucumber with the coriander, pomegranate seeds, olive oil, lime juice, spring onion, salt and pepper. Mix well and serve with feta crumbled on top.



QUINOA STUFFED SPANISH PEPPERS (V)

SERVES: 4

**TIME: 1 HOUR 15
MINUTES**

CALORIES 311

PROTEIN 14

CARBS 59

FATS 3

FIBRE 11

1 serving of
quinoa contains
19% of your daily
magnesium
needs.



The quinoa is interchangeable with rice or cous cous for this dish.

INGREDIENTS

300 grams of **quinoa** (alternatively use **rice** if you cannot find **quinoa**)
½ litre of **vegetable stock**
4 **bell peppers**, deseeded and halved
100 grams of **tomato salsa**
1 tablespoon of **nutritional yeast** (optional)
2 teaspoon of **cumin powder**
1½ teaspoons of **chilli powder**
1½ teaspoons of **garlic powder**
1 400g tin of **black beans**
Toppings:
1 **avocado**, stoned and peeled
The juice of 1 **lime**
Hot sauce
A handful of **coriander**, chopped

1 **red onion**, diced

CALORIES
311

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Thoroughly rinse the quinoa and add it to a ½ litre pot of vegetable stock. Bring the stock to a boil over a high heat and then reduce the heat, cover and let the quinoa simmer until all the stock is absorbed. This should take around twenty minutes and by the end the quinoa should look fluffy.

Brush the halved peppers with high heat oil, such as avocado oil. Add the cooked quinoa to a large mixing bowl and add the remaining ingredients. Mix well and then adjust the seasoning to your taste by adding salt, black pepper or more spices.

Generously stuff the halved peppers with the quinoa, remembering that the mixture will shrink in the heat of the oven. Place the peppers in a non-stick baking tray and bake in the oven for around 30 minutes, or until the skin of the peppers is slightly charred.

Serve the stuffed peppers with your favourite toppings. We recommend sliced avocado, a squeeze of lime or even a dash of hot sauce. The stuffed peppers are best served immediately but leftovers can be kept in the fridge for around 3 days and reheated in the oven at 190°C (375°C).

CHICKEN TIKKA BURRITOS

SERVES: 4

TIME: 30 MINUTES

CALORIES 400

PROTEIN 29

CARBS 52

FATS 8

FIBRE 3



The word tikka is a Turkic word and means “bits” or “pieces”

Marinate the chicken overnight to really enhance the flavour.

INGREDIENTS

4 tablespoons of low fat **natural yoghurt** 4 **roti**
1 **lemon**, juiced
2 cloves of **garlic**, crushed
2 cm piece of **ginger**, finely chopped
1 **green chilli**, deseeded and finely chopped
Small handful of **coriander**, chopped (keep the stalks and leaves separate)
2 **skinless chicken breasts**, chopped into 2 cm **pieces**
1½ teaspoons of **smoked paprika**
¾ teaspoon of **chilli powder**
½ teaspoon of **garam masala**
½ **white onion**, finely sliced
100 grams of **cherry tomatoes**, sliced
250 grams of pre-cooked **pilau rice**

CALORIES
400

INSTRUCTIONS

Begin by making the marinade for the chicken by blending half the yoghurt, the lemon juice, ginger, garlic, green chilli and coriander stalks in a food processor until smooth. In a large bowl, pour the yoghurt marinade over the chicken ensuring that it is fully covered. Leave the chicken to soak up the delicious flavours of the marinade for around 30 minutes before threading the chicken onto metal skewers. Make sure to leave gaps between each piece of chicken to ensure they cook fully and become slightly charred on the outside.

Heat the grill to a high temperature and place the skewers on a baking sheet to grill for around 5 minutes, or until cooked through and smelling fragrant.

While the chicken is grilling, mix the onion and cherry tomatoes together in a small bowl with lemon juice and a pinch of salt and pepper if it requires extra seasoning. In another small bowl, combine the coriander leaves, remaining yoghurt and another squeeze of lemon juice.

Once the chicken is cooked and the condiments prepared, heat the pilau rice according to packet instructions and divide the ingredients between the roti. Finish the dish by wrapping it up like a burrito and enjoy.

MOROCCAN CHICKPEA QUINOA SALAD (V)

SERVES: 4

TIME: 30 MINUTES

CALORIES 448

PROTEIN 16

CARBS 70

FATS 14

FIBRE 12



INGREDIENTS

½ tablespoon of **coconut oil**
1 **white onion**, finely diced
1 teaspoon of **ground turmeric**
½ teaspoon of **ground cumin**
½ teaspoon of **ground cinnamon**
½ teaspoon of **salt**
½ teaspoon of **black pepper**
130 grams of **quinoa**
260 millilitres of **vegetable stock**
1 400 gram tin of **chickpeas**, drained and rinsed
100 grams of **dried cranberries**
A handful of **parsley**, chopped
70 grams of **flaked almonds**, toasted

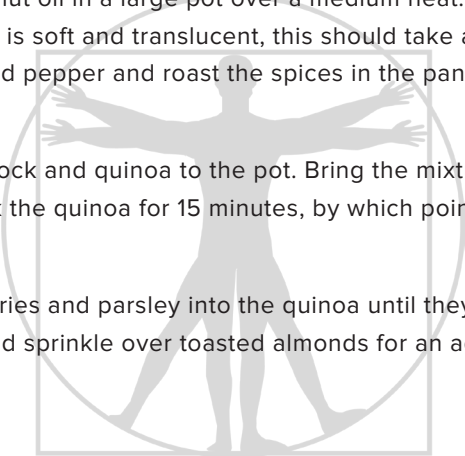
CALORIES
448

INSTRUCTIONS

Begin by heating the coconut oil in a large pot over a medium heat. Once the oil is hot add the onion and gently fry until it is soft and translucent, this should take around 5 minutes. Add the turmeric, cinnamon, salt and pepper and roast the spices in the pan for around 2 minutes, or until smelling fragrant.

Next, add the vegetable stock and quinoa to the pot. Bring the mixture to the boil, cover and then reduce to a low heat. Cook the quinoa for 15 minutes, by which point it should have absorbed the stock and become fluffy.

Stir the chickpeas, cranberries and parsley into the quinoa until they are well combined. Season the quinoa to your taste and sprinkle over toasted almonds for an added crunch before serving.



LEMON-CHILLI PRAWN QUINOA BOWLS

SERVES: 4

TIME: 45 MINUTES

CALORIES 477

PROTEIN 37

CARBS 44

FATS 17

FIBRE 9

The tail of a prawn is called a telson.



INGREDIENTS

225g **uncooked quinoa**
350ml **low sodium vegetable or chicken broth**

FOR THE PRAWNS

24 **king prawns**, peeled and deveined
2 tbsps **olive oil**, divided
Juice and zest of 1 **lemon**, divided
1 tbsp **fresh oregano**
1 tbsp chopped **fresh parsley**
2 **garlic cloves**, minced
¼ tsp **crushed red chilli flakes**, or more to taste
½ tsp **salt**
Black pepper, to taste

FOR THE BOWLS:

1 medium **avocado**, pitted and sliced
300g chopped **romaine lettuce** or your favourite greens
200g diced **tomato**
75g diced **red onion**

CALORIES
477

INSTRUCTIONS

Bring the broth to a boil in a medium sized heavy pot, add the quinoa, lower the heat and cook, covered with a lid, for 25 minutes. Remove from the heat and set aside, still covered, for 5 minutes, then fluff with a fork.

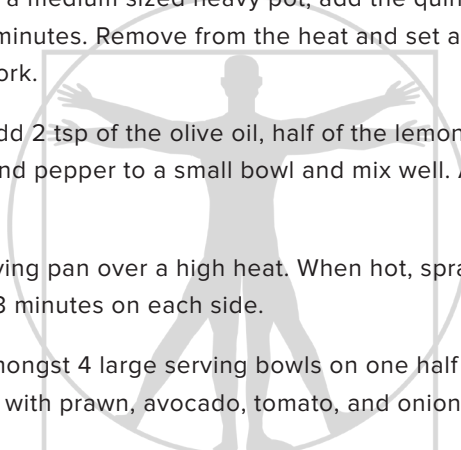
While the quinoa cooks, add 2 tsp of the olive oil, half of the lemon juice and zest, oregano, parsley, garlic, chilli, salt and pepper to a small bowl and mix well. Add the prawns and toss well to coat.

Heat a griddle or heavy frying pan over a high heat. When hot, spray with cooking oil, add the prawns and cook for 2 to 3 minutes on each side.

Divide the salad leaves amongst 4 large serving bowls on one half of the dish, add half the quinoa to the other side, then top with prawn, avocado, tomato, and onion.

Dress with the remaining olive oil, salt, pepper, red chilli flakes and drizzle with lemon juice.

Serve immediately.



TURKEY ROLL UPS

SERVES: 1

TIME: 20 MINUTES

CALORIES 141

PROTEIN 15

CARBS 6

FATS 5

FIBRE 1



INGREDIENTS

1 slice deli turkey breast (use 2 slices if one is too thin)
1 tablespoon garlic flavoured hummus
1 tablespoon crumbled feta cheese
1 slice tomato, chopped
3 pitted Greek olives, chopped
1 - 2 baby spinach leaves, torn into smaller pieces

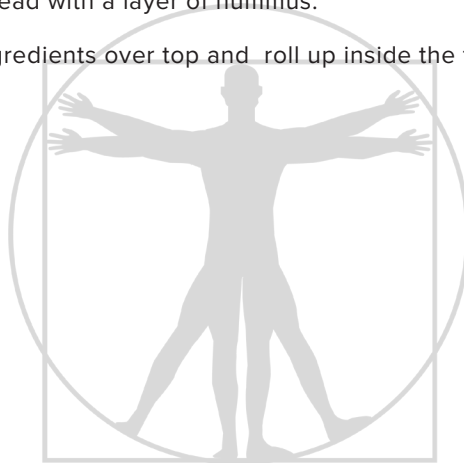
CALORIES
141

INSTRUCTIONS

Lay the turkey out flat, spread with a layer of hummus.

Sprinkle the rest of the ingredients over top and roll up inside the turkey breast.

Cut in half and eat.



CHICKPEA AND BROCCOLI SALAD

SERVES: 4

TIME: 20 MINUTES

CALORIES 446

PROTEIN 16

CARBS 56

FATS 18

FIBRE 15

Tahini is a paste or butter made from ground sesame seeds.



INGREDIENTS

1 head **broccoli**, very finely chopped
1 can (400g) **chickpeas**, rinsed and drained
70g **carrots**, shredded
50g **dried cranberries**
1 bunch **green onions**, chopped
40g **fresh coriander**, chopped
For the dressing:
62ml **tahini**
½ large **lemon**, juiced
3-5 tbsp warm **water**, to thin dressing
1 clove **garlic**, finely minced
1-2 tsp **pure maple syrup**, to sweeten
1 tsp **yellow curry powder**
½ tbsp freshly grated **ginger**
½ tsp **ground turmeric**

½ tsp **salt**
Freshly **ground black pepper**
To serve:
70g **toasted sliced almonds** (can also use
chopped roasted **almonds**)

CALORIES
446

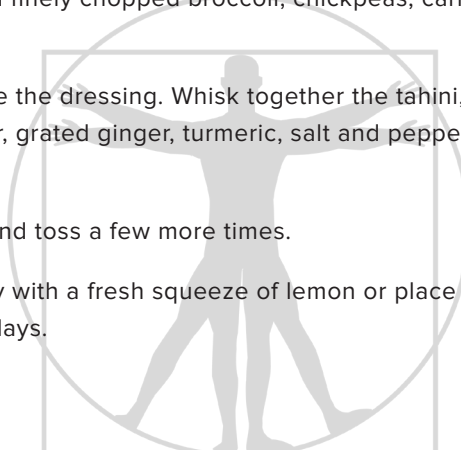
INSTRUCTIONS

Grab a large bowl and add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and coriander. Set aside.

Next up, you need to make the dressing. Whisk together the tahini, lemon juice, water, garlic, maple syrup, curry powder, grated ginger, turmeric, salt and pepper. Drizzle over the salad and toss to combine.

Sprinkle almonds on top and toss a few more times.

You can serve immediately with a fresh squeeze of lemon or place in the fridge for later. The salad will keep well for up to 5 days.



DINNER



CASHEW CHICKEN STIR FRY

SERVES: 6

TIME: 20 MINUTES

CALORIES 268

PROTEIN 21

CARBS 17

FATS 12

FIBRE 3



The starch content of cashew nuts is about 23%, which is a lot higher than most other nuts and makes them suitable for thickening sauces.

INGREDIENTS

1 tablespoon of **olive oil**
450 grams of **skinless chicken breasts**,
chopped into
2 cm **pieces**
3 cloves of **garlic**, crushed
200 grams of **broccoli**
1 **red bell pepper**, deseeded and sliced
100 grams of **sugar snap peas**
50 grams of **carrots**, sliced
30 grams of **unsalted cashew nuts**
4 **spring onions**, finely sliced
For the **sauce**:
4 tablespoons of **tamarind**
3 tablespoons of **peanut butter**
2 tablespoons of **honey**

1 teaspoon of **sesame oil**
1 tablespoon of **ginger paste**
2 tablespoons of **water**

CALORIES
268

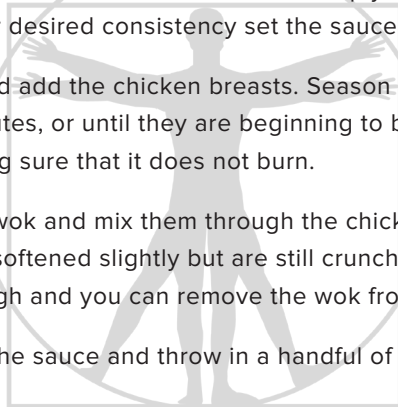
INSTRUCTIONS

Begin making the sauce by whisking together tamarind, peanut butter, honey, sesame oil ginger paste and water in a small bowl. If the sauce is too thick simply add a splash more water to the mixture. Once it reaches your desired consistency set the sauce aside.

In a large wok heat the oil and add the chicken breasts. Season them with salt and pepper and sauté them for around 5 minutes, or until they are beginning to brown. Add the garlic to the wok and fry for 30 seconds making sure that it does not burn.

Add the vegetables into the wok and mix them through the chicken. Cook for around 5 minutes, or until the vegetables have softened slightly but are still crunchy and fresh. By this point the chicken will be cooked through and you can remove the wok from the heat.

Before serving, mix through the sauce and throw in a handful of cashews and spring onions for some added texture.



ASPARAGUS, PEA AND SALMON RICE

SERVES: 4

TIME: 10 MINUTES

CALORIES 434

PROTEIN 29

CARBS 46

FATS 16

FIBRE 6



There are seven species of Pacific salmon. There is one species of Atlantic salmon.



INGREDIENTS

2 bunches **asparagus or green beans**, trimmed
and diagonally **chopped**
150 grams **frozen peas**
2 x 250 grams packs ready-to-heat white **rice**
350 grams poached **salmon fillets**, flaked
100 grams **baby spinach**
Zest and juice 1 **lemon**
2 teaspoon **Dijon** mustard
1 tablespoon **olive oil**
Pinch **sugar**

CALORIES
434

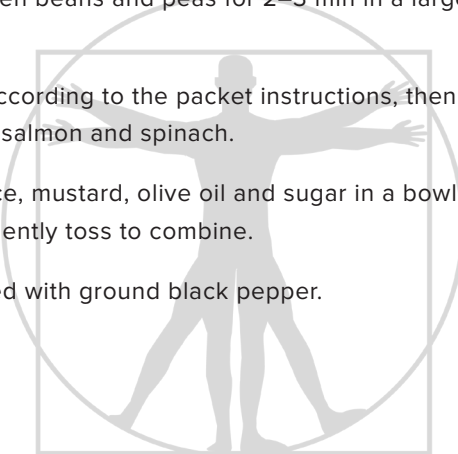
INSTRUCTIONS

Cook the asparagus or green beans and peas for 2–3 min in a large pan of boiling water until just tender. - drain well.

Meanwhile, heat the rice according to the packet instructions, then put in a large bowl. Add the asparagus or beans, peas, salmon and spinach.

Put the lemon zest and juice, mustard, olive oil and sugar in a bowl and whisk to combine. Drizzle over the rice mixture and gently toss to combine.

Serve immediately sprinkled with ground black pepper.



THAI TURKEY MEATBALLS

SERVES: 10

TIME: 35 MINUTES

CALORIES 231

PROTEIN 18

CARBS 3

FATS 16

FIBRE 1



INGREDIENTS

900 grams **turkey mince**
1 bunch **spring onions, chopped**
5 cm chunk of **fresh ginger**, minced
2 tablespoon **coriander, chopped**
5 **cloves garlic**, minced
2 tablespoon **Thai green curry paste**
1 tablespoon **lemongrass paste**
Juice of 1 **lime**
1 teaspoon **soy sauce**
1 teaspoon **fish sauce**
1 teaspoon **rice wine vinegar**
1 teaspoon **red chili flakes**
½ teaspoon **salt**
½ teaspoon **pepper**
2 tablespoon **olive oil**

1 tablespoon **olive oil**
150 grams green **onions, chopped**
5 **cloves garlic**, minced
½ tablespoon **red chili flakes**
½ teaspoon **curry powder**
2 tablespoon **white wine vinegar**
350 millilitres tinned **coconut milk**
1 teaspoon **sea salt**

CALORIES
231

INSTRUCTIONS

In a large bowl, combine all ingredients except the olive oil and mix together using your hands until well combined.

Form the mixture into balls about 2 tablespoons in size, and roll between your hands to shape.

Line a baking sheet with parchment, arrange the meatballs to rest before frying.

In a large non stick pan bring half the olive oil to a medium high heat and carefully add the meatballs.

Cook for 6-7 minutes and then turn to brown on both sides, ensuring they don't stick to the pan.

Remove and set aside on a plate.

Coconut Chili Sauce

In the same pan, add the remaining olive oil. Bring the pan to medium heat and add the onion.

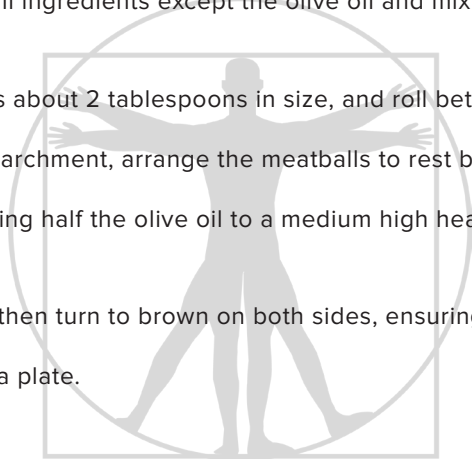
Sauté for 4 to 5 minutes until the onions are softened and translucent.

Add the minced garlic, chili flakes, and curry powder. Continue stirring until the garlic softens and the spices are fragrant. Carefully pour in the vinegar and sauté for a further 2 minutes.

Shake the coconut milk thoroughly and then pour into the pan, stirring to combine. Increase heat until the sauce is at a gentle boil.

Add the meatballs and simmer until meatballs are hot through.

Serve over rice or noodles as desired and garnish with fresh coriander.



20 MINUTE VEGETARIAN CHILLI (V)

SERVES: 2

TIME: 20 MINUTES

CALORIES 333

PROTEIN 13

CARBS 36

FATS 12

FIBRE 15



Up your plant intake with this quick and easy vegetarian option.



INGREDIENTS

½ small **onion** finely **chopped**
1 large **garlic clove**, crushed
1 knob of **butter**
½ teaspoon **ground cumin**
½ teaspoon **paprika**
(sweet or smoked depending on preference)
Pinch of **chilli flakes or chilli powder**
400 grams tin **chopped tomatoes**, drained and
juice reserved
400 grams tin **kidney beans** drained and
rinsed
½ **vegetable stock cube**
2 squares dark **chocolate**
soured cream, to serve (optional)
coriander, to serve (optional)

CALORIES
333

INSTRUCTIONS

Put the onion, garlic, butter and spices in a microwaveable container, stir, then heat in the microwave on high for 30-40 seconds.

Allow to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.

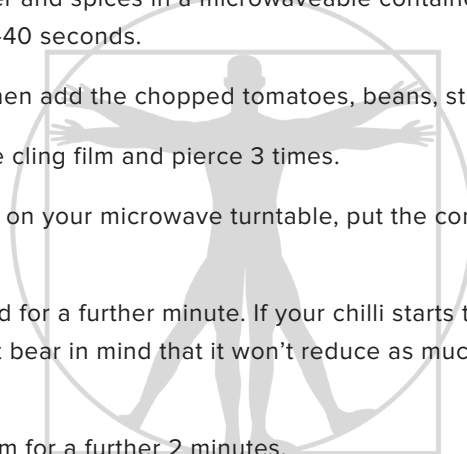
Cover with microwaveable cling film and pierce 3 times.

Place some kitchen paper on your microwave turntable, put the container on top and cook for 2 mins on high.

Stir well and leave to stand for a further minute. If your chilli starts to dry out, add some of the reserved tomato juice, but bear in mind that it won't reduce as much in the microwave as it would on the hob.

Cover and cook on medium for a further 2 minutes.

Give it a good stir and allow to stand for 1 minute before serving topped with soured cream and coriander or your favourite Mexican topping if desired



TACO BOWLS

SERVES: 2

TIME: 25 MINUTES

CALORIES 341

PROTEIN 29

CARBS 18

FATS 17

FIBRE 5



October 4th Is
National Taco
Day In the
United States

INGREDIENTS

1 tsp **olive oil**
1 **clove garlic**, minced
1/2 **onion**, diced
250g **beef mince** (90% lean)
1 tsp **chili flakes**
1 tsp **oregano**
1 tsp **paprika**
1 tsp **cumin**
1/2 tsp **chili powder**
2 handfuls **iceberg lettuce**, shredded
2 tomatoes, chopped
1/2 **cucumber**, chopped
2 tbsp **salsa**
1 tbsp **sour cream**
Fresh coriander

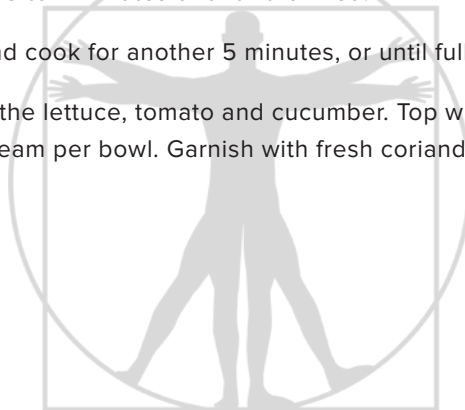
CALORIES
341

INSTRUCTIONS

Bring a skillet to high-heat, add olive oil, garlic and onion. Once the onion has started to soften, add the beef and cook for 3 to 4 minutes or until browned.

Next, add all the spices and cook for another 5 minutes, or until fully cooked through.

Grab two bowls and layer the lettuce, tomato and cucumber. Top with the cooked beef, 1 tbsp of salsa and 1 tbsp of sour cream per bowl. Garnish with fresh coriander.



VEGAN THAI GREEN CURRY (V)

SERVES: 4

TIME: 15 MINUTES

CALORIES 332

PROTEIN 6

CARBS 22

FATS 23

FIBRE 6



INGREDIENTS

2 tablespoons **sunflower oil**
1 medium **butternut squash** (about 800 grams),
peeled and cut into bite-sized cubes
3 tablespoon **light soy sauce**
1 **lime wedged** to serve
A handful of **coriander** roughly torn, to serve
1 **red chilli**, deseeded and finely sliced, to
serve
1 spring **onion** finely **chopped** to serve
500 grams Cooked **jasmine rice** to serve
GREEN CURRY BASE
1 **lemongrass stalk**, bruised
1 tablespoon **Thai green curry paste**
2 x 400 millilitre tins **low-fat coconut milk**
A handful, **sugar snap peas** halved

A handful of **asparagus spears** tough ends
removed
A handful of **green beans** trimmed
2 tablespoon frozen or **fresh edamame beans**

CALORIES
332

INSTRUCTIONS

Add 1 tablespoons of sunflower oil in a wok and bring to a medium heat.

Meanwhile, toss the butternut squash cubes into the soy sauce.

Put the soy-coated butternut squash in the wok and cook for 10 minutes or until softened and browned, stirring frequently.

For the green curry base:

Heat the remaining sunflower oil in a separate large frying pan. Add the lemongrass and Thai green curry paste, and fry over a high heat for 1 minute until the spices are fragrant and aromatic

Add the coconut milk, stir, then reduce the heat slightly and simmer for a further 8 minutes.

Meanwhile cook the jasmine rice according to the packet instructions.

Remove and discard the lemongrass stalk. Add the sugar snap peas, asparagus, green beans and edamame beans to the sauce and cook for 4-5 minutes or until the vegetables are cooked but still have some firmness.

Ladle the curry into bowls and spoon in the softened soy-glazed butternut squash.

Top each bowl with a squeeze of lime juice, and sprinkle with the coriander.

For added depth of flavour and heat, top with a few slices of chilli and a scattering of chopped spring onion.

Serve with bowls of steaming, fluffy jasmine rice.

BEEF AND MUSHROOM MARINARA WITH SPAGHETTI SQUASH

SERVES: 4

TIME: 145 MINUTES

CALORIES 442

PROTEIN 28

CARBS 42

FATS 18

FIBRE

Spaghetti squash
is a fantastic
gluten-free, low
carb alternative to
pasta.



INGREDIENTS

1 large **spaghetti squash**
455g grass fed **ground beef**
225g **mushrooms**, sliced
900ml **tomato sauce**
2-3 tbsp **Italian seasoning**
Salt and black pepper, to taste

CALORIES
442

INSTRUCTIONS

Start by preheating the oven to 177°C/350°F/Gas 4. Pierce the spaghetti squash with a knife.

Roast whole for about 1½ to 2 hours (or until a knife easily pierces the skin).

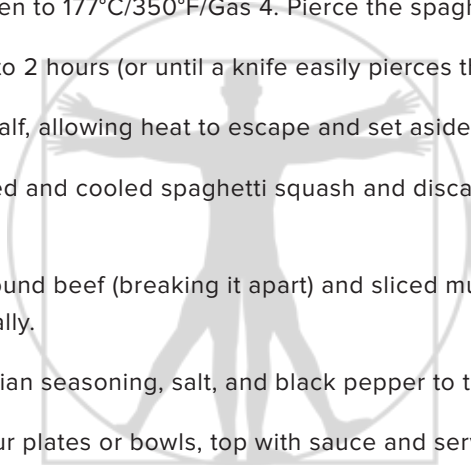
Carefully slice squash in half, allowing heat to escape and set aside to allow for cooling.

Remove seeds from cooked and cooled spaghetti squash and discard seeds. Scoop out squash using a fork.

In a large pan, add the ground beef (breaking it apart) and sliced mushrooms and sauté for 15 minutes, stirring occasionally.

Add the tomato sauce, Italian seasoning, salt, and black pepper to taste.

Divide the squash over four plates or bowls, top with sauce and serve immediately.



SWEET STUFF —



STRAWBERRY SORBET

SERVES: 4

TIME: 5 MINUTES

CALORIES 46

PROTEIN 1

CARBS 10

FATS 0

FIBRE 2



There are 200 seeds on an average strawberry.

Experiment with any type of frozen berry for the sorbet. You may need slightly more or slightly less to get the consistency you want dependant on the fruits water content.

INGREDIENTS

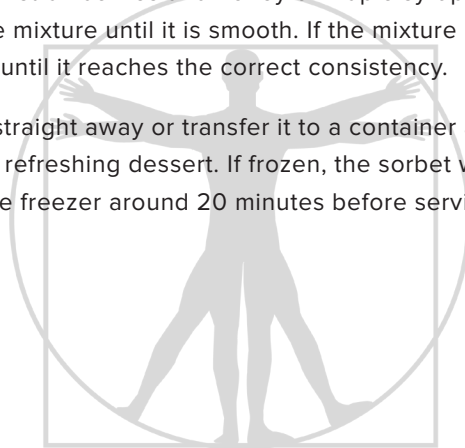
300 grams of **frozen strawberries**
1 tablespoon of **honey** or **maple syrup**
180 millilitres of **cold water**

CALORIES
46

INSTRUCTIONS

Begin by adding the frozen strawberries and honey or maple syrup to a food processor. Add half the water and blitz the mixture until it is smooth. If the mixture is not blitzing smooth then gradually add more water until it reaches the correct consistency.

You can serve the sorbet straight away or transfer it to a container and place in the freezer, either way it will be a deliciously refreshing dessert. If frozen, the sorbet will become very solid so we advise removing it from the freezer around 20 minutes before serving.



PROTEIN COOKIE DOUGH

SERVES: 6

TIME: 10 MINUTES

CALORIES 164

PROTEIN 10

CARBS 19

FATS 5

FIBRE 4



Shhhh..... Just
don't tell the
kids what
they're made
of.

This is a dish suitable for Vegans but for non-vegans you can easily switch in whey protein and regular chocolate chips.

INGREDIENTS

1 400 gram tin of **chickpeas**, drained and rinsed
4 tablespoons of **vanilla vegan protein powder**
2 tablespoons of **almond** or **cashew butter**
1 tablespoon of **coconut sugar**
1 teaspoon of **vanilla extract**
A pinch of **salt**
2 tablespoons of dairy free **chocolate chips**

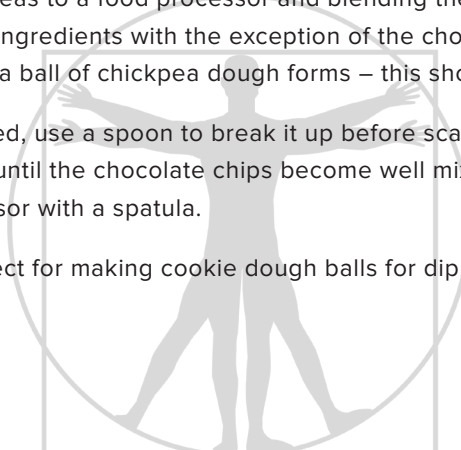
CALORIES
164

INSTRUCTIONS

Start by adding the chickpeas to a food processor and blending them until they form a smooth paste. Add the remaining ingredients with the exception of the chocolate chips to the food processor and blend until a ball of chickpea dough forms – this should only take a few minutes.

Once the dough has formed, use a spoon to break it up before scattering in the chocolate chips. Pulse the food processor until the chocolate chips become well mixed through the dough before removing from the processor with a spatula.

This cookie dough is perfect for making cookie dough balls for dipping and can be stored in the fridge for 4 days.



SALTED PISTACHIO BARK

SERVES: 12 PIECES

TIME: 10 MINUTES

CALORIES 130

PROTEIN 2

CARBS 11

FATS 8

FIBRE 1

98% of the
pistachios
produced in the
United States are
from California



INGREDIENTS

340 grams of **chocolate chips**
60 grams of **pistachios**, shelled and roughly
chopped
1½ teaspoons of **salt**

CALORIES
130

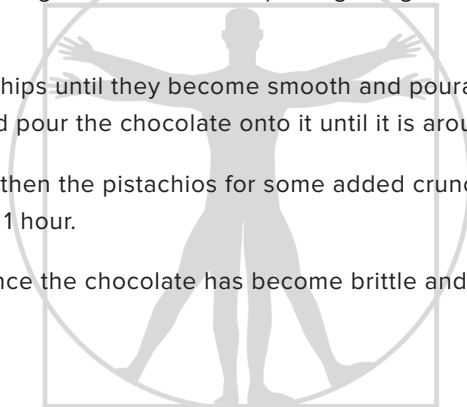
INSTRUCTIONS

Begin by placing the chocolate chips in a medium glass bowl. Meanwhile, quarter fill a medium saucepan with water and bring to the boil before placing the glass bowl of chocolate chips on top to create a bain-marie.

Gently stir the chocolate chips until they become smooth and pourable. Place a piece of baking paper on a baking tray and pour the chocolate onto it until it is around 1 cm thick.

Sprinkle over the salt and then the pistachios for some added crunch before placing the chocolate in the fridge for 1 hour.

Remove from the fridge once the chocolate has become brittle and break into uneven pieces to create the 'bark' effect.



COCONUT MACAROONS

SERVES: 15

TIME: 32 MINUTES

CALORIES 100

PROTEIN 1

CARBS 6

FATS 8

FIBRE 1



The name of the cookie comes from an Italian word meaning paste, maccarone.

INGREDIENTS

60g **unsweetened fine shredded/desiccated coconut**
45g **almond flour**
120ml **pure maple syrup**
3 tbsps melted **coconut oil**
½ tsp **vanilla**
⅓ tsp **sea salt**
3–4 tbsps **dairy-free chocolate chips**
Coconut oil, (if required)

CALORIES
100

INSTRUCTIONS

Begin by preheating your oven to 150°C/300°F/gas 2 and line a baking sheet with parchment paper.

Mix the coconut, almond flour, syrup, coconut oil, vanilla and salt in a medium bowl. Use a tablespoon to scoop the batter onto the lined baking sheet and bake for 20-22 minutes.

Remove from the oven and allow to cool — they will firm up as they cool.

Meanwhile add the chocolate chips to a microwave safe bowl and heat for about 30 seconds and stir. If the chocolate seems too thick after melting, you can add a tsp of melted coconut oil to thin it out.

Dip each macaroon into the melted chocolate and/or drizzle chocolate over each macaroon.

Place macaroons in the fridge for 5-10 minutes to allow the chocolate to harden.

Store any leftover macaroons in the fridge or freezer. If you do store them in the freezer, leave them at room temperature for 10 minutes or so before eating.

NO BAKE ALMOND FUDGE PROTEIN BARS

SERVES: 12

TIME: 10 MINUTES

CALORIES 162

PROTEIN 7

CARBS 18

FATS 7

FIBRE 2



INGREDIENTS

80 grams **oats**, ground into a **flour**
40 grams quick **oats**
60 grams **vanilla protein powder**
15 grams **crispy rice cereal**
125 grams **almond butter** (or **peanut butter**)
115 grams cup **honey**
1 teaspoon **vanilla extract**
Optional: 2-3 tablespoon. **chocolate chips** for melting

CALORIES
162

INSTRUCTIONS

Prepare a 9 x 5 inch loaf tin by spraying it with cooking spray. Set it aside for now.

In a medium-sized mixing bowl, combine the oat flour, quick oats, protein powder, and crispy rice cereal. Mix until well combined and also set aside.

In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in the vanilla extract.

Remove from the heat, pour into the dry mixture, stirring well until everything is well mixed.

Pour the mixture into the loaf tin. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

For the optional topping, place the chocolate into a microwave safe bowl and heat on high in 20 second intervals, stirring between each heating session.

When fully melted, drizzle over the top of the packed mix using a spoon.

Place pan into fridge and allow to cool for 30 minutes before slicing into bars.

RASPBERRY CHOCOLATE CHIP PROTEIN BROWNIES

SERVES: 12

TIME: 30 MINUTES

CALORIES 114

PROTEIN 5

CARBS 11

FATS 6

FIBRE 2

Apparently the brownie originated when a housewife didn't have baking powder, so she improvised and made her guests "flattened cakes"



INGREDIENTS

25g **rolled oats** (gluten free if required)
50g **unsweetened cocoa powder**
55g **whey chocolate protein powder**
120ml unsweetened **applesauce**
1 **egg**
1 tbsp **honey**
1 tsp **vanilla extract**
160ml **almond milk**, unsweetened
45g **chocolate chips**, plus 2 tbsp for topping
65g **raspberries**, broken up into large pieces

CALORIES
114

INSTRUCTIONS

Firstly, preheat oven to 177°C/350°F/Gas 4. Spray 8x8 inch baking pan with nonstick cooking spray.

Place oats in a blender and blend for one minute or until they resemble the consistency of flour. Transfer oat flour to a medium bowl then whisk in cocoa powder and protein powder, set aside.

Whisk together applesauce, egg, honey, vanilla and almond milk until smooth and well combined. Add to dry ingredients and mix together until just combined.

Next, heat coconut oil and the chocolate chips (save 2 tbsp) in a small saucepan over very low heat. Stir continuously until all chocolate chips and coconut oil have melted together. (You can also heat them in a microwave safe bowl for 30-45 seconds.) Gently stir into brownie batter.

Pour mixture into prepared pan. Sprinkle remaining 2 tbsp of chocolate chips and raspberries on top and bake for 18-22 minutes or until just cooked through and the top has set.

Transfer pan to wire rack to cool completely.

Once cool, cut into 12 bars. The bars should be kept covered in the refrigerator and enjoyed cold!

EASY PEANUT BUTTER PROTEIN BARS

SERVES: 12

TIME: 15 MINUTES

CALORIES 294

PROTEIN 21

CARBS 30

FATS 11

FIBRE 3



INGREDIENTS

250 grams natural peanut butter
265 grams cup honey
120 grams cups quick oats (not instant)
100 grams vanilla protein powder

CALORIES
294

INSTRUCTIONS

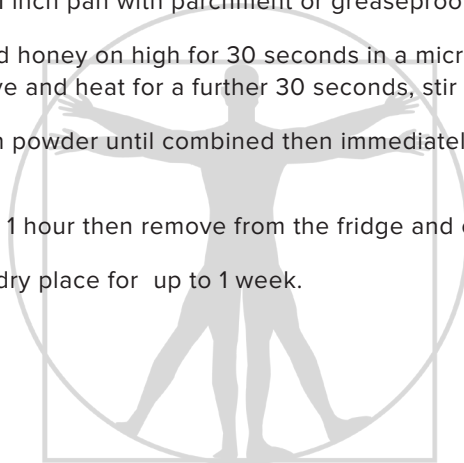
Line a 9 x 9 inch or a 7 x 11 inch pan with parchment or greaseproof paper.

Heat the peanut butter and honey on high for 30 seconds in a microwave-safe bowl. Stir. Place bowl back in the microwave and heat for a further 30 seconds, stir again.

Mix in the oats and protein powder until combined then immediately spread evenly into the lined pan.

Refrigerate, uncovered for 1 hour then remove from the fridge and cut into 12 bars.

Cover and store in a cool dry place for up to 1 week.





The Fit Clinic

7 Day Healthy Eating Recipe Book

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