

TEAM FITTY

THE TEAM FITTY RECIPE BOOK

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Hey Team! We hope you enjoy these recipes as much as we do!
Remember - you can swap out meat for veggie/vegan alternatives

Holly & Jacob

DISCLAIMER

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

-  VEGETARIAN
-  VEGAN
-  DAIRY FREE
-  GLUTEN FREE
-  CONTAINS NUTS
-  HIGH PROTEIN
-  LOW CARB
-  LOW FAT
-  LOW CALORIE

BREAKFAST



BREAKFAST SAUSAGE BURRITO



SERVES: 3



TOTAL TIME:
20 minutes



INGREDIENTS

2 tsp olive oil
1 brown onion, diced
250g breakfast sausage
1 green bell pepper, diced
3 tortillas wraps (gluten-free if required)
1/2 avocado, sliced
1 large tomato, sliced

CALORIES

491

PROTEIN

15

CARBS

38

FATS

31

FIBRE

4

PER PORTION

INSTRUCTIONS

Add the olive oil to a large frying pan and cook the onion for 5 minutes or until translucent.

Add the sausage and green bell pepper and cook for about 7 minutes or until the beef is fully cooked.

Heat the tortillas in the microwave for 40 seconds.

Spoon the sausage mixture into the tortillas and top with avocado and cheese.





MISO MUSHROOMS ON TOAST



SERVES: 1



TOTAL TIME:
15 minutes



INGREDIENTS

1 tbsp olive oil
1 clove garlic, minced
200g mushrooms
30g white miso paste
10ml tamari
120ml water
1 tbsp chives
1 slice of rye bread, toasted (or
gluten-free if required)

INSTRUCTIONS

In a medium-sized frying pan, heat the olive oil. Add the mushrooms and cook for 5 minutes or until browned.

Stir in the miso, tamari and water and cook for another 2-3 minutes.

Top toast with mushrooms, chives, salt and cracked pepper.

CALORIES

390

PROTEIN

12

CARBS

45

FATS

18

FIBRE

9

PER PORTION





BREKKIE BAR



SERVES: 12



TOTAL TIME:
30 minutes



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

INSTRUCTIONS

Preheat the oven to 160C/350F/Gas Mark 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.

CALORIES
320

PROTEIN
6

CARBS
38

FATS
16

FIBRE
4

PER PORTION





BAKED BLACKBERRY CUSTARD



SERVES: 2



TOTAL TIME:
45 minutes



INGREDIENTS

2 eggs
1 1/2 tbsp rice malt syrup
125g natural yoghurt
1 tbsp vanilla protein powder
(vegan if required)
1/2 lemon, zest finely grated
90g blackberries
2 tsp coconut sugar

INSTRUCTIONS

Preheat the oven to 200C/395F/Gas Mark 6.

Combine eggs, rice malt syrup, yoghurt, protein powder and lemon zest in a blender or food processor and blend until smooth and a little frothy.

Divide the mixture between 2 ramekins and place them in a large ovenproof stainless steel fry pan that's filled with water to about $\frac{3}{4}$ of the way up the sides of the ramekins.

Place blackberries on top.

Cover with the lid and bake for about 30 minutes or until set in the middle.

Carefully remove ramekins from the pot and allow to cool for 5 minutes. Sprinkle with coconut sugar before serving.

CALORIES

327

PROTEIN

28

CARBS

29

FATS

11

FIBRE

4

PER PORTION



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CHOC ORANGE SMOOTHIE BOWL



SERVES: 1



TOTAL TIME:
5 minutes

INGREDIENTS

125ml oat milk
40g coconut yoghurt
1 tbsp chocolate protein powder
(vegan if required)
1/2 medium frozen banana
5-10 pieces ice
To serve:
1 tbsp toasted muesli or granola
(use gluten-free variety if
required)
20g fresh orange, sliced

INSTRUCTIONS

Blend milk, yoghurt, protein powder and banana until nice and smooth. If the texture is too runny, add a few ice cubes to thicken it.

Transfer to a serving bowl and top with granola and orange slices.

CALORIES

342

PROTEIN

28

CARBS

44

FATS

6

FIBRE

5

PER PORTION



0 763236 262955

SIDES



CAULIFLOWER AND BROCCOLI CHEESE



SERVES: 4



TOTAL TIME:
50 minutes

INGREDIENTS

180g cauliflower florets
200g broccoli florets
45g butter
45g flour
1 tsp mustard powder
425ml skimmed milk
100g reduced-fat cheddar

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6.

Boil a kettle and add its contents to a large saucepan, add the cauliflower and a pinch of salt and cook for 5 mins. Then add the broccoli and cook for 3 mins more. Drain and add to an ovenproof dish.

In a small pan over low heat melt the butter until foaming, then add the flour and mustard powder and cook for 1 minute, stirring constantly. Remove from the heat and add the milk, a little at a time, stirring constantly. Once half the milk has been added, return to the heat and add the remaining milk. Stir and bring to a boil, then simmer and cook until thick. Add 3/4's of the cheese and black pepper.

Pour the sauce over the veg and top with the remaining cheese. Roast for 35 minutes.

CALORIES
280

PROTEIN
16

CARBS
18

FATS
16

FIBRE
3

PER PORTION





TRI-COLOUR ROAST POTATOES



SERVES: 4



TOTAL TIME:
35 minutes



INGREDIENTS

2 tbsp olive oil
200g sweet potato, cut into chunks
200g red potato, cut into chunks
200g white potato, cut into chunks
1/2 lemon

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6.

Cut the potatoes into 1" chunks by cutting the potatoes in half, then again lengthways and add to a roasting tray with the oil and a generous pinch of salt. Combine and separate so no potatoes are touching. Cut a lemon in half and add to the tray skin side down.

Roast in the oven for 30 minutes turning after 20 minutes.

Remove from the oven and dress the potatoes with the lemons juice, discard the lemon and serve.

CALORIES

186

PROTEIN

3

CARBS

30

FATS

6

FIBRE

2

PER PORTION





PICO DE GALLO SALSA



SERVES: 12



TOTAL TIME:
15 minutes



INGREDIENTS

240g fresh tomatoes
1/2 medium red onion
1 green chilli, deseeded and sliced
Juice of 1 lime
15g fresh coriander, chopped
1/4 tsp dried oregano
1/4 tsp ground cumin

INSTRUCTIONS

Roughly chop then finely dice the tomatoes, chilli, and onions and add to a bowl. Be careful while handling the chilli peppers.

Add the cumin, oregano, seasoning and finally the lime juice and combine very well. Top with coriander. Serve right away or cover the mixture and keep in the fridge until serving.

CALORIES

24

PROTEIN

2

CARBS

4

FATS

0

FIBRE

1

PER PORTION





CRAB CAKES



SERVES: 4



TOTAL TIME:
45 minutes



INGREDIENTS

200g canned crab meat
30g panko breadcrumbs
6g fresh coriander, chopped
1/2 red chilli, finely chopped
1/2 lime, zest
1 medium egg whisked
33g light mayonnaise
1 tsp Dijon mustard
1 tbsp olive oil

INSTRUCTIONS

Add 15g of the breadcrumbs to a bowl and add the rest of the ingredients and combine.

Lay out the remaining breadcrumbs in a bowl, form four small cakes with your hands and roll them in the breadcrumbs. Place in the refrigerator for 30 minutes until firm.

Add the olive oil to a non-stick frying pan over medium heat and gently fry the crab cakes on both sides until golden for around 3 minutes per side. Sprinkle with a little salt.

Serve the crab cakes with wedges of lemon and aioli, if liked.

CALORIES

139

PROTEIN

12

CARBS

7

FATS

7

FIBRE

0

PER PORTION





APPLE AND POTATO MASH



SERVES: 4



TOTAL TIME:
40 minutes



INGREDIENTS

800g white potatoes, peeled and quartered
2 cloves garlic, peeled left whole
50g butter
2 bay leaves
400g apples, peeled, cored and cubed
40g clear honey
75ml whole milk

INSTRUCTIONS

Place the potatoes in a large saucepan and cover with cold water. Season with salt, add the garlic and bring to a boil then simmer for 20 minutes until the potatoes are fully cooked through.

Meanwhile, melt the butter in a separate pan over low heat. Add the bay leaves and sizzle for 1-2 minutes until the butter passes foaming. Add the apples and honey and cook for 6 minutes until the apple mashes easily. Remove from the heat.

Drain the potatoes and return to the pan. Discard the bay leaves and tip the cooked apples on top. Mash until the whole mixture is smooth, then return to very low heat. Slowly stir in the milk and season.

CALORIES

367

PROTEIN

6

CARBS

61

FATS

11

FIBRE

3

PER PORTION



MAINS



BLACK BEAN BURRITO



SERVES: 6



TOTAL TIME:
35 minutes

INGREDIENTS

2 x (400g) tin black beans,
drained and rinsed
1/2 tbsp chili flakes
1/2 tbsp paprika
1 1/2 tsp ground cumin
1 tsp ground coriander
1/2 tsp garlic powder
2 tsp olive oil
125g corn kernels
1 red bell pepper, chopped
1 red onion, diced

2 tbsp jalapeños, chopped
1 lime, juiced
6 large wholemeal tortillas (or
gluten-free if required)
450g iceberg lettuce
25g coriander
230g cheese to garnish

INSTRUCTIONS

Place rinsed and drained black beans in a large bowl and add all spices. Transfer to a saucepan and add 2 tsp olive oil. Cook for 5-8 minutes on medium-high heat.

Meanwhile, add corn, bell pepper, onion, jalapeños and lime juice to a large bowl and toss to combine.

Layer tortillas with iceberg lettuce, followed by beans and salad mix. Finally, top with cheese and coriander.

Wrap the burritos tightly and toast in a sandwich press until golden.

CALORIES
517

PROTEIN
17

CARBS
74

FATS
17

FIBRE
14

PER PORTION





MUSHROOM STROGANOFF



SERVES: 4



TOTAL TIME:
35 minutes

INGREDIENTS

250g brown rice	3 1/2 tbsp flour
1 brown onion, diced	140g Greek yoghurt or light sour cream
3 garlic cloves, minced	Salt and freshly-cracked black pepper
2 tbsp butter	
450g mushrooms, sliced	
125ml dry white wine	
250ml vegetable broth	
1 tbsp tamari (or soy sauce)	
3 sprigs of fresh thyme	
1 tsp onion powder	
1 tsp smoked paprika	

INSTRUCTIONS

Bring a large pot to high heat and cook rice according to packet instructions.

Next, take a large frying pan and bring it to high heat. Add the onion and garlic and cook 3 minutes. Add the butter.

Once the butter has melted, add the mushrooms and fry over medium heat for 5 minutes.

Pour in the white wine, vegetable broth, tamari and all spices.

While the sauce is simmering mix the thyme, onion powder, smoked paprika and flour with the Greek yoghurt or sour cream. Pour the yoghurt mixture into the pan and simmer for an additional 10 minutes.

Divide rice into four bowls and top with stroganoff, extra sprinkle of fresh time, salt and cracked pepper.

CALORIES

278

PROTEIN

10

CARBS

37

FATS

10

FIBRE

3

PER PORTION





ROASTED TOMATO SOUP



SERVES: 3



TOTAL TIME:
55 minutes



INGREDIENTS

680g Roma tomatoes, quartered
1/2 brown onion, quartered
1/2 red bell pepper, quartered
1 1/2 tbsp olive oil
590ml vegetable broth
2 tsp dried basil
1 tsp dried oregano
3 tbsp Greek yoghurt

INSTRUCTIONS

Preheat the oven to 200C/400F/Gas Mark 6. Line a baking tray with aluminium foil and lay the tomato, onion and bell pepper across in a single layer, drizzle olive oil all over and season with salt and pepper.

Roast for about 40-45 minutes or until the vegetables are nice and soft.

Meanwhile, in a medium-sized pot, bring the broth and herbs to boil.

Next, blend the vegetable mix (you might need to do it in two stages) and add it to the broth, giving it a good stir. Simmer for 5 minutes, before serving in three bowls with a dollop of Greek yoghurt.

CALORIES

144

PROTEIN

6

CARBS

12

FATS

8

FIBRE

5

PER PORTION



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POWER PROTEIN SALAD



SERVES: 2



TOTAL TIME:
15 minutes



INGREDIENTS

For the chilli roasted almonds:

140g whole raw almonds

Drizzle extra virgin olive oil

½ tsp smoked paprika

½ tsp chilli powder

½ tsp salt

For the rest of the salad:

4-5 handfuls mixed greens

100g quinoa, cooked

60g edamame, cooked and

shelled

90g kidney beans, cooked

100g chickpeas, cooked

¼ red onion, sliced

To serve:

Your favourite salad dressing

INSTRUCTIONS

Bring a cast-iron frying pan or other frying pan to medium-high heat. While the frying pan is heating, combine almonds, olive oil, and spices in a bowl. Just use enough olive oil to lightly coat the almonds, not any more. Mix well until almonds are evenly coated with the oil and spices.

Once the frying pan is hot, add spiced almonds to the pan and sauté for 3-5 minutes, or until the almonds start to brown and become fragrant. Be sure to stir frequently so they don't burn. You may hear a popping noise - it's just the almonds cracking.

Once almonds are done cooking, remove from the frying pan and let cool for a few minutes.

To assemble your salad, toss mixed greens, quinoa, beans, chickpeas and onion with your favourite salad dressing until evenly combined. Divide into 2 bowls.

This salad is really versatile - feel free to sub quinoa with any other grain, or sub any type of hardy beans for the beans listed in the recipe. It will all taste great.

CALORIES

498

PROTEIN

31

CARBS

44

FATS

22

FIBRE

5

PER PORTION





BAKED GNOCCHI WITH SPINACH



SERVES: 4



TOTAL TIME:
30 minutes



INGREDIENTS

1 tbsp olive oil	thinly sliced
450g potato gnocchi	250ml vegetable broth
1 medium onion, thinly sliced	
4 cloves garlic, minced	
½ tsp ground black pepper	
450g crushed tomato	
1 tbsp Italian herb mix	
20g nutritional yeast	
½ tsp sea salt	
400g spinach	
8 pieces sun-dried tomatoes,	

INSTRUCTIONS

Preheat the oven to 180C/350F/Gas Mark 4.

In a frying pan heat up 3/4 of the olive oil and roast the gnocchi on low heat until golden brown for about 10 minutes. Once cooked, set aside.

Using the same frying pan, add the leftover oil and saute onion and garlic for about 3 minutes, until fragrant. Add all other ingredients, give it a good stir and simmer until the spinach is wilted.

Transfer the sauce and the gnocchi to a baking dish and give it another good stir before you bake it for 20 minutes. Let the gnocchi cool down a little bit before serving. Season with salt and pepper if you desire.

CALORIES
504

PROTEIN
23

CARBS
76

FATS
12

FIBRE
14

PER PORTION





HOKKIEN NOODLES WITH BEEF



SERVES: 4



TOTAL TIME:
25 minutes

INGREDIENTS

450g Hokkien noodles	1 tbsp lime juice
2 tbsp peanut oil	125ml water
350g beef strips	
2 cloves garlic, minced	
1 long red chilli, deseeded and sliced	
2 tbsp red curry paste	
1 courgette, cut into matchsticks	
1 red bell pepper, cut into matchsticks	
1 tbsp fish sauce	

INSTRUCTIONS

Cook the noodles according to the packet instructions. Drain and set aside.

Heat 1 tbsp oil over high heat in a large frying pan. Cook the beef for 3-4 minutes. Remove from the pan and set aside.

Add the remaining oil, garlic, chilli and curry paste and heat for 1 minute. Add the courgette and bell pepper and cook for 3-4 minutes. Return the beef to the pan, along with the fish sauce, lime juice and water. Cook for another 3 minutes.

Toss the noodles through and heat for a further minute.

Divide between 4 bowls.

CALORIES

389

PROTEIN

28

CARBS

31

FATS

17

FIBRE

5

PER PORTION





LEMONY FISH BURGERS



SERVES: 4



TOTAL TIME:
25 minutes



INGREDIENTS

For the tartare sauce:

80g mayonnaise

2 tbsp pickles, finely chopped

1 spring onion, finely chopped

1 tbsp lemon juice

For the burgers:

4 white fish fillets

1 tbsp olive oil

zest 1 lemon, finely grated

1 tbsp dill, finely chopped

sea salt and cracked pepper

4 soft bread rolls (gluten-free if required)

4 butter lettuce leaves

INSTRUCTIONS

Add the mayonnaise, pickles, spring onion and lemon juice to a small dish and stir well to combine. Set aside.

Next, mix together the olive oil, lemon zest, dill, sea salt and cracked pepper in a shallow dish.

Submerge the fish fillets and turn to coat both sides.

Heat the barbeque or grill plate and cook fish for about 3 minutes each side or until cooked to your liking.

Slice buns in half, add a generous dollop of tartar sauce, a butter lettuce leaf and finally, the fish.

CALORIES

435

PROTEIN

27

CARBS

30

FATS

23

FIBRE

4

PER PORTION





BEEF WITH BOK CHOY



SERVES: 4



TOTAL TIME:

25 minutes (plus 30 minutes for marinating)



INGREDIENTS

450g beef sirloin steak, sliced into bite-sized pieces
2 bunches bok choy
1 tbsp coconut oil
2 cloves garlic, minced
2cm piece ginger, finely chopped
For the marinade:
2 tbsp tamari
1 tbsp sesame oil
1 tbsp rice wine vinegar

salt and cracked pepper
1 tsp corn flour
1/4 tsp baking soda
For the sauce:
2 tbsp tamari
2 tsp Sambal Oelek
2 tsp sesame oil

INSTRUCTIONS

Mix all of the marinade ingredients together. Submerge the beef in the marinade and allow it to sit for 30 minutes.

Next, mix together the sauce ingredients and set aside.

Place the bok choy in a large fry pan, along with 3 tbsp of water. Put the lid on and bring the frying pan to medium heat. Cook for 3 minutes, drain and set aside.

Add the coconut oil to a large wok and bring to medium heat. Cook the garlic and ginger for 1-2 minutes, stirring continuously so it doesn't stick. Turn the heat up a little higher and add the beef.

Allow the beef to cook for 3-4 minutes before flipping and cooking the other side.

Pour the sauce all over the beef, add the bok choy and stir to heat through.

Serve immediately.

CALORIES

301

PROTEIN

25

CARBS

3

FATS

21

FIBRE

1

PER PORTION





SQUASH AND GOAT'S CHEESE FLATBREADS



SERVES: 2



TOTAL TIME:
45 minutes



INGREDIENTS

300g butternut squash, peeled
and cut into cubes
1/2 tbsp olive oil
1/2 tbsp sumac
2 large flatbreads (gluten free if
required)
4 tbsp onion relish
100g soft goat's cheese
2 handfuls baby spinach

INSTRUCTIONS

Preheat the oven to 180C/350F/Gas Mark 5 and line a baking tray with baking paper.

Toss the squash in olive oil and sumac, lay evenly on the baking tray and cook for 15 minutes or until just beginning to soften but not fully cooked yet.

Next, spread onion relish all over the 2 flatbreads. Top with cooked squash and goat's cheese and cook for 20 minutes or until the cheese is melting.

Once cooked, top with baby spinach and season with salt and cracked pepper.

CALORIES

506

PROTEIN

20

CARBS

48

FATS

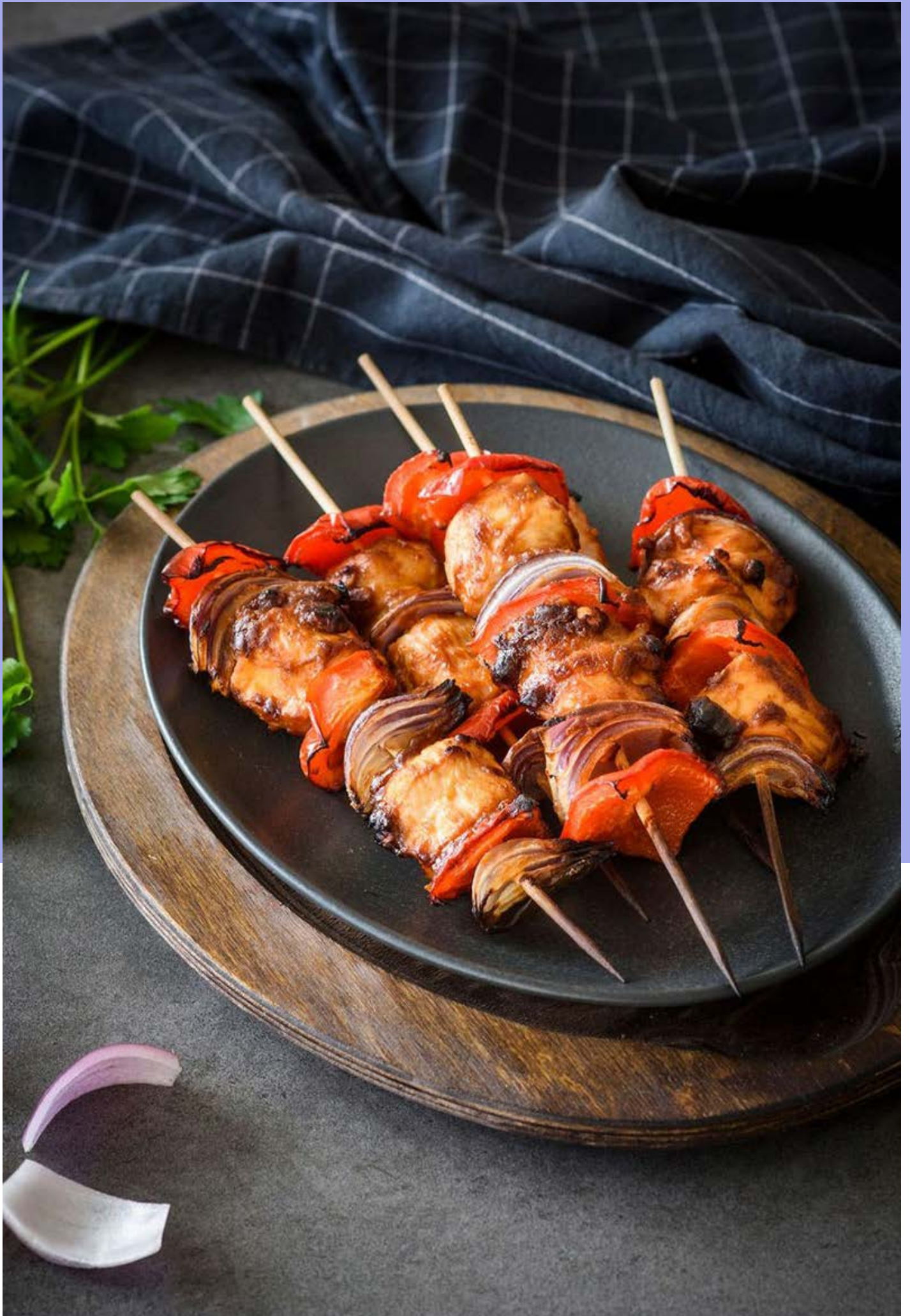
26

FIBRE

9

PER PORTION





CHICKEN SKEWERS



SERVES: 2



TOTAL TIME:
45 minutes



INGREDIENTS

1 tbsp peanut butter
2 tbsp ketjap manis (or thick soy sauce)
1 tsp ginger, minced
1 tsp chilli flakes
250g chicken breast, cut into cubes
1 red onion, cut into thick slices
1 red bell pepper, cut into cubes

INSTRUCTIONS

In a medium-sized shallow dish, mix together the peanut butter, ketjap manis, ginger and chilli flakes. Add the chicken and toss to coat. Allow to marinate for 15 minutes.

Thread the chicken, red onion and bell pepper onto the skewers.

Heat a chargrill plate or heavy frying pan to medium-high heat and cook the skewers for 3-4 minutes each side or until fully cooked through.

CALORIES
283

PROTEIN
39

CARBS
16

FATS
7

FIBRE
3

PER PORTION





SALSA CHICKEN



SERVES: 5



TOTAL TIME:
40 minutes



INGREDIENTS

4 skinless, boneless chicken
breasts
600g salsa

INSTRUCTIONS

Preheat the oven to 190C/375F/Gas Mark 5.

Arrange chicken on a baking pan and pour salsa generously on top.

Bake for 25-30 minutes, until chicken is no longer pink on the inside.

Let it cool for a little bit, then shred it using forks and serve immediately.

CALORIES
208

PROTEIN
34

CARBS
9

FATS
4

FIBRE
1

PER PORTION





THAI PEANUT BEEF



SERVES: 4



TOTAL TIME:
20 minutes



INGREDIENTS

2-3 tsp olive oil
680g beef, cut into thin strips
(suggestion: flank steak or stir fry beef strips)
For the sauce
125g creamy peanut butter
2 tsp soy sauce
1 tsp brown sugar
2 tsp Sriracha hot sauce
65g peanuts, chopped (optional)
2 tbsp spring onion to garnish

INSTRUCTIONS

Thoroughly mix together all sauce ingredients, excluding peanuts and set aside.

Next, add the oil to large pan or frying pan and heat over medium-high heat until hot. Add beef strips and cook for 8-10 minutes, stirring throughout to ensure even cooking.

When the beef has browned around the edges and cooked to your preference, add 1/2 of the sauce to the pan. Stir and cook 1-2 minutes longer.

Serve beef hot, topped with remaining sauce, chopped peanuts and sliced spring onions.

CALORIES

484

PROTEIN

44

CARBS

14

FATS

28

FIBRE

4

PER PORTION





TURKEY IN BLACK BEAN SAUCE WITH NOODLES



SERVES: 1



TOTAL TIME:
30 minutes

INGREDIENTS

Cooking oil spray
1 small onion
½ medium green pepper
½ medium red pepper
1 garlic clove
130g turkey breast
45g stir in black bean sauce
100g medium wholewheat
noodles

INSTRUCTIONS

Prepare and chop the onion and pepper, then peel and crush the garlic and cut the turkey into strips.

Spray a non-stick frying pan or wok with the oil, and fry the onion and garlic until softened.

Add the turkey and cook until starting to colour.

Now, add the red and green pepper and continue to fry until the turkey is cooked, before stirring in the black bean sauce and allowing to heat through.

Meanwhile, cook the noodles according to the pack instructions

Finally, add the cooked noodles to a bowl and serve topped with the turkey.

CALORIES

384

PROTEIN

39

CARBS

48

FATS

4

FIBRE

6

PER PORTION





CHILLI-GLAZED PORK WITH SWEET POTATO HASH



SERVES: 4



TOTAL TIME:
25 minutes

INGREDIENTS

1 pork tenderloin
1 tbsp and 1 tsp olive oil
1 tsp chilli powder
Salt
Black pepper
2 tbsp pure maple syrup
2 medium sweet potatoes
2 large shallots, chopped
140g baby spinach, chopped
Hot sauce (optional)

INSTRUCTIONS

Heat your grill to medium.

Place the pork on a foil-lined rimmed baking sheet and rub with 1 tsp of the oil, the chilli powder and ¼ tsp each of salt and pepper.

Grill for 8-10 minutes per side, turning and basting with the maple syrup twice, until cooked through and juices run clear. Set aside to rest for 5 minutes before slicing.

Meanwhile, grate the sweet potatoes.

Heat the remaining oil in a large non-stick pan over a medium-high heat.

Add the shallots and cook, stirring occasionally, until beginning to brown, then add the potatoes and cook, tossing occasionally, until tender. Finally, add the spinach and cook, tossing until wilted.

Serve the pork and potatoes in bowls splashed with the hot sauce, if desired.

CALORIES
362

PROTEIN
35

CARBS
33

FATS
10

FIBRE
5

PER PORTION





AUBERGINE AND LENTIL VINDALOO



SERVES: 2



TOTAL TIME:
55 minutes



INGREDIENTS

1/4 dried red lentils, rinsed and drained	Ground black pepper
3 onions, finely sliced	1–2 tsp chilli flakes
1 tsp sunflower oil	2 tbsp tomato purée
4 large garlic cloves, whole	2 tbsp vinegar or lemon juice
1 large aubergine or 2 small ones, diced	30g spinach
1 tsp cumin (seeds or ground)	
1/2 tsp ground cinnamon	
1/4 tsp star anise, or 1/8 tsp fennel seeds	

INSTRUCTIONS

Thoroughly rinse and drain the lentils and place in a pan. Cover with water and bring to the boil. Reduce to a simmer for around 12 minutes until soft and swollen. Drain, rinse well and set aside.

Meanwhile, soften the onions in a large pan with a little oil over medium heat. After about 10 minutes, add the garlic cloves (peeled, but whole) and aubergine, stirring often. Cook for 15 minutes, adding more oil, if needed.

Add the cumin, cinnamon, star anise or fennel seeds, and pepper, as well as half of your chosen quantity of chilli, leaving half to garnish. Stir well to combine, then add 200ml water to the pan, and turn up the heat to medium-high.

Add the reserved lentils, tomato purée and vinegar, or lemon juice, and stir well. Bring to the boil, then reduce to a simmer and cover for around 30 minutes, stirring slowly every now and then.

If it still looks too watery, bring it back to the boil, then reduce the heat and cook a little more. Stir through the spinach a few minutes before serving, taste and add the extra chilli, if you like.

Divide into two bowls and serve hot with rice, if you desire.

CALORIES
244

PROTEIN
12

CARBS
40

FATS
4

FIBRE
12

PER PORTION



DESSERTS



STRAWBERRY CHEESECAKE IN A GLASS



SERVES: 4



TOTAL TIME:
30 minutes



INGREDIENTS

200g fat-free cream cheese
100ml whipped cream
1 teaspoon vanilla extract
150g petit beurre
4 tablespoons melted butter
160g strawberries sliced
25g icing sugar
50g sugar

INSTRUCTIONS

In a small bowl, add petit beurre crumbs and melted butter and stir until combined.

Add 3 tablespoons of petit beurre crumbs mixture in separate glasses.

With an electric mixer, beat the whipped cream, icing sugar, vanilla extract and cream cheese until well blended.

Next add a layer of cream cheese mixture, in glasses.

In medium pot add strawberries and sugar, then cook 10 minutes on low heat. Leave to cool then place on a layer of cream cheese.

Store in the refrigerator until you are ready to serve.

CALORIES

485

PROTEIN

11

CARBS

54

FATS

25

FIBRE

2

PER PORTION





ENERGY BALLS



SERVES: 5



TOTAL TIME:
10 minutes



INGREDIENTS

180g almond butter
70g old fashioned rolled oats
2 tablespoons maple syrup
40g flaxseed meal
10 dates, pitted
1 tablespoons chia seeds
80g mini dark chocolate chips

INSTRUCTIONS

In a food-processor, blend the dates until they start to break down and ball up into one big ball. Add almond butter, oats, syrup, flaxseed, chia seeds and chocolate chips. Pulse a few times until combined.

Use a tablespoon to scoop out energy balls, rolling between your palms to form a smooth ball.

Drizzle with additional melted chocolate and sprinkle with sea salt.

Store in an airtight container in the fridge for up 10 days or freeze for up to 3 months.

CALORIES
326

PROTEIN
7

CARBS
43

FATS
14

FIBRE
8

PER PORTION





COCONUT LIME ENERGY BITES



SERVES: 10



TOTAL TIME:
10 minutes



INGREDIENTS

150g raw cashews
220g pitted soft dates
66g unsweetened fine coconut
2 tbsp fresh lime juice
1 tsp fresh grated lime zest

INSTRUCTIONS

Use a grater or citrus planer to make the lime zest.

Slice the lime in half and squeeze or use a citrus juicer to make 2 tbsp of juice in a small bowl or container.

Place the cashews in a food processor and mix until broken down into coarse, grainy flour. Add the dates and process until it forms a crumbly but sticky dough. Add the coconut, lime juice and zest and process until the mixture sticks together when you press it between your fingers.

Use your hands to roll the mixture into 10-15 balls. The balls can be rolled in additional desiccated coconut if desired.

Store the balls in a sealed container in the fridge for up to 2 weeks or freezer for up to 2 months.

CALORIES
207

PROTEIN
3

CARBS
24

FATS
11

FIBRE
3

PER PORTION





SWEET POTATO CASSEROLE



SERVES: 8



TOTAL TIME:
1 hour



INGREDIENTS

For the sweet potato
500g sweet potatoes, peeled
and cut into cubes
4 tablespoons butter, softened
120ml cup milk
85g packed brown sugar
2 large eggs
1/2 teaspoon ground nutmeg
1/4 teaspoon pure vanilla extract
1 teaspoon kosher salt
For the topping

60g all purpose flour
4 tablespoon melted butter
65g chopped pecans
40g packed brown sugar
1/2 teaspoon kosher salt

INSTRUCTIONS

Preheat the oven to 175C/350F/Gas Mark 4 and grease a medium casserole dish with cooking spray.

Place sweet potatoes in a large pot and cover with water. Bring to boil then reduce heat and simmer until the sweet potatoes are tender about 15 minutes.

Drain and let cool slightly then transfer to a large bowl. Add butter to sweet potatoes and use a potato masher, or two forks, to mash. Add milk, brown sugar, eggs, nutmeg, salt and vanilla and stir until smooth.

Transfer to a prepared casserole dish.

In a medium bowl, add all of the topping ingredients and mix until combined. Sprinkle the topping mixture over the sweet potatoes and bake until warmed through and golden on top, 25 minutes.

CALORIES

355

PROTEIN

5

CARBS

41

FATS

19

FIBRE

4

PER PORTION





APPLE PIE CAKE



SERVES: 8



TOTAL TIME:
35 minutes



INGREDIENTS

150g dark brown sugar
2 large eggs
80ml sunflower oil
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon kosher salt
120g all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
2 small apples, peeled, cored,
and chopped into pieces (about 2 cups)
50g toasted walnuts, chopped

INSTRUCTIONS

Position a rack in the centre of your oven and preheat the oven to 175C/350F/Gas Mark 4. Butter or coat a 23cm round baking pan with nonstick spray. Line the bottom of the pan with a round of parchment paper.

In a large bowl, whisk the brown sugar and eggs until foamy, about 1 minute. Add the oil, vanilla, cinnamon, nutmeg and salt. Add the flour, baking powder, and baking soda and whisk until well-combined and smooth. Use a rubber spatula to fold in the apples and half of the nuts. Pour the batter into the prepared pan and use an offset spatula to gently smooth the top, making sure the apples are well dispersed and go all the way to the edges of the pan. Tap the pan gently on the counter to release any air bubbles. Sprinkle the remaining 1/4 cup nuts over the cake.

Bake until puffed and golden, and a tester inserted into the centre comes out clean, 30 to 40 minutes. Set the pan on a rack to cool for about 15 minutes.

Run a thin knife around the edge and carefully turn the cake out onto a cooling rack. Then invert it again so that it's puffy side up if desired. Store the cake, wrapped tightly, at room temperature or in the fridge for up to two days

CALORIES
291

PROTEIN
5

CARBS
34

FATS
15

FIBRE
2

PER PORTION



A top-down photograph of a white plate filled with spaghetti, chunks of browned meat, sliced red bell peppers, and zucchini. A silver fork and knife are placed to the left of the plate. The background is a dark, textured surface with a striped cloth partially visible in the upper right corner.

TEAM FITTY

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