CD/TRAINING

THE CDTRAINING

RECIPE BOOK

Healthy, fun and easy recipes for fat loss, muscle building and the whole family

80 RECIPES





BREAKFASTS | LUNCHES | HIGH PROTEIN | FAT LOSS | FAMILY MEALS | FAKEAWAY | DESSERTS

EAT WELL. TRAIN HARD. ENJOY YOUR FOOD.

Every recipe with calories and macros per serving

WELCOME

HEALTHY FOOD SHOULDN'T BE BORING

This book is full of the meals I want my clients eating: high in protein, packed with flavour, easy to cook and realistic for busy lives. No weird ingredients, no chef skills required, and no foods that are off-limits.

You'll find breakfasts, lunches, high-protein meals, fat loss favourites, family dinners, takeaway-style fakeaways and desserts. Mix and match them to suit your goal, your schedule and the people you're feeding.

Consistency beats perfection. Pick a few recipes you love, make them your go-tos, and build from there.



Charles
CDTraining

HOW TO USE THIS BOOK

1. **Pick your goal.** Fat loss? Start with Fat Loss and Lunches. Building muscle? Go to High Protein and add bigger carb portions.
2. **Check the numbers.** Each recipe shows calories, protein, carbs and fat per serving.
3. **Use the swaps.** Every recipe has a swap for different diets, tastes or budgets.
4. **Prep first.** Every method starts with a Prep stage. Do all the chopping before you turn the heat on and the cooking is easy.

READING A RECIPE

450 KCAL

Macros per serving. Calculated from the ingredient weights using typical UK supermarket values. Brands vary, so check labels when accuracy matters.

VEGETARIAN VEGAN LOOKS FANCY MEAL PREP

Tags. Spot vegetarian and vegan meals, batch-cook options and **Looks Fancy** dishes: impressive-looking but still easy. Check cheese labels: parmesan and some other cheeses use animal rennet.

tsp = 5ml tbsp = 15ml Fan = −20°C

Measures. Weights are raw and uncooked unless stated. Oven temperatures are given for conventional and fan ovens.

KITCHEN SAFETY BASICS

Cook it through

Chicken, turkey, mince and sausages should be steaming hot all the way through, with no pink meat and clear juices.

Cool it fast

Cool leftovers quickly and refrigerate within 2 hours. Cooked rice: cool within 1 hour and eat within 24 hours.

Reheat once

Reheat leftovers until steaming hot throughout and only reheat them once. Defrost in the fridge, not on the side.

Recipes and nutrition values are for general guidance only. Individual needs vary. If you have allergies, intolerances or a medical condition, check ingredients carefully and seek appropriate professional advice.

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BEFORE YOU START

KITCHEN ESSENTIALS

Keep these in and you can make almost every recipe in this book with a quick top-up shop.

PROTEIN

- Chicken breast & thighs
- 5% beef & turkey mince
- Eggs & liquid egg whites
- 0% Greek yoghurt & skyr
- Cottage cheese
- Tinned tuna
- Frozen prawns & white fish
- Firm tofu
- Whey or plant protein

CARBS & FIBRE

- Porridge oats
- Basmati rice & microwave pouches
- Pasta & noodles
- Potatoes & sweet potatoes
- Wholemeal wraps & pittas
- Tinned beans, lentils & chickpeas
- Frozen berries & bananas
- Frozen peas, sweetcorn & veg

FLAVOUR BOOSTERS

- Garlic, ginger & chilli
- Smoked paprika & cumin
- Curry & fajita spice mixes
- Reduced-salt soy sauce
- Stock cubes
- Tinned tomatoes & passata
- Honey & sweet chilli
- Lemons & limes
- Low-calorie cooking spray

HANDY KIT

- Large non-stick frying pan
- Air fryer (optional, but a game changer)
- Digital kitchen scales
- Blender
- Baking trays & dish
- Meal prep tubs

SMART SWAPS

~~Cream~~	→	**Light crème fraîche, blended cottage cheese or Greek yoghurt**
~~Sour cream~~	→	**0% Greek yoghurt**
~~Full mayo~~	→	**Half light mayo, half Greek yoghurt**
~~Glugs of oil~~	→	**Measured teaspoons or cooking spray**
~~Deep frying~~	→	**Air frying or oven baking**
~~20% fat mince~~	→	**5% beef or turkey mince**
~~Full-fat coconut milk~~	→	**Light coconut milk**
~~Regular cheese~~	→	**Light cheddar, or less of a strong cheese**

BATCH-COOK LIKE A PRO

Pick 2 recipes on a Sunday: one protein-heavy main and one lunch. Cook, portion into tubs, label with the date, and refrigerate what you'll eat in the next 2 days. Freeze the rest. That's most of your week sorted in under 2 hours.

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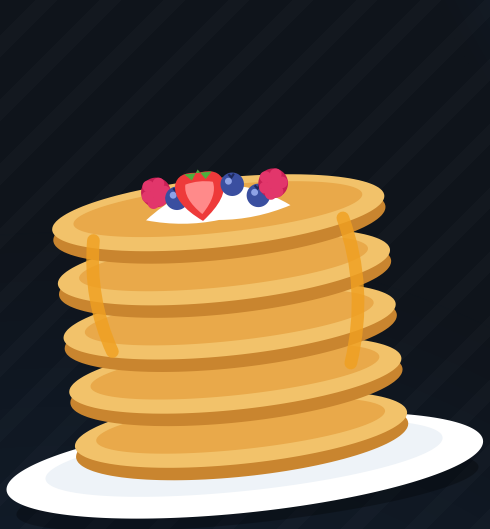
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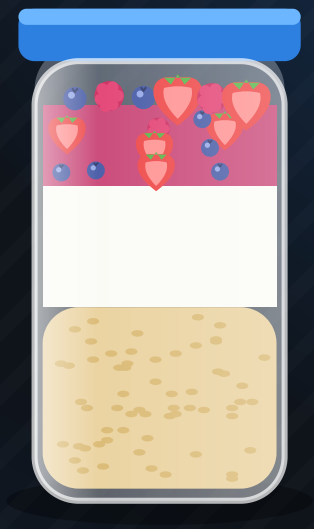
SECTION 01

BREAKFASTS

Rise & Grind

Protein-packed starts that keep you full until lunch. Most take under 15 minutes, and plenty can be made the night before.







25–40g
protein at breakfast keeps you fuller for longer

Prep ahead
overnight oats, muffins and burritos make mornings easy

Add fruit
for fibre, vitamins and natural sweetness

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BREAKFASTS · 01.01

PROTEIN PANCAKE STACK

Fluffy, golden and stacked high. Tastes like a weekend treat, eats like a training meal.

VEGETARIAN | UNDER 20 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	10 MIN	15 MIN



540 KCAL	53g PROTEIN	55g CARBS	11g FAT

PER SERVING

INGREDIENTS

- 40g porridge oats
- 30g vanilla whey protein
- 1 large egg
- 60g liquid egg whites
- ½ small ripe banana
- ½ tsp baking powder
- Low-calorie cooking spray
- 100g 0% Greek yoghurt
- 80g mixed berries
- 2 tsp honey

METHOD

STAGE 1 PREP

1. Peel the banana and break it into 3 or 4 pieces.
2. Slice any large strawberries into quarters so all the berries are bite-sized.

STAGE 2 MAKE THE BATTER

3. Blitz the oats in a blender for 20 seconds until they look like flour.
4. Add the whey, egg, egg whites, banana and baking powder. Blend for 30 seconds until smooth.
5. Leave the batter to stand for 2 minutes. It thickens slightly, which makes fluffier pancakes.

STAGE 3 COOK

6. Heat a non-stick frying pan over a medium heat for 1 minute and mist with cooking spray.
7. Spoon in 2 tbsp of batter per pancake, about 8cm wide. Cook 3 at a time.
8. Flip when bubbles appear on top and the edges look set (1–2 minutes). Cook 1 minute more. Repeat.

STAGE 4 SERVE

9. Stack the pancakes, spoon the yoghurt on top, add the berries and drizzle with honey.

COACH'S TIP

Keep the heat medium, not high. Protein batters brown fast and can turn rubbery if rushed.

SWAP IT

No whey? Use 2 tbsp extra oats and an extra egg white. Protein drops by roughly 18g.

BREAKFASTS · 01.02

BERRY OVERNIGHT OATS

Five minutes tonight, zero effort tomorrow. Creamy, thick and ready to grab on your way out.

VEGETARIAN | MEAL PREP | NO COOK

SERVES	PREP	COOK	TOTAL
1	5 MIN	NO COOK	5 MIN



430 KCAL	28g PROTEIN	52g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 50g porridge oats
- 150g plain skyr
- 100ml semi-skimmed milk
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 80g mixed berries
- 1 tsp honey

METHOD

STAGE 1 NIGHT BEFORE

1. Add the oats, chia seeds and cinnamon to a jar or tub (about 400ml) and stir to mix.
2. Pour in the milk and skyr. Stir well, scraping the bottom so there are no dry pockets of oats.
3. Tip the berries on top (frozen is fine, they defrost overnight). Put the lid on and refrigerate for at least 4 hours.

STAGE 2 MORNING

4. Stir everything together. If it's too thick, loosen with 1–2 tbsp milk.
5. Drizzle over the honey and eat cold, or microwave for 90 seconds for warm oats.

COACH'S TIP

Make 3 jars on Sunday night. They keep for up to 3 days in the fridge.

SWAP IT

Vegan: swap skyr for soya yoghurt and milk for soya milk, then add 15g pea protein.

BREAKFASTS · 01.03

BIG BREAKFAST HASH

Everything you love about a fry-up in one pan, with crispy potatoes and runny eggs.

UNDER 30 MIN | ONE PAN

SERVES	PREP	COOK	TOTAL
2	10 MIN	20 MIN	30 MIN



441 KCAL	33g PROTEIN	38g CARBS	17g FAT	PER SERVING

INGREDIENTS

- 400g potatoes, in 1.5cm cubes
- 2 tsp olive oil
- 6 bacon medallions
- 150g mushrooms
- 150g cherry tomatoes
- 2 handfuls spinach
- 4 large eggs
- 1 tsp smoked paprika, salt and pepper

METHOD

STAGE 1 PREP

1. Cut the potatoes into 1.5cm cubes (no need to peel).
2. Slice the mushrooms 5mm thick. Halve the cherry tomatoes. Cut the bacon into 2cm strips.

STAGE 2 PAR-COOK THE POTATOES

3. Put the potatoes in a microwave-safe bowl with 2 tbsp water, cover and microwave on high for 5 minutes until just tender. Drain.

STAGE 3 FRY

4. Heat the oil in a large non-stick frying pan over a medium-high heat.
5. Add the potatoes and paprika. Fry for 8 minutes, turning every 2 minutes, until golden on most sides.
6. Add the bacon and mushrooms. Cook for 4 minutes until the bacon is cooked and the mushrooms are soft.
7. Stir in the tomatoes and spinach for 1 minute until the spinach wilts.

STAGE 4 EGGS

8. Make 4 small wells in the hash with a spoon and crack an egg into each.
9. Turn the heat to medium-low, cover with a lid and cook for 3–4 minutes until the whites are set and the yolks still soft. Season and serve.

COACH'S TIP

Par-cooking the potatoes in the microwave halves the frying time and the oil you need.

SWAP IT

Vegetarian: leave out the bacon, add 150g extra mushrooms and serve with 100g baked beans.

BREAKFASTS · 01.04

FREEZER BREAKFAST BURRITOS

Wrap, freeze, reheat. A hot, filling, high-protein breakfast every morning in two minutes.

MEAL PREP | FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	15 MIN	10 MIN	25 MIN



436 KCAL	30g PROTEIN	43g CARBS	15g FAT	PER SERVING

INGREDIENTS

- 6 large eggs
- 200g liquid egg whites
- 1 small onion
- 1 red pepper
- 200g black beans, drained
- 60g light cheddar
- 4 tbsp salsa
- 4 wholemeal tortilla wraps
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Finely dice the onion (5mm). Deseed the pepper and dice it into 1cm pieces.
2. Drain and rinse the black beans. Grate the cheese.
3. Crack the eggs into a jug, add the egg whites, season and whisk with a fork for 30 seconds.

STAGE 2 COOK THE FILLING

4. Spray a large non-stick pan and cook the onion and pepper over a medium heat for 4 minutes until soft.
5. Add the beans and stir for 1 minute to warm through.
6. Turn the heat to low, pour in the eggs and stir gently with a spatula for 2–3 minutes until just set but still glossy. Take off the heat.

STAGE 3 WRAP

7. Lay out the wraps. Spoon a quarter of the filling into a line across the lower third of each. Top with cheese and 1 tbsp salsa.
8. Fold in both sides, then roll up tightly from the bottom. Toast seam-side down in a dry pan for 1 minute to seal.

STAGE 4 STORE & REHEAT

9. Eat now, or cool, wrap each in foil and freeze for up to 2 months.
10. From frozen: remove the foil, wrap in kitchen paper and microwave for 2–3 minutes, turning halfway.

COACH'S TIP

Slightly under-cook the eggs. They finish cooking when reheated and stay soft rather than rubbery.

SWAP IT

Add 4 chopped bacon medallions or 150g cooked turkey mince for an extra protein hit.

BREAKFASTS · 01.05

SHAKSHUKA WITH FETA

Eggs gently poached in a smoky pepper and tomato sauce. A brunch-café showstopper that's secretly very easy.

VEGETARIAN | LOOKS FANCY | ONE PAN

SERVES	PREP	COOK	TOTAL
2	10 MIN	20 MIN	30 MIN



434 KCAL	26g PROTEIN	40g CARBS	19g FAT	PER SERVING

INGREDIENTS

- 2 tsp olive oil
- 1 onion
- 2 red peppers
- 2 garlic cloves, 1 tsp ground cumin, 1 tsp smoked paprika, pinch of chilli flakes
- 1 tin chopped tomatoes
- 2 handfuls spinach
- 4 large eggs
- 40g light feta
- 2 slices sourdough, to serve
- Fresh parsley or coriander

METHOD

STAGE 1 PREP

1. Halve the onion and slice it into thin half-moons (3mm).
2. Deseed the peppers and slice into thin strips (5mm). Finely chop or crush the garlic.
3. Crumble the feta and roughly chop the herbs.

STAGE 2 MAKE THE SAUCE

4. Heat the oil in a large frying pan (one with a lid) over a medium heat.
5. Add the onion and peppers. Cook for 8 minutes, stirring often, until soft and sweet.
6. Add the garlic, cumin, paprika and chilli. Stir for 1 minute.
7. Pour in the tomatoes, season and simmer for 5 minutes until thick. Stir in the spinach until wilted.

STAGE 3 COOK THE EGGS

8. Make 4 wells in the sauce with the back of a spoon. Crack an egg into each.
9. Cover and cook on a low heat for 5–7 minutes until the whites are set but the yolks are runny.

STAGE 4 SERVE

10. Scatter over the feta and herbs. Serve straight from the pan with toasted sourdough for dipping.

COACH'S TIP

Crack each egg into a cup first, then slide it into the well. No broken yolks, no shell in the sauce.

SWAP IT

Add 4 sliced reduced-fat sausages or 60g chorizo (not vegetarian) with the onions for a meaty version.

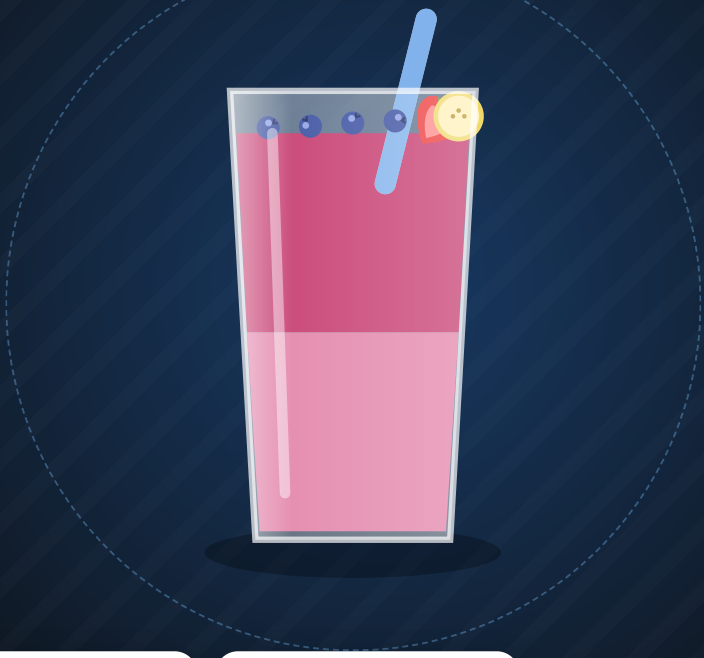
BREAKFASTS · 01.06

BERRY BANANA PROTEIN SMOOTHIE

Breakfast in a glass. Thick, creamy and packed with protein for busy mornings.

VEGETARIAN | NO COOK | UNDER 5 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	NO COOK	5 MIN



497 KCAL	47g PROTEIN	58g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 1 small banana (frozen is best)
- 100g frozen mixed berries
- 150g 0% Greek yoghurt
- 25g vanilla whey protein
- 200ml semi-skimmed milk
- 2 tbsp porridge oats

METHOD

STAGE 1 PREP

1. If using a fresh banana, peel it and break it into 4 pieces. Frozen banana can go straight in.

STAGE 2 BLEND

2. Pour the milk into the blender first. This stops the powder sticking to the bottom.
3. Add the oats, whey, yoghurt, banana and berries.
4. Blend on high for 45–60 seconds until completely smooth, with no oat bits.

STAGE 3 ADJUST & SERVE

5. Too thick? Add a splash more milk and blend for 5 seconds. Too thin? Add a few ice cubes.
6. Pour into a tall glass and drink straight away.

COACH'S TIP

Freeze peeled, sliced bananas in a bag. They make every smoothie thicker and colder without ice.

SWAP IT

Vegan: soya milk, soya yoghurt and a pea or soy protein powder.

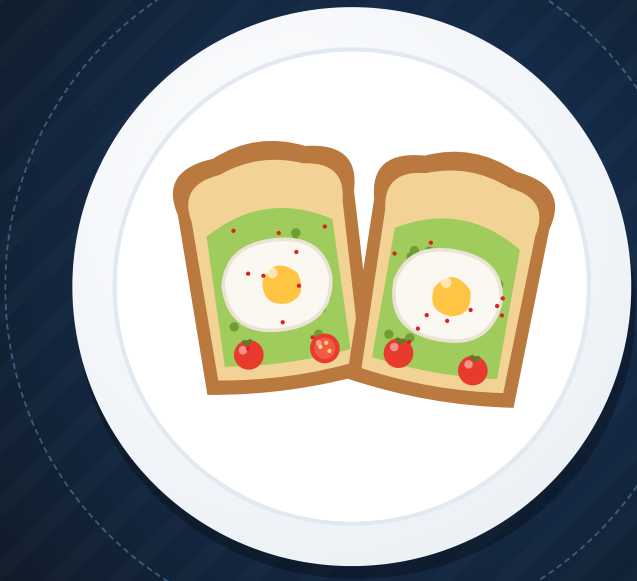
BREAKFASTS · 01.07

SMASHED AVO & EGGS ON SOURDOUGH

The brunch-café favourite at a fraction of the price. Crunchy, creamy and loaded with flavour.

VEGETARIAN | UNDER 15 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	5 MIN	10 MIN



461 KCAL	23g PROTEIN	41g CARBS	23g FAT	PER SERVING

INGREDIENTS

- 2 slices sourdough
- ½ small ripe avocado
- Squeeze of lemon, chilli flakes
- 2 large eggs
- 6 cherry tomatoes
- Salt and black pepper

METHOD

STAGE 1 PREP

1. Quarter the cherry tomatoes.
2. Scoop the avocado into a bowl. Mash with a fork with the lemon, salt, pepper and a pinch of chilli, leaving it a little chunky.

STAGE 2 POACH THE EGGS

3. Fill a saucepan with 8cm of water and bring to a gentle simmer (small bubbles, not a rolling boil).
4. Crack each egg into a cup. Stir the water to make a gentle swirl and slide the eggs in one at a time.
5. Cook for 3 minutes for a runny yolk. Lift out with a slotted spoon onto kitchen paper.

STAGE 3 BUILD

6. While the eggs cook, toast the sourdough.
7. Spread the avocado over the toast, top with the eggs and tomatoes and finish with more chilli and black pepper.

COACH'S TIP

Use the freshest eggs you have for poaching. They hold their shape much better.

SWAP IT

More protein: add 50g smoked salmon (not vegetarian) or 100g cottage cheese under the avo.

BREAKFASTS · 01.08

FETA & SPINACH EGG MUFFINS

Grab-and-go mini omelettes. Make a batch and breakfast is sorted for days.

VEGETARIAN | MEAL PREP | LOW CARB

SERVES	PREP	COOK	TOTAL
3	10 MIN	20 MIN	30 MIN



225 KCAL	24g PROTEIN	3g CARBS	13g FAT	PER SERVING

INGREDIENTS

- 6 large eggs
- 150g liquid egg whites
- 2 handfuls spinach
- 1 small red pepper
- 2 spring onions
- 60g light feta
- Salt, pepper and ½ tsp dried oregano

METHOD

STAGE 1 PREP

1. Heat the oven to 190°C (170°C fan). Spray a 6-hole muffin tin well, or use silicone cases.
2. Roughly chop the spinach. Dice the pepper into 5mm pieces. Thinly slice the spring onions. Crumble the feta.

STAGE 2 FILL

3. Divide the spinach, pepper, spring onion and feta evenly between the 6 holes.
4. Whisk the eggs, egg whites, oregano, salt and pepper in a jug until smooth.
5. Pour the egg over the veg, filling each hole about three-quarters full.

STAGE 3 BAKE

6. Bake for 18–20 minutes until puffed, golden and set in the centre (a knife should come out clean).
7. Cool in the tin for 5 minutes, then run a knife around each one to release.

STAGE 4 STORE

8. Keep in a sealed tub in the fridge for up to 3 days. Eat cold or microwave for 30–40 seconds.

COACH'S TIP
Serve 2 muffins with a slice of wholemeal toast or fruit for a balanced breakfast.

SWAP IT
Swap feta for light cheddar, or add diced ham for a meatier version.

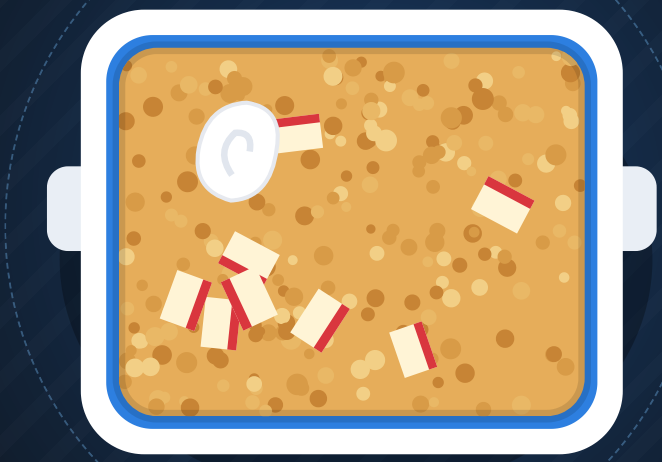
BREAKFASTS · 01.09

APPLE PIE BAKED OATS

Like eating apple pie for breakfast, but with protein. Warm, cosy and seriously filling.

VEGETARIAN | MEAL PREP

SERVES	PREP	COOK	TOTAL
2	5 MIN	25 MIN	30 MIN



371 KCAL	30g PROTEIN	43g CARBS	8g FAT

PER SERVING

INGREDIENTS

- 80g porridge oats
- 30g vanilla whey protein
- 1 large egg
- 150g 0% Greek yoghurt
- 120ml semi-skimmed milk
- 1 large apple
- 1 tsp cinnamon, 1 tsp baking powder
- 2 tsp honey

METHOD

STAGE 1 PREP

1. Heat the oven to 180°C (160°C fan). Lightly spray a small ovenproof dish (about 15 × 20cm).
2. Core the apple and cut it into 1cm cubes (no need to peel). Keep a handful aside for the top.

STAGE 2 MIX

3. In a bowl, mix the oats, whey, cinnamon and baking powder.
4. Add the egg, milk and half the yoghurt. Stir until combined, then fold in most of the apple.

STAGE 3 BAKE

5. Pour into the dish, scatter over the reserved apple and bake for 22–25 minutes until set in the middle and golden on top.

STAGE 4 SERVE

6. Cut in half. Serve warm with the remaining yoghurt and a drizzle of honey.

COACH'S TIP

Slice into portions once cool. It reheats in 60 seconds in the microwave.

SWAP IT

Swap the apple for 150g berries or a mashed banana for a different flavour.

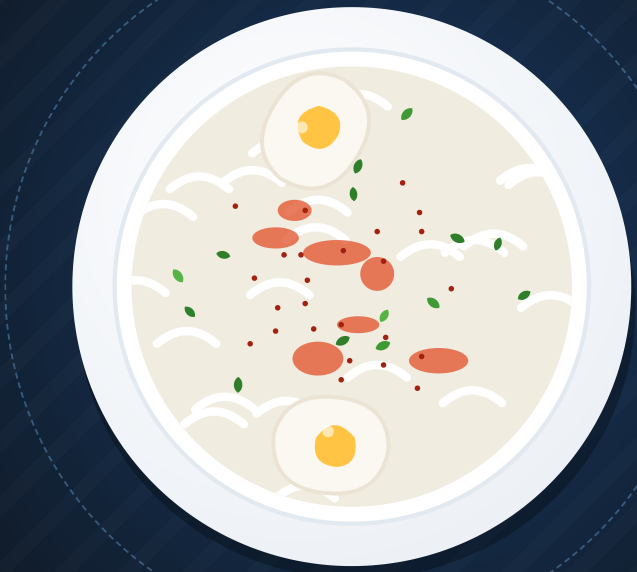
BREAKFASTS · 01.10

TURKISH EGGS WITH GARLIC YOGHURT

Soft poached eggs on cool garlicky yoghurt with a sizzling chilli butter. Looks like a restaurant brunch, takes 15 minutes.

VEGETARIAN | LOOKS FANCY | UNDER 15 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	5 MIN	15 MIN



334 KCAL	28g PROTEIN	23g CARBS	15g FAT	PER SERVING

INGREDIENTS

- 200g 0% Greek yoghurt
- 1 small garlic clove, pinch of salt
- 4 large eggs
- 10g butter
- 1 tsp chilli flakes, ½ tsp smoked paprika
- 2 slices sourdough
- Fresh dill or parsley, squeeze of lemon

METHOD

STAGE 1 PREP

1. Take the yoghurt out of the fridge 10 minutes before so it isn't fridge-cold.
2. Finely grate the garlic and stir into the yoghurt with the salt and lemon. Roughly chop the herbs.

STAGE 2 POACH THE EGGS

3. Bring a pan with 8cm of water to a gentle simmer.
4. Crack each egg into a cup, swirl the water and slide them in, two at a time.
5. Cook for 3 minutes, then lift out with a slotted spoon onto kitchen paper.

STAGE 3 CHILLI BUTTER

6. Melt the butter in a small pan over a low heat. Add the chilli flakes and paprika and swirl for 30 seconds until it turns red. Take off the heat.

STAGE 4 SERVE

7. Toast the sourdough. Spread the garlic yoghurt over 2 plates.
8. Sit 2 eggs on each, spoon over the chilli butter and scatter with herbs. Serve with the toast.

COACH'S TIP

Room-temperature yoghurt is the secret. Warm eggs on cold yoghurt is fine; fridge-cold yoghurt is not.

SWAP IT

Add 50g smoked salmon (not vegetarian) per plate for a higher-protein version.

BREAKFASTS · 01.11

GREEK YOGHURT POWER BOWL

Crunchy, creamy and colourful. The quickest high-protein breakfast in the book.

VEGETARIAN | NO COOK | UNDER 5 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	NO COOK	5 MIN



422 KCAL	32g PROTEIN	51g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 250g 0% Greek yoghurt
- 30g lower-sugar granola
- 80g mixed berries
- ½ banana
- 2 tsp peanut butter
- 1 tsp honey

METHOD

STAGE 1 PREP

1. Slice the banana into 5mm coins. Halve any large berries.

STAGE 2 BUILD

2. Spoon the yoghurt into a wide bowl and smooth it out.
3. Arrange the granola, berries and banana in rows across the top.
4. Warm the peanut butter in the microwave for 10 seconds so it's runny, then drizzle over with the honey.

COACH'S TIP

Flavoured yoghurts can hide lots of sugar. Use plain and add your own fruit and honey.

SWAP IT

Stir 15g whey into the yoghurt for a 40g+ protein bowl.

BREAKFASTS · 01.12

SMOKED SALMON BREAKFAST MUFFIN

Silky scrambled eggs and smoked salmon on a toasted muffin. A posh breakfast in ten minutes.

UNDER 15 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	5 MIN	10 MIN



407 KCAL	33g PROTEIN	26g CARBS	18g FAT	PER SERVING

INGREDIENTS

- 1 wholemeal English muffin
- 1 tbsp light cream cheese
- 2 large eggs
- 50g smoked salmon
- Chives, black pepper, lemon wedge

METHOD

STAGE 1 PREP

1. Snip the chives into 5mm pieces with scissors. Crack the eggs into a bowl, add black pepper and whisk with a fork.

STAGE 2 TOAST

2. Split the muffin and toast it. Spread both halves with the cream cheese.

STAGE 3 SCRAMBLE

3. Heat a non-stick pan over a low heat and pour in the eggs.
4. Stir slowly with a spatula, scraping the bottom, for 2–3 minutes. Take off the heat while the eggs still look slightly wet.

STAGE 4 BUILD

5. Pile the eggs onto the muffin halves, drape over the salmon, and finish with chives and a squeeze of lemon.

COACH'S TIP

Low and slow is the key to creamy scrambled eggs. High heat makes them dry and rubbery.

SWAP IT

Vegetarian: swap the salmon for sliced tomato and avocado.

CDTRAINING

02

SECTION 02

LUNCHES

Midday Fuel

Desk-friendly, gym-bag-friendly and meal-prep-friendly. Make them once, eat well all week.



Cook once
eat two or three times. Batch your lunches on Sunday

Pack smart
keep dressings separate so nothing goes soggy

Round it out
add a piece of fruit or a yoghurt on the side

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LUNCHES · 02.01

CHICKEN CAESAR WRAP

A Caesar salad you can hold. Crunchy, creamy and packed with chicken.

UNDER 20 MIN

SERVES	PREP	COOK	TOTAL
1	10 MIN	10 MIN	20 MIN



392 KCAL	39g PROTEIN	31g CARBS	11g FAT

PER SERVING

INGREDIENTS

- 1 chicken breast (120g)
- Garlic granules, salt and pepper
- 1 tbsp light mayonnaise
- 1 tbsp 0% Greek yoghurt
- Squeeze of lemon, ½ tsp Dijon mustard
- 8g parmesan
- Large handful romaine lettuce
- 1 wholemeal tortilla wrap

METHOD

STAGE 1 PREP

1. Place the chicken between 2 sheets of cling film and bash with a rolling pin to an even 1.5cm thickness. Season with garlic, salt and pepper.
2. Finely grate the parmesan. Shred the lettuce into 1cm ribbons.

STAGE 2 COOK THE CHICKEN

3. Heat a griddle or frying pan over a medium-high heat.
4. Cook the chicken for 5–6 minutes each side until golden and cooked through with no pink inside.
5. Rest for 3 minutes, then slice into 1cm strips.

STAGE 3 DRESSING

6. Mix the mayo, yoghurt, lemon, mustard and half the parmesan in a bowl. Toss the lettuce through it.

STAGE 4 WRAP

7. Warm the wrap for 10 seconds in the microwave. Lay the lettuce and chicken down the middle, sprinkle with the remaining parmesan.
8. Fold in the sides, roll up tightly and cut in half on the diagonal.

COACH'S TIP

Batch-cook 4 chicken breasts on Sunday and these take 3 minutes on a workday.

SWAP IT

Swap the chicken for 100g tinned tuna or 3 boiled eggs.

LUNCHES · 02.02

TUNA PASTA SALAD POTS

The meal-prep classic, done properly. Creamy, crunchy and ready to go in the fridge.

MEAL PREP | BUDGET

SERVES	PREP	COOK	TOTAL
2	10 MIN	10 MIN	20 MIN



450 KCAL	40g PROTEIN	55g CARBS	7g FAT

PER SERVING

INGREDIENTS

- 120g dried pasta (fusilli or penne)
- 2 tins tuna in spring water, drained
- 100g sweetcorn
- 1 small red pepper
- ¼ cucumber
- 2 tbsp light mayonnaise
- 4 tbsp 0% Greek yoghurt
- Squeeze of lemon, salt and pepper

METHOD

STAGE 1 COOK THE PASTA

1. Bring a large pan of salted water to the boil. Cook the pasta for the time on the pack.
2. Drain, then rinse under the cold tap for 30 seconds to stop it cooking and cool it down. Drain well.

STAGE 2 PREP WHILE IT COOKS

3. Deseed the pepper and dice it into 1cm pieces.
4. Halve the cucumber lengthways, scoop out the seeds with a teaspoon and dice into 1cm pieces.
5. Drain the tuna and sweetcorn well, pressing the tuna to squeeze out the water.

STAGE 3 MIX

6. In a large bowl, mix the mayo, yoghurt, lemon, salt and pepper.
7. Add the pasta, tuna, sweetcorn, pepper and cucumber and fold together until coated.

STAGE 4 PACK

8. Divide between 2 tubs and refrigerate. Eat within 2 days.

COACH'S TIP
Half mayo, half Greek yoghurt keeps it creamy with fewer calories and more protein.

SWAP IT
Swap tuna for 250g shredded cooked chicken.

LUNCHES · 02.03

CHICKEN BURRITO BOWL

All the good stuff from a burrito, none of the soggy wrap. Colourful, filling and made for meal prep.

MEAL PREP | HIGH PROTEIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	20 MIN	30 MIN



567 KCAL	52g PROTEIN	73g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 2 chicken breasts
- 1 tbsp fajita seasoning
- 1 tsp olive oil
- 120g basmati rice
- 150g black beans, drained
- 80g sweetcorn
- 1 pepper
- Little gem lettuce
- 4 tbsp salsa
- 4 tbsp 0% Greek yoghurt
- 1 lime, fresh coriander

METHOD

STAGE 1 PREP

1. Rinse the rice in a sieve until the water runs clear.
2. Cut the chicken into 2cm chunks and toss with the oil and fajita seasoning.
3. Deseed the pepper and slice into 1cm strips. Shred the lettuce. Cut the lime into wedges and roughly chop the coriander.

STAGE 2 RICE

4. Cook the rice according to the pack (usually 10–12 minutes simmering). Drain if needed and fluff with a fork.

STAGE 3 CHICKEN

5. Heat a large frying pan over a medium-high heat. Add the chicken in a single layer.
6. Cook for 6–8 minutes, turning, until browned and cooked through. Add the pepper for the last 3 minutes.

STAGE 4 BEANS & CORN

7. Warm the beans and sweetcorn together in the microwave for 1–2 minutes.

STAGE 5 BUILD

8. Divide the rice between 2 bowls. Arrange the chicken and peppers, beans, corn and lettuce in sections on top.
9. Add the salsa and a dollop of yoghurt. Finish with coriander and a lime wedge.

COACH'S TIP

Greek yoghurt makes a brilliant sour cream swap: same tang, much more protein.

SWAP IT

Vegan: swap chicken for 400g firm tofu cubes and the yoghurt for guacamole.

LUNCHES · 02.04

HALLOUMI & ROAST VEG COUSCOUS

Golden, squeaky halloumi on a bed of herby couscous and sweet roasted veg.

VEGETARIAN | MEAL PREP

SERVES	PREP	COOK	TOTAL
2	10 MIN	25 MIN	35 MIN



522 KCAL	31g PROTEIN	56g CARBS	19g FAT	PER SERVING

INGREDIENTS

- 120g couscous
- 1 courgette
- 1 pepper
- 1 red onion
- 100g cherry tomatoes
- 2 tsp olive oil
- 160g light halloumi
- 1 lemon, small bunch mint, ½ vegetable stock cube

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan).
2. Cut the courgette into 2cm half-moons. Deseed the pepper and cut into 2cm squares. Cut the red onion into 8 wedges.
3. Slice the halloumi into 8 slices, about 1cm thick. Pick and roughly chop the mint leaves.

STAGE 2 ROAST THE VEG

4. Spread the courgette, pepper, onion and tomatoes on a tray, toss with the oil, salt and pepper.
5. Roast for 25 minutes, turning halfway, until soft and charred at the edges.

STAGE 3 COUSCOUS

6. 10 minutes before the veg is ready, crumble the stock cube into 160ml boiling water and pour over the couscous.
7. Cover with a plate for 5 minutes, then fluff up with a fork.

STAGE 4 HALLOUMI

8. Heat a dry non-stick pan over a medium-high heat. Fry the halloumi for 1–2 minutes each side until golden.

STAGE 5 SERVE

9. Stir the roasted veg, lemon juice and mint through the couscous. Top with the halloumi.

COACH'S TIP

Light halloumi still brings the flavour with about a third less fat than regular.

SWAP IT

Vegan: swap halloumi for a tin of chickpeas roasted with the veg plus 2 tbsp hummus.

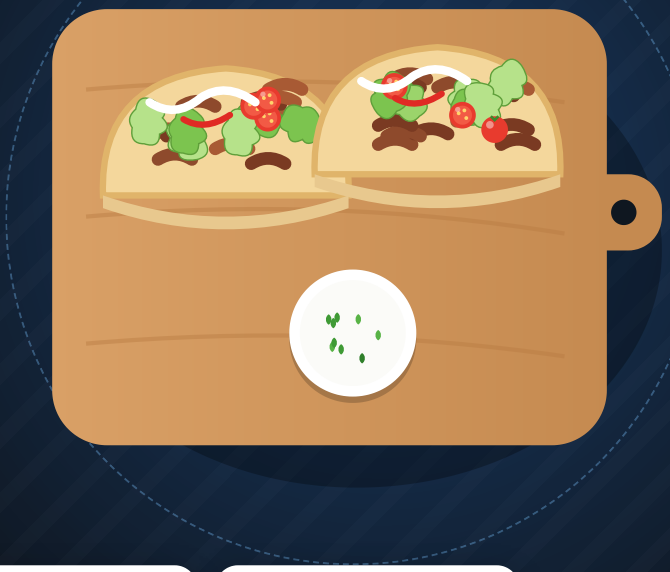
LUNCHES · 02.05

CHICKEN SHAWARMA FLATBREADS

Warm spiced chicken, quick pink pickled onions and garlic sauce. Street-food style without the faff.

LOOKS FANCY | MEAL PREP

SERVES	PREP	COOK	TOTAL
2	15 MIN	15 MIN	30 MIN



444 KCAL	41g PROTEIN	37g CARBS	14g FAT	PER SERVING

INGREDIENTS

- 300g skinless boneless chicken thighs
- 2 tbsp 0% Greek yoghurt (marinade)
- 2 tsp shawarma or kebab spice mix
- 1 tsp olive oil
- 1 lemon, 2 garlic cloves
- 1 red onion
- 3 tbsp vinegar, pinch of sugar and salt
- 2 wholemeal pittas or flatbreads
- Shredded lettuce
- 1 large tomato
- ¼ cucumber
- 4 tbsp 0% Greek yoghurt (garlic sauce)
- Hot sauce, to serve

METHOD

STAGE 1 PREP

1. Slice the red onion into very thin rings (2–3mm). Put in a bowl with the vinegar, sugar and salt, and leave to go pink while you cook.
2. Cut the chicken into 2cm-wide strips. Mix with 2 tbsp yoghurt, the spice mix, oil, juice of ½ lemon and 1 crushed garlic clove.
3. Dice the tomato and cucumber into 1cm pieces.

STAGE 2 COOK THE CHICKEN

4. Heat a large frying pan or griddle over a medium-high heat.
5. Add the chicken in a single layer. Cook for 10–12 minutes, turning every few minutes, until charred at the edges and cooked through.

STAGE 3 GARLIC SAUCE

6. Grate the remaining garlic into the 4 tbsp yoghurt and add a squeeze of lemon and a pinch of salt.

STAGE 4 BUILD

7. Warm the flatbreads in the microwave for 15 seconds or in a dry pan.
8. Spread with garlic sauce, add lettuce, tomato and cucumber, pile on the chicken and finish with the drained pickled onions and hot sauce.

COACH'S TIP

The quick pickled onions are the 'fancy' bit and take 30 seconds. They keep in the fridge for a week.

SWAP IT

Vegetarian: use 1 tin chickpeas, drained and roasted with the spice mix at 200°C for 20 minutes.

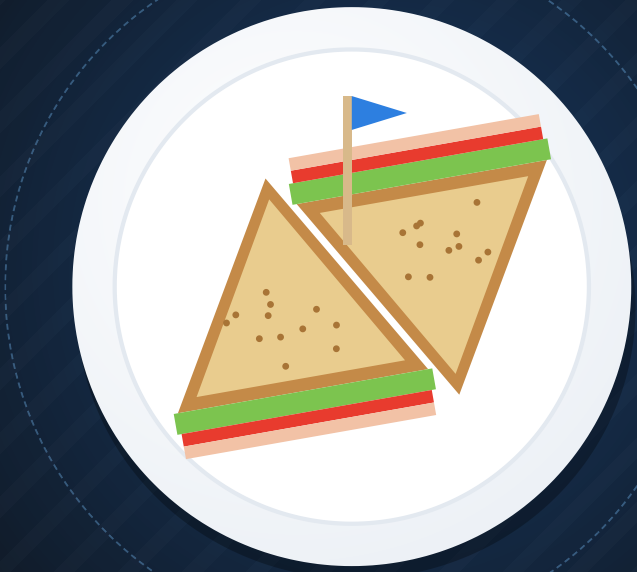
LUNCHES · 02.06

LIGHTER TURKEY CLUB SANDWICH

A proper stacked club sandwich with crispy bacon, lean turkey and all the crunch.

UNDER 15 MIN

SERVES	PREP	COOK	TOTAL
1	10 MIN	5 MIN	15 MIN



339 KCAL	33g PROTEIN	36g CARBS	6g FAT	PER SERVING

INGREDIENTS

- 2 slices wholemeal bread
- 80g sliced turkey breast
- 2 bacon medallions
- 1 tomato
- Lettuce leaves
- 2 tsp light mayonnaise
- Mustard (optional)

METHOD

STAGE 1 PREP

1. Slice the tomato into 5mm rounds. Wash and dry 2–3 lettuce leaves.

STAGE 2 COOK THE BACON

2. Grill the bacon on a high heat, or dry-fry in a non-stick pan, for 2–3 minutes each side until crisp. Drain on kitchen paper.

STAGE 3 BUILD

3. Toast the bread. Spread one slice with the mayo and a little mustard.
4. Layer the lettuce, turkey, bacon and tomato, then top with the second slice.
5. Press down gently, cut corner to corner into 2 triangles and push a cocktail stick through each.

COACH'S TIP

Pair it with a piece of fruit and a yoghurt for a complete, portable lunch.

SWAP IT

Swap turkey for sliced chicken breast or lean ham.

LUNCHES · 02.07

RED LENTIL & TOMATO SOUP

Thick, warming and ridiculously cheap. One pot, five minutes of chopping, and lunch for days.

VEGAN | FREEZER FRIENDLY | BUDGET

SERVES	PREP	COOK	TOTAL
4	10 MIN	30 MIN	40 MIN



246 KCAL	14g PROTEIN	36g CARBS	4g FAT	PER SERVING

INGREDIENTS

- 2 tsp olive oil
- 1 large onion
- 2 carrots
- 2 garlic cloves, 1 tsp ground cumin, ½ tsp smoked paprika
- 200g red lentils
- 1 tin chopped tomatoes
- 1 litre vegetable stock
- 2 handfuls spinach

METHOD

STAGE 1 PREP

1. Dice the onion into 1cm pieces. Peel the carrots and dice into 1cm cubes. Crush the garlic.
2. Rinse the lentils in a sieve until the water runs clear. Make up the stock with boiling water.

STAGE 2 SOFTEN

3. Heat the oil in a large pan over a medium heat. Add the onion and carrot and cook for 5 minutes, stirring, until the onion is soft.
4. Stir in the garlic, cumin and paprika for 1 minute.

STAGE 3 SIMMER

5. Add the lentils, tomatoes and stock. Bring to the boil, then turn down and simmer for 20–25 minutes, stirring every 5 minutes, until the lentils have broken down.

STAGE 4 FINISH

6. Stir in the spinach for 1 minute.
7. Blend with a stick blender until as smooth or chunky as you like. Season with salt and pepper.

COACH'S TIP

Freeze in single portions. It reheats from frozen in about 5 minutes.

SWAP IT

Add 300g cooked shredded chicken (no longer vegan) or serve with Greek yoghurt for more protein.

LUNCHES · 02.08

PRAWN & MANGO NOODLE SALAD

Fresh, zingy and full of crunch. Like holiday food in a lunchbox.

UNDER 20 MIN | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	15 MIN	5 MIN	20 MIN



425 KCAL	29g PROTEIN	67g CARBS	4g FAT	PER SERVING

INGREDIENTS

- 100g rice noodles
- 250g cooked king prawns
- 1 small mango
- ½ cucumber
- 1 large carrot
- 80g frozen edamame beans
- 2 tbsp sweet chilli sauce
- 1 tbsp reduced-salt soy sauce
- 1 lime, fresh coriander or mint

METHOD

STAGE 1 COOK

1. Cook the noodles according to the pack. Drain and rinse under cold water until cool. Drain well.
2. Cook the edamame in boiling water for 3 minutes, then cool under the cold tap.

STAGE 2 PREP

3. Peel the mango, cut the flesh off the stone and slice into 1cm strips.
4. Cut the cucumber into 5cm-long matchsticks. Peel the carrot into ribbons with a peeler, or cut into thin matchsticks.
5. Roughly chop the herbs.

STAGE 3 DRESSING

6. Whisk the sweet chilli sauce, soy sauce and juice of the lime in a large bowl.

STAGE 4 TOSS & SERVE

7. Add the noodles, prawns, mango, cucumber, carrot and edamame to the dressing and toss gently. Top with the herbs.

COACH'S TIP

Pack the dressing separately if you are making it ahead so the noodles don't go soggy.

SWAP IT

Vegan: swap prawns for 300g baked tofu cubes.

LUNCHES · 02.09

GOCHUJANG CHICKEN RICE BOWL

Sweet, spicy and sticky Korean-style chicken with quick-pickled cucumber. Big flavour, simple steps.

LOOKS FANCY | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	15 MIN	15 MIN	30 MIN



560 KCAL	40g PROTEIN	65g CARBS	15g FAT	PER SERVING

INGREDIENTS

- 300g skinless boneless chicken thighs
- 2 tbsp gochujang paste
- 2 tsp honey
- 1 tbsp reduced-salt soy sauce
- 1 garlic clove, low-calorie cooking spray
- 120g jasmine or basmati rice
- ½ cucumber
- 2 tbsp rice vinegar, pinch of sugar
- 1 carrot
- 80g frozen edamame
- 2 spring onions
- 1 tsp sesame seeds

METHOD

STAGE 1 PREP

1. Rinse the rice. Cut the chicken into 2–3cm chunks.
2. Slice the cucumber into thin rounds (3mm), toss with the rice vinegar and sugar and set aside to pickle.
3. Cut the carrot into thin matchsticks. Thinly slice the spring onions on an angle. Crush the garlic.

STAGE 2 RICE & BEANS

4. Cook the rice according to the pack. Cook the edamame in boiling water for 3 minutes and drain.

STAGE 3 SAUCE

5. Mix the gochujang, honey, soy sauce, garlic and 2 tbsp water in a small bowl.

STAGE 4 CHICKEN

6. Spray a large frying pan and cook the chicken over a medium-high heat for 8–10 minutes until golden and cooked through.
7. Pour in the sauce and bubble for 2 minutes, stirring, until the chicken is coated and sticky.

STAGE 5 BUILD

8. Divide the rice between bowls. Add the chicken, drained cucumber, carrot and edamame in sections. Top with spring onions and sesame seeds.

COACH'S TIP

Gochujang is a Korean chilli paste found in most big supermarkets. It keeps for months in the fridge.

SWAP IT

Vegan: use firm tofu cubes, crisped in the pan for 8 minutes before adding the sauce.

LUNCHES · 02.10

CHICKEN PESTO PASTA SALAD

Bright, herby and filling. Tastes even better on day two.

MEAL PREP

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



512 KCAL	47g PROTEIN	54g CARBS	11g FAT

PER SERVING

INGREDIENTS

- 140g dried pasta
- 2 small chicken breasts
- 2 tbsp reduced-fat pesto
- 150g cherry tomatoes
- 2 handfuls spinach
- 60g light mozzarella
- Squeeze of lemon, black pepper

METHOD

STAGE 1 PREP

1. Bash the chicken breasts to an even 1.5cm thickness between cling film. Season.
2. Halve the cherry tomatoes. Roughly chop the spinach. Tear the mozzarella into 1–2cm pieces.

STAGE 2 COOK

3. Cook the pasta according to the pack. Drain and rinse under cold water. Drain well.
4. At the same time, cook the chicken in a hot griddle or frying pan for 5–6 minutes each side until cooked through. Rest 3 minutes, then slice into 1cm strips.

STAGE 3 DRESS

5. Mix the pesto and lemon juice in a large bowl. Add the pasta and stir until coated.

STAGE 4 FINISH

6. Fold through the chicken, tomatoes, spinach and mozzarella. Divide into tubs and refrigerate for up to 2 days.

COACH'S TIP

A little pesto goes a long way. Loosen it with lemon juice rather than adding more oil.

SWAP IT

Vegetarian: swap chicken for a tin of drained butter beans, and use a vegetarian pesto.

LUNCHES · 02.11

CRISPY CHICKPEA FALAFEL PITTAS

Crispy baked falafel stuffed into warm pittas with crunchy salad and hummus.

VEGAN BUDGET

SERVES	PREP	COOK	TOTAL
2	15 MIN	20 MIN	35 MIN



455 KCAL	18g PROTEIN	60g CARBS	14g FAT

PER SERVING

INGREDIENTS

- 1 tin chickpeas, drained
- ½ small red onion
- 2 tbsp plain flour
- 1 garlic clove, 1 tsp cumin, 1 tsp ground coriander, handful parsley
- 2 tsp olive oil
- 2 wholemeal pittas
- Shredded lettuce
- ¼ cucumber
- 1 tomato
- 4 tbsp reduced-fat hummus

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan) or an air fryer to 190°C.
2. Drain the chickpeas and pat very dry with kitchen paper.
3. Roughly chop the onion into 2cm pieces. Peel the garlic. Dice the cucumber and tomato into 1cm pieces.

STAGE 2 MAKE THE FALAFEL

4. Put the chickpeas, onion, garlic, spices, parsley and flour in a food processor. Pulse 8–10 times until it holds together but still has some texture.
5. With damp hands, shape into 8 patties about 4cm wide and 1.5cm thick.

STAGE 3 BAKE

6. Brush both sides with the oil. Bake on a lined tray for 20 minutes (or air fry for 12), turning halfway, until crisp and golden.

STAGE 4 BUILD

7. Warm the pittas and cut open. Spread the inside with hummus and stuff with lettuce, cucumber, tomato and 4 falafel each.

COACH'S TIP

Dry the chickpeas well on kitchen paper. Wet chickpeas make soft, crumbly falafel.

SWAP IT

Vegetarian: add a spoon of Greek yoghurt with garlic and mint for an easy tzatziki.

CD/TRAINING

03

SECTION 03

HIGH PROTEIN

Built Different

Big protein, proper portions. Ideal for building muscle, recovering from training and hitting your daily target without endless shakes.



~1.6 g/kg
of body weight per day is a practical protein target

Spread it out
3–5 protein-rich meals across the day

Build the plate
lean protein, a carb source and plenty of veg

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HIGH PROTEIN · 03.01

GARLIC CHICKEN & RICE MEAL PREP

The bodybuilder classic with actual flavour. Sticky garlic chicken, fluffy rice and greens.

MEAL PREP | 50G+ PROTEIN

SERVES	PREP	COOK	TOTAL
4	10 MIN	25 MIN	35 MIN



512 KCAL	58g PROTEIN	56g CARBS	6g FAT

PER SERVING

INGREDIENTS

- 800g chicken breast
- 2 tsp olive oil
- 4 garlic cloves
- 2 tbsp reduced-salt soy sauce
- 1 tbsp honey
- 250g basmati rice
- 1 large head broccoli

METHOD

STAGE 1 PREP

1. Rinse the rice until the water runs clear.
2. Cut the chicken into 2–3cm chunks. Crush or very finely chop the garlic.
3. Cut the broccoli into bite-sized florets (about 3cm). Mix the soy sauce and honey in a cup.

STAGE 2 RICE

4. Cook the rice according to the pack, then spread it on a large plate to cool quickly.

STAGE 3 CHICKEN

5. Heat the oil in a large frying pan over a medium-high heat. Cook the chicken in 2 batches so it browns rather than stews, 5 minutes per batch.
6. Return all the chicken to the pan, add the garlic and stir for 1 minute without letting it burn.
7. Pour in the soy and honey. Bubble for 2 minutes, stirring, until the sauce is sticky and the chicken is cooked through.

STAGE 4 BROCCOLI

8. Microwave the broccoli in a covered bowl with 2 tbsp water for 4 minutes, or steam until just tender.

STAGE 5 PORTION

9. Divide the rice, chicken and broccoli between 4 tubs. Because of the rice, eat refrigerated portions within 24 hours and freeze the rest.

COACH'S TIP

Cool rice within an hour and keep it in the fridge. Always reheat until piping hot.

SWAP IT

Swap chicken for 800g turkey breast steaks or king prawns.

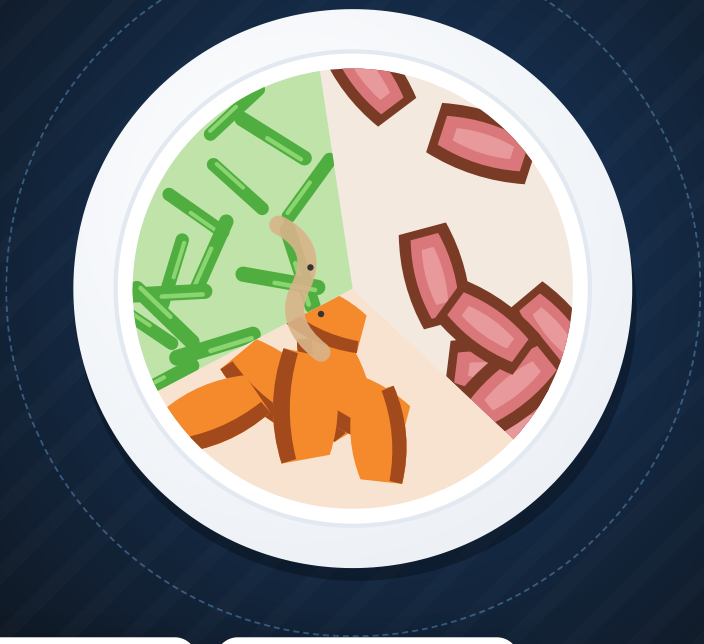
HIGH PROTEIN · 03.02

STEAK, SWEET POTATO WEDGES & PEPPER SAUCE

Steak night without the restaurant bill. Crispy wedges, juicy steak and a creamy peppercorn sauce.

50G+ PROTEIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	30 MIN	40 MIN



574 KCAL	52g PROTEIN	45g CARBS	20g FAT	PER SERVING

INGREDIENTS

- 2 sweet potatoes
- 2 tsp olive oil
- 2 lean sirloin or rump steaks (about 200g each, 2cm thick)
- 200g green beans
- 4 tbsp light crème fraîche
- 1 tsp cracked black pepper, ½ beef stock cube, 1 tsp smoked paprika

METHOD

STAGE 1 PREP

1. Heat the oven to 210°C (190°C fan). Take the steaks out of the fridge 20 minutes before cooking.
2. Scrub the sweet potatoes and cut each lengthways into 8 wedges, about 2cm thick at the widest point.
3. Trim the stalk ends off the green beans.

STAGE 2 WEDGES

4. Toss the wedges with 1 tsp oil, the paprika and salt. Spread out on a tray in a single layer and roast for 25–30 minutes, turning halfway.

STAGE 3 STEAK

5. Pat the steaks dry, rub with the remaining oil and season well.
6. Heat a heavy frying pan until very hot. Cook the steaks for 2–3 minutes each side for medium-rare, 4 minutes each side for medium.
7. Move to a board and rest for 5 minutes.

STAGE 4 SAUCE & BEANS

8. Steam or boil the green beans for 4 minutes.
9. Turn the steak pan to low. Add the pepper, crumbled stock cube, crème fraîche and 3 tbsp water. Stir for 1 minute, scraping up the brown bits.

STAGE 5 SERVE

10. Slice the steak against the grain, plate with the wedges and beans and pour over the sauce.

COACH'S TIP

Resting is not optional. It keeps the juices in the steak rather than on the board.

SWAP IT

Swap steak for 2 large chicken breasts and cook for 6–7 minutes each side.

HIGH PROTEIN · 03.03

TURKEY BOLOGNESE

A rich, slow-tasting bolognese that's lean enough for any day of the week. Hidden veg included.

FREEZER FRIENDLY | MEAL PREP

SERVES	PREP	COOK	TOTAL
4	10 MIN	35 MIN	45 MIN



524 KCAL	40g PROTEIN	60g CARBS	13g FAT

PER SERVING

INGREDIENTS

- 2 tsp olive oil
- 500g 5% fat turkey mince
- 1 large onion
- 1 large carrot
- 200g mushrooms
- 2 garlic cloves, 1 tsp oregano, 1 beef or chicken stock cube
- 2 tins chopped tomatoes
- 2 tbsp tomato purée
- 280g wholewheat spaghetti
- 20g parmesan

METHOD

STAGE 1 PREP

1. Finely dice the onion (5mm). Peel and coarsely grate the carrot.
2. Finely chop the mushrooms to about the size of the mince (5mm). Crush the garlic. Grate the parmesan.

STAGE 2 BROWN THE MINCE

3. Heat the oil in a large pan over a high heat. Add the mince and cook for 5 minutes, breaking it up with a wooden spoon, until no pink remains.

STAGE 3 ADD THE VEG

4. Turn to medium. Add the onion, carrot and mushrooms and cook for 5 minutes until soft.
5. Stir in the garlic, oregano and tomato purée for 1 minute.

STAGE 4 SIMMER

6. Add the tomatoes and crumbled stock cube. Bring to the boil, then simmer uncovered for 20–25 minutes, stirring now and then, until thick.

STAGE 5 PASTA & SERVE

7. 10 minutes before the sauce is ready, cook the spaghetti according to the pack and drain.
8. Serve the sauce on top of the pasta with parmesan.

COACH'S TIP

Grated carrot melts into the sauce, adds sweetness and bulks up the portion for very few calories.

SWAP IT

Vegetarian: use 2 × 250g packs of mycoprotein mince or 2 tins of green lentils, and a vegetarian hard cheese.

HIGH PROTEIN · 03.04

STEAK TAGLIATA WITH ROCKET & PARMESAN

Italian-style sliced steak on peppery rocket with tomatoes, shaved parmesan and crispy rosemary potatoes. Date-night food, easy steps.

LOOKS FANCY | 50G+ PROTEIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	30 MIN	40 MIN



538 KCAL	54g PROTEIN	37g CARBS	18g FAT	PER SERVING

INGREDIENTS

- 400g baby potatoes
- 2 tsp olive oil
- 2 sprigs rosemary, salt and pepper
- 2 lean sirloin steaks (about 200g each)
- 80g rocket
- 150g cherry tomatoes
- 20g parmesan
- 1 tbsp balsamic vinegar, squeeze of lemon

METHOD

STAGE 1 PREP

1. Heat the oven to 210°C (190°C fan). Take the steaks out of the fridge.
2. Halve the baby potatoes (quarter any big ones) so the pieces are about 3cm.
3. Halve the cherry tomatoes. Shave the parmesan into thin curls with a vegetable peeler. Strip the rosemary leaves.

STAGE 2 POTATOES

4. Toss the potatoes with 1 tsp oil, the rosemary and salt. Roast for 25–30 minutes, shaking halfway, until crisp.

STAGE 3 STEAK

5. Rub the steaks with the remaining oil and season. Cook in a very hot pan for 2–3 minutes each side for medium-rare.
6. Rest on a board for 5 minutes, then slice against the grain into 1cm strips.

STAGE 4 PLATE

7. Spread the rocket over a platter or 2 plates and scatter over the tomatoes.
8. Lay the steak slices on top, pour over any resting juices, then drizzle with balsamic and lemon.
9. Finish with the parmesan curls and serve the potatoes on the side.

COACH'S TIP

Slicing against the grain (across the lines in the meat) makes even lean steak tender.

SWAP IT

Swap steak for 2 chicken breasts or 2 salmon fillets, cooked through.

HIGH PROTEIN · 03.05

TERIYAKI SALMON RICE BOWL

Glossy teriyaki salmon, fluffy rice and greens. Restaurant-style, ready in 25 minutes.

UNDER 30 MIN | OMEGA 3

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



612 KCAL	42g PROTEIN	58g CARBS	23g FAT	PER SERVING

INGREDIENTS

- 2 salmon fillets (130g each)
- 3 tbsp teriyaki sauce
- 120g jasmine or basmati rice
- 200g tenderstem broccoli
- 100g frozen edamame beans
- 2 spring onions
- 1 tsp sesame seeds

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan). Line a small tray with baking paper.
2. Rinse the rice. Trim the broccoli ends and halve any thick stems lengthways. Thinly slice the spring onions.

STAGE 2 RICE

3. Cook the rice according to the pack.

STAGE 3 SALMON

4. Put the salmon on the tray skin-side down and brush with half the teriyaki.
5. Bake for 12–15 minutes until it flakes easily. Brush with the rest of the teriyaki for the last 2 minutes.

STAGE 4 GREENS

6. While the salmon bakes, steam or boil the broccoli and edamame for 4 minutes. Drain.

STAGE 5 BUILD

7. Divide the rice between bowls, add the greens and lay the salmon on top. Scatter with spring onions and sesame seeds.

COACH'S TIP

Aim for oily fish like salmon at least once a week. It is one of the best food sources of omega 3.

SWAP IT

Swap salmon for chicken thighs (bake 25 minutes) or firm tofu slices (vegan).

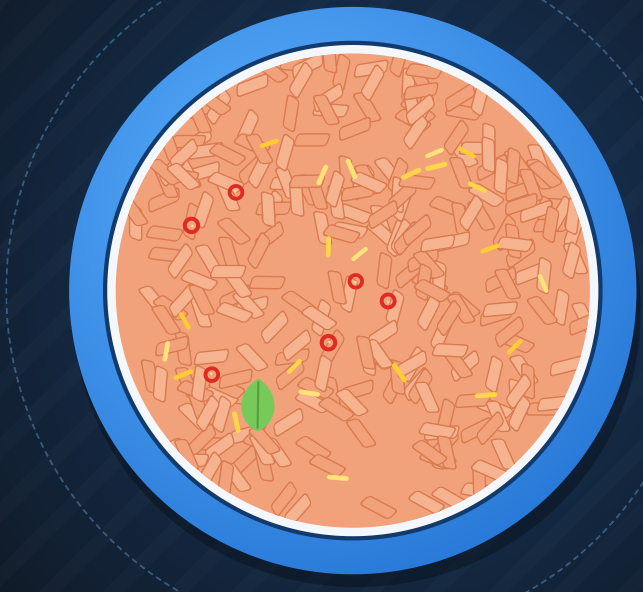
HIGH PROTEIN · 03.06

CREAMY COTTAGE CHEESE PASTA

The viral high-protein pasta sauce. Blend cottage cheese and tomato and you get silky, creamy pasta with zero cream.

VEGETARIAN | UNDER 20 MIN

SERVES	PREP	COOK	TOTAL
2	5 MIN	15 MIN	20 MIN



479 KCAL	32g PROTEIN	69g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 160g dried pasta
- 250g low-fat cottage cheese
- 300g passata
- 2 garlic cloves, 1 tsp dried basil, chilli flakes
- 2 handfuls spinach
- 30g light cheddar

METHOD

STAGE 1 PREP

1. Peel the garlic. Roughly chop the spinach. Grate the cheddar.

STAGE 2 PASTA

2. Cook the pasta in salted boiling water according to the pack. Before draining, scoop out a mug of the cooking water.

STAGE 3 BLEND THE SAUCE

3. While the pasta cooks, blend the cottage cheese, passata, garlic and basil for 30–60 seconds until completely smooth.

STAGE 4 COMBINE

4. Pour the sauce into the empty pasta pan over a low heat and warm for 2–3 minutes. Don't let it boil or it can split.
5. Stir in the spinach until wilted, then add the pasta. Loosen with a splash of pasta water until glossy.

STAGE 5 SERVE

6. Divide between bowls and top with the cheddar and chilli flakes.

COACH'S TIP

Blend the cottage cheese really well. That's what makes it silky rather than lumpy.

SWAP IT

Meat lovers: add 200g cooked chicken or 4 chopped bacon medallions.

HIGH PROTEIN · 03.07

GREEK CHICKEN GYRO BOWL

Lemon, garlic and oregano chicken with homemade tzatziki. Holiday flavours in a bowl.

MEAL PREP

SERVES	PREP	COOK	TOTAL
2	15 MIN	20 MIN	35 MIN



583 KCAL	51g PROTEIN	56g CARBS	17g FAT	PER SERVING

INGREDIENTS

- 350g skinless boneless chicken thighs
- 1 tsp olive oil
- 1 lemon, 2 garlic cloves, 2 tsp dried oregano, 1 tsp paprika
- 120g basmati rice
- 150g 0% Greek yoghurt
- ½ cucumber
- 2 tomatoes
- ½ red onion
- 40g light feta

METHOD

STAGE 1 PREP

1. Cut the chicken into 3cm pieces. Mix with the oil, juice of ½ lemon, 1 crushed garlic clove, the oregano and paprika. Leave for 10 minutes (or overnight).
2. Rinse the rice. Dice the tomatoes into 1cm pieces. Slice the red onion very thinly. Crumble the feta.

STAGE 2 TZATZIKI

3. Coarsely grate half the cucumber, squeeze out the water with your hands, and mix with the yoghurt, the other garlic clove (grated) and a squeeze of lemon.
4. Dice the remaining cucumber into 1cm pieces.

STAGE 3 COOK

5. Cook the rice according to the pack.
6. Heat a griddle or frying pan over a medium-high heat. Cook the chicken for 8–10 minutes, turning, until charred and cooked through.

STAGE 4 BUILD

7. Divide the rice between bowls. Add the chicken, tomato, cucumber and onion in sections. Top with feta and a big spoon of tzatziki.

COACH'S TIP

Chicken thighs stay juicy when meal-prepped and reheated, much more than breast.

SWAP IT

Swap rice for a warm wholemeal pitta, or use chicken breast for fewer calories.

HIGH PROTEIN · 03.08

PEANUT TOFU NOODLE STIR-FRY

Crispy tofu and noodles in a sticky peanut sauce. Proof that plant protein can be seriously tasty.

VEGAN | UNDER 30 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



692 KCAL	48g PROTEIN	63g CARBS	27g FAT

PER SERVING

INGREDIENTS

- 400g firm tofu
- 1 tbsp cornflour
- 100g rice noodles
- 300g stir-fry veg
- 150g frozen edamame
- 2 tbsp smooth peanut butter
- 2 tbsp reduced-salt soy sauce
- 2 tsp sriracha
- 1 lime, 1 garlic clove, thumb of ginger
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Wrap the tofu in kitchen paper, put a heavy pan on top and press for 15 minutes. Cut into 2cm cubes.
2. Toss the tofu in the cornflour and a pinch of salt.
3. Grate the garlic and ginger. Cut the lime in half.

STAGE 2 SAUCE

4. Whisk the peanut butter, soy, sriracha, garlic, ginger, juice of the lime and 4 tbsp hot water until smooth.

STAGE 3 CRISP THE TOFU

5. Spray a large non-stick pan and fry the tofu over a medium-high heat for 8 minutes, turning every 2 minutes, until crisp on all sides. Tip onto a plate.

STAGE 4 NOODLES & VEG

6. Cook the noodles according to the pack and drain.
7. In the same pan, stir-fry the veg and edamame on a high heat for 3–4 minutes until just tender.

STAGE 5 COMBINE

8. Add the noodles, sauce and tofu. Toss for 1 minute until everything is glossy and hot.

COACH'S TIP

Pressing the tofu removes water. Drier tofu gets much crispier.

SWAP IT

Swap tofu for chicken breast strips (not vegan) and cook until no pink remains.

HIGH PROTEIN · 03.09

HARISSA CHICKEN & GIANT COUSCOUS

Smoky harissa chicken over pearl couscous with roasted veg, feta and fresh mint. Looks like a deli salad, made in one oven.

LOOKS FANCY | MEAL PREP

SERVES	PREP	COOK	TOTAL
2	15 MIN	25 MIN	40 MIN



554 KCAL	56g PROTEIN	54g CARBS	12g FAT	PER SERVING

INGREDIENTS

- 2 large chicken breasts
- 2 tbsp harissa paste
- 2 tsp olive oil
- 1 courgette
- 1 red pepper
- 1 red onion
- 120g giant (pearl) couscous
- ½ vegetable stock cube
- 40g light feta
- 1 lemon, small bunch mint

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan).
2. Cut each chicken breast into 3 even pieces and coat with the harissa.
3. Cut the courgette into 2cm half-moons, the pepper into 2cm squares and the onion into 8 wedges.
4. Crumble the feta and pick the mint leaves.

STAGE 2 ROAST

5. Toss the veg with the oil and salt on a large tray. Push to the sides and put the chicken in the middle.
6. Roast for 22–25 minutes until the veg is charred and the chicken is cooked through.

STAGE 3 COUSCOUS

7. Meanwhile, simmer the giant couscous in 400ml water with the stock cube for 8–10 minutes until tender. Drain.

STAGE 4 FINISH

8. Slice the chicken. Mix the couscous with the roasted veg and the juice of ½ lemon.
9. Spoon into bowls, top with the chicken, feta and mint, and serve with lemon wedges.

COACH'S TIP
Harissa varies a lot in heat. Taste a little first and use less if it's a strong one.

SWAP IT
Vegetarian: swap the chicken for a tin of chickpeas tossed in the harissa and roasted with the veg.

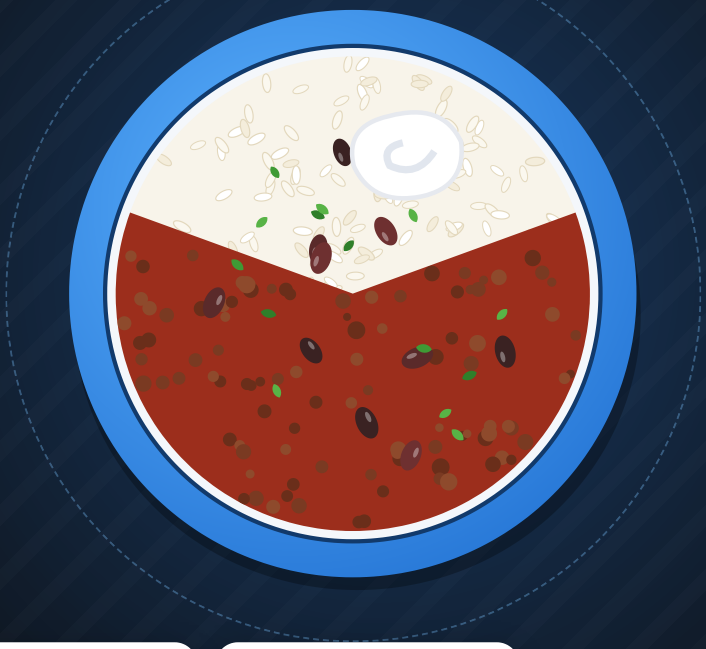
HIGH PROTEIN · 03.10

BIG BATCH CHILLI CON CARNE

Rich, smoky and better the next day. A freezer staple every client should have.

FREEZER FRIENDLY | MEAL PREP

SERVES	PREP	COOK	TOTAL
4	10 MIN	40 MIN	50 MIN



602 KCAL	46g PROTEIN	81g CARBS	9g FAT

PER SERVING

INGREDIENTS

- 500g 5% fat beef mince
- 1 large onion
- 2 peppers
- 1 tbsp chilli powder & cumin mix
- 3 garlic cloves, 1 beef stock cube, 1 tsp smoked paprika
- 2 tins chopped tomatoes
- 2 tins kidney beans, drained
- 2 squares dark chocolate (optional)
- 240g basmati rice
- 100g 0% Greek yoghurt

METHOD

STAGE 1 PREP

1. Dice the onion into 1cm pieces. Deseed the peppers and dice into 1.5cm pieces. Crush the garlic.
2. Drain and rinse the kidney beans.

STAGE 2 BROWN

3. Heat a large dry pan over a high heat. Add the mince and cook for 5 minutes, breaking it up, until browned all over.
4. Turn to medium, add the onion and peppers and cook for 5 minutes until softened.
5. Stir in the garlic and spices for 1 minute.

STAGE 3 SIMMER

6. Add the tomatoes, beans and crumbled stock cube. Bring to the boil, then simmer uncovered for 25–30 minutes, stirring every 5 minutes, until thick.
7. Stir in the chocolate until melted.

STAGE 4 RICE & SERVE

8. Cook the rice according to the pack while the chilli simmers. Serve with a spoonful of yoghurt.

COACH'S TIP

Freeze in portions with the rice. Defrost overnight in the fridge and reheat until piping hot.

SWAP IT

Vegan: use 2 × 400g tins of lentils plus an extra tin of black beans instead of mince.

HIGH PROTEIN · 03.11

CAJUN PRAWN & CHORIZO RICE

A smoky, one-pan jambalaya-style rice. A little chorizo gives a lot of flavour.

ONE PAN

SERVES	PREP	COOK	TOTAL
2	10 MIN	25 MIN	35 MIN



526 KCAL	38g PROTEIN	73g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 30g chorizo
- 1 onion
- 1 pepper
- 2 tsp Cajun seasoning
- 140g long grain rice
- ½ tin chopped tomatoes
- 350ml chicken stock
- 300g raw king prawns
- 100g frozen peas
- Spring onions and lemon to serve

METHOD

STAGE 1 PREP

1. Dice the chorizo into 5mm cubes. Dice the onion and pepper into 1cm pieces.
2. Rinse the rice. Make up the stock. Defrost the prawns if frozen and pat dry.

STAGE 2 BASE

3. Fry the chorizo in a large dry pan (one with a lid) over a medium heat for 2 minutes until it releases its red oil.
4. Add the onion and pepper and cook for 5 minutes until soft. Stir in the Cajun seasoning and rice for 1 minute.

STAGE 3 SIMMER

5. Add the tomatoes and stock, stir once, cover and simmer on a low heat for 15 minutes. Stir once halfway.

STAGE 4 FINISH

6. Stir in the prawns and peas, cover again and cook for 4–5 minutes until the prawns are pink all over and the rice is tender.
7. Serve with sliced spring onions and lemon wedges.

COACH'S TIP

Strong flavours like chorizo, smoked paprika and parmesan let you use small amounts for a big result.

SWAP IT

Swap prawns for diced chicken breast (add it with the rice so it cooks through).

HIGH PROTEIN · 03.12

LEMON COD, CRUSHED POTATOES & PEAS

Light, fresh and packed with lean protein. A fish supper that feels a bit fancy.

UNDER 30 MIN | LOW FAT

SERVES	PREP	COOK	TOTAL
2	10 MIN	20 MIN	30 MIN



421 KCAL	38g PROTEIN	44g CARBS	10g FAT

PER SERVING

INGREDIENTS

- 400g baby potatoes
- 2 tsp olive oil
- 2 cod fillets (150g each)
- 1 lemon, salt, pepper, fresh parsley
- 200g frozen peas
- 2 tbsp light crème fraîche
- Few mint leaves

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan). Halve any large potatoes so they're all a similar size.
2. Cut half the lemon into thin slices and the other half into wedges. Chop the parsley and mint.

STAGE 2 POTATOES

3. Boil the potatoes in salted water for 15 minutes until a knife slides in easily. Drain.

STAGE 3 COD

4. While the potatoes boil, put the cod on a lined tray, top with lemon slices, drizzle with 1 tsp oil and season.
5. Bake for 12–15 minutes until the fish is white all the way through and flakes easily.

STAGE 4 PEAS

6. Cook the peas for 3 minutes, drain and roughly mash with the crème fraîche and mint.

STAGE 5 SERVE

7. Lightly crush the potatoes with a fork, the remaining oil, parsley and seasoning.
8. Plate the potatoes and peas, top with the cod and serve with lemon wedges.

COACH'S TIP

White fish is one of the leanest protein sources around. Pair it with plenty of carbs and veg to make it filling.

SWAP IT

Swap cod for salmon (more omega 3, more calories) or king prawns.

CD/TRAINING

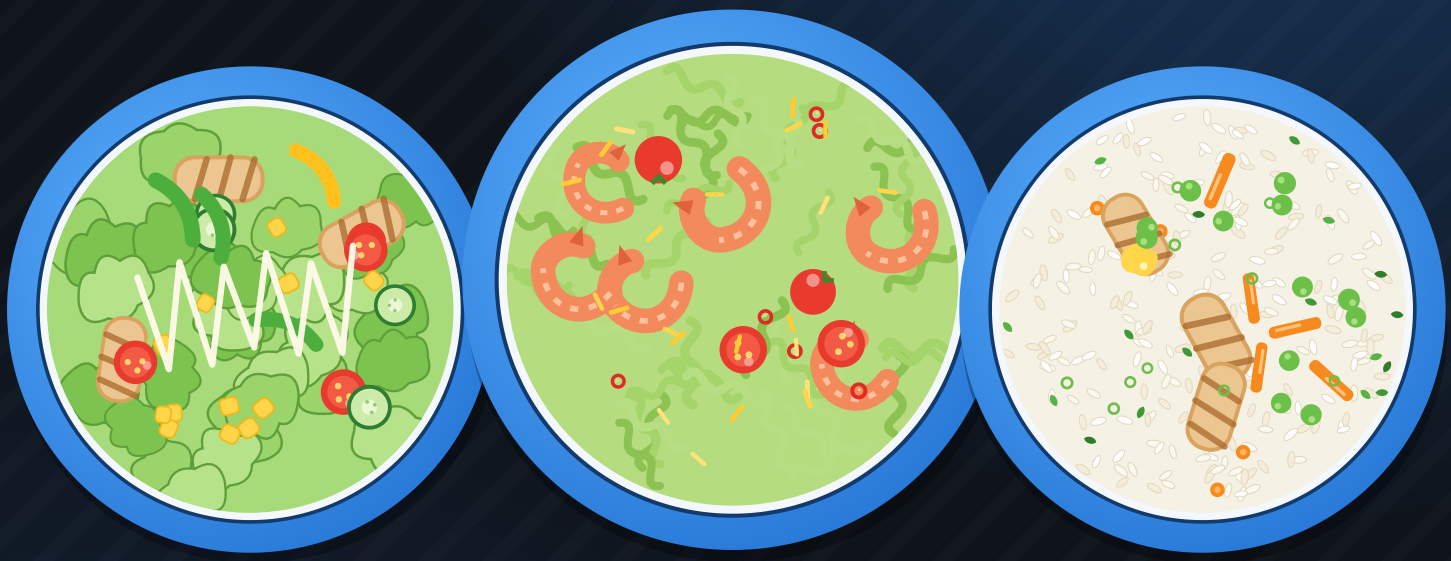
04

SECTION 04

FAT LOSS

Lean & Loaded

High-volume, high-protein meals that fill the plate without filling the calorie budget. Hungry-proof fat loss.



Half the plate

veg and salad for volume with few calories

Protein high

helps protect muscle and keeps hunger down

Measure the extras

oils, sauces and cheese add up fast

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FAT LOSS · 04.01

BIG CHICKEN SALAD, HONEY MUSTARD DRESSING

A salad that actually fills you up. Loads of crunch, juicy chicken and a sweet, tangy dressing.

UNDER 20 MIN | HIGH VOLUME

SERVES	PREP	COOK	TOTAL
1	10 MIN	12 MIN	22 MIN



288 KCAL	43g PROTEIN	23g CARBS	3g FAT	PER SERVING

INGREDIENTS

- 1 large chicken breast (150g)
- 2 big handfuls mixed leaves
- ¼ cucumber
- 100g cherry tomatoes
- ½ pepper
- 2 tbsp sweetcorn
- 2 tbsp 0% Greek yoghurt
- 1 tsp honey
- 1 tsp wholegrain mustard, squeeze of lemon

METHOD

STAGE 1 PREP

1. Bash the chicken to an even 1.5cm thickness and season.
2. Halve the cucumber lengthways and slice into 5mm half-moons. Halve the tomatoes. Slice the pepper into thin strips.

STAGE 2 COOK THE CHICKEN

3. Cook in a hot griddle or frying pan for 5–6 minutes each side until cooked through. Rest for 3 minutes and slice.

STAGE 3 DRESSING

4. Whisk the yoghurt, honey, mustard, lemon and 1 tbsp water until smooth.

STAGE 4 BUILD

5. Pile the leaves into a large bowl. Add the cucumber, tomatoes, pepper and sweetcorn.
6. Top with the chicken and drizzle over the dressing.

COACH'S TIP

Big bowl, lots of veg, lean protein. High-volume meals keep you full on fewer calories.

SWAP IT

Add 100g new potatoes or a wholemeal pitta on training days.

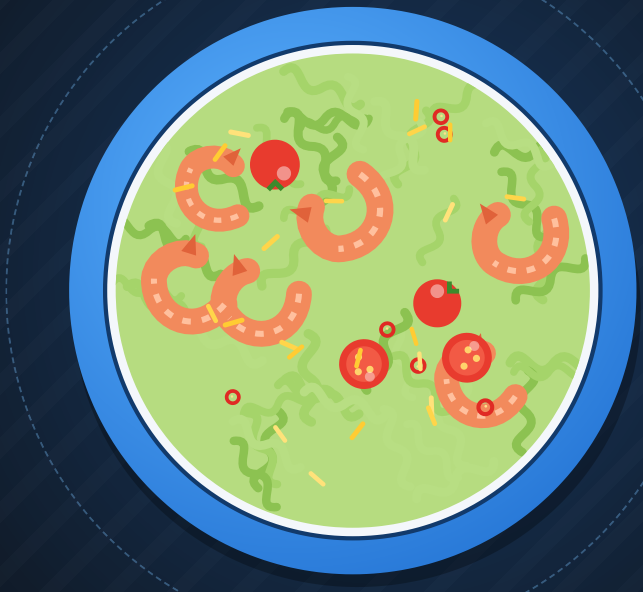
FAT LOSS · 04.02

GARLIC CHILLI PRAWN COURGETTI

Courgette 'spaghetti' tossed with garlicky prawns and burst tomatoes. Big bowl, small calories.

LOW CARB | UNDER 20 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	8 MIN	18 MIN



238 KCAL	31g PROTEIN	8g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 2 large courgettes
- 2 tsp olive oil
- 3 garlic cloves, 1 red chilli
- 300g raw king prawns
- 200g cherry tomatoes
- 2 handfuls spinach
- 15g parmesan
- 1 lemon

METHOD

STAGE 1 PREP

1. Spiralise the courgettes (or use a julienne peeler). Pat dry with kitchen paper.
2. Thinly slice the garlic. Deseed and finely chop the chilli. Halve the tomatoes.
3. Zest and juice the lemon. Finely grate the parmesan.

STAGE 2 COOK THE PRAWNS

4. Heat the oil in a large frying pan over a medium heat. Add the garlic and chilli for 30 seconds.
5. Turn up the heat, add the prawns and tomatoes and cook for 3 minutes until the prawns are pink all over.

STAGE 3 COURGETTI

6. Add the courgetti and spinach. Toss with tongs for just 2 minutes. Any longer and it goes watery.

STAGE 4 SERVE

7. Take off the heat, add the lemon zest and juice, season and top with parmesan.

COACH'S TIP

Mix half courgetti, half regular spaghetti if you want the pasta feel with fewer calories.

SWAP IT

Swap prawns for diced chicken breast, cooking it fully before adding the courgette.

FAT LOSS · 04.03

CHICKEN CAULIFLOWER FRIED RICE

All the flavour of egg fried rice with a fraction of the calories. Blitzed cauliflower is the secret.

LOW CARB | UNDER 30 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	12 MIN	22 MIN



382 KCAL	52g PROTEIN	18g CARBS	11g FAT

PER SERVING

INGREDIENTS

- 1 cauliflower
- 2 chicken breasts
- 1 tsp sesame or olive oil
- 2 large eggs
- 100g frozen peas
- 1 carrot
- 3 spring onions
- 2 tbsp reduced-salt soy sauce
- 1 garlic clove, thumb of ginger

METHOD

STAGE 1 PREP

1. Cut the cauliflower into florets and pulse in a food processor in 2 batches until it looks like rice (or grate it on a box grater).
2. Cut the chicken into 1.5cm cubes. Dice the carrot into 5mm cubes. Slice the spring onions.
3. Grate the garlic and ginger. Beat the eggs in a cup.

STAGE 2 CHICKEN

4. Heat the oil in a wok over a high heat. Stir-fry the chicken for 6 minutes until cooked through. Tip onto a plate.

STAGE 3 VEG & EGG

5. Add the carrot, peas, garlic and ginger to the wok and stir-fry for 2 minutes.
6. Push everything to one side, pour in the eggs and scramble for 1 minute.

STAGE 4 CAULI RICE

7. Add the cauliflower rice and stir-fry on a high heat for 4 minutes until just tender and lightly toasted.

STAGE 5 FINISH

8. Return the chicken, add the soy sauce and spring onions and toss for 1 minute.

COACH'S TIP

Use a high heat and don't overcrowd the pan. You want the cauliflower toasty, not steamed.

SWAP IT

Half and half: mix 250g cauliflower rice with 1 pouch of cooked rice for a middle ground.

FAT LOSS · 04.04

THAI BEEF SALAD

Seared steak on a crunchy, herby salad with a hot, sour and sweet dressing. Restaurant-fresh and properly filling.

LOOKS FANCY | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	15 MIN	8 MIN	23 MIN



292 KCAL	37g PROTEIN	17g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 300g lean sirloin or rump steak
- 1 large Little Gem or 100g mixed leaves
- ½ cucumber
- 150g cherry tomatoes
- ½ small red onion
- 1 carrot
- Handful each mint and coriander
- 1 tbsp sweet chilli sauce
- 2 tsp reduced-salt soy sauce
- 1 tbsp fish sauce, 2 limes, 1 red chilli

METHOD

STAGE 1 PREP

1. Take the steak out of the fridge 15 minutes before cooking.
2. Shred the lettuce. Halve the cucumber lengthways and slice into thin half-moons. Halve the tomatoes.
3. Slice the red onion as thinly as you can. Cut the carrot into thin matchsticks. Pick the herb leaves.
4. Finely slice the chilli.

STAGE 2 DRESSING

5. Whisk the juice of the limes, fish sauce, sweet chilli, soy and half the chilli.

STAGE 3 STEAK

6. Season the steak and cook in a very hot dry pan for 2–3 minutes each side. Rest for 5 minutes.
7. Slice thinly (5mm) against the grain.

STAGE 4 TOSS & SERVE

8. Toss the salad veg and herbs with most of the dressing.
9. Pile onto plates, top with the steak, spoon over the remaining dressing and scatter with the rest of the chilli.

COACH'S TIP

Thinly sliced steak spreads further, so 150g per person feels like a generous portion.

SWAP IT

Swap steak for king prawns or chicken breast. Vegan: crispy tofu with soy sauce instead of fish sauce.

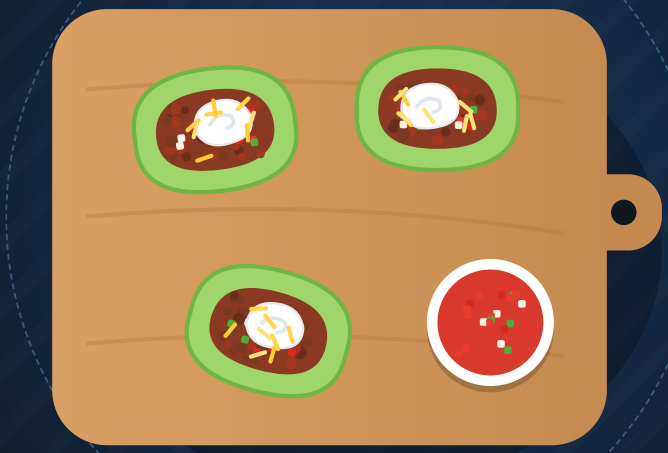
FAT LOSS · 04.05

TURKEY TACO LETTUCE CUPS

Crunchy lettuce cups loaded with spicy turkey. Taco night, the lighter way.

LOW CARB | UNDER 30 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



386 KCAL	49g PROTEIN	16g CARBS	13g FAT	PER SERVING

INGREDIENTS

- 400g 5% turkey mince
- 1 small onion
- 1 pepper
- 1 tbsp taco seasoning
- ½ tin chopped tomatoes
- 2 Little Gem lettuces
- 3 tbsp salsa
- 3 tbsp 0% Greek yoghurt
- 20g light cheddar

METHOD

STAGE 1 PREP

1. Finely dice the onion (5mm). Deseed the pepper and dice into 1cm pieces.
2. Separate the lettuce leaves, rinse and pat dry. Pick the 8–10 best cup-shaped leaves. Grate the cheese.

STAGE 2 COOK THE MINCE

3. Heat a non-stick pan over a high heat. Brown the mince for 5 minutes, breaking it up.
4. Add the onion and pepper and cook for 4 minutes until soft.

STAGE 3 SIMMER

5. Stir in the taco seasoning, then the tomatoes. Simmer for 5 minutes until thick and not watery.

STAGE 4 FILL

6. Spoon the mince into the lettuce cups. Top each with salsa, a little yoghurt and cheese.

COACH'S TIP

Lettuce cups make a handy swap for tortillas when you want more food for fewer calories.

SWAP IT

Training day? Add 2 small corn tortillas or 100g rice per person.

FAT LOSS · 04.06

CHUNKY CHICKEN & VEG SOUP

A huge, hearty bowl of comfort that keeps you full for hours. The perfect fat loss lunch.

FREEZER FRIENDLY | HIGH VOLUME

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



229 KCAL	29g PROTEIN	25g CARBS	2g FAT	PER SERVING

INGREDIENTS

- 400g chicken breast (2 large)
- 1 onion
- 2 carrots
- 1 large leek
- 2 medium potatoes
- 100g frozen peas
- 1.2 litres chicken stock, 1 tsp dried thyme, 2 garlic cloves
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Dice the onion into 1cm pieces. Peel the carrots and slice into 5mm rounds.
2. Trim the leek, slice into 1cm rings and rinse in a colander to remove any grit.
3. Peel the potatoes and dice into 1.5cm cubes. Crush the garlic. Make up the stock.

STAGE 2 SOFTEN

4. Spray a large pan and cook the onion, carrot and leek over a medium heat for 5 minutes until starting to soften.

STAGE 3 SIMMER

5. Add the garlic, thyme, potatoes and stock. Lower in the whole chicken breasts.
6. Bring to the boil, then simmer gently for 20 minutes until the chicken is cooked through.

STAGE 4 SHRED & FINISH

7. Lift out the chicken, shred it with 2 forks and return it to the pan with the peas.
8. Simmer for 3 minutes more and season to taste.

COACH'S TIP

Soup before a meal or as a meal can help you feel fuller on fewer calories. Brilliant during a diet.

SWAP IT

Add 50g small pasta or a slice of wholemeal bread for a more filling meal.

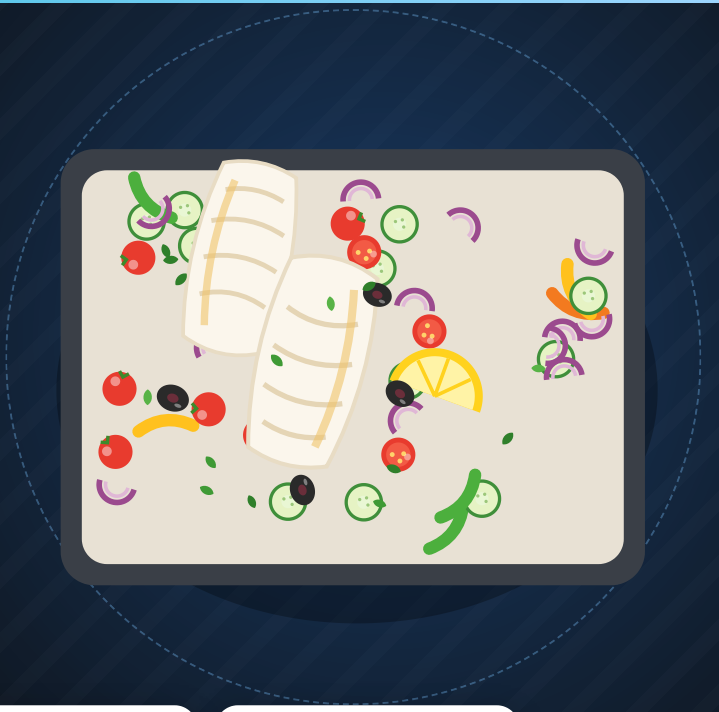
FAT LOSS · 04.07

COD & MEDITERRANEAN VEG TRAYBAKE

One tray, minimal washing up, maximum colour. Roasted veg and flaky cod with lemon and olives.

ONE TRAY | LOW CALORIE

SERVES	PREP	COOK	TOTAL
2	10 MIN	25 MIN	35 MIN



260 KCAL	31g PROTEIN	15g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 1 courgette
- 2 peppers
- 1 red onion
- 150g cherry tomatoes
- 2 tsp olive oil
- 6 black olives
- 2 cod fillets (150g each)
- 1 lemon, 1 tsp dried oregano, fresh basil

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan).
2. Cut the courgette into 2cm half-moons. Deseed the peppers and cut into 3cm chunks. Cut the onion into 8 wedges.
3. Halve the olives. Thinly slice half the lemon and cut the rest into wedges.

STAGE 2 ROAST THE VEG

4. Toss the courgette, peppers and onion with the oil, oregano, salt and pepper on a large tray.
5. Roast for 15 minutes.

STAGE 3 ADD THE FISH

6. Take out the tray, stir the veg and add the tomatoes and olives.
7. Nestle the cod into the veg, top with lemon slices and roast for 10–12 minutes until the fish flakes easily.

STAGE 4 SERVE

8. Scatter with torn basil and serve with lemon wedges.

COACH'S TIP

Add a pouch of cooked rice or 200g new potatoes on training days for more energy.

SWAP IT

Swap cod for chicken breast (add at the start) or halloumi (add for the last 10 minutes).

FAT LOSS · 04.08

MISO-GLAZED COD WITH SESAME GREENS

Sweet, savoury, caramelised miso cod. One of the most-loved restaurant dishes, made in a home oven.

LOOKS FANCY | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



440 KCAL	42g PROTEIN	51g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 2 thick cod fillets (150g each)
- 1 tbsp white miso paste
- 2 tsp honey
- 2 tsp reduced-salt soy sauce
- 100g jasmine rice
- 200g tenderstem broccoli
- 80g frozen edamame
- 1 tsp sesame seeds
- 2 spring onions
- Thumb of ginger, 1 lime

METHOD

STAGE 1 PREP

1. Heat the grill to high. Line a small tray with foil.
2. Finely grate the ginger. Mix the miso, honey, soy and ginger into a smooth paste.
3. Rinse the rice. Trim the broccoli. Thinly slice the spring onions on an angle.

STAGE 2 RICE

4. Cook the rice according to the pack.

STAGE 3 GLAZE & GRILL

5. Pat the cod dry, put it on the tray and spread the miso glaze over the top.
6. Grill 10–15cm from the heat for 8–10 minutes until the top is caramelised and the fish flakes. Watch it closely for the last 2 minutes.

STAGE 4 GREENS

7. Steam the broccoli and edamame for 4 minutes. Toss with the sesame seeds and a squeeze of lime.

STAGE 5 SERVE

8. Spoon the rice into bowls, add the greens and top with the cod and spring onions.

COACH'S TIP
Miso burns quickly under the grill. If it darkens too fast, lower the tray a shelf.

SWAP IT
Swap cod for salmon (more omega 3) or firm tofu slices (vegan).

FAT LOSS · 04.09

LIGHTER THAI GREEN CHICKEN CURRY

Fragrant, creamy and full of green veg. Light coconut milk keeps it lean.

FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	10 MIN	20 MIN	30 MIN



432 KCAL	37g PROTEIN	47g CARBS	10g FAT	PER SERVING

INGREDIENTS

- 500g chicken breast
- 2 tbsp Thai green curry paste
- 1 tin light coconut milk
- 200g green beans
- 2 peppers
- 100g spinach
- 1 lime, fresh basil or coriander
- 200g jasmine rice
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Rinse the rice. Slice the chicken into 1cm-thick strips.
2. Trim the green beans and cut into 3cm lengths. Deseed the peppers and slice into 1cm strips.

STAGE 2 RICE

3. Cook the rice according to the pack.

STAGE 3 CURRY BASE

4. Spray a large pan or wok and fry the curry paste over a medium heat for 1 minute until fragrant.
5. Add the chicken and stir to coat for 3 minutes.

STAGE 4 SIMMER

6. Pour in the coconut milk and 100ml water. Add the beans and peppers.
7. Simmer for 10 minutes until the chicken is cooked through and the beans are tender.

STAGE 5 FINISH

8. Stir in the spinach until wilted. Squeeze in the lime and season. Serve over rice with fresh herbs.

COACH'S TIP

Light coconut milk has roughly 60% less fat than full-fat. You barely notice the difference in a curry.

SWAP IT

Vegan: swap chicken for 400g firm tofu and 1 tin chickpeas, and check your curry paste is fish-free.

FAT LOSS · 04.10

LOADED EGG WHITE VEGGIE OMELETTE

A big, fluffy omelette stuffed with veg. Over 30g protein for under 300 calories.

VEGETARIAN | LOW CARB | UNDER 15 MIN

SERVES	PREP	COOK	TOTAL
1	5 MIN	8 MIN	13 MIN



262 KCAL	36g PROTEIN	8g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 1 large egg
- 200g liquid egg whites
- 60g mushrooms
- ½ small pepper
- Handful spinach
- Few cherry tomatoes
- 15g light cheddar
- Low-calorie cooking spray, salt, pepper, chives

METHOD

STAGE 1 PREP

1. Slice the mushrooms 5mm thick. Dice the pepper into 5mm pieces. Halve the tomatoes. Grate the cheese.
2. Whisk the egg, egg whites, salt and pepper in a jug.

STAGE 2 COOK THE VEG

3. Spray a 24cm non-stick frying pan and cook the mushrooms and pepper over a medium heat for 3 minutes.
4. Add the spinach and stir until wilted. Spread the veg evenly over the pan.

STAGE 3 COOK THE OMELETTE

5. Pour in the eggs. Cook for 3–4 minutes, pulling the set edges into the middle with a spatula and tilting the pan so the runny egg fills the gaps.
6. When the top is almost set, sprinkle over the cheese.

STAGE 4 SERVE

7. Fold in half, slide onto a plate and serve with the tomatoes and chives.

COACH'S TIP
Mixing one whole egg with egg whites keeps the flavour and colour of a normal omelette.

SWAP IT
Add a slice of wholemeal toast or a piece of fruit to make it a fuller meal.

FAT LOSS · 04.11

BLACK BEAN & SWEET POTATO CHILLI

A smoky, chunky veggie chilli loaded with fibre. Filling, cheap and freezer-friendly.

VEGAN | FREEZER FRIENDLY | HIGH FIBRE

SERVES	PREP	COOK	TOTAL
4	10 MIN	35 MIN	45 MIN



340 KCAL	15g PROTEIN	59g CARBS	4g FAT	PER SERVING

INGREDIENTS

- 2 tsp olive oil
- 1 large onion
- 2 peppers
- 2 medium sweet potatoes
- 1 tbsp chilli & cumin mix
- 3 garlic cloves, 1 tsp smoked paprika, 1 vegetable stock cube
- 2 tins chopped tomatoes
- 2 tins black beans, drained
- 100g spinach
- Lime and coriander to serve

METHOD

STAGE 1 PREP

1. Dice the onion into 1cm pieces. Deseed the peppers and dice into 1.5cm pieces. Crush the garlic.
2. Peel the sweet potatoes and cut into 2cm cubes. Drain and rinse the beans.

STAGE 2 SOFTEN

3. Heat the oil in a large pan and cook the onion and peppers over a medium heat for 5 minutes.
4. Add the garlic, spice mix and paprika and stir for 1 minute.

STAGE 3 SIMMER

5. Add the sweet potato, tomatoes, beans, crumbled stock cube and 200ml water.
6. Bring to the boil, then cover and simmer for 25–30 minutes, stirring now and then, until the sweet potato is tender.

STAGE 4 FINISH

7. Stir in the spinach until wilted. Serve with lime wedges and chopped coriander.

COACH'S TIP

Beans bring protein and fibre together, which is a great combination for staying full.

SWAP IT

Not vegan? Top each bowl with 2 tbsp Greek yoghurt and a little grated cheese.

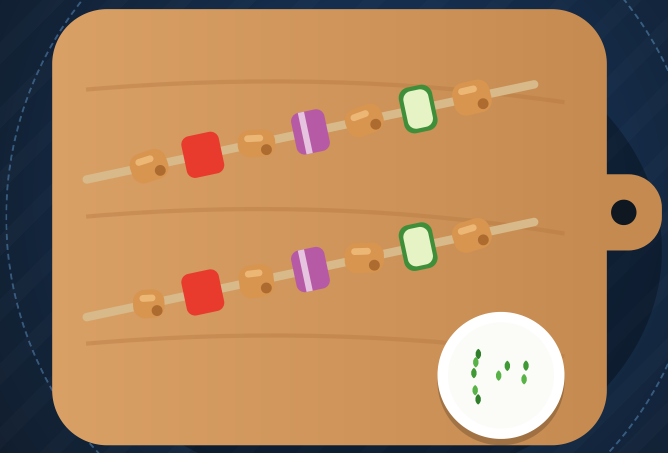
FAT LOSS · 04.12

CHICKEN SOUVLAKI SKEWERS & TZATZIKI

Charred, herby chicken skewers with cool, creamy tzatziki. Summer on a stick.

LOW CARB | BBQ FRIENDLY

SERVES	PREP	COOK	TOTAL
2	15 MIN	15 MIN	30 MIN



304 KCAL	51g PROTEIN	13g CARBS	5g FAT

PER SERVING

INGREDIENTS

- 350g chicken breast
- 1 tsp olive oil
- 1 lemon, 2 tsp dried oregano, 1 garlic clove
- 1 courgette
- 1 pepper
- 1 red onion
- 120g 0% Greek yoghurt
- ¼ cucumber
- Mixed salad to serve

METHOD

STAGE 1 PREP

1. If using wooden skewers, soak 4 in water for 20 minutes.
2. Cut the chicken into 3cm cubes. Mix with the oil, juice of ½ lemon, oregano and crushed garlic. Leave for 10 minutes (or overnight).
3. Cut the courgette into 2cm half-moons, the pepper into 3cm squares and the onion into wedges, separating the layers.

STAGE 2 THREAD

4. Thread the chicken onto the skewers, alternating with the veg. Leave a small gap between pieces so they cook evenly.

STAGE 3 TZATZIKI

5. Coarsely grate the cucumber and squeeze out the water. Mix with the yoghurt, a squeeze of lemon and a pinch of salt.

STAGE 4 COOK

6. Grill, griddle or BBQ over a high heat for 12–15 minutes, turning every 3 minutes, until charred and cooked through.

STAGE 5 SERVE

7. Serve with the tzatziki, salad and lemon wedges.

COACH'S TIP
Soak wooden skewers in water for 20 minutes so they don't burn.

SWAP IT
Training day? Add a wholemeal pitta or 100g cooked rice.

CD/TRAINING

05

SECTION 05

FAMILY MEALS

Feed the Squad

Crowd-pleasers for four that kids will actually eat. Healthier versions of the classics, with easy ways to adjust portions for each person.



Same meal
different portions. Adjust the carbs for each person

Let them build
kids eat more when they help make it

Cook extra
leftovers become tomorrow's lunch

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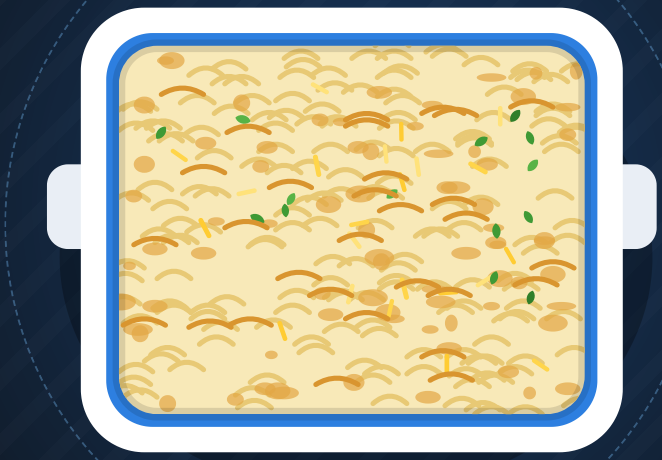
FAMILY MEALS · 05.01

LIGHTER COTTAGE PIE

Rich, meaty and topped with cheesy mash. Comfort food the whole family will love.

FREEZER FRIENDLY | KID FRIENDLY

SERVES	PREP	COOK	TOTAL
4	15 MIN	45 MIN	60 MIN



453 KCAL	38g PROTEIN	54g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 500g 5% fat beef mince
- 1 large onion
- 2 carrots
- 150g mushrooms
- 2 tbsp tomato purée
- 1 beef stock cube in 300ml water, 1 tsp thyme
- 1 tbsp cornflour
- 150g frozen peas
- 900g floury potatoes (e.g. Maris Piper)
- 100ml semi-skimmed milk
- 40g light cheddar

METHOD

STAGE 1 PREP

1. Peel the potatoes and cut into 4cm chunks (all a similar size so they cook evenly).
2. Dice the onion into 1cm pieces. Peel and dice the carrots into 1cm cubes. Finely chop the mushrooms (5mm). Grate the cheese.

STAGE 2 MASH

3. Put the potatoes in a large pan of cold salted water, bring to the boil and simmer for 15–20 minutes until a knife slides in easily.
4. Drain, let them steam for 2 minutes, then mash with the milk and seasoning until smooth.

STAGE 3 FILLING

5. While the potatoes cook, brown the mince in a large dry pan over a high heat for 5 minutes.
6. Add the onion, carrot and mushrooms and cook for 5 minutes. Stir in the purée and thyme.
7. Add the stock and simmer for 15 minutes. Mix the cornflour with 2 tbsp cold water, stir it in until thickened, then add the peas.

STAGE 4 ASSEMBLE & BAKE

8. Heat the oven to 200°C (180°C fan). Spoon the mince into a baking dish (about 20 × 30cm).
9. Spread the mash over the top, rough it up with a fork and sprinkle with cheese.
10. Bake for 20–25 minutes until golden and bubbling at the edges.

COACH'S TIP

Fork lines on the mash make crispy ridges. Kids love helping with this bit.

SWAP IT

Swap half the potato for sweet potato or cauliflower for a lighter, more colourful topping.

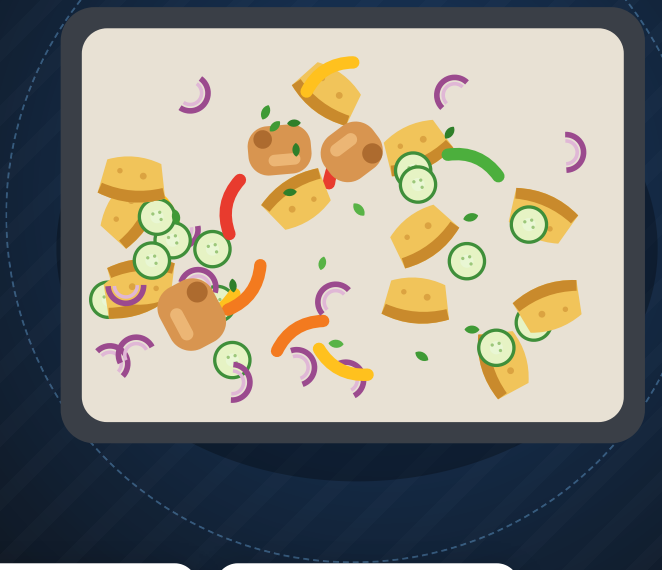
FAMILY MEALS · 05.02

CHICKEN & VEG TRAYBAKE

Throw it on a tray and let the oven do the work. Crispy potatoes, juicy chicken, sweet veg.

ONE TRAY | KID FRIENDLY

SERVES	PREP	COOK	TOTAL
4	15 MIN	40 MIN	55 MIN



418 KCAL	34g PROTEIN	39g CARBS	14g FAT

PER SERVING

INGREDIENTS

- 600g skinless boneless chicken thighs
- 700g baby potatoes
- 3 peppers
- 2 red onions
- 1 courgette
- 1 tbsp olive oil
- 2 tsp smoked paprika, 1 tsp garlic granules, 1 tsp dried thyme

METHOD

STAGE 1 PREP

1. Heat the oven to 210°C (190°C fan). Mix the paprika, garlic granules, thyme, salt and pepper in a small bowl.
2. Halve the baby potatoes (quarter any large ones) to about 3cm.
3. Deseed the peppers and cut into 3cm chunks. Cut the onions into 8 wedges. Cut the courgette into 2cm half-moons.
4. Cut each chicken thigh in half.

STAGE 2 POTATOES FIRST

5. Toss the potatoes with half the oil and half the spice mix on a large tray. Roast for 15 minutes.

STAGE 3 ADD EVERYTHING

6. Toss the chicken and veg with the remaining oil and spice mix.
7. Add to the tray (use 2 trays if it's crowded) and roast for 25 minutes, turning once, until the chicken is cooked through and the potatoes are crisp.

COACH'S TIP

Use two trays if needed. Overcrowded veg steams instead of roasting.

SWAP IT

Swap chicken thighs for chicken breast to save around 40 kcal per portion.

FAMILY MEALS · 05.03

TURKEY MEATBALLS & SPAGHETTI

Tender meatballs in a rich tomato sauce. A guaranteed clean-plate dinner.

KID FRIENDLY | FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	20 MIN	25 MIN	45 MIN



550 KCAL	41g PROTEIN	70g CARBS	11g FAT	PER SERVING

INGREDIENTS

- 500g 5% turkey mince
- 30g breadcrumbs
- 1 large egg
- 2 garlic cloves, 1 tsp dried oregano, salt, pepper
- 1 onion
- 1 carton passata
- 300g spaghetti
- 20g parmesan
- Fresh basil, low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Finely dice the onion (5mm). Crush the garlic. Grate the parmesan.

STAGE 2 MAKE THE MEATBALLS

2. In a bowl, mix the mince, breadcrumbs, egg, half the garlic, oregano and seasoning with your hands until combined.
3. With damp hands, roll into 20 balls about the size of a walnut (3cm).

STAGE 3 BROWN

4. Spray a large deep pan and brown the meatballs over a medium-high heat for 5 minutes, turning, until coloured all over. Lift onto a plate.

STAGE 4 SAUCE

5. In the same pan, cook the onion and remaining garlic for 4 minutes until soft.
6. Pour in the passata, season and simmer for 5 minutes. Return the meatballs and simmer gently for 15 minutes until cooked through.

STAGE 5 PASTA & SERVE

7. Cook the spaghetti according to the pack while the meatballs simmer. Drain.
8. Serve the meatballs and sauce over the spaghetti, topped with parmesan and torn basil.

COACH'S TIP

Wet your hands before rolling meatballs and the mixture won't stick.

SWAP IT

Use beef mince 5% for a classic flavour, or add grated courgette to the meatballs for hidden veg.

FAMILY MEALS · 05.04

ONE-POT LEMON CHICKEN ORZO

Creamy, lemony, risotto-style orzo with golden chicken. Tastes fancy, cooks in one pan with no stirring marathon.

LOOKS FANCY | ONE POT | KID FRIENDLY

SERVES	PREP	COOK	TOTAL
4	10 MIN	25 MIN	35 MIN



504 KCAL	46g PROTEIN	57g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 500g chicken breast
- 2 tsp olive oil
- 1 onion
- 3 garlic cloves, 900ml chicken stock, 1 lemon
- 280g orzo
- 150g spinach
- 150g frozen peas
- 80g light cream cheese
- 20g parmesan

METHOD

STAGE 1 PREP

1. Cut the chicken into 2.5cm chunks and season. Finely dice the onion (5mm). Crush the garlic.
2. Zest the lemon, then cut it in half. Grate the parmesan. Make up the stock with boiling water.

STAGE 2 BROWN THE CHICKEN

3. Heat the oil in a large deep pan or casserole over a medium-high heat.
4. Brown the chicken for 5 minutes until golden on most sides (it doesn't need to be cooked through yet). Lift onto a plate.

STAGE 3 ORZO

5. Add the onion to the same pan and cook for 4 minutes. Stir in the garlic and orzo for 1 minute.
6. Pour in the stock, return the chicken, bring to a simmer and cook for 10–12 minutes, stirring every few minutes so it doesn't stick, until the orzo is tender.

STAGE 4 FINISH

7. Stir in the peas and spinach for 2 minutes, then the cream cheese, lemon zest, juice of ½ lemon and the parmesan.
8. Season, and serve with the remaining lemon in wedges.

COACH'S TIP

Add a splash of hot water at the end if it's thickened too much. It should be loose and creamy, like risotto.

SWAP IT

Vegetarian: swap chicken for 2 tins of drained butter beans added with the peas, use veg stock and a vegetarian hard cheese.

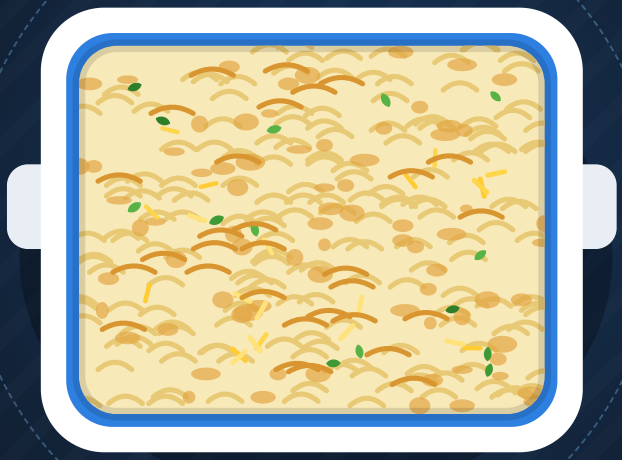
FAMILY MEALS · 05.05

LIGHTER FISH PIE

Creamy fish and prawns under a golden mash lid. A classic that's leaner than you'd think.

FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	20 MIN	35 MIN	55 MIN



420 KCAL	38g PROTEIN	53g CARBS	6g FAT	PER SERVING

INGREDIENTS

- 400g cod fillets
- 150g raw king prawns
- 480ml semi-skimmed milk
- 3 tbsp cornflour
- 1 tsp Dijon mustard, parsley, 1 lemon
- 100g spinach
- 100g frozen peas
- 900g floury potatoes
- 40g light cheddar

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan).
2. Peel the potatoes and cut into 4cm chunks. Cut the cod into 3cm chunks. Chop the parsley and zest the lemon. Grate the cheese.

STAGE 2 MASH

3. Boil the potatoes in salted water for 15–20 minutes until tender. Drain and mash with 80ml of the milk and seasoning.

STAGE 3 WHITE SAUCE

4. Heat the remaining 400ml milk in a pan until steaming. Mix the cornflour with 3 tbsp cold water.
5. Whisk it into the milk and keep stirring for 2 minutes until thick and smooth. Stir in the mustard, parsley and lemon zest.

STAGE 4 ASSEMBLE

6. Put the raw spinach in the bottom of a baking dish (about 20 × 30cm). Scatter over the cod, prawns and peas.
7. Pour over the sauce, spoon the mash on top, spread to the edges and sprinkle with cheese.

STAGE 5 BAKE

8. Bake for 25–30 minutes until golden and bubbling, and the fish is cooked through.

COACH'S TIP

Thickening milk with cornflour gives a creamy white sauce without butter or cream.

SWAP IT

Use a frozen fish pie mix (defrosted) to save time and money.

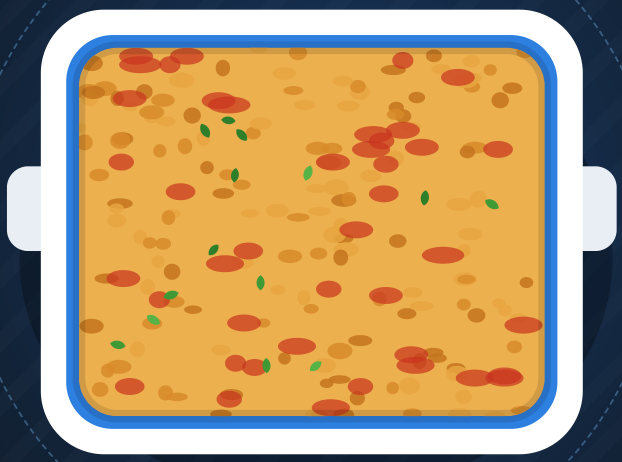
FAMILY MEALS · 05.06

VEGGIE LENTIL LASAGNE

Layers of rich lentil ragu and a light, cheesy cottage cheese sauce. Meat-free Monday sorted.

VEGETARIAN | FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	20 MIN	50 MIN	70 MIN



532 KCAL	36g PROTEIN	72g CARBS	10g FAT

PER SERVING

INGREDIENTS

- 2 tsp olive oil
- 1 large onion
- 300g mushrooms
- 1 courgette
- 2 peppers
- 150g red lentils
- 2 tins chopped tomatoes
- 2 garlic cloves, 2 tsp oregano, 1 veg stock cube
- 200g dried lasagne sheets
- 300g low-fat cottage cheese
- 1 large egg
- 100g light mozzarella

METHOD

STAGE 1 PREP

1. Dice the onion, courgette and peppers into 1cm pieces. Chop the mushrooms into 1cm pieces. Crush the garlic.
2. Rinse the lentils. Tear the mozzarella into small pieces.

STAGE 2 RAGU

3. Heat the oil in a large pan and cook the onion, mushrooms, courgette and peppers over a medium heat for 8 minutes until soft.
4. Add the garlic and oregano for 1 minute, then the lentils, tomatoes, stock cube and 300ml water.
5. Simmer for 20 minutes, stirring now and then, until the lentils are soft and the sauce is thick.

STAGE 3 WHITE SAUCE

6. Blend the cottage cheese and egg until smooth. Season with salt and pepper.

STAGE 4 LAYER

7. Heat the oven to 190°C (170°C fan). In a 20 × 30cm dish, layer: a third of the ragu, a layer of lasagne sheets, a thin layer of white sauce.
8. Repeat twice more, finishing with white sauce on top. Scatter over the mozzarella.

STAGE 5 BAKE

9. Cover with foil and bake for 25 minutes, then uncover and bake for 10 minutes more until golden. Rest for 10 minutes before cutting.

COACH'S TIP

Let it rest for 10 minutes before cutting. Clean slices, not lasagne soup.

SWAP IT

Swap lentils for 500g lean beef or turkey mince for a meaty version.

FAMILY MEALS · 05.07

STICKY HONEY GARLIC CHICKEN

Sweet, sticky and garlicky. The takeaway-style dinner kids ask for again and again.

KID FRIENDLY | UNDER 30 MIN

SERVES	PREP	COOK	TOTAL
4	10 MIN	25 MIN	35 MIN



537 KCAL	40g PROTEIN	66g CARBS	12g FAT	PER SERVING

INGREDIENTS

- 600g skinless boneless chicken thighs
- 2 tbsp honey
- 3 tbsp reduced-salt soy sauce
- 4 garlic cloves, thumb of ginger
- 280g basmati rice
- 1 large head broccoli
- 2 tsp sesame seeds
- Low-calorie cooking spray, 2 spring onions

METHOD

STAGE 1 PREP

1. Rinse the rice. Cut the chicken into 3cm chunks.
2. Crush the garlic and grate the ginger. Mix with the honey, soy and 3 tbsp water in a jug.
3. Cut the broccoli into 3cm florets. Slice the spring onions.

STAGE 2 RICE

4. Cook the rice according to the pack.

STAGE 3 CHICKEN

5. Spray a large frying pan and cook the chicken over a medium-high heat for 10 minutes, turning, until golden and cooked through.

STAGE 4 GLAZE

6. Pour in the sauce and let it bubble for 3–4 minutes, stirring, until it thickens and coats the chicken.

STAGE 5 BROCCOLI & SERVE

7. Steam or microwave the broccoli for 4 minutes.
8. Serve the chicken on the rice with the broccoli, scattered with sesame seeds and spring onions.

COACH'S TIP

Let the sauce reduce until it coats the back of a spoon. That's when it turns sticky.

SWAP IT

Swap thighs for breast for a leaner version, or use firm tofu for a vegetarian option.

FAMILY MEALS · 05.08

HONEY MUSTARD PORK TENDERLOIN & ROASTIES

A proper Sunday-style dinner without a whole joint. Juicy, glazed pork fillet, crispy roasties and honey carrots.

LOOKS FANCY | SUNDAY DINNER

SERVES	PREP	COOK	TOTAL
4	15 MIN	45 MIN	60 MIN



444 KCAL	39g PROTEIN	53g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 900g floury potatoes
- 1 tbsp olive oil
- 600g pork tenderloin (fillet)
- 2 tbsp honey
- 2 tbsp wholegrain mustard, 2 garlic cloves, 2 sprigs rosemary
- 3 carrots
- 300g green beans

METHOD

STAGE 1 PREP

1. Heat the oven to 210°C (190°C fan).
2. Peel the potatoes and cut into 5cm chunks. Peel the carrots and cut into 6cm batons. Trim the green beans.
3. Mix the honey, mustard and crushed garlic. Trim any silvery skin off the pork with a small sharp knife.

STAGE 2 ROASTIES

4. Boil the potatoes for 8 minutes, drain and shake in the colander to rough up the edges.
5. Toss with 2 tsp oil, rosemary and salt on a large tray and roast for 45 minutes, turning halfway.

STAGE 3 PORK

6. After the potatoes have had 15 minutes, heat the remaining oil in a frying pan and brown the pork on all sides for 4 minutes.
7. Put it on a small tray with the carrots, brush the pork and carrots with the honey mustard and roast for 20–25 minutes until the pork is cooked through, with no pink in the centre and juices running clear (70°C on a meat thermometer).

STAGE 4 REST & SERVE

8. Rest the pork for 5 minutes. Steam the green beans for 4 minutes.
9. Slice the pork into 2cm rounds and serve with the roasties, carrots and beans, spooning over the pan juices.

COACH'S TIP

Pork tenderloin is one of the leanest meats you can buy, and it cooks in under 30 minutes.

SWAP IT

Swap pork for 4 chicken breasts (same glaze, 25 minutes in the oven).

FAMILY MEALS · 05.09

SAUSAGE & BEAN CASSEROLE

A hug in a bowl. Smoky tomato sauce, tender sausages and creamy butter beans.

FREEZER FRIENDLY | KID FRIENDLY | BUDGET

SERVES	PREP	COOK	TOTAL
4	10 MIN	35 MIN	45 MIN



368 KCAL	27g PROTEIN	38g CARBS	10g FAT	PER SERVING

INGREDIENTS

- 8 reduced-fat sausages
- 1 large onion
- 2 peppers
- 2 carrots
- 2 garlic cloves, 2 tsp smoked paprika, 1 stock cube
- 2 tins chopped tomatoes
- 2 tins butter beans, drained
- 100g spinach
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Slice the onion into thin wedges. Deseed the peppers and cut into 2cm pieces. Peel the carrots and slice into 5mm rounds.
2. Crush the garlic. Drain and rinse the beans.

STAGE 2 BROWN THE SAUSAGES

3. Spray a large casserole or deep pan and brown the sausages over a medium heat for 6–8 minutes, turning, until coloured all over.
4. Lift onto a board and cut each into 3 chunks.

STAGE 3 VEG

5. Add the onion, peppers and carrots to the pan and cook for 5 minutes. Stir in the garlic and paprika for 1 minute.

STAGE 4 SIMMER

6. Add the tomatoes, beans, crumbled stock cube, 150ml water and the sausages.
7. Simmer uncovered for 20 minutes, stirring now and then, until thick and the sausages are cooked through.

STAGE 5 FINISH

8. Stir in the spinach until wilted. Serve as it is, or with mash or crusty bread.

COACH'S TIP

Reduced-fat sausages vary a lot. Check the label and choose ones with at least 70% meat.

SWAP IT

Vegetarian: use your favourite veggie sausages and a vegetable stock cube.

FAMILY MEALS · 05.10

CHICKEN FAJITA NIGHT

Everyone builds their own. Sizzling chicken and peppers with all the toppings in the middle of the table.

KID FRIENDLY | BUILD YOUR OWN

SERVES	PREP	COOK	TOTAL
4	15 MIN	15 MIN	30 MIN



691 KCAL	58g PROTEIN	75g CARBS	16g FAT	PER SERVING

INGREDIENTS

- 600g chicken breast
- 4 peppers (mixed colours)
- 2 red onions
- 2 tbsp fajita seasoning
- 2 tsp olive oil
- 8 wholemeal tortilla wraps
- 150g 0% Greek yoghurt
- 150g salsa
- 60g light cheddar
- Shredded lettuce

METHOD

STAGE 1 PREP

1. Slice the chicken into 1cm-thick strips. Deseed the peppers and slice into 1cm strips. Slice the onions into thin wedges.
2. Toss everything with the oil and fajita seasoning.
3. Grate the cheese, shred the lettuce and put the toppings into small bowls.

STAGE 2 COOK

4. Heat your largest frying pan until very hot. Cook in 2 batches so it sizzles rather than stews.
5. Cook each batch for 6–8 minutes, stirring now and then, until the chicken is cooked through and the veg is charred at the edges.

STAGE 3 WRAPS

6. Warm the wraps in a dry pan for 15 seconds each side, or wrapped in foil in a low oven.

STAGE 4 SERVE

7. Put everything in the middle of the table and let everyone build their own (2 wraps each).

COACH'S TIP

Build-your-own meals let each person adjust portions to their goals. Great for families with different needs.

SWAP IT

Swap chicken for 600g Quorn pieces or 2 tins black beans for a vegetarian version.

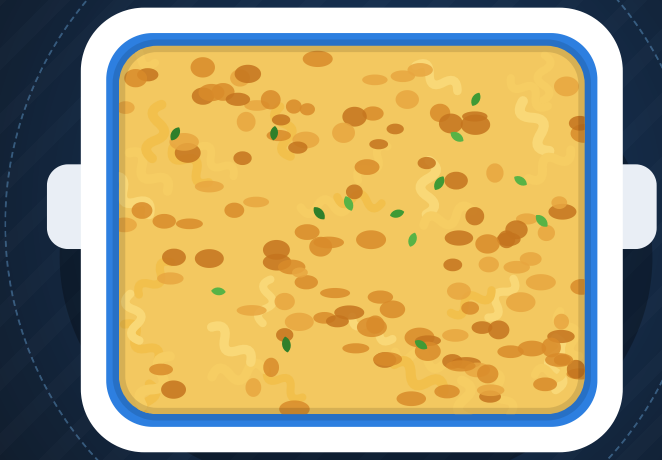
FAMILY MEALS · 05.11

CREAMY CHICKEN & MUSHROOM PASTA BAKE

Creamy, cheesy and golden on top. Light cream cheese makes it feel indulgent without the heavy sauce.

KID FRIENDLY | FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



534 KCAL	49g PROTEIN	57g CARBS	11g FAT

PER SERVING

INGREDIENTS

- 500g chicken breast
- 300g penne
- 250g mushrooms
- 100g spinach
- 2 garlic cloves, 1 chicken stock cube, 1 tsp thyme
- 150g light cream cheese
- 200ml semi-skimmed milk
- 50g light cheddar
- Low-calorie cooking spray

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan).
2. Cut the chicken into 2cm chunks. Slice the mushrooms 5mm thick. Crush the garlic. Grate the cheddar.

STAGE 2 PASTA

3. Cook the penne for 2 minutes less than the pack says. Drain.

STAGE 3 SAUCE

4. Spray a large pan and cook the chicken over a medium-high heat for 6 minutes until golden.
5. Add the mushrooms and garlic and cook for 4 minutes.
6. Turn to low and stir in the cream cheese, milk, crumbled stock cube and thyme until smooth. Add the spinach to wilt.

STAGE 4 BAKE

7. Mix in the pasta, tip into a baking dish and sprinkle with the cheddar.
8. Bake for 15–20 minutes until golden and bubbling.

COACH'S TIP

Under-cook the pasta slightly. It finishes cooking in the oven and won't go mushy.

SWAP IT

Vegetarian: swap chicken for 2 tins drained cannellini beans and a veg stock cube.

FAMILY MEALS · 05.12

CHICKPEA & SPINACH COCONUT CURRY

Mild, creamy and loved by kids and adults alike. A cheap, cheerful midweek winner.

VEGAN | BUDGET | FREEZER FRIENDLY

SERVES	PREP	COOK	TOTAL
4	10 MIN	25 MIN	35 MIN



552 KCAL	18g PROTEIN	84g CARBS	14g FAT	PER SERVING

INGREDIENTS

- 2 tsp oil
- 1 large onion
- 3 garlic cloves, thumb of ginger
- 2 tbsp mild curry powder
- 1 tin chopped tomatoes
- 1 tin light coconut milk
- 2 tins chickpeas, drained
- 150g spinach
- 280g basmati rice
- 1 lime, fresh coriander

METHOD

STAGE 1 PREP

1. Rinse the rice. Finely dice the onion (5mm). Crush the garlic and grate the ginger.
2. Drain and rinse the chickpeas. Roughly chop the coriander.

STAGE 2 RICE

3. Cook the rice according to the pack.

STAGE 3 CURRY BASE

4. Heat the oil in a large pan and cook the onion over a medium heat for 6 minutes until soft and golden.
5. Add the garlic, ginger and curry powder and stir for 1 minute.

STAGE 4 SIMMER

6. Add the tomatoes, coconut milk and chickpeas. Simmer for 15 minutes, stirring now and then, until thickened.

STAGE 5 FINISH

7. Stir in the spinach until wilted. Squeeze in the lime and season. Serve with rice and coriander.

COACH'S TIP

Make it spicier for the adults by adding chilli to your own bowl at the table.

SWAP IT

Add 400g diced chicken breast (no longer vegan) with the onion for a high-protein version.

CD/TRAINING

06

SECTION 06

FAKEAWAY

Cheat Meal Fakeaways

All the takeaway flavour, made at home. Lighter, cheaper and usually ready before the delivery driver would have been.



Plan it in
a planned treat meal beats an unplanned binge

Air fryer
crunch with a fraction of the oil

Still hit protein
every fakeaway here is built around a protein source

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FAKEAWAY · 06.01

CHICKEN TIKKA MASALA

Britain's favourite curry, made lighter. Charred tikka chicken in a creamy, spiced tomato sauce.

FREEZER FRIENDLY | FRIDAY NIGHT

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



541 KCAL	47g PROTEIN	66g CARBS	10g FAT	PER SERVING

INGREDIENTS

- 600g chicken breast
- 100g 0% Greek yoghurt
- 2½ tbsp tikka spice mix
- 2 tsp oil
- 1 large onion
- 3 garlic cloves, thumb of ginger
- 1 tin chopped tomatoes
- 100g light crème fraîche
- 280g basmati rice
- Fresh coriander

METHOD

STAGE 1 PREP & MARINATE

1. Cut the chicken into 3cm chunks. Mix with the yoghurt and 1 tbsp of the spice mix. Marinate for at least 20 minutes (or overnight).
2. Dice the onion into 1cm pieces. Crush the garlic and grate the ginger. Rinse the rice.

STAGE 2 SAUCE

3. Heat the oil in a large pan and cook the onion over a medium heat for 6 minutes until soft.
4. Add the garlic, ginger and remaining spice mix and stir for 1 minute.
5. Add the tomatoes and simmer for 10 minutes. Blend until smooth with a stick blender, then stir in the crème fraîche.

STAGE 3 CHAR THE CHICKEN

6. While the sauce simmers, grill on high or air fry at 200°C for 12–15 minutes, turning once, until charred at the edges and cooked through.

STAGE 4 COMBINE & SERVE

7. Cook the rice according to the pack.
8. Stir the chicken into the sauce and simmer for 2 minutes. Serve with rice and chopped coriander.

COACH'S TIP

Marinating in yoghurt tenderises the chicken and gives that classic tikka char when grilled.

SWAP IT

Vegetarian: use paneer (fry it, don't marinate it as long) or chickpeas instead of chicken.

FAKEAWAY · 06.02

SMASH BURGERS & SKIN-ON WEDGES

Crispy-edged smash burgers with melty cheese and burger sauce. Fakeaway royalty.

FRIDAY NIGHT | KID FRIENDLY

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



556 KCAL	40g PROTEIN	63g CARBS	16g FAT	PER SERVING

INGREDIENTS

- 800g potatoes
- 2 tsp olive oil
- 500g 5% beef mince
- 4 light cheese slices (60g)
- 4 wholemeal burger buns
- Lettuce
- 1 large tomato
- 2 tbsp light mayonnaise
- 2 tbsp reduced-sugar ketchup
- 2 gherkins, ½ small onion, salt and pepper

METHOD

STAGE 1 PREP

1. Heat the oven or air fryer to 200°C.
2. Scrub the potatoes and cut each lengthways into 8 wedges (about 2cm thick).
3. Slice the tomato into 5mm rounds and the onion into thin rings. Finely chop 1 gherkin and slice the other.

STAGE 2 WEDGES

4. Toss the wedges in the oil and seasoning. Cook for 25–30 minutes, shaking halfway, until golden and crisp.

STAGE 3 BURGER SAUCE

5. Mix the mayo, ketchup and chopped gherkin.

STAGE 4 SMASH

6. Roll the mince into 8 equal balls (about 60g each).
7. Heat a heavy dry pan until very hot. Add 2–4 balls, leaving space, and press each flat (1cm) with a sturdy spatula. Season.
8. Cook for 2 minutes until crispy at the edges, flip, add cheese to half the patties and cook 1 minute more. Repeat.

STAGE 5 STACK

9. Toast the buns cut-side down. Build: sauce, lettuce, 2 patties, tomato, onion and sliced gherkin.

COACH'S TIP

Don't oil the pan. Lean mince plus a very hot pan gives the best crispy crust.

SWAP IT

Use 5% turkey mince or plant-based burgers for a different version.

FAKEAWAY · 06.03

PERI-PERI CHICKEN & SPICY RICE

Flame-grilled-style peri-peri chicken with spicy rice, sweetcorn and garlic yoghurt. Portuguese chicken-shop style, made at home.

FRIDAY NIGHT | MEAL PREP

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



536 KCAL	39g PROTEIN	62g CARBS	14g FAT	PER SERVING

INGREDIENTS

- 600g skinless boneless chicken thighs
- 1 tbsp peri-peri seasoning
- 2 tsp oil
- 1 lemon, 2 garlic cloves
- 240g long grain rice
- 1 onion
- 1 red pepper
- 100g frozen peas
- 1 tbsp tomato purée
- 1 tsp smoked paprika, 500ml chicken stock
- 160g sweetcorn
- 80g 0% Greek yoghurt

METHOD

STAGE 1 PREP & MARINATE

1. Mix the peri-peri seasoning, 1 tsp oil, juice of ½ lemon and 1 crushed garlic clove. Coat the chicken thighs and leave for 15 minutes (or overnight).
2. Finely dice the onion. Dice the pepper into 1cm pieces. Rinse the rice. Make up the stock.

STAGE 2 SPICY RICE

3. Heat the remaining oil in a pan with a lid. Cook the onion and pepper for 4 minutes.
4. Stir in the paprika, purée and rice for 1 minute. Add the stock, cover and simmer on low for 15 minutes.
5. Stir in the peas, cover and leave off the heat for 5 minutes.

STAGE 3 CHICKEN

6. Grill on high, griddle or air fry at 200°C for 14–18 minutes, turning once, until charred and cooked through.

STAGE 4 SIDES & SERVE

7. Warm the sweetcorn. Mix the yoghurt with the remaining grated garlic and a squeeze of lemon.
8. Serve the chicken with the rice, corn and garlic yoghurt.

COACH'S TIP

Thighs are very forgiving on a hot grill. They stay juicy even if you leave them a minute too long.

SWAP IT

Swap chicken for halloumi slices (vegetarian), grilled for 2 minutes each side.

FAKEAWAY · 06.04

SALT & PEPPER CHICKEN

The Chinese-takeaway favourite. Crispy chicken, peppers, onion and chilli with a punchy salt and pepper seasoning.

FRIDAY NIGHT | UNDER 30 MIN

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



581 KCAL	52g PROTEIN	75g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 350g chicken breast
- 1 egg white
- 2 tbsp cornflour
- 1 tsp Chinese five spice, ½ tsp salt, 1 tsp pepper, ½ tsp sugar
- 1 green pepper
- 1 onion
- 2 spring onions
- 1 red chilli, 2 garlic cloves
- 2 tsp oil
- 140g rice

METHOD

STAGE 1 PREP

1. Cut the chicken into 1cm-thick strips.
2. Deseed the pepper and cut into 2cm squares. Cut the onion into 2cm pieces. Thinly slice the chilli, garlic and spring onions.
3. Mix the five spice, salt, pepper and sugar in a small bowl. Rinse the rice.

STAGE 2 COAT & CRISP

4. Cook the rice according to the pack.
5. Toss the chicken in the egg white, then in the cornflour until coated.
6. Air fry at 200°C for 12–14 minutes, shaking halfway, until crisp and cooked (or fry in 1 tsp of the oil in a hot pan in 2 batches).

STAGE 3 STIR-FRY

7. Heat the remaining oil in a wok over a high heat. Stir-fry the pepper, onion, chilli and garlic for 3 minutes.
8. Add the chicken and the seasoning mix and toss for 1 minute.

STAGE 4 SERVE

9. Top with the spring onions and serve with rice.

COACH'S TIP

The air fryer is your fakeaway best friend. Crispy results with a fraction of the oil.

SWAP IT

Swap chicken for king prawns or firm tofu (vegan without the egg white).

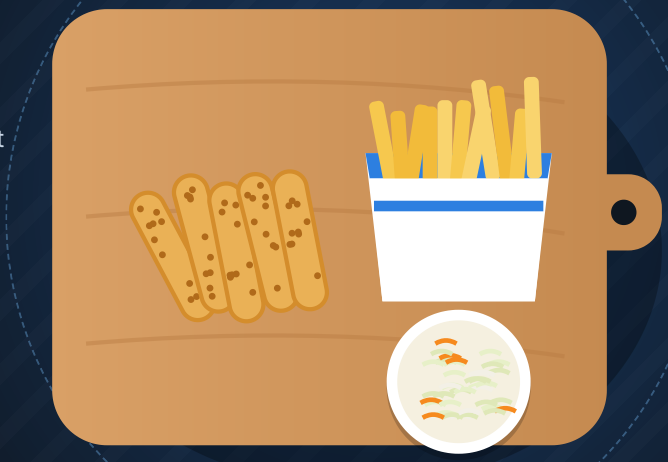
FAKEAWAY · 06.05

CRISPY CORNFLAKE CHICKEN & SLAW

Crunchy, golden 'fried' chicken with fries and creamy slaw. Bucket vibes, healthier results.

KID FRIENDLY | AIR FRYER

SERVES	PREP	COOK	TOTAL
2	15 MIN	20 MIN	35 MIN



607 KCAL	55g PROTEIN	70g CARBS	12g FAT

PER SERVING

INGREDIENTS

- 350g chicken breast
- 2 tbsp plain flour
- 1 large egg
- 50g cornflakes
- 1 tsp paprika, 1 tsp garlic granules, ½ tsp cayenne
- 400g potatoes
- 1 tsp oil
- 150g white cabbage
- 1 carrot
- 2 tbsp light mayonnaise
- 2 tbsp 0% Greek yoghurt

METHOD

STAGE 1 PREP

1. Heat the oven or air fryer to 200°C.
2. Cut the potatoes into 1cm-thick fries. Cut the chicken into 2cm-wide strips.
3. Crush the cornflakes in a sandwich bag with a rolling pin, leaving some bigger bits.
4. Finely shred the cabbage (3mm). Peel and coarsely grate the carrot.

STAGE 2 FRIES

5. Toss the fries in the oil and salt. Cook for 20–25 minutes, shaking halfway, until golden.

STAGE 3 COAT THE CHICKEN

6. Set up 3 bowls: flour mixed with the spices, the beaten egg, the cornflakes.
7. Dip each strip in flour, then egg, then cornflakes, pressing to coat.

STAGE 4 COOK THE CHICKEN

8. Cook for 12–15 minutes, turning halfway, until golden and cooked through with no pink inside.

STAGE 5 SLAW & SERVE

9. Mix the cabbage and carrot with the mayo, yoghurt and a pinch of salt. Serve with the chicken and fries.

COACH'S TIP
Pat the chicken dry before coating. The flour sticks better and the crumb stays crunchy.

SWAP IT
Vegetarian: use firm tofu strips or Quorn fillets.

FAKEAWAY · 06.06

TORTILLA WRAP PIZZA

Crispy, thin-crust pizza in under 15 minutes. Use a wrap as the base and load it up.

UNDER 15 MIN | KID FRIENDLY

SERVES	PREP	COOK	TOTAL
1	5 MIN	8 MIN	13 MIN



337 KCAL	25g PROTEIN	34g CARBS	10g FAT	PER SERVING

INGREDIENTS

- 1 wholemeal tortilla wrap
- 3 tbsp passata
- ½ tsp dried oregano, garlic granules
- 60g light mozzarella
- 30g lean ham
- 4 cherry tomatoes
- 2 mushrooms
- Fresh basil, chilli flakes

METHOD

STAGE 1 PREP

1. Heat the oven to 200°C (180°C fan) or an air fryer to 180°C.
2. Tear the mozzarella and ham into 2cm pieces. Halve the tomatoes. Slice the mushrooms 3mm thick.
3. Mix the passata with the oregano and garlic.

STAGE 2 CRISP THE BASE

4. Put the wrap on a baking tray and bake on its own for 2 minutes so it doesn't go soggy.

STAGE 3 TOP

5. Spread with the passata, leaving a 1cm border. Scatter over the mozzarella, ham, tomatoes and mushrooms.

STAGE 4 BAKE

6. Bake for 6–8 minutes until the edges are crisp and the cheese is bubbling.
7. Finish with basil and chilli flakes and cut into 6 slices.

COACH'S TIP

Don't overload the toppings. A thin base can only hold so much before it gets soggy.

SWAP IT

Vegetarian: skip the ham and add peppers, sweetcorn and red onion.

FAKEAWAY · 06.07

CHICKEN CHOW MEIN

Faster than delivery. Slurpy noodles, tender chicken and crunchy veg in a savoury sauce.

UNDER 20 MIN | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	10 MIN	10 MIN	20 MIN



502 KCAL	49g PROTEIN	60g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 2 nests egg noodles (125g)
- 2 chicken breasts
- 1 tsp sesame oil
- 300g stir-fry veg
- 100g beansprouts
- 2 tbsp reduced-salt soy sauce
- 1 tbsp hoisin sauce
- 2 garlic cloves, thumb of ginger, 2 spring onions

METHOD

STAGE 1 PREP

1. Slice the chicken into thin 5mm strips. Crush the garlic and grate the ginger. Slice the spring onions.
2. Mix the soy and hoisin in a cup.

STAGE 2 NOODLES

3. Cook the noodles according to the pack, drain and toss with a few drops of the oil so they don't stick.

STAGE 3 CHICKEN

4. Heat the remaining oil in a wok over a high heat. Stir-fry the chicken for 5–6 minutes until cooked through.

STAGE 4 VEG

5. Add the garlic, ginger and stir-fry veg and toss for 2 minutes.

STAGE 5 COMBINE

6. Add the noodles, beansprouts and sauce. Toss over a high heat for 2 minutes until hot and glossy. Top with spring onions.

COACH'S TIP
Have everything chopped before you start. Stir-fries move fast.

SWAP IT
Swap chicken for prawns or tofu, and use rice noodles for a vegan version.

FAKEAWAY · 06.08

HOMEMADE DONER KEBAB

Thin slices of spiced meat, stuffed into warm pittas with salad, garlic sauce and chilli.

FRIDAY NIGHT | MEAL PREP

SERVES	PREP	COOK	TOTAL
4	15 MIN	45 MIN	60 MIN



343 KCAL	36g PROTEIN	33g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 500g 5% beef mince
- 2 tsp each: garlic granules, onion granules, cumin, oregano, paprika; 1 tsp salt
- 4 wholemeal pittas
- Shredded lettuce
- Red cabbage
- 2 tomatoes
- ½ red onion
- 120g 0% Greek yoghurt
- 1 garlic clove, lemon juice, hot chilli sauce

METHOD

STAGE 1 PREP

1. Heat the oven to 180°C (160°C fan).
2. Finely shred the lettuce and red cabbage (3mm). Dice the tomatoes into 1cm pieces. Slice the red onion into thin rings.

STAGE 2 MAKE THE MEAT

3. Put the mince, spices and salt in a bowl and knead with your hands for 2–3 minutes until sticky and smooth.
4. Shape into a tight loaf about 20cm long, pressing out any air pockets.

STAGE 3 BAKE

5. Put the loaf on a rack over a tray and bake for 40–45 minutes until cooked through.
6. Rest for 10 minutes, then slice as thinly as you can with a sharp knife.

STAGE 4 GARLIC SAUCE

7. Mix the yoghurt with the grated garlic, a squeeze of lemon and a pinch of salt.

STAGE 5 SERVE

8. Crisp the slices in a hot dry pan for 1 minute. Warm the pittas and stuff with salad and meat. Top with garlic and chilli sauce.

COACH'S TIP

Kneading the mince is what gives the classic dense doner texture, so don't skip it.

SWAP IT

Use 5% turkey or lamb mince. Lamb is more traditional but higher in fat.

FAKEAWAY · 06.09

CRISPY CHILLI BEEF

Crunchy strips of beef in a sticky, sweet and spicy sauce. The takeaway classic with a fraction of the oil.

FRIDAY NIGHT | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	15 MIN	15 MIN	30 MIN



667 KCAL	43g PROTEIN	92g CARBS	14g FAT	PER SERVING

INGREDIENTS

- 300g lean rump or sirloin steak
- 2 tbsp cornflour
- 2 tsp oil
- 1 red pepper
- 1 onion
- 1 carrot
- 2 spring onions
- 1 red chilli, 2 garlic cloves, thumb of ginger
- 2 tbsp sweet chilli sauce
- 1 tbsp reduced-salt soy sauce
- 1 tbsp reduced-sugar ketchup
- 2 tsp honey
- 1 tbsp rice vinegar
- 140g rice

METHOD

STAGE 1 PREP

1. Trim any fat from the steak and slice against the grain into thin strips (5mm thick, 5cm long). Pat dry and toss in the cornflour with a pinch of salt.
2. Slice the pepper and onion into thin strips. Cut the carrot into matchsticks. Thinly slice the chilli, garlic and spring onions. Grate the ginger.
3. Mix the sweet chilli, soy, ketchup, honey, vinegar and 2 tbsp water. Rinse the rice.

STAGE 2 RICE

4. Cook the rice according to the pack.

STAGE 3 CRISP THE BEEF

5. Air fry the beef at 200°C for 8–10 minutes, shaking twice, until crisp. Or fry in 1 tsp oil in a hot wok in 2 batches for 3 minutes per batch.

STAGE 4 STIR-FRY & SAUCE

6. Heat the remaining oil in the wok over a high heat. Stir-fry the pepper, onion, carrot, chilli, garlic and ginger for 3 minutes.
7. Pour in the sauce and bubble for 1 minute until syrupy. Add the beef and toss to coat.

STAGE 5 SERVE

8. Top with spring onions and serve straight away with the rice, while the beef is still crispy.

COACH'S TIP

Toss the beef in the sauce at the very last second. The longer it sits, the less crispy it stays.

SWAP IT

Swap beef for chicken breast strips, cooked until no pink remains.

FAKEAWAY · 06.10

SWEET & SOUR CHICKEN

Bright, tangy and sticky with juicy pineapple. Better than the takeaway, and you know what's in it.

FRIDAY NIGHT | DAIRY FREE

SERVES	PREP	COOK	TOTAL
2	10 MIN	15 MIN	25 MIN



603 KCAL	50g PROTEIN	87g CARBS	6g FAT

PER SERVING

INGREDIENTS

- 350g chicken breast
- 1 tbsp cornflour
- 1 tsp oil
- 2 peppers (1 red, 1 green)
- 1 onion
- 150g pineapple chunks
- 3 tbsp reduced-sugar ketchup
- 1 tbsp reduced-salt soy sauce
- 1 tbsp honey
- 2 tbsp rice vinegar, 80ml pineapple juice or water
- 140g rice

METHOD

STAGE 1 PREP

1. Cut the chicken into 2.5cm chunks and toss in half the cornflour.
2. Deseed the peppers and cut into 2.5cm squares. Cut the onion into 2.5cm pieces. Drain the pineapple, keeping the juice.
3. Whisk the ketchup, soy, honey, vinegar, juice and the remaining cornflour. Rinse the rice.

STAGE 2 RICE

4. Cook the rice according to the pack.

STAGE 3 CHICKEN

5. Heat the oil in a wok over a medium-high heat. Cook the chicken for 6 minutes, turning, until golden.

STAGE 4 VEG & SAUCE

6. Add the peppers and onion and stir-fry for 3 minutes so they keep some crunch.
7. Pour in the sauce and add the pineapple. Bubble for 2 minutes until thick and glossy and the chicken is cooked through.

STAGE 5 SERVE

8. Serve over the rice.

COACH'S TIP

Cornflour does double duty: a light coating on the chicken and the thickener for the sauce.

SWAP IT

Swap chicken for king prawns or crispy tofu.

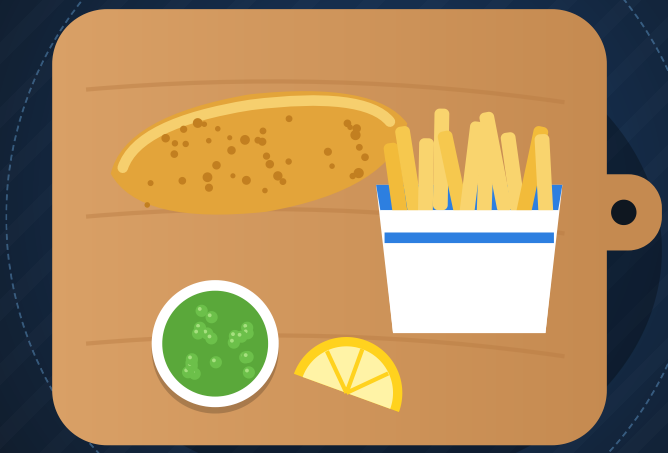
FAKEAWAY · 06.11

OVEN-BAKED FISH & CHIPS, MUSHY PEAS

Golden crumbed fish, chunky chips and minty mushy peas. The chippy classic, minus the deep fat fryer.

KID FRIENDLY | FRIDAY NIGHT

SERVES	PREP	COOK	TOTAL
2	15 MIN	30 MIN	45 MIN



561 KCAL	44g PROTEIN	72g CARBS	10g FAT	PER SERVING

INGREDIENTS

- 500g floury potatoes
- 2 tsp oil
- 2 thick cod fillets (150g each)
- 1 tbsp plain flour
- 1 large egg
- 40g panko breadcrumbs
- 200g frozen peas
- Mint, lemon wedges, salt and vinegar

METHOD

STAGE 1 PREP

1. Heat the oven to 220°C (200°C fan).
2. Cut the potatoes into chunky chips, about 1.5cm thick (skin on is fine).
3. Set up 3 shallow bowls: flour, beaten egg, breadcrumbs. Pat the fish dry.

STAGE 2 CHIPS

4. Boil the chips for 5 minutes, drain and leave to steam dry for 3 minutes.
5. Toss in the oil and salt and roast on a large tray for 25–30 minutes, turning halfway.

STAGE 3 FISH

6. Dip each fillet in flour, then egg, then breadcrumbs, pressing the crumbs on.
7. Put on a lined tray and bake for the last 15 minutes of the chips' cooking time, until golden and the fish flakes.

STAGE 4 MUSHY PEAS

8. Cook the peas for 3 minutes, drain and mash with chopped mint, salt and pepper.

STAGE 5 SERVE

9. Serve with lemon wedges and a splash of vinegar.

COACH'S TIP

Parboiling and steam-drying the chips roughs up the edges, which is the secret to crispy oven chips.

SWAP IT

Swap cod for haddock or pollock, which is often cheaper.

FAKEAWAY · 06.12

CHICKEN KATSU CURRY

Crispy panko chicken with a sweet, mild Japanese-style curry sauce. A restaurant favourite at home.

FRIDAY NIGHT

SERVES	PREP	COOK	TOTAL
2	15 MIN	25 MIN	40 MIN



625 KCAL	50g PROTEIN	92g CARBS	6g FAT

PER SERVING

INGREDIENTS

- 2 chicken breasts
- 1 tbsp plain flour
- 1 large egg
- 40g panko breadcrumbs
- 1 onion
- 1 carrot
- 1 tbsp mild curry powder
- 2 tsp honey
- 2 tsp reduced-salt soy sauce
- 2 tsp cornflour
- 300ml chicken stock, 2 garlic cloves, low-calorie cooking spray
- 140g rice
- Salad leaves to serve

METHOD

STAGE 1 PREP

1. Heat the oven or air fryer to 200°C.
2. Butterfly each chicken breast: slice through the thick side horizontally, stopping 1cm from the edge, then open it out like a book (about 1.5cm thick).
3. Roughly chop the onion and carrot into 1cm pieces. Crush the garlic. Rinse the rice.

STAGE 2 CRUMB & COOK

4. Dip the chicken in flour, then beaten egg, then panko. Spray both sides.
5. Cook for 18–20 minutes, turning halfway, until golden and cooked through.

STAGE 3 SAUCE

6. Spray a pan and soften the onion and carrot for 5 minutes. Add the garlic and curry powder for 1 minute.
7. Add the stock, honey and soy and simmer for 10 minutes until the carrot is soft.
8. Blend until smooth, return to the pan, then stir in the cornflour mixed with 1 tbsp cold water until thickened.

STAGE 4 SERVE

9. Cook the rice. Slice the chicken into 2cm strips, lay over the rice, pour the sauce over half and serve with salad.

COACH'S TIP

Butterflying the chicken makes it thinner, so it cooks faster and gets crispier.

SWAP IT

Vegetarian: use thick slices of aubergine or sweet potato, or firm tofu.

CD/TRAINING

07

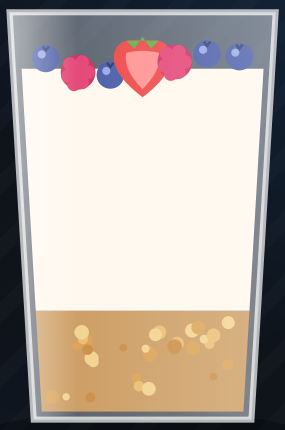
SECTION 07

DESSERTS

Sweet Treats

Yes, dessert fits. Higher-protein sweet treats that satisfy the craving and still fit your goals.







Plan treats
into your week rather than banning them

Greek yoghurt
is the secret weapon for creamy, high-protein sweets

Portion first
serve it up before you sit down

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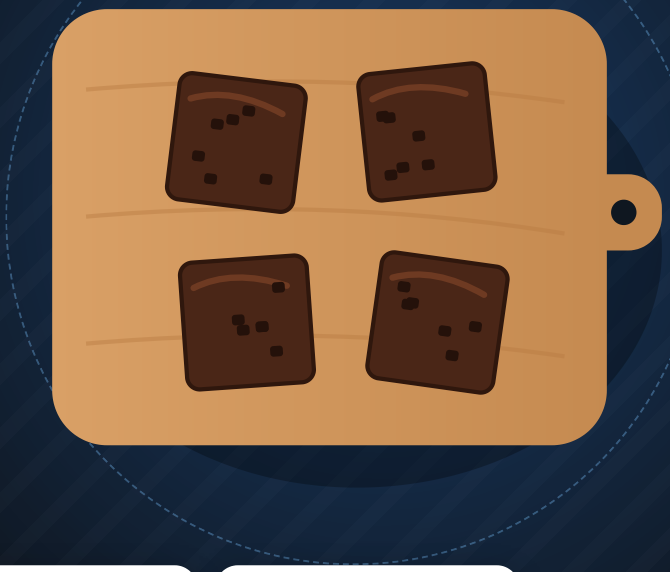
DESSERTS · 07.01

FUDGY PROTEIN BROWNIES

Rich, fudgy and chocolatey with a sneaky protein boost. Nobody will guess there's yoghurt in them.

VEGETARIAN | MEAL PREP

SERVES	PREP	COOK	TOTAL
9	10 MIN	20 MIN	30 MIN



153 KCAL	11g PROTEIN	16g CARBS	5g FAT

PER SERVING

INGREDIENTS

- 60g plain or self-raising flour
- 40g cocoa powder
- 60g chocolate whey protein
- 1 tsp baking powder, pinch of salt
- 1 large ripe banana
- 200g 0% Greek yoghurt
- 2 large eggs
- 40g brown sugar (or sweetener)
- 40g dark chocolate chips

METHOD

STAGE 1 PREP

1. Heat the oven to 180°C (160°C fan). Line a 20cm square tin with baking paper.
2. Mash the banana with a fork until smooth with no lumps.

STAGE 2 MIX

3. In a large bowl, mix the flour, cocoa, whey, baking powder and salt.
4. In another bowl, whisk the banana, yoghurt, eggs and sugar until smooth.
5. Fold the wet into the dry until just combined, then stir in three-quarters of the chocolate chips. Don't over-mix.

STAGE 3 BAKE

6. Spread into the tin, scatter over the remaining chips and bake for 18–20 minutes. The middle should still be slightly gooey.

STAGE 4 COOL & CUT

7. Cool completely in the tin (at least 1 hour), then lift out and cut into 9 squares.

COACH'S TIP

Don't over-bake. Protein bakes dry out quickly, so take them out while still a little soft.

SWAP IT

Swap brown sugar for granulated sweetener to save about 15 kcal per brownie.

DESSERTS · 07.02

NO-BAKE BERRY CHEESECAKE POTS

Creamy cheesecake, buttery biscuit base and sweet berries. Ready in 15 minutes, no oven needed.

VEGETARIAN | NO BAKE

SERVES	PREP	COOK	TOTAL
4	15 MIN	NO COOK	15 MIN



258 KCAL	19g PROTEIN	23g CARBS	9g FAT	PER SERVING

INGREDIENTS

- 4 digestive biscuits
- 200g light cream cheese
- 300g 0% Greek yoghurt
- 30g vanilla whey protein
- 1 tbsp honey
- 1 tsp vanilla extract, zest of 1 lemon
- 200g mixed berries

METHOD

STAGE 1 BASE

1. Put the biscuits in a sandwich bag and crush with a rolling pin to fine crumbs.
2. Divide between 4 small glasses or jars and press down with the back of a spoon.

STAGE 2 FILLING

3. Beat the cream cheese, yoghurt, whey, honey, vanilla and lemon zest with a whisk until completely smooth.
4. Spoon over the bases and level the tops.

STAGE 3 TOP & CHILL

5. Halve any large berries and pile on top.
6. Chill for at least 1 hour (or overnight) so the filling firms up.

COACH'S TIP

Use frozen berries, defrosted, and spoon over the juices. It makes an instant 'compote' topping.

SWAP IT

No whey? Add an extra 100g Greek yoghurt and a little more honey.

DESSERTS · 07.03

TIRAMISU PROTEIN POTS

Coffee-soaked sponge, creamy vanilla layers and a cocoa dusting. The Italian classic, lighter and higher in protein.

VEGETARIAN | LOOKS FANCY | NO BAKE

SERVES	PREP	COOK	TOTAL
4	15 MIN	NO COOK	15 MIN



222 KCAL	18g PROTEIN	22g CARBS	7g FAT	PER SERVING

INGREDIENTS

- 8 sponge fingers (about 60g)
- 120ml strong coffee, cooled
- 150g light cream cheese
- 300g 0% Greek yoghurt
- 30g vanilla whey protein
- 1 tbsp honey
- 1 tsp cocoa powder
- 1 square dark chocolate

METHOD

STAGE 1 PREP

1. Make the coffee and let it cool in a shallow bowl. Break each sponge finger in half.

STAGE 2 CREAM

2. Whisk the cream cheese, yoghurt, whey and honey until completely smooth.

STAGE 3 LAYER

3. Dip half the sponge pieces in the coffee for 2 seconds each (any longer and they fall apart). Divide between 4 glasses.
4. Spoon over half the cream. Repeat with the remaining dipped sponge and cream.

STAGE 4 FINISH

5. Dust with cocoa through a small sieve and grate over the dark chocolate.
6. Chill for at least 2 hours (or overnight) so the layers set.

COACH'S TIP

These taste even better the next day, so they're perfect to make ahead for guests.

SWAP IT

Use decaf coffee if serving in the evening, or swap the coffee for orange juice for a fruity version.

DESSERTS · 07.04

CHOCOLATE PB PROTEIN MOUSSE

Thick, rich chocolate mousse with a peanut butter swirl. Five minutes, one bowl.

VEGETARIAN | NO COOK | UNDER 5 MIN

SERVES	PREP	COOK	TOTAL
2	5 MIN	NO COOK	5 MIN



277 KCAL	32g PROTEIN	14g CARBS	10g FAT

PER SERVING

INGREDIENTS

- 300g 0% Greek yoghurt
- 1½ tbsp cocoa powder
- 30g chocolate whey protein
- 2 tsp honey
- 4 tsp peanut butter
- 1 square dark chocolate

METHOD

STAGE 1 MIX

1. Put the yoghurt in a bowl. Sift in the cocoa and whey through a small sieve so there are no lumps.
2. Add the honey and whisk for 1 minute until thick, smooth and evenly brown.

STAGE 2 SWIRL

3. Spoon into 2 glasses. Warm the peanut butter for 10 seconds, drizzle over and swirl through with a knife.

STAGE 3 FINISH

4. Grate the dark chocolate over the top. Eat straight away or chill for 30 minutes for a firmer set.

COACH'S TIP

A great way to get 30g+ protein in a dessert. Perfect for an evening sweet tooth.

SWAP IT

Swap peanut butter for raspberries for a lighter chocolate-berry version.

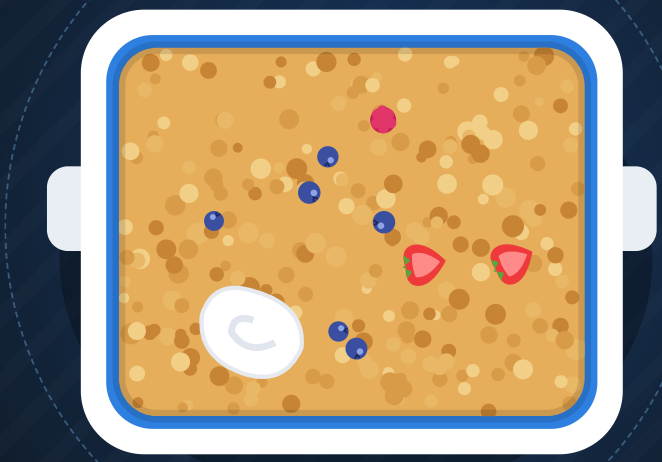
DESSERTS · 07.05

APPLE & BERRY OAT CRUMBLE

Sweet, jammy fruit under a crunchy oat topping. Sunday-dinner pudding, done lighter.

VEGETARIAN | FAMILY

SERVES	PREP	COOK	TOTAL
4	15 MIN	30 MIN	45 MIN



314 KCAL	9g PROTEIN	48g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 4 eating apples
- 200g frozen mixed berries
- 1 tbsp honey
- 1 tsp cinnamon
- 80g porridge oats
- 40g plain flour
- 30g cold butter
- 20g brown sugar
- 200g 0% Greek yoghurt, to serve

METHOD

STAGE 1 PREP

1. Heat the oven to 190°C (170°C fan).
2. Core the apples and cut into 2cm chunks (peeling is optional). Cut the butter into 1cm cubes.

STAGE 2 FRUIT

3. Mix the apples, berries, honey and cinnamon in a baking dish (about 20 × 25cm) and spread out evenly.

STAGE 3 CRUMBLE

4. Rub the butter into the flour with your fingertips until it looks like breadcrumbs.
5. Stir in the oats and sugar, then scatter evenly over the fruit. Don't press it down.

STAGE 4 BAKE & SERVE

6. Bake for 25–30 minutes until golden on top and the fruit is bubbling at the edges.
7. Rest for 5 minutes and serve each portion with 50g Greek yoghurt.

COACH'S TIP
Serve with vanilla-flavoured Greek yoghurt or high-protein custard instead of cream.

SWAP IT
Vegan: swap butter for a plant spread and serve with soya yoghurt.

DESSERTS · 07.06

STRAWBERRY ETON MESS

Crunchy meringue, sweet strawberries and vanilla yoghurt cream. A summer classic that looks great in a glass.

VEGETARIAN | LOOKS FANCY | NO COOK

SERVES	PREP	COOK	TOTAL
4	10 MIN	NO COOK	10 MIN



150 KCAL	12g PROTEIN	24g CARBS	0g FAT	PER SERVING

INGREDIENTS

- 300g strawberries
- 1 tbsp honey
- 400g 0% Greek yoghurt
- 1 tsp vanilla extract
- 4 meringue nests
- Few mint leaves, to serve

METHOD

STAGE 1 PREP

1. Hull the strawberries and cut into quarters. Keep 4 nice ones whole or halved for the top.
2. Roughly mash a third of the strawberries with the honey to make a quick sauce.

STAGE 2 MIX

3. Stir the vanilla into the yoghurt.
4. Break the meringue nests into 2–3cm pieces with your hands.

STAGE 3 LAYER

5. Just before serving, fold the meringue and chopped strawberries into the yoghurt, then ripple through the strawberry sauce. Don't over-mix.
6. Spoon into 4 glasses and top with the reserved strawberries and mint.

COACH'S TIP

Assemble right before eating. Meringue goes soft if it sits in the yoghurt for too long.

SWAP IT

Swap strawberries for raspberries or mixed berries, or use a vanilla protein yoghurt for more protein.

DESSERTS · 07.07

BANANA NICE CREAM

Soft-serve 'ice cream' made from frozen bananas. Creamy, sweet and naturally dairy-free.

VEGAN | NO COOK

SERVES	PREP	COOK	TOTAL
2	5 MIN	NO COOK	5 MIN



241 KCAL	6g PROTEIN	35g CARBS	8g FAT	PER SERVING

INGREDIENTS

- 3 ripe bananas
- 4 tbsp soya milk
- 4 tsp peanut butter
- 1 tsp vanilla extract
- 1 square dairy-free dark chocolate

METHOD

STAGE 1 THE DAY BEFORE

1. Peel the bananas, slice into 1cm coins and freeze flat in a freezer bag for at least 6 hours.

STAGE 2 BLEND

2. Put the frozen banana, milk and vanilla in a food processor.
3. Blitz for 2–3 minutes, stopping to scrape down the sides. It will go crumbly, then suddenly smooth and creamy like soft-serve.

STAGE 3 SERVE

4. Scoop into bowls, drizzle with the peanut butter (warmed for 10 seconds) and grate over the chocolate.
5. Eat straight away, or freeze for 1 hour for a firmer scoop.

COACH'S TIP

Use really ripe, spotty bananas. The riper they are, the sweeter the ice cream.

SWAP IT

Add 1 tbsp cocoa for chocolate, or frozen berries for a pink version. Blend in 20g protein powder for extra protein.

DESSERTS · 07.08

90-SECOND CHOCOLATE MUG CAKE

Warm, gooey chocolate cake in a mug, ready in 90 seconds. Dangerously quick.

VEGETARIAN | UNDER 5 MIN

SERVES	PREP	COOK	TOTAL
1	3 MIN	2 MIN	5 MIN



352 KCAL	36g PROTEIN	22g CARBS	13g FAT

PER SERVING

INGREDIENTS

- 2 tbsp self-raising flour
- 30g chocolate whey protein
- 1 tbsp cocoa powder
- ¼ tsp baking powder
- 1 large egg
- 3 tbsp semi-skimmed milk
- 1 square dark chocolate

METHOD

STAGE 1 MIX

1. Use a large mug (at least 350ml) so it doesn't overflow.
2. Add the flour, whey, cocoa and baking powder and stir with a fork.
3. Add the egg and milk and mix for 30 seconds until smooth, scraping the bottom edges.

STAGE 2 COOK

4. Push the chocolate square into the middle.
5. Microwave on high for 60 seconds, check, then add 10–20 second bursts until risen but still slightly gooey in the centre.

STAGE 3 SERVE

6. Leave for 1 minute before eating. The middle is very hot.

COACH'S TIP

Microwaves vary. Over-cooked mug cake turns rubbery, so stop while the top still looks a little damp.

SWAP IT

Top with a spoonful of Greek yoghurt and a few raspberries.

DESSERTS · 07.09

FROZEN YOGHURT BERRY BARK

Snap-able frozen yoghurt studded with berries, chocolate and nuts. A brilliant summer snack.

VEGETARIAN | MAKE AHEAD

SERVES	PREP	COOK	TOTAL
6	10 MIN	NO COOK	10 MIN



128 KCAL	10g PROTEIN	12g CARBS	4g FAT

PER SERVING

INGREDIENTS

- 500g 0% Greek yoghurt
- 2 tbsp honey
- 1 tsp vanilla extract
- 200g mixed berries
- 30g dark chocolate
- 20g flaked almonds

METHOD

STAGE 1 PREP

1. Line a large baking tray (about 25 × 35cm) with baking paper.
2. Halve any large berries. Roughly chop the chocolate into 5mm pieces.

STAGE 2 SPREAD

3. Mix the yoghurt, honey and vanilla and spread over the paper about 1cm thick.
4. Scatter over the berries, chocolate and almonds and press them in lightly.

STAGE 3 FREEZE

5. Freeze flat for at least 3 hours until solid.
6. Lift out, break into shards and keep in a freezer bag for up to 1 month.

COACH'S TIP

Let it sit out for 5 minutes before eating. It softens just enough to bite.

SWAP IT

Nut-free: swap almonds for extra berries or pumpkin seeds.

FIND IT FAST

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Calories and protein are per serving. V = vegetarian, VG = vegan.

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90-Second Chocolate Mug Cake ·V	352	36g	90
Frozen Yoghurt Berry Bark ·V	128	10g	91



COOK WELL.
TRAIN HARD.
STAY CONSISTENT.

Healthy eating works best when the food is good enough to keep coming back to.
Find your favourites, batch them up and make them part of your routine.

CD/TRAINING

PERSONAL TRAINING & COACHING

Nutrition values are approximate and per serving, calculated from typical UK product values for the weights listed. For general guidance only.