PAUL WALLACE FITNESS
MADE PERSONAL

GUIDE TO HEALTHY EATING

Welcome to the PAUL WALLACE FITNESS GUIDE TO HEALTHY EATING

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

Paul Wallace

Coach

DISCLAIMER
The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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Breakfast

Breakfast Bowl

Serves 1

Ingredients

2 Large Egg
30g Chopped Kale
5 Cherry Tomatoes (Cut In Half)
1tsp Extra-Virgin Olive Oil
1 Bacon Slice (Cooked & Crumbled)
Freshly Ground Black Pepper & Salt to Taste.

Method

Bring a small saucepan of water to a boil.

Add cold egg; reduce heat until water is simmering, and cook for 6 minutes. Drain and rinse with cold water. Peel egg and set aside.

Combine kale and tomatoes in a bowl. Drizzle with oil and sprinkle with salt & pepper, mix in the cooked bacon. Carefully cut eggs in half and place on top.

264	16	6	18
Calories	Protein	Carbs	Fats

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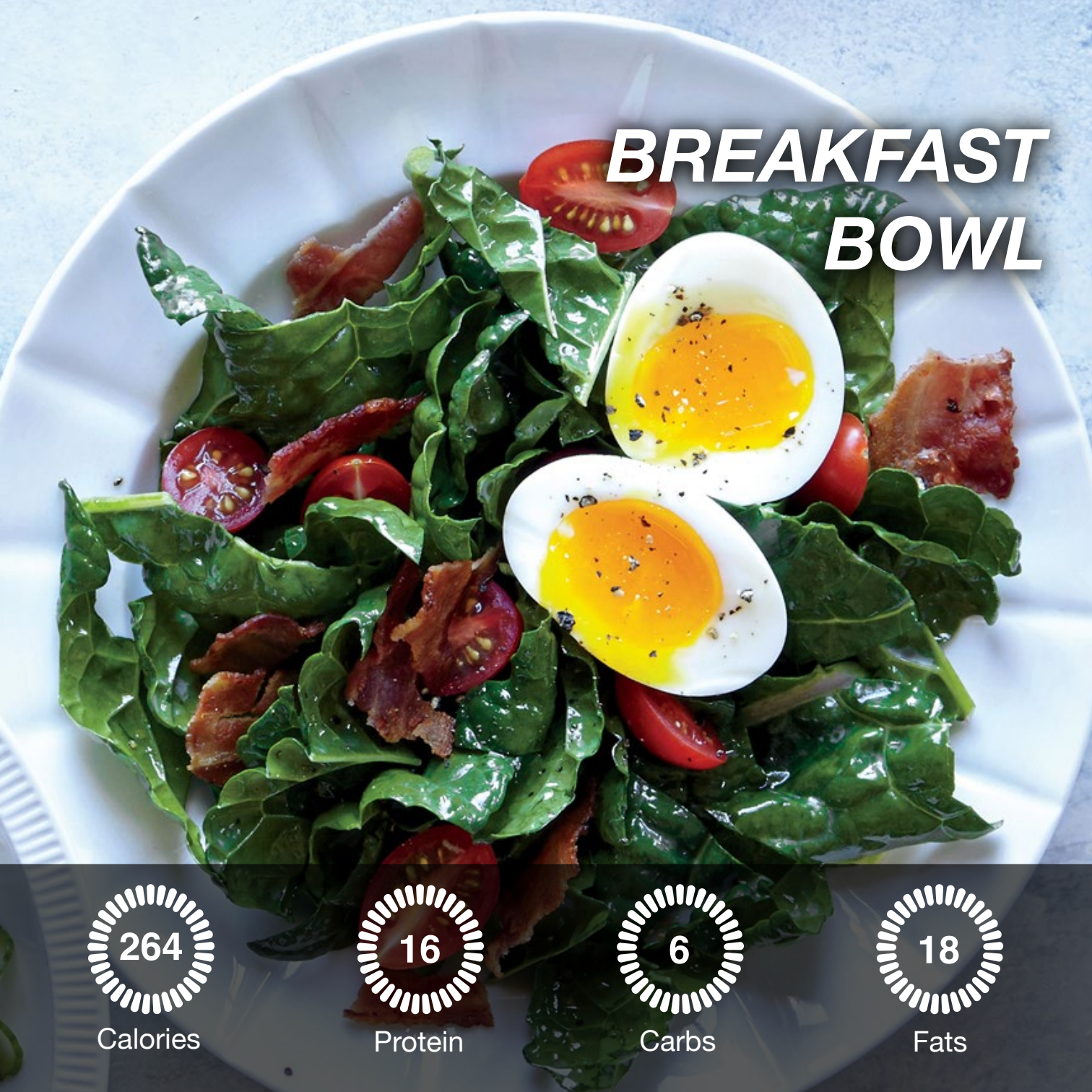
BREAKFAST
BOWL
264
Calories
16
Protein
6
Carbs
18
Fats

Carrot Cake Overnight Oats

Serves 2

Ingredients

80g Oats
70g Carrot (Finely Grated, Save 10g For The Topping)
1tsp Ground Cinnamon
1/4tsp Allspice
60g Protein Powder
40g Raisins
1tsp Vanilla Extract
300mls Almond Milk, Unsweetened

For The Topping
1tsp Maple Syrup
10g Carrot
10g Crushed Walnuts

Method

Start by mixing all the dry ingredients in a large bowl. Slowly add the wet ingredients while mixing continuously.

Place in the refrigerator, covered, for at least 2 hours or over night.

374	34	46	6
Calories	Protein	Carbs	Fats

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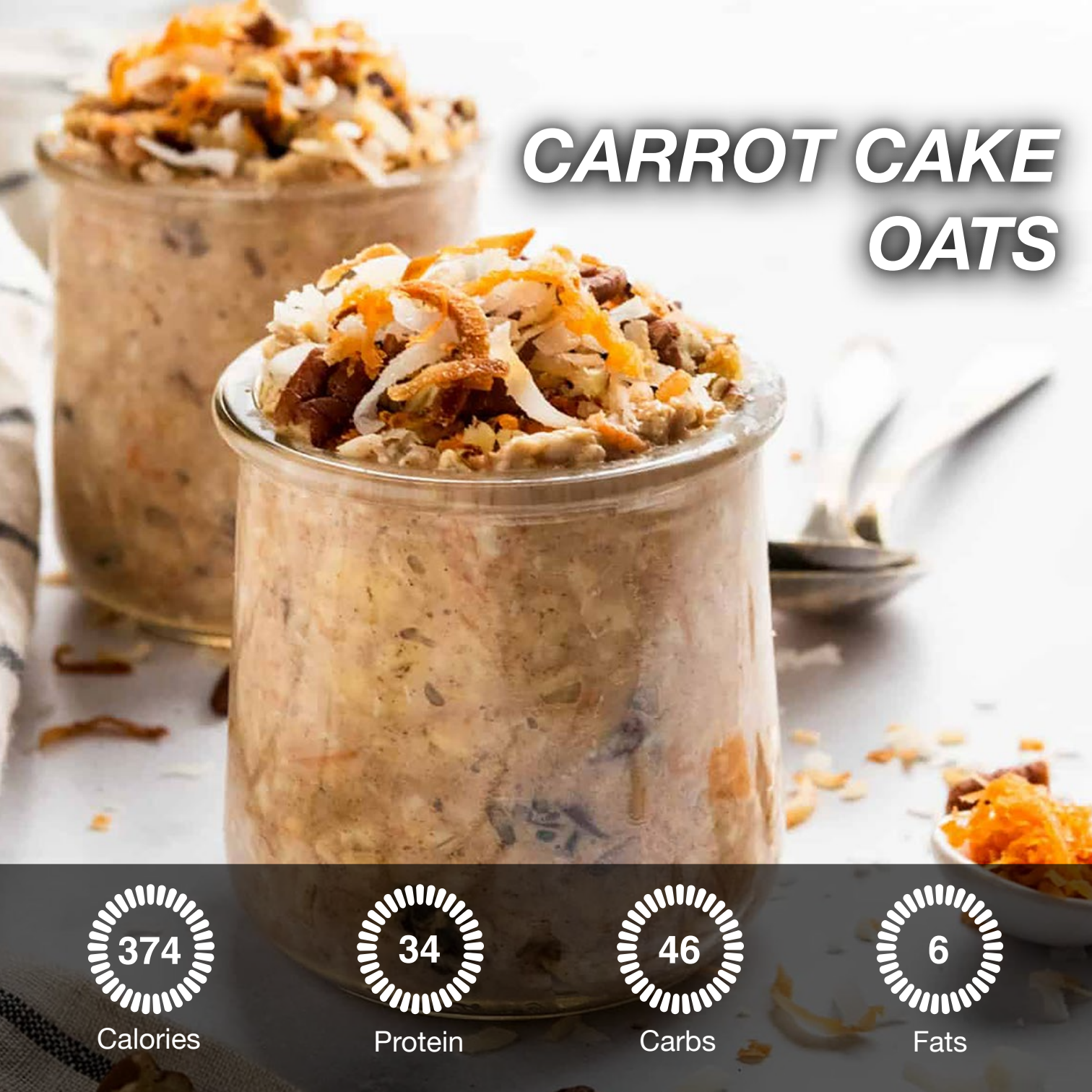
CARROT CAKE
OATS
374
Calories
34
Protein
46
Carbs
6
Fats

Blueberry, Banana & Nut Smoothie

Serves 1

Ingredients

300mls Almond Milk, Unsweetened
1 Frozen Banana (Sliced)
100g Frozen Blueberries
15g Almond Butter
30g Protein Powder

Method

Add all the ingredients to a high speed blender and blend until smooth. You can add a little water if you prefer the smoothie less thick.

388	28	40	13
Calories	Protein	Carbs	Fats

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BLUEBERRY
& BANANA
SMOOTHIE
388
Calories
28
Protein
40
Carbs
13
Fats

Salmon & Egg with Bubble & Squeak

Serves 2

Ingredients

1tsp Rapeseed Oil
2 Spring Onions (Finely Sliced)
300g Whole New Potato
1tbsp Chives (Chopped)
140g White Cabbage (Finely Chopped)

75g Smoked Salmon
2 Medium Eggs
(Nice and cold, ideally keep these in the fridge overnight)

If plant based replace the eggs and salmon with flax egg “scrambled eggs”

Method

Cook the potatoes in a pan of boiling water until tender, then drain.

Heat the oil in a non-stick frying pan or wok. Sweat the cabbage and the spring onions in the pan for a couple of mins. Meanwhile, in a large bowl, crush the potatoes roughly, add in the cabbage, spring onions and chives. Make them into 4 rough burger shapes and return to the pan. Cook for 4-5 mins, flip it over (don’t worry if it breaks) and cook for a further 4-5 mins.

Meanwhile, bring a small pan of water to a rolling boil, then reduce the heat so it is just simmering. Crack the eggs into the pan and simmer for about 3 mins until the whites are cooked and the yolk is just beginning to set. Remove with a slotted spoon and drain on kitchen paper.

To serve, divide the bubble & squeak between 2 plates, place the smoked salmon and poached eggs on top and grind over a little black pepper, to taste.

309	19	29	13
Calories	Protein	Carbs	Fats

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SALMON & EGGS WITH
BUBBLE & SQUEAK
309
Calories
19
Protein
29
Carbs
13
Fats

Lunch

Falafel

Serves 2

Ingredients

64g Liquid Egg Whites
60g Pea Protein Powder
1 Can Chickpeas (Cooked & Drained)
30g Flour
50g Red Onion, Diced
1 Clove Garlic, Minced
1tbsp Flat-Leaf Parsley
2tbsp Lemon Juice
½2tbsp Cumin
½2tbsp Coriander
½2tbsp Paprika
1tbsp Sea Salt
1 Cal Oil Spray

Method

Preheat oven to gas mark 5.

In a food processor, pulse together all of the ingredients; you want to retain some of the mixtures texture, so lightly pulse the mix until the chickpeas are mushy but not completely smooth.

Spray 2 sprays of the oil on a baking tray and then shape the mixture into balls or fritters and place them on a baking tray. Add 2 more sprays the oil over the top of them and bake in the oven for 15 minutes.

Turn the falafel over so they brown evenly. Bake for another 10 minutes.

Serve with a mixed salad and a tbsp of natural yoghurt.

311	20	47	4
Calories	Protein	Carbs	Fats

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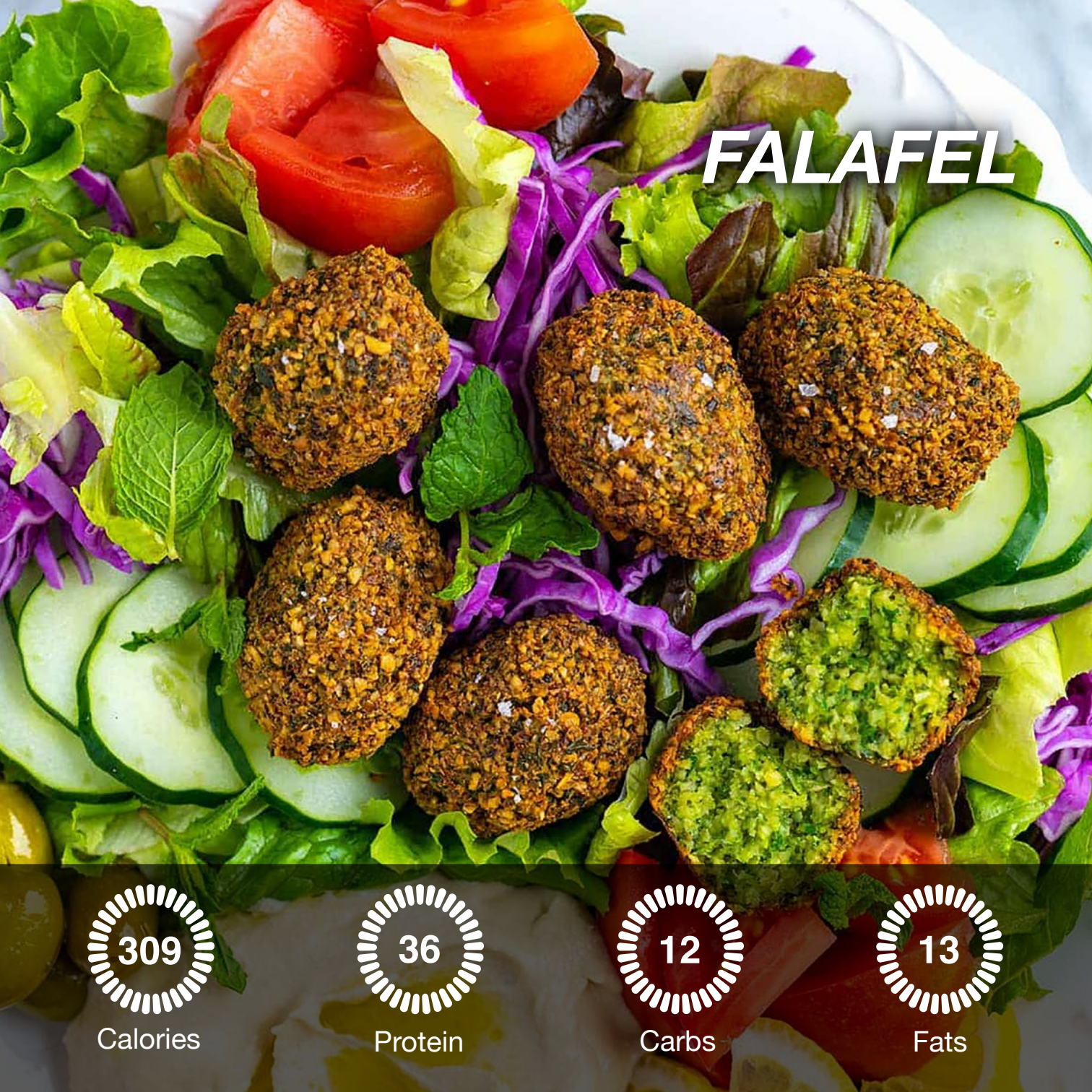
FALAFEL
309
Calories
36
Protein
12
Carbs
13
Fats

BBQ Beef

Serves 6

Ingredients

1kg Beef Brisket
1tbsp Rapeseed Oil
2tbsp Smoked Paprika
1tbsp Hot Paprika
1tbsp Black Pepper
1tbsp Salt
2 Red Onion (Sliced Thinly)
5 Garlic Cloves (Crushed)
150g Reduced Sugar BBQ Sauce
2tbsp White Wine Vinegar
1tbsp Worcester Sauce

Method

Set your slow cooker to the low setting

Slice the beef joint in two and pat dry. Rub the paprika, chilli powder and pepper into the meat.

Heat the olive oil in a large frying pan on high and sear the beef, for around 1-2 minutes per side then transfer to the slow cooker.

Add the onions and garlic on top of the beef. Combine the BBQ sauce, white wine vinegar and Worcestershire sauce in a jug then pour over the beef. Cover and cook on low for 8 hours.

Remove the beef from the pan, shred with two forks, return to the pan and mix through with all the juices and sauce.

Serve with a big mixed green salad.

309	36	12	13
Calories	Protein	Carbs	Fats

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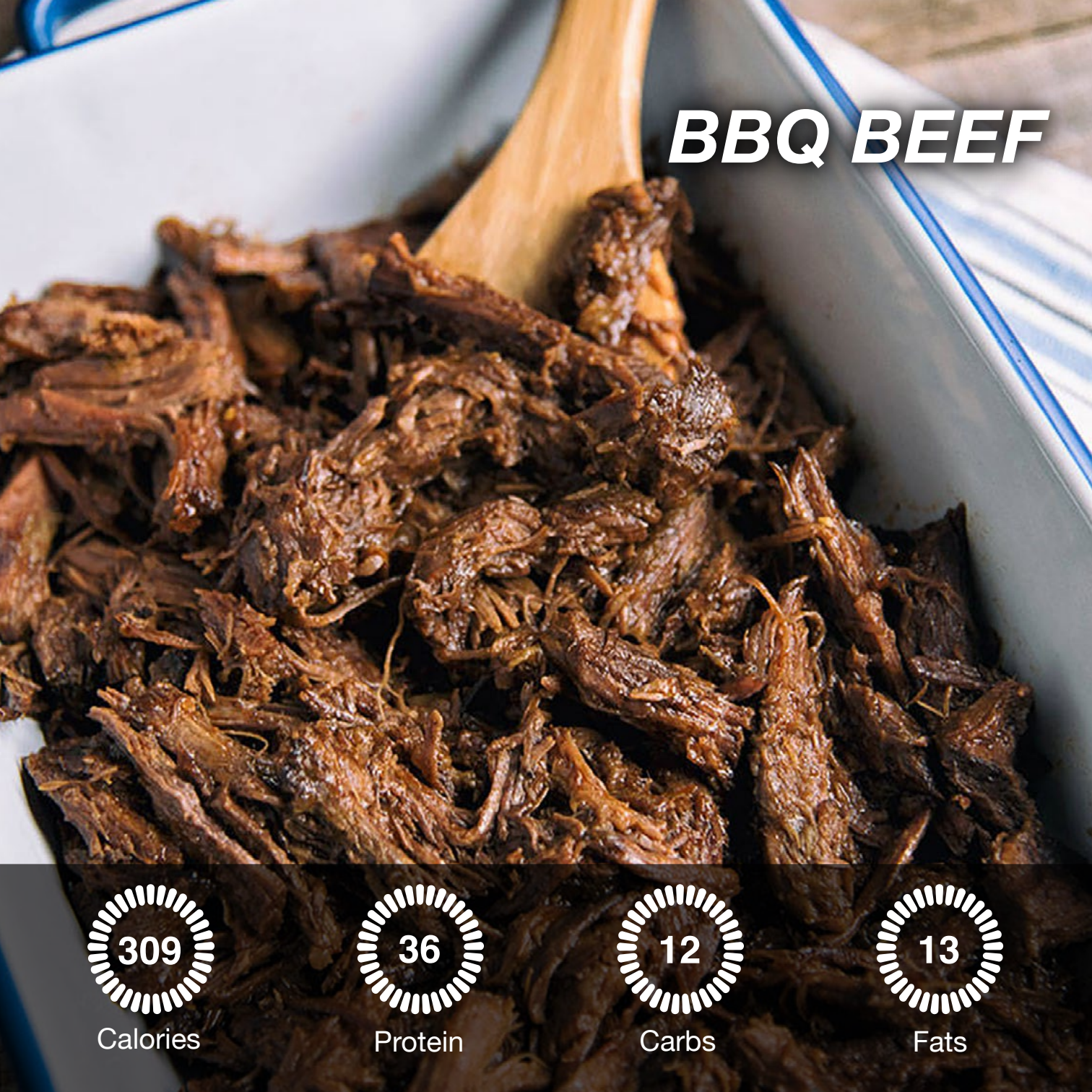
BBQ BEEF
309
Calories
36
Protein
12
Carbs
13
Fats

Lebanese Chicken

Serves 2

Ingredients

300g Chicken (Diced)
1tbsp Olive Oil
2 Garlic Cloves (Minced)
2tbsp Harissa Paste
1 Onion (Finely Chopped)
100g Apricots (Sliced)
50g Green Olives, Sliced
250mls Stock
200g Chickpeas
400g Chopped Tomatoes
Fresh Parsley

Method

Heat the olive oil in a large pan on a medium heat and fry the chicken for around 5-10 minutes until browned then remove from pan.

Add the onion and garlic and fry for 2 minutes then stir in the harissa paste and cook for another 2-3 minutes. Finally add in the apricots, olives, chickpeas, chopped tomatoes, stock and chicken to pan.

Cover and simmer for 20 minutes, Stirring occasionally.

Serve and garnish with some parsley.

406	35	33	10
Calories	Protein	Carbs	Fats

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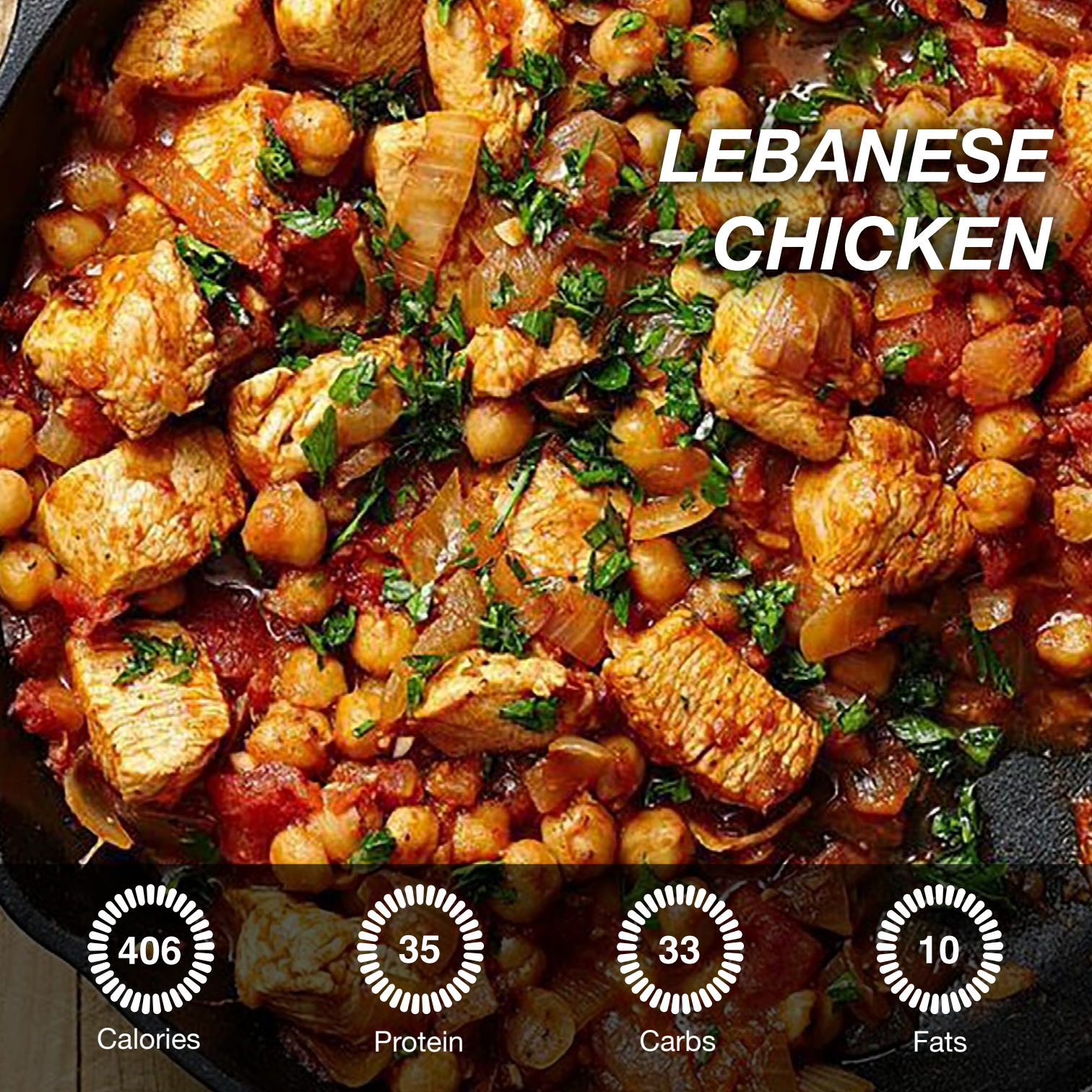
LEBANESE
CHICKEN
406
Calories
35
Protein
33
Carbs
10
Fats

Vegetable Pad Thai

Serves 2

Ingredients

300g Firm Tofu (Cubed)
1tbsp Corn Flour
1tbsp Coconut Oil

The Marinade
60ml Tamari
3tbsp Water
2tbsp Rice Vinegar
1tbsp Peanut Butter

The Pad Thai
180g Rice Noodles
1 Tbsp Coconut Oil
100g Bean Sprouts
2 Large Carrots (Peeled Into Ribbons)
3 Spring Onions (Sliced)
80g Onions (Sliced)
3 Cloves Garlic (Minced)
30g Peanuts (Crushed)
1 Lime, Cut Into Wedges

Method

Mix all the marinade ingredients in a bowl and leave on the side.

Cook the noodles according to instructions. In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Heat the oil in a large wok over medium-high heat. Add the tofu cubes and cook for 1-2 minutes until brown. Remove the tofu from the wok.

Now add the onions, carrots, and garlic to the wok. Fry for 3-4 minutes until softened, add in the marinade and noodles, and cook for 1-2 minute.

Lastly, add in the bean sprouts and tofu, gently mix until well combined. Serve with crushed peanuts and lime wedges.

476	23	60	16
Calories	Protein	Carbs	Fats

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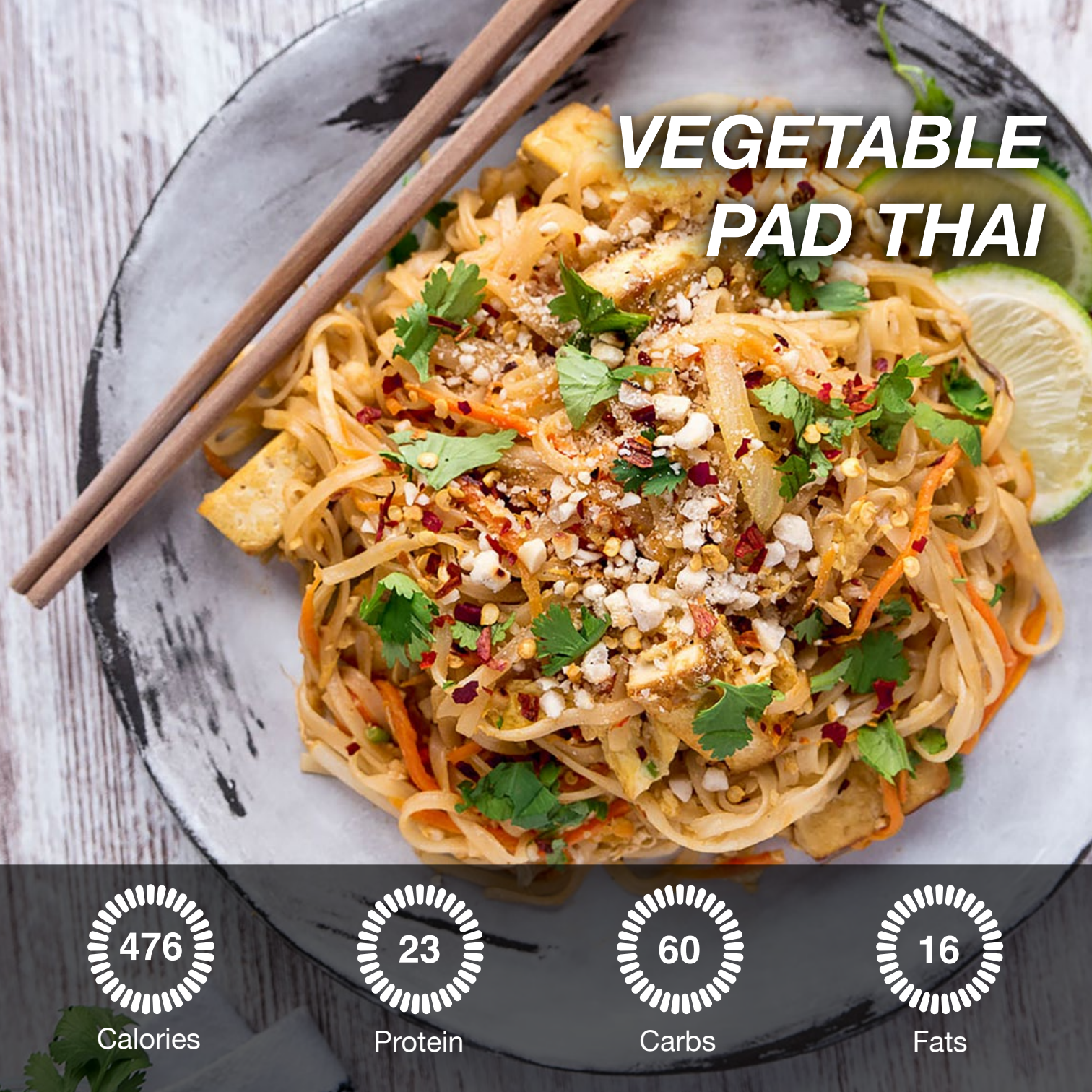
VEGETABLE
PAD THAI
476
Calories
23
Protein
60
Carbs
16
Fats

Dinner

Cajun Salmon

Serves 1

Ingredients

100g sweet potatoes (cut into wedges)
2 sprays of low cal oil spray
1tsp rosemary
1 salmon (skinless fillet)
1tbsp Cajun seasoning
Handful rocket
1.5tbsp sherry vinegar

Method

Heat the oven to gas 6.

Par boil the wedges for 5 minutes and then place onto a non-stick baking tray, spreading them out evenly.

Spray with the low cal spray, sprinkle over the rosemary and season with salt and pepper. Bake for 25-30 minutes or until tender inside and crispy on the outside.

Meanwhile, coat the salmon with the Cajun seasoning. Place it on a small baking tray and bake alongside the wedges for the final 15 minutes.

Serve the salmon with the rocket and wedges.

346	37	20	13
Calories	Protein	Carbs	Fats

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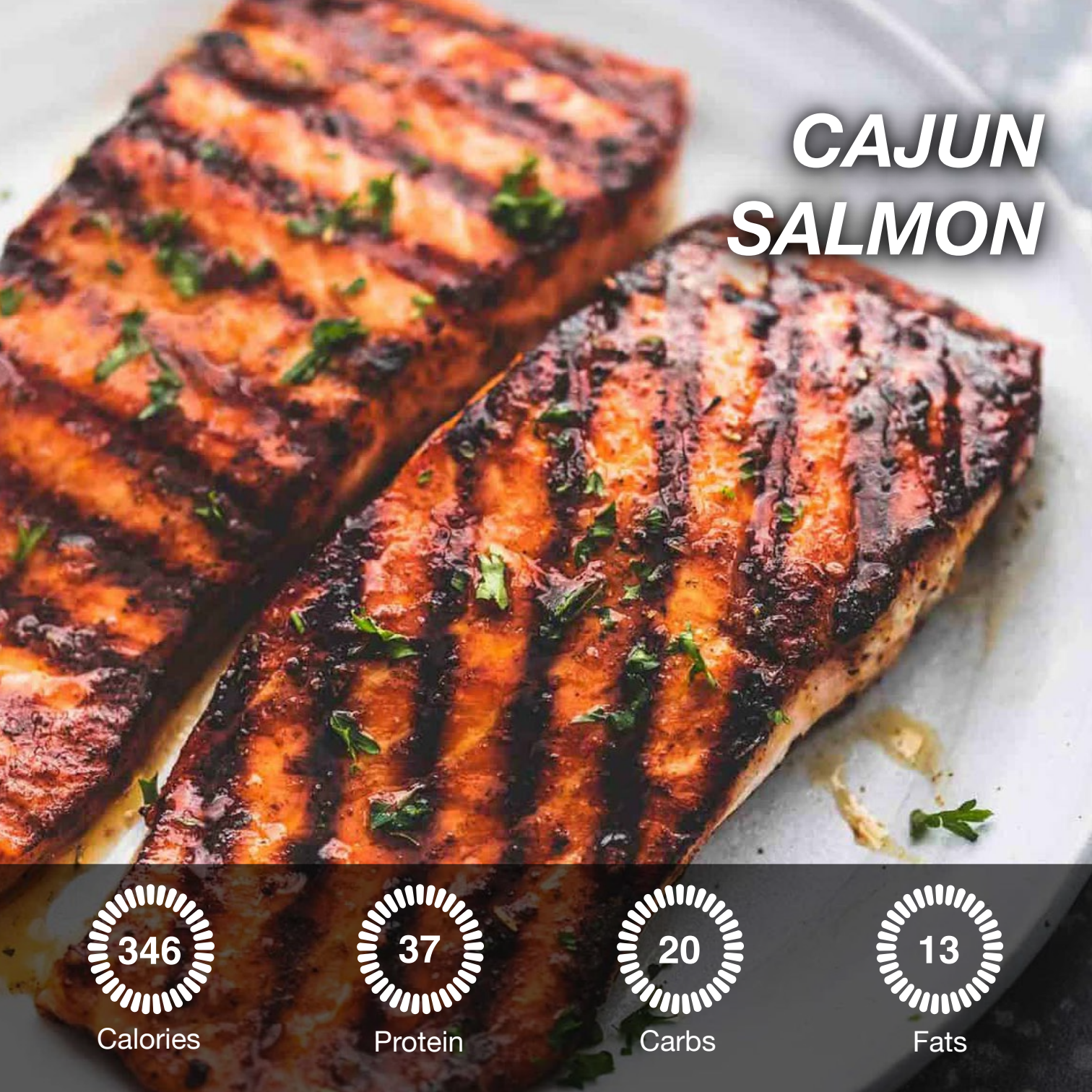
CAJUN
SALMON
346
Calories
37
Protein
20
Carbs
13
Fats

Butter Chicken

Serves 2

Ingredients

400g Chicken Breast (Cubed)
2tbsp Butter
1 Red Onions (Sliced)
4 Garlic Cloves (Crushed)
1tsp Chopped Ginger
100ml Chicken Stock

The Marinade
2tsp Garam Masala
1tsp Curry Powder
1/2tsp Chilli Flakes
60g Tomato Paste
Salt and Pepper
150g Low Fat Natural Yoghurt

Method

In a bowl, mix all the marinade ingredients.
Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hour or overnight.

In a large, heavy saucepan, heat the oil. Add the onion, garlic, ginger and some seasoning. Fry on a medium heat for until soft. Then add the marinated chicken. Cook for 10 mins, then add any remaining marinade left in the bowl and the stock. Cook on a low heat for 5 mins.

Serve with either rice or a mixed salad depending on your macros for the day.

303	50	10	7
Calories	Protein	Carbs	Fats

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303	50	10	7
Calories	Protein	Carbs	Fats

Quorn Bolognese

Serves 1

Ingredients

40g Spaghetti (Uncooked)
1tbsp Olive Oil
2 Cloves Garlic (Minced)
100g Onion (Chopped)
50g Carrot (Grated)
200g Quorn (Mince)
200g Chopped Tomatoes
1tbsp Tomato Puree
1tsp Mixed Herbs

For Serving
Fresh Basil
10g Vegan Cheese

Method

Heat olive oil over medium-high heat in a large pan. Add the carrot, garlic and onion and sauté for about 3-4 minutes. Try not to let the onions brown too much. Add the mince and cook for another 5 minutes.

Start to cook the pasta according to the packaging.

Reduce heat to medium-low and add chopped tomatoes, tomato puree and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 10-15 minutes or until heated through.

453	37	40	5
Calories	Protein	Carbs	Fats

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QUORN
BOLOGNESE
453
Calories
37
Protein
40
Carbs
5
Fats

Moroccan Tofu Ragoût

Serves 2

Ingredients

200g Tofu (Crumbled)
1tbsp Olive Oil
1 Large Onion (Finely Chopped)
2 Cloves Garlic (Crushed)
1tsp Mild Chilli Powder
1tsp Cinnamon Powder
1tsp Cumin Seeds
100g Sweet Potatoes (Small Diced)
100g Butternut Squash (Small Diced)
400g Chopped Tomatoes
300ml Vegetable Stock
200g Black Beans (Rinsed & Drained)
200g Chickpeas (Rinsed & Drained)

Method

Cook the onion and garlic in the olive oil until soft. Add the crumbled tofu, spices and the sweet potato cook for a few minutes.

Add, the stock and simmer for 10 minutes, then add the beans, chickpeas and tomatoes simmer for another 20-30 minutes until the sweet potato is tender and the sauce has thickened.

343	25	55	7
Calories	Protein	Carbs	Fats

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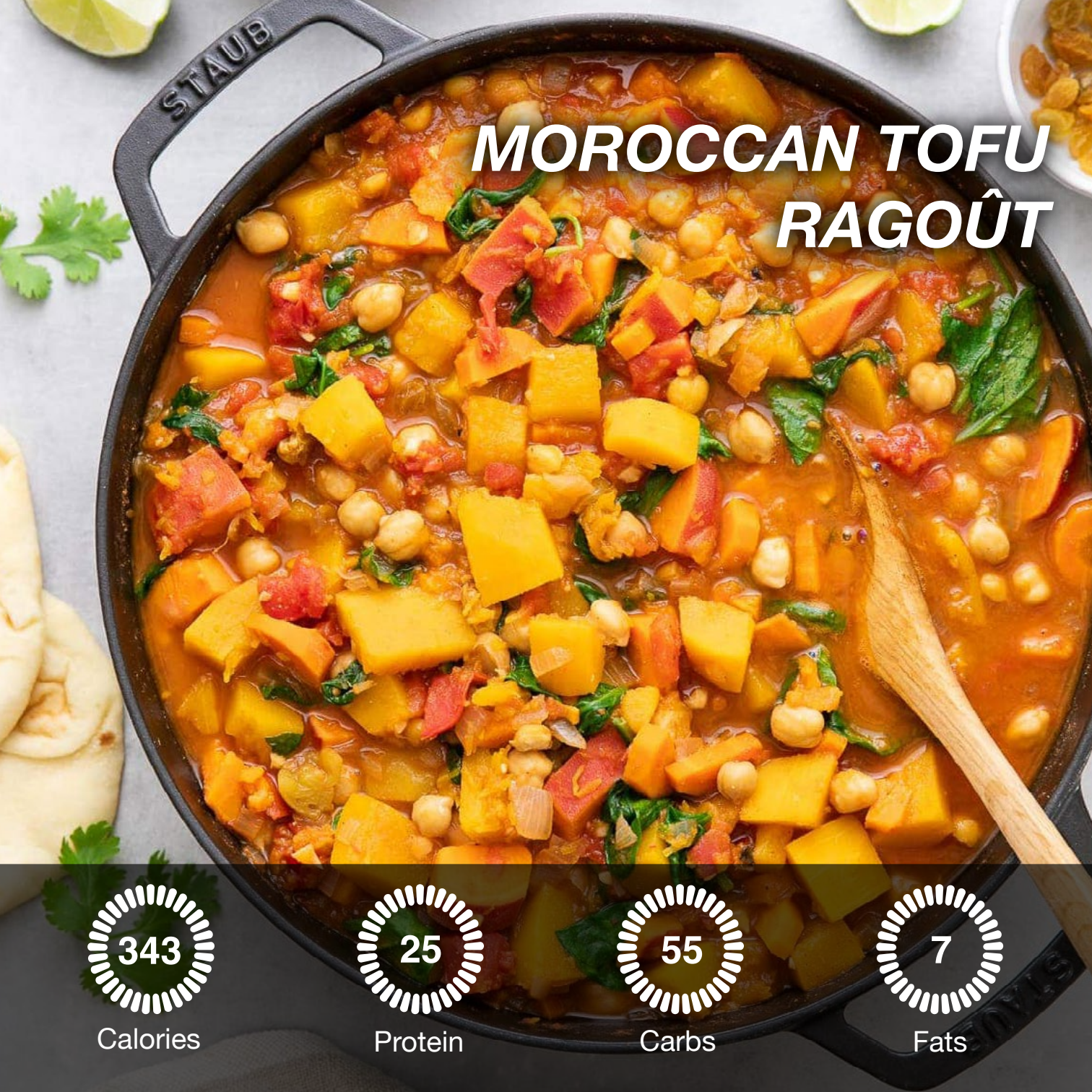
MOROCCAN TOFU
RAGOÛT
343
Calories
25
Protein
55
Carbs
7
Fats

Snacks

Berry Baked Custard

Serves 2

Ingredients

2 Eggs
1tbsp Maple Syrup
125g Natural Yoghurt
1tbsp Vanilla Protein Powder
½tsp Nutmeg Freshly Grated
90g Mixed Fresh Berries

Method

Start by preheating your oven to Gas 6.

Combine the eggs, syrup, yoghurt, Protein powder in a blender and blend until smooth and a little frothy.

Divide the mixture between 2 ramekins, place berries on top and sprinkle the nutmeg over them. Place them in a large oven proof tray that's filled with water to about ¾ of the way up the sides of the ramekins.

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

Carefully remove ramekins from the tray and allow to cool for 5 minutes.

162	13	14	6
Calories	Protein	Carbs	Fats

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BERRY
CUSTARD
162
Calories
13
Protein
14
Carbs
6
Fats

Nutella Spread

Serves 4

Ingredients

60g Roasted Hazelnut
30g Protein Powder
1tbsp Cocoa Powder
¼tsp Salt

Wet Mix

1tsp Vanilla Extract
1tsp Maple Syrup
½tsp Coconut Oil
30ml Almond Milk

Method

Place the roasted hazelnuts in a high-speed blender and blend until ground to tiny pieces.

Add in the rest of the dry ingredients and blitz again. Slowly add in the wet ingredients and blitz until smooth. You will need to scrape down the edges a few times during this process. Add in additional milk if required to reach a butter-like texture.

Ideal for using as a topper on some fat free yoghurt or using on rice cakes.

138	4	8	10
Calories	Protein	Carbs	Fats

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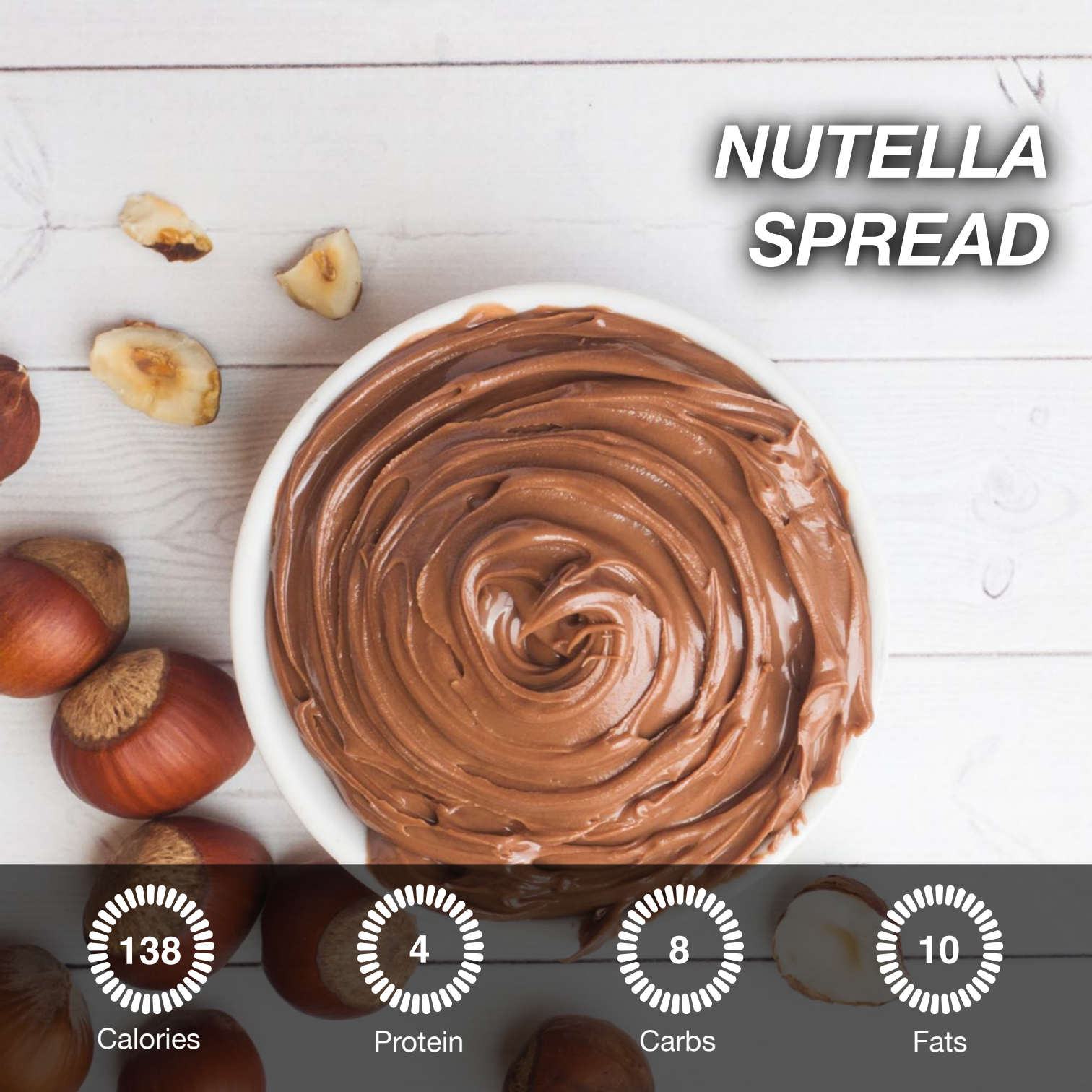
NUTELLA SPREAD



138	4	8	10
Calories	Protein	Carbs	Fats

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FITNESS
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