



# 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**

# Sausage & Cheese

## Frittata

**Serves 2**

### Ingredients

Cooking Spray

4 Chicken Sausage (Sliced)

4 Large Eggs

100g Low Fat Cottage Cheese

20g Parmesan Cheese (Grated)

60g Baby Spinach

$\frac{3}{4}$  tsp Salt

Freshly Ground Black Pepper

### Method

Preheat oven to gas mark 5. Move oven shelf to the second highest from the top. Lightly spray a 10-inch oven pan with cooking spray.

In a medium bowl, whisk eggs, cottage cheese, parmesan, spinach, salt and pepper.

Add sausage to a pan, cooking over medium heat, until browned and cooked through, about 4 minutes. Transfer into the oven safe dish and add the egg mixture.

Bake in the oven until the top is set. (about 10 to 12 minutes.)

With a spatula, carefully slide frittata out of the pan onto a cutting board and cut into portions.



Calories



Protein



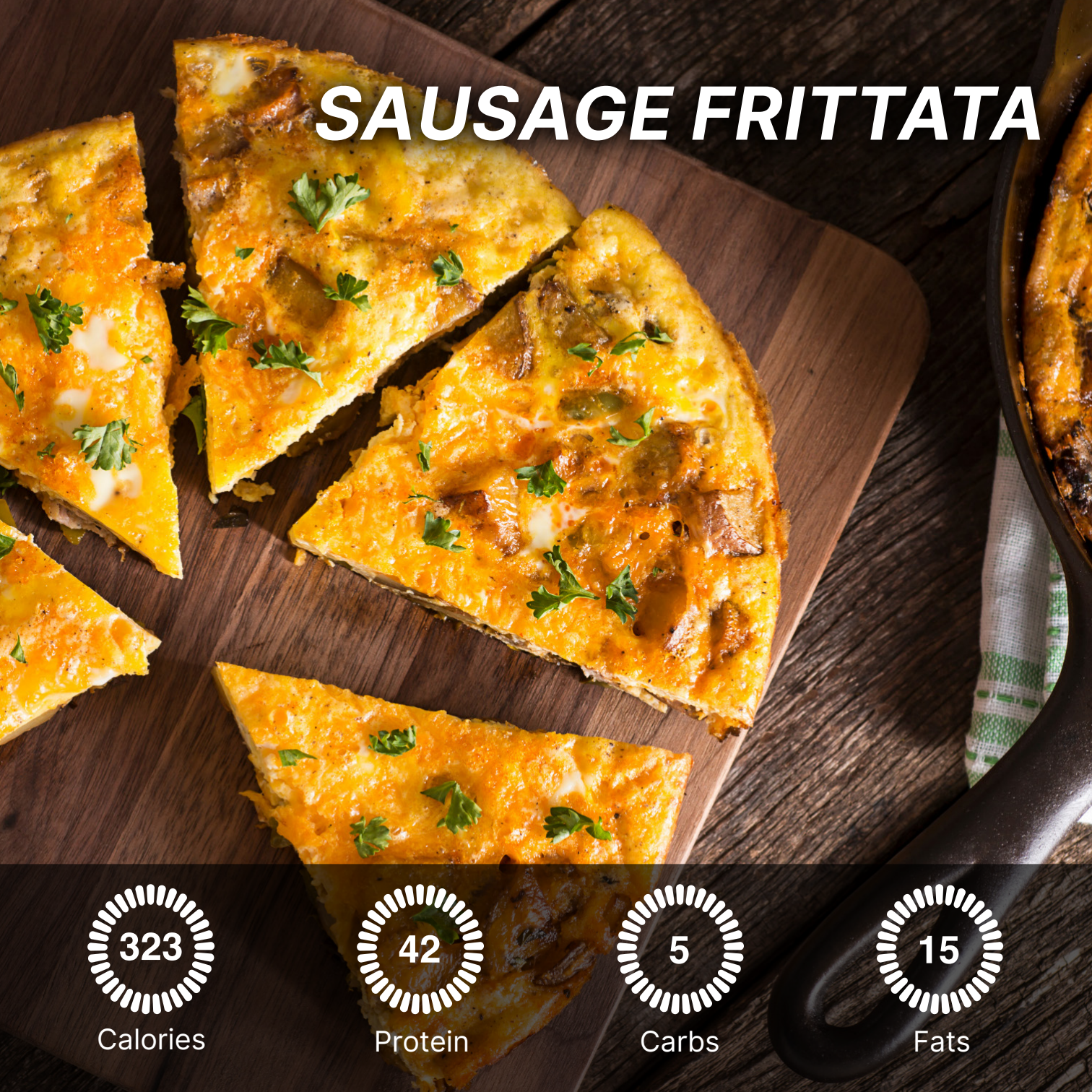
Carbs



Fats



# SAUSAGE FRITTATA



Calories



Protein



Carbs



Fats

# Biscoff Oats

**Serves 1**

## Ingredients

30g Whey Protein  
40g Rolled Oats  
200mls Unsweetened Almond Milk  
10g Biscoff Spread  
1 Biscoff Biscuit  
¼ tsp Mixed Spice  
½ tsp Vanilla essence

## Method

Mix the protein powder and mixed spice together. Slowly add in the milk and vanilla and mix until smooth. Add in the oats, stir well and leave overnight.

Melt the Biscoff spread and crumble the biscuit on top once the oats are ready to eat.



Calories



Protein



Carbs



Fats



# BISCOFF OATS



391

Calories



34

Protein



39

Carbs



12

Fats



# Berry Blast Smoothie Bowl

**Serves 1**

## Ingredients

130g Frozen Berries  
100g Spinach  
150g 0% Fage Yoghurt  
10g Flaxseed (Ground)

## Topping

10g Chia Seed  
20g Mixed Berries

## Method

Add the Berries, spinach and yoghurt and flaxseed into a blender and blend until smooth. Add a splash of almond milk if the mix is too thick.



Calories



Protein



Carbs



Fats



# SMOOTHIE BOWL



Calories



Protein



Carbs



Fats

# Vegan Breakfast Wrap

**Serves 2**

## Ingredients

180g Extra-Firm Tofu (Crumbled)  
Low Cal Oil Spray  
350g Baby Potatoes (Diced)  
1 Medium Red Bell Pepper (Thinly Sliced)  
135g Baby Spinach  
10g Hummus  
1 tsp Chilli Powder  
1 tsp Cumin  
2 tsp Garlic (Minced)  
1 Ripe Avocado (Mashed)  
2 Tortillas Wraps

## Method

Preheat your oven to 180°C.

Line a baking sheet with parchment paper.

Add potatoes and red pepper and spices to the baking sheet, spray with low cal spray and toss well. Bake for 15-22 minutes.

Heat a large pan over medium heat. Sauté the garlic, and tofu for 7-10 minutes, until slightly brown.

Mix the hummus, chilli powder, cumin, and salt together. Add water until a sauce has formed. Add the spice mix to the tofu and continue cooking over medium heat for a few minutes.

In a large tortilla, add portions of the roasted vegetables, tofu, avocado.



Calories



Protein



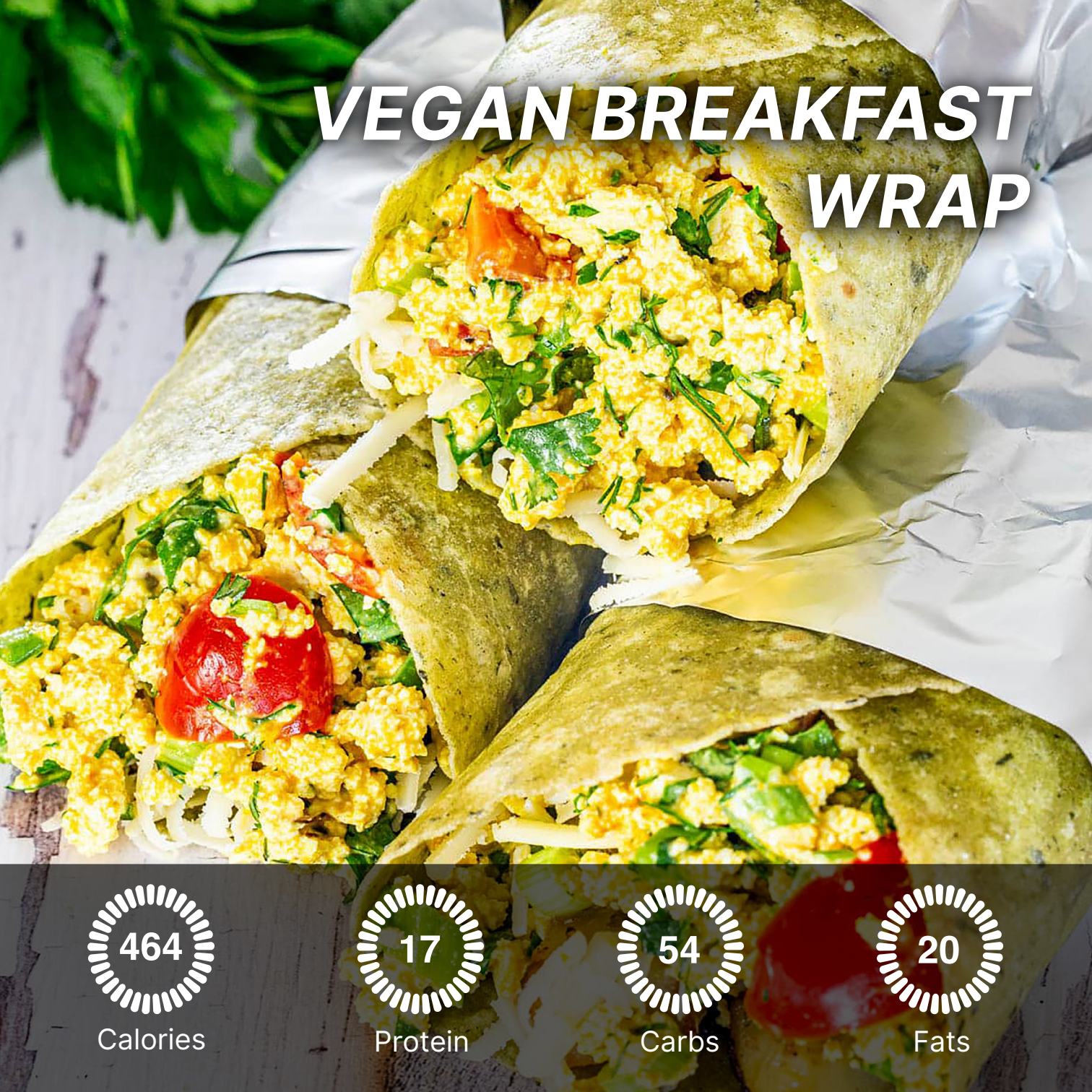
Carbs



Fats



# VEGAN BREAKFAST WRAP



Calories



Protein



Carbs



Fats



***Lunch***

# Chicken Shawarma Kebab Salad

**Serves 4**

## Ingredients

500g Boneless, Skinless Chicken Thighs  
1tbsp Extra Virgin Olive Oil  
Juice From 1 Medium Lemon  
3 Garlic Cloves (Minced)  
1 tsp Cumin  
1 tsp Smoked Paprika  
¼ tsp Turmeric  
¼ tsp Curry Powder  
⅛ tsp Cinnamon  
Pinch Red Pepper Flakes  
1 tsp Kosher Salt

### **For The Salad:**

1 tbsp Olive Oil  
1 tbsp Red Wine Vinegar  
Salt & Freshly Cracked Black Pepper  
1 Cucumbers (Chopped)  
145g Cherry Tomatoes (Halved)  
1/4 Red Onion (Thinly Sliced)  
80g Feta  
1 Iceberg Lettuce (Torn)

## Method

Cut the chicken thighs into 1-inch slices. In a medium bowl, combine olive oil and lemon juice. Whisk until combined.

Add the garlic, cumin, paprika, turmeric, curry powder, cinnamon, red pepper, salt and black pepper and whisk again. Pour the marinade over the chicken making sure its evenly coated. Refrigerate and marinate for at least 30 minutes, but best overnight.

Preheat grill pan to medium-low heat. Grill the chicken thighs, turning them occasionally, until golden brown and cooked through in the centre, about 15 to 18 minutes.

### **For the salad:**

In a medium bowl, whisk together the oil and vinegar and season with salt and pepper. Add the cucumbers, cherry tomatoes, and red onion and toss to combine. Divide the lettuce between 4 bowls, top with tomato salad, feta and grilled chicken.



Calories



Protein



Carbs



Fats



# CHICKEN SHAWARMA



284

Calories



29

Protein



11

Carbs



14

Fats

# Bourbon Chicken

**Serves 2**

## Ingredients

360g Skinless Chicken Breasts  
60ml Low Sodium Soy Sauce  
85g Unsweetened Apple Sauce  
100g Onion (Finely Chopped)  
2 tsp Grated Ginger  
4 Garlic Cloves (Minced)  
1 tbsp Oil  
70ml Bourbon  
80ml Sugar Free BBQ Sauce  
2 tbsp Apple Cider Vinegar  
2 tbsp Brown Sugar  
Pinch Red Pepper Flakes  
100ml Chicken Stock

## Method

Slice the chicken breasts, into medium thick slices.

In a bowl, combine the soy sauce, apple sauce, onion, ginger, garlic, oil, bourbon, BBQ sauce, vinegar, brown sugar and red pepper flakes. Keep 1/3 of the marinade and use the rest to coat the chicken. Refrigerate for at least 30 minutes or even better overnight.

Preheat a pan over medium-high heat. Remove the chicken from the marinade and fry for 4 minutes per side, or until cooked through.

Transfer chicken to a plate, cover with foil and allow to rest while you make the sauce.

Add the saved marinade into a small sauce pan. Add chicken broth and bring to a boil over medium high heat. Once boiling, reduced heat to medium-low until sauce has thickened slightly, 5 to 6 minutes.

Serve with a salad, wrap or rice depending on your macros.



Calories



Protein



Carbs



Fats





# BOURBON CHICKEN



Calories



Protein



Carbs



Fats

# Teriyaki Salmon & Vegetables

**Serves 2**

## Ingredients

300g Broccoli Florets  
250g Sweet Peppers (Seeded & Halved)  
1 tbsp Sesame Oil  
450g Wild Salmon Fillet  
1tsp Sesame Oil 1 Garlic Clove (Grated)  
½ tsp Grated Ginger  
2 tsp Reduced Sodium Soy Sauce  
1 tsp Unseasoned Rice Vinegar  
1 tsp Brown Sugar  
¼ tsp Kosher Salt  
Freshly Ground Black Pepper

### For Garnish:

½ Tsp Toasted Sesame Seeds  
1 Large Spring Onion (Chopped)

## Method

Preheat oven to 180°C. Cover a large tray with parchment, lightly spray olive oil and set aside.

Meanwhile, combine sesame oil, garlic, ginger, soy sauce, vinegar and brown sugar in a small bowl and mix. Pour into a large ziplock bag and add salmon, marinate 10 minutes.

In a medium bowl, toss broccoli and peppers with 1 tablespoon sesame oil, ¼ teaspoon salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes.

Remove veggies from oven, toss, and move them over slightly to make room for the salmon.

Place the salmon on the tray, keep some of the marinade and return to oven, roast an additional 7 to 8 minutes, or until salmon is just cooked through.

While salmon is cooking, heat a small skillet over low heat. Pour the remaining marinade and simmer, stirring until the sauce has thickened slightly, about 1 to 1 1/2 minutes.

Brush sauce over salmon and sprinkle sesame seeds and return to the oven for a few minutes.



Calories



Protein



Carbs



Fats



A close-up photograph of several pieces of teriyaki salmon. The salmon is cooked to a golden-brown color, glistening with a thick, dark teriyaki sauce. It is garnished with white sesame seeds. The salmon is arranged on a dark wooden cutting board. In the background, there are some green herbs and a lime wedge.

# TERIYAKI SALMON



Calories



Protein



Carbs



Fats

# Eggplant & Nut Butter Tofu Bowls

**Serves 1**

## Ingredients

150g Ounces Extra-Firm Tofu  
1 tsp Cornstarch  
1 tsp Sesame Oil  
100g Eggplants (Sliced)  
1 tsp Tamari  
1 tsp Maple Syrup  
1 tsp Sesame Seeds

### For The Salad:

1 tsp Sesame Oil  
10g Almond Or Peanut Butter  
1 tsp Lime Juice  
1 tsp Maple Syrup  
Chilli Flakes To Taste

## Method

Start by wrapping tofu in a clean towel and setting something heavy on top to press out excess moisture for 10 minutes.

Prepare the tofu sauce in a mixing bowl by whisking together sesame oil, nut butter, tamari, lime juice, maple syrup, and crushed chilli (or chilli garlic sauce). Taste and adjust seasoning as needed.

Heat a large pan over medium heat and cut pressed tofu into small pieces. Toss in cornstarch and sauté in the sesame oil flipping once browned on the underside to ensure even browning – about 5 minutes total.

Add the eggplant and cook for another 4-5 minutes, stirring gently to ensure even cooking on all sides. Remove from pan and set aside.

Add in the sauce and warm gently until everything is fully cooked.



Calories



Protein



Carbs



Fats



# EGGPLANT & TOFU BOWL



Calories



Protein



Carbs



Fats



**Dinner**

# Nasi Goreng

**Serves 4**

## Ingredients

1 tbsp Coconut Oil  
500G Chicken Breast (Finely Sliced)  
3 Eggs  
7g Ginger (Crushed)  
7g Garlic (Crushed)  
1 Small Red Onion (Finely Chopped)  
½ tsp Turmeric  
½ tsp Chilli Flakes  
1 tbsp Honey  
3 tbsp Soy Sauce

250g Basmati Rice  
Fresh Coriander (Crushed)

## Method

Cook the rice according to the instructions on the packets.

Heat the coconut oil in a wok on a very high heat until it begins to smoke.

Add the chicken and fry until golden brown.

Move to the edge of the wok and add the eggs. Lightly scramble then mix through with the chicken. Add the onion, garlic, ginger, turmeric and chilli flakes and fry for another few minutes.

Add the cooked rice fry, mixing continuously for 2-3 minutes.



Calories



Protein



Carbs



Fats



# NASI GORENG



Calories



Protein



Carbs



Fats



# Beef & Apricot Tagine

**Serves 2**

## Ingredients

1 tbsp Olive Oil  
2 Red Onions (Very Thinly Sliced)  
2 Garlic Cloves (Crushed)  
1 Red Pepper (Very Thinly Sliced)  
250 G Steak, Sliced  
2 tbsp Moroccan Spice Mix  
10 Black Pitted Olives  
2 tbsp Tomato Puree  
6 Dried Apricots (Chopped)  
250ml Vegetable Stock

## Method

In a large pan, heat 1 tbsp of oil over a medium to low heat and add the onions. Cook for around 5 to 10 minutes until cooked through. Add the garlic and cook for a further minute.

Add the peppers, spice mix, steak, tomato puree, apricots, olives and stock to the pan and mix through.

Cover with a lid and then gently simmer for 25- 30 minutes until the sauce has thickened.



Calories



Protein



Carbs



Fats



# BEEF TAGINE



Calories



Protein



Carbs



Fats

# Italian Chicken Jambalaya

**Serves 4**

## Ingredients

1 tsp Olive Oil  
1 Red Or Green Pepper (Diced)  
1 Onion (Diced)  
3 Garlic Cloves (Crushed)  
1 tsp Fennel Seeds  
12 Chicken Sausages (Sliced)  
100g Prawns  
300g Brown Rice (Dry Weight)  
400g Chopped Tomatoes  
2 tbsp Mixed Herbs  
60g Sun-Dried Tomato  
700ml Stock  
Pinch Of Black Pepper

## Method

Heat a large pan on a medium heat and add the olive oil. Add the onions, garlic, peppers and fennel seed and gently fry for 5 Minutes

Add the sausages and cook for a few more minutes until they have slightly browned.

Add the uncooked rice, chopped tomatoes, mixed herbs, stock, black pepper and sun-dried tomatoes to the pan and give everything a good mix through.

Reduce the heat down to low and simmer, uncovered for 30-40 minutes until the majority of the liquid has been absorbed and the rice is cooked though. While the rice is cooking out, cook the prawns and add them in for the last 5 minutes of the cooking time.



Calories



Protein



Carbs



Fats



# ITALIAN CHICKEN JAMBALAYA



Calories



Protein



Carbs



Fats

# Sesame Crusted Tofu & Noodles

**Serves 4**

## Ingredients

1 Egg (Beaten)  
300g Block Tofu (Patted Dry & Cut)  
3 Tbsp Cornflour  
3 Tbsp Sesame Seed  
150ml Sunflower Oil  
4 Carrots (Cut Into Matchsticks)  
1 Red Chilli (Thinly Sliced)  
3 Garlic Cloves (Thinly Sliced)  
½ Bunch Spring Onion (Shredded)  
2 Heads Fennel  
250g Pack Medium Egg Noodle  
1 tbsp Soy Sauce

50g Stem Ginger (Around 4-5 Balls),  
Finely Chopped, Plus 2 Tbsp Syrup

## Method

Tip the beaten egg onto a plate and coat the tofu in it. On a plate, mix the cornflour, sesame seeds and seasoning and dip the tofu pieces into it. Set aside.

Heat the wok and add 2 tbsp of the oil, plus the carrots, and stir-fry until tender, adding a few splashes of water if they start to stick. Add the chilli, garlic, ginger and most of the spring onions, and fry for a few more mins. Meanwhile, cook the noodles following pack instructions, drain, then toss into the vegetables, along with the syrup and soy.

Heat the remaining oil in a large frying pan. Carefully shallow-fry the tofu pieces, a few mins each side, until golden. Remove and drain on kitchen paper. Scatter with the remaining spring onions and serve with the noodles and a little extra soy sauce, if you like.



Calories



Protein



Carbs



Fats

# SESAME TOFU & NOODLES



Calories



Protein



Carbs



Fats



**Snacks**

# Fudge Protein Bars

**Serves 12**

## Ingredients

80g Oat Flour  
40g Quick Oats  
60g Vanilla Or Chocolate Protein Powder  
125g Peanut Butter (Smooth)  
115g Honey  
1 tsp Vanilla Extract  
20g Chocolate Chips For Melting

## Method

Prepare a loaf tin by spraying it with cooking spray. Set it aside.

In a medium-sized mixing bowl, combine the oat flour, quick oats, protein powder. Mix until well combined.

In a small pan over low heat, warm the peanut butter and honey, stirring until fully combined. Stir in the vanilla extract.

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

Pour the mixture into the loaf tin. Using a spatula or, spread the mixture evenly in the pan, pressing down firmly. Put the Chocolate into a microwave safe bowl and heat on high in 20 second stir, and heat again until melted.

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

Place pan into fridge allowing to cool for 30-45 minutes then slicing into bars.



Calories



Protein



Carbs



Fats





# FUDGE PROTEIN BARS



Calories



Protein



Carbs



Fats

# Spiced Protein Bread

**Serves 4**

## Ingredients

25g Protein Powder (Vanilla)  
200g Tin Pumpkin Puree  
15g Plain Flour  
15ml Egg White  
1tbsp Honey Syrup  
¼tsp Baking Powder  
1tbsp Vanilla Extract  
½tsp Mixed Spice

## Method

Begin by preheating your oven to gas 3.

Using a high-speed blender, blend all ingredients together until smooth. Pour mixture into a tin and bake for 30-40mins or until you test it with a toothpick/knife it pulls out clean.



Calories



Protein



Carbs



Fats



# SPICED PROTEIN BREAD



Calories



Protein



Carbs



Fats



 paul\_wallace\_fitness

 Designed and produced by @Nutritional\_bear