



GUIDE TO HEALTHY EATING



Welcome to 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 a 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.

Contents

Breakfast	4
Zesty Breakfast Smoothie	5
Breakfast “Tortilla”	7
Apple Crumble Oats	9
Avocado, Mushroom & Egg On Toast	11
Lunch	13
Chicken Zoodle Soup	14
Stuffed Peppers	16
Moroccan Chicken Salad	18
Mediterranean Egg & Roasted Chickpeas	20
Dinner	22
Beef “lasagne”	23
Salmon Pattie & Avo salsa	25
Thai Chicken	27
Teriyaki Chicken	29
Snacks	31
Chocolate Nut Protein Bars	32
Blueberry Pudding	34



Breakfast

Zesty Breakfast Smoothie

Serves 1

Ingredients

1/2 A Lime Or Lemon (Juiced)
50g Cucumber
5-10 Ice Cubes
175mls Almond Milk
150g Low-Fat Cottage Cheese
15g Protein Powder
100g Spinach
1tsp Black Pepper

Method

Add the ice, lime, cucumber and almond milk into a food processor and blend, slowly add in the protein powder and cottage cheese.

Add the spinach last and blend only enough to mix it. If it is too thick simply add a splash of water and if it is too thin add a few more ice cubes to the mixture.



Calories



Protein



Carbs



Fats



ZESTY BREAKFAST SMOOTHIE



Calories



Protein



Carbs



Fats

Breakfast “Tortilla”

Serves 1

Ingredients

2 Turkey Or Chicken Sausages
1 Spray Light Cooking Oil
1/2 Small Red Onion
1 Red Pepper (Sliced)
25g Rocket
Salt & Pepper To Taste

Omelette “tortilla”

2 Large Eggs
100g Egg Whites
Salt & Pepper To Taste

Method

In a large frying pan heat the oil and add the sausages. Fry until cooked through and lightly browned.

Place the sausages on a plate covered with kitchen towel to soak up any excess oil.

Fry the vegetables in the same pan, as this will let them soak up the flavour of the sausages giving the dish more flavour.

Whisk together the eggs and egg whites. Using a separate pan, cook the egg mixture over a medium heat until your omelette has formed.

Remove from the pan and add the veg and sausage mixture. Add in the rocket and then roll your breakfast tortilla.



Calories



Protein



Carbs



Fats



BREAKFAST "TORILLA"



Calories



Protein



Carbs



Fats

Apple Crumble Oats

Serves 4

Ingredients

100g Oats (Steel Cut Oats)
2 Scoops Protein Powder
400mls Unsweetened Almond Milk
400mls Water
2 Medium Apples (Small Dice)
2tsp Ground Cinnamon
¼tsp Freshly Grated Nutmeg

Method

For this recipe please don't use quick cook oats as it wont work.

Add all the ingredients to your slow cooker.

Stir the mixture together until well combined and then cook it on a low heat for 8 hours or a high heat for 4 hours. By this point the oatmeal mixture will have thickened and will be the consistency of porridge.

Give the oatmeal a good stir and then finish with your favourite toppings. We recommend peanut butter and chopped apples (if your meal plan allows for this).

The oatmeal can be kept in the fridge for up to 4 days.

You could always try a little sugar free flavouring or a squeeze of lemon juice before eating



Calories



Protein



Carbs



Fats



APPLE CRUMBLE OATS



Calories



Protein



Carbs



Fats

Avocado, Mushroom & Egg on Toast

Serves 2

Ingredients

4 Eggs
1 Avocado
2 Cloves Garlic (Minced)
200g Shiitake Mushrooms (Sliced)
2 Slices Sour Dough (Toasted)
Chilli Flakes
1tsp Sesame Seeds

Method

Heat the oil in a pan on medium heat.

Add the garlic and cook for about 2 minutes until aromatic. Add in the mushrooms to the pan.

Season with salt and pepper and cook for 3-5 minutes. Stir often, until the mushrooms are starting to brown.

Cook the eggs as you prefer, fried, poached, scrambled.

In the meantime, toast the bread. Mash the avocado flesh on to the toast, season with salt and pepper and top with the mushrooms.

Sprinkle with chilli flakes and sesame seeds to serve.



Calories



Protein



Carbs



Fats



AVO, MUSHROOM & EGG ON TOAST



Calories



Protein



Carbs



Fats



Lunch

Chicken & Zoodle Soup

Serves 4

Ingredients

450g Chicken Breast (Chopped)
1 Onion (Diced)
2 Stalks Celery (Diced)
2 Carrots, (Chopped)
3 Cloves Garlic (Chopped)
1tsp Dried Thyme
1/2tsp Dried Rosemary
950mls Chicken Stock
2 Medium Courgette/ Zucchini (Spiralized)
2tbsp Olive Oil

Method

Heat a large pan over a medium-high heat.

Add the chopped chicken and season with salt and pepper. Cook for 4-5 minutes until golden, then set aside.

Heat the second tbsp of oil and add in the onion, celery, carrots and garlic as well as the dried thyme and rosemary, mix well.

Next, add chicken stock and an additional 2 cups (470ml) of water. Bring to boil, lower the heat, and simmer for 10 mins. Add in the chicken and cook for another 5 mins.

Lastly, add in the spiralized courgette/ zucchini and cook for another 2-3 mins, check for seasoning and serve



Calories



Protein



Carbs



Fats



CHICKEN & ZOODLE SOUP



Calories



Protein



Carbs



Fats

Stuffed Pepper

Serves 4

Ingredients

180g Brown Rice (Cooked)
4 Bell Peppers/Capsicum
450g Turkey Breast Mince
½ White Onion (Chopped)
2 Cloves Garlic (Minced)
1tbsp Mixed Herbs
200ml Water
10g Tomato Paste
35g mozzarella (Grated, if your plan allows)

Tomato Sauce

2tbsp Tomato Paste
100mls Water
1tsp Mixed Herbs

Method

Preheat oven to 190C/gas 5.

Cook rice according to instructions on the packaging. Cut bell peppers/capsicum in half, remove seeds and set aside.

In a large dry non-stick pan, cook the turkey mince with the onion and garlic for about 8 mins. Mix in the tomato paste, the mixed herbs and season with salt and pepper. Remove from the heat and add the rice. Place the bell peppers/capsicum in a baking dish.

Stuff each bell pepper/capsicum with the turkey and rice mixture. Top each pepper with 1 tbsp tomato sauce and a sprinkle of cheese.

Pour 1 cup of water into the bottom baking dish, this will help steam the peppers. Cover the dish with foil and bake for 35 minutes.

Remove foil and bake uncovered for about 5 more minutes, until cheese melts.



Calories



Protein



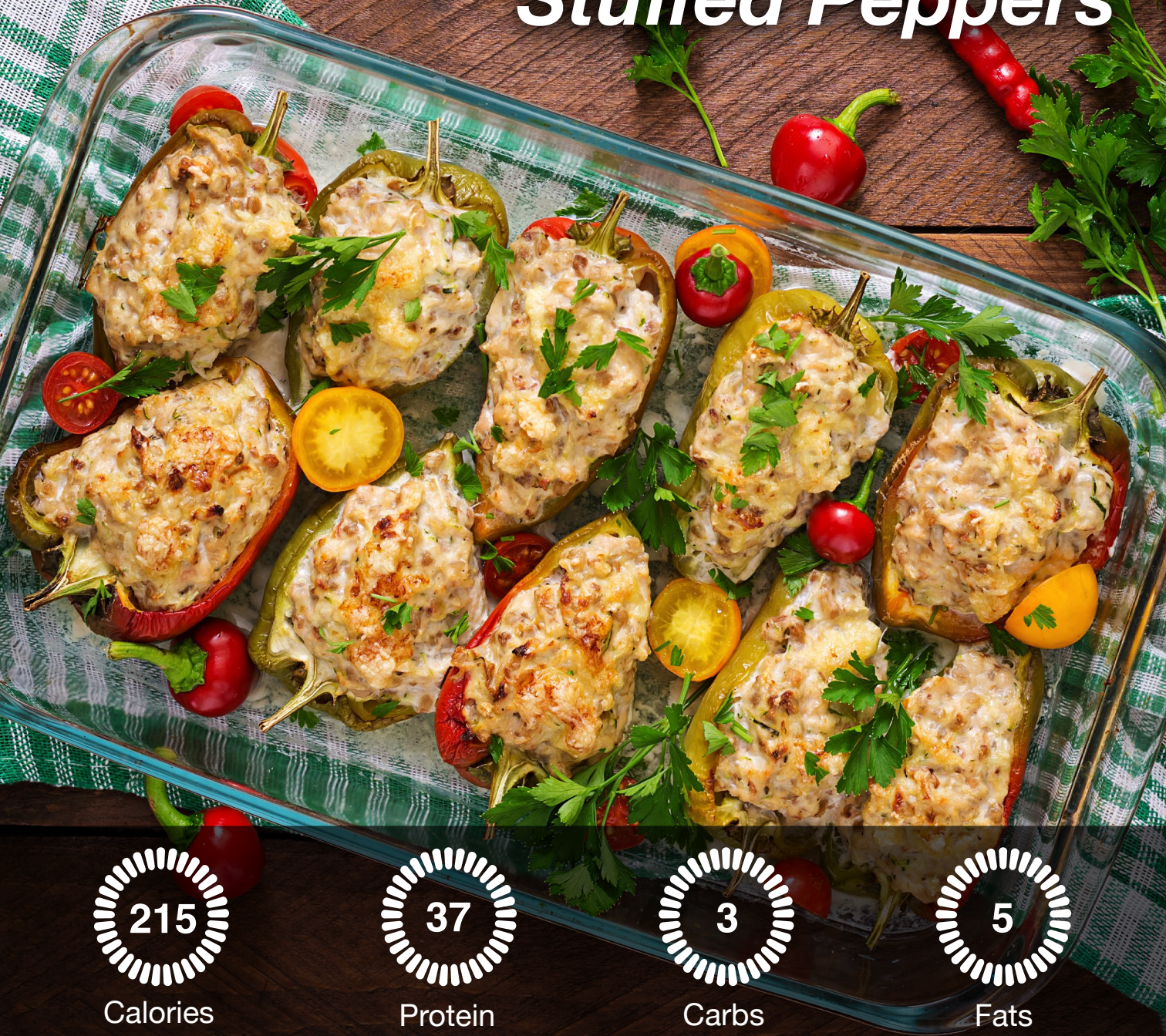
Carbs



Fats



Stuffed Peppers



Calories



Protein



Carbs



Fats

Moroccan Chicken Salad

Serves 2

Ingredients

200g Chicken Breast
1tbsp Moroccan Spices
1tsp Olive Oil

Dressing

2 Limes, Juiced
1 Medium Cucumber (Grated)
1 Red Onion (Finely Diced)
1 Red Pepper/Capsicum (Sliced)
1 Handful Fresh Mint
1 Handful Fresh Coriander
10 Crushed Peanuts

Method

Season the chicken with the spices, salt and pepper. Heat the olive oil in frying pan over high heat and fry the chicken until brown and cooked through.

Remove from the pan and let it rest on a plate.

Meanwhile, make the dressing by mixing the lime juice, grated cucumber, onion, mint and coriander in a small bowl.

Then, mix the salad leaves and sliced peppers/capsicum in a large bowl and drizzle with the dressing.

Divide the salad between plates, cut the chicken into strips, and place it on top of the salad



Calories



Protein



Carbs



Fats



MOROCCAN CHICKEN SALAD



Calories



Protein



Carbs



Fats

Mediterranean Egg & Roasted Chickpeas

Serves 4

Ingredients

4 Boiled Eggs
425g Chickpeas (Drained)
1 Lemon (Juice Only)
2tbsp Olive Oil
1tsp Paprika
2 Tomatoes (Finely Diced)
½ Cucumber Finely Diced
1 Yellow Bell Pepper/
Capsicum (Finely Diced)
½ Red Onion (Finely Diced)
15g Fresh Parsley (Finely Chopped)
15g Fresh Mint (Finely Chopped)

Method

Preheat your oven to 190°C/gas mark 5

Place drained and rinsed chickpeas in a large bowl and combine with lemon juice, olive oil, and paprika. Place on to a baking tray lined with baking paper. Cook for 20-25 until crispy and golden brown. (These can be done in advanced and left in a air tight container for 3 days.)

Boil the eggs for 4-6 mins depending on how soft you want them. While the eggs are cooking mix the diced vegetables and chopped herbs to the chickpeas, season with salt and pepper, and mix well.

Serve on its own, with pita, or as a side with fish and meats. Depending on your meal plan.



Calories



Protein



Carbs



Fats



MEDITERRANEAN EGG & ROASTED CHICKPEAS



Calories



Protein



Carbs



Fats



Dinner

Beef “Lasagne”

Serves 4

Ingredients

2 Leeks
2 White Onion (Finely Diced, save 1/2 for the white sauce)
2 Celery Sticks (Diced)
2 Carrots (Peeled & Diced)
500g Lean Beef Mince
2 Cloves Garlic (Crushed)
150g Chestnut Mushrooms
2tbsp Plain Flour
200mls Beef Stock
400g Chopped Tomatoes
2tbsp Tomato Paste
1tsp Dried Mixed Herbs
500mls Almond Milk
2tbsp Corn Flour
20g Parmesan Or Cheddar Cheese

Method

For this recipe we use leeks instead of pasta to lower the carbs, begin by trimming them to the same length as the dish your going to use to cook it in. Separate the larger leaves from the rest of the leeks, as these are your ‘lasagne’ sheets. We can use the smaller ones in the mix.

Heat a non-stick pan over a medium-high heat and add the beef, leeks, onion, celery, carrots, mixed herbs and garlic and fry without added fat for around 10 minutes, or until the beef and vegetables have begun to brown slightly. Stir in the chopped chestnut mushrooms and cook for a few more minutes until they have started to soften.

Add the plain flour to the pan and mix well. Add the beef stock and cook for a few minutes before adding the tinned tomatoes, tomato paste. Season with freshly ground black pepper and simmer for around 30 minutes.

Meanwhile, make the white sauce by adding the onion wedges, the remaining bay leaf to the milk. Bring to the boil, once the milk has been boiling for a few minutes remove the onion and bay leaf. Slowly add in the corn flour (use according to the instructions on the packet) to a pan and simmer over a low heat for around 3-4 minutes until the sauce thickens.

In another pot, add boiling water and the leek ‘lasagne’ sheets. Bring to a boil and cook the leeks for five minutes, or until they are very tender. Drain in a colander. It is important that the leeks are soft as otherwise the lasagne will be hard to cut.

Layer the leeks, mince mix and white sauce. You should have enough for 3 layers. Bake the dish in the oven for around 30 minutes, by which point it should be golden on top & bubbling.



Calories



Protein



Carbs



Fats



BEEF "LASAGNE"



Calories



Protein



Carbs



Fats

Salmon Fish Cakes & Avo Salsa

Serves 4 (8 Patties)

Ingredients

450g Cooked Salmon Fillet
75g Panko Breadcrumbs
1 Egg
2 Spring Onions (Finely Sliced)
½ Red Pepper/Capsicum (Sliced)
2tbsp Plain Flour
1 Lemon Zest
½tsp Sea Salt
¼tsp Black Pepper

Avocado Salsa:

1 Large Ripe Avocado (Peeled
& Chopped)
2 Spring Onions (Finely Sliced)
1 Small Red Onion
1 Lemon Juice
1 Lime Zest

Method

Flake the salmon fillet into a large bowl, then combine the salmon, red pepper capsicum, flour, egg, spring onions, lemon or lime juice, salt and pepper.

Once all the ingredients are well mixed use your hands or a large spoon to divide the mixture into 8 patties. The easiest way to get a consistent shape and size is to mould them with your hands. Then roll them in the Panko Breadcrumbs.

Place the patties on a medium-hot pan and fry for around 4-5 minutes on each side until the salmon is hot throughout.

Combine all the other ingredients to make the avocado salsa.

Top the salmon burgers with the salsa and serve with mixed salad with or without a bun depending on your meal plan.



Calories



Protein



Carbs



Fats



SALMON FISH CAKES



Calories



Protein



Carbs



Fats

Thai Chicken

Serves 4

Ingredients

400g Boneless & Skinless Chicken Thighs
50g Thai Red Curry Paste
5 Sprays - 1 Cal Oil Spray
1 Lime Juice
3 Cloves Garlic (Crushed)
3 Large Pepper/Capsicum (1/2" Dice)
300g Shallots (Sliced Into Thin Rings)

Sauce

20g Thai Paste
300ml Almond Milk

Method

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

In a large bowl, mix together the Thai red curry paste, lime juice and garlic. Once the mixture is well combined place half of it in a large sealable bag alongside the chicken. Seal the bag and massage the mixture into the chicken. Keep the marinating chicken in the fridge for between 24 and 48 hours (this will give the chicken plenty of time to absorb the great flavours of the marinade.)

Coat the Pepper/Capsicum and shallots with the cooking spray and place them in the oven. Let them cook uncovered until they to char and bubble, this should take around 15 minutes. If needed, turn the vegetables occasionally to prevent burning. Remove the mix from the oven.

Remove the chicken from the marinade, which can now be discarded. Cook the chicken in the oven uncovered for 20-25 minutes, turning half way through, or until it is slightly charred, add the Pepper/Capsicum and onion and return to oven for another 5 mins.

Mix the remaining Thai paste and almond milk to make the sauce, gently warm and serve with the chicken.



Calories



Protein



Carbs



Fats



THAI CHICKEN



306

Calories



27

Protein



12

Carbs



15

Fats

Teriyaki Chicken

Serves 4

Ingredients

700g Chicken Breast (Thinly Sliced)

For The Chicken Mix

1 large Onion (Diced)

1 Red Pepper/Capsicum (Finely Sliced)

For The Sauce:

1tbsp tamari

1tbsp Soy Sauce

2tbsp Reduced Sugar Ketchup

1tbsp Olive Oil

1tbsp Chopped Garlic

Sesame Seeds (Garnish)

Method

Mix the sauce ingredients in a small bowl. Add the chicken breasts and coat well. Leave in the fridge for 24 hours.

Heat a frying pan over a medium heat and add the chicken, onions and Pepper/Capsicum, fry until the chicken is fully cooked and the vegetables have started to brown slightly.

Sprinkle with sesame seeds to finish. Serve with mixed salad or rice if it fits your plan.



Calories



Protein



Carbs



Fats



TERIYAKI CHICKEN



Calories



Protein



Carbs



Fats



Snacks

Chocolate Nut Protein Bars

Serves 12

Ingredients

75g Protein Powder (Chocolate)
130g Smooth Peanut Butter
30g Honey
60g Oat Flour
30g Chocolate Chips

Method

In a bowl mix the peanut butter, chocolate chips and honey. Add in the protein powder and oat flour until it forms a ball of dough.

Place a large piece of cling film/wrap over the dough and leave to rest for 10-15mins.

Line an 8x8" baking tray with cling film/wrap so it hangs over the edge. Press the dough mixture into the tray until it is flat and level.

Place the tray into the fridge for around 30-40 minutes until the mixture is firm.

Remove the tray from the freezer and lift out with the cling film. Cut into 12 even sized bars. Keep the bars either in the fridge for 3 days or 1 month in the freezer.



Calories



Protein



Carbs



Fats



CHOCOLATE NUT PROTEIN BARS



Calories



Protein



Carbs



Fats

Blueberry Pudding

Serves 2

Ingredients

100g Millet
500ml Unsweetened Almond Milk
65g Blueberries
25g Vanilla Protein Powder

Method

Place the millet in a strainer and rinse under cold running water.

Slowly bring the Almond milk and millet to a boil over a medium heat. Reduce heat to low, cover with lid and simmer for 15 minutes.

In a high-speed blender, add the blueberries, millet and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk.

Allow to cool and then serve with additional blueberries and 1 tbsp of 0% fat yoghurt.



Calories



Protein



Carbs



Fats



BLUEBERRY PUDDING



Calories



Protein




Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear