



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.

Contents

Breakfast	4
French Toast Overnight Oats	5
Lemon Breakfast Muffin	7
Chorizo & Egg Bake	9
Tomato & Ricotta Toastie	11
Lunch	13
Beef Kofta	14
Moroccan Chickpea & Quinoa Salad	16
Chicken Satay Burger	18
Tofu Salad	20
Dinner	22
Cajun Pork Tenderloin	23
Mediterranean Rice Salad	25
Blackened Cod	27
Creamy Mushroom & Broccoli Pasta	29
Snacks	31
Lemon Curd Fool	32
Frozen Strawberry Yoghurt	34



Breakfast

French Toast Overnight Oats

Serves 2

Ingredients

120g Rolled Oats
1/2 Banana (Mashed)
1/2tsp Mixed Spice
1/2tsp Vanilla Extract
1tsp Maple Syrup
1tsp Flaxseed Meal
30g Protein Powder
240ml Almond Milk (Unsweetened)

20g Blueberries (optional)
1/2tsp Maple Syrup
Ground Cinammon

Method

In a medium-sized container, mash 1/2 banana add in the vanilla, maple syrup and mix.

Mix the rest of the dry ingredients together and then add slowly to the banana mix. Add in the milk and stir until well combined. Leave for at least 2 hours or overnight for more flavour.

Serve with blueberries, Maple syrup and ground cinnamon.



Calories



Protein



Carbs



Fats



FRENCH TOAST OVERNIGHT OATS



Calories



Protein



Carbs



Fats

Lemon Breakfast Muffin

Serves 6
(2 Muffins per Serving)

Ingredients

2 Large Eggs
90g Cashew Butter
185g Fage Yoghurt 0% Fat
60g Sugar
10mls Vanilla Extract
½ Lemon (Zest & Juice)
200g All-Purpose Flour
30g Protein Powder
½tbsp Baking Powder
½tsp Baking Soda
1g Salt
1tbsp Chia Seeds
125mls Almond Milk (Unsweetened)

Method

Preheat the oven to 350°F (180°C). Line a muffin tray with paper liners.

In a large bowl, beat together the eggs, cashew butter, Greek yogurt, sugar, vanilla, and lemon zest and juice. In a separate bowl, whisk together the flour, protein powder, baking powder, baking soda, salt, and chia seeds. Add the dry ingredients to the wet ingredients, and stir a few times. Add the milk and stir just until smooth.

Divide the batter among the cups in the prepared pan. Bake until the muffins are puffed and golden, 15 to 20 minutes. Cool slightly and serve warm, or cool completely, transfer to an airtight container, and store for up to 5 days.



Calories



Protein



Carbs



Fats



LEMON BREAKFAST MUFFIN



Calories



Protein



Carbs



Fats

Chorizo & Egg Bake

Serves 2

Ingredients

250g Chorizo (Diced)
1tbsp Oil
1 Onion (Sliced)
400g Chopped Tomato
1tsp Salt
1/2tsp Black Pepper
1/2tsp Cumin
1/2tsp Paprika
200g Black Beans (Drained)
2 Handfuls Baby Spinach
2 Eggs

Method

Preheat oven to 375°F.

Heat a large oven-safe skillet over medium-high heat. Once hot add chorizo until cooked through, about 8 minutes.

Add oil and onion and and let cook for 5 minutes, stirring often until softened.

Add diced tomato, salt and pepper, cumin, paprika, and beans and cook for 5 minutes. Stir in spinach until wilted.

Remove from heat and using a spoon, make 4 indentations in the mixture for the eggs. Gently crack in eggs sprinkle with salt.

Place skillet in oven and let bake for 15-18 minutes until eggs whites are cooked through.



Calories



Protein



Carbs



Fats



CHORIZO & EGG BAKE



Calories



Protein



Carbs



Fats

Tomato & Ricotta Toastie

Serves 2

Ingredients

150g Tomatoes (Deseeded & Finely Chopped)

200g Ricotta Cheese

1tsp Fresh Thyme (Chopped)

30g Spinach

4 Medium Slices Of Granary Bread

Sea Salt & Freshly Cracked Black Pepper

Method

In a bowl, mix together the ricotta, fresh thyme spinach, salt and pepper until combined. Slice the tomatoes and lay them on the bread add the ricotta mixture, top with the other piece of bread and place into a toastie machine.



Calories



Protein



Carbs



Fats



TOMATO & RICOTTA TOASTIE



223

Calories



9

Protein



22

Carbs



12

Fats



Lunch

Beef Kofta

Serves 2

(3 koftas per serving)

Ingredients

250g lean steak mince
½ red onion, grated
Handful of fresh parsley, finely chopped
2 garlic cloves, finely chopped
2tsp black pepper
1tsp chilli flakes
1tsp ground coriander
1tsp paprika
½tsp cumin
½tsp salt
40g breadcrumbs
1 egg
1tbsp olive oil

Method

Combine all of the ingredients in a bowl, get your hands in and mix everything through.

Once everything is combined, form the mixture into 6 oval patties, like a flattened sausage then cook on a BBQ or griddle pan for around 5 minutes per side or until thoroughly cooked through.

Serve with a mixed salad or flatbread depending on your macros



Calories



Protein



Carbs



Fats



BEEF KOFTA



268

Calories



30

Protein



10

Carbs



6

Fats

Moroccan Chickpea & Quinoa Salad

Serves 2

Ingredients

½tbsp Coconut Oil
60g Quinoa
35g Flaked Almonds (Toasted)
50g Feta (Crumbled)
200g Chickpeas (Drained & Rinsed)
100g Dried Cranberries
½ Pomegranate Seeds
50g Cucumber (Diced)
50g Cherry Tomatoes (Quartered)
½ White Onion (Finely Diced)
130mls Of Vegetable Stock
A Handful Parsley (Chopped)
1tsp Of Ground Turmeric
½tsp Ground Cumin
½tsp Ground Cinnamon
½tsp Salt & Black Pepper

Method

Heat the coconut oil in a large pan over a medium heat. Once the oil is hot add the onion and gently fry until it is soft and translucent, this should take around 5 minutes. Add the turmeric, cumin, cinnamon, salt and pepper and fry the spices until fragrant.

Next, add the vegetable stock and quinoa to the pot. Bring the mixture to the boil, cover and then reduce to a low heat. Cook the quinoa for 15 minutes, by which point it should have absorbed the stock and become fluffy.

Stir the chickpeas, cucumber, tomatoes and cranberries into the quinoa until they are well combined. Season the quinoa to your taste and sprinkle over toasted almonds, feta and parsley.



Calories



Protein



Carbs



Fats



MOROCCAN QUINOA



Calories



Protein



Carbs



Fats

Chicken Satay Burgers

Serves 2

Ingredients

For The Burgers:

250g Of Chicken Breast Mince
100g Red Onions (Finely Chopped)
1tbsp Garlic Paste
1tbsp Chilli Paste
2cm Ginger (Grated)
1 Egg
50g Breadcumbs
A Pinch Of Salt

For The Stay Sauce:

20g Peanut Butter (Smooth)
2tbsp Soy Sauce
1tsp Sesame Oil
1tbsp Water
1 Bunch Fresh Corriander (Chopped)

2 Sesame Burger Buns
200g Mixed Salad

Method

Begin preparing the sauce by combining all the ingredients and whisking until smooth and then setting to one side.

Start making the burgers by blending the onions, chilli and garlic paste, ginger, salt and egg together. Mix the puree with the mince and breadcrumbs.

Shape the mixture with your hands into 4 equal burgers, which should be around 1 cm thick.

Fry the Burgers in a pan on a medium to high heat, for 4 minutes on each side, or until they are completely cooked. Remove from the pan and cover with tinfoil on a plate

Warm the sauce in the pan for a few minutes and then top the burgers with it in the buns and serve with salad.



Calories



Protein



Carbs



Fats



CHICKEN SATAY BURGER



Calories



Protein



Carbs



Fats

Tofu & Pomegranate salad

Serves 2

Ingredients

200g Tofu (Diced)
50g Feta Cheese (Crumbled)
200g Mixed Leaves
1 Large Cucumbers
1 Bunch Fresh Coriander (Chopped)
½ Pomegranate
3tbsp Olive Oil
1 Lime (Juice)
1 Spring Onion (Sliced)
Salt & Black Pepper to taste

Method

Cook the tofu, until golden brown.

While the tofu is cooking, make the salad by cutting the cucumbers in half lengthwise and scoop out the seeds using a spoon. Cut the cucumber into small chucks.

In a large bowl, combine the cucumber with the coriander, pomegranate seeds, olive oil, lime juice, spring onion, salt and pepper.

Mix the crumbled feta with a little water, salt & pepper to make a dressing for the salad.

Serve the pomegranate mix and feta dressing on top of the mixed leaves, finish off with the cooked tofu.



Calories



Protein



Carbs



Fats



TOFU SALAD



Calories



Protein



Carbs



Fats



Dinner

Cajun Pork Tenderloin

Serves 2

Ingredients

2tbsp Cajun Spice Blend

1tbsp Dijon Mustard

1tbsp Ghee

350g Pork Tenderloin

200g Broccoli

Coarse sea salt, for garnish

Method

Preheat the oven to gas mark 6.

Combine the spice blend, mustard, and ghee in a small mixing bowl. Brush the mixture evenly onto the pork tenderloins covering it all evenly.

Place a large pan or skillet on the stovetop over medium-high heat. When the pan is hot, sear the tenderloins on all sides until lightly browned, about 2 minutes per side.

Transfer the pork into a tray and place into the oven and roast the tenderloins for 15 to 20 minutes, until fully cooked. While the pork is cooking, place the broccoli in a pan of boiling water and cook until tender.

Garnish the pork and broccoli with coarse sea salt before serving.



Calories



Protein



Carbs



Fats



CAJUN PORK TENDERLOIN

378

Calories

51

Protein

3

Carbs

18

Fats

Mediterranean Rice Salad

Serves 2

Ingredients

130g Brown Rice (cooked)
450mls Water
100g Cherry Tomatoes (Halved)
150g Crumbled Feta
100g Orange Pepper
300g Mixed Salad Leaves

For The Dressing

2tbsp Olive Oil
3tbsp Balsamic Vinegar
1/4tsp Kosher Salt
1/4tsp Freshly Ground Black Pepper
1 Medium Shallot (Finely Chopped)

Method

Cook the rice according to the packet instructions. Drain the rice and run under cold water to refresh and cool it down. Once cold set to one side while you make the dressing.

Meanwhile, in a large bowl make dressing: whisk together olive oil, balsamic vinegar, salt, pepper and shallots.

Once the rice has slightly cooled, to the large bowl add quinoa, cherry tomatoes, feta. Toss to combine.

Taste and adjust seasoning and top the salad with the mix.



Calories



Protein



Carbs



Fats



MEDITERRANEAN QUINOA SALAD



Calories



Protein



Carbs



Fats

Blackened Cod

Serves 2

Ingredients

300g Cod Fillets (Skin Removed)

2tsp Paprika

1tsp Garlic Powder

1tsp Onion Powder

1tsp Fine Sea Salt

½ Lemon (Sliced) + ½ Lemon
(Juiced)

½tsp Ground Black Pepper

½tsp Ground White Pepper

1tbsp Olive Oil

Method

In a small bowl mix together the seasoning. On a plate rub spice mixture on evenly on both sides of fish, shaking off any excess.

Heat the oil in a large pan over medium high heat. Once the pan is hot, add in the fish and cook for 3-4 minutes on both sides until the flesh can easily be pierced without any resistance. Just before the fish has finished cooking add in the slices of lemon and juice to the pan.

Serve with a mixed salad or selection of steamed vegetables.



Calories



Protein



Carbs



Fats



BLACKENED COD



Calories



Protein



Carbs



Fats

Creamy Mushroom & Broccoli Pasta

Serves 2

Ingredients

100g Whole Wheat Pasta
1tbsp Olive Oil
170g Mushrooms (Thinly Sliced)
150g Broccoli (Small Florets)
2 Cloves Of Garlic, Crushed
400mls Skimmed Milk
2tbsp All Purpose Flour
1/2tsp Salt
1/2tsp Black Pepper

Method

Bring a large pot of water to the boil and cook the pasta until al dente. Once the pasta is cooked, drain and put to one side for the moment.

Meanwhile, heat the oil in a large frying pan over a medium heat. Add the mushrooms and broccoli and cook for around 10 minutes, or until the mushrooms have released all of their liquid. Drain off any juices in the pan before adding the garlic. Sauté the mix until fragrant.

Whisk in the milk, salt, pepper and flour together and add into the pan, cook until the milk has thicken into a nice sauce consistency.

Add the pasta into the sauce and warm through before serving.



Calories



Protein



Carbs



Fats



MUSHROOM & BROCCOLI PASTA



Calories



Protein



Carbs



Fats



Snacks

Lemon Curd Fool

Serves 2

Ingredients

4tbsp lemon curd
300g 0% Greek yogurt
40g Raspberry
Lemon Zest
8g Icing sugar

Method

Mix raspberries (hold a few back for the top) and icing sugar together and gently crush, then spoon with their juices into the bottom of a glass or dish.

Put the lemon curd and yogurt into a bowl. Fold together until its completely mixed. Divide the mix between the 2 glasses and chill.

Add saved raspberries and lemon zest.



Calories



Protein



Carbs



Fats



LEMON CURD FOOL



Calories



Protein



Carbs



Fats

Frozen Strawberry Yoghurt

Serves 2

Ingredients

28g Strawberries

40g Light Condensed Milk

100g 0%-Fat Greek Yoghurt

Method

Roughly chop half the strawberries and keep them to one side. Blitz the rest in a food processor or with a stick blender to a purée.

In a big bowl, stir the condensed milk into the puréed strawberries then gently stir in the yogurt until well mixed. Fold through the chopped strawberries.

Scrape the mixture into a container, pop on the lid or wrap well in cling film and freeze overnight, until solid. Remove from the freezer about 10-15 mins before you want to serve the frozen yogurt.



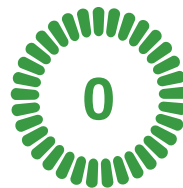
Calories



Protein



Carbs



Fats



FROZEN STRAWBERRY YOGHURT



Calories



Protein




Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear