



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 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.

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

<i>Breakfast</i>	4
Egg Muffins	5
Sweet Potatoe Breakfast Bowl	7
Eggnog Smoothie	9
<i>Lunch</i>	11
Spanish Tombet	12
Chickpea & Pumkin Curry	14
Warming Chicken & Parsnip Soup	16
<i>Dinner</i>	18
Chicken with Roasted Root Veg	19
Cranberry Glazed Slamon	21
Turkey & Egg Fried Rice	23
<i>Snacks</i>	25
Spiced Shortbread	26
Protein Truffles	28



Breakfast

EGG MUFFINS

Serves 12

Ingredients

10 Rashers Lean Turkey Bacon
15 Eggs Whites
3 Small Eggs
110g Turkey sausage,(Cooked & Chopped)
1 Red Bell Pepper, (Deseeded & Sliced)
60g of baby spinach
½ white onion, diced
1 clove of garlic, crushed
½ jalapeno chilli pepper, finely sliced
1½ teaspoon of salt
1 teaspoon of black pepper

Method

Preheating your oven to gas 5.

Coat a muffin tin or individual muffin cups with a little cooking spray to prevent sticking. Wrap a slice of turkey bacon around the inside of each muffin tin and create a layer of spinach at the bottom of each.

Add the onion, garlic and jalapenos to a frying pan and sauté until the onions are translucent, the garlic is beginning to caramelize and the jalapenos are releasing a spicy aroma.

Once the onion mixture is cooked take it off the heat and divide it between the muffin tins creating a layer of onion on top of the spinach. On top of this, add the sausage and bell pepper.

Meanwhile, in a large bowl whisk the eggs whites, whole eggs, salt and pepper together. Once the eggs are well combined, pour them into the muffin tins so that the vegetables are submerged, this will prevent them from burning in the oven. Bake for 25 minutes, or until golden brown on top, and



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats

SWEET POTATO BREAKFAST BOWL

Serves 4

Ingredients

1 large sweet potato, cut into cubes
1 tbsp. olive oil
1/2 onion, diced
1 yellow bell pepper, diced
4 large eggs
4 egg whites
1 tsp. garlic powder
10 cherry tomatoes, halved
1/2 avocado, diced
1/2 tsp. hot paprika

Method

Preheat the oven to 180C. Line a baking tray with parchment paper and spread the potato cubes over it evenly. Drizzle with half a tbsp olive oil and season with salt and pepper.

Roast the potatoes for 15 minutes, then toss them around and roast for another 10, until browned.

In the meantime, heat the remaining oil in a non-stick pan over medium heat. Add the onion and sauté for 2-3 minutes, until soft. Add the diced pepper and cook for another 3 minutes.

Next, add in the eggs and egg whites and cook for five minutes, mixing and folding them in with the onion and pepper. Stir in the garlic powder and season with salt, and pepper.

Add in the tomatoes and heat them until softened. Next, add the roasted sweet potatoes and stir to combine.

Divide the eggs between four bowls and top with the diced avocado, sprinkle with hot paprika. Serve immediately



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

“EGGNOG” SMOOTHIE

Serves 1

Ingredients

400 mls Skimmed Milk

1 vanilla pod

1 large eggs

10g sugar

1 tsp cornstarch

1 Scoop Vanilla Protein

Freshly grated nutmeg to garnish

Method

Heat 300mls of the milk in a medium saucepan

Split the vanilla pod lengthwise and scrape out the seeds with the tip of a knife then add the seeds and pod to the milk and allow to simmer over medium heat.

Then in a large bowl, whisk the eggs, sugar and cornstarch together until it turns light yellow.

Temper the eggs by gradually pouring the hot milk mixture (about 230 millilitres at a time), into the egg mixture, whisking constantly (this is vital, otherwise you'll end up with scrambled eggs).

Pour the mixture back into the pan and place over medium heat and stir constantly with a wooden spoon until the eggnog begins to thicken, about 6-7 minutes.

Remove from the heat and immediately stir in the remaining 100mls milk to halt the cooking process.

Remove the vanilla pod, allow the liquid to cool and transfer to a large jug and blend the protein powder into it. Chill until ready to serve.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



Lunch

SPANISH TOMBET

Serves 4

Ingredients

400g Chicken Breast
1 Aubergine, (Sliced)
200g Potatoes, (Peeled & Sliced)
1 Onion, (Chopped)
2 Cloves Garlic, (Chopped)
400g Chopped Tomatoes
1 Red Bell Pepper, (Sliced)
3 tbsp Olive Oil

Herb Mix:

2 Bay Leaves
1 tsp Oregano
1 tsp Thyme

Method

Cut the aubergine into slices and sprinkle with sea salt on both sides, then place on a paper towel and let it rest for about 20 minutes.

Peel the potatoes and cut into slices. In a large frying pan, heat 1tbsp. of olive oil and fry the potatoes for 5-10 minutes until golden brown.

Layer the fried potatoes on the bottom of an ovenproof dish, and season with sea salt and pepper.

Use another tbsp of oil in a medium/high heated frying pan to cook the chicken (sliced), onion, garlic and herbs, for about 5-6 minutes. Add in the sliced peppers and cook for another 2-3 minutes.

Then add the chopped tomatoes and bring to the boil. Continue to cook uncovered for about 10 minutes occasionally stirring until the sauce is reduced. Pour this mixture over the potatoes.

Next, pat dry the aubergine heat the last tbsp. of olive oil and fry it for about 5 minutes on each side until golden brown. Arrange the aubergine on top of the peppers. Remove the bay leaves from the tomato sauce and pour it over the layered vegetables.

Place in the oven and bake for around 30 minutes at gas 6.



Calories



Protein

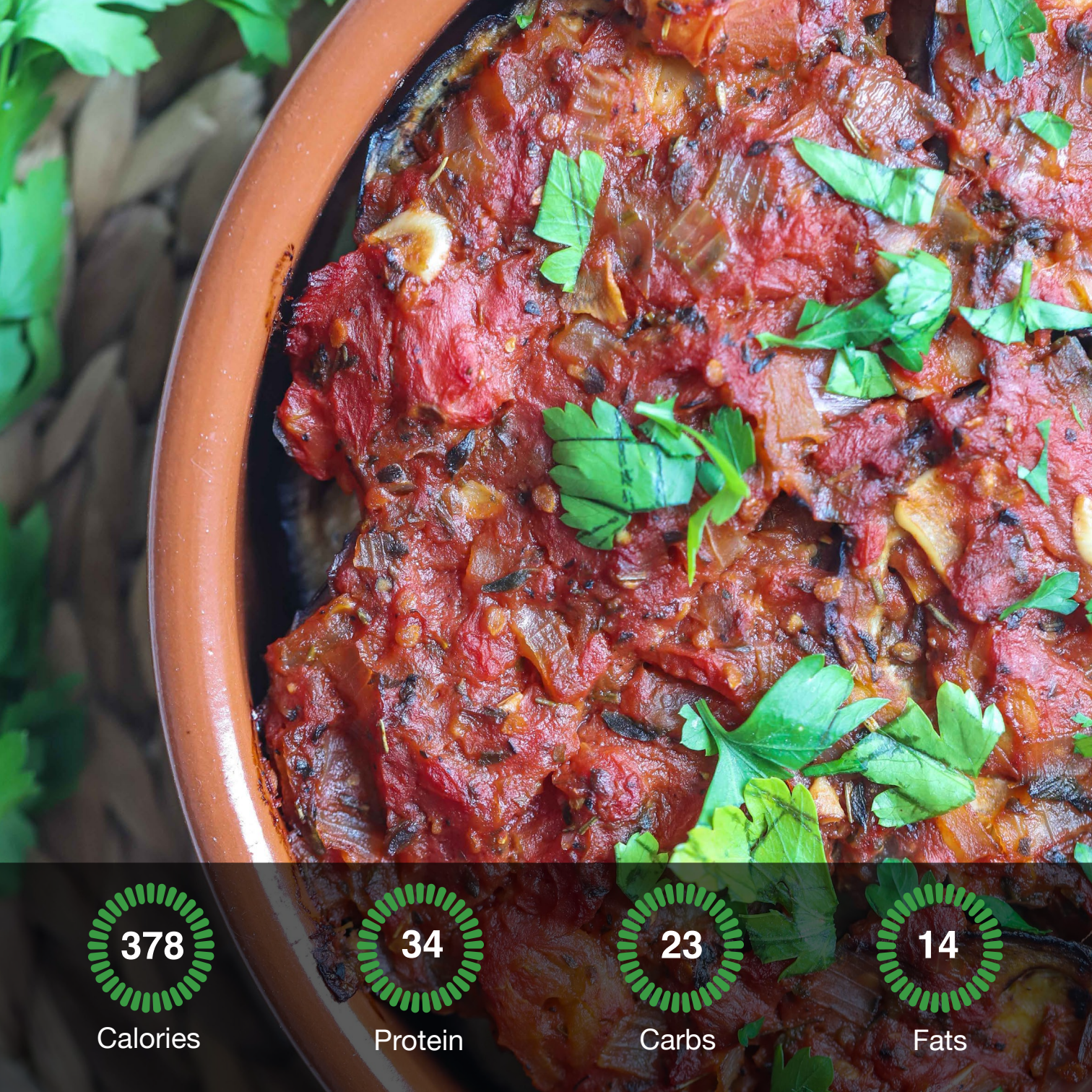


Carbs



Fats





Calories



Protein



Carbs



Fats

CHICKPEA & PUMPKIN CURRY

Serves 2

Ingredients

200g Chicken (Sliced)
1tbsp Coconut Oil
1 Large Onion, (Chopped)
2 tbsp Ginger, (Peeled & Grated)
2 Cloves Garlic, (Minced)
180g Chickpeas, (Canned)
250g Pumpkin or Butternut Squash, (Diced)
240ml Tomato passata
300ml Coconut Milk, (Low Fat)
200g Fresh Spinach
300g Cherry Tomatoes

Spices:

1tsp Ground Cumin
1tsp Turmeric
1tsp Ground Coriander
1tsp Cinnamon
1tsp Cardamom Seed, (Crushed)

Method

In a large saucepan, heat the oil over medum/high heat.

Add the Pumpkin, onion, ginger and garlic, and cook for 5-6 mins, until soft. Next, add in the spices and the chicken and continue cooking for another 2-3 mins, add a splash of the coconut milk to prevent from burning.

Next, add in the chickpeas (with a splash of the brine), squash, tomato passata and the remaining coconut milk. Additionally, add in 120ml of water, then season with salt and pepper and mix well.

Bring to boil, then lower the heat, cover the saucepan with a lid and simmer for 20 mins, stirring occasionally.

Lift the lid, add in the cherry tomatoes and cook for another 5-10 mins until the sauce reduces and thickens.

Finally, add the spinach, mix well and take off the heat.



Calories



Protein



Carbs



Fats



WARMING CHICKEN & PARSNIP SOUP

Serves 4

Ingredients

200g Cooked Chicken (Thinly Sliced)
1 tbsp Coconut Oil
1 Medium Onion, (Diced)
½ tbsp Ginger, (Minced)
2 Cloves Garlic, (Minced)
1 Carrot, (Peeled & Grated)
1 Red Bell Pepper, (Chopped)
2 tbsp Curry Powder
500ml Chicken Stock
80ml Unsweetened Almond Milk

Method

In a large pot, heat oil and sauté the onion until soft. Then add the minced ginger and garlic curry powder and mix well. Continue to cook for 2-3 more minutes. Add in the peeled and grated carrot, chopped peppers and cook for about 5 minutes

Pour in the chicken stock and bring to a boil. Cover the pan and cook for about 10 minutes until the vegetables are soft. Add the chopped tomatoes half way though.

Once vegetables are cooked, take off from heat and blend using a hand blender. In the mean time, warm the chicken and add to the blended soup, season to your taste.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats



Dinner

CHICKEN WITH ROASTED ROOT VEG

Serves 4

Ingredients

500g Chicken Breast
5 Carrots, (Peeled & Quartered)
5 Parsnips, (Peeled & Quartered)
1 Celeriac, (Peeled & Diced)
1 Small Swede, (Peeled & Diced)
8 New Potatoes (Quartered)
2 tbsp Olive Oil
1 Bulb Garlic, (Crushed)
2 tbsp Clear Honey

Method

Begin by preheating your oven to gas mark 6

Meanwhile, toss all the vegetables with the oil and garlic in a large roasting tin and then cook for 20 mins until starting to soften and turn golden, place the Chicken breast on top of the veg and return to the oven for 20-25minutes.

Remove the from the oven, drizzle with honey and return to the oven for 5 minutes more. Serve immediately.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats

CRANBERRY GLAZED SALMON

Serves 4

Ingredients

1 Small Red Onion, (Thinly Sliced)
4 Salmon Fillet
½ tsp Salt
2 tbsp Olive oil

Cranberry Glaze:

1 Medium Orange, (Zested & Juiced)
120g Cranberries
½ tps vanilla Extract

Method

Begin by preheating your oven to gas 6.

For the glaze, combine the cranberries, water and orange juice and zest in a saucepan. Bring to a boil, then reduce to a gentle simmer. Continue to cook for 10-15 minutes, until the cranberries begin to pop, and a thick sauce starts to form. Remove from heat and stir in the vanilla extract. Set to one side to use as the glaze later.

Line a large roasting tin with greese proof paper. Spread the thinly sliced onions across the tin and sprinkle with the oil and salt & pepper.

Lay the salmon on top of the onions and place into the oven. Bake for about 15 minutes.

Spoon the cranberry glaze over the salmon and return to the oven for 5 minutes so the glaze starts to carmalise.

Serve with a selection of green veg.



Calories



Protein



Carbs



Fats



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TURKEY & EGG FRIED RICE

Serves 2

Ingredients

450g Minced or Diced Turkey Breast
100g Spinach
75g Rice (Uncooked Weight)
2 tbsp Coconut Oil
1 Onion, (Finely Chopped)
2 Cloves Garlic, (Minced)
1 tbsp Tomato Puree
1 Egg

Spices:

1 tsp Paprika
1 tsp Turmeric
1 tsp Oregano
1/3 tsp Cayenne Pepper
Salt and Pepper to taste

Method

Cook the rice according to the instructions on the packaging.

While the rice is cooking. Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.



Calories



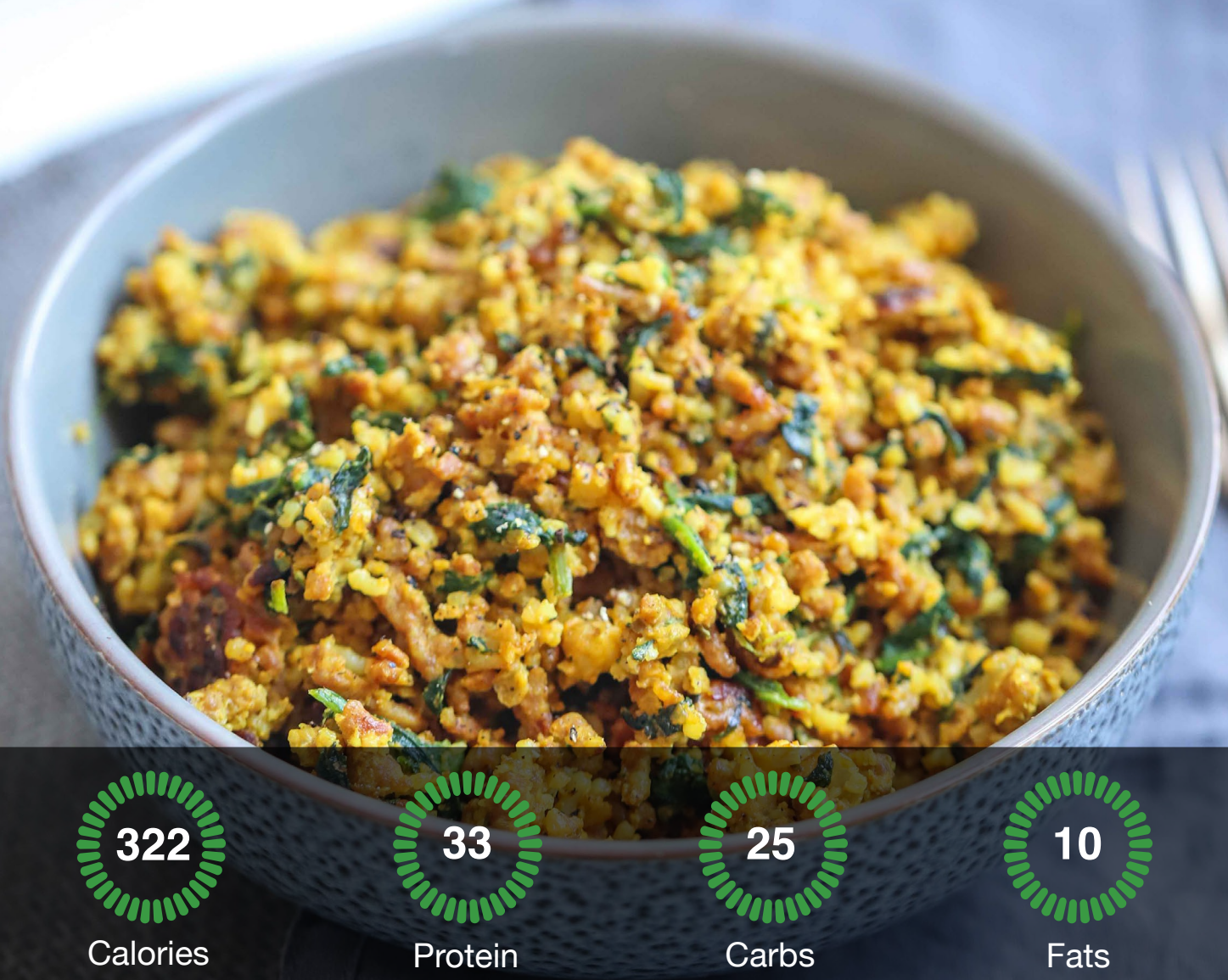
Protein



Carbs



Fats



Calories



Protein



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Fats



Snack

SPICED SHORTBREAD

Serves 20

Ingredients

125g Plain Flour
85g Butter
35g Caster Sugar
1 tbsp Water
1 tbsp Vanilla Essence

Spice Mix

1 tbsp Mixed Peel
2 tsp Cinnamon
2 tsp Nutmeg

Method

Place the butter and flour into a bowl and rub together with your fingertips until the mixture has the appearance of fine breadcrumbs.

Add in the sugar and the spice mix, and combine well. Add the vanilla and water, the mixture should start to form a ball as you mix it together.

On a floured surface roll out the mixture until a 1/2cm thick. Then use a small cutter or cut by hand into 20 pieces.

Place the shortbread onto pre lined baking sheets and bake for 10-12 minutes until golden. Remove from the oven and allow to cool on a wire rack.

Keep in a air tight container or freeze them down for a later date.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats

PROTEIN TRUFFLES

Serves 12

Ingredients

1 Avocado, (Peeled & Mashed)
2 tbsp Maple Syrup
170g Dark Chocolate, (Melted)
4 tbsp Unsweetened Cocoa Powder
½ tsp Vanilla Extract
50g Desiccated Coconut
2 Scoops Protein Powder

Method

Combine the maple syrup, melted chocolate, cocoa powder and mashed avocado and protein powder in a large bowl.

Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have firmed up slightly, remove from the fridge and enjoy.

Any leftover truffles can be kept in the fridge for up to four days in an airtight container.



Calories



Protein



Carbs



Fats





Calories



Protein




Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear