



# 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 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.

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**Breakfast**



# Poached Eggs, Asparagus & Smoked Salmon

Serves 1

## Ingredients

2 Egg  
100g Asparagus  
30g Smoked Salmon  
¼ Red Chilli (finely sliced)

2tsp White Wine Vinger  
Sea Salt  
Black Pepper

## Method

Begin by adding the white wine vinger to near boiling water. Crack the eggs into the water, turn the heat down so the water is just above simmering and poach for around 3 minutes for a perfect runny yolk and 4-5 minutes if you prefer a harder yolk.

Meanwhile, cook the asparagus in salted simmering water for 3-4 minutes.

Once the eggs are poached to your liking, remove from the water with a slotted spoon and place on kitchen paper to soak up any excess water. Add fresh Ground Black pepper and sea salt.

Serve with the salmon, asparagus & chill.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats



# Overnight Oats

**Serves 1**

## Ingredients

150mls Water  
120mls of unsweetened Almond Milk  
45g old Fashioned Oats  
30g Protein Powder

½tsp Vanilla Extract  
½tsp Ground Cinnamon  
¼tsp Ground Nutmeg  
⅛tsp Salt

To serve  
2 Strawberries  
30g Blueberries

## Method

In a medium bowl, combine the water and protein powder, mix to combine into a smooth paste, slowly add the almond milk.

Add the rest of the ingredients to the bowl and mix until well combined, the mix should look very wet.

Cover with cling film and place in the fridge overnight so that the oats can become soft and absorb the flavour of the mixture. These oats can be served cold straight out the fridge or microwaved for 1 minute to be served warm.

Add the strawberries and blueberries just before serving



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats



# Shakshuka

Serves 1

## Ingredients

2 Eggs  
1 Red Pepper, Sliced  
1 White Onion, Diced  
120mls Tomato Sauce  
1tsp Dried Or Fresh Basil  
1 tsp of Dried Or Fresh Oregano  
1tsp Ground Cumin  
A Pinch Of Cayenne Pepper  
Salt & Pepper

## Method

Heat the olive oil in a large, lidded frying pan. Add the onions & peppers, season with salt and pepper. Cook on a medium heat until just softened. Sprinkle in the cumin, herbs and the cayenne pepper.

Stir in the tomato sauce and simmer for 10 minutes, uncovered, until reduced a little. Taste and add a little salt and peper if you think the tomatoes need it. Keep an eye on the texture – you don't want it runny, but it mustn't get too dry, either. Add a splash of water if necessary. When the sauce is reduced, stir in the herbs.

Make 2 small wells in the sauce. Break an egg into a cup and drop carefully into a well, repeat with the remaining egg.

Cook for a few more minutes until the whites are just set and the yolks are still runny.



Calories



Protein



Carbs



Fats





# Shakshuka



247

Calories

15

Protein

21

Carbs

10

Fats







Lunch



# Chicken & Cashew Stir Fry

**Serves 3**

## Ingredients

1tsp Olive Oil  
300g Chicken Breast, Diced Small  
3 Cloves Garlic, Crushed  
200g Broccoli  
1 Red Bell Pepper, Sliced  
100g Sugar Snap Peas  
50g Carrots, Sliced  
30g Unsalted Cashew Nuts  
4 Spring Onions, Finely Sliced

## For the sauce:

4tbsp Tamarind  
1tbsp Peanut Butter  
1tsp Honey  
1tbsp Ginger Paste  
2tbsp Water

## Method

Begin making the sauce by mixing together the tamarind, peanut butter, honey, sesame oil, ginger paste and water in a small bowl.

If the sauce is too thick simply add a splash more water to the mixture. Once it reaches your desired consistency set the sauce aside.

In a large wok heat the oil, Season the chicken with salt and pepper and sauté them for around 5 minutes, or until they are beginning to brown. Add the garlic to the wok and fry for 30 seconds making sure that it does not burn.

Add the vegetables into the wok and mix them through the chicken. Cook for around 5 minutes, or until the vegetables have softened slightly but are still crunchy and not over cooked.

By this point the chicken will be cooked through and you can remove the wok from the heat.

Before serving, mix through the sauce, cashews nuts and spring onions for some added texture.



Calories



Protein



Carbs



Fats







Calories



Protein



Carbs



Fats

# Smokey Turkey Pasta

Serves 2

## Ingredients

250g Turkey Breast, Diced Small  
1tsp Dried Italian Seasoning  
¼tsp Smoked Paprika  
¼tsp Black Pepper  
2 Cloves Garlic, Crushed  
1 White Onion, Diced  
200mls Water  
60g multi-grain Penne Pasta (uncooked)  
200g Tomato Sauce  
¼tsp Sea Salt  
150g Baby Spinach  
3tbsp Parmesan Cheese

## Method

Begin by combining the Italian seasoning, paprika, black pepper and crushed garlic in a large bowl before adding the diced turkey. Use a large spoon or your hands to make sure the turkey is well coated in the spices.

Put on a large pan of water and bring to the boil, add the pasta and cook until al dente

Heat a large non-stick frying pan over a medium-high heat and add the onion. Cook for 5 minutes until it begins to soften and turn translucent. At this stage, add the diced turkey mixture and cook until it has begun to turn a golden brown. This should take around 6-7 minutes.

Drain the pasta, keep 50 millilitres of cooking water, before returning the pasta and cooking water to the pan alongside the tomato sauce and turkey. Heat the dish thoroughly. Just before serving, throw in the spinach allowing it to wilt and generously scatter over the parmesan cheese.



Calories



Protein



Carbs



Fats







Calories



Protein



Carbs



Fats



# Chicken Sausage & Roasted Veg

**Serves 4**

## Ingredients

8 Chicken Sausages  
2 Red Onions, Cut Into Wedges  
2 Garlic Cloves, Crushed  
1 Aubergine, Sliced  
2 Bell Peppers, Deseeded & Sliced  
2 Sprigs Fresh Rosemary  
200g Cherry Tomatoes  
200g Broccoli  
100g Fine Beans  
100g New Potatoes, Small Diced

## Method

Begin by preheating your oven to 200°C/400°F/gas 6.

Place the new potatoes into a large roasting tray and cook them in the oven for 5 minutes. Once they have browned slightly, remove from the oven and place the vegetables and sausages in the tin.

Sprinkle over the rosemary and drizzle with olive oil, making sure all the vegetables are evenly covered.

Roast the vegetables, potatoes and sausages in the oven for 25 minutes. After this, turn the sausages and vegetables and cook for a further 5 minutes to ensure they are well cooked all over before removing from the oven.

By this point, the vegetables should look deliciously charred and the sausages should have turned golden brown.



Calories



Protein



Carbs



Fats







Calories



Protein



Carbs



Fats





*Dinner*



# Cottage Pie

**Serves 6**

## Ingredients

### Mashed potatoes topping:

700g Potatoes, Peeled & Diced

### Mince Filling:

450g Beef Mince, 5% Fat

1tsp Olive Oil

1 White Onion, Finely Diced

2 Cloves Garlic, Crushed

225g Mushrooms, Chopped

300g Frozen Mixed Vegetables

2 tbsp Flour

250mls Beef Stock

2 tsp Tomato Purée

1tsp Worcestershire Sauce

1tsp Thyme, Chopped

Salt & Pepper

## Method

Boil the potatoes in a large pan of salted water until they are soft. Drain the potatoes and in the same pan mash them with the, salt and pepper until smooth.

Meanwhile, preheat your oven to 200°C/400°F/ gas 6.

In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate. Add oil, onion, garlic, mushrooms to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelise, this should take around 10 minutes.

Add the flour, beef stock, tomato purée, Worcestershire sauce, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large ovenproof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and colour to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats



# Crispy Coconut & Lime Cod

Serves 2

## Ingredients

340g Cod  
1 Egg  
100g Coconut Flour  
15g Desiccated Coconut  
1 Lime, Zest  
1tsp Paprika  
½tsp Cayenne Pepper  
1tsp Salt  
1 Clove Garlic, Crushed  
1tbsp Hot Sauce

## Method

Preheat your oven to 200°C/400°F/gas 6.

In a large bowl, mix the coconut flour, paprika, cayenne pepper, salt. Cover the cod in the mix.

Mix the egg, lime zest and garlic on a plate. dip the cod into this mix and then into the Coconut.

Bake in the oven for 12-15mins



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



# Cajun Chicken & Bean Salsa

Serves 2

## Ingredients

250g Chicken Breast  
½tsp Dried Oregano  
½tsp Dried Thyme  
1tsp Smoked Paprika  
½tsp of cayenne Pepper  
1 Garlic Clove, Crushed

## Cannellini Bean Salad:

200g Cannellini Beans  
2 Tomatoes, Diced  
85g Sweetcorn  
2 Spring Onions, Finely Sliced  
25g Sundried Tomatoes, Roughly Chopped  
1 Lime Juice & Zest

## Method

Mix together the rapeseed oil, herbs, spices and garlic in a sealable bag. Place the chicken breasts in the bag so that they are covered in the oil and herb mixture.

Tenderise the marinating chicken by bashing it with a rolling pin, this will help it absorb the flavours, and then leave it to one side to marinate for at least 60 minutes.

In a large bowl, mix together all the ingredients for the bean salad. Make sure the ingredients are well combined and then set it aside for the time being.

Once the chicken has marinated for 15 minutes, heat the grill. Place the chicken on a baking tray and grill for around 5 minutes, or until the top side is golden brown. Turn the chicken and grill for a further 5 minutes. After this, check if the breast have cooked through and remove from the heat.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats





**Snack**

# Peanut Butter Protein Cookie

**Serves 12**

## Ingredients

1 Ripe Banana  
2tsp Chia Seeds  
3tbsp Golden Flax Seeds  
1tbsp Peanut Flour  
30g Vanilla Protein Powder  
1tsp Peanut Butter

## Method

Begin by preheating your oven to 180°C/350°F/ gas 4 and line a baking sheet with parchment paper.

Using a hand mixer, blend the banana and peanut butter until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined.

Then, stir in the protein powder and peanut flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard. You should now have enough batter to make 6 cookies. Use an ice cream scoop to divide the batter and, with the palm of your hand, spread the portions of batter into a cookie shape, as these cookies do not rise in the oven.

Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.



Calories



Protein



Carbs



Fats







Calories



Protein



Carbs



Fats

# Lemon, Pistachio & Berry Frozen Yogurt Bark

Serves 2

## Ingredients

453g Full-Fat Greek Yogurt  
2tbsp Lemon Curd  
75g Fresh or Frozen Blueberries or  
Raspberries  
45g Shelled Pistachios, Chopped

## Method

Line a 10-by-15 inch (25-by-38cm) rimmed baking sheet with parchment paper. Pour the yogurt into the center of the baking sheet. Top with the lemon curd.

Use an offset spatula to spread the yogurt and curd evenly in the pan, you should not be able to see the parchment peeking through anywhere. A few visible swirls of yellow lemon curd are fine.

Press the berries into the yogurt and sprinkle the nuts over everything.

Freeze for at least 5 hours and up to 24 hours. Break the slab into big pieces and serve, or store in an airtight container in the freezer for up to three months.



Calories



Protein



Carbs



Fats







Calories



Protein




Carbs



Fats





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