

MANvFAT GYM



FOOD AS FUEL

THE BASICS

CONTENTS

VITALS

How to use this guide	4
Why change how you eat?	5
Eating a balanced diet	6
Using macros to help you eat well	8
How much to eat	9
What's a portion look like?	10
Will I be hungry?	11
The hunger scale	12
Decoding food labels & nutritional info	13

USEFUL TIPS

What to eat before and after training	15
Simple swaps and hacks	16

RECIPES

Recipes 101	18
-------------	-----------

BREAKFASTS

Banana breat porridge	21
Chorizo menemen eggs	22
Egg & ham breakfast wrap	23
Grab & go breakfast bars	24
Nuts about banana bagels	25
Poached eggs	26
Scrambled eggs	27
Shakshuka	28

Twisted BLT	29
-------------	-----------

MAINS

Broad bean chicken	31
Broccoli pesto pasta	32
Chicken satay skewers	33
Chicken sausage casserole	34
Cod with tomatoes & olives	35
Easy picnic lunch	36
Falafel pitta	37
Honey & garlic glazed salmon	38
Jamaican inspired lamb stew	39
Lebanese style hummus pizza	40
Paella	41
Spaghetti with turkey ragu	42
Texan chilli	43
Turkey stir fry	44

DESSERTS

Apple and plum crumble	46
Coconut banana bread	47
Fudgy chocolate kiwi brownies	48
Tiramisu	49

SNACKS

Apricot flapjacks	51
Baked tortilla chips	52
Baked veggie samosas	53
Pitta crisps	54
Yogurt bark	55

MANv**FAT** **GYM**



FOOD AS FUEL

VITALS

MAN V FAT FOOD AS FUEL

We know you're here to lose weight and looking at how you fuel your body is just as important as moving more. You might not realise it but what you eat and drink goes hand-in-hand with exercise, whether you're dreaming of smashing it on the pitch or wanting to build up your strength. Making little changes to improve your diet will not only make you feel better and lose weight, but it'll even make a difference to how you perform.



HOW TO USE THIS GUIDE

You want the food and drink you fuel your body with to give you the best chance of tip top health and performance power. Get the most out of your time with MAN v FAT by having fun with your team mates alongside making little changes to your lifestyle. Take what you learn here, add time with us in our online gym, MAN v FAT Gym at www.gym.manvfat.com, as well as some sessions using our home exercise guide and you're going to propel yourself towards a healthier life.

We've combined all the basics you need to know to kickstart your journey to healthier eating with some nice to know factors and a bunch of healthy, tasty recipes to get you started.

Don't worry, all our recipes are super simple to follow. Minimal ingredients, minimal equipment and minimal skills required for maximum results.

Flick through and have a read of what catches your eye or head straight to the recipes and get cooking.

WHY CHANGE HOW YOU EAT?

Maybe you're pretty happy with things as they are and you figure you can lose weight just by being more active. Sure, when it comes to losing weight it all comes down to a formula of calories in versus calories out, but there's way more benefits you'll see to improving how you eat than just weight loss.

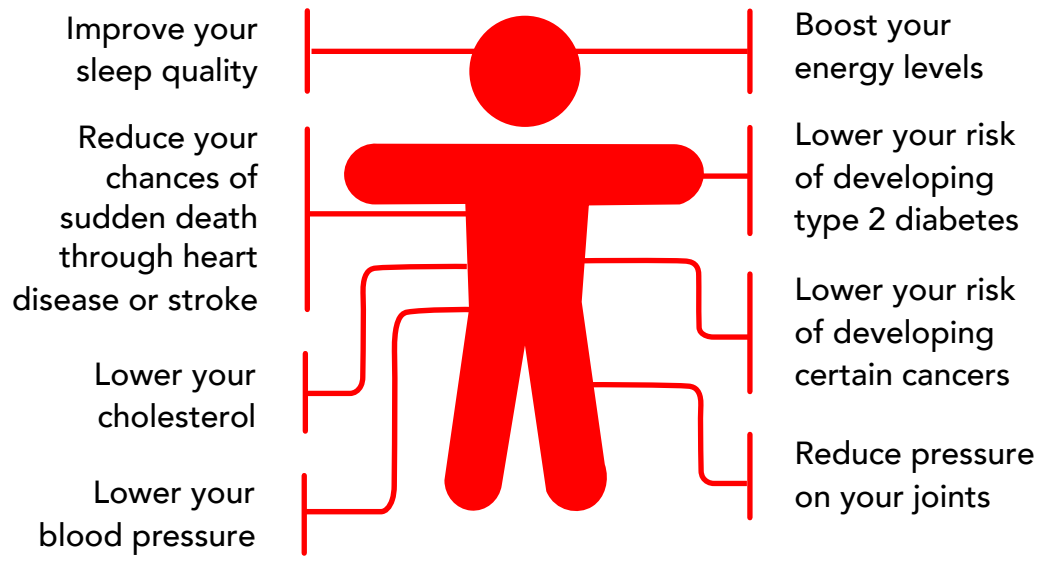
THE BENEFITS OF EATING HEALTHY



Improving the way you eat will lead to weight loss, and you might want to lose weight so you can fit those jeans you've not worn in years or run about on match night feeling at the top of your game, or keep up with your grandkids in the park. All valid reasons for you to want to lose weight, but we've got another reason you might also want to consider.

Research shows that losing 5% of your body weight is a safe amount to lose over a 14-week period. It's also the point at which you'll really start to notice the physical and mental benefits. Take a look at some of the things you stand to gain.

THE BENEFITS OF LOSING 5% OF YOUR BODY FAT



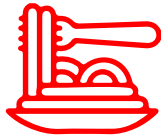
EATING A BALANCED DIET

One of the best ways you can unlock a healthier life is to eat a balanced diet, but what does that look like?

Forget diet plans, calorie counting and complicated points systems and instead start with eating 3 well-proportioned meals a day plus 2 healthy snacks. You can pick from our recipes or make little changes to the meals you know and love.



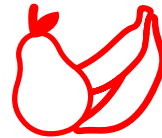
Healthy breakfast



Hearty lunch



Balanced dinner



2x Healthy snacks

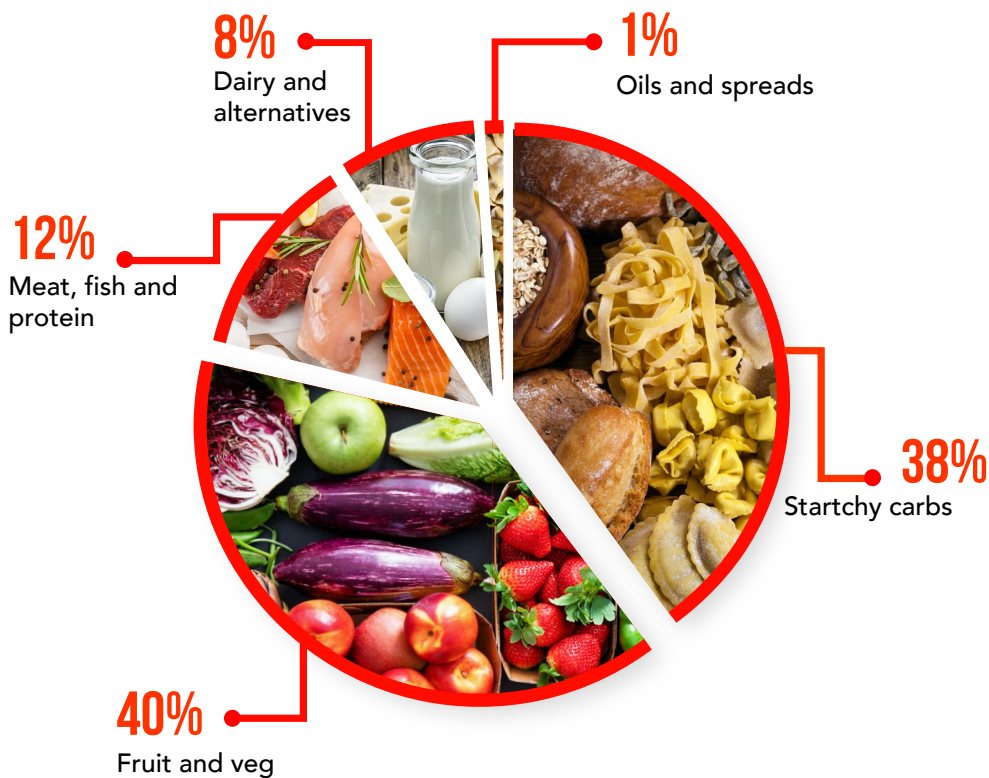


Lots of water

A balanced diet means eating from each food group in moderation to stay a healthy weight and fuel your body.

THE 5 FOOD GROUPS

Get all the nutrients you need by eating a variety of foods from each group. Here's how much of each group you should aim for in your daily meals and snacks.



Bonus points if you just did your sums and found these figures add up to 99%. We're not mad, it's due to rounding up.

FRUIT AND VEG

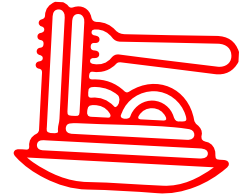
Aim for 5 or more portions of fruit and vegetables a day. A portion is 80g for fresh, canned or frozen fruit and veg. A tablespoon of dried fruit counts too!



STARCHY CARBS

Base your meals on starchy carbohydrates like:

- Rice and grains
- Bread
- Pasta
- Potatoes and sweet potatoes
- Oats and cereals



Aim for wholegrain options if you can. You'll feel fuller for longer and they contain more nutrients.

PROTEIN

Add protein to each meal, like meat, fish, beans, lentils or eggs. Try to opt for lean cuts of meat and keep processed meat like burgers and sausages as a treat now and then.



FATS

Even though fat gets a bad rap, a small amount is an essential part of a balanced diet. When you can, choose unsaturated fat or healthy fats like:

- Avocados
- Olive oil and olives
- Nuts and seeds
- Oily fish like salmon



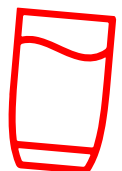
DAIRY

Try to pick lower fat and lower sugar options of both dairy and dairy alternatives.



DRINKS AND ALCOHOL

When it comes to keeping hydrated, aim for 6-8 glasses of water per day - low fat milk, tea and coffee all count! Fizzy drinks contain high amounts of sugar and few nutrients so try to keep them to a minimum. A 150ml glass of fruit juice will count once towards your 5 a day, but only once as it's high in sugar. When it comes to alcohol, keep within the guidelines of less than 14 units a week.



USING MACROS TO HELP YOU EAT WELL

If you've followed exercise plans or flexible dieting before you've probably come across the term 'macros'. Macros is short for macronutrients and when we talk about food groups there are three main macronutrients: carbohydrates, protein and fat. We need these to give us energy and help our body do its thing and function at the top of its game.

The macronutrients in your food can affect how hungry or full you feel after eating. They also have an impact on how fast you burn calories (your metabolic rate), your brain activity and hormone levels.



A bite of a doughnut or a few pieces of broccoli might both contain 100 calories but they have a very different effect on your body. Broccoli's fibre content will have you feeling fuller for longer, while the sugar in a doughnut will leave you with a sugar crash.

There's so much more to eating a balanced diet than purely counting macros, and if you've heard the saying 'IIFYM' (if it fits your macros) and taken that as a green light to eat what you like, it's not quite the case. Fully understanding what you're eating is going to get you a happier, healthier, stronger body, and tracking macros can be a part of that if you like. Just be sure to do your macro math and set accurate numbers, getting advice from an expert if you're not sure where to start.

HOW MUCH TO EAT

We're all experts on piling a plate sky high. Meatball stacking maestro? Check. But do you know the difference between a portion size and a serving size, and why it even matters?



SERVING SIZE

Serving size or serving is the amount of food listed on a food label. It's generally a pretty good indicator of a recommended amount to consume.

PORTION SIZE

Portion size is the amount of a given food you choose to eat. This could be more, less or the same as a serving.



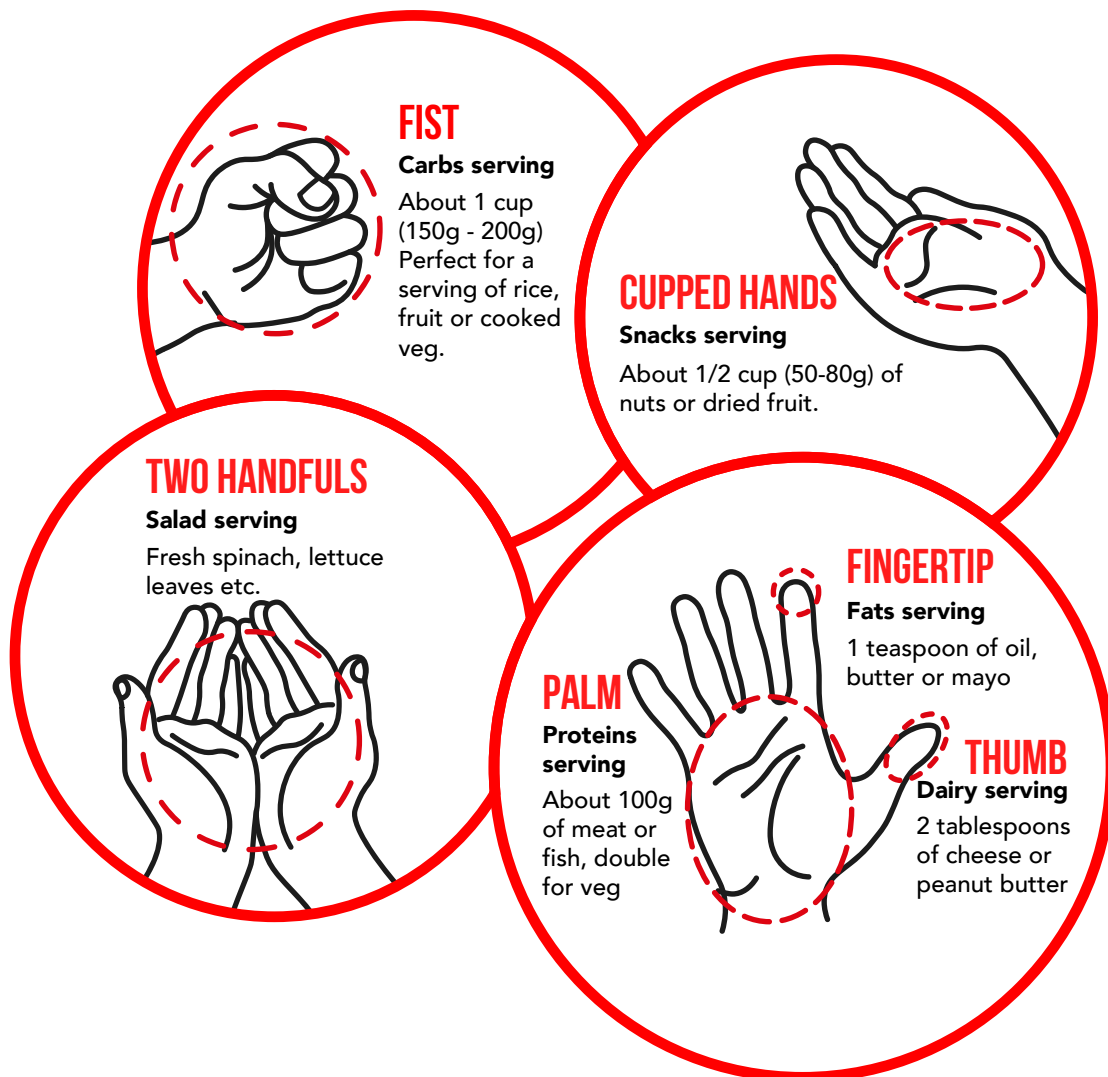
Here's an example. You want pasta for dinner. You've had a really active day and you're ravenous. You know you've not eaten a lot of carbs over your day. A serving of pasta, according to the label, might be 85g, but you might choose to eat 100g, and that's your portion size.

The government recommends a daily calorie intake of 2,500 calories for men to maintain weight as a general guide. A more accurate reflection of your personal energy requirements can come from your Total Daily Energy Expenditure (TDEE). This takes into account your height, weight, age and activity level to calculate your own personal recommendation. It's worth noting that illness and taking certain medicines can also change your energy needs.

WHAT'S A PORTION LOOK LIKE?

If you want to see if you're eating more than the suggested serving size then you can invest in some inexpensive digital kitchen scales. That's the most accurate way to measure serving sizes recommended by manufacturers. You won't always have to use the scales, but they'll give you a good understanding and you'll get familiar with how the amounts look on your plate.

HERE'S A GUIDE TO HELP YOU VISUALISE FOOD PORTIONS



STILL CONFUSED?

If you aim for the following portions in your day, you won't go wrong.

- **Fruit and veg:** 5+ portions a day
- **Dairy/dairy alternatives:** 2-3 portions a day
- **Starchy carbs:** 3-4 portions a day
- **Beans, pulses fish, eggs, meat and other proteins:** 2-3 portions a day

WILL I BE HUNGRY?

Not if we have any say in the matter. You can pretty much eat as much fruit and veg as you like as they're low calorie and also bring you benefits like fibre and nutrients. Stop thinking of foods as 'good' or 'bad'. Every food has a place in a balanced diet – yes, even cakes, crisps and beer – it's all about moderation.

Restricting what you eat can often lead to a diet cycle that's unsustainable. Been there before? This time avoid the blowouts and binges. Allow yourself to eat and drink a little of the things you love while you make plenty of overall healthier choices.

While we're talking hunger, have you thought that maybe your hunger is more emotional than physical? We all eat out of emotional hunger from time to time, but if it's tipping over for you then could be worth a look. Check out the big differences between the two.

NOT ALL HUNGER IS THE SAME

EMOTIONAL HUNGER

- Eating faster and/or less mindfully
- Triggered by stress or difficult emotions
- Triggers guilt, regret and self-loathing
- Eating more despite being full
- Eating regardless of when you last ate
- Craving specific foods
- Starts suddenly

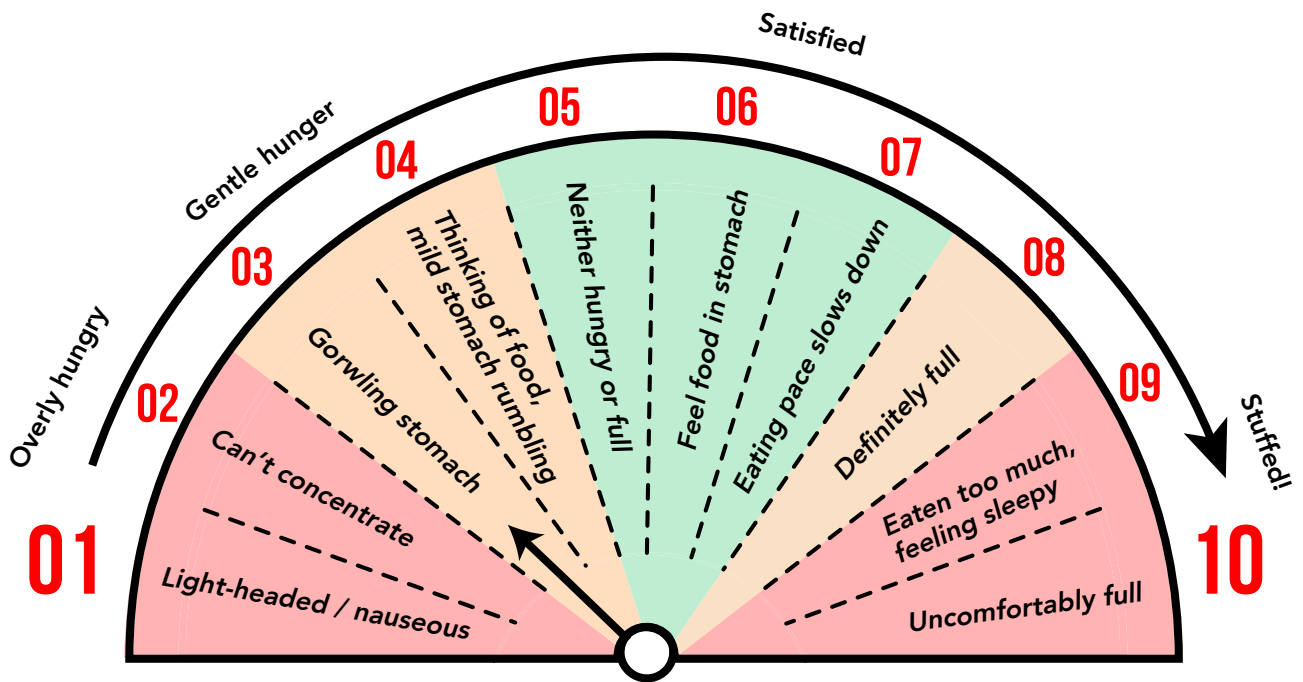
PHYSICAL HUNGER

- Feeling growling, rumbling, or pains in stomach
- Builds gradually
- Eating more mindfully
- Finding balanced options appealing
- Decreases as you eat and feel full

WHAT KIND OF HUNGER ARE YOU FEELING?

REMEMBER, YOU'RE IN CONTROL...

THE HUNGER SCALE



Growling stomach or need to make a boring meeting more exciting? Are you really hungry?

One way to tell is by using the hunger scale. Aim to stick to eating when you're around a 3, stopping when you're around a 6 or a 7. Take a note of your eating patterns and why you're eating over a few days and it'll quickly become clear if you're eating to fill a physical need or an emotional one.

DECODING FOOD LABELS & NUTRITIONAL INFO

There's no denying there's a lot of info on a food label. Acronyms, percentages, grids... it's easy to glaze over and give up. Once you've got a few key factors under your belt, choosing what to eat and drink is easy as pie.

INGREDIENTS LIST

Labels list ingredients in order of weight from biggest to smallest, so if sugar or oil is high up the ingredients list, it's safe to say that product has a high proportion of sugar/fat.

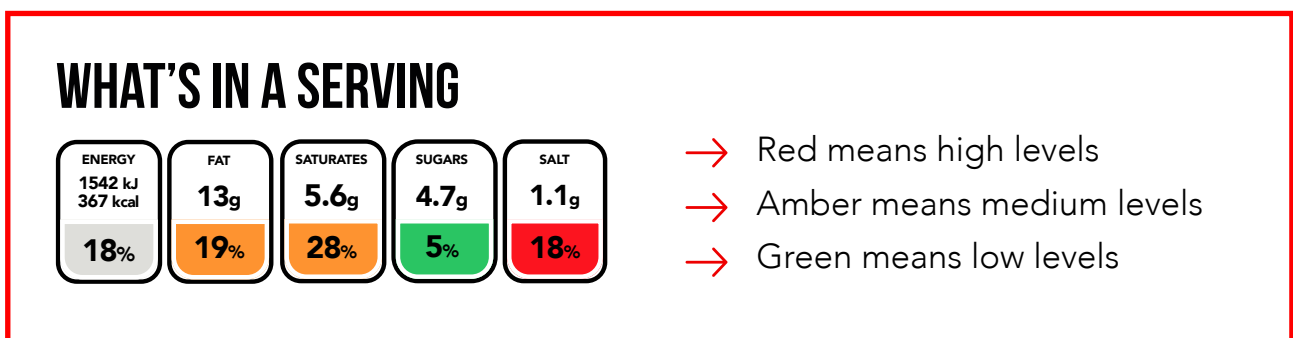
NUTRITIONAL DETAILS

On the label and on many recipes you'll also find plenty of nutritional info, like the energy the product provides, measured in units called calories (kcal). Often displayed as a grid or table, you'll see the amount of calories, fat, saturated fat, carbohydrate, sugar, protein and salt a product contains.

Information is provided per 100 grams and sometimes per recommended portion too. You'll also often see the nutritional breakdown given as a percentage of your Recommended Daily Intake (RDI). So if you see a food listed as showing 'Fat: 10% of your RDI' this means it contains 10% of your RDI of fat, not that the product is made up of 10% fat.

TRAFFIC LIGHT SYSTEM

The front of supermarket packaging often features a traffic light label. By using red, amber and green colour coding, you can tell quickly if a food has high, medium or low amounts of fat, saturated fat, sugars and salt:



MAN V FAT RECIPES

Each of our recipes shows you the RDI%, nutrient amount as well as using red, amber and green to give you an indication of the nutrient levels.

MANvFAT **GYM**

FOOD AS FUEL

USEFUL TIPS



WHAT TO EAT BEFORE AND AFTER TRAINING

BEFORE EXERCISE

You want to be fully fuelled before football, but what to eat? When you exercise your body needs energy fast and to get this energy your muscles turn to carbs stored in them. If the exercise is super intense or over around an hour, then your muscles will start to breakdown into amino acids (proteins) to fuel you further. This means around 1-3 hours before exercising, to give you time to digest, you'll want to think carbs and protein.



AFTER EXERCISE

The goal with eating after exercise is to help your body restore and repair your muscles so they build back stronger. Again, carbs and protein are going to help with this. Don't delay, the sooner you have a snack, the sooner your body can rebuild and repair and replenish your energy stores.

Some carb and protein combos we love are:

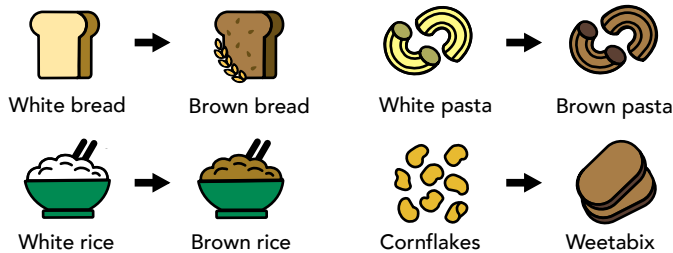


- Eggs on toast
- Chicken sandwich on wholegrain bread
- Hummus and grated carrot wrap
- Apple and peanut butter
- Greek yoghurt and berries
- Protein porridge

SIMPLE SWAP HACKS

Here are some little swaps you can make to powercharge your way to eating a healthier diet.

CHOOSE WHOLE GRAINS TO UP YOUR FIBRE INTAKE



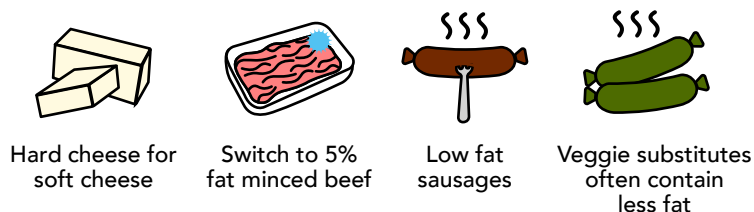
BOOST FIBRE

Adding fibre to your diet will stabilise your blood sugars and appetite, decrease inflammation and improve digestion.

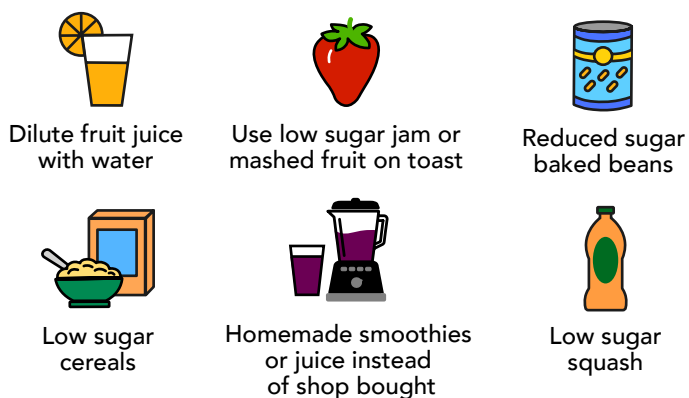
SLAUGHTER FAT

Cutting calories and staying below the daily recommended 30 grams of saturated fat can help you maintain healthy cholesterol levels and lower your risk of heart disease.

TRY THESE SWAPS TO REDUCE SATURATED FAT



TRY THESE SWAPS TO REDUCE PROCESSED SUGAR



SLAY SUGAR

Staying below the recommended 30 grams a day will reduce your risk of type 2 diabetes, obesity and heart disease.

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FOOD AS FUEL

RECIPES




RECIPES 101


New recipes can seem daunting but have no fear, our cheat sheet is here to help. Check out these notes on what you'll find on each of our recipes to help you get to grips with the basics. Ready, steady, cook!





This is where you'll find common allergen alerts so you can avoid anything you're allergic or intolerant to.


These stickers quickly show you if a recipe is vegetarian, vegan, gluten free or dairy free.

 **Main** → Our recipes are split into breakfasts, mains (lunch/dinner), snacks and desserts...but you can go wild and make a breakfast recipe for lunch, we dont mind!

 **10 mins** → This is our rough guide to how long it will take to get from a mere dream to prepped and cooked/chilled and ready for your belly.

 **351 Kcal per serving** → This is an idea of how many calories you'll be consuming per serving. A recipe might make enough for 4 servings, but the calorie guide you see noted like this is for 1 serving. Keep in mind it's a guide as it'll depend on the exact ingredients you use. Brands differ and the size of your fruit/veg etc can make this figure a little higher or lower.

 **4 servings** → This is how many servings the recipe makes. Don't be put off though! If you live alone, for instance, you could make this and save 3 servings for speedy lunch leftovers, or halve the recipe to make enough for 2 dinners.

 **Low sugar** → We've picked a few health benefits to highlight to help you plan your meals and get a better grasp on how food can fuel you.

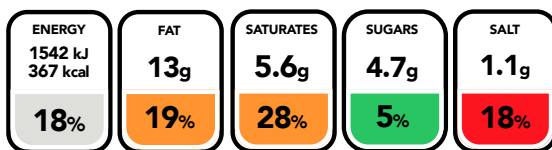
METHOD

The method gives you step-by-step instructions and tips on exactly how to make the recipe.

INGREDIENTS

In this section you'll see all the ingredients you'll need, listed in the order you'll use them and with a little note on how they're prepared if it's needed.

WHAT'S IN A SERVING



- Red means high levels
- Amber means medium levels
- Green means low levels

This is a more detailed breakdown of the nutritional info per serving to take your know-how to the next level and mix and match recipes to fit your diet. We use the same traffic light system you see on food labels with red, amber and green colour coding to quickly show if a food has high, medium or low amounts of fat, saturated fat, sugars and salt.

TIPS AND TWEAKS

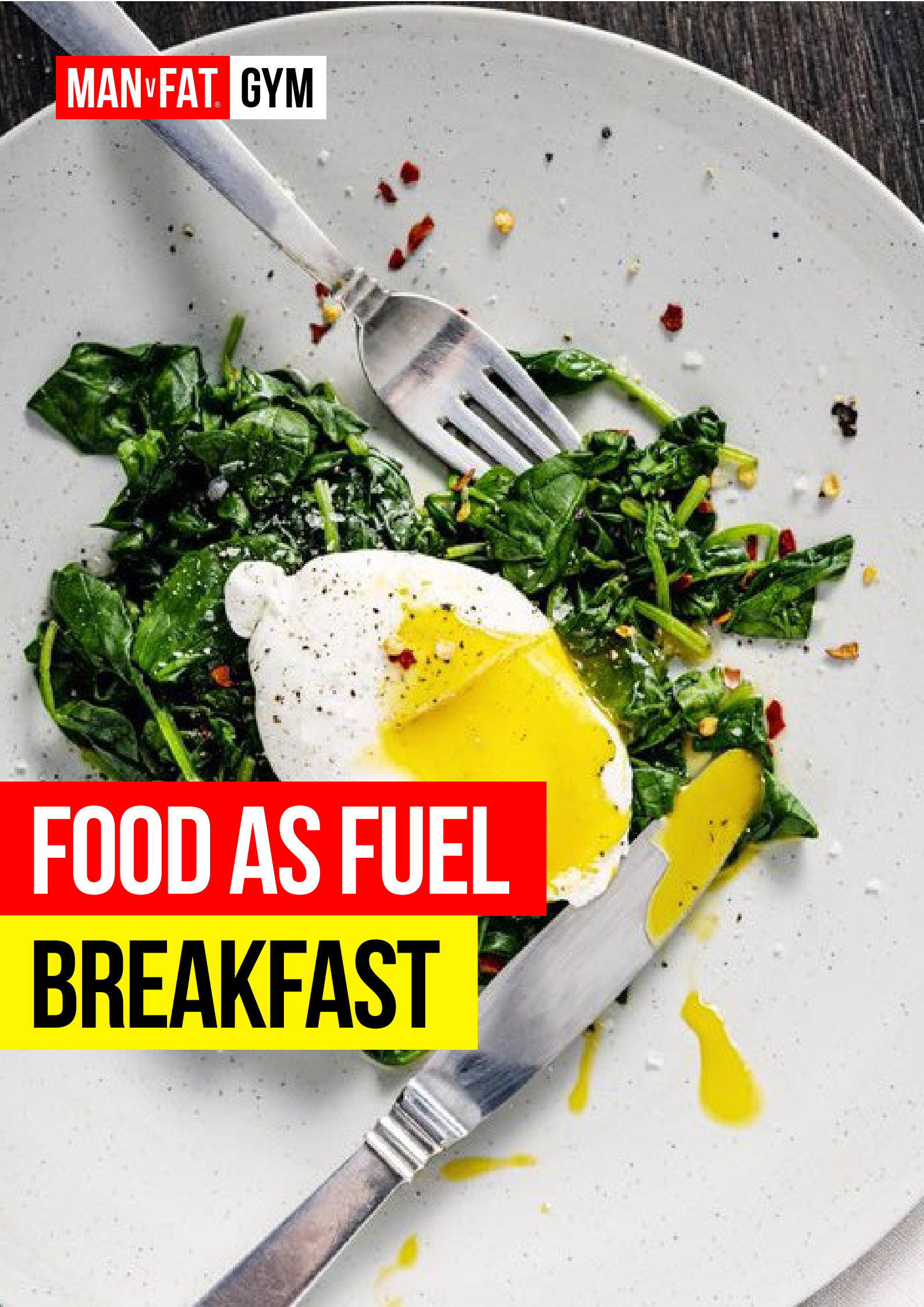
Try serving with steamed mangetout or veggies of your choice!

- This is our chance to share some bonus extras. Find tips like how to take this recipe and make it your own, swaps to turn it veggie or vegan, or suggestions on what to serve with it.

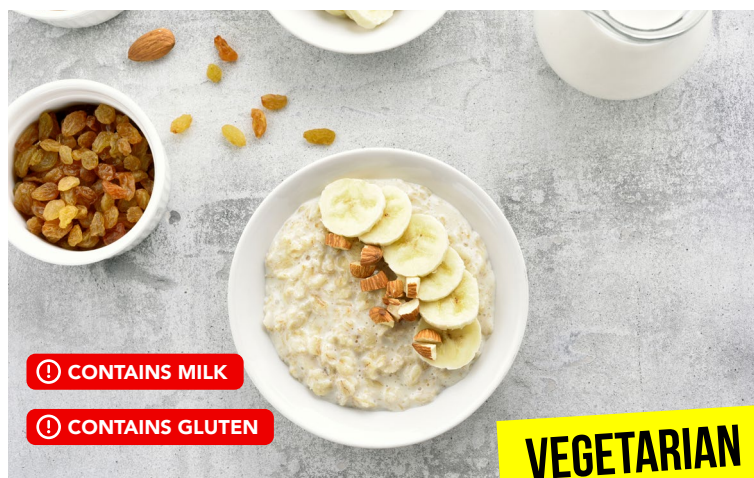
MANvFAT GYM

FOOD AS FUEL

BREAKFAST



BANANA BREAD PORRIDGE



CONTAINS MILK

CONTAINS GLUTEN

VEGETARIAN

⊗ Breakfast ⌚ 5 mins

📊 391 Kcal per serving

This recipe makes: 👤 1 serving

A good source of fibre, this family friendly recipe is the perfect way to start your morning!

- ✔ Low sugar
- ✔ Low fat
- ✔ Source of fibre
- ✔ Source of protein

METHOD

- 1 Measure out the oats.
- 2 Measure out the milk.
- 3 Mash the banana.
- 4 Combine oats, milk and mashed banana in a bowl and either heat in the microwave or on a hob over a medium heat for 2-3 minutes or until desired porridge consistency.
- 5 Sprinkle on cinnamon and raisins.

INGREDIENTS

- 50 porridge oats
- 200ml milk
- 1 medium banana
- 1/4 tsp cinnamon
- Sprinkle of raisins

WHAT'S IN A SERVING

ENERGY 1651 kJ 391 kcal 20%	FAT 8g 11%	SATURATES 3.4g 17%	SUGARS 34g 38%	SALT 0.3g 5%
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TIPS AND TWEAKS

Fancy it with a savoury twist? Add a teaspoon of peanut butter to the centre before eating.

CHORIZO MENEMEN EGGS



⊗ Breakfast ⌚ 25 mins

📊 279 Kcal per serving

This recipe makes: 👤 2 servings

This dish containing 2 of your 5 a day makes a great weekend breakfast.

✓ Low sugar ✓ High in protein

✓ Source of fibre

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 In a frying pan, gently fry the onions in a bit of water to stop them sticking, next throw in the sliced chorizo and stir for a couple of minutes, until the onions are softened.
- 3 Add the crushed garlic, and paprika and stir for another minute.
- 4 Add the chopped roasted red peppers, along with the chopped tomatoes and bring to a simmer.
- 5 Transfer the tomato mix to an oven proof dish. Make 2 small wells in the tomatoes and gently crack the eggs into these wells.
- 6 Sprinkle with a pinch of black pepper, crumble the feta over the tomatoes and eggs, along with a pinch of paprika over the top. Cover with foil.
- 7 Put in the oven for around 3 minutes until the eggs are cooked to your liking. For the best results, the yolk needs to be runny and the white solid, but you decide how you like your eggs!
- 8 Take out of the oven, sprinkle with parsley and serve.

INGREDIENTS

- 1 medium onion, finely sliced
- 40g chorizo, finely sliced
- 1 clove of garlic, mashed
- 1/4 tsp paprika
- 120g roasted red peppers in brine, cut into chunks
- 400g chopped canned tomatoes
- 20g feta cheese
- 2 medium eggs
- Pinch of black pepper
- 1 tsp fresh parsley, chopped

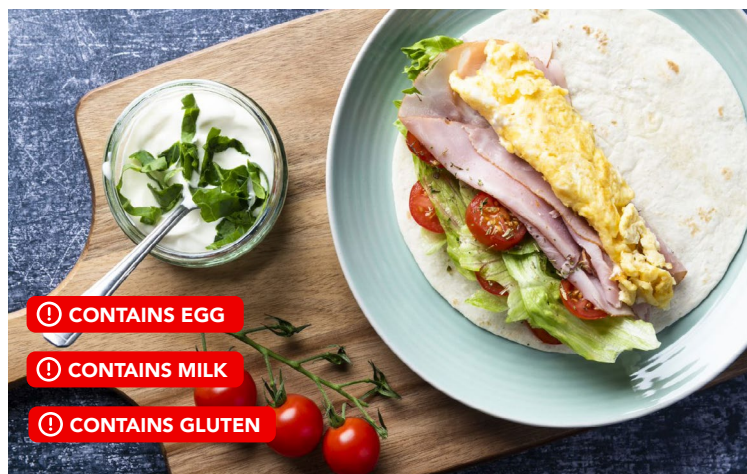
WHAT'S IN A SERVING

ENERGY 1166 kJ 279 kcal	FAT 14g	SATURATES 5.4g	SUGARS 15g	SALT 1.8g
14%	20%	27%	17%	30%

TIPS AND TWEAKS

Make it vegetarian by leaving out the chorizo and adding an extra teaspoon of paprika instead.

EGG & HAM BREAKFAST WRAP



⊗ Breakfast ⌚ 3 mins

🔥 367 Kcal per serving

This recipe makes: 👤 1 serving

A quick and simple protein-rich breakfast or lunch for the whole family!

✔ Low sugar ✔ High in protein

METHOD

- 1 Crack egg into bowl, add cheese and whisk.
- 2 Add a couple of squirts of fry light to your pre-heated frying pan and pour in egg mixture.
- 3 Cook egg until made into omelette.
- 4 Lay wrap flat onto plate, add lettuce, tomatoes and ham, then put omelette on top.
- 5 Roll wrap up together to make sausage shape and dig in!

TIPS AND TWEAKS

These make a delicious lunchbox filler you can make in advance.

INGREDIENTS

- 1 egg
- 15g of sliced low fat cheddar
- Fry light
- 2 mini tortilla wraps
- 3 slices of wafer thin ham
- Lettuce
- 4 cherry tomatoes

WHAT'S IN A SERVING

ENERGY 1542 kJ 367 kcal	FAT 13g	SATURATES 5.6g	SUGARS 4.7g	SALT 1.1g
18%	19%	28%	5%	18%

GRAB & GO BREAKFAST BARS



⊗ Breakfast ⌚ 40 mins

📊 332 Kcal per serving

This recipe makes: 👤 6 servings

Make a batch of these granola bars. Naturally sweet, they make the perfect breakfast to have on the go.

✔ Source of fibre ✔ Source of protein

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Mix the oats, cherries, cranberries and seeds together in a bowl.
- 3 Pour in the melted butter and mashed banana and mix thoroughly to make sure the oats are well coated.
- 4 Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.
- 5 Once cooked, transfer to a wire rack to cool, then cut into six bars.

TIPS AND TWEAKS

Swap the dried fruit for any you like. Dried apricots and dried figs are sticky and sweet!

INGREDIENTS

- 150g jumbo oats
- 60g dried cherries
- 60g dried cranberries
- 40g sunflower seeds
- 40g pumpkin seeds
- 60g melted butter
- 2 medium ripe bananas, mashed

WHAT'S IN A SERVING

ENERGY 1388 kJ 332 kcal	FAT 17g	SATURATES 6.6g	SUGARS 17g	SALT 0.01g
17%	24%	33%	19%	0%

NUTS ABOUT BANANA BAGELS



CONTAINS PEANUTS

CONTAINS GLUTEN

VEGETARIAN

Breakfast 3 mins

433 Kcal per serving

This recipe makes: 1 serving

Protein to keep you feeling full, banana for a hit of energy, what's not to love about these easy to make breakfast bagels.

Source of protein Source of fibre

METHOD

- 1 Slice open the bagel and lightly toast.
- 2 Spread the peanut butter on one side of the bagel and top with banana slices.
- 3 Place the other slice of bagel on top and you're ready to get munching!

TIPS AND TWEAKS

For a hit of sweetness, drizzle over a little honey!

INGREDIENTS

- 1 bagel
- 1 banana, sliced
- 1 tbsp peanut butter

WHAT'S IN A SERVING

ENERGY 1824 kJ 433 kcal	FAT 11g	SATURATES 2.8g	SUGARS 24g	SALT 1.3g
22%	16%	14%	27%	22%

POACHED EGGS



🍳 Breakfast 🕒 5 mins

📊 149 Kcal per serving

This recipe makes: 👤 1 serving

Enjoy these simple and healthy poached eggs that are packed full of vitamins and protein.

✔ High in protein ✔ Low sugar

METHOD

- 1 Bring a small saucepan of water to the boil then lower the heat to a gentle simmer.
- 2 Crack the eggs and place gently into the water.
- 3 Leave them to cook for around 3 mins.

TIPS AND TWEAKS

We love to serve our poached eggs on some wilted spinach with chilli flakes, or for an added protein boost serve with smoked salmon. Yum!

INGREDIENTS

- 2 eggs

WHAT'S IN A SERVING

ENERGY	FAT	SATURATES	SUGARS	SALT
619 kJ 149 kcal	11g	3g	0g	0.3g
7%	16%	15%	0%	5%

SCRAMBLED EGGS



⊗ Breakfast ⌚ 5 mins

📊 165 Kcal per serving

This recipe makes: 👤 1 serving

A quick and easy, high in protein plate that's perfect for busy mornings.

✔ Low sugar ✔ High in protein

✔ High in vitamin D

METHOD

- 1 Crack 2 eggs into a bowl, add 2 tbsp of semi skimmed milk and a pinch of pepper and whisk together until combined.
- 2 Place in a saucepan and continuously stir in the pan over a medium heat until it combines and becomes scrambled.

TIPS AND TWEAKS

You can make these in the microwave too by heating for 1 min at a time, stirring in between until scrambled.

INGREDIENTS

- 2 eggs
- 2 tbsp semi-skimmed milk

WHAT'S IN A SERVING

ENERGY	FAT	SATURATES	SUGARS	SALT
690 kJ 165 kcal	10g	3.6g	1.5g	0.44g
8%	14%	18%	2%	7%

SHAKSHUKA



Breakfast 35 mins

240 Kcal per serving

This recipe makes: 4 servings

This super-easy shakshuka makes a tasty weekend brunch and is a great source of fibre, leaving you feeling full and satisfied.

Low fat High in protein Low salt

Source of fibre

METHOD

- 1 Heat the olive oil in a frying pan on medium heat, and soften the onions, stirring regularly. Add the cumin and peppers and cook for another 10 minutes.
- 2 Pour in the tinned tomatoes, 200ml water and seasoning then leave to thicken over a low heat for a further 10 minutes.
- 3 Using the back of your spoon, make 4 little pockets in your tomato mixture and crack an egg into each one. Cover your pan with a lid or foil and cook until your eggs are as you like them.
- 4 Serve with a sprinkle of parsley and dollop of yoghurt.

INGREDIENTS

- 2 red onions, finely sliced
- 4 garlic cloves, finely sliced
- 4 mixed coloured peppers, finely sliced
- 1 tsp olive oil
- 1 tsp ground cumin
- 2 400g tinned plum tomatoes
- 4 eggs
- 1/2 bunch fresh leaf parsley, chopped
- 4 tbsp natural yoghurt

WHAT'S IN A SERVING

ENERGY 1006 kJ 240 kcal	FAT 8.3g	SATURATES 2.8g	SUGARS 21g	SALT 0.32g
12%	12%	14%	23%	5%

TIPS AND TWEAKS

Short on peppers but have surplus mushrooms or aubergine to use up? Use them instead!

TWISTED BLT



⊗ Breakfast ⌚ 15 mins

🍽️ 421 Kcal per serving

This recipe makes: 👤 1 serving

Take the classic BLT and make it healthier without compromising on flavour.

✔️ Low sugar ✔️ Source of fibre

✔️ Source of protein

METHOD

- 1 Grill the turkey bacon rashers under a pre-heated grill for 1-2 minutes, turning once.
- 2 Cut the muffin in half and spread the mayo over one half.
- 3 Top with lettuce, tomato, bacon rasher and a grind of pepper to taste.
- 4 Pop the other half of muffin on top, put it on your favourite plate and enjoy!

TIPS AND TWEAKS

Twist this vegetarian by switching the bacon for a meat substitute.

INGREDIENTS

- 2 turkey bacon rashers
- 1 wholemeal breakfast muffin
- 1/2 cup iceberg lettuce, sliced
- 1 beef tomato, sliced
- 2 tbsp light mayo

WHAT'S IN A SERVING

ENERGY	FAT	SATURATES	SUGARS	SALT
1764 kJ 421 kcal	17g	3.7g	23g	2.6g
21%	24%	19%	26%	43%

MANvFAT GYM



FOOD AS FUEL

MAINS

BROAD BEAN CHICKEN



⊗ Main ⌚ 10 mins

📊 294 Kcal per serving

This recipe makes: 👤 4 servings

This meal alone gives you a great head start on getting your 5 a day, without much effort or time at all.

✔ Source of fibre ✔ High in protein ✔ Low salt
✔ Low sugar

METHOD

- 1 In a microwaveable bowl, mix the broad beans, peas and butter beans with a splash of water. Cover with cling film and microwave for 3 minutes. Take out and immediately run under cold water to cool them down. Drain and put back in the bowl.
- 2 To make the dressing, add the olive oil, lemon juice, all the herbs, capers and crushed garlic to a jar. Pop the lid on and shake until well combined, then pour over the beans and peas and mix well. Gently toss in the lettuce leaves.
- 3 Cut the chicken breast into strips, tear the mozzarella into pieces and place on top of the beans.

TIPS AND TWEAKS

Serve warm or cold. You could mix things up by swapping the mozzarella for a rasher of crispy bacon!

INGREDIENTS

- 200g broad beans, frozen
- 200g peas, frozen
- 240g butter beans, tinned
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 2 spring onions, sliced
- 5g fresh parsley, chopped
- 5g fresh dill, chopped
- 5g fresh mint, chopped
- 1 tsp capers
- 1 clove garlic, crushed
- Handful mild lettuce leaves to taste
- 2 roast chicken breasts, skin removed
- 120g reduced-fat mozzarella

WHAT'S IN A SERVING

ENERGY 1237 kJ 294 kcal	FAT 8.6g	SATURATES 3.2g	SUGARS 4.8g	SALT 0.38g
15%	12%	16%	5%	6%

BROCCOLI PESTO PASTA



⊗ Main ⌚ 20 mins

📊 498 Kcal per serving

This recipe makes: 👤 2 servings

This delicious plate of pasta is perfect for a speedy supper, using whole grain pasta to boost your fibre for the day.

- ✔ Source of protein
- ✔ Low sugar
- ✔ Low salt
- ✔ Source of fibre

METHOD

- 1 Cut the broccoli into florets and steam or boil until tender.
- 2 Put your pasta on to boil in lightly salted water, cooking per packet instructions, adding the frozen peas 3 minutes before the pasta is cooked to defrost and reheat.
- 3 In a blender, blend olive oil, cashew nuts, garlic (crushed or grated), spinach and a pinch of salt.
- 4 Add the cooked broccoli to the blender and blend until smooth pesto consistency. Add a splash of broccoli water to the blender if needed.
- 5 Strain the pasta and peas. Place back in the saucepan, add the broccoli pesto and mix before serving.

INGREDIENTS

- 100g broccoli
- 40g baby spinach
- 20g cashew nuts
- 2 tbsp olive oil
- 2 cloves garlic
- 150g wholemeal pasta
- 110g frozen peas

WHAT'S IN A SERVING

ENERGY 2084 kJ 498 kcal	FAT 20g	SATURATES 3.3g	SUGARS 7.1g	SALT 0.44g
25%	29%	17%	8%	7%

TIPS AND TWEAKS

Not a fan of peas? Swap for frozen sweetcorn instead!

CHICKEN SATAY SKEWERS



⚠ CONTAINS SOYA

⚠ CONTAINS MILK

⚠ CONTAINS GLUTEN

⚠ CONTAINS PEANUTS

⊗ Main ⌚ 50 mins

🔥 300 Kcal per serving

This recipe makes: 👤 6 servings

This lower fat version of an Asian favourite is packed with nutty goodness and will become a firm favourite.

✅ High in protein ✅ Low salt

METHOD

- 1 Heat the oil in a frying pan over a high heat. Add the onions and season with salt and pepper. Keep stirring and cooking until they start to soften. Add the garlic, ginger and chilli to the pan and fry for another 3-4mins. Transfer your onion mixture to a plate to cool.
- 2 Once cool, add the onion mixture to a food processor along with the peanut butter, yoghurt and soy sauce. Blend to a chunky consistency. Transfer your blended paste to a large mixing bowl with your chicken and coat. Marinate your chicken for at least 30 mins, if not longer.
- 3 Heat the grill to the highest level. Thread the marinated chicken pieces onto skewers (trying to balance the same amount on each skewer). Place your chicken skewers on a foil laid on a large baking tray. Grill for approx. 10 mins without turning, until the chicken is cooked through.
- 4 Arrange your chicken skewers on a serving plate with lime wedges and scatter over the chopped peanuts, coriander and spring onions.

TIPS AND TWEAKS

Make a big batch and enjoy leftovers as a quick and easy weekday lunch, or serve with basmati rice as a filling supper.

INGREDIENTS

- 1 tbsp olive oil
- 2 onions, sliced
- 4 garlic cloves, sliced
- 5cm piece of ginger, grated
- 1 red chili, sliced
- 100g crunchy peanut butter
- 100g plain natural yoghurt
- 2 tbsp soy sauce
- 4 chicken breasts, chopped into bite size pieces
- Lime, cut into wedges
- Handful of roasted peanuts, chopped
- Handful of fresh coriander (approx. 30g)
- Spring onions, sliced

WHAT'S IN A SERVING

ENERGY 1256 kJ 300 kcal	FAT 14g	SATURATES 2.5g	SUGARS 6.7g	SALT 1.2g
15%	20%	13%	7%	20%

CHICKEN SAUSAGE CASSEROLE



DAIRY FREE

⊗ Main ⌚ 1 hr 10 mins

📊 439 Kcal per serving

This recipe makes: 👤 6 servings

A hearty meal packed with meat, pulses and vegetables to provide plenty of healthy nutrients.

✔ High in protein ✔ Low sugar ✔ Low fat

✔ High in fibre

METHOD

- 1 Preheat the oven to 180°C 180°C/350°F/Gas 4.
- 2 Place the sausages in a pan with the oil and fry for around 5-10 minutes over a medium heat.
- 3 Add the chopped onion and soften for a few minutes.
- 4 Add all the other ingredients apart from the potatoes to the pot with the sausage and onion, making sure the stock covers the vegetables.
- 5 Place the slices of potato over the top of the other ingredients to cover.
- 6 Place the pot in the oven (without the lid) for around 60 minutes or until the potatoes are browning and soft.

TIPS AND TWEAKS

Try swapping the potatoes for sweet potatoes to add a bit of extra colour!

INGREDIENTS

- 12 chicken sausages
- 1 large onion, chopped
- 1 tin chopped tomatoes
- 1 tin mixed beans
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 tsp mixed herbs
- 1 tsp rapeseed oil
- 750ml chicken or vegetable stock
- 2-3 sliced potatoes

WHAT'S IN A SERVING

ENERGY 1845 kJ 439 kcal	FAT 13g	SATURATES 3.3g	SUGARS 14g	SALT 1.9g
22%	19%	17%	16%	32%

COD WITH TOMATOES & OLIVES



CONTAINS FISH

GLUTEN & DAIRY FREE

⊗ Main ⌚ 20 mins

📊 363 Kcal per serving

This recipe makes: 👤 4 servings

Cod is a great source of protein, packed with B vitamins and minerals making it a great choice for dinner!

✓ High in protein ✓ Low sugar

✓ Source of protein

METHOD

- 1 Heat 1 tbsp of oil in a large frying pan. Finely chop the onion and garlic, then fry for 2 minutes. Roughly chop the rosemary, then add to the pan with the tomatoes, olives and sugar. Simmer for 5 minutes, then taste and season with a little salt and plenty of pepper.
- 2 Add the cod fillets to the pan, carefully pushing them into the tomato sauce. Cover with a lid and cook for a further 8-10 minutes until the fish is cooked through.
- 3 Meanwhile slice the spring greens. Heat the remaining oil in another large frying pan over a high heat, then add the spring greens and stir-fry for 2 minutes or until wilted. Season with salt and pepper.
- 4 Serve the greens (stir fried or steamed) alongside the fish, with the tomato and olive sauce spooned over.

TIPS AND TWEAKS

You can swap cod for salmon fillets if you prefer.

INGREDIENTS

- 2 tbsp olive oil
- 1 onion
- 2 garlic cloves
- 4 fresh rosemary sprigs
- 1 400g tin chopped tomatoes
- 150g pitted kalamata olives
- Freshly ground black pepper
- 1 tsp caster sugar
- 4 sustainable skinless cod fillets
- 400g spring greens

WHAT'S IN A SERVING

ENERGY 1518 kJ 363 kcal	FAT 18g	SATURATES 2.4g	SUGARS 9.6g	SALT 1.5g
18%	26%	12%	11%	25%

EASY PICNIC LUNCH



⊗ Main ⌚ 5 mins

📊 420 Kcal per serving

This recipe makes: 👤 1 serving

If you fancy a grazing plate for lunch rather than a meal, this is the perfect mix, with 2 of your 5 a day.

✔ Source of protein ✔ Low sugar

✔ Source of fiber

METHOD

- 1 Wash and chop the tomatoes and cucumber.
- 2 Spread the cream cheese onto 2 of the rice cakes.
- 3 Spread some of the hummus onto the other 2 rice cakes.
- 4 Add the Quorn ham, slices of cucumber and tomatoes to the top and tuck in!

TIPS AND TWEAKS

If you eat meat you can always swap the Quorn ham for slices of turkey or chicken breast.

INGREDIENTS

- 5 cherry tomatoes
- 1/4 cucumber
- 4 rice cakes
- 35g light cream cheese
- 75g reduced fat hummus
- 4 slices of Quorn ham

WHAT'S IN A SERVING

ENERGY 1761 kJ 420 kcal	FAT 17g	SATURATES 4.1g	SUGARS 7.2g	SALT 1.4g
21%	24%	21%	8%	23%

FALAFEL PITTA



⚠ CONTAINS MILK

⚠ CONTAINS GLUTEN

VEGETARIAN

⊗ Main ⌚ 5 mins

📊 404 Kcal per serving

This recipe makes: 👤 1 serving

Perfect when you're not sure what to have for dinner and need something healthy, fast and delicious.

✔ Source of protein ✔ Low fat ✔ Low salt

✔ Source of fibre

METHOD

- 1 Warm the pitta bread in the toaster.
- 2 Rinse your salad leaves.
- 3 Place falafel on microwaveable plate and heat for 1 minute on high.
- 4 Slice one side of the pitta bread open and fill with falafel patties, salad and a drizzle of tzatziki.
- 5 That's it! Tuck in.

TIPS AND TWEAKS

Try mixing up the toppings like adding a sprinkle of grated cheese or some grated carrot.

INGREDIENTS

- 1 wholemeal pitta
- 3 shop bought falafel patties
- Handful of salad
- 2 cherry tomatoes, sliced
- 1/8 large cucumber, sliced
- 1 tsp tzatziki

WHAT'S IN A SERVING

ENERGY 1698 kJ 404 kcal	FAT 11g	SATURATES 2.2g	SUGARS 9.3g	SALT 1.3g
20%	16%	11%	10%	22%

HONEY & GARLIC GLAZED SALMON



ⓘ CONTAINS SOYA

ⓘ CONTAINS FISH

ⓘ CONTAINS GLUTEN

DAIRY FREE

⊗ Main ⌚ 10 mins

📊 351 Kcal per serving

This recipe makes: 👤 4 servings

Enjoy this quick and easy fish dish, packed full of protein.

✔ High in protein ✔ Low sugar

METHOD

- 1 In a bowl, whisk together honey, soy sauce and lemon juice.
- 2 In a large non-stick frying pan over medium-high heat, heat 2 tablespoons of oil.
- 3 When oil is hot, add the salmon, skin-side up, and season with salt and pepper. Cook the salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
- 4 Add garlic to the pan and cook until fragrant, about 1 minute.
- 5 Add the honey mixture and sliced lemons and cook until the sauce is reduced by about a third.
- 6 Baste salmon with the sauce and garnish with sliced lemon.

INGREDIENTS

- 2 tbsp honey
- 2 tbsp soy sauce
- 2 tbsp lemon juice
- 3 tbsp extra virgin olive oil
- 4 6-oz. salmon fillets, patted dry with a paper towel
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds

WHAT'S IN A SERVING

ENERGY 1466 kJ 351 kcal	FAT 20g	SATURATES 3g	SUGARS 11g	SALT 1.4g
18%	29%	15%	12%	23%

TIPS AND TWEAKS

Try serving with steamed mangetout or veggies of your choice!

JAMAICAN INSPIRED LAMB STEW



CONTAINS EGG

CONTAINS MILK

CONTAINS GLUTEN

⊗ Main ⌚ 3 hrs 15 mins

📊 476 Kcal per serving

This recipe makes: 👤 4 servings

You'll love this taste of the Caribbean that's warming and will help you fight off bugs containing vitamin A and C.

✔ High in fibre ✔ Low fat

METHOD

- 1 Preheat the oven to 150°C/300°F/Gas 2.
- 2 Put the lamb, olive oil, jerk seasoning, curry powder, dried thyme, garlic, scotch bonnet chilli (whole) and lemon juice in a large casserole and mix. Cook on the hob on a medium heat until the lamb is browned.
- 3 Add the stock, passata and the butter beans including water, and bring to the boil then add the chopped vegetables and lentils.
- 4 Lid on, bake in the oven for about 2.5 hours, stirring occasionally and serve with a sprinkle of coriander.

TIPS AND TWEAKS

Not a lamb lover? Swap for stewing beef instead!

INGREDIENTS

- 400g lean lamb, cubed
- 1 tbsp olive oil
- 1 tbsp jerk seasoning
- 1 tbsp mild curry powder
- 1 tbsp dried thyme
- 2 garlic cloves, crushed
- Juice of ½ a lemon
- 1 scotch bonnet pepper
- 500g passata
- 800ml chicken stock
- 400g can butter beans
- 2 medium carrots
- 1 yellow pepper
- 160g green beans
- 1 medium onion
- 100g red lentils
- Small handful chopped coriander

WHAT'S IN A SERVING

ENERGY 2004 kJ 476 kcal	FAT 10g	SATURATES 2.3g	SUGARS 15g	SALT 3.6g
24%	14%	12%	17%	60%

LEBANESE STYLE HUMMUS PIZZA



CONTAINS MILK

CONTAINS GLUTEN

VEGETARIAN

⊗ Main ⌚ 10 mins

📊 328 Kcal per serving

This recipe makes: 👤 1 serving

Chickpeas are a great source of plant-based protein and fibre, meaning this pizza is guaranteed to leave you feeling satisfied.

✔ Source of fibre ✔ Low sugar

METHOD

- 1 Pre-heat the grill on a medium to high heat.
- 2 Unfold the flatbread and smother with hummus.
- 3 Slice the mushrooms and tomatoes and place on top of the hummus, along with the tapenade paste. Sprinkle on the oregano, smoked paprika, black pepper, balsamic glaze and olive oil and place under the grill for 6 minutes, or until warmed and toasted lightly.
- 4 Sprinkle over a few rocket leaves and serve.

TIPS AND TWEAKS

For an even heartier meal, top with pre-made falafel balls.

INGREDIENTS

- 1 malted grain and seed flatbread
- 50g reduced fat hummus
- 25g cherry tomatoes
- 30g white mushrooms
- 1 tsp green tapenade paste
- Drizzle of balsamic glaze
- Pinch of dried oregano
- A few rocket leaves
- 1 tsp extra virgin olive oil
- A pinch of smoked paprika

WHAT'S IN A SERVING

ENERGY 1372 kJ 328 kcal	FAT 15g	SATURATES 2g	SUGARS 11g	SALT 1.3g
16%	21%	10%	12%	22%

PAELLA



⊗ Main ⌚ 30 mins

📊 496 Kcal per serving

This recipe makes: 👤 2 servings

Try this colourful, vibrant dish that's a great source of fibre.

✔ High in protein ✔ Low sugar

✔ Source of fiber

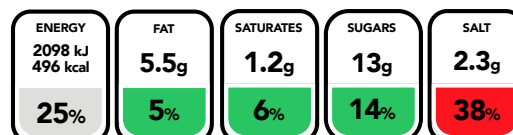
METHOD

- 1 Put the olive oil, garlic and onion in a pan and cook for 2-3 minutes.
- 2 Add the chicken and cook until it's cooked through and then add the peppers and cook for a further 2 minutes.
- 3 Add the rice and stir until the rice goes slightly see through.
- 4 Add the stock and let it absorb, keep stirring so it doesn't stick to the bottom!
- 5 Once you've added all the stock, add the peas and paprika.
- 6 To finish, add the prawns and heat them through. Once the prawns are cooked through and all the stock has been absorbed you are ready to serve, enjoy!

INGREDIENTS

- 1 tsp of olive oil
- 2 cloves of garlic
- 1 onion
- 1 chicken breast, diced
- 1 pepper
- 120g risotto rice
- 600ml vegetable stock (500ml water and 1 stock cube)
- 80g peas
- 2 tsp smoked paprika
- 50g of cooked prawns

WHAT'S IN A SERVING



TIPS AND TWEAKS

You can always replace the chicken breast with leftover roast chicken or turkey if you have some to hand.

SPAGHETTI WITH TURKEY RAGU



CONTAINS MILK

CONTAINS GLUTEN

⊗ Main ⌚ 20 mins

📊 590 Kcal per serving

This recipe makes: 👤 4 servings

A hearty Italian style dish that's great for you as it's packed with lean protein.

✔ High in protein ✔ Low fat

METHOD

- 1 In a large pot of boiling water, cook spaghetti according to package directions until al dente. Drain and return to pot.
- 2 Meanwhile, in a large frying pan over medium-high heat, cook onion, garlic, and carrot until tender.
- 3 Add turkey and cook until golden (around 6 to 8 minutes) then season with salt and pepper.
- 4 Add the wine, chopped tomatoes, and rosemary and let cook for a further 5 minutes.
- 5 Toss spaghetti with ragu and garnish with parsley and parmesan to serve.

TIPS AND TWEAKS

Not a fan of turkey mince? Try swapping to low-fat beef mince instead.

INGREDIENTS

- 340g spaghetti
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large carrot
- 450g turkey mince
- 230ml white wine
- 2 cans chopped tomatoes
- 2 tbsp chopped rosemary
- Bunch of freshly chopped parsley
- Freshly grated Parmesan, for garnish

WHAT'S IN A SERVING

ENERGY 2494 kJ 590 kcal	FAT 5.9g	SATURATES 2.5g	SUGARS 17g	SALT 0.48g
30%	8%	13%	19%	8%

TEXAN CHILLI


VEGETARIAN

⊗ Main ⌚ 1 hr 15 mins

⚙️ 326 Kcal per serving

This recipe makes: 👤 4 servings

This chilli is guaranteed to please, full of protein and bursting with smoky flavours.

✓ High in fibre ✓ High in protein

✓ Low fat ✓ Low sugar

METHOD

- 1 Pre-heat the oven to 150°C/300°C/Gas 2.
- 2 Chop the vegetables and add the onion, carrot, celery and a splash of water to a non-stick ovenproof pan. Cook for around 5 minutes, stirring occasionally to make sure it doesn't burn.
- 3 Add all the spices, cocoa powder and the chipotle paste to the pot and stir well to combine. Cook for another few minutes to really bring the spices to life.
- 4 Add the passata, black beans, kidney beans and lentils and stir well. Cover and put the dish in the oven for an hour.
- 5 Stir every 15 minutes. If the chilli dries out, add some hot water to get it to a consistency of your liking, but try not to add too much water as this will dilute the flavour. Add a little at a time to be on the safe side.
- 6 Season with salt and pepper and serve!

TIPS AND TWEAKS

Get creative and use any vegetables that take your fancy!

INGREDIENTS

- 1 medium onion, sliced
- 2 celery stalks, chopped
- 2 large carrots, chopped
- 3 cloves of garlic, crushed
- 1 tbsp smoked paprika
- 2 tsp chipotle paste
- ½ tsp chilli flakes
- 1 tsp cumin powder
- 1 tsp turmeric powder
- 1 tbsp dried oregano
- 1/2 tsp cocoa powder
- 400g tinned black beans, drained
- 400g tinned kidney beans, drained
- 400g tinned lentils, drained
- 500g passata

WHAT'S IN A SERVING

ENERGY 1372 kJ 326 kcal	FAT 2.7g	SATURATES 0.4g	SUGARS 18g	SALT 0.71g
16%	4%	2%	20%	12%

TURKEY STIR FRY



⊗ Main ⌚ 10 mins

🔥 491 Kcal per serving

This recipe makes: 👤 4 servings

This stir fry makes for a great quick and easy dinner and thanks to the turkey you'll be getting plenty of protein in as well.

✔ Source of fibre ✔ High in protein

✔ Low fat ✔ Low sugar

METHOD

- 1 Prepare all the vegetables and turkey by slicing thinly.
- 2 Cook the noodles as per the packet instructions.
- 3 Mix the orange juice, orange zest, soy sauce and cornflour until smooth and set to one side.
- 4 Heat the oil in a wok or a very large frying pan.
- 5 Add the turkey and stir fry briskly for 3 minutes.
- 6 Add the spring onions, peppers, carrots, celery and mushrooms and stir fry over a high heat for another 3 minutes, until the turkey is cooked – the vegetables should remain crisp and crunchy.
- 7 Give the orange juice mixture a good stir, add it to the stir fry and cook for a few moments until thickened.
- 8 Drain the noodles thoroughly, then add them to the turkey mixture stirring thoroughly and serve immediately.

INGREDIENTS

- 1 bunch spring onions
- 1 red pepper
- 1 yellow pepper
- 2 carrots
- 2 celery sticks
- 100g mushrooms
- 250g dried egg noodles
- Zest of 1 orange
- Juice of 2 oranges
- 4 tbsp soy sauce
- 2 tbsp cornflour
- 1 tbsp vegetable oil
- 350g fresh turkey

WHAT'S IN A SERVING

ENERGY 2079 kJ 491 kcal	FAT 6.1g	SATURATES 0.9g	SUGARS 14g	SALT 3.1g
25%	9%	5%	16%	52%

TIPS AND TWEAKS

Noodles not your thing? Swap them for rice instead or just add extra veggies!

FOOD AS FUEL

DESSERT



APPLE AND PLUM CRUMBLE



⊗ Dessert ⌚ 1 hr 10 mins

🔋 420 Kcal per serving

This recipe makes: 👤 8 servings

This dessert is perfect for a chilly day and adds a boost of fibre to your diet.

✔ Source of fibre ✔ Source of protein

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Peel, core and chop the apples into slices. Squeeze the lemon juice over the apple and mix well to prevent the apples from discolouring.
- 3 Core the plums and cut them into slices.
- 4 Layer the apple and plum slices in a large oven proof dish. Spoon over the water. Sprinkle over the cinnamon and mixed spice and mix together gently.
- 5 Bake in the oven for 30 minutes until lightly browned and mostly cooked.
- 6 Meanwhile place the flour in a large bowl and then rub in the butter until it resembles breadcrumbs - leave a few lumps of butter so that the topping is not too fine.
- 7 Stir in the sugar, desiccated coconut, ground almonds and oats and combine well.
- 8 Sprinkle the crumble topping evenly over the fruit. Bake for a further 30 minutes or until the topping is golden brown and has a crispness.
- 9 Cool for a few minutes before serving.

INGREDIENTS

- 900g apples
- 400g plums
- 1 lemon
- 4 tbsp cold water
- 1 tsp cinnamon
- 1 tsp mixed spice
- 195g plain flour
- 175g butter
- 50g desiccated coconut
- 50g ground almonds
- 75g oats
- 35g brown sugar

WHAT'S IN A SERVING

ENERGY 1753 kJ 420 kcal	FAT 22g	SATURATES 9.5g	SUGARS 20g	SALT 0.27g
21%	31%	48%	22%	5%

TIPS AND TWEAKS

Make this dairy free or vegan by using a vegetable-based spread instead of butter.

COCONUT BANANA BREAD



Dessert 1 hr 20 mins

334 Kcal per serving

This recipe makes: 10 servings

Love soft, squidgy banana bread? Try this lower sugar version for a bang of fibre and sweet banana goodness.

Source of fibre Source of protein

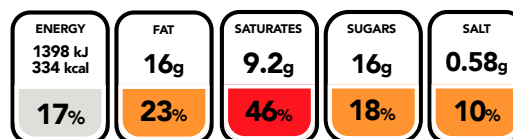
METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Sift the flour, bicarbonate of soda and salt into a large mixing bowl.
- 3 Add the desiccated coconut, ground almonds and spices to the flour and mix until evenly blended.
- 4 In another bowl, cream the butter and sugar together until light and fluffy.
- 5 Add the eggs, mashed bananas and milk to the butter and sugar mixture and mix well.
- 6 Fold in the flour mixture.
- 7 Lightly grease a 2lb loaf tin and pour the cake mixture into the tin.
- 8 Put in the oven and bake for about an hour until the cake is well-risen and golden-brown.
- 9 Remove from the oven and cool in the tin for a few minutes, then turn out and allow to cool for 20 minutes before serving.

INGREDIENTS

- 285g plain flour
- 1 tsp bicarbonate of soda
- 1/2 tsp salt
- 50g desiccated coconut
- 50g ground almonds
- 1 tsp ground cinnamon
- 1 tsp ground mixed spice
- 110g unsalted butter
- 100g caster sugar
- 2 free-range eggs
- 3 ripe bananas, mashed
- 3 tbsp semi-skimmed milk

WHAT'S IN A SERVING



TIPS AND TWEAKS

It's easy to turn this vegan by using a vegetable spread and your favourite milk alternative.

FUDGY CHOCOLATE KIWI BROWNIES



⊗ Dessert ⌚ 30 mins

📊 108 Kcal per serving

This recipe makes: 👤 18 servings

These are a real chocolate treat with a very healthy makeover.

✅ Source of protein

METHOD

- 1 Preheat oven to 180°C/350°F/Gas 4.
- 2 Sift the flour, bicarbonate of soda and cocoa powder in a large bowl.
- 3 Combine the eggs, sugar, vanilla essence, oil, fromage frais and mashed kiwi fruit in another bowl.
- 4 Make a well in the centre of the dry ingredients and add the wet ingredients, stirring gently until just mixed.
- 5 Pour into a lined brownie tray and bake for about 25 mins. Leave to cool for about 5 mins then remove from the tray and dust with icing sugar. Store in an airtight container in the fridge, or freeze.

TIPS AND TWEAKS

If you haven't got kiwis, you can use apple puree instead.

INGREDIENTS

- 60g plain flour
- 60g self-raising flour
- 1 tsp bicarbonate of soda
- 90g cocoa powder
- 2 eggs
- 160g caster sugar
- 2 tsp vanilla essence
- 2 tbsp vegetable oil
- 200g low fat fromage frais or Greek yogurt
- 140g kiwi fruit, mashed

WHAT'S IN A SERVING

ENERGY 456 kJ 108 kcal 5%	FAT 3.2g 5%	SATURATES 0.9g 5%	SUGARS 10g 11%	SALT 0.24g 4%
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TIRAMISU



⊗ Dessert 🔄 258 Kcal per serving

🕒 20 mins plus overnight refrigeration

This recipe makes: 👤 6 servings

A much healthier alternative to the traditional recipe. A healthy tweak to a delicious classic dessert.

✔ Low fat ✔ Low salt ✔ Source of protein

✔ Source of fibre

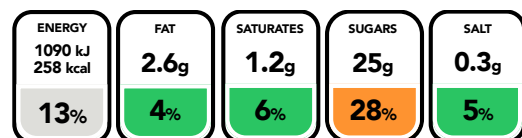
METHOD

- 1 Add the custard powder and 2 tablespoons of the milk to a small pan and stir to dissolve. Add the rest of the milk, sugar and vanilla and stir over a medium heat until it boils then thickens. Remove from the heat, transfer to a bowl and cover to cool.
- 2 Using an electric whisk beat the custard and fromage frais together for about 2 minutes. Whip up the egg whites until soft peaks form then fold them into the custard mixture.
- 3 Pour coffee into a dish. Quickly dip the sponge fingers into the mixture just enough to cover them! Arrange in the bottom of a large dish.
- 4 Smooth half the custard mixture over the fingers, dust cocoa powder over the top then repeat the layers of sponge fingers and custard mixture. Cover and refrigerate overnight or for at least 6 hours. Dust with the remaining cocoa powder to serve.

INGREDIENTS

- 30g custard powder
- 250ml skimmed milk
- 2 tbsp caster sugar
- 2 tsp vanilla essence
- 2 x 130g low fat vanilla fromage frais
- 2 egg whites
- 410ml strong coffee cooled
- 250g sponge fingers
- 2tbsp unsweetened dark cocoa powder

WHAT'S IN A SERVING



TIPS AND TWEAKS

Cutting down on caffeine? Use decaf coffee instead for an equally delicious dish.

MANvFAT GYM

FOOD AS FUEL

SNACKS



APRICOT FLAPJACKS



⊗ Snack ⌚ 25 mins

📊 131 Kcal per serving

This recipe makes: 👤 8 servings

These flapjacks are low in sugar and packed with oats giving you long-lasting energy.

✅ Source of fibre ✅ Low salt

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Place the bananas and apricots in a bowl and mix well.
- 4 Add the sugar and oats and stir, then add the oil and stir to coat the oats.
- 5 Pour the mixture into a greased 17cm tin and bake for around 15 minutes until golden brown.
- 6 Once cooked, leave to cool in the tin for 5-10 minutes, then cut into 8 pieces and place on a baking rack to cool.

TIPS AND TWEAKS

Experiment with different dried fruits like dried cranberries or mixed peel.

INGREDIENTS

- 1 medium banana, mashed
- 50g dried apricots, chopped
- 25g light brown sugar
- 3 tbsp rapeseed oil
- 100g porridge oats

WHAT'S IN A SERVING

ENERGY 547 kJ 131 kcal	FAT 5.8g	SATURATES 0.5g	SUGARS 8g	SALT 0g
7%	8%	3%	9%	0%

BAKED TORTILLA CHIPS



⊗ Snack ⌚ 8 mins

📊 187 Kcal per serving

This recipe makes: 👤 4 servings

Use soft flour tortillas to make these super tasty, healthier take on tortilla chips.

✅ Source of fibre ✅ Low sugar

METHOD

- 1 Preheat the oven to 170°C/325°F/Gas 3.
- 2 Cut each tortilla into 8 equal wedges using scissors and arrange them on baking sheets.
- 3 Bake in the oven for 6-8 minutes, until crisp. Leave to cool.

TIPS AND TWEAKS

Experiment seasoning the chips with different spices like paprika or chilli powder.

INGREDIENTS

- 4 soft wholewheat flour tortillas

WHAT'S IN A SERVING

ENERGY	FAT	SATURATES	SUGARS	SALT
788 kJ 187 kcal	5.6g	1.4g	2.1g	0.84g
9%	8%	7%	2%	14%

BAKED VEGGIE SAMOSAS



⊗ Snack ⌚ 20 mins

📊 181 Kcal per serving

This recipe makes: 👤 8 servings

These samosas are full of nutritious veggies and make an ideal starter or snack.

✔ Source of protein ✔ Source of vitamin A

✔ Low fat ✔ Low sugar

METHOD

- 1 Preheat the oven to 200°C/400°F/Gas 6.
- 2 Heat the oil in a fry pan over a medium heat and add the cumin, chillies, chilli powder, turmeric, garam masala, ginger and garlic and cook, stirring frequently for 1-2 minutes.
- 3 Add the vegetables and salt and cook until vegetables are tender, adding a little splash of water if it starts to stick.
- 4 Fill the filo pastry with the vegetable mix, folding into triangles and brushing with a little beaten egg.
- 5 Place on a non-stick baking sheet or on parchment and bake for 10-15 minutes, or until puffy and golden brown.

TIPS AND TWEAKS

Use whatever vegetables you fancy! Carrots, celery, peppers, onions, green beans are all heavenly in a samosa.

INGREDIENTS

- 1 tbsp vegetable oil
- 1/2 tsp cumin powder
- 2 green chillies
- 1/2 tsp chilli powder
- 1/2 tsp turmeric
- 1 tsp garam masala
- 2 inches ginger, finely grated
- 2 cloves garlic, crushed
- 450g mixed vegetables, finely chopped
- 1/2 tsp salt
- 8 sheets filo pastry
- 1 egg, beaten

WHAT'S IN A SERVING

ENERGY	FAT	SATURATES	SUGARS	SALT
766 kJ 181 kcal	3g	0.5g	4.7g	0.77g
9%	4%	3%	5%	13%

PITTA CRISPS



⊗ Snack ⌚ 7 mins

📊 187 Kcal per serving

This recipe makes: 👤 2 servings

These pitta chips make a great crunchy snack or for lunch paired with some hummus and veg sticks!

✔ High in fibre ✔ Source of iron ✔ Low fat

✔ Source of protein

METHOD

- 1 Preheat the oven to 200°C/400°F/Gas 6.
- 2 Chop the bread into triangles.
- 3 Sprinkle with paprika or dried herbs if preferred.
- 4 Spread out on baking sheet and bake for 5 - 7 minutes until golden brown.

TIPS AND TWEAKS

Make these spicy by using chilli powder or hot paprika!

INGREDIENTS

- 2 wholemeal pitta bread
- Pinch of dried herbs or paprika

WHAT'S IN A SERVING

ENERGY 790 kJ 187 kcal 9%	FAT 0.9g 1%	SATURATES 0.2g 1%	SUGARS 1.7g 2%	SALT 0.77g 13%
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YOGURT BARK



⊗ Snack ⌚ 3 hrs

📊 267 Kcal per serving

This recipe makes: 👤 2 servings

Enjoy this healthy break time snack that's low in fat and perfect for the whole family.

✔ High in protein ✔ Source of iron ✔ Low fat

✔ Source of fibre

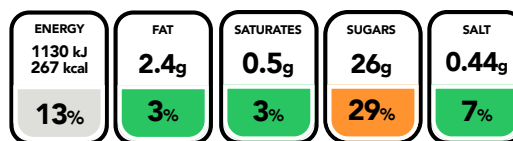
METHOD

- 1 Line a baking tray with foil or baking paper and set aside.
- 2 Cut the strawberries into quarters.
- 3 Stir together the yogurt, honey and vanilla essence in a bowl and pour out on to the baking tray, spreading it to how thick you'd like the bark to be.
- 4 Sprinkle over the strawberries and granola and place in the freezer for 3 hours.
- 5 Once set, remove and using a sharp knife cut it into snack size pieces.
- 6 Keep it in the freezer in food bags or wrap.

INGREDIENTS

- 160g strawberries
- 500g Greek or natural yogurt
- 1 tbsp honey
- 1/2 tsp vanilla essence
- 1-2 tbsp choc chip granola

WHAT'S IN A SERVING



TIPS AND TWEAKS

You can use any berries you have at home. Blueberries and blackberries work well.