



21 DELICIOUS RECIPES FOR FAT LOSS



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Banana chocolate smoothie



100g frozen banana
180ml unsweetened almond milk
25g chocolate or banana flavour whey
or rice protein powder (optional)
1½ tps cocoa powder
4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
265 Calories
31g Carbs
24g Protein
5g Fat

Coconut dream smoothie



40g tinned sweetcorn, rinsed and drained

140ml dairy free alternative coconut milk (or use milk of your choice)

40ml tinned coconut milk

1 tsp vanilla extract

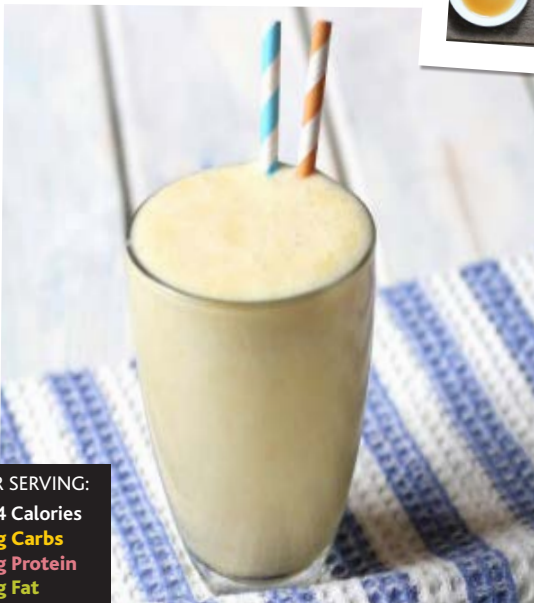
25g vanilla flavour whey or rice protein powder

4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
234 Calories
14g Carbs
22g Protein
10g Fat

Strawberry energy balls



15g freeze-dried strawberries
15g flaxseed
60g almond or peanut butter
25g pitted dates
30g strawberry or vanilla flavour
whey or rice protein powder
(optional)
40g oats (use gluten free if preferred)
15g unsweetened shredded coconut
30g coconut oil, melted

Place all of the ingredients in a blender or food processor, except for the strawberries. Blend well until smooth.

Transfer to a bowl and add the strawberries. Stir well.

Add a splash of cold water if the mixture is too crumbly.

Roll the mixture into 5 balls. Refrigerate for one hour or until firm.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

MAKES 5 ENERGY BALLS



PER BALL:
253 Calories
15g Carbs
10g Protein
17g Fat

Cocoa raspberry quinoa pudding



40g quinoa, rinsed and drained
1 tbsp cocoa powder
160ml unsweetened almond, coconut or oat milk
30g chocolate flavour whey or rice protein powder (optional) or add natural sweetener of your choice, to taste
40g fresh raspberries
½ tsp vanilla extract

SERVES 1

Place the quinoa, cocoa powder and milk in a saucepan over a medium heat. Stir well and cook for around 25 minutes, stirring frequently until the quinoa is cooked.

Remove saucepan from heat. Add the protein powder or sweetener and stir well to remove any lumps.

Add the raspberries and vanilla extract. Stir well, mashing the raspberries up a little. Leave to stand for 10 minutes then serve.

Enjoy warm or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
330 Calories
37g Carbs
32g Protein
6g Fat

Caramel protein bars



30g oats (use gluten free if preferred)

30g pitted dates

1 tbsp melted coconut oil

50g tahini

35g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste

10g cocoa powder

½ tsp vanilla extract

a pinch of sea salt

for the chocolate coating:

1 tbsp melted coconut oil

20g dark chocolate (minimum 70% cocoa powder)

MAKES 5 BARS

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

Store the bars in an airtight container and refrigerate for up to 4 days or freeze on same day.



PER BAR:

214 Calories

12g Carbs

10g Protein

14g Fat



Strawberry cheesecake



for the base:

50g coconut oil
80g ground almonds
50g ground flaxseed
20g honey or maple syrup
30g crunchy peanut butter (or use nut butter of your choice)
a pinch of sea salt
60g oats (use gluten free oats if preferred)

for the topping:

120g cream cheese (use dairy free if preferred)
100g Greek yoghurt (use dairy free if preferred)
1 egg
30g vanilla or strawberry flavour whey or rice protein powder
200g fresh strawberries

to serve:

a few fresh strawberries

Preheat oven to 175°C/350°F. Line the base of a 15x15cm square or round baking tin with baking paper.

Place the base ingredients in a blender or food processor and blend until smooth.

Transfer to the baking tin and press down firmly to compact. Bake for 10 minutes then allow to cool.

Place the topping ingredients in a blender or food processor and blend until smooth.

Pour the mixture over the base, and spread out evenly with a spatula.

Bake for 20 minutes then allow to cool. Refrigerate for one hour or more until ready to serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 8



PER SERVING
304 Calories
10g Carbs
12g Protein
24g Fat



Chocolate tofu mousse



30g soft pitted dates
30g oats (use gluten free if preferred)
20g unsweetened coconut flakes
stevia to taste, or use natural sweetener of your choice
300g silken tofu
25g dark chocolate (minimum 70% cocoa)
10g cocoa powder
30g chocolate or vanilla flavour whey or rice protein powder (optional)
for the topping:
5g dark chocolate, finely grated

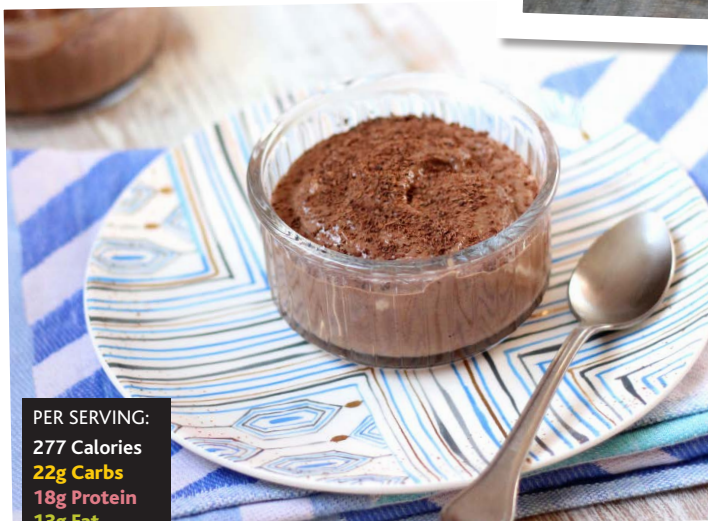
SERVES 3

Place all of the ingredients into a blender or food processor and blend until creamy.

Transfer to 3 small serving bowls and refrigerate for up to 3 days or freeze on same day.

Top with grated dark chocolate before serving.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
277 Calories
22g Carbs
18g Protein
13g Fat



Egg, kale & avocado breakfast bowl



125g fresh salmon fillet
1 egg
1 tsp ghee or coconut oil
1 red bell-pepper, sliced
a handful of kale
8 cherry tomatoes, halved
a pinch of sea salt and ground black pepper

SERVES 1

Pour 3 inches of boiling water into a medium-sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes. Remove from the water using a large slotted spoon or fish slice and set aside.

Meanwhile bring a small saucepan of water to the boil. Add the egg and cook for 6-8 minutes, until cooked to your liking. Remove the egg from the water using a slotted spoon and immerse in cold water for 2 minutes. Peel and cut in half.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and kale and cook for 3 minutes, stirring occasionally.

Add the cherry tomatoes and cook for 2-3 minutes, stirring occasionally until the vegetables are soft. Season with salt and pepper.

Transfer the cooked vegetables to a plate and top with the poached salmon and boiled egg. Serve.

Consume immediately.



PER SERVING:
456 Calories
12g Carbs
39g Protein
28g Fat

Mushroom, rocket & Feta frittata



1 tsp ghee or olive oil
100g mushrooms of your choice,
roughly chopped or torn
4 eggs
1 egg white
a pinch of sea salt and ground black
pepper
40g Feta cheese (use dairy free if
preferred)
a handful of rocket leaves
2 tsp balsamic vinegar

SERVES 2

Preheat oven to 200°C/400°F.

Melt the ghee / oil in a skillet or ovenproof frying pan over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally.

Break the eggs and egg white into a jug and add the salt and pepper. Beat with a fork.

Add the eggs to the pan. Crumble the Feta cheese over the top, distributing evenly over the eggs.

Bake for 10 minutes or until firm.

Transfer the frittata to a plate and top with the rocket leaves. Drizzle the balsamic over the leaves and serve.

Consume immediately.



PER SERVING:
269 Calories
9g Carbs
20g Protein
17g Fat

Raspberry & lemon overnight oats



50g fresh raspberries, mashed plus a few extra raspberries to garnish
60g oats (use gluten free if preferred)

150ml unsweetened almond milk (or use milk of your choice)

60g Greek yoghurt (use dairy free if preferred)

juice of ½ a lemon

1 heaped tsp chia seeds

35g vanilla or raspberry flavour whey or rice protein powder (optional)

a small amount of natural sweetener, to taste (only required if you're omitting protein powder)

½ tsp vanilla extract

Place all of the ingredients in a sealable container and stir well. Refrigerate for 4 hours or overnight.

Stir well and add a drop of chilled milk if required, to achieve desired consistency.

Transfer mixture to two serving bowls. Serve topped with the additional raspberries. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



SERVES 2



PER SERVING:
263 Calories
27g Carbs
23g Protein
7g Fat

Thick & fluffy protein pancakes



- 8 egg whites
- 75g oats (use gluten free if preferred)
- 40g vanilla flavour whey or rice protein powder (optional)
- 1 tsp stevia (or natural sweetener of your choice)
- 100ml unsweetened almond milk
- ¼ tsp xanthan gum (optional)
- 2 tps coconut oil

MAKES 4 PANCAKES



Place the egg whites, oats, protein powder (if using), stevia, milk and xanthan gum (if using) in a blender, and blend well until creamy.

Melt ½ tsp oil in a frying pan over a medium heat. Pour ¼ of the batter into the pan. Tilt the base of the pan gently to shape the batter into a circle.

Cook for 2-3 minutes. When small holes appear on the surface of the pancake, flip or turn using a fish slice. Cook on the other side for 2-3 minutes or until the underside of the pancake is golden. Transfer to a plate.

Repeat steps with the remaining oil and batter.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with mixed berries and a drizzle of agave syrup, maple syrup or honey.



PER PANCAKE:
168 Calories
15g Carbs
18g Protein
4g Fat

Edamame & garlic chicken salad with mustard dressing

1 garlic clove, skin on
a pinch of sea salt and ground
black pepper
200g chicken breasts, cut into
strips
1 tsp olive oil or coconut oil
100g cooked edamame beans
1 large carrot, spiralised or
coarsely grated
a large handful of mixed lettuce
leaves
2 eggs

for the dressing:

1 tbsp olive oil
1 tsp wholegrain mustard
2 tsps rice vinegar
1 tsp honey

SERVES 2



PER SERVING:
400 Calories
16g Carbs
39g Protein
20g Fat

Crush the garlic clove with a wooden spoon. Season the chicken with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the chicken and garlic and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Bring a small saucepan of water to the boil. Add the eggs, ensuring they are covered with water. Simmer for 6-8 minutes, depending on how well cooked you like them. Remove from the pan with a slotted spoon and immerse in cold water for 2 minutes. Peel the eggs then slice in half lengthways.

Mix the dressing ingredients in a jug. Divide the lettuce leaves between two serving bowls. Top with the edamame beans, carrot and chicken. Drizzle the dressing over the salad. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



Spicy satay curry



- 1 tsp coconut oil
- 2 tbsps Thai red curry paste
- 200ml coconut milk
- 1 small red onion, sliced
- 1 red bell-pepper, sliced
- 1 yellow bell-pepper, sliced
- 3 garlic cloves, finely chopped
- 1 inch piece ginger, finely chopped
- 2 red or green chilli peppers, finely chopped
- 500g chicken breast, diced
- 150g (drained weight) tinned chickpeas, rinsed and drained
- 40g crunchy peanut butter
- 100g green beans, ends trimmed
- juice of 1 lemon

SERVES 4

Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.

Add the onion and bell-peppers and fry gently for 4 minutes, stirring occasionally. Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.

Add the chicken and cook for 8 minutes, stirring occasionally.

Add the remaining coconut milk, chickpeas and peanut butter. Stir well and bring to a gentle simmer.

Add the green beans. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
410 Calories
24g Carbs
38g Protein
18g Fat

Cauliflower cheese omelette



100g cauliflower florets
4 eggs
1 egg white
a pinch of sea salt and ground
black pepper
1 tsp curry powder
½ tsp ground coriander
½ tsp chilli powder
1 tsp ghee or coconut oil
40g button mushrooms, chopped
30g Cheddar cheese (use dairy
free if preferred), grated

SERVES 2

Serving suggestion:

Serve with a leafy green salad and a drizzle of balsamic vinegar.



PER SERVING:
253 Calories
5g Carbs
20g Protein
17g Fat



Blitz the cauliflower in a blender or food processor. Beat the eggs and egg white in a jug. Add the salt, pepper, curry powder, ground coriander and chilli powder and stir well.

Melt half of the ghee/oil in a frying pan over a medium heat. Add the cauliflower and mushrooms. Fry gently for 3 minutes, stirring occasionally, until the cauliflower is soft and a light golden colour. Remove the vegetables from the pan and transfer to a plate.

Melt the remaining ghee/oil in the pan and add the eggs. Cook for 3-4 minutes or until the omelette starts to firm up in the centre. Place a lid over the pan to speed up the cooking process.

Add the cooked vegetables and cheese over one half of the omelette and cook for 2-3 minutes. Use a fish slice to fold the 'empty' half of the omelette over the vegetables and cheese. Cut the omelette in half and transfer to two serving plates.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



Mexican chicken taco bowl



70g wholegrain or basmati rice

for the chicken:

1 tsp ghee or coconut oil

300g chicken mini fillet strips

1 heaped tsp chilli powder

1 tsp garlic powder

½ tsp ground cumin

½ tsp paprika

a pinch of sea salt

for the bowl:

1 large beef tomato, diced

juice of 1 lime

a pinch of ground black pepper

a small handful of fresh coriander, finely chopped

60g (drained weight) tinned sweetcorn, drained

1 ripe avocado

to serve:

2-3 lime wedges, to garnish

30g Cheddar cheese (optional) grated

Bring a saucepan of water to the boil and add the rice. Stir briefly and cook according to pack instructions. Drain well.

Heat the ghee/oil in a frying pan over a medium heat. Add the chicken and ground spices and stir well. Cook for 5-6 minutes, stirring occasionally, until the chicken is thoroughly cooked. Remove pan from heat.

Mix the diced tomato, lime juice, pepper, and coriander in a bowl to make a salsa.

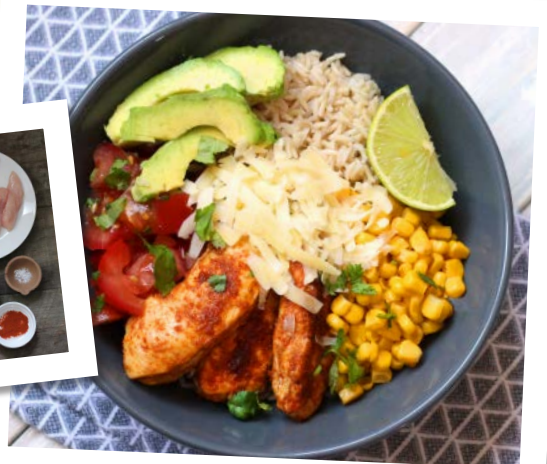
Divide the rice between two serving bowls. Add the salsa, tinned sweetcorn and chicken.

Peel and slice or mash the avocado and add to the serving bowls. Serve with the lime wedges and grated cheese (if using).

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 2

PER SERVING:
608 Calories
47g Carbs
60g Protein
20g Fat



Oriental fish salad



300g cod fillets (or use haddock or similar white fish)

10g cashews

for the salad:

2 carrots, peeled and grated

1 red bell-pepper, finely diced

40g cucumber, chopped

1 celery stalk, finely chopped

5 radishes, finely sliced

2 spring onions, sliced

a small handful of fresh coriander, finely chopped

a handful of mixed lettuce leaves

for the dressing:

1½ tbsps olive oil

juice of ½ a lemon

a small amount of stevia or maple syrup, to taste

2 tps soy sauce or tamari

1 tsp grated ginger

1 garlic clove, finely chopped

Preheat oven to 180°C/350°F. Place the fish on a sheet of tin foil and wrap to seal in a loose parcel. Place on a baking tray.

Bake for 20 minutes or until the fish is thoroughly cooked.

Meanwhile, mix the salad ingredients together in a large bowl. Transfer to two serving bowls.

Mix the dressing ingredients in a jug.

Flake the fish over the salad. Drizzle some of the dressing over the salad and top with the cashews.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



SERVES 2



PER SERVING:
370 Calories
23g Carbs
38g Protein
14g Fat

Crunchy fried chicken



1 tsp coconut oil or olive oil
2 cloves garlic, finely chopped
1 inch piece fresh ginger, finely chopped
400g chicken mini fillets, cut into strips
1 medium sized carrot, cut into batons
1 bell-pepper, any colour, finely sliced
100g baby sweetcorn, roughly chopped
a large handful of bamboo shoots
2 tbsps light soy sauce or tamari
juice of 1 lime
2 tsps sesame oil
1 red chilli pepper, finely chopped (optional)
a small handful of fresh coriander, finely chopped
25g cashews or peanuts

Melt the oil in a wok or large frying pan over a medium/high heat. Add the garlic and ginger and stir fry for 1 minute, stirring occasionally.

Add the chicken and stir fry for 3-4 minutes, stirring occasionally.

Add the carrot, bell-pepper and sweetcorn and stir-fry for 6 minutes, or until the chicken is cooked.

Add the bamboo shoots, stir well and cook for 2 minutes.

Remove the pan from the heat. Add the soy sauce, lime juice and sesame oil and stir well. Top with the red chilli (if using), fresh coriander and nuts. Serve.

Store any leftovers in an airtight container and refrigerate for up 2 days.

Serving suggestion:

Serve on a bed of steamed basmati rice or noodles.

SERVES 3



PER SERVING:
366 Calories
21g Carbs
48g Protein
10g Fat



Sticky citrus salmon with roasted onion



the grated zest and juice of 2 navel oranges

1 tbsp honey, maple or agave syrup

2 cloves garlic, finely chopped

1 tbsp soy sauce or tamari

1 red chilli pepper, finely chopped

a pinch of sea salt and ground black pepper

2 x 150g fresh salmon fillets

1 large white onion, peeled and cut into quarters

1 navel orange, cut into slices

1 tbsp olive oil

SERVES 2

Preheat oven to 175°C/350°F.

Mix the orange zest and juice, honey, garlic, soy sauce, chilli pepper, salt and pepper in a large bowl. Add the salmon fillets and cover well with the sauce. Cover and refrigerate for 30 minutes.

Meanwhile, place the onion in a roasting dish and drizzle over the oil. Roast for 20 minutes.

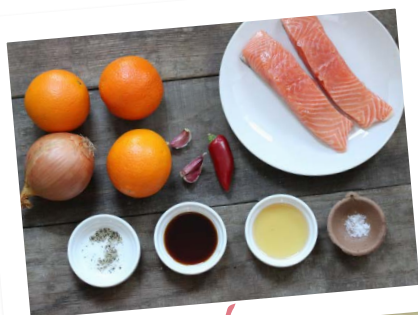
Place the salmon in the roasting dish with the onion. Pour the marinade over the salmon.

Place the orange slices over the salmon fillets. Bake for 20 minutes or until the salmon is cooked. The flesh will be a pale pink colour when cooked.

Store any leftover salmon in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with salad or steamed vegetables of your choice.



PER SERVING:
547 Calories
42g Carbs
34g Protein
27g Fat



Turkey cashew coconut curry

1 tsp ghee or coconut oil
1 large white onion, finely chopped
3 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
3 green chilli peppers, finely chopped
 $\frac{3}{4}$ tsp sea salt
 $\frac{1}{2}$ tsp ground cinnamon
1 tsp black mustard seeds
1 tsp ground turmeric
1 tsp ground cumin
 $\frac{1}{2}$ tsp ground coriander
600g turkey breast mince
200ml coconut milk
30g cashews, finely chopped
a small handful fresh coriander,
finely chopped

SERVES 4

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring frequently.

Add the ginger, garlic, and chilli peppers and fry gently for 2 minutes, stirring occasionally.

Add the salt, cinnamon, mustard seeds, turmeric, cumin and ground coriander. Stir well and cook for 1 minute.

Add the turkey mince and stir well. Cook for 5 minutes, breaking up the mince with a spoon as it cooks.

Add the coconut milk and cashews. Bring to a simmer and cook for 5 minutes. Add the fresh coriander, stir well and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed basmati rice.



PER SERVING:
363 Calories
15g Carbs
42g Protein
15g Fat



Cajun spiced chicken



½ tsp sea salt
½ tsp ground black pepper
1 heaped tsp hot paprika
1 tsp dried basil
1 tsp dried oregano
½ tsp ground cumin
½ tsp chilli powder
450g skinless chicken thighs, diced
1 tsp ghee or olive oil
1 small white onion, finely chopped
1 bell-pepper (any colour), diced
3 garlic cloves, finely chopped
400g tinned chopped tomatoes
200ml chicken stock (made with one organic stock cube)

SERVES 3

Place the salt, pepper, dried herbs and spices in a bowl and mix well. Add the chicken and stir well to coat.

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring occasionally.

Add the bell-pepper and fry for 4 minutes, stirring occasionally. Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the chicken and cook for 5 minutes, stirring occasionally to seal on all sides. Add the tinned tomatoes and stock. Stir well and bring to a simmer. Cover and cook for 15 minutes, stirring occasionally. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed basmati rice.



PER SERVING:
337 Calories
15g Carbs
31g Protein
17g Fat



Basil chicken with almonds

1 tsp ghee or coconut oil
1 medium-sized white onion, finely chopped
2 cloves of garlic, finely chopped
1 red or green bell-pepper, finely sliced
4 fresh basil stalks and leaves, roughly chopped, plus a few extra whole leaves, to garnish
1 tsp paprika
1 tsp cayenne pepper
1 tsp Italian seasoning
250g fresh chicken breast, cut into strips
a pinch of sea salt and ground black pepper
200g tinned chopped tomatoes
30g blanched almonds
the juice of 1 lemon

SERVES 2



PER SERVING:
348 Calories
24g Carbs
36g Protein
12g Fat

Melt the ghee / oil in large saucepan over a medium heat. Add the onion, garlic and bell-pepper and fry gently for 3 minutes, stirring frequently.

Add the fresh basil and fry for 1 minute, stirring frequently. Add the paprika, cayenne pepper and Italian seasoning. Stir well and cook for 1 minute.

Add the chicken, salt and pepper. Cook for 3 minutes, stirring occasionally to seal the chicken on all sides. Add the tinned tomatoes, stir well, cover and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Add the almonds and cook for 3-4 minutes, stirring occasionally. Add the lemon juice and stir. Serve garnished with the extra basil leaves.

Store any leftovers in an airtight container and refrigerate for up 3 days or freeze on same day.

Serving suggestion:

Serve on a bed of noodles or rice or with steamed leafy greens.

