



# DK PERSONAL TRAINER'S RECIPE BOOK



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# **DK PERSONAL TRAINER'S RECIPE BOOK**



Welcome to my recipe book, This is put together to help you with expanding your food choices and giving you some tasty variations on your favourite dishes. Each recipe is calorie counted so it should help you plan your daily or weekly needs. I hope you enjoy creating the meals and look forward to your pictures

**Darren Klat**





## 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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# BREAKFASTS











# OPEN FACED BREAKFAST SANDWICH

**SERVES 3**

**TOTAL TIME: 23 MINUTES**

## INGREDIENTS

½ tablespoon olive oil  
½ clove garlic, minced  
25 grams sun-dried tomatoes (not packed in oil), chopped  
3 large eggs  
25 grams low-fat feta cheese  
Coarse rock salt and freshly ground black pepper  
3 slices wholegrain bread, toasted  
Fresh chopped parsley (optional)

## INSTRUCTIONS

In a large non-stick pan, heat the oil over medium low heat.

Add the garlic and sun dried tomatoes and cook stirring for 1-3 minutes or until the garlic is fragrant and translucent.

Crack the eggs evenly around the pan and sprinkle with feta, salt, and pepper.

Cover and cook undisturbed until the eggs are cooked to your liking.

Jiggling the pan slightly will allow you to check the yolks - runny yolks will move, fully cooked yolks will be firm.

Transfer each egg along with some of the tomato and garlic, to a piece of toast and sprinkle with parsley if desired.

**194**  
CALORIES

**11**  
PROTEIN

**15**  
CARBS

**9**  
FATS

**2**  
FIBRE









# CAPRESE FRITTATA

**SERVES 4**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

1 teaspoon olive oil  
2 teaspoons minced garlic (or 2 large cloves garlic, minced)  
250 grams baby plum tomatoes  
110 grams fresh basil leaves, stems removed, finely sliced or shredded  
salt to season (optional)  
8 large eggs  
60 millilitres unsweetened almond milk (or skim/low fat milk)  
100 grams baby spinach leaves  
125 grams fresh mozzarella cheese, slice thinly into rounds  
2 tablespoons grated mozzarella cheese (optional)  
Balsamic glaze

## INSTRUCTIONS

Preheat your oven or grill to a medium heat.

Slice the tomatoes in half horizontally.

Next, heat the oil in an 8-inch non stick pan over medium-high heat. Once hot, add the garlic, stirring while it cooks for about one minute or until fragrant. Add the tomato slices and basil.

Continue cooking until the tomatoes are becoming slightly blistered and soft.

While the tomatoes are frying, whisk the eggs, milk and a pinch of salt together in a bowl until well combined. When the tomatoes are ready, transfer HALF of the tomato mixture onto a warmed plate. Cover it and set aside.

Pour the egg mixture into the remaining tomatoes in the pan, stirring the mixture for a few seconds to combine the flavours. Reduce heat to low-medium and add in the spinach leaves.

Arrange the mozzarella slices evenly over top, pressing them down slightly into the egg, and cook until the eggs are almost set (the centre should be slightly runny). This should take around eight minutes.

Sprinkle the extra cheese (if using) over the top and transfer pan into the preheated oven.

Grill until the top is golden, puffed up and cooked through. The edges and the bottom of the frittata should appear a light golden brown.

To serve, warm the remaining tomatoes and basil mixture, and spoon over the top.

Drizzle with the balsamic glaze.

**212**  
CALORIES

**18**  
PROTEIN

**4**  
CARBS

**16**  
FATS

**3**  
FIBRE





# BREAKFAST EGG MUFFINS

**SERVES 6**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

Cooking spray  
6 eggs  
salt and pepper to taste  
110 grams cooked chopped spinach excess water removed  
75 grams crumbled cooked bacon  
35 grams grated cheddar cheese  
diced tomatoes and chopped parsley optional garnish

## INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5. Coat six cups of a muffin tin with cooking spray or alternatively you can line them with paper liners.

Crack the eggs into a large bowl and whisk until smooth - this should only take a minute or less.

Add the spinach, bacon and cheese to the egg mixture and stir until all the ingredients are well combined.

Divide the egg mixture evenly between the six muffin cups.

Bake for 15-18 minutes or until eggs are set.

Serve immediately garnished with diced tomatoes and parsley if desired, or store in the refrigerator once cooled until ready to eat.

**129**  
CALORIES

**10**  
PROTEIN

**1**  
CARBS

**10**  
FATS

**0**  
FIBRE









# CAULIFLOWER EGG CUPS

**SERVES 12**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

1 head of cauliflower, stalk and leaves removed, cut into florets  
1 extra large egg, whisked  
50 grams cheddar cheese, (or Mozzarella)  
25 grams grated Parmesan cheese  
½ teaspoon salt and pepper  
½ teaspoon garlic powder, (or 1 teaspoon onion powder)  
12 small-medium sized eggs  
Chilli Flakes  
Parsley

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Lightly spray a 12-hole muffin tin with cooking oil spray or alternatively you can line them with paper liners.

Pulse the cauliflower in a blender in two batches for about 30-50 seconds until a fine 'rice' type texture is formed - it's ok if there are a few bigger pieces in there. (Be careful not to over process or the cauliflower will form a raw purée.)

Measure out 480 grams of the cauliflower rice into a microwave safe bowl and heat for about eight minutes or until soft (alternatively, lightly steam over a pot of boiling water or in a vegetable steamer until soft). Remove and allow to cool for a good five minutes before handling.

Using paper towels, an old tea towel or a cheesecloth, squeeze out as much liquid as you can until hardly any liquid is produced (It's less messy if you wrap the cauliflower in the towel or cloth and squeeze it into a ball over the sink).

Transfer back into your bowl (make sure there's no liquid in it), and add the whisked egg, cheeses, salt and garlic powder.

Divide the mixture into each muffin hole and firmly press them with your fingertips to create a 'nest' or cup.

Bake for about 15-20 minutes or until the cheese has melted, the cups are golden and the edges are browned.

Remove from the oven, break the eggs into each cup, season with salt and pepper, return to the oven and bake for a further 10-15 minutes, or until the whites are set and the yolks are cooked to your liking.

Allow them to cool for five minutes before handling them, or they may fall apart. Lightly slide a knife around the sides of each cup, then using a fork, gently lift one side first (to make sure they're not sticking to the bottom) and lift out of the pan.

Garnish with red chilli flakes and parsley if desired

**98**  
CALORIES

**8**  
PROTEIN

**1**  
CARBS

**6**  
FATS

**0**  
FIBRE







# HIGH PROTEIN VEGAN BREAKFAST BURRITO (V)

**SERVES 4**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

340 grams package firm or extra-firm tofu\*  
1 teaspoon oil (or 1 tablespoon (15 millilitres) water)  
3 teaspoons garlic (minced)  
15 grams hummus  
1 teaspoon chilli powder  
1 teaspoon cumin  
1 teaspoon nutritional yeast  
¼ teaspoon sea salt  
750 grams baby potatoes (chopped into bite-size pieces)  
1 medium red bell pepper (thinly sliced)  
1 tablespoon oil or water  
135 grams chopped kale  
3-4 large flour or gluten-free tortillas  
200 grams ripe avocado (chopped or mashed)  
Coriander  
Chunky red or green salsa or hot sauce

## INSTRUCTIONS

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

Line a baking sheet with parchment paper. In the meantime, wrap the tofu in a clean towel and set something heavy on top - such as a heavy pan - to remove excess moisture. Then crumble with a fork into fine pieces. Set aside.

Add potatoes and red pepper to the baking sheet, drizzle with oil (or water) and spices, and toss well. Bake for 15-22 minutes or until fork tender and slightly browned adding the kale in the last 5 minutes and tossing with the other vegetables.

Heat oil or water in a large pan over medium heat. Sauté the garlic, and tofu for 7-10 minutes, until slightly brown.

In another bowl, add the hummus, chili powder, cumin, yeast, and salt. Stir, then add water until a pourable sauce is formed. Add the spice mix to the tofu and continue cooking over medium heat until slightly brown. Set aside.

Roll out a large tortilla, add portions of the roasted vegetables, scrambled tofu, avocado, coriander, and a drop of salsa.

Roll up and place seam side down (you can wrap in foil to keep warm).

Continue until all toppings are used up.

Enjoy immediately for best results. Alternatively, you can package and refrigerate these up to 4 days (or the freezer for 1 month). Just microwave or heat in the oven before eating (be sure to remove foil if heating in microwave).

**441**  
CALORIES

**17**  
PROTEIN

**54**  
CARBS

**20**  
FATS

**8**  
FIBRE





# SIDES & SMALL PLATES











# QUICK AND EASY NAN BREAD

**SERVES 5**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

250 grams plain flour  
2 teaspoons sugar  
½ teaspoon salt  
½ teaspoon baking powder  
120 millilitres  
2 tablespoons vegetable oil, plus extra for greasing

## INSTRUCTIONS

For the dough, sift the flour, sugar, salt and baking powder into a bowl.

In another bowl, mix together the milk and oil. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough.

Knead well for 8–10 minutes, adding a little flour if the dough is too sticky.

Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10–15 minutes.

Form the dough into five balls.

Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.

Roll the dough balls out quite thinly and pull into a teardrop shape (this isn't essential but makes them look authentic). Sprinkle over your chosen topping and press into the surface of the dough.

Place the naans onto the hot baking sheet and grill for 1–2 minutes, or until lightly browned.

Brush with butter and serve hot.

**264**  
CALORIES

**6**  
PROTEIN

**42**  
CARBS

**8**  
FATS

**2**  
FIBRE









# OVEN BAKED HASH BROWNS

**SERVES 6**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

2 medium potatoes  
1 medium onion  
2 medium eggs  
A pinch of sea salt and black pepper  
½ teaspoon garlic powder  
For the topping:  
Nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander  
1 tablespoon butter, melted, to serve

## INSTRUCTIONS

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

Grate the potato and onion on the large side of a box grater. Put the grated potato and onion at the centre of a kitchen towel and squeeze out the excess liquid over the sink to avoid a mess.

Put the mixture into a bowl and add the egg, salt, pepper and garlic powder and combine.

Lightly grease a baking tray and get handfuls of the mixture and shape in to round patties.

Put them on the tray and gently flatten – the mixture should make 8 hash browns.

Bake for 15 minutes.

Flip them over, pat them down and then cook for a further 20 minutes until they are crispy.

**107**  
CALORIES

**5**  
PROTEIN

**17**  
CARBS

**2**  
FATS

**2**  
FIBRE







# COCONUT LIME RICE (V)

**SERVES 4**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

1 teaspoon coconut oil  
200 grams white jasmine rice  
1 400 grams tin of light (or low fat) coconut milk  
Zest of 1 lime  
Juice of half a lime  
Salt to taste

## INSTRUCTIONS

In a small saucepan over medium high heat, sauté the rice in the coconut oil for 1 minute.

Pour in the can of coconut milk and stir to combine. Bring to the boil, cover with a lid, and reduce heat to low.

Cover and simmer for 35 minutes.

Remove from the heat, and allow to sit still covered for a further 10 minutes.

Remove the lid, fluff the rice with a fork, then stir in the lime zest, lime juice, and salt to taste.

Serve warm.

**262**  
CALORIES

**4**  
PROTEIN

**44**  
CARBS

**9**  
FATS

**1**  
FIBRE









# SOUTHERN SUCCOTASH (V)

**SERVES 6**

**TOTAL TIME: 10 MINUTES**

## INGREDIENTS

115 grams lima beans  
350 grams fresh or frozen corn kernels  
60 millilitres water  
1 clove garlic, minced  
100 grams quartered cherry tomatoes or halved baby plum tomatoes  
½ tablespoon extra virgin olive oil  
5 chopped parsley or basil (optional)  
Salt and freshly ground black pepper

## INSTRUCTIONS

In a small pot, cook the lima beans and corn over medium heat with the water for 5 minutes.

Strain out any remaining water and return the lima and corn mix back to the pot.

Stir in the olive oil, garlic, and tomatoes and cook for an further 2 minutes.

Add the chopped herbs, if using and salt and pepper to taste.

**210**  
CALORIES

**14**  
PROTEIN

**9**  
CARBS

**14**  
FATS

**2**  
FIBRE









# ASIAN INSPIRED BROCCOLI SALAD

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

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## INGREDIENTS

1 tablespoon sesame seeds, lightly toasted  
1 teaspoon poppy seeds  
1 head of broccoli cut into florets  
100 grams frozen peas  
For the dressing  
1 tablespoon soy sauce  
1 teaspoon clear honey  
¼ teaspoon sesame oil

## INSTRUCTIONS

To make the dressing, mix the soy, honey and sesame oil together in a bowl.

In a separate bowl, mix the seeds together. In a large pan of boiling water cook the broccoli and peas for 2 minutes and drain.

Tip the broccoli and peas back in the pan, pour half the dressing and half the seeds over, and shake for a few seconds to mix.

Serve sprinkled with the rest of the dressing and seeds.

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**68**

CALORIES

**5**

PROTEIN

**5**

CARBS

**3**

FATS

**3**

FIBRE









# COURGETTE AND BALSAMIC REDUCTION

**SERVES 4**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

235 millilitres balsamic vinegar  
½ teaspoon sugar  
2 tablespoon olive oil, more if needed  
3 medium courgettes, sliced in ¼ inch thick rounds  
1 teaspoon seasoning salt, more if needed  
Black sesame seeds for garnish  
Dried mint flakes

## INSTRUCTIONS

In a saucepan, heat the balsamic vinegar and sugar and bring to a boil, then reduce the heat to medium-low.

Allow to simmer for 20 minutes to reduce. Remove from the heat and let the vinegar thicken as it cools.

Meanwhile, in a large non-stick pan, heat 2 tablespoons of olive oil on high.

Sauté the courgette slices in the heated oil for 3-4 minutes until golden-brown on the bottom. Sprinkle lightly with seasoned salt, then flip over and repeat. If needed, sauté it in batches and add more olive oil. Remove the courgette from the pan and place on a paper towels to drain off any excess oil

Transfer the courgette to a serving platter or dish.

Drizzle with the prepared balsamic reduction and garnish with black sesame seeds and dried mint flakes.

This dish can be enjoyed hot or at room temperature.

**172**  
CALORIES

**2**  
PROTEIN

**14**  
CARBS

**12**  
FATS

**4**  
FIBRE



# MAIN COURSES













# CHICKEN SAAG

**SERVES 4**

**TOTAL TIME: 45 MINUTES**

## INGREDIENTS

2 red chillies chopped and seeded  
2 cloves garlic  
1 4 cm piece of ginger  
1 medium onion chopped  
1 teaspoon olive oil  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon garam masala  
½ teaspoon turmeric powder  
4 cloves  
4 skinless chicken breast fillets diced  
150 grams red split lentils  
400 gram tin chopped tomatoes  
260 grams spinach  
4 small, ready made rotis warmed to serve

## INSTRUCTIONS

Put the chillies, garlic, ginger and onion in a blender and blend to a paste. Heat 1 teaspoon of oil in a large pan and fry the paste for 2 minutes, until fragrant and aromatic.

Add the spices and cook for a further minute.

Add the chicken pieces and thoroughly coat them in the spices.

Cook for 5 minutes before adding the lentils and chopped tomatoes with along with 1½ tins of water.

Enjoy this tasty dish with our simple nan bread recipe!

**330**  
CALORIES

**43**  
PROTEIN

**28**  
CARBS

**4**  
FATS

**6**  
FIBRE









# MOROCCAN CHICKEN SKILLET

**SERVES 2**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

220 grams chicken breast  
salt and pepper  
½ tablespoon extra-virgin olive oil  
650 grams cauliflower cut into bite-sized pieces  
115 grams carrot sliced  
75 grams roughly chopped sweet onion  
1½ teaspoons fresh ginger minced  
1½ teaspoon ground cumin  
1 teaspoon cinnamon  
¼ teaspoon paprika  
⅛ teaspoon ground allspice  
180 millilitres orange juice (not from concentrate)  
100 grams crushed tomatoes  
2 medjool dates sliced  
25 grams coriander minced plus additional for garnish  
2 tablespoon roasted pistachios roughly chopped  
½ a small cucumber thinly sliced

## INSTRUCTIONS

Using a meat mallet (or a rolling pin) pound out the chicken breasts until they are flat and an even thickness. Sprinkle with salt and pepper.

Heat the olive oil in a large pan on a medium/high heat, then cook the chicken breast until golden brown, on both sides then transfer to a plate.

Turn the heat down to medium and add the cauliflower, carrot, onion, ginger, cumin, cinnamon, paprika, and Allspice to the pan. Cook, stirring frequently, until the vegetables just begin to soften and the spices are fragrant.

Stir in the orange juice, crushed tomatoes and sliced dates. Turn the heat up to high and bring to a boil and cook for a further 2 minutes. Reduce the heat to medium and simmer, stirring frequently for about 5 minutes until the sauce begins to reduce and thicken. Season to taste with salt and pepper.

Return the chicken to the pan, nestling it into the vegetables and spooning some sauce over the top. Cover and reduce the heat to medium/low. Cook for a further 10 minutes ensuring the chicken is cooked through.

Stir in the coriander and divide the chicken between two plates.

Top each dish with the chopped pistachios and place the sliced cucumbers on the side.

Garnish with extra coriander, if desired, and enjoy!

**427**  
CALORIES

**44**  
PROTEIN

**40**  
CARBS

**12**  
FATS

**9**  
FIBRE









# CHICKEN MOLE

**SERVES 4**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

2 red onions, 1 chopped and 1 sliced into rings  
2 cloves of garlic crushed  
1 tablespoon olive oil  
6 skinless chicken thighs, cut into strips  
400 gram tin chopped tomatoes  
500 millilitres chicken stock  
45 grams Cacao Powder  
Pinch of chilli powder  
Small bunch of coriander stalks removed  
500 grams cooked rice to serve  
Lime wedges to serve

## INSTRUCTIONS

In a pan cook the chopped onion and garlic in 1 teaspoon olive oil until softened.

Add the chicken and fry for a further 2 minutes, then stir in the tomatoes and stock before bringing to a simmer.

Add the cacao and chilli and cook for another 30 minutes, until thick and rich.

Stir in half the coriander and serve with fluffy rice, onion rings, lime wedges and a garnish of coriander.

**243**  
CALORIES

**24**  
PROTEIN

**10**  
CARBS

**12**  
FATS

**3**  
FIBRE









# THAI TURKEY MEATBALLS

**SERVES 10**

**TOTAL TIME: 35 MINUTES**

## INGREDIENTS

900 grams turkey mince  
1 bunch spring onions, chopped  
5 cm chunk of fresh ginger, minced  
2 tablespoon coriander, chopped  
5 cloves garlic, minced  
2 tablespoon Thai green curry paste  
1 tablespoon lemongrass paste  
Juice of 1 lime  
1 teaspoon soy sauce  
1 teaspoon fish sauce  
1 teaspoon rice wine vinegar  
1 teaspoon red chili flakes  
½ teaspoon salt  
½ teaspoon pepper  
2 tablespoon olive oil  
1 tablespoon olive oil  
150 grams green onions, chopped  
5 cloves garlic, minced  
½ tablespoon red chili flakes  
½ teaspoon curry powder  
2 tablespoon white wine vinegar  
350 millilitres tinned coconut milk  
1 teaspoon sea salt

## INSTRUCTIONS

In a large bowl, combine all ingredients except the olive oil and mix together using your hands until well combined.

Form the mixture into balls about 2 tablespoons in size, and roll between your hands to shape.

Line a baking sheet with parchment, arrange the meatballs to rest before frying.

In a large non stick pan bring half the olive oil to a medium high heat and carefully add the meatballs.

Cook for 6-7 minutes and then turn to brown on both sides, ensuring they don't stick to the pan.

Remove and set aside on a plate.

Coconut Chili Sauce

In the same pan, add the remaining olive oil. Bring the pan to medium heat and add the onion.

Sauté for 4 to 5 minutes until the onions are softened and translucent.

Add the minced garlic, chili flakes, and curry powder. Continue stirring until the garlic softens and the spices are fragrant. Carefully pour in the vinegar and sauté for a further 2 minutes.

Shake the coconut milk thoroughly and then pour into the pan, stirring to combine. Increase heat until the sauce is at a gentle boil.

Add the meatballs and simmer until meatballs are hot through.

Serve over rice or noodles as desired and garnish with fresh coriander.

**231**  
CALORIES

**18**  
PROTEIN

**3**  
CARBS

**16**  
FATS

**1**  
FIBRE









# COURGETTE TUNA CAKES

**SERVES 2**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

½ medium courgette  
Cooking spray  
1 100 gram tin of tuna, drained  
2 tablespoon oats  
2 tablespoon shredded cheese  
1 large egg  
¼ teaspoon garlic salt  
¼ teaspoon dill  
¼ teaspoon onion powder  
Fresh ground pepper  
For the Lemon Yogurt Sauce:  
2 tablespoon Greek yogurt  
1 teaspoon lemon juice  
¼ teaspoon dill  
¼ teaspoon garlic salt

## INSTRUCTIONS

Grate 100 grams of courgette.

Place the grated courgette in a tea towel or cloth, gather the edges and squeeze as much liquid as possible from the grated vegetable. It's best to do this over the sink to avoid mess.

In a mixing bowl, add the squeezed courgette and all the other cake ingredients and mix well.

Spray a medium sized pan with non stick spray and heat to medium low.

Using a spoon, scoop up half of the mixture and add to one side of the frying pan. Use your spoon to form a round flat cake, about ½ inch thick. Then do the same with the rest of the mixture on the other side of the pan.

Let it cook for about 5-6 minutes or until the underside is a crispy golden brown.

Flip and cook the other side.

While the cakes are cooking, you can mix up your lemon dill yogurt sauce:

Simply mix the yogurt, lemon juice, dill, and garlic salt in a small bowl and set it aside.

When the cakes are ready, place them on a plate and top with a dollop of the refreshing yoghurt sauce

**280**  
CALORIES

**34**  
PROTEIN

**14**  
CARBS

**11**  
FATS

**4**  
FIBRE









# INDIAN CHICKPEAS WITH POACHED EGGS

**SERVES 2**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

1 tablespoon rapeseed oil  
2 garlic cloves, chopped  
1 yellow pepper, deseeded and diced  
½ - 1 red chilli, deseeded and chopped  
5 spring onions tops and whites sliced but kept separate  
1 teaspoon cumin plus a little extra to serve (optional)  
1 teaspoon coriander  
½ teaspoon turmeric  
3 tomatoes cut into wedges  
⅓ bunch of coriander, chopped  
400 gram tin chickpeas in water, drained but liquid reserved  
½ teaspoon reduced-salt bouillon powder  
4 large eggs

## INSTRUCTIONS

Heat the oil in a non-stick sauté pan, add the garlic, pepper, chilli and the whites from the spring onions, and fry for 5 mins over a medium-high heat.

Meanwhile, put a large pan of water on to boil.

Add the spices, tomatoes, most of the coriander and the chickpeas to the sauté pan and cook for 1-2 mins more. Stir in the bouillon powder and enough liquid from the chickpeas to moisten everything, and leave to simmer gently.

Once the water is at a rolling boil, crack in your eggs and poach for 2 mins, then remove with a slotted spoon.

Stir the spring onion tops into the chickpeas, then very lightly crush a few of the chickpeas with a fork or potato masher to add texture.

Spoon the chickpea mixture onto plates, scatter with the reserved coriander and top with the eggs.

Serve with an extra sprinkle of cumin for added warmth and flavour if desired

**412**  
CALORIES

**24**  
PROTEIN

**27**  
CARBS

**20**  
FATS

**10**  
FIBRE









# GRILLED MACKEREL WITH SOY, LIME & GINGER

**SERVES 2**

**TOTAL TIME: 25 MINUTES**

## INGREDIENTS

300 grams mackerel  
100 grams jasmine rice  
4 spring onions sliced  
1 red pepper, deseeded and diced  
For the marinade  
1 tablespoon low-sodium soy sauce  
juice 1 lime  
2 cm piece fresh ginger, grated  
1 garlic clove, crushed  
2 tablespoon honey

## INSTRUCTIONS

To make the marinade, mix all the ingredients together and pour over the mackerel.  
Cover and chill in the refrigerator for 30 mins.  
Heat the grill and put the mackerel, skin-side up, on a baking sheet lined with foil.  
Grill for 5 mins, then turn and baste with remaining marinade before grilling for a further 5 mins.  
Cook the rice according to the packet instructions, then drain and toss with the spring onions and pepper.  
Serve piping hot with the mackerel.

**582**  
CALORIES

**33**  
PROTEIN

**61**  
CARBS

**25**  
FATS

**1**  
FIBRE









# LAMB HOTPOT

**SERVES 4**

**TOTAL TIME: 2 HOURS**

## INGREDIENTS

3 teaspoon olive oil  
600 grams lamb leg steaks (once all visible fat removed it should weigh around 500 grams)  
2 onions, roughly chopped  
2 garlic cloves, thickly sliced  
250 grams celery stalks thickly sliced  
400 grams carrots thickly sliced  
Small handful fresh rosemary, finely chopped  
Few sprigs fresh thyme  
1 tablespoon plain flour  
1 beef stock pot diluted to make 500 millilitre/18 fluid ounces stock  
2 tablespoon Worcestershire sauce  
2 tablespoon tomato purée  
650 grams floury potatoes, ideally Maris Piper, cut into thick slices  
Salt and freshly ground black pepper

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Heat 1 teaspoon of the oil in a large heavy-bottomed casserole over a medium to high heat.

Cut the lamb into cubes and brown on all sides in two batches for around 3-4 minutes per batch. Transfer to a plate using a slotted spoon.

Add another teaspoon of oil to the pan and add the onions, garlic, celery and carrots and fry, stirring, for 3-4 minutes.

Add the rosemary and thyme and fry for another minute. Sprinkle over the flour and cook for 2 minutes, stirring constantly to cook the flour.

Return the lamb to the pan, pour over the stock and stir in the Worcestershire sauce and tomato purée, then bring to the boil.

Layer the potatoes on top in two overlapping layers, seasoning between the layers.

Cover with the lid and bake in the oven for 1½ hours, or until the lamb and the potatoes are tender. Remove the lid and increase the oven temperature to 200°C/400°F/gas 6.

Brush the potatoes with the final teaspoon of oil and bake for a further 15 minutes, or until the top is nicely browned and crispy.

**455**  
CALORIES

**31**  
PROTEIN

**47**  
CARBS

**14**  
FATS

**10**  
FIBRE









# ASPARAGUS, PEA AND SALMON RICE

**SERVES 4**

**TOTAL TIME: 10 MINUTES**

## INGREDIENTS

2 bunches asparagus or green beans, trimmed and diagonally chopped  
150 grams frozen peas  
2 x 250 grams packs ready-to-heat white rice  
350 grams poached salmon fillets, flaked  
100 grams baby spinach  
Zest and juice 1 lemon  
2 teaspoon Dijon mustard  
1 tablespoon olive oil  
Pinch sugar

## INSTRUCTIONS

Cook the asparagus or green beans and peas for 2–3 min in a large pan of boiling water until just tender. - drain well.

Meanwhile, heat the rice according to the packet instructions, then put in a large bowl. Add the asparagus or beans, peas, salmon and spinach.

Put the lemon zest and juice, mustard, olive oil and sugar in a bowl and whisk to combine. Drizzle over the rice mixture and gently toss to combine.

Serve immediately sprinkled with ground black pepper.

**434**  
CALORIES

**29**  
PROTEIN

**46**  
CARBS

**16**  
FATS

**6**  
FIBRE









# HERBY CHICKEN PASTA

**SERVES 4**

**TOTAL TIME: 17 MINUTES**

## INGREDIENTS

300 grams penne  
Small bunch fresh basil leaves  
Small bunch fresh flat-leaf parsley leaves  
2 tablespoon capers  
Juice 1 lemon  
1 tablespoon olive oil  
400 grams roasted or poached skinless and boneless chicken, shredded

## INSTRUCTIONS

Cook the penne in a large pan of boiling water, according to the pack instructions until al dente.

Meanwhile, blend the basil, parsley, capers, lemon juice and oil in a food processor to make a thick sauce.

Drain the pasta well, then return to the pan with the shredded chicken and add the sauce.

Toss well, then divide among 4 bowls, sprinkle with black pepper and serve.

**435**  
CALORIES

**36**  
PROTEIN

**46**  
CARBS

**9**  
FATS

**4**  
FIBRE









# 15 MINUTE BEEF CHILLI

**SERVES 2**

**TOTAL TIME: 20 MINUTES**

## INGREDIENTS

½ small onion finely chopped  
1 large garlic clove, crushed  
1 knob of butter  
½ teaspoon ground cumin  
½ teaspoon paprika  
(sweet or smoked depending on preference)  
Pinch of chilli flakes or chilli powder  
400 grams tin chopped tomatoes, drained and juice reserved  
400 grams tin kidney beans drained and rinsed  
½ vegetable stock cube  
2 squares dark chocolate  
soured cream, to serve (optional)  
coriander, to serve (optional)

## INSTRUCTIONS

Put the onion, garlic, butter and spices in a microwaveable container, stir, then heat in the microwave on high for 30-40 seconds.

Allow to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.

Cover with microwaveable cling film and pierce 3 times.

Place some kitchen paper on your microwave turntable, put the container on top and cook for 2 mins on high.

Stir well and leave to stand for a further minute. If your chilli starts to dry out, add some of the reserved tomato juice, but bear in mind that it won't reduce as much in the microwave as it would on the hob.

Cover and cook on medium for a further 2 minutes.

Give it a good stir and allow to stand for 1 minute before serving topped with soured cream and coriander or your favourite Mexican topping if desired

**333**  
CALORIES

**13**  
PROTEIN

**36**  
CARBS

**12**  
FATS

**15**  
FIBRE









# CURRIED CHICKEN BOWLS

**SERVES 4**

**TOTAL TIME: 2 HOURS AND 30 MINUTES**

## INGREDIENTS

190 grams low-fat plain yogurt  
50 grams grated onion  
2 tablespoons mild curry powder  
1½ tablespoons lemon juice  
1 tablespoon extra-virgin olive oil  
½ teaspoon salt  
¼ teaspoon cayenne pepper (optional)  
650 grams boneless, skinless chicken breast, cut into 1-2 cm pieces  
250 grams cooked brown rice  
250 grams cooked quinoa  
5 grams chopped fresh coriander  
25 grams thinly sliced spring onions

## INSTRUCTIONS

Stir the yogurt, onion, curry powder, lemon juice, half the oil, salt and cayenne, if using, together in a medium bowl.

Add the chicken and toss to coat evenly. Cover and marinate in the refrigerator for at least 2 hours or preferably overnight.

Preheat your oven to 200C/180C Fan/Gas 6.

Line a rimmed baking sheet with foil and create a foil barrier to divide the baking sheet in half.

Place the Curried Chicken, in a single layer, on one side of the foil and the Chili-Lime Chicken, in a single layer, on the other side of the foil.

Roast for 15 to 18 minute or until the chicken is cooked through

Whilst the chicken is roasting cook the rice and quinoa before adding to the bowls with the chicken, coriander and spring onions.

**274**  
CALORIES

**24**  
PROTEIN

**28**  
CARBS

**7**  
FATS

**4**  
FIBRE









# VEGAN THAI GREEN CURRY (V)

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

2 tablespoons sunflower oil  
1 medium butternut squash (about 800 grams), peeled and cut into bite-sized cubes  
3 tablespoon light soy sauce  
1 lime wedged to serve  
A handful of coriander roughly torn, to serve  
1 red chilli, deseeded and finely sliced, to serve  
1 spring onion finely chopped to serve  
500 grams Cooked jasmine rice to serve  
**GREEN CURRY BASE**  
1 lemongrass stalk, bruised  
1 tablespoon Thai green curry paste  
2 x 400 millilitre tins low-fat coconut milk  
A handful, sugar snap peas halved  
A handful of asparagus spears tough ends removed  
A handful of green beans trimmed  
2 tablespoon frozen or fresh edamame beans

## INSTRUCTIONS

Add 1 tablespoons of sunflower oil in a wok and bring to a medium heat.

Meanwhile, toss the butternut squash cubes into the soy sauce.

Put the soy-coated butternut squash in the wok and cook for 10 minutes or until softened and browned, stirring frequently.

For the green curry base:

Heat the remaining sunflower oil in a separate large frying pan. Add the lemongrass and Thai green curry paste, and fry over a high heat for 1 minute until the spices are fragrant and aromatic

Add the coconut milk, stir, then reduce the heat slightly and simmer for a further 8 minutes.

Meanwhile cook the jasmine rice according to the packet instructions.

Remove and discard the lemongrass stalk. Add the sugar snap peas, asparagus, green beans and edamame beans to the sauce and cook for 4-5 minutes or until the vegetables are cooked but still have some firmness.

Ladle the curry into bowls and spoon in the softened soy-glazed butternut squash.

Top each bowl with a squeeze of lime juice, and sprinkle with the coriander.

For added depth of flavour and heat, top with a few slices of chilli and a scattering of chopped spring onion.

Serve with bowls of steaming, fluffy jasmine rice.

**332**  
CALORIES

**6**  
PROTEIN

**22**  
CARBS

**23**  
FATS

**6**  
FIBRE









# VEGGIE BURGER (V)

**SERVES 8**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

400 grams tin chick peas, drained and mashed  
8 fresh basil leaves, chopped  
25 grams oat bran  
25 grams cup quick cooking oats  
225 grams brown rice, cooked  
14 ounce/400 grams package firm tofu  
5 tablespoon Korean barbeque sauce  
½ teaspoon salt  
½ teaspoon black pepper, ground  
¾ teaspoon garlic powder  
¾ teaspoon dried sage  
2 teaspoon vegetable oil

## INSTRUCTIONS

In a large bowl, stir together the mashed chick peas and basil.

Mix in the oat bran, quick oats, and rice - at this stage, the mixture should seem a little dry.

In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible.

Drain off the water, and repeat the process until there is hardly any water being produced (a little is fine).

Pour the barbeque sauce over the tofu, and stir to coat thoroughly

Stir the tofu into the chick peas and oats. Season with salt, pepper, garlic powder, and sage; mix until well blended.

Heat the oil in a large heavy pan over medium-high heat.

Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side until golden and appetising.

Serve as you would burgers with your favourite toppings.

**161**  
CALORIES

**8**  
PROTEIN

**24**  
CARBS

**5**  
FATS

**4**  
FIBRE





# DESSERTS













# CINNAMON ROLL MUG CAKE

**SERVES 1**

**TOTAL TIME: 2 MINUTES**

## INGREDIENTS

1 scoop vanilla protein powder  
1 tablespoon. coconut flour  
180 grams egg whites  
60 millilitres unsweetened almond milk  
½ teaspoon baking powder  
1 teaspoon cinnamon  
¼ teaspoon. vanilla extract  
1 tablespoon raw honey or stevia to taste  
For the glaze: 1 tablespoon. coconut butter and a pinch of cinnamon

## INSTRUCTIONS

Spray a microwavable mug with a little cooking spray.

Stir the protein powder, baking powder, coconut flour, cinnamon, sweetener of choice together until well combined.

Add egg whites, almond milk, and vanilla extract. Add more almond milk if needed (a thick batter is the desired consistency).

Microwave for 60 seconds, or until the centre is cooked (microwave times will vary depending on microwave).

Make the glaze by melting coconut butter with a pinch of cinnamon and drizzle over the top of the cakes.

Serve immediately.

**312**  
CALORIES

**32**  
PROTEIN

**10**  
CARBS

**12**  
FATS

**0**  
FIBRE









# BLACK BEAN CHOCOLATE PROTEIN TRUFFLES

**SERVES 12**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

400 gram tin low-sodium or no salt added organic black beans, rinsed and drained, and patted dry  
1 scoop chocolate protein powder of choice  
1 ½ tablespoons coconut oil, plus 1 teaspoon for chocolate coating  
2 tablespoons pure maple syrup  
5 tablespoons good-quality unsweetened cocoa powder  
100 grams good quality chocolate, chopped  
Toppings, if desired: sprinkles, flaked coconut, and/or chopped nuts

## INSTRUCTIONS

Place black beans, 1 ½ tablespoons coconut oil, and maple syrup in large bowl of food processor; process until very smooth in consistency. You may need to occasionally scrape the mix from the sides.

Slowly add in cocoa powder and chocolate protein powder (if desired). Taste and add more cocoa powder if necessary.

If you decide not to add in protein powder, simply replace with about 3 more tablespoons of cocoa powder or until batter tastes chocolatey enough to your liking.

Place the truffle batter in the fridge for about 20 minutes. Once chilled remove from the fridge and form the batter into 12 even dough balls; roll them with your hands to form a ball (you can use latex gloves if you don't want messy hands)

Place the formed truffles on a baking tray lined with parchment paper and place back in fridge while you prepare the chocolate coating:

Heat the chocolate and 1 teaspoon coconut oil in small saucepan on very low. Stir every so often until chocolate has melted and is smooth.

Remove from heat.

Lift each truffle with a fork or toothpick and dip into the chocolate mixture to coat - they don't have to be perfect!

Roll in sprinkles, nuts or coconut if desired.

Place back on parchment paper and return to the fridge for ten minutes.

Once chilled, enjoy these delicious sweet treats!

**105**  
CALORIES

**4**  
PROTEIN

**13**  
CARBS

**5**  
FATS

**3**  
FIBRE









# NO BAKE ALMOND FUDGE PROTEIN BARS

**SERVES 12**

**TOTAL TIME: 10 MINUTES**

## INGREDIENTS

80 grams oats, ground into a flour  
40 grams quick oats  
60 grams vanilla protein powder  
15 grams crispy rice cereal  
125 grams almond butter (or peanut butter)  
115 grams cup honey  
1 teaspoon vanilla extract  
Optional: 2-3 tablespoon. chocolate chips for melting

## INSTRUCTIONS

Prepare a 9 x 5 inch loaf tin by spraying it with cooking spray. Set it aside for now.

In a medium-sized mixing bowl, combine the oat flour, quick oats, protein powder, and crispy rice cereal. Mix until well combined and also set aside.

In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in the vanilla extract.

Remove from the heat, pour into the dry mixture, stirring well until everything is well mixed.

Pour the mixture into the loaf tin. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

For the optional topping, place the chocolate into a microwave safe bowl and heat on high in 20 second intervals, stirring between each heating session.

When fully melted, drizzle over the top of the packed mix using a spoon.

Place pan into fridge and allow to cool for 30 minutes before slicing into bars.

**162**  
CALORIES

**7**  
PROTEIN

**18**  
CARBS

**7**  
FATS

**2**  
FIBRE









# CHOCOLATE FUDGE CAKE BARS

**SERVES 8**

**TOTAL TIME: 40 MINUTES**

## INGREDIENTS

100 grams oat flour  
2 scoops vanilla or unflavoured protein powder  
115 grams granulated sweetener of choice  
3 tablespoon cocoa powder  
½ teaspoon baking soda  
¼ teaspoon sea salt  
½ cup unsweetened apple sauce OR tinned pumpkin  
65 grams almond butter  
125 grams plain yogurt  
4 large egg whites  
60 millilitres milk of choice  
45 grams Chocolate chips, to stir through and drizzle on top (optional)

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Line an 8 x 8 ovenproof glass baking dish with oil and set aside.

In a large mixing bowl, combine the dry ingredients and mix well.

In a small bowl, mix together the apple sauce, yogurt, almond butter, egg whites and milk of choice well. Pour into the dry mixture and mix until fully incorporated.

Stir through chocolate chips/chunks and bake for 20-30 minutes, depending on your oven, and your desired texture (test using a tooth pick or skewer).

Rotate the dish occasionally, to ensure the mixture is evenly cooked.

Remove from the oven and allow to cool completely, before topping with extra chocolate drizzle and slicing into bars.

**171**  
CALORIES

**11**  
PROTEIN

**16**  
CARBS

**7**  
FATS

**2**  
FIBRE









# PUMPKIN PROTEIN BREAD

**SERVES 8**

**TOTAL TIME: 70 MINUTES**

## INGREDIENTS

425 gram tin pumpkin puree  
50 grams protein powder (chocolate, vanilla or cinnamon)  
25 grams buckwheat flour (or gluten-free oat flour)  
½ egg white  
1 tablespoon organic pure maple syrup  
½ teaspoon baking powder  
1 tablespoon vanilla extract  
½ tablespoon pumpkin pie spice

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Using a high-speed blender, food processor, or handheld mixer, blend all ingredients together thoroughly.

If you prefer to use gluten-free oat flour you can make your own by simply blending rolled oats in a high-speed blender or food processor until it turns into flour.

Pour mixture into a bread tin (we used a 6.5 x 3 inch tin) and bake for 1 hour.

Poke with toothpick or skewer and continue to bake until it pulls out clean.

**75**  
CALORIES

**7**  
PROTEIN

**9**  
CARBS

**1**  
FATS

**0**  
FIBRE







# DK PERSONAL TRAINER'S RECIPE BOOK

