



COOK BOOK



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Welcome

Welcome to the Complete Nutrition Cook Book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results.

That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.



I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

Get in touch



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Let's get started...

Below are a few hints and tips to help you along the way.
Please spare a few minutes to read this before you get cooking.

COOKING WITH FATS AND OILS

For cooking and frying at high temperatures, coconut oil is safe to use, as it remains stable at higher temperatures. In other words, unlike many other oils and fats, it won't become damaged when heated above a certain temperature. When oils become damaged, they turn rancid, which can be damaging to your body. Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.



For salads, use cold pressed extra virgin olive oils, sesame or peanut oils. There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.

A note about dairy / dairy free products:

If you are following a dairy free diet, it is best to cook with coconut oil where possible. Good quality ghee contains very small amounts of lactose and casein and therefore is suitable for many people who are lactose intolerant.

COCONUT FLOUR

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!



WHERE TO BUY

Coconut Oil and Coconut Flour:

Available on **Amazon** and in **health stores** and **major supermarkets**

TEA

Green tea has lots of amazing health benefits. It is high in antioxidants and contains about half the amount of caffeine of normal tea. It is widely available in supermarkets, health shops and online.

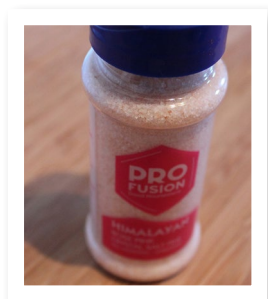
Tulsi Brahmi (caffeine free) is another healthy alternative with healing properties, as well as also being a rich source of antioxidants.



Of all herbal teas, liquorice tea is arguably one of the most beneficial yet under-appreciated herbal teas. Liquorice tea can help the liver to rid the body of unwanted toxins, can relieve constipation, is used to treat low blood pressure, helps to lower cholesterol and is an anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

STORECUPBOARD SAVIOURS

There are plenty of simple ways to make your food taste good. Why not keep your cupboards stocked up with a handy supply of spices and rubs, which are generally very cheap to buy, simple to use, and a much healthier alternative to the artificial flavourings, additives and sugars found in many of the processed sauces available.



Consider replacing cheap, processed table salt (which is full of chemicals and some even contain sugar!) with a good quality organic sea salt or Himalayan pink salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrient absorption.

WHERE TO BUY

Tulsi Brahmi Tea: Available on **Amazon** and **www.discount-supplements.co.uk**

Liquorice Tea: Available on **Amazon** and in **health stores** and **major supermarkets**

Himalayan Pink Salt: Available on **Amazon** and in **health stores** and **major supermarkets**

A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.



However, I believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you may feel deprived.

My advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!).

In some of my recipes I have used natural sweeteners such as Stevia. Many research studies have been conducted on the safety of these products and while no definite links have been made to any negative health effects, overall the evidence for and against it is still inconclusive. If you'd prefer to swap the sweeteners in these recipes with something else then feel free to do so. Home made apple sauce, raisins and bananas can add enough sweetness to a variety of baking recipes.

Note: There are several forms of Stevia available - a very light powdery texture, and a more granulated/grainy texture. In all of my recipes, I have used the granulated version. I recommend you use the same, so that the ingredient weight is accurate.

WHERE TO BUY

Stevia: Available on **Amazon** and in **health stores** and **major supermarkets**

FLAXSEED

Flaxseed is rich in omega-3 fatty acids and fibre. It is a great ingredient to use in cooking and baking, e.g. spelt bread, cakes, pizzas (yes, healthy ones!), mixed in with nut butter or humous dips, added to pancake mixes, sprinkled over cereals or salads or added to smoothies.



It's best to grind the flaxseed up in a coffee grinder first, as it is not absorbed by the body if left whole. If you mix flaxseed with water and leave to stand for 10 minutes, it develops a sticky coating, which makes it a great egg substitute in baking (as do chia seeds). Always store your flaxseed in the fridge in an airtight container.

WHERE TO BUY

Flaxseed: Available in **major supermarkets**

BASMATI RICE

Generally speaking, wholegrain, unprocessed carbohydrates tend to be better handled than processed carbohydrates such as white rice, pasta, bread and cereals.

Wholegrain rice is probably a healthier option than white rice, nevertheless it should still be consumed in moderation, especially if you are trying to lose fat. In most cases, where rice appears in this book, I haven't specified white or wholegrain rice. Please decide for yourself which is the best option for you.



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NUTRITION

RETREATS

GROUP TRAINING

MINDSET



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SYSTEM

ANY TIME RECIPES



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Breakfast burrito



3 medium sized eggs, yolks and whites separated
1 tsp organic coconut oil or butter
 $\frac{1}{2}$ a small red onion, finely chopped
1 tomato, finely chopped
1 green chilli, finely chopped
 $\frac{1}{2}$ a pepper (any colour), diced
handful fresh coriander, finely chopped
60g cooked chicken, sliced
 $\frac{1}{2}$ a small avocado, cut into small chunks

SERVES 1



Whisk the egg whites for one minute.

Melt half of the oil or butter over a medium heat in a skillet or frying pan. Pour the egg whites into the pan, tilting the base of the pan to spread them evenly.

Cook for around 1-2 minutes until the egg is cooked through. Use a spatula to gently loosen and slide onto a plate.

Sauté the onion with the remaining oil for one minute then add the tomato, chilli, pepper, coriander and chicken.

PER SERVING:
540 Calories
20g Carbs
43g Protein
32g Fat

Whisk egg yolks and pour into the pan, mixing well into the other ingredients. Season with salt and pepper.

When the egg yolks are cooked, add the avocado then spoon the mixture onto the egg white. Roll the egg white up into a burrito.

Consume immediately.

Avocado baked eggs

2 large avocados, halved
lengthways
4 small eggs
salt and pepper to season
1 tsp paprika

SERVES 2



Preheat oven to 160°C/325°F.

Scoop out a hole in each avocado half (enough to hold an egg).

Shape four pieces of foil into rings and place on a baking tray. Place an avocado half (flat side up) on each ring so that the top lies flat.

Crack an egg yolk into each avocado hole plus some of the white (just enough to fill the hole). Season with salt and pepper and sprinkle on the paprika.

Cook for around 20 minutes until the yolk is cooked to your liking.

Consume immediately.



PER SERVING:

373 Calories

13g Carbs

15g Protein

29g Fat

Meat & nuts



5g organic coconut oil
150g lean stir fry beef strips
½ tsp paprika
½ tsp sea salt flakes
½ tsp black pepper
handful fresh spinach
25g walnuts

SERVES 1



Heat the oil in a frying pan or skillet over a medium heat.

Add the spices and stir for 10 seconds.

Add the beef and cook for 2-3 minutes, stirring.

Add the spinach and cook, stirring until wilted.

Transfer the contents of the pan in to a bowl and sprinkle over the walnuts.

Consume immediately.



PER SERVING:
401 Calories
6g Carbs
38g Protein
25g Fat

Colourful veggie scramble



large handful of spinach, chopped
roughly

1 tbsp organic coconut oil or butter

100g mushrooms, chopped

30g sun-dried tomatoes, drained and
chopped

1 clove garlic, finely chopped

4 medium sized eggs

2 egg whites

salt and pepper to season

SERVES 2

Steam the spinach for around 5 minutes
until fork tender. Set aside

In a non-stick frying pan, heat the oil or
butter over a medium heat. Add the
mushrooms and sauté, stirring for
4 minutes.

Add the steamed spinach, sun-dried
tomatoes and garlic. Sauté, stirring for 3
minutes.

Beat the eggs and whites for 30 seconds,
then pour evenly over the vegetables.
Allow to cook untouched for around 2
minutes.

Gently stir the mixture together until the
eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.

Consume immediately.



PER SERVING:
316 Calories
7g Carbs
18g Protein
24g Fat

Veggie protein breakfast



125g broccoli, cut into small florets
half a courgette, chopped
2 small leeks, sliced finely
50ml coconut milk
6 eggs
pinch of oregano
salt and pepper
30g Cheddar cheese (optional),
grated (use dairy free if preferred)

SERVES 2

Preheat oven to 200°C / 400°F.

Grease a 10 inch round ovenproof dish.

Steam the broccoli, leeks and courgette for 4-5 minutes, or until tender.

Place the cooked vegetables in the base of the oven dish.

Whisk the eggs, coconut milk, oregano, salt and pepper together. Stir in the cheese if using.

Pour the egg mixture over the vegetables. Bake for around 20 minutes, or until thoroughly cooked.

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



PER SERVING:
388 Calories
17g Carbs
26g Protein
24g Fat

B.C.T.A.

(Bacon, Chicken, Tomato, Avocado)



5g organic butter/organic coconut oil

1 rasher unsmoked bacon (use vegetarian bacon if preferred*)

2 spring onions, chopped

1 chicken breast or vegetarian chicken*, sliced in half

1 beef tomato, cut into slices
quarter of an avocado, sliced

SERVES 1

Melt the butter or oil in a frying pan over a medium heat. Fry the bacon rasher on both sides until crispy. Remove from pan and set aside.

Add the chicken to the pan and fry for around four minutes each side, until cooked through. Add the spring onions and fry for one minute. Remove pan from heat.

Arrange the items on a plate in a stack, starting with a piece of chicken as a base, and finishing with another piece of chicken as a 'lid'. Serve with a salad.

Consume immediately.

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*



PER SERVING:
476 Calories
9g Carbs
47g Protein
28g Fat



Low carb quiche



2 free range eggs
5 egg whites
½ tsp black pepper
½ tsp sea salt flakes
½ tsp onion powder
½ tsp Italian seasoning
½ small red onion, finely chopped
½ green pepper, finely chopped
5 cherry tomatoes, halved
1 green chilli pepper, finely chopped
handful spinach leaves, chopped
30g reduced fat grated cheese
(optional)

SERVES 2

Preheat oven to 180°C/350°F.

Place all of the ingredients in a large bowl and mix well.

Grease an ovenproof dish or tin (large enough to contain the mixture) with coconut oil or organic butter.

Pour the mixture into the dish and bake for 20-25 minutes, until the centre of the quiche is cooked.

Serve with salad.

Store any leftover quiche in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
184 Calories
8g Carbs
20g Protein
8g Fat



Beef, blackberry & kale salad



5g organic coconut oil
20g tomato purée
5g fresh garlic, minced
5g fresh ginger, minced
200g Irish beef rump steaks, cut into strips
1 tsp garam masala
100g kale
50g fresh blackberries

SERVES 1



Melt the oil in a frying pan over a medium heat.

Add the tomato purée, garlic and ginger and stir well to combine.

Add the beef and sprinkle over half of the garam masala. Turn the beef over, and sprinkle on the remaining garam masala.

Cook for 4-5 minutes, until the steak is thoroughly cooked.

Meanwhile, steam the kale gently for 3-4 minutes then drain.

Place the kale on a serving plate and add the blackberries. Top with the cooked beef strips.

Store in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
378 Calories
23g Carbs
49g Protein
10g Fat

Turkey coconut burgers

750g lean turkey breast mince
(use vegetarian mince if preferred*)

1 small white onion, finely
chopped

1 tsp sea salt flakes

1 tsp curry powder

1 tsp black pepper

1 free range egg

half a grated coconut

2 cloves garlic, finely chopped

5 green chillies (optional),
finely chopped

3 tps organic butter or
coconut oil

MAKES 10 BURGERS

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Top tip:

These also taste great oven baked. Place on a lightly greased tray and cook at 200°C/400°F for 15-20 minutes

Place the mince in a large bowl. Add all of the other ingredients. Using your hands, mix well for 2-3 minutes. Form into 10 patties and place on a plate.

Melt the oil or butter in a large frying pan over a medium heat. Gently place 5 of the patties in the pan and fry for 15 minutes, turning halfway. Once cooked, fry the other 5 patties.

Serve with a salad and a squeeze of lemon or lime and a plain yoghurt dip.

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



PER BURGER:
165 Calories
3g Carbs
18g Protein
9g Fat



Minted lamb kebabs

COMPLETE^{PT}

NUTRITION RETREATS GROUP TRAINING MINDSET

100g plain yoghurt
finely grated zest of half an unwaxed
lemon, plus juice
2 garlic cloves, crushed
1 tsp English mustard
2 tbsps tomato purée
300g lean lamb leg steaks, diced
handful cherry or plum tomatoes
sprig fresh mint, finely chopped

SERVES 2

Mix the yoghurt, lemon zest, lemon juice, garlic, mustard and tomato purée in a shallow bowl.

Add the lamb and coat well in the sauce. Cover and refrigerate for at least one hour.

Soak 2 bamboo skewers in cold water for 30 minutes or more.

Prepare a medium grill.

Thread the lamb pieces and cherry tomatoes (alternating) onto the skewers. Brush with the marinade and grill for 5 minutes each side or until cooked to your liking.

Sprinkle over the chopped mint. Serve with a salad.

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



PER SERVING:
312 Calories
11g Carbs
40g Protein
12g Fat



Mediterranean chicken



1 tbsp organic coconut oil
1kg fresh chicken breast/
vegetarian chicken*, diced
Himalayan pink salt to taste
1 tbsp paprika
2 tps cayenne pepper
6 small red onions, finely chopped
4 cloves garlic, finely chopped
2 tbsps tomato purée

SERVES 6

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Heat the oil in a pan over a medium heat. Add the chicken and cook for five minutes, stirring regularly.

Add the salt, spices and stir.

Add the onion, garlic and tomato purée.

Stir well and simmer for 15-20 minutes until the chicken is cooked through.

Serve with fresh vegetables and sweet potato or basmati rice.

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



PER SERVING:
313 Calories
6g Carbs
52g Protein
9g Fat

Mince masala

2 tsps organic coconut oil
1 large white onion, finely chopped
750g extra lean beef mince/
low fat vegetarian mince*
3 cloves garlic, finely chopped
2 tsps Mangal meat masala spice
1 tsp cayenne pepper
1 tsp pink Himalayan salt
2 tbsps tomato purée

SERVES 4

Suggestion:

Tastes great with a side of chopped raw baby leaf spinach and chopped cherry tomatoes

Melt the oil over a medium heat. Add the onions and cook for five minutes until soft.

Add the mince and stir frequently until browned all over. Add the garlic, spices and salt and cook for five minutes, stirring continuously.

Add the tomato purée and simmer gently for 15 minutes.

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

PER SERVING:

279 Calories

5g Carbs

40g Protein

11g Fat



* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!



Lime chicken fajitas

IDEAL
FOR
BBO

500g chicken breast/
vegetarian chicken*, diced
juice of 2 limes
4 cloves garlic, finely chopped
10g organic coconut oil or butter
1 red pepper, diced
1 green pepper, diced
1 yellow pepper, diced
1 medium sized white onion,
finely sliced
½ tsp ground cumin
¼ tsp sea salt flakes
¼ tsp ground black pepper
pre-soaked wooden skewers

SERVES 3

Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!



Put the chicken in a bowl. Combine the lime juice and about half of the garlic. Pour the mixture over the chicken, coating thoroughly. Cover the dish and allow it to marinate in the refrigerator for up to 30 minutes. Any longer and the lime juice will break down too much of the tissue.

Preheat the oven to 150°C/300°F or prepare the barbecue for cooking.

Remove chicken from fridge and thread several chicken pieces onto each skewer. Place the chicken on the barbecue or in the oven and turn regularly until cooked through (around 20 minutes).

Heat the oil in a large skillet over a medium heat. Add the peppers, onion and remaining garlic to the skillet. Cook for around five minutes or until tender, stirring regularly. Sprinkle with cumin, salt and pepper. Serve the fajita mix and chicken with a side salad.

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

PER SERVING:
358 Calories
13g Carbs
54g Protein
10g Fat

Spicy salmon parcels

2 x salmon fillets (approximately 125g each)
small bunch fresh coriander, roughly chopped
1 garlic clove, finely chopped
1 red chilli pepper, finely chopped
pinch sea salt
1 lemon, cut into quarters

SERVES 2

Preheat oven to 170°C/350°F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and seal into a parcel.

Cook for 20 minutes or until the salmon is cooked thoroughly (the flesh should be a pale pink colour).

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



PER SERVING:
273 Calories
5g Carbs
25g Protein
17g Fat

Low carb ragu



1 tsp ghee or organic coconut oil
half a medium sized red onion, finely chopped

200g lean steak mince

1-2 cloves of garlic, finely chopped

1 large red chilli, sliced

3-4 closed cup mushrooms, sliced

1 tbsp tomato purée

9 baby tomatoes

$\frac{3}{4}$ tsp Italian seasoning

pinch of salt and pepper

1 courgette, spiralized or cut into long thin strips

SERVES 1

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté for 2-3 minutes.

Add the steak mince and cook for 4-5 minutes, stirring.

Add the chilli and garlic and sauté for 1-2 minutes.

Add the mushrooms and sauté for 3-4 minutes, stirring.

Add the tomato purée, tomatoes and seasoning. Cook for 5 minutes.

Meanwhile, bring a small saucepan of water to the boil. Add the courgette, reduce to a simmer and cook for 2-3 minutes, until tender. Serve.

Store any leftover sauce in an airtight container and refrigerate for 3 days or freeze on the same day.



PER SERVING:
370 Calories
14g Carbs
47g Protein
14g Fat



Crispy bacon asparagus bites

4 rashers unsmoked back bacon
4 thick asparagus spears
2 tsps organic butter or coconut oil,
melted

SERVES 1



Preheat oven to 220°C / 450°F.

Line an oven tray with foil.

Take an asparagus spear, and wrap a rasher of bacon around it. Overlap the rasher as you wrap, so that there are no gaps. Place the spear on the tray and repeat with the other 3 spears.

Gently brush each bacon wrapped spear with melted butter or oil.

Place in the oven for 20-25 minutes, until the bacon is crispy.

Serve warm or cold.

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



PER SERVING:
346 Calories
2g Carbs
26g Protein
26g Fat

Berry soufflé



1 tsp organic butter or coconut oil
100g mixed berries
2 tbsps coconut milk
4 large eggs, yolks and whites separated
1 tsp vanilla extract
pinch of ground cinnamon

SERVES 2

Serving suggestion:

Drizzle lightly with honey and sprinkle over a few flaked almonds



PER SERVING:
203 Calories
4g Carbs
13g Protein
15g Fat

Preheat oven to 200°C / 400°F.

Melt the butter / oil in an ovenproof skillet or pan over a medium heat.

Add the berries and simmer gently for around 4 minutes, stirring occasionally.

Meanwhile, whisk the egg whites with an electric mixer until stiff peaks form.

In a separate bowl hand whisk the egg yolks, coconut milk, cinnamon and vanilla extract for 1-2 minutes.

Gently fold the yolks into the egg whites.

Pour the mixture over the berries and cook for 2 minutes then transfer to the oven.

Bake for 10-12 minutes until lightly browned. Serve warm or cold.

Consume immediately.



Melon & mint salad



- 1 honeydew melon, diced
- 70g pomegranate seeds
- 150g cucumber, diced
- 1 tbsp honey (optional)
- 2 tbsps orange flower water (optional
- available in supermarkets)
- 1 sprig fresh mint, finely chopped

Place all ingredients in a bowl and mix well.

Cover and refrigerate for up to 2 days, until ready to serve.

SERVES 4



PER SERVING:

93 Calories

20g Carbs

1g Protein

1g Fat

Chocolate paleo loaf

100g nut butter of your choice
20g cocoa powder
2 eggs
2 tsps vanilla extract
1 tbsp maple syrup or honey
40g dark chocolate (minimum
70% cocoa), melted
½ tsp baking soda
pinch of sea salt
½ tsp ground cinnamon
70g courgette, grated
2 tsps dark chocolate chips for
topping

MAKES 7 SLICES

Preheat oven to 200°C/400°F.

Line the base of a small / medium sized loaf tin with baking paper.

In a bowl, combine all of the ingredients except for the courgette and extra chocolate for topping. Fold in the courgette then transfer mixture to the lined tin. Sprinkle the chocolate chips on top.

Bake for 40 minutes or until the top springs back to the touch. Remove from the oven and leave to cool in the tin for 10 minutes. Transfer to a wire rack to cool. Slice into 7 pieces.

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



PER SLICE:
159 Calories
8g Carbs
7g Protein
11g Fat

Chocolate & strawberry freezer bars

125g tinned or fresh pumpkin purée
20g cocoa powder
25g vanilla flavour whey or rice protein powder (optional)
75g ground almonds
80g fresh or desiccated coconut
2 tbsps chia seeds
2 tbsps coconut oil, melted
150g fresh or frozen strawberries, chopped into small pieces
20g chopped walnuts

MAKES 9 BARS

Line a small square tin with greaseproof paper.

Mix together all of the ingredients in a bowl, except for the strawberries and walnuts.

Gently stir in the strawberries and walnuts.

Spoon the mixture into the tin and gently flatten with a spoon.

Freeze for one hour, then refrigerate until ready to serve.

Divide into 9 pieces.

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



PER BAR:
190 Calories
10g Carbs
6g Protein
14g Fat

Alkalising tonic

COMPLETE^{PT}

NUTRITION RETREATS GROUP TRAINING MINDSET

handful fresh spinach
1 kiwi, halved
2 tbsps wheatgrass powder
juice of half a lemon
300ml cold water (add more or less,
depending on desired consistency)



Put all of the ingredients into
a blender and blend until
smooth.

SERVES 1

PER SERVING:

121 Calories

20g Carbs

8g Protein

1g Fat



Supreme green smoothie

30g baby leaf spinach
15g fresh ginger, peeled
and roughly chopped
1 tsp wheatgrass powder
50g blueberries
200ml cold water (add more or
less, depending on desired
consistency)



Put all of the ingredients into
a blender and blend until
smooth.

SERVES 1

PER SERVING:

64 Calories

11g Carbs

5g Protein

0g Fat



Creamy coconut & lime smoothie



4 tbsps coconut milk
150ml coconut water
½ a medium sized frozen banana
(or use fresh banana and 2 ice cubes)
large handful of fresh spinach
juice of one lime

Put everything into a blender, liquid first.
Blend until smooth.

Consume immediately.

SERVES 1



PER SERVING:
230 Calories
32g Carbs
3g Protein
10g Fat

Fig apple green smoothie



75ml cold water
2 fresh figs
1 apple, cored and sliced
handful fresh spinach
several lettuce leaves (optional)
2 ice cubes

Put everything into a blender, water first. Blend until smooth. Add more water if required, until you achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:

177 Calories

40g Carbs

2g Protein

1g Fat

Cucumber cooler smoothie



180ml coconut water or cold water

100g cucumber, roughly chopped

large handful spinach leaves

3-4 fresh mint leaves

2 ice cubes

75g blueberries (fresh or frozen)

Put everything into a blender, liquid first.
Blend until smooth.

Consume immediately.

SERVES 1



PER SERVING:

100 Calories

23g Carbs

2g Protein

0g Fat

COMPLETE^{PT}

NUTRITION

RETREATS

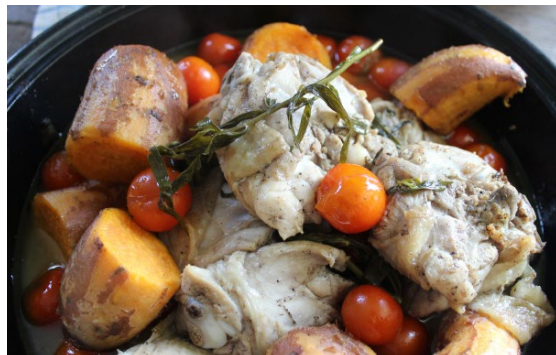
GROUP TRAINING

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COMPLETE NUTRITION
SYSTEM

POST WORKOUT RECIPES



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Crunchy protein quinoa



30g uncooked quinoa
40g plain yoghurt (use dairy free yoghurt if preferred)
30g dried pitted prunes
25g whey or rice protein (any flavour)
15g flaked almonds
drizzle of honey (optional)
10g sunflower seeds or flaxseed
 $\frac{3}{4}$ tsp ground cinnamon

Cook the quinoa according to packet instructions, then cool with cold water. Drain well and transfer to a bowl. Mix in the remaining ingredients.

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

SERVES 1



PER SERVING:
419 Calories
39g Carbs
32g Protein
15g Fat

Spiced apple power porridge

40g porridge oats, (use gluten free oats if preferred), ideally soaked overnight in cold fresh water
1 medium sized apple, diced
15g flaxseed, ground
1 tsp ground cinnamon

SERVES 1

Top Tip:

Pre-soaking the oats overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Place the oats in a saucepan and cook over a medium heat for several minutes, stirring continuously.

If the mixture is a little dry, add a splash of cold water or unsweetened almond milk for extra creaminess.

Add the diced apple and cook for several minutes. Stir in the flaxseed.

Spoon the contents into a bowl, and sprinkle with cinnamon.

Consume immediately.



PER SERVING:
241 Calories
44g Carbs
5g Protein
5g Fat

Summer fruit porridge

50g porridge oats (use gluten free oats if preferred)
150ml cold water
30g mixed berries (fresh or frozen) plus a few extra for topping
3 tbsps strawberry or vanilla flavour whey or rice protein powder (optional)

SERVES 1



Top tip:

This high carb recipe makes an ideal post-workout breakfast.

If possible, presoak the oats for 8 hours or more. Soaking the oats for 10-12 hours overnight makes it easier for the body to digest. It also speeds up the cooking process, which is ideal if you are short on time in the mornings

Mix the oats and water in a saucepan over a medium heat. Bring to the boil then reduce to a gentle simmer. Stir constantly until the porridge starts to thicken.

Add the berries and continue to cook, stirring for 1-2 minutes. Add more water if required if the mixture looks too thick.

Taste test the porridge to ensure that the fruit is heated through. Remove from heat and stir in the protein powder until thoroughly combined. Sprinkle over a few extra berries and serve.

Consume immediately.

PER SERVING:
346 Calories
36g Carbs
37g Protein
6g Fat



Prune & sweet potato pancakes



For the pancakes:

150g sweet potato, peeled and diced
5 medium sized eggs
2 tbsps chocolate flavour whey or rice protein powder (optional)
half a medium sized banana
1 tsp ground cinnamon
1 tsp stevia or honey
1 tbsp coconut flour
2 tbsps pitted prunes, chopped roughly
2 tbsps organic coconut oil

For the blueberry sauce:

50g blueberries
juice of half a lemon
1 tsp stevia (or natural sweetener of your choice)

Bring a saucepan of water to the boil. Add the sweet potato and simmer for around 8 minutes until soft. Remove from heat, drain and leave to cool.

Mash the sweet potato gently in a fine sieve to remove excess water.

Put all of the other pancake ingredients (except for the coconut oil) into a blender and pulse until smooth. Allow to stand for 10 minutes.

RECIPE CONTINUED ON NEXT PAGE >>

MAKES 9 SERVINGS



PER SERVING:

114 Calories

9g Carbs

6g Protein

6g Fat

Heat a small amount of the coconut oil in a non stick pan, over a medium / high heat. Pour a small amount of the pancake mixture into the centre of the pan (15cm diameter).

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and cook for 1-2 minutes.

Transfer pancake to a plate. Add more oil and repeat the process with remaining batter.

Mix the blueberries with a splash of cold water and warm in a saucepan over a gentle heat. Add the lemon juice and stevia and stir. Cook for 3-4 minutes then leave to cool for several minutes.

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



Pear, walnut & vanilla quinoa porridge

30g quinoa
100ml unsweetened almond milk
(or milk of your choice)
2 tsps chia seeds
1 tbsp natural sweetener of choice
small pinch of sea salt
1 vanilla pod, with an incision made
lengthways (or use 1 tsp vanilla
extract)
a pinch of ground cinnamon
1 tsp raisins
2 tinned pear halves, sliced
10g walnuts, chopped

SERVES 1

Rinse the quinoa and simmer in a saucepan of water for around 20 minutes until cooked.

Meanwhile place the almond milk in a saucepan over a low heat. Add the vanilla pod if using, cover and simmer for 20-25 minutes (or longer if you have time).

Drain the quinoa and add to the vanilla milk, with the chia seeds. Cook, stirring for 15 minutes. Remove pan from heat.

Transfer the contents of the pan to a serving bowl. Mix in the raisins, vanilla extract (if using), sweetener and salt. Top with pear and walnuts. Enjoy warm or cold.

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



PER SERVING:
285 Calories
34g Carbs
8g Protein
13g Fat



Creamy quinoa & yellow split pea curry

COMPLETE PT

NUTRITION RETREATS GROUP TRAINING MINDSET

½ tsp cumin seeds
5g ghee or coconut oil
1 small cinnamon stick
1 tsp dried crushed red chillis
5-6 curry leaves
1 small red onion, finely chopped
2 cloves garlic, finely chopped
equivalent amount of ginger,
finely chopped
1 medium tomato, chopped
150g yellow split peas (dry weight,
soaked overnight and drained)
100g uncooked quinoa
1 tsp garam masala
¾ tsp ground turmeric
½ tsp sea salt
100g plain quark (or use dairy
free yoghurt)
handful of chopped coriander to
garnish

Roast the cumin seeds for 2-3 minutes in a large saucepan over a medium heat. Add the ghee/oil and stir to melt.

Add the cinnamon stick, chillis and curry leaves and fry for 1-2 minutes to release the flavours. Add the onion, and cook for 5 minutes until soft, stirring occasionally.

Add the ginger and garlic and stir for 1 minute. Add the tomato and stir.

Add the yellow split peas and quinoa along with approximately 400ml boiling water.

Add the garam masala and turmeric and stir. Bring to a simmer and allow to cook for 35-40 minutes, stirring occasionally. Add more water as and when required. Once the curry has reached a similar consistency to porridge oats, add the salt and stir in the quark. Serve garnished with chopped coriander.

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

SERVES 2



PER SERVING:
524 Calories
69g Carbs
26g Protein
12g Fat



Nourishing mixed bean soup



10g organic butter or coconut oil
1 medium sized white onion,
finely chopped
3 medium sized carrots, sliced
2 large sticks celery, finely chopped
800g chicken breast/meat free
chicken*, diced
2 garlic cloves, crushed
1 tsp paprika
1 tsp ground cumin
½ tsp Himalayan pink salt
1 tsp dried thyme
1 x 400g tin chopped tomatoes
1 medium salad tomato, diced
15g tomato purée
1 pint chicken or vegetable stock
(see recipes on page 58)
1 red pepper, sliced
200g mixed beans, drained

SERVES 4

** **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
290 Calories
16g Carbs
43g Protein
6g Fat

Heat the butter or oil in a large pan. Add the onion and cook gently until softened. Add the carrot and celery and cook for 5 minutes, stirring regularly.

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

Once cooled, refrigerate for up to 3 days or freeze on the same day.



Warming squash & bacon soup

2 tsps organic butter or coconut oil
2 medium sized white onions,
peeled and chopped finely
2 medium sized carrots, peeled
and chopped finely
2 garlic cloves, peeled and
chopped finely
2 medium sized potatoes,
peeled and diced
1 medium sized butternut squash,
peeled, deseeded and diced
725ml stock, made with one
organic stock cube or fresh
chicken / vegetable stock (see
recipes on page 58)
1 tsp dried chilli flakes
1 tsp ground cumin
1 tsp coriander powder
salt and pepper to season
4 rashers unsmoked back bacon,
cut into small pieces
1 small bunch fresh parsley,
chopped finely

SERVES 4

PER SERVING:
229 Calories
25g Carbs
12g Protein
9g Fat



Melt the butter or oil in a large pan over a medium heat. Add the onions and cook, stirring regularly until softened.

Add the carrots and cook for 3 minutes, stirring frequently. Add the garlic and cook for 2 minutes, stirring frequently.

Add the potatoes and butternut squash and stir well, then add the stock, spices, salt and pepper and bacon. Season well. Bring to the boil, then cover and simmer for one hour.

Add a little more water if needed, until the soup is of desired consistency. Add the chopped parsley and cook for a further 10 minutes. Add a dessert spoon of plain yoghurt for extra creaminess.

Once cooled, store in an airtight container and refrigerate for up to 3 days or freeze on same day.

Tomato baked salmon

1 tsp organic butter or coconut oil
1-2 cloves garlic, finely chopped
½ small red onion, finely chopped
2 vine ripened tomatoes, diced
¼ pint chicken or vegetable stock
(see recipes on page 58)
40g bulgur wheat
30g tomato purée
salt and pepper
1 x 150g salmon fillet
handful fresh coriander,
finely chopped
wedge lemon to garnish

SERVES 1

Preheat oven to 150°C/300°F.

In a pan, melt half of the butter or oil over a medium heat. Add the onion and sauté for 3-4 minutes until softened. Add the garlic and sauté for 2-3 minutes, stirring frequently.

Add the tomatoes and cook for 5 minutes.

Add the stock and bring to a steady simmer. Season with salt and pepper and cook for 5 minutes.

PER SERVING:

778 Calories

64g Carbs

54g Protein

34g Fat



Melt the remaining butter or oil in a frying pan over a medium heat. Add the bulgur wheat and gently fry for one minute, stirring frequently.

Pour into an ovenproof dish. Add the tomato mixture and stir well. Add the salmon. Cover loosely with tin foil and cook in the oven for 15-25 minutes, until the salmon is cooked throughout.

Remove from the oven and stir in the coriander. Serve garnished with a wedge of lemon.

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

Spicy quinoa salad



50g quinoa (dry weight)
100g Greek cheese (or use a dairy free cheese if preferred), diced
100g cucumber, chopped
50g red pepper, diced
50g rocket leaves
40g spring onion, sliced
15g pumpkin seeds
6 baby plum tomatoes, halved
1 red chilli, sliced
1 tsp balsamic vinegar
a pinch of ground black pepper

Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions. Drain the quinoa and rinse under cold running water to cool.

Assemble all of the ingredients in a bowl, except for the balsamic vinegar and black pepper.

Sprinkle on the balsamic vinegar and season with black pepper.

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

SERVES 1



PER SERVING:
535 Calories
49g Carbs
33g Protein
23g Fat

Beef mince curry



1 tsp ghee or coconut oil
75g white onion, finely chopped
4 cloves of garlic, finely chopped
a thumb sized piece of fresh ginger, finely chopped
3-4 green chillis, finely chopped
500g beef mince
200g tinned chopped tomatoes
20g tomato purée
100ml cold water
2 tsps meat masala curry powder
½ tsp chilli powder
½ tsp turmeric
½ tsp sea salt
300g cauliflower, grated (or use 80g per person basmati rice)
handful of coriander (optional), chopped

SERVES 3



PER SERVING:
(with cauliflower)
426 Calories
12g Carbs
36g Protein
26g Fat

Melt the ghee/oil in a frying pan.

Add the onion and sauté gently for 2-3 minutes.

Finely chop the garlic, ginger and chillies. Add to the frying pan and fry for 2 minutes.

Add the beef mince, breaking it up with a spoon. Cook for 5 minutes or until the mince has browned.

Add the chopped tomatoes, tomato purée and 100ml cold water.

Cook for 5 minutes then add the spices and salt. Stir well and cook for 10-15 minutes.

Steam the cauliflower for 4-5 minutes or until cooked to your liking. Serve the curry on a bed of cauliflower rice and garnish with chopped coriander.

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



Hot Thai pie

- 1 tbsp organic butter/coconut oil
- 2 large white onions, finely chopped
- 500g turkey mince/low fat vegetarian mince*
- 2 garlic cloves, finely chopped
- 2 shallots, finely chopped
- 1 stick fresh lemongrass, minced
- 1 tbsp galangal, minced (optional)
- 10 cherry tomatoes, chopped
- 3 green finger chillis
- 5 lime leaves
- 1 tsp chilli flakes
- 1 x 400ml tin light unsweetened coconut milk
- 1 large all-purpose potato (or sweet potato, cut into 1 inch thick cubes
- 1 cauliflower head, grated
- salt and pepper

SERVES 4



PER SERVING:
436 Calories
28g Carbs
36g Protein
20g Fat

**Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Melt the butter or oil in a large saucepan and sauté the onion until soft. Add the mince and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for one minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash). Season well and simmer for 10-15 minutes.

Preheat oven to 160°C/325°F.

Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a further 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter to soften up the mash. When all of the lumps have gone, add the remaining coconut milk and season well. Spoon the mince into a medium sized oven dish. Top with the mash. Cook for 45 minutes and serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on the same day.



Crispy tarragon baked chicken

500g sweet potatoes, scrubbed
and cut into large pieces
1kg bone-in chicken thighs,
skin on
salt and pepper to season
2 tbsps olive oil
small bunch of fresh tarragon
2 tbsps sherry vinegar
300g cherry tomatoes
200ml chicken stock

SERVES 4

Preheat oven to 200°C/400°F.

Bring a large saucepan of water to the boil. Add the potatoes and cook for 5-10 minutes, until soft. Drain and set aside.

Place the chicken in a large bowl. Add the salt, pepper and oil and mix thoroughly to coat.

Transfer the chicken to a large saucepan and cook over a medium heat for 10 minutes, stirring occasionally to seal the chicken on all sides.

Bash the tarragon leaves in a pestle and mortar. Place the leaves in a bowl and add the sherry vinegar. Stir well and pour onto the chicken.

Add the tomatoes, stock and potatoes, and stir. Transfer the contents of the saucepan to a large ovenproof dish. Bake for 40 minutes until golden.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



PER SERVING:
(chicken skin
removed)

540 Calories

30g Carbs

42g Protein

28g Fat



Chicken, rice & pepper pot

1 tbsp organic coconut oil
1kg chicken legs
1 large white onion, chopped
1 large stick celery, finely chopped
1 red pepper, diced
3 garlic cloves, crushed
1 tbsp tomato purée
1 tbsp dried thyme
1¼ pts fresh chicken stock (see recipe on page 58)
150g long grain rice (dry weight)
150g cauliflower, finely chopped
salt and pepper

SERVES 4



Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:

418 Calories
48g Carbs
27g Protein
6g Fat

Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours or freeze on same day.

Warming stew

1 tbsp ghee or organic butter
1 small white onion, finely chopped
850g lean casserole beef/tofu*, diced
handful closed cup mushrooms, sliced
3 cloves garlic, finely chopped
2 medium sized carrots, peeled and chopped
half a swede, diced
375g potatoes, peeled and chopped
2 medium sized parsnips, cut into strips
1 organic stock cube dissolved in
1 pint boiling water
sprig fresh rosemary
1 tbsp tomato purée
salt and pepper to season

SERVES 4

* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!



PER SERVING:
501 Calories
29g Carbs
76g Protein
9g Fat

In a large saucepan, melt the ghee or butter over a medium heat. Add the onion, and sauté gently until soft. Transfer to a plate.

Add the beef to the saucepan and brown on all sides (approximately 3-5 minutes), or if using tofu, cook gently for around 4-5 minutes until soft. Transfer to a separate plate.

Add the mushrooms to the saucepan and cook for 3-5 minutes until soft. Add the garlic and cook for two minutes, stirring frequently.

Return the beef/tofu and onions back into the saucepan. Stir in the carrots, swede, parsnips and potatoes and add the stock. There should be enough liquid in the pan to almost cover the vegetables.

Add the rosemary and tomato purée and season well. Cover and simmer for up to two hours (if using beef) or 45 minutes if using tofu. Top up with fresh water if necessary. The sauce will thicken as the potatoes cook.

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



Protein heaven bars

3 medium sized bananas
50g crunchy peanut butter
(no added sugar)
2 medium sized eggs
1 egg white
40g porridge oats (use gluten free
oats if preferred)
20g ground almonds
30g flaxseed, whole or ground
50g chocolate flavour whey or
rice protein powder
30g organic raisins
20g dark chocolate (minimum
70% cocoa), finely chopped

MAKES 9 BARS

Top Tip:

Replace the banana with 200g
blueberries to reduce the carbs.

Preheat oven to 190°C/375°F.

Line a baking tray with baking paper.

In a large bowl, mash the bananas.
Add all of the other ingredients and mix
thoroughly. Pour the mixture onto the tray
and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then cut into
nine pieces.

*Store in an airtight container at room
temperature for up to 3 days.*



PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat

Blueberry bombs



2 tbsps dark chocolate
(minimum 70% cocoa)
1 tsp vanilla extract
3 tbsps acacia honey
4 tbsps crunchy peanut butter
(no added sugar)
100g porridge oats (use
gluten free oats if preferred)
50ml light unsweetened
coconut milk
3 tbsps mixed seeds (e.g. flaxseed,
sesame seeds, sunflower seeds)
80g pitted prunes
2 tbsps organic desiccated coconut
75g blueberries

MAKES 15 SERVINGS

Put the chocolate in a heatproof bowl.
Pour several inches of boiling water into
a shallow wide based dish. Place over a
gentle heat and allow the water to simmer
gently.

Carefully sit the heatproof bowl in the
shallow dish of water. Melt the chocolate
slowly, stirring regularly. Remove from
heat.

Add the remaining ingredients and mix
well. Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready
to serve.

*Store in an airtight container and refrigerate
for up to 4 days.*



PER SERVING:
136 Calories
12g Carbs
4g Protein
8g Fat



Raspberry & vanilla energy balls



100g raspberries
1 tsp pure maple syrup (or natural sweetener of your choice)
¼ tsp ground cinnamon
pinch of nutmeg
100g porridge oats (use gluten free oats if preferred)
1 tsp vanilla extract
75g pitted dates, chopped finely
35g ground almonds
40g chocolate or vanilla flavour whey or rice protein powder
8 brazil nuts, finely chopped
70ml light unsweetened coconut milk
60g shredded coconut

Pour the raspberries into a fine sieve and position over a large bowl.

Using the back of a wooden spoon, press the raspberries gently, extracting the raspberry juices into the bowl.

Discard the raspberry seeds.

Add all of the other ingredients to the large bowl, except the desiccated coconut. Mix thoroughly and refrigerate for at least an hour until the mixture firms up.

Divide the mixture into 9 portions and roll into balls using your hands. Pour the shredded coconut onto a plate and roll each ball in the coconut, to give them an even coating.

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

MAKES 9 ENERGY BALLS



PER BALL:
178 Calories
16g Carbs
6g Protein
10g Fat



Blueberry crunch energy balls



80g blueberries
20g sunflower seeds
60g coconut cream (use the solid part from a tin of coconut milk)
70g crunchy peanut butter
90g oats (use gluten free if preferred)
6 pitted dates, chopped
a sprinkle of stevia (or use a natural sweetener of your choice)

Mix all of the ingredients together in a bowl. Roll into 7 balls.

Refrigerate for one hour or more.

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

SERVES 7



PER SERVING:
226 Calories
29g Carbs
5g Protein
10g Fat

Chocolate crunch mousse

2 medium sized ripe bananas
60g raspberries
70g crunchy peanut butter
2 tbsps cocoa powder
30g oats
30g almonds, roughly chopped
½ tsp ground cinnamon
1 tbsp honey

SERVES 3



Mash the bananas and raspberries in a bowl. Add the peanut butter and cocoa powder and mix well until creamy.

Divide the mixture between 3 serving bowls. Refrigerate for 30 minutes or more.

Place the oats and almonds in a frying pan over a low / medium heat. Toast gently, stirring continuously for around 5 minutes. Add the cinnamon and honey and stir well. Remove pan from heat. Allow to cool.

Sprinkle the crunchy mixture onto the mousse and serve.

Cover and refrigerate any leftover mousse for up to 3 days. Store any leftover crunchy topping in an airtight container for up to 2 weeks.



PER SERVING:
388 Calories
40g Carbs
12g Protein
20g Fat



Oaty berry smoothie

COMPLETE PT

NUTRITION

RETRATS

GROUP TRAINING

MINDSET

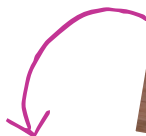


25g vanilla or strawberry flavour
whey or rice protein powder
70g frozen mixed berries
15g porridge oats (use gluten-free
oats if preferred)
100ml cold fresh water

SERVES 1

Put the protein powder, berries and oats
into a blender and add half of the water.

Blend together, adding more water until
you have the desired consistency.



PER SERVING:

145 Calories

14g Carbs

20g Protein

1g Fat

Vanilla greens smoothie

200ml unsweetened almond milk
100g Greek yoghurt (or use dairy free yoghurt if preferred)
100g frozen strawberries
75g avocado
30g vanilla flavour whey or rice protein powder (optional)
a big handful of spinach
½ tsp ground cinnamon

Put all of the ingredients into a blender, liquid first and pulse until creamy.

Add more coconut water if required to achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:

391 Calories

16g Carbs

39g Protein

19g Fat

Banana, spinach & pomegranate smoothie



50g pomegranate seeds
½ a small frozen banana (or use
fresh plus 2 ice cubes)
2 kiwi fruit
handful of spinach leaves
150ml coconut water or cold water

Place the ingredients in a blender and pulse until creamy.

Add a bit more coconut water if required, to achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:

197 Calories

43g Carbs

4g Protein

1g Fat

Pear, oat & spinach smoothie



60g tinned pears
150ml unsweetened almond milk
(or milk of your choice)
15g oats (use gluten free if preferred)
2 tps chia seeds
½ a ripe banana
a small handful of spinach leaves
30g vanilla whey or rice protein powder (optional)
2 ice cubes

Put all of the ingredients into a blender and blend until smooth. Add a drop more almond milk if required, to achieve the desired consistency.

Consume immediately.

SERVES 1



PER SERVING:

456 Calories

46g Carbs

32g Protein

12g Fat

Pineapple & banana smoothie



150ml coconut water
100g fresh or tinned (drained)
pineapple
1 good pinch ground ginger
1 small ripe banana
1 tsp vanilla extract
2 ice cubes

SERVES 1

Put all of the ingredients into a blender, coconut water first and blend until smooth.

Add more coconut water if required to achieve the desired consistency.

Consume immediately.



PER SERVING:
209 Calories
48g Carbs
2g Protein
1g Fat