



PRO-FITNESS SHEFFIELD

RECIPE BOOK



INTRODUCTION

It's no secret that what you put in your body is one of, if not the most important thing when it comes to how you look and feel. But, the good news is, that you don't have to live off plain boring chicken, broccoli and boiled eggs.

Nutrition can be a complicated world but as long as you're eating whole foods (and throwing them together whichever way you please) combined with consistent exercise, then you're going to start seeing results.

It doesn't mean you can't have treats now and then – we like to live by the 90% rule – if 90% of what you are eating is made up of the 'good' stuff, you've got some wiggle room with the other 10%.

If you don't know what we mean by whole foods then you can *ask for* our nutrition E-book on "What To Eat And When", where we go further in to the principles of nutrition.

In the meantime, here's a list of some our favourite recipes that we've put together, using mainly whole foods, that make some incredible dishes. Just note that recipes and quantities are for guidelines purposes only and may need tweaking based upon your personal requirements.



OVER-NIGHT OATS

INGREDIENTS

- 4 tbsp.** of rolled oats [we use whole grain rolled oats]
- 1 tbsp.** of chia seeds
- 1 scoop** of whey protein powder [we use white chocolate]
- 2 tbsp.** of Greek yoghurt
- 100ml** of milk
- Raspberries or blueberries [optional]

DIRECTIONS

Mix it all up. Put it into a small mason jar and pop it into the fridge overnight.

Ready to eat the next morning and you can take to work if you're on the go - (or eat before you train with us on a morning)

What's your favourite on-the-go breakfast recipe? (Croissants don't count...!)

1 SERVING





2 SERVINGS

HUEVOS RANCHEROS

DIRECTIONS

Fry a teaspoon of coconut oil in a large sauce pan.

Fry off the onion and garlic, once browned add the sausages finely chopped, roughly 3 cms thick.

Brown the sausages and add pepper, chilli and any other veg you fancy (fresh tomatoes or mushrooms work well too)

Fry for 1 min then pour in the tinned tomatoes, season with cumin, salt and pepper. Cook on a moderate heat for 5 mins.

Then grab a spoon and make 3 small indentations in the mixture so you can see the bottom of the pan, crack the eggs and individually pour them into the holes.

Simmer for 3 mins then place under the grill and cook until the egg whites have turned solid, sprinkle cheese on top, place the pan on a heat proof mat and enjoy straight from the oven, no plates needed - a great way to share food together. You can also dip sweet potato wedges or toasted pitta bread into the dish if you fancy a bit more substance.

INGREDIENTS

- | | |
|--------------------------------------------|---------------------------------------------------|
| 1 tsp. coconut oil | 1 fresh chilli |
| 3 eggs | 1 red pepper |
| 1 pot of tinned or chopped tomatoes | 4-6 good quality sausages [any preference] |
| ½ onion | Handful of grated mature cheddar |
| 2 cloves of garlic | Salt, pepper, cumin for seasoning |

TOAST WITH AVOCADO & EGGS



DIRECTIONS

Toast your slices of bread how you like them.

Half and de-stone your avocado. Spoon half of your half an avocado on one piece of toast and the other half on the remaining piece of toast.

Cook your eggs how you like them - scrambled, poached or soft-boiled. We like scrambled, so take the small knob of butter in a non-stick pan and give the two whisked eggs a quick scramble in the pan, removing before they are hard, keeping a little moisture to them.

Serve immediately whilst everything is still hot.

Optional: A little sprinkle of chili seeds and salt on your avocado for a bit of heat and flavour.

2 SERVINGS

INGREDIENTS

1-2 slices of quality bread

[Rye, Spelt, Wholemeal, Sourdough for example]

$\frac{1}{2}$ ripe avocado

2-3 Free range eggs

Small knob of quality butter

Chili flakes [optional]





PORRIDGE - YOUR WAY

INGREDIENTS

½ cup of rolled oats

Toppings of your choice:

Coconut flakes/Shredded Coconut

Chia seeds

Closed handful of nuts

Seeds [optional]

Vanilla whey powder

Cinnamon

400-700ml of milk of your choice

[Cow, Almond, Rice, Coconut for example]

DIRECTIONS

Place all your chosen ingredients in a small saucepan.

Add your milk and then over a low heat cook for 5-6 mins stirring as you go along, seeing that the oats are tender.

Serve with berries, a little extra milk or yogurt to taste.

1 SERVING



GREEN SMOOTHIE



DIRECTIONS

This is really a personal taste thing, but I like to keep my smoothies as sugar-free and packed full of veggies as possible. This is one that I regularly have.

Place all ingredients in a blender and blitz!

For a cooler “smoothie-esque” drink, pre chop ingredients, place in a freezer bag and then use when ready.

1 SERVING

INGREDIENTS

200ml of spinach or green leaves of your choice

$\frac{1}{2}$ small courgette

Small chunk of peeled ginger

5-10 mint leaves

$\frac{1}{4}$ ripe avocado

1 cup of non-dairy milk [almond, rice or coconut]

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If you find you need the sweetness initially add one medjool date

ASIAN SWEET POTATO SOUP

4 BIG
SERVINGS

INGREDIENTS

2 tsp. coconut oil
2 small brown onions, finely chopped
1 small lemongrass stalk, white part finely minced
 A thumb of ginger, minced
2 cloves of garlic, crushed

2 tbsp. finely chopped coriander stalks
2 cups sweet potato and squash purée
500ml vegetable or chicken stock
1 can coconut milk
 A bunch of coriander leaves
1 long red chili, finely sliced & extra to garnish



DIRECTIONS

Sweet potato purée: Chop 3-4 large sweet potatoes and one small squash into same sized pieces.

Place in a baking tray, covering with 2-3 tbsp. of olive oil and sprinkling of salt. Cook on 200°C for 35-40 mins, or until soft. Once soft- take out and blitz in a blender or food processor.

You can keep the purée in a container until you are ready to make the soup.

In a tall saucepan, add coconut oil and heat. Add onion and cook for 5 mins or until softened and translucent. Add lemongrass, ginger, garlic and cook through until softened and fragrant.

Add the sweet potato and squash purée, stock and coconut milk. Stir through and bring to a boil. Remove from heat.

Using a stick blender, blend soup until smooth. Garnish with chopped chili and chopped coriander leaves.

AVOCADO PRAWN SALAD

2 SERVINGS

INGREDIENTS

- 150-250g** peeled and cooked king prawns
 - 1** cos lettuce or **2** baby gem lettuce, cut into broad strips
 - 1** small cucumber, diced into 2cm chunks
 - 1 bunch** of radishes, finely sliced
 - 30g** seeds [I like sunflower and pumpkin]
 - 1** medium ripe avocado
 - 2 tbsp.** of apple cider vinegar
 - ½ tsp.** of English Mustard
 - ½ clove** garlic
 - 3 tbsp.** Olive Oil
- For a heartier meal add 1 can of cooked chick peas [optional]



DIRECTIONS

Take lettuce strips, diced cucumber and sliced radishes and toss together, then spread across a large serving platter.

In a food processor, add the de-stoned and peeled avocado, apple cider vinegar, garlic, mustard and oil and blend into a smooth paste, adding a little salt and pepper to taste.

Drizzle the avocado dressing over the salad leaves and vegetables.

Drain the cooked prawns and scatter them across the platter along with the sunflower/pumpkin seeds.

If looking for a heartier meal, drain chickpeas and scatter across the salad as well.

THE TRANSPORTER CHOPPED SALAD

INGREDIENTS

1 red pepper, diced into 1-2cm pieces

$\frac{1}{3}$ of one cucumber, diced into 1-2cm pieces

1 spring onion, cut into small strips [optional]

50g cooked brown rice

Big handful of greens of your choice [Rocket, spinach, cos, watercress for example]

Small handful of herbs of your choice [Coriander, basil, chives for example]

30g Feta cheese

1 tbsp. olive oil

$\frac{1}{2}$ **tsp.** Dijon mustard

Juice of $\frac{1}{2}$ a lemon

Salt and pepper

APPARATUS

A transportable lunchbox or medium sized jar
[Kilner Jars with a lid work for this]

DIRECTIONS

In a mug, whisk with a fork, the olive oil, Dijon mustard and lemon juice. Season with salt and pepper to taste. Pour this mix across the bottom of your lunchbox or Kilner jar.

Layer on top of this mix, first the red pepper, then the cucumber, then the spring onion, making sure to try and cover the surface area of the box/jar and covering the dressing.

On top of this, layer the brown rice. Then on top of the rice, place your greens and herbs. Top off the salad with your protein - in this case Feta.

Place lid on tight and keep layers intact until lunchtime, only mixing when you're ready to eat.

Feel free to interchange your veg, but make sure the sturdier, more robust vegetables and then grains sit closest to the dressing. These are least affected (spoiling) and won't matter as much if they get covered.

Try other veg like cabbage, carrot or radishes, or other carbs like quinoa.

1 SERVING

SPICY NO-MAYO COLESLAW



INGREDIENTS

½ red cabbage, shredded
 [use a mandolin or chop by hand]
 ½ white cabbage
 3 carrots
 1 very large bunch of coriander
 1 small cucumber [optional]
 1-2 chopped red chillies

Handful of cashews, toasted
 3 **tbsp.** honey [raw if possible]
 2 **tbsp.** lime juice & zest
 1 **tbsp.** apple cider vinegar
 Good grind of Salt [to taste]
 Black pepper

DIRECTIONS

Shred your two types of cabbage either by hand or with a mandolin and grate your carrots, placing and mixing them both in a large serving bowl.

Finely dice the chillies and add to the cabbage mix.

In a separate bowl, mix the honey, lime juice/zest, vinegar, salt and pepper, until they're no longer separated.

Toss the cabbage/carrot mix in the dressing and leave to sit.

In the meantime, chop the bunch of coriander, including the stalks, finely. Toast the cashews on a gentle heat, careful not to burn.

When ready to eat, toss in the coriander and cashews.

Although the coriander will wilt slightly, I find this dish keeps very well. I put left overs or a portion for lunch, in a jar or Tupperware and keep for a couple of days. I actually prefer it a little more macerated!

2 SERVINGS [AS A MAIN]

4 SERVINGS [AS A SIDE]



VEGETABLE FRITTATA

INGREDIENTS

1 white onion

1 clove of garlic

2 medium red peppers

1 small bunch or asparagus

Handful of fine green beans

Half a bag of spinach & a few leaves of basil

6 eggs

Feta cheese [optional]

DIRECTIONS

Vegetable prep: Dice your white onion in small but chunky pieces, cut your peppers into medium/thin slices, cut your green beans and asparagus into thirds.

In a non-stick frying pan, on a low heat, sweat off your onions in a tbsp. of coconut oil until they are soft and translucent [odourless if you don't like the taste of coconut].

Add in your chunky vegetables - asparagus, green beans and peppers and on a medium/low heat, cook them through until they have softened.

Mince and add in your garlic to the vegetable mix. We want our vegetable softened but not too sloppy- a little bit of bite is quite nice!

When everything is softened, add in the spinach and basil leaves until they wilt.

Season with a little salt and pepper, and some chili flakes if you like heat!

Remove your veg and place in oven proof dish, mine is a 23inch x 23inch, but whatever you have as long as not too small and deep.

In a separate bowl, whisk 6 eggs, then pour over your veg mix.

If you like feta, crumble and sprinkle your desired amount over your mix, pushing in slightly so it doesn't just sit on top.

Pop into an oven for 15-20 mins at 150°C, but watch to see it doesn't cook too fast. Use a knife in the middle to see how cooked it is. A little wetness is ok, but we don't want runny egg.

2 SERVINGS





ASIAN PHO

INGREDIENTS

Crunchy vegetables of your choice:

Red / Yellow / Orange peppers, sliced
 Bok Choy, sliced
 Sugar snaps / Mange Tout, whole or sliced
 Trimmed green beans
 Baby corn
 Bean sprouts

[these are great, they take the place of noodles, and fill out the dish and you!]

Any others that you really like - spring onion, different greens like Kale, broccoli florets...

Broth Ingredients:

Chicken or veg stock
 Lemongrass [smashed]
 Garlic
 Chili, to taste
 [you can leave whole or chop into pieces]

Added extras:

Fresh ginger / Lime
 Fish / Soy / Tamari sauce

Protein:

Prawns, beef, chicken
 [This will already need to be cooked though. So maybe throw in a packet of ready cooked prawns or some leftover chicken from a roast, or grilled breast]

DIRECTIONS

Create the broth in a pan of chicken or veg stock simmering with the garlic and chili. Leave for 15-20 mins. [This will keep as well, so maybe create a pan full on the weekend and use up on a couple of meals during the week, just reheat].

Shred all the vegetables you want [see ingredients] and put in a nice big bowl.

Pour the stock over the vegetables and let them soften for a few minutes, but this is a personal thing, how crunchy you like them.

Add your extras, lots of freshly squeezed lime, a dash of fish sauce, a splash of soy, and of course any meat you want, or a sprinkling of nuts such as chopped cashews. This is really all a personal taste thing.



THAI CAULIFLOWER CURRY

1 SERVING

DIRECTIONS

Preheat the oven to 200°C. Pop in a roasting tray to warm up.

Toss your chopped cauliflower and other veg with a splash of oil, season with salt and pepper. Roast in the preheated tray for 30-40 mins, or till softened and nicely coloured.

Meanwhile, blitz the garlic, ginger, chilli, turmeric, onion/leek, peanut butter, lime juice and zest, mint/ coriander, sesame oil and soy

sauce in a food processor or blender, to a saucy paste.

Add the coconut milk and stock to the paste. Blend to mix.

Pour the sauce into the roasting tray over the roast veg. Cook for 5-10 mins to warm the sauce.

Delicious with a sprinkle of toasted coconut and fresh mint or coriander leaves over the top.

INGREDIENTS

1 cauliflower, cut into chunky pieces

2-3 handfuls of other seasonal veg, cut into chunks *

A glug of olive oil

Sea salt and freshly ground pepper

2 cloves garlic

1 thumb of ginger, peeled

½ fresh red or green chilli, roughly chopped [more or less, to taste]

1 tsp. turmeric

1 onion or **2** leeks, roughly chopped

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* Try sweet potatoes, squash, green beans - any fairly firm veg that roasts well.

Leafy greens work too, but swirl them in when you add the sauce to the roasted cauli.

1 heaped tsp. peanut butter

[check ingredients for no trans fats]

1 lime, juice and zest

A large handful of fresh mint and/or coriander

1 tbsp. sesame oil

1 tbsp. soy sauce

1 tin coconut milk

250ml veg or chicken stock

A large handful of desiccated coconut, toasted

Mint and/or coriander, to serve

CHILI CHICKEN MANGO SALAD

1 SERVING



DIRECTIONS

Put the mango cubes, and any juice they make, into a bowl and, with your hands, mix in the chopped spring onion and chilli and squeeze over the lime juice: use as much or as little as you want.

Then shred your lettuce, chop your coriander, tumble in the chunked chicken and toss to combine.

Add the oils and toss again then decant on to a large serving plate and sprinkle over the remaining bit of coriander.

Once again, go for the best quality chicken you can get. This is really important. I sometimes swap the chicken for prawns if I want a change.

Also - feel free to toss some extra crunchy veg into the salad. I do some trimmed green beans or sugar snap peas sometimes. Extra Greens!

INGREDIENTS

1 mango, cut into approx. 1cm cubes [you can get little cartons from Waitrose & M&S]	1 cold cooked chicken breast, cut into chunks *
1 spring onion, finely chopped [optional]	1 little gem lettuce, sliced or shredded
1-2 red chillies [or to taste] deseeded and finely chopped	1 large handful fresh coriander, chopped
juice of 2 limes [to taste]	1 tsp. groundnut oil or olive oil
--	4 drops toasted sesame oil

* I also use any thigh and leg, essentially whatever and however you like your chicken

SHAK - SHUKA

3-4 SERVINGS

DIRECTIONS

In a large hot pan (with lid for later), sauté the onions in the olive oil until softened.

Once softened, add the chopped peppers and garlic, softening these too and making fragrant. Around 5-10 mins.

Add tomatoes and tomato paste and stir until warmed through.

Add spices and stir through well. Add salt and pepper.

Crack eggs on top of the mix, making sure to keep yolks intact.

Place lid on and cover until eggs are cooked. The eggs on the outside will cook quicker.

Once cooked garnish with herbs of choice.

INGREDIENTS

1 **tbsp.** olive oil

2 small/medium white onions, peeled and diced

2 **cloves** of minced garlic

3-4 medium chopped green or red bell pepper- I like a mix of the two

2 **cans** chopped diced tomatoes

1 **tbsp.** tomato paste

1 **tsp.** chill powder

1 **tsp.** cumin

1 **tsp.** paprika

Pinch of cayenne pepper (or more to taste spicy!)

Salt and pepper to taste

5-6 eggs

Fresh chopped parsley or coriander for garnish



COURGETTI WITH RED PEPPER SAUCE

INGREDIENTS

2 large courgettes
6-8 red peppers
1 bulb of garlic
2 tbsp. olive oil
Salt and pepper

Optional: Add whatever you like to the dish to make it a fuller meal. I like quality pancetta and extra veg such as sautéed onions and mushrooms.



DIRECTIONS

Red Pepper sauce: Place all the red peppers on a baking tray and roast in oven at 200°C for c.30 mins until blackened on the skin.

At the same time, wrap the bulb of garlic in tin foil and place on the tray too.

Once blackened remove peppers and place in a bowl covering with cling film. After 10 mins, remove and de-skin the peppers [the skin should come off easily] and place the flesh in a blender.

Squeeze the cooked garlic out of their skins [this can be messy - may not come out in one] and add this to the blender too.

Add the 2 tbsp. of oil to the blender as well and then blitz!

This is your pre-prepped red pepper sauce that can be heated up and used for whenever you are in a hurry and want a pasta sauce or want with something like a cooked chicken breast.

Courgetti: With either a spiralizer, julienne peeler or normal potato peeler, cut your courgettes into strips or spirals.

Add the hot pepper sauce to the strands and toss.

Add any extras you want as an extra filling meal.

1 SERVING

CHICKEN NUGGETS & VEGETABLE 'CHIPS'



INGREDIENTS

Chicken nuggets:

350g of chicken strips [preferably organic]
or 3 chicken breasts cut into 4cm thick strips
1 cup of ground almonds
1 cup of flaxseed [I use Linwood milled
flaxseed, almonds, brazil nuts]
1 egg
Splash of milk

Chips:

4 large carrots
1 parsnip
1 tbsp. of coconut oil
pinch of salt and pepper
[or alternatively you could do the same
with 2 sweet potatoes and sprinkle
paprika onto them]

2 SERVINGS

DIRECTIONS

Preheat oven to 190°C.

To make the chicken nuggets simply whisk an egg and splash of milk in a cup. In a larger bowl mix the flaxseed and almonds.

Dip the chicken strip in the egg and then fold into the flaxseed/almond mix, make sure you cover the whole strip of chicken and place on a greaseproof lined oven tray.

Next cut the carrots and parsnip in half both ways so they are roughly the size of chunky chips, place on a different baking tray and drizzle with a little coconut oil and a pinch of salt and pepper.

Place both the chicken and veg in the oven and sit back and relax for 25mins. Enjoy with a homemade guacamole or salsa on the side.

EASY GUACA- MOLE

INGREDIENTS

- 1 ripe avocado
- 4 chopped cherry tomatoes
- 2 **tbsp.** coarsely chopped coriander
- ¼ **tsp.** ground cumin
- ½ **tsp.** sea salt
- 1 **clove** of garlic, minced
- 1 **tbsp.** olive oil
- 1 lime, juiced

DIRECTIONS

Mash up the avocado into a bowl.

Add the rest of the ingredients and mix well.

Serve.



HEALTHY SPAGHETTI BOLOGNAISES

2 SERVINGS



INGREDIENTS

450g Italian sausage, diced, or any meat you like, chicken, ground beef, whatever is available. Organic, grass fed is the key – scour the reduced counters [especially Waitrose, no-one seems to buy organic in there and it's always reduced!]

3 small leeks

½ red onion

1 red pepper

1 can of artichoke, cut into smallish pieces, even the jarred will do.

1 tbsp. coconut oil

5 courgettes, sliced thinly and cut into strips like noodles. Use a mandolin slicer then knife to cut strips, or if you have one a julienne cutter – yeah!

Sauce:

1 can of organic diced tomatoes [or fresh skinned and chopped]

2 tbsp. coconut cream [or coconut cream, or organic cream but I avoid dairy]

1 tsp. crushed garlic

2 tbsp. fresh rosemary chopped

Black pepper and sea salt to season

DIRECTIONS

In a large skillet or wok heat the coconut oil. If you are using raw meat, brown the meat in the oil and add the onion leek and pepper.

If your meat is already cooked, put the veg in first, then the meat when the veg is tender. Cook through until all is hot.

In a small pan mix the diced tomatoes with the juice of the coconut cream concentrate.

Bring to a simmer and add the remaining sauce ingredients and mix well.

To the meat and veg add the courgette and artichoke, and pour the sauce over. Mix well and cook for another 5-6 mins. Just until the courgette is al dente – whatever you do don't overcook – it'll go to mush!

SEEDY CARROT COOKIES



DIRECTIONS

Pre-heat oven to 180°C.

In a big bowl place and mix the flour, oats, baking soda, coconut sugar, cinnamon, seeds and nuts.

Melt the coconut oil in a saucepan, then add the maple syrup or honey.

Whisk the syrup and oil together.

Grate the carrots and then add to the oil/syrup mix. Stir well.

Add wet ingredients to the dry ingredients and mix well.

With a teaspoon, scoop the mix into small balls and place on a baking sheet. This mix should make about 20 cookies.

Cook for around 10-15 mins keeping an eye on them to see they don't burn. Remove once cooked and let cool.

INGREDIENTS

125g of wholemeal or spelt flour

150g porridge oats [not quick cooking oats]

$\frac{1}{2}$ teaspoon of baking [bicarbonate] soda

1 tsp. ground cinnamon

50g Sunflower Seeds

50g Pumpkin Seeds

50g Walnuts

50g Almonds

80g coconut sugar

1-2 tbsp. maple syrup or honey

2 large carrot grated
[or put through food processor]

100ml coconut oil

MANGO- BANANA ICE CREAM

INGREDIENTS

4-5 ripe/overripe bananas, peeled and frozen

c.150g chopped mango

3-4 tbsp. coconut milk

DIRECTIONS

In a food processor or high speed powerful blender, blitz all ingredients until they are fully mixed.

Either eat straight away, or place in a freezer proof container and put back in the freezer for another time.



CHOCO- LATE AVOCADO MOUSSE

INGREDIENTS

2 large ripe avocados

3 **tbsp.** of cacao powder or unsweetened cocoa powder

3-5 **tbsp.** of either raw honey/maple syrup or 2 **tsp.** of granulated Stevia,
depending on your sweetener of choice

1 **tsp.** of vanilla extract

Pinch of salt

1 **tbsp.** almond butter [optional]

½ **tsp.** of cinnamon [optional]

DIRECTIONS

Blend all ingredients in a blender until smooth.

Scoop into small serving dishes and chill.

Serve with any topping you like, cocoa nibs, berries, bee pollen...



4 SERVINGS