



STANZA  
FITNESS

STANZA FITNESS RECIPE BOOK

**MADE TO MEASURE**

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**MADE TO MEASURE**



Our Made to Measure Recipe Book is complete with tasty, easy to make, macro and Myfitnesspal friendly recipes.

At Stanza Fitness we utilise an evidence based approach in conjunction with years of practical experience helping people reach their goals.

We wanted to give you the tools that will enable you to have freedom, flexibility and and enjoyment in your approach to your nutrition.

What gets measured, gets managed and with this complete nutrition guide, your nutrition can be tracked efficiently using a barcode system.

We hope you enjoy it and don't forget to tag us in your recipes!

**Carl, Ben & Abi**

Directors



# 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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## KEY

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- V** VEGETARIAN
  - VE** VEGAN
  - DF** DAIRY FREE
  - GF** GLUTEN FREE
  - N** CONTAINS NUTS
  - Q** QUICK
-

# BREAKFASTS









# BAKED BEANS

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V VE DF

## INGREDIENTS

2 tsp olive oil  
1 brown onion, diced  
2 cloves garlic, minced  
250g butter beans  
450g (tinned) tomatoes, diced  
2 tsp dried rosemary  
Sea salt & cracked pepper  
2 avocados, sliced

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Bring a medium sized fry pan to medium-high heat. Add oil, onion and garlic. Cook for 3-4 minutes or until onion is soft.

Add beans, tomatoes, rosemary, salt & pepper and cook for another 4-5 minutes.

Transfer bean mix to a small-medium oven proof dish, place in the oven and cook for 35-40 minutes.

Serve with sliced avocado.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 280 | PROTEIN | 38 |
| CARBS    | 22  | FATS    | 19 |
| FIBRE    | 8   |         |    |



# BAKED BLACKBERRY CUSTARD

SERVES: 2

TOTAL TIME: 45 MINUTES

GF V

## INGREDIENTS

2 eggs  
1 1/2 tbsp rice malt syrup  
125g natural yoghurt  
1 tbsp vanilla protein powder (vegan if required)  
1/2 lemon, zest finely grated  
90g blackberries  
2 tsp coconut sugar

## INSTRUCTIONS

Start by preheating your oven to 200 °C / 395 °F / Gas 6.

Combine eggs, rice malt syrup, yoghurt, protein powder and lemon zest in a blender or food processor and blend until smooth and a little frothy.

Divide the mixture between 2 ramekins and place them in a large oven proof stainless steel fry pan that's filled to about 3/4 of the way up the sides of the ramekins.

Place blackberries on top.

Cover with the lid and bake for about 30 minutes or until set in the middle.

Carefully remove ramekins from the pot and allow to cool for 5 minutes. Sprinkle with coconut sugar before serving.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 327 | PROTEIN | 28 |
| CARBS    | 29  | FATS    | 11 |
| FIBRE    | 4   |         |    |

June 20th is  
National Vanilla  
Milkshake Day.



# BANANA MILKSHAKE

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V

## INGREDIENTS

400ml milk  
250g Greek yoghurt  
1 large frozen banana  
2 scoop vanilla protein powder

## INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth. To increase the thickness, add 5-10 cubes of ice.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 433 | PROTEIN | 28 |
| CARBS    | 40  | FATS    | 18 |
| FIBRE    | 8   |         |    |



# BREAKFAST BURRITO

SERVES: 1

TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

1 slice bacon  
1 egg  
1/2 tbsp skim milk  
Salt & cracked pepper  
1 large tortilla (gluten free if required)  
30g tasty cheese, grated  
30g cherry tomatoes, sliced  
1/4 avocado, sliced  
1 tsp sriracha

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a small baking tray with baking paper.

Lay bacon on the tray and cook for 10-15 minutes or until nice and crispy.

Whisk the egg, milk, salt & pepper together in a small bowl.

Bring a medium-sized fry pan to medium-high heat. Spray with a little olive oil spray. Pour egg mix in, stirring gently and constantly, until just under done.

Transfer eggs on to the tortilla.

Next, add cooked bacon, cheese, tomatoes, avocado and sriracha.

Roll the burrito up very tightly, making sure the ends are enclosed.

Bring a fry pan to medium-high heat and spray it lightly with olive oil spray.

Place burrito in the pan (seam side down) and cook for about 3 minutes on each side or until nice and toasted.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 498 | PROTEIN | 24 |
| CARBS    | 38  | FATS    | 29 |
| FIBRE    | 3   |         |    |





# KIWI SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

GF V VE DF

## INGREDIENTS

120g frozen kiwi fruit  
1 medium frozen banana  
2-3 tbsp light coconut milk (more if needed)  
1 scoop protein powder (vegan if required)  
2 tsp shredded coconut  
Handful blueberries

## INSTRUCTIONS

Add frozen kiwi fruit and banana to a blender and blend on low for about 30 seconds.

Next, start adding the coconut milk and protein powder in increments. Blending each time you add more and scraping down the sides as you go. Once you have a smooth and thick consistency, transfer to a bowl. Top with shredded coconut and blueberries.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 438 | PROTEIN | 30 |
| CARBS    | 64  | FATS    | 10 |
| FIBRE    | 10  |         |    |

# SIDES & SMALL PLATES







# GARLIC MUSHROOM EGG CUPS

SERVES: 6

TOTAL TIME: 30 MINUTES

GF V

## INGREDIENTS

30g mushrooms, sliced  
60g spinach  
60g feta, crumbled  
6 eggs  
1/4 brown onion, diced  
1 clove garlic, minced  
Salt & cracked pepper

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly spray a 6-cup muffin tin with non stick cooking oil spray.

Divide mushroom, spinach and feta evenly between six muffin cups.

In a medium-sized bowl, whisk the egg, onion and garlic.

Pour the egg mix evenly into each cup and season with salt & pepper.

Cook for 20 minutes or until eggs have set.

Serve straight away, or refrigerate in an airtight container for up to 4 days.

## MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 103 | PROTEIN | 8 |
| CARBS    | 1   | FATS    | 7 |
| FIBRE    | 0   |         |   |



# ROAST PUMPKIN SLICES

SERVES: 4

TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

1 1/2kg Kent pumpkin  
2 tbsp olive oil  
2 tbsp Cajun spice  
Sea salt & cracked pepper.

## INSTRUCTIONS

Preheat oven to 200 /395 /Gas 6.

Cut the pumpkin in half or quarters and scoop the seeds out. The cut the pieces into 1/2" half moons.

Toss the pumpkin in olive oil, cajun spice, salt & pepper. Season with salt and pepper.

Roast for about 25-30 minutes, flipping at the halfway mark.

### MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 222 | PROTEIN | 6 |
| CARBS    | 42  | FATS    | 8 |
| FIBRE    | 4   |         |   |





# CHEESY BACON BROCCOLI

SERVES: 4

TOTAL TIME: 50 MINUTES

GF

## INGREDIENTS

2 large broccoli heads, chopped  
1 tbsp olive oil  
2 cloves garlic, minced  
1 tbsp lemon, juiced  
1 tsp parsley  
Sea salt & cracked pepper  
225g bacon, chopped  
120g mozzarella, shredded  
60g parmesan, grated  
2 tsp chilli flakes

## INSTRUCTIONS

Preheat oven to 200 °C / 395 °F / Gas 6. Toss broccoli with olive oil, garlic, lemon, parsley, salt & pepper. Transfer broccoli to an ovenproof dish, scatter bacon on top and cook for about 20-25 minutes, or until bacon is fully cooked.

Remove dish from the oven and cover with a layer of mozzarella and Parmesan. Sprinkle chilli flakes on top and cook for another 5 minutes or until cheese has melted.

Serve immediately.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 359 | PROTEIN | 23 |
| CARBS    | 9   | FATS    | 29 |
| FIBRE    | 3   |         |    |



# PROSCIUTTO WRAPPED ASPARAGUS

SERVES: 5

TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

450g asparagus spears  
1 1/2 tbsp olive oil  
2 tsp balsamic vinegar  
Sea salt & cracked pepper  
10-12 slices prosciutto

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Toss asparagus in olive oil, balsamic vinegar salt & pepper.

Wrap each spear in a piece of prosciutto and pierce with a toothpick.

Place in the oven and cook for 15 minutes, or until everything is starting to crisp.

Transfer to a large serving plate and season with a little extra salt & pepper.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 133 | PROTEIN | 11 |
| CARBS    | 4   | FATS    | 9  |
| FIBRE    | 2   |         |    |



# ORANGE & RADICCHIO SALAD

SERVES: 2

TOTAL TIME: 10 MINUTES

GF DF V VE

## INGREDIENTS

2 tbsp olive oil  
2 tbsp orange, juiced  
2 tsp balsamic vinegar  
Salt & cracked pepper  
1 orange, sliced  
1 romaine lettuce heart, leaves separated  
80g radicchio, leaves separated and sliced  
30g walnuts, chopped

## INSTRUCTIONS

Firstly add olive oil, orange, balsamic vinegar, salt & pepper to a small jar. Place the lid on top and give it a vigorous shake.

Add orange and lettuce to a large bowl, pour the dressing on top and toss with your hands until well coated.

Using your hands, lift the salad out of the bowl and transfer to a platter, leaving excess dressing behind.

Sprinkle with chopped walnuts.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 152 | PROTEIN | 2  |
| CARBS    | 9   | FATS    | 12 |
| FIBRE    | 2   |         |    |



# CAPRESE BEAN SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

5 large tomatoes, sliced  
300g green beans, trimmed  
1 x (400g) tin cannellini beans, rinsed and drained  
100g mozzarella  
2 tbsp lemon infused olive oil  
1 tbsp basil, leaves picked  
Salt flakes & cracked pepper

## INSTRUCTIONS

Arrange tomatoes, green beans, cannellini beans and mozzarella on a large serving plate.

Top with torn mozzarella and basil leaves.

Drizzle oil all over and season with salt flakes & cracked pepper.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 248 | PROTEIN | 13 |
| CARBS    | 25  | FATS    | 12 |
| FIBRE    | 9   |         |    |

# MAINS









# RAINBOW SLAW

SERVES: 2

TOTAL TIME: 20 MINUTES

GF V

## INGREDIENTS

150g red cabbage, finely sliced  
150g white cabbage, finely sliced  
100g carrot, peeled and cut into matchsticks  
100g cucumber, cut into matchsticks  
4 radishes, finely sliced  
140g Greek yoghurt  
2 tbsp sweet chilli sauce

## INSTRUCTIONS

Place all vegetables in a large bowl.

Mix yoghurt with sweet chilli sauce, pour all over the slaw and toss really well to combine.

### MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 175 | PROTEIN | 7 |
| CARBS    | 21  | FATS    | 7 |
| FIBRE    | 6   |         |   |



# MINI GOATS CHEESE PIZZAS

SERVES: 2

TOTAL TIME: 20 MINUTES



## INGREDIENTS

2 English muffins, sliced in half

2 tbsp basil pesto

120g courgette, thinly sliced

80g soft goats cheese

## INSTRUCTIONS

Start by preheating your oven to 180°C/350°F/Gas 4.

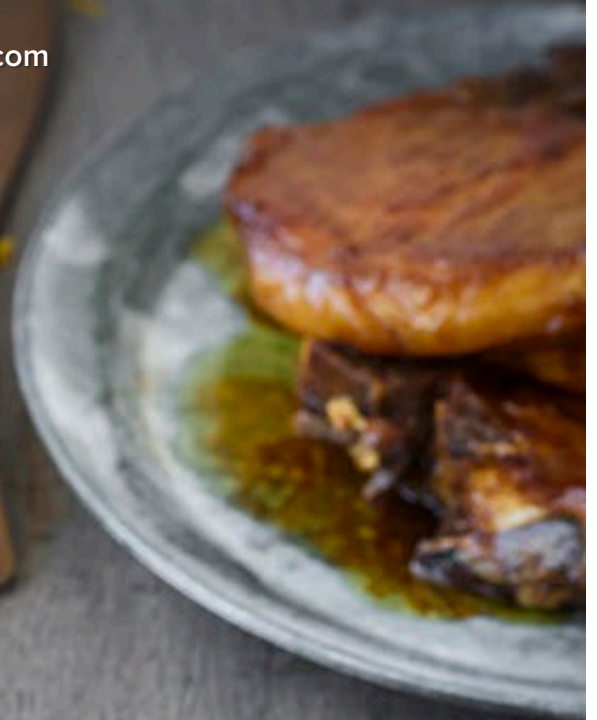
You'll need to slightly pre-toast your muffins. Place them in the toaster and toast for half the usual amount of time.

Next, spread basil pesto all over, followed by courgette and goats cheese.

Place in the oven and cook for 10-15 minutes or until cheese has melted and muffins look crispy around the edges.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 332 | PROTEIN | 15 |
| CARBS    | 29  | FATS    | 19 |
| FIBRE    | 3   |         |    |



# STICKY PORK CHOPS

SERVES: 3

TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

2 cloves garlic, minced  
3 oranges, juiced  
1 tbsp maple syrup  
Salt & cracked pepper  
1 tbsp butter  
3 pork chops

## INSTRUCTIONS

Mix garlic, oranges, maple syrup, salt & pepper together in a small bowl and set aside.

Melt butter in a non-stick skillet over medium-high heat. Add the pork chops and cook for about 5-6 minutes or until they start to brown on the bottom. Flip the chops and cook for another 5-6 minutes on the other side.

Remove from the pan and set aside on some kitchen towel.

Pour the sauce into the same skillet and let it bubble and become sticky. Once thickened, throw the chops back in and toss them around to coat them in sauce.

Divide on three plates and serve immediately.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 514 | PROTEIN | 30 |
| CARBS    | 14  | FATS    | 38 |
| FIBRE    | 0   |         |    |





# SESAME SALMON

SERVES: 4

TOTAL TIME: 15 MINUTES

GF DF

## INGREDIENTS

2 tsp sesame oil  
400g skinless salmon steaks, thinly sliced  
150g edamame  
1 tbsp pickled ginger  
2 tsp sesame seeds  
2 tsp fresh red chilli, diced

## INSTRUCTIONS

Bring a large fry pan to high heat and add sesame oil. Lay salmon slices in the pan and cook for one minute. Flip, and cook for an additional 30 seconds or until just cooked through. Transfer to a serving plate and sprinkle with edamame, pickled ginger, sesame seeds and fresh chilli.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 293 | PROTEIN | 24 |
| CARBS    | 3   | FATS    | 20 |
| FIBRE    | 1   |         |    |



# BBQ CHICKEN & AVOCADO SALAD

SERVES: 4

TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

2 chicken breast (240g), sliced in strips  
2 tsp olive oil  
1/2 pineapple, peeled & cut into wedges  
60g spinach  
200g avocado, sliced  
For the satay sauce:  
1 tbsp vegetable oil  
3 tbsp chunky peanut butter  
3 tbsp hoisin sauce  
60ml lime juice  
60ml water  
To serve:  
25g coriander, leaves picked

## INSTRUCTIONS

Bring a saucepan to medium heat and add all dressing ingredients. Stir constantly with a whisk and cook for 4-5 minutes or until the sauce is thick and smooth. Transfer to a bowl and set aside.

Next, place chicken in a medium bowl with olive oil and toss to coat. Season with salt & pepper.

Heat a chargrill BBQ plate on medium-high heat. Cook chicken for about 7 minutes on each side, or until fully cooked through. Remove from the heat, cover with tinfoil and set aside.

Add pineapple and cook each side for 2-3 minutes, or until slightly charred.

Lay spinach across a large serving plate, then arrange chicken, pineapple and avocado on top.

Pour satay sauce all over and sprinkle with coriander.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 396 | PROTEIN | 23 |
| CARBS    | 31  | FATS    | 20 |
| FIBRE    | 6   |         |    |



# VIETNAMESE BEEF ROLL

SERVES: 2

TOTAL TIME: 20 MINUTES (PLUS 8 HOURS)

GF DF

## INGREDIENTS

- 1 carrot, shredded
- 1/2 Lebanese cucumber, cut into matchsticks
- 1/2 red onion, thinly sliced
- 80ml Vietnamese dressing
- 100g rump steak, trimmed
- 25g coriander, leaves picked
- 2 long wholemeal soft rolls, cut lengthways (not all the way through) (gluten-free if required)
- 2 tsp kewpie mayonnaise
- 2 tsp sriracha

## INSTRUCTIONS

Place carrot, cucumber and onion in a small bowl and cover with vietnamese dressing. Place in the fridge for 2 hours, or ideally overnight to allow the vegetables to absorb the dressing.

Heat a lightly oiled, barbecue grill plate over a high heat. Add beef. Cook, for about 3 minutes on each side, or until cooked to your liking. Remove from the heat and loosely cover with tin foil for five minutes before slicing the steak into thin slices.

Drain the marinating vegetables and divide between the rolls.

Finally, layer with beef, coriander, mayonnaise and sriracha.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 366 | PROTEIN | 18 |
| CARBS    | 41  | FATS    | 14 |
| FIBRE    | 6   |         |    |



# AVOCADO ZOODLE PASTA

SERVES: 4

TOTAL TIME: 15 MINUTES

GF V DF

## INGREDIENTS

3 courgettes, spiralised  
180g arugula  
1 x (400g) tin chickpeas, drained & rinsed  
1 avocado, sliced  
60g green olives, sliced  
2 tbsp pine nuts  
Chilli flakes, optional  
For the sauce:  
1 avocado  
1/2 tbsp apple cider vinegar  
1 1/2 tbsp olive oil  
2 1/2 tbsp mayonnaise  
Sea salt & cracked pepper

## INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling add the spiralised courgette and cook for 2-3 minutes. Drain and set aside.

Add all the sauce ingredients to a blender and blitz until smooth.

In a large bowl, toss the rocket, chickpeas and sauce all together. Gently mix through the courgette noodles. Transfer to 4 bowls.

Top each bowl with sliced avocado, olives, pine nuts and a sprinkling of chilli flakes.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 408 | PROTEIN | 11 |
| CARBS    | 26  | FATS    | 30 |
| FIBRE    | 12  |         |    |





# ROAST POTATO & PRAWN SALAD

SERVES: 5

TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

600g baby new potatoes, cut into halves or quarters

200g green beans

600g cooked prawns

For the dressing:

300ml Greek yoghurt

1 tbsp lemon, juiced

2 tbsp red onion, diced

2 tbsp dill, chopped

2 tbsp mint, chopped

2 tsp olive oil

2 tsp Dijon mustard

## INSTRUCTIONS

Peel potatoes and place in a pan of cold water, bring to the boil and cook for 10 minutes or until just tender. Add the beans for the remaining 3-4 minutes. Drain, set aside and allow to cool for 30-40 minutes.

Meanwhile, you can prepare the dressing by mixing all ingredients together in a medium sized bowl.

Add everything to a large bowl, season with a little salt & pepper and toss well to combine.

Divide on five plates and garnish with parsley, optional.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 317 | PROTEIN | 36 |
| CARBS    | 25  | FATS    | 6  |
| FIBRE    | 3   |         |    |



# CHARGRILLED VEG & BLACK RICE

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

2 red onions, cut into chunks  
2 red bell peppers, cut into chunks  
2 courgettes, cut into chunks  
1 1/2 tbsp olive oil  
225g black rice (uncooked)  
2 cloves garlic, minced  
430ml water  
1 vegetable stock cube

## INSTRUCTIONS

Preheat oven to 200 /395 /Gas 6. Line a baking tray with baking paper.

Toss onion, peppers and courgettes in olive oil, season with salt & pepper, and lay evenly on the baking tray.

Meanwhile, heat olive oil in a saucepan over medium heat, then add black rice and garlic. Cook for 6-7 minutes stirring constantly. Add water and vegetable stock, and bring to a boil before reducing to a low heat. Cover, and simmer for about 25-30 minutes or until water is absorbed.

Divide rice into 4 bowls, top with vegetables and serve immediately.

### MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 293 | PROTEIN | 8 |
| CARBS    | 52  | FATS    | 7 |
| FIBRE    | 6   |         |   |



# CREAMY TURKEY PASTA

SERVES: 2

TOTAL TIME: 35 MINUTES

GF

## INGREDIENTS

100g penne (uncooked)  
1 brown onion, diced  
1 clove garlic, minced  
100g sundried tomatoes, sliced  
500ml vegetable stock  
100ml light cream  
1 tbsp lemon, juiced  
1/2 tbsp Dijon  
170g cooked turkey breast

## INSTRUCTIONS

Bring a large pot of salted water to boil and cook penne according to packet instructions.

Meanwhile, bring a large non-stick skillet to medium heat, add onion, garlic and sundried tomatoes. Cook for 5 minutes.

Next, add the stock, cream, lemon and Dijon, and bring to a simmer.

Stir through the cooked turkey and pasta.

Season really well with salt & cracked pepper, and divide into 2 bowls.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 474 | PROTEIN | 29 |
| CARBS    | 48  | FATS    | 17 |
| FIBRE    | 3   |         |    |



# RIGATONI BAKE

SERVES: 4

TOTAL TIME: 60 MINUTES

V VE DF

## INGREDIENTS

400g rigatoni (gluten-free if required)  
1 1/2 tbsp olive oil  
1 red onion, diced  
1 x (400g) can kidney beans  
300ml passata  
250ml vegetable stock  
1 tbsp Italian herbs  
2 tbsp fresh basil, chopped  
70g panko crumbs

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. At the same time bring a large pot of salted water to boil.

Next, grease a baking dish with cooking spray.

Cook pasta according to packet instructions. Once cooked, drain and set aside.

Meanwhile, heat half the oil in a medium frypan. Add onion and kidney beans and cook for 5 minutes or until soft. Pour in the passata, stock and Italian herbs. Bring to a boil then remove from heat.

Stir through the pasta before transferring to the baking dish.

In a small bowl, toss breadcrumbs with remaining olive oil. Sprinkle over pasta and bake for 25 minutes.

Sprinkle with chopped basil before serving.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 543 | PROTEIN | 21 |
| CARBS    | 94  | FATS    | 7  |
| FIBRE    | 8   |         |    |





# SCOTTISH

SERVES: 3

TOTAL TIME: 55 MINUTES

GF V

## INGREDIENTS

225g potatoes, diced  
2 large onions, diced  
2 celery stalks, peeled and chopped  
1 large carrot, peeled and chopped  
40g butter (unsalted)  
1 head Savoy cabbage, finely shredded  
100g cheddar cheese, grated  
Salt and pepper to taste

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 12-15 minutes. Drain, transfer to a large bowl, mash and set aside.

Meanwhile, bring a 1/2 inch of salted water to boil in a large frying pan. Add the onions, celery and carrots, cover, and cook for about 5 minutes or until water has evaporated. Add half the butter and savoy cabbage to the pan and cook for 2-3 minutes or until cabbage has softened.

Add the cabbage to the bowl of potato, along with the remaining butter and mash together thoroughly. Mix through the other vegetables and season with salt and pepper.

Transfer the vegetables to an ovenproof baking dish, sprinkle the cheese on top, cover with aluminum foil and bake for 30-35 minutes.

Remove the aluminium foil and cook for a further 5 mins or until the cheese is starting to become crispy.

Divide on to four plates and serve hot.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 405 | PROTEIN | 14 |
| CARBS    | 42  | FATS    | 22 |
| FIBRE    | 9   |         |    |



# CHICKEN WITH BROWN BUTTER SAUCE

SERVES: 2

TOTAL TIME: 30 MINUTES

## INGREDIENTS

150g chicken breast (2 pieces)

Sea salt & cracked pepper

40g all purpose flour

1 tbsp olive oil

60g butter

2 tsp fresh thyme leaves

1 garlic clove, minced

## INSTRUCTIONS

Start by cutting each chicken breast in half lengthways (to make the pieces thinner)

Season well with salt & cracked pepper.

Place flour in a bowl and dredge each chicken breast in the flour.

Add the olive oil and half the butter to a large skillet set over medium-high heat. Allow the butter to melt a little, then add the chicken and cook for 3 minutes per side, or until cooked through. Transfer chicken to a plate and cover with aluminum foil.

Add the remaining butter to the same skillet, and again, allow it to melt before adding the thyme leaves and garlic. After 2-3 minutes the butter should begin to brown and bubble a little.

Reduce the heat right down, add the chicken back to the skillet and just allow the chicken to heat through.

Transfer to two pallets and serve immediately.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 451 | PROTEIN | 25 |
| CARBS    | 15  | FATS    | 33 |
| FIBRE    | 1   |         |    |



# ROAST BEEF TENDERLOIN

SERVES: 6

TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

1kg beef tenderloin roast  
2 tbsp olive oil, divided  
2 cloves garlic, minced  
2 red bell peppers, halved  
2 yellow bell peppers, halved  
Coriander leaves

## INSTRUCTIONS

Allow beef to stand at room temperature for 1 hour before roasting. Set an oven rack in the middle position and preheat the oven to 200 /395 /Gas 6.

Take a separate large baking tray and line it with baking paper. Place bell peppers cut side down and place tray in the oven (under the tray reserved for the meat). Cook capsicums for 40-50 minutes or until the skin begins to char.

Season beef all over with sea salt and pepper. Heat oil, garlic and chermoula spice in an ovenproof skillet over medium-high heat. Cook beef for about 10 minutes, turning with tongs, until well browned on all but one side. Turn the tenderloin so that the un-seared side is down, and transfer the skillet directly to the preheated oven. (You can transfer to a greased pan if you don't have an ovenproof skillet). Roast until a thermometer inserted into the center of the meat registers 49°C-51°C for medium rare, about 15 minutes, or until done to your liking (54.5°C-57°C for medium). Remove meat, cover with aluminum foil and allow to rest for 10 minutes.

Slice meat and serve on a large tray with peppers and fresh coriander.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 396 | PROTEIN | 49 |
| CARBS    | 5   | FATS    | 20 |
| FIBRE    | 2   |         |    |



# QUICK & EASY TUNA QUICHE

SERVES: 4

TOTAL TIME: 55 MINUTES

GF

## INGREDIENTS

250g tuna in springwater  
200g mushrooms, sliced  
3 eggs  
250ml milk  
100g Swiss cheese  
Salt & cracked pepper

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Lightly grease an oven dish with cooking oil spray.

Drain the tuna and transfer to the dish along with the mushrooms. (Make sure you break the tuna up with a fork into flakes).

Season with salt & cracked pepper.

Whisk eggs and milk in a separate bowl and stir the cheese through. Pour over the tuna and mushrooms and bake for 30-35 minutes or until fully cooked through.

Serve immediately with an easy green salad.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 306 | PROTEIN | 38 |
| CARBS    | 7   | FATS    | 14 |
| FIBRE    | 1   |         |    |

# DESSERTS









# FRUITY MUFFIN

SERVES: 1

TOTAL TIME: 10 MINUTES

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## INGREDIENTS

100g mixed berries  
2 tsp maple syrup  
1/4 tsp cinnamon  
1 English muffin, toasted  
30g cream cheese  
1 tsp coconut sugar

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## INSTRUCTIONS

Mix berries, maple syrup and cinnamon in a small bowl.  
Once your muffin is toasted, place on a dessert plate and spread cream cheese on both sides.  
Top with berry mix and sprinkle with coconut sugar.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 351 | PROTEIN | 6  |
| CARBS    | 57  | FATS    | 11 |
| FIBRE    | 8   |         |    |



# PEANUT BUTTER PROTEIN COOKIES

SERVES: 12

TOTAL TIME: 15 MINUTES

GF V DF

## INGREDIENTS

240g runny peanut butter  
120g coconut sugar  
2 large eggs  
50g chocolate protein powder (vegan if required)  
Sprinkling sea salt

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper.

Place all ingredients (except sea salt) into a medium-sized bowl and combine.

Spoon out 1 1/2 tbsp of dough at a time and roll into a ball. Flatten between your palms to create a cookie shape and place on the baking tray.

Sprinkle with a little sea salt.

Bake for 8-10 minutes or until the edges begin to turn golden brown.

Let cool for 10 minutes before transferring to a cooling rack.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 182 | PROTEIN | 10 |
| CARBS    | 12  | FATS    | 10 |
| FIBRE    | 0   |         |    |



# GREEK YOGHURT TART WITH MANGO

SERVES: 8

TOTAL TIME: 40 MINUTES

GF V

## INGREDIENTS

190g almond meal  
2 tbsp coconut sugar  
Pinch of sea salt  
3 tbsp coconut oil, melted  
1 egg white  
285g Greek yogurt  
3 tbsp honey  
260g mango

## INSTRUCTIONS

Preheat the oven 180°C/350°F/Gas 4. Spray a round tart pan with a removable bottom with cooking spray.

In a food processor pulse the almond meal with the coconut sugar and salt until finely ground. Add the coconut oil and egg white and pulse until everything is evenly coated and sticking together. Press the crumbs evenly over the bottom and up the sides of the tart pan. Bake for about 15-20 minutes, until the crust is lightly browned. Let the crust cool completely.

In a medium bowl, mix the yogurt with the maple syrup.

Spread the yogurt in the crust and arrange the berries over the surface of the yogurt. Cut the tart in slices and serve.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 302 | PROTEIN | 8  |
| CARBS    | 18  | FATS    | 22 |
| FIBRE    | 3   |         |    |





# CARROT CAKE OATMEAL SLICE

SERVES: 10

TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

100g instant oats  
90g whole wheat flour  
1 ½ tsp baking powder  
1 tsp ground nutmeg  
1 tsp ground cinnamon  
2 tbsp coconut oil, melted  
1 egg  
1 tsp vanilla extract  
120ml maple syrup  
1 medium carrot, peeled and grated

## INSTRUCTIONS

Preheat the oven to 180°C/350°F/Gas 4. Line a 1-2" baking tray with baking paper.

Whisk together the oats, flour, baking powder, nutmeg and cinnamon. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Once combined, stir in the maple syrup. Add in the flour mixture, stirring until just combined. Finally, fold in the carrots. Chill the dough in the fridge for 40-45 minutes.

Transfer the mixture into the tray and smooth with the back of a spoon. Bake for 12-15 minutes.

Cool for 15 minutes before transferring to a cooling rack.

### MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 148 | PROTEIN | 3 |
| CARBS    | 25  | FATS    | 4 |
| FIBRE    | 2   |         |   |



STANZA  
FITNESS

**MADE TO MEASURE**

