



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

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

BREAKFASTS







BACON EGG ROLL

SERVES: 1

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

2 rashers bacon
2 eggs
20ml skim milk
1 tbsp tomato relish
1/4 avocado, sliced

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook bacon for 15-20 minutes or until nice and crispy.

Meanwhile, crack the eggs into a bowl, along with milk, salt & cracked pepper. Bring a frying pan to high heat, pour egg into the pan and swirl to coat the base (like a crêpe). Cook for 1 minute or until fully cooked.

Transfer to a plate and spread with relish. Top with bacon and avocado and roll like a burrito.

MACROS PER PORTION

CALORIES	345	PROTEIN	21
CARBS	9	FATS	25
FIBRE	3		



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January 21st
is National
Granola Bar
Day.



QUINOA GRANOLA

SERVES: 8

TOTAL TIME: 35 MINUTES

GF V VE DF

INGREDIENTS

300g quinoa
140g rolled oats
60g sesame seeds
1 tbsp coconut sugar
1 tsp nutmeg
60ml maple syrup
2 tbsp coconut oil, melted

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5 and line a baking tray with baking paper.

Place all ingredients in a large bowl and mix well to combine.

Spread the mix across a baking tray (use 2 if you need, as you don't want to crowd the tray).

Cook for 15-17 minutes or until golden.

Allow to cool and serve with Greek yoghurt and fresh fruit (optional).

Granola will last 1 1/2 weeks in an airtight container.

MACROS PER PORTION

CALORIES	315	PROTEIN	10
CARBS	44	FATS	11
FIBRE	5		

The espresso originated in Italy over 100 years ago.



CHOCOLATE ALMOND LATTE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

250ml almond milk
1 shot espresso (or 1 tsp instant coffee)
1 scoop chocolate protein powder (vegan if required)
2 medjool dates, pitted
10 ice cubes

INSTRUCTIONS

Place all ingredients in the blender, in the order listed and blitz until nice and smooth.

Pour into a large glass and drink straight away.

MACROS PER PORTION

CALORIES	300	PROTEIN	27
CARBS	39	FATS	4
FIBRE	6		



TURKISH EGGS

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

4 eggs
1 tsp vinegar
65g Greek yoghurt
1 clove garlic, minced
1/2 tsp chilli flakes
2 slices Turkish bread
2 tsp olive oil
2 handfuls rocket

INSTRUCTIONS

Start by bringing a pot of water to boil. Once boiling, reduce to a gentle simmer and add a tsp of vinegar. Stir the water with a spoon to make a gentle whirlpool.

Crack 1 egg into the water and gently stir around it. Wait 20 seconds before cracking the remaining eggs. (you might want to do 2 at a time, depending on your pot).

Once cooked, remove the eggs with a slotted spoon. Place on some kitchen towel to absorb any excess water.

Meanwhile, mix together the Greek yoghurt, garlic and chilli flakes.

Once you've toasted your Turkish bread, brush with a little olive oil and top with rocket.

Place two eggs on each slice of bread and drizzle with yogurt sauce.

MACROS PER PORTION

CALORIES	475	PROTEIN	24
CARBS	52	FATS	19
FIBRE	1		



The world's largest pancake weighed more than the weight of an average hippopotamus.



LEMON SUGAR PANCAKES

SERVES: 2

TOTAL TIME: 20 MINUTES

GF V

INGREDIENTS

20g almond flour
100g cream cheese, softened
2 eggs
1 tsp lemon zest
1 tbsp butter
For serving:
1 lemon, juiced
1/2 tbsp coconut sugar

INSTRUCTIONS

In a medium bowl, whisk together the almond flour, cream cheese, eggs and lemon zest.

Bring a frying pan to medium heat and add butter to melt. Pour batter into the pan and cook pancakes one-by-one or two at a time, depending on the pan. (You should have enough for 6 pancakes).

Cook for about 2 minutes or until you see bubbles appearing. Flip and cook for another 2 minutes. You can keep the ones you've cooked warm under some foil or in the oven.

Top with lemon and coconut sugar.

MACROS PER PORTION

CALORIES	377	PROTEIN	12
CARBS	8	FATS	33
FIBRE	1		

SIDES & SMALL PLATES







GRILLED MUSHROOMS

SERVES: 2

TOTAL TIME: 15 MINUTES (PLUS 30 FOR MARINATING)

GF V VE DF

INGREDIENTS

60ml balsamic vinegar
1 tbsp olive oil
1 tbsp fresh thyme
1 clove garlic, minced
4 large portobello mushrooms, stems and gills removed
Sea salt & cracked pepper

INSTRUCTIONS

Firstly, preheat the griddle.

Next, in a shallow dish, mix the balsamic vinegar, olive oil, thyme, garlic, salt & cracked pepper. Place the mushrooms in the dish and allow them to coat in the marinade for 30-40 minutes, turning regularly.

Spray the griddle with a little olive oil cooking spray and cook mushrooms for 4-5 minutes, each side, brushing them with any extra marinade as you go.

Serve immediately.

MACROS PER PORTION

CALORIES	147	PROTEIN	7
CARBS	14	FATS	7
FIBRE	3		



The lifespan of tunas varies by species, but ranges from about 15 years to over 40 years.



GRILLED TUNA SANDWICH

SERVES: 1

TOTAL TIME: 10 MINUTES

GF DF

INGREDIENTS

90g tuna in springwater, drained
1 1/2 tbsp mayonnaise
1 tbsp capers
1 tsp Dijon mustard
2 slices rye bread (gluten free if required)

INSTRUCTIONS

Mix the tuna, mayonnaise, capers and Dijon mustard together in a small bowl.
Spread one slice of bread with tuna mix and top with the other slice.
Place in the toasted sandwich maker and cook until golden and toasted.

MACROS PER PORTION

CALORIES	387	PROTEIN	23
CARBS	31	FATS	19
FIBRE	4		



CHICKPEA FRITTERS

SERVES: 2

TOTAL TIME: 20 MINUTES

GF V

INGREDIENTS

1 x (400g) canned chickpeas, rinsed & drained
35g buckwheat flour
25g parmesan cheese, grated
1 1/2 tbsp fresh parsley, diced
Salt & cracked pepper
2 tbsp olive oil

INSTRUCTIONS

Place the chickpeas, flour, parmesan cheese, parsley, salt and pepper in a bowl, along with 2 tbsp water. Mash until fully combined.

Next, heat the oil in a large skillet. Allow to the oil to get nice and hot before adding the fritters.

Divide mixture into six patties and cook each one for 2-3 minutes each side or until cooked through and golden.

Set aside on some kitchen towel and serve with a little relish or mayonnaise.

MACROS PER PORTION

CALORIES	368	PROTEIN	13
CARBS	34	FATS	20
FIBRE	7		

According to The Guinness Book of World Records, the largest meatball ever weighs in at a whopping 1,100 pounds.



CHEESY MEATBALLS

SERVES: 6

TOTAL TIME: 50 MINUTES

GF

INGREDIENTS

450g ground beef
4 cloves garlic, minced
1 tbsp dried oregano
Salt & cracked pepper
2 tsp chilli paste
50g parmesan cheese, grated
100g bread crumbs (gluten free if required)
2 eggs
250ml milk
1 tbsp olive oil
600ml passata
200g mozzarella cheese, grated

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/ gas 6.

Add the beef, garlic, oregano, salt & pepper, chilli paste, parmesan cheese, bread crumbs, egg and milk to a large bowl and mix well to combine.

Roll the mixture into 15-20 balls.

Next, heat the oil in a large frying pan and cook the meatballs for 3-4 minutes. All you're doing for now is browning the outside, as they will continue to cook in the oven.

Add a few spoonfuls of passata to the bottom of an oven-proof casserole dish. Then, lay the meatballs in the dish.

Pour the rest of the sauce all over, top with mozzarella and sprinkle with a little extra oregano, salt & cracked pepper.

Cover with foil and cook for 30 minutes or until cheese has melted and sauce is bubbling.

Serve hot!

MACROS PER PORTION

CALORIES	386	PROTEIN	24
CARBS	23	FATS	22
FIBRE	0		



THAI ROASTED VEGETABLES

SERVES: 4

TOTAL TIME: 50 MINUTES

GF V VE DF

INGREDIENTS

1 medium sweet potato, cut into cubes
1 aubergine, cut into cubes
500g pumpkin, cut into cubes
2 tbsp red curry paste
80ml coconut cream
2 tsp olive oil
To serve:
3 tbsp fresh coriander, leaves picked

INSTRUCTIONS

Preheat oven to 200°C/400°F/ gas 6. Line a large baking tray with baking paper.

Mix all the vegetables together in a large bowl, along with the curry paste and coconut cream.

Lay vegetables across the tray (use two rather than crowd one tray).

Drizzle with olive oil and cook for 35-40 minutes.

Serve with fresh coriander.

MACROS PER PORTION

CALORIES	231	PROTEIN	5
CARBS	37	FATS	7
FIBRE	9		



REFRIED BEAN DIP

SERVES: 6

TOTAL TIME: 15 MINUTES

GF V VE DF

INGREDIENTS

2 tbsp olive oil
½ brown onion, finely diced
1 garlic clove, crushed
2 tsp taco seasoning
1 x (400g) tin pinto beans, drained and rinsed
125ml water
1-2 tbsp lime juice
1 bag plain corn chips

INSTRUCTIONS

Start by heating the oil in a non-stick skillet. Add the onion and cook for 5 minutes or until nice and soft.

Next, add the garlic and taco seasoning and stir to coat the onion for 1 minute.

Add the beans and water and cook, stirring occasionally for 5-7 minutes or until the water has evaporated.

Transfer the bean mix to a food processor or blender, add the lime juice and blitz until smooth.

Serve with corn chips.


MACROS PER PORTION

CALORIES	295	PROTEIN	6
CARBS	43	FATS	11
FIBRE	7		

MAINS





A top-down view of a black bowl filled with a healthy meal. The bowl contains a large piece of cooked chicken breast, quinoa, sliced cucumbers, tomatoes, and arugula. The bowl is placed on a red and white checkered tablecloth. In the background, there are some fresh green herbs.

A cooked 3.5 oz chicken breast contains 31g of protein and 3.6g of fat. It's also the healthiest part of the chicken



QUINOA & CHICKEN SALAD WITH BUTTERMILK DRESSING

SERVES: 5

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

180g quinoa (uncooked)
400g chicken breast, cut in half lengthways
1 tbsp olive oil
4 tomatoes, chopped
1 cucumber, sliced
1 red bell pepper, sliced
4 big handfuls rocket
1 small handful fresh mint, chopped
For the dressing:
125ml buttermilk
100g goat's cheese
Salt & cracked pepper

INSTRUCTIONS

Start by cooking the quinoa according to packet instructions. Once cooked, fluff with a fork and set aside.

Place the chicken pieces in some plastic wrap and pound to flatten. Then, toss chicken in olive oil.

Bring a grill plate to high heat and cook chicken pieces for 4-5 minutes on each side or until fully cooked through. Cover with foil and set aside.

Meanwhile, combine all the vegetables in a large bowl.

Prepare the dressing by briskly mixing together the buttermilk with goat's cheese, salt & cracked pepper.

Add the quinoa to the vegetables, along with the dressing and toss really well.

Transfer to a long serving plate and top with chicken.

MACROS PER PORTION

CALORIES	434	PROTEIN	46
CARBS	31	FATS	14
FIBRE	4		



Stir fried rice noodles were introduced to Thailand from China centuries ago, the dish “Pad Thai” was invented in the mid-20th century.



NO NOODLE PAD THAI

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

100g mangetout, sliced lengthways
1 Lebanese cucumber, sliced lengthways
1 red bell pepper, sliced into matchsticks
1 carrot, sliced into matchsticks
15g fresh mint leaves
15g fresh Thai basil leaves
15g fresh coriander, leaves picked
1 red chilli, sliced thinly lengthways
For the sauce:
2 tbsp lime juice
2 tbsp fish sauce
1 tbsp rice wine vinegar
1/2 tbsp honey
1 tsp sesame oil
1/2 tsp garlic paste
For the eggs:
2 eggs
2 tsp coconut oil

INSTRUCTIONS

Combine the vegetables, fresh herbs and chilli in a large bowl and toss to combine.

Next add all the sauce ingredients to a jar, place the lid on and shake well for 2 minutes. Pour dressing over the salad and toss again to coat the vegetables.

Crack the eggs into a small bowl and whisk. Add coconut oil to a medium-sized frying pan and pour half the egg into the pan, swirling the pan so you thinly coat it (like a crêpe. Cook for 1 minute or until fully cooked). Remove from the pan and cook the remainder of the mixture.

Next very tightly roll the eggs into cigars and finely chop them.

Transfer salad to two bowls, pouring any excess dressing on, and top with egg.

MACROS PER PORTION

CALORIES	208	PROTEIN	11
CARBS	14	FATS	12
FIBRE	3		



PUMPKIN & GOAT'S CHEESE FLAT BREADS

SERVES: 2

TOTAL TIME: 45 MINUTES

GF V

INGREDIENTS

300g butternut pumpkin, peeled and cut into cubes
1/2 tbsp olive oil
1/2 tbsp sumac
2 large flatbreads (gluten free if required)
4 tbsp onion relish
100g soft goat's cheese
2 handfuls baby spinach

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5 and line a baking tray with baking paper.

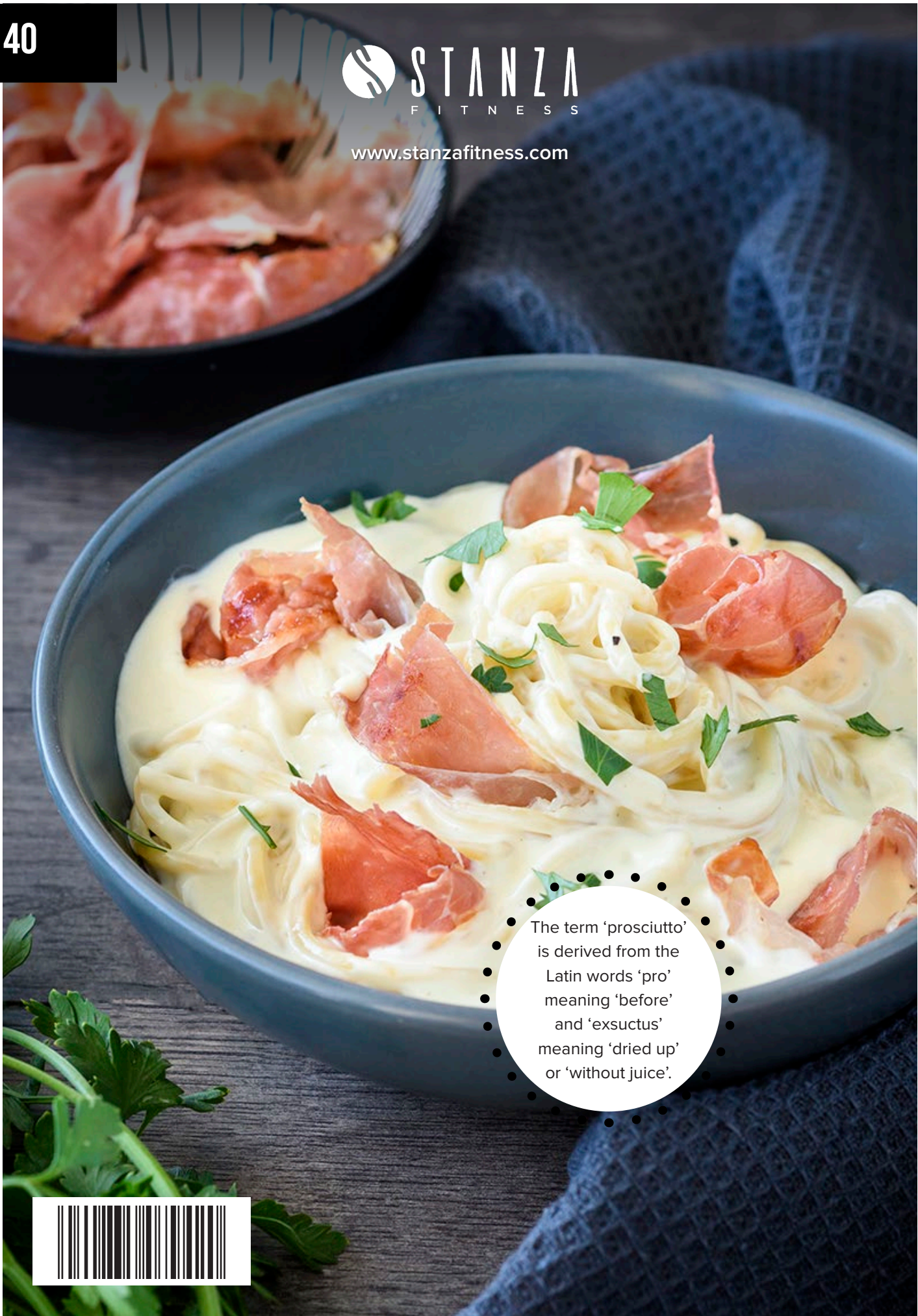
Toss the pumpkin in olive oil and sumac, lay evenly on the baking tray and cook for 15 minutes (or until just beginning to soften but not fully cooked yet).

Next, spread onion relish all over the 2 flat breads. Top with cooked pumpkin and goat's cheese and cook for 20 minutes or until goat's cheese is melting.

Once cooked, top with baby spinach and season with salt & cracked pepper.

MACROS PER PORTION

CALORIES	506	PROTEIN	20
CARBS	48	FATS	26
FIBRE	9		



The term 'prosciutto' is derived from the Latin words 'pro' meaning 'before' and 'exsuctus' meaning 'dried up' or 'without juice'.



CRUNCHY PROSCIUTTO PASTA

SERVES: 4

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

400g spaghetti (cooked) (gluten free if required)

8 slices prosciutto

2 cloves garlic

250ml light cream

2 tbsp lime juice

15g parsley

Sea salt & cracked pepper

INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Heat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Lay prosciutto on the tray and cook for 10-15 minutes or until crispy.

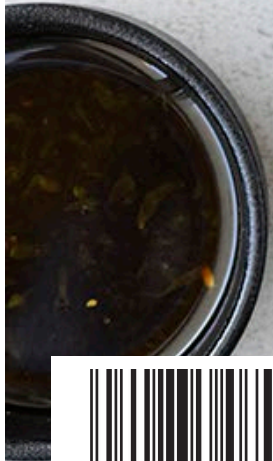
In a medium sized skillet, add the garlic, cream and lime juice. Heat for 3-5 minutes on medium heat, stirring continuously. Add the pasta and stir to heat through.

Finally, add the parsley and season with salt & cracked pepper.

Divide into four bowls and serve immediately.

MACROS PER PORTION

CALORIES	459	PROTEIN	22
CARBS	41	FATS	23
FIBRE	2		



CHILLI SALMON

SERVES: 4

TOTAL TIME: 25 MINUTES

GF DF

INGREDIENTS

4 x 200g salmon fillets
1 tbsp olive oil
2 tsp dried chilli flakes
For the salad:
2 large Lebanese cucumbers, halved and sliced
15g fresh coriander, leaves picked
For the dressing:
30ml lime juice
1/2 tbsp fish sauce
1/2 tbsp rice wine vinegar
1 tsp honey
1 garlic clove, minced

INSTRUCTIONS

Bring a large frying pan to high heat and add olive oil. Next, place the salmon steaks in the pan and sprinkle with chilli flakes. Cook for 2-3 minutes each side, or until cooked to your liking. A little undercooked is recommended.

Meanwhile, make the dressing by adding all ingredients to a jar and shaking very well to combine.

Place cucumber and coriander in a bowl and toss with dressing.

Divide salad on 4 plates and place a piece of chilli salmon on each.

MACROS PER PORTION

CALORIES	448	PROTEIN	51
CARBS	7	FATS	24
FIBRE	1		



Did you know chicken has a total carbohydrate count of 0, contains no trans fat, and is low in sodium.



SALT & PEPPER CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

35g plain flour
2 tsp sea salt flakes
2 tsp Chinese five spice
1 tsp black pepper
2 x 200g chicken breasts, sliced into strips
3 tbsp vegetable oil
3 cloves garlic, diced
2 sprigs spring onion, diced
2 long red chilli, diced

INSTRUCTIONS

Add the flour, sea salt flakes, Chinese five spice and black pepper to a large bowl and toss to combine.

Submerge the chicken slices in the flour mix and ensure all pieces are well coated.

Next, add the oil to a large skillet. Bring the pan to high heat and once the oil is sizzling, add the chicken and cook, flipping regularly for about 7 minutes.

Add the garlic, spring onion and chillies. Cook for another 5 minutes or until chicken is cooked through and golden.

Once cooked, place chicken on some paper towel to absorb the excess juice, then serve hot.

Optional: serve with white rice.

MACROS PER PORTION

CALORIES	390	PROTEIN	25
CARBS	14	FATS	26
FIBRE	0		



MINUTE STEAKS

SERVES: 4

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

8 x 100g minute steaks
Salt & cracked pepper
40g butter
2 tbsp olive oil
4 cloves garlic
500g vine-ripened cherry tomatoes
2 tbsp fresh basil, leaves torn

INSTRUCTIONS

Start by seasoning the steaks with salt & cracked pepper.

Next bring a large frying pan to high heat. Once the pan is very hot, add half the butter, oil and garlic. Once it's beginning to brown, place four of the steaks in the pan. Cook for 30 seconds each side. Once cooked set aside under some foil and cook the next batch.

Next, place the cherry tomatoes in the same pan, add a little salt & cracked pepper and cook for about 4 minutes, shaking the pan constantly.

Stir through the fresh basil and remove from the heat.

Divide the steaks and tomatoes on 4 plates and serve immediately.

MACROS PER PORTION

CALORIES	542	PROTEIN	43
CARBS	7	FATS	38
FIBRE	2		



People have been eating mussels for over 2,000 years. Prehistoric settlements can often be identified by large mounds of empty mussel shells.



THAI CHILLI MUSSELS

SERVES: 2

TOTAL TIME: 20 MINUTES

GF DF

INGREDIENTS

1 tsp coconut oil
1 long red chilli, thinly sliced lengthways
1 stick lemongrass, thinly sliced lengthways
1/2 tbsp ginger, thinly sliced lengthways
125ml coconut milk
100ml water
2 tbsp lime juice
1/2 tbsp fish sauce
500g mussels
2 tbsp fresh coriander, leaves picked

INSTRUCTIONS

Bring a wok or deep saucepan to medium-high heat and add the oil, chillies, lemongrass and ginger. Cook, stirring continuously for 2 minutes. Next, add the coconut milk, water, fish sauce and lime juice and bring to a simmer. Add the mussels and cook for about five minutes or until the mussels open up.

Serve immediately with fresh coriander.

MACROS PER PORTION

CALORIES	313	PROTEIN	33
CARBS	25	FATS	9
FIBRE	3		



PARMESAN CRUSTED VEAL CUTLETS

SERVES: 2

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

For the salad:

1 small head radicchio, leaves chopped

2 tbsp fresh parsley, chopped

For the dressing:

1/2 tbsp olive oil

2 tsp white wine vinegar

1/4 teaspoon Dijon mustard

For the cutlets:

120g bread crumbs (gluten free if required)

3 tbsp parmesan cheese, finely grated

1/2 tbsp lemon rind

1 egg

1 tbsp Dijon mustard

4 x (70g) veal cutlets, pounded

INSTRUCTIONS

Add the salad ingredients to a medium-sized bowl and toss to combine.

Add the dressing ingredients to a jar and shake very well to combine. Pour the dressing over the salad and set aside.

Next, mix the bread crumbs, parmesan cheese and lemon rind together in a medium sized bowl.

In a separate bowl, whisk together the egg and dijon.

Dip the veal cutlets in the egg, followed by the breadcrumb mix.

Next, add the olive oil to large frying pan and bring it to medium-high heat. Place the cutlets in the pan and cook for about 3 minutes each side.

Serve immediately alongside radicchio salad.

MACROS PER PORTION

CALORIES	483	PROTEIN	36
CARBS	60	FATS	11
FIBRE	0		



Feta is a brined curd white cheese usually made from sheep's milk or a combination of sheep and goat's milk, giving it a signature tangy flavour.



LAMB & SWEET POTATO BAKE

SERVES: 3

TOTAL TIME: 65 MINUTES

GF

INGREDIENTS

1 tbsp olive oil, divided
1 medium sweet potato, cut into cubes
2 cloves garlic, minced
1/2 tbsp fresh thyme
300g lamb mince
125ml vegetable stock
1 red bell pepper, cut into chunks
1 tbsp pine nuts
100g feta, cut into cubes

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6.

Add 2 tsp olive oil and sweet potato to a saucepan and cook for about 10 minutes or until the sweet potato begins to soften. Set aside.

Add the remaining olive oil and onion to the same pan and cook for about five minutes or until onion is translucent.

Add the garlic and thyme and cook for another 1-2 minutes. Next, add the lamb and cook for about 7-8 minutes.

Add the stock, bell pepper, pine nuts and cooked sweet potato to the pan and cook for another 5-10 minutes.

Pour the mixture into an ovenproof casserole dish.

Toss the feta in the remaining olive oil and place on top of the lamb.

Cook for 20-25 minutes.

MACROS PER PORTION

CALORIES	551	PROTEIN	25
CARBS	25	FATS	39
FIBRE	4		



SWEET & STICKY CHICKEN

SERVES: 2

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 tsp butter
2 cloves garlic, minced
2 tsp ginger paste
75g basmati rice
125ml water
4 chicken thighs, skin removed
4 tbsp sweet chilli sauce
1/2 head broccoli, cut into florets

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

In a medium-sized saucepan, add the olive oil, garlic and ginger. Cook for 2 minutes, stirring continuously. Next, add the rice, water and sprinkling of salt. Stir, bring to a boil, then reduce the heat to low, cover with a lid and cook for 10-12 minutes or until the water has absorbed.

Next, pour the sweet chilli sauce into a medium-sized bowl and coat the thickened thighs. Place chicken on the baking tray and cook for 20 minutes.

Meanwhile, steam the broccoli either in a steaming basket on the stove or in the microwave.

Once the chicken is cooked, bring a grill plate to high heat and brown the top side of the chicken for 1-2 minutes.

Divide rice on two plates and top with chicken and broccoli.

MACROS PER PORTION

CALORIES	557	PROTEIN	50
CARBS	51	FATS	17
FIBRE	4		

It's believed that over 2,000 years ago, a Chinese cook accidentally discovered tofu by curdling soy milk using nigari seaweed



TEX MEX TOFU

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

2 large sweet potato, cut into small cubes
2 large courgette, cut into small cubes
2 red bell peppers, cut into small cubes
1 red onion, sliced
1 tbsp olive oil, divided
500g tofu, sliced
1 pack tex mex seasoning
For the dressing:
250ml Greek yoghurt
1/2 bunch coriander, leaves picked
2 tbsp lemon juice
1 clove garlic, minced

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line 2-3 baking trays with baking paper. Lay the sweet potato on one and the courgette, bell pepper and onion on the others. Drizzle the trays with 2 tsp olive oil and season with salt & cracked pepper. Cook for 30-35 minutes or until tender.

Meanwhile, make the dressing by mixing all the ingredients together. Set aside.

Rub the tex mex into the tofu. Add the remaining olive oil to a large frying pan or grill plate, bring to medium-high heat and add tofu. Cook for 5-7 minutes each side.

Divide cooked vegetables on four plates, top with tofu and yoghurt dressing.

MACROS PER PORTION

CALORIES	370	PROTEIN	20
CARBS	41	FATS	14
FIBRE	8		



PORK WITH CARAMELISED ONION

SERVES: 2

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 medium potatoes, cut into small cubes
1 red bell pepper, cut into small cubes
1 tbsp olive oil, divided
1 red onion, sliced
1 tbsp balsamic vinegar
2 cloves garlic, minced
2 x (140g) pork loin steaks
4 big handfuls baby spinach

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the potato and bell pepper in 2 tsp olive oil and lay the vegetables across. Cook for 30 minutes or until the potatoes are golden and the bell pepper is soft.

Meanwhile, bring a medium-sized frying panto medium heat, add 1 tsp olive oil and cook onions for 5 minutes. Add the balsamic vinegar and 1 tbsp of water and cook for another 5 minutes or until sticky, stirring constantly.

Rub the remaining oil and garlic into the pork steaks. Bring a frying panto medium-high heat and cook steaks for 3-4 minutes each side. Once cooked, set aside under some tin foil.

Toss the cooked potato and bell pepper with spinach and divide on two plates.

Top with sliced pork and caramelised onion.

MACROS PER PORTION

CALORIES	518	PROTEIN	31
CARBS	40	FATS	26
FIBRE	9		



Penne translates to the word “pen”, and gets its name from its shape.



SICILIAN PASTA

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

150g penne pasta
1 tsp olive oil
2 cloves garlic, minced
90g pitted black olives
1 tbsp capers
300ml passata
1-2 tsp chilli flakes
95g tinned tuna, drained
Salt & cracked pepper
2 tbsp fresh basil, leaves picked

INSTRUCTIONS

Start by cooking the pasta according to packet instructions. Drain and set aside.

Meanwhile, bring a frying pan to medium heat and add the olive oil, garlic, olives and capers. Cook for about 2 minutes before adding the passata and chilli flakes.

Stir through the tuna, breaking up the chunks with your spoon. Add the pasta and continue to stir through.

Divide into two bowls and garnish with fresh basil.

MACROS PER PORTION

CALORIES	450	PROTEIN	25
CARBS	65	FATS	10
FIBRE	5		



VEGAN BUDDHA BOWL

SERVES: 1

TOTAL TIME: 35 MINUTES

GF V VE DF

INGREDIENTS

1 small sweet potato, cut into cubes
2 small beetroots, cut into thin wedges
1/2 red onion, cut into wedges
2 tsp olive oil, divided
1/2 tsp chilli flakes
2 big handfuls kale
For the sauce:
1/2 tbsp tahini
1 tbsp water
1 tsp honey
To serve:
1/2 tbsp cashews, chopped

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the sweet potato, beetroot and onion in 1 tsp olive oil and chilli flakes and cook for 25-30 minutes.

Add the remaining olive oil to a wok and cook kale for 5-7 minutes.

Meanwhile, make the sauce by whisking together the tahini, water and honey.

Transfer vegetables to a serving bowl, top with cashews and drizzle with sauce.


MACROS PER PORTION

CALORIES	492	PROTEIN	12
CARBS	75	FATS	16
FIBRE	13		

DESSERTS







The flavonols in dark chocolate can protect against sun damage, improve blood flow to the skin and increase skin density and hydration.



MOLTEN CHOC PROTEIN PUDDING

SERVES: 4

TOTAL TIME: 90 MINUTES



INGREDIENTS

185g butter
185g dark chocolate
4 eggs
150g coconut sugar
2 scoops chocolate protein powder
100g self raising flour

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5.

Next, place the butter and chocolate in a small saucepan on low heat and continuously stir until melted.

Pour the melted chocolate into a bowl, add the eggs, sugar and flour and whisk well to combine.

Pour the mixture into six individual ramekins and place in a larger baking dish. Fill the dish with enough water so that it comes up to half the height of the ramekins.

Bake for 40-45 minutes.

MACROS PER PORTION

CALORIES	637	PROTEIN	16
CARBS	51	FATS	41
FIBRE	3		



PEANUT BUTTER AND BANANA CUPCAKES

SERVES: 12

TOTAL TIME: 50 MINUTES



INGREDIENTS

240g whole wheat pastry flour

1 ½ tsp baking powder

½ tsp baking soda

¼ tsp salt

2 medium bananas, mashed

1 ½ tbsp olive oil

2 tbsp peanut butter

70g Greek yogurt

125ml milk

For the frosting:

100g cream cheese softened, cut into cubes

2 tbsp butter softened, cut into cubes

100g powdered erythritol

1 tsp vanilla extract

1 tbsp heavy cream

INSTRUCTIONS

Start by preheating oven to 180°C/350°F/gas 5. Line a 12-case muffin tray with cupcake liners.

In a large bowl, mix together the flour, baking powder, baking soda and salt.

In a separate bowl, mix the bananas with the olive oil, then mix in the peanut butter, Greek yoghurt and milk.

Add the wet ingredients to the dry ingredients and mix until just combined.

Transfer the cupcake batter to the muffin tins and cook for 17-20 minutes.

Remove from the oven and allow to cool for 5-10 minutes before transferring to a cooling tray.

To make the frosting: Using an electric mixer, beat together the cream cheese and butter.

Next, beat in the powdered erythritol and vanilla extract. Once combined, beat in the cream. If it's too thick, just add a little extra.

When the cupcakes are fully cooked, top with frosting.

MACROS PER PORTION

CALORIES	189	PROTEIN	5
CARBS	22	FATS	9
FIBRE	3		

There are over
500 mango
fruit varieties
grown all over
the world.



SKINNY MANGO CHEESECAKE

SERVES: 6

TOTAL TIME: 50 MINUTES (PLUS 5 HOURS IN THE REFRIGERATOR)



INGREDIENTS

For the base:

65g digestive biscuit, crumbled

2 tbsp butter, melted

For the filling:

170g light cream cheese, softened to room temperature

190g Greek yogurt

2 large eggs, plus 1 large egg yolk

50g coconut sugar

80ml mango nectar

INSTRUCTIONS

Preheat oven 150°C/300°F/gas 2. Line the bottom and the sides of a 9" x 9" baking pan with baking paper. Leave a little extra hanging over the sides so you can easily lift the cake out once it's cooked.

In a medium-sized bowl, mix together the biscuit crumbs and butter. Press the mixture into prepared pan with your hands or the back of a spoon. Bake for 7-8 minutes.

Next, using an electric mixer, add the cream cheese and whisk on high until smooth. Reduce the speed to medium, add the yoghurt and again, beat until smooth. Add the eggs next and once combined, add the sugar and mango nectar. Continue to beat until completely smooth.

Transfer filling to the crust and bake for 27-30 minutes or until the filling has set.

Place in the fridge for 5 hours to allow it to fully set.

Slice into 10 portions.

MACROS PER PORTION

CALORIES	203	PROTEIN	8
CARBS	18	FATS	11
FIBRE	1		



STANZA
FITNESS



MADE TO MEASURE

