

in association with



ASHLEY CROOKS FITNESS

MACRO FRIENDLY
RECIPES+
MEAL IDEAS



SARA SUTHERLAND
FITNESS

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USEFUL INGREDIENTS

CUPBOARD

Oats
Flour
Coconut Flour
Baking Powder
Cocoa Powder
Sugar Free Sweetener
Protein Powder
Seasonings ...
Salt, Pepper, Garlic Powder,
Oregano, Cumin, 5-Spice,
Mixed Seasonings, Cinnamon
Soy Sauce
Tomato Paste
Chicken / Veg Stock
Chia Seeds
Low Fat Pesto
Peanut Butter
Calorie Free Syrups
One Cal Cooking Spray
Honey

FREEZER

Frozen Bananas
Berries
Peas
Ice Cubes
Mixed Veg
Chicken / Turkey
Lean Mince
Lean Sausages

FRIDGE

Greek Yogurt
Feta Cheese
Spinach
Sweet Potatoes
Mixed Veg - Peppers,
Courgettes, Magetout etc.
Eggs
Cooked Chicken
Milk / Almond Milk
Minced Garlic
Minced Ginger

BREAKFAST





SPINACH PEANUT BUTTER BANANA SMOOTHIE

INGREDIENTS

100g Frozen Banana
3 - 4 Ice Cubes
200ml Almond milk
Large Handful Spinach
20g Protein Powder
20g Peanut Butter

INSTRUCTIONS

Blend ingredients in a good blender
Add more or less milk if needed.

OPTIONS + TIPS

- + Substitute almond milk for normal milk or water.
- + Swap spinach for kale
- + Omit the peanut butter if you want to reduce the fat
- + Add sweetener or cinnamon for more taste



Serves 1

MACROS

27 CARBOHYDRATE

24 PROTEIN

13 FAT

313 CALORIES



COCONUT BLUEBERRY BANANA SMOOTHIE

INGREDIENTS

100g Frozen Banana
80g Frozen Blueberries
200ml Alpro Coconut milk
3 - 4 Ice Cubes
20g Protein Powder
10g Shredded Coconut

INSTRUCTIONS

Blend ingredients in a good blender
Add more or less milk if needed.

OPTIONS + TIPS

- + Swap coconut milk for other milk
- + Add coconut oil if you want to increase fats
- + Add spinach, kale or other greens



Serves 1

MACROS

36 CARBOHYDRATE

18 PROTEIN

10 FAT

293 CALORIES



CHOCOLATE PEANUT BUTTER SHAKE

INGREDIENTS

30g Chocolate Whey Protein
10g Cocoa Powder
50g Frozen banana
20g Peanut Butter
200ml Almond milk
2-3 Ice Cubes
1/2 tsp Xanthan Gum (optional - to make it thick)

INSTRUCTIONS

Blend ingredients in a good blender
Add more or less milk if needed.

OPTIONS + TIPS

- + Swap peanut butter for powdered peanut butter
- + Omit banana to save on carbs and replace with sweetener



Serves 1

MACROS

22 CARBOHYDRATE

33 PROTEIN

16 FAT

363 CALORIES



PROTEIN 'ZOATS'

INGREDIENTS

50g Oats
Sweetener
10g Coconut Flour
1 Small Courgette
20g Protein Powder
Toppings:
15g Peanut Butter
100g Frozen Berries

INSTRUCTIONS

Mix oats with 200ml (approx) of water and sweetener of choice. Microwave on high for 2 minutes. While the oats are in the microwave, roughly grate the courgette. Remove oats from microwave (they should be a thick consistency - they may need longer in the microwave). Add the courgette, protein powder and coconut flour (The coconut flour prevents the oats from becoming watery from the moisture of the courgette). Pop back in the microwave for around 1 minute. Remove and add the berries and drizzle over the peanut butter



Serves 1

MACROS

43 CARBOHYDRATE

32 PROTEIN

14 FAT

468 CALORIES



MAKE AHEAD MEAL

APPLE CHIA OVERNIGHT OATS

INGREDIENTS

50g Oats
15g Protein Powder
12g Chia Seeds
150ml Almond Milk
1 Small Apple
100g Greek Yogurt

INSTRUCTIONS

Mix oats, protein and chia seeds.
Roughly grate apple - with skin and add to mix along with the yogurt and almond milk. Leave overnight. Add more milk if needed in the morning. I topped mine with extra apple and some low sugar granola.



Serves 1

MACROS *without toppings

47 CARBOHYDRATE

12 PROTEIN

36 FAT

450 CALORIES



MAKE AHEAD MEAL

CHOCOLATE OVERNIGHT OATS

INGREDIENTS

50g Oats
15g Chocolate Protein
10g Low Cal Hot Choc Powder
150ml Almond milk

INSTRUCTIONS

Mix all the ingredients in a tub and leave to soak overnight. I topped mine with mini marshmallows and a protein bar.



Serves 1

MACROS *without toppings

33 CARBOHYDRATE

20 PROTEIN

09 FAT

303 CALORIES



MICROWAVE BAKED CHOCOLATE OATS

INGREDIENTS

50g Oats
10g Coconut Flour
1/2 Tsp Baking Powder
10g Cocoa Powder Sweetener
15g Protein Powder
50ml Egg White (2 Egg Whites)

INSTRUCTIONS

Combine oats, cocoa powder, baking powder, sweetener and coconut flour and add 200ml water (approx). Microwave for 2 minutes. Stir well and add protein and egg whites. Microwave for a further 45-60 seconds.



Serves 1

MACROS *without toppings

34 CARBOHYDRATE

31 PROTEIN

09 FAT

364 CALORIES



MAKE AHEAD MEAL

CREAMY COLD OATS

INGREDIENTS

50g Oats
10g Coconut Flour
1/2 Tsp Baking powder
100g Total 0% Greek Yogurt
1/2 Tsp Cinnamon
15g Protein Powder
Sweetener

INSTRUCTIONS

Mix oats, coconut flour, sweetener, cinnamon and baking powder. Add 200ml (approx) of water and microwave until thick. Add protein and leave to cool. Once cool, add the yogurt and leave in the fridge overnight.

OPTIONS + TIPS

- + Add grated courgette for more volume
- + Can add coconut flour to oats before they cook for more volume



Serves 1

MACROS

28 CARBOHYDRATE

33 PROTEIN

05 FAT

301 CALORIES



LOW CARB

PIZZA OMELETTE

INGREDIENTS

1 Egg
3 Egg Whites
100g Cooked Chicken / Turkey
40g Sundried Tomatoes
20g Reduced Fat Pesto
30g Feta
Spinach

INSTRUCTIONS

Preheat grill and heat non stick pan on med-low heat. Whisk eggs and season with salt and pepper - You can substitute more / less eggs / egg whites. Add to pan, and top with spinach, tomatoes, chicken / turkey and dollop on the pesto. When the omelette is nearly done, crumble over the feta and put under the grill until cooked through.



Serves 1

MACROS

05 CARBOHYDRATE

48 PROTEIN

21 FAT

409 CALORIES



LOW CARB

CARAMEL PANCAKES

INGREDIENTS

30g Whey Protein (Salted Caramel or Vanilla)
30g Coconut Flour
1/2 Tsp Baking Powder
1/2 Tsp Cinnamon
1 Egg
1 Egg White
50g Greek Yogurt
30ml Almond Milk
Sugar Free Caramel Syrup

INSTRUCTIONS

Heat a good non stick pan on a low heat. Mix together the dry ingredients well and add the eggs and yogurt. Add almond milk - you may need more or less depending on the size of your eggs. But you want a thick mixture to make nice thick pancakes. Spoon mixture into pan - this should make about 5 pancakes, 10cm in diameter. Cook slowly and flip after about 2 minutes. Be careful not to overcook them or they will dry out! I topped mine with caramel syrup and crushed biscoff biscuits.



Serves 1

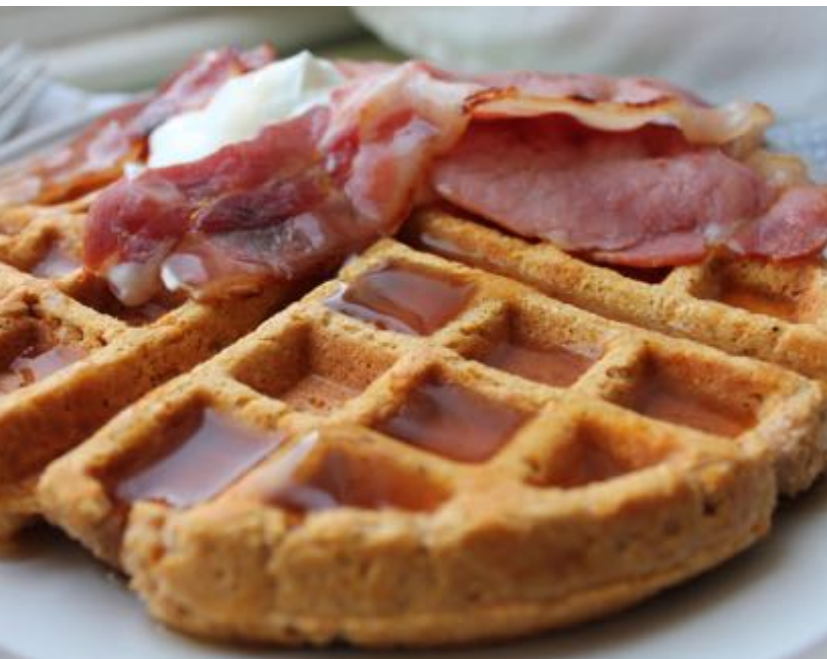
MACROS *without toppings

11 CARBOHYDRATE

10 PROTEIN

44 FAT

335 CALORIES



MAKE AHEAD MEAL

BACON & SWEET POTATO WAFFLES

INGREDIENTS

100g Mashed Sweet Potato
20g Coconut Flour
10g Protein Powder
1 Egg
1/2 Tsp Baking Powder
1/4 Tsp Cinnamon
3 Rashers Bacon
Zero Calorie Syrup

INSTRUCTIONS

Pre Heat waffle iron. Mix sweet potato, flour, protein, baking powder, egg, cinnamon. Add to waffle iron and cook for 3-5 minutes. While waffle is cooking, fry bacon in a pan. Remove waffle and top with bacon and calorie free syrup.

TIPS

+ This is quite a sticky mixture so make sure you spray your waffle iron with enough cooking spray before you add your mixture



Serves 1

MACROS

46 CARBOHYDRATE

37 PROTEIN

18 FAT

430 CALORIES



MAKE AHEAD MEAL

LOW CARB WAFFLES

INGREDIENTS

30g Whey Protein
1/2 Tsp Baking Powder
1 Egg
Sweetener (optional)

INSTRUCTIONS

Pre Heat waffle iron. Mix whey, egg, baking powder and sweetener (add 15-30ml milk if needed) and add to the waffle iron. Cook for 2-3 minutes or until brown. Remove and serve with toppings of choice.

TOPPING IDEAS

Banana, raspberries, blueberries, strawberries, peanut butter, nutella, syrup, protein bar, crushed biscuits, bacon, marshmallows, chocolate chips, yogurt, ice cream



Serves 1

MACROS

02 CARBOHYDRATE

30 PROTEIN

07 FAT

185 CALORIES



THE ULTIMATE PROTEIN PANCAKES

INGREDIENTS

50g Protein Pancake mix / 40g Protein Powder
20g Coconut Flour
100g Ripe Banana
1 Egg
1 Egg White
1/2 Tsp Baking Powder
1/2 Tsp Cinnamon (optional)
10g Cocoa Powder (optional)

INSTRUCTIONS

Heat a good non stick pan on low heat. Mash the banana in a bowl. Add the remaining ingredients and mix well. Dollop mixture into the pan - this should make 5 good sized pancakes. Cook VERY slowly - for about 2/3 minutes per side. This allows the pancakes to rise and become fluffy. Remove from pan and top with toppings of choice.



Serves 1

MACROS *without toppings

33 CARBOHYDRATE

50 PROTEIN

11 FAT

446 CALORIES



ONE POT

HUEVOS RANCHEROS (BAKED EGGS)

INGREDIENTS

300g Salsa
1/2 Sachet Mexican Seasoning
1 Tbsp Tomato Paste
1 Small Can Kidney/Black Beans
4 Eggs
3 Chopped Spring Onions
50g Feta Cheese

INSTRUCTIONS

Heat pan on med-high heat. Add beans, tomatoes and mexican seasoning. Bring to a simmer and leave for a few minutes to let the sauce thicken. Make space for the eggs and crack straight into the pan. Cook for 2-3 minutes and finish off under the grill or until the eggs are cooked to your liking. Garnish with coriander and feta (optional) Serve with tortillas.



Serves 2

MACROS *without tortillas

28 CARBOHYDRATE

25 PROTEIN

03 FAT

341 CALORIES



LOW CARB

SAUSAGE BREAKFAST SCRAMBLE

INGREDIENTS

2 Low Fat Sausages
1 Egg
3 Egg Whites
1 Tbsp Milk
2 Spring Onions
1 Tsp Garlic Powder
30g Low Fat Cheddar

INSTRUCTIONS

Heat pan on med-high heat. Remove sausage from casing and fry in pan - breaking up the mince meat. Whisk the eggs and milk and season with salt, pepper and garlic powder. Add eggs to pan. Keep stirring. When eggs are done, remove from heat and add spring onions and cheese.



Serves 1

MACROS

09 CARBOHYDRATE

39 PROTEIN

12 FAT

290 CALORIES



BREAKFAST BAGEL IDEAS



01 Smoked Bacon Medallions
Egg
Low Fat Cheese
Avocado

02 Sundried Tomatoes
Low Fat Pesto
Cooked Chicken
Spinach
Feta



03 Egg Whites
Avocado
Sriracha Sauce

04 Banana
Raspberries
Peanut Butter
Melted Marshmallows



BASIC PROTEIN OATS RECIPE

INGREDIENTS

50-80g Oats (or however much you want)
10-30g Protein Powder
Sweetener (optional)



INSTRUCTIONS

Mix oats with around 200ml milk.
Microwave for 2-3 minutes or until thick.
Remove from the microwave and mix
through the protein powder and
sweetener.



TIPS

+ If your oats go runny after adding the protein powder pop back in the microwave for 30-60 seconds, remove and mix well to make them nice and fluffy.



OAT TOPPING IDEAS



- COokie Dough - recipe at back
- Peanut Butter
- Cashew Butter
- Almond Butter
- Nutella
- White Chocolate Chips
- Milk Chocolate Chips
- M&M's
- Reese's Pieces/Cups
- Oreos, Biscoff, Kitkats, Cookies
- Mini Marshmallows
- Popcorn, Pretzels
- Protein Bars
- Coco Pops or other Cereal
- Chia Seeds
- Coconut
- Raspberries
- Pomegranate Seeds
- Blueberries
- Banana
- Strawberries
- Sugar Free syrup

10 MINUTE NO FUSS MEALS





LOW CARB - ONE POT MEAL

ASIAN PEANUT BUTTER CHICKEN NOODLES

INGREDIENTS

300g Diced Chicken Breast
1 Chicken Stock Cube
1 Tbsp Soy Sauce
1 Tsp Chinese Five Spice
40g Peanut Butter
1 Packet Courgette Noodles

INSTRUCTIONS

Heat pan on med high heat. Spray with low calorie spray and add chicken breast. Season with five spice and add stock cube straight to the pan, add 200ml of boiling water to dissolve stock cube and leave to cook for 10-15 minutes. When the chicken is cooked, remove from pan. Add noodles and soy sauce to the same pan. Cook for 2-3 minutes until warmed through. Serve with chicken and a dollop of peanut butter.

TIPS

- + Natural peanut butter works best - with no added sugar.
- + Replace the courgette noodles for normal noodles or add in extra vegetables.



Serves 2

MACROS

05 CARBOHYDRATE

41 PROTEIN

11 FAT

275 CALORIES



FETA AND SUNDRIED TOMATO PESTO STUFFED CHICKEN

INGREDIENTS

150g Chicken Breast
20g Reduced Fat Pesto
3-4 Sundried Tomatoes
10g Feta

INSTRUCTIONS

Make slits in chicken and stuff with sundried tomatoes and pesto. Wrap in foil and cook in oven for 20-30 minutes. Remove and sprinkle over feta and put back into oven for another few minutes. Serve with pasta or salad.



Serves 1

MACROS

03 CARBOHYDRATE

11 PROTEIN

37 FAT

269 CALORIES



ONE POT MEAL

EASY EGG FRIED RICE

INGREDIENTS

1 Pouch Microwave Rice
1 Tbsp Soy Sauce
2 Tsp Sesame Oil
1/2 tsp Chinese 5-Spice (Optional)
1 Tbsp Minced Garlic
3 Spring Onions
2 Eggs
100g Frozen Peas
150g Frozen Prawns

INSTRUCTIONS

Heat pan on high heat. Add sesame oil and garlic. Add rice, soy sauce, 5 spice, prawns and peas. Cook through. Crack eggs straight into the pan and mix through well. Make sure the prawns are cooked and remove from the heat. Garnish with chopped spring onions.

TIPS

- + Add chicken/tofu as well or instead of prawns
- + Substitute rice for cauliflower rice to reduce carbs



Serves 2

MACROS

43 CARBOHYDRATE

25 PROTEIN

12 FAT

387 CALORIES



MAKE AHEAD - MEAL PREP

ROASTED VEGGIE PESTO PASTA

INGREDIENTS

300g Pasta
2-3 Peppers
2 Red Onions
2 Courgette
Handful Spinach
40g Reduced Fat Pesto

INSTRUCTIONS

Preheat oven. Roughly chop vegetables and add to roasting tray along with a few sprays of low calorie cooking spray. Season with salt and pepper and roast for 20-30 minutes. While the veg are roasting, cook pasta. Drain and mix through the pesto and roasted veg.

TIPS

- + Substitute pasta for higher protein pasta
- + Add roasted butternut squash and sweet potato



Serves 4

MACROS

53 CARBOHYDRATE

11 PROTEIN

12 FAT

377 CALORIES



MAKE AHEAD - ONE POT MEAL

ASIAN MUSHROOM NOODLE SOUP

INGREDIENTS

1 Tbsp Miso Paste
1 Tbsp Soy Sauce
1tsp Grated Ginger
1tsp Minced Garlic
2 Chicken Stock Cubes
20g Dried Porcini Mushrooms
200g Sliced Chestnut Mushrooms
300g Tofu
2 Packets straight-to-wok noodles - I used udon

INSTRUCTIONS

Heat pan on med-high, spray with cooking spray and add ginger, garlic and mushrooms. Add stock cubes to pan and add 500ml(approx) of water. Bring to the boil and dissolve stock cubes. Add ginger, miso, soy sauce and porcini mushrooms. Dice tofu and add along with the noodles. Cook until the dried mushrooms have softened.



Serves 2

MACROS

45 CARBOHYDRATE

28 PROTEIN

11 FAT

387 CALORIES



ONE POT MEAL

5 MINUTE BAKED EGG TOMATO MUSHROOM RICE

INGREDIENTS

1 Pouch Microwave Rice
175g Tomato and Wild Mushroom Pasta Sauce
3-4 Chopped Sundried Tomatoes
200g Chopped Mushrooms
2 Eggs

INSTRUCTIONS

Heat pan on med high heat. Spray with low calorie spray and add mushrooms. Season and add pasta sauce and tomatoes along with the rice - no need to microwave beforehand. Cook for a few minutes. Make space for the eggs and crack into pan. Cook for 3-5 minutes or until eggs are cooked to your liking.

TIPS

- + Add frozen peas or other mixed vegetables
- + Add some fresh herbs like basil or oregano



Serves 2

MACROS

43 CARBOHYDRATE

13 PROTEIN

13 FAT

345 CALORIES



MAKE AHEAD - MEAL PREP

BROCCOLI & MUSHROOM SAUSAGE PASTA

INGREDIENTS

75g Pasta
5 Chicken Sausages (I used Heck Chicken Italia Sausages)
3-4 Broccoli Florets
100g Chopped Chestnut Mushrooms
30g Feta

INSTRUCTIONS

Boil water and add pasta. Meanwhile, Heat pan on med high heat. Spray with low calorie spray and add sausages. Add mushrooms to pan after 3-4 minutes and cook for further 10-15 minutes. When the pasta is half cooked, add the broccoli to the pan of boiling water. When the pasta and broccoli is cooked, drain and add to pan with mushrooms and sausages. Crumble in feta and stir well until it melts through. Season generously with salt and pepper.

TIPS

+ Double the ingredients and have the leftovers for the next day



Serves 1

MACROS

58 CARBOHYDRATE

46 PROTEIN

12 FAT

535 CALORIES



MAKE AHEAD - MEAL PREP

CHICKEN SATAY NOODLES



Serves 2

INGREDIENTS

15g Powdered Peanut Butter
1 Tbsp Soy Sauce
1 Tbsp Sweet Chilli Sauce
1 Tsp Sesame Oil
1 Chopped Garlic
50g Mangetout
1 Red Pepper
100g Chicken
150g Straight-to-wok Noodles

INSTRUCTIONS

Heat pan on high heat and fry chicken. While the chicken is cooking, mix powdered peanut butter, soy sauce sesame oil, garlic and sweet chilli sauce. Add the pepper and mangetout into the pan and fry for a few minutes. Add noodles and sauce - add a little boiling water to thin the sauce if needed. Cook for a few minutes more and serve.

TIPS

+ Sub normal peanut butter for the powdered peanut butter and adjust macros accordingly

MACROS

59 CARBOHYDRATE

34 PROTEIN

09 FAT

462 CALORIES



LOW CARB

CREAMY AVOCADO PRAWN COURGETTI

INGREDIENTS

1 Packet Courgette Noodles
150g Ripe Avocado (roughly 1 small avocado)
1 Bunch Basil
1 Garlic Clove
Juice of 1 Lemon
20g Pine Nuts
200g Prawns

INSTRUCTIONS

Heat pan on med-high and add courgette noodles and prawns. Quickly blend avocado, basil, lemon and pine nuts (and a splash of water if needed) and season generously. Pour the creamy sauce over your noodles, heat through a little and serve.

TIPS

- + If you have time, lightly toast the pine nuts in the oven before blending
- + Top with chilli flakes for a little bit of spice
- + Substitute the courgette noodles for spaghetti



Serves 2

MACROS

03 CARBOHYDRATE

20 PROTEIN

22 FAT

300 CALORIES

LUNCH /
DINNER





SPANISH MEATBALL SWEET POTATO BAKE

INGREDIENTS

400g Sweet Potato
10 Low Fat Sausages or Meatballs (I used Heck)
Chicken Italia Sausages
1 Tbsp Spanish Seasoning (I used Schwartz
Spanish seasoning)
1 Courgette
1-2 Peppers
1 Red onion
150g Cherry Tomatoes
75g Diced chorizo

INSTRUCTIONS

Preheat oven and boil kettle. Dice sweet potato - leave the skin on. Add to pot with boiling water and cook for 5 mins or until soft. Roughly dice courgette, onion and peppers and add to a roasting dish along with a few sprays of one cal cooking spray. Remove skin from sausages and roll into meatballs (or just leave the sausages as they are) and add to roasting dish with the veg, chorizo, tomatoes and sweet potato. Season with Spanish seasoning and a little salt. Roast for 30-40 minutes



Serves 2

MACROS

14

CARBOHYDRATE

44

PROTEIN

43

FAT

479

CALORIES



MAKE AHEAD - MEAL PREP

CURRY SPICED TURKEY MEATBALLS IN PITA WITH YOGURT DIP

INGREDIENTS

500g Turkey Mince
1 Small Red Onion
2 Tbsp Curry Powder
1 Bunch Coriander
1 Egg
200g Low Fat Natural Yogurt
1 Cucumber
4 Pita Breads

INSTRUCTIONS

Mix turkey mince with curry powder, salt, pepper, chopped onion, egg and coriander. Form into round meatballs and fry in a pan on med-high heat for 15-20 minutes. While the meatballs are cooking, grate the cucumber, squeeze out excess water and add to yogurt along with some seasoning. Toast pitas and serve with meatballs, some salad, yogurt dip and some mango chutney.



Serves 3-4

MACROS *based on 3 without pita

06 CARBOHYDRATE

45 PROTEIN

04 FAT

239 CALORIES



EASY CASHEW BEEF STIR FRY

INGREDIENTS

300g Diced Beef
1 Broccoli
1 Red Pepper
Spring Onions
Fresh ginger and garlic 15g Honey
2 tbsp Soy Sauce
1 tbsp White wine Vinegar Pinch of Chilli Flakes
50g Cashews

INSTRUCTIONS

Heat a good non stick pan on med-high heat. While the pan is heating, dice the chicken and veg. Add the chicken and broccoli to the pan along with chilli and garlic. Cook for 10 mins. Add pepper, chilli, honey, soy sauce, vinegar and cashews. Cook for further 10 mins. Serve with rice or noodles.



Serves 2

MACROS *without rice

19 CARBOHYDRATE

41 PROTEIN

19 FAT

411 CALORIES



ONE POT MEAL

CHEESY TACO PASTA

INGREDIENTS

200g Pasta
400g Lean Mince
1 Sachet Taco Seasoning
300g Salsa
50g Greek Yogurt
240g Can Kidney Beans
100g Low Fat Cheese
2 Tbsp Tomato Paste
2 Peppers

INSTRUCTIONS

Heat pan on med-high and boil kettle. Fry peppers and mince. Add seasoning, kidney beans and tomato paste. Add salsa and pasta. Add boiling water to just cover the pasta. Bring to the boil and cook for 10-15 minutes or until pasta is cooked and sauce has thickened. Stir through greek yogurt and grated cheese to make the sauce creamy

TIPS

+ Add mushrooms or other veg to bulk out this recipe - I like adding beans to my meals to add volume with less carbs and more nutrition.



Serves 5

MACROS

44 CARBOHYDRATE

35 PROTEIN

08 FAT

398 CALORIES



ROASTED CORN AND SWEET POTATO SALAD

INGREDIENTS

200g Sweet Potato
1 x 165g Can Sweetcorn
1 Tsp Cumin
Spinach
Juice of 1 Lime
1 Tbsp Red/White Wine Vinegar
200g Cooked Chicken
50g Feta
Fresh Coriander

INSTRUCTIONS

Preheat oven. Dice sweet potato and toss with cumin, salt and pepper. Place on a roasting tray and roast for 20-30 minutes. Add sweetcorn 10 minutes before the end. For the dressing, mix the lime and vinegar and a pinch of cumin along with salt and pepper. Remove potato and corn from the oven and mix with chopped fresh coriander and dressing. Serve on spinach with cooked chicken and feta.



Serves 2

MACROS

32 CARBOHYDRATE

34 PROTEIN

10 FAT

363 CALORIES



TORTILLA PIZZA

INSTRUCTIONS

Take a low carb or normal tortilla and pop it in a preheated oven for a minute or two until it starts to go crisp, remove from the oven and top with your choice of toppings, pop back in the oven to heat through or until the edges start to go brown.

TOPPING IDEAS

- + 1 Tbsp Tomato paste mixed with salt, pepper and 1tsp oregano topped with cooked chicken, spinach and hot sauce or pepperoni/salami and low fat mozzarella
- + Mashed avocado base with prawns, feta and crushed chillies
- + 1 Tbsp tomato paste mixed with honey and harissa topped with moroccan spiced chicken, roasted peppers, feta and red onion
- + Slow cook red onions for the base and top with spinach, walnuts and goats cheese
- + Make a sweet pizza by mixing greek yogurt with protein powder and spreading over the base then top with mini marshmallows/ chocolate/ crushed biscuits/sugar free sauce/ etc.



Serves 2

MACROS

Macros will be dependant on what toppings you decide to use.

We suggest using the Ashley Crooks Fitness Food Bank for macro data. It is available in the Female Fatloss Blueprint or any of our other ebook publications.



SESAME CHICKEN

INGREDIENTS

300g Chicken Breast
1/2 Tsp Chilli Flakes and 1 Tsp Garlic (optional)
1 Chicken Stock Cube
5g Cornflour
5g Sesame Seeds
15ml (1 Tb) Dark Soy Sauce
20g Honey

INSTRUCTIONS

Heat a good non stick pan on med-high heat. While the pan is heating, dice the chicken. Add the chicken to the pan along with chilli and garlic (optional to add more flavour). While the chicken is cooking, make up 150ml of chicken stock and mix with sesame seeds, honey, soy sauce and cornflour. Add to the chicken and cook until the sauce thickens.



Serves 2

MACROS

16 CARBOHYDRATE

37 PROTEIN

04 FAT

245 CALORIES



CHINESE SOY CHICKEN THIGHS

INGREDIENTS

2 Tbsp Dark Soy Sauce
2 Tbsp White Wine Vinegar
30g Honey
1 Tspn Five Spice
4 Garlic Cloves
1" piece of fresh Ginger
600g Chicken Thighs

INSTRUCTIONS

Grate the ginger and chop the garlic. Mix with remaining ingredients and pour over the chicken thighs. Leave to marinade overnight or for as long as possible and roast in the oven for around 25-30 minutes or until cooked through and the skin goes crispy. Serve with rice/noodles and green veg.

TIPS

- + Also works great with chicken breast/tofu/prawns and tastes amazing cold the next day
- + This is a great bbq recipe for the summer as well



Serves 4

MACROS *without skin on thighs

08 CARBOHYDRATE

29 PROTEIN

15 FAT

278 CALORIES



MAKE AHEAD - MEAL PREP

ROASTED VEGGIE COUSCOUS



Serves 2

INGREDIENTS

200g Sweet Potato
2 Peppers
1 Courgette
1 Tbsp Moroccan Seasoning
2 Chicken / Vegetable Stock Cubes
200g Couscous

INSTRUCTIONS

Pre-heat oven. Dice vegetables. Microwave sweet potato for 3-4 minutes in a bowl with a splash of water to soften slightly. Add all the vegetables to a roasting dish/baking tray, spray with low cal cooking spray and season generously with moroccan seasoning and salt and pepper. Roast for around 30 minutes or until veg are soft. 5 minutes before the veg are done, make up 300-400ml stock using 2 stock cubes and add to couscous. Leave to sit until the liquid has absorbed. Add vegetables and mix well. Season more if needed.

TIPS

- + Add toasted pine nuts, feta and/or fresh chopped herbs.
- + Add roasted aubergine, tomatoes, squash or other veg

MACROS

40

CARBOHYDRATE

06

PROTEIN

02

FAT

211

CALORIES

HIGH PROTEIN **SNACKS +** **TREATS**





CREAMY BANANA ICE CREAM

INGREDIENTS

200g Frozen Banana
50ml Almond Milk

INSTRUCTIONS

Blend banana in a good blender and top with toppings of choice.

TIPS

- + Add some frozen raspberries or acai for more volume and flavour
- + Add protein powder



Serves 1

MACROS

39 CARBOHYDRATE

02 PROTEIN

01 FAT

154 CALORIES



'NUTELLA' STUFFED STRAWBERRIES & CREAM PANCAKES

INGREDIENTS

50g Plain Flour
1tsp Baking Powder
30g Protein Pancake Mix/Whey
50-100ml Milk
1 Egg
20g Granulated Sweetener
10g Cocoa Powder
10g Peanut Flour
10g Low Fat cream
100g Strawberries

INSTRUCTIONS

Mix cocoa powder, peanut flour, sweetener and about 2 tsp milk to make a thick nutella style sauce. Spread onto parchment paper in circles and freeze for an hour or so. Mix flour, baking powder, egg, protein, milk and sweetener - you want the mix to be thick for thick pancakes. Heat a pan on a low heat, add some mixture, place 'nutella' in middle and cover with more pancake mix. Cook for 3-4 minutes each side. Serve with strawberries and cream



Serves 1

MACROS

52 CARBOHYDRATE

40 PROTEIN

12 FAT

489 CALORIES



QUEST BAR COOKIE S'MORE

INGREDIENTS

1 Quest Bar - I used Rocky Road
10g Mini Marshmallows
6 Chocolate Buttons

INSTRUCTIONS

Microwave quest bar for 30 seconds to soften. Cut in half and form into two cookies. Bake in oven for 10-15 minutes. Remove from oven and sandwich marshmallows and chocolate buttons between two cookies - they should melt from the heat of the cookies - or stick it back in the oven for a minute or two.



Serves 1

MACROS

35 CARBOHYDRATE

21 PROTEIN

13 FAT

310 CALORIES



CHOCOLATE VITAFIBER COOKIES

INGREDIENTS

70g Vitafiber powder
50g Chocolate Whey Protein Powder
10g Cocoa Powder
20g Chocolate chips

INSTRUCTIONS

Add vitafiber to pan on low heat along with 2 tbsp water and keep whisking continually for a few minutes until your mixture turns clear. Add the whey protein and cocoa powder and mix quickly. Form into cookie shapes - I find it easier to wet my hands a little to avoid the mixture sticking. Place onto baking paper on a tray and cover with chocolate chips or other toppings of choice. Bake for 10 minutes at 180 degrees.

Makes 2 Big Cookies or several normal ones



Serves 1

MACROS

42 CARBOHYDRATE

21 PROTEIN

32 FIBRE

05 FAT

242 CALORIES



STRAWBERRY BANANA WAFFLE STACK

INSTRUCTIONS

Using the low carb waffle recipe, add 10g cocoa powder to the mix to make chocolate waffles. Add more liquid to make more waffle mix to make two waffles. Cut into four and stack with 50g sliced ripe banana and 100g strawberries. Drizzle with sauce. I topped mine with peanut butter.



Serves 1

MACROS *without sauce

19 CARBOHYDRATE

34 PROTEIN

08 FAT

291 CALORIES



S'MORES WAFFLE

INSTRUCTIONS

Using low carb waffle recipe, make one waffle. Cut in half and sprinkle one half with 20g Chocolate chips and the other half with 15g mini marshmallows. Pop under a preheated grill for a few seconds until everything is melted. Sandwich together and enjoy!



Serves 1

MACROS

25 CARBOHYDRATE

32 PROTEIN

10 FAT

335 CALORIES



MAKE AHEAD - MEAL PREP

HIGH PROTEIN CEREAL GREEK YOGURT BOWLS

INGREDIENTS

170g Total 0% Greek Yogurt
20g Protein Powder
40g Cereal
Fruit of choice

INSTRUCTIONS

Mix protein well with greek yogurt.
Top with toppings of choice.

TIPS

+ shredded wheat, cookie crisp, coco pops,
mini wheetabix, wheetos, cinnamon grahams,
sugar puffs, raspberries, banana, blueberries



Serves 1

MACROS

38 CARBOHYDRATE

34 PROTEIN

02 FAT

316 CALORIES



MELT IN THE MIDDLE CHOCOLATE PROTEIN MUG CAKE

INGREDIENTS

20g Chocolate Protein Powder
10g Coconut Flour
1/2 tsp Baking Powder
10g Cocoa Powder 1 Egg
30ml Milk

LOW CALORIE ALTERNATIVE

30g Chocolate Protein Powder
1/2 Tsp Baking Powder
10g Cocoa Powder
50ml Milk

INSTRUCTIONS

Mix all the ingredients in a mug and microwave for around 45 seconds. Careful not to overcook or the middle won't melt.

MACROS

06 CARBOHYDRATE

28 PROTEIN

10 FAT

235 CALORIES

MACROS

06 CARBOHYDRATE

28 PROTEIN

05 FAT

181 CALORIES



ROASTED CHICKPEAS - 3 WAYS

INGREDIENTS

1 x 240g Can chickpeas
Fry Light cooking spray

MOROCCAN CHICKPEAS:
2 tsp harissa, 1/2 tsp salt and pepper.

CINNAMON SUGAR:
Mix 1 tsp cinnamon with 2 tbsp granulated sweetener

MEXICAN CHICKPEAS:
1 tsp cumin, 1/2 tsp chili powder, 1/2 tsp paprika, 1/2 tsp salt

INSTRUCTIONS

Drain and rinse chickpeas. Pat dry with kitchen towel and mix with desired flavours. Spread evenly and well spaced on a baking tray and spray with a few sprays of cooking spray. Cook in the oven at 180 for 25-30 minutes or until golden brown.



Serves 1

MACROS *for whole batch

37 CARBOHYDRATE

17 PROTEIN

09 FAT

326 CALORIES



COOKIE DOUGH

INGREDIENTS

50g Whey Protein
20g Powdered Peanut Butter
15g Coconut Oil
20g Peanut Butter
Chocolate Chips

INSTRUCTIONS

Melt peanut butter and coconut oil in the microwave for a few seconds and mix with dry ingredients. Add a tbsp or so of water until you have a crumbly dough. Form into balls (should make around 9 balls) Add chocolate chips or other toppings - M&Ms or Reese's pieces would be good!



Serves 1

MACROS *based on 9

01 CARBOHYDRATE

04 PROTEIN

03 FAT

51 CALORIES



WHITE CHOCOLATE CHEESECAKE TRUFFLES

INGREDIENTS

180g Low Fat Cream Cheese (Philadelphia lightest)
20g Vanilla Protein Powder
10g Coconut Flour
20g Granulated Sweetener
50g White Chocolate chips

INSTRUCTIONS

Mix cream cheese, protein powder, flour and sweetener. Place in the fridge or freezer to harden to make it easier to handle and form into balls. When the mix is firm, roll into balls (should make around 9) and place back in the fridge. Melt white chocolate chips and drizzle over the truffles.



Serves 1

MACROS *based on 9

05 CARBOHYDRATE

05 PROTEIN

03 FAT

59 CALORIES



CINNAMON OAT ENERGY BITES

INGREDIENTS

50g Instant Oats
30g Whey
2 Tsp Cinnamon
30g Honey
40g Peanut Butter

INSTRUCTIONS

Melt peanut butter in microwave for a minute until it is runny and soft. Add remaining ingredients and 1tbsp water. Mix well and form into small bitesize balls - should make 12. Put in the fridge until firm.



Serves 1

MACROS *per bite based on 12

05 CARBOHYDRATE

03 PROTEIN

02 FAT

57 CALORIES



PROTEIN HOT CHOCOLATE

INGREDIENTS

30g Chocolate Whey Protein
200ml Almond Milk
10g Cocoa Powder
Sweetener

INSTRUCTIONS

Add all the ingredients to a blender. Pour mix into a mug and microwave for 1-2 minutes, stirring every 30 seconds. Be careful you don't overcook it or the mix will go hard.

TIPS

- + Add 1 tbsp peanut butter to mix
- + Top with mini marshmallows/low fat squirty cream



Serves 1

MACROS

04 CARBOHYDRATE

27 PROTEIN

06 FAT

182 CALORIES

SARA SUTHERLAND FITNESS

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PLEASE NOTE: ALL MACRO INFORMATION IS APPROXIMATE