



GUIDE TO HEALTHY EATING





Welcome to the PAUL WALLACE FITNESS GUIDE TO HEALTHY EATING

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

Paul Wallace

Coach

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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Breakfast

Mexican Tofu Scramble

Serves 2

Ingredients

460g Silken Tofu or Extra Firm Tofu
86g Black Beans
1tsp Mild Chilli Powder
1/2tsp Chilli Flakes
1tsp Ground Cumin
1 Clove Garlic (Chopped)
13g Onions (Diced)
100g Tomatoes (Chopped)
2tbsp Store-Bought Salsa
1tbsp Coriander Leaf (Chopped)
2 Pieces Whole Grain Toast
Salt & Pepper

Method

Crumble the tofu using a food processor or a fork until broken into small crumble like pieces.

Rinse the black beans in a strainer and measure out 1/2 cup. Saving the rest of the beans for another meal.

In a non-stick frying pan, spray with a little non-stick oil spray or a little amount of olive oil or water. Sauté onions and garlic for 1 minute on medium-high heat.

Then add in the tofu, chilli powder, chilli flakes, ground cumin, tomatoes, salsa, beans, and a pinch of salt and pepper. Sauté for 4-5 minutes on medium heat.

Share the tofu scramble between two plates, top with chopped coriander and serve with toast.



Calories



Protein



Carbs



Fats



MEXICAN TOFU SCRAMBLE



Calories



Protein



Carbs



Fats

Super Seed Oats

Serves 2

Ingredients

80g Oats
1tsp Chia Seeds
2 Scoops Protein Powder
400mls Unsweetened Almond Milk

Topping

1tsp Ground Cinnamon
¼tsp Freshly Grated Nutmeg
1/2tsp Flax Seeds
1tsp Pumpkin Seeds
1tsp Flaked Almonds or Walnuts

Method

Mix the oats, chia seeds and milk together and cook in the microwave for 2 mins.

Give the oatmeal a good stir, add a drop of water if needed for your desired consistency if its too thick you can always microwave for a little longer if you would like it thicker.

Mix in the protein powder, once the oats are fully cooked.

Give the oatmeal a good stir and then finish with the toppings.

The oatmeal can be kept in the fridge for up to 4 days. The dish can be reheated in the microwave or on the stove but keep in mind that the oats will continue to absorb liquid when in the fridge so we recommend adding a splash of almond milk to the mixture to loosen it up.



Calories



Protein



Carbs



Fats



SUPER SEED OATS



Calories



Protein



Carbs



Fats

Salmon & Egg Bake

Serves 2

Ingredients

120g Salmon Fillet (Pre Cooked)
1tsp Coconut Oil
3 Eggs
2 Egg Whites
120ml Almond Milk
2 Cloves Garlic (Minced)
1/2 Small Onion (Diced)
1/2 Bell Pepper (Sliced)
200g Asparagus (Chopped)
1tsp Oregano
1tsp Dill

Method

Preheat the oven heat to 350F (180C).

In a pan, add the tsp of oil and cook the garlic, onion, peppers and asparagus, on medium heat for 5 minutes. Season with the oregano, dill salt and pepper.

Whisk together the eggs, egg whites and milk, adding in a pinch of salt.

Flake the baked salmon into a baking dish, add the vegetable mix, then pour in the egg mixture.

Bake until eggs are set and browned.



Calories



Protein



Carbs



Fats



SALMON BAKE



Calories



Protein



Carbs



Fats

Tropical Granola

Serves 6

Serving size (28grams)

Ingredients

42g Pineapple (Cubed)
2 Medjool dates (Pitted & Roughly Chopped)
2 tbsp Orange Juice
1 tbsp Vanilla Extract
1 tsp Ground Cinnamon
15ml Coconut Oil (Melted)
100g almonds (Roughly Chopped)
40g Cashew Nuts (Roughly Chopped)
25g Unsweetened Coconut Flakes
15g Sunflower Seeds
½ tsp Salt

Please have your favourite protein shake with this.

Method

Pre-heat oven to 250°F (120°C) and prepare a tray lined with baking sheets.

Mix the pineapple, dates, orange juice, vanilla extract and cinnamon. Next, add in the coconut oil and blend again. Set aside.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined. Divide the wet granola between the two prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 1.5-2 hours. Give the granola a mix every 20-30 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, keep a close eye on the granola to prevent burning. Once the granola starts to turn golden brown its pretty much done.

Cool to room temperature and transfer into airtight containers.

This make a great quick breakfast on the go to have with your favourite protein shake with this.



Calories



Protein



Carbs



Fats



Tropical Granola



Calories



Protein



Carbs



Fats



Lunch

Detox Salad

Serves 2

Ingredients

2 Bunches Parsley (Roughly Chopped)
46g Cooked Quinoa
1 Avocado
(Peeled, Stone Removed, Cut Into Cubes)
½ Cucumber (Cut Into Cubes)
½ Zucchini/Courgette (Cut Into Cubes)
1 Small Red Onion (Finely Diced)
1tsp Olive Oil
Juice Of 1 Lemon
30g Mixed Seeds And Nuts

Method

In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

Serve with unlimited steamed green vegetables.



Calories



Protein



Carbs



Fats



DETOX SALAD



Calories



Protein



Carbs



Fats

Garlic & Ginger Beef with “Noodles”

Serves 4

Ingredients

60ml Reduced Sodium Soy Sauce
4tsp Rice Wine Vinegar
450g Lean Beef (5% Fat, Cut into strips)
4tsp Sesame Oil
2tsp Fresh Ginger (Grated)
3 Cloves Garlic (Minced)
2 Medium Zucchini (Spiralized)

Method

Mix the soy sauce and rice wine vinegar in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add 2tsp of the oil and the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the remaining sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and add the pan until cooked.



Calories



Protein



Carbs



Fats



GARLIC BEEF



Calories



Protein



Carbs



Fats

One Pot Turkey Chilli

Serves 4

Ingredients

300g Minced Turkey Fillet
115g Brown Rice
1 Medium onion (Finely Chopped)
2 Cloves Garlic (Minced)
1tbsp Oil
½ Can Chopped Tomatoes
1 Red Bell Pepper (chopped)
250ml Vegetable Broth
60g Red kidney Beans (Drained)
85g Sweet Corn (Drained)

Spices:

1tsp Dried Oregano
1tsp Cumin
1tsp Sweet Paprika
1tsp Smoked Paprika
½tsp Hot Chilli Powder
½tsp Salt

Method

Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes, adding splashes of water as required if needed.

Serve with unlimited steamed green vegetables or a plain mixed green salad.



Calories



Protein



Carbs



Fats



TURKEY CHILL



Calories



Protein



Carbs



Fats

Vegan Minestrone Soup

Serves 4

Ingredients

1tbsp Olive Oil
1.5L Vegan Vegetable Stock
50g Onion (Small Diced)
1 Can Chopped Tomatoes
1 Bay Leaf
1 Can Chickpeas
1 Can Kidney Beans
110g Carrots (Diced)
100g Celery (Diced)
3 Cloves Garlic
60g Tomato Puree
1tsp Dried Basil
1tsp Dried Oregano
1tbsp Coconut Sugar
70g Kale (Chopped)

60g Edamame Spaghetti
(Or Your Favourite Plant Based Pasta)

Method

Place a large soup pan over a medium heat and add 1 tablespoon of olive oil.

Brown the onions on a medium heat for 2-3 minutes until the onions have softened and are translucent. Add in the carrots, celery, garlic and tomato paste. Cook for a further 2 minutes.

Pour in the vegetable stock, chopped tomatoes, chickpeas, kidney beans, spices (bay leaf, dried basil, dried oregano, salt and pinch of pepper), sugar, and pasta.

Bring to the boil and then reduce to medium-low and simmer for approximately 15 minutes until the pasta and vegetables have softened.

Add in the chopped kale and parsley and cook for a further 2 minutes.

If the soup is too thick, add in a little more vegan vegetable stock.



Calories



Protein



Carbs



Fats





MINISTRONE SOUP



Calories



Protein



Carbs



Fats



Dinner

Lemon Chicken & Orzo Pasta

Serves 4

Ingredients

1 Lemon (Juice And Zest)
½ tbsp Olive Oil
1 Garlic Clove (Smashed)
250g Chicken Breast
½ Leek (Chopped)
175g Sweet Corn Kernels
50g Orzo
250ml Chicken Broth Or Water
Fresh Basil (Chopped)
Sea Salt & Cracked Pepper

Method

Start by grating the lemon with the smallest hole of the grater, set the zest aside and juice the rest.

Grab a large resealable bag and add the lemon juice, olive oil, garlic, salt, pepper and chicken. Zip the bag shut, give it a good shake and set aside for at least 35 minutes.

Next, bring a large pan to high heat and cook chicken on high heat for about 10 to 15 minutes, or until golden. Remove the chicken (leaving the juices in the pan), reduce the heat a little and add the leek, cook for about 5 minutes or until soft.

Add the sweetcorn, broth, lemon zest and orzo to the pan and cook for 5 minutes. Return the chicken to the pan and cook for approximately 15 to 20 minutes, or until the chicken is fully cooked and orzo is soft. (Most of the liquid should be absorbed).

Remove for the heat and sprinkle with the basil.



Calories



Protein



Carbs



Fats



LEMON CHICKEN & ORZO



Calories



Protein



Carbs



Fats

Taco Salad

Serves 2

Ingredients

1 Clove Garlic, Minced
1/2 Onion, Diced
250g Beef Mince (90% Lean)
1tsp Chili Flakes
1tsp Oregano
1tsp Paprika
1tsp Cumin
1/2tsp Chili Powder

For The Salad

(Per Person)

2 Handfuls Iceberg Lettuce, Shredded
1 Tomatoes (Chopped)
20g Cucumber (Chopped)
1tbsp Sweetcorn
1/4 Spring Onion
1/4 Avocado
1tbsp Sour Cream

Method

Bring a skillet to high-heat, add olive oil, garlic and onion. Once the onion has started to soften, add the beef and cook for 3 to 4 minutes or until browned.

Next, add all the spices and cook for another 5 minutes, or until fully cooked through.

Grab two bowls and layer the lettuce, tomato and cucumber. Top with the cooked beef, 1 tbsp of salsa and 1 tbsp of sour cream per bowl.

Garnish with fresh coriander.



Calories



Protein



Carbs



Fats



TACO SALAD



Calories



Protein



Carbs



Fats

Mango Chicken

Serves 4

Ingredients

450g Chicken Breasts (Strips)
25g Flour
1 Mango (Peeled)
1 Red Bell Pepper (Sliced)
1 Red Onion (Chopped)
2 Cloves Garlic (Minced)
1 Small Chilli Pepper (De seeded & Chopped)
2tbsp Ginger (Grated)
2tbsp Coconut Oil

For the sauce:

3tbsp Rice Vinegar
3tbsp Water
5tbsp Soy Sauce
2tbsp Honey

Method

Cut the chicken into thin strips and season with salt and pepper, then coat with flour.

Peel the mango and cut the flesh into cubes. Cut the peppers into strips. Peel the onion and cut into half rings.

Cut the de seeded chilli pepper lengthwise, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan, heat 1 tbsp of coconut oil, and stir fry the peppers, onions, chilli pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.

Add the second tbsp of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens.



Calories



Protein



Carbs



Fats



Mango Chicken



Calories



Protein



Carbs



Fats

Chicken & Mushroom Stroganoff

Serves 4

Ingredients

400g Chicken Breast (Fine Slices)
250g Brown Rice
1 Brown Onion (Diced)
3 Garlic Cloves (Minced)
20g Butter
450g Mushrooms (Sliced)
125ml Dry White Wine
250ml Vegetable Broth
3 Sprigs Of Fresh Thyme
1tsp Onion Powder
1tsp Smoked Paprika
20g Flour
140g Greek Yogurt Or Light Sour Cream
Salt & Freshly-Cracked Black Pepper

Method

Bring a large pot to high heat and cook rice according to packet instructions.

Next, take a large pan and bring it to high heat. Add the butter, the chicken, onion and garlic and cook 6-8 minutes. add in the spices & herbs and cook out for a few minutes.

Add the mushrooms and fry over medium heat for 5 minutes. Pour in the white wine, vegetable broth and all spices.

While the sauce is simmering mix the flour with the Greek yoghurt or sour cream. Reduced the heat of the pan and pour the yoghurt mixture into the pan, slowly mixing it into the sauce. Cook until the sauce has started to thicken.

Divide rice into four bowls and top with stroganoff, extra sprinkle of fresh time, salt and cracked pepper.



Calories



Protein



Carbs



Fats



CHICKEN & MUSHROOM STROGANOFF



Calories



Protein



Carbs



Fats



Snacks

Green Goodness Smoothie

Serves 1

Ingredients

1/2 Small Banana
50g Frozen Pineapple
1 Cup Spinach
1/2 Carton Silken Tofu
250ml Plant Milk

Add water to desired consistency.

Method

Place all the ingredients into a high speed blender and blitz until smooth.

You can always replace the tofu with 2 tablespoons of Greek yoghurt.



Calories



Protein



Carbs



Fats



GREEN GOODNESS SMOOTHIE



Calories



Protein



Carbs



Fats

Chocolate Chip Cookies

Serves 4

Ingredients

1 Medium Ripe Banana
60g Vanilla Protein Powder
40g Old Fashioned Oats
1tbsp Peanut Butter Unsalted
1tbsp Chocolate Chips Mini

Method

Preheat oven to gas mark 4.

Line large baking sheet with baking paper or silicone baking mat, and spray with cooking spray.

In a medium bowl, mash bananas, then slowly add the protein powder, oats and peanut butter. Stir well to combine.

The batter consistency will be runny. Add the chocolate chips and give a little mix.

Spoon mixture onto prepared baking sheet and shape them before baking for 12-14 minutes (depending on size).

Cool on a cooling rack for 5 minutes.



Calories



Protein



Carbs



Fats



Chocolate Chip Cookies



Calories



Protein



Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear