



# 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***

# Mocha Banana Protein Smoothie

**Serves 2**

## Ingredients

1 Large Frozen Banana  
100mls Soya Chocolate Milk  
30g Chocolate Protein Powder  
1 Shot Espresso  
60g Spinach  
A Few Ice Cubes

## Topping Ideas

(Depending On Macros)  
Cinnamon  
Carob Chips  
Slice Banana  
Chia Seeds

## Method

Add all ingredients except desired toppings to a blender and blend until smooth and creamy. If necessary, add more almond milk and/or ice to reach the desired consistency. The smoothie should be fairly thick so that you can eat it with a spoon.



Calories



Protein



Carbs



Fats





# MOCHA SMOOTHIE BOWL



Calories



Protein



Carbs



Fats

# ***PB & Jelly Overnight Oats***

***Serves 1***

## ***Ingredients***

30g Whey Protein  
40 Grams Rolled Oats  
120mls Unsweetened Almond Milk  
5g Maple Syrup  
5g Peanut Butter (Smooth)  
5g Jam ( Reduced Sugar)

## ***Method***

Mix the peanut butter, maple syrup and milk together. Slowly add in the protein powder and mix until smooth. Add in the oats, stir well and cover and leave in the fridge overnight. Add the jam when your ready to eat in the morning.

If your feeling creative you could always layer the layers of oats, jam and peanut butter.



Calories



Protein



Carbs



Fats





# PB & JELLY OVERNIGHT OATS



271

Calories

24

Protein

28

Carbs

7

Fats



# Mushroom & Cheese Omelette

**Serves 1**

## Ingredients

2 Large Eggs  
15mls Whole Milk  
1 Pinch Salt  
1 Pinch Ground Black Pepper  
3-4 Mushrooms (Sliced & Cooked)  
20g Grated Cheese  
Fresh Herbs (Chopped)

Low Cal Oil Spray

## Method

In a glass mixing bowl, crack the eggs and beat them until they turn a pale yellow color. Heat a heavy-bottomed 6- to 8-inch nonstick sauté pan over medium-low heat. Add the low cal spray while the pan is warming.

Add the milk to the eggs and season to taste with salt and pepper. Then, grab your whisk and whisk like crazy, the goal is to beat as much air as possible into the eggs. When the the pan is hot enough to make a drop of water hiss, pour in the eggs. Don't stir. Let the eggs cook for up to 1 minute or until the bottom starts to set. With a heat-resistant rubber spatula, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left. If it sticks at all, loosen it with your spatula. Gently flip the omelet over, using your spatula to ease it over if necessary. Cook for another few seconds, or until there is no uncooked egg left. Add the cooked mushrooms, cheese and any herbs. Turn the heat down before folding oneside of the omelet over and allow the cheese to melt before serving.



Calories



Protein



Carbs



Fats



# MUSHROOM OMELETTE



254

Calories

20

Protein

2

Carbs

19

Fats

# Summer Fruit Yoghurt “Parfait”

**Serves 1**

## Ingredients

200g 0% Fat Greek yoghurt  
25g Granola  
50g Strawberries  
50g Blueberries  
50g Raspberries  
Cinnamon to taste

## Method

Add the yogurt, fruit and cinnamon into a bowl. Mix gently and then add layers of the yoghurt mix and granola into a serving dish.

Don't forget to save some granola for a crunchy topping.



Calories



Protein



Carbs



Fats





# SUMMER FRUIT YOGHURT PARFAIT



Calories



Protein



Carbs



Fats



**Lunch**

# Lemon Chicken & Caprese Salad

**Serves 2**

## Ingredients

250g Chicken Breast (Sliced)  
1 Lemon (Zest & Juice)  
3 Cloves Garlic (Crushed)  
Salt & Black Pepper

## For The Salad

200g Red & Yellow Cherry Tomatoes  
(Halved)  
1tbsp Extra-Virgin Olive Oil  
50g Fresh Mozzarella, Sliced  
200g Mixed Leaves  
Salt & Black Pepper  
Fresh Basil leaves  
1tsp Balsamic Vinegar

## Method

Mixed the salt, pepper, garlic and lemon zest and juice with the chicken. Leave for 1-2 hours. Pan fry the chicken until fully cooked. Allow to go cold.

In a large bowl, combine all of the salad ingredients except the basil. Gently toss the ingredients so that they are well combined before placing on top of the salad. Top with chicken, balsamic vinegar and basil.



Calories



Protein



Carbs



Fats





# CHICKEN CAPRESE



Calories



Protein



Carbs



Fats

# Cobb Salad

**Serves 4**

## Ingredients

3tbsp White-Wine Vinegar  
2tbsp Finely Minced Shallot  
1tbsp Dijon Mustard  
1tsp Freshly Ground Pepper  
¼tsp Salt  
2tbsp Extra-Virgin Olive Oil  
2 Large Bag Mixed Salad  
250g Chicken Breast  
(Shredded & Cooked)  
2 Large Eggs (Hard-Boiled & Peeled)  
2 Medium Tomatoes (Diced)  
1 Large Cucumber (Seeded & Sliced)  
1 Avocado (Diced)  
2 Slices Bacon (Cooked & Crumbled)  
50g Crumbled Blue Cheese  
(Optional)

## Method

Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat.

Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.



Calories



Protein



Carbs



Fats





# COBB SALAD



Calories



Protein



Carbs



Fats



# Tarragon Chicken Salad Sandwich

**Serves 4**

## Ingredients

260g Shredded Chicken Breast  
50g Light Mayonnaise  
40g Finely Chopped Celery  
30g 0% Fat Greek Yogurt  
3tbsp Chopped Fresh Tarragon  
2tbsp Fresh Lemon Juice  
1/2tsp Freshly Ground Black Pepper  
8 Baby Gem Lettuce Leaves  
8 Whole-Grain Bread Slices  
(Toasted)  
2 Tomato (Slices)

## Method

Combine all the ingredients in a large bowl (apart from the tomato, baby gem and bread); stir well until the chicken is fully coated.

Divide the baby gem and tomatoes onto the toast and add the chicken mixture evenly among the 4 slices. Top with the remaining slices.



Calories



Protein



Carbs



Fats



# TARRAGON CHICKEN SANDWICH



Calories



Protein



Carbs



Fats

# Mediterranean Quinoa Salad

**Serves 4**

## Ingredients

120g quinoa  
500ml water  
20ml olive oil  
3 tbsp white balsamic vinegar  
1/2 tsp kosher salt  
1/2 tsp freshly ground black pepper  
1 medium shallot, finely chopped  
10 cherry tomatoes, halved  
130g feta (crumbled)  
Handful freshly chopped mint leaves  
200g Rocket

## Method

Cook the quinoa, according to the packet. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and spread out on a baking sheet to slightly cool, for about 10 minutes.

Meanwhile, in a large bowl make dressing: whisk together olive oil, balsamic vinegar, salt, pepper and shallots. Add the cherry tomatoes, feta, mint and rocket. Toss to combine. Lastly add the cooled quinoa. Adjust seasoning if required and serve.



Calories



Protein



Carbs



Fats





# MEDITERRANEAN QUINOA SALAD



Calories



Protein



Carbs



Fats





***Dinner***

# Spicy BBQ Chicken Tortilla Pizza

**Serves 2**

## Ingredients

2 Flour Tortillas  
1 Red Onion (Diced)  
120g Cooked Chicken (Shredded)  
50mls Sugar Free BBQ Sauce  
50 Grams Cherry Tomatoes (Sliced)  
½tsp Mixed Herbs  
100g Mozzarella Cheese (Grated)  
Chilli Flakes & Cajun Seasoning  
(to taste)

## Method

Place the tortillas under the grill until they are lightly toasted all over, watch the tortillas carefully as they can burn very quickly. Once cooked, remove from the grill and set aside.

Gently sauté the onion, in a pan for 5 minutes until they have softened.

While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce, mixed herbs, cajun and chilli flakes.

Spread the tortillas with BBQ sauce mix, shredded chicken, onions and tomatoes. Top with the grated mozzarella, before placing the pizza under the grill once again. Once the cheese has melted and starts to brown, remove the pizza from the grill and serve.



Calories



Protein



Carbs



Fats





# ***TORTILLA PIZZA***



Calories



Protein



Carbs



Fats

# Prawn & Leek Spaghetti

**Serves 2**

## Ingredients

150g Uncooked Whole-Grain Spaghetti  
450g Raw Large Prawns (Peeled)  
1/2tsp Black Pepper  
3/4tsp Kosher Salt, Divided  
1tbsp Olive Oil, Divided  
200g Leek (Sliced)  
3 Garlic Cloves  
250g Frozen Peas (Thawed)  
200mls Cream  
2tsp Lemon Zest  
2tsp Fresh Lemon Juice

## Method

Cook the pasta according to package directions, once cooked drain, reserving 100ml (roughly) of the cooking liquid. Cover pasta to keep warm.

While pasta cooks, pat shrimp dry with paper towels; season with salt and pepper. Heat half of the olive oil in a large non stick pan over high heat. Add shrimp; cook, stirring often, until cooked through, (3 to 4 minutes). Transfer to a plate; cover to keep warm. (Do not wipe pan clean.)

Reduce heat to medium-high. Add leeks, garlic and remaining oil. Cook, stirring often, until leek is slightly tender, 2 to 3 minutes. Add peas, cream, lemon zest, lemon juice, and the cooking liquid. Reduce heat to medium; simmer until sauce thickens slightly, 3-4 minutes. Add prawns and the pasta into the pan and mix to coat both in the sauce.



Calories



Protein



Carbs



Fats





# PRAWN SPAGHETTI



Calories



Protein



Carbs



Fats



# Carne Asada

**Serves 4**

## Ingredients

400g Rump Steak  
¾tsp Sea Salt  
½tsp Black Pepper  
10ml Olive Oil  
150g Onion (Fine Diced)  
120mls Chicken Stock  
400g Pinto Beans (Rinsed & Drained)  
300g Lettuce (Shredded)  
20 Cherry Tomatoes (Halved)  
30g Tortilla Chips  
1 Avocado (Sliced Thinly)  
40g Feta Cheese (Crumbled)  
4 Lime Wedges

## Method

Heat a large frying pan, coated with low cal cooking spray on a medium-high heat. Season the steak on all sides with salt and pepper and cook for 5 minutes on each or till done to your preference. Rest on a cutting board for 5 minutes, then slice across the grain into thin slices.

Add some more oil to pan and cook the onion for 2 minutes. Add the stock and the beans and bring to a boil. Cook for a further 5 minutes, scraping the pan to loosen any browned bits that have stuck.

Divide the lettuce among 4 shallow bowls. Top evenly with bean mixture, steak, tomato, tortilla chips, and avocado.

Serve with lime wedges.



Calories



Protein



Carbs



Fats



# CARNE ASADA



Calories



Protein



Carbs



Fats

# Black Bean Burgers

**Serves 4**

## Ingredients

800g Black Beans (Drained & Rinsed)  
½ Medium Onion (Roughly Chopped)  
3 Cloves Garlic  
2tsp Cumin  
Pinch Salt  
1tbsp Corn-Starch  
Handful Fresh Coriander  
1tsp Sriracha  
40g Rolled Oats  
2tbsp Olive Oil  
Chipotle Hot Sauce To Taste

## Method

Blend half the black beans, onion and garlic in a food processor until well combined. Then add the peppers, cumin, salt, corn-starch, cilantro, and sriracha. Blend for a further 10 to 20 seconds. Transfer to a large mixing bowl, stir in the oats and remaining black beans.

Heat the olive oil in a large pan over medium heat.

Form the bean mixture into patties and carefully transfer to the pan.

Cook for about 5-7 minutes until the bottom is browned and set. Very carefully flip and cook for an additional 4-6 minutes until the opposite side is browned and set as well.

Serve immediately.



Calories



Protein



Carbs



Fats





# BLACK BEAN BURGER

217

Calories

13

Protein

32

Carbs

5

Fats





***Snacks***

# Apple & Chia Pudding

**Serves 2**

## Ingredients

### **For Chia Pudding:**

40g Chia Seeds  
30g Protein Powder  
120mls Unsweetened Almond Milk  
1/2tsp Cinnamon

### **For Apple Pie Filling:**

100g Apple (Peeled, Cored & Finely Chopped)  
60mls Water  
2tsp Honey  
Pinch Cinnamon  
2tbsp Golden Raisins

## Method

Mix the protein powder, cinnamon and almond milk in a bowl until smooth, add in the chia seeds. Place in fridge for 1-2 hours or overnight until the mixture is thickened.

Meanwhile, mix the apple topping ingredients in a bowl. Cook in the microwave, stirring occasionally and adding additionally water if needed, until the apples are tender. Allow to cool and place in the refrigerator until ready to serve.

Divide the chia mix into bowls and top with the apple mixture.



Calories



Protein



Carbs



Fats





# APPLE & CHIA PUDDING



Calories



Protein



Carbs



Fats

# Chocolate & Banana Scone

**Serves 6**

## Ingredients

120g Almond Flour  
1/2tsp Baking Powder  
1/2tsp Pumpkin Pie Spice  
1/4tsp Sea Salt  
1/2tsp Cinnamon  
1 Banana (Mashed)  
1 Egg  
1tbsp Pure Maple Syrup  
1tsp Organic Vanilla Extract  
30g Dark Chocolate Chunks

## Method

Preheat oven to gas mark 4 and place parchment paper on baking sheet.

In a bowl, whisk the almond flour, baking powder, pumpkin pie spice, salt, and cinnamon until well blended.

Add the pumpkin puree, egg, coconut oil, maple syrup or honey, vanilla extract and chocolate chunks and mix until a soft dough forms.

Using your hands, roll the dough into a ball and place on lined baking sheet. Gently flatten the dough into a disc about 1-inch thick. Using a pizza cutter or a knife, cut into 8 wedges. Gently separate, but leave in a circle. Bake for 35-40 minutes. Transfer to a cooling rack to cool.

Using the double boiler method or a microwave, melt the chocolate and coconut oil in a small mixing bowl. Whisk to make sure that the chocolate and oil is well combined. Once scones are cool, drizzle with chocolate.



Calories



Protein



Carbs



Fats





# CHOCOLATE & BANANA SCONE



Calories



Protein



Carbs




Fats





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 Designed and produced by @Nutritional\_bear