



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.

Contents

<i>Savoury Treats</i>	4
Honey & Garlic Cauliflower	5
Baba Ghanoush	7
Sweet & Spicy Nuts	9
<i>Smoothie</i>	11
Pina Colada Smoothie	12
Super Fruit Smoothie	14
Chocolate Smoothie	16
Carrot Cake Smoothie Bowl	18
<i>Baked Oats</i>	20
Apple & Cinnamon Baked Oats	21
Coffee & Walnut Baked Oats	23
Goey Brownie Batter	25
<i>Mug Cakes</i>	27
Blueberry Breakfast Mug Cake	28
Double Chocolate Mug Cake	30
Baked Jelly Doughnut	32



Savoury Treats

Honey & Garlic Cauliflower

Serves 2

Ingredients

60g Flour
150g Breadcrumbs
3 Large Eggs (Beaten)
1 Head Cauliflower (Chopped Into
Bite-Size Florets)
20g Honey
15ml Soy Sauce
2 Garlic Cloves (Minced)
Juice Of 1 Lime
1tbsp Sriracha
100ml Water
2tsp Corn Starch

Method

Preheat oven to gas mark 6 and line a large baking sheet with baking paper.

In a large bowl, combine flour and cauliflower, toss until fully coated. In 2nd bowl, add breadcrumbs and in a 3rd bowl whisk eggs and add 2 tablespoons water.

Dip the cauliflower in the beaten eggs, then the breadcrumbs until fully coated.

Transfer to a prepared baking sheet and season generously with salt and pepper. Bake until golden and crispy, 20 to 25 minutes.

Meanwhile, to make the sauce. In a small bowl, whisk together cornstarch and water, until the cornstarch dissolves completely. Set aside. Combine soy sauce, honey, garlic, lime juice and Sriracha in a small saucepan over medium heat. When the mixture reaches a boil, reduce heat and add the cornstarch mixture. Bring to simmer again and cook until sauce thickens, about 2 minutes.

Toss cooked cauliflower in sauce until evenly coated. Return the cauliflower to baking sheet and bake for 2 minutes, on a high heat.



Calories



Protein



Carbs



Fats



HONEY & GARLIC CAULIFLOWER



203

Calories



10

Protein



34

Carbs



3

Fats

Baba Ghanoush

Serves 1

Ingredients

2 Clove Garlic
1tbsp Olive Oil
Kosher Salt
Freshly Ground Black Pepper
200g Aubergine (Diced)
3tbsp Lemon Juice
10g Tahini
1tbsp Freshly Chopped Parsley
Red Pepper Flakes

Method

Move oven rack to top third of oven and preheat to gas mark 6. Line a large baking sheet with baking paper.

Place the diced aubergine and garlic on a large baking sheet and place in oven. Turning occasionally, until eggplant is slightly coloured on the outside and tender on the inside, and garlic is soft, 10 to 15 minutes. Allow the aubergine to cool slightly.

In a food processor (or a blender), combine eggplant, roasted garlic cloves, and lemon juice. Blend until the aubergine is broken down and lemon juice is incorporated. Add tahini, 1 tablespoon olive oil. Season with salt and pepper, then transfer to serving dish.

Garnish with parsley, chilli flakes, and a drizzle of olive oil. Serve with toasted pita and/or vegetables.



Calories



Protein



Carbs



Fats



BABA GHANOUSH



Calories



Protein



Carbs



Fats

Sweet & Spicy Nuts

Serves 4

Ingredients

100g Mixed Nuts
100g Cooked Quinoa
10g Maple Syrup
5ml Vanilla Essence
1 Egg White
½tsp Cajun Spice
¼tsp Chilli Flakes
Salt

Method

Preheat oven to gas mark 6 and line a baking sheet with baking paper.

In a large bowl, mix together almonds, cooked quinoa, honey, egg white, cajun spice, and chilli flakes and season generously with salt.

Pour mixture onto prepared baking sheet and bake until toasted, 15 to 20 minutes.



Calories



Protein



Carbs



Fats



SWEET & SPICY NUTS



202

Calories



6

Protein



13

Carbs



14

Fats



Smoothies

Pina Colada Smoothie Bowl

Serves 1

Ingredients

300ml Alpro Coconut Unsweetened Milk
1 small banana
50g Frozen pineapple
50g. Frozen Mango
30g Protein powder

Method

Add all of the ingredients into a high speed blender and blend until smooth.



Calories



Protein



Carbs



Fats



PINA COLADA SMOOTHIE



Calories



Protein



Carbs



Fats

Super Fruit Smoothie

Serves 1

Ingredients

40g Frozen Cherries
1 Kiwi (Peeled And Chopped)
20g Blueberries
20g Blackberries
20g Strawberries
20g Raspberries
30g Whey Protein

100ml Cranberry Juice
100ml Pomegranate Juice.
100ml Unsweetened Almond Milk

Method

Add all fruit and whey protein into a high speed blender and pulse until almost smooth, slowly add in the liquid and continue to blend.



Calories



Protein



Carbs



Fats



SUPER FRUIT SMOOTHIE



Calories



Protein



Carbs



Fats

Chocolate Smoothie

Serves 1

Ingredients

200ml Almond Milk
30g Whey Protein
5g Almond Butter
5g Unsweetened Cocoa Powder
15g Chia Seeds
Handful Of Ice

Method

Add all of the ingredients into a high speed blender and blend until smooth.



Calories



Protein



Carbs



Fats



CHOCOLATE SMOOTHIE



Calories



Protein



Carbs



Fats

Carrot Cake Smoothie Bowl

Serves 1

Ingredients

50ml Unsweetened Almonds Milk
30g Whey Protein
150ml Carrot Juice
1 Small Frozen Banana (Sliced)
1tsp Mixed Spice
3 Dates (Pitted)

For The Topping:

1 Date (Pitted, chopped)
4 Walnut Halves (Crushed)
Sprinkle of Coconut Flakes

Method

Add the carrot juice, dates and frozen banana into a blender, blend until smooth. Next add in the protein and mixed spice, continue to blend until smooth, add in the almond milk until the consistency is right for you.



Calories



Protein



Carbs



Fats



CARROT CAKE SMOOTHIE BOWL



Calories



Protein



Carbs



Fats



Baked Oats

Apple & Cinnamon Baked Oats

Serves 2

Ingredients

For The Apple Mix:

1 Small Apple Diced
½tsp Cinnamon
1tsp Lemon Juice

For The Oat Mix:

2 Egg
1tsp Vanilla Extract
½tsp Mixed Spice
80g Rolled Oats
30g Protein Powder - Vanilla
200mls Almond Milk
2g Baking Powder
Pinch Salt

Method

Chop the Apples and mix them with the cinnamon and lemon juice.

Combine the egg, almond milk, vanilla together and then slowly mix in the baking powder, salt, protein powder and oats.

Add your Apple Mix into the bottom of a baking dish, pour the oat mix on top and bake on gas mark 6 for around 15-20 minutes depending on how soft you want the inside to be.



Calories



Protein



Carbs



Fats



APPLE & CINNAMON BAKED OATS



Calories



Protein



Carbs



Fats

Coffee & Walnut Baked Oats

Serves 2

Ingredients

150ml Unsweetened Almond Milk
2 Shots Espresso Coffee
100g Oats
30g Whey Protein
½tsp Nutmeg
30g Walnuts (Crushed)
30g Fage 0%

For The Topping:

70g Fage 0%
Coco Powder

Method

Pre-heat your oven to gas mark 6.

Warm the almond milk and add the espresso, slowly mix in the oats and stir with a spoon to combine.

Add all of the other ingredients into the bowl and stir with a spoon to combine. Add these to the oat mix.

Spoon the mixture into a shallow oven-proof dish, ramekin or pudding basin lined with baking paper/ parchment.

Bake in the oven for 20 minutes. It should be crisp on the outside and soft, but not gooey, in the middle. Oven times do vary so check on it after 15 minutes.

Serve with the extra yoghurt and a sprinkle of coco powder



Calories



Protein



Carbs



Fats



COFFEE & WALNUT BAKED OATS



Calories



Protein



Carbs



Fats

Goopy Brownie Batter

Serves 1

Ingredients

Low Cal Cooking Spray
30g Rolled Oats
15g Flour (Plain)
5g Unsweetened Cocoa Powder
¼tsp Baking Powder
Pinch Of Salt
80ml Unsweetened Almond Milk
1tbsp Maple Syrup
1tsp Coconut Oil (Melted)
½tsp Vanilla Essence
10g Chocolate Chips

Method

Preheat oven to gas 6, and lightly coat an individual sized ramekin or oven-safe bowl with cooking spray .

In a medium-sized mixing bowl, whisk together oats, flour, cocoa powder, baking powder, and salt. Add almond milk, maple syrup, coconut oil, and vanilla, mixing until well combined. Fold in chocolate chips.

Transfer batter to your greased ramekin, bake for 15-20 minutes, depending on desired consistency. Remove from oven and allow to cool for about 5 minutes before adding any additional toppings and digging in!



Calories



Protein



Carbs



Fats



GOOEY BROWNIE BATTER



Calories



Protein



Carbs



Fats



Cakes

Blueberry Breakfast Mug Cake

Serves 1

Ingredients

30g ground flax seed
30g Banana (Mashed)
20g Blueberries (Frozen)
1 large egg
½ teaspoon baking powder

Method

Spray a large mug with cooking spray.

In a bowl mix the banana and ground flax seed together before adding in the egg.

Gently mix in the baking powder and the frozen blueberries.

Transfer the mix into the mug and microwave on high for 1 minute or until firm to the touch.



Calories



Protein



Carbs



Fats



BLUEBERRY BREAKFAST MUG CAKE



Calories



Protein



Carbs



Fats

Double Chocolate Mug Cake

Serves 1

Ingredients

Low Cal Cooking spray
½ Small Ripe Banana (Mashed)
30g Protein Powder
5g Coco Powder
15ml Almond Milk
2 Squares Dark Lindt Chocolate
¼ Teaspoon Baking Powder

Method

Spray a large mug with cooking spray.

Add banana to a bowl and mash until mostly broken down.

Add in protein powder, coco powder, milk, and baking powder. Stir until everything is fully combined into a batter-like consistency. Transfer into the mug and add the 2 squares of chocolate and push down a little.

Microwave for 60-75 seconds. Then, let cool for 30 seconds. Batter should be mostly dry to the touch and have a cakey texture.



Calories



Protein



Carbs



Fats



DOUBLE CHOCOLATE MUG CAKE



Calories



Protein



Carbs



Fats

Baked Jelly Doughnut

Serves 2

Ingredients

30g Margarine
60g Self Raising flour
1 Egg
20g sugar
15ml Almond milk
1/2 teaspoon baking powder
1/4 teaspoon ground cinnamon
10g Reduced Sugar Strawberry jam
1/2 tsp Cinnamon

Method

Place margarine into a microwavable mug and microwave until just melted. (roughly 20 seconds)

Add in the remaining ingredients into a bowl and mix well with a fork until combined

Once the batter is mixed, add a 1/4 to the bottom of a oven proof ramekin, add half the jam and top with another 1/4 of the batter mix. Repeat this with the second ramekin.

Bake them in the oven at gas mark 5 for roughly 10-12 minutes Sprinkle some cinnamon on top and enjoy straight away!



Calories



Protein



Carbs



Fats



BAKED JELLY DOUGHNUT



Calories



Protein



Carbs




Fats



PAUL WALLACE
FITNESS

MADE PERSONAL

 [*paul_wallace_fitness*](https://www.instagram.com/paul_wallace_fitness)

 Designed and produced by @Nutritional_bear

