



**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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Overnight Oats

White Chocolate & Raspberry Oats

Serves 1

Ingredients

40g Oats
200mls Unsweetened Almond Milk
30g Whey Protein -
(White Chocolate Or Vanilla)
25g Raspberries
2 Squares White Chocolate (Grated)

Method

Mix the oats, protein powder and the almond milk together until smooth and leave in the fridge over night.

Add in the raspberries and grated white chocolate on top to serve.



Calories



Protein



Carbs



Fats



WHITE CHOCOLATE & RASPBERRY OATS



365

Calories



35

Protein



36

Carbs



9

Fats

Strawberry Cheesecake Oats

Serves 1

Ingredients

Dry Mix

40g Oats

Wet Mix

200mls Unsweetened Almond Milk

50g 0% Fat Greek Yoghurt

30g Strawberries

30g Whey Protein (Strawberry Or
Vanilla)

Topping

1 Shortbread Biscuit

5g Sugar Free Strawberry Jam

Method

Place strawberries, protein powder, almond milk, and Greek yogurt into a food processor and process on high until fruit is almost puréed.

Transfer into a large bowl and add the oats. Mix with a spoon until combined.

Cover and place in the refrigerator for at least 2 hours or overnight.

Top with crushed shortbread and strawberry jam.



Calories



Protein



Carbs



Fats



STRAWBERRY CHEESECAKE OATS



Calories



Protein



Carbs



Fats

Pumpkin Spice Latte Oats

Serves 1

Ingredients

Dry Mix

40g Oats

Wet Mix

200mls Unsweetened Almond Milk

50g 0% Fat Greek Yoghurt

30g Whey Protein

1 Espresso Shot (Cold)

100g Pumpkin Puree (Unsweetened)

3g Mixed Spice

Method

Place pumpkin puree, almond milk, and Greek yogurt, protein and coffee into a food processor and process on high until puréed.

Mix in the oats to the puree and place in refrigerator overnight or for at least 6 hours.



Calories



Protein



Carbs



Fats



PUMPKIN SPICED LATTE OATS



Calories



Protein



Carbs



Fats

Neapolitan Oats

Serves 2

Ingredients

Vanilla Oats

30g Oats
150mls Unsweetened Almond Milk
5mls Vanilla Extract

Strawberry Oats

30g Oats
150mls Unsweetened Almond Milk
10g Sugar Free Strawberry Jam
20g Strawberries

Chocolate Oats

30g Oats
150mls Unsweetened Almond Milk
60g Whey Protein (Chocolate)
5g Cocoa Powder

Method

For the vanilla and chocolate oat layers, mix the 2 sets of ingredients in separate bowls and place in the refrigerator for at least 4 hours or overnight.

For the strawberry layer, place the strawberries, jam and milk into a small food processor or magic bullet and puree. Then, mix with the oats in a small bowl. Place in refrigerator for at least 4 hours or overnight.

In the morning, serve layered like Neapolitan ice cream.



Calories



Protein



Carbs



Fats



NEAPOLITAN OATS



Calories



Protein



Carbs



Fats

Chocolate Peanut Fudge oats

Serves 1

Ingredients

40g Oats
200mls Unsweetened Almond Milk
30g Whey Protein (Chocolate)
1 Small Banana (Mashed)
10g Peanut Butter
5g Maple Syrup
2g Cocoa Powder

Method

Mash the banana, peanut butter, cocoa powder, protein powder and vanilla extract, in a large bowl or container.

Add the rolled oats, almond milk and maple syrup, and mix until completely combined.

Leave in the fridge overnight.



Calories



Protein



Carbs



Fats



CHOCOLATE PEANUT FUDGE OATS



Calories



Protein



Carbs



Fats

Lemon, Honey & Thyme Oats

Serves 1

Ingredients

40g Oats
200mls Unsweetened Almond Milk
30g Whey Protein
10g Honey
Lemon Zest
5g Chia Seeds
10mls Lemon Juice
5mls Vanilla Extract
50g 0% Fat Greek Yoghurt
2-3 Sprigs Fresh Thyme

Method

In a bowl or container, mix together the oats, lemon zest, vanilla extract, yogurt, Chia seeds and milk.

Remove the thyme leaves from the stems, and mix the leaves into the oatmeal along with the honey.

Leave in the fridge overnight.

In the morning, add the lemon juice and mix together.



Calories



Protein



Carbs



Fats



LEMON, HONEY & THYME OATS



Calories



Protein



Carbs



Fats

Cherry Chia Oats

Serves 1

Ingredients

40g Oats
200mls Unsweetened Almond Milk
30g Whey Protein
50g Coconut Yogurt
40g Frozen Cherries
15g Chia Seeds

Method

Place half the cherries, protein powder, almond milk, and coconut yogurt into a food processor and process on high until fruit is puréed.

Transfer into a large bowl and add the oats. Mix with a spoon until combined add in the remaining cherries.

Cover and place in the refrigerator for at least 2 hours or overnight



421

Calories



41

Protein



35

Carbs



13

Fats



CHERRY & CHIA OATS



Calories



Protein



Carbs



Fats



Baked Oats

Chocolate & Berry Oat Cups

Serves 2 (Makes 4 oat cups)

Ingredients

Wet Mix

½ Small Banana
1 Egg
5g Honey
120mls Unsweetened Almond Milk
1tbsp Melted Coconut Oil

Dry Mix

60g Oats
200ml Unsweetened Almond Milk
30g Whey Protein
20g Self Raising Flour
2g Baking Powder
2g Ground Cinnamon
40g Fresh Raspberries
20g Dark Chocolate Chips

Method

Preheat oven to gas mark 5 and line a muffin tin with muffin liners.

Place banana into a large bowl and use a fork to mash. Then, add eggs, honey, and almond milk and mix to combine.

Add the oats, flour, baking powder, and cinnamon to the same bowl and mix until well combined.

Add in the raspberries and the chocolate chips and mix well.

Bake for 20 minutes. Allow to cool for 10 minutes before removing from muffin tin.



Calories



Protein



Carbs



Fats



CHOCOLATE & BERRY OAT CUPS



Calories



Protein



Carbs



Fats

Banana & Pecan Baked Oats

Serves 3

Ingredients

120g Oats
30g Whey Protein
30g Chopped Pecans
1 tsp Baking Powder
1 tsp Ground Cinnamon
¼ tsp Salt
1 Large Banana (Mashed)
1 tsp Lemon Juice
160mls Unsweetened Almond Milk
20mls Maple Syrup
1 Large Eggs
1 tsp Vanilla Extract

Method

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

In a medium bowl mix together oats, Pecans, baking powder, cinnamon, whey protein and salt.

In a separate mixing bowl mix together mashed bananas with lemon juice then add in milk, maple syrup, eggs, and vanilla extract and whisk until blended together.

Pour wet mixture into oat mixture and stir to combined. Pour mixture into prepared baking dish.

Bake in preheated oven until set, about 25- 30 minutes. Serve warm.



Calories



Protein



Carbs



Fats



BANANA & PECAN BAKED OATS



Calories



Protein



Carbs



Fats

Cherry Bakewell

Baked Oats

Serves 1

Ingredients

40g Oats
175g 0% Fat Greek Yoghurt
1 Egg
10g Reduced Sugar Jam
20g Cherries
5mls Almond Extract

Additional Almonds for topping
optional

Method

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and place the cherry jam in the middle.

Bake for 25-30 minutes.



Calories



Protein



Carbs



Fats



CHERRY BAKEWELL BAKED OATS



Calories



Protein



Carbs



Fats

Marmalade Baked Oats

Serves 1

Ingredients

40g Oats
175g 0% Fat Greek Yoghurt
1 Egg
10g Marmalade
20mls Orange Juice
Orange Zest (Half Small Orange)

Method

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and place marmalade on top, pushing down slightly.

Bake for 25-30 minutes.



Calories



Protein



Carbs



Fats



MARMALADE BAKED OATS



Calories



Protein



Carbs



Fats

Lemon & Blueberry Baked Oats

Serves 1

Ingredients

40g Oats
175g 0% Fat Greek Yoghurt
1 Egg
10mls Lemon Juice
Lemon Zest (Half Lemon)
30g Blueberries
5mls Vanilla Extract

Method

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and Bake for 25-30 minutes.



Calories



Protein



Carbs



Fats



LEMON & BLUEBERRY BAKED OATS



Calories



Protein



Carbs



Fats

Bounty Baked Oats

Serves 1

Ingredients

40g Oats
100mls Unsweetened Almond Milk
30g Whey Protein (Chocolate)
5g Cocoa Powder
15g Desiccated Coconut
5mls Vanilla Extract

Method

Preheat oven to gas mark 5. Spray an oven proof baking dish with non-stick cooking spray, set aside.

Add all of the ingredients, into a bowl and stir until combined.

Pour into the oven proof dish and Bake for 20 minutes.



Calories



Protein



Carbs



Fats



BOUNTY BAKED OATS



Calories



Protein



Carbs




Fats



PAUL WALLACE
FITNESS

MADE PERSONAL

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