



**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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# Meatballs & Spaghetti

Serves 2

## Ingredients

300g Beef Mince  
3g Parsley  
3 Cloves Garlic  
3g Basil  
30g Tomato Puree  
140g Diced Red Pepper  
100g Diced Mushrooms  
100ml Unsweetened Almond Milk  
400g Shirataki Noodles

## Method

Mix the dry spices and herbs in the mince and ball into small meatballs.

Wash the shirataki noodles under running water while the meatballs are cooking.

Once the meatballs are cooked though, turn the heat down and add the tomato puree to the noodles and cook for 5 minutes over a low heat.

Add the almond milk to make the sauce with the noodles.



Calories



Protein



Carbs



Fats



# MEATBALLS & SPAGHETTI



Calories



Protein



Carbs



Fats

# Nando's Chicken & Sides

Serves 2

## Ingredients

240g Chicken Breast  
200g Red Pepper  
150g Rice (Cooked)  
5g Peri Peri Seasoning  
1 tsp Garlic Powder  
2g Turmeric Powder  
300g Tender-Stem Broccoli  
1 Cal Oil Spray

20ml Nando's Medium Peri Peri Sauce

## Method

Pre Heat the oven to 170°C. Cut and season the peppers and chicken place them onto a baking tray and spray with the oil spray bake for 25 minutes. Cook the rice per the instructions.

Pour the Nando's sauce over the chicken about 10 minutes before it is cooked, return to the oven and let it crisp up slightly.

While that is happening cook the broccoli and mix the peri seasoning, garlic and turmeric powder with the drained rice and fry for a few mins.

Once everything is fully cooked, serve straight away.



Calories



Protein



Carbs



Fats



# NANDO'S CHICKEN & SIDES



Calories



Protein



Carbs



Fats

# Chicken Satay & Stir-fry

Serves 2

## Ingredients

300g Chicken  
½ Pack Mushroom Stir Fry Mix  
2tbsp Peanut Butter Powder  
1tsp Coriander  
1g Garlic Powder  
60ml Unsweetened Almond Milk  
10ml Light Soy Sauce

## Method

Mix the peanut butter powder with the coriander, garlic, soy sauce and almond milk and put to one side.

Season the chicken and leave on the side while the oven pre heats to 170°C. Bake for 25 minutes.

Pour the satay sauce over the chicken 5-10 minutes before it is fully cooked. While the chicken is finishing cooking, add the stir-fry mix to a hot pan and fry.



Calories



Protein



Carbs



Fats





# CHICKEN SATAY & STIR-FRY



Calories



Protein



Carbs



Fats

# Chicken Tikka & Rice

Serves 2

## Ingredients

300g Chicken (Diced)  
200g Rice (Cooked)  
2g Tikka Powder  
2g Garlic Powder  
2g Turmeric Powder  
5g Veg Oil  
20g 0% Fat Yoghurt  
10g Cucumber (Small Dice)  
1g Cumin  
Salt And Pepper

## Method

Mix the tikka powder and oil together and then rub over the chicken, coating both sides of it. Set aside in the fridge for 3 hours but ideally overnight.

Cook the rice as per instructions.

Once ready to cook take out of the fridge and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.

While the chicken is cooking mix the turmeric and garlic powder with the drained rice. Add 5-10 mls of water and microwave for 3 minutes once the chicken is cooked.

Mix the yoghurt and cucumber together, season to taste and serve with the curry.



Calories



Protein



Carbs



Fats



# CHICKEN TIKKA & RICE



Calories



Protein



Carbs



Fats

# Pork Kofta

**Serves 2**

## Ingredients

300g Grams Pork Mince 5% Fat  
3g Cumin  
2g Garlic Powder  
1tsp Oregano  
2g Turmeric  
1g Chilli Powder  
1g Onion Powder  
20g Bread-Crumbs  
1 Egg  
40g 0% Fat Yoghurt  
15g Cucumber  
10ml Mint Sauce

## Method

Mix the breadcrumbs and all the dry herbs and spices into the pork mince, add the egg and combine well.

Roll into a sausage shape and then place on a baking tray and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.

Combine the yoghurt, mint sauce and diced cucumber to make the dip.



Calories



Protein



Carbs



Fats



# PORK KOFTA



Calories



Protein



Carbs



Fats

# Fish & Chips

**Serves 2**

## Ingredients

400g Cod  
150g New Potatoes  
15g Flour  
100g Peas  
4 Spray Light Oil Spray

## Method

Pre-heat oven gas mark 6. While the oven is heating up, cut the new potatoes in half and boil for 7 minutes.

Place onto baking tray and spray with two sprays of the oil. Place into oven for 30 minutes.

Add salt and pepper to the flour and use that to dust the fish. While frying pan is heating to medium temperature. Use the 2 remaining oil sprays to coat the pan and then seal the fish before adding to the oven to cook for 20 minutes.



Calories



Protein



Carbs



Fats



# FISH & CHIPS



Calories



Protein



Carbs



Fats

# Thai Chicken & Noodles

**Serves 2**

## Ingredients

240g Chicken Breast  
400g Shirataki Noodle  
3g Garlic  
400g Veg Stir-Fry Mix  
3 Tsp Thai Tom Yum Paste

## Method

Slice the chicken and then coat in the Thai paste and leave on the side.

Wash the noodles under cold running water for 2-4 minutes then drain and put to one side. Fry the chicken until cooked. Remove from the pan and add in the garlic and stir fry mix.

Once almost cooked add in the noodles, cooked chicken and cook for 4-5 minutes.

Serve when fully cooked and hot.



Calories



Protein



Carbs



Fats





# THAI CHICKEN & NOODLES



Calories



Protein



Carbs



Fats

# Chicken Bacon Burger

**Serves 1**

## Ingredients

120g chicken breast  
1 slice bacon  
1 slice (1oz) cheddar cheese  
1 bagel thin  
1 handful of Rocket  
½ Tomato Sliced

## Method

Slice the chicken breast in half and pan fry, once almost cooked.

Add the bacon to the pan and continue cooking both until fully cooked.

Toast the bagel, and add the chicken, bacon and cheese. Top with the rocket and tomato.



Calories



Protein



Carbs



Fats



# CHICKEN BACON BURGER



490

Calories



54

Protein



24

Carbs



18

Fats

# Katsu Chicken

**Serves 4**

## Ingredients

400g Chicken Breast Fillets (Sliced)  
5 Spray Oil Cooking Spray  
100g Onions (Sliced)  
100g Carrots (Sliced)  
4 Medium clove Garlic (Crushed)  
14g Fresh Ginger (Crushed)  
5g Curry Powder  
3g Turmeric Powder  
200g Coconut Milk (Reduced Fat)  
100mls Water  
100g Breadcrumbs  
30g Cornflour  
200g Cooked Rice

## Method

First, make the curry sauce. Use the oil spray in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelize, about 8 mins. Add the garlic, ginger, curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.

For the katsu. In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning. Dip the chicken into the flour mixture. Place the breadcrumbs in another bowl and dip the chicken in it, turning until well coated.

When the onions and carrots in the curry sauce are soft, blitz using a hand blender. If the sauce is too thick, add a little more water, check the seasoning. Keep warm, on a low heat.

Heat some oil in a frying pan and cook the chicken for 4-5 mins on each side until golden and cooked through. Warm the rice and divide between bowls. Top with the katsu chicken and curry sauce.



Calories



Protein



Carbs



Fats



# KATSU CHICKEN



Calories



Protein



Carbs



Fats

# Prawn Fried Rice

**Serves 2**

## Ingredients

5 Sprays Low Cal Oil Spray  
300g King Prawns (Raw & Peeled)  
20g Cornflour  
3 clove Garlic (Finely Sliced)  
1 Large Egg  
200g White Mushrooms,  
200g Frozen Mixed Vegetables  
200g White Rice (Cooked)  
5g Chinese 5 Spice  
20ml Light Soy Sauce  
3g Turmeric Ground

## Method

Cook the rice as per instructions.

While the rice is cooking. Mix prawns, salt and pepper together in a bowl stir in cornflour.

Heat oil in a wok over medium heat; add prawn mixture. Cook until light brown, about 5 minutes. Transfer to a plate.

Mix in mushrooms and mixed vegetables into the wok; cook until softened, 3 to 5 minutes. Add in 5 spice, garlic, turmeric powder. Cook and stir until fragrant, about 3 minutes.

Add egg; cook and stir until scrambled, about 2 minutes. Mix the rice into the wok; season with soy sauce, salt and pepper. Add prawns and cook until everything is hot.



Calories



Protein



Carbs



Fats



# PRAWN FRIED RICE



Calories



Protein



Carbs



Fats

# Lebanese Doner Kebab

**Serves 2**

## Ingredients

200g 10% Fat Lamb Mince  
150g Onions (Finely Sliced)  
4 Medium clove Garlic (Finely Sliced)  
3g Ground Cumin  
2g Ground Coriander  
3g Oregano  
5g Smoked Paprika  
1g Dried Chilli Flakes  
50g Breadcrumbs  
1 Medium Egg

## Method

Heat the oven to gas mark 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.

Oil a large sheet of foil, tip the meat mix in the middle and mould to a thick sausage, shape. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.

Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil. Place back on the tray and brown under the grill or with a blowtorch.

Place on a board and carve into thin slices.



Calories



Protein



Carbs



Fats





# LEBANESE DONER KEBAB



Calories



Protein



Carbs



Fats

# Crispy Chilli Beef

**Serves 2**

## Ingredients

10ml Oil  
200g Beef Rump Steak  
(Lean & Finely Sliced )  
200g Onions (Finely Sliced)  
200g Red Peppers (Finely Sliced)  
200g Carrots (Finely Sliced)  
1 Bunch Spring onions (Sliced)  
3 Cloves Garlic  
10ml Light Soy Sauce  
1g Dried Chilli Flakes  
10ml White Rice Vinegar  
5g White Sugar  
10g Honey  
25g Cornflour  
1 Egg  
Salt & Pepper

## Method

Heat the oil over a high heat in a wok. Combine eggs, salt and cornflour, then use to coat the beef strips. Fry the beef strips, taking care to add them to the pan one by one. Don't stir them for 10 seconds, then stir to ensure they don't stick together. Cook for 6 to 7 minutes until brown and crispy. Remove and drain on kitchen paper.

Add some of the oil from frying to a clean wok over medium high heat. Fine slice all of the veg and then stir fry them a long with the, garlic and chilli. Once cooked 3-4mins. Add the sugar, white rice vinegar, sweet chilli sauce and soy sauce and mix together, cook until the sauce reduces and starts to thicken slightly. Finally add the beef and toss together just to heat through.

Serve straight away.



Calories



Protein



Carbs



Fats



# CRISPY CHILLI BEEF



Calories



Protein



Carbs




Fats



**PAUL WALLACE**  
**FITNESS**  
MADE PERSONAL

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