



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

Nutty Granola

Serves 6

Ingredients

100g Porridge Oats
70g Hazelnuts
30g Coconut Flakes
30g Chia Seeds
40g Coconut Oil
30g Rice Krispies
40g Protein Powder (Vanilla)
20g Sugar Free Maple Syrup

Method

Preheat the oven to gas mark 5 and line a baking sheet with parchment paper.

Mix the oats, rice krispies, hazelnuts, coconut flakes, chia seeds and whey powder together in a large mixing bowl.

In a separate bowl, mix together the maple syrup, coconut oil, vanilla extract and cocoa powder. Pour the wet ingredients into the bowl of dry ingredients and mix to combine.

Spread the mixture evenly onto the baking sheet, pressing down firmly. (This will help form those clusters.) Bake for 25-35 minutes mixing at the halfway point. Let cool completely on the countertop then break apart with your fingers.

Store in a large jar or container.



Calories



Protein



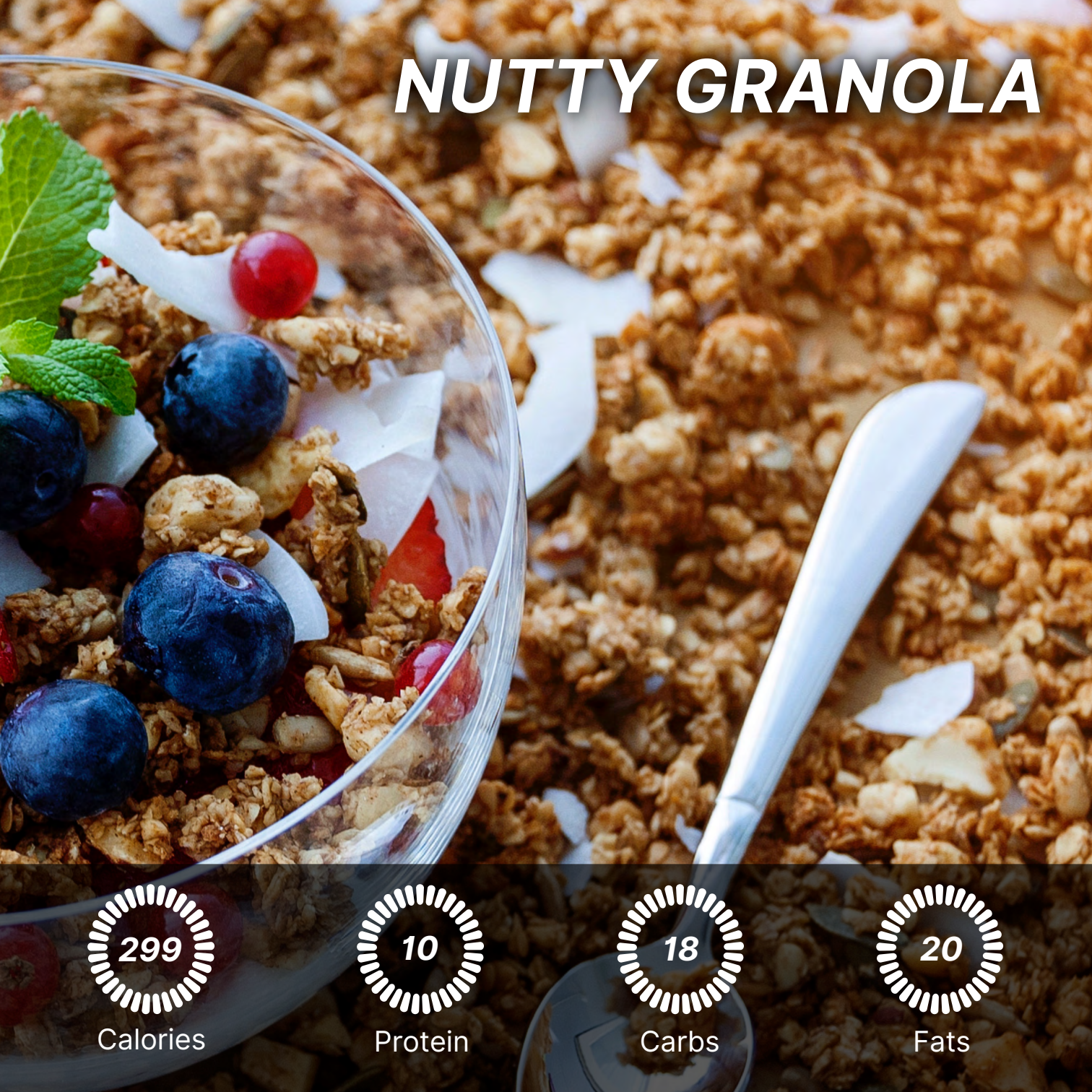
Carbs



Fats



NUTTY GRANOLA



Calories



Protein



Carbs



Fats

Mango & Coconut Chia Pudding

Serves 2

Ingredients

60g Chia Seeds Dried
20g Desiccated Coconut
400g Alpro Coconut Milk
30g Protein Powder (Vanilla)
5ml Vanilla Extract

Mango Puree

5g Honey
250g Mango
20-30mls Water

Method

In a bowl whisk together the chia seeds, shredded coconut, protein powder, coconut milk, and vanilla extract until well combined.

Allow to sit and gel for 60 minutes or over night.

Peel and chop your mango. You can either just add it as a topping or blend the mango to make a puree with a hand blender by adding a little water and the honey, puree until smooth.



Calories



Protein



Carbs



Fats



MANGO CHIA PUDDING



Calories



Protein



Carbs



Fats

Peach Cobbler Overnight Oats

Serves 1

Ingredients

Peach Mix

100g Peaches (Tinned In Juice)
2g Cinnamon, Ground
10g Maple Syrup

Oat Mix

40g Serving Rolled Oats
200ml Unsweetened Almond Milk
30g Protein Powder Vanilla

1 Shortbread Biscuit (Crushed)

Method

Mix the peach mix together and microwave for 45 seconds.

Mix the almond milk and protein together and add in the oats.

Add the oats mix to the bottom of a dish and then add the peach mix top. Leave in the fridge overnight.

Sprinkle the crushed shortbread on top and serve.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Super Smoothie

Serves 1

Ingredients

30g Protein Powder (Vanilla)
20g Flax Seed
150g Unsweetened Almond Milk
15g Pumpkin Seeds
100g Blueberries

Method

Blend all the ingredients, until smooth. If you prefer a thicker smoothie, try using frozen blueberries instead.



Calories



Protein



Carbs



Fats



SUPER SMOOTHIE



359

Calories



31

Protein



17

Carbs



18

Fats



Lunch

Honey Sriracha Pork

Serves 2

Ingredients

5ml Olive Oil
2x Large Eggs,
40g White Flour
200g Broccoli, Raw
250g Pork Tenderloin Medallions
1 Bunch Spring Onions (Sliced)
5g Sesame Seeds
Honey Sriracha Sauce
40g Tomato Ketchup
20g Honey
2tsp Sriracha Hot Chilli Sauce
Salt And Black Pepper To Taste
Low Cal Spray/Olive Oil

Method

Preheat oven to gas mark 6.

Add eggs (beaten) and flour to two large separate bowls. Dunk the pork into the egg mix and then coat in flour, shaking to get off any extra flour. Add the pork into a hot non stick frying pan. (use a couple of sprays of the low cal spray if needed) Seal the pork either side and then place them on a non-stick baking tray leaving a bit of extra room for broccoli at one end. Bake in the oven for 10 minutes.

Chop the broccoli into small florets. Remove pork from oven and flip, then add broccoli and drizzle with olive oil (about 1/2 tbsp) and season with salt and pepper. Place back in the oven for another 10 minutes.

While everything is finishing cooking, mix together the sauce ingredients then microwave for 2 minutes until sauce is slightly thickened. Remove the pork from oven, slice and toss in sauce to coat and then top with green onions and sesame seeds. Serve and enjoy!



Calories



Protein



Carbs



Fats



HONEY SRIRACHA PORK



Calories



Protein



Carbs



Fats

Chilli & Citrus Chicken

Serves 2

Ingredients

250g Chicken Breasts (Sliced Into stripes)
160g Mixed Peppers
240g Red Onions
75g Jasmine Rice (Uncooked)

Marinade

1 Lime (Zest And Juice)
4 Clove Garlic
Pinch Dried Chilli Flakes
4g Demerara Sugar
5g Cumin
Salt And Pepper To Taste

Method

Cook the rice per instructions on the packet

In a large bowl, whisk together all the ingredients for the marinade.

Add the chicken and mix until fully coated. Heat a non stick frying pan to medium-high, grease with a little oil.

Transfer chicken to pan and discard remaining marinade.

Cook the chicken for 5-8 minutes, turning them occasionally, add the sliced onions and peppers to the same pan. Cook for 3-4 minutes or until charred.



Calories



Protein



Carbs



Fats



CHILLI & CITRUS CHICKEN



Calories



Protein



Carbs



Fats

Hazlenut & Mushroom Burger

Serves 1

Ingredients

20g Hazelnuts
100g White Mushrooms Slice
20g Red Onions
50g Breadcrumbs
100g Red Kidney Beans (Tinned & Drained)
3g Paprika
2 Clove Garlic
Salt And Black Pepper To Taste

Method

Place all the burger ingredients into a food processor and blitz to a smooth consistency. Spoon the mix into a large bowl and shape into individual patties.

Place each burger patty on a lined baking tray. Bake in the oven for 30 minutes. Flip each burger after 15 minutes.

Serve with a large mixed salad or loads of green veg.



Calories



Protein



Carbs



Fats



HAZLENUT & MUSHROOM BURGER



Calories



Protein



Carbs



Fats

Sweet & Spicy Chicken

Serves 2

Ingredients

For The Marinade

100g Pineapple In Juice (Tinned)
15ml Toasted Sesame Oil
15ml Soy Sauce
30ml Reduced Sugar Sweet Chilli
Sauce
20ml Rice Vinegar 150ml
20g Honey
3 Clove Garlic (Crushed)

250g Chicken Breast Fillets (Diced)
100g Red Pepper (Diced)
2 Large Sprig Coriander
60g Jasmine Rice (Uncooked)

Method

Whisk together all of the ingredients minus the chicken and pineapple in a bowl. In a resealable freezer bag add in the diced chicken and pour in the marinade, keep 1/4 of it for brushing on the skewers while grilling. Massage the marinade into the chicken and refrigerate overnight if possible.

After the chicken has marinated, preheat the oven on gas mark 6. Add the chicken, pepper and pineapple onto metal or wooden skewers. (I alternated between 2 pieces of chicken and then a piece of pineapple).

Grill the skewers for approximately 5-6 minutes then flip them over and grill another 5-6 minutes. Brush the remaining marinade over the skewers and return to the oven until the chicken is cooked through.



Calories



Protein



Carbs



Fats



SWEET & SPICY CHICKEN



Calories



Protein



Carbs



Fats



Dinner

Korean Beef

Serves 2

Ingredients

For The Beef

400g Beef Rump Steak (Lean)
15ml Soy Sauce
20g Honey
3 Clove Garlic, Raw
14g Fresh Ginger Root (Grated)
1 fresh Chilli (Sliced)

Sesame Slaw

12g Sesame Seeds
20g Light Mayonnaise
2x Large Sprigs Coriander Leaves
5ml Rice Wine Vinegar
Salt And Pepper To Taste
100g Red Cabbage (Fine Sliced)
40g Carrots (Grated)
150g Onions (Fine Sliced)

Method

In a large bowl, add all the marinade ingredients together. Add the steak and marinate 15-20 minutes.

Meanwhile, Mix together ingredients for Sesame slaw dressing, then set aside.

Add steak to the frying pan. Cook on high heat until its cooked how you like.

Toss coleslaw mix with the with dressing and serve with the steak.



Calories



Protein



Carbs



Fats



KOREAN BEEF



Calories



Protein



Carbs



Fats

Tuscan Chicken

Serves 2

Ingredients

250g Chicken Breast
240g Onions (Sliced)
160g Red Peppers (Chopped)
200g Spinach
Pinch Chilli Flakes
5 Clove Garlic
5ml Olive Oil
50g Sun-Dried Tomato Pesto
40ml Double Cream
150ml Chicken Stock
Salt And Black Pepper To Taste
Fresh Parsley (Chopped)

Method

Heat the oil in a large pan over medium heat. Season the chicken on both sides with salt and pepper, and sear in the hot pan, for 5-7 minutes on each side, or until cooked through. Once the chicken breasts are cooked, remove from the pan and set aside.

In the same pan, in the remaining cooking juices. Add in the garlic and fry until fragrant (about one minute). Add pepper and onion and fry until translucent. Add the sun-dried tomato pesto and fry for 1-2 minutes. Finally, pour in the chicken stock, and allow the sauce to reduce down slightly.

Reduce heat to low, add the cream, and bring to a gentle simmer, while stirring occasionally. Season the cream sauce with salt and pepper to your taste. Add the chicken back into the pan along with the baby spinach and simmer for a further few minutes until the spinach wilts and the chicken is hot. Sprinkle with the parsley, and serve.



Calories



Protein



Carbs



Fats



TUSCAN CHICKEN



Calories



Protein



Carbs



Fats

Butternut Squash Soup

Serves 1

Ingredients

300g Butternut Squash (Peeled And Deseeded)

140g Carrots (Peeled)

240g Onions (Sliced)

4 Cloves Garlic

240g Onions

400mls Unsweetened Almond Milk

3g Turmeric

1g Dried Chilli Flakes

3g Paprika

Salt And Black Pepper To Taste

200ml Vegetable Stock

300g Tofu

Method

Heat oven to gas mark 6.

Cut the butternut squash, carrots and tofu into small cubes, then toss with the onions, chilli, garlic, paprika and turmeric in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 mins, turning during cooking, until golden and soft.

While they cook, use the remaining 1 tbsp olive oil in a large saucepan, add the onions, garlic cook for around 5 minutes and then add the veg stock and Almond milk. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

Add in the roasted veg mix into the pan, then blend with a stick blender until smooth.



Calories



Protein



Carbs



Fats



BUTTERNUT SQUASH SOUP



Calories



Protein



Carbs



Fats

Chorizo Cod

Serves 1

Ingredients

120g Cod
30g Chorizo
80g Red Peppers
60g Onions
1g Dried Chilli Flakes
Salt And Black Pepper To Taste

Method

Preheat the oven to gas mark 6. Tear off a very large rectangle of tin foil (60cm x 40cm).

Grease the tin foil with 1 teaspoon of the oil. Put a cod fillet in the centre, then add the onion, peppers and chorizo on top of the cod. Season with salt and pepper.

Fold the foil from each corner to form a pouch and tightly seal, then place the parcel on a large baking tray.

Bake in the oven for 15 to 20 minutes, until the fish is cooked through. Remove from the oven, taking care when opening the foil pouch as the hot steam escapes.



Calories



Protein



Carbs



Fats



CHORIZO COD



Calories



Protein



Carbs



Fats



Dessert

Pumpkin Spice Crème brûlée

Serves 2

Ingredients

3 Egg Yolk
5ml Vanilla Extract
53g Pumpkin Puree
1g Allspice
60g Fage 0% Fat Free
25g Protein Powder Vanilla

Topping

1tps Brown Sugar

Method

Start by blending all of the ingredients for the crème brûlée with a blender.

The goal is to get your mix as smooth as possible. This shouldn't take more than a few minutes.

Take out a couple of short ramekins and evenly distribute your crème brûlée mix into them.

Place those onto a baking pan or dish that's taller than them and add hot water until it's halfway up your ramekins.

Put your pumpkin protein crème brûlée in the oven on gas mark 5 for around 25-30 minutes.

Sprinkle the sugar on top and gently blow torch until dissolved and crispy.



Calories



Protein



Carbs



Fats



PUMPKIN SPICE CRÈME BRÛLÉE



Calories



Protein



Carbs



Fats

Cookie Dough Pie

Serves 4

Ingredients

100g Almond Flour
50g Protein Powder Chocolate
60g Apple Sauce
40g Coconut Oil
20g Dark Chocolate Chips
20ml Unsweetened Almond Milk

Method

Preheat the oven to gas mark 6.

Add the almond flour, protein powder, apple sauce, coconut oil, and milk to a large bowl and mix well to fully combine into a sticky dough. Then add the chocolate chips and stir through.

Transfer the cookie dough into a small ovenproof dish and use the back of a spoon to flatten the mixture down into an even layer.

Bake for 15 minutes, until the top of the cookie has turned golden brown.



Calories



Protein



Carbs



Fats



COOKIE DOUGH PIE



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

