



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

Starters

	4
Winter Soup	5
Smoked Salmon Soufflés	7
Mushroom Crostini	9
Chestnut, Bacon & Parsnip Soup	11

Side Dishes

	13
Roasted Butternut Squash	14
Brussel Sprouts with Cranberry and Feta	16
Maple Glazed Carrots	18
Braised Red Cabbage	20

Mains

	22
1 Pan Turkey and Veg	23
Apricot Pork Loin	25
Nut Roast	27
Christmas Bake	29
Baked Slamon	31

Dessert

	33
Hazlenut Swirl	34
Pecan Snowflake Cookies	36



Starters

Winter Soup

Serves 2

Ingredients

350g Butternut Squash
240g Onions
5ml Olive Oil
8g Garlic
14g Fresh Ginger Root
3g Nutmeg
1ltr Veg Stock
4 Sprig Sage
Salt & Pepper

Method

In a large saucepan, heat oil on medium.

Add onions and salt. Cook 40 minutes or until deep golden brown, stirring occasionally. Add garlic, sage, ginger and nutmeg. Cook 5 minutes or until garlic is golden, stirring occasionally.

Add stock and squash. Heat to simmering on high, scraping up browned bits from bottom of pot. Reduce heat to maintain simmer; cook 20 minutes stirring occasionally.

Once cooked blend the soup with a hand blender until smooth.



Calories



Protein



Carbs



Fats



WINTER SOUP



193

Calories



17

Protein



26

Carbs



3

Fats

Smoked Salmon Soufflés

Serves 6

Ingredients

40g Butter, Salted
25g White Flour
300ml Unsweetened Almond Milk
85g Philadelphia Light Soft Cheese
3 Eggs (Yolks & whites Separated)
85g Smoked Salmon (Chopped)
50g Creme Fraiche (Half Fat)
120g Smoked Salmon
1 Whole Lemon Zest

Method

Put the butter, flour and milk in a pan and cook, stirring over the heat until thickened. Stir in the cheese, in small spoonfuls, season to taste, then beat to incorporate.

Heat oven to 200C/gas mark 6. Butter 6 x 150ml soufflé dishes and line the base with baking paper. Stir the egg yolks into the sauce, add the chopped salmon and lemon. Whisk the egg whites until stiff, then carefully fold into the salmon mix. Spoon into the dishes and bake in a tin half-filled with cold water for 15 mins until risen and golden. Cool; don't worry if they sink.

When ready to serve, very carefully turn the soufflés out of their dishes, peel off the lining paper and place on squares of baking paper. Top with the crème fraîche and bake for 10-15 mins at 200C/180C fan/gas 6 until the soufflés start to puff up.

Serve with the remaining salmon.



Calories



Protein



Carbs



Fats



SMOKED SALMON SOUFFLE



Calories



Protein



Carbs



Fats

Mushroom Crostini

Serves 6

Ingredients

15ml Olive Oil
3 Clove Garlic
4g Red Chilli Flakes
400g Shiitake Mushrooms
25g Parsley (Fresh, Roughly
Chopped)
4x Slice Sourdough

Method

Heat the olive oil in a frying pan, fry the chopped garlic and chilli for one minute, then add the mushrooms and fry for a further 2-3 minutes, or until cooked.

Stir in the parsley and season with salt and freshly ground black pepper.

Meanwhile, toast the slices of bread on both sides.

Spoon over the mushrooms and serve.



Calories



Protein



Carbs



Fats



MUSHROOM CROSTINI



Calories



Protein



Carbs



Fats

Chestnut, bacon & Parsnip soup

Serves 4

Ingredients

4 rashers of bacon (Chopped)
400g Parsnips
18g Honey
240g Onions
400ml Unsweetened Almond Milk
100g Cooked Chestnuts
1 Chicken Stock Cube
4 Sprigs Thyme (Fresh)

Method

Fry the bacon until crisp. Scoop out half the bacon and set aside until later. Add the onion and garlic to the pan, stirring until tender, then add the parsnips. Cook for another 5 mins, then crumble in the chicken stock cube.

Add the milk, 600ml water, the thyme and chestnuts. Cover and simmer for 30 mins until the parsnip is tender.

Blitz with a hand blender, then season to taste.

Ladle into bowls and top with the reserved bacon.



Calories



Protein



Carbs



Fats



CHESTNUT, BACON & PARSNIP SOUP



Calories



Protein



Carbs



Fats



Side Dishes

Roasted Butternut Squash and Kale pesto

Serves 2

Ingredients

10g Pumpkin Seeds
400g Butternut Squash
10ml Olive Oil
4g Garlic
300g Onions (Thick Slices)
300g Curly Kale
25g Green Pesto

Method

Preheat oven to 180°C / gas mark 5. Toast pumpkin seeds on a rimmed baking sheet until lightly browned, 6–8 minutes. Let cool.

Increase oven temperature to 200°C / gas mark 6. Toss squash pieces, the onion and oil on another rimmed baking sheet to coat; season with salt. Roast, tossing occasionally, until browned and tender, 30–40 minutes.

Cook the kale just until wilted and bright green, about 1 minute. Mix with the pesto and pumpkin seed.

Divide squash among plates. Drizzle with pesto mix and sprinkle with sea salt.



Calories



Protein



Carbs



Fats



ROASTED BUTTERNUT SQUASH & KALE PESTO



Calories



Protein



Carbs



Fats

Brussels Sprouts with Cranberry & Feta

Serves 2

Ingredients

Low Cal Oil Spray
300g Brussels Sprouts, Boiled Or Steamed
1 Lemon (Juice And Zest)
100g Cranberries (Dried)
10g White Sugar
25ml Brandy
2g Mixed Spice
100g Feta Cheese (Crumbled)
20g Nuts

Method

Zest the lemon and set aside. Cut any remaining white pith from lemon, then cut into segments. Coarsely chop segments; place in a medium bowl. Mix the zest, sugar, mixed spice and brandy into lemon segments and blitz with a hand blender until almost smooth. Then add the dried cranberries and warm over a low heat while the sprouts cook.

Preheat oven to 200°C / Gas mark 6.

Add the Brussels sprouts and coat with the oil spray on a rimmed baking sheet; season with salt and pepper. Roast until browned and tender, 25–30 minutes.

Add the lemon mix and feta to Brussels sprouts and toss to combine. Add back to the oven for 4–5 mins to start to melt the feta.

Transfer to a platter or large bowl and serve.



Calories



Protein



Carbs



Fats



BRUSSEL SPROUTS WITH CRANBERRY & FETA



Calories



Protein



Carbs



Fats

Maple Glazed Carrots

Serves 2

Ingredients

Low Cal Oil Spray
400g Rainbow Carrots(Peeled & Cut Length Ways)
10g Maple Syrup
4g Coriander Seeds
1 Lime (Zest Only)

Method

Place large rimmed baking sheet in oven; heat oven to 200.c / Gas mark 6.

Mix the carrots, with the coriander and ¼ teaspoon each salt and pepper. Use a couple of sprays of the oil spray and add to the hot baking sheet.

Cook for 20 mins then remove from oven and mix in the maple syrup, lime zest.

Return to the oven and cook for 5 mins longer.



Calories



Protein



Carbs



Fats



MAPLE GLAZED CARROTS



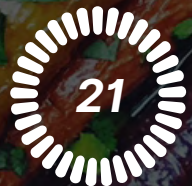
Calories



Protein



Carbs



Fats

Braised Red Cabbage

Serves 4

Ingredients

10g Butter
800g Red Cabbage
240g Red Onions (Finely Sliced)
100ml Apple Juice
30g Brown Sugar
100ml Red Wine
1 Cinnamon Sticks
1g Ground Nutmeg

Method

Quarter the red cabbage and remove the core, then finely shred.

Tip into a large pan with the red onion, brown sugar, cider vinegar, red wine, butter and cinnamon stick, nutmeg and season well.

Bring to a simmer, then cover with a lid, lower the heat and cook for 60 mins, stirring every so often. Remove the lid and continue cooking for 30 mins until tender.



Calories



Protein



Carbs



Fats



BRAISED RED CABBAGE



Calories



Protein



Carbs



Fats



Main Meals

1 Pan Roast Turkey

& Veg

Serves 4

Ingredients

1kg Rolled & Boned Turkey
18g Honey
7g Paprika
10g Garlic
10g Butter
1g Olive Oil
300g Shallots (Peeled & Cut In
Half Length Ways)
400g Parsnips (Par Boiled)
400g Potatoes (Par Boiled)
250g Carrots (Par Boiled)

Method

Heat oven to 200.c/gas mark 6

In small bowl, combine butter, garlic, paprika, and ½ tsp each salt and pepper. Rub butter mixture all over turkey breasts. Place one breast half on top of the other, arranging so 1 thick side and 1 thin side are sandwiched together. Use some string to tie the breasts together.

On large rimmed baking sheet, toss shallots with ½ the oil and ½ tsp each salt and pepper. Arrange them in centre of sheet and place turkey on top. Roast 20 minutes. Remove from oven and transfer turkey to cutting board.

Use the remaining oil with the potatoes and parsnips add to baking sheet around the edges. Mix the carrots with shallots arrange in even layer in the middle of the tray. Place turkey on top of carrot mix and roast until turkey fully cooked and vegetables are golden brown and tender, 35 to 45 minutes more (remove vegetables that are done before turkey).

Transfer turkey to clean board and let rest at least 10 minutes before slicing. Serve with pan juices and vegetables.



Calories



Protein



Carbs



Fats



ROAST TURKEY AND VEG



Calories



Protein



Carbs



Fats

Apricot Pork Loin

Serves 4

Ingredients

100g Dried Apricots
600g Pork Loin
10g Garlic
3g Rosemary (Dried)
750ml Chicken Stock
300g Onions
Salt & Pepper

Method

In a saucepan over medium-high heat, bring apricots and 1/2 cup water to a boil. Remove from heat and let sit until water is absorbed, about 10 minutes.

Using a long thin knife, cut a 1 1/2-inch-wide slit through centre of pork loin lengthwise. Insert a wooden spoon handle and widen the opening. In a small bowl, mix apricots, half the garlic, and 1/4 teaspoon salt. Pack mixture into opening in pork loin.

Tie pork loin at 1 1/2-inch intervals with string.

Preheat oven to 325°F. Mix together the rosemary, 3/4 teaspoon salt, and 1 teaspoon pepper to a coarse rub. Mix in remaining garlic and rub all over pork loin.

Place pork loin in a medium roasting pan fitted with a rack and roast for 30 minutes. Remove from oven and pour broth over pork loin. Return to oven and continue to roast, basting every 20 minutes, until the pork is fully cooked.

Transfer roast to a wire rack to rest for 20 minutes before slicing.



Calories



Protein



Carbs



Fats



APRICOT PORK



Calories



Protein



Carbs



Fats

Nut Roast

Serves 6

Ingredients

220g Mixed Nuts
240g Onions (Diced)
5g Garlic
10ml Olive Oil
100g Breadcrumbs
15g Light Soy Sauce
10g Mixed Herbs
240ml Vegetable Stock
30g Dried Cranberries

Method

In a frying pan, cook the diced onion and garlic in olive oil until soft, translucent and just starting to brown.

In a food processor pulse the nuts until they are in a semi fine powder.

In a mixing bowl, combine the ground nuts, sautéed onion, breadcrumbs, soy sauce, herbs, cranberries and vegetable stock.

Transfer into a loaf tin lined with grease-proof paper. Then flatten the surface with a silicon spatula.

Bake in a preheated oven at 180C / gas 4 for 30-40 minutes until the top is browned.

Leave in the tin to rest for 10 minutes, before placing a board or serving plate on top, and flipping over to remove the roast from the tin.

The cooked nut roast should be firm enough to be flipped out of the tin onto a board ready for slicing.



Calories



Protein



Carbs



Fats



NUT ROAST



Calories



Protein



Carbs



Fats

Christmas Bake

Serves 4

Ingredients

300g Turkey Breast Meat (Shredded)
250ml Chicken Gravy
10 Pigs In Blankets (Thinly Sliced)
240g Onions (Diced)
300g White Pasta, Cooked
30ml Double Cream
30g Cranberry Sauce
60g Cheddar Cheese

Method

Preheat oven to 190 C / Gas mark 5.

Cook the pasta according to the instructions, while this is happening make the rest of the mix.

Bring a large pot of lightly salted water to the boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

Heat a large deep frying pan over medium-high heat. Add the onion and cook until lightly browned, about 5 minutes. Stir in the turkey and sausage and cook for 5 minutes until hot. Remove from heat.

Pour the gravy, cream and cranberry sauce into frying pan. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer 5 minutes until the sauce has thickened. Add drained pasta and sauce to the frying pan containing the mixture and mix well. Spoon the mixture into an oven proof dish. Sprinkle the cheese over the top. Bake 20 minutes, or until the top is golden and bubbly.



Calories



Protein



Carbs



Fats



CHRISTMAS BAKE



Calories



Protein



Carbs



Fats

Baked Salmon

Serves 6

Ingredients

75g Breadcrumbs
3g Thyme, Dried, Ground
1 Lemon (Zest Only
15ml) Olive Oil
1kg Salmon
30g Pistachio Nuts

Method

Heat the oven to 200C/gas 6.

Toast the breadcrumbs in a dry frying pan for 2-3 mins until golden and toasted, then tip onto a plate and leave to cool.

Combine the breadcrumbs, thyme, lemon zest and some seasoning in a mixing bowl. Drizzle with the olive oil and mix in thoroughly.

Lay a piece of baking parchment on a baking tray large enough to fit the salmon fillet. Put the salmon fillet skin-side down on top, and carefully spread the crust mixture over the top of the salmon. Don't press the mixture down too much. Drizzle with a little extra olive oil.

Bake the salmon for 20-25 mins ideally until it is just cooked and the crust has turned a golden colour.



Calories



Protein



Carbs



Fats



Baked Salmon



282

Calories



37

Protein



9

Carbs



10

Fats



Dessert

Hazelnut Swirls

Serves 6

Ingredients

150g Self-Raising Flour
4g White Sugar
5g Ground Cinnamon
60g Butter
2 Spray Low Cal Cooking Spray
80ml Unsweetened Almond Milk
1 Large Egg
80g Nutella Spread
30g Hazelnuts

Method

Preheat oven to 200C. Grease an 18cm x 28cm slice pan with melted butter. Combine the flour, sugar and cinnamon in a large bowl.

Rub the chopped butter into the flour mixture until it resembles breadcrumbs. Whisk the milk and egg in a jug until well combined.

Pour into the flour mixture and stir with a wooden spoon until a sticky dough forms. Gently knead the dough on a lightly floured surface until smooth.

Roll out the dough on a piece of baking paper to a 30cm x 40cm rectangle. Spread with hazelnut spread, leaving a 1cm border. Sprinkle with hazelnuts. Starting with 1 long side, roll up tightly into a log. Use a large serrated knife to cut into 12 pieces. Arrange, cut-side up, in prepared pan (spray with the low cal oil). Bake for 25 mins or until golden. Set aside for 15 mins to cool.



Calories



Protein



Carbs



Fats



HAZELNUT SWIRL



Calories



Protein



Carbs



Fats

Pecan Snowflake Cookies

Serves 4

Ingredients

70g Pecan Nuts
50g Icing Sugar
70g Butter, Salted
5ml Vanilla Extract
140g White Flour
4g Cinnamon Ground
Pinch Salt

Method

Pulse pecans and the sugar in a food processor until finely ground.

Add butter and vanilla. Pulse until smooth. Add flour, salt, and cinnamon. Process until combined, 15 to 20 seconds. Roll between parchment paper to 1/4-inch thickness.

Chill until firm, 30 minutes.

Preheat oven to 350°F. Line two baking sheets with parchment paper.

Using a floured snowflake-shaped cookie cutter, cut out cookies and place on prepared baking sheets, spacing 1 1/2 inches apart. Bake until lightly golden brown around the edges, 7 to 10 minutes. Cool on baking sheets on wire racks.



Calories



Protein



Carbs



Fats



PECAN SNOWFLAKE COOKIES



Calories



Protein



Carbs




Fats



PAUL WALLACE
FITNESS

MADE PERSONAL

 *[paul_wallace_fitness](#)*

 Designed and produced by [@Nutritional_bear](#)

