



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

Raspberry Zinger Smoothie

Serves 1

Ingredients

180g Frozen Cauliflower
140g Frozen Raspberries
1 Lemon (Juiced)
24g Vanilla Protein Powder
12g Chia Seeds
360ml Unsweetened Almond Milk

Method

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Calories



Protein



Carbs



Fats



RASPBERRY ZINGER SMOOTHIE



312

Calories



27

Protein



36

Carbs



10

Fats

Brownie Protein Pancake

Serves 2

Ingredients

13g Ground Flax Seed
90ml Water
50g Chickpea Flour
50g Chocolate Protein Powder(Plant Based)
5g Cocoa Powder
14g Baking Powder
240ml Unsweetened Almond Milk (Or Water)
60g Dark Chocolate Chips
7ml Coconut Oil

Method

Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.

In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.

Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms.

Fold in the chocolate chips.

Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.

Plate the pancakes and enjoy! Try sprinkling a few blueberries on top if you want.

This recipe uses a plant-based protein powder. If using another type of protein powder, results may vary.



Calories



Protein



Carbs



Fats



BROWNIE PROTEIN PANCAKE



Calories



Protein



Carbs



Fats

Scrambled Eggs with Peppers & Kale

Serves 2

Ingredients

7ml Extra Virgin Olive Oil
1 Red Bell Pepper (Sliced)
42g Kale Leaves (Chopped)
6 Egg
Sea Salt & Black Pepper (To Taste)

Method

Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and sauté until softened, about 5 to 7 minutes.

While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.

Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.

Divide between plates and enjoy!



Calories



Protein



Carbs



Fats



SCRAMBLED EGGS WITH PEPPERS & KALE



Calories



Protein



Carbs



Fats

English Muffin Breakfast Pizzas

Serves 1

Ingredients

120g Egg Whites
15ml Water
45g Baby Spinach
1 English Muffin (Sliced In Half)
30g Salsa
28g Mozzarella Cheese (Shredded)

Method

Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.

Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.

Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!



Calories



Protein



Carbs



Fats



ENGLISH MUFFIN BREAKFAST PIZZAS



Calories



Protein



Carbs



Fats



Lunch

Bacon & Veggie Baked Eggs

Serves 2

Ingredients

5 Slices Bacon (Chopped)
200g Mushrooms (Sliced)
178g Green Cabbage (Thinly Sliced)
4 Eggs
Sea Salt

Method

Preheat the oven to 375°F (190°C).

Add the bacon to a cast-iron skillet (or another oven-safe pan) over medium heat. Cook for 3-4 minutes, stirring occasionally until cooked and slightly crispy. Transfer the bacon to a plate or bowl lined with paper towel and remove all but a splash of the bacon grease in the pan.

Add the mushrooms to pan and cook for about five minutes or until browned and softened.

Add the cabbage and a little sea salt to the pan with the mushrooms and cook for about five minutes more or until the cabbage begins to wilt and any water released has evaporated from the pan. Stir in the crispy bacon.

Make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking. Remove the from oven and enjoy!



Calories



Protein



Carbs



Fats



BACON & VEGGIE BAKED EGGS



Calories



Protein



Carbs



Fats

Herb & Shrimp Orzo

Serves 2

Ingredients

15ml Extra Virgin Olive Oil
¼ Onion (Medium Chopped)
2 Garlic (Cloves Minced)
56g Orzo (Dry)
237ml Water
100g Asparagus (Trimmed Cut Into Bite-Sized Pieces)
227g Prawns (Peeled, De veined)
½ Lemon (Juiced & Zested)
8g Parsley (Chopped)
Sea Salt & Black Pepper (To Taste)

Method

Heat a pan over medium heat and add the oil. Once hot, add the onion and sauté until softened, about three to five minutes. Add the garlic and cook for one minute, until fragrant.

Add the orzo and stir until slightly toasted, about one minute. Add the water, asparagus, and salt and pepper. Cover and cook for ten minutes, stirring occasionally.

In a frying pan, add a splash of water and fry the prawns until pink and cooked through. Add the lemon juice, zest, and parsley. Divide the Orzo pasta mix onto plates and top with the prawns and enjoy!



Calories



Protein



Carbs



Fats



HERB & SHRIMP ORZO



Calories



Protein



Carbs



Fats

Quinoa Buddha Bowl

Serves 2

Ingredients

280 Gram Quinoa Cooked
75g Red Bell Pepper (Thinly Sliced)
200 Gram Chickpeas
2 Large Handfuls Of Salad
1 Medium Cucumber (Thinly Sliced)
½ Avocado, Thinly Sliced
½ tsp Toasted Sesame Seeds

Satay Dressing:

6g Peanut Butter
½ Lemon (Juice)
2tbsp Olive Oil
10ml Water
Salt
Pepper

Method

Begin by preheating your oven to 200 C/400 F/
gas 6

Toss the chickpeas and peppers in the rice bran
oil and salt. Spread on a baking tray and roast in
the oven for 20 to 25 minutes.

Meanwhile, whisk the ingredients for the
dressing in a bowl, until the peanut butter is
thoroughly mixed in.

Arrange the remaining ingredients in a bowl with
the quinoa, add the roasted vegetables, drizzle
with the satay dressing and top with toasted
sesame seeds



Calories



Protein



Carbs



Fats



BUDDHA BOWL



Calories



Protein



Carbs



Fats

Moo Shu Beef Stir Fry

Serves 3

Ingredients

1 Garlic (Clove, Chopped)
2g Ginger (Minced)
5ml Rice Vinegar
64g Hoisin Sauce
12g Tamari
7ml Sesame Oil
340g Steak (Sliced Thin)
10ml Avocado Oil (Divided)
267g Green Cabbage (Thinly Shredded)
290g Shiitake Mushrooms (Sliced)

Method

In a small bowl, whisk together the garlic, ginger, rice vinegar, hoisin sauce, tamari, and sesame oil. Pour half the marinade over the steak and keep the rest for later.

Heat a large nonstick pan over medium heat. Add half of the avocado oil and then add the cabbage and mushrooms. Cook for three to four minutes, until softened and the mushrooms are slightly browned. Remove from heat and set aside on a plate.

In the same skillet, over medium heat, add the remaining avocado oil and then place the steak slices in the skillet, along with the marinade it's been sitting in. Cook for 2-3 minutes. Add the vegetables back to the skillet and toss everything together. Pour in the reserved marinade and continue cooking for another three minutes until the steak is cooked through and everything is well coated.

Remove from the heat and divide onto plates. Enjoy!



Calories



Protein



Carbs



Fats



MOO SHU BEEF STIR FRY



Calories



Protein



Carbs



Fats



Dinner

Steak & Potato Salad

Serves 2

Ingredients

300g Mini Potatoes (Quartered)
30ml Extra Virgin Olive Oil
(Divided)
Sea Salt & Black Pepper (To Taste)
280g Steak
½ Head Green Lettuce (Chopped)
1 Tomato (Chopped)

Method

Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.

In a large bowl, toss the potatoes with half the oil and season with salt and pepper. Arrange the potatoes on the baking sheet and cook for 20 minutes, flipping halfway, or until they are crispy and cooked through.

Meanwhile, coat the steak in the remaining oil and season with salt and pepper.

Heat an oven proof skillet over medium-high heat. Brown the steak on both sides for two minutes.

Transfer to the oven and bake for 4-6 minutes or until the steak is cooked to your liking. Remove from the oven and let rest for five minutes, then cut into slices.

Divide the lettuce, tomato, potatoes and steak onto plates. Serve as is or with your favourite dressing and enjoy!



Calories



Protein



Carbs



Fats



STEAK & POTATO SALAD



456

Calories



33

Protein



29

Carbs



24

Fats

Huevos Rancheros Frittata

Serves 2

Ingredients

7ml Extra Virgin Olive Oil
40g Red Onion (Diced)
4 Egg
65g Salsa
50g Cheddar Cheese (Shredded)
1g Smoked Paprika
Sea Salt

Method

Preheat the oven to 350 F (176 C).
Heat the oil in a small cast iron skillet over medium heat. Place the onions in the skillet and sauté until soft, about six to seven minutes.

Whisk the eggs in a bowl. Add the salsa, cheese, smoked paprika, and salt. Pour everything on top of the onions and give it a quick mix.

Place the skillet in the oven and bake for 20 to 25 minutes, until cooked through to your liking. Remove, let cool for a few minutes and then slice and serve.



Calories



Protein



Carbs



Fats



HUEVOS RANCHEROS FRITTATA



Calories



Protein



Carbs



Fats

Chicken Fried Rice

Serves 3

Ingredients

120g Jasmine Rice (Uncooked)
4 Egg (Whisked)
50g Mushrooms (Sliced)
200g Red Pepper (Chopped)
227g Cooked Chicken Breast (Chopped)
3g Sea Salt
50g Spring Onion (Chopped)

Method

Cook the rice according to the directions on the package.

Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.

In the same pan, add the mushrooms, pepper, chicken and the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the vegetables are cooked but still tender.

Stir in the scrambled eggs, cooked rice and spring onions, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and enjoy!



Calories



Protein



Carbs



Fats



CHICKEN FRIED RICE



Calories



Protein



Carbs



Fats

Mushroom & Feta Pita Bread Pizza

Serves 1

Ingredients

5ml Avocado Oil
180g Mushrooms (Sliced)
10g Shallot (Sliced)
52g Whole Wheat Pita Bread
20g Rocket
38g Feta Cheese (Crumbled)
Sea Salt & Black Pepper (To Taste)

Method

Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.

Heat the oil in a skillet over medium-high heat. Cook the mushrooms with the salt and pepper for about 4-5 minutes. Push them to the side and add the shallots. Cook for one to two minutes or until browned and soft.

Top the pita bread with the rocket, mushroom mix, and feta cheese. Transfer to the baking sheet and bake for 5-6 minutes or until the pita bread is crispy. Cut into slices and enjoy!



Calories



Protein



Carbs



Fats



MUSHROOM & FETA PITA BREAD PIZZA



Calories



Protein



Carbs



Fats



Snack

Papaya with Cottage Cheese

Serves 1

Ingredients

210g Cottage Cheese
140g Papaya (Peeled, Seeds Removed, Chopped)

Method

Serve the cottage cheese with chopped papaya.
Enjoy!



Calories



Protein



Carbs



Fats



PAPAYA WITH COTTAGE CHEESE



Calories



Protein



Carbs



Fats

Lemon Cheesecake Cookies

Serves 24

Ingredients

10g Chia Seeds
20ml Water
110g Unsalted Butter (Softened)
100g Sweetener
120g Cream Cheese (Softened)
5ml Vanilla Extract
10g Lemon Zest
½ tsp Baking Powder
¼ tsp Salt
325g Almond Flour

Method

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

Add the water to the chia seeds leave for 5- 10 minutes.

Use a hand mixer to cream the butter and sweetener together, add in the cream cheese and mix until smooth.

Combine the chia mixture, vanilla extract, lemon zest, baking powder and salt. Then fold in the almond flour to form a dough.

Use a tablespoon of the dough for each cookie and place the cookies on the parchment paper. Shape the cookie dough to form a cookie shape.

Place the sheet into the oven and bake for 15 to 18 minutes until the cookies are lightly browned. Once cooked remove the sheet from the oven and set aside to cool for 15 to 20 minutes before serving. These cookies can be stored in an airtight container at room temperature for 2-3 days.



Calories



Protein



Carbs



Fats



LEMON CHEESECAKE COOKIE



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

