



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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Sausage & Roasted Veg Bake

Serves 6

Ingredients

24 Heck Chicken Sausages
240g Red Onions (Cut Into Wedges)
2 Garlic Cloves (Crushed)
300g Aubergine (Sliced)
400g Bell Peppers (De Seeded & Sliced)
2 Springs Fresh Rosemary
200g Cherry Tomatoes
200g Broccoli
200g Fine Beans
400g New Potatoes (Small Diced)

Method

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

Place the new potatoes into a large roasting tray and cook them in the oven for 5 minutes. Once they have browned slightly, remove from the oven and place the vegetables and sausages in the tin.

Sprinkle over the rosemary and drizzle with olive oil, making sure all the vegetables are evenly covered.

Roast the vegetables, potatoes and sausages in the oven for 25 minutes. After this, turn the sausages and vegetables and cook for a further 5 minutes to ensure they are well cooked all over before removing from the oven.

By this point, the vegetables should look deliciously charred and the sausages should have turned golden brown.



Calories



Protein



Carbs



Fats



SAUSAGE & ROASTED VEG BAKE



263

Calories



31

Protein



22

Carbs



6

Fats

Beef “Lasagne”

Serves 4

Ingredients

2 Leeks
2 White Onion (Finely Diced, save 1/2 for the white sauce)
2 Celery Sticks (Diced)
2 Carrots (Peeled & Diced)
500g Lean Beef Mince
2 Cloves Garlic (Crushed)
150g Chestnut Mushrooms
2tbsp Plain Flour
200mls Beef Stock
400g Chopped Tomatoes
2tbsp Tomato Paste
1tsp Dried Mixed Herbs
500mls Almond Milk
2tbsp Corn Flour
20g Parmesan Or Cheddar Cheese

Method

For this recipe we use leeks instead of pasta to lower the carbs, begin by trimming them to the same length as the dish your going to use to cook it in. Separate the larger leaves from the rest of the leeks, as these are your ‘lasagne’ sheets. We can use the smaller ones in the mix.

Heat a non-stick pan over a medium-high heat and add the beef, leeks, onion, celery, carrots, mixed herbs and garlic and fry without added fat for around 10 minutes, or until the beef and vegetables have begun to brown slightly. Stir in the chopped chestnut mushrooms and cook for a few more minutes until they have started to soften.

Add the plain flour to the pan and mix well. Add the beef stock and cook for a few minutes before adding the tinned tomatoes, tomato paste. Season with freshly ground black pepper and simmer for around 30 minutes.

Meanwhile, make the white sauce by adding the onion wedges, the remaining bay leaf to the milk. Bring to the boil, once the milk has been boiling for a few minutes remove the onion and bay leaf. Slowly add in the corn flour (use according to the instructions on the packet) to a pan and simmer over a low heat for around 3-4 minutes until the sauce thickens.

In another pot, add boiling water and the leek ‘lasagne’ sheets. Bring to a boil and cook the leeks for five minutes, or until they are very tender. Drain in a colander. It is important that the leeks are soft as otherwise the lasagne will be hard to cut. Layer the leeks, mince mix and white sauce. You should have enough for 3 layers. Bake the dish in the oven for around 30 minutes, by which point it should be golden on top & bubbling.



Calories



Protein



Carbs



Fats



BEEF "LASAGNE"



Calories



Protein



Carbs



Fats

Cottage Pie

Serves 6

Ingredients

Mashed potatoes topping:

750g Potatoes, Peeled & Diced

Mince Filling:

600g Beef Mince (5% Fat)

1tsp Olive Oil

300g Onion (Finely Diced)

2 Cloves Garlic (Crushed)

600g Mushrooms (Chopped)

300g Frozen Mixed Vegetables

2 tbsp Flour

250mls Beef Stock

20g Tomato Purée

1tsp Worcestershire Sauce

1tsp Thyme, Chopped

Salt & Pepper

Method

Boil the potatoes in a large pan of salted water until they are soft. Drain the potatoes and in the same pan mash them with the, salt and pepper until smooth.

Meanwhile, preheat your oven to 200°C/400°F/gas 6.

In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate. Add oil, onion, garlic, mushrooms to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelize this should take around 10 minutes.

Add the flour, beef stock, tomato purée, Worcestershire sauce, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large oven proof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and color to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.



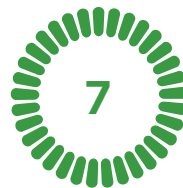
Calories



Protein



Carbs



Fats



COTTAGE PIE



Calories



Protein



Carbs



Fats

Chicken Korma

Serves 6

Ingredients

400g Chicken Breast (Cubed)
2tbsp Butter
100g Onion (Finely Diced)
4 Garlic Cloves (Crushed)
30g Sultanas
30g Ground Almonds
100ml Chicken Stock
200ml Unsweetened Almond Milk

The Marinade

200g Korma Paste
1/2tsp Chilli Flakes
Salt and Pepper

Method

In a bowl, mix all the marinade ingredients. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hour or overnight.

In a large, heavy saucepan, heat the butter. Add the onion, garlic and some seasoning. Fry on a medium heat for until soft. Then add the marinated chicken. Cook for 10 mins, then add any remaining marinade left in the bowl, the stock, almond milk, sultanas and the ground almonds . Cook on a low heat for 5 mins.



Calories



Protein



Carbs



Fats



CHICKEN KORMA



Calories



Protein



Carbs



Fats

Chickpea Coconut Dhal

Serves 6

Ingredients

375g Red Lentils
5mls Vegetable Oil
200g Onion (Finely Chopped)
3 Garlic Clove (Crushed)
70g Tikka Curry Paste
400g Chickpeas (Drained)
400ml Alpro Coconut Milk
300ml Veg Stock
200g Spinach
1 Lemon, Juiced

Method

Rinse and drain the lentils.

Heat the oil in a large pan and fry the onion and garlic for a minute over a high heat. Stir in the curry paste and sizzle for another minute, then add the rinsed lentils and chickpeas. Pour in the coconut milk and veg stock.

Bring to the boil and cook for about 30 minutes until the lentils are just done. Stir in the spinach to wilt, season and add the lemon juice.



Calories



Protein



Carbs



Fats



CHICKPEA COCONUT DHAL



Calories



Protein



Carbs



Fats

Stuffed Pepper

Serves 6

Ingredients

270g Brown Rice (Cooked)
6 Bell Peppers
500g Turkey Breast Mince
150g Onion (Chopped)
2 Cloves Garlic (Minced)
1tbsp Mixed Herbs
350ml Water
10g Tomato Paste
35g mozzarella (Grated, if your plan allows)

Method

Cook rice according to instructions on the packaging. Cut bell peppers in half, remove seeds and set aside.

In a large dry non-stick pan, cook the turkey mince with the onion and garlic for about 8 mins. Remove from the heat and add the rice. Mix the tomato paste with the mixed herbs and season with salt and pepper, to taste. Add this to the turkey mix.

Preheat oven to 375F (190C). Place the bell peppers in a baking dish (if they are leaning too much, trim the bottom slightly to create a flat surface).

Stuff each bell pepper/capsicum with the turkey and rice mixture. Top each pepper with 1 tbsp tomato sauce and a sprinkle of cheese.

Pour 1 cup of water into the bottom baking dish, this will help steam the peppers. Cover the dish with foil and bake for 35 minutes. Remove foil and bake uncovered for about 5 more minutes, until cheese melts.



Calories



Protein



Carbs



Fats



STUFFED PEPPERS



Calories



Protein



Carbs



Fats

Vegan Chilli

Serves 6

Ingredients

200g Medium Onion (Diced)
2 Medium Pepper (Diced)
2-3 Cloves Garlic (Minced)
1 Red Chilli Or Jalapeño (Sliced Finely)
500ml Vegetable Broth
2 Can Black Beans (Drained & Rinsed)
2 Can Lentils (Drained & Rinsed)
200g Corn
2 Can Chopped Tomatoes
1tsp Tomato Paste
4g Cumin
4g Paprika Powder
2g Chilli Powder
3g Oregano
Salt And Pepper To Taste

Method

Add the onion, pepper, garlic and chilli with some water into a sauce pan and cook for 5 minutes on a medium to high heat. Next add in the broth, beans, lentils, sweetcorn, chopped tomatoes, tomato paste, spices and stir well. Simmer on medium heat for 20-30 mins, making sure you stirring occasionally.

Season with salt and pepper.



Calories



Protein



Carbs



Fats



VEGAN CHILLI



Calories



Protein



Carbs



Fats

Turkey & Egg Fried Rice

Serves 6

Ingredients

900g Turkey Breast Mince, 2% Fat
300g Spinach
150g Rice (Uncooked Weight)
100g Onion
2 tbsp Coconut Oil
1 Onion (Finely Chopped)
2 Cloves Garlic (Minced)
15g Tomato Puree
3 Egg

Spices:

1 tsp Paprika
1 tsp Turmeric
1 tsp Oregano
1/3 tsp Cayenne Pepper
Salt and Pepper to taste

Method

Cook the rice according to the instructions on the packaging.

While the rice is cooking. Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.



Calories



Protein



Carbs



Fats



TURKEY & EGG FRIED RICE



Calories



Protein



Carbs



Fats

Prawn Fried Rice

Serves 6

Ingredients

5 Sprays Low Cal Oil Spray
900g King Prawns (Raw & Peeled)
40g Cornflour
3 clove Garlic (Finely Sliced)
3 Large Egg
600g White Mushrooms,
600g Frozen Mixed Vegetables
600g 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

Italian Chicken Jambalaya

Serves 4

Ingredients

1 tsp Olive Oil
1 Red Or Green Pepper (Diced)
1 Onion (Diced)
3 Garlic Cloves (Crushed)
1 tsp Fennel Seeds
12 Chicken Sausages (Sliced)
100g Prawns
300g Brown Rice (Dry Weight)
400g Chopped Tomatoes
2 tbsp Mixed Herbs
60g Sun-Dried Tomato
700ml Stock
Pinch Of Black Pepper

Method

Heat a large pan on a medium heat and add the olive oil. Add the onions, garlic, peppers and fennel seed and gently fry for 5 Minutes

Add the sausages and cook for a few more minutes until they have slightly browned.

Add the uncooked rice, chopped tomatoes, mixed herbs, stock, black pepper and sun-dried tomatoes to the pan and give everything a good mix through.

Reduce the heat down to low and simmer, uncovered for 30-40 minutes until the majority of the liquid has been absorbed and the rice is cooked though. While the rice is cooking out, cook the prawns and add them in for the last 5 minutes of the cooking time.



Calories



Protein



Carbs



Fats



ITALIAN CHICKEN JAMBALAYA



Calories



Protein



Carbs



Fats

Garlic Chicken & Pearl Barley

Serves 6

Ingredients

For The Chicken

5 Garlic Clove (Smashed)
600g Chicken Breast (Sliced)
15ml Olive Oil
4g Italian Herbs
50ml Lemon (Juice & Zest)
Sea Salt & Cracked Pepper

150g Leek (Finely Chopped)
200g Pearl Barley (Dry Weight)
400ml Chicken Broth Or Water
Fresh Basil (Chopped)

20g Parmesan Cheese

Method

Start by grating the lemon with the smallest hole of the grater, set the zest aside and juice the rest.

Grab a large resealable bag and add all the chicken mix ingredients. Zip the bag shut, give it a good shake and set aside for at least 35 minutes.

Cook the barley as per the instructions while the chicken is cooking. Bring a large pan to high heat and cook chicken on high heat for about 10 to 15 minutes, or until golden. Remove the chicken (leaving the juices in the pan), reduce the heat a little and add the leek, cook for about 5 minutes or until soft.

Add the lemon zest, chicken and barley to the pan and cook for 5 minutes.

Serve with a sprinkle of Parmesan Cheese.



Calories



Protein



Carbs



Fats



GARLIC CHICKEN & PEARL BARLEY



Calories



Protein



Carbs



Fats

Vegan Bolognese

Serves 6

Ingredients

230g Whole Wheat Spaghetti
(Uncooked)

2tbsp Olive Oil

6 Cloves Garlic (Minced)

300g Onion (Chopped)

300g Carrot (Grated)

900g Quorn (Mince)

400g Chopped Tomatoes

1tbsp Tomato Puree

1tsp Mixed Herbs

For Serving

Fresh Basil

30g Vegan Cheese

Method

Heat olive oil over medium-high heat in a large pan. Add the carrot, garlic and onion and sauté for about 3-4 minutes. Try not to let the onions brown too much. Add the mince and cook for another 5 minutes.

Start to cook the pasta according to the packaging.

Reduce heat to medium-low and add chopped tomatoes, tomato puree and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 10-15 minutes or until heated through.



Calories



Protein



Carbs



Fats



VEGAN BOLOGNESE



Calories



Protein



Carbs



Fats

Chicken Meatballs

Serves 6

Ingredients

900g Chicken Mince
240g Diced Red Pepper
240g Onion
6g Parsley
6 Cloves Garlic
90g Tomato Puree
300ml Unsweetened Almond Milk

Method

Blitz the onion, parsley, garlic and peppers together and mix into the mince. Roll into small meatball

Cook the meatballs in the oven for 20mins at gas mark 6.

Mix the tomato puree and almond milk together.

Once the meatballs are cooked though, turn the heat down, pure the tomato sauce over them and mix. Return to the oven for 5mins to warm the sauce.



Calories



Protein



Carbs



Fats



CHICKEN MEATBALLS



Calories



Protein



Carbs



Fats

Smokey Chicken Pasta

Serves 6

Ingredients

750g Chicken Breast (Diced Small)
300g White Onion (Diced)
300g Red Pepper
300mls Water
180g multi-grain Penne Pasta (uncooked)
1 tsp Smoked Paprika
1 tsp Sweet Paprika
1 tsp Black Pepper
4 Cloves Garlic (Crushed)
600g Tomato passata
¼tsp Sea Salt
30g Parmesan Cheese

Method

Begin by combining both paprikas, black pepper and crushed garlic in a large bowl before adding the diced chicken. Use a large spoon or your hands to make sure the chicken is well coated in the spices.

Put on a large pan of water and bring to the boil, add the pasta and cook until al dente.

Heat a large non-stick frying pan over a medium-high heat and add the onion and pepper. Cook for 5 minutes until it begins to soften. At this stage, add the diced chicken mixture and cook until it has begun to turn a golden brown. This should take around 5 minutes.

Drain the pasta, keep 50mls of cooking water, return to the heat and add the tomato sauce and chicken. Heat the dish thoroughly. Just before serving, sprinkle the parmesan cheese once served.



Calories



Protein



Carbs



Fats



SMOKEY CHICKEN PASTA



329

Calories

39

Protein

35

Carbs

5

Fats

Chicken Pad Thai

Serves 6

Ingredients

900g Chicken Breast (Thinly Sliced)
1tbsp Corn Flour
1tbsp Coconut Oil

The Marinade

180ml Tamari
8tbsp Water
4tbsp Rice Vinegar
2tbsp Peanut Butter

The Pad Thai

540g Rice Noodles
3 Tbsp Coconut Oil
300g Bean Sprouts
4 Large Carrots (Peeled Into Ribbons)
6 Spring Onions (Sliced)
240g Onions (Sliced)
6 Cloves Garlic (Minced)
60g Peanuts (Crushed)
1 Lime (Cut Into Wedges)

Method

Mix all the marinade ingredients in a bowl and leave on the side.

Cook the noodles according to instructions. In a large bowl, toss the Chicken with flour and season with salt making sure all sides are coated and set aside.

Heat the oil in a large wok over medium-high heat. Add the chicken and cook for 3-4 minutes per side until brown. Remove the Chicken from the wok.

Now add the onions, carrots, and garlic to the wok. Fry for 3-4 minutes until softened, add in the marinade, chicken, bean sprouts and noodles and cook for 1-2 minute, gently mixing until well combined. Serve with crushed peanuts and lime wedges.



Calories



Protein



Carbs



Fats



CHICKEN PAD THAI



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

