



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

Gingerbread Quinoa Granola

Serves 12

Ingredients

170g Sugar
48g Sucanat
128g Cashew Butter
1tsp Pure Vanilla Extract
60ml Neutral-Flavoured Oil
½Tsp Scant Fine Sea Salt
1½Tsp Ground Cinnamon
1tsp Ginger Powder
½Tsp Ground Allspice
¼Tsp Grated Nutmeg
70g Crystallized Ginger
(Chopped Small)
160g Rolled Oats
204g Quinoa Flakes

Method

Preheat the oven to 300°F (150°C or gas mark. Have a large, rimmed baking sheet handy. In a large bowl, combine the molasses, Sucanat, cashew butter, vanilla, oil, salt, spices, and chopped crystallized ginger. Stir to combine.

Add the oats and quinoa flakes on top. Stir to thoroughly coat.

Evenly spread the granola on the sheet and bake in 10-minute increments, carefully flipping the granola with a large wooden spatula after each increment, for a total of 20 to 25 minutes, until the granola looks dry and just slightly browned.

Let cool on the sheet. The granola will crisp up as it cools. Let cool completely. Store the cooled granola in an airtight container for up to two weeks, at room temperature or in the refrigerator.



Calories



Protein



Carbs



Fats



GINGERBREAD QUNIOA GRANOLA



Calories



Protein



Carbs



Fats

Lemon Strawberry Protein Muffins

Serves 6

Ingredients

2 Tbsp Ground Chia Seeds Or Chia Seeds (Divided)
5 Tbsp Dairy-Free Butter
70g Coconut Sugar
120mls Dairy-Free Milk
1 Tbsp Lemon Juice
180g Whole Wheat Flour
1½ Tsp Baking Powder
½ Tsp Baking Soda
¼ Tsp Salt
70g Raw Shelled Hempseed
70g Strawberries (Chopped)

Method

Preheat the oven to 375°F. Grease the inside of a six-cup muffin tin and set aside.

Mix 1 tbsp ground chia seeds together with 3 tbsp water and set aside.

Using an electric mixer, beat together the butter and sugar in a large bowl until light and fluffy, about 3 minutes. Add the chia seed mixture and mix again. Add the milk and lemon juice. Mix well.

Add the flour, baking powder, baking soda, salt, hempseed, and the remaining tbsp ground chia seeds to a medium bowl. Mix. Add the flour mixture to the wet mixture and beat until just combined. It will be a sticky batter. Fold in the strawberries.

Divide the batter between the muffin cups. Fill at least three-quarters full, even if you're short on filling for one cup. Bake for 25 minutes or until a toothpick inserted into the center comes out clean.



Calories



Protein



Carbs



Fats



LEMON STRAWBERRY PROTEIN MUFFINS



Calories



Protein



Carbs



Fats

Raspberry Chia Breakfast Jars

Serves 6

Ingredients

340g Frozen Raspberries
(Thawed But Not Drained)
340g Soft Silken Tofu Or
Unsweetened Plain Vegan Yogurt
80g Pure Maple Syrup
2 Tbsp Maple Sugar
48g Chia Seeds
½ Tsp Pure Vanilla Extract
170g Fresh Raspberries

Method

Place the thawed raspberries in a blender and blend until smooth. If you don't like berry seeds, pass the mixture through a fine-mesh sieve.

Stir the chia seeds and vanilla into the tofu or yogurt, maple syrup and sugar. Place into a large bowl. Cover and chill for at least 3 hours or overnight. Stir before serving.

Place the berrie mixture at the bottom of the serving dish. (You can also stir the berries directly into the mixture, keeping a few for garnishing.) Divide the chia preparation on top and sprinkle with the remaining berries.

Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.



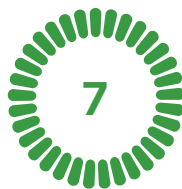
Calories



Protein



Carbs



Fats



RASPBERRY CHIA BREAKFAST JARS



Calories



Protein



Carbs



Fats



Lunch

Chicken Tikka Burritos

Serves 6

Ingredients

4 Tbsp 0% Fage Yoghurt
2 Cloves Of Garlic (Crushed)
2 Cm Fresh Ginger (Grated)
1 Green Chilli (Finely Sliced)
1 Lemon (Juiced)
Small Handful Of Lettuce
250g Skinless Chicken Breasts (Small Dice)
1½ Tsp Smoked Paprika
¾ Tsp Chilli Powder
½ Tsp Garam Masala
½ White Onion (Finely Sliced)
250g Pre-Cooked Rice
4 Roti

Method

Begin by making the marinade for the chicken by blending half the yoghurt, the lemon juice, ginger, garlic, green chilli in a food processor until smooth.

In a large bowl, pour the yoghurt marinade over the chicken ensuring that it is fully covered. Leave the chicken to soak up the delicious flavours of the marinade for around 30 minutes before threading the chicken onto metal skewers. Make sure to leave gaps between each piece of chicken to ensure they cook fully and become slightly charred on the outside.

Heat the grill to a high temperature and place the skewers on a baking sheet to grill for around 5 minutes, or until cooked through and smelling fragrant.

While the chicken is grilling, mix the lettuce, onion and cherry tomatoes together in a small bowl with any remaining yoghurt and another squeeze of lemon juice.

Once the chicken is cooked and the salad prepared, heat the pilau rice according to packet instructions and divide the ingredients between the roti. Finish the dish by wrapping it up like a burrito and enjoy.



Calories



Protein



Carbs



Fats



CHICKEN TIKKA BURRITOS



Calories



Protein



Carbs



Fats

Roasted Potato, Bacon & Crispy Kale Salad

Serves 4

Ingredients

800g Potatoes (Chopped)
Into Chunks

4 Tbsp Olive Oil

Salt & Pepper

2 Red Onions (Cut Into Wedges)

4 Carrots (Chopped Into Batons)

2 Tsp Ground Cumin

4 Tbsp Honey

200g Bacon Lardons

2 Cloves Garlic (Minced)

2 Tbsp Balsamic Glaze

200g Kale

35g Roasted Almonds Flakes

Method

Preheat the oven to gas mark 6.

Place the chopped potatoes on a baking tray or roasting dish. Drizzle over 1 tablespoon of olive oil and season with salt and pepper. Toss the potatoes around in the oil to ensure they are completely coated, then place the tray on the top shelf of the oven to roast for 20 minutes.

Meanwhile, place the carrots and onion onto another baking sheet. Drizzle with a further 1 tablespoon of olive oil and season with salt, pepper, cumin and 2 tablespoons of honey. Toss to coat the vegetables in the oil, then spread out in a single layer on the baking sheet. Place the tray on the middle shelf of the oven and roast until golden, approximately 20-25 minutes. Turn the vegetables halfway through the cooking time.

When the potatoes have cooked for 20 minutes, remove them from the oven. Lightly crush each potato using the bottom of a bowl or a pan. Return to the top shelf of the oven and continue roasting until crispy and golden, a further 10-15 minutes.

Heat 1 tablespoon of olive oil in a pot over a medium-high heat. Add the bacon lardons and cook for 4-5 minutes. Now add in the garlic and cook for 1 minute, then remove the pot from the heat and stir through the balsamic glaze and the remaining honey.

Once the carrots and onion have cooked, remove from the oven. Place the kale on top, and drizzle with the remaining 1 tablespoon of oil. Season with salt and pepper and bake until crispy, 5-7 minutes. To serve, toss together the potatoes, vegetables, bacon and then equally between 4 bowls and top with roasted almonds.



Calories



Protein



Carbs



Fats



ROASTED POTATO, BACON & CRISPY KALE SALAD



Calories



Protein



Carbs



Fats

Italian Fish

Serves 4

Ingredients

250g Cod (Skinless)
240g Onions (Sliced)
160g Red Peppers (Chopped)
200g Spinach
Pinch Chilli Flakes
5 Clove Garlic
5ml Olive Oil
50g Sun-Dried Tomato Pesto
10 Cherry Tomatoes
Fresh Basil
40ml Double Cream
100ml Veg Stock
Salt And Black Pepper To Taste
Fresh Parsley (Chopped)

Method

Heat an oven to gas mark 5, place the fish, cherry tomatoes and basil on some greaseproof paper and cook for 10-12 mins depending on the thickness. While the fish is cooking, prepare the sauce.

In a medium heat pan, 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 veg 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 fish into the pan along with the baby spinach and simmer for a further few minutes until the spinach wilts.



Calories



Protein



Carbs



Fats



ITALIAN FISH



Calories



Protein



Carbs



Fats

Crustless Quiche

Serves 4

Ingredients

4 Tsp Olive Oil
100g Red Onion (Diced)
80g Courgette (Finely Chopped)
Salt & Pepper
1 Tsp Garlic Granules
1 Tsp Herbs
6 Eggs
4 Tbsp Cottage Cheese
2 Tbsp Fresh Parsley (Chopped)
30g Sun-Dried Tomatoes
(Sliced)
115g Feta Cheese (Crumbled)

Method

Preheat the oven to 350°F (180°C) and grease a pie dish with 1 teaspoon of olive oil.

Heat the remaining 3 teaspoons of olive oil in a pan over a medium-high heat and sauté the red onion and courgette for 3-4 minutes. Season with salt and pepper and add in the garlic granules and herbs. Stir through and continue to cook for a further 3-4 minutes until soft, then set aside to cool slightly.

Break the eggs into a large bowl and add the cottage cheese, whisk until combined. Next stir through the parsley, sun-dried tomatoes and cooked vegetables.

Transfer the mixture to the earlier prepared dish. Sprinkle over the crumbled feta cheese and Parmesan and garnish with sliced red onion.

Place the dish in the hot oven and bake for 40 minutes or until set. Once baked, set aside to cool for 5 minutes before slicing and serving.



Calories



Protein



Carbs



Fats



CRUSTLESS QUICHE



Calories



Protein



Carbs



Fats



Dinner

Spiced Prawns & Potato Salad

Serves 2

Ingredients

340g White Potato (Diced)
1 Tsp Coconut Oil
1 Red Onion (Diced)
2 Cloves Garlic (Chopped)
100g Tomatoes (Small Dice)
½ Red Bell Pepper (Sliced)
340g Raw Prawns
Salt & Pepper
3 Tsp Smoked Paprika
1 Tsp Ground Turmeric
10g Black Olives
10g Seeds
2 Eggs
30g Baby Spinach
Juice Of 1 Lemon
Mixed Salad

Method

Place the cubed potato into a pot, cover with water and bring to a boil, then simmer for 10-12 minutes or until the potato has cooked. Drain and set aside.

Heat 1 teaspoon of the coconut oil in a pan over a medium-high heat. Add the onion, garlic, and stir fry for 2 minutes. Add in the prawns, once they have turned pink, reduce the heat to medium and season with salt, pepper, smoked paprika and turmeric. Add the potatoes in the pan and fry for a few minutes.

Meanwhile, cook the eggs using your favorite cooking method. As soon as the potato is cooked add it to the skillet along with the prawns. Bring the heat up to high and fry, stirring occasionally.

Add the mixed salad to a plate and top with the prawns and potatoe mix.



Calories



Protein



Carbs



Fats



SPICED PRAWNS & POTATO SALAD



Calories



Protein



Carbs



Fats

Pesto Baked Chicken

Serves 4

Ingredients

450g Chicken Breasts (Flattened)
40g Basil Pesto
30g Mozzarella Cheese (Shredded)
10 Chery Tomatoes
Fresh Basil
500g Cooked Rice

Method

Cook the rice according to the packet instructions.

Preheat oven to Gas 6. Flatten chicken breasts (about 2.5cm thickness) and place in a casserole dish (sprayed with non-stick cooking spray).

Spread 1 tsp basil pesto sauce on each chicken breast and bake, uncovered, for about 15 minutes.

Remove chicken from oven, add the tomatoes, basil and the mozzarella cheese to each.

Place back in oven for about 5 to 7 minutes (until cheese is melted). Divide on to four plates and serve immediately.



Calories



Protein



Carbs



Fats



PESTO BAKED CHICKEN



Calories



Protein



Carbs



Fats

Fish en Papillote

Serves 2

Ingredients

For The Fish:

400g Sea Bass

50 Red Onions (Fine Diced)

10 Cherry Tomatoes

For The Sauce:

2 Tsp Grated Ginger

½ Lemon Zest

1 Tbsp Lemon Juice

2 Tbsp Olive Oil

1½ Tbsp Fish Sauce

1 Shallot (Diced)

1 Chili Pepper (Chopped)

Method

Combine all the sauce ingredients in a small bowl and set aside. Now make a parcel to cook the fish in. Start by preparing a piece of baking paper big enough to fit the fish into.

Start by folding it in half, then open it back up again. Place the fish fillet on one-half of the paper, placing it alongside the folded edge. Sprinkle over the onions, tomatoes and the earlier prepared sauce.

Next, fold the paper over the fish so the two ends meet. Beginning at one end, make small, overlapping diagonal folds around the fish to seal it in the parcel. You should end up with a semi-circular airtight package. Seal the parcel, or papillote, tight and place it on a baking tray.

Place the tray into the hot oven and bake for 12-20 minutes until the fish is flaky and cooked through (cooking times will vary depending on the thickness of the fish fillets so adjust cooking times accordingly). Remove the tray from the oven and set aside to cool for a few minutes before opening the parcel.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Mediterranean Spiced Tofu Kebabs

Serves 4

Ingredients

250ml Coconut Milk
3 Tbsp Lemon Juice
2 Tbsp Tomato Paste
3 Garlic Cloves (Minced)
2 Tsp Paprika
2 Tsp Ground Cumin
½ Tsp Turmeric
¼ Tsp Cayenne Pepper
¾ Tsp Salt
¼ Tsp Black Pepper
400g Extra Firm Tofu, Drained (Pressed
And Cut Into 1-Inch Pieces)
200g Red Onion (Cut Into Chunks)
1 Small Courgette (Cut Into Chunks)
200g Red Pepper (Cut Into Chunks)

Method

In a medium bowl stir together the coconut milk, lemon juice, tomato paste, garlic, paprika, cumin, turmeric, cayenne pepper, salt and pepper. Add the tofu, courgette and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers. Next, we have two cooking options - grill or bake.

To grill: Lightly oil the grate and place the skewers on the grill. Grill over a medium flame until lightly charred and the vegetables are tender (about 10 minutes), brushing with excess marinade while grilling and turning halfway through.

To bake: Preheat the oven to 200°C/400°F/ Gas 6 and line a baking sheet with baking paper. Arrange the skewers on the baking sheet and bake until lightly browned in spots or until vegetables are tender (about 35 minutes) turning halfway through.



Calories



Protein



Carbs



Fats



MEDITERRANEAN SPICED TOFU KEBABS



Calories



Protein



Carbs



Fats



Dessert

Peanut Butter Banana Cookies

Serves 24

Ingredients

3 Bananas (Mashed)
80g Peanut Butter
40g Almond Flour
2 Tbsp Raw Shelled Hempseed
1 Tsp Vanilla Extract
200g Quick-Cooking Oats
60g Pitted Dates (Chopped)
15ml Water

Method

Preheat the oven to gas mark 4.

Line a baking sheet with parchment paper and set aside.

Add the water, mashed banana and peanut butter to a large bowl and mix well. Add the flour, hempseed, and vanilla. Mix well. Stir in the oatmeal and dates.

Drop cookie dough, 1 heaping tbsp at a time and 2 inches apart, onto the prepared baking sheet. Flatten with the back of a fork. Bake cookies for 20-25 minutes.

Remove from the oven and let the cookies cool 5 minutes, then move to a cooling rack.



Calories



Protein



Carbs



Fats



PEANUT BUTTER BANANA COOKIES



Calories



Protein



Carbs



Fats

Crunchy Chocolate Cookies

Serves 12

Ingredients

60g Dairy-Free Butter (Softened)
1 Cup Coconut Sugar
1 Tbsp Chia Seeds
100g Dairy-Free Chocolate Chips
1 Tbsp Instant Coffee
160g Whole Wheat Flour
½ Tsp Baking Soda
1 Tsp Baking Powder
½ Tsp Salt
2 Tbsp Raw Shelled Hempseed
120g Walnuts, Chopped

Method

Preheat the oven to gas mark 4. Cut parchment paper to fit on a baking sheet. Set aside.

Add the butter and sugar to the bowl of a stand mixer. Cream on medium speed for 5 minutes or until light and fluffy.

Mix the chia seeds with 3 tbsp water and set aside. Melt the chocolate chips in a microwave or in a double boiler. Set aside to cool a bit.

Boil 2 tbsp water and add instant coffee. Set aside to cool. Add flour, baking soda, baking powder, and salt to a bowl. Mix well by hand. Add the prepared chia seed mixture and melted chocolate to the bowl of the stand mixer. Mix well on medium speed. Add the flour mixture and keep mixing until just combined. Remove the mixing bowl and fold in the remaining chocolate chips, hempseed, and walnuts. Mix well.

Drop on the prepared cookie sheet by large, heaping tbsp, 2 inches apart, and flatten slightly. Bake for 12 minutes. Cool on a wire rack.



Calories



Protein



Carbs



Fats



CRUNCHY CHOCOLATE COOKIES



Calories



Protein



Carbs




Fats



PAUL WALLACE
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MADE PERSONAL

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