



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

Plum and Almond Oats

Serves 2

Ingredients

60g Rolled Oats
1 Tbsp Chia Seeds
300ml Almond Milk
2 Drops Vanilla Extract
Small Pinch Nutmeg (Freshly Grated)
3 Plums (Ripe, Stoned And Chopped Into Chunky Cubes)
15g Almonds (Roughly Chopped)

Method

The night before, mix the oats, chia seeds, almond milk, vanilla extract and nutmeg together in a medium sized bowl.

Stir through 2 of the cubed plums, cover and leave in the fridge overnight.

The next morning, give the oats a good stir, they should be creamy and soft.

Divide between 2 bowls and top with the remaining plum, some almonds.



Calories



Protein



Carbs



Fats



PLUM AND ALMOND OATS



Calories



Protein



Carbs



Fats

Ricotta and Spinach Egg Roll

Serves 3

Ingredients

4 Eggs
Handful Flatleaf Parsley (Finely Chopped)
1 Garlic Clove (Minced)
2 sprays low cal Olive Oil

For The Filling

250g Ricotta
100g Spinach (Roughly Torn)
50g Parmesan (Freshly Grated)

Method

Firstly, beat the eggs with 2 tbsp water and season. Mix in the parsley garlic.

Heat a heavy-based frying pan on a medium heat with the oil. Once the oil is hot, add one ladleful (about a third) of the egg mixture and tip the pan so it covers the base.

Reduce the heat and cook the omelette until it's just firm, then flip it over and cook the other side.

Keep warm while you repeat to make three omelettes in total, adding a little extra oil to the pan each time.

Meanwhile, make the filling by combining the ricotta, spinach, parmesan and some salt and pepper. Spread mixture over each omelette, roll tightly and cut into thick slices.



Calories



Protein



Carbs



Fats



RICOTTA AND SPINACH EGG ROLL



Calories



Protein



Carbs



Fats

Banana Protein Waffles

Serves 4

Ingredients

100g Self Rasing Flour
50g Vanilla Protein Powder
56g Coconut Flour
½ Tsp Nutmeg
Pinch Salt
280ml Almond Milk
300g Mashed Bananas
1 Tsp Vanilla Extract

For Serving:

4 Tbsp Greek Yoghurt
1 Large Banana
45g Dark Chocolate Chips

Method

Start by preheating your waffle maker to medium. Add all the dry ingredients to a medium-sized mixing bowl and mix well.

Next, add the milk, mashed bananas and vanilla extract. Mix until it turns to a batter consistency, just make sure you don't over mix it. Give the waffle iron a very thorough greasing with olive oil spray (you can also use butter). Spoon in the mixture and cook for 3-5 minutes or until nice and toasted.

Divide waffles on to four plates and top with greek yoghurt, extra banana and dark chocolate chips.



Calories



Protein



Carbs



Fats



BANANA PROTEIN WAFFLES



Calories



Protein



Carbs



Fats

Strawberry and Cream Overnight Oats

Serves 2

Ingredients

50g Rolled Oats
30g Protein Powder Vanilla
200ml Unsweetened Almond Milk
30g No Added Sugar Strawberry Jam
40g Strawberries (Cut In Half)
10g Chia Seeds
1 Tsp Vanilla Extract

Method

Place the almond milk, protein jam, chia seed, and vanilla extract in a jar or container with a lid.

Shake until everything is mixed together, sit in the oats.

Place in your fridge for at least 5 hours. Just before serving, add the strawberries on top.



Calories



Protein



Carbs



Fats



STRAWBERRY OVERNIGHT OATS



Calories



Protein



Carbs



Fats



Lunch

Power Salad

Serves 2

Ingredients

For The Rest Of The Salad:

4-5 Handfuls Mixed Greens
100g Quinoa (Cooked)
60g Edamame (Cooked & Shelled)
90g Kidney Beans (Cooked)
100g Chickpeas (Cooked)
100g Red Onion (Fine Dice)
50g Tomatoes (Fine Dice)
30g Sweetcorn

For The Smoked Almonds:

140g Whole Raw Almonds
5ml Veg Oil
2g Smoked Paprika
1g Cajian Spice
½ Tsp Salt

Method

Start by preparing the chili roasted almonds. Bring a cast-iron skillet or other skillet to medium-high heat.

While the skillet is heating, combine almonds, olive oil, and spices in a bowl. Just use enough olive oil to lightly coat the almonds, not any more. Mix well until almonds are evenly coated with the oil and spices.

Once skillet is hot, add spiced almonds to the pan and sauté for 3-5 minutes, or until the almonds start to brown and become fragrant. Be sure to stir frequently so they don't burn. You may hear a popping noise - it's just the almonds cracking.

Once almonds are done cooking, remove from the skillet and let cool for a few minutes. Now for the rest of the salad.

Toss mixed greens, and all of the other salad ingredients together, add the spiced nuts and divide into 2 bowls.



Calories



Protein



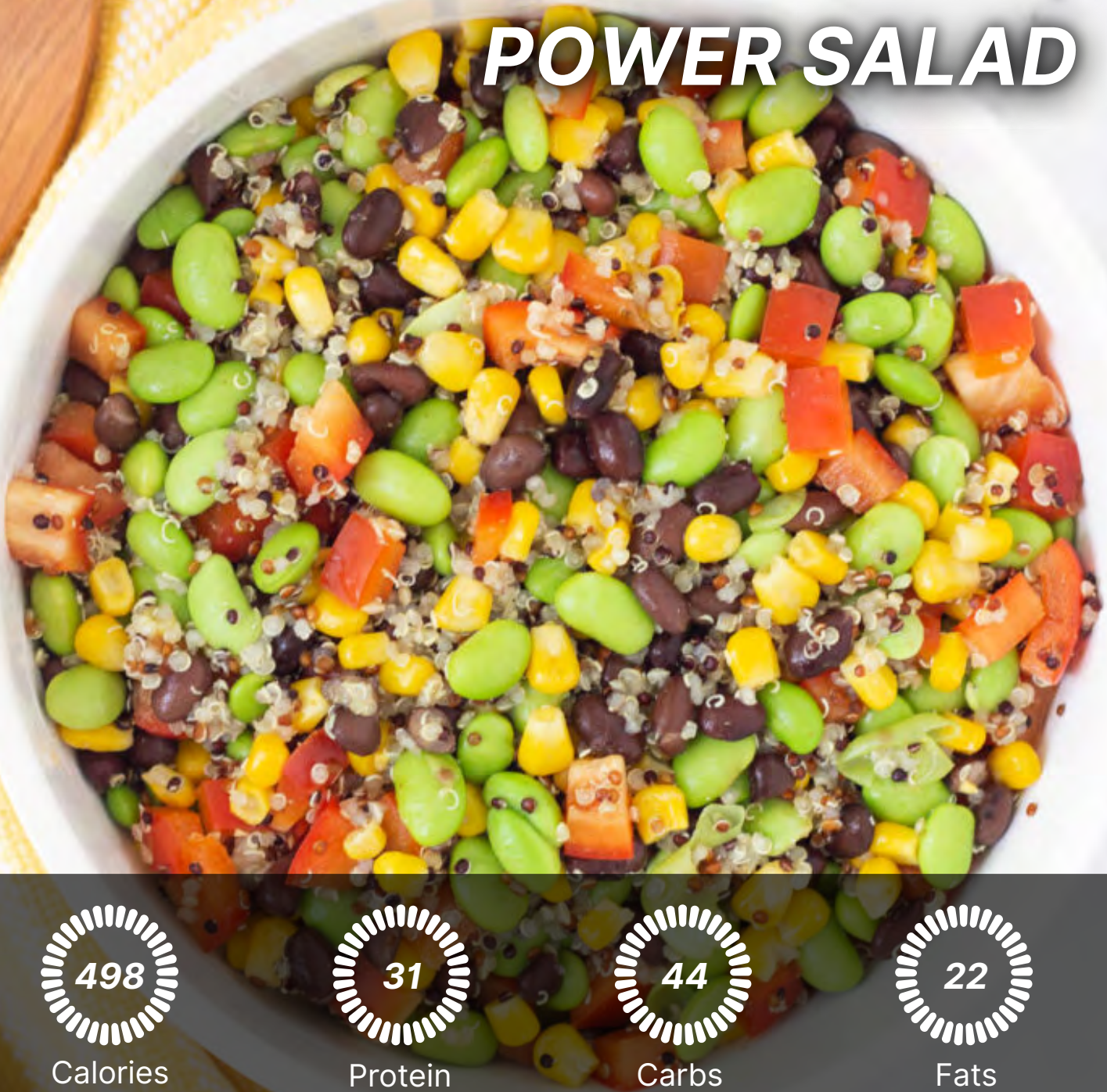
Carbs



Fats



POWER SALAD



Calories



Protein



Carbs



Fats

Cod and Courgette Cakes

Serves 2

Ingredients

250g Cod Fillets
300g Courgette (Grated)
1 Medium Egg
100g Onions (Fine Dice)
40g White Flour
5g Garlic
100g Breadcrumbs

Method

Cook the fish in a pan with a small amount of water, until cooked though. In a large bowl, combine courgette, egg, and fish. Add the breadcrumbs, minced onion, and seasoning and mix well with your hands.

Shape mixture into patties and then dip into the flour, until all sides are covered. In a large sized pan, heat the pan and use a few spray of oil spray.

Fry patties in oil until golden brown on both sides.



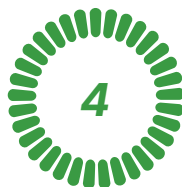
Calories



Protein



Carbs



Fats



COD AND COURGETTE CAKES



Calories



Protein



Carbs



Fats

Beet & Carrot Salad

Serves 2

Ingredients

5g Harissa Or Moroccan Spices
5ml Olive Oil
250g Beetroot (Small Dice)
4 Baby Carrots (Cut Length Ways)
200g) Chickpeas (Drained & Rinsed)
100g Feta Cheese (Crumbled)
2g Garlic Granules
40g Greek Yoghurt
Salt & Pepper
3 Tbsp Walnuts
1 Lemon (Juice)

Method

190°C/374°F/Gas 5. Line a large baking tray with baking paper and set aside. Add harissa and water to a large bowl and whisk together.

Place beetroot, carrots and chickpeas in the bowl and toss to ensure they're well coated. Next, lay them evenly across the baking tray and cook for 20-25 minutes. (use two trays if you find it's too crowded).

Meanwhile, mix together the garlic, Greek yoghurt, salt and pepper and set to one side.

Once everything is cooked, sprinkle with the walnuts, feta and drizzle with lemon. Serve with the yoghurt dip.



Calories



Protein



Carbs



Fats



BEEF & CARROT SALAD



Calories



Protein



Carbs



Fats

Turkey Burger

Serves 4

Ingredients

450g Turkey Mince
50 Grams Feta Cheese (Crumbled)
A Handful Fresh Parsley (Chopped)
A Handful Fresh Mint (Chopped)
A Pinch Salt And Black Pepper

For The Sauce:

150g 0% Fat Yoghurt
½ Lemon (Juice)
½ Garlic Clove(Crushed)
A Handful Fresh Parsley (Chopped)
A Handful Fresh Mint (Chopped)
A Pinch Salt And Black Pepper

Method

Begin making the burger patties by combining the turkey, feta, mint, parsley, salt and pepper in a large bowl. Once well mixed, divide the burger mixture into four patties using your hands to shape them into the classic shape.

Arrange the burgers on a baking tray before placing under a high grill. Cook the burgers for 5 minutes until the top side is slightly charred before flipping and continuing to cook for a further 5 minutes.

While the burgers are grilling, make the yoghurt sauce by combining all the ingredients in a small bowl before seasoning the sauce to perfection.



Calories



Protein



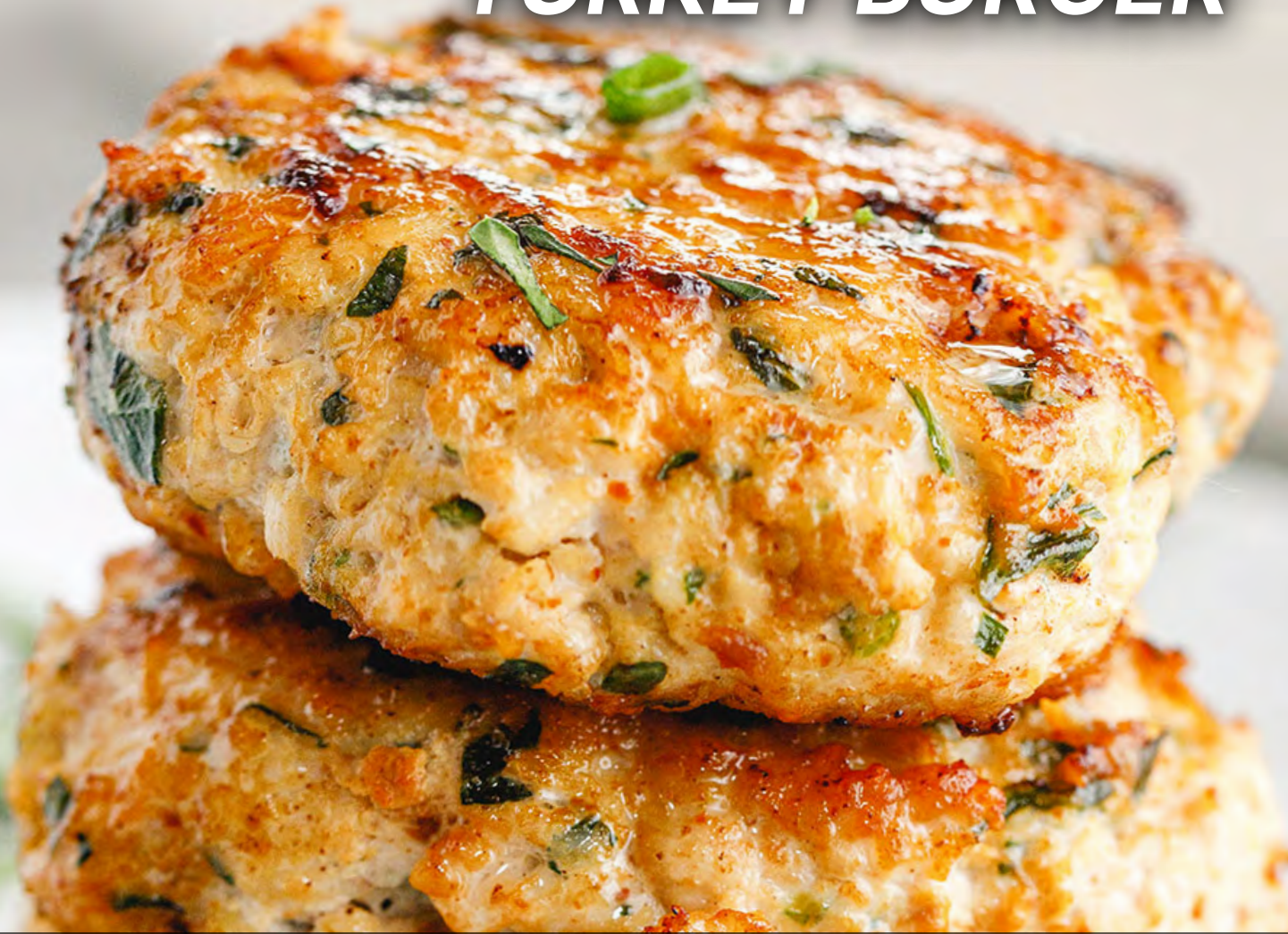
Carbs



Fats



TURKEY BURGER



Calories



Protein



Carbs



Fats



Dinner

Crispy Sesame Chicken & Noodles

Serves 4

Ingredients

For The Chicken

500 G Chicken Breasts (Cubed)
1 Egg (Beaten)
10ml Soy Sauce
120g Flour
70g Cornflour
30ml Oil

For The Sauce

3 Garlic Cloves (Crushed)
70ml Soy Sauce
70ml Water
40g Brown Sugar
10ml Lemon Juice
15ml Sesame Oil
10g Sesame Seeds
1 Tbsp Cornflour Mixed With 2 Tbsp Water

200g Cooked Noodles

Method

Place the chicken in a bowl then add the egg and soy sauce mix. Mix together well and then allow to sit for 15-20 minutes while you make the sauce.

To make the sauce, heat the oil in a large pan then cook for garlic for 30 seconds until fragrant. Pour in the soy sauce, water, sugar, vinegar. Bring to a light simmer then pour in the cornstarch mix. Reduce the heat then simmer until the sauce is thick and glossy. Remove from the heat and set aside.

Heat the oil to fry the chicken in a deep pan or pot. Place a wire rack over a tray.

Combine the flour and cornstarch in a separate bowl then coat the chicken in the flour mixture, making sure each piece is completely covered. Carefully add the chicken to the hot oil, cooking in batches to avoid over-crowding the pan, until the chicken is golden brown and crisp. Remove with a slotted spoon and allow to drain on the wire rack while you cook the remaining chicken.

Place the pan with the sauce back on the heat and bring to a simmer. Add the fried chicken and sesame seeds to the pan then toss to coat the chicken in the sauce.

Heat the noodles according to the packet instructions.



Calories



Protein



Carbs



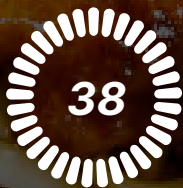
Fats



CRISPY SESAME CHICKEN & NOODLES



Calories



Protein



Carbs



Fats

Quesadillas

Serves 2

Ingredients

150g Chicken Breast (Cooked)
150g Onions, Raw (Fine Sliced)
160g Red Peppers (Sliced)
4g Red Chilli Peppers (Sliced)
60g Cheddar Cheese
4 Mini White Tortilla Wraps

Method

Place 2 of the wraps on a chopping board. Add the chicken, chilli, onion, bell pepper and cheese.

Top each wrap with another.

Bring a large non-stick fry pan to medium heat and, one at a time, carefully place the quesadilla in the pan. Cook on each side for approximately 2-3 minutes or until lightly toasted.



Calories



Protein



Carbs



Fats



QUESADILLAS



Calories



Protein



Carbs



Fats

Plant Based Red Thai Curry

Serves 4

Ingredients

For The Thai Red Curry Paste:

Dry Spice mix

- 1 Tsp Cumin Seeds
- 2 Tbsp Coriander Seeds
- 3 Red Chillies, Chopped
- 1 Red Bird's Eye Chilli, Chopped (Optional)
- 1 Tsp Black Peppercorns

Wet Mix

- 5 Shallots, Peeled And Roughly Chopped
- 5 Garlic Cloves
- 2cm Fresh Ginger, Peeled And Roughly Chopped
- 2 Lemongrass Stalks, Trimmed And Roughly Chopped
- 2 Tbsp Tomato Purée
- 3 Kaffir Lime Leaves
- Juice ½ Lime

Curry Mix

- 400ml Reduced-Fat Coconut Milk
- 150ml Reduced-Salt Vegetable Stock
- 1 Tbsp Palm Sugar (Or Regular Sugar)
- 4 Tbsp Soy Sauce
- 2 Peppers (1 Red, 1 Green, Deseeded And Cut Into 2cm Chunks)
- 1 Red Chilli (Sliced)
- 200g Mushrooms (Sliced)
- 160g Baby Plum Tomatoes
- 60g Baby Corn (Sliced into 2)
- 50g Mangetout (Trimmed)

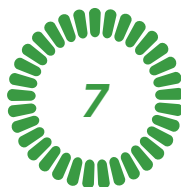
Method

Start by making the curry paste. Toast all of the dry spices in a heavy based pan for a few minutes over a low heat. Add in the wet mix and cook for a 4-5 minutes. Add the coriander and a splash of water, then blend until really smooth using a hand blender, adding up to 50ml water to loosen the paste, if necessary.

To make the curry, heat the oil in a pan over a high heat. Add the curry paste and fry for 2 minutes until it deepens in colour. Pour in the coconut milk and stock and stir to mix well. Add the sugar, soy sauce, peppers, chilli, mushrooms, tomatoes, baby corn and mangetout and bring to the boil. Simmer for 7-10 minutes until the vegetables are cooked through.



Calories



Protein



Carbs



Fats



PLANT BASED RED THAI CURRY



Calories



Protein



Carbs



Fats

Honey & Lime Chicken Bites

Serves 4

Ingredients

Spice Mix For The Chicken:

400g Chicken Breast (Diced)

2 Tbsp Coconut Oil

1 Tbsp Cornstarch

Salt & Pepper

2g Cajun Spice (Optional)

1 Lime (Zest)

For The Sauce:

5g Honey

1 Lime (Juice)

2 Tsp Coconut Sugar

2 Cloves Garlic (Minced)

20ml Water

10ml Soy Suace

1 Tsp Sriracha Sauce

200g Cooked Rice

Method

Place all of the spice mix into a bag and mix well, then add the diced chicken and toss to coat evenly.

In the meantime, heat 1 tablespoon of coconut oil in a large skillet over a medium-high heat. Add the chicken and cook for 5-8 minutes until golden, stirring often. Once cooked, take the chicken out of the pan and set aside.

Meanwhile, make the sauce by combining together all the sauce ingredients in a bowl. Now place the cooked chicken back into the pan and stir through the sauce. Bring to a gentle simmer and cook gently until thickened, 2-3 minutes. Add a splash of water if the sauce is too thick.

Cook the rice according to instructions on packaging. Once the rice has cooked, divide between serving bowls, top with the chicken and sauce once cooked.



Calories



Protein



Carbs



Fats



HONEY & LIME CHICKEN BITES



Calories



Protein



Carbs



Fats



Dessert

Cinnamon Rolls

Serves 4

Ingredients

For The Rolls:

120ml Milk
45g Coconut Sugar
35g Unsalted Butter (Melted & Cooled)
2 Eggs
10g Quick-Rise Yeast
300g All-Purpose Flour
5g Salt

For The Filling:

45g Coconut Sugar
40g Unsalted Butter (Room Temperature)
2g Ground Cinnamon

For The Icing:

25g Icing Sugar (Sifted)
15g Cream Cheese
10g Unsalted Butter (Room Temperature)
1 Tsp Vanilla Extract
Grated Zest Of ½ Orange

Method

To make the rolls, combine the milk, sugar, melted butter, eggs and yeast together in a food processor with the dough attachment. Add the flour and the salt. Mix on medium-low speed, adding a little more flour if needed to make a soft dough that does not stick to the bowl.

Shape the dough into a ball, place in a large bowl and cover tightly with plastic wrap. Let the dough rise in a warm spot for 1½ hours.

Make the filling by beating the coconut sugar, butter and ground cinnamon together until well combined.

Place the dough onto a floured work surface and roll out into a rectangle about 14x16-inches (35x40cm). Spread the spiced butter filling evenly over the dough, leaving a 1-inch (2.5cm) border at the top and bottom. Starting at the long side, roll up the rectangle into a log. Pinch the seams together and cut the log into 4 equal sized slices.

Prepare a 9x13-inch (23x33-cm) baking sheet lined with baking paper and place the slices on the sheet, allowing space between each to rise. Cover with plastic wrap and set aside to rise for a further 1-1½ hour until the dough has risen.

Preheat the oven to 350°F (180°C). Place the sheet into the oven and bake the rolls for 25-30 minutes until golden brown. Remove the sheet from the oven and place the rolls on a wire rack to cool for 15 minutes.

Meanwhile, make the icing. Place all the icing ingredients, apart from the milk, into a food-processor. Beat on a low speed until combined, then keep adding the milk until a pourable mixture is achieved. Drizzle the icing over the warm rolls.



Calories



Protein



Carbs



Fats



CINNAMON ROLLS



Calories



Protein



Carbs



Fats

“Bounty” Chia Pudding

Serves 1

Ingredients

180ml Coconut Milk
10g Chia Seeds
30g Chocolate Protein Powder
10g Cacao Powder
5g Honey
5g Desiccated Coconut
Handful Raspberries

Method

Firstly, pour the coconut milk into the blender. Add the chia seeds and blend for 20-30 seconds. Add all remaining ingredients and blend until you have a very smooth consistency.

You want the pudding to be nice and thick, but if it's too thick, you can add a little extra milk to loosen it.

Transfer to a bowl or jar and refrigerate for at least 2 hours.



Calories



Protein



Carbs



Fats



"BOUNTY" CHIA PUDDING



Calories



Protein




Carbs



Fats



 ***paul_wallace_fitness***

 Designed and produced by @Nutritional_bear