

RECIPES



MADE BY
MEMBERS
FOR
MEMBERS

LIFT 
LEARN
& BURN

PAPRIKA PORK



CALORIES PER SERVING: 494

PROTEIN: 30.8g

SERVES: 2

INGREDIENTS:

- 240g pork loin
- 140g mushrooms
- 1kcal spray oil
- 100ml Chicken stock
- 20g tomato puree
- 50ml soured cream
- 250g basmati rice
- 1 onion

METHOD:

- Trim off fat from pork and fry for 5 minutes with onion and mushrooms using fry light
- Add paprika for another minute
- Stir in tomato puree and stock and simmer for 5-8 minutes
- Mix in the soured cream and add in rice

(Good for meal prep)

TRAFFIC LIGHT STIR FRY

CALORIES PER SERVING: 638

PROTEIN: 48.3G

SERVES: 2



INGREDIENTS:

- Egg noodles
- 2 chicken breasts
- 1.5 tbsp Crunchy peanut butter
- 1 tbsp Dark soy sauce
- 1.5 tbsp Sweet chilli sauce
- 12g Dry roasted peanuts
- 1 red pepper
- 50g mange tout
- 50g baby corn
- 1kcal spray oil

METHOD:

- Mix the peanut butter, chilli sauce, soy sauce and 100ml water
- Put the noodles in a bowl and pour boiling water over them
- Using spray oil cook the chicken until browned, adding in the pepper, mange tout and baby corn
- Drain and add in noodles
- Push the veg to one side of the pan, pouring in the sauce to the opposite side, and bring to boil.
- Stir all together and sprinkle over chopped peanuts

METHOD:

- Spray a baking tray with spray oil
- Slice sweet potato and peppers and add to baking tray, spraying again over the top. Place the rosemary sprigs over the top
- Cook in oven at about 180C for 25 mins, turning half way through until potatoes are crisp
- Arrange the fish on top and roast for a further 7-8 mins
- Et Voila!

INGREDIENTS:

- 1kcal spray oil
- 2 Sea bass fillets
- 400g sweet potato
- 1 large red pepper
- 2 fresh rosemary sprigs

CALORIES PER
SERVING: 377
PROTEIN: 26.6G
SERVES: 2



SEA BASS TRAYBAKE

CHOCOLATE PROTEIN PORRIDGE



CALORIES PER SERVING: 503

PROTEIN: 29g

SERVES: 1

INGREDIENTS:

- 25g Isolate Impact Whey protein (I use chocolate nut flavour)
- 15g Golden linseed
- 40g porridge oats
- 15g Walnut halves
- 200ml Almond milk

METHOD:

- Pour 200ml of almond milk over your oats and microwave for around 1 minute
- Stir and then microwave for another 45 seconds
- Add protein powder in with remaining milk and shake in protein shaker
- Pour over and microwave for another 10 secs
- Add toppings!

CHICKEN AND VEG KEBABS

CALORIES PER SERVING: 587

PROTEIN: 44G

SERVES: 2



INGREDIENTS:

- 2 chicken breasts
- 50g mushrooms
- 1 aubergine
- 1 courgette
- Handful of spinach
- 1 serving of quinoa
- 30g feta
- 1 tbsp garlic infused oil

METHOD:

- Soak kebab sticks in water
- Chop mushroom, chicken, aubergine, mushroom and courgette into small chunks
- Place on kebab and lay kebab sticks over baking tray so they don't touch the bottom, drizzling with garlic oil
- Bake in oven at 180C for 30 minutes
- While cooking, rinse quinoa under water and boil using directions on packet
- Chop feta and serve on a bed of spinach with quinoa and kebabs

(GREAT FOR A BBQ - IF WE EVER GET NICE WEATHER)

METHOD:

- Fry chicken and mushrooms in spray oil until starting to brown
- Add in olive oil and risotto rice and stir in for around one minute
- Add in one cupful of the stock and allow to simmer until soaked up.
- Repeat this process until all stock has gone and rice is soft and gooey
- Throw in the spinach and allow to wilt
- Sprinkle over cheese

INGREDIENTS:

- 1kcal spray oil
- 1 tbsp olive oil
- 300g risotto rice
- 50g Mushroom
- 2 Handfuls of spinach
- 750ml chicken stock
- 30g parmesan cheese
- 2 chicken breasts

CALORIES PER
SERVING: 353
PROTEIN: 29.4G
SERVES: 3



CHICKEN AND MUSHROOM RISOTTO

EASY EGG TRAYBAKE



CALORIES PER SERVING: 212

PROTEIN: 21g

SERVES: 2

INGREDIENTS:

- 6 eggs
- 3 large peppers
- 75g Mushroom

METHOD:

- Chop up all your veg
- Crack your eggs and whisk
- Line a baking tray with baking paper
- Cover the bottom of the tray with your veg and then pour over the egg
- Cook in oven on 180C for 30 minutes

SAUSAGE CASSEROLE

CALORIES PER SERVING: 640
PROTEIN: 47G
SERVES: 2

INGREDIENTS:

- 4 pork sausages (about 100kcal)
- 400g baked beans
- 2 carrots
- 75g Mushrooms
- 240g potatoes
- 400g chopped tomatoes
- 40g tomato puree
- Mixed herbs

METHOD:

- Cube the potatoes and part boil them for about 5 minutes
- Brown sausages in a pan over a medium heat
- Add in carrots, mushrooms, beans, potatoes (drained), chopped tomatoes, tomato puree and mixed herbs (basically everything else!!)
- Turn the heat down and allow to simmer and sauce to thicken for around 20-30 minutes

*TASTES BETTER THAN IT LOOKS - PROMISE!



METHOD:

- Spray baking tray with spray oil and add cod, oven cooking for 30 minutes
- Cube potatoes and part boil for 10 minutes
- Chop chorizo and fry in a pan with green beans
- Add in potatoes (drained), chopped tomatoes, tomato puree and mixed herbs. Warm through
- Through in spinach and allow to wilt
- Serve with cod

INGREDIENTS:

- 200g cod
- 240g potatoes
- 30g chorizo
- 50g green beans
- 400g chopped tomatoes
- 40g tomato puree
- Handful of spinach
- Mixed herbs
- 1kcal spray oil

CALORIES PER
SERVING: 412
PROTEIN: 32G
SERVES: 2



TOMATOEY CHORIZO COD

TURKEY CHILLI



CALORIES PER SERVING: 531

PROTEIN: 41g

SERVES: 4

INGREDIENTS:

- 150g basmati rice
- 500g turkey mince
- 400g chopped tomatoes
- 40g tomato puree
- 400g kidney beans
- 4 squares of dark chocolate
- Chilli mix

METHOD:

- Throw everything in a slow cooker and cook on low for about 6 hours or high for 3
- Serve with basmati rice
- No seriously that's it

CAN BE COOKED IN A PAN