ORWELL FITNESS RECIPE BOOK

ORWELL

Quick, tasty meals to fuel your training and support your goals.

These recipes are easy to follow, full of nutrients, and designed to hopefully add some variation to your current nutritional intake – whether you're aiming to lose fat, build muscle, or just eat well.

Let's make healthy eating simple.

ORWELL

OVERNIGHT OATS

Ingredients

- 4 tbsp of rolled of oats [we use whole grain rolled oats]
- 1 tbsp of chia seeds
- 1 scoop of whey protein powder [we use white chocolate]
- 2 tbsp of Greek yoghurt
- 100ml of milk
- Raspberries or blueberries [optional]

Directions

Mix it all up. Put it into a small mason jar and pop it into the fridge overnight. Ready to eat the next morning and you can take to work if you're on the go.

(1 serving)

HUEVOS RANCHEROS

Ingredients

- 1 tsp coconut oil
- 3 eggs
- 1 pot of tinned or chopped tomatoes
- ½ onion
- 2 cloves of garlic
- 1 fresh chilli
- 1 red pepper
- 4-6 good quality sausages [any preference]
- Handful of grated mature cheddar
- Salt, pepper, cumin for seasoning

Directions

Fry a teaspoon of coconut oil in a large saucepan. Fry off the onion and garlic, once browned add the sausages finely chopped, roughly 3cms thick. Brown the sausages and add pepper, chilli and any other veg you fancy (fresh tomatoes or mushrooms work well too). Fry for 1 min then pour in the tinned tomatoes, season with cumin, salt and pepper. Cook on a moderate heat for 5 mins. Then grab a spoon and make 3 small indentations in the mixture so you can see the bottom of the pan, crack the eggs and individually pour them into the holes. Simmer for 3 mins then place under the grill and cook until the egg whites have turned solid, sprinkle cheese on top, place the pan on a heat proof mat and enjoy straight from the oven, no plates needed - a great way to share food together. You can also dip sweet potato wedges or toasted pitta bread into the dish if you fancy a bit more substance.

(2 servings)

AVOCADO & EGG TOAST

Ingredients

- 1-2 slices of quality bread [rye, spelt, wholemeal, sourdough for example]
- ½ ripe avocado
- 2-3 free range eggs
- Small knob of quality butter
- Chilli flakes [optional]

Directions

Toast your slices of bread how you like them. Half and de-stone your avocado. Spoon half of your half an avocado on one piece of toast and the other half on the remaining piece of toast. Cook your eggs how you like them - scrambled, poached or soft-boiled. We like scrambled, so take the small knob of butter in a non-stick pan and give the whisked eggs a quick scramble in the pan, removing before they are hard, keeping a little moisture to them. Serve immediately whilst everything is still hot. Optional: A little sprinkle of chilli seeds and salt on your avocado for a bit of heat and flavour.

(2 servings)

PORRIDGE YOUR WAY

Ingredients

- ½ cup of rolled oats
- Toppings of your choice:
  - Coconut flakes/Shredded Coconut
  - Chia seeds
  - Closed handful of nuts
  - Seeds [optional]
- Vanilla powder
- Cinnamon
- 200-300ml of milk of your choice

Directions

Place all your chosen ingredients in a small saucepan. Add your milk and then over a low heat cook for 5-6 mins stirring as you go along, seeing that the oats are tender. Serve with berries, a little extra milk or yogurt to taste.

(1 serving)

GREEN SMOOTHIE

Ingredients

- 200g of spinach or green leaves of your choice
- ½ small courgette
- Small chunk of peeled ginger
- 5-10 mint leaves
- ¼ ripe avocado
- 1 cup of non-dairy milk [almond, rice or coconut]

If you find you need the sweetness initially add one medjool date.

Directions

Try to keep your smoothies as sugar-free and packed full of veggies as possible. Place all ingredients in a blender and blitz! For a cooler "smoothie-esque" drink, pre chop ingredients, place in a freezer bag and then use when ready.

(1 serving)

ASIAN SWEET POTATO SOUP

Ingredients

- 2 tsp coconut oil
- 2 small brown onions, finely chopped
- 1 small lemongrass stalk, white part finely minced
- A thumb of ginger, minced
- 2 cloves of garlic, crushed
- 2 tbsp finely chopped coriander stalks
- 2 cups sweet potato and squash purée
- 500ml vegetable or chicken stock
- 1 can coconut milk
- A bunch of coriander leaves
- 1 long red chilli, finely sliced & extra to garnish

Directions

Sweet potato purée: Chop 3-4 large sweet potatoes and one small squash into same sized pieces. Place in a baking tray, covering with 2-3 tbsp. of olive oil and sprinkling of salt. Cook on 200°C for 35-40 mins, or until soft. Once soft- take out and blitz in a blender or food processor. You can keep the purée in a container until you are ready to make the soup. In a tall saucepan, add coconut oil and heat. Add onion and cook for 5 mins or until softened and translucent. Add lemongrass, ginger, garlic and cook through until softened and fragrant. Add the sweet potato and squash purée, stock and coconut milk. Stir through and bring to a boil. Remove from heat. Using a stick blender, blend soup until smooth. Garnish with chopped chilli and chopped coriander leaves.

(4 big servings)

AVOCADO PRAWN SALAD

Ingredients

- 150-250g peeled and cooked king prawns
- 1 cos lettuce or 2 baby gem lettuce, cut into broad strips
- 1 small cucumber, diced into 2cm chunks
- 1 bunch of radishes, finely sliced
- 30g seeds
- 1 medium ripe avocado
- 2 tbsp. of apple cider vinegar
- ½ tsp of English Mustard
- ½ clove garlic
- 3 tbsp Olive Oil

For a heartier meal add 1 can of cooked chick peas [optional]

Directions

Take lettuce strips, diced cucumber and sliced radishes and toss together, then spread across a large serving platter. In a food processor, add the de-stoned and peeled avocado, apple cider vinegar, garlic, mustard and oil and blend into a smooth paste, adding a little salt and pepper to taste. Drizzle the avocado dressing over the salad leaves and vegetables. Drain the cooked prawns and scatter them across the platter along with the sunflower/pumpkin seeds. If looking for a heartier meal, drain your chickpeas and scatter across the salad as well.

(2 Servings)

VEGETABLE FRITTATA

Ingredients

- 1 white onion
- 1 clove of garlic
- 2 medium red peppers
- 1 small bunch or asparagus
- Handful of fine green beans
- Half a bag of spinach & a few leaves of basil
- 6 eggs
- Feta cheese [optional]

Directions

Vegetable prep: Dice your white onion in small but chunky pieces, cut your peppers into medium/ thin slices, cut your green beans and asparagus into thirds. In a non-stick frying pan, on a low heat, sweat off your onions in a tbsp of coconut oil until they are soft and translucent [odourless if you don't like the taste of coconut]. Add in your chunky vegetables - asparagus, green beans and peppers and on a medium/low heat, cook them through until they have softened. Mince and add in your garlic to the vegetable mix. We want our vegetables softened but not too sloppy-a little bit of bite is quite nice! When everything is softened, add in the spinach and basil leaves until they wilt. Season with a little salt and pepper, and some chilli flakes if you like heat! Remove your veg and place in oven proof dish, mine is a 23inch x 23inch, but whatever you have as long as not too small and deep. In a separate bowl, whisk 6 eggs,then pour over your veg mix. If you like feta, crumble and sprinkle your desired amount over your mix, pushing in slightly so it doesn't just sit on top. Pop into an oven for 15-20 mins at 150°C, but watch to see it doesn't cook too fast. Use a knife in the middle to see how cooked it is. A little wetness is ok, but we don't want runny eggs.

(2 Servings)

HEALTHY SPAGHETTI BOLOGNESE

Ingredients

- 450g Italian sausage, diced, or any meat you like, chicken, ground beef, whatever is available. Organic, grass fed is the key!
- 3 small leeks
- ½ red onion
- 1 red pepper
- 1 can of artichoke, cut into smallish pieces
- 1 tbsp coconut oil
- 5 courgettes, sliced thinly and cut into strips like noodles.

Sauce

- 1 can of organic diced tomatoes [or fresh skinned and chopped]
- 2 tbsp. coconut cream [or other organic cream but I avoid dairy]
- 1 tsp crushed garlic
- 2 tbsp fresh rosemary chopped
- Black pepper and sea salt to season

Directions

In a large skillet or wok heat the coconut oil. If you are using raw meat, brown the meat in the oil and add the onion leek and pepper. If your meat is already cooked, put the veg in first, then the meat when the veg is tender. Cook through until all is hot. In a small pan mix the diced tomatoes with the juice of the coconut cream concentrate. Bring to a simmer and add the remaining sauce ingredients and mix well. To the meat and veg add the courgette and artichoke, and pour the sauce over. Mix well and cook for another 5-6 mins. Just until the courgette is al dente - whatever you do don't overcook – it'll go to mush!

(2 Servings)

SHAK-SHUKA

Ingredients

- 1 tbsp olive oil
- 2 small/medium white onions, peeled and diced
- 2 cloves of minced garlic
- 3-4 medium chopped green or red bell pepper
- 2 cans chopped diced tomatoes
- 1 tbsp tomato paste
- 1 tsp chilli powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper (or more to taste spicy!)
- Salt and pepper to taste
- 5-6 eggs
- Fresh chopped parsley or coriander for garnish

Directions

In a large hot pan (with lid for later), sauté the onions in the olive oil until softened. Once softened, add the chopped peppers and garlic, softening these too and making fragrant. Around 5-10 mins. Add tomatoes and tomato paste and stir until warmed through. Add spices and stir through well. Add salt and pepper. Crack eggs on top of the mix, making sure to keep yokes intact. Place lid on and cover until eggs are cooked. The eggs on the outside will cook quicker. Once cooked garnish with herbs of choice.

(3-4 Servings)

We hope you enjoy trying some of the recipes and find them helpful in supporting your health and fitness goals.

If you'd like to learn more about what we do at Orwell Fitness; from small group personal training to group fitness, visit www.orwellfitness.com or come and see us in person at our Woodbridge or Ipswich gyms.

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