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# MAY 2018 RECIPE PACK

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POWERED BY THE LEAN BODY PROJECT

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## RECIPE KEY

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**GF** Gluten Free

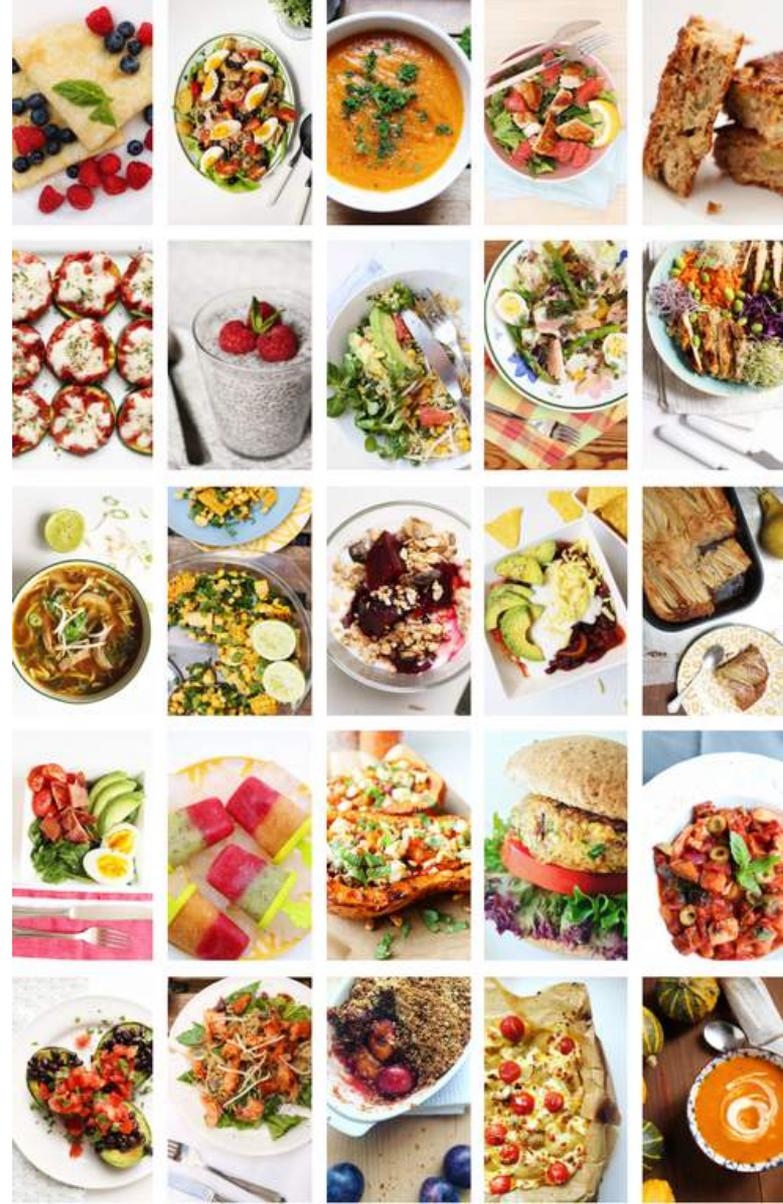
**HP** High Protein (over 30g per serving)

**DF** Dairy Free

**V** Vegetarian

**LC** Low Carb (under 20g per serving)

**Q** Quick (under 30 minutes)



# SWEETCORN FRITTERS



**Makes: 8**  
**Prep: 10 mins**  
**Cook: 15-20 mins**



**Nutrition per fritter:**  
**97 kcals**      **3g Fats**  
**15g Carbs**    **3g Protein**



## WHAT YOU NEED:

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

## WHAT YOU NEED TO DO:

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).

LC

GF

DF

V

Q



# FIERY GLUTEN-FREE OVERNIGHT OATS



**Serves: 1**  
**Prep: 5 mins**  
**Chill: overnight**



**Nutrition per serving:**  
**355 kcals**      **9g Fats**  
**32g Carbs**     **34g Protein**



## WHAT YOU NEED:

- 1/2 cup (45g) gluten-free oats
- 1 scoop vanilla whey
- 1/2 tbsp. natural cocoa powder, unsweetened
- 1 tsp. chia seeds
- 1/2 tsp. ginger, grated
- 1 cup (250ml) unsweetened almond milk

## WHAT YOU NEED TO DO:

Place all the ingredients in a jar/container and mix well.

Leave to soak in the fridge for at least 8 hours, or overnight.

To serve, sprinkle with dark chocolate or top with berries.

# BACON, MUSHROOM & SPINACH CASSEROLE



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 35-45 mins**



**Nutrition per serving:**  
**192 kcals**      **11g Fats**  
**4g Carbs**      **20g Protein**



DF GF LC

## WHAT YOU NEED:

- 1/2 tbsp. olive oil
- 5.2 oz (150g) bacon, chopped
- 7 oz. (200g) mushrooms, sliced
- 3.5 oz. (100g) baby spinach
- 6 eggs
- 1 cup (250ml) plant milk
- 1 tsp. onion powder

## WHAT YOU NEED TO DO:

Preheat the oven to 400°F (200°C).

Heat the olive oil in a large pan. Fry the bacon and mushrooms over medium-high heat until golden brown. Add the spinach towards the end and cook until wilted. Season with salt and pepper to taste.

Transfer the cooked bacon and veg to a greased baking dish.

In a bowl whisk the eggs, combine with the milk and onion powder. Season with salt and pepper.

Pour eggs over the bacon and mushrooms. Bake in the oven for 35-45 minutes or until set in the middle. Cover the casserole with tin foil if the top gets too brown, to prevent burning.



# PROSCIUTTO WRAPPED ASPARAGUS



Serves: 4  
Prep: 15 mins  
Cook: 6 mins



Nutrition per serving:  
120 kcals      11g Fats  
1g Carbs      12g Protein



## WHAT YOU NEED:

- 20 asparagus spears
- 1 tbsp. olive oil
- 10 slices prosciutto, halved lengthwise

## WHAT YOU NEED TO DO:

Heat the oven to broil and place a rack about 5 to 6 inches below the heat.

Rub the asparagus with olive oil then season with salt and pepper. Next, wrap each spear with the prosciutto, starting from the bottom.

Place the wrapped asparagus on a baking tray and under the heat. Broil for about 3 mins, then turn the asparagus and broil for another 3 more minutes.

Serve as a snack.

Q DF GF LC



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# VEGAN CAESAR SALAD



**Serves: 2**  
**Prep: 15 mins**  
**Cook: 0**



**Nutrition per serving:**  
**243 kcals**      **15g Fats**  
**32g Carbs**      **8g Protein**



## WHAT YOU NEED:

*For the dressing:*

- 1/4 cup (62g) natural soy yogurt
- juice of 1/2 lemon
- 1 tsp. honey
- 1 garlic clove, crushed
- 1 tsp. mustard

*For the salad:*

- 1 romaine lettuce, chopped
- 1 avocado, chopped
- 2 slices brown bread, toasted and chopped
- 1 pomegranate, seeds to serve

## WHAT YOU NEED TO DO:

Firstly, toast your bread. In the meantime, make the dressing, place all the dressing ingredients in cup/bowl season to taste, and mix well until smooth, then set aside.

Next, assemble the salad in bowls (lettuce, avocado, bread) and garnish with the pomegranate seeds. Top with 2 tbsp of the dressing and serve.



# CHIA CRUSTED TUNA STEAK WITH AVOCADO SALSA



**Serves: 2**  
**Prep: 15 mins**  
**Cook: 8 mins**



**Nutrition per serving:**  
**401 kcals**     **18g Fats**  
**22g Carbs**    **40g Protein**



## WHAT YOU NEED:

- 2 tuna steaks (5oz./140g each)
- 2 tbsp. chia seeds
- 2 tsp. coconut oil
- 1 avocado, cubed
- 1 red chili, deseeded, chopped
- 5 oz. (140g) pineapple, fresh or canned, finely chopped
- 1/3 cup. (45g) red onion, diced
- handful coriander, chopped
- juice of 1/2 lemon

## WHAT YOU NEED TO DO:

Season the tuna steaks with salt and pepper.

Spread the chia seeds on a plate and press each tuna steak into the seeds until coated on both sides.

Heat a non-stick pan with the oil to high heat. Once it is hot fry the tuna steaks 3-4 minutes each side, depending on your liking. The steaks are best when the inside is still raw.

Make the salsa by combining the avocado, chili, pineapple, onion, coriander and lemon juice in a bowl, season with salt and pepper, and mix well.

Serve the tuna steaks straight away with salsa as a side.

Q HP GF DF



# CHIPOTLE CHICKEN SALAD BOWL



**Serves: 2**  
**Prep: 20 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**605 kcals**     **17g Fats**  
**74g Carbs**     **49g Protein**



GF HP

## WHAT YOU NEED:

For the chicken:

- 2 chicken breasts (5oz./150g each)
- 1 tbsp. coconut oil
- juice of 1/2 lime
- 2 tbsp. taco seasoning
- 2 tsp. tomato paste

For the bean salad:

- 1 red sweet pepper, chopped
- 1 medium tomato, chopped
- 1 small red onion, diced
- 5 oz. (140g) sweetcorn, drained
- 5 oz. (140g) black beans, drained
- Few handfuls Romanian lettuce, chopped
- 2 green onions, chopped
- bunch of coriander, chopped
- 2 tbsp. natural yogurt

For the rice:

- 8.8 oz (250g) cooked white rice
- 1/2 lime, zest only
- bunch of coriander, chopped

## WHAT YOU NEED TO DO:

In a bowl, mix the ingredients for the chicken marinade, then add in the chicken breast and cover well. Marinade in the fridge for at least 15 minutes (or overnight).

In the meantime, make the bean salad by mixing all the salad ingredients apart from the yogurt. Season with salt and pepper.

Heat the oil in a pan to high heat and cook the chicken 5 mins on each side. Take off the heat and set aside. Once ready to serve chop into pieces.

To prepare the rice mix in the chopped coriander and lime peel into the cooked rice.

Assemble the salad. Divide the rice and bean salad between two bowls, then top with the cooked chicken. Serve with 1 tbsp. of natural yogurt.



# BAKED EGGPLANT WITH MOZZARELLA, TOMATO AND PESTO



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 35 mins**



**Nutrition per serving:**  
**234 kcals**      **20g Fats**  
**21g Carbs**      **9g Protein**



## WHAT YOU NEED:

- 2 aubergines
- 2 tbsp. olive oil
- 4.4 oz (125g) mozzarella, sliced
- 4 medium tomatoes, sliced
- 2 tbsp. green pesto

## WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C).

Make deep cuts in the aubergines without cutting right through. Place the aubergines on a tray covered with parchment paper and rub with the olive oil. Bake in the middle of the oven for about 35 min.

Meanwhile cut the mozzarella and tomatoes into slices. Remove the aubergines from the oven, let it cool slightly and insert a slice of mozzarella and tomato in each cut. Season with salt and pepper.

Lastly, drizzle with the pesto and cook in the oven for another 10 minutes until the mozzarella has melted.

V GF



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# MEATY RATATOUILLE



**Serves: 6**  
**Prep: 15 mins**  
**Cook: 1 hour**



**Nutrition per serving:**  
**219 kcals**      **7g Fats**  
**19g Carbs**      **21g Protein**



## WHAT YOU NEED:

- 1.1 lb (500g) lean ground beef
- 2 red onions, chopped into wedges
- 4 garlic cloves, sliced
- 1 aubergine, chopped
- 1 courgette, chopped
- 3 bell peppers, chopped
- 5 tomatoes, chopped
- bunch of basil, stalk and leaves separated, chopped
- 1 tbsp. olive oil
- dried thyme, to taste
- 14 oz. (400g) tin chopped tomatoes
- 2tbsp. tomato paste
- 1 tbsp. balsamic vinegar
- ½ a lemon, zest

## WHAT YOU NEED TO DO:

Heat a dry nonstick pan over high heat and cook the beef until browned. Transfer to a dish and set aside.

Heat half the oil in a large saucepan over medium heat, add the aubergines, courgettes and peppers. Cook for 5 mins, then also transfer into a dish and set aside.

Add the remaining oil to the pan, and cook the onion, garlic, basil stalks and thyme for about 10 mins.

Next, add in the cooked veg and beef alongside the chopped tomatoes, tomato paste, and vinegar. Season with salt and pepper and mix well. Simmer the veg covered, over low heat for 35 minutes.

Lastly, add in the basil leaves, lemon zest and season with salt and pepper to taste. Mix well and serve.

LC DF GF



# ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



**Serves: 1**  
**Prep: 5 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**197 kcals**      **4g Fats**  
**14g Carbs**      **26g Protein**

## WHAT YOU NEED:

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

## WHAT YOU NEED TO DO:

Blend all the ingredients in a high-speed blender until smooth and serve.

LC GF V Q

# GLUTEN-FREE ZUCCHINI BLONDIES



**Makes: 12**  
**Prep: 10 mins**  
**Cook: 35-45 mins**



**Nutrition per serving:**  
**130 kcals**      **5g Fats**  
**20g Carbs**     **3g Protein**



V GF

## WHAT YOU NEED:

- 5.2 oz. (150g) buckwheat flour
- 1 tsp. gluten-free baking powder
- 1/2 tsp. salt
- 7 oz. (200g) zucchini, finely grated
- 3 tbsp. soy yogurt
- 1 tsp. vanilla extract
- 2 tbsp. honey, or maple syrup
- 2.5 oz. (70g) coconut sugar
- 3.5 oz. (100g) dark chocolate, roughly chopped

## WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C) and grease a 23cm square brownie tin.

In a bowl mix together flour, baking powder and salt.

In a separate bowl combine the grated zucchini, soy yogurt, vanilla extract, honey and sugar. Mix until well blended.

Gently add the dry ingredients into the wet ingredients, then fold in the chopped dark chocolate. Transfer the batter into the brownie tin and bake for 35-45 minutes, until the top is firm and brown.

Remove from the oven and let cool completely in the pan. Cut into 12 pieces and serve.



# LOW-CARB CHOCOLATE LAVA CAKE



**Serves: 4**  
**Prep: 10 mins**  
**Chill: 5-7 mins**



**Nutrition per serving:**  
**205 kcals**      **19g Fats**  
**3g Carbs**        **5g Protein**



## WHAT YOU NEED:

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- 1/2 tsp vanilla extract
- 2 eggs

## WHAT YOU NEED TO DO:

Preheat the oven to 400°F (200°C) and grease 4 small ramekins with butter.

Place the chocolate in a saucepan, add butter and slowly melt together.

Add the vanilla extract and stir until smooth, then set aside. Allow the chocolate to cool slightly.

Crack the eggs into a bowl and beat with a hand mixer until fluffy. Pour in the melted chocolate and mix well.

Transfer the batter into the greased ramekins and place in the oven. Immediately lower the heat to 350°F (175°C). Bake for 5 mins, then remove from the oven and serve lukewarm with a dab of crème or ice cream (optional and not included in nutrition info).

GF LC Q V

