

MANvFAT **SOCCER**[®]



FOOD AS FUEL

THE BASICS

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MANvFAT **SOCCER**[®]

FOOD AS FUEL

VITALS



MAN V FAT FOOD AS FUEL

You want to lose weight, but did you know that how you fuel your body is just as important as working out? You might not realize it, but what you eat and drink has a big impact on exercise, whether you're on the soccer field or building up strength at the gym. Making small changes to improve your diet won't just make you feel better and help you lose weight; it'll also improve how you perform.



HOW TO USE THIS GUIDE

What you eat and drink should make you feel good,

Get the most out of your MAN v FAT Soccer experience by having a good time on the field with your teammates, but also by making small lifestyle changes.

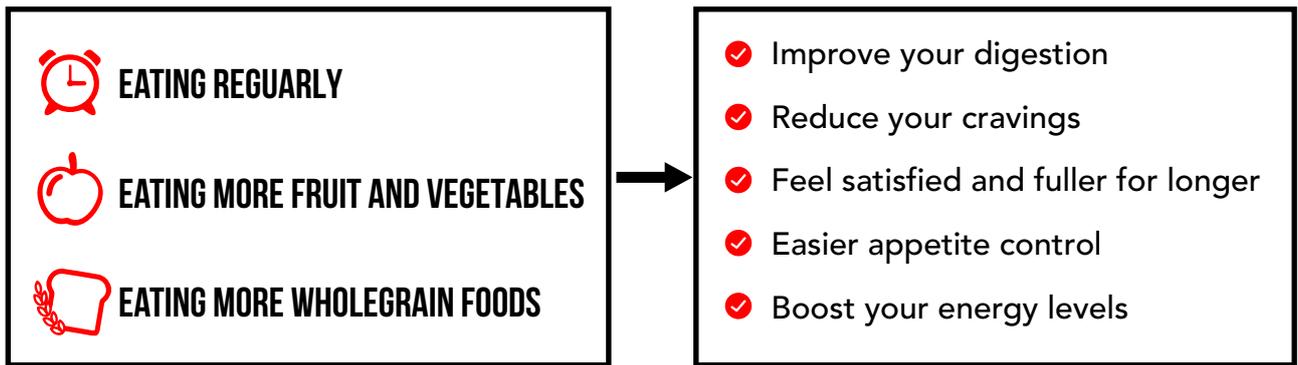
In this guide you'll find all the basics you need to know to start eating better, along with a bunch of healthy, tasty recipes to get you started.

All our recipes are super simple, with minimal ingredients, minimal equipment, and minimal skills needed for maximum results.

WHY CHANGE WHAT YOU EAT?

If you're reluctant to cut down on soda, pizza, and chips, and figure you'll just lose weight by working out, you might want to think again. Not only is it easier to lose weight by changing what you eat, eating well has many more benefits than just weight loss.

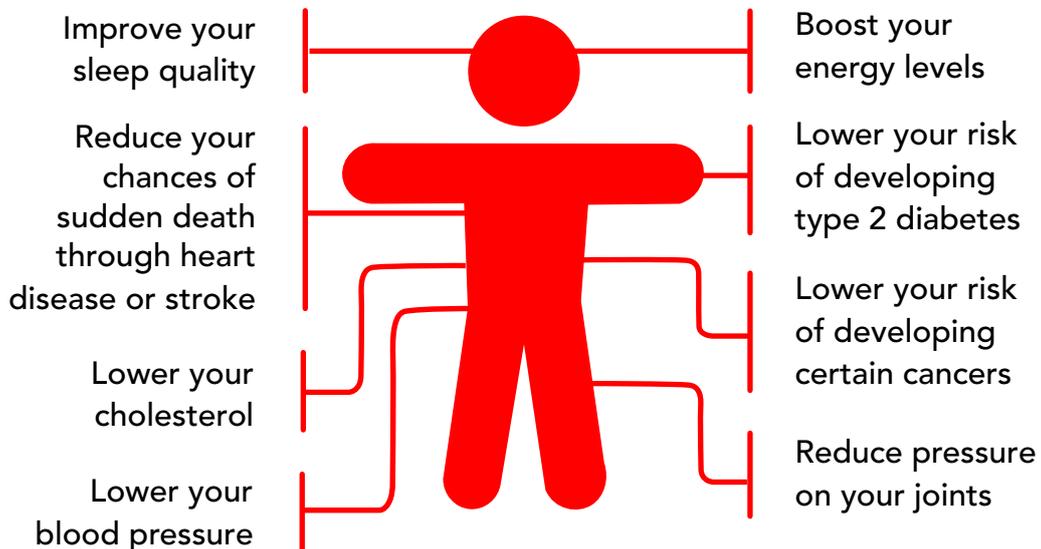
THE BENEFITS OF EATING HEALTHY



Improving how you eat will help you lose weight. Everyone has different reasons for losing weight: fitting into clothes you last wore in college, keeping up with grandkids, walking up the stairs without being out of breath. They're all valid reasons to want to lose weight, and we've got another one for you.

Research shows that losing 5% of your body weight is a safe amount to lose in a 14-week period. It's also the point at which you'll start to notice the physical and mental benefits of losing weight.

THE BENEFITS OF LOSING 5% OF YOUR BODY FAT



EATING A BALANCED DIET

One of the best ways to live a healthier life is to eat a healthy, balanced diet, but what does that mean?

Forget diet plans and complicated points systems, and instead start with eating 3 well-proportioned meals a day, plus 2 healthy snacks. You can make changes to the meals you love or try something new and check out our recipes.



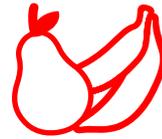
Healthy breakfast



Hearty lunch



Balanced dinner



2x Healthy snacks

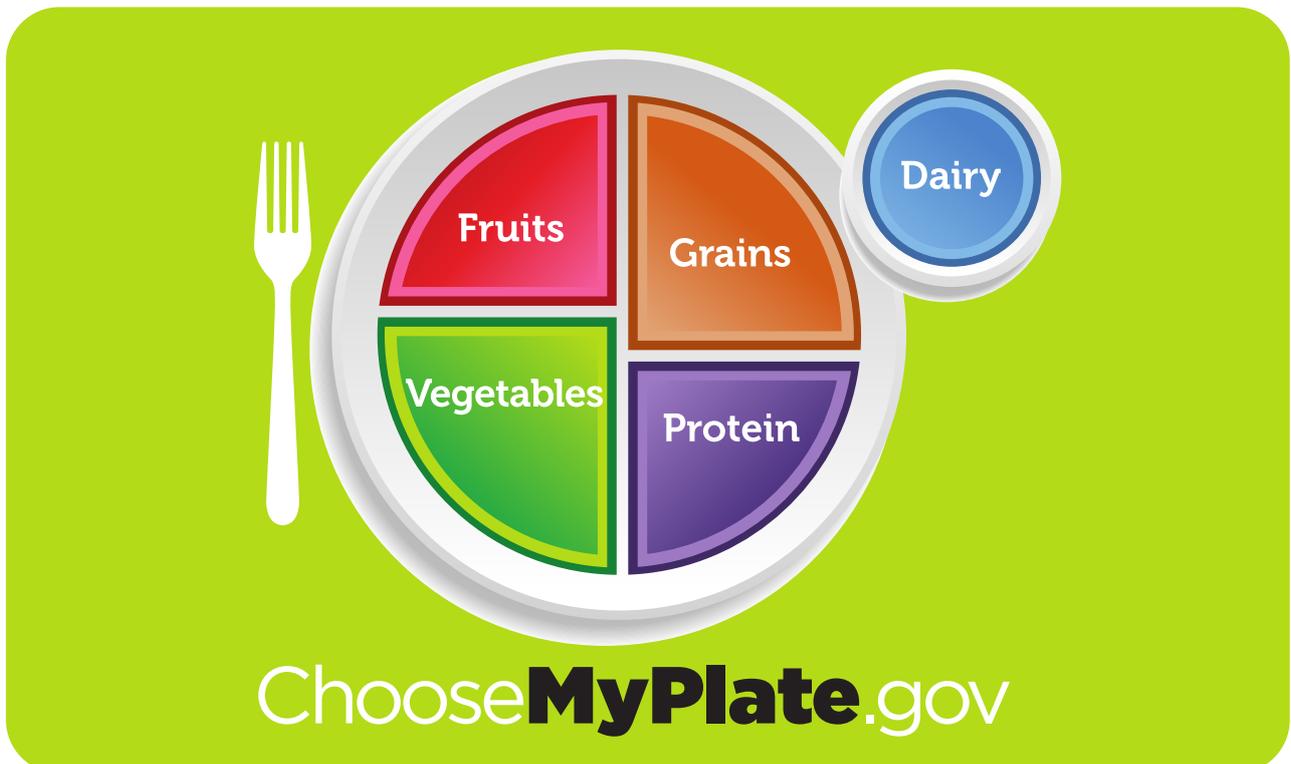


Lots of water

A balanced diet means eating from each food group in moderation to stay healthy and fuel your body.

THE 5 FOOD GROUPS

You should aim to eat a variety of foods from each food group. Here's what that looks like, based on the USDA's MyPlate:



FRUIT AND VEGETABLES

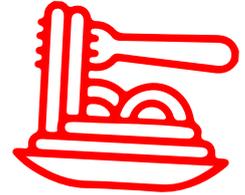
You should aim to eat 3 to 4 cups of vegetables a day. All types of veggies count: raw, cooked, frozen, canned, or dried. Aim to fill half your plate with fruit and vegetables.



GRAINS

→ Rice → Pasta → Oatmeal → Bread

Try and choose wholegrain options over refined grains – they'll boost your fiber intake and keep you fuller for longer.



PROTEIN

→ Meat (beef, pork, lamb) → Poultry (chicken, turkey)
→ Seafood (salmon, shrimp, tilapia, tuna) → Eggs → Tofu → Tempeh
→ Nuts (almonds, pistachios, walnuts) → Seeds (chia, flax, pumpkin, sunflower)
→ Beans, peas, and lentils (fava, garbanzo, kidney, baked beans, refried beans)

Choose lean protein options (like 93/7 ground beef and skinless chicken breasts) and try and eat a wide range of protein. If you're vegetarian or vegan, you can get the protein you need from vegetarian options like tofu, beans, peas, and lentils.



DAIRY

→ Milk (including soy milk)
→ Yogurt (including soy yogurt)
→ Cheese

USDA guidelines recommend having 3 cups of dairy a day. Cream cheese, sour cream, cream and butter aren't included here, because they are low in calcium and high in fat. Milk alternatives aren't included here either because they're not as high in calcium as dairy milk and soy milk.

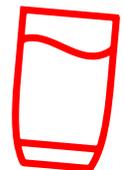


DRINKS AND ALCOHOL

You should think about what you drink as well as what you eat. Aim to drink water as your first choice when you're thirsty. Drinking 8 glasses of water a day is a good place to start. Limit soda as it's high in calories and full of sugar.

If you do drink soda, switch to sugar-free varieties.

If you drink alcohol, you should do so in moderation, limiting your intake to 2 drinks or less in a day. Remember that alcohol is high in calories too.



OILS

Oils aren't a food group, but they can provide important nutrients. Choose oils that have monounsaturated or polyunsaturated fats and watch how much you use in cooking. Go for olive oil, sunflower oil, or canola oil.



USING MACROS TO HELP YOU EAT WELL

If you've tried to lose weight before, you may have heard of the term 'macros'. It's short for macronutrients, and when talking about food groups there are three main macronutrients: carbohydrates, protein, and fat.

The macros in food can affect how hungry or full you feel after eating. They also have an impact on how fast you burn calories (your metabolic rate), your brain activity, and hormone levels.



A bite of a donut and 3 cups of broccoli both have 100 calories, but they'll have a very different effect on your body. The fiber in broccoli will make you feel fuller for longer, while the sugar in a donut will leave you with a sugar crash.

There's more to eating a balanced diet than purely counting macros.

Understanding what you're eating and what a healthy, balanced diet looks like is going to help you lose weight and improve your health, and tracking macros can be a part of that if you want. Just be sure to do your macro math and set accurate targets. Get advice from an expert if you're not sure where to start.

HOW MUCH TO EAT

It's so easy to overeat, especially when you eat all of a packaged item and then find it's meant to serve 4. It's important to know the difference between a portion size and a serving size.



SERVING SIZE

Serving size, or serving, is based on the amount of food people typically consume, rather than how much they should consume.

PORTION SIZE

Portion size is the amount you choose to eat. This could be more, less, or the same as a serving.



Here's an example. Say you want pasta for dinner. A serving of pasta according to the label might be 85g, but you choose to eat 100g: that's your portion size.

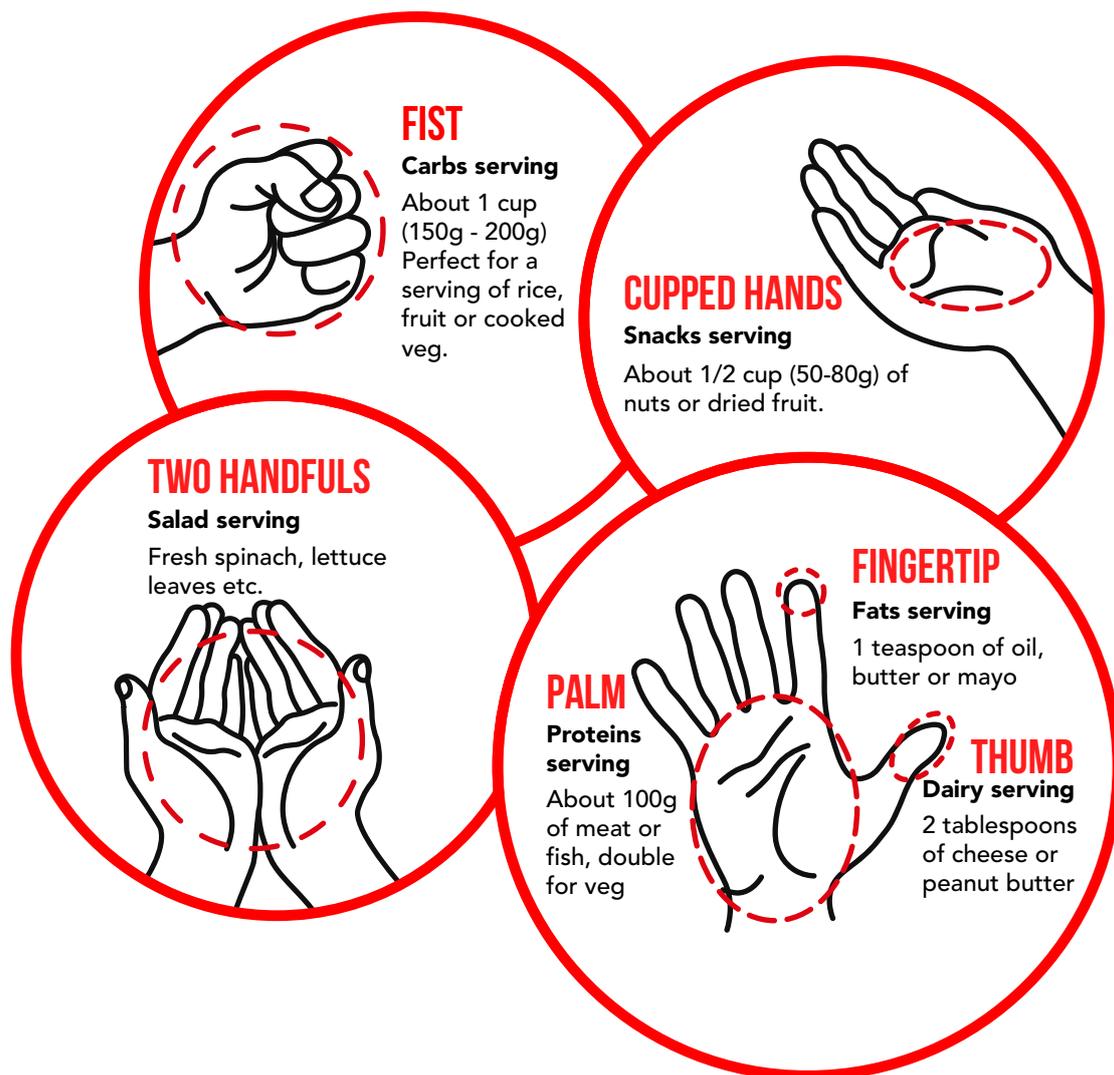
The FDA recommends a calorie intake of 2,600 for sedentary men aged 19-20, 2,400 for men aged 21-40, 2,200 for men aged 41-60 and 2,000 for men aged 60+. That's without considering weight loss: to get the calories goal you should aim for to lose weight you should figure out your total daily energy expenditure (TDEE).

Your TDEE considers height, weight, age, and activity level to calculate your own personal calorie goal. There are many calculators online to figure this out.

WHAT DOES A PORTION LOOK LIKE?

If you want to see if you're eating more than the suggested serving size, invest in some inexpensive digital kitchen scales. That's the most accurate way to measure what you eat. You won't always have to use them, but they'll give you a good understanding of how different amounts look on your plate.

HERE'S A GUIDE TO HELP YOU VISUALIZE FOOD PORTIONS



STILL CONFUSED?

Aim for the following portions in your day and you'll be on track

- **Fruit and veg:** 5+ portions a day
- **Dairy:** 2-3 portions a day
- **Grains:** 3-4 portions a day
- **Protein:** 2-3 portions a day

WILL I BE HUNGRY?

Not if we've got anything to do with it.

If you're thinking you'll feel deprived because you'll be missing out on your favorite foods, try and stop thinking of foods as 'good' and 'bad'. Every food has a place in a balanced diet – yes, even chips, fries, and beer – it's all about moderation.

Restricting what you eat only leads to a diet cycle that's unsustainable. Avoid the blowouts and binges by allowing yourself to eat and drink a little of the things you love, while making good choices the rest of the time.

While we're talking hunger, have you thought your hunger may be more emotional than physical? We all eat out of emotional hunger from time to time, but if you think it's a problem it's something to think about. Here are the big differences between the two.

NOT ALL HUNGER IS THE SAME

EMOTIONAL HUNGER

- Eating faster and/or less mindfully
- Triggered by stress or difficult emotions
- Triggers guilt, regret and self-loathing
- Eating more despite being full
- Eating regardless of when you last ate
- Craving specific foods
- Starts suddenly

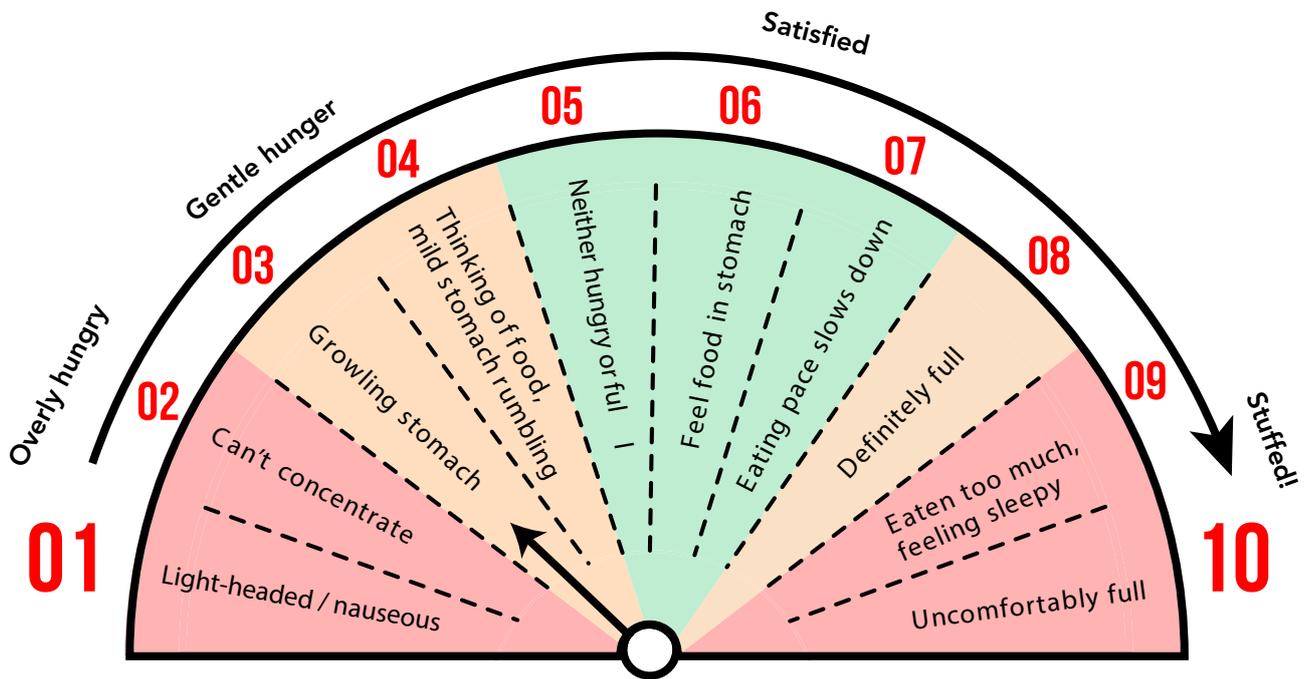
WHAT KIND OF HUNGER ARE YOU FEELING?

PHYSICAL HUNGER

- Feeling growling, rumbling, or pains in stomach
- Builds gradually
- Eating more mindfully
- Finding balanced options appealing
- Decreases as you eat and feel full

REMEMBER, YOU'RE IN CONTROL...

THE HUNGER SCALE



Do you have a growling stomach, or do you just want to make a boring meeting more exciting? Are you really hungry?

One way to tell is by using the hunger scale. Stick to eating when you're around a 3 and stop when you're around a 6 or 7.

Make a note of your eating patterns and why you're eating over a few days, and it'll quickly become clear if you're eating to fill a physical need or an emotional one.

DECODING FOOD LABELS & NUTRITIONAL INFO

There's a lot to take in on a nutrition facts label. Numbers, percentages, grids... it's easy to glaze over and give up. Here's what you need to look at.

INGREDIENTS LIST

Labels list ingredients in order of weight from biggest to smallest, so if sugar or oil is high up in the list it's safe to assume that the product has a high proportion of sugar/fat.

NUTRITIONAL DETAILS

You'll also find all the nutritional info you'll need. How many servings a product provides will be at the top, with info on what a serving size is. You'll find the calories per serving, along with details of fat content (including saturated fat and trans fat), carbohydrate content (including fiber, sugar and added sugars) and protein content. You'll also find details of sodium, cholesterol, and vitamins and minerals.

The percentages next to each value are the Daily Value (DV), which show what percentage of your daily needs the product includes based on a 2,000 calorie a day diet.

MAN V FAT RECIPES

All of our recipes show you the DV%, nutrient amount, and a red, amber and green system so you can see at a glance whether something is high (red), medium (amber), or low (green)

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FOOD AS FUEL

USEFUL TIPS



WHAT TO EAT BEFORE AND AFTER A WORKOUT

BEFORE EXERCISE

You want to be fully fueled before soccer, but what should you eat?

When you work out your body needs energy fast, and to get this energy your muscles turn to the carbs stored in them. If your workout is super intense or over an hour, your muscles will start to use amino acids (proteins) to fuel you further.

This means that you should think about eating 1-3 hours before you work out, to give your body time to digest food.



AFTER EXERCISE

The goal with eating after working out is to help your body restore and repair your muscles, so they build back stronger. Again, carbs and protein are going to help with this. The sooner you have a snack, the sooner your body can rebuild, repair and replenish your energy stores.

Some carb and protein combos we love are:

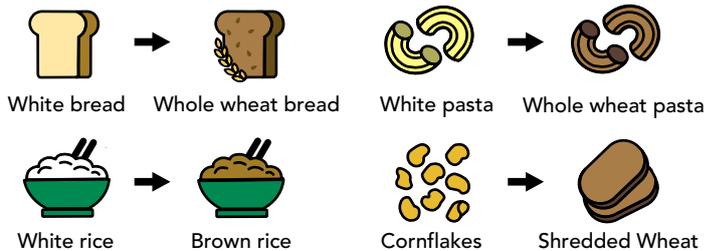


- Eggs on toast
- Chicken sandwich on wholegrain bread
- Hummus and grated carrot wrap
- Apple and peanut butter
- Greek yoghurt and berries
- Protein porridge

SIMPLE SWAP HACKS

Every healthier choice makes a difference, no matter how small. Here are some small changes you can make.

CHOOSE WHOLE GRAINS TO UP YOUR FIBER INTAKE



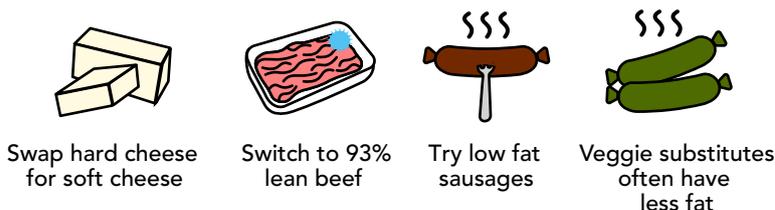
CHAMPION FIBER

Adding fiber to your diet will stabilize your blood sugar and appetite, decrease inflammation, and improve digestion.

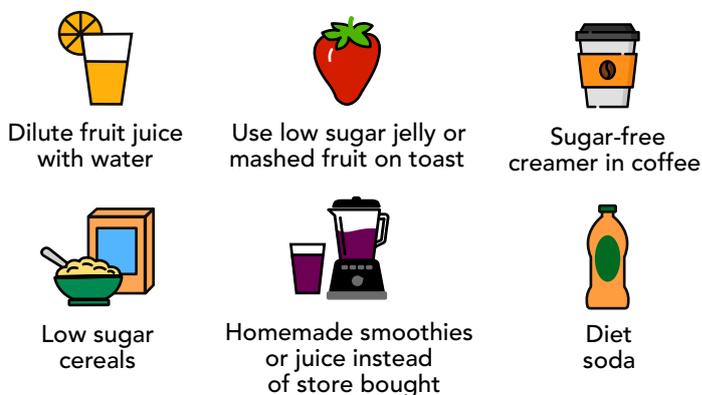
CUT FAT

Cutting down on saturated fat in your diet can help support healthy cholesterol levels and lower your risk of heart disease

TRY THESE SWAPS TO REDUCE SATURATED FAT



TRY THESE SWAPS TO REDUCE SUGAR



CONQUER SUGAR

Cutting down on sugar will reduce your risk of type 2 diabetes, obesity, and heart disease.

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FOOD AS FUEL

RECIPES



RECIPES 101

New recipes can seem daunting, but it's worth taking the risk. Check out these notes on what you'll find on each of our recipes to help you get to grips with the basics.



This is where you'll find common allergen alerts so you can avoid anything you're allergic or intolerant to.

These stickers quickly show you if a recipe is vegetarian, vegan, gluten free or dairy free.

⊗ Main → Our recipes are split into breakfasts, mains (lunch/dinner), snacks, and desserts...but you can go wild and make a breakfast recipe for lunch, we don't mind!

🕒 10 mins → This is our rough guide to how long a recipe takes

📊 351 calories per serving → This is an idea of how many calories you'll be consuming per serving. A recipe might make enough for 4 servings, but the calorie guide you see noted like this is for 1 serving. Keep in mind it's a guide, as it'll depend on the exact ingredients you use. Brands differ, and the size of your fruit/vegetables, etc., can make this figure higher or lower.

👤 4 servings → This is how many servings the recipe makes. Don't let this put you off if you live alone! You could make this and save the other 3 servings for a quick lunch or halve the recipe to make enough for 2 dinners.

🕒 Low sugar → We've picked a few health benefits to highlight to help you plan your meals and get a better grasp on how food can fuel you.

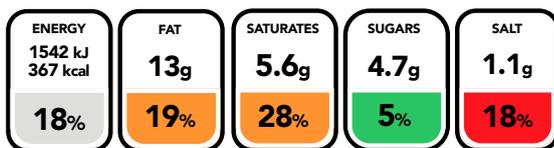
METHOD

The method gives you step-by-step instructions and tips on how to make the recipe.

INGREDIENTS

In this section you'll find all the ingredients you need, in the order you'll use them, with a little note on how they're prepared if it's needed.

WHAT'S IN A SERVING



- Red means high levels
- Amber means medium levels
- Green means low levels

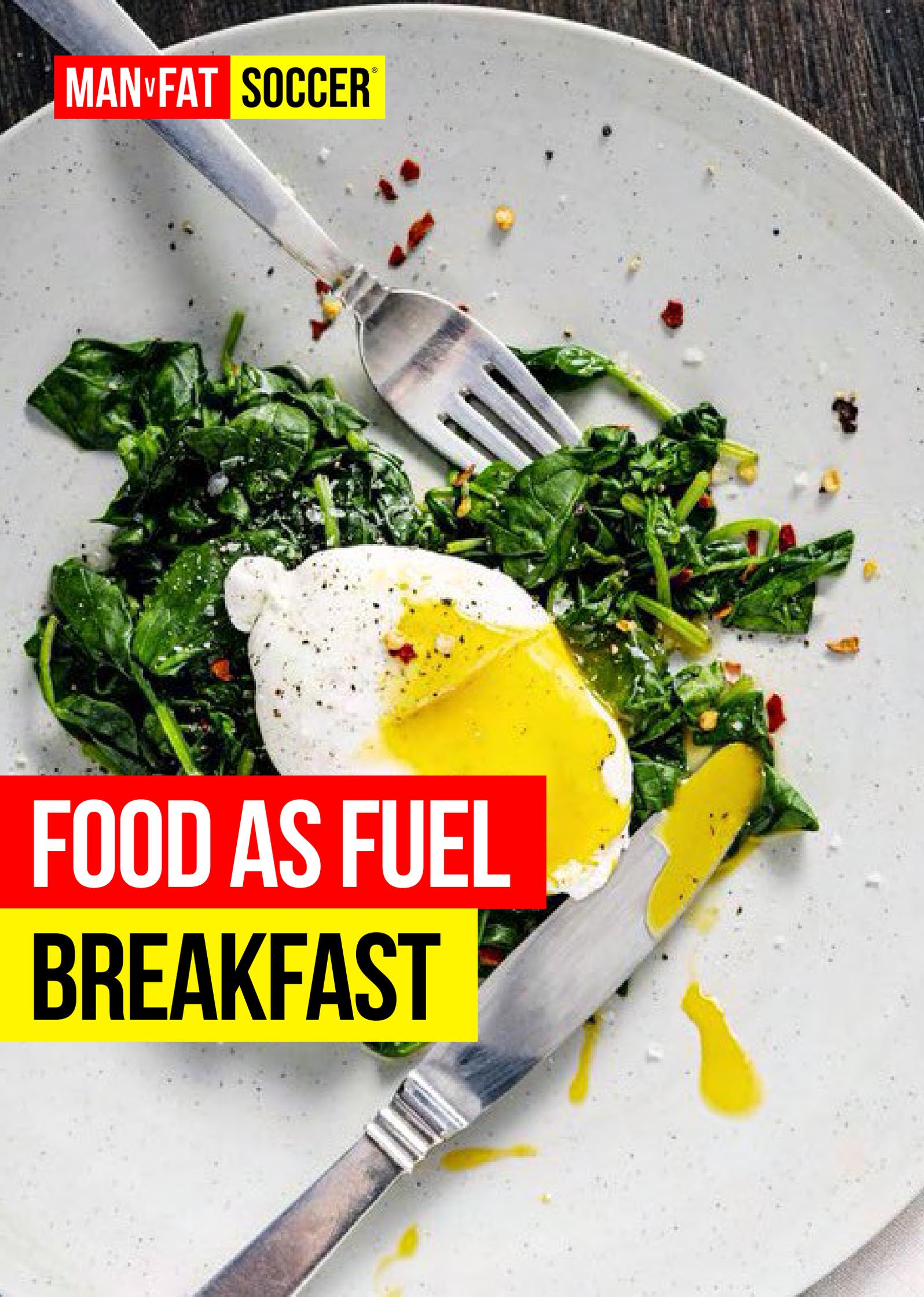
This is a more detailed breakdown of the nutritional info per serving. We use red, amber, and green color coding so you can see at once whether a recipe has high, medium, or low amounts of fat, saturated fat, sugar, and salt.

TIPS AND TWEAKS

Try serving with steamed sugar snap peas or veggies of your choice

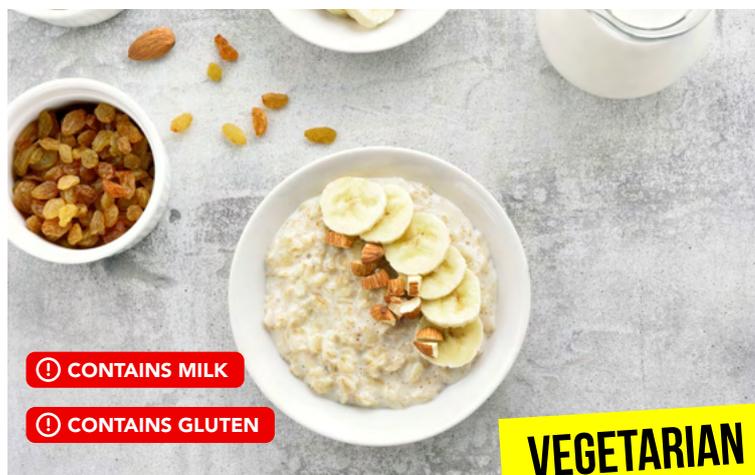
- This is our chance to share some bonus tips, like how to make a recipe more to your liking, how to make it vegetarian or vegan, or for what to serve with it.

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A top-down view of a white ceramic plate. In the center is a poached egg, partially broken, with a pool of yellow olive oil on its surface. The egg is surrounded by a pile of fresh, dark green spinach leaves. Scattered around the plate are small, reddish-brown flakes, likely chili or paprika, and some golden-brown crumbs. A silver fork is positioned at the top left, and a silver butter knife is at the bottom right. The background is a dark, textured surface, possibly a wooden table.

FOOD AS FUEL
BREAKFAST

BANANA BREAD OATMEAL



⊗ Breakfast ⌚ 5 mins

📊 391 calories per serving

This recipe makes: 👤 1 serving

A good source of fiber, this family-friendly recipe is the perfect way to start your morning

✔ Low sugar ✔ Low fat ✔ Source of fiber

✔ Source of protein

METHOD

- 1 Measure out the oats.
- 2 Measure out the milk.
- 3 Mash the banana.
- 4 Combine oats, milk and mashed banana in a bowl and either heat in the microwave or on a stove over a medium heat for 2-3 minutes or until it's at your desired consistency.
- 5 Sprinkle on cinnamon and raisins.

INGREDIENTS

- ½ cup rolled/old fashioned oats
- 1 cup milk
- 1 banana
- ¼ tsp cinnamon
- Sprinkle of raisins

WHAT'S IN A SERVING

ENERGY 1651 kJ 391 calories	FAT 8g	SATURATES 3.4g	SUGARS 34g	SALT 0.3g
20%	11%	17%	38%	5%

TIPS AND TWEAKS

Banana and PB go together so well. Why not add a teaspoon of peanut butter to the center before eating?

CHORIZO MENEMEN EGGS



⊗ Breakfast ⌚ 25 mins

📊 279 calories per serving

This recipe makes: 👤 2 servings

This dish makes a great weekend breakfast

✓ Low sugar ✓ High in protein

✓ Source of fiber

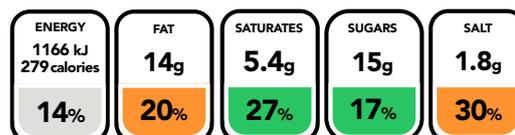
METHOD

- 1 Preheat the oven to 350°F/180°C/Gas 4
- 2 In a skillet, gently fry the onions in a bit of water to stop them sticking. Next throw in the sliced chorizo and stir for a couple of minutes, until the onions are softened.
- 3 Add the garlic and paprika and stir for another minute
- 4 Add the peppers along with the diced tomatoes, and bring to a simmer
- 5 Transfer the tomato mix to an oven proof dish. Make 2 small wells in the tomatoes and gently crack the eggs into them.
- 6 Sprinkle with a pinch of black pepper, crumble over the feta and sprinkle over the paprika. Cover with aluminum foil.
- 7 Put in the oven for around 3 minutes, or until the eggs are cooked to your liking. For the best results, the yolk should be runny and the white solid, but you can decide how you like your eggs!
- 8 Take out of the oven, sprinkle with parsley and serve.

INGREDIENTS

- 1 medium onion, finely sliced
- 40g / 1.5oz chorizo, finely sliced.
Can't find chorizo? Switch for spicy sausage
- 1 clove of garlic, crushed
- ¼ tsp paprika
- 120g / 4.2oz jarred roasted red peppers, cut into chunks
- 400g / 14.5oz canned diced tomatoes
- 20g / 0.7oz feta cheese
- 2 eggs
- A pinch of black pepper
- 1 tsp parsley

WHAT'S IN A SERVING



TIPS AND TWEAKS

Make it vegetarian by leaving out the chorizo and adding an extra teaspoon of paprika instead.

EGG & HAM BREAKFAST WRAP



⊗ Breakfast ⌚ 3 mins

🔥 367 calories per serving

This recipe makes: 👤 1 serving

A quick and simple protein-rich breakfast or lunch for the whole family

✔ Low in sugar ✔ High in protein

METHOD

- 1 Crack the egg into a bowl, add the cheese and whisk.
- 2 Spray a pre-heated skillet with cooking spray and pour in the egg mixture.
- 3 Cook the egg until it's an omelet.
- 4 Lay the wrap flat on a plate, then add lettuce, tomatoes and ham. Lay the omelet on top.
- 5 Roll the wrap up to make a sausage shape and dig in!

TIPS AND TWEAKS

These make a delicious lunchbox filler you can make in advance.

INGREDIENTS

- 1 egg
- 0.5oz / 15g of low-fat cheddar cheese
- Cooking oil spray
- 2 mini tortilla wraps
- 3 slices of thin deli ham
- Lettuce
- 4 cherry tomatoes

WHAT'S IN A SERVING

ENERGY 1542 kJ 367calories 18%	FAT 13g 19%	SATURATES 5.6g 28%	SUGARS 4.7g 5%	SALT 1.1g 18%
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GRAB & GO BREAKFAST BARS



⊗ Breakfast ⌚ 40 mins

📊 332 calories per serving

This recipe makes: 👤 6 servings

Make a batch of these granola bars to have a quick breakfast for busy mornings.

✔ Source of fiber ✔ Source of protein

METHOD

- 1 Preheat the oven to 350°F/180°C/Gas 4
- 2 Mix the oats, cherries, cranberries and seeds together in a bowl.
- 3 Pour in the melted butter and mashed banana and mix thoroughly to make sure the oats are well coated.
- 4 Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.
- 5 Once cooked, transfer to a wire rack to cool, then cut into six bars.

TIPS AND TWEAKS

Add in any dried fruit you like. Dried apricots and figs are sticky and sweet and work well.

INGREDIENTS

- 150g / 1.5 cups old-fashioned oats
- 2.1oz / 60g dried cherries
- 2.1oz / 60g dried cranberries
- 1.4oz / 40g sunflower seeds
- 1.4oz / 40g pumpkin seeds
- ¼ cup / 60g butter
- 2 medium ripe bananas, mashed

WHAT'S IN A SERVING

ENERGY 1388 kJ 332calories	FAT 17g	SATURATES 6.6g	SUGARS 17g	SALT 0.01g
17%	24%	33%	19%	0%

NUTS ABOUT BANANA BAGELS



CONTAINS PEANUTS

CONTAINS GLUTEN

VEGETARIAN

Breakfast 3 mins

433 calories per serving

This recipe makes: 1 serving

Full of protein to keep you full, and a banana for a hit of energy: what's not to love about these easy breakfast bagels?

Source of protein Source of fiber

METHOD

- 1 Slice the bagel and lightly toast.
- 2 Spread the peanut butter on one side and top with banana slices.
- 3 Place the other side of the bagel on top and you're ready to go.

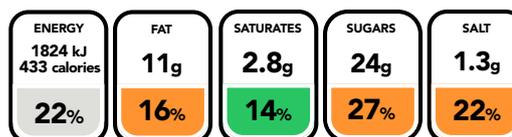
TIPS AND TWEAKS

For a hit of sweetness, drizzle over a little honey!

INGREDIENTS

- 1 bagel
- 1 banana, sliced
- 1 tbsp peanut butter

WHAT'S IN A SERVING



POACHED EGGS



Breakfast 5 mins

149 calories per serving

This recipe makes: 1 serving

Master the art of the poached egg with this simple recipe

High in protein Low in sugar

METHOD

- 1 Bring a small pot of water to the boil and then lower the heat to a gentle simmer.
- 2 Crack the eggs and place them gently in the water.
- 3 Leave them to cook for around 3 mins.

TIPS AND TWEAKS

We love to serve our poached eggs on some wilted spinach with chilli flakes, or for an added protein boost serve with smoked salmon. Yum!

INGREDIENTS

- 2 eggs

WHAT'S IN A SERVING

ENERGY 619 kJ 149 calories 7%	FAT 11g 16%	SATURATES 3g 15%	SUGARS 0g 0%	SALT 0.3g 5%
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SCRAMBLED EGGS



⊗ Breakfast ⌚ 5 mins

📊 165 calories per serving

This recipe makes: 👤 1 serving

A super simple, super speedy breakfast that's high in protein

✔ Low in sugar ✔ High in protein

✔ High in vitamin D

METHOD

- 1 Crack 2 eggs into a bowl and add the milk and a pinch of pepper. Whisk together until combined.
- 2 Pour the mixture into a saucepan and stir continuously over a medium heat until it scrambles.

TIPS AND TWEAKS

Don't want to use the stove? Make in the microwave by heating for 1 min at a time, stirring in between until scrambled.

INGREDIENTS

- 2 eggs
- 2 tbsp semi-skimmed milk
- A pinch of pepper

WHAT'S IN A SERVING

ENERGY 690 kJ 165 calories	FAT 10g	SATURATES 3.6g	SUGARS 1.5g	SALT 0.44g
8%	14%	18%	2%	7%

SHAKSHUKA



Breakfast 35 mins

240 calories per serving

This recipe makes: 4 servings

This shakshuka makes a tasty weekend brunch and is a great source of fiber which will leave you feeling full and satisfied.

Low fat High in protein

Source of fiber

METHOD

- 1 Heat the olive oil in a frying pan on medium and stir in the onions until soft. Add the garlic, cumin, and peppers and cook for another 10 minutes.
- 2 Pour in the canned tomatoes, 1 cup of water, salt and pepper and then leave to thicken over a low heat for a further 10 minutes.
- 3 Using the back of a spoon, make 4 little pockets in the tomato mixture and crack and egg in each one. Cover your pan with a lid or aluminium foil and cook until your eggs are done as you like them.
- 4 Serve with a sprinkle of parsley and dollop of yogurt.

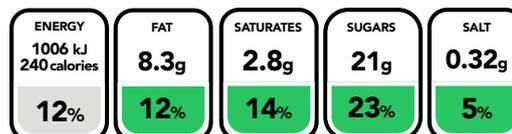
TIPS AND TWEAKS

You can use whatever veggies you like in this recipe: mushrooms and eggplant work well.

INGREDIENTS

- 2 red onions, finely sliced
- 4 garlic cloves, finely sliced
- 4 mixed color bell peppers, finely sliced
- 1 tsp olive oil
- 1 tsp ground cumin
- 28oz canned whole peeled tomatoes
- 4 eggs
- ½ bunch fresh leaf parsley, chopped
- 4 tbsp plain yogurt

WHAT'S IN A SERVING



TWISTED BLT



Breakfast 15 mins

421 calories per serving

This recipe makes: 1 serving

Give the classic BLT a healthy twist without compromising on flavor.

Low sugar Source of fiber

Source of protein

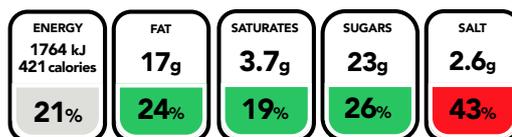
METHOD

- 1 Cook the turkey bacon in a skillet for 1-2 minutes
- 2 Spread the mayo over one half of the English muffin
- 3 Top with lettuce, tomato, bacon and a twist of pepper to taste
- 4 Enjoy!

INGREDIENTS

- 2 turkey bacon rashers
- 1 whole wheat English muffin
- ½ cup shredded lettuce
- 1 slicing tomato, sliced
- 2 tbsp light mayo

WHAT'S IN A SERVING



TIPS AND TWEAKS

Make this vegetarian by switching the bacon for a plant-based version

MANvFAT **SOCCER**[®]



FOOD AS FUEL

MAINS

FAVA BEAN CHICKEN



⊗ Main ⌚ 10 mins

🍽️ 294 calories per serving

This recipe makes: 👤 4 servings

This meal is full of vegetables without compromising on taste.

- ✔️ Source of fiber
- ✔️ High in protein
- ✔️ Low salt
- ✔️ Low sugar

METHOD

- 1** In a microwavable bowl, mix the fava beans, peas and butter beans with a splash of water. Cover with plastic wrap and microwave for 3 minutes. Take out and immediately run under cold water to cool them down. Drain and put back in the bowl.
- 2** To make the dressing, add the olive oil, lemon juice, all the herbs, capers and crushed garlic to a jar. Put the lid on and shake until well combined, then pour over the beans and peas and mix well. Gently toss in the lettuce.
- 3** Cut the chicken breast into strips, and add to the beans along with the mozzarella.

TIPS AND TWEAKS

You can serve this hot or cold. Mix things up by switching the mozzarella for some crispy bacon rashers.

INGREDIENTS

- 1.5 cups fava or lima beans, frozen
- 1.5 cups green sweet peas, frozen
- 1.5 cups butter beans, tinned
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 2 scallions, sliced
- 0.2oz / 5g fresh parsley, chopped
- 0.1oz / 5g fresh dill, chopped
- 0.1oz / 5g fresh mint leaves, chopped
- 1 tsp capers
- 1 clove garlic, crushed
- A handful of shredded lettuce
- 2 roasted chicken breasts, skin removed
- 4.2 oz / 120g reduced fat shredded mozzarella

WHAT'S IN A SERVING

ENERGY 1237 kJ 294 calories	FAT 8.6g	SATURATES 3.2g	SUGARS 4.8g	SALT 0.38g
15%	12%	16%	5%	6%

BROCCOLI PESTO PASTA



⊗ Main ⌚ 20 mins

🍽️ 498 calories per serving

This recipe makes: 👤 2 servings

This hearty bowl of pasta is a quick and satisfying meal that uses whole wheat pasta to boost your fiber intake.

- ✔️ Source of protein
- ✔️ Low sugar
- ✔️ Low salt
- ✔️ Source of fiber

METHOD

- 1 Cut the broccoli into florets and steam or boil until tender.
- 2 Put your pasta on to boil in a pan of lightly salted water, cooking per packet instructions. Add the frozen peas 3 minutes before the pasta is cooked.
- 3 In a blender, blend olive oil, cashew nuts, garlic (crushed or grated), spinach, and a pinch of salt.
- 4 Add the cooked broccoli to the blender and blend until you've got a smooth, pesto-style consistency. Add a splash of cooking water from the broccoli to the blender if needed.
- 5 Drain the pasta and peas. Place back in the saucepan, add the broccoli pesto, and mix before serving.

INGREDIENTS

- 1.5 cups broccoli
- ¼ cup baby spinach
- 0.7oz / 20g cashew nuts
- 2 tbsp olive oil
- 2 cloves of garlic
- 1.5 cups whole wheat pasta
- 5oz / 140g green sweet peas, frozen

WHAT'S IN A SERVING

ENERGY 2084 kJ 498 calories	FAT 20g	SATURATES 3.3g	SUGARS 7.1g	SALT 0.44g
25%	29%	17%	8%	7%

TIPS AND TWEAKS

If you're not a fan of peas, try switching them for frozen whole kernel corn

CHICKEN SATAY SKEWERS



⊗ Main ⌚ 50 mins

🔥 300 calories per serving

This recipe makes: 👤 6 servings

This reduced-fat version of an Asian favorite is packed with nutty goodness and will become a firm favorite.

✔ High in protein ✔ Low salt

METHOD

- 1 Heat the oil in a frying pan over a high heat. Add the onions and season with salt and pepper. Keep stirring and cooking until they start to soften. Add the garlic, ginger, and chili to the pan and fry for another 3-4 minutes. Transfer the onion mixture to a plate to cool.
- 2 Once cool, add the onion mixture to a food processor along with the peanut butter, yogurt, and soy sauce. Blend to a chunky consistency. Transfer your blended paste to a large mixing bowl with your chicken and coat. Marinate your chicken for at least 30 minutes, if not longer.
- 3 Heat the broiler to the highest level. Thread the marinated chicken pieces onto skewers, then place on aluminum foil on a large baking tray. Broil for around 10 minutes until the chicken is cooked through.
- 4 Arrange your chicken skewers on a serving plate with lime wedges and scatter over the chopped peanuts, cilantro, and scallions.

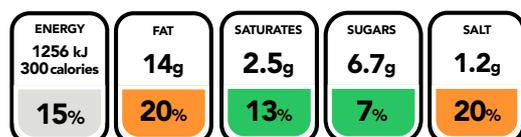
TIPS AND TWEAKS

You can make a big batch of these and enjoy the leftovers as an easy lunch, or serve with rice as a filling dinner.

INGREDIENTS

- 1 tbsp olive oil
- 2 onions, sliced
- 4 garlic cloves, sliced
- 2tsp ginger, grated
- 1 red chili pepper, sliced
- 3.53 oz / 100g chunky natural peanut butter
- 3.53 oz / 100g plain yogurt
- 2 tbsp soy sauce
- 4 chicken breasts, chopped into bite size pieces
- A lime, cut into wedges
- A handful of roasted peanuts
- A handful of fresh cilantro
- Scallions, sliced

WHAT'S IN A SERVING



CHICKEN SAUSAGE CASSEROLE



⊗ Main ⌚ 1 hr 10 mins

📊 439 calories per serving

This recipe makes: 👤 6 servings

This is a hearty meal packed with meat, pulses, and veggies for a nutritious dinner option.

- ✔ High in protein
- ✔ Low sugar
- ✔ Low fat
- ✔ High in fiber

METHOD

- 1 Preheat the oven to 350°F/180°C/Gas 4
- 2 Fry the sausages in a pan for around 5-10 minutes over a medium heat.
- 3 Add the onion and soften for a few minutes.
- 4 Add all the other ingredients apart from the potatoes to the pot with the sausages and onion, making sure the broth covers the vegetables.
- 5 Place the slices of potato over the top of the other ingredients to cover.
- 6 Place the pot in the oven (without the lid) for around 60 minutes, or until the potatoes are soft.

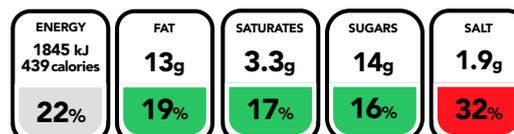
TIPS AND TWEAKS

You can use any kind of potato – try using sweet potatoes for a bit of extra color.

INGREDIENTS

- 12 chicken sausages
- 1 large onion, diced
- A 14.5oz can of diced tomatoes
- A 15oz can of mixed beans
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 tsp mixed herbs or Italian seasoning
- 1 tsp canola oil
- 3 cups chicken or vegetable broth
- 3 sliced potatoes

WHAT'S IN A SERVING



COD WITH TOMATOES & OLIVES



CONTAINS FISH

GLUTEN & DAIRY FREE

⊗ Main ⌚ 20 mins

📊 363 calories per serving

This recipe makes: 👤 4 servings

Cod is a great source of protein and is packed with B vitamins, so it's a perfect choice for dinner.

✔ High in protein ✔ Low sugar

METHOD

- Heat 1 tbsp of oil in a large frying pan. Finely chop the onion and garlic, then fry for 2 minutes. Roughly chop the rosemary, then add to the pan with the tomatoes, olives, and sugar. Simmer for 5 minutes, then taste and season with a little salt and pepper.
- Add the cod fillets to the pan, carefully pushing them into the tomato sauce. Cover with a lid and cook for a further 8-10 minutes until the fish is cooked through.
- Meanwhile, slice the greens. Heat the remaining oil in another large pan over a high heat, then add the green and stir-fry for 2 minutes or until wilted. Season with salt and pepper.
- Serve the greens alongside the fish, with the tomato and olive sauce spooned over.

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chooped
- 2 garlic cloves, chopped
- 4 fresh sprigs of rosemary
- 14.5oz can diced tomatoes
- 150g pitted Kalamata olives
- Black pepper
- 1 tsp superfine sugar
- 4 skinless cod fillets
- 14oz fresh collard greens

WHAT'S IN A SERVING

ENERGY 1518 kJ 363 calories	FAT 18g	SATURATES 2.4g	SUGARS 9.6g	SALT 1.5g
18%	26%	12%	11%	25%

TIPS AND TWEAKS

Try this recipe with the cod switched for salmon!

EASY PICNIC LUNCH



⊗ Main ⌚ 5 mins

📊 420 calories per serving

This recipe makes: 👤 1 serving

Like a healthy twist on a charcuterie board, this light lunch option is great for upping your veggie intake.

✔ Source of protein ✔ Low sugar

✔ Source of fiber

METHOD

- 1 Wash and chop the tomatoes and cucumber.
- 2 Spread the cream cheese onto the rice cakes.
- 3 Spread the hummus onto the other 2 rice cakes, or leave it as a dip for the veggies.
- 4 Add the plant-based ham, slices of cucumber and tomatoes to the top and enjoy.

TIPS AND TWEAKS

If you eat meat, you could swap the plant-based ham for deli meat or cooked chicken breast.

INGREDIENTS

- 5 cherry tomatoes
- ¼ cucumber
- 4 rice cakes (try lightly salted or cheddar ones) or crispbread
- 1.2oz / 35g reduced fat cream cheese
- 2.6oz / 75g reduced fat hummus
- 4 slices of plant-based ham

WHAT'S IN A SERVING

ENERGY 1761 kJ 420 calories	FAT 17g	SATURATES 4.1g	SUGARS 7.2g	SALT 1.4g
21%	24%	21%	8%	23%

FALAFEL PITTA



⊗ Main ⌚ 5 mins

📊 404 calories per serving

This recipe makes: 👤 1 serving

Perfect when you're not sure what to have for dinner and need something healthy, fast and delicious.

- ✔ Source of protein
- ✔ Low fat
- ✔ Low salt
- ✔ Source of fiber

METHOD

- 1 Warm the pita bread by microwaving it for 10-20 seconds.
- 2 Make the falafel mix as per package instructions.
- 3 Slice one side of the pita bread open and fill with 3 medium sized falafel patties, salad, and a drizzle of tzatziki or garlic dip.

TIPS AND TWEAKS

Mix up the toppings by adding a sprinkling of grated cheese, or grated carrot.

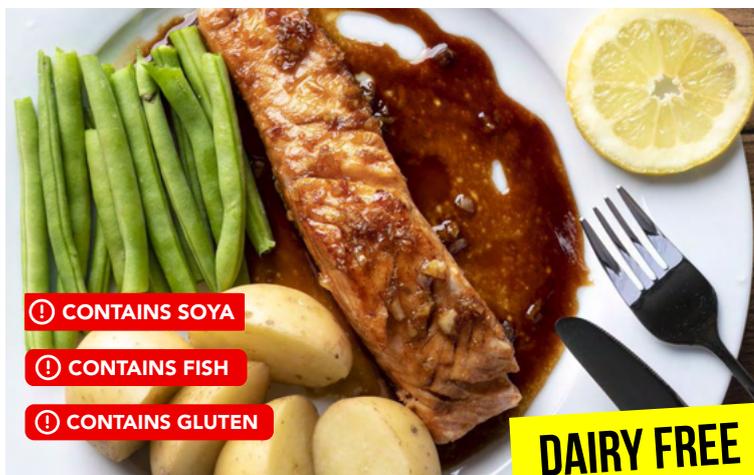
INGREDIENTS

- 1 whole wheat pita
- Falafel mix
- A handful of salad leaves
- 2 cherry tomatoes, sliced
- 1/8 large cucumber, sliced
- 1 tsp tzatziki-style dip, or garlic dip

WHAT'S IN A SERVING

ENERGY 1698 kJ 404 calories 20%	FAT 11g 16%	SATURATES 2.2g 11%	SUGARS 9.3g 10%	SALT 1.3g 22%
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HONEY & GARLIC GLAZED SALMON



⚠ CONTAINS SOYA

⚠ CONTAINS FISH

⚠ CONTAINS GLUTEN

DAIRY FREE

🍴 Main 🕒 10 mins

📊 351 calories per serving

This recipe makes: 👤 4 servings

Enjoy this quick and easy fish dish that's super high in protein.

✅ High in protein

METHOD

- 1 In a bowl, whisk together honey, soy sauce, and lemon juice.
- 2 In a large non-stick frying pan over medium-high heat, heat 2 tablespoons of oil.
- 3 When the oil is hot, add the salmon, skin-side up, and season with salt and pepper. Cook the salmon until deeply golden, about 6 minutes, then flip over and add the remaining tablespoon of oil.
- 4 Add garlic to the pan and cook until fragrant, about 1 minute.
- 5 Add the honey mixture and sliced lemons and cook until the sauce is reduced by about a third.
- 6 Baste the salmon with the sauce, and garnish with sliced lemon.

INGREDIENTS

- 2 tbsp honey
- 2 tbsp soy sauce
- 2 tbsp lemon juice
- 3 tbsp olive oil
- 4 6-oz. salmon fillets, patted dry with a paper towel
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds

WHAT'S IN A SERVING

ENERGY 1466 kJ 351 calories	FAT 20g	SATURATES 3g	SUGARS 11g	SALT 1.4g
18%	29%	15%	12%	23%

TIPS AND TWEAKS

Serve with veggies of your choice: sugar snap peas or simple broiled asparagus are good choices.

JAMAICAN-INSPIRED LAMB STEW



⚠ CONTAINS EGG

⚠ CONTAINS MILK

⚠ CONTAINS GLUTEN

🍴 Main 🕒 3 hrs 15 mins

📊 476 calories per serving

This recipe makes: 👤 4 servings

You'll love this taste of the Caribbean that's warming, full of good nutrition, and satisfying.

✅ High in fiber ✅ Low fat

METHOD

- 1 Preheat the oven to 300°F/150°C/Gas 2.
- 2 Put the lamb, olive oil, jerk seasoning, curry powder, dried thyme, garlic, scotch bonnet / habanero chili pepper (whole) and lemon juice in a large oven-safe pot and cook on the stovetop on a medium heat until the lamb is browned.
- 3 Add the broth, tomato puree and butter beans (including water), and bring to the boil. Add the chopped vegetables and lentils.
- 4 Put the lid on and bake in the oven for around 2.5 hours, stirring occasionally. Serve with a sprinkle of cilantro on top.

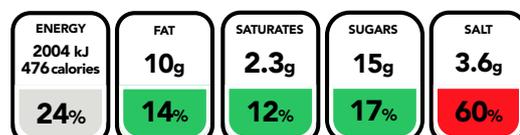
TIPS AND TWEAKS

If you're not a fan of lamb, switch out for lean beef.

INGREDIENTS

- 14oz lean lamb, cubed
- 1 tbsp olive oil
- 1 tbsp jerk seasoning
- 1 tbsp curry powder
- 1 tbsp dried thyme leaves
- 2 garlic cloves, crushed
- Juice of ½ a lemon
- 1 scotch bonnet pepper, if you can't find them use a habanero pepper
- 17oz / 500g tomato paste/puree
- 3 cups chicken broth
- 15oz can butter beans
- 2 carrots
- 1 yellow bell pepper
- 5.6oz fresh green beans
- 1 medium onion
- 3.5oz red lentils
- A small handful chopped fresh cilantro

WHAT'S IN A SERVING



LEBANESE-STYLE HUMMUS PIZZA



⚠ CONTAINS MILK

⚠ CONTAINS GLUTEN

VEGETARIAN

⊗ Main ⌚ 10 mins

📊 328 calories per serving

This recipe makes: 👤 1 serving

Chickpeas are a great source of plant-based protein and fiber, meaning this pizza will leave you feeling fuller for longer.

✅ Source of fiber ✅ Low sugar

METHOD

- 1 Pre-heat the broiler on a medium to high heat.
- 2 Spread the hummus on the flatbread.
- 3 Slice the mushrooms and tomatoes and place on top of the hummus, along with the tapenade paste (or pesto if you can't find tapenade paste). Sprinkle over the oregano, smoked paprika and black pepper and drizzle over the balsamic vinegar and olive oil. Broil for 6 minutes or until warmed and toasted lightly.
- 4 Sprinkle over a few arugula leaves and serve.

TIPS AND TWEAKS

For a more substantial meal, top with cooked chicken breast slices

INGREDIENTS

- 1 whole wheat or seeded flatbread
- 1.7oz / 50g reduced-fat hummus
- 0.8oz cherry tomatoes
- 1oz white mushrooms
- 1 tsp green tapenade paste, or pesto
- Drizzle of balsamic glaze
- A pinch of dried oregano leaves
- A pinch of black pepper
- A few arugula or spinach leaves
- 1 tsp olive oil
- A pinch of smoked paprika

WHAT'S IN A SERVING

ENERGY 1372 kJ 328 calories	FAT 15g	SATURATES 2g	SUGARS 11g	SALT 1.3g
16%	21%	10%	12%	22%

PAELLA



⊗ Main ⌚ 30 mins

📊 496 calories per serving

This recipe makes: 👤 2 servings

Try this colorful, vibrant dish for a great fiber boost.

✔ High in protein ✔ Low sugar

✔ Source of fiber

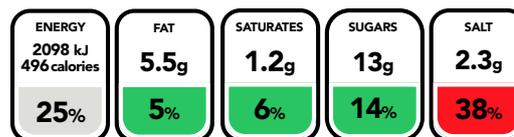
METHOD

- 1 Put the olive oil, garlic, and onion in a pan and cook for 2-3 minutes.
- 2 Add the chicken and cook until it's cooked through, and then add the peppers and cook for a further 2 minutes.
- 3 Add the rice and stir until the rice goes slightly transparent.
- 4 Add the broth and let it absorb, but keep stirring so it doesn't stick to the bottom.
- 5 Once you've added all the stock, add the peas and paprika.
- 6 To finish, add the shrimp and heat through. Once the shrimp is cooked through and all the broth has been absorbed, you're ready to serve.

INGREDIENTS

- 1 tsp of olive oil
- 2 cloves of garlic, crushed
- 1 onion, chopped
- 1 chicken breast, diced
- 1 bell pepper, chopped
- 4.2oz / 120g arborio rice
- 2.5 cups vegetable broth
- 2.8oz / 80g sweet green peas
- 2 tsp smoked paprika
- 1.8oz / 50g of cooked shrimp

WHAT'S IN A SERVING



TIPS AND TWEAKS

Replace the chicken with any meat you've got leftover: it works well with leftover turkey.

SPAGHETTI WITH TURKEY RAGU



CONTAINS MILK

CONTAINS GLUTEN

⊗ Main ⌚ 20 mins

🍽️ 590 calories per serving

This recipe makes: 👤 4 servings

A hearty Italian-style dish that's packed with lean protein

✔️ High in protein ✔️ Low fat

METHOD

- 1 In a large pot of boiling water, cook the spaghetti according to package directions until al dente. Drain and return to the pot.
- 2 Meanwhile, in a large frying pan over a medium-high heat, cook the onion, garlic, and carrot until tender.
- 3 Add turkey and cook until golden (around 6 to 8 minutes), then season with salt and pepper.
- 4 Add the wine, diced tomatoes, and rosemary, and let it cook for a further 5 minutes.
- 5 Toss the spaghetti with the ragu and garnish with parsley and Parmesan to serve.

TIPS AND TWEAKS

Not a fan of turkey? Switch to lean ground beef instead.

INGREDIENTS

- 12oz / 340g spaghetti
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large carrot
- 15.8oz / 450g ground turkey
- 8oz white wine / 230ml
- 28oz canned diced tomatoes
- 2 tbsp chopped rosemary
- A bunch of freshly chopped parsley
- Grated Parmesan, for garnish

WHAT'S IN A SERVING

ENERGY 2494 kJ 590 calories	FAT 5.9g	SATURATES 2.5g	SUGARS 17g	SALT 0.48g
30%	8%	13%	19%	8%

TEXAN CHILLI


VEGETARIAN

⊗ Main ⌚ 1 hr 15 mins

🍽️ 326 calories per serving

This recipe makes: 👤 4 servings

This chili is guaranteed to please, bursting with smoky flavor and full of protein.

✓ High in fiber ✓ High in protein

✓ Low fat ✓ Low sugar

METHOD

- 1 Pre-heat the oven to 300°F/150°C/Gas 2.
- 2 Chop the vegetables and add the onion, carrot, celery and a splash of water to a non-stick, ovenproof pan. Cook for around 5 minutes, stirring occasionally to make sure it doesn't burn.
- 3 Add all the spices, the cocoa powder and the chipotle paste to the pot and stir well to combine. Cook for another few minutes to really bring the spices to life.
- 4 Add the tomato paste, black beans, kidney beans and lentils, and stir well. Cover and put the dish in the oven for an hour.
- 5 Stir every 15 minutes. If the chili dries out, add some hot water to get it to a consistency of your liking, but try not to add too much water as this will dilute the flavor. Add a little at a time to be on the safe side.
- 6 Season with salt and pepper and serve!

TIPS AND TWEAKS

Get creative and throw in any vegetables you like

INGREDIENTS

- 1 medium onion, sliced
- 2 celery stalks, chopped
- 2 large carrots, chopped
- 3 cloves of garlic, crushed
- 1 tbsp smoked paprika
- 2 tsp chipotle paste
- ½ tsp chilli flakes
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tbsp dried oregano
- ½ tsp unsweetened cocoa powder
- 15oz canned black beans, drained
- 15oz canned kidney beans, drained
- 15oz canned lentils, drained
- 17oz tomato paste/puree

WHAT'S IN A SERVING

ENERGY 1372 kJ 326 calories	FAT 2.7g	SATURATES 0.4g	SUGARS 18g	SALT 0.71g
16%	4%	2%	20%	12%

TURKEY STIR FRY



⊗ Main ⌚ 10 mins

🔥 491 calories per serving

This recipe makes: 👤 4 servings

This stir fry makes for a quick and easy dinner, and thanks to the turkey you'll be getting plenty of protein too.

✔ Source of fiber ✔ High in protein

✔ Low fat ✔ Low sugar

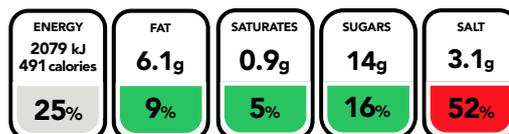
METHOD

- 1 Prepare all the vegetables and turkey by slicing thinly.
- 2 Cook the noodles as per the packet instructions.
- 3 Mix the orange juice, orange zest, soy sauce and cornstarch until smooth and set to one side.
- 4 Heat the oil in a wok or a very large skillet.
- 5 Add the turkey and stir fry briskly for 3 minutes.
- 6 Add the scallions, bell peppers, carrots, celery, and mushrooms, and stir fry over a high heat for another 3 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy.
- 7 Give the orange juice mixture a good stir, add it to the stir fry and cook for a few moments until thickened.
- 8 Drain the noodles thoroughly, then add them to the turkey mixture stirring thoroughly and serve immediately.

INGREDIENTS

- 1 bunch scallions
- 1 red bell pepper
- 1 yellow bell pepper
- 2 carrots
- 2 celery sticks
- 3.5oz / 100g white mushrooms
- 8.8oz lo mein/chow mein noodles
- Zest of 1 orange
- Juice of 2 oranges
- 4 tbsp soy sauce
- 2 tbsp cornstarch
- 1 tbsp canola oil
- 12oz fresh turkey breast fillets

WHAT'S IN A SERVING



TIPS AND TWEAKS

Can't find lean turkey breast fillets? This recipe works just as well with chicken breast or tofu.

MANvFAT **SOCCER**[®]

FOOD AS FUEL
DESSERT



APPLE AND PLUM CRUMBLE



⊗ Dessert ⌚ 1 hr 10 mins

📊 420 calories per serving

This recipe makes: 👤 8 servings

This dessert is perfect for chillier days and adds a boost of fiber to your day.

✔ Source of fiber ✔ Source of protein

METHOD

- 1 Preheat the oven to 350°F/180°C/Gas 4
- 2 Peel, core, and chop the apples into slices. Squeeze the lemon juice over the apple and mix well: this will stop them from turning brown.
- 3 Core the plums and cut them into slices.
- 4 Layer the apple and plum slices in a large ovenproof dish. Spoon over the water, sprinkle over the cinnamon and pumpkin spice and mix gently.
- 5 Bake in the oven for 30 minutes until lightly browned and mostly cooked.
- 6 Meanwhile, place the flour in a large bowl, and then rub in the butter until it resembles breadcrumbs. Leave a few lumps of butter so that the topping isn't too fine.
- 7 Stir in the sugar, coconut flakes, almond flour and oats and combine well.
- 8 Sprinkle the crumbled topping evenly over the fruit. Bake for a further 30 minutes, or until the topping is golden brown and crisp.
- 9 Cool for a few minutes before serving.

INGREDIENTS

- 31oz / 900g apples
- 14oz / 400g plums
- 1 lemon
- 4 tbsp cold water
- 1 tsp cinnamon
- 1 tsp pumpkin spice
- 1.5 cups / 187g all-purpose flour
- 6.17oz / 175g butter
- 1.7oz / 50g coconut flakes
- 1.7oz / 50g almond flour
- 2.6oz / 75g old-fashioned oats
- 1.2oz / 35g brown sugar

WHAT'S IN A SERVING

ENERGY 1753 kJ 420 calories	FAT 22g	SATURATES 9.5g	SUGARS 20g	SALT 0.27g
21%	31%	48%	22%	5%

TIPS AND TWEAKS

Make this dairy-free or vegan by using a plant-based spread instead of butter.

COCONUT BANANA BREAD



! CONTAINS EGG

! CONTAINS MILK

! CONTAINS GLUTEN

VEGETARIAN

🕒 Dessert 🕒 1 hr 20 mins

📊 334 calories per serving

This recipe makes: 👤 10 servings

If you love soft, squidgy banana bread, you'll love this lower-sugar version.

✅ Source of fiber ✅ Source of protein

METHOD

- 1 Preheat the oven to 350°F/180°C/Gas 4
- 2 Sift the flour, baking soda and salt into a large mixing bowl.
- 3 Add the flaked coconut, almond flour and spices to the all-purpose flour and mix until combined.
- 4 In another bowl, cream the butter and sugar together until light and fluffy.
- 5 Add the eggs, mashed bananas and milk to the butter and mix well.
- 6 Fold in the flour mixture.
- 7 Lightly grease a 2lb loaf tin and pour the cake mixture into the tin.
- 8 Put in the oven and bake for around an hour, until the cake is well-risen and golden-brown.
- 9 Remove from the oven and cool in the tin for a few minutes, then turn out and allow to cool for 20 minutes before serving.

INGREDIENTS

- 2¼ cups / 285g all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 1.7oz / 50g coconut flakes
- 1.7oz / 50g almond flour
- 1 tsp ground cinnamon
- 1 tsp ground pumpkin spice
- 3.8oz / 110g unsalted butter
- 3.5oz / 100g superfine sugar
- 2 eggs
- 3 ripe bananas, mashed
- 3 tbsp 2% milk

WHAT'S IN A SERVING

ENERGY 1398 kJ 334 calories	FAT 16g	SATURATES 9.2g	SUGARS 16g	SALT 0.58g
17%	23%	46%	18%	10%

TIPS AND TWEAKS

It's easy to make this vegan-friendly: switch butter for a plant-based spread alternative, and use your favorite milk alternative too.

FUDGY CHOCOLATE KIWI BROWNIES



CONTAINS EGG

CONTAINS MILK

CONTAINS GLUTEN

VEGETARIAN

Dessert 30 mins

108 calories per serving

This recipe makes: 18 servings

These are a real chocolate treat with a healthy twist.

Source of protein

METHOD

- 1 Preheat oven to 350°F/180°C/Gas 4.
- 2 Sift the flour, baking soda and cocoa powder in a large bowl.
- 3 Combine the eggs, sugar, vanilla extract, oil, yogurt and mashed kiwi fruit in another bowl.
- 4 Make a well in the center of the dry ingredients and add the wet ingredients, stirring gently until just mixed.
- 5 Pour into a lined brownie tray and bake for about 25 minutes. Leave to cool for about 5 mins, then remove from the tray and dust with powdered sugar. Store in an airtight container in the refrigerator, or freeze.

INGREDIENTS

- ½ cup / 60g all-purpose flour
- ½ cup / 60g self-raising flour
- 1 tsp baking soda
- 3.1oz cocoa powder
- 2 eggs
- 5.6oz superfine sugar
- 2 tsp vanilla extract
- 2 tbsp vegetable oil
- 7oz / 200g reduced-fat Greek yogurt
- 4.9oz / 140g kiwi fruit, mashed
- Powdered sugar for dusting

TIPS AND TWEAKS

Can't get kiwi fruits? Use applesauce instead.

WHAT'S IN A SERVING

ENERGY 456 kJ 108 calories	FAT 3.2g	SATURATES 0.9g	SUGARS 10g	SALT 0.24g
5%	5%	5%	11%	4%

TIRAMISU



CONTAINS EGG

CONTAINS MILK

CONTAINS GLUTEN

VEGETARIAN

⊗ Dessert 🔄 258 calories per serving

🕒 20 mins plus overnight refrigeration

This recipe makes: 👤 6 servings

A healthy tweak to a delicious classic dessert.

✔ Low fat ✔ Low salt ✔ Source of protein

✔ Source of fiber

METHOD

- 1 Add the custard powder and 2 tablespoons of the milk to a small pan and dissolve. Add the rest of the milk, sugar, and vanilla, and stir over a medium heat until it boils and thickens. Remove from the heat, transfer to a bowl, and cover to cool.
- 2 Using an electric whisk, beat the custard and yogurt together for about 2 minutes. Whip up the egg whites until soft peaks form and then fold them into the custard mixture.
- 3 Pour the coffee into a dish. Quickly dip the ladyfingers into the mixture just enough to cover them. Arrange the ladyfingers at the bottom of a large dish.
- 4 Smooth half of the custard mixture over the ladyfingers, dust cocoa powder over the top then repeat the layers of ladyfingers and custard mixture. Cover and refrigerate overnight, or for at least 6 hours. Dust with the remaining cocoa powder to serve.

INGREDIENTS

- 1.05oz / 30g custard powder
- 8.4oz skim milk
- 2 tbsp superfine sugar
- 2 tsp vanilla essence
- 9oz low-fat vanilla yogurt
- 2 egg whites
- 13.8oz strong coffee, cooled
- 8.8oz ladyfingers
- 2 tbsp unsweetened dark cocoa powder

WHAT'S IN A SERVING



TIPS AND TWEAKS

Cutting down on caffeine? Use decaf coffee instead for an equally delicious dish.

MANvFAT GYM

FOOD AS FUEL
SNACKS



APRICOT OAT BARS



⊗ Snack ⌚ 25 mins

📊 131 calories per serving

This recipe makes: 👤 8 servings

These oat bars are low in sugar and packed with oats that'll give you long-lasting energy

✔ Source of fiber ✔ Low salt

METHOD

- 1 Preheat the oven to 350°F/180°/Gas 4.
- 2 Place the bananas and apricots in a bowl and mix well.
- 4 Add the sugar to the oats and stir, then add the oil and stir to coat the oats.
- 5 Pour the mixture into a greased tin and bake for around 15 minutes until golden brown.
- 6 Once cooked, leave to cool in the tin for 5-10 minutes, then cut into 8 pieces and place on a baking rack to cool.

INGREDIENTS

- 1 medium banana, mashed
- 1.7oz / 50g dried apricots, chopped
- 0.8oz / 25g light brown sugar
- 3 tbsp canola oil
- 1 cup old-fashioned oats

WHAT'S IN A SERVING



TIPS AND TWEAKS

Experiment with different dried fruits, like dried cranberries.

BAKED TORTILLA CHIPS



CONTAINS GLUTEN

VEGAN

⊗ Snack ⌚ 8 mins

📊 187 calories per serving

This recipe makes: 👤 4 servings

Use soft flour tortillas to make our super quick take on tortilla chips.

✅ Source of fiber ✅ Low sugar

METHOD

- 1 Preheat the oven to 325°F/170°C/Gas 3.
- 2 Cut each tortilla into 8 equal wedges using scissors, and arrange them on a baking sheet.
- 3 Bake in the oven for 6-8 minutes until crisp. Leave to cool.

TIPS AND TWEAKS

Experiment with seasoning! Try paprika, chili powder, or even cinnamon for a sweet twist.

INGREDIENTS

- 4 soft wholewheat tortillas

WHAT'S IN A SERVING

ENERGY 788 kJ 187 calories	FAT 5.6g	SATURATES 1.4g	SUGARS 2.1g	SALT 0.84g
9%	8%	7%	2%	14%

BAKED VEGGIE SAMOSAS



⊗ Snack ⌚ 20 mins

📊 181 calories per serving

This recipe makes: 👤 8 servings

These samosas are full of veggies and make an ideal appetizer or snack.

✔ Source of protein ✔ Source of vitamin A

✔ Low fat ✔ Low sugar

METHOD

- 1 Preheat the oven to 400°F/200°C/Gas 6
- 2 Heat the oil in a frying pan over a medium heat and add the cumin, chilies, chili powder, turmeric, garam masala, ginger, and garlic, and cook stirring frequently for 1-2 minutes.
- 3 Add the vegetables and salt and cook until the vegetables are tender, adding a little splash of water if it starts to stick.
- 4 Top the phyllo dough with the vegetable mixture, folding into triangles, and brushing with a little beaten egg.
- 5 Place on a non-stick baking sheet and bake for 10-15 minutes, or until puffy and golden brown.

TIPS AND TWEAKS

Use whatever vegetables you like! Carrots, celery, peppers, onions and green beans are all delicious in a samosa

INGREDIENTS

- 1 tbsp vegetable oil
- ½ tsp ground cumin
- 2 green chilies
- ½ tsp chili powder
- 1/2 tsp turmeric
- ½ tsp ground turmeric
- 1 tsp garam masala
- 2 inches ginger, finely grated
- 2 cloves garlic, crushed
- 15oz mixed vegetables, finely chopped
- ½ tsp salt
- 8 sheets phyllo dough
- 1 egg, beaten

WHAT'S IN A SERVING

ENERGY 766 kJ 181 calories	FAT 3g	SATURATES 0.5g	SUGARS 4.7g	SALT 0.77g
9%	4%	3%	5%	13%

PITA CHIPS



⊗ Snack ⌚ 7 mins

📊 187 calories per serving

This recipe makes: 👤 2 servings

These pita chips make a great crunchy snack that are also great for a light lunch paired with hummus and veggie sticks.

✔ Source of fiber ✔ Source of iron

✔ Source of protein ✔ Low fat

METHOD

- 1 Preheat the oven to 400°F/200°C/Gas 6.
- 2 Cut the pitas into triangles.
- 3 Sprinkle with paprika or dried herbs.
- 4 Spread out on a baking sheet and bake for 5-7 minutes, until golden brown.

TIPS AND TWEAKS

Make these spicy by using chili powder or hot paprika.

INGREDIENTS

- 2 whole wheat pita breads
- A pinch of dried herbs or paprika

WHAT'S IN A SERVING

ENERGY 790 kJ 187 calories 9%	FAT 0.9g 1%	SATURATES 0.2g 1%	SUGARS 1.7g 2%	SALT 0.77g 13%
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YOGURT BARK



⊗ Snack ⌚ 3 hrs

📊 267 calories per serving

This recipe makes: 👤 2 servings

Enjoy this healthier sweet treat that's low in fat and a hit with the whole family

✔ High in protein ✔ Source of iron ✔ Low fat

✔ Source of fiber

METHOD

- 1 Line a baking tray with aluminum foil or baking paper and set aside.
- 2 Cut the strawberries into quarters.
- 3 Stir together the yogurt, honey, and vanilla in a bowl and pour out onto the baking tray, spreading it to how thick you'd like the bark to be.
- 4 Sprinkle over the strawberries and granola and place in the freezer for 3 hours.
- 5 Once set, remove from the freezer, and using a sharp knife cut it into snack size pieces.
- 6 Keep it in the freezer in containers or food wrap.

INGREDIENTS

- 5.6oz / 160g strawberries
- 2 cups Greek yogurt or plain yogurt
- 1 tbsp honey
- ½ tsp vanilla extract
- 1-2 tbsp chocolate chip granola

WHAT'S IN A SERVING

ENERGY 1130 kJ 267 calories	FAT 2.4g	SATURATES 0.5g	SUGARS 26g	SALT 0.44g
13%	3%	3%	29%	7%

TIPS AND TWEAKS

Different types of berries work well here too – give blueberries or cranberries a go.