

EASY-PEASY RECIPES

*A non-cook's 7 day guide
of easy, nutritious &
delicious recipes*

**PURE FITNESS GYM
ARKLOW**



PureFitness
Arklow



BREAKFAST

HEALTHY GRANOLA RECIPE – SERVES 2

Calories: 395 Protein: 9g Carbs: 78g Fats: 7g

Ingredients:

50g Buckwheat Groats
100g Oats
20g Maple Syrup
5ml Olive Oil
1/2 tsp Ground Ginger

Method

Preheat the oven to 170c – Place all ingredients into a bowl and thoroughly mix together – Line a baking tray with some grease proof paper, pour the granola mix onto the tray and pop in the oven for 10 minutes – Once 10 minutes is up, remove the tray and mix around the granola to break up any large clumps – Place back into the oven for a further 10 minutes – Leave to cool – Place into a bowl with toppings of your choice! Some of our favourites are blueberries, natural yogurt, cacao nibs and almond butter.



LUNCH

SPICY TUNA AND AVOCADO WRAP

Calories: 425 Protein: 24g Carbs: 39g Fats: 19g

Ingredients:

1/2 small can of tuna, drained
1/2 avocado diced
1/8 tsp mild red chilli flakes
1/2 tsp sriracha sauce
Handful of romaine lettuce
1 Wholegrain tortilla wrap

Method:

Mix sriracha, red chilli flakes and tuna in a bowl
Layer romaine lettuce, avocado and tuna onto wholegrain wrap and roll.
Serve



DINNER

SPICY CHICKPEA SALAD WITH MED VEG (SERVES 4)

Calories: 295 Protein: 16.2 g Carbs: 42 g Fats: 7.4 g

Ingredients:

1 red pepper, de-seeded and cut into chunks
1 aubergine, trimmed and sliced into half moons
2 courgettes, trimmed and sliced
1 red onion, cut into wedges
2 tbsp olive oil
2 x 400g cans Chosen by you Chickpeas, drained and rinsed
3 tbsp Asda Spicy Piri Piri Dressing
Crusty bread, to serve

Method:

Pre-heat the oven to 220C/200C Fan/Gas 7. In a roasting tin, toss the pepper, aubergine, courgettes and onion with the olive oil.
Roast the vegetables in the oven for 30 minutes, or until cooked through and tinged brown at the edges.
Meanwhile, put the chickpeas in a large serving bowl. Mix in the piri piri dressing, then toss through the roasted vegetables, once cooked. Serve, hot or cold, with the bread.



BREAKFAST

APPLE CRUMBLE OVERNIGHT OATS (SERVES 2)

Calories: 570 Protein: 17g Carbs: 105g Fats: 8g

INGREDIENTS:

Apple, cinnamon & raisin compote
2 apples peeled and diced
20g raisins, 1 tsp maple syrup, 100ml water, 1 tsp cinnamon, 1 tsp arrowroot powder
Apple Proats
100g GF oats
1 apple peeled and shredded, 16g plant-based protein powder, 1tsp vanilla, 200ml oat milk



METHOD:

Cook the diced apple and raisins in maple syrup, add the water and cook for 10 mins until the apple is just soft. Add arrowroot and let thicken, then chill - Mix all ingredients for the proats and leave in the fridge overnight - Serve the next day, add compote to the bowl, add twice the amount of proats and top with granola, raisins and apple slices

LUNCH

GLAZED SALMON & COUSCOUS

Calories: 530 Protein: 37g Carbs: 39g Fats: 24g Calories: 468

INGREDIENTS:

1 x Salmon Fillet
1 tbsp soy sauce
1 tsp coconut oil
1/2 tsp honey
100g (cooked) couscous
salt and pepper to taste



METHOD:

Mix soy sauce and honey in a bowl. Add a dash of pepper
Pour over salmon and broccoli
Heat coconut oil in a pan. Add salmon and broccoli and cover Saute salmon for 5 minutes on each side, until light pink and flakey Boil couscous

DINNER

GREEK STYLE CHICKEN PITTA (SERVES 4)

Protein: 45g Carbs: 49g Fats: 8.3g

INGREDIENTS:

490g pack Asda Butcher's Selection Chicken Breast Fillets, cut into bite-sized pieces
Zest of 1/2 lemon, finely grated
1 tbsp lemon juice
1 level tsp dried oregano
1 tbsp olive oil
1 garlic clove, crushed
1 pack Asda Seeded Pitta Breads
200g pot Asda Tzatziki
Salad leaves, to serve
4 spring onions, trimmed and sliced, to serve
10 cherry tomatoes, halved or quartered, to serve
1 red pepper, de-seeded and cut into small pieces, to serve



METHOD:

Put the chicken in a bowl with the lemon zest and juice, oregano, olive oil and garlic. Toss until the chicken is well coated. Cover and refrigerate for 20 minutes, turning the chicken over halfway through.
Pre-heat the oven to 220C/200C Fan/Gas 7. Line a baking tray with baking paper. Put the chicken pieces on the baking tray, making sure they're not touching, and discard the marinade. Cook in the oven for 10-12 minutes. Sprinkle the pitta breads with a few drops of water. Put on another baking tray and cook in the oven for 3-5 minutes or until they puff up. Cut the pittas in half and open them out to make pockets. Fill with the chicken, tzatziki and salad to serve.

BREAKFAST

STRAWBERRY SMOOTHIE

Calories: 396 Protein: 28g Carbs: 48g Fats: 10g

INGREDIENTS

- 1 x banana
- 1 cup strawberries
- 1 x orange
- 1 scoop (30g) protein powder
- 1 tbsp almond butter



METHOD:

Blend all ingredients together until smooth
Serve immediately

LUNCH

CAPRESE CHICKEN SALAD

Calories: 643 Protein: 59g Carbs: 27g Fats: 34g

INGREDIENTS

- 1 cup curly kale
- 5 small mozzarella balls
- 1/2 cup cherry tomatoes
- 1 medium chicken breast
- 1/2 avocado
- 1 cup baby spinach
- 1 tbsp mixed herbs
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp dijon mustard
- 1/4 cup bay leaves



METHOD:

Mix all of the vegetables together in a bowl
Top with mozzarella, avocado and chicken slices
Mix herbs, olive oil, dijon mustard and balsamic vinegar and drizzle on salad
Season with salt and pepper

DINNER

CHICKEN LUNCH BOWL (SERVES 4)

Calories: 500 Protein: 49g Carbs: 42g Fats: 14.2g

INGREDIENTS

- 1 yellow pepper, de-seeded and sliced
- 2 tsp smoked paprika
- 227g can of Napolina Tomatoes
- 325g green beans, to serve
- 1 large sweet potato (or 2 medium sweet potatoes), peeled
- 3 tbsp olive oil
- 4 skinless chicken breasts
- 1 medium onion, chopped
- 1 garlic clove, crushed
- 1 red pepper, de-seeded and sliced



METHOD:

Pre-heat the oven to 200C/180C Fan/Gas 6. Line a baking tray with baking paper. Cut the sweet potato into wedges and put in a bowl with 1 tbsp olive oil. Toss to coat, then spread on the baking tray and cook for 30 minutes until cooked through and starting to brown. Turn them halfway through.
Meanwhile, heat 1 tbsp of the oil in a frying pan and cook the chicken until lightly browned on all sides. Transfer to an ovenproof dish, cover with foil and cook in the oven for 10 minutes.
Add the rest of the oil to the pan and cook the onion until soft but not coloured. Add the garlic and peppers and cook, stirring occasionally, for 5 minutes.
Stir in the paprika and the tomatoes and heat through, breaking up the tomatoes with a spoon.
Spread over the chicken and return to the oven, uncovered for another 15 minutes. Serve with the sweet potato wedges and green beans.

BREAKFAST

PROTEIN PANCAKES (SERVES 4)

Calories: 539 **Protein:** 19.5g **Carbs:** 83g **Fats:** 14g

Ingredients:

- 250g gluten free flour
- 4 bananas (peeled)
- 20g honey
- 2 tsp baking powder
- 40g chocolate whey protein
- 4 whole eggs
- 15 g cacao powder
- 35g cacao nibs/dark chocolate
- 5g maple syrup



Method:

- Separate the egg yolks in a bowl and add the honey.
- Add the blended banana into the egg yolks/honey and mix together.
- Mix the baking powder, whey protein, cacao powder and gluten free flour into the egg mixture.
- In a separate bowl, beat the egg whites
- Carefully fold this into the rest of the mixture.
- Place a pan onto a medium heat and add a splash of oil.
- Place 1 spoonful into a pan and cook, flipping after 2 minutes - repeat process until all the mixture has been used.
- Melt chocolate and top with syrup and cacao nibs to taste

LUNCH

BLT SALAD

Calories: 340 **Protein:** 23g **Carbs:** 17g **Fats:** 20g

Ingredients:

- 1 pack Romaine Lettuce Hearts
- 8 rashers Smoked Back Bacon
- 2 slices Wholemeal loaf, cubed
- 2tbsp Mayonnaise
- Juice ½ Lemon
- ½ 125g Cherry Tomatoes, sliced
- 100g Frozen Sweetcorn
- Basil leaves, to garnish



Method:

- Wash and roughly chop the Romaine hearts. Wrap in a clean tea towel and pop back in the fridge to keep fresh and crunchy.
- In a nonstick frying pan, gently fry the bacon in 1tsp of oil for 5 mins over a medium-low heat. Add the cubes of bread, then fry for 10-15 mins, until both the bacon and the croutons are crispy. Transfer to a dish lined with kitchen roll and allow to drain and cool.
- Meanwhile, for the dressing, stir together the mayonnaise, lemon juice and remaining oil until well combined. Season generously with black pepper.
- Microwave the sweetcorn, according to the pack instructions. Rinse with cold water to cool.
- To assemble the salad, put the lettuce, sliced tomatoes and sweetcorn in a large serving bowl. Top with the bacon and croutons, then drizzle over the creamy dressing and sprinkle with more pepper. Toss together, then serve the salad garnished with the basil.

DINNER

SWEET POTATO AND GOATS CHEESE SALAD (SERVES 4)

Calories: 484 **Protein:** 14 g **Carbs:** 36 g **Fats:** 29 g

Ingredients:

- 50g pine nuts
- 2 small red onions
- 400g sweet potatoes (peeled weight), cut into 1cm cubes
- 2 tbsp Asda Light & Mild Olive Oil
- 1 level tsp soft brown sugar
- 12 cherry tomatoes, halved
- 2 x 100g Asda Goat's Cheese
- 4 tbsp Asda Balsamic Glaze
- 70g pack Asda Wild Rocket



Method:

- Pre-heat the oven to 190C/170C Fan/Gas 5. Line two baking trays with baking paper. Put the pine nuts on one and cook for 5 minutes until golden (time it, as they burn easily). Tip onto a plate.
- Halve the onions, peel and cut into thin wedges. Put in a large bowl with the sweet potatoes, oil and sugar and toss to ensure they're evenly coated. Spread out on the other baking tray and roast for 15 minutes.
- Add the tomatoes and cook for another 10-15 minutes, then leave to cool slightly.
- Share the rocket between four plates. Add the warm roasted veg, cut the cheese into small pieces and scatter on top with the pine nuts. Drizzle on the balsamic glaze and serve.

BREAKFAST

PAPRIKA BAKED EGGS

Calories: 395 **Protein:** 9g **Carbs:** 78g **Fats:** 7g

Ingredients:

1 onion (diced)
120g vegan chorizo
1 yellow pepper (diced)
1 red pepper (diced)
2 cloves of garlic (crushed)
1/2 tsp smoked paprika
400g chopped tomatoes
4 free-range eggs
1/2 bunch chives (chopped)

Method

Preheat the oven to 180°C. Place the diced onion and chorizo into a cast iron pan and begin to sauté.

Once the onions begin to colour, add the diced peppers, and continue to cook for 4-5 minutes.

Add the garlic and the smoked paprika, cook for 2 minutes then add the tomatoes.

Turn the heat right down and leave to simmer for 10 minutes, stirring occasionally.

Make four wells into the sauce and crack an egg into each.

Place the pan into the preheated oven and leave to cook for 10 minutes, when the whites of the eggs are cooked, but the yolks are still runny.

Scatter over the chives, serve, and enjoy!



LUNCH

SWEET POTATO SALAD BOWL

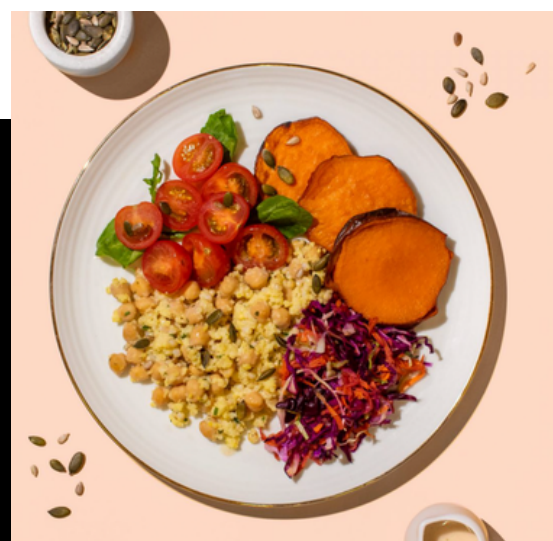
Calories: 425 **Protein:** 24g **Carbs:** 39g **Fats:** 19g

Ingredients:

- 1 medium sweet potato
- 1 tin chickpeas, drained
- 80g millet seed
- 1 handful of parsley leaves, chopped
- 8 cherry tomatoes, halved
- A quarter of a cucumber, cut into 1cm cubes
- Half a carrot grated
- 50g white cabbage, finely shredded
- 50g red cabbage, finely shredded
- 1 tbsp olive oil
- 1 tsp lemon juice

Method:

1. Wash the sweet potato and cut into 1cm thick rounds
2. Toss with a little olive oil and roast on a lined baking tray at 170°C for around 20 minutes until just golden and tender
3. Meanwhile, boil the millet according to packet instructions, then drain and mix with the chickpeas and chopped parsley
4. Mix together all ingredients and add salt and pepper to taste



DINNER

PEA, MINT AND FETA FRITTATA RECIPE

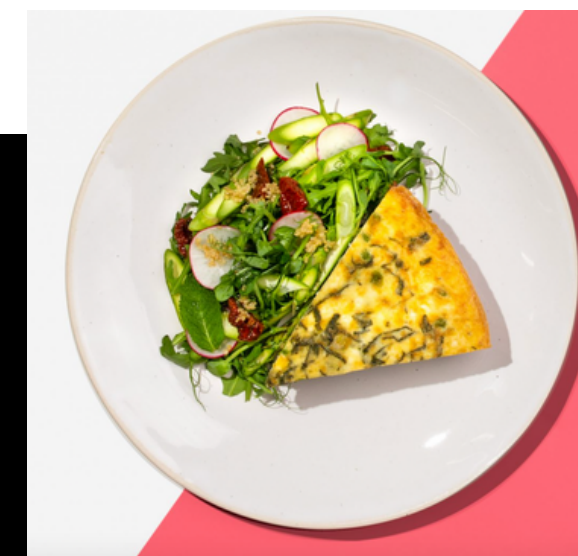
Calories: 295 **Protein:** 16.2 g **Carbs:** 42 g **Fats:** 7.4 g

Ingredients:

- 12 medium eggs
- 260g peas (fresh or frozen and defrosted)
- 130g broad beans (fresh or frozen and defrosted)
- 15g fresh mint leaves, roughly chopped
- 100g feta, crumbled
- Salt and pepper to taste
- A little olive oil

Method:

1. Pre-heat the oven to 150°C
2. In a large bowl whisk together the eggs, then stir in the peas, broad beans, mint, feta, salt and pepper
3. Place a 20cm ovenproof non-stick frying pan over a medium heat, add a little olive oil to the pan then pour in the egg mix. Leave to cook 2 minutes then move the pan into the oven to cook for a further 18 minutes or until the frittata has just set in the centre
4. Turn the frittata out onto a chopping board, portion and serve with a side salad



BREAKFAST

CHOCOLATE PROTEIN BROWNIE BIRCHER

Calories: 570 Protein: 17g Carbs: 105g Fats: 8g

INGREDIENTS:

100g GF oats
1x Banana
1tsp Maple syrup
1x scoop (30g) Chocolate protein
1tsp Vanilla
200g Almond milk
1tsp Cacao powder



METHOD:

1. Caramelize the banana in the maple syrup, add water and cook down to a puree.
2. Mix all ingredients together the day before eating, and leave in the fridge overnight to set.
3. In the morning enjoy with your favourite toppings. We've stated our favourites above.

LUNCH

FIG AND APRICOT SALAD

Calories: 530 Protein: 37g Carbs: 39g Fats: 24g Calories: 468

INGREDIENTS:

+ 2 Apricots
+ 2 Figs
+ 500g Tenderstem broccoli
+ ¼ Chinese cabbage
+ ½ Red chilli
+ 5 Breakfast radishes
+ 2 Fresh limes
+ 10ml Olive oil



METHOD:

1. Place a griddle pan over a high heat.
2. Place another pan on to the heat. Fill with water and bring to the boil.
3. Cut peaches into 1/8's and place on the griddle pan. Cook for 2-3 minutes on each side, remove and chill.
4. Cut the ends off the broccoli and when the water is boiling, place the broccoli into the water.
5. Cook the broccoli for 5-6 minutes then remove and refresh in cold water.
6. Thinly slice the radish and Chinese cabbage.
7. Slice the figs into 1/8's.
8. Mix all the ingredients together then dress with lime juice and a little olive oil.
9. Enjoy!

DINNER

TITLE OF RECIPE

Protein: 45g Carbs: 49g Fats: 8.3g

INGREDIENTS:

- 40g white potato, peeled and roughly grated
- 40g parsnips, peeled and roughly grated
- 40g carrot peeled and roughly grated
- 1 white onion thinly sliced
- 1 tsp chopped thyme
- 1 tsp wholegrain mustard
- 2 tbsp flour
- 1 tsp salt



METHOD:

- 1) Mix all the ingredients together in a bowl, before covering and leaving for 10-15 minutes or until the water comes out of the vegetables and the mix becomes stickier.
- 2) Place a medium sized frying pan onto the heat and add 1 tsp of oil. Leave for a minute or two to get hot.
- 3) Place the mix in the pan and push out to fill the pan. Make sure this isn't too thin!
- 4) Cook on one side for 5 minutes or until the rosti begins to go golden in colour.
- 5) Carefully flip the rosti over (be sure it's cooked, so it doesn't break) and cook on the other side for a further 5 minutes, or until golden brown.
- 6) Serve with a side of fresh greens, and a sprinkling or parmesan or mixed roasted seeds.

BREAKFAST

HOT CROSS BUN ENERGY BALLS

Calories: 396 Protein: 28g Carbs: 48g Fats: 10g

- INGREDIENTS:**
- ½ cup ground almonds
 - ½ cup rolled oats
 - ½ cup vanilla pea protein powder
 - 1 ½ teaspoon mixed spice
 - 1 ½ teaspoon cinnamon
 - 1 teaspoon ginger
 - 1/3 cup sultanas
 - ¼ cup of orange juice
 - 2 tbsp coconut oil



- METHOD:**
- Put all the dry ingredients in the bowl of a food processor and blitz until fine.
 - Add the sultanas and wet ingredients to the blender and process until the mixture comes together in a rough ball.
 - Roll heaped teaspoonfuls of mixture into balls, and refrigerate them until firm.

LUNCH

QUINOA STUFFED PEPPERS

Calories: 643 Protein: 59g Carbs: 27g Fats: 34g

- INGREDIENTS:**
- 2 red peppers (cut in half, seeds removed)
 - 100 g cooked quinoa
 - 1 small red onion (diced)
 - 1 clove of garlic (minced)
 - 1 tsp paprika
 - 1 small courgette (grated)
 - 1 Tbs tomato paste
 - 1 tsp oil



- METHOD:**
1. Place a pan on the heat, add a tsp of oil.
 2. Once the oil is hot add the red onions and cook for 4 minutes, moving regularly.
 3. Add the garlic and paprika and cook for a further 2 minutes.
 4. Add the tomato paste into the pan and cook out for 5 minutes.
 5. Add the courgette and cooked quinoa, and mix in until fully incorporated.
 6. Stuff the mix into the peppers and place them on a baking tray
 7. Place the tray into the oven and cook for around 30 minutes at 180c

DINNER

ZA'ATAR ROASTED CAULIFLOWER WITH TAHINI YOGHURT

Calories: 500 Protein: 49g Carbs: 42g Fats: 14.2g

- INGREDIENTS:**
- 1 Head of cauliflower
 - 10g Za'atar
 - 100g Greek yoghurt
 - 50g tahini
 - 3 Breakfast radishes, finely sliced
 - Handful pomegranate seeds
 - Half a bunch parsley, chopped
 - Squeeze of lemon juice
 - Olive oil and salt to taste



- METHOD:**
1. Pre-heat the oven at 200 C.
 2. Cut the cauliflower into florets, mix with olive oil and za'atar.
 3. Season with salt and pepper and roast for 6-8 until golden.
 4. Combine the yoghurt, tahini and lemon juice, and season to taste.
 5. Spoon onto plates and top with the roast cauliflower, then garnish with pomegranate, finely sliced radishes and chopped parsley.

SHOPPING LIST

Buckwheat Groats	Salmon fillets	Pitta breads	Apricots
Oats	Chicken breasts	Couscous	Figs
Oat Milk	Smoked Bacon Rashers	Wholemeal loaf	Tenderstem Broccoli
Almond Milk	Mayonnaise	Large eggs	Limes
GF Flour	Apples	Cacao powder	White potato
Maple Syrup	Bananas	Dark chocolate	Parsnips
Olive oil	Orange	Soft brown sugar	Wholegrain Mustard
Ground Ginger	Strawberries	Carrots	Thyme
Vanilla	Curly kale	Cabbage	Ground almonds
Coconut Oil	Onion	Frozen sweetcorn	Orange juice
Honey	Garlic	Basil Leaves	Quinoa
Soy sauce	Red Pepper	Pine nuts	Tomato Puree
Mild red chilli flakes	Aubergine	Sweet potatoes	Za'atar
Sriracha sauce	2 Courgettes	Balsamic glaze	Greek yoghurt
2 x 400g cans of chickpeas	Salad leaves	Wild rocket	Pomegranate Seeds
Spicy piri piri dressing	Lemon	Vegan chorizo	Cauliflower
Raisins	Cherry tomattoes	Chopped tomatoes	Wholegrain tortilla wraps
Cinnamon powder	Spring onion	Paprika	Crusty bread to serve
Protein powder	1 Red Onion	Chives	
Small can of Tuna	1 Avocado	Parsley	
Chicken breast slices	Romaine Lettuce	Feta	
		Mint	
		Broad beans	
		Peas	
		Millet seed	

CONGRATULATIONS!

Congratulations on making it to the end of this book.

For anyone that makes it to the end...

If you'd like to get more specific help and a deeper understanding of how you can get healthier and stronger, then contact me on any of my social media profiles below



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