



# **SIMPLE SNACKS RECIPE BOOK**

**QUICK, SIMPLE & SUPER TASTY SNACKS**

# WELCOME

Hi, I'm Michael.

I'm a big believer that health starts from the inside. Exercise is very important but needs to be in conjunction with a balanced diet. It's about eating whole foods and enjoyable foods. Diets don't need to be boring.

Results come from adhering to a plan and being consistent.

This book has been put together to help you enjoy your food while still getting results.

It's full of tasty recipes, with easy to follow instructions, there is even a video for each recipe :)

I hope you find this book useful.

If you have any questions, please just ask.

*Michael Hayward*

**MHI** PERSONAL  
TRAINING  
& NUTRITION COACHING





# MEDICAL DISCLAIMER

This recipe book is not designed to replace any advice given to you by a medical practitioner or registered dietician.

All recipes within this book are for information purposes only. If you choose to make a recipe within this book, then you are doing so at your own risk. Please check all the ingredients first to ensure you are not allergic to any of them.

If you think there is any part of the book that might have a negative impact on your health, then please consult a doctor before starting.

# STAND OUT FEATURES

There are some cool features in this recipe book that will make it easy for you to cook the dishes and also track your food.

## RECIPE VIDEOS

All the recipes in the book come with a short video showing you how to cook them. Click the play button on each page to watch the video.



## TRACKING YOUR FOOD

If you want to keep track of your macronutrients and calories, then all you have to do is scan the barcode on each recipe in your MyFitnessPal™ App and voila.



## CELERY & PEANUT BUTTER BOATS

(Per Serving) Calories 171 / Carbs 12g / Protein 6g / Fat 11g

*These nutty celery 'boats' guarantee crunch and flavour (and take no time at all to make). The flavour of the celery goes well with the peanut butter and to top it off, the plump and juicy raisins (dried cranberries) give a burst of sweetness to make this quick and tasty snack really hit the spot.*

Serves 1  
Prep Time 4 mins  
Cook Time 0 mins

### INGREDIENTS

50g Celery  
(cut into 2 inch pieces)  
20g Peanut Butter  
(smooth or crunchy)  
12g Raisins

### HOW TO COOK IT

Cut the celery sticks into 2 inch pieces.

Fill each stick with your chosen peanut butter.

Add the Raisins to the top.

Eat straight away or place in the fridge until ready to serve.

**Note:** If you have an extra 30g celery on the side, it will count as 1 of your 5 a day.

WATCH NOW



### DIETICIAN'S NOTES

*Peanut butter is rich in the type of heart healthy fats shown to protect against heart disease. You can get the benefits by regularly snacking on nuts and peanut butter!*





## MINI COURGETTE PIZZAS

(Per Serving) Calories **123** / Carbs **6g** / Protein **9g** / Fat **7g**

*This easy to make snack is the perfect, low-carb way to satisfy your pizza cravings. Healthy courgette replaces stodgy pizza base, drastically reducing calories. Topped with tomato puree, peppers, red onion, cheddar and oregano, takeaway pizza will become a thing of the past!*

WATCH NOW



Serves 2  
Prep Time **8 mins**  
Cook Time **8 mins**

### INGREDIENTS

½ tsp Olive Oil  
80g Courgette  
(cut into 8 discs)  
30g Tomato Puree  
30g Cooked Ham  
(finely chopped)  
¼ Red Onion  
(finely chopped)  
30g Yellow Bell Pepper  
(finely chopped)  
30g Mature Cheddar  
(grated)  
Oregano (sprinkling)

### HOW TO COOK IT

Pre heat the oven to 180°C (360°F)

Drizzle the oil olive over a baking tray and spread evenly.

Cut the courgette up into ½ cm discs.

Then spread the tomato puree on each dish.

Followed by the ham, red onion, yellow bell pepper, cheese and finish with a sprinkle of oregano.

Then place the discs onto the baking tray and place in the oven for 8 minutes or until the cheese goes a nice golden brown colour.

Serve either hot or cold.

### DIETICIAN'S NOTES

*These mini pizzas are a great way to sneak some extra veggies into your diet - each serving counts as one of your five-a-day*





## AVOCADO CHIPS

(Per Serving) Calories 220 / Carbs 12g / Protein 7g / Fat 16g

You'll say goodbye to greasy chips after you try these healthy, baked avocado chips! They're super easy to make, and baked to perfection: crispy on the outside and soft and buttery on the inside. Serve with a cooling sour cream and chive dip and chopped up chilli to add some heat!

WATCH NOW



Serves 2  
Prep Time 6 mins  
Cook Time 12 mins

### INGREDIENTS

30g Porridge Oats  
1 Garlic Clove  
(peeled & roughly chopped)  
½ tsp Dried Basil  
Pinch of Salt  
Pinch of Pepper  
1 Large Egg (whisked)  
1 Avocado  
(peeled & sliced)  
60ml Sour Cream  
1 tbsp Chives  
(finely chopped)  
Optional: 1 Red Chilli  
(thinly sliced)

### HOW TO COOK IT

Preheat the oven to 220°C (425°F)

In a blender, add the oats, garlic, basil, salt and pepper. Blend until the oats are nice and fine.

Pour the blended oats into a bowl.

Crack the egg into a separate bowl and whisk.

Cut the avocado in half, remove the stone and the skin. Then slice each half into 4 pieces lengthways.

Dip each piece in the egg then into the blended oat mixture, before placing on a non stick baking tray.

Place in the oven and cook for 10-12 minutes.

Put the sour cream in a small serving dish.

Add the chives to the sour cream and mix well.

When the avocado chips are done with a slightly browned color, place them on a serving plate along with the sour cream and chive mixture and serve.

Optional: Add a bit of heat by sprinkling on some chopped up chillies.

### DIETICIAN'S NOTES

These 'chips' are packed with gut-friendly ingredients. Fibres in the avocado + oats help 'feed' the helpful bacteria in your gut. You'll also score one of your five-a-day. Wln wln!





# BANANA & PEANUT BUTTER SANDWICHES

(Per Serving) Calories **196** / Carbs **18g** / Protein **4g** / Fat **12g**

The classic version is also called 'The Elvis' (and we all know what happened to him!). Banana slices replace the bread to create an alternative snack. Combined with dark chocolate and coconut, these delicious mini sandwiches will satisfy your sweet tooth.

Serves 2  
Prep Time 5 mins  
Cook Time 30 mins

## INGREDIENTS

2 Squares Dark Chocolate  
(melted)

1 Medium Banana  
(cut into 12 pieces)

24g Peanut Butter  
(smooth or crunchy)

1 tbsp Desiccated  
Coconut

## HOW TO COOK IT

WATCH NOW 

Put the chocolate into a microwavable dish and melt in 10 second bursts in the microwave, stirring regularly.

Peel the banana and chop in 12 pieces.

Lay 6 pieces of banana onto a serving tray.

Add the peanut butter to the banana pieces, then put the other 6 pieces of banana on top of the peanut butter, creating mini sandwiches.

With a spoon, drizzle the melted chocolate over the top of each banana sandwich.

Sprinkle the desiccated coconut over each sandwich.

Place in the fridge for 30 minutes to allow the chocolate to set before serving.

## DIETICIAN'S NOTES

Dark chocolate is rich in polyphenols - naturally occurring chemicals found in the cocoa bean, which have great antioxidant powers.





# APPLE & CHEESE SLICES WITH CINNAMON

(Per Serving) Calories **186** / Carbs **17g** / Protein **7g** / Fat **10g**

*Get all the taste of a homemade apple pie with these simple to make loaded crackers. Apple and cheese make the perfect sweet and savoury combination (the mature cheddar intensifies the flavour of the apple). Topped off with cinnamon, this is the perfect autumn/winter snack.*

WATCH NOW 

Serves 2  
Prep Time 4 mins  
Cook Time 0 mins

## INGREDIENTS

1 Apple (cut into slices)  
4 Rosemary Crackers  
42g Mature Cheddar Cheese  
(cut into slices)  
½ tsp Cinnamon

## HOW TO COOK IT

Slice the apples lengthways, creating disc shapes. Avoid using the core of the apple, as that can be quite tough. Then place them on top of the crackers.

Cut the cheese into 4 rectangles and place on top of the apple.

Finish by sprinkling the cinnamon over the top and serve.

## DIETICIAN'S NOTES

*The balanced combo of fibre from the apple and protein in the cheese should make this a filling snack.*





# RICE CAKE WITH RICOTTA, HONEY & BLUEBERRY TOPPING

(Per Serving) Calories **182** / Carbs **25g** / Protein **7g** / Fat **6g**

Getting creative with crackers and rice cakes means you're a lot less likely to reach for unhealthy snacks. The creamy, low-fat ricotta cheese pairs perfectly with juicy blueberries and the sweetness of the honey. Two of these rice cakes would make a great filling snack, or four would be enough for a quick and delicious lunch.

Serves **2** (2 cakes per serving)  
Prep Time **4 mins**  
Cook Time **0 mins**

## INGREDIENTS

160g Ricotta Cheese  
4 Lightly Salted Rice Cakes  
80g Blueberries  
2 tsp Honey

## HOW TO COOK IT

WATCH NOW 

Spoon the ricotta cheese evenly between the 4 rice cakes.

Add 20g of blueberries to each rice cake.

Finish by drizzling the honey over the top and enjoy.

## DIETICIAN'S NOTES

*Ricotta is a great source of protein. Teamed with the carbs from the honey and rice cakes, this would be great as a light pre-workout snack. Try eating an hour or two before you train.*





## BLT AVOCADO NESTS

(Per Serving) Calories **156** / Carbs **3g** / Protein **9g** / Fat **12g**

A healthy take on one of the world's best loved sandwiches, this snack version of the BLAT (bacon, lettuce, avocado and tomato sandwich) will definitely satisfy your rumbling tummy fast. Choose the best quality bacon, cherry tomatoes on the vine and fresh, crisp lettuce for maximum flavour. Who needs bread?!

Serves **2**  
Prep Time **8 mins**  
Cook Time **5 mins**

### INGREDIENTS

**4 Olive Oil Sprays**  
(optional)  
**3 Bacon Medallions**  
**6 Cherry Tomatoes**  
(cut into quarters)  
**50g Romaine Lettuce**  
(roughly chopped)  
**1 tsp Light Mayonnaise**  
Pinch of Salt  
Pinch of Pepper  
**1 Avocado**

### HOW TO COOK IT

WATCH NOW



Heat up a small frying pan over a medium heat.

Spray the pan 4 times.

Add the bacon and cook for roughly 2 minutes per side or until golden brown.

When done, remove from the heat and roughly chop.

Then add the bacon to a mixing bowl along with the tomatoes, lettuce, mayonnaise, salt and pepper.

Mix it all together and put to one side.

Cut the sides off the avocado, so that both halves sit flat on the plate (see video).

Then cut the avocado in half and remove the stone.

Spoon the BLT mixture equally onto each section and serve.

### DIETICIAN'S NOTES

The heart healthy fats in avocados can help balance cholesterol levels. Half an avocado also counts as one of your five-a-day.





# CHOCOLATE PROTEIN OATS WITH BANANA & PEANUT BUTTER

(Per Serving) Calories **233** / Carbs **23g** / Protein **15g** / Fat **9g**

Who doesn't secretly want chocolate for breakfast? Satisfy your Reece's Peanut Butter Cups cravings with this delicious, healthy alternative to a peanut butter cup. These yummy, healthy oats packed with protein don't need to be left overnight and you can make a big batch to snack on during the week.

Serves **2**  
Prep Time **5 mins**  
Cook Time **3 mins**

## INGREDIENTS

60ml Semi-skimmed Milk  
15g Chocolate Protein Powder  
45g Porridge Oats  
1 Egg  
½ Banana (mashed)  
½ tbsp Chia Seeds  
10g Peanut Butter (smooth or crunchy)  
Extra Chia Seeds (for sprinkling at the end)

## HOW TO COOK IT

WATCH NOW



Place the milk and protein powder into a blender and blend.

Add the mixture into a saucepan, along with the oats, egg, banana and chia seeds.

Mix well and cook over a medium heat for 2-3 minutes or until the mixture thickens.

When the mixture has thickened but is still slightly runny, transfer into 2 small serving bowls.

Finish by adding to each serving bowl a few slices of banana, peanut butter and sprinkle of chia seeds.

## DIETICIAN'S NOTES

Protein rich snacks put the brakes on between meals hunger - teamed with fibre from the oats and chia, this recipe should keep you feeling full for a good few hours.





# TOMATO AND BASIL SOUP

(Per Serving) Calories **192** / Carbs **24g** / Protein **6g** / Fat **8g**

*This light and fragrant soup is ready in less than thirty minutes and tastes great at any time of the year. Packed with healthy vegetables and herbs, this soup is vitamin rich and high in antioxidants. The classic pairing of juicy tomato and fragrant basil never disappoints!*

Serves **2**  
Prep Time **3 mins**  
Cook Time **20 mins**

## INGREDIENTS

**1** tbsp Olive Oil  
**100g** Brown Onion  
(roughly chopped)  
**1** Small Carrot  
(peeled & roughly  
chopped)  
**1** Celery Stick  
(roughly chopped)  
**1** Garlic Clove  
(peeled & roughly  
chopped)  
**1** Vegetable Stock Pot or  
Cube  
**700ml** Boiling Water  
**400g** Tinned Plum  
Tomatoes  
**4** Vine Tomatoes  
**1** tbsp Fresh Basil (torn)  
Pinch of Salt  
Pinch of Pepper  
Optional: **2** tbsp Half Fat  
Crème Fraîche

## HOW TO COOK IT

WATCH NOW



Heat up the olive oil in a large sauce pan on a medium heat.

Then add the onion, carrot, celery and garlic. Cook for 10 minutes to soften the vegetables.

Then dissolve the vegetable stock pot in the boiling water and add to the pan along with the tinned tomatoes and the vine tomatoes.

Turn the heat up to high until the mixture starts to boil, then reduce to a medium heat and cook for 10 minutes.

Then remove from the heat, add the basil and season with salt and pepper.

Blend the soup to a smooth texture.

Serve up while it's still hot.

**Optional:** Add a table spoon of crème fraîche to each bowl.

**Note:** This is great to cook in bulk and store in the fridge.

## DIETICIAN'S NOTES

*Diets rich in fruit and vegetables are linked with mental wellbeing - this soup is a great way to score two of your five-a-day.*





# ROASTED CHILLI CHICKPEAS WITH PARMESAN CHEESE

(Per Serving) Calories **188** / Carbs **19g** / Protein **9g** / Fat **7g**

Avoid salted nuts or crisps and reach for these super healthy chickpeas instead! When roasted, the chickpeas become salty and crunchy and taste great topped with chilli and parmesan. A tasty, low-fat, inexpensive snack - a real crowd pleaser!

WATCH NOW 

Serves 2  
Prep Time 5 mins  
Cook Time 12 mins

## INGREDIENTS

1 Tin Chickpeas  
(drained, rinsed & dried)  
¾ tbsp Olive Oil  
Pinch of Garlic Salt  
Pinch of Onion Salt  
½ tsp Dried Basil  
1 tsp Chilli Flakes  
1 tsp Parmesan Cheese

## HOW TO COOK IT

Preheat the oven to 220°C (425°F).

Drain, rinse and dry the chickpeas before adding them to a large mixing bowl.

Then add the remaining ingredients to the mixing bowl. Mix it all together.

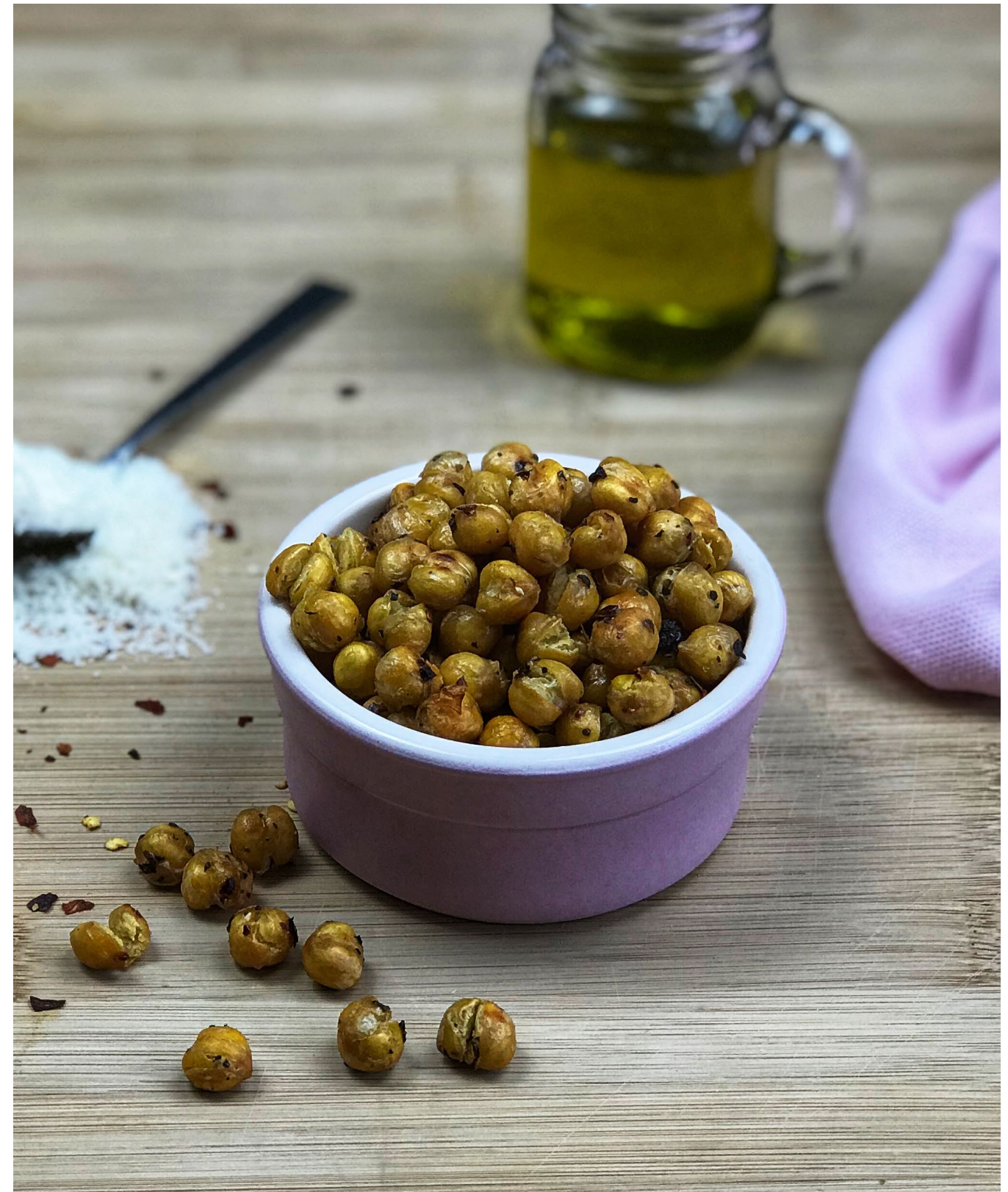
Empty the chickpeas onto a baking tray, shake the tray to ensure the chickpeas are evenly spread out.

Place in the oven for 12-15 minutes, or until the chickpeas are slightly golden brown.

Allow them to cool and serve at room temperature.

## DIETICIAN'S NOTES

Canned chickpeas are a great store cupboard basic and are a great source of both protein and fibre - two nutrients which will help you stay feeling full.





# SMOKED SALMON & AVOCADO CRUNCH

(Per Serving) Calories **191** / Carbs **13g** / Protein **10g** / Fat **11g**

Perfect for a quick breakfast, brunch or lunch on-the-go, these loaded crispbreads pack a tasty punch! The well-loved combination of creamy, buttery avocado with the saltiness of the smoked salmon always excites the tastebuds (add chilli and lemon juice for even more flavour). A delicious, high fibre snack.

Serves 2  
Prep Time **5 mins**  
Cook Time **0 mins**

## INGREDIENTS

½ Avocado  
(peeled & sliced)  
4 Ryvita Sesame Rye  
Crispbread Slices  
60g Smoked Salmon  
1 Lemon  
(cut into wedges)  
Optional: Chilli Flakes

## HOW TO COOK IT

WATCH NOW 

Cut the avocado in half lengthways, remove the stone, remove the skin and slice the avocado into 8 slices.

Place 2 pieces of avocado onto each Ryvita.

Lay the salmon on top of the avocado.

Squeeze a little lemon over the salmon

Optional: Finish with a sprinkle of chilli flakes

## DIETICIAN'S NOTES

The helpful bacteria in your gut thrive on fibre - these crunchy crispbreads will give you a fifth of the recommended daily fibre intake.





# COTTAGE CHEESE WITH BLUEBERRIES & RASPBERRIES

(Per Serving) Calories 205 / Carbs 18g / Protein 13g / Fat 9g

*If you've never had cottage cheese with berries before, you're missing out! This combo is great for a healthy, tasty breakfast or a clean eating quick snack. Packed with protein and superfood nutrients, use low-fat cottage cheese and organic berries if you can. Cinnamon adds a sweet and woody flavour to the berries, elevating their taste..*

WATCH NOW 

Serves 1  
Prep Time 2 mins  
Cook Time 0 mins

## INGREDIENTS

140g Natural Cottage Cheese  
50g Raspberries  
50g Blueberries  
½ tsp Cinnamon

## HOW TO COOK IT

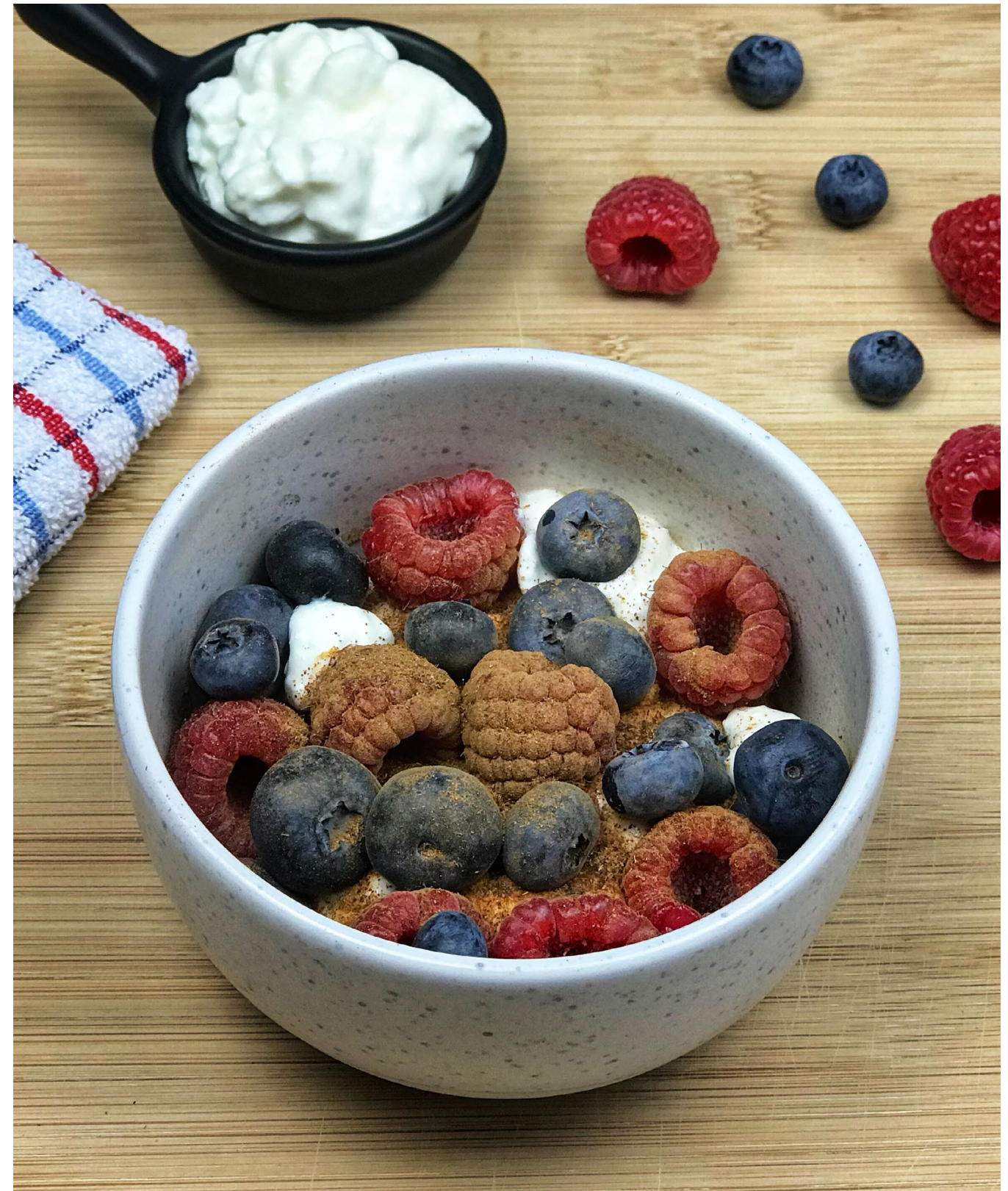
Add the first 3 ingredients into a small bowl.

Sprinkle the cinnamon over the top and serve

**Note:** Can be made the night before and stored in the fridge.

## DIETICIAN'S NOTES

*Studies show the protein and calcium in dairy proteins benefits fat loss. This is a filling, low calorie snack - ideal for mid-afternoon munchies.*





# HOMEMADE GRANOLA WITH PROTEIN YOGURT

(Per Serving) Calories **284** / Carbs **22g** / Protein **13g** / Fat **16g**

Granola is the perfect breakfast/snack food but can be high in sugar. Make your own healthy, toasted version with lots of flavourful fruits and nuts. Paired with the creamy texture of the protein yogurt, this is a quick, delicious, energy-boosting snack.

WATCH NOW



Serves **4**  
Prep Time **6 mins**  
Cook Time **20 mins**

## INGREDIENTS

**60g Oats**

**40g Mixed Dried Fruit**  
(Pre made bags normally come roughly chopped. e.g. apricots, raisins, cranberries, roughly chopped)

**32g Pecans**  
(roughly chopped)

**16g Cashew Nuts**  
(roughly chopped)

**16g Sunflower Seed Kernels**

**2 tsp Milled Flaxseed**

**2 tsp Coconut Oil**

**2 tsp Honey**

**1 tsp Cinnamon**

**200g Greek Yogurt**

**40g Protein Powder**

## HOW TO COOK IT

Preheat the oven to 150°C (300°C).

Add all the ingredients (apart from the last 2) into a large mixing bowl.

With a wooden spoon or your hands (time to get messy) mix all the ingredients together.

Cover a baking tray with parchment paper.

Empty the mixing bowl onto the parchment paper and spread the mixture into a single layer.

Place in the oven for 8-10 minutes. You want to lightly toast, not burn the mixture.

While that is cooking, in a mixing bowl add the Greek yogurt and protein powder together. Then place in the fridge until you are ready to serve.

When the granola mixture is lightly toasted, leave to stand for 10-15 minutes to allow it to cool down.

When you are ready, add  $\frac{1}{4}$  of the protein mixture and a  $\frac{1}{4}$  of the granola to a bowl and serve.

**Note:** If you only want 1 portion, bulk cook the granola mixture but just prepare 50g Greek yogurt and 10g protein powder.

If bulk cooking the granola, store in an air tight container at room temperature.

## DIETICIAN'S NOTES

Almost all the sugars in this granola are naturally occurring in the dried fruit, which means they come packaged with filling fibre. This granola would be great for topping up energy levels pre-workout.





# DARK CHOCOLATE ENERGY BALLS

(Per Serving) Calories **196** / Carbs **16g** / Protein **6g** / Fat **12g**

Energy balls are the perfect, no-bake, healthy snack on the go! Filled with good-for-you ingredients, they take minutes to make and are easy to carry around with you. And you're also getting your chocolate fix - what's not to like?

WATCH NOW 

Serves **5** (2 balls per serving)  
Prep Time **10 mins**  
Cook Time **0 mins**

## INGREDIENTS

60g Porridge Oats  
80g Almond Butter  
1 tbsp Milled Chia Seeds  
40g Raisins  
(roughly chopped)  
½ tbsp Honey  
3 Squares of Dark  
Chocolate

## HOW TO COOK IT

Add all the ingredients into a large mixing bowl.

With your hands, mix well.

Roll the mixture into 10 equal balls.

Take to work and enjoy.

**Note:** If you store them, keep them in an air tight container at room temperature.

## DIETICIAN'S NOTES

A heart healthy mix of nuts, oats and seeds - a quick between meals energy booster.





# CUCUMBER FILLED WITH GUACAMOLE

(Per Serving) Calories 202 / Carbs 16g / Protein 3g / Fat 14g

Originally from Mexico, this avocado dip is one of the freshest, tastiest snacks around. Replace the nachos with cucumber pieces to create a healthy snack that's also great for parties! Tomatoes, red onion and lime juice add colour and bags of flavour to the creamy avocado.

WATCH NOW 

Serves 1  
Prep Time 10 mins  
Cook Time 0 mins

## INGREDIENTS

½ Avocado  
(medium size, mashed)  
100g Cherry Tomatoes  
(finely chopped)  
¼ red Onion  
(finely chopped)  
½ Lime (juice)  
Pinch of Salt  
Pinch of Pepper  
1 Cucumber  
(cut into 4 equal 2 inch pieces)

## HOW TO COOK IT

Cut the avocado in half lengthways. You only need the half without the stone in. With a fork mash it up.

Scoop the mashed avocado out with a spoon and add to a large mixing bowl along with the tomatoes, red onion, lime juice, salt and pepper. Mix it all together and then put to one side.

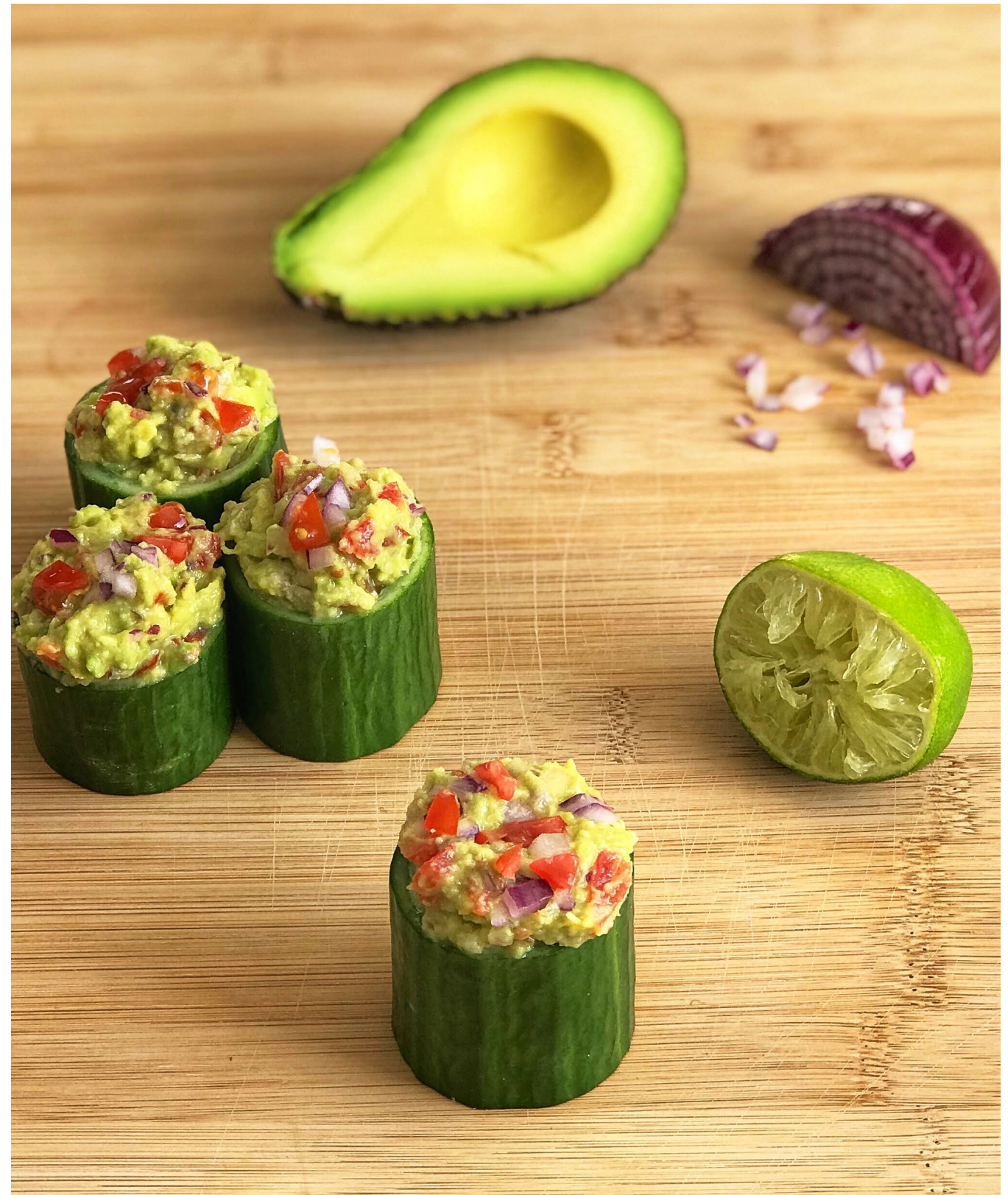
Cut the cucumber up into 4 equal 2 inch pieces. With a small spoon scoop out the inside of each cucumber, making sure you don't go all the way through to the other side.

Evenly spoon the avocado mixture into each hollow cucumber.

Serve straight away or store in the fridge until you get hungry later.

## DIETICIAN'S NOTES

Score two serves of vegetables, fibre and heart healthy fats.





# FROZEN SUMMER FRUIT DELIGHT

(Per Serving) Calories **177** / Carbs **23g** / Protein **19g** / Fat **1g**

Swap that calorie-laden ice-cream tub for this summery frozen yogurt, which takes no time at all to make! Use a frozen summer fruit mix (with a variety of juicy berries such as strawberries, blueberries, blackberries and redcurrants) for maximum flavour. Enjoy this fruity dessert all year round, not just in summer!

WATCH NOW 

Serves 2  
Prep Time 4 mins  
Cook Time 0 mins

## INGREDIENTS

450g Fat Free Yogurt  
100g Frozen Summer  
Fruit Mix  
1 tsp Honey

## HOW TO COOK IT

Add all the ingredients into a blender and whizz it all together until smooth. It may require you to mix with a spoon first to enable it to blend.

Once blended, pour equally into 2 small serving bowls and top with a few left of berries.

Serve and eat straight away.

**Note:** If you are making this for just one person, halve the ingredients.

## DIETICIAN'S NOTES

Yogurt is rich in leucine, a protein building block which stimulates new muscle growth. Try this after a strength workout to kickstart your recovery.





# PEANUT BUTTER & DARK CHOCOLATE SANDWICH

(Per Serving) Calories **106** / Carbs **10g** / Protein **3g** / Fat **6g**

*Crispy apple slices replace bread in this healthy 'sandwich' - choose natural peanut butter and good quality dark chocolate for a great low-calorie pre and post-workout snack. It's like a sin-free fruity, peanut butter cup!*

WATCH NOW 

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

## INGREDIENTS

**½ Apple**  
(cut into thin slices)  
**2 tsp Peanut Butter**  
**1 Piece of Dark Chocolate**  
(finely chopped)

## HOW TO COOK IT

Cut the apple into 4 thin slices. Avoid the main core of the apple as this is a little tough.

With a spoon, cut around and remove the centre of the apple.

With a knife, spread the peanut butter evenly between 2 apple slices.

Sprinkle the dark chocolate on the peanut butter. Place the plain apple pieces on top and serve.

## DIETICIAN'S NOTES

*This peanut butter 'sandwich' is a great way to satisfy a sweet tooth without ramping up your sugar intake.*





# CHEESE, CUCUMBER & HOUMOUS WRAPPED IN TURKEY

(Per Serving) Calories **167** / Carbs **3g** / Protein **23g** / Fat **7g**

Replace carb-loaded tortilla wraps with turkey slices for this tasty savoury snack, which is great to keep you full between meals. Easy to grab and go, they're packed full of protein and fibre and you'll be surprised at how well the mature cheese, low-fat houmous and crunchy cucumber go together!

WATCH NOW 

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

## INGREDIENTS

**12g Mature Cheddar Cheese**  
(cut into 2 thin strips)

**20g Cucumber**  
(cut into 2 thin strips)

**2 Slices Roast Turkey**  
(precut 60g)

**2 tsp Reduced Fat Houmous**

## HOW TO COOK IT

Cut a thin slice of cheese off of the block and then cut it in half to create 2 long thin slices.

Do the same with the cucumber so they are the same length as the cheese.

Lay your turkey slices out on a chopping board.

Add half the houmous to each turkey slice and spread it lengthways across the widest part of the turkey slice.

Then place the cheese and cucumber on top of the houmous.

Roll the turkey slices up to create a wrap. Cut in half and serve.

**Note:** This recipe is ideal for taking to work for in between meals when you feel a little peckish.

## DIETICIAN'S NOTES

Consuming 20-30 grams of protein post-workout can speed muscle recovery, making this an ideal post-strength workout snack.





# TUNA & SWEETCORN WRAP

(Per Serving) Calories **128** / Carbs **8g** / Protein **15g** / Fat **4g**

Keep snacking boredom at bay with this new twist on the classic combination of tuna and sweetcorn. Crunchy, fresh lettuce leaves replace bread/wraps to keep the calories down. Use light mayonnaise as a healthy dressing and add red onion for extra crunch.

WATCH NOW 

Serves 2  
Prep Time 10 mins  
Cook Time 0 mins

## INGREDIENTS

1 Tin Tuna In Water  
(drained)

100g Tinned Sweetcorn  
(salt free – drained)

¼ Red Onion  
(thinly sliced)

1 ½ tbsp (18g) Light  
Mayonnaise

Pinch of Pepper

4 Iceberg Lettuce Leaves  
(you can use other lettuce  
leaves)

## HOW TO COOK IT

Drain the tuna and sweetcorn and add to a mixing bowl.

Then add the red onion, light mayonnaise and pepper and mix all the ingredients together.

Carefully unwrap the lettuce leaves so they stay in one piece. Then rinse them under the tap and pat dry.

Place the lettuce leaves onto a flat surface and evenly spoon the tuna mixture into the lettuce leaves.

Carefully roll the leaves, keeping the tuna mixture inside.

Serve up and enjoy.

**Note:** This snack can be stored in the fridge until you feel hungry later in the day.

## DIETICIAN'S NOTES

A great low calorie, low carbohydrate snack. Protein puts the breaks on hunger making this great for satiating mid-AM or PM munchies.





# HEALTHY TUNA SUSHI

(Per Serving) Calories **127** / Carbs **3g** / Protein **13g** / Fat **7g**

You don't need to starchy sushi rice to make delicious sushi! Swap it for a low-calorie cucumber and avocado base. Crunchy sesame seeds, pungent soy sauce and peppery ginger give this healthy tuna sushi its classic Japanese flavour.

WATCH NOW 

Serves **2** (6 discs per serving)  
Prep Time **10 mins**  
Cook Time **0 mins**

## INGREDIENTS

½ **Cucumber**  
(cut into 12 discs)

**1 Tin Tuna In Water**  
(drained)

**1 Spring Onion**  
(finely chopped)

**1 tbsp Light Mayonnaise**

**Pinch of Salt**

**Pinch of Pepper**

½ **Avocado**  
(cut into 12 thin slices to fit onto the cucumber discs)

**Lemon** (a few squeezes)

½ **tsp Sesame Seeds**

**2 tbsp Soy Sauce**

**1 tsp Ginger**  
(finely grated)

## HOW TO COOK IT

Cut the cucumber into discs. Make sure they are thick enough to hold the tuna mixture on.

Drain the tuna and add to a mixing bowl along with the spring onion, light mayonnaise, salt and pepper.

Mix it all together and put to one side.

Cut the avocado in half, remove the skin and cut into 12 pieces. Make sure they fit onto the cucumber discs.

Lay out the 12 cucumber discs, place the avocado pieces onto each disc. Squeeze a few drops of lemon over each avocado piece.

Evenly spoon the tuna mixture onto each cucumber disc.

Top with a sprinkle of sesame seeds.

In a separate small dish, make your dipping sauce by adding the soy sauce and ginger together and stir.

Serve up straight away or take to work for a mid afternoon sushi snack.

## DIETICIAN'S NOTES

*Fish protects Protein is a natural appetite suppressant - it helps switch off hunger hormones and keeps you feeling full.*





# AVOCADO SMASH ON SWEET POTATO SLICES

(Per Serving) Calories **166** / Carbs **17g** / Protein **2g** / Fat **10g**

*These avocado and sweet potato slices are vibrant, zesty and addictive! The sweetness of the potato goes really well with the tangy flavours of lime and chilli in the buttery avocado smash. Eat warm or cold and don't forget to season well for maximum flavour!*

WATCH NOW 

Serves 2  
Prep Time 5 mins  
Cook Time 5 mins

## INGREDIENTS

150g Sweet Potato  
1 Avocado  
(medium size – stone removed and mashed)  
¼ Lemon  
(seeds removed and juiced)  
Pinch of Chilli Flakes  
Pinch of Salt  
Pinch of Pepper

## HOW TO COOK IT

Cut the sweet potato into 4 thin slices.

Place in the toaster and cook until slightly brown and the potato has softened.

Cut the avocado in half and with a fork, remove the stone and mash the avocado until it is a smooth texture. Scoop the avocado out of the skin and put into a mixing bowl.

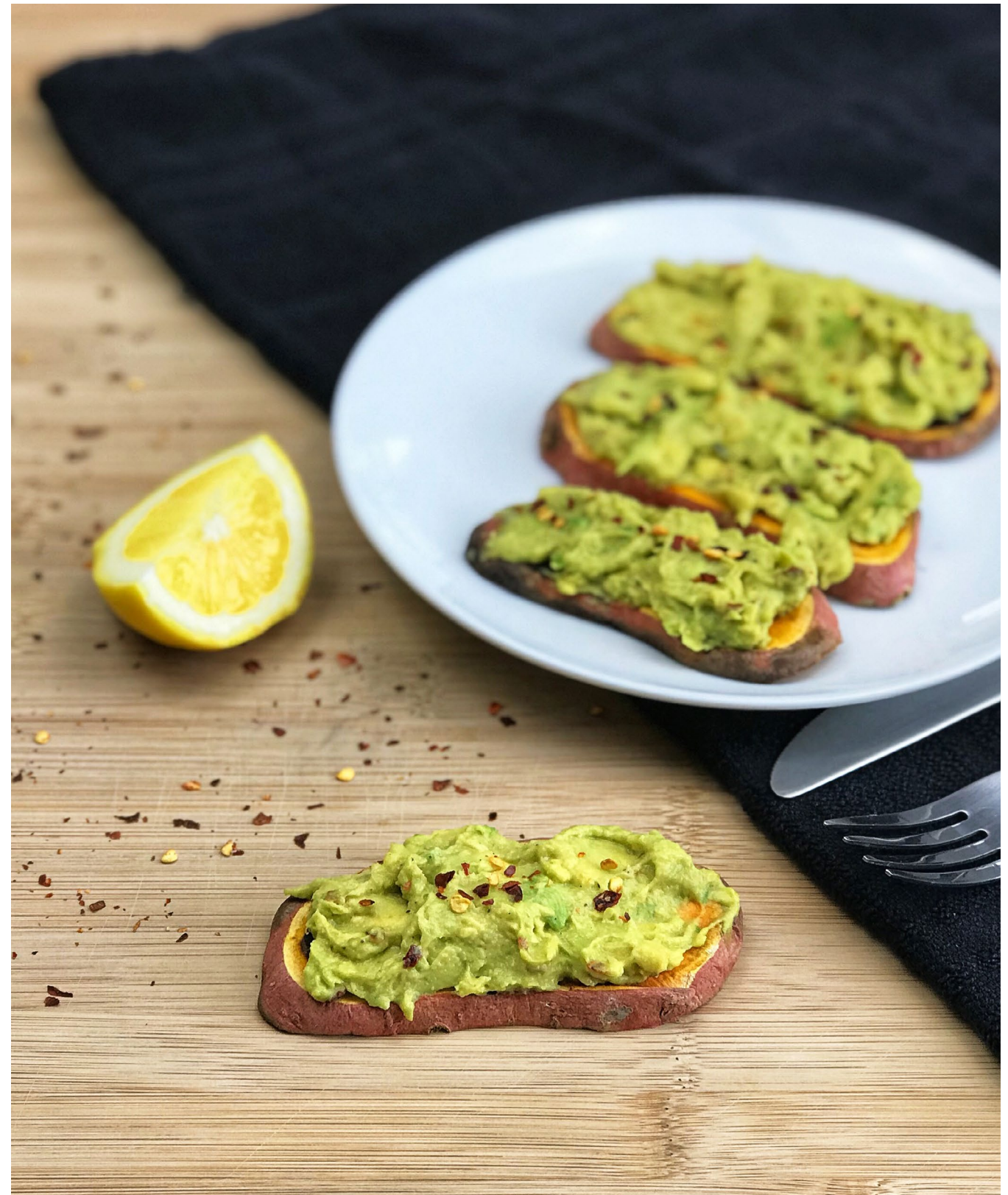
Add the lemon juice, chilli flakes, salt and pepper to the avocado and mix well.

Spread the avocado mix evenly over the sweet potato slices and serve.

These are best served warm but can be eaten cold.

## DIETICIAN'S NOTES

*A fibre rich, plant-based snack, packing two of your five-a-day. The bright orange pigments in the sweet potato are potent antioxidants, which help protect our cells from damage.*





# HIGH PROTEIN BANANA & BLUEBERRY MUFFINS

(Per Serving) Calories **216** / Carbs **29g** / Protein **16g** / Fat **4g**

Muffins are the perfect breakfast, brunch or snack food - these fruity, no added sugar, flourless muffins are the ideal on the go healthy snack! Perfectly-ripe bananas help you to avoid energy crashes during the day. Enjoy with a freshly-brewed pot of coffee.

WATCH NOW 

Serves **3** (2 muffins per serving)  
Prep Time **7 mins**  
Cook Time **10 mins**

## INGREDIENTS

80g Porridge Oats  
35g Banana Protein Powder  
1 tsp Baking Powder  
1 ½ tsp Cinnamon  
1 Medium Banana (ripe and mashed)  
80g Fat Free Greek Yogurt  
1 Egg  
1 tsp Vanilla Extract  
6 Blueberries

## HOW TO COOK IT

Preheat the oven to 200°C (390°F).

Add the first 4 ingredients into a mixing bowl. Mix together and put to one side.

Add the banana to another mixing bowl and mash with a fork. Then add the remaining ingredients (except blueberries) Mix until an almost smooth consistency.

Add the oat and banana mixtures together and stir until both mixtures are combined.

Ideally, use a silicone muffin tray, but if you're using a metal muffin tray use muffin cases to stop the muffin mixture from sticking.

Evenly fill 6 muffin cases with the mixture.

Place 1 blueberry in the center of each muffin. Gently push it into the center and cover the top of the blueberry with the muffin mixture.

Cook in the oven for 10-12 minutes. To test if the muffins are done, place a metal stick into the mixture and if it comes out clean, they are done.

Leave to stand for 10 minutes and tuck in.

**Note:** These are best served warm but are also great to take to work and enjoy between meals.

## DIETICIAN'S NOTES

A balanced breakfast containing protein and carbohydrate can help to keep energy levels on an even keel. The protein and fibre in these muffins should ensure a steady energy release throughout the day.





# PESTO CHICKEN WRAPPED IN PARMA HAM

(Per Serving) Calories **169** / Carbs **0g** / Protein **22g** / Fat **9g**

*Juicy chicken wrapped in succulent parma ham is a popular evening meal, and this tasty snack version doesn't disappoint. It's amazing how much flavour you can create with just a handful of ingredients! The fresh, herby flavour of the pesto complements the meat perfectly.*

WATCH NOW 

Serves 2  
Prep Time **5 mins**  
Cook Time **6 mins**

## INGREDIENTS

**120g Chicken Breast**  
(cut into 4 mini fillets)  
**Pinch of Pepper**  
**½ tsp Olive Oil**  
**1 tsp Pesto Sauce**  
**4 Slices (52g) Parma Ham**

## HOW TO COOK IT

Cut the chicken breast into 4 equal sized mini fillets and season with a pinch of pepper.

Heat the oil in a frying pan over a medium heat.

Then add the chicken and cook for roughly 6 minutes or until the chicken is cooked through.

Remove the chicken from the pan and add to a mixing bowl.

Then add the pesto to the mixing bowl and mix until the pesto covers the chicken.

Lay out 1 piece of Parma ham. Place a mini fillet at one end and roll the chicken with the Parma ham. Repeat this 3 more times.

Serve up while the chicken is still warm.

**Note:** This snack can also be served cold and is ideal for an afternoon snack.

## DIETICIAN'S NOTES

*A tasty high protein, no carb-filler for between meal munchies - one to alternate with plant-based choices. Team with a handful of vegetables to score some fibre.*





# THAI CHICKEN BITES

(Per Serving) Calories **224** / Carbs **3g** / Protein **35g** / Fat **8g**

*These nuggets of pure joy are simple to make and packed full of classic Thai flavours - red thai curry, lime, chilli and coriander. Equally delicious served hot or cold, serve these chicken bites with a low-calorie chilli sauce for extra punch. Vitamin-rich spinach helps you towards one of your five a day.*

WATCH NOW



Serves **2** (5 balls per portion)  
Prep Time **10 mins**  
Cook Time **10 mins**

## INGREDIENTS

**250g Chicken Breast**  
(cut into chunks)

**1 Handful of Spinach**  
(roughly chopped)

**½ Handful of Coriander**  
(roughly chopped)

**1 Chilli**  
(add the seeds for more heat - roughly chopped)

**2 Garlic Cloves**  
(finely chopped)

**1 tsp Ginger** (grated)

**1 tsp Red Thai Paste**

**½ Lime Juice**

**Pinch of Salt**

**1 tsp Olive Oil**

## HOW TO COOK IT

Place all the ingredients (apart from the olive oil) into a food processor.

Mix until all the ingredients are blended together.

Wet your hands to stop the mixture from sticking.

Roll the mixture into 10 equal balls.

Heat the olive oil in the pan over a medium heat.

Add the chicken balls to the pan and cook for roughly 10 minutes or until the chicken balls are cooked through.

**Note:** These are great served hot or cold. You can always add a low calorie sauce to this dish to add more flavour.

## DIETICIAN'S NOTES

*A protein packed snack to put the brakes on hunger. Teamed with rice and veggies this would also make a balanced meal or post workout refuel.*





# BANOFFEE SMOOTHIE

(Per Serving) Calories **229** / Carbs **17g** / Protein **20g** / Fat **9g**

*Who doesn't love Banoffee Pie? This delicious smoothie is a low-calorie version of the sugar-laden banana/ toffee pie and is just as tasty! It's like having dessert for breakfast! It only takes three minutes to make so there's no excuse to skip breakfast.*

WATCH NOW



## HOW TO COOK IT

Add all the ingredients into a blender and blend.

**Note:** This can be taken to work but make sure you store it in the fridge. Give it a good shake before drinking.

Serves 1  
Prep Time **3 mins**  
Cook Time **0 mins**

## INGREDIENTS

300ml Roasted Unsweetened Almond Milk

40g Greek Yogurt

½ Medium Banana (peeled)

20g Banoffee Whey Protein (vanilla and banana also work well)

½ tsp Cinnamon

## DIETICIAN'S NOTES

*Bananas are a great source of B vitamins, which help release energy from food. The combination of protein and carbohydrates in this smoothie would make a great pre- or post-workout snack.*





# GREEK YOGURT FRUIT JAR

(Per Serving) Calories **178** / Carbs **18g** / Protein **13g** / Fat **6g**

*This is the perfect make-ahead snack, which means easy breakfasts all week long! Creamy, tangy Greek yogurt and juicy berries are a marriage made in heaven. Top with pomegranate seeds (which taste like cranberries and cherries) and drizzle with honey for a sweet kick.*

WATCH NOW



Serves 1  
Prep Time **6 mins**  
Cook Time **0 mins**

## INGREDIENTS

50g Greek Yogurt  
100g Fat Free Greek Yogurt  
40g Strawberries  
(stem removed and halved)  
40g Blueberries  
20g Pomegranates  
Optional: 1 tsp Honey

## HOW TO COOK IT

Add the 2 Greek yogurts to a mixing bowl and mix together.

Spoon the Greek yogurt into a food bag or piping bag and then cut off the corner of the bag.

Squeeze the Greek yogurt into the jar so you have a thin layer at the bottom.

Then alternately layer fruit and Greek yogurt, finishing with your chosen fruit on top.

If you want to add a bit of extra flavour, you can drizzle a little honey on the top before serving.

**Note:** Keep refrigerated until you feel like tucking in.

## DIETICIAN'S NOTES

*Greek yogurt is a great source of easily absorbed protein, which switches off hunger and protects your lean muscle mass. Teamed with berries, this fruit jar counts as one of your five-a-day.*





# FRUITY PROTEIN PORRIDGE

(Per Serving) Calories **181** / Carbs **22g** / Protein **21g** / Fat **1g**

*Supercharge porridge oats with protein yogurt, fat-free Greek yogurt and a delicious combination of berries for a wholesome and hearty way to start the day! This layered snack makes a tasty quick breakfast or dessert. A great post-workout breakfast that helps you to recover and repair!*

WATCH NOW



Serves 1  
Prep Time **6 mins**  
Cook Time **0 mins**

## INGREDIENTS

100g Arla Raspberry Protein Yogurt

100g 0% Fat Free Greek Yogurt

10g Porridge Oats

50g Blackberries

25g Strawberries  
(cut into chunks)

## HOW TO COOK IT

Mix the Protein yogurt and fat free Greek yogurt together in a mixing bowl.

Fill up the bottom of a glass serving bowl/cup with the yogurt mixture.

Add the porridge oats on top of the yogurt.

Then add the blackberries and strawberries to finish.

**Note:** Any protein yogurt will work with this dish. The nutritional data for this protein yogurt (the first ingredient on the list) are:  
Per 100g - 71 calories, 6g Carbs, 10g Protein, 0g Fats.

## DIETICIAN'S NOTES

*Breakfasts with 20-30 grams of protein can help regulate appetite for the rest of the day. This porridge would also kickstart muscle recovery post workout - add an extra serving of oats after cardio.*





# CHICKEN SATAY BITES WITH PEANUT SAUCE

(Per Serving) Calories **214** / Carbs **6g** / Protein **25g** / Fat **10g**

Originally a street food from Indonesia, chicken satay is the perfect quick and tasty lunch or dinnertime snack. With Thai inspired flavours infused in each bite (peanuts/lime juice) and a delicious peanut sauce, each mouthful is an explosion of flavours.

WATCH NOW 

Serves 2  
Prep Time **8 mins**  
Cook Time **12 mins**

## INGREDIENTS

**28g Peanut Butter**  
(I used half smooth and half crunchy but that's your choice)

**2 Garlic Cloves**  
(finely chopped)

**2 tsp Lime Juice**

**2 tsp Light Soy Sauce**

**170g Chicken Fillets**  
(if using chicken breasts, cut them into fillets)

**½ tsp Olive Oil**

**30g Brown Onion**  
(finely chopped)

**7 tbsps Water**

## HOW TO COOK IT

Preheat the oven to 200°C (392°F).

Start by creating the chicken marinade . Add half of the peanut butter (crunchy) , garlic, lime juice and soy sauce to a mixing bowl. Stir the ingredients together to create a marinade. If the texture is too thick, just add a few drops of water.

Then add the chicken to the bowl and marinade the chicken.

Place the chicken on a baking tray. Place in the oven and cook for 10-12 minutes. Ensure the chicken is cooked through.

Heat a small frying pan on a low to medium heat.

Add the olive oil , then add the remaining garlic and all of the onion. Cook for 3 minutes but do not let the onion brown.

Then add the remaining peanut butter (smooth) and water.

Mix it all together until the sauce thickens.

Remove the pan from the heat and add the remaining soy sauce and lime juice. Mix well and add to a small serving bowl.

Plate up the chicken and serve while still warm.

**Note:** This dish can also be stored in the fridge and served cold

## DIETICIAN'S NOTES

*Peanuts are packed with the type of fats that protect your heart health. Teamed with chicken, this will be a filling snack - add vegetables or salad for a vitamin boost.*





# SWEET POTATO & CARROT FRITTERS WITH TZATZIKI SAUCE

(Per Serving) Calories 201 / Carbs 29g / Protein 10g / Fat 5g

If you're looking for an alternative to the usual sandwich/salad for lunch, these sweet and savoury fritters fit the bill perfectly. The refreshing Tzatziki dip cools down the heat from the herbs and spices in the fritters. They're the perfect light bite, side dish or finger food, and are great to share if you're watching sport (a healthy alternative to crisps and unhealthy shop-bought dips).

Serves 2  
Prep Time 12 mins  
Cook Time 25 mins

## INGREDIENTS

**180g Sweet Potato**  
(peeled and grated)

**70g Carrot**  
(peeled and grated)

**1 Spring Onion**  
(trim the end and finely chopped)

**1 Red Chilli**  
(finely chopped, leave the seeds in for a little extra kick)

**1 Garlic Clove**  
(peeled and finely chopped)

**1 tbsp Coriander**  
(finely chopped)

**Pinch of Salt**

**Pinch of Pepper**

**1 tbsp Plain Flour**

**2 Medium Eggs**  
(whisked)

**80g Fat Free Greek Yogurt**

**40g Cucumber**  
(peeled, de-seeded and finely chopped)

**1 tsp Fresh Mint**  
(finely chopped)

## HOW TO COOK IT

WATCH NOW



Preheat the oven to 200°C (392°F).

Using the large holes on the grater, grate the sweet potato and carrot.

Over the sink, squeeze the grated sweet potato and carrot so that you remove as much of the liquid as possible from the vegetables. The more you remove, the crisper they will end up.

Then add them to a large mixing bowl along with the spring onion, red chilli, garlic, coriander, salt and pepper. Mix well.

Then add the flour and eggs to the mixing bowl. Combine it all together.

With your hands, mould 8 fritters and place onto a baking tray lined with baking paper.

Place in the oven and cook for 20-25 minutes.

Meanwhile, make the tzatziki sauce by mixing together the greek yogurt, cucumber and mint.

When the fritters are cooked, plate up and serve while they are still hot with a few slices of lime on the side.

## DIETICIAN'S NOTES

A plant-based snack that is packed with gut-friendly fibres and two of your five-a-day. Sweet potatoes are also rich in beta carotene, an antioxidant which supports immune function.





# SUPER GREEN SMOOTHIE

(Per Serving) Calories **83** / Carbs **11g** / Protein **3g** / Fat **3g**

Drink this healthy green smoothie for a quick, nutrient-packed pick-me-up. Pineapple, orange and almond milk are a great combination and the spinach adds a lovely texture. It'll give you bags of energy and is delicious (no grass taste here).

WATCH NOW



Serves 1  
Prep Time 4 mins  
Cook Time 0 mins

## INGREDIENTS

**40g Fresh Pineapple**  
(remove the green skin, tough centre core and cut into chunks)

**1 Orange**  
(skin and seeds removed)

**30g Spinach**

**250ml Roasted Unsweetened Almond Milk**

## HOW TO COOK IT

Place all the ingredients into a blender.

Blend for 15-20 seconds or until it becomes a smooth consistency.

Pour into a glass and enjoy.

## DIETICIAN'S NOTES

*This smoothie is a vitamin rich way to hydrate, and because it contains the whole fruit, it's a good source of fibre.*





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