



# EAT WELL TO FEEL WELL



<http://nofilter.ie>

### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Welcome



Welcome to my Eat Well to Feel Well recipe book. This book will give you some inspiration to kickstart your healthy lifestyle.

In case you didn't know, nutrition will count for about 80% of your results. That's right 80%!

If you're an active client of mine, you'll already have access to your Nutrition Manual – a handbook about making sustainable changes to your nutrition habits bit by bit. This book is another tool to compliment that manual.

Just a reminder: **Eat Slowly, Stop When You're Full. That's it.**

If you're not a client, that's ok, you'll still find this a valuable resource on it's own. The recipes are broken down into macronutrient values and calorie content, so you are aware of what you're consuming.

Collecting data is good, calorie counting isn't my thing, but I don't ignore the fact that calories exist! So it's no harm being aware, and keeping that at the back of your mind when managing your weight or wellness.

Just do me a favour and don't obsess over the numbers, k?

And by the way, if you use any of these yummy recipes, why not take a snap and tag me on social media? Let me know how it goes for you!

**Eat Well to Feel Well,**

S J x

# Get in touch




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# Coffee hazelnut smoothie



60g frozen banana  
1 tsp instant coffee granules (use decaffeinated coffee if preferred)  
1 tsp cocoa powder  
100ml unsweetened almond milk  
25g vanilla flavour whey or rice protein powder (optional)  
30g Greek yoghurt (use dairy free if preferred)  
15g hazelnuts, chopped  
3 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
311 Calories  
**19g Carbs**  
**25g Protein**  
**15g Fat**



# Creamy clementine & cocoa smoothie



2 clementine oranges, peeled  
1 heaped tsp cocoa powder  
50g firm tofu  
180ml unsweetened almond milk  
natural sweetener of your choice,  
to taste  
3 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



**PER SERVING:**

**118 Calories**

**8g Carbs**

**8g Protein**

**6g Fat**

# Raspberry & apple refresher smoothie



60g fresh raspberries  
1 apple, core and stem removed  
juice of 1 lime  
60g frozen banana  
100ml cold water  
4 ice cubes

Place all of the ingredients in a blender and blend until smooth. Serve.

*Consume immediately.*

**SERVES 1**



PER SERVING:  
205 Calories  
**47g Carbs**  
**2g Protein**  
**1g Fat**

# Caramel protein bars

30g oats (use gluten free if preferred)

30g pitted dates

1 tbsp melted coconut oil

50g tahini

35g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste

10g cocoa powder

½ tsp vanilla extract

a pinch of sea salt

## **for the chocolate coating:**

1 tbsp melted coconut oil

20g dark chocolate (minimum 70% cocoa powder)

**MAKES 5 BARS**



PER BAR:

214 Calories

**12g Carbs**

**10g Protein**

**14g Fat**

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

*Store the bars in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Chocolate chip oaty cookies



90g oats (use gluten free if preferred)  
90g buckwheat flour (or use flour of your choice)  
a pinch of sea salt  
a small pinch of baking powder  
1 egg white  
50ml cold water or unsweetened almond milk  
1 tsp vanilla extract  
45g crunchy peanut butter (or use nut butter of your choice)  
35g maple syrup  
30g dark chocolate chips (minimum 70% cocoa)

MAKES 9 COOKIES

Place the oats, flour, salt and baking powder in a bowl and stir well.

In a separate bowl, mix the egg white, water, vanilla extract, peanut butter and maple syrup.

Add the dry mixture to the wet mixture and mix thoroughly. Fold in the chocolate chips. Refrigerate for 15 minutes.

Preheat oven to 160°C/325°F. Line a baking tray with baking paper.

Roll the mixture into 9 balls. Place each ball onto the tray, leaving a 5cm gap between each one. Gently press each ball down into a disc to a thickness of around 1cm.

Bake for 20-30 minutes or until golden. Transfer the cookies to a wire rack to cool.

*Store in an airtight container for up to 3 days or freeze on same day.*



PER COOKIE:  
129 Calories  
**17g Carbs**  
**4g Protein**  
**5g Fat**



# Lemon coconut bars

## for the crust:

100g pitted dates

75g cashew nuts

30g peanut butter (or use nut  
butter of your choice)

30ml cold water or unsweetened  
almond milk

## for the filling:

75g cashews

40g coconut cream

1 tbsp coconut oil, melted

35g vanilla flavour whey or rice

protein powder (optional)

sweetener of your choice, to taste  
the grated zest and juice of 1  
lemon

a pinch of sea salt

20g desiccated coconut

Line the base of a 15x15cm square tin  
with baking paper.

Place the crust ingredients in a blender  
or food processor and blend into a thick  
paste. Transfer the mixture to the tin and  
spread evenly to cover the base. Freeze  
while you make the filling.

Place the filling ingredients in a blender  
or food processor and blend until smooth.  
Pour the mixture over the tin and spread  
evenly over the crust to cover.

Freeze the bars. Allow to thaw for 10  
minutes before serving.

*Store any leftovers in an airtight container  
and freeze for up to 2 weeks.*

**MAKES 9 BARS**



PER BAR:

227 Calories

15g Carbs

8g Protein

15g Fat



# Curried cauliflower & cashew muffins

1 tsp ghee or coconut oil plus extra to grease tin  
100g white onion, finely chopped  
150g cauliflower, grated  
40g cashews  
5 eggs, beaten  
½ tsp garlic powder  
2 tsps curry powder  
a pinch of cayenne pepper  
a pinch of sea salt and ground black pepper

**MAKES 8 MUFFINS**

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin tin.

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and cauliflower and sauté for 4-5 minutes, stirring frequently. Remove pan from heat and transfer the cooked vegetables to a plate to cool.

Blitz the cashews in a blender or food processor until finely ground.

Break the eggs into a large jug. Add the spices and seasoning and mix well with a fork. Add the cauliflower, onions and cashews and stir well.

Divide the mixture between the muffin compartments. Bake for 20-25 minutes or until the muffins are firm. Allow to cool in the tin for 5 minutes then remove and transfer to a wire rack to cool.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER MUFFIN:  
99 Calories  
**4g Carbs**  
**5g Protein**  
**7g Fat**



# Chicken scrambled eggs topped with crunchy seeds

3 eggs  
1 tsp dried basil  
a pinch of sea salt and ground black pepper  
1 tsp ghee or coconut oil  
½ a small red onion, finely chopped  
½ a red or green bell pepper, diced  
4 cherry or plum tomatoes, halved  
100g cooked chicken, cut into bite sized pieces  
1 tsp mixed seeds

**SERVES 2**



PER SERVING:  
261 Calories  
**7g Carbs**  
**21g Protein**  
**11g Fat**

Beat the eggs in a jug. Add the dried basil, salt and pepper and stir well.

Melt the ghee or oil in a frying pan over a medium heat. Add the onion and pepper and sauté for 3-4 minutes, stirring occasionally until soft.

Add the tomatoes and cook for 2 minutes, stirring frequently.

Add the chicken and heat through for 3-4 minutes, stirring frequently. Transfer the mixture to a plate and set aside.

Pour the eggs into the pan and cook, stirring continuously until cooked. Return the cooked chicken and vegetables back into the pan and stir well. Heat through for 1 minute. Serve.

*Consume immediately.*



# Protein oats with berries

70g oats (use gluten free if preferred)  
170ml unsweetened almond milk  
(or use milk of your choice)  
a small pinch of sea salt  
2 egg whites  
100g blueberries and/or raspberries  
10g almonds  
5g mixed seeds

**SERVES 1**

Place the oats and almond milk in a saucepan over a medium heat. Cook for 3-4 minutes, stirring frequently until thickened. Add a splash more almond milk if required, to achieve desired consistency.

Add the salt and stir well.

Add the egg whites and whisk well for 2 minutes.

Remove pan from heat. Transfer porridge to a bowl and top with the berries, almonds and seeds.

*Consume immediately.*



PER SERVING:  
456 Calories  
**57g Carbs**  
**21g Protein**  
**16g Fat**

# Beef mince muffins



½ tsp ghee or coconut oil plus extra for greasing

½ a small white onion, finely chopped

1 stick celery, finely chopped

160g lean beef mince

60g passata (or use tinned chopped tomatoes, blended)

5 eggs

1 tsp Italian seasoning

a pinch of cayenne pepper

30g Cheddar cheese, grated (use dairy free if preferred)

**MAKES 8 MUFFINS**

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin tin with ghee/oil. Melt ½ tsp ghee/oil in a frying pan over a medium heat. Add the onion and celery and sauté for 3 minutes, stirring frequently.

Add the mince and break up into small pieces with a wooden spoon. Cook for 4 minutes, stirring frequently.

Add the passata, stir well and remove pan from heat. Transfer the contents of the pan to a shallow bowl and spread into a fine even layer. Leave to cool for 5 minutes.

Meanwhile, break the eggs into a jug. Add the Italian seasoning and cayenne pepper and mix well with a fork. Stir in the cheese.

Add the mince mixture and stir well. Divide the mixture between the muffin compartments. Bake for 20-25 minutes, or until the muffins are firm. Allow to cool in the tin for 5 minutes then remove and transfer to a wire rack to cool completely.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER MUFFIN:  
121 Calories  
**1g Carbs**  
**9g Protein**  
**9g Fat**



# Low carb vegetable quiche



a small amount of ghee or coconut oil to grease dish

5 eggs

20g kale, finely chopped

70g closed cup mushrooms, finely chopped

½ tsp dried chilli flakes

60g plum or cherry tomatoes, halved

½ a small white onion

½ tsp garlic powder

1 tsp wholegrain or Dijon mustard

10g Parmesan cheese, grated (use dairy free if preferred)

Preheat oven to 170°C/350°F. Grease the base and sides of a 15x15cm ovenproof dish with ghee/oil.

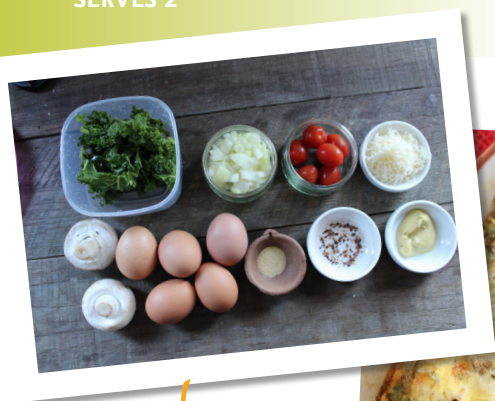
Beat the eggs in a large jug. Add the remaining ingredients and stir well.

Transfer the mixture to the dish. Bake for 25 minutes or until the centre of the quiche is firm to the touch.

Enjoy warm or cold.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

**SERVES 2**



PER SERVING:  
244 Calories  
**6g Carbs**  
**19g Protein**  
**16g Fat**



# Salmon & broccoli omelette

75g broccoli florets  
3 eggs plus 1 egg white  
a pinch of sea salt and ground black pepper  
1 tsp dried dill or parsley  
1 tsp ghee or coconut oil  
2 closed cup mushrooms, finely chopped  
100g cooked salmon, flaked  
15g Cheddar cheese, grated (use dairy free cheese if preferred)

**SERVES 2**

Steam the broccoli for 3-4 minutes, until tender.

Beat the eggs and egg white in a jug with the salt, pepper and dried herbs.

Melt the ghee/oil in a frying pan. Add the mushrooms and fry gently for 3-4 minutes, stirring occasionally until soft.

Remove the mushrooms from the pan and set aside.

Pour the eggs into the frying pan and cook for 3-4 minutes. When the centre of the omelette begins to firm up, distribute the salmon around one half of the omelette. Add the broccoli and mushrooms and cook for 2 minutes.

Add the cheese and cook for 1 minute.

Fold the omelette in half and remove from the pan with a slice. Serve.

*Consume immediately.*



PER SERVING:  
296 Calories  
**3g Carbs**  
**26g Protein**  
**20g Fat**



# Slow cook chicken casserole



2 tsps ghee or olive oil  
1 large onion, chopped  
4 medium sized carrots, peeled and chopped  
4 garlic cloves, finely chopped  
1 large potato, peeled and diced  
1kg chicken thighs, skin removed  
600ml hot chicken stock (made with 1 organic stock cube)  
a small bunch of fresh parsley, finely chopped  
1 tsp dried rosemary  
1 tsp dried thyme  
1 bay leaf  
sea salt and black pepper, to taste  
70g pearl barley, pre-soaked in cold water for 10 minutes then drained

**SERVES 4**



PER SERVING:  
498 Calories  
**40g Carbs**  
**53g Protein**  
**14g Fat**

Heat half of the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 3 minutes, stirring frequently until soft.

Add the carrots and garlic and cook for 4 minutes, stirring occasionally. Add the potato, stir and cook for 4 minutes, stirring occasionally.

Heat the remaining ghee/oil in a separate frying pan over a medium heat. Add the chicken and cook for 4 minutes each side. Transfer the chicken to the other saucepan and add the stock.

Bring to a simmer then add the remaining ingredients. Cover and cook over a medium heat for 1½-2 hours. Alternatively, transfer the contents of the saucepan to a slow cooker and cook for 2-3 hours. Taste for seasoning and add more salt and pepper if required. Remove the bay leaf and discard. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



# Spicy fish stew

1 tsp ghee or coconut oil  
1 small white onion, finely chopped  
1 green bell pepper, diced  
2 garlic cloves, finely chopped  
1 tsp paprika  
1 tsp ground cumin  
1 tsp ground coriander  
600g fish pie mix (haddock, salmon etc), cut into chunks  
200ml coconut milk  
½ tsp sea salt  
½ tsp ground black pepper  
400g tinned chopped tomatoes  
**to garnish:**  
a small handful of fresh coriander, finely chopped

**SERVES 4**



PER SERVING:  
330 Calories  
**15g Carbs**  
**27g Protein**  
**18g Fat**

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and bell pepper and sauté for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2 minutes, stirring occasionally.

Add the paprika, cumin and ground coriander and stir well. Cook for 2 minutes, stirring frequently.

Add the fish pie mix, coconut milk, salt, pepper and chopped tomatoes and stir well. Cover and cook for 20 minutes.

Serve garnished with fresh coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Enjoy on it's own or on a bed of steamed rice.



# Vegetarian bolognese



1 tsp ghee or coconut oil  
1 medium sized white onion, finely chopped  
2 celery sticks, finely chopped  
1 carrot, finely chopped  
1 red or green bell pepper, diced  
3 garlic cloves, finely chopped  
150g chestnut mushrooms, sliced  
400g tinned chopped tomatoes  
2 tbsps tomato purée  
150g dried green or red lentils, rinsed  
3 large courgettes, spiralised  
1 tsp Italian seasoning  
¾ tsp ground black pepper  
¾ tsp sea salt  
20g Parmesan cheese, grated (optional)

**SERVES 4**



PER SERVING:  
240 Calories  
**36g Carbs**  
**15g Protein**  
**4g Fat**

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally until soft.

Add the celery, carrot, and bell pepper and cook for 4 minutes, stirring occasionally until soft. Add the garlic cloves and mushrooms and cook for 2-3 minutes, stirring occasionally until soft.

Add the chopped tomatoes, tomato purée and 350ml recently boiled water. Add the lentils and stir well. Increase the heat to bring to a boil then reduce to simmer. Cook for 20-25 minutes or until the lentils are tender. Add more water during cooking time if the mixture becomes too dry.

Meanwhile, steam the courgette for 1-2 minutes.

Add the Italian seasoning and ground black pepper to the bolognese. Cook for 3 minutes. Stir in the salt. Remove pan from heat and serve garnished with Parmesan cheese (if using).

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

