



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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Oaty banana smoothie

40g silken tofu
100ml unsweetened almond milk
(or use milk of your choice)
20g oats (use gluten free if preferred)
1 tsp honey (optional)
1 tsp ground cinnamon
15g peanut butter (or use nut butter of your choice)
50g ripe banana
3 ice cubes

SERVES 1

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

Consume immediately.



PER SERVING:
284 Calories
34g Carbs
10g Protein
12g Fat

Citrus apple smoothie

juice of ½ a lime
1 small apple, cored
40g cucumber
50g spinach leaves
30g green grapes
40g celery
a pinch of sea salt and
ground black pepper

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

Consume immediately.

SERVES 1



PER SERVING:
140 Calories
33g Carbs
2g Protein
0g Fat

Lemon cheesecake smoothie

juice of ½ a lemon
30g Greek yoghurt (use dairy free if preferred)
160ml coconut water
30g tinned chickpeas, drained
2 Medjool dates
40g fresh peach (or use tinned, drained)
a small pinch of ground turmeric
¼ tsp ground ginger
a pinch of sea salt
3 ice cubes

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

Consume immediately.



SERVES 1

PER SERVING:
214 Calories
42g Carbs
7g Protein
2g Fat



Berry cocoa bars

50g cashew nuts
50g dried dates
30g peanut butter (or use nut butter of your choice)
1 tsp vanilla extract
30g oats (use gluten free if preferred)
10g cocoa powder
30ml unsweetened almond milk
30g vanilla flavour whey or rice protein powder (optional)
15g freeze-dried strawberries or raspberries, roughly chopped

MAKES 6 BARS

Blitz the cashew nuts and dates with 2 tps cold water in a food processor or blender.

Stir in the remaining ingredients except for the freeze-dried fruit and mix well. Add a drop more almond milk if the mixture is too crumbly.

Stir in the freeze-dried fruit.

Place the mixture onto a sheet of cling film and roll into a sausage shape. Flatten gently into a long bar.

Refrigerate for 30 minutes. Remove the clingfilm and cut into 6 bars. Serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.



PER BAR:
151 Calories
14g Carbs
8g Protein
7g Fat

Peanut butter & jam muffins



130g buckwheat flour (or use flour of your choice)

a pinch of baking powder

½ tsp sea salt

200g ripe bananas, mashed

30g vanilla flavour whey or rice protein powder (optional)

1 tsp vanilla extract

1 egg

60g peanut butter

65ml unsweetened almond milk

45g low sugar raspberry or strawberry jam

MAKES 6 MUFFINS

Preheat oven to 175°C/350°F. Line 6 compartments of a muffin tin with paper cases.

Combine the flour, baking powder and salt in a bowl.



PER MUFFIN:
215 Calories
27g Carbs
11g Protein
7g Fat

In a separate bowl, mix the mashed bananas, protein powder (if using), vanilla extract, egg, peanut butter and almond milk.

Add the wet mixture to the dry mixture and blend together using an electric hand whisk.

Place a spoonful of the batter into each of the 6 muffin compartments. Spoon a small amount of the jam into the centre of the batter.

Divide the rest of the batter amongst the 6 muffin compartments, ensuring that the jam is covered.

Bake for 20 minutes or until the muffins spring back when lightly touched. Allow to cool for 20 minutes in the tin.

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



Cocoa raspberry quinoa pudding

40g quinoa, rinsed and drained
1 tbsp cocoa powder
160ml unsweetened almond,
coconut or oat milk
30g chocolate flavour whey or rice
protein powder (optional) or add
natural sweetener of your choice,
to taste
40g fresh raspberries
½ tsp vanilla extract

SERVES 1

Place the quinoa, cocoa powder and milk in a saucepan over a medium heat. Stir well and cook for around 25 minutes, stirring frequently until the quinoa is cooked.

Remove saucepan from heat. Add the protein powder or sweetener and stir well to remove any lumps.

Add the raspberries and vanilla extract. Stir well, mashing the raspberries up a little. Leave to stand for 10 minutes then serve.

Enjoy warm or cold.

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



PER SERVING:
330 Calories
37g Carbs
32g Protein
6g Fat



Pesto, kale & Feta omelette

3 eggs plus 1 egg white
a pinch of sea salt
a pinch of ground black pepper
1 tsp ghee, butter or coconut oil
50g button mushrooms, chopped
30g kale, washed
15g basil pesto
35g Feta cheese (use dairy free cheese if preferred)

SERVES 1

Beat the eggs in a jug and add the salt and pepper.

Melt the ghee/butter/oil in a frying pan over a medium heat.

Add the mushrooms and kale and fry gently for 3 minutes, or until softened. Transfer to a plate and set aside.

Add the eggs to the pan and cook for 2-3 minutes. When the centre of the omelette starts to firm up, add small spoonfuls of the pesto around the omelette.

Crumble the Feta over the omelette.

Add the kale and mushrooms and cook for 1-2 minutes.

Using a slice, fold the omelette in half and transfer to a plate. Serve.

Consume immediately.



PER SERVING:
475 Calories
9g Carbs
31g Protein
35g Fat



Peanut & banana overnight oats

for the oat layer:

50g oats (use gluten free if preferred)
60g ripe banana, mashed
25g crunchy peanut butter
170ml unsweetened almond milk or oat milk
2 tsps chia seeds
25g vanilla flavour whey or rice protein powder

for the jam layer:

25g raspberry or strawberry flavour low sugar jam
30g fresh raspberries or strawberries, diced

SERVES 1



PER SERVING:
608 Calories
63g Carbs
35g Protein
24g Fat

Place the oat layer ingredients in a bowl and mix well to combine. Transfer to an airtight container and refrigerate for 2 hours or overnight.

Mix the jam layer ingredients together and transfer to a serving bowl.

Stir the oat mixture and add a drop more water if required, to achieve desired consistency.

Spoon the oat layer over the jam layer and serve.

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



Basil & spinach scrambled eggs

3 eggs
a pinch of sea salt and ground black pepper
1 tsp ghee or coconut oil
a small bunch of fresh basil leaves and stalks, chopped
6 plum or cherry tomatoes
60g closed cup or button mushrooms, sliced
a handful of fresh spinach leaves

SERVES 1

Crack the eggs into a jug and add the salt and pepper. Beat with a fork.

Heat half of the ghee/oil in a large frying pan over a medium heat. Add the basil leaves and stalks and fry gently for 1 minute, stirring occasionally.

Add the tomatoes and mushrooms and fry for around 3 minutes, until soft.

Add the spinach and cook until wilted.

Remove the cooked vegetables from the pan and set aside.

Heat the remaining ghee/oil in the frying pan. Add the eggs and cook, stirring, for around 2 minutes, until cooked.

Transfer to a plate and add the cooked vegetables. Serve.

Consume immediately.



PER SERVING:
292 Calories
7g Carbs
21g Protein
20g Fat



Bacon rostis



1 tsp ghee or olive oil
3 rashers unsmoked bacon, cut
into bite-sized pieces
400g potato, peeled and grated
1 medium sized white onion,
finely chopped
1 egg
a pinch of sea salt and ground
black pepper

MAKES 2 ROSTIS

Heat half of the ghee/oil in a frying pan over a medium heat. Add the bacon and fry until crispy. Remove pan from heat.

Place the potato, onion, egg, salt, pepper and bacon in a bowl and mix well.

Preheat oven to 170°C/350°F.

Place the frying pan back over a medium heat and add the remaining ghee/oil.

Add half of the rosti mixture. Use a slice to flatten the mixture down so that it becomes compact. Neaten the sides to shape into a circle.

Cook for 3-4 minutes or until golden. Turn the rosti over and cook the other side until golden.

Transfer the rosti to an oven tray.

Cook the remaining rosti mixture in the frying pan on both sides then transfer to the oven tray. Bake for 15 minutes. Serve.

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



PER ROSTI:
306 Calories
40g Carbs
14g Protein
10g Fat



Chicken & jalapeño muffins



a small amount of ghee or coconut oil to grease muffin tin

4 eggs

1 egg white

a pinch of sea salt

a pinch of ground black pepper

½ tsp garlic powder

100g cooked chicken breast, cut into small pieces

50g closed cup or button mushrooms, chopped

15g jalapeño peppers, chopped

25g Cheddar cheese, grated (or use dairy free cheese if preferred)

70g cherry or plum tomatoes, halved

Preheat oven to 175°C/350°F. Grease 6 compartments of a muffin tin.

Crack the eggs into a jug. Add the salt, pepper and garlic powder and beat with a fork.

Add the remaining ingredients and stir well.

Divide the mixture between the 6 muffin compartments.

Bake for 25-30 minutes until firm. Allow to cool in the tin for 5 minutes then remove.

Enjoy warm or cold.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

MAKES 6 MUFFINS



PER MUFFIN:

94 Calories

1g Carbs

9g Protein

6g Fat



Baked pesto squash rings

400g butternut squash
3 tsps green pesto
a drizzle of olive oil
1 small red onion, chopped
8 cherry tomatoes, halved
50g fresh spinach leaves, chopped
70g Mozzarella cheese (use dairy free cheese if preferred)
15g pine nuts

SERVES 2

Cut the butternut squash into 4 rings (approximately 2cm thickness) by slicing the bulb end (the widest part). You should find you can scoop out the centre to make a ring.

Remove the seeds from the squash rings and discard. Line the base of a large oven tray with foil and place the rings on the foil. Brush each ring with a little of the pesto, reserving some for later. Bake for 20 minutes.

Meanwhile line the base of another oven tray with foil. Drizzle lightly with olive oil. Add the onion and bake for 10 minutes.

Add the tomatoes and bake for 5 minutes.

Remove from oven, add the spinach, remaining pesto and Mozzarella to the tray and stir well.

Spoon the mixture into the centre of each squash ring. Bake for 5 minutes or until the cheese has melted. Serve garnished with pine nuts.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
483 Calories
39g Carbs
21g Protein
27g Fat



Chicken tagine



2 tsps ghee or olive oil
2 small white onions, finely chopped
1 piece of cinnamon bark
2 garlic cloves, finely chopped
a thumb sized piece of fresh ginger, finely chopped
1kg chicken thighs, skin removed
1 pint chicken stock (made with 1 organic stock cube)
a good pinch of sea salt and ground black pepper
2 tsps honey
60g preserved lemon slices
2 tsps ras-el-hanout
1 tsp ground turmeric
½ tsp ground coriander
1 tsp ground cinnamon
50g dates, pitted
a small handful of flat leaf parsley, finely chopped

Melt half of the ghee / oil in a tagine or heavy based saucepan over a medium heat. Add the onions and sauté for 3-4 minutes, stirring occasionally.

Add the cinnamon bark, ginger and garlic. Stir well and fry for 2 minutes.

Add the chicken and cook for 3-4 minutes on each side, until browned. Drain off any excess oil with a spoon and discard.

Add the stock, salt, pepper, honey, lemon and dried spices. Cover and cook for 40 minutes, stirring occasionally. Add the dates and cook for 15 minutes. Serve garnished with parsley.

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

Serving suggestion:

Serve with steamed rice or cous cous.

SERVES 4



PER SERVING:
532 Calories
23g Carbs
47g Protein
28g Fat



Quick 'n' easy ribs



2 cloves garlic, finely chopped
30g tomato ketchup
15ml apple cider vinegar
15ml Worcestershire sauce
1kg rack of pork ribs
1 tsp ginger paste
1 tsp stevia

SERVES 4

Combine the garlic in a bowl with the ketchup, apple cider vinegar, Worcestershire sauce, ginger paste, and stevia. Mix well.

Place the ribs onto a roasting tray and coat with the marinade. Allow to marinate for 30 minutes or longer if you have time.

Preheat oven to 190°C/375°F.

Cover the ribs with foil and oven cook for 50 minutes.

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

Serving suggestion:

Due to the naturally high fat content of this cut of meat, this recipe is high in Calories and so you might want to just serve the ribs with leafy green vegetables.



PER SERVING:
568 Calories
3g Carbs
40g Protein
44g Fat

Rich tomato, beef & cannellini bean stew



10g butter, ghee or coconut oil
200g shallots, finely chopped
400g lean diced beef
2 carrots, sliced
100g baby button mushrooms
6 vine ripened tomatoes, chopped
400ml beef stock (made with 1 organic stock cube)
400g tomato passata
400g butternut squash, diced
1 tsp onion granules
1 sprig fresh rosemary
a pinch of sea salt and ground black pepper
400g tinned cannellini beans, drained

Melt the oil/ghee/ butter in a large saucepan over a medium heat. Add the shallots and fry gently for 5 minutes.

Add the beef and fry for 3-4 minutes, stirring regularly until the beef has taken on some colour.

Add the carrots, mushrooms and tomatoes to the saucepan and stir. Add the beef stock, passata, butternut squash, onion granules, rosemary, salt and pepper. Stir well.

Bring up to a simmer, add the cannellini beans and stir well. Simmer for 2-3 hours or until the beef is tender.

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

SERVES 4



PER SERVING:
324 Calories
32g Carbs
31g Protein
8g Fat

