



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.

© Copyright 2018 No Filter Fitness For Women and it's licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the copyright holder(s).

Contents

Drinks

Creamy banana, date & peanut butter smoothie	1
Kiwi & banana smoothie	2
Blueberry & vanilla delight	3

Snacks & treats

Energy packed seed & nut bars	4
Blueberry protein muffins	5
Orange & almond oat bars	6

Breakfast

Maple & pecan overnight protein oats	7
Blueberry & vanilla protein pancakes	8
Mexican avocado eggs	9

Lunch

Asian chicken quiche	10
Broccoli, cashew & poached egg	11
Fragrant chickpea burgers	12

Dinner

Slow cook trout stew	13
Fragrant lamb tagine	14
Chicken & bacon tray bake	15

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




Sarah-Jane O'Neill

E-mail sarahjane@nofilter.ie

Visit <http://nofilter.ie>

 <https://www.facebook.com/nofilter.ie>

 <https://www.facebook.com/sarahjane.bokwa>

 <https://www.instagram.com/nofilterfitnessdublin>

 <https://www.instagram.com/sjnofilterfitness>

Creamy banana, date & peanut butter smoothie



180ml unsweetened almond milk
(or use milk of your choice)

80g frozen banana (or use fresh
plus 3 ice cubes)

40g tinned chickpeas, drained and
rinsed

20g peanut butter (or use nut butter
of your choice)

1 tsp ground cinnamon

2 soft pitted dates

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

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

Consume immediately.

SERVES 1



PER SERVING:
411 Calories
37g Carbs
32g Protein
15g Fat



Kiwi & banana smoothie

1 ripe kiwi, washed and ends removed

80g ripe banana

180ml unsweetened almond milk
(or use milk of your choice)

a small handful of fresh spinach leaves

30g Greek yoghurt (use dairy free if preferred)

½ tsp fresh ginger, grated

2 ice cubes

1 tsp sunflower seeds

SERVES 1

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

Consume immediately.



PER SERVING:
206 Calories
31g Carbs
7g Protein
6g Fat



Blueberry & vanilla delight

60g fresh or frozen blueberries
40g Greek yoghurt (use dairy free if preferred)
140ml unsweetened almond milk (or use milk of your choice)
12g almonds
25g vanilla flavour whey or rice protein powder (optional)
3 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
267 Calories
15g Carbs
27g Protein
11g Fat

Energy packed seed & nut bars



100g oats (use gluten free if preferred)
60g pitted dates
30g coconut oil, melted
160g nut butter of your choice
25g maple syrup (or use liquid sweetener of your choice)
50g pumpkin seeds or sunflower seeds
30g flaxseed
20g chia seed
30g almonds or pecans, finely chopped
1 tsp ground cinnamon

MAKES 16 BARS



PER BAR:
159 Calories
10g Carbs
5g Protein
11g Fat

Preheat oven to 150°C/300°F. Line the base of a 15x15 cm baking tin with baking paper.

Pour the oats onto a large baking tray and spread into a fine even layer. Oven bake for 10-15 minutes or until a light golden colour.

Place the dates, coconut oil and nut butter in a blender or food processor and blend into a paste. Transfer to a large bowl.

Add the oats and stir well. Add the seeds, almonds and cinnamon and stir well until thoroughly combined. Add a drop of cold water if the mixture is too crumbly.

Transfer the mixture to the baking tin. Press down firmly, ensuring no gaps remain.

Refrigerate for 1 hour or until firm. Cut into 16 bars.

Store the bars in an airtight container and refrigerate for up to 3 days.



Blueberry protein muffins



1 large ripe banana, mashed
2 eggs
1 tsp vanilla extract
2 tbsps coconut oil or olive oil
90ml unsweetened almond milk
150g buckwheat flour (or use flour of your choice)
a pinch of baking powder
a pinch of sea salt
30g vanilla flavour whey or rice protein powder (optional) or 2 tps sweetener of your choice
100g fresh blueberries

MAKES 8 MUFFINS

Preheat oven to 175°C/350°F.

Line 8 compartments of a muffin tin with paper cases or prepare a non stick silicon muffin tray.

Mash the banana thoroughly in a large bowl. Add the remaining wet ingredients and mix well with a hand mixer.

Mix the dry ingredients in a separate bowl, except for the blueberries.

Add the dry ingredients to the wet and mix well with the hand mixer until well combined. Stir in the blueberries.

Divide the mixture between the 8 compartments. Bake for 25-30 minutes or until a skewer inserted into the muffins comes out clean. Allow to cool in the tin.

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



PER MUFFIN:
162 Calories
20g Carbs
7g Protein
6g Fat



Orange & almond oat bars



150g oats (use gluten free if preferred)
40g almonds, roughly chopped
40g sunflower seeds
110g nut butter of your choice
the juice and grated zest of 1 large navel orange
30g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste
¼ tsp sea salt
30g raisins

MAKES 9 BARS

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

Mix the ingredients in a large bowl. Combine with your hands until crumbly.

Add around 60-80ml milk or cold water and mix well to combine. The mixture should bind together easily without being too wet.

Transfer mixture to the baking tin. Press the mixture down firmly into the tin to compact it, and level the surface with a spatula.

Refrigerate until firm. Cut into 9 bars.

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



PER BAR:
240 Calories
14g Carbs
10g Protein
12g Fat



Maple & pecan overnight protein oats



for the topping:

1 small apple, peeled and cut into chunks

15g pecan halves

a pinch of ground cinnamon

for the oats:

60g oats (use gluten free if preferred)

250ml unsweetened almond milk (or use milk of your choice)

1 tbsp flaxseed

2 tps maple syrup or use sweetener of your choice

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

a small pinch of sea salt

2 tps chia seeds

Bring a small saucepan of water to the boil. Reduce heat to simmer. Add the apple and cook for 3-4 minutes, or until soft. Drain well and allow to cool. Transfer to a bowl and mash until smooth.

Meanwhile, place the pecans in a frying pan over a medium heat and add the ground cinnamon. Toast gently, stirring frequently for 2-3 minutes. Remove from pan and set aside to cool. Transfer the toasted pecans to an airtight container and store at room temperature until ready to serve.

Place all of the ingredients in an airtight container, except for the pecans. Stir well, cover and refrigerate for 4 hours or overnight.

Stir again, adding more milk if required. Transfer the mixture to a serving dish and top with the toasted pecans.

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

SERVES 1



PER SERVING:
616 Calories
70g Carbs
30g Protein
24g Fat



Blueberry & vanilla protein pancakes



110g oats (use gluten free if preferred)

1 egg

2 egg whites

100ml unsweetened almond milk (or use milk of your choice)

25g vanilla flavour whey or rice protein powder

70g ripe banana

¼ tsp xanthan gum (optional – makes a thicker batter)

2½ tps coconut oil

to serve:

50g fresh blueberries

15ml maple syrup (or use liquid sweetener of your choice)

60g fresh strawberries

Put all of the ingredients except for the coconut oil, maple syrup, strawberries and blueberries into a blender and blend well.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn or flip the pancake over and cook for 2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

Serve the pancakes with maple syrup and blueberries.

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

SERVES 2



PER SERVING:
451 Calories
54g Carbs
25g Protein
15g Fat



Mexican avocado eggs

2 eggs
1 egg white
½ tsp chilli powder
½ tsp ground cumin
½ tsp garlic granules
1 tsp olive oil or coconut oil
½ a small red onion, finely
chopped
½ a medium sized ripe avocado
a small handful of fresh coriander,
finely chopped

SERVES 1

Whisk the eggs and egg whites in a jug. Add the chilli powder, ground cumin and garlic granules. Stir well.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally until soft.

Pour the egg mixture into the frying pan and reduce heat to low. Stir for 1-2 minutes until cooked.

Remove the peel and stone from the avocado and slice the flesh.

Serve the eggs topped with the avocado slices. Garnish with fresh coriander.

Consume immediately.



PER SERVING:
372 Calories
10g Carbs
20g Protein
28g Fat

Asian chicken quiche

1 tsp ghee or coconut oil plus extra to grease dish
60g white onion, finely chopped
100g red bell pepper, diced
½ a stalk of fresh lemongrass, minced
100ml coconut milk
5 eggs plus 2 egg whites
100g cooked chicken, chopped
½ tsp chilli powder
½ tsp ground cumin
½ tsp garlic granules
50g plum or cherry tomatoes, halved

to garnish:

a small handful of fresh coriander, finely chopped

SERVES 3

Preheat oven to 170°C/350°F. Grease a 15x15cm oven dish.

Melt the ghee / oil in a frying pan over a medium heat and add the onion and red pepper. Sauté for 3-4 minutes, stirring occasionally, until soft.

Add the lemongrass and a splash of coconut milk. Cook for 1 minute, stirring continuously. Remove pan from the heat and allow to cool for 5 minutes.

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

Pour the mixture into the oven dish and bake for 35-40 minutes or until the centre of the quiche is firm.

Serve garnished with chopped fresh coriander.

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



PER SERVING:
285 Calories
8g Carbs
25g Protein
17g Fat



Broccoli, cashew & poached egg



120g broccoli florets with stems
2 tsps olive oil plus a little extra to grease tray
a pinch of ground black pepper
2 tsps rice vinegar
2 eggs
15g cashews, chopped

SERVES 1

Preheat oven to 200°C/400°F.

Drizzle a small amount of olive oil onto a baking tray. Tilt the tray to distribute the oil around the surface.

Cut each floret in half lengthways. Place the broccoli florets onto the baking tray, distributing evenly.

Drizzle the remaining oil over the broccoli and season with black pepper.

Roast the broccoli for 15–20 minutes, or until browned around the edges.

Add the vinegar and toss to coat.

Meanwhile, poach the eggs in a saucepan of simmering water for 3–4 minutes until soft. Remove from the saucepan with a slotted spoon.

Top with the chopped cashews and serve.

Consume immediately.



PER SERVING:
366 Calories
14g Carbs
19g Protein
26g Fat



Fragrant chickpea burgers

400g tinned chickpeas, rinsed and drained

5 tsps ghee or olive oil

½ tsp ground dried red chillies

1 tsp cumin seeds

2 whole cloves

½ tsp ground turmeric

½ tsp ground cinnamon

½ tsp ground coriander

a good pinch of sea salt

10g fresh ginger, peeled and minced

100g white onion, finely chopped

a small handful of fresh coriander, finely chopped

MAKES 3 BURGERS



PER BURGER:
195 Calories
17g Carbs
7g Protein
11g Fat

Mash the chickpeas in a large bowl.

Heat 3 tsps ghee/oil in a medium sized saucepan over a medium heat. Add the dried red chillies, cumin seeds and cloves and fry gently for 45-60 seconds until they begin to darken in colour.

Reduce the heat to low and add the turmeric, ground cinnamon, ground coriander, salt, ginger and onion. Mix well and cook for 5 minutes, stirring occasionally, until the onions are soft.

Transfer the onion mixture to a plate and allow to cool for 5 minutes. Remove the two cloves and discard, then add the onions to the mashed chickpeas. Add the fresh coriander and stir well to combine. Shape the mixture into three patties.

Heat the remaining oil in a frying pan over a medium heat. Place the patties in the frying pan. Cook for around 6-8 minutes on one side, then carefully turn over using a slice. Cook until golden. Serve with a salad.

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



Slow cook trout stew

a good pinch of salt and pepper
1 tsp paprika
1 tsp ground coriander
1 tsp dried thyme
1 tsp dried parsley
8 trout fillets
2 tps ghee or olive oil
1 red or green bell pepper, sliced
2 ripe tomatoes, chopped
5 spring onions, chopped
2 green chilli peppers, chopped
400ml fish stock (made with 1 organic stock cube)

SERVES 4

Mix the salt, pepper, herbs and spices in a bowl and sprinkle half of the mixture over the trout.

Melt half of the ghee/oil in a large frying pan over a medium heat. Add the trout and cook for 2 minutes on each side.

Transfer the trout to the slow cooker or a large saucepan.

Add the remaining ghee/oil to the frying pan and add the bell pepper, tomatoes, spring onions, chilli peppers and remaining spice mixture. Stir well and fry for 2 minutes.

Transfer the vegetables to the slow cooker/saucepan. Add the stock and bring to a simmer. Cover and cook for 1½ hours. Serve.

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



PER SERVING:
364 Calories
5g Carbs
50g Protein
16g Fat



Fragrant lamb tagine



800g lean diced lamb
1 tsp ground cumin
1 tsp ground ginger
½ tsp ground cinnamon
1 tsp ground turmeric
1 tsp coconut oil or ghee
1 large red onion, finely chopped
500ml lamb or chicken stock
(made with 1 organic stock cube)
400g tinned chopped tomatoes
300g carrots, peeled and chopped
a large handful of fresh coriander,
finely chopped
juice of 1 lemon
to serve:
a small handful of fresh mint,
finely chopped
50g pomegranate seeds (optional)

SERVES 4

Serving suggestion:

Serve on a bed of couscous (use gluten free if preferred).

Place the lamb in a bowl and mix with the ground spices. Cover and refrigerate for 1 hour.

Heat the oil/ghee in a large saucepan or tagine pot over a medium heat. Add the onion and fry gently for 10 minutes. Add the lamb and fry for 5 minutes, stirring occasionally to brown the lamb on all sides.

Add the stock and tinned tomatoes. Bring to a gentle simmer. Cover and cook for 2 hours, stirring occasionally, or transfer to a slow cooker, and cook on low for 3 hours.

Add the carrots and half of the fresh coriander and stir well. Cover and cook for 2-3 hours or until the lamb is tender. Remove the lid towards the end of cooking time to help reduce the sauce.

Stir in the lemon juice. Serve topped with the fresh mint, remaining coriander and pomegranate seeds.

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



PER SERVING:
464 Calories
20g Carbs
42g Protein
24g Fat



Chicken & bacon tray bake



3 tbsps tomato purée
2 tsps olive oil
3 garlic cloves, peeled
1 tsp chilli powder
½ tsp ground coriander
8 skinless chicken thighs
300g sweet potato, diced
a good pinch of ground black pepper and sea salt
1 tsp dried thyme
3 unsmoked bacon rashers, cut into small pieces
1 green bell pepper, cut into strips
300g cherry tomatoes

SERVES 4

Preheat oven to 180°C/350°F.

Place the tomato purée, olive oil, garlic, chilli powder and ground coriander in a blender or food processor. Blend well to combine into a paste.

Spread the paste over the chicken. Place the chicken and potatoes in a shallow oven dish. Sprinkle over the black pepper, salt and thyme and mix everything together.

Roast in the oven for 25 minutes. Stir in the bacon and roast for 15 minutes.

Add the bell pepper and tomatoes, stir well and roast for 10 minutes, or until everything is cooked thoroughly.

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

Serving suggestion:

Serve with steamed vegetables of your choice.



PER SERVING:
391 Calories
21g Carbs
34g Protein
19g Fat

