



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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Strawberry & coconut smoothie



90g frozen strawberries
70ml unsweetened coconut milk
15g smooth almond butter
25g vanilla or strawberry flavour
whey or rice protein powder
200ml unsweetened almond milk
5g shelled hemp or flaxseed

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

Consume immediately.

SERVES 1



PER SERVING:
399 Calories
12g Carbs
27g Protein
27g Fat

Creamy raspberry & avocado smoothie



50g ripe avocado, peeled and stone removed

250ml unsweetened almond milk
juice of ½ a lime

25g vanilla or raspberry flavour
whey or rice protein powder

40g frozen raspberries

6g flaxseed or shelled hemp

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

Consume immediately.

SERVES 1



PER SERVING:

301 Calories

13g Carbs

24g Protein

17g Fat

Warming cinnamon smoothie

60g frozen banana (or use fresh plus 3 ice cubes)

140ml unsweetened almond milk

1 heaped tsp ground cinnamon

a small pinch of ground nutmeg

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

1 tbsp flaxseed or shelled hemp

1 tbsp almond butter (or use nut butter of your choice)

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

Consume immediately.

SERVES 1



PER SERVING:

356 Calories

22g Carbs

31g Protein

16g Fat

Peanut butter bakes



60g crunchy peanut butter
90g oats (use gluten free if preferred)
1 tsp stevia (or use natural sweetener of your choice)
1 tsp vanilla extract
60g ripe banana, mashed
¼ tsp sea salt
15g raisins
30g dark chocolate (minimum 70% cocoa), cut into small pieces

MAKES 6 BARS

Preheat oven to 150°C/300°F. Line an oven tray with greaseproof paper.

Place all ingredients in a bowl, except for the dark chocolate and mix well with a fork, until all lumps are removed.

Transfer the mixture onto the greaseproof paper. Using a spatula, shape the mixture into a neat rectangle, approximately 1cm thick. Bake for 15-20 minutes until golden.

Remove from oven and allow to cool. Refrigerate for 1 hour to firm up. Cut into 6 bars.

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



PER BAR:
108 Calories
15g Carbs
3g Protein
4g Fat

Sweet potato & cinnamon loaf



400g sweet potato, peeled and diced
1 medium sized carrot, grated
2 eggs
60ml unsweetened almond milk
1 tsp ground cinnamon
1 tbsp maple syrup or honey
40g coconut oil, melted
80g ripe banana, mashed
20g flaxseed
a good pinch of sea salt
a good pinch of baking powder
40g oats (use gluten free if preferred)
100g buckwheat flour

MAKES 10 SLICES

Bring a saucepan of water to the boil. Add the sweet potato and cook for 4-5 minutes, or until soft. Drain well and mash in the sieve to remove any excess water. Leave to cool.



PER SLICE:
163 Calories
21g Carbs
4g Protein
7g Fat

Preheat oven to 175°C/350°F. Line the base of a medium sized loaf tin with baking paper and grease the sides with coconut oil.

Place the sweet potato in a large bowl. Add the carrot, eggs, milk, cinnamon, maple syrup, coconut oil and banana.

In a separate bowl, mix together the flaxseed, salt, baking powder, oats and flour.

Add the dry ingredients to the wet ingredients and mix well to combine. Transfer mixture to the loaf tin. Spread the mixture out to cover the base of the tin.

Bake for 15-20 minutes or until cooked throughout. Remove the loaf from the tin and transfer to a wire rack to cool. Cut into 10 slices.

Store any leftovers in an airtight container and refrigerate for up to 3 days or wrap each slice individually in cling film and freeze on same day.

Serving suggestion:

Enjoy topped with low sugar jam.



Apple, carrot & cardamom muffins



200g self raising flour (use gluten free if preferred)
8 green cardamom pods, ground
a pinch of sea salt
25g vanilla flavour whey or rice protein powder (optional)
a pinch of baking powder
zest of 1 lemon, finely grated
5 eggs
2 tbsps olive oil
40g honey (or use liquid sweetener of your choice)
juice of 1 lemon
70g carrot, finely grated
200g cooking apple, peeled and cored and cut into slices
for the topping:
2 tps chia seeds

Preheat the oven to 180°C/350°F. Line 12 muffin tray compartments with muffin cases.

Combine the dry ingredients in a bowl.

Combine the wet ingredients in a separate bowl, except for the carrot and apple.

Add the dry ingredients to the wet mixture and stir in the carrot and apple.

Divide the batter between the muffin cases. Sprinkle the chia seeds over the muffins.

Bake for 20–30 minutes until cooked thoroughly. Allow to cool for 5–10 minutes before serving.

Store any leftover muffins in an airtight container for up to 4 days.

MAKES 12 MUFFINS



PER MUFFIN:
145 Calories
19g Carbs
6g Protein
5g Fat



Berry breakfast parfaits

25g oats (use gluten free if preferred)
15g chopped nuts (almonds, pecans or walnuts are ideal)
½ tsp ground cinnamon (or use more if preferred)
2 tsps ground flaxseed or shelled hemp
30g vanilla flavour whey or rice protein powder (optional) or use 1 tsp vanilla extract
180g Greek yoghurt (use dairy free if preferred)
150g blueberries, strawberries and/or raspberries

SERVES 2



PER SERVING:
242 Calories
25g Carbs
13g Protein
10g Fat

Place the oats and nuts in a frying pan over a medium / low heat. Sprinkle over the cinnamon and toast gently for 3-4 minutes, stirring frequently. Remove from heat.

Stir in the flaxseed / hemp. Transfer to a plate and allow to cool.

Stir the protein powder (if using) or vanilla extract into the yoghurt.

Layer the yoghurt, toasted oats and berries in 2 serving glasses.

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



Quinoa fruit salad



35g uncooked quinoa
50g fresh raspberries
40g fresh blueberries
10 fresh mint leaves, chopped
for the dressing:
1 tbsp apple cider vinegar
a drizzle of honey (or sweetener of
your choice) to taste
juice of 1 lemon
for the topping:
1 tsp flaked almonds

SERVES 1

Cook the quinoa in a saucepan according to pack instructions. Transfer to a serving bowl and fluff up with a fork.

Mix the dressing ingredients in a jug. Taste test the dressing and add more sweetener if required.

Add the raspberries, blueberries and mint to the quinoa and stir.

Pour the dressing over the quinoa and stir to combine.

Top with the mint leaves and almonds.

Refrigerate until ready to serve.

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



PER SERVING:
298 Calories
43g Carbs
9g Protein
10g Fat

Savoury oats topped with a poached egg

½ tsp ghee or coconut oil
100g bell pepper (any colour),
diced
50g oats (use gluten free if
preferred)
150ml milk of your choice
a pinch of sea salt and ground
black pepper
1 egg
50g ripe avocado
7g almonds, chopped (or use nuts
of your choice)

SERVES 1



PER SERVING:
483 Calories
43g Carbs
17g Protein
27g Fat

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

Meanwhile, place the oats and milk in a saucepan over a medium heat. Cook for 4-5 minutes, stirring occasionally. If the porridge becomes too thick, add a splash of cold water or more milk.

Remove pan from heat. Stir in the salt and pepper. Leave to stand.

Meanwhile, bring a small saucepan of water to the boil. Reduce heat to simmer gently. Crack the egg into a cup and pour into the water. Cook for 4 minutes. Remove from the water with a slotted spoon.

Transfer the cooked oats into a serving bowl. Top with the pepper and poached egg.

Slice the avocado into strips and arrange over the porridge. Top with the chopped nuts. Serve.

Consume immediately.



Mexican bean salad



2 bell peppers, (any colour), diced
2 tsps olive oil
1 tsp ghee / olive oil
300g fresh chicken or turkey breast
a small handful of fresh coriander,
stalks and leaves separated
2 garlic cloves, finely chopped
1 small red chilli, finely chopped
160g (drained weight) tinned
cannellini or borlotti beans,
rinsed well
a pinch of salt and pepper
½ tsp paprika
½ tsp chilli powder
½ tsp ground cumin
juice of 1 lime
1 medium sized ripe avocado

SERVES 2



PER SERVING:
477 Calories
28g Carbs
44g Protein
21g Fat

Preheat oven to 180°C/350°F. Place the bell peppers in an oven dish and drizzle over 2 tsps olive oil. Bake for 20 minutes, or until the pepper is soft and the skin starts to peel. Remove from oven and allow to cool. Peel and dice the peppers.

Slice the chicken. Heat the ghee/oil in a frying pan over a medium heat and add the chicken. Cook for 6-8 minutes, stirring occasionally. Ensure that the chicken is thoroughly cooked then remove from pan and set aside.

Finely chop the coriander stalks. Add them to the frying pan along with the garlic and chilli. Fry for 2 minutes, stirring occasionally.

Reduce the heat to low. Add the beans, cooked peppers, salt, pepper, paprika, chilli powder and cumin and stir. Cook gently for 7-8 minutes. Add the chicken and cook for 5 minutes. Transfer the contents of the pan to a serving plate.

Finely chop the coriander leaves. Sprinkle over the Mexican beans. Peel and slice the avocado and arrange the slices over the salad. Squeeze over the lime juice. Serve.

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



Lentil tabbouleh



140g green lentils, rinsed
100g halloumi cheese, cut into
slices approximately 5mm thickness
3 spring onions, chopped
2 vine-ripened tomatoes, diced
a small bunch fresh parsley,
chopped
a small bunch fresh mint, chopped
a pinch of salt and pepper
½ tsp ground cumin
60g cucumber, diced
2 tbsps extra virgin olive oil
juice of 1 lemon

SERVES 2

Bring a saucepan of water to the boil.
Reduce heat to simmer and add the lentils.
Cook according to packet instructions.
Drain well and allow to cool.

Fry the halloumi in a dry non-stick frying
pan until golden brown on both sides.

Mix the spring onions, tomatoes, parsley,
mint, salt and pepper, cumin, cucumber,
oil and lemon juice in a bowl.

When the lentils have cooled, add them to
the mixture and stir well.

Transfer the mixture to 2 plates. Top with
the halloumi and serve.

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



PER SERVING:
541 Calories
41g Carbs
29g Protein
29g Fat

Creamy salmon frittata

80g cooked salmon fillet
3 eggs
a pinch of sea salt and ground black pepper
2 spring onions, finely chopped
30g crème fraîche (use dairy free plain yoghurt if preferred)
a few sprigs of fresh dill, finely chopped
30g Cheddar cheese, grated (use dairy free if preferred)

SERVES 2

Preheat oven to 180°C/350°F. Grease an 15x15cm ovenproof dish with butter or coconut oil.

Whisk the eggs in a jug. Add the salt, pepper, spring onions, crème fraîche, dill and cheese and stir well.

Break the salmon up into bite-sized chunks. Place the chunks into the ovenproof dish.

Pour the egg mixture into the dish.

Bake for 15-20 minutes until golden and cooked throughout. Allow to stand for 5 minutes. Cut into 2 slices and serve.

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



PER SERVING:
376 Calories
2g Carbs
29g Protein
28g Fat



Lamb leg steaks with rosemary & garlic



10g butter or coconut oil
1 garlic clove, peeled and crushed
2 sprigs of fresh rosemary
450g lamb leg steaks
salt and pepper, to season

SERVES 3

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

Add the garlic clove and rosemary to the pan.

Season the steaks with salt and pepper and place them in the pan.

Fry the lamb steaks for around 3-4 minutes on each side, or until the lamb is cooked to your liking. Cooking time will vary depending on the thickness of the steaks.

Consume immediately.

Serving suggestion:

Serve with Mediterranean vegetables and potato wedges.



PER SERVING:
255 Calories
0g Carbs
30g Protein
15g Fat

Reduced carb courgette lasagne



1 tsp ghee or coconut oil
2 white onions, chopped
750g 5% fat beef mince
1 handful fresh basil, chopped
150g mushrooms, finely chopped
4 garlic cloves, finely chopped
a pinch of sea salt and ground black pepper

1 tsp Italian seasoning
400g tinned chopped tomatoes
250g courgette, cut into long strips with a potato peeler
100g Cheddar cheese, grated (use dairy free if preferred)

for the white sauce:

25g butter or olive oil
25g plain flour (use gluten free if preferred)
1 pint milk / almond milk
a pinch of salt and pepper

SERVES 6



PER SERVING:
382 Calories
18g Carbs
37g Protein
18g Fat

Melt the ghee / oil in a large saucepan over a medium heat. Add the onions and sauté for 4 minutes, stirring occasionally. Add the beef and cook for 4-5 minutes, stirring occasionally.

Add the basil, mushrooms and garlic, stir well and cook for 3 minutes, stirring occasionally. Add the salt, pepper, Italian seasoning and tinned tomatoes and stir well. Cover and simmer for 20 minutes.

Preheat oven to 175°C/350°F. Melt the butter / oil in a saucepan over a low / medium heat, stirring continuously. Add the flour and stir well to remove lumps. Gradually add the milk, stirring continuously until all used up. Reduce heat to low and continue to stir until the sauce has thickened slightly. Remove from heat, season with salt and pepper and stir.

Spoon half of the mince sauce into a large rectangular oven dish, covering the base. Cover with the courgette strips and a layer of white sauce. Sprinkle around a third of the cheese over the top. Repeat with the remaining mince sauce, courgette and white sauce. Top with the remaining cheese. Bake for 45-60 minutes, until the surface is golden and bubbling. Serve.

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



Mozzarella, tomato & pesto chicken



a drizzle of olive oil to grease tray
300g potatoes, cut into small chunks
 $\frac{3}{4}$ tsp paprika
2 x 170g fresh chicken breasts
1 tbsp green pesto
25g fresh spinach leaves
30g Mozzarella cheese, cut into small pieces (use dairy free cheese if preferred)

SERVES 2

Preheat oven to 180°C/350°F.

Lightly oil the base of an oven tray. Add the potatoes and paprika and mix well to coat. Place in the oven to cook.

Meanwhile, line the base of an oven tray with foil.

Place one of the chicken breasts on a chopping board. Carefully make an incision into the thick part of the chicken to create a pocket. Take care not to cut right through the breast. Repeat with the other chicken breast. Place the chicken breasts onto the foil lined tray.

Spoon the pesto into each pocket. Add the spinach and Mozzarella. Close the opening of the pocket as much as possible to seal in the contents.

Bake the chicken in the oven for 20 minutes or until cooked through. The potatoes should be ready at around the same time. Serve.

Store any leftover chicken and potatoes in separate airtight containers and refrigerate for up to 3 days.



PER SERVING:
463 Calories
41g Carbs
50g Protein
11g Fat

