



Healthy Eating COOK BOOK



Elev8



BLUEBERRY & BANANA OAT PANCAKES

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
496	79	21	11	6



Ingredients

- 60g jumbo porridge oats
- 1 free range eggs
- 1 Small bananas (peeled)
- 200ml Light milk
- 2 Sprays of Fry Light
- 60g blueberries

Directions

1. Using a blender or food processor, blend the oats, eggs, bananas and milk into a soft, thick consistency.
2. Tip the mixture into a bowl and mix in the blueberries with a large spoon.
3. Using a table spoon or a ladle to dollop batter into non-stick, very lightly oiled pan for pancake. Cook until golden on both sides.
4. Serve with extra blueberries.

TIPS

1. *A healthy spin on the classic pancake stack breakfast.*
2. *High-carb content perfect to fuel your morning workout.*
3. *Good natural source of protein.*

BREAKFAST 'GO' BARS

Calories Per bar	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
371	24	13.6	10.3	5



Ingredients

- 150g oats
- 65g flaked almonds
- 2tbsp flaxseeds
- 4tbsp pumpkin seeds
- 1/4 tsp cinnamon
- 1/4 tsp sea salt
- 35g raisins
- 35g dried cranberries
- 4tbsp honey
- 240g almond butter
- 50g coconut oil

Directions

1. Preheat your oven to 200 °C
2. Mix all dry ingredients in a large bowl (including the dried fruits)
3. Mix the honey, almond butter and coconut oil in a separate bowl until well blended.
4. Add wet mixture to the dry ingredients, and mix well until all the ingredients are combined.
5. Spread the breakfast bar mixture onto a baking tray lined with greaseproof paper.
6. Bake in the oven for 20 minutes
7. Remove from the oven and allow to cool fully before cutting into 10 bars. Store in an airtight tin for up to a week.

TIPS

1. *Ideal option to an-on-go, light and easy-to-grab breakfast.*
2. *Provide an energy hit and healthy hit of fibre and vitamin E*
3. *Your energy boost comes from a combination of oats, honey and almond butter.*

FLAXSEED PORRIDGE

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
439	21	30	25	7



Ingredients

- 2tbsp of flaxseeds
- 2tbsp chia seeds
(ground/whole)
- 250ml milk/almond milk
(or 100ml coconut milk mixed with
150ml water)
- 1 scoop whey protein powder
(vanilla or chocolate)
- 1tbsp cinnamon
- 1tbsp cacao nibs
- 1tbsp desiccated coconut

Directions

1. In a medium-sized pot on a low heat, combine all the ingredients except for the cacao nibs and coconut.
2. Stir frequently for 5 minutes or until thick and bubbling.
3. Remove from the heat and serve with cacao nibs and desiccated coconut sprinkle on top.

TIPS

1. *Ideal for rest days as it contains high-quality fats from flaxseeds and chia seeds.*
2. *Customise by adding your favourite protein powder flavour.*
3. *Low - carbohydrate, heart-healthy breakfast option.*

EGGY BACON MUFFINS

Calories Per Serving - 1 muffin	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
97	3	9.5	6	1



Ingredients

- 4 free range eggs
- 1 chopped red pepper
- Spring onions (optional)
- 2 handfuls of baby spinach, washed and chopped
- 2 slices of cooked bacon or good quality ham, all chopped into small pieces
- sea salt, black pepper
- Spray oil

Directions

1. Preheat the oven to 180°C
2. Spray with oil your muffin tray (silicon tray works best here)
3. In a small bowl mix all of the chopped ingredients
4. Spoon a small amount of this mixture evenly into the bottom of each tray hole
5. Beat the eggs and season with salt and pepper.
6. Pour this evenly over the mixture in the muffin tray so that each one is nearly full, roughly 4 muffins.
7. Bake in the oven for 12 minutes and serve.

TIPS

1. *A low-calorie breakfast with a protein kick*
2. *Ideal late night recovery snack*
3. *Replace bacon/ham with more veggies such as mushrooms, broccoli, tofu for a vegetarian option.*

OVERNIGHT OATS

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
533	60	39	17	9



Ingredients

- 50g rolled oats
- 200ml milk

(more or less depending on how thick you like it)

- 40g Greek yogurt
- A scoop of chocolate whey protein
- 50g mixed fresh berries
- 1tbsp chia seeds
- 1tbsp almond butter

(plus more to serve)

- A pinch of salt

Directions

1. Stir all the ingredients together in a bowl.
2. Pour into an airtight container and place in the fridge for the night.
3. In the morning top with more berries, nut butter or nuts.

TIPS

1. *Balanced macronutrient breakdown*
2. *Breakfast on the go or healthy snack*
3. *Soaking oats and seeds overnight makes them easily digested*

SATISFYING BREAKFAST SMOOTHIE

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
588	60	37	23	10



Ingredients

- 150 ml whole milk
- 2 tbsp oats(30g)
- 1 tbsp coconut oil
- 1 scoop of vanilla whey protein powder
- 1 small banana
- 1/2 a ripe avocado
- 1 tbsp Greek yogurt
- a sprinkle of ground cinnamon
- 1-2 ice cubes

Directions

1. Whizz all ingredients together in a blender and serve.
2. For a thicker or thinner smoothie, adjust the amount of milk and ice cubes to suit your preference.

TIPS

1. *Ideal for a quick on-the-go breakfast*
2. *Avocado and Greek yogurt provide healthy fats*
3. *If you prefer a lower-calorie, lighter smoothie, reduce the avocado to 1 tbsp and leave out the coconut oil.*
4. *Great high fiber breakfast to start the day. Packed full of good energy.*

PITTA POCKET BREAKFAST

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
517	35	25.5	31	8



Ingredients

- 50g chorizo, chopped
- 4 free range eggs, beaten
- 2 wholemeal pittas
- 1 avocado, split, stone removed and flesh scooped out
- 2 handfuls of rocket
- black pepper

Directions

1. Put the chorizo in a dry, non-stick pan on a medium heat and fry until crisp, then set chorizo aside.
2. Add the beaten egg to the pan and stir gently with a wooden spoon until scrambled. Stir the chorizo through the egg just before it's finished cooking.
3. Toast the pittas, then mash the avocado with a fork and spread along the inside of each one. Add a handful of rocket to each pocket and then fill with the chorizo scramble.
4. Season with black pepper and serve.

TIPS

1. Provides high-quality healthy fats and a moderate amount of carbohydrates.
2. Very Filling breakfast, so one pitta could be kept for lunch also.
3. Quick and easy, feel free to try out different fillings, such as ham, bacon, or even just egg for a vegetarian alternative.

POACHED EGGS WITH AVOCADO & SMOKED SALMON

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
294	14	19	19	7



Ingredients

- 100g smoked salmon
- 2 large eggs
- A ripe avocado
- Ryvita Crisp Bread/Rice Cake/Slimster
- Juice of 1/2 a lemon
- Sea salt/ black pepper

Directions

1. Prepare two smoked salmon slices
2. Poach the 2 eggs in simmering water for 3 to 4 minutes
3. Divide the sliced avocado and smoked salmon between two slices of ryvita/rice cake/slimster/brown bread and add a squeeze of lemon juice to each.
4. Place your poached eggs on top of the smoked salmon and serve with a little salt and pepper.

TIPS

1. *Poached eggs, avocado and salmon is a filling breakfast with an array of healthy minerals, fats and a quality source of protein.*
2. *Good source of vitamin D and omega-3 healthy fats.*

SMOKY BACON SWEET POTATO CAKES

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
460	51	14	22	6.3



Ingredients

- 2 medium sweet potatoes, peeled and thinly sliced
- 1/2 tbsp olive oil
- 4 slices of smoked bacon, chopped
- 1 onion, peeled and diced
- 4 fresh basil leaves
- 1 egg, beaten
- 1/2 tsp smoked paprika
- a pinch of sea salt and pepper
- 1tbsp coconut oil

Directions

1. Steam the sweet potatoes over a pot of gently simmering water for approx. 20 minutes until soft.
2. In the meantime, heat the oil in pan and fry the bacon, onion, basil over medium to high heat until the onions are brown and the bacon crisp.
3. Mash the cooked potatoes in a large bowl with the egg
4. Add the cooked bacon mix to the bowl and season with smoked paprika, salt and pepper, then use a tablespoon to form the mixture into 4 'cakes'
5. In a large pan over a medium to high heat, melt a knob of coconut oil and fry the cakes until the outsides are golden and the insides are heated through - about 4 minutes each side and Enjoy!

TIPS

1. A slow energy-releasing meal
2. Sweet potatoes are an excellent source of vitamin A
3. Omit the bacon to make the cakes vegetarian

ALMOND-COVERED FRIED CHICKEN

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
461	3.9	44	30	5.8



Ingredients

- 2 chicken fillets
- 1 egg
- 2 tbsp whole milk or almond milk
- 80g almond flour or ground almonds
- 1 tsp paprika, sea salt
- Black pepper
- Coconut oil for frying

Directions

1. Preheat your oven to 190°C
2. Slice each chicken fillet length-ways into 2 even strips.
3. In a bowl whisk the egg and milk together
4. Combine flour/ground almonds and seasoning in another bowl.
5. Dip a chicken strip into the egg mixture, transfer to the flour mix and coat generously. Set aside on a plate and repeat for the remaining strips.
6. Melt some coconut oil in a large, non stick pan over a high heat and fry the chicken for 2 to 3 minutes each side until turning golden and crisp.
7. Transfer to a baking sheet and place in the oven for 10 minutes until the chicken is cooked through and golden brown on the outside. Serve with roast vegetables and sweet or regular potato.

TIPS

1. *Low-carbohydrate option*
2. *Perfect Friday or Saturday evening dish for that 'takeaway' feel.*

BAKED POTATO WITH RED PEPPER HUMMUS

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
553	62	17	23	13



Ingredients

- 2 large baking potatoes, scrubbed.
- 300g tinned chickpeas
- 1 tbsp tahini
- 2 tbsp olive oil
- 1 garlic clove, peeled and chopped
- 1/3 tsp cumin
- 1/2 tsp paprika
- 1/3 tsp sea salt
- juice of 1/2 a lime
- Black pepper

Directions

1. Preheat your oven to 190°C
2. Place the potatoes in the oven and bake for approx. 60 minutes or until they are tender and skewer goes in easily.
3. Meanwhile make the hummus. Put all the ingredients in a food processor or blender and blend till smooth.
4. Place the baked potatoes on a plate, split then open, and scoop the hummus over the top.
5. Add salt and pepper and if you would like you can pop it into oven again for few minutes.

TIPS

1. *Great option for recovery following a workout*
2. *Meat - free meal with a good source of protein*
3. *Meal with fast- releasing carbs.*

PRAWN STIR-FRY

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
390	53	32	6	9.4



Ingredients

- 1 tbsp coconut oil
- 1 chilli, finely sliced
- 2 cloves of garlic, peeled and crushed
- a thumb size piece of fresh ginger, peeled and grated
- 1 red pepper, thinly sliced
- A small head of broccoli, chopped into small florets
- 200g raw, peeled king prawns
- 2 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- 300g pack straight to wok rice noodles

Directions

1. Heat the coconut oil in a wok/pan and add chilli, garlic, ginger. Cook until it becomes fragrant, making sure it doesn't burn.
2. Quickly add the pepper and broccoli and stir-fry for 5 minutes.
3. Next add the prawns and cook until they turn pink.
4. Pour the soy sauce and sweet chilli sauce and mix well, making sure the vegetables and prawns are well coated.
5. Add the noodles to the wok, heat through and combine well.

TIPS

1. *If you don't have straight to wok noodles, boil noodles separately in a pot of boiling water for 4 to 5 minutes. Drain. Then combine with the prawns and vegetables at step 5.*
2. *Broccoli provides a rich source of vitamin C*

CHICKEN NOODLES

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
648	60	58	19	3



Ingredients

- 150g egg noodles
- 1 tbs sesame oil
- 1/2 small onion,peeled and chopped
- 1 clove of garlic,peeled and chopped
- 1/2 thumb size piece of ginger
- A pinch of sea salt
- 3 chicken breast fillets, cut into strips
- 1 tbsp sweet chilli sauce
- 1 red pepper, diced
- 2 tbsp soy sauce

Directions

1. Boil 400ml of salted water and add the noodles, cook for 3 minutes, drain , toss with sesame oil and set aside.
2. Add olive oil to frying pan over a medium heat. Add the onion, garlic, ginger and a pinch of salt. Cook for few minutes, stirring regularly.
3. Add chicken strips, cook for 3 mins then add the sweet chilli sauce and cook for other 2 to 3 mins.
4. Add the dices pepper and soy sauce and mix well.
5. Add the noodles, cook for another 5 minutes, stirring well so that all the ingredients are combined.

TIPS

1. Swap chicken for tofu to make this a meat-free option.
2. A high-carbohydrate meal to fuel performance.

BEEF BOLOGNESE

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
641	49	65	22	9



Ingredients

- 1 tbsp of olive oil
- 2 cloves of garlic, peeled and crushed
- 1 onion, peeled and diced
- 500g good quality lean beef mince
- sea salt, black pepper
- 1 red pepper, diced
- 1 carrot, grated
- 400g tin of chopped tomatoes
- 1 tsp of dried oregano/ dried basil
- 160g pasta of choice
- 40g parmesan cheese (grated)

Directions

1. Heat the olive oil in a large pan. Add the onion, garlic till softened.
2. Next add the mince, breaking up the meat with a wooden spoon as it browns. Season well with salt and pepper.
3. Once the beef has browned, add in the diced pepper, grated carrot, tinned tomatoes and herbs, stir everything together.
4. Bring to a boil then simmer on reduced heat for 20 mins.
5. While the sauce is cooking, bring a large pot of salted water to a boil. Add your pasta and cook for the amount of time it says on the package. Drain well then add to the meat sauce.
6. Take the pan off the heat and stir everything together well. Before eating, sprinkle cheese on top.

TIPS

1. Provides all your daily recommended amount for Vitamin C

QUINOA SUPER SALAD

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
526	37	23	34	9.7



Ingredients

- 1 tbsp of rapeseed oil
- 1 red onion, peeled and chopped
- 2 cloves of garlic, peeled and chopped
- 200g of quinoa (rinsed)
- 250ml water
- 1 tsp ground turmeric
- a pinch of sea salt
- 1 tsp cumin seeds
- 5 tbsp sesame seeds
- 5 tbsp sunflower seeds
- 4 tbsp pumpkin seeds
- 200g tinned chickpeas, drained and rinsed
- 2 tbsp of dried cranberries
- Salt/ pepper

Directions

1. Heat the oil in a pan over a medium heat. Add onion and garlic, fry for 5 mins, stirring occasionally. Add the quinoa and cook on a low heat for 1 minute. Add the water, turmeric and pinch of salt and bring to boil, then reduce the heat and simmer for 15 minutes, until the quinoa is cooked through and the water has been absorbed.
2. Meanwhile, set a dry frying pan over a low heat. Toast the cumin, sesame, sunflower and pumpkin seeds for 6 minutes, tossing regularly until fragrant.
3. Transfer the cooked quinoa mixture to a large salad bowl and fluff up with a fork before stirring in the toasted seeds and the chickpeas, cranberries.
4. Season with a pinch of salt and pepper.

TIPS

1. *Healthy fats come from the sesame, sunflower and pumpkin seeds.*
2. *Provides many required trace minerals such as iron, magnesium, zinc and copper.*

CHICKEN AND SPINACH PESTO PASTA

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
466	22	51	19	5



Ingredients

- 1 tbsp olive oil
- 1 onion, peeled and chopped
- 2 cloves of garlic, peeled and finely chopped
- 2 chicken breast fillets, chopped
- pinch of salt and black pepper
- 8 mushrooms, chopped
- 150g pasta of choice
- a handful of baby spinach
- 2 tbsp pesto
- 50g cheddar cheese, grated

Directions

1. Boil a kettle of water and leave to cool slightly.
2. In a large saucepan (big enough to cook pasta in) heat the olive oil over a medium heat. Add the onions and garlic and fry for about 2 minutes, until softened.
3. Season the chicken with salt and pepper then add to the saucepan and cook for 5 minutes, stirring frequently, until the chicken is almost cooked through.
4. Add the mushrooms and cook for another minute.
5. Pour 400ml of water from kettle into saucepan then throw in your pasta.
6. Add the spinach and stir.
7. Cook for 5 minutes, stirring regularly so the pasta doesn't stick together.
8. The water should be almost absorbed at this point. Next stir in the pesto and cook for the remainder of the time it says on the pasta packet.
9. Serve with grated cheddar cheese sprinkled over.

CHICKPEA & LENTIL CURRY WITH QUINOA

Calories Per Serving	Carbs (g)	Protein (g)	Fats (g)	Fibre (g)
588	80	34	16	25



Ingredients

- 1 onion, peeled and chopped
- 3 garlic cloves, peeled and chopped
- 1 tbsp olive oil
- a pinch of salt
- 2 red/green peppers, chopped
- 1/2 a courgette, chopped
- 400g tin of tomatoes
- 1/2 tsp ground cumin, paprika, ground turmeric
- 1 tbsp curry powder
- 150g lentils
- 150g quinoa
- 400g tin of chickpeas, drained
- Greek yogurt, to serve

Directions

1. In a large saucepan on a medium heat, fry the chopped onion and garlic in the olive oil with a pinch of salt until softened.
2. Add the chopped peppers and courgette and stir. Cook for 3 to 4 mins until they also begin to turn soft.
3. Add the tinned tomatoes, mix, the stir in all the spices.
4. Pour in the lentils and stir well.
5. In another medium sized saucepan, boil 300 ml of water, then add the quinoa and cook until nearly all the water has been absorbed and the quinoa is fluffy, about 15 minutes.
6. Add the chickpeas to the curry mix and stir well. Simmer for about 20 minutes until the lentils are soft.
7. Serve curry on a bed of quinoa topped with a little of Greek yogurt.

TIPS

1. *Good plant based protein meal*

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