

# Healthy Eating Reciepes

## **BEST FOR WEIGHT LOSS**

Porridge with linseeds and maple syrup:

Ingredients: 30g porridge oats, 250ml milk, 1tbsp maple syrup and 1 tbsp linseeds  
297kcal; carbs 45g; protein 13g; sat fat 4g

Method: 1: place the oats inn a small pan and add the milk (you can use half milk, half water)  
2: bring to the boil, then cook gently for 2 minutes  
3: tip into a bowl and drizzle with the maple syrup and linseeds.

### **THE BENEFIT:**

When trying to shift some pounds it's very tempting just to grab a piece of fruit or slice of toast - this is nothing more than hunger deferral. A two year study by Professor Jeya Henry of Oxford Brookes university and chef Raymond blanc found that those who ate porridge and linseeds chose less for lunch, consumed fewer snacks between meals and even experienced improved concentration throughout the day.

## **Carrot and coriander soup**

**Serves 4 - preparation time: 10 mins.**

**Cooking time: 10-15 minutes**

Ingredients:

- 1 dessertspoon vegetable oil
- 1 large onion, sliced
- 6 carrots, sliced
- 1 teaspoon ground coriander
- 2 pints water mixed with 1 vegetable stock cube
- Large bunch fresh coriander, roughly chopped
- Ground pepper

What to do:

- ⇒ Heat the oil in a large saucepan. Add the onion and cook for 3-4 minutes until softened.
- ⇒ Stir in the ground coriander and pepper and cook for a further 1 minute.
- ⇒ Add the carrots and vegetable stock and bring to the boil. Simmer until vegetables are tender.
- ⇒ Leave to cool slightly, then add the fresh coriander. Place in a blender and blend until smooth OR blend half and mix together and serve

**STRAWBERRY, PASSION FRUIT AND GREEK YOGURT** - a delicious dessert low in sugar, but sweet to taste, high in fibre and nutrients that aid digestion.

Strawberries - are high in vitamin C - needed for healthy joints, skin and immune system, and to help break down uric acid, which can inflame joints and in extreme cases lead to gout.

Passion fruit - is a good source of the antioxidant beta carotene and vitamin C, as well as potassium, which is good for nerve health and proper function of all cells, tissues and organs.

Yoghurt - is high in fibre, which aids digestion, and it also provides a source of live bacteria needed for gut health.

**Ingredients -**  
2 fresh passion fruits, halved  
100g fresh strawberries  
Fresh mint leaves  
Greek style yoghurt

**Instructions (preparation 5mins)**  
Slice the strawberries and arrange on a plate. Scoop the pulp from the passion fruit, and add to the strawberries. Add 2 tsp of yoghurt.  
Garnish with the mint leaves

**Nutritional analysis Dessert (per person, 192g serving)**  
112 calories  
2g far  
1g saturated fat  
17g carbs  
7g protein

# Healthy Eating Reciepes

## Quinoa, salmon fillets and wild rocket salad

A satisfying meal that will replace energy used up in training; it's also high in fibre, protein, minerals and vitamins.

Quinoa - is an excellent source of protein and fibre, as well as magnesium - needed for efficient muscle function. It has low allergenic properties and provides a great alternative to wheat and rice.

Salmon - provides quality protein and omega 3 essential fatty acids.

Rocket - is a great source of B vitamins and fibre, and cherry tomatoes contain plenty of the vitamin A molecule lycopene - a potent antioxidant.

### Ingredients:

2 fillets of salmon  
4 peeled crushed cloves of garlic  
Juice of half a lemon  
1/2 tsp of dill  
170g of organic quinoa grain  
1 chopped large onion  
1 tsp of cumin seeds  
2tbsp of extra virgin olive oil  
2 tbsp chopped coriander  
50g washed fresh rocket leaves  
50g washed fresh cherry tomatoes, halved  
2 tbsp of balsamic vinegar

- Instructions**– 1. pre heat the oven to 200 degrees. Mix together 1 tbsp of extra virgin olive oil with the crushed garlic, lemon juice, dill and 2tbsp of water. Marinate the salmon fillets in the mixture for at least 20 minutes. Place the fillets on a baking tray, and seal them with foil. Bake for 15 minutes
2. rinse the quinoa under cold water. Add to a saucepan of boiling water. Bring back to the boil, then cover and simmer for five minutes. Add the onion and cumin seeds. Simmer for five more minutes - or until the quinoa grains split. Remove from heat and stir in 1 tbsp of olive oil. Serve with fresh chopped coriander.
3. mix the tomatoes and rocket with the balsamic vinegar, 1 tbsp of olive oil and a squeeze of lemon juice.

**Nutritional analysis:** Main (per person, 675g serving)  
896 calories, 42g fat, 6g saturated fat, 38g carbs, 87g protein