CHICAGO FIT
PERFORMANCE

LOW-CARB RECIPE PACK

Discover the collection of low-carb recipes, including breakfast, lunch, dinner, treats and smoothie options.

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RECIPE KEY

RECIPE KEY

Look for these helpful icons throughout the file.

- GF — Gluten Free
- DF — Dairy Free
- LC — Low Carb (under 20g serving)
- MP — Meal Prep/Freezer Friendly
- HP — High Protein (over 20g per serving)
- V — Vegetarian
- Q — Quick (under 30 mins)
- N — Contains Nuts

WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Herby Breakfast Sausages	**BREAKFAST** Herby Breakfast Sausages	**BREAKFAST** Turmeric Poached Egg	**BREAKFAST** Asian Scrambled Eggs	**BREAKFAST** Cottage Cheese Protein Pancakes	**BREAKFAST** Turmeric Poached Egg	**BREAKFAST** Cottage Cheese Protein Pancakes
LUNCH Pear, Cured Ham & Walnut Salad	**LUNCH** Leftover Jerk Chicken with Cauliflower Rice	**LUNCH** Healthy Coronation Chicken Salad	**LUNCH** Healthy Coronation Chicken Salad	**LUNCH** Leftover Homemade Quinoa chicken Nuggets	**LUNCH** Grilled Vegetable Salad with Tuna	**LUNCH** Pear, Cured Ham & Walnut Salad
SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls	**SNACK** E.g. Banana Chocolate Bites, Fit Almond Energy Balls
DINNER Jerk Chicken with Cauliflower Rice	**DINNER** Tom Yum Soup with Shrimps	**DINNER** Leftover Tom Yum Soup with Shrimps	**DINNER** Homemade Quinoa chicken Nuggets with side of choice	**DINNER** Warm Salmon Quinoa Salad	**DINNER** Meal Out – Enjoy!	**DINNER** Leftover Warm Salmon Quinoa Salad

WEEKLY SHOPPING LIST FOR MEAL PLAN 01

FRUIT & VEGETABLES

Fresh

- [ ] 1x large bag spinach
- [ ] 2x tomatoes
- [ ] 1x bag rocket
- [ ] 1x pear
- [ ] 3x lemons
- [ ] 3x limes
- [ ] celery
- [ ] 1x bulb garlic
- [ ] 2x zucchinis
- [ ] bunch asparagus
- [ ] 14 oz. (400g) cauliflower rice
- [ ] 1x onion
- [ ] 3.5 oz (100g) shitake mushrooms
- [ ] 1x red bell pepper
- [ ] 7 oz. (200g) sugar snaps
- [ ] 3x bananas

Dried

- [ ] 6x apricots

Herbs

- [ ] sage
- [ ] basil
- [ ] mint
- [ ] coriander
- [ ] parsley
- [ ] chives
- [ ] _____
- [ ] _____

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- [ ] 7 oz. (200g) shrimps
- [ ] 4x salmon fillets

Meats

- [ ] 9 oz. (250g) ground pork
- [ ] cured ham
- [ ] 5 oz. (150g) cooked chicken
- [ ] 2 lbs. (900g) chicken breast

Dairy

- [ ] cottage cheese
- [ ] blue cheese
- [ ] Greek yogurt
- [ ] parmesan

Non-Dairy

- [ ] 6x eggs
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

GRAINS, SEEDS & SPICES

Grains

- [ ] wheat flour
- [ ] quinoa
- [ ] almond meal

Nuts & Seeds

- [ ] pine nuts
- [ ] walnuts
- [ ] pistachio nuts

Spices

- [ ] turmeric
- [ ] curry powder
- [ ] thyme
- [ ] allspice
- [ ] garlic powder
- [ ] cinnamon
- [ ] cayenne pepper
- [ ] fish spices
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

CANS, CONDIMENTS & MISC

Oils

- [ ] coconut oil
- [ ] olive oil

Cans & Condiments

- [ ] white wine vinegar
- [ ] mayonnaise
- [ ] 2x cans tuna in olive oil
- [ ] 1x light coconut milk (canned)
- [ ] 1x full fat coconut milk (canned)
- [ ] tom yum paste
- [ ] fish sauce
- [ ] natural peanut butter

Sweeteners

- [ ] coconut sugar
- [ ] maple syrup
- [ ] honey

Other

- [ ] vanilla extract
- [ ] vegetable stock cubes
- [ ] dark chocolate chips
- [ ] desiccated coconut
- [ ] _____
- [ ] _____

CHICAGO FIT PERFORMANCE

WEEKLY MEAL PLANNER 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Omelet with Cottage Cheese & Basil	**BREAKFAST** Omelet with Cottage Cheese & Basil	**BREAKFAST** Avocado & Egg Paste	**BREAKFAST** Tofu & Green Peas Paste on Toast	**BREAKFAST** Sweetcorn Fritters	**BREAKFAST** Avocado & Egg Paste	**BREAKFAST** Peanut butter Protein Fluff
LUNCH Easy Greek Zoodle Salad	**LUNCH** Leftover Low Carb Turkey Salad	**LUNCH** Crushed Cucumber Salad with Salmon	**LUNCH** Crushed Cucumber Salad with Salmon	**LUNCH** Leftover Sesame & Ginger Beef with Zucchini Noodles	**LUNCH** Leftover Sweetcorn Fritters	**LUNCH** Easy Greek Zoodle Salad
SNACK E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	**SNACK** E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake
DINNER Low Carb Turkey Salad	**DINNER** Grilled Lemon Chicken Salad	**DINNER** Leftover Grilled Lemon Chicken Salad	**DINNER** Sesame & Ginger Beef with Zucchini Noodles	**DINNER** Cod with Creamy Zoodles	**DINNER** Meal Out – Enjoy!	**DINNER** Leftover Cod with Creamy Zoodles

WEEKLY SHOPPING LIST FOR MEAL PLAN 02

FRUIT & VEGETABLES

Fresh

- ○ cherry tomatoes
- ○ 2x bulbs garlic
- ○ 2x avocados
- ○ 6x lemons
- ○ 1x lime
- ○ 4x bananas
- ○ strawberries
- ○ 2x cucumbers
- ○ spring onions
- ○ white cabbage
- ○ red cabbage
- ○ 2x red bell peppers
- ○ 1x carrot
- ○ radishes
- ○ bean sprouts
- ○ spring onions
- ○ ginger
- ○ 4x zucchinis
- ○ bunch asparagus
- ○ 1x bag rocket

Frozen

- ○ green peas

Herbs

- ○ basil
- ○ coriander
- ○ mint
- ○ chives

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- ○ 6 oz. (180g) hot smoked salmon
- ○ 10 oz. (300g) cod fillets

Meats

- ○ 1 lb. (450g) turkey breast
- ○ 1 lb. (450g) ground beef (5% fat)
- ○ 4x chicken breasts

Dairy

- ○ cottage cheese
- ○ Greek yogurt
- ○ feta cheese
- ○ cream

Non-Dairy

- ○ 10x eggs
- ○ natural tofu

Other

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

GRAINS, SEEDS & SPICES

Grains

- ○ buckwheat flour

Nuts & Seeds

- ○ sesame seeds
- ○ almonds

Spices

- ○ oregano
- ○ paprika
- ○ turmeric
- ○ chili

Other

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

CANS, CONDIMENTS & MISC

Oils

- ○ coconut oil
- ○ olive oil
- ○ sesame oil

Cans & Condiments

- ○ sweetcorn
- ○ peanut butter
- ○ black olives
- ○ tahini
- ○ fish sauce
- ○ rice wine vinegar
- ○ white wine vinegar
- ○ soy sauce (reduced sodium)
- ○ sundried tomatoes

Sweeteners

- ○ stevia/xylitol
- ○ honey

Other

- ○ baking powder
- ○ vegetable stock
- ○ _____
- ○ _____
- ○ _____

CHICAGO FIT PERFORMANCE

CHICAGO FIT PERFORMANCE

TURMERIC
POACHED EGG

TURMERIC POACHED EGG

Serves: 2
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
219 kcal
15g Fats
12g Carbs
14g Protein

GF DF LC V Q N

myfitnesspal

WHAT YOU NEED

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- ⅝ cup (125g) of tomatoes, halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs

WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 minutes repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with salt and pepper. Break open the eggs just before serving.

CHICAGO FIT PERFORMANCE

OMELET WITH COTTAGE CHEESE & BASIL

OMELET WITH COTTAGE CHEESE & BASIL

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
200 kcal
14g Fats
3g Carbs
15g Protein

GF LC V Q

myfitnesspal

WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- ⅞ cup (200g) cottage cheese
- 12 cherry tomatoes

WHAT YOU NEED TO DO

Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.

CHICAGO FIT PERFORMANCE

HERBY BREAKFAST SAUSAGES

HERBY BREAKFAST SAUSAGES

Makes: 8
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
56 kcal
3g Fats
2g Carbs
7g Protein

GF DF LC Q

myfitnesspal

WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt and pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.

CHICAGO FIT PERFORMANCE

AVOCADO & EGG PASTE

AVOCADO & EGG PASTE

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
298 kcal
24g Fats
9g Carbs
11g Protein

GF DF
LC MP
V Q

myfitnesspal

WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled, peel and chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.

CHICAGO FIT
PERFORMANCE

COTTAGE CHEESE PROTEIN PANCAKES

COTTAGE CHEESE PROTEIN PANCAKES

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
162 kcal
4g Fats
18g Carbs
12g Protein

LC V Q

myfitnesspal

WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

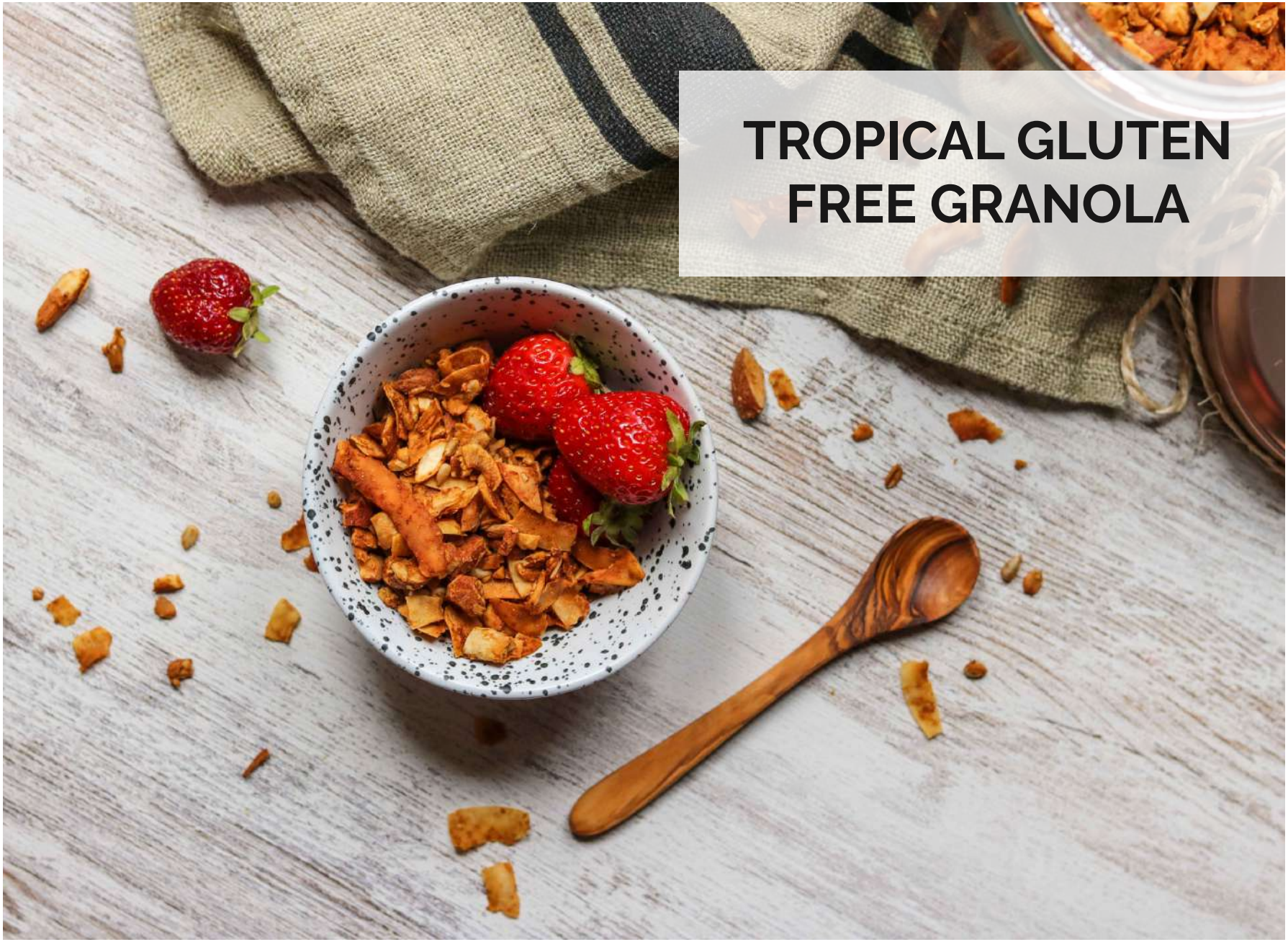
Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: *Greek yogurt, honey, and berries.*

CHICAGO FIT PERFORMANCE


TROPICAL GLUTEN
FREE GRANOLA

TROPICAL GLUTEN FREE GRANOLA

Makes: 7 cups
Prep: 20 mins
Cook: 2 hrs

Nutrition per serving:
173 kcal
14g Fats
10g Carbs
4g Protein

GF DF LC MP V N

myfitnesspal

WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

Note:
Nutrition information is given per serving size of ¼ cup – 28 grams.

WHAT YOU NEED TO DO

Pre-heat oven to 250˚F (120˚C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

Divide the wet granola between the two prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola can be kept for a couple of weeks.

CHICAGO FIT PERFORMANCE

SMOKED MACKEREL & EGG PASTE

SMOKED MACKEREL & EGG PASTE

Serves: 4
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
268 kcal
23g Fats
5g Carbs
18g Protein

GF LC
MP Q

myfitnesspal

WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt (or more mayo)
- bunch of chives, chopped

WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Debone and skin the fish, then chop the meat and add to the bowl.

Add the finely chopped onion and gherkins into the bowl.

Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.

Serve with bread, fresh veggies, or on its own.

CHICAGO FIT PERFORMANCE

EGG BROCCOLI &
HAM MUFFINS

EGG BROCCOLI & HAM MUFFINS

Makes: 6
Prep: 5 mins
Cook: 15 mins

Nutrition per serving:
102 kcal
6g Fats
4g Carbs
10g Protein

GF DF LC MP Q

myfitnesspal

WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chili flakes, optional
- 4 slices ham, chopped
- ⅓ cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360˚F (180˚C).

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chili flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

***Vegetarian option:** replace the ham with feta cheese, Goats cheese or your favourite vegetables.*

CHICAGO FIT PERFORMANCE

EGG, BACON &
AVOCADO BOWL

EGG, BACON & AVOCADO BOWL

Serves: 1
Prep: 5 mins
Cook: 5 mins

Nutrition per serving:
378 kcal
32g Fats
14g Carbs
23g Protein

GF DF LC HP Q

myfitnesspal

WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- ½ large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

WHAT YOU NEED TO DO

Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.

Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.

CHICAGO FIT PERFORMANCE

ASIAN
SCRAMBLED EGGS

ASIAN SCRAMBLED EGGS

Serves: 1
Prep: 5 mins
Cook: 5 mins

Nutrition per serving:
270 kcal
14g Fats
5g Carbs
19g Protein

GF DF LC V Q

myfitnesspal

WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

CHICAGO FIT PERFORMANCE

ZUCCHINI FRIES

ZUCCHINI FRIES

Serves: 4
Prep: 20 mins
Cook: 15 mins

Nutrition per serving:
177 kcal
12g Fats
14g Carbs
5g Protein

DF LC V

myfitnesspal

WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 430˚F (220˚C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.

On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp. of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.

Season with salt and serve.

CHICAGO FIT PERFORMANCE

TOFU CAESAR SUMMER ROLLS

TOFU CAESAR SUMMER ROLLS

Serves: 4
Prep: 15 mins
Cook: 10 mins

Nutrition per serving:
191 kcal
10g Fats
8g Carbs
5g Protein

GF LC MP V

myfitnesspal

WHAT YOU NEED

- ⅝ cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan cheese, grated
- Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press using a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let it cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of Parmesan cheese. Lastly, top with some shredded lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

*(**Pro tip:** dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)*

CHICAGO FIT PERFORMANCE

SWEETCORN FRITTERS

SWEETCORN FRITTERS

Serves: 8
Prep: 10 mins
Cook: 15-20 mins

Nutrition per serving:
97 kcal
3g Fats
15g Carbs
3g Protein

GF DF LC V Q

myfitnesspal

WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- ¾ cup (185ml) cold water
- 4 tsp. coconut oil

WHAT YOU NEED TO DO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (½ tsp. of oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).

CHICAGO FIT PERFORMANCE

TOFU & GREEN PEAS PASTE

TOFU & GREEN PEAS PASTE

Serves: 1
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
290 kcal
21g Fats
17g Carbs
11g Protein

GF DF LC Q V

myfitnesspal

WHAT YOU NEED

- ⅔ cup (100g) green peas, frozen
- ⅜ cup (50g) natural tofu
- ¼ avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

In a large bowl, place the frozen peas with boiling water and wait a few minutes until defrosted. Then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary, add some more mint and lemon to adjust the taste. Serve with toast (not included in nutrition info).

CHICAGO FIT PERFORMANCE

BLACK BEAN
HUMMUS

BLACK BEAN HUMMUS

Serves: 8
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
91 kcal
4g Fats
9g Carbs
4g Protein

GF DF LC MP V Q

myfitnesspal

WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

In a food processor, blend until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.

CHICAGO FIT PERFORMANCE

KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING

KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
195 kcal
11g Fats
15g Carbs
13g Protein

GF DF LC V Q N

myfitnesspal

WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- ⅔ cup (30g) carrot, grated
- 1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chili flakes
- 1-2 tbsp. water

WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

***Tip:** If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.*

CHICAGO FIT PERFORMANCE

SMOKED SALMON &
STRAWBERRY SALAD

SMOKED SALMON & STRAWBERRY SALAD

Serves: 2
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
302 kcal
19g Fats
16g Carbs
19g Protein

GF LC Q

myfitnesspal

WHAT YOU NEED

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- handful basil leaves

For the dressing:

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.

CHICAGO FIT PERFORMANCE

CUCUMBER, AVOCADO
& CHICKEN SALAD

CUCUMBER, AVOCADO & CHICKEN SALAD

Serves: 4
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
304 kcal
20g Fats
12g Carbs
21g Protein

GF LC MP HP Q N

myfitnesspal

WHAT YOU NEED

For the salad:

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

For the sauce:

- 3 tbsp. yogurt
- 1 tbsp. mayo
- 1 garlic clove, minced

WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

CHICAGO FIT PERFORMANCE

PEAR, CURED HAM & WALNUT SALAD

PEAR, CURED HAM & WALNUT SALAD

Serves: 2
Prep: 15 mins
Cook: 0 mins

Nutrition per serving:
466 kcal
35g Fats
16g Carbs
22g Protein

GF LC HP Q N

myfitnesspal

WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ cup (30g) walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.

CHICAGO FIT PERFORMANCE

EASY GREEK
ZOODLE SALAD

EASY GREEK ZOODLE SALAD

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
267 kcal
25g Fats
7g Carbs
10g Protein

GF LC V Q

myfitnesspal

WHAT YOU NEED

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.

CHICAGO FIT PERFORMANCE

CRUSHED CUCUMBER SALAD WITH SALMON

CRUSHED CUCUMBER SALAD WITH SALMON

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
323 kcal
23g Fats
10g Carbs
23g Protein

GF DF LC HP Q

myfitnesspal

WHAT YOU NEED

For the salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

For the dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

WHAT YOU NEED TO DO

Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.

Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

***NOTE**:*
Use as much or as little coriander as you like.

CHICAGO FIT PERFORMANCE

HEALTHY CORONATION
CHICKEN SALAD

HEALTHY CORONATION CHICKEN SALAD

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
217 kcal
8g Fats
10g Carbs
25g Protein

GF MP HP LC Q

myfitnesspal

WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yogurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

WHAT YOU NEED TO DO

Mix the mayonnaise, yogurt, and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.

CHICAGO FIT PERFORMANCE

GRILLED VEGETABLE
SALAD WITH TUNA

GRILLED VEGETABLE SALAD WITH TUNA

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
320 kcal
24g Fats
13g Carbs
12g Protein

GF DF LC Q N

myfitnesspal

WHAT YOU NEED

- 1 lemon
- ¾ cup (160g) tuna pieces in olive oil
- ½ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 ¾ cups (350g) asparagus
- ½ cup (50g) pistachio nuts, peeled and chopped

WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.

Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade. Mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

CHICAGO FIT PERFORMANCE

LOW CARB
TURKEY SALAD

LOW CARB TURKEY SALAD

Serves: 5
Prep: 25 mins
Cook: 0 mins

Nutrition per serving:
348 kcal
18g Fats
15g Carbs
32g Protein

GF DF LC MP HP N

myfitnesspal

WHAT YOU NEED

For the salad:

- 1lb. (450g) cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- ⅓ cup (30g) almonds, chopped

For the dressing:

- ¼ cup (60ml) tahini
- ¼ cup (60ml) water
- ¼ cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

WHAT YOU NEED TO DO

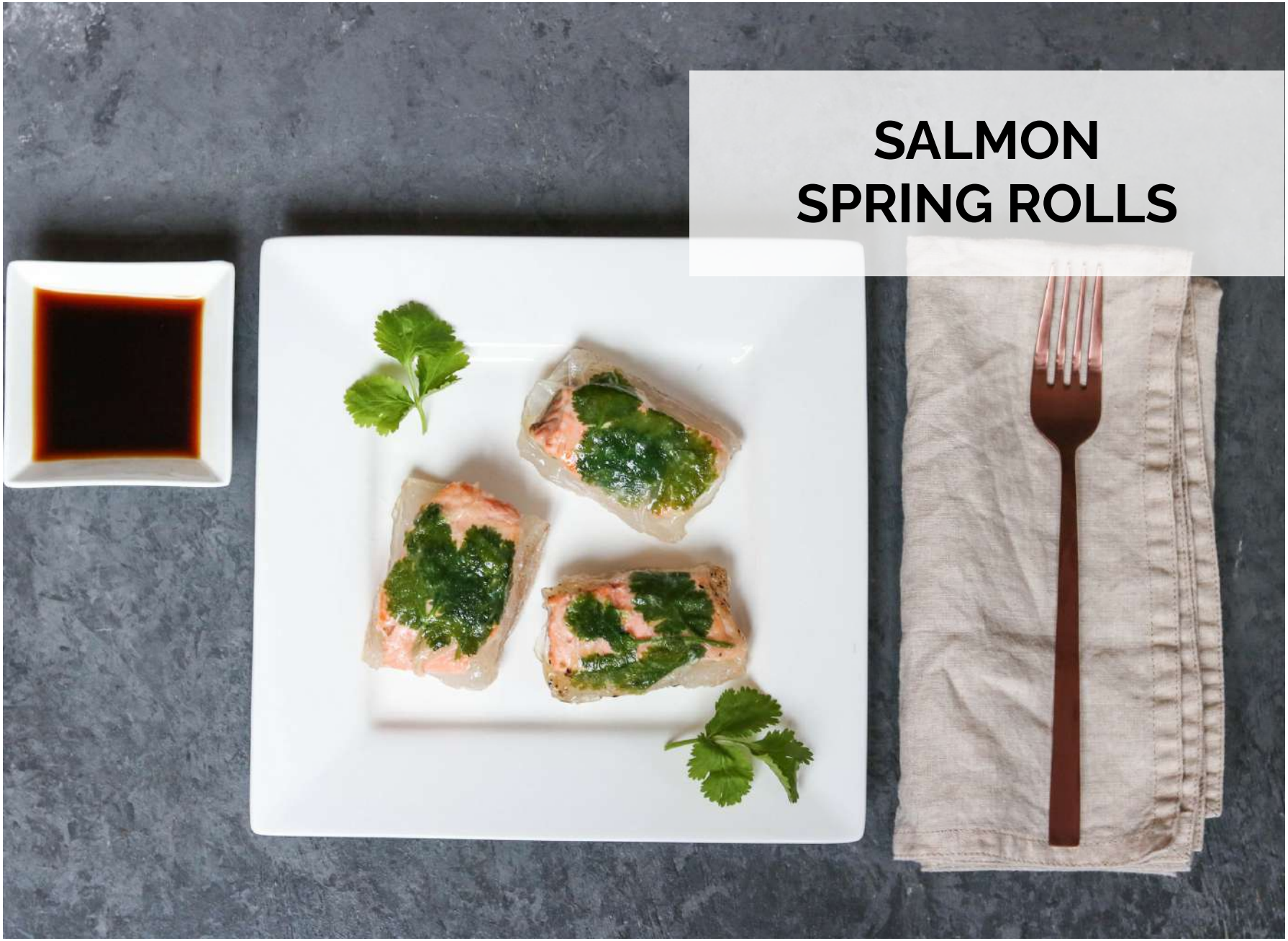
Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.

CHICAGO FIT PERFORMANCE

SALMON SPRING ROLLS



SALMON SPRING ROLLS

Serves: 4
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
154 kcal
10g Fats
4g Carbs
13g Protein

GF DF LC MP Q

myfitnesspal

WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

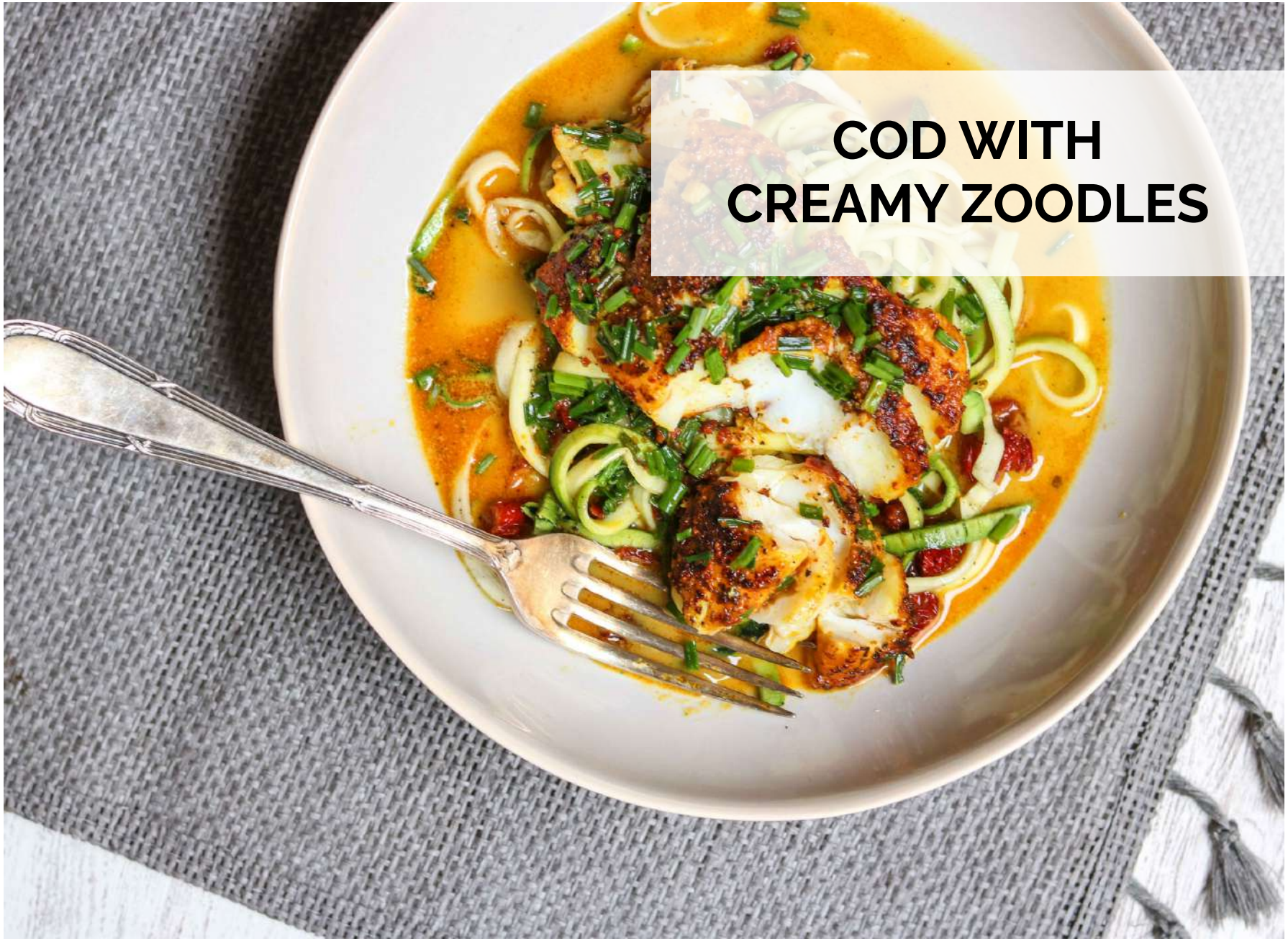
Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2-2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.

CHICAGO FIT PERFORMANCE


COD WITH
CREAMY ZOODLES

COD WITH CREAMY ZOODLES

Serves: 2
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
271 kcal
11g Fats
13g Carbs
33g Protein

GF LC HP Q

myfitnesspal

WHAT YOU NEED

For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) vegetable stock
- ⅓ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

WHAT YOU NEED TO DO

For the fish:
Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:
Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.

CHICAGO FIT PERFORMANCE

JERK CHICKEN WITH
CAULIFLOWER RICE

JERK CHICKEN WITH CAULIFLOWER RICE

Serves: 4
Prep: 15 mins
Cook: 15 mins

Nutrition per serving:
397 kcal
24g Fats
15g Carbs
33g Protein

GF DF LC MP HP Q

myfitnesspal

WHAT YOU NEED

For the marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

For the chicken & rice:

- 1 lb. (450g) chicken breast
- 14 oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, to serve

WHAT YOU NEED TO DO

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.

Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.

CHICAGO FIT PERFORMANCE

GRILLED LEMON
CHICKEN SALAD

GRILLED LEMON CHICKEN SALAD

Serves: 4
Prep: 10 mins
Cook: 30 mins

Nutrition per serving:
242 kcal
8g Fats
2g Carbs
38g Protein

GF DF LC MP HP

WHAT YOU NEED

- 2 lemons
- 1 ½ tbsp. oregano
- 1 ½ tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 ½ tbsp. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400˚F (200˚C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.

CHICAGO FIT PERFORMANCE

HOMEMADE QUINOA
CHICKEN NUGGETS

HOMEMADE QUINOA CHICKEN NUGGETS

Serves: 4
Prep: 25 mins
Cook: 20 mins

Nutrition per serving:
224 kcal
6g Fats
10g Carbs
33g Protein

GF LC HP

myfitnesspal

WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup Parmesan, grated
- 1 tbsp. dried herbs, of choice

WHAT YOU NEED TO DO

Set oven to 350˚F (180˚C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 390˚F (200˚C).

Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.

CHICAGO FIT PERFORMANCE

SESAME & GINGER BEEF WITH ZUCCHINI NOODLES

SESAME & GINGER BEEF WITH ZUCCHINI NOODLES

Serves: 4
Prep: 5 mins
Cook: 12 mins

Nutrition per serving:
242 kcal
12g Fats
10g Carbs
25g Protein

GF DF LC HP Q

myfitnesspal

WHAT YOU NEED

- ¼ cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.

CHICAGO FIT PERFORMANCE

TOM YUM SOUP WITH SHRIMPS

TOM YUM SOUP WITH SHRIMPS

Serves: 4
Prep: 5 mins
Cook: 10 mins

Nutrition per serving:
106 kcal
5g Fats
4g Carbs
13g Protein

GF DF LC MP Q

myfitnesspal

WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

WHAT YOU NEED TO DO

Pour the stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, and cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.

CHICAGO FIT PERFORMANCE

WARM SALMON & QUINOA SALAD

WARM SALMON & QUINOA SALAD

Serves: 4
Prep: 5 mins
Cook: 20 mins

Nutrition per serving:
325 kcal
26g Fats
17g Carbs
28g Protein

GF DF LC MP HP Q

myfitnesspal

WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 ⅓ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ⅓ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400˚F (200˚C).

In the meantime, cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 minutes.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.

CHICAGO FIT PERFORMANCE

STRAWBERRY PROTEIN MUFFINS

STRAWBERRY PROTEIN MUFFINS

Makes: 12
Prep: 10 mins
Cook: 25 mins

Nutrition per cookie:
91 kcal
4g Fats
9g Carbs
6g Protein

GF LC MP V N

myfitnesspal

WHAT YOU NEED

- 1 cup (120g) oat flour
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- ¾ cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yogurt
- 1 tsp. vanilla extract
- ½ cup (100g) strawberries, chopped into small pieces
- ¼ cup (45g) 75% dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat oven to 350 °F (180 °C).

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

NOTE:
Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.

CHICAGO FIT PERFORMANCE

PEANUT BUTTER
PROTEIN FLUFF

PEANUT BUTTER PROTEIN FLUFF

Serves: 2
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
244 kcal
20g Fats
9g Carbs
9g Protein

GF LC V Q N

myfitnesspal

WHAT YOU NEED

- 1 cup (250g) full-fat Greek yogurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

WHAT YOU NEED TO DO

Add the yogurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.

CHICAGO FIT PERFORMANCE

LOW CARB BANANA
& STRAWBERRY CAKE

LOW CARB BANANA & STRAWBERRY CAKE

Serves: 16
Prep: 10 mins
Cook: 60 mins

Nutrition per serving:
104 kcal
5g Fats
16g Carbs
2g Protein

DF LC MP V

myfitnesspal

WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

WHAT YOU NEED TO DO

Pre-heat oven to 350˚F (180˚C).

Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.

CHICAGO FIT PERFORMANCE

HEALTHY FERRERO ROCHER

HEALTHY FERRERO ROCHER

Makes: 12
Prep: 10 mins
Cook: 0 mins

Nutrition per 1 ferrero rocher:
91 kcal
8g Fats
6g Carbs
2g Protein

GF DF LC MP Q N

myfitnesspal

WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- pinch of sea salt
- 2 tbsp. dark chocolate chunks

WHAT YOU NEED TO DO

Add 1 cup of hazelnuts into a food processor and blitz until chopped into tiny pieces.

Next, add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.

Serve straight away or store in the fridge for later.

CHICAGO FIT PERFORMANCE

FIT ALMOND
ENERGY BALLS

FIT ALMOND ENERGY BALLS

Makes: 6
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
178 kcal
14g Fats
8g Carbs
6g Protein

GF DF LC MP Q N

myfitnesspal

WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.

CHICAGO FIT PERFORMANCE

MOCHA TRUFFLES

MOCHA TRUFFLES

Makes: 10
Prep: 10 mins
Chill: 2 hrs

Nutrition per serving:
103 kcal
7g Fats
7g Carbs
2g Protein

GF DF
LC MP
V N

myfitnesspal

WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- ⅓ cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

WHAT YOU NEED TO DO

Place the chocolate in a bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.

CHICAGO FIT PERFORMANCE

VEGAN CRÈME
BRULEE

VEGAN CRÈME BRULEE

Serves: 4
Prep: 10 mins
Chill: 1 hr

Nutrition per serving:
138 kcal
9g Fats
15g Carbs
1g Protein

GF DF LC V N

myfitnesspal

WHAT YOU NEED

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside .

In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the heat as soon as it boils and allow to cool to room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.

CHICAGO FIT PERFORMANCE

BANANA CHOCOLATE BITES

BANANA CHOCOLATE BITES

Makes: 30
Prep: 15 mins
Chill: 75 mins

Nutrition per 2 bites:
99 kcal
6g Fats
12g Carbs
2g Protein

GF MP LC V N

myfitnesspal

WHAT YOU NEED

- 3 ripe bananas
- ⅓ cup (85g) natural peanut butter
- ½ cup (90g) dark chocolate chips
- 2 tsp. coconut oil

WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.

Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

CHICAGO FIT PERFORMANCE