



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 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

PLAN 02

FRUIT & VEGETABLES

Fresh

- ☐ cherry tomatoes
- ☐ 2x garlic
- ☐ 2x avocado
- ☐ 6x lemon
- ☐ 1x lime
- ☐ 4x bananas
- ☐ strawberries
- ☐ 2x cucumber
- ☐ spring onions
- ☐ white cabbage
- ☐ red cabbage
- ☐ 2x red bell pepper
- ☐ 1x carrot
- ☐ radishes
- ☐ bean sprouts
- ☐ spring onions
- ☐ ginger
- ☐ 4x zucchinis
- ☐ bunch asparagus
- ☐ 1x bag rocket

Frozen

- ☐ green peas

Herbs

- ☐ basil
- ☐ coriander
- ☐ mint
- ☐ chives

- ☐ basil
- ☐ coriander
- ☐ mint
- ☐ chives

MEAT, DAIRY & NON-DAIRY

[illegible]

GRAINS, SEEDS & SPICES

[illegible]

CANS, CONDIMENTS & MISC

[illegible]

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



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WHAT YOU NEED

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- 5/8 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 min, repeat with the second egg.

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



HAMILTON FIT



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



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WHAT YOU NEED

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

WHAT YOU NEED TO DO

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

Heat $\frac{1}{4}$ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminium 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.



HAMILTON FIT



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



WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt & 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.



HAMILTON FIT

A top-down photograph of a white ceramic bowl with black speckles, filled with a chunky mixture of mashed avocado, diced hard-boiled eggs, and fresh cilantro leaves. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered cloth holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black capital letters.

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



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, 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.



HAMILTON FIT



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



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 mins, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.

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



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 250F (120C) 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 until required.

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 earlier 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 mins and rotate the trays after 60 mins of baking.

In the last 30 mins 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 will keep for a couple of weeks.

A top-down photograph of a dark blue ceramic bowl filled with a creamy mixture of smoked mackerel and egg paste. The mixture is garnished with finely chopped green chives and a sprinkle of black pepper. The bowl sits on a light-colored wooden surface. In the background, several slices of crusty bread are visible, and to the right, a silver fork lies on the table. A semi-transparent white text box is overlaid on the bottom left of the bowl.

**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



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.

Clean the fish from bone and skin, then chop the meat and add to the bowl.

Finely chop the onion and gherkins, and also add to the bowl.

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

Serve with bread, fresh veggies, or on it's own.



HAMILTON FIT

A photograph of six individual egg, broccoli, and ham muffins. Each muffin is baked in a small, red, fluted metal tin. The muffins are arranged on a light-colored checkered tablecloth. Each muffin is topped with a generous amount of melted yellow cheese, several florets of bright green broccoli, and small pieces of cooked ham. A single fresh basil leaf is placed on top of each muffin as a garnish. A folded piece of the same checkered cloth lies across the middle of the arrangement. The lighting is soft and even, highlighting the textures of the ingredients.

**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



WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

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 & pepper, and chilli 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 mins, or until eggs have set.

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



HAMILTON FIT

A top-down photograph of a white ceramic bowl filled with a salad. The salad consists of cubed avocado, halved hard-boiled eggs, crumbled cooked bacon, and diced red bell peppers. The ingredients are mixed together and sprinkled with black pepper. To the left of the bowl, a silver fork lies on a light-colored wooden surface. A piece of brown paper is visible in the upper left background. A semi-transparent white rectangular box is positioned in the upper right corner of the image, containing the title text.

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



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WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 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 crispy in 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.



HAMILTON FIT

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



WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- $\frac{1}{4}$ avocado
- $\frac{1}{2}$ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

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

On 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.



ZUCCHINI FRIES

ZUCCHINI FRIES



Serves: 4
Prep: 20 mins
Cook: 15 mins



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



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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 430F (220C). 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.

A top-down photograph of tofu Caesar summer rolls on a white marble surface. On the left, two rolls are shown: one with a piece of pan-fried tofu on top, and another with green lettuce visible. To the right, two rolls are cut open, revealing a filling of lettuce, tofu, and avocado, topped with a dollop of creamy dressing. Several more dollops of the dressing are scattered on the marble surface. In the bottom right corner, a small glass bowl contains more of the dressing, with a silver spoon resting inside. A white rectangular box with black text is overlaid on the bottom left.

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



WHAT YOU NEED

- 5/8 cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between 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 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. Lastly, top with some 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.)

SWEETCORN FRITTERS



SWEETCORN FRITTERS



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



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



WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 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 it 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 (1/2 tsp 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).



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



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WHAT YOU NEED

- 2/3 cup (100g) green peas, frozen
- 3/8 cup (50g) natural tofu
- 1/4 avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Cover 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 taste. Serve with toast (not included in nutrition info).

A close-up photograph of a white ceramic bowl filled with a thick, light-colored hummus. The hummus is garnished with several drizzles of golden olive oil, a sprinkle of red spices (likely paprika or chili flakes), and two fresh lime slices on the right side. The bowl is set on a dark grey cloth against a light background.

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



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WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water for 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 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

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.



HAMILTON FIT



**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



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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
- 2/3 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. chilli 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. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper – fry on medium-high heat for about 5 mins 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.*



HAMILTON FIT



**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

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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.

A top-down view of a white ceramic bowl with blue floral patterns, filled with a salad. The salad consists of cubed cucumbers, chunks of avocado, and pieces of grilled chicken with charred skin. A creamy white dressing is drizzled over the ingredients, and fresh basil leaves are scattered on top. The bowl sits on a light-colored, textured cloth. In the bottom right corner, two wooden salad spoons are visible.

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



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. Yoghurt
- 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.



HAMILTON FIT

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

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WHAT YOU NEED

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



HAMILTON FIT



**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



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.



HAMILTON FIT

A top-down view of a white ceramic bowl with a speckled pattern, filled with a fresh salad. The salad consists of large, irregular pieces of pink salmon, diced red tomatoes, sliced cucumbers, and fresh green herbs like cilantro. The entire dish is garnished with small black seeds, likely sesame. A light-colored dressing is visible at the bottom of the bowl. To the right of the bowl, a silver fork with a light blue patterned handle rests on a dark grey cloth napkin. The background is a light-colored wooden surface.

**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



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 pepper and place in a bowl. Using a meat mallet or 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 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.



HAMILTON FIT

A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, green bell peppers, and a creamy yellow dressing, all seasoned with black pepper. To the right of the bowl, a piece of crusty bread topped with yellow mustard seeds is visible. The background features a light-colored wooden surface and a striped cloth.

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



WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (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, yoghurt 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.



HAMILTON FIT

A top-down view of a white ceramic plate with a blue decorative rim. The plate is filled with a salad consisting of grilled zucchini slices, green asparagus spears, and chunks of pinkish-orange tuna. Small, golden-brown, nut-like garnishes are scattered throughout the salad. A semi-transparent white rectangular box is overlaid on the upper right portion of the plate, containing the title text in bold black font.

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



WHAT YOU NEED

- 1 lemon
- $\frac{3}{4}$ cup (160g) tuna pieces in olive oil
- $\frac{1}{2}$ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 $\frac{3}{4}$ cups (350g) asparagus
- $\frac{1}{2}$ 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 collect the oil.

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 pepper and salt.

Cut the courgettes 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.



HAMILTON FIT

A top-down view of a white ceramic bowl filled with a colorful low-carb turkey salad. The salad contains shredded light-colored turkey, sliced red tomatoes, shredded purple cabbage, green herbs, and small black seeds. The bowl is decorated with orange and yellow paint splashes. It sits on a white wooden surface with some herbs scattered around. In the background, there are wooden spoons and a brown cloth.

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



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
- 1/3 cup (30g) almonds, chopped

For the Dressing:

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

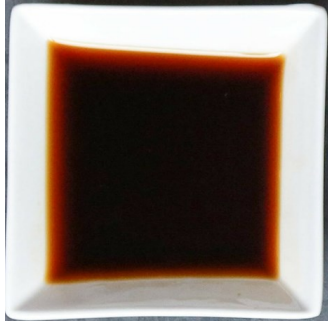
Make the salad dressing by blending all the dressing ingredients together until creamy.

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



HAMILTON FIT

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

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LC

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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 one after the other, leave to soak for 30 seconds. 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.



HAMILTON FIT



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



WHAT YOU NEED

For the Fish:

- 10 oz. (300g) cod fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 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 in 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 the 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.



HAMILTON FIT

A top-down view of a grey ceramic bowl filled with jerk chicken and cauliflower rice. The chicken is on the left, and the rice is on the right. Two lime wedges are on the rice. The bowl is on a patterned placemat.

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



WHAT YOU NEED

For the Marinade:

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

For the Chicken & Rice:

- 1 lbs (450g) chicken breast
- 14oz. (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 marinade, leave to marinade for 15 mins or overnight.

Heat the 1 tbsp. 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 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 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

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

A close-up photograph of a white ceramic plate with a speckled rim. The plate is filled with a salad consisting of arugula, asparagus, and grilled chicken. A grilled lemon half is also on the plate. A silver fork is placed on the left side of the plate. The background is a light-colored wooden surface.

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

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LC

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HP



WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 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 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

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 mins, 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.



HAMILTON FIT

A close-up photograph of several golden-brown, breaded chicken nuggets. The breading is thick and textured, featuring a mix of yellow quinoa, black quinoa, and red quinoa. The nuggets are piled together on a white, crinkled paper liner. A semi-transparent white rectangular box is overlaid on the bottom left of the image, containing the text "HOMEMADE QUINOA CHICKEN NUGGETS" in bold, black, uppercase letters.

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



WHAT YOU NEED

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

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

Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken 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.



HAMILTON FIT



**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

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WHAT YOU NEED

- 1/4 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 earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.

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

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

Add coconut milk, tomatoes and mushrooms, 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.

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

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WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (950ml)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

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

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

Place snow peas in a colander and pour over the boiling water, then add the snow peas 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.



HAMILTON FIT

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



WHAT YOU NEED

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/2 cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

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.



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



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WHAT YOU NEED

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

WHAT YOU NEED TO DO

Add the yoghurt, 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.



HAMILTON FIT



**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



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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 180C.

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 form.

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

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

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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 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.



HAMILTON FIT

A top-down photograph of a small, white ceramic bowl with black speckles. The bowl is filled with several round, golden-brown energy balls coated in shredded coconut. The bowl sits on a light-colored wooden surface. A semi-transparent white rectangular box is centered over the bowl, containing the text "FIT ALMOND ENERGY BALLS" in bold, black, sans-serif capital letters.

**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



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.



HAMILTON FIT

A collage of two photographs of mocha truffles. The left photo shows several round truffles on a dark slate board, with one broken open to reveal a dark, layered interior. The right photo is a close-up of a single truffle, showing its textured, cocoa-dusted surface. A semi-transparent white rectangle with the text 'MOCHA TRUFFLES' is centered over the images.

MOCHA TRUFFLES

MOCHA TRUFFLES



Makes: 10
Prep: 10 mins
Chill: 2 hrs



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



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GF



WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 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 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.



HAMILTON FIT



**VEGAN CRÈME
BRÛLÉE**

VEGAN CRÈME BRULEE



Serves: 4
Prep: 10 mins
Chill: 1 hr



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



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 cane sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from 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.



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

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WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 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 earlier prepared baking paper and store 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 pepper platter, and into the freezer for another 15-20 mins. 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.



HAMILTON FIT