132 Healthy Recipes

ND
ELITE FITNESS

PORTION CONTROL GUIDES

Male Portion Control Guide

LEAN PROTEIN WITH EVERY MEAL:
Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

VEGETABLES WITH EVERY MEAL:
Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

CARBOHYDRATES BASED ON ACTIVITY:
Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

HEALTHY FATS WITH EVERY MEAL:
Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

Female Portion Control Guide

LEAN PROTEIN WITH EVERY MEAL:
Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.
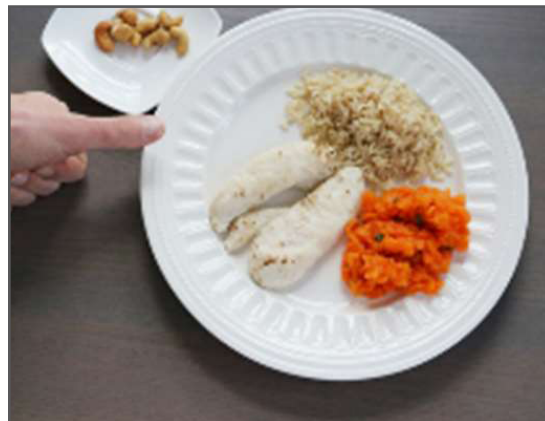

VEGETABLES WITH EVERY MEAL:
Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.
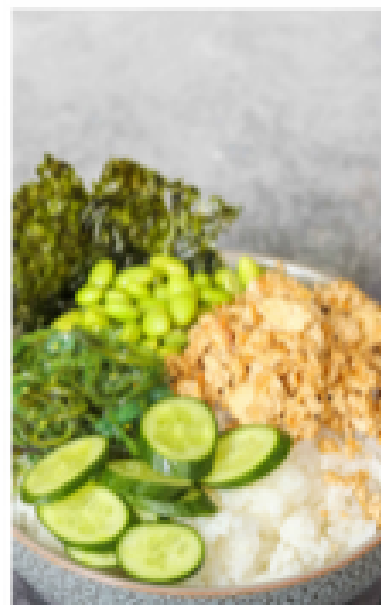

CARBOHYDRATES BASED ON ACTIVITY:
Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

HEALTHY FATS WITH EVERY MEAL:
Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

OMELETTE WRAPS

Serves: 4

Prep: 15 minutes

Cook: 10 minutes

Nutrition per serving:

237 kcals   15g Fats

3g Carbs   20g Protein

WHAT YOU NEED:

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO:

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Fry the other omelettes with the rest of the oil.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.

GF   DF   LC   Q

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OMELETTE WITH COTTAGE CHEESE & BASIL

Serves: 4

Prep: 15 minutes

Cook: 10 minutes

Nutrition per serving:

200 kcals	14g Fats
3g Carbs	15g Protein

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 ¼ oil in a frying pan and bake 1 thin omelette, repeat until you have 4 omelettes. 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 omelettes and roll them up. Cut diagonally and serve immediately.

GF   DF   LC   Q

ASIAN-STYLE SCRAMBLED EGGS

Serves: 1

Prep: 5 minutes

Cook: 5 minutes

Nutrition per serving:

249 kcals   15g Fats

5g Carbs   18g Protein

WHAT YOU NEED:

- 2 eggs
- 2 egg whites
- 1 tsp. coconut oil
- 5 oz.(150g) baby bok choy, chopped
- 1 tsp. fresh ginger, grated

- 2 spring onions, thinly sliced
- 1 red chili, deseeded and chopped
- soy sauce, to serve (optional)
- whole wheat toast, to serve (optional)

WHAT YOU NEED TO DO:

Whisk the eggs and egg whites together in a bowl, season with salt and pepper.

Heat the coconut oil in a frying pan over medium heat. Add the bok choy with 1 tbsp water, cook until tender, then take off the heat and set aside.

In the same pan cook the spring onions, ginger, and chili, for 1 minute.

Add the egg mixture and continue to cook, string, pulling and folding the eggs until they are cooked to your liking.

Remove from the heat and serve on a plate with the bok choy, whole wheat toast and a drizzle of soy sauce (optional).
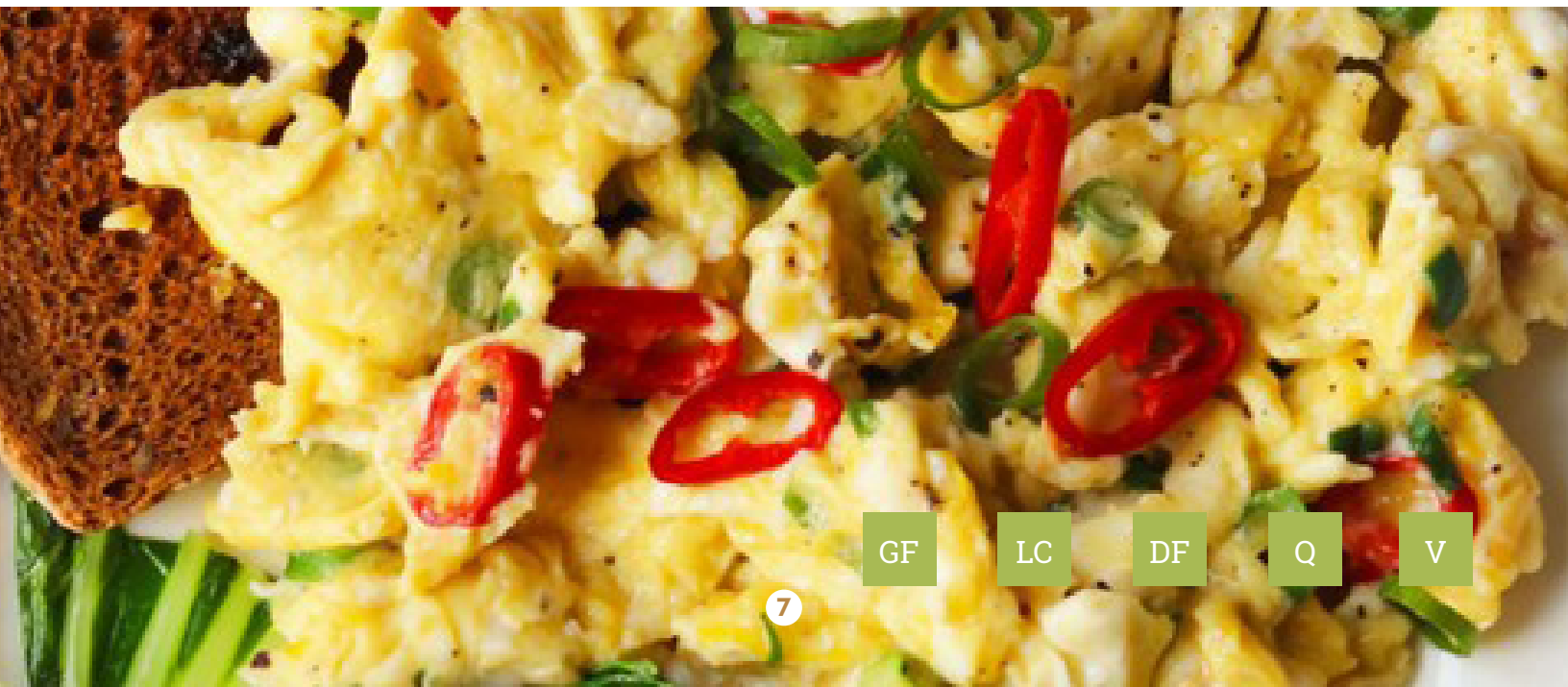
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ASIAN SCRAMBLED EGGS

Serves: 1

Prep: 5 minutes

Cook: 5 minutes

Nutrition per serving:

270 kcals   14g Fats

5g Carbs   19g Protein

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 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.

GF   DF   LC   Q

PROTEIN FRUIT BOWLS

Serves: 2

Prep: 10 minutes

Cook: 0 minutes

Nutrition per serving:

250 kcals	4g Fats
30g Carbs	25g Protein

WHAT YOU NEED:

For the mango bowl:
- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:
- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO:

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

GF   DF   LC   Q

BREAKFAST SALAD BOWL

Serves: 2
Prep: 10 minutes
Cook: 0 minutes

Nutrition per serving:
317 kcals   17g Fats
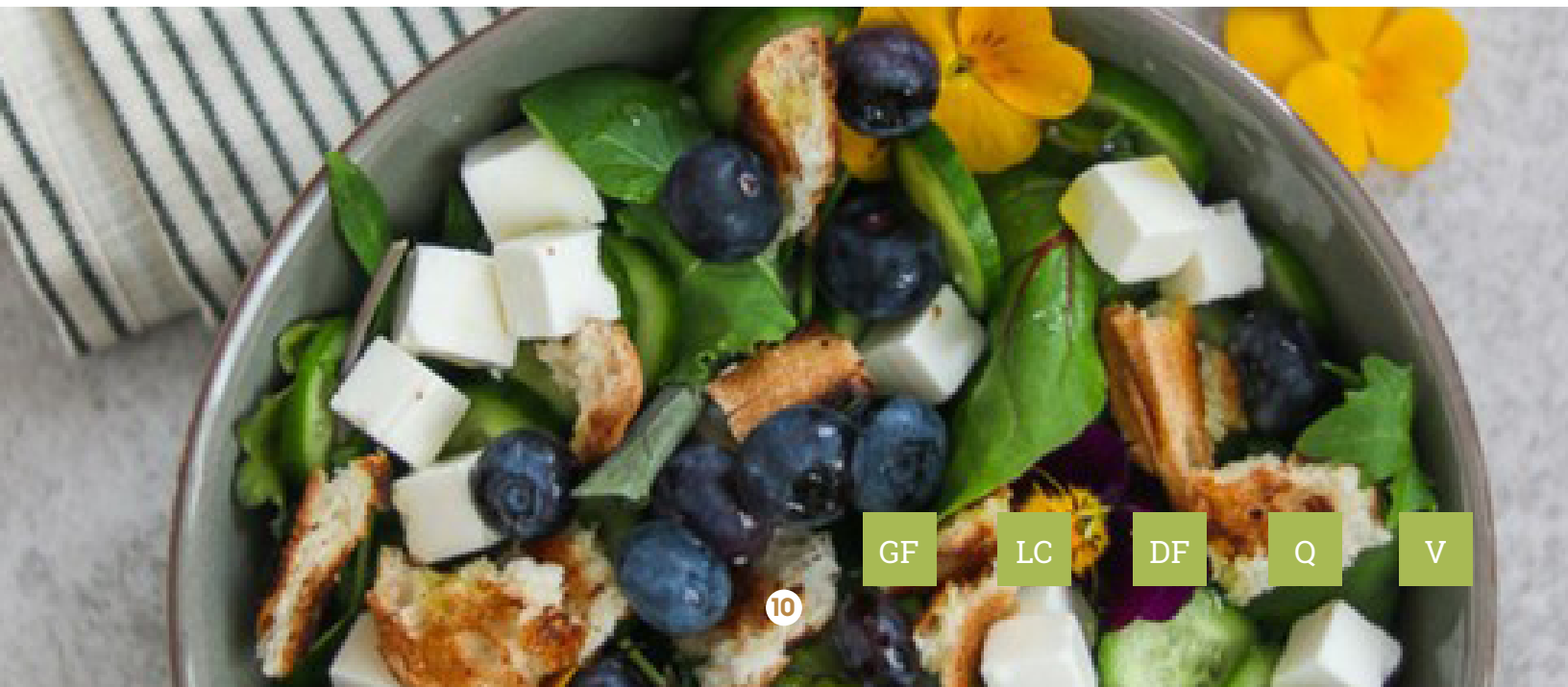32g Carbs   10g Protein

WHAT YOU NEED:

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries

- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

WHAT YOU NEED TO DO:

Toast the bread and tear into small pieces.

Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.

Lastly drizzle with olive oil, honey, and lemon juice.

GF   LC   DF   Q   V