



FUNDAMENTAL FITNESS

FUNDAMENTAL FOOD





Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Get in touch



FUNDAMENTAL FITNESS

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Chocolate mint shake



1 ripe banana
2 icecubes
200ml unsweetened almond milk
(or milk of your choice)
1 tbsp organic cocoa powder
a drop of peppermint extract
35g chocolate flavoured whey
or rice protein powder

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 1



PER SERVING:
305 Calories
34g Carbs
31g Protein
5g Fat

Nutty banana smoothie



1 ripe banana
400ml unsweetened almond milk (or milk of your choice)
35g vanilla flavoured whey or rice protein powder
1 tsp ground almonds
1 tbsp nut butter (of your choice)

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 2



PER SERVING:
250 Calories
19g Carbs
20g Protein
10g Fat

Blueberry protein muffins



small amount of organic coconut oil to grease tin
200g blueberries
75g low fat quark
3 egg whites
1 tsp vanilla extract
3g baking soda
75g vanilla or banana flavoured whey or rice protein powder
10g stevia (or use sweetener of your choice)
100g oatbran
2 tsp ground cinnamon

MAKES 7 MUFFINS



PER MUFFIN:
118 Calories
11g Carbs
14g Protein
2g Fat

Preheat oven to 180°C/350°F.
Grease 7 muffin tin compartments with coconut oil.

Mash the berries thoroughly in a bowl. Stir in the quark, egg whites and vanilla extract and mix well until thoroughly combined.

In a separate bowl, mix the remaining ingredients together.

Pour the wet mixture into the dry mixture and mix thoroughly to combine. Spoon the mixture into 7 of the muffin tin compartments.

Bake in the oven for 15 minutes or until golden brown and spring back to the touch.

Remove muffins from the tin and allow to cool on a wire rack.

Once cooled, store in an airtight container for up to 3 days.



Chewy banana & date flapjacks



35g organic maple syrup
85g organic butter
40g organic coconut oil
75g pitted dates, finely chopped
80g ripe banana
30g banana or vanilla flavoured
whey or rice protein powder
20g organic coconut flour
100g organic oats (use gluten free
if preferred)
10g ground flaxseed
40g ground almonds

MAKES 12 FLAPJACKS



Preheat oven to 180°C/360°F.

Line a baking tray with parchment paper. Gently melt the maple syrup, butter and coconut oil in a saucepan. Allow to cool. Pour the mixture into a blender. Add the dates and banana and pulse into a smooth paste.

Transfer to a large bowl and add all the remaining ingredients. Stir well until combined.

Spoon the mixture onto the baking tray and flatten with a spoon, shaping into a rectangle.

Bake for 25 minutes or until golden brown. Allow to cool for 5 minutes, then cut into 12 pieces. Remove from tray when cool.

Store in an airtight container at room temperature for up to 4 days.



PER FLAPJACK:
176 Calories
13g Carbs
4g Protein
12g Fat

Protein nut freezer bars



- 20g ground almonds
- 20g ground hazelnuts
- 60g chocolate flavoured whey or rice protein powder
- 30g almond butter
- 30g ground flaxseed
- 1 tbsp ground cinnamon
- 30g organic dark chocolate (minimum 70% cocoa)
- 1 tsp chopped hazelnuts for topping (optional)

SERVES 6

Mix all of the ingredients in a bowl, except for the dark chocolate and chopped hazelnuts. Gradually add small amounts of cold water and mix well until the mixture forms the consistency of a thick paste. Cover two baking trays with greaseproof paper. Spoon the mixture in a long thick line onto each tray.

Bring the greaseproof paper up and around the long sides of the mixture, to help it keep its shape. Use several pegs to clip the baking paper together over the bars. Freeze for 20 minutes or until the bars are firm.

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a gentle heat and allow the water to simmer gently. Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate and slowly, stirring regularly. Remove from heat.

Remove the bars from the freezer. Unclip the pegs, and slowly peel away the greaseproof paper. Cover the bars with melted chocolate and sprinkle with the hazelnuts, if using.

Return to freezer. Remove from freezer 15-20 minutes before serving.



PER SERVING:
176 Calories
5g Carbs
12g Protein
22g Fat



Mocha angel whip



300ml unsweetened almond milk
30g chocolate flavoured whey or
rice protein powder
½ tsp xanthan gum
190g low fat quark
1 tsp coffee granules

to serve:

200g mixed berries or raspberries
10g dark chocolate (minimum 70%
cocoa), grated

SERVES 3

Put half of the almond milk, plus the protein powder, xanthan gum, quark and coffee granules in a large bowl and whisk.

Slowly, whisk in the remaining almond milk.

Spoon the berries into dessert bowls. Top with the protein mixture. Chill for at least 30 minutes.

Sprinkle over the grated chocolate and serve with berries.

Refrigerate for up to 2 days.



PER SERVING:

127 Calories

10g Carbs

15g Protein

3g Fat

Lemon chia overnight pudding



250ml unsweetened almond milk
50g chia seeds
zest and juice of ½ a lemon
½ tsp vanilla extract (optional)
100g raspberries (fresh or frozen)
plus a few extra to serve
1 tsp honey (or sweetener of your choice)

SERVES 2



Place all ingredients in a sealable container and mix thoroughly. Refrigerate overnight (minimum 8 hours).

Stir well. Serve with a few extra raspberries.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Spoon a dollop of Greek yoghurt into the bowl with the chia pudding.



PER SERVING:

190 Calories

19g Carbs

6g Protein

10g Fat

Raisin pancakes



- 2 small ripe bananas
- 4 tbsps oats (use gluten-free oats if preferred)
- 30g coconut flour or gluten free plain flour
- 4 egg whites
- 30g vanilla flavour whey or rice protein powder
- 2 tps stevia (or use sweetener of your choice)
- 1 tbsp organic raisins
- 1 tbsp coconut oil

MAKES 6 PANCAKES



Put all of the ingredients except for the raisins and coconut oil into a blender and mix until creamy. Add a dash of water if required – the mixture should be quite thick but runny enough to pour.

Heat a small amount of the coconut oil in a non-stick pan over a medium/high heat. Pour one sixth of the mixture into the centre of the pan. Sprinkle on some of the raisins.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and heat on the other side for 1-2 minutes.

Transfer pancake to a plate. Add more oil to the pan and repeat the process five times with the remaining batter.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with blueberries and honey

PER PANCAKE:
143 Calories
20g Carbs
9g Protein
3g Fat



Summer cous cous



100ml cold water
40g cous cous
½ an apple, core removed and sliced finely
80g fresh apricot or berries
50g Greek yoghurt (use dairy free if preferred)
1 tsp chia seeds (or use seeds of choice)

Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.

Fluff up with a fork and transfer to a serving bowl. Top with the apple, apricot / berries, yoghurt and seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



PER SERVING:
275 Calories
45g Carbs
8g Protein
7g Fat

Kale, cocoa & berry breakfast bowl



a handful of kale leaves
150ml unsweetened almond milk
½ a medium sized ripe banana
40g frozen blueberries
1 tbsp cocoa powder
1-2 ice cubes
1 tsp honey

For the topping:
2 tps sunflower seeds
1 tsp honey
40g raspberries
1 tsp chia seeds

SERVES 1

Place all of the ingredients in a blender (except the topping ingredients) and blend until smooth.

Transfer to a serving bowl.

Add the topping ingredients and serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
292 Calories
48g Carbs
7g Protein
8g Fat

Pear, walnut & vanilla quinoa porridge



30g quinoa
100ml unsweetened almond milk
(or milk of your choice)
2 tsps chia seeds
1 tbs natural sweetener of choice
small pinch of sea salt
1 vanilla pod, with an incision made
lengthways (or use 1 tsp vanilla
extract)
a pinch of ground cinnamon
1 tsp raisins
2 tinned pear halves, sliced
10g walnuts, chopped

SERVES 1

Rinse the quinoa and simmer in a
saucepan of water for around 20 minutes
until cooked.

Meanwhile place the almond milk in a
saucepan over a low heat. Add the vanilla
pod if using, cover and simmer for 20-25
minutes (or longer if you have time).

Drain the quinoa and add to the vanilla
milk, with the chia seeds. Cook, stirring for
15 minutes. Remove pan from heat.

Transfer the contents of the pan to a
serving bowl. Mix in the raisins, vanilla
extract (if using), sweetener and salt. Top
with pear and walnuts. Enjoy warm or cold.

*Store any leftovers in an airtight container
and refrigerate for up to 2 days.*



PER SERVING:
285 Calories
34g Carbs
8g Protein
13g Fat



Colourful veggie scramble



large handful of spinach, chopped roughly

1 tbsp organic coconut oil or butter

100g mushrooms, chopped

30g sun-dried tomatoes, drained and chopped

1 clove garlic, finely chopped

4 medium sized eggs

2 egg whites

salt and pepper to season

SERVES 2



Steam the spinach for around 5 minutes until fork tender. Set aside

In a non-stick frying pan, heat the oil or butter over a medium heat. Add the mushrooms and sauté, stirring for 4 minutes.

Add the steamed spinach, sun-dried tomatoes and garlic. Sauté, stirring for 3 minutes.

Beat the eggs and whites for 30 seconds, then pour evenly over the vegetables. Allow to cook untouched for around 2 minutes.

Gently stir the mixture together until the eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.

Consume immediately.



PER SERVING:
316 Calories
7g Carbs
18g Protein
24g Fat

Cauliflower curry



300g cauliflower florets
1 tsp ghee or organic butter
2 medium white onions, diced
2 garlic cloves, finely chopped
1 thumb sized piece fresh ginger, finely chopped
2 tsps ground cumin
2 tsps black mustard seeds
2 tbsps curry powder
4 green chills (optional)
400ml fresh vegetable stock or use 1 organic stock cube
200g passata
1 x 400g tin chickpeas
sea salt flakes
1 handful fresh coriander, finely chopped

Bring a saucepan of water to the boil, add the cauliflower and cook for 2 minutes. Remove from heat and drain.

In a large saucepan, melt the ghee / butter over a medium heat. Add the onions and sauté for 5 minutes.

Add the garlic, ginger, cumin and mustard seeds. Sauté for 5 minutes, stirring regularly.

Add the curry powder, chillis, stock, passata and chickpeas, and bring to the boil. Reduce to a simmer.

Season with salt and cook, covered for 10 minutes. Remove from heat, stir in the coriander and serve.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.

SERVES 3



PER SERVING:
237 Calories
29g Carbs
10g Protein
9g Fat



Feta egg bake



2 medium sized sweet potatoes,
peeled and diced
100g white onion, diced
salt and pepper to season
1 tbsp coconut oil or butter plus
extra for greasing
4 medium sized eggs
small handful spinach, finely
chopped
60g Feta cheese, diced

SERVES 4

Preheat oven to 180°C / 375°F

Heat the coconut oil / butter in a non-stick frying pan over a medium-high heat.

Add the potatoes and onion and sauté for 10-15 minutes, or until they begin to soften. Season with salt and pepper.

Grease a baking dish with a small amount of coconut oil or butter.

Transfer the potatoes and onion to the bottom of the baking dish then crack the eggs on top. Sprinkle on the Feta cheese and spinach. Oven bake for 25-30 minutes, or until the eggs are cooked to your liking.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
196 Calories
13g Carbs
9g Protein
12g Fat

Protein stuffed peppers



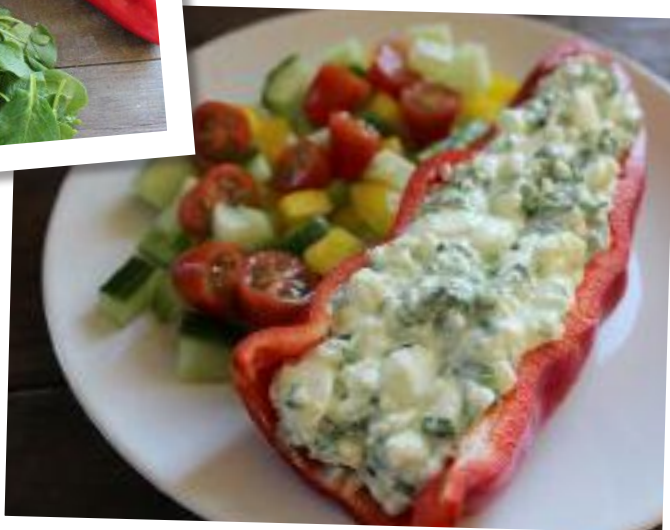
250g plain cottage cheese
small bunch of fresh chives,
chopped finely
small handful of spinach leaves,
chopped finely
1 ramiro / romano pepper, cut in
half lengthways
black pepper to season

In a bowl, mix the cottage cheese, chives
and spinach together. Season with pepper.

Spoon into each half of ramiro pepper.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days.*

SERVES 1



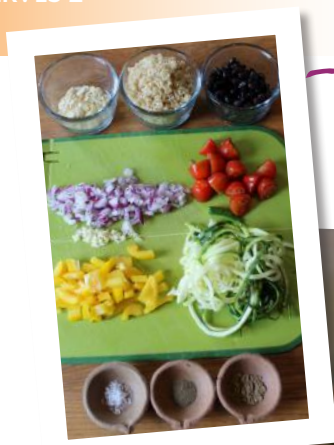
PER SERVING:
206 Calories
21g Carbs
26g Protein
2g Fat

Quinoa & black bean salad



1 tsp coconut oil
half a small red onion, diced
1 clove garlic, chopped
6 baby plum tomatoes
½ a courgette, spiralled or cut into thin strips
1 green finger chilli, sliced
½ a yellow bell-pepper, diced
100g tinned black beans
salt and pepper to season
¼ tsp ground cumin
½ tsp ground coriander
100g cooked quinoa
sprinkle of flaked almonds

SERVES 2



PER SERVING:
219 Calories
29g Carbs
10g Protein
7g Fat

Melt the coconut oil in a large frying pan over a medium heat.

Add the red onion and sauté for 1 minute. Add the garlic and baby tomatoes.

Add the courgette and chilli and stir. Sauté for 2 minutes.

Add the yellow pepper and a drop of cold water.

Add the beans and stir. Turn the heat up.

Add the salt, pepper, cumin and coriander, and stir.

Add the quinoa and stir well. Add a drop more water if the mixture sticks to the pan.

When everything is heated thoroughly, serve topped with flaked almonds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



Mexican bean chilli



2 x 400g cans mixed beans or black beans, rinsed
175g quinoa (uncooked), rinsed
250ml fresh vegetable stock (or use 1 organic stock cube)
50ml (or more) cold water
1 x 400g can chopped tomatoes
small bunch of coriander, chopped
1 red bell-pepper, finely diced
1 tbsp garlic, finely chopped
2 finger chillis, chopped finely
½ medium sized white onion, diced
1 cinnamon stick
2-3 tps chilli powder
1 tsp cumin powder
1 tsp onion powder
½ tsp ground pepper
½ tsp sea salt

SERVES 6

Place all ingredients in a large saucepan over a high heat and bring to a boil.

Reduce heat to low, cover and simmer.

Check after 30 minutes. Add a drop more water if the mixture looks a bit dry.

Cook for another 30 minutes. Add more water if the mixture is sticking to the pan.

Serve garnished with extra coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
211 Calories
35g Carbs
11g Protein
3g Fat

Chinese style tofu stir fry



450g fresh tofu (firm variety), cut into small blocks
300g tinned mixed salad beans
5 spring onions, chopped finely
2 garlic cloves, finely chopped
3 tbsps dark soy sauce
2 tbsps Worcestershire sauce
2 tps Chinese 5 spice
2 tps organic coconut oil
350g mixed stir fry vegetables
4-6 green chillis (optional)
250g beansprouts

SERVES 2

In a bowl, mix the tofu with the salad beans, spring onions, garlic, soy sauce, Worcestershire sauce and Chinese 5 spice. Cover and marinate in the fridge for 1 hour (or more if you have time).

Remove tofu from the marinade mixture and set the mixture aside.

Heat the oil in a wok, over a high heat, and carefully fry the tofu for 5 minutes or until golden. Remove tofu from wok and set aside.

Put the remaining marinade ingredients into the wok and stir fry for 3 minutes. Add the stir fry vegetables and chillis (if using) and cook for 3 minutes. Add the beansprouts and cook for 5 minutes, stirring frequently.

Serve the stir fry vegetables in a bowl, and top with the tofu and spring onions.

Store in an airtight container and refrigerate for up to 4 days.



PER SERVING:
456 Calories
44g Carbs
34g Protein
16g Fat

Creamy quinoa & yellow split pea curry



- ½ tsp cumin seeds
- 5g ghee or coconut oil
- 1 small cinnamon stick
- 1 tsp dried crushed red chillis
- 5-6 curry leaves
- 1 small red onion, finely chopped
- 2 cloves garlic, finely chopped
- equivalent amount of ginger, finely chopped
- 1 medium tomato, chopped
- 150g yellow split peas (dry weight, soaked overnight and drained)
- 100g uncooked quinoa
- 1 tsp garam masala
- ¾ tsp ground turmeric
- ½ tsp sea salt
- 100g plain quark (or use dairy free yoghurt)
- handful of chopped coriander to garnish

Roast the cumin seeds for 2-3 minutes in a large saucepan over a medium heat. Add the ghee/oil and stir to melt.

Add the cinnamon stick, chillis and curry leaves and fry for 1-2 minutes to release the flavours. Add the onion, and cook for 5 minutes until soft, stirring occasionally.

Add the ginger and garlic and stir for 1 minute. Add the tomato and stir.

Add the yellow split peas and quinoa along with approximately 400ml boiling water.

Add the garam masala and turmeric and stir. Bring to a simmer and allow to cook for 35-40 minutes, stirring occasionally. Add more water as and when required. Once the curry has reached a similar consistency to porridge oats, add the salt and stir in the quark. Serve garnished with chopped coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 2



PER SERVING:
524 Calories
69g Carbs
26g Protein
12g Fat



Mediterranean baked eggs



1 tsp ghee or coconut oil
½ a red onion, finely chopped
½ a red pepper, finely sliced
½ a yellow pepper, finely sliced
4 garlic cloves, finely chopped
400g tinned chopped tomatoes
½ tsp paprika
½ tsp oregano
¾ tsp dried basil (or use fresh chopped basil)
pinch of sea salt
20g Cheddar cheese, grated (or use dairy free cheese)
3 eggs

SERVES 2

Preheat oven to 200°C / 400°F.

Melt the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring occasionally.

Add the red and yellow pepper and sauté for 2-3 minutes, stirring occasionally until soft.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tomatoes and herbs and spices. Stir well and cook for 2 minutes.

Transfer the contents of the pan to a medium sized ovenproof dish.

Make 3 small wells in the mixture and carefully crack an egg into each.

Sprinkle over the grated cheese.

Bake for 25-35 minutes, until the eggs are cooked. Serve.

Consume immediately.



PER SERVING:
254 Calories
16g Carbs
16g Protein
14g Fat



Thai green vegetable curry



2 tsps organic coconut oil
1 thumb sized piece of fresh ginger, finely chopped
3 cloves garlic, peeled and finely chopped
2-3 green chillis (optional), chopped
3 tbsps Thai green curry paste
1 large sweet potato, peeled and diced
4-5 lime leaves (optional)
1 x 400g tin chickpeas, drained and rinsed
200ml coconut milk
100ml cold water
1 large handful of spinach
juice of half a lime
small bunch fresh coriander, chopped

SERVES 2



PER SERVING:
425 Calories
48g Carbs
11g Protein
21g Fat

Melt the oil over a medium heat in a large saucepan. Add the ginger, garlic, chillis and curry paste. Sauté gently for 2-3 minutes, stirring occasionally.

Add the sweet potato, lime leaves (if using) and chickpeas. Stir to coat in the curry paste.

Add the coconut milk and water and bring to a simmer. Cook uncovered for 15-20 minutes or until the sweet potato is cooked.

Add the spinach and stir. Cook for 1-2 minutes.

Add the lime juice and stir. Remove from heat.

Serve with chopped coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

