

Eating healthy is not difficult or boring. Food is designed to fuel our bodies for everyday use and in the gym. My beliefs in living a healthy life is all about educating yourself in how to cook real food and using this to create a strong healthy body. Using the meals in this book, you are able to correctly track calories and macros. Each meal has a full breakdown of calories, carbohydrates, proteins and fats.

## Shopping & Ingredients List:

- 1 tbsp unsweetened **Cocoa Powder**
- 1 tbsp **Instant Coffee**
- 2 tbsp **Peanut Butter**
- 250ml **Almond Milk**
- 1 tsp **Stevia**



## Method

1. Heat almond milk with the instant coffee in small saucepan until simmering.
2. Carefully add milk into a blender along with the other ingredients & blend until smooth. Serve immediately.

## Macro info per serving

Protein  
**6g**

Carbs  
**12g**

Fat  
**19g**

Energy  
**243kcal**

## Shopping & Ingredients List:

50g **Ground Almonds**  
 2 tsp **Coconut Oil**  
 200g **Plain Flour**  
 1 tsp **Baking Powder**  
 1 tsp **Bicarbonate of Soda**  
 ½ tsp **Ground Cinnamon**  
 100g **Caster Sugar**  
 100g **Marzipan**, diced  
 25g **Pistachios**, chopped  
 25g **Raisins**  
 50g dried **Cranberries**  
 50g dried **Apricots**, diced  
 2 large **Eggs**  
 100g **Butter**, melted & cooled  
 125ml **Natural Yogurt**  
 1 tsp **Almond Extract**  
 2 tbsp **Icing Sugar**  
 1/4 tsp **Cinnamon**



## Method

1. Heat oven to 220c (200 fan), 450f, gas 7. Put muffin cases into a 12 hole muffin tin lightly greased tin using melted coconut oil.
2. Mix the flour, ground almonds, baking powder, bicarb, pinch of cinnamon, sugar, marzipan, nuts & dried fruit in a bowl.
3. In another bowl whisk together the eggs, melted butter, yogurt & almond extract. Pour over the dried ingredients & mix together with wooden spoon until just combined. Do not overmix.
4. Divide the mix between the muffin cases & bake on top shelf oven for 5 mins.
5. Then lower the heat to 180c (160 fan), 350f, gas mark 4 & bake for 15 mins until risen, golden & a skewer comes out clean.
6. Once they have cooled a little and are firm enough to handle, lift out of the tin onto wire racks and cool for 5 mins. Mix the icing sugar with the remaining 1/4 tsp cinnamon and sieve over the muffins. Serve warm.
7. Will keep for 3 days in an airtight container.

## Macro info per serving

Protein  
**7g**

Carbs  
**37g**

Fat  
**15g**

Energy  
**315kcal**

## Shopping & Ingredients List:

1 Apple  
¼ Avocado  
handful of Baby Spinach Leaves  
¼-½ tsp Mixed Spice

100ml water  
handful of ice cubes



## Method

1. Place all the ingredients together into a high powered blender & blend until smooth. Serve immediately.

## Macro info per serving

Protein  
**2g**

Carbs  
**24g**

Fat  
**7g**

Energy  
**167kcal**

FUEL YOUR BODY