

30

*Quick & Delicious Meals
That Will Help You Lose
Fat & Build Muscles*



Thank you for downloading the 30 Quick & Delicious Meals That Will Help You Lose Fat & Build Muscles Recipe Book.

Who says healthy eating has to be bland? (Not us!)

You don't have to eat boring boiled chicken & broccoli diet to lose fat and build muscles. My clients eat the food they love and get extraordinary results.

Inside you'll find thirty healthy & delicious recipes that will help you lose fat & build muscles in no time.

Inside you'll find:

- Breakfast options
- Lunch options
- Dinner options
- Snacks
- Plant based options

I hope this guide gives you few great ideas and help you make your meal planning a little easier, healthier and enjoyable.

Committed to your success,

Gayana Perera



Breakfast



COTTAGE CHEESE PANCAKE

Ingredients:

- 30g oats, pulsed in the blender to make "oat flour"
- 2 heaping tablespoons pancake mix
- 2 egg whites
- 115g non-fat cottage cheese
- 3 tablespoons non-fat milk or oats milk more if necessary
- 1/2 teaspoon vanilla extract
- 1tbs sugar free syrup

- Step 1 Place all the ingredients in a blender and process until smooth. Add more milk if necessary, to achieve a nice pancake batter consistency.
- Step 2 Scrape the mixture out into a bowl.
- Step 3 Place a large non-stick skillet over medium heat. Lightly coat the pan with non-stick cooking spray. The pan is ready when a drop of water sizzles in the pan.
- Step 4 Pour a 1/4-cup portion of batter into the pan. (You should have enough for 4 pancakes, which may or may not all fit in the pan at once. If not. Cook them in batches.)
- Step 5 Cook until the batter begins to look set, and the underside is lightly browned 2-3 minutes.
- Step 6 Gently flip and continue to cook until both sides are lightly browned, and the insides are cooked through, 2-3 more minutes.
- Step 7 Repeat with any remaining batter.
- Step 8 Top with sugar free syrup and serve.

Per Serve

Calories : 315 Cal

Protein : 25g

Carbs : 35g

Fat : 7.5g



BLUEBERRY OATS MUFFIN

Ingredients:

- 65g Oats
- 50g Blueberries
- ½ tsp baking powder
- 15g Whey Protein powder
- Pinch of salt
- 125ml almond milk
- Dash of vanilla
- 1 tsp sugar free syrup
- 1 tsp peanut butter

- Step 1 Take all the ingredients and place it in a blender and blend it till smooth.
- Step 2 After blending mix in some blueberries.
- Step 3 Transfer the mixture to an oven safe bowl.
- Step 4 Bake at 200c for 20 min.
- Step 5 Top with peanut butter and serve.

Per Serve

Calories : 385.9 Cal

Protein : 22.2g

Carbs : 57.1g

Fat : 8.9g



EGG WHITE CASSEROLE

Ingredients:

- 1 teaspoon extra virgin olive oil (7g)
- 250g egg white
- 50g Non-Fat Plain Greek Yoghurt
- 100g mushrooms sliced
- 50g onion
- 100g tomato
- 45g part skim Mozzarella
- Salt to taste

- Step 1 Preheat the oven to 180 C. Spray a casserole tray with cooking spray.
- Step 2 Whisk Egg Whites, yoghurt, salt and pepper together in a bowl. Pour into the prepared dish.
- Step 3 Bake in the preheated oven until starting to set, about 10 minutes,
- Step 4 Meanwhile, sauté mushrooms and onions in a pan until softened, 5 to 10 minutes. Spread Mushroom mixture and tomato over parbaked egg layer. Cover with grated cheese.
- Step 5 Continue baking until eggs are set and cheese is melted, 10 to 15 minutes.

Per Serve

Calories : 414.1 Cal

Protein : 47.6g

Carbs : 18g

Fat : 17.1g



EGG WHITE OMELETTE QUESADILLA

Ingredients:

- 250g Egg Whites
- 1 teaspoon butter (7g)
- 1 teaspoon Mix Herb Seasoning
- 45g Part Skim Mozzarella
- 30g Green onions
- ½ teaspoon Paprika Powder
- 5g parsley
- 15g cherry tomato
- Salt to taste

- Step 1 Preheat a nonstick pan on medium flame.
- Step 2 Add butter and grease the pan well.
- Step 3 Once the pan is hot, add the egg whites and then the seasonings on top and then cover the pan approximately for 2 minutes so that the egg whites are no longer runny and liquidy.
- Step 4 Next add mozzarella and green onions to one side.
- Step 5 After adding the ingredients carefully flip over the other side to make the quesadilla.
- Step 6 Cook approximately 3 minutes each side or till the quesadilla is golden brown.
- Step 7 When cooked carefully plate and slice the quesadilla, sprinkle chopped parsley and halved cherry tomatoes. serve hot and enjoy.

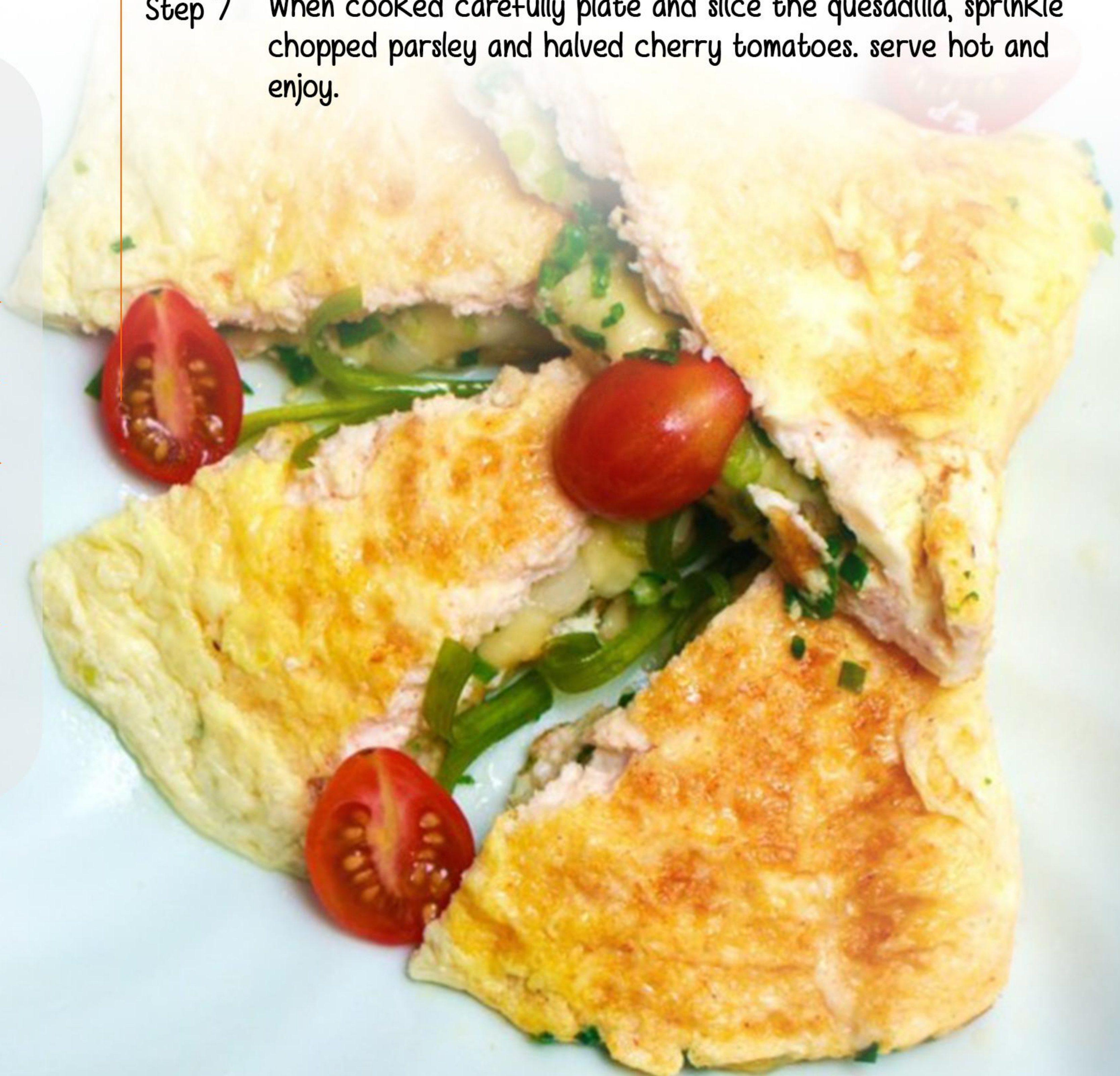
Per Serve

Calories : 337 Cal

Protein : 39g

Carbs : 9.4g

Fat : 15.6g



MOCHA PROTEIN SMOOTHIE BOWL

Ingredients:

- 50g banana
- 300ml Unsweetened almond milk
- 1 teaspoon instant coffee granules
- 100g frozen cauliflower, steam before freezing for best flavour
- 100g avocado frozen or room temp
- 1 scoop whey protein powder (35g) chocolate flavour
- 1 tablespoon unsweetened cocoa powder

Toppings

- 50g avocado
- 50g apple
- 50g Greek yogurt
- 10g cherry

Step 1 Add all of the ingredients to a high-powered blender and blend on high for 1-2 minutes, or until mixture is smooth and has no clumps.

Step 2 Pour into a bowl and add your toppings, if using. Eat immediately and enjoy!

Per Serve

Calories : 589 Cal

Protein : 31.9g

Carbs : 59.4g

Fat : 34.2g



KIRIBATH WITH LUNUMIRIS (COCONUT RICE WITH SAMBAL)

Ingredients:

Kiribath

- 65g rice
- 140ml water, plus more for rinsing the rice
- 2 cardamom pods (optional)
- 100 ml canned coconut milk
- 1tsp salt

LunuMiris

- 1 medium size finely chopped red onion
- 1 tbsp finely chopped fresh red/green chilli
- 1 tbsp fresh lime juice, divided
- 1 tsp salt
- ½ tsp chilli powder or ¼ teaspoon cayenne pepper
- ½ tsp ground turmeric
- ½ tsp cracked black pepper

Step 1 Place rice in a medium saucepan; add water to cover. Swirl rice to rinse and drain. Repeat the process twice, pouring off as much water as possible. Add water and cardamom, cover and cook until water is mostly absorbed, for about 15 minutes.

Step 2 Uncover rice; stir in coconut milk and salt. Cook over low heat, stirring often, until coconut milk is mostly absorbed, and mixture is creamy and thick, for about 5 minutes. Remove cardamom. Transfer rice to a platter or baking sheet; top with a piece of parchment paper. Spread rice into a 1 1/2-inch-thick rectangle; use a spatula to flatten the top. Let cool at room temperature until set, for about 5 minutes.

Step 3 Place the shredded onion in a medium bowl; set aside. Using a mortar and a pestle mash the fresh chilli, lime juice, salt, chilli powder, turmeric, and the onion until the mixture is crushed and well combined. Add the onion into a bowl and stir in cracked black pepper. Serve with kiribath.

Modifications

- If you like to make more portions, multiply the ingredients into the number of portions.
- Use thick coconut milk and stir well in low heat instead of using water.
- This meal can be served with any curry or with stevia syrup if you prefer as a sweet dish.

Per Serve

Calories : 444.9 Cal

Protein : 7.3g

Carbs : 65.4g

Fat : 15.3g



EGG BURGER

Ingredients:

- 2 eggs
- 1/2 onion
- 1/4 cucumber
- 1/4 tomato
- black pepper as required
- salt as required
- 1 tsp olive oil
- 1 burger bun (4" diameter)
- 1 sandwich cheese slice

- Step 1 Beat the eggs with salt and pepper powder. Keep aside.
- Step 2 Heat little oil in a pan. Sauté the finely chopped onions.
- Step 3 Add to the egg mixture
- Step 4 Heat a tawa over medium flame.
- Step 5 Add a little oil and make omelettes from the mixture.
- Step 6 Place the buns and toast the insides for 30 seconds.
- Step 7 Place an omelette on the bottom half of the bun.
- Step 8 Place a slice of cheese, cucumber, tomato, and onion rings.
- Step 9 Cover with the top half of the bun.

Per Serve

Calories : 442.5 Cal

Protein : 22.2g

Carbs : 39.3g

Fat : 21g





Lunch

PRAWN NASI GORENG

Ingredients:

For the Spice Paste:

- 1 small shallots (25g), roughly chopped
- 2 medium cloves garlic
- 1 large fresh green chili, stemmed and seeded
- ½ tsp shrimp paste

For the NasiGoreng:

- 50g raw rice.
- 1 tsp olive oil (7g)
- 1 tsp soy sauce
- salt
- Ground white pepper
- 150g raw prawns

To Serve:

- 1 fried egg, cooked sunny-side up or over easy
- Sliced cucumbers (optional)
- Sliced tomatoes (optional)
- Fried shallots (optional)

Step 1 For the Spice Paste: Add half the shallots to a mortar and grind with the pestle until a coarse purée form. Add remaining shallots, garlic, chili, and shrimp paste (optional), grinding with the pestle until each ingredient is mostly incorporated before adding the next. The final paste should resemble thick oatmeal in texture. Or combine all spice paste ingredients in a small food processor and process until they form a paste.

Step 2 Heat oil in a large wok or skillet over high heat until shimmer. Add spice paste and the chopped prawns, stirring constantly and scraping the bottom of the wok or pan to prevent the paste from burning, until a pungent smell permeates your kitchen, and the paste turns a few shades darker, for 2 to 3 minutes. Reduce heat to medium at any time if the paste appears darker too quickly.

Step 3 Add rice to the wok and stir to coat with the spice paste. Add soy sauce. Stir and cook until rice is evenly colored and mixed. Season with salt and white pepper.

Step 4 Serve the rice to a plate and top it with a fried egg. Garnish with cucumber and tomato slices and shower with fried shallots.

Modification

- If you like to make more portions, multiply the ingredients into the number of portions.
- Instead of using prawns you can also use any sort of meat (chicken, beef) finely diced and cooked with the paste.
- You can also use fresh herbs like coriander or mint for a more pungent flavour.

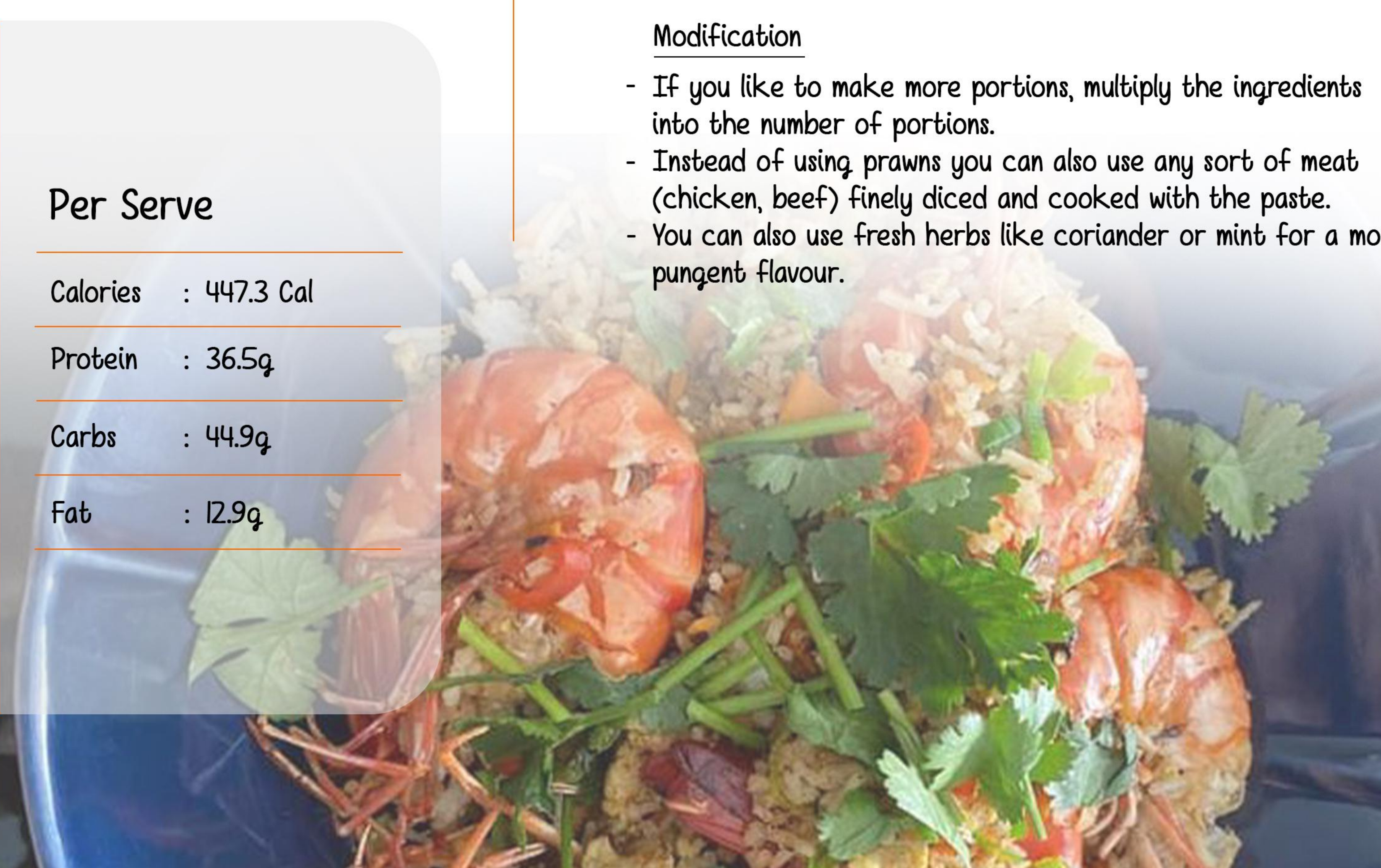
Per Serve

Calories : 447.3 Cal

Protein : 36.5g

Carbs : 44.9g

Fat : 12.9g



RICE WITH CHICKEN AND VEGETABLE CURRY

Ingredients:

- 65g basmati rice, (raw)
- 1 teaspoon extra virgin olive oil
- 150g boneless Chicken Breast
- 30g onion, chopped
- 2 cloves garlic, finely chopped
- ½ teaspoon finely chopped peeled fresh ginger
- 100g carrots, peeled and cut into to cubes
- 50g potatoes, peeled and cut in to cubes
- 50g Capsicum, cut in to chunks
- 100g spinach
- 1 Tablespoons curry powder
- 1 teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 50g diced tomatoes
- 30g chopped fresh cilantro
- 50ml canned coconut milk
- 230ml water
- Salt and pepper to taste

- Step 1 First rinse the rice well under running water and cook the rice with 130ml of water, pinch of salt and in medium low heat for approximately 15minutes. Once done keep and set aside
- Step 2 Season the chicken pieces with sea salt and freshly ground black pepper. Heat oil in a large, heavy pot over medium heat, add the chicken in batches and lightly brown. Remove with a slotted spoon to a plate and continue cooking all the chicken in the same manner.
- Step 3 Add the onion, garlic and ginger to the pot and cook, stirring until softened, about 5 minutes. Add the carrots, and remaining vegetables. Cook another few minutes.
- Step 4 Add the chicken and any accumulated juices on the plate back in the pot. Add the curry powder, spices and salt and cook, stirring, 1 minute. Add the s diced tomatoes along with 100ml water and chopped cilantro and bring to a simmer. Cover the pot and simmer gently, stirring occasionally until the chicken is cooked through, about 20 minutes.
- Step 5 Add the coconut milk, and simmer gently uncovered, stirring until sauce is thickened, about 5-10 minutes. Stir in spinach leaves and stir until wilted. Serve on rice.

Per Serve

Calories : 735.9 Cal

Protein : 48.7g

Carbs : 89.2g

Fat : 20.9g



FISH WITH TURMERIC & VEGETABLE RICE

Ingredients:

- 150g white fish fillet
- 140ml water
- 65g basmati rice (raw)
- 1/2 tsp ground turmeric
- 150g frozen mix vegetable (carrot, beans, broccoli, corn etc...)
- 1 tablespoon curry paste
- 1 teaspoon fresh lemon juice
- 1 teaspoon extra virgin olive oil (7g)
- Salt and Pepper to taste
- 1 lemon, cut into wedges, to serve

- Step 1 Cover and bring the water to the boil in a medium saucepan over medium-high heat. Add rice and turmeric and stir to combine. Cover and return to the boil. Reduce heat to medium and cook, partially covered, without stirring, for 2 minutes. Stir in vegetables and simmer, covered, for a further 4-5 minutes or until rice and vegetables are tender. Remove the lid and use a fork to fluff the grains of rice. Taste and season with salt and pepper.
- Step 2 Meanwhile, combine the curry paste and lemon juice in a small bowl. Brush the mixture over both sides of the fish fillets. Heat the oil in a non-stick frying pan over medium heat. Cook the fish fillets for 2-3 minutes each side or until the flesh flakes with a fork.
- Step 3 Spoon the turmeric & vegetable rice evenly among serving plates. Serve immediately with the fish and lemon wedges.

Per Serve

Calories : 571.6 Cal

Protein : 42.2g

Carbs : 82.7g

Fat : 8.4g



CHICKEN SUBMARINE

Ingredients:

- 1 medium size hot-dog bun
- 150g boneless chicken breast
- 1 teaspoon butter (7g)
- 1 medium onion
- 2 garlic cloves
- 50g thinly sliced leeks
- 50g tomato
- 50g bell pepper
- 1 teaspoon chilli flakes
- 30g low fat mozzarella cheese, grated
- Salt and pepper to taste

- Step 1 Cut the chicken into small cubes; around 2 cm in width will work well.
- Step 2 In a large pot, heat the butter and add the cubed chicken. Fry them until they are golden brown and crispy. It could take something like 20 minutes. Also, remember to keep the heat at low to medium.
- Step 3 Mash the garlic cloves and cut the onions, bell pepper and tomatoes into small pieces; keep them slightly smaller than the chicken pieces.
- Step 4 Cook the mixture until the onions wilt and begin to take a brownish colour. Now, add the mashed garlic and give it a good stir. Let the garlic cook for around half a minute and then add the bell peppers. Cook until the bell peppers soften just a little bit, for around just a minute.
- Step 5 Then, add the chopped tomatoes and the fried chicken cubes and give it a good stir. Cover the pot and let it cook for around 4 to 5 minutes on very low heat. Add the cheese, mix well, and cook until the cheese is melted season the mixture with salt pepper and chilli flakes.
- Step 6 Using a knife, make deep horizontal slits along one side of the submarine buns, heat a pan, and then gently toast them. Serve the stuffing inside and serve hot.

Per Serve

Calories : 547.6 Cal

Protein : 49.6g

Carbs : 52.8g

Fat : 16.4g



SRILANKAN BEEF CURRY

Ingredients:

- 150g lean beef (veal, lamb leg, kangaroo, goat, camel)
- 1 teaspoon extra virgin olive oil (7g)
- 2 cloves garlic
- ½ inch ginger
- 1 teaspoon white vinegar
- 1 teaspoon chilli powder
- 1 teaspoon curry powder
- ½ teaspoon cayenne pepper
- 1 fresh curry leaf
- ½ strips pandan leaf
- 50g onion, sliced
- 1 inch piece cinnamon stick
- ½ green cardamom pods
- ¼ whole cloves
- 1 tablespoon tomato paste
- 150ml water
- 50ml canned coconut milk
- Salt and black pepper to taste

- Step 1 Rinse the beef and pat dry. Crush the garlic cloves into a paste and combine it with the crushed ginger. Add the vinegar, salt, pepper, chilli powder, curry powder, and cayenne. Mix in the beef cubes and toss to coat. Set aside for 30 minutes.
- Step 2 Heat the oil in a dutch oven over medium heat. Add the curry leaves and pandan strips. Stir in the onions. Cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes.
- Step 3 Mix in the beef cubes and cook until browned on all sides, about 10 minutes. Stir in the cinnamon stick, cardamom pods, and cloves. Add the tomato paste and water and mix well.
- Step 4 Simmer, cover, on low heat for 30min or until the meat is tender. Check the curry, you may need to add more water (up to 1 cup) if the curry is too dry and is sticking to the pan.
- Step 5 Add the coconut milk and heat through. Taste and adjust the seasonings before serving.

Per Serve

Calories : 382.5 Cal

Protein : 36g

Carbs : 13.8g

Fat : 19.9g



SPINACH MUNG BEANS CURRY

Ingredients:

- 200g spinach
- 50g mung beans
- 30g onion
- 50g frozen green peas
- 2 green chillies
- 1 teaspoon cumin
- 1 teaspoon garam masala powder
- 1/2 teaspoon ginger paste
- 1/2 teaspoon garlic paste
- 1 teaspoon red chilli powder
- 250ml water
- Salt to taste

- Step 1 Soak the mung beans overnight. Clean and wash and chop spinach leaves, chop onions, green chillies and keep them aside in separate bowls.
- Step 2 Heat oil in a pan and fry cumin in it. Add chopped onions, green chillies and fry until onions turn translucent.
- Step 3 Add ginger paste, garlic paste and fry till the raw smell subsides. Add all the masalas with water and let this mixture cook for 1-2 minutes.
- Step 4 Stir in the mung beans and boil for 10 minutes. Once thoroughly boiled add the spinach and green peas. cook for about 5-6 minutes on low flame.
- Step 5 Stirring occasionally add salt. Once you get the desired consistency, switch off the flame and serve

Per Serve

Calories : 335.4 Cal

Protein : 23.8g

Carbs : 61.1g

Fat : 3.4g



TANDOORI FISH WRAP

Ingredients:

- 1 mission low carb wrap
- 125g white Fish Fillet (barramundi, Basa, Prawns, Calamari, Dori, Ling snapper, Whiting)
- 1 teaspoon extra virgin olive oil (7g)
- 1 teaspoon Lemon Juice – For sprinkling on cooked fish before serving

For the Marinade:

- 1 tablespoon low fat Yogurt
- 1 tablespoon Tandoori Spice Mix, home-made or store-bought
- 1 teaspoon lime juice

Seasoning:

- 1 teaspoon Red Chili Powder, add as per taste
- 1 teaspoon Ginger + Garlic Powder
- Salt and pepper to taste

Toppings:

- 50g Cabbage
- ½ thinly Sliced Pickled Onions or plain onions
- 50g Thinly Sliced Carrots
- 1 Jalapeno, chopped
- 1 Sprigs Fresh Cilantro, you can use parsley
- Lemon Wedges to serve

Marinate the Fish:

- Step 1 In a large bowl, add 1 tablespoon low fat yogurt and all the marinade ingredients and whisk to a smooth paste.
- Step 2 Now add the powdered spices and whisk everything evenly.
- Step 3 Add the fish fillet to the marinade, using your hand evenly coat both the sides.
- Step 4 Cover the marinated bowl with a lid and refrigerate for an hour.
(TIP: The more time you give to marinate, the better the taste)

Grill the Fish:

- Step 1 Heat the grill using coal or wood chips. Keep the temperature low.
- Step 2 Take the marinated fish and place them one by one on the grill.
- Step 3 Let this grill for 2 minutes and then turn the fish and grill another 2 minutes.
- Step 4 Remove the fish as soon as they are cooked (fish burns quickly).
- Step 5 Cut the grilled fish into bite-size pieces

Making the Tandoori Fish wrap:

- Step 1 Cook the tortilla and keep aside.
- Step 2 Take 1 tortilla and add sliced cabbage, pickled onions, and carrots.
- Step 3 Now add tandoori fish bites (tikka) on it.
- Step 4 Add chopped jalapeno on top of the fish.
- Step 5 Sprinkle chopped cilantro on top and serve

Per Serve

Calories : 479.8 Cal

Protein : 38.9g

Carbs : 50.8g

Fat : 16.4g



FRIED RICE WITH CRISPY TOFU

Ingredients:

For the Tofu:

- 150g firm tofu
- 1 tablespoons corn starch
- salt and pepper to taste
- 1/2 teaspoon extra-virgin olive oil

For the Rice:

- 1/2 teaspoon extra-virgin olive oil
- 2 cloves garlic minced
- 1/4 teaspoon fresh ginger minced (from about a 1 inch piece)
- 1 whole egg
- 130ml water
- 65g basmati rice (raw)
- 50g mushrooms
- 50g frozen peas
- 50g frozen corn
- 1 teaspoon toasted sesame seeds
- 1/2 teaspoon rice vinegar
- 1 teaspoon soy sauce
- salt and pepper to taste
- 1 scallion chopped

- Step 1 Place rice in a small saucepan and add water. Simmer covered, for 10-15 minutes or until cooked. To make the tofu, cut a block of tofu into pieces. Arrange the tofu pieces on top of a paper towel (or other clean towel), sprinkle with salt, and put another towel on top. Place something heavy (like a cast iron skillet) on top of it. Allow to sit for approximately 10 minutes so the moisture is drawn out of the tofu.
- Step 2 Place tofu in a medium sized bowl with corn-starch, add salt and pepper to taste. Stir/shake gently to coat the pieces of tofu in corn-starch. Coat the bottom of a heavy skillet (cast iron recommended) with olive oil. Heat over medium-high heat and add tofu. Allow to sit for 2-4 minutes, or until golden brown. Flip and allow to brown on other side and remove to a clean paper towel to drain. You will probably need to do two-three batches.
- Step 3 To make the fried rice, in the same skillet add garlic and ginger; sauté for one minute or until fragrant. Crack an egg into skillet and stir to scramble, until just set. Add rice to skillet and stir to incorporate. Allow to sit undisturbed for a few minutes to brown. Using a thin metal spatula, stir rice over and allow to brown on other side.
- Step 4 Add mushrooms, peas, corn, rice vinegar, soy sauce, salt, pepper, and fried tofu. Stir to incorporate and allow continuing heating for a few minutes until all ingredients are warm. Top with scallions.

Per Serve

Calories : 686.1 Cal

Protein : 36.4g

Carbs : 83.3g

Fat : 22.9g



Dinner



CHICKEN OATS KOTTU

Ingredients:

- 45g rolled oats
- 150g boneless chicken breast
- 30g carrot
- 30g leeks
- 15g onion
- Ginger garlic paste
- 1 green chillie
- ½ tsp Garam masala
- 1 egg
- Salt
- Pepper
- ½ tsp Chillie powder
- 1 tsp olive oil

- Step 1 Soak the oats for 10 minutes in hot water and drain and set aside.
- Step 2 Cut the chicken in to strips.
- Step 3 In a non-stick pan sauté, the chicken with the ginger garlic paste.
- Step 4 When the chicken turns golden brown add the vegetables, egg, and sauté for 5 minutes.
- Step 5 Add all the spices with a little bit of water.
- Step 6 Let the vegetables sweat.
- Step 7 Once the vegetables are cooked add the oats and stir.
- Step 8 Season with salt and pepper.

Per Serve

Calories : 497.1 Cal

Protein : 46.2g

Carbs : 39.8g

Fat : 16.3g



PASTA AGLIO OLIO WITH AIRFRIED CHICKEN WINGS

Ingredients:

- 125g low calorie, Slendier Fettucine, well rinsed
- 200g chicken wings
- 1 cloves Garlic
- 30g black olives
- 5g parsley
- 1 teaspoon extra virgin olive oil (7g)
- 2 red chillies
- salt and pepper to taste

- Step 1 Season the chicken wings with salt and pepper. then pop it in the air fryer for 180C for 10-15 minutes.
- Step 2 Chop the chillies and olives.
- Step 3 Put a large pot of salted water on to boil.
- Step 4 Cook the pasta in the water until al dente and drain according to packet instructions.
- Step 5 Place the pasta in a large mixing bowl.
- Step 6 Meanwhile in a large pan pour olive oil and place on medium high heat.
- Step 7 Sauté the garlic (& chilli peppers if using) season with a little salt and pepper.
- Step 8 Cook the garlic until it is slightly golden and nutty, add the parsley and pour the pans contents over the still warm pasta in the bowl, toss immediately.
- Step 9 Serve warm with the chicken wings.

Per Serve

Calories : 519.1 Cal

Protein : 57.6g

Carbs : 17.8g

Fat : 26.1g



PRAWN & POTATO POKE BOWL

Ingredients:

- 1 lime, juiced
- 1 red chilli, deseeded and finely chopped
- 1 teaspoon extra virgin olive oil (7g)
- 150g prawns (raw)
- 100g potatoes
- 100g mushrooms
- 50g spinach
- 50g mango
- 100g carrots, julienned
- 3 spring onions, sliced
- 1 teaspoon sesame seeds
- Salt and pepper to taste

- Step 1 Whisk the lime juice, chilli and oil together in a bowl. Season, add the prawns and leave to marinate for 10 minutes.
- Step 2 Meanwhile heat some water and boil the potatoes till soft and smooth. Once the potatoes are cooked grate the potatoes till mushy. Season with salt and pepper, set aside
- Step 3 Then heat a skillet and add oil. Once hot cook the marinated prawns for 5 minutes. When the prawns are cooked remove from the pan and add mushrooms, spinach to the same skillet and brown well. Arrange the vegetables and spring onions with the potatoes in a bowl. Sprinkle some sesame seeds.

Per Serve

Calories : 415.5 Cal

Protein : 36.2g

Carbs : 50.1g

Fat : 10.9g



SPICY CHICKEN SUSHI ROLL

Ingredients:

Spicy Chicken:

- 150g boneless chicken breast (raw)
- grilled and shredded
- 1 tablespoons kewpie mayo, more to taste
- 1 teaspoon Sriracha

Sushi:

- 1 sheets nori seaweed, cut in half
- 50g sushi rice (raw)
- 100ml water
- 1 tablespoon Rice seasoning
- 50g cucumber, sliced
- 50g mango, sliced

To serve (Optional):

- Japanese Soy Sauce
- wasabi paste
- pickled ginger

- Step 1 Wash the rice well and cook with 100ml water on medium low heat. Season the rice according to packet instruction.
- Step 2 Mix the grilled shredded chicken with mayonnaise and Sriracha. Set the bowl aside for now. Place a half sheet of seaweed on a cutting board. Place half of warm rice on the left side of the half sheet of seaweed. Lightly wet your fingers to prevent the rice from sticking. Spread the rice across the seaweed in an even layer.
- Step 3 Now, flip the seaweed and rice over to the other side so that rice side is faced down.
- Step 4 Line spoonful of the spicy chicken in a thin layer along the bottom of the seaweed. Add slices of cucumber and mango to the spicy chicken.
- Step 5 Once all the ingredients are placed, take the bottom edge of the seaweed rice, and roll the seaweed and ingredients up until you reach the other end. The rice side should be on the outside now.
- Step 6 Take the bamboo sushi rolling mat and place it in a Ziploc bag.
- Step 7 Place the Ziploc-ed sushi mat over the sushi roll. Gently press against the bamboo sushi mat where the sushi roll is. This helps press the rice back against the sushi and smooth out any area where the rice might start to fall off.
- Step 8 Carefully remove the mat from the sushi roll.
- Step 9 Take a sharp knife and cut the roll in half by sawing back and forth. You do not want to press down into the sushi roll because that will cause the roll to break apart. By sawing back and forth, the roll remains intact.
- Step 10 Serve the spicy chicken rolls with soy sauce, pickled ginger, and/or wasabi.

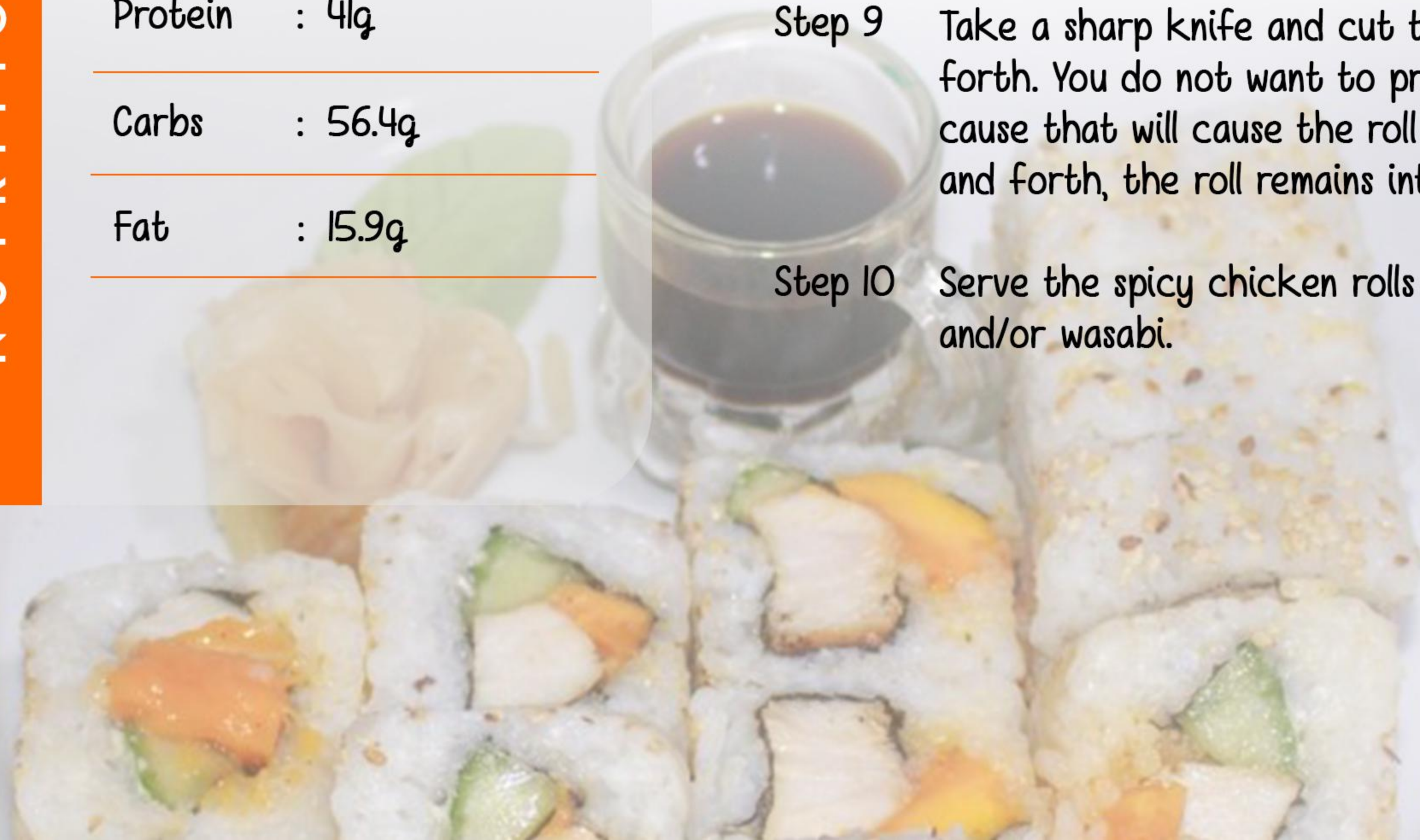
Per Serve

Calories : 529.5 Cal

Protein : 41g

Carbs : 56.4g

Fat : 15.9g



BEEF BURGER

Ingredients:

- 150g pack extra-lean minced beef
- 100g carrot peeled and coarsely grated
- 1 medium onion, peeled and coarsely grated
- 1tbsp chopped fresh parsley
- Salt and freshly ground black pepper
- 1tsp Worcestershire sauce

To Serve

- 1 Medium Burger Bun
- 2 ripe plum tomatoes, thickly sliced
- few lettuce leaves

- Step 1 Mix the minced beef, grated carrot, and onion, chopped parsley, seasoning and Worcestershire sauce. Shape the mixture into a patty. Chill for 10 mins.
- Step 2 Set the grill/griddle to medium. Split the burger in half and place under the grill or on the griddle to toast them lightly on both sides.
- Step 3 Grill the burgers for 3-4 mins on each side, until cooked through.
- Step 4 Put a slice of tomato on the bottom half of the burger bun, then arrange a few lettuce leaves on top, and then the patty. Place the other half of the burger on top.

Per Serve

Calories : 455.7 Cal

Protein : 39.6g

Carbs : 56.3g

Fat : 9.2g



SPICY GRILLED CHICKEN BREAST TACO

Ingredients:

- 2 corn tortillas
- 150g chicken breasts
- 1 teaspoon virgin olive oil
- 3 clove garlic
- 75g cabbage
- 1 teaspoon salt
- ½ teaspoon chilli flakes
- black pepper as required
- 1 tablespoon tomato salsa sauce
- ¼ tablespoon lime zest
- 50g avocado

For Garnishing

- 1/4 onion
- 3/4 lemon wedges
- 1/4 handful coriander leaves

- Step 1 To prepare this tacos recipe, horizontally cut the chicken breasts into 2 halves of equal thickness.
- Step 2 Next, take a bowl and add minced garlic in it along with lemon zest, chilli flakes and olive oil. Stir to mix well.
- Step 3 Spread this mix on the chicken breast nicely and keep in covered plate. Refrigerate and let the chicken marinate.
- Step 4 Put this marinated chicken on a griller and grill them for 2 minutes each side. Once done, cut them into strips of about 1/4-inch. Then cut them again into 1-inch-long pieces.
- Step 5 Take the tortilla and put the chicken pieces in it. Add coriander leaves, avocado, shredded cabbage, onion, salsa, and lime wedges on top. Your Tacos are ready.

Per Serve

Calories : 441.8 Cal

Protein : 39.3g

Carbs : 34.2g

Fat : 17.3g



CHICKEN PAD THAI

Ingredients:

Sauce

- 1 teaspoon fish sauce
- 1 teaspoon Sambal (chilli paste)
- 1 teaspoon peanut butter
- 1 teaspoon lime juice
- ½ teaspoon sugar free syrup

Pad thai

- 250g low calorie Slender noodles (Well Rinsed)
- 250ml water
- 150g boneless chicken breast
- 30g egg white, beaten
- 3 g ginger, minced
- 2 cloves garlic, minced
- 50g scallions, thinly sliced, keep whites and greens separate
- 100g bean sprouts
- 10g cilantro leaves, chopped
- 1 teaspoon olive oil (7g)
- Salt and pepper to taste.

- Step 1 Place noodles in a bowl and cover with boiling water, set aside.
- Step 2 Wash and dry fresh thinly slice scallions, keeping whites and greens separated. Peel and mince ginger and garlic. Roughly chop cilantro leaves.
- Step 3 Take the chicken breast then cut into small bite sized pieces.
- Step 4 In a small bowl, whisk together all sauce ingredients until well combined and smooth.
- Step 5 Heat olive oil in a wok or large pan over medium high heat. Add ginger and garlic and stir fry until fragrant (about 30 seconds), stirring frequently. Add scallion whites and 1 teaspoon sambal to work with ginger and garlic and continue stir frying until scallions have softened about 2-3 minutes.
- Step 6 Once scallion whites have softened, add chicken to wok along with other ingredients. Stir fry chicken for 5 minutes or until lightly browned and cooked through.
- Step 7 While chicken cooks, beat the egg white until well combined.
- Step 8 Once chicken has finished, remove the chicken stir fry the wok or pan and set aside. Add noodles to the wok and stir fry noodles until firm, about 5-7 minutes.
- Step 9 Once noodles have cooked, add the beaten eggs to the wok with the noodles and stir fry for 2-3 minutes until the eggs have cooked. Stir frequently to break up/scramble the eggs.
- Step 10 Once eggs have cooked, add the chicken stir fry, pad thai sauce, and bean sprouts to the wok. Continue stir frying for about 2 minutes until all ingredients are well combined.
- Step 11 Top with scallion greens and cilantro to serve.

Per Serve

Calories : 383.6 Cal

Protein : 44.3g

Carbs : 29.7g

Fat : 15.2g

OATS POL ROTI WITH LUNUMIRIS

Ingredients:

Roti

- 65g Oat's flour or Blended Oats
- 15g Grated or Desiccated Coconut
- 35ml water (or just enough to make dough)
- 13g Onion chopped
- 1 Green chilli chopped
- Salt.
- 1 Tea Spoon of Coconut Oil

LunuMiris

- 1 medium size finely chopped red onion
- 1 tbsp finely chopped fresh red/green chilli
- 1 tbsp fresh lime juice, divided
- 1 tsp salt
- ½ tsp chilli powder or ¼ teaspoon cayenne pepper
- ½ tsp ground turmeric
- ½ tsp cracked black pepper

Step 1 Mix all ingredients one by one & make a smooth dough. Keep it aside for some time.

Step 2 Place the shredded onion in a medium bowl; set aside. Using a mortar and a pestle mash the fresh chilli, lime juice, salt, chilli powder, turmeric, and the onion until the mixture is crushed and well combined. Add the onion into a bowl and stir in cracked black pepper.

Step 3 Apply some oil on your hands and grease a plastic sheet or a plate to flatten the dough.

Step 4 Make balls from the dough. roll it with your hands on the greased sheet or plate, a little thicker than chapathi.

Step 5 Heat a flat pan. cook both sides of the roti.

Modifications:

- If you like to make more portions, multiply the ingredients into the number of portions. (This recipe will yield approximately 2 Rotis.)
- If you like more flavour you can add chopped Curry leaves and finely chopped Maldives' fish (Umbalakada).
- Best served with Coconut sambol / Curries.

Per Serve

Calories : 413.39 Cal

Protein : 9.8g

Carbs : 60g

Fat : 20.6g





Healthy Snacks & Treats



Tiramisu chia pudding

Ingredients:

- 30g chia seeds
- 1 tablespoon cocoa powder
- 1 teaspoon sugar free syrup
- 200ml coffee
- 50 ml Low fat vanilla yogurt

Step 1 Mix all ingredients together.

Step 2 Stir well and store overnight or refrigerate for 4 hours.

Step 3 Layer the chia pudding with vanilla yogurt. Top with cocoa powder. Enjoy

Per Serve

Calories : 247.6 Cal

Protein : 7.3g

Carbs : 33.9g

Fat : 10.3g



SALTED CARAMEL PROTEIN BALLS

Ingredients:

- 30g fresh dates or dried date
- 1 tablespoon sugar free syrup
- 3 tablespoons almond milk
- 20g oats flour
- 25g almonds
- 2 teaspoon vanilla extract
- 1 scoop Vanilla protein powder (35g)

- Step 1 Process all of your ingredients in a food processor until combined, adding a splash of water if needed to bring the mix together.
- Step 2 Roll into balls and place onto a clean plate or baking tray/container.
- Step 3 Enjoy at room temperature, chill in the fridge or freeze for a quick snack whenever you need them!

Per Serve

Calories : 487.1 Cal

Protein : 32.3g

Carbs : 57.6g

Fat : 16.7g



ROLLED OATS BAR

Ingredients:

- 45g rolled oats
- 15g raw nuts (roughly almonds, pecans)
- 15 g Walnuts
- 15g pitted dates (soaked for 10 minutes in warm water then drained)
- 2g cocoa or cacao powder
- 1 tbs natural salted almond butter (or peanut butter)
- 1 tbs agave nectar or maple syrup (or honey if not vegan)

- Step 1 Optional step: Toast your oats and nuts in a 350-degree F (176 C) oven for 15 minutes or until slightly golden brown. Otherwise, leave them raw – I prefer the toasted flavor.
- Step 2 Process walnuts in a food processor until a loose meal is reached. Remove from bowl and set aside.
- Step 3 Add dates and process until small bits remain (about 1 minute). It should form a “dough” like consistency. (roll into a ball).
- Step 4 Add walnut meal and cocoa or cacao powder back in with the dates and process to combine.
- Step 5 Transfer mixture to a large mixing bowl and add the (toasted) oats and nuts and stir to combine. You may have to use your hands to really incorporate the mixture well.
- Step 6 Next, warm honey and almond butter in a small skillet over medium heat for 2-3 minutes until combined and pourable. Pour over brownie mixture and then thoroughly stir using a wooden spoon. (I opted to put plastic bags on my hands and mix that way to better incorporate the mixture.)
- Step 7 Once thoroughly mixed, transfer to a 9x13 dish (or similar size pan / adjust if altering batch size) lined with plastic wrap or parchment paper so they lift out easily.
- Step 8 If using a 9x13, ONLY USE 3/4 of the pan so they have the proper thickness. Otherwise, they'll be too thin. Cover with parchment or plastic wrap and press down firmly to even out the top. Freeze for 15-20 minutes to harden.
- Step 9 Lift bars from pan and chop into 12 even bars (or more if you prefer). Store in an airtight container in the freezer or fridge to keep them extra fresh. They will get a little sticky when left out at room temp.

Per Serve

Calories : 560.9 Cal

Protein : 15.3g

Carbs : 65.9g

Fat : 29.1g



'GARLIC BREAD' POTATOES

Ingredients:

- 200g Carisma Potatoes
- 7g butter, melted
- 2 garlic cloves, crushed
- 2 tbs chopped fresh parsley leaves
- 30g mozzarella slices
- Smoked paprika, to sprinkle

- Step 1 Preheat the oven to 200C/180C. Line a large baking tray with baking paper. Cut across the base of each potato slightly so they sit flat on the chopping board. Make thin, evenly spaced cuts crossways at 4-5mm intervals, about two-thirds the way through each potato. (Make sure you do not cut all the way through.) Place on the prepared tray.
- Step 2 Combine the butter, garlic, and parsley in a small bowl. Season well. Brush the potatoes with a little of the butter mixture. Roast for 1 hour or until the potatoes are tender.
- Step 3 Set aside for 10 minutes to cool slightly.
- Step 4 Meanwhile, cut the mozzarella into thin slices.
- Step 5 Trim 1 end of 1 of the potatoes, about 3cm from the end. Repeat with another potato and join the 2 cut sides together. Trim the other end of 1 of these potatoes and repeat trimming to join all potatoes to make 1 long log. Open each cut a little and place a square of cheese inside. Brush the top with the remaining butter mixture. Sprinkle with paprika. Bake for 15-20 minutes or until melted and golden. Carefully transfer the potato log to a long, narrow serving platter to serve.

Per Serve

Calories : 229.3 Cal

Protein : 10.4g

Carbs : 28.1g

Fat : 10.9g



SWEET POTATO FRIES

Ingredients:

- 300g Sweet Potatoes
- ½ teaspoon Butter (3g)
- ½ teaspoon Oregano
- Salt to taste

- Step 1 Take your Sweet potatoes and cut in to preferred style.
- Step 2 Soak the potatoes in cold water for 15 minutes.
- Step 3 Drain the water and then spray the fries with butter and toss with Oregano and salt.
- Step 4 Next pop the fries in to the air fryer on 200C for 15 minutes.
- Step 5 Remember to flip the fries after 8 minutes to get an even crispy coating.
- Step 6 Once done serve and enjoy.

Per Serve

Calories : 279.5 Cal

Protein : 4.7g

Carbs : 60.4g

Fat : 2.6g



COOKIE DOUGH OATS

Ingredients:

- 65g rolled Oats
- 130ml almond milk
- 1 tbs flax meal
- 1 tbs cooked red lentil
- 1 tbs almond butter
- 35g protein powder
- ¼ tsp cinnamon powder
- ¼ tsp salt

Step 1 Mix all the milk and the oats.

Step 2 Then gradually add the other ingredients.

Step 3 Make cookies into desired shape.

Per Serve

Calories : 477.8 Cal

Protein : 39.1g

Carbs : 59.6g

Fat : 10.8g



BUFFALO CHICKEN WINGS

Ingredients:

- 200g Chicken Wings
- ½ teaspoon Garlic Powder
- 1 tablespoon Hot buffalo Sauce
- 20g coriander leaves
- Salt and Pepper to taste

- Step 1 Add your Chicken wing to your air fryer on 180C for 5 minutes. This is to thaw the wings.
- Step 2 Now season the chicken with garlic powder, salt and pepper.
- Step 3 Add the Chicken wings back to the air fryer and cook for approximately another 15 minutes on 180C.
- Step 4 Remember to Flip the chicken wings half way through.
- Step 5 Once done, toss in the buffalo sauce and coat the chicken wings well.
- Step 6 When the sauce is well coated pop back the wings in the air fryer for another 2 minutes.
- Step 7 At last sprinkle chopped coriander leaves on top and Serve Hot and Enjoy.

Per Serve

Calories : 378.4 Cal

Protein : 34.7g

Carbs : 3.2g

Fat : 25.1g



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Gayan Perera