



# 15

## Favourite Healthy Weight Loss Recipes

hayleyplummer

Hello and thank for downloading my free '15 Healthy Weight Loss Recipes' E book!

This contains some of the favourite recipes from my original ebook, which you can find on my website ([www.hayleyplummer.co.uk](http://www.hayleyplummer.co.uk)). I created the recipe book as a way for people to find quick, easy, healthy meals that cover all their nutrition bases, help them lose weight, and still taste great.

It's really important to me to get the message out that women should not be miserable, deprived and eating like rabbits in order to get a body they're happy with.

There is a better way!

You can eat *plenty* of food if it's from the right sources, you *don't* need to obsessively count calories, and you can still look and feel better than ever before if you have some knowledge of what you're eating and give your body the tools it needs to get you in shape.

Healthy eating is about eating mainly real, single ingredient foods that can be found in nature – meat, fish, eggs, vegetables, fruits, nuts, seeds. Foods that we've existed on for millions of years and are well adapted to eat.

For a healthy, happy body, the majority of what we eat needs to be based around these foods.

BUT, this is the real world where we have time constraints, families and temptations all around us.

I wanted to find a happy medium in this book, where meals are healthy but also taste good, look good, and are quick and easy to make. I know many of you have kids and families to feed at the same time as yourselves and I hope in here you'll find some dinners and desserts that everyone can enjoy together.

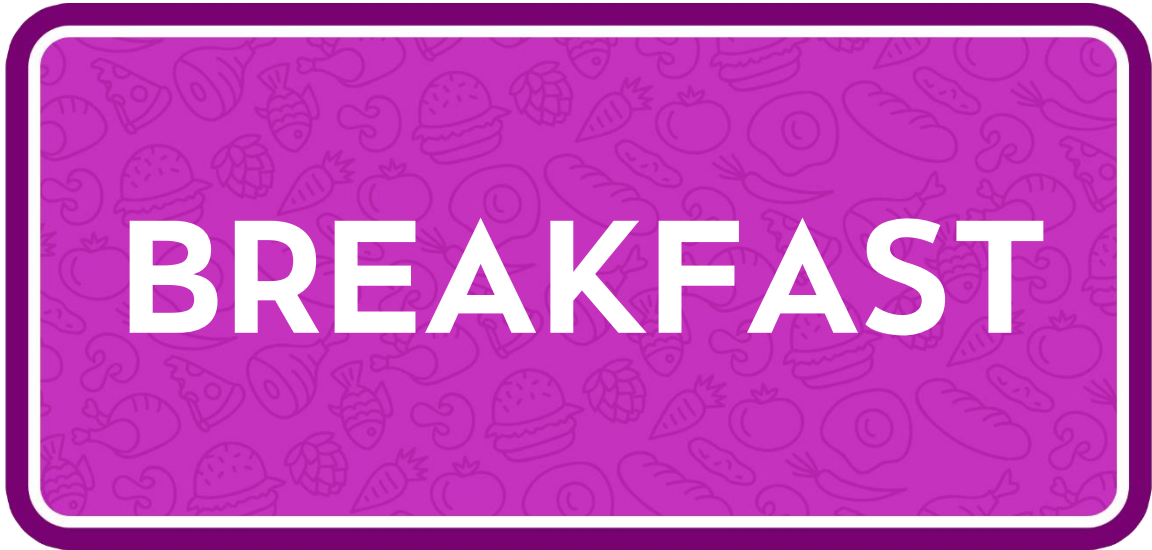
The meals in this book are all balanced to give you just what you need – protein, healthy fats and loads of nutrition, all of which will keep you feeling energised and fuller for longer.

This is 'clean' eating done with a few 'cheats' and that give you maximum quality and taste for minimum time and effort!

Eating this way is not a diet – it is a lifestyle. Along with exercise (weights training in particular) this is what will help you become strong, fit and able to make the most out of life and the wonderful body you've been given.

I really hope you enjoy the recipes in this book, and I'd love to hear your feedback!

*Hayley x*





# BLUEBERRY AND VANILLA PROTEIN PANCAKES

## Ingredients

- 100g total yogurt
- 1 scoop vanilla protein
- 2 tbsp oats
- 1 tbsp coconut flour
- 1 egg
- 2 tsp coconut oil
- Blueberries
- Topping – small amount agave nectar / pancake syrup / yogurt

## Instructions

1. Add a teaspoon of coconut oil to a frying pan on a medium-high heat.
2. Blend the yogurt, protein powder, oats, coconut flour and egg.
3. Pour half the mixture into two small pancakes in the pan, then press a few blueberries into each one.
4. Cook for a couple of minutes before flipping. Cook for a further minute then remove the pancakes to a plate.
5. Add the second teaspoon of coconut oil and repeat with the other half of the mixture.
6. Once cooked, stack the pancakes and add topping of your choice – be aware of calories and servings sizes.



# MIXED BERRY OVERNIGHT OATS

## Ingredients

- 40g oats
- 170g pot total 0% greek yogurt
- Half a mug unsweetened almond milk
- 100g frozen berries
- 2/3 scoop whey protein powder
- 1tbsp ground flaxseed / chopped nuts / seeds

## Instructions

1. Add the oats, yogurt, milk and berries to a bowl or Tupperware box,
2. Mix together and leave in the fridge overnight.
3. In the morning, mix in the protein powder (vanilla and chocolate both work well) and flaxseed/nuts/seeds.
4. A portable, super easy and delicious breakfast!



# CHOCOLATE PROTEIN PANCAKES

## Ingredients

- 1 small banana
- 1 scoop chocolate brownie protein powder
- 1 tbsp cacao powder
- 1 egg
- 2 tsp coconut oil
- Yeo valley 0% natural yogurt
- Fresh berries

## Instructions

1. Add a teaspoon of coconut oil to a frying pan on a medium-high heat.
2. Blend the banana, protein powder, cacao powder and egg. It needs to be a fairly thick batter but if it's too thick you can add a dash of milk too.
3. Pour half the mixture into two small pancakes in the pan. Cook for a couple of minutes, then flip. Cook for another minute and then remove to a plate.
4. Add another teaspoon of coconut oil to the pan and repeat with the other half of the mixture.
5. Once cooked, stack the pancakes with a tablespoon of yogurt between each one.
6. Top with another spoon of yogurt and some fresh berries. Delicious!





# POACHED EGGS ON SMASHED AVOCADO TOAST

## Ingredients

- 2 slices Hi Lo Protein bread (found in Sainsburys) or 2 small slices quality wholemeal/sourdough bread
- 2 eggs
- Half an avocado
- Tsp lemon juice
- Sea salt

## Instructions

1. Pop the bread in the toaster.
2. Crack the eggs into a pan of boiling water (*Tip – whisk it with a fork first to help the yolk and white stay together*) and allow to cook for 2 mins if you want a runny yolk, or slightly longer if you prefer less runny (*make sure water stays simmering*).
3. Meanwhile, mash the avocado with the lemon juice and salt.
4. Spread it on top of your toast, and top each slice with an egg.





# HAM AND EGG MUFFIN CUPS

## Ingredients

- 1 large slice of quality ham
- Small handful of spinach leaves
- Slice of large tomato
- 1 egg
- 1 tsp paprika
- 5-10g feta cheese cut into small chunks

## Instructions

1. Line a ramekin with the ham, pushing the middle down to form a cup shape.
2. Press the spinach leaves into the bottom of the ham cup.
3. Add the slice of tomato on top.
4. Whisk the egg with a fork, season with the paprika and pour into the ramekin.
5. Sprinkle the feta on top and bake in the oven at 180C for 15 minutes.



# PRAWN, AVOCADO, MANGO AND STRAWBERRY SALAD

## Ingredients (serves 2)

- 150 pack King prawns
- Half a Mango
- Half a large avocado
- 2 large strawberries
- Pack of romaine lettuce
- Lime juice (fresh or from bottle)

## Instructions

1. Simply combine everything together and drizzle with lime juice!
2. Could make a great healthy starter for entertaining guests...



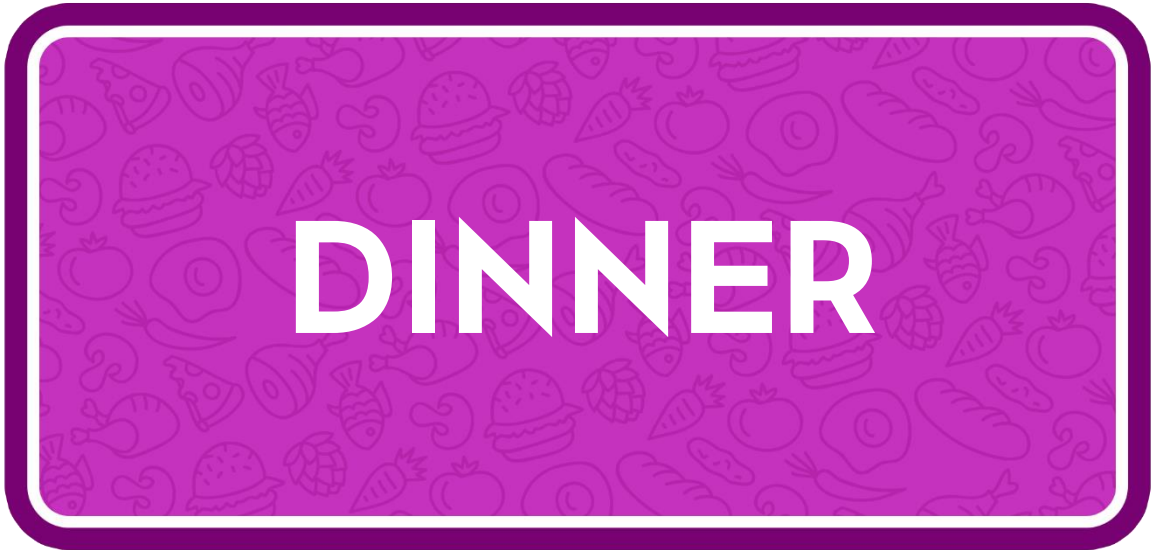
# TOMATO, LENTIL AND FETA SALAD

## Ingredients

- 60g puy lentils
- Half spring onion, finely chopped
- 1 tomato, chopped
- 20g feta cheese, chopped into small cubes
- 2 tsp extra virgin olive oil
- 1 tbsp white wine vinegar
- Salt and pepper

## Instructions

1. Cook the lentils in a pan of boiling water for around 18 minutes.
2. Once cooked, run under cold water briefly, then tip into a bowl and add in all the other ingredients. Mix and serve.





# CHICKEN, MUSHROOM, SPINACH AND SUNDRIED TOMATO RISOTTO

## Ingredients

- 1 red onion
- 150g mushrooms
- 2 cloves garlic
- 2 Chicken breasts
- 100g risotto rice
- 600ml chicken stock
- 100g Spinach
- 10 sundried tomatoes
- 10g Parmesan
- 1 tsp coconut oil

## Instructions

1. Fry onion and mushrooms in oil for 2 mins.
2. Add chopped chicken and minced garlic and fry for 5 mins, stirring often.
3. Add rice for 2 mins to soak up flavour.
4. Add stock, bring to boil and simmer for 20 mins or until ready.
5. Stir in Spinach and sundried tomatoes.
6. Season, serve and sprinkle with Parmesan.



## SALMON IN GINGER, ORANGE AND SOY SAUCE

### Ingredients (serves 2)

- 2 fillets salmon
- 1 ball stem ginger
- 1 tbsp syrup from stem ginger jar
- Zest of half an orange
- Juice from whole orange
- 2 cloves garlic crushed
- 1 tbsp soy sauce

### Instructions

1. Mix all ingredients except salmon together in a dish to make the dressing
2. Coat the salmon in the dressing, leaving them sitting skin side up, and pop it in the fridge for half an hour.
3. Take the salmon out of the dish, pop it on a tray lined with greaseproof paper, and bake in the oven for around 15 minutes.
4. For the last 5 minutes, cook up the marinade on the hob until it thickens into a sauce.
5. Serve up salmon with sauce on top and enjoy



# CAULIFLOWER PIZZA

## Ingredients for the cauliflower base

- ½ cauliflower
- 1 egg
- 20g coconut flour

## Toppings

- Passata / half a jar of tomato pizza topping sauce
- 100g chicken
- Half a pepper
- Half an onion
- 20g chorizo
- 2 tsp barbecue seasoning
- 40g low fat grated cheddar or mozzarella

## Instructions

1. Blend the cauliflower, then place in a glass bowl, cover with clingfilm and pierce a hole in the top. Microwave for 5 mins, then allow to cool, tip into a tea towel and squeeze as much moisture out as possible.
2. Combine the cauliflower with the beaten egg and coconut flour and pat into a pizza base shape.
3. Place on a baking tray and bake for 40 mins at 190C until golden brown.
4. While it's cooking, stir fry the chicken, pepper, onion and chorizo in half a tablespoon of coconut oil and the barbecue seasoning.
5. Once the base is cooked, add your toppings and pop it back in the oven for 15 minutes or until the cheese has melted.



# BALSAMIC TRAY BAKE CHICKEN

## Ingredients (Serves 3)

- Vegetables of choice – the more colours the better – chopped
- 3 medium chicken breasts
- 1 tbsp olive oil
- 3 tbsp balsamic vinegar
- Smoked paprika
- Dried thyme
- Salt and pepper

## Instructions

1. Preheat the oven to 200C.
2. Add all ingredients to a large oven dish, mix well so everything is coated, and make sure the chicken breasts end up on top of the veg.
3. Roast in the oven for around 30 minutes until chicken is cooked through.
4. Mix the veg and turn the chicken over halfway through to ensure everything gets cooked evenly.



A purple rounded rectangle with a dark purple border. The interior is filled with a repeating pattern of small, light purple food icons such as burgers, pizzas, breads, and fruits. Centered in the rectangle is the text "SNACKS / DESSERTS" in a bold, white, sans-serif font.

**SNACKS /  
DESSERTS**



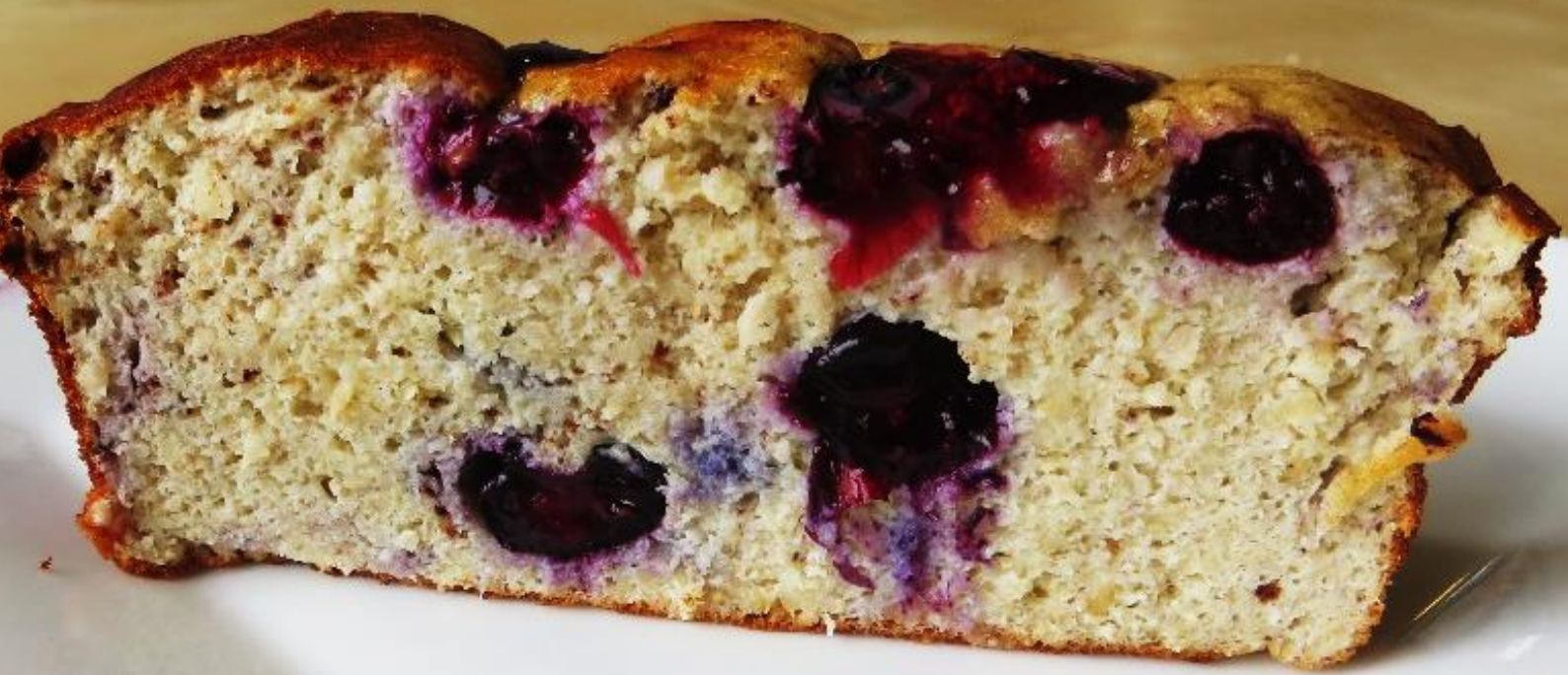
# RIDICULOUSLY EASY PROTEIN BROWNIES

## Ingredients (make 8)

- 2 ripe bananas
- 2 scoops chocolate protein powder
- 2 heaped tbsp cacao / cocoa powder
- 1 small 60g jar apple baby puree / any apple puree will do
- 30g dark chocolate chips

## Instructions

1. Blend it all together
2. Mix in the chocolate chips at the end
3. Bake in a small loaf tin for 15 minutes



# BANANA AND BLUEBERRY PROTEIN BREAD

## Ingredients

- 2 bananas
- 2 tbsp coconut flour
- 1/2 cup egg whites
- 1/2 cup oats
- 1/2 cup vanilla protein powder
- 1/2 cup unsweetened almond milk
- 1/2 tsp baking powder
- 80g blueberries

## Instructions

1. Whisk all ingredients except the blueberries together and pour into a lightly greased loaf tin.
2. Add the blueberries – throw some in to reach the bottom and drop others in more lightly to get an even spread through the loaf.
3. Cook for around 35 mins at 180C



# APPLE AND CINNAMON PROTEIN MUFFINS

## Ingredients (make 10)

- 100g oats
- 50g protein powder
- 150g fat free cottage cheese
- 1/2 tsp baking powder
- 1 egg
- 2 tsp cinnamon
- 3 dates
- 1/4 cup almond milk
- 1 apple grated

## Instructions

1. 20-25 min at 175 C



# BEETROOT BROWNIES

## Ingredients (make 12)

- 115g porridge oats
- 2 small cooked beetroots (about 100g, drained and pureed. You can use ready cooked beetroot but not in vinegar)
- 3 medium eggs, lights beaten
- 50g clear honey
- 4 tbsp melted coconut oil
- 1 tsp baking powder
- 1 tsp vanilla extract

## Instructions

1. Preheat the oven to 170C/325F and line a 22cm square baking tin with baking parchment. Blitz the oats in a blender or food processor until a fine flour is formed. Tip into a mixing bowl.
2. Place the cooked and drained beetroot in the blender or food processor and blitz to form a puree, then add the puree to the oats.
3. Combine the oat flour and the beetroot puree with the remaining ingredients and pour into the lined tray. Bake for 12 minutes on the middle shelf of the oven, or until cooked through but still slightly soft in the middle. Remove from the oven and leave to cool before slicing.

# THANK YOU!

Again, thank you for downloading this mini ebook, and I really hope you enjoy the recipes.

If you'd like to get in touch about the book, or would like some help and support with your health, fitness or weight loss, feel free to drop me an email at

[hayley@performanceproject.co.uk](mailto:hayley@performanceproject.co.uk)

I put out plenty of free information on my website and social media too, and love to interact on there if you ever have any questions



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Here's to keeping fit, healthy, enjoying your food and living life to the full!

*Hayley x*