 LEWIS BROOKES  
COACHING



# THE RECIPE FOR RESULTS

*Christmas edition*

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Christmas is nearly here, it means only one thing..... tasty food!

The Recipe For Results is the go to guide for people who are looking to making their “diet” tasty, nourishing and exciting whilst striving for life changing results on your fitness journey!

Whether your goal is fat loss or building muscle the recipes in this book contain my key nutrition principles which are - high protein intake, adequate fibre levels and meals full of nutrients and minerals to aid digestion and recovery.

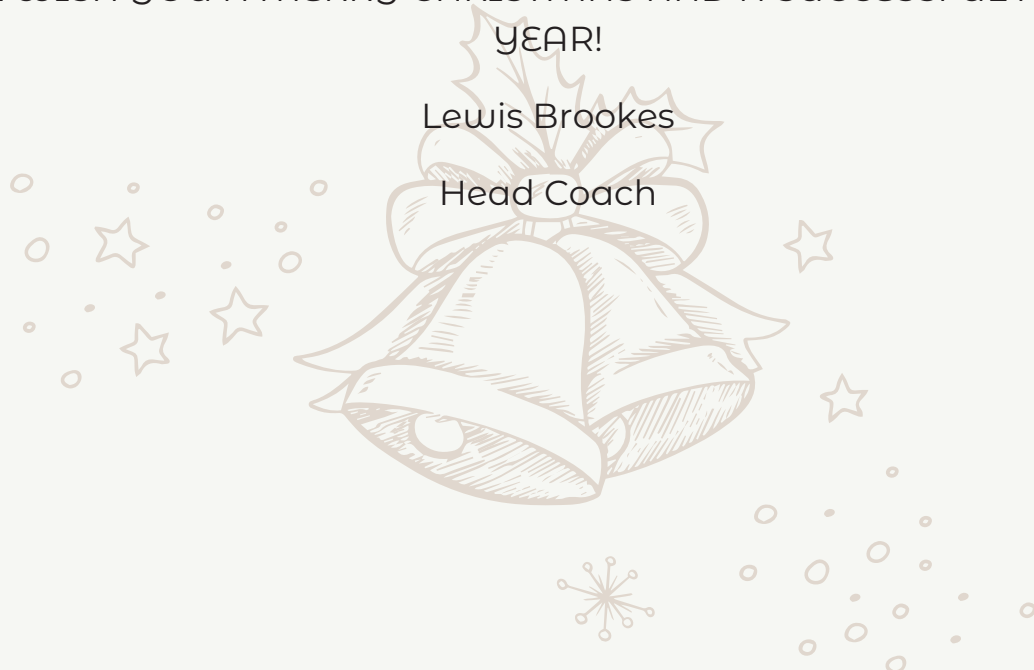
Each meal has been designed to ensure convenient to cook using realistic and simple ingredients to source.

SO ENJOY THE RECIPES IN THIS GUIDEBOOK AND I LOOK FORWARD TO CELEBRATING THE SUCCESS AHEAD ON YOUR FITNESS JOURNEY.

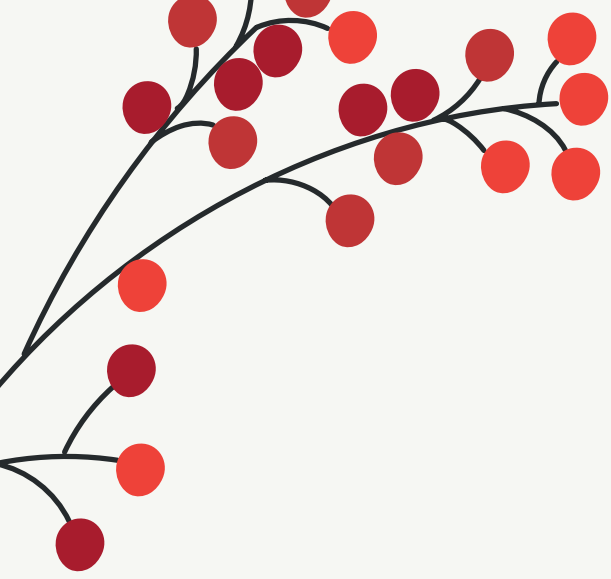
I WISH YOU A MERRY CHRISTMAS AND A SUCCESSFUL NEW YEAR!

Lewis Brookes

Head Coach

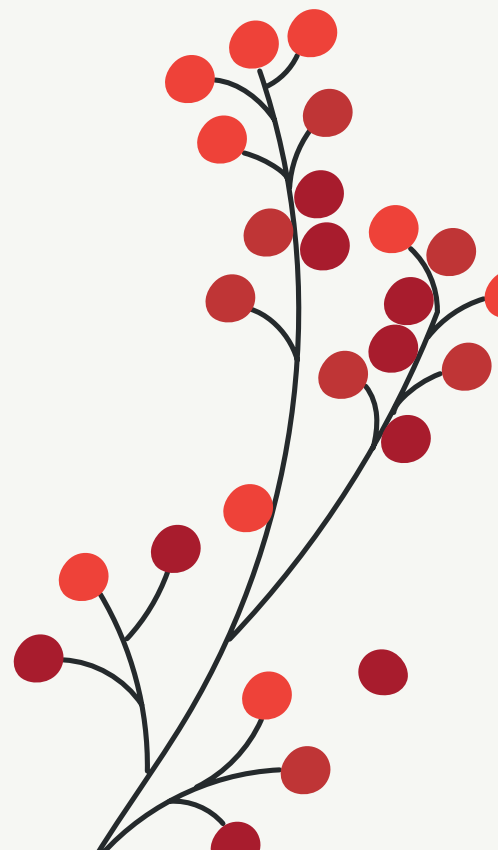


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# Disclaimer

*The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.*





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# Christmas

## ·SPECIAL MENU·

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### BREAKFAST

●

- Gingerbread French Toast* 8
  - Banana Almond Milk Smoothie* 10
  - Eggnog* 12
  - Mini Christmas Quiche* 14
  - Low Carb Keto Blinis* 16
- 

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●

- Prosciutto Wrapped Asparagus* 20
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  - Cauliflower and Broccoli Cheese* 26
  - Dolcelatte Stuffed Figs* 28
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●

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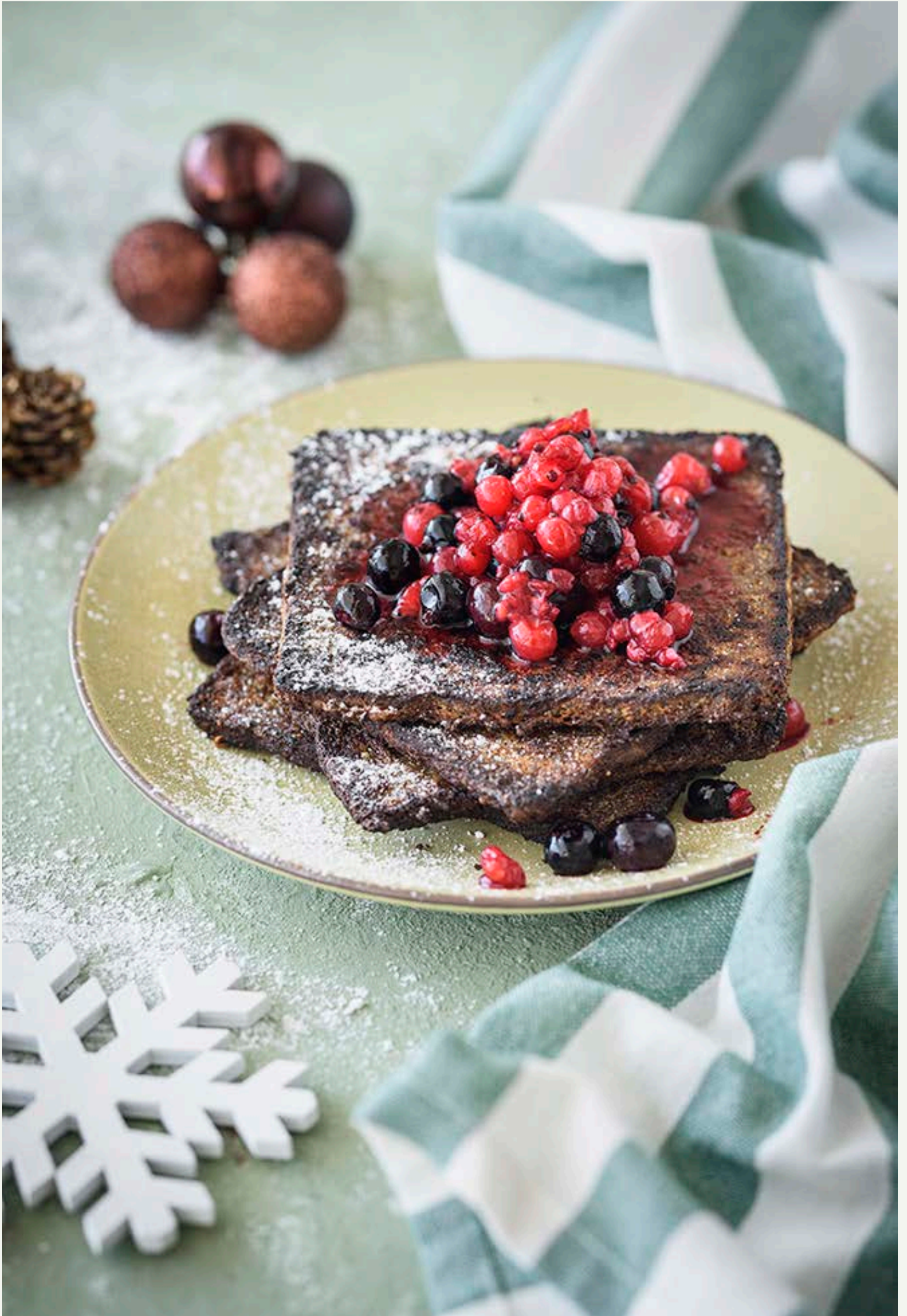
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# BREAKFAST

— ★ ★ ★ —











# GINGERBREAD FRENCH TOAST



Time:  
20 minutes



Serves:  
4



## Ingredients

2 eggs  
125ml milk  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground ginger  
1/4 tsp ground cloves  
4 slices rye sandwich bread  
(gluten-free if required)  
1 tbsp butter  
1 tbsp powdered sugar



## Instructions

Whisk the eggs, milk, cinnamon, nutmeg, ginger and cloves together. Submerge each slice of the bread in the liquid for about 20-30 seconds on each side.

Add the butter to a large non-stick frying pan and bring to medium heat. Cook slices for 4 minutes on each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
422		58		14		16		0







# BANANA ALMOND MILK SMOOTHIE



Time:  
5 minutes



Serves:  
2



## Ingredients

1 banana  
2 tablespoons almond butter  
120ml almond milk  
1 tablespoon honey  
1 tablespoon hemp seed  
1/2 teaspoon ground cinnamon  
8-10 ice cubes



## Instructions

Add all of the ingredients into a blender.

Blend until smooth and creamy.

Replace the honey with maple syrup to make the smoothie vegan.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
424		32		28		11		5







# EGGNOG



Time:  
20 minutes



Serves:  
7



## Ingredients

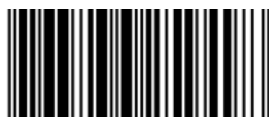
700ml skimmed milk  
1 vanilla pod  
2 large eggs  
75g sugar  
1 teaspoon cornstarch  
Freshly grated nutmeg to  
garnish  
Spiced rum or bourbon  
(optional)



## Instructions

Heat 580ml of the milk in a medium saucepan.  
Split the vanilla pod lengthwise and scrape out the seeds with the tip of a knife then add the seeds and pod to the milk and allow to simmer over medium heat.  
Then in a large bowl, whisk the eggs, sugar and cornstarch together until it turns light yellow.  
  
Temper the eggs by gradually pouring the hot milk mixture (about 230 millilitres at a time), into the egg mixture, whisking constantly (important, otherwise you'll end up with scrambled eggs).  
Pour the mixture back into the pan and place over medium heat and stir constantly with a wooden spoon until the eggnog begins to thicken, about 6-7 minutes.  
  
Remove from the heat and immediately stir in the remaining 120 millilitres milk to halt the cooking process.  
Remove the vanilla pod, allow the liquid to cool and transfer to a large jug. Chill until ready to serve.  
Spike the eggnog with alcohol, if desired, and garnish with nutmeg.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
107		15		3		5		0







# MINI CHRISTMAS QUICHE



Time:  
30 minutes



Serves:  
12



## Ingredients

12 eggs  
125ml milk  
salt and cracked pepper  
1/2 red bell pepper, diced  
2 stalks spring onion, diced  
100g mozzarella, diced



## Instructions

Preheat the oven to 180C/350F/Gas Mark 5. Grease a 12-cup muffin tin with olive oil cooking spray.

In a medium-sized bowl, whisk together the eggs, milk, salt and cracked pepper.

Pour half the mixture into the egg cups so that they are only half full. Add bell pepper, spring onion and cheese to each one and then fill to the top with the extra egg mixture.

Place in the oven and cook for 15-17 minutes or until cooked through.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
107		3		7		8		1









# LOW CARB KETO BLINIS



Time:  
20 minutes



Serves:  
4



## Ingredients

78g almond flour  
½ teaspoon gluten-free baking powder  
Pinch of pink Himalayan salt  
2 large eggs  
3 tablespoons unsweetened almond milk  
1 tablespoon butter, melted  
1 tablespoon extra-virgin olive oil or ghee  
100g cream cheese  
160g smoked salmon  
3 tablespoon capers, drained  
3 sprigs fresh dill  
½ teaspoon cracked black pepper



## Instructions

Separate the egg whites and yolks, then add the yolks, butter and almond milk together in a mixing bowl. Gently whisk by hand until combined.

Fold 70g almond flour, baking powder and salt into the mix. Next, whisk the egg whites in a high-speed mixer until it forms light fluffy peaks.

Fold the whites carefully into the batter to combine, being careful to not over beat or this will flatten the blinis.

Heat a drop of olive oil in a pan and spoon in a heaped teaspoon of the mixture and fry on low heat for about 50 seconds per side until lightly golden. Flip over and repeat on the other side. Repeat the above step until all the batter is used up (you should have around 16 blinis).

Once they are cooked, place them on a sheet of kitchen paper and allow to cool. Top each blini with a little cream cheese, smoked salmon, 2 - 3 capers, dill and a tiny sprinkle of cracked black pepper.

The blinis will store in the fridge for up to 2 days.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
301		3		25		16		2



★ ★ ★

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# SIDE DISHES

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★ ★ ★









# PROSCIUTTO WRAPPED ASPARAGUS



Time:  
20 minutes



Serves:  
4



## Ingredients

450g thick asparagus spears  
1 tablespoon olive oil  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon freshly ground  
black pepper  
225g thinly sliced prosciutto  
30g Parmesan cheese



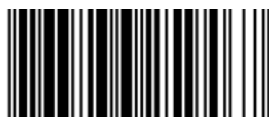
## Instructions

Preheat the oven to 220C/425F/Gas  
Mark 7 and trim the fibrous ends  
from the asparagus.  
Place the asparagus on a baking  
sheet and drizzle with olive oil,  
season, then toss well to coat.

Lay the prosciutto slices out onto  
a cutting board. Slice each in half  
lengthways, then grate a thin layer of  
parmesan on top of each slice.  
Wrap each asparagus spear with  
Parmigiano and prosciutto, then  
arrange in a single layer on the sheet.

Place in the oven for around 10  
minutes (but check after 6, cooking  
times will vary according to the  
thickness of the spears), until the  
asparagus is tender. It should limp  
slightly when picked up.  
Grate more parmesan on top if you'd  
like and enjoy hot.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
199		5		11		20		3







# PRAWN COCKTAIL



Time:  
20 minutes



Serves:  
6



## Ingredients

### Dressing:

5 tablespoons low fat natural yogurt  
2 tablespoons seafood dressing  
1 tablespoon tomato sauce  
1 teaspoon capers, chopped  
Few drops Tabasco sauce

### Salad:

340g prawns  
1 tablespoon olive oil  
2 tablespoons lemon juice  
4 tablespoons fresh parsley, chopped  
18 lettuce leaves



## Instructions

Combine all the ingredients for the dressing together in a bowl.

Wash the prawns and pat them dry, place in a bowl add the oil, lemon juice, parsley and a pinch of black pepper. Chill in the refrigerator for up to 3 hours.

Wash the lettuce under running cold water.

Lay 3 lettuce leaves on each plate or in individual serving bowls.

Evenly divide the prawns amongst the plates and top with the dressing and parsley.

Serve with triangles of brown bread and a lemon wedge.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
87		5		3		10		0









# SHEET PAN EGGS WITH SPINACH AND HAM



Time:  
45 minutes



Serves:  
12



## Ingredients

18 large eggs  
60ml reduced-fat milk  
1 ½ teaspoons smoked paprika  
1 teaspoon salt  
1 teaspoon ground pepper  
1 teaspoon onion powder  
1 package frozen chopped spinach, thawed and squeezed dry  
130g cheddar cheese  
70g diced ham



## Instructions

Preheat the oven to 175C/350F/  
Gas Mark 4.

Generously coat a large rimmed baking sheet with cooking spray. Whisk eggs, milk, smoked paprika, salt, pepper and onion powder together in a large bowl.

Pour onto the prepared baking sheet and sprinkle with spinach, cheddar and ham.

Bake until just set, 20 to 25 minutes, rotating the pan from back to front halfway through baking to ensure even cooking.

Cut into 12 squares and serve.

CALORIES

163



CARBS

2



FAT

11



PROTEIN

14



FIBRE

1







# CAULIFLOWER AND BROCCOLI CHEESE



Time:  
40 minutes



Serves:  
6



## Ingredients

1 head broccoli, broken into florets  
1 medium cauliflower, broken into florets  
2 tsp rapeseed oil  
1 onion, finely chopped  
1 heaped tbs plain flour  
2 heaped tsp Dijon mustard  
400ml skimmed milk  
25g reduced-fat cheddar + 50g grated to top  
1 tbs grated vegetarian Parmesan cheese



## Instructions

Preheat the oven to 180C/350F/Gas Mark 4 and add the cauliflower to a saucepan of boiling water. Boil for 3 minutes, then add the broccoli. Continue to cook until almost done but still firm. Drain and then set aside. While the vegetables are cooking, add the oil to a separate pan and soften the onion for 3-4 minutes being careful to not let it brown. Sprinkle the flour over the onions, add the mustard and gently stir until evenly coated. Slowly pour in 100 millilitres of the milk, mixing to ensure there are no lumps. When it starts to thicken, gradually stir in the rest of the milk to form a sauce.

Add 25g of the cheddar and all of the Parmesan, stirring until melted. Arrange the broccoli and cauliflower in an ovenproof dish, add the sauce and top with the remaining cheddar and cook for 20-25 minutes, until the top has browned. Serve bubbling hot.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
116		12		3.5		9		4







# DOLCELATTE STUFFED FIGS



Time:  
15 minutes



Serves:  
16



## Ingredients

16 soft dried figs  
8 teaspoons dolcelatte cheese  
8 slices prosciutto  
Small handful parsley,  
chopped



## Instructions

Remove the hard core from the figs, make a pocket in each with the point of a knife and then stuff each pocket with  $\frac{1}{2}$  teaspoon of the cheese.

Slice the prosciutto in half lengthways, then wrap it around each stuffed fig to make a parcel. Serve scattered with a small handful of chopped parsley if desired.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
51		3		3		3		1



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★ ★ ★

# MAINS

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★ ★ ★











# BROCCOLI AND GOJI BERRY QUINOA SALAD



Time:  
30 minutes



Serves:  
6



## Ingredients

90g red quinoa, rinsed  
(uncooked)  
2 large broccoli heads, grated  
3 spring onion stalks, thinly  
sliced  
50g roasted almonds, chopped  
60g dried goji berries  
1 tsp crushed red pepper flakes  
60ml olive oil  
3 tbsp lemon juice  
salt and cracked pepper



## Instructions

Cook the quinoa according to the packet instructions. Once cooked, drain, rinse and set aside in a bowl lined with paper towel for about 15 minutes to dry it out a little.

Toss the cooked quinoa, broccoli, spring onion, almonds and goji berries together in a large serving bowl.

In a small jar, add the crushed red pepper flakes, olive oil, lemon juice, salt and cracked pepper. Shake really well to combine.

Pour the dressing all over the salad and allow to sit for at least 30 minutes before serving.

CALORIES



CARBS



FAT



PROTEIN



FIBRE

260

21

16

8

6







# PRETZEL CHICKEN MINI-FILLET'S



Time:  
25 minutes



Serves:  
6



## Ingredients

700g chicken mini-fillet's  
250ml buttermilk  
2 teaspoons garlic powder  
1 teaspoon salt  
1 teaspoon onion powder  
1/2 teaspoon pepper  
200g fat-free plain Greek  
yoghurt  
30g peach jam  
1 tablespoon mustard  
200g miniature pretzels,  
crushed  
cooking spray



## Instructions

In a large bowl, combine the buttermilk, garlic, salt, onion powder and pepper, toss the chicken to coat. Refrigerate, covered, at least 30 minutes.

In a small bowl, mix yoghurt, peach jam and mustard, refrigerate until serving.

Preheat oven to 200C/400F /Gas Mark 6.

In a large shallow dish, add crushed pretzels.

Remove the chicken from the marinade, discarding the marinade. Dip both sides of the chicken in the crushed pretzel, patting to help the coating adhere.

Place on a parchment paper lined baking sheet. Spray with cooking spray. Bake for 20-25 minutes or until the coating is golden brown and the chicken is no longer pink.

Serve with sauce and salad.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
288		32		4		31		1







# NUT ROAST



Time:  
40 minutes



Serves:  
6



## Ingredients

1 leek  
10g yeast extract  
225g mixed nuts  
28g ground almonds  
100g breadcrumbs  
1 teaspoon dried sage  
1 teaspoon cayenne pepper  
30ml sunflower oil



## Instructions

Preheat the oven to 180C/350F  
/Gas Mark 4.

Meanwhile, chop the leek and sauté  
in the oil until soft and starting  
to just brown.

Combine the leek and all the  
remaining ingredients together and  
add the mixture to an oiled ovenproof  
dish and bake for 30 minutes until  
golden brown.

Serve with your favourite seasonal  
vegetables and gravy.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
372		17		28		13		4







# ROAST POTATOES



Time:  
1 hour



Serves:  
4



## Ingredients

900g potatoes  
80ml liquid from a can of chickpeas  
3 tablespoons semolina  
Salt and pepper



## Instructions

Preheat the oven to 230C/450F  
/Gas Mark 8.

Peel the potatoes and cut into even chunks. Place the potatoes in a pan, cover with water and bring to a boil, cook until they become just fork tender. Drain then leave for a few minutes to dry before returning to the pan.

Line a baking tray with parchment paper. Add the chickpea liquid and semolina to the potatoes, put the lid on the pan and shake to rough up the potatoes, then stir with a spoon to get the potato mush that has settled on the bottom to coat them thoroughly.

Tip the potatoes onto the lined tray and spread them out before seasoning with a generous amount of salt and freshly ground pepper.

Place in the hot oven and cook for 25 minutes. Remove, flip them all over then return to the oven and cook for around another 20 minutes or until golden brown (the time will vary a little depending on your oven and the type of pan you are cooking them in.

Serve immediately.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
188		42		0		5		6









# PIGS IN BLANKETS



Time:  
35 minutes



Serves:  
8



## Ingredients

8 turkey or chicken sausages  
8 rashers of turkey bacon  
1 tablespoon wholegrain  
mustard  
1 tablespoon honey  
½ teaspoon rosemary



## Instructions

Preheat the oven to 180C/350F/Gas  
Mark 4 and arrange the sausages  
in a baking tray.

Next, mix the mustard, honey and  
rosemary together in a small bowl.

Baste the sausages with the  
marinade, then wrap a slice of turkey  
bacon around each sausage.

Baste again and bake for 20-25  
minutes until the sausages are  
cooked through.

Serve immediately.

CALORIES



CARBS



FAT



PROTEIN



FIBRE

119

7

3

16

0







# ROASTED BRUSSELS SPROUTS



Time:  
50 minutes



Serves:  
4



## Ingredients

450g Brussels sprouts  
1 tablespoon olive oil  
½ teaspoon salt  
½ teaspoon black pepper



## Instructions

Wash the sprouts well, then trim and score the base.

Add to a roasting tray with the olive oil, salt and pepper.

Toss to coat evenly then roast for 40 minutes until soft and starting to brown slightly.

Serve immediately.

CALORIES



CARBS



FAT



PROTEIN



FIBRE

96

11

4

4

4







# CRANBERRY SAUCE



Time:  
10 minutes



Serves:  
6



## Ingredients

340g cranberries  
125g powdered sweetener  
175ml water  
1 teaspoon orange zest  
½ teaspoon vanilla extract



## Instructions

Combine the cranberries, water, sweetener and orange zest in a medium saucepan. Bring to a boil, then reduce to a gentle simmer.

Cook for 10-15 minutes, until the cranberries begin to pop and a sauce starts to form.

Remove from heat and stir in the vanilla extract, before pouring into a serving jug.

Serve hot.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
24		6		0		0		2







# LOW FAT GRAVY



Time:  
15 minutes



Serves:  
4



## Ingredients

75g finely chopped onion  
50g finely chopped fresh mushrooms  
2 tablespoons chopped fresh parsley  
470ml reduced-sodium beef or chicken broth  
2 tablespoons cornstarch  
Pinch black pepper



## Instructions

In a saucepan, cook the onion, mushrooms and parsley in 60ml of the broth until tender.

In a bowl combine the cornstarch and pepper with 120ml of broth and stir until smooth. Add this to the pan with the remaining broth.

Bring to a boil, stirring occasionally and allow to boil for 2 minutes.  
Serve hot.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
25		3		1		1		2









# ROAST CHICKEN WITH POMEGRANATE GLAZE



Time:  
1 hour



Serves:  
6



## Ingredients

250ml pomegranate juice  
1 whole chicken (1300g)  
extra-virgin olive oil  
kosher salt and freshly ground  
black pepper  
250ml low-sodium chicken  
stock  
1 tablespoon fresh thyme  
1 cup pomegranate seeds



## Instructions

Heat pomegranate juice in a small saucepan over medium heat until reduced to 60 ml. Set aside.

Meanwhile, let the chicken come to room temperature for about 30 minutes. Heat oven to 230C/450F/Gas Mark 8. Brush chicken with oil and season with salt and pepper. Tie legs and transfer to a large ovenproof frying pan.

Roast chicken, turning once, reduce oven temperature to 200C/400F/Gas Mark 6.

Brush the chicken all over with the remaining pomegranate mixture, and continue to roast until an instant-read thermometer inserted into a thigh without touching bone reaches 73C degrees, until golden and cooked through, about 50 minutes.

Transfer to a serving dish and brush with reduced pomegranate juice.

Let stand 10 minutes.

Deglaze frying pan over medium heat with stock, scraping up brown bits with a wooden spoon. Cook until reduced by half. Add thyme and pomegranate seeds.

Serve with chicken and sprinkle with pomegranate seeds.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
475		10		19		66		1







# YORKSHIRE PUDDING



Time:  
1 hour



Serves:  
6



## Ingredients

4 large eggs  
250ml milk  
1 pinch salt  
120g plain flour  
2 tablespoons lard, beef  
dripping, or vegetable oil  
2 tablespoons cold water



## Instructions

Preheat the oven to 230C/450F  
/Gas Mark 8.

In a cupcake tin (12-cup muffin  
tin) place a pea-sized piece of lard,  
dripping, or 1/2 teaspoon vegetable oil  
into each compartment. Pop into the  
oven for about 5 minutes so  
the oil gets hot.

Meanwhile, beat the eggs, flour,  
milk and a pinch of salt and pepper  
together in a jug until light and  
smooth. Add 2 tablespoons of cold  
water to the batter and give it  
another good whisk.

Fill the openings in the tin 1/3 full with  
batter and return quickly to the oven.  
Bake approximately 20 minutes or  
until golden brown, puffed, and crisp.

Repeat until all the batter is used up.  
Serve and enjoy.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
185		18		9		8		1







# CHRISTMAS CARROTS



Time:  
60 minutes



Serves:  
6



## Ingredients

4 large carrots, cut into thick batons  
3 parsnips, cut into thick batons  
2 tbsp olive oil  
2 tbsp honey (or maple syrup)  
1 tbsp fresh rosemary, diced  
salt and cracked pepper



## Instructions

Preheat the oven to 200C/400F/Gas Mark 6. Line a large baking tray with baking paper. Lay the carrots and parsnips in the tray.

In a small jar, add the olive oil, honey, fresh rosemary, salt and cracked pepper. Shake well to combine.

Pour sauce all over the carrots and parsnips and toss to cover.

Cook for 35-40 minutes or until the vegetables have caramelised.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
129		20		5		1		4







# ROAST TURKEY



Time:  
130 minutes



Serves:  
12



## Ingredients

1 whole turkey (approx. 4kg)  
2 carrots, peeled, chopped  
2 brown onions, chopped  
3 celery stalks, chopped  
1/2 lemon, cut into wedges  
100g butter  
2 tsp garlic powder  
2 tsp dried basil  
1 tsp ground sage



## Instructions

Preheat the oven to 165C/325F  
/Gas Mark 4.

Insert half the onions, carrots and celery, along with the lemon, into the turkey cavity. Place the turkey in a large roasting dish with the remaining vegetables.

In a small saucepan melt the butter along with the garlic powder, basil and sage.

Brush the turkey with the butter (reserving some for later) and cover with foil. Place in the oven and cook for 75-90 minutes. Remove the turkey halfway and baste with extra butter and again towards the end of the cooking time.

Allow the turkey to rest for 25 minutes before carving.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
380		3		12		65		9









# BRUSSEL SPROUT BAKE



Time:  
25 minutes



Serves:  
4



## Ingredients

3 tbsp butter  
1 brown onion, diced  
3 cloves garlic, minced  
900g Brussels sprouts, cored  
and halved  
salt and cracked pepper  
180ml heavy cream  
170g cheddar cheese, grated  
50g parmesan, grated  
6 cooked bacon rashers,  
crumbled



## Instructions

Preheat the oven to 180C/350F  
/Gas Mark 5.

Add the butter to a large oven-safe  
pan or frying pan. Add the Brussels  
sprouts, onion and garlic. cook, on  
medium heat, stirring occasionally for  
8-10 minutes.

Remove from the heat and stir  
through the cream. Sprinkle with  
cheddar and parmesan and  
top with bacon bits.

Cook for 15 minutes or until cheese  
has melted.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
410		18		30		17		6







# BEEF TENDERLOIN



Time:

1 hour 10 minutes



Serves:

4



## Ingredients

900g beef fillet or chateaubriand  
2 tablespoons olive oil  
1 teaspoon salt  
½ teaspoon black pepper  
½ teaspoon garlic powder  
½ teaspoon dried rosemary  
¼ teaspoon dried thyme



## Instructions

Be sure to remove the beef from the fridge an hour before you plan to start cooking and preheat your oven to 200C/400F/Gas Mark 6.

Using your hands, rub the beef with the oil, then sprinkle it with the seasonings, pressing to help them stick to the meat. Heat a large, heavy, ovenproof pan over medium-high heat, then brown the beef on all sides for around two minutes per side.

Transfer the pan to the oven and roast until a thermometer inserted into the thickest part registers 130F (medium rare should take approximately 30 minutes – adjust the cooking time for your preferred result).

Transfer the roast to a cutting board, cover with foil and allow to rest in a warm place for 20 minutes before slicing and serving.

CALORIES



CARBS



FAT



PROTEIN



FIBRE

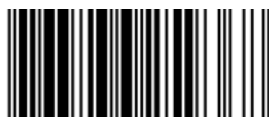
369

0

29

27

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# CITRUS POMEGRANATE SALMON



Time:  
35 minutes



Serves:  
4



## Ingredients

1 small red onion, thinly sliced  
1 side of salmon (around 1kg)  
½ teaspoon salt  
1 medium orange, thinly sliced  
145g pomegranate seeds  
2 tablespoons extra-virgin olive oil  
1 tablespoon minced fresh dill



## Instructions

Preheat the oven to 190C/375F  
/Gas Mark 5.

Meanwhile, place a 28 x 18-inch piece of heavy-duty foil in a 15 x 10-inch roasting pan.

Place the onion slices in a single layer on the foil then lay the salmon on top and sprinkle with salt.

Arrange the orange slices over top, sprinkle with pomegranate seeds and drizzle with the oil.

Top with a second piece of foil and bring edges together all round and scrunch to seal.

Bake until fish just begins to flake easily with a fork, about 25-30 minutes. Carefully place on a serving platter spooning over any pomegranate seeds that have remained in the pan and serve hot.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
307		8		19		26		1



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★ ★ ★

# DESSERTS

★ ★ ★

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# PEANUT BUTTER FUDGE



Time:

10 minutes + 4 hours



Serves:

4

## Ingredients

2 tablespoons butter  
35g icing sugar  
1 teaspoon vanilla extract  
120g natural peanut butter  
50g chocolate chips  
250ml condensed milk

## Instructions

Heat the condensed milk and butter in a saucepan on medium until melted.

Whisk in the icing sugar until well combined, and bring the mixture to a low boil. Continue to cook until the mixture thickens and begins to turn a bit of a light brown.

Once thickened, remove the mixture from the heat, and whisk in the peanut butter and vanilla until smooth. Pour the mixture into a parchment-lined loaf or other small pans.

Wait for the mixture to cool for a few minutes before topping with chocolate chips (or chopped chocolate) so they stay on the surface.

Chill in the fridge for at least 4 hours. Slice the fudge into pieces and serve. Store remaining fudge in an airtight container in the fridge or freezer.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
392		42		20		11		4







# GINGERBREAD COOKIES



Time:  
75 minutes



Serves:  
20



## Ingredients

1 1/2 tsp ground ginger  
 1/2 tsp ground cinnamon  
 1/2 tsp mixed spice  
 1/4 tsp ground nutmeg  
 1/4 tsp ground clove  
 180g wholemeal spelt flour  
 1/4 tsp bicarbonate of soda  
 pinch sea salt  
 50g butter  
 30ml milk  
 85g maple syrup



## Instructions

Preheat the oven to 150C/300F/Gas Mark 2. Line a baking tray with baking paper. Start by mixing together the ginger, cinnamon, mixed spice, nutmeg and clove in a medium-sized bowl.

Add the flour, bicarbonate of soda and salt. Mix to combine.

Add the butter, milk and maple syrup to a blender (add the maple syrup last) and blitz until combined.

Transfer the wet ingredients to the dry ingredients and mix to form a dough. Roll into a ball, wrap in cling wrap and refrigerate for 45 minutes.

Place the dough in between two sheets of baking paper (so it doesn't stick) and roll out with a rolling pin.

Cut the cookies out with a small cookie cutter and lay on the baking tray. Cook for 11-12 minutes or until golden. Allow to cool for 5 minutes before transferring to a cooling rack.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
58		9		2		1		1







# LOW FAT CHRISTMAS PUDDING



Time:

3 hours 20 minutes



Serves:

10



## Ingredients

½ lemon, zest  
300g mixed dried fruit  
4 tablespoons brandy,  
rum or beer  
1 teaspoon mixed spice  
50g fresh granary  
breadcrumbs  
2 teaspoons gravy browning  
100g carrot, grated  
100g cooking apple, grated  
2 eggs, beaten  
2 tablespoons molasses  
75g plain flour  
½ teaspoons ground  
cinnamon  
50g dark brown sugar  
½ orange, zest  
1 tablespoon lemon juice  
4 tablespoons skimmed milk  
4 tablespoons brandy,  
for reheating



## Instructions

Soak the fruit in the alcohol overnight,  
covered in a cool place.

The next day, put the fruit in a large bowl  
and add the remaining ingredients one at  
a time, mixing each time until  
well combined.

Carefully pour the mixture into 1.2 litre  
pudding basin and cover with clingfilm.

To steam the pudding, cover with foil,  
place in a steamer and steam gently  
for 3 hours. To reheat later, pour the 4  
tablespoons of brandy over the pudding  
and steam for another 1-2 hours.

To microwave, remove the clingfilm and  
put an upturned plate on top of the bowl.  
Cook on high for 5 minutes, allow to stand  
for 5 minutes, then cook for  
5 minutes more.

To reheat, pour the 4 tablespoons brandy  
over the pudding and cook on high for  
around 5 minutes.

Serve hot with brandy butter, cream or  
custard.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
177		39		1		3		1







# MULLED WINE POACHED PEARS



Time:  
16 minutes



Serves:  
8



## Ingredients

6-8 conference pears, peeled  
1 bottle red wine of choice  
1 box mulled wine spices  
1 pint of filtered water  
4 tablespoons xylitol, honey,  
maple syrup or sweetener of  
choice  
2 tablespoons vanilla extract  
Mascarpone cheese for  
serving, optional,



## Instructions

Add the wine, water, sweetener and  
vanilla to a large pan big enough to  
house all the pears and  
bring to a simmer.

Gently add the pears to the pan.  
Bring to a gentle boil, cover and cook  
until soft. This should take about 20  
minutes. Once the pears are just soft,  
remove them and set aside on a plate.  
Turn the heat up on the remaining  
cooking liquid and continue to cook  
until the volume has halved.

Place each pear into a bowl and  
serve with a little of the wine  
reduction drizzled over and a dollop of  
mascarpone cheese.

CALORIES	★	CARBS	★	FAT	★	PROTEIN	★	FIBRE
148		36		0		1		5









# CHRISTMAS FRUIT CAKE



Time:

1 hour 50 minutes



Serves:

10

## Ingredients

500g mixed dried fruits  
(apricot, raisins, prunes)  
180ml rum  
2 oranges, zest and juice  
150g honey  
175g unsalted butter  
175g dark sugar  
2 teaspoon mixed spices  
(cinnamon, ginger, nutmeg)  
4 tablespoons cocoa powder  
3 large eggs  
150g plain flour  
75g almonds, chopped  
½ teaspoon baking powder  
½ teaspoon bicarbonate of  
soda  
½ teaspoon salt

## Instructions

Preheat the oven to 150C/300F  
/Gas Mark 2.

Grease an 20cm cake tin with some butter.  
This fruitcake can also be prepared using 23  
x 13cm loaf tins. If using other types of tins,  
lightly grease and line with parchment paper.

Add the dried fruit, rum, orange juice and zest,  
honey, butter, sugar, spices and cocoa powder  
to a large pan on a medium heat.  
Keep stirring the mixture and bring it to boil.

Turn the heat down and simmer for 5 minutes.  
Switch off the heat and let it cool down  
for 10 minutes.

In a separate bowl whisk the eggs. In  
another separate bowl mix together the flour,  
almonds, baking powder,  
baking soda and salt.

Add the whisked eggs to the pan with the  
dried fruit mixture. Gently mix everything  
together.

Pour the mixture into the bowl with the flour.  
Mix everything together.

Pour the cake batter into the tin and bake in  
the oven for 1 hour and 25 minutes.

Remove it from the oven and let it cool down  
in the tin for 10 minutes before transferring to  
a cooling rack to cool down completely for at  
least few hours or even better overnight.

CALORIES

520



CARBS

78



FAT

20



PROTEIN

7




FIBRE

6





 LEWIS BROOKES  
COACHING



# THE RECIPE FOR RESULTS

*Christmas edition*

[HTTPS://LINKTR.EE/LEWISBROOKESPT?FB-](https://linktr.ee/lewisbrookespt?fb)

