



CHICAGO FIT
PERFORMANCE

Nutrition Essentials

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Guidelines

Wherever possible, say YES to



Planning Meals



Whole foods



Eating Slowly



Lean Protein



Vegetables



Smart Carbs



Healthy Fats



Staying Hydrated



Getting Sleep

During this course, we will focus on a different theme each week to help you to build the skills you need to maintain the results you gain during this program.

Wherever possible, say NO to



Alcohol



Added Sugar



Fast Food



Processed Grains



Artificial Sweeteners



Calorific Beverages

What to Eat



Lean Protein

- **Meat** – beef, lamb, pork, venison
- **Poultry** – chicken, turkey, duck, eggs
- **Fish** – cod, haddock, mackerel, pollock, salmon, trout
- **Shellfish** – crab, prawns, scallops, squid
- **Dairy** – cottage cheese, plain strained yogurt, whey protein powder
- **Plant based** – beans, chickpeas, lentils, peas, tempeh, tofu, pea protein powder



Healthy Fats

- **Nuts** – almonds, Brazil nuts, cashews, hazelnuts, macadamia, pistachios, walnuts
- **Seeds** – chia, flax, pumpkin, sesame, sunflower
- **Drupes** – avocados, coconuts, olives
- **Dairy/other** – Butter, ghee, natural nut butters, omega 3 supplement
- **Oils** – avocado oil, coconut oil, extra virgin olive oil, fish oil, cold-pressed flaxseed oil, pumpkin seed oil, walnut oil



Vegetables and Salad

- **Salad** – spinach, kale, bok choy, arugula, beet greens, collard greens, lettuce, radicchio, watercress
- **Vegetables** – asparagus, artichoke, bean sprouts, beets, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, celeriac, celery, cucumber, eggplant, fennel, green beans, green onions, leeks, mushrooms, okra, onions, radishes, rutabaga, sugar snap peas, tomatoes, zucchini
- **Flavors** – fresh chili peppers, fresh herbs, garlic, ginger



Smart Carbs

- **Starches** – carrots, corn, parsnips, potatoes, pumpkin, squash, sweet potatoes, yams
- **Fruit** – apricots, apples, bananas, cantaloupe, cherries, grapefruit, grapes, lemons, limes, mangoes, melons, nectarines, oranges, papaya, peaches, pineapple, plums, pomegranates, rhubarb, satsumas
- **Berries** – acai berries, blackberries, blueberries, raspberries, strawberries
- **Whole grains** – amaranth, barley, brown rice, buckwheat, kamut, millet, quinoa, rolled or steel cut oats, sorghum, spelt, sprouted grains, teff, wild rice

Shopping List W1

Vegetables

- avocado
- baby spinach
- bell peppers
(green, red and yellow)
- broccoli
- butter lettuce
- button mushrooms
- carrots
- cauliflower
- celery
- eggplants
- garlic
- ginger
- green onions
- onions (red and white)
- mushrooms
- red chili pepper
- sweet potatoes
- tomatoes
- yellow squash
- zucchini

Fruit

- blackberries (fresh)
- blueberries (fresh)
- lemon
- lime
- mango
- orange
- raspberries (fresh)
- frozen berries
- frozen cherries

Meat and Dairy

- bacon, nitrite free
- beef (ground)
- chicken breasts (skinless)
- lamb (ground)
- butter
- eggs
- cheddar cheese
- mozzarella cheese
- Parmesan cheese
- plain, Greek yogurt
- almond milk, unsweetened

Herb and Spices

- salt
- pepper
- cayenne pepper
- chili powder
- cilantro
- cinnamon
- cumin
- dried basil
- dried chives
- dried oregano
- fresh basil
- fresh parsley
- fresh rosemary
- fresh thyme
- garlic powder
- marjoram
- paprika
- red pepper flakes, optional
- red Thai chili
- rosemary
- smoked paprika
- thyme
- turmeric
- yellow curry powder

Cupboard Items

- almond meal, optional
- apple cider vinegar
- balsamic vinegar
- black beans (can)
- cacao nibs
- chia seeds
- chicken or vegetable broth
- chickpeas
- coconut oil
- diced tomatoes with juice
- full fat coconut milk (can)
- lentils
- olive oil
- mustard, sugar free
- rice of choice
- rolled porridge oats
- pizza sauce, no sugar added
- walnuts and nuts
- chocolate protein powder

Shopping List W2

Vegetables

- baby arugula
- baby spinach
- baby tomatoes
- bell peppers
(green, red and yellow)
- Brussels sprouts
- butternut squash
- carrots
- cauliflower
- celery
- edamame
- garlic
- green onions
- onions (red and white)
- mushrooms
- peas (frozen)
- red cabbage
- shallots
- sweet potatoes
- yellow squash
- zucchini

Fruit

- apple
- banana
- blueberries (fresh)
- blueberries (frozen)
- dates, organic
- lemon and lime
- orange
- pink grapefruit
- strawberries (frozen)

Meat and Dairy

- bacon, nitrite free
- beef (steak)
- chicken breasts (skinless)
- pork breakfast sausage
- wild salmon fillet
- butter
- eggs
- mozzarella cheese
- Parmesan or hard cheese
- plain, Greek yogurt
- almond milk, unsweetened

Herb and Spices

- salt
- pepper
- bay leaves
- cilantro
- cinnamon
- dried basil
- dried chives
- dried oregano
- fresh basil
- fresh chives
- fresh rosemary
- garlic powder
- Old Bay
- oregano
- paprika
- red pepper flakes
- smoked paprika

Cupboard Items

- almond meal, optional
- cashew nuts
- champagne vinegar
- chicken or vegetable broth
- chickpeas (can)
- coconut oil
- dried cranberries
- Dijon mustard
- hot sauce (chili or cayenne)
- jalfrezi curry paste
- long grain brown rice
- milled flaxseed
- olive oil
- pecan nuts
- peanut sauce dressing
- pizza sauce, no sugar added
- quinoa
- rolled porridge oats
- tomato passata (or tomatoes)
- tomato paste
- walnuts
- vanilla protein powder

Nutrition Content



Lean Protein

- Beef sirloin steak (4 oz) 150 kcal 24g P
- Chicken breast (4 oz) 186 kcal 35g P
- Turkey (4 oz) 216 kcal 32g P
- Eggs (2 large) 156 kcal 12g P
- Haddock (3 oz) 87 kcal 18g P
- Salmon (3 oz) 177 kcal 17g P
- Tuna (3 oz, canned) 100 kcal 22g P
- Cottage cheese (4 oz) 111 kcal 13g P
- Greek yogurt (6 oz) 100 kcal 17g P
- Beans (1 cup, cooked) 220 kcal 14g P
- Chickpeas (1 cup, cooked) 200 kcal 10g P
- Lentils (1 cup, cooked) 230 kcal 18g P



Healthy Fat

- Brazil nuts (1 oz) 186 kcal 19g F
- Pistachios (1 oz) 159 kcal 13g F
- Walnuts (1 oz) 185 kcal 18g F
- Chia seeds (1 tbsp) 70 kcal 4.5g F
- Flaxseed (1 tbsp) 55 kcal 4.3g F
- Avocados (half) 120 kcal 10g F
- Olives (½ cup) 70 kcal 7g F
- Butter (1 tbsp) 102 kcal 12g F
- Almond butter (1 tbsp) 98 kcal 9g F
- Peanut butter (1 tbsp) 89 kcal 8g F
- Coconut oil (1 tbsp) 117 kcal 14g F
- Olive oil (1 tbsp) 119 kcal 14g F



Smart Carbs

- Carrots (1 cup, grated) 53 kcal 12.5g C
- Potatoes (1 cup) 113 kcal 26g C
- Squash (1 cup) 63 kcal 16g C
- Sweet potato (1 cup) 114 kcal 27g C
- Bananas (1 cup, sliced) 133 kcal 34g C
- Berries (1 cup) 85 kcal 21g C
- Oranges (1 cup, segments) 85 kcal 21g C
- Peaches (1 cup, sliced) 61 kcal 15g C
- Brown rice (1 cup, cooked) 216 kcal 45g C
- Quinoa (1 cup, cooked) 222 kcal 40g C
- Oats (½ cup) 180 kcal 33g C
- Wild rice (1 cup, cooked) 166 kcal 35g C

Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Breakfast	OVERNIGHT OATS Page 6	OVERNIGHT OATS Page 6	YOGURT PARFAIT Page 7	CHOCOLATE CHERRY Page 8	CHOCOLATE CHERRY Page 8	STUFFED PEPPERS Page 10	MUSHROOM FRITTATA Page 11
	LENTIL SALAD Page 16	LENTIL SALAD Page 16	ITALIAN BOWLS Page 17	ITALIAN BOWLS Page 17	INDIAN CHICKPEAS Page 18	INDIAN CHICKPEAS Page 18	STEAK SKEWERS Page 19
Week 1 Dinner	CHILI CON CARNE Page 23	CHILI CON CARNE Page 23	LAMB MOUSSAKA Page 24	LAMB MOUSSAKA Page 24	VEGETABLE PIZZA Page 25	BEEF BURGER Page 27	THAI CURRY Page 28
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Week 2 Breakfast	SUMMER SALAD Page 20	SUMMER SALAD Page 20	CHICKPEA SOUP Page 21	CHICKPEA SOUP Page 21	THAI QUINOA SALAD Page 22	STEAK SKEWERS Page 19	POTATO QUICHE Page 14
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Overnight Oats



This recipe can be made up to four days in advance to save you time in the morning. Enjoy this recipe hot or cold. Recipe serves 1.

Ingredients

- ½ cup rolled oats
- ½ tbsp chia seeds
- 1 cup plain Greek yogurt
- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ¾ cup frozen berries

Directions

1. Combine the rolled oats, chia seeds, Greek yogurt, almond milk and whey protein powder in a large Mason jar.
2. Put the lid on and shake vigorously until the ingredients are fully combined. Top with frozen berries, put the lid back on and refrigerate overnight.
3. Stir and serve.



Yogurt Parfait



One of the easiest breakfasts there is, it can be made with any toppings you like. Choose fruits that are in season to get the best flavor. Recipe serves 2.

Ingredients

- 2 cups Greek yogurt
- 1 cup sliced blackberries
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- ¼ cup nuts
- cinnamon, optional

Directions

1. In mason jars or bowls, begin layers with a quarter cup of Greek yogurt, followed by a layer of berries and nuts.
2. Repeat layering process until yogurt, berries and nuts are gone. If desired, add a sprinkling of cinnamon to yogurt layer before adding berries.
3. Store any uneaten parfaits covered in fridge for up to two days.



Cherry Chocolate



A rich and creamy breakfast.

Recipe serves 1.

Ingredients

- 1 cup water
- 1 scoop chocolate protein powder
- unsweetened frozen cherries
- spinach
- 1 tbsp walnuts
- 1 tbsp cacao nibs

Directions

1. Combine all ingredients in a blender.
2. Blend on high until mixture is smooth and creamy.
3. Enjoy the rich and fruity flavors.



Berry Super Shake



Nutritious, delicious and quick to make.

Recipe serves 1.

Ingredients

- 1 cup unsweetened almond milk
- ½ cup frozen blueberries
- ½ cup frozen strawberries
- spinach
- 1 scoop vanilla protein powder
- 1 tbsp milled flaxseed

Directions

1. Combine all ingredients in a blender.
2. Blend on high until mixture is smooth and creamy.
3. Enjoy the berry bursting flavors.



Breakfast Peppers



Adapted from [Paleo Leap](#), these easy breakfast-themed stuffed peppers are a bright and delicious start your day with. Recipe serves 4.



Ingredients

- 1 tbsp coconut oil
- 1 onion, diced
- 1 cup mushrooms, sliced
- 1 tomato, diced
- 3 cups baby spinach
- ½ tsp garlic powder
- salt, to taste
- pepper, to taste
- 4 bell peppers, sliced in half, core and seeds removed
- 8 eggs, beaten
- 4 slices bacon, nitrite free

Directions

1. Preheat your oven to 375°F (180°C).
2. Melt the oil in a skillet placed over a medium-heat.
3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves.
7. Top off each bell pepper half with some of the beaten eggs. Add the bacon, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

Mushroom Frittata



This frittata reheats really well and maintains it's texture and flavor. Easy and delicious, enjoy warm or cold. Recipe serves 4.

Ingredients

- 3 tbsp butter
- 8 eggs
- 4 oz grated cheddar cheese
- salt
- pepper
- 1 onion, thinly sliced
- 4 oz button mushrooms
- 2 cups baby spinach

Directions

1. With the rack in the middle position, preheat the oven to 350°F (180°C).
2. Butter an 8-inch square baking dish. Set aside.
3. In a large bowl, whisk the eggs. Add cheese. Season with salt and pepper. Place bowl aside.
4. In a large non-stick skillet, brown onion and mushrooms in butter over medium heat. Season with salt and pepper. Add spinach and continue cooking for about 1 minute, stirring constantly.
5. Pour mushroom mixture into egg mixture. Stir well and pour into baking dish. Bake the frittata for about 25 minutes or until lightly browned and puffed. Cut frittata into squares and remove using a spatula.



Pecan Porridge



Warm and filling, this nutty topped porridge is perfect in colder weather.

Recipe serves 1.

Ingredients

- 4 organic dates, pitted
- ½ cup porridge oats
- 1½ cup almond milk
- ½ cup water
- 1 tsp ground cinnamon
- 4 pecan nuts
- banana, optional
- blueberries, optional

Directions

1. Chop the dates into thin slices. Add the oats, chopped dates, almond milk, water and ground cinnamon to a small pan.
2. Turn on the heat and bring to the boil, stirring the contents occasionally with a wooden spoon.
3. Put on a loose fitting lid and return to stir frequently over a fifteen minute period. If the porridge thickens up too much add a little extra plant-based milk or water.
4. After 15 minutes you can turn off and allow to continue cooking in its own heat until you are ready to eat, OR it can be served immediately.
5. Top with pecans. For extra sweetness, add banana slices and blueberries.



Egg Muffins



Want to make your mornings a whole lot easier? Of course you do! Adapted from [The Kitchn](#), these make-ahead muffins are for people on the go. Recipe serves 4.

Ingredients

- olive oil
- 8 oz sugar-free pork breakfast sausage, casings removed
- 1 cup mushrooms, sliced
- ½ cup green onions, diced
- 1 cup baby spinach, chopped
- 8 large eggs
- 3 tbsp butter
- 1 tsp salt
- ¼ tsp pepper



Directions

1. Arrange a rack in the middle of the oven and heat to 400°F (200°C).
2. Generously coat a 12-cup standard muffin tin with olive oil, or use muffin cases.
3. Place the sausage in a medium skillet over medium-high heat and cook, breaking the meat into small pieces with a wooden spoon, until browned and cooked through (7 to 8 minutes). Evenly divide 3/4 of the sausage between the muffin wells.
4. Divide the mushrooms, onion, and spinach evenly between the muffin wells. Top with the remaining sausage. Place the eggs, butter, salt, and pepper in a medium bowl and whisk until the eggs are completely incorporated. Pour into the muffin wells, filling each 1/2 to 3/4 full.
5. Bake until the eggs are set and lightly browned around the edges (12 to 14 minutes). Place the pan on a wire rack and let cool for 2 to 3 minutes. If the mixture has been cooked directly in the muffin tin, run a butter knife around each cup to loosen the muffins before removing them from the pan.
6. Serve warm, or cool completely on a wire rack before refrigerating or freezing.

Potato Quiche



Adapted from [Paleo Leap](#), this quiche is not only a great choice for breakfast but also the leftovers makes for a delicious lunch the next day. Recipe serves 4.

Ingredients

- 4 sweet potatoes, peeled and sliced into thin slices (the slices should be thin enough to bend easily)
- 2 tsp olive oil
- sea salt, freshly ground
- black pepper, freshly ground
- butter or coconut oil
- 1 onion, sliced
- 1 clove garlic, ground
- 2 cups fresh spinach
- 6 eggs, beaten
- 4 bacon slices, nitrate free, cooked and crumbled
- 2 tbsp fresh chives

Directions

1. Preheat oven to 400°F (200°C).
2. Arrange sweet potato slices in a pie dish in a circular pattern to form a “crust” for the quiche.
3. Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15 to 20 minutes.
4. Meanwhile, melt some cooking fat in a skillet over medium heat and add the garlic and onion.
5. Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add in the spinach. Sauté until wilted, 2 to 3 minutes, and set aside to cool down.
6. When the sweet potatoes are done, lower the oven heat to 375°F (190°C).
7. In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives.
8. Pour over the sweet potato crust and place back in the oven.
9. Bake 30 to 35 minutes, or until the eggs are set; serve warm.



Egg Scramble



Brussels sprouts? For breakfast?! Trust us! Adapted from [Damn Delicious](#), this is a delicious twist on a traditional cooked breakfast. Recipe serves 2.



Ingredients

- coconut oil
- 4 slices bacon, nitrite free
- Brussels sprouts, cut in halves or quarters
- onions, diced
- garlic powder
- salt, to taste
- pepper, to taste
- 6 eggs

Directions

1. Add coconut oil to pan and preheat on the stove.
2. Place bacon strips in pan. Fry until preferred crispiness and set aside on paper towel-lined plate.
3. In same pan as bacon, cook sprouts and onions until tender, about 5 minutes.
4. Add garlic powder, salt and pepper to taste.
5. When Brussels sprouts are done, cook eggs in your preferred manner.
6. Serve together in bowl or on a plate and enjoy!

Roast Lentil Salad



Adapted from [Running On Real Food](#), this vegan roasted vegetable lentil salad is a warm and cozy option for lunch. Recipe serves 2.

Ingredients

- 1 white onion, sliced
- 4 carrots, chopped
- 2 zucchini, chopped
- 1 medium sweet potato, cubed
- olive oil
- 1 tbsp fresh rosemary
- 1 tbsp fresh thyme
- salt and pepper
- 1 cup uncooked lentils
- 2 ¼ cups vegetable broth or water
- 2 tbsp balsamic vinegar

Directions

1. Preheat oven to 400°F (200°C).
2. Chop all the vegetables and spread on a couple of baking trays in a single layer. Drizzle them with the 1 tsp of olive oil and sprinkle over the rosemary and thyme. Add a pinch of salt and pepper to taste.
3. Mix them all up until they're well-coated.
4. Roast the vegetables in the oven for 35-40 minutes until tender and browned.
5. While the vegetables are roasting, add the dry lentils and vegetable broth to a pot.
6. Bring to a boil on the stove top then cover and reduce heat to a light simmer. Cook for 20-25 minutes until the lentils are tender, adding a little extra water as needed.
7. Once the everything is cooked, divide the lentils and roasted vegetables between 4 bowls and toss with the balsamic vinegar.
8. Serve right away or store in the fridge for up to 4 days.



Italian Bowls



Adapted from [Eazy Peazy Mealz](#), everything is cooked on a sheet pan for low mess, big flavor and easy meal prep. Recipe serves 4.

Ingredients

- 1 tsp salt
- ½ tsp pepper
- 2 tsp basil
- 2 tsp marjoram
- 2 tsp rosemary
- 2 tsp thyme
- 1 tsp paprika
- 2 lbs skinless chicken breasts, sliced
- 1 ½ cups broccoli florets
- 1 small red onion, chopped
- 1 cup plum tomatoes
- 1 medium zucchini, chopped
- 2 tsp ground garlic
- 2 tbsp olive oil
- 2 - 4 cups cooked rice of choice, optional

Directions

1. Preheat oven to 450°F (220°C). Line a baking sheet with aluminum foil and set aside.
2. In a small bowl, mix salt, pepper, basil, marjoram, rosemary, thyme, and paprika.
3. Place the chicken and vegetables in the baking dish.
4. Sprinkle all the spices and garlic evenly over the chicken and vegetables. Drizzle with the olive oil.
5. Bake for 15-20 minutes until chicken is cooked, and vegetables are slightly charred.
6. Broil 1-2 minutes to brown chicken.
7. Place ½ or 1 cup of cooked rice of choice into 4 individual meal prep containers.
8. Divide chicken and vegetables evenly on top of the rice.
9. Cover and store in the fridge for 3-5 days or serve for dinner!



Indian Chickpeas



Adapted from [Good Food](#), this quick, fiber-rich veggie meal is filling and a great source of manganese. Recipe serves 2.

Ingredients

- 2 garlic cloves, chopped
- 1 yellow pepper, diced
- $\frac{1}{2}$ red chili, chopped
- $\frac{1}{2}$ bunch green onions
- olive oil
- 3 tomatoes, cut into wedges
- cumin
- cilantro
- turmeric
- 4 eggs
- 14 oz can chickpeas, drained

Directions

1. Heat olive oil in a pan, add the garlic, pepper, chili and green onions, and fry for 5 minutes over a medium-high heat.
2. Add the spices, tomatoes, most of the cilantro and the chickpeas to the sauté pan and cook for 1-2 minutes more. Stir enough liquid from the chickpeas to moisten everything. Leave to simmer gently.
3. In a saucepan of boiling water, poach the eggs for 2 minutes. Spoon the chickpea mixture onto plates and top with the eggs.
4. Use remaining cilantro to garnish.



Steak Skewers



Adapted from [Mark's Daily Apple](#), skewers are great fun to make and quick to cook. Vary this recipe by using chicken, fish or halloumi in place of steak. Recipe serves 4.

Ingredients

- 1 lb steak, cut into cubes
- 1 lemon, zest and juice
- 1 orange, zest and juice
- 1 lime, zest and juice
- 1 tbsp olive oil
- 2 or 3 garlic cloves, ground
- 1 tsp salt
- 1 tsp smoked paprika
- ½ tsp pepper
- bell peppers
- mushrooms
- baby tomatoes
- zucchini
- yellow squash

Directions

If using wooden skewers, soak in water before threading (to prevent burning and minimize splinters).

Marinade

1. Put the steak cubes in a freezer bag.
2. Add the zest and juice of the citrus fruit, olive oil, garlic, salt, smoked paprika and pepper.
3. Coat the ingredients thoroughly.
4. Allow the ingredients to marinate in the refrigerator for at least 30-60 minutes for best results.
5. Re-coat once or twice as it's marinating.

Skewers

6. Thread the steak and veggie pieces onto skewers alternately.
7. Grill the skewers over direct high heat, with the lid closed, until the meat is cooked to your taste (6 to 8 minutes for medium rare), turning occasionally.



Squash Salad



Full of amazing flavor, this salad is nutritious and filling. Every bite is a perfect mix of savory and sweet. Top with grilled chicken, to make it a meal. Recipe serves 4.

Ingredients

- 4 cups butternut squash cubes
- 1 tbsp olive oil
- 4 cups fresh kale, chopped
- 4 cups fresh spinach, chopped
- 4 slices crispy bacon, cooked
- ½ cup dried cranberries
- ½ cup walnuts, chopped
- ⅓ cup grated hard cheese

Directions

1. Preheat oven to 400°F (200°C). Line baking tray with non-stick foil or parchment paper.
2. Prepare the squash: use a potato peeler in long strokes to peel the thick outer layer of the squash off to reveal the bright orange flesh. Chop first into slices and then into cubes. Use an ice cream scoop to remove the seeds, if needed.
3. Spread butternut squash pieces out over the baking tray. Drizzle with olive oil and season with salt and pepper.
4. Toss gently to coat and then roast for 25 minutes, turning once during cooking, until squash is tender. Allow to cool while you prepare the rest of the salad.
5. Add kale and spinach to a large salad bowl and top with the remaining salad ingredients. Drizzle with olive oil, balsamic vinegar and lemon juice.



Chickpea Soup



Adapted from [Skinny Taste](#), this soup rosemary is an easy, hearty soup, loaded with chickpeas and vegetables in every spoonful. Recipe serves 4.

Ingredients

- 1 tsp olive oil
- ½ cup diced carrots
- ½ cup diced celery
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 (28 oz) can crushed tomatoes
- 2 (15 oz) cans chickpeas, rinsed and drained
- 3 cups reduced sodium chicken or vegetable broth
- salt and black pepper
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp chopped fresh basil
- 2 cups fresh baby spinach

Directions

1. Heat oil in a large pot, or Dutch oven, over medium heat. Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 6 to 8 minutes. Add the broth, tomatoes, chickpeas and pepper. Add the rosemary, basil and bay leaves, cover and cook on low for 30 minutes. Add the spinach, cover and simmer until wilted, about 2 minutes.
2. Remove the bay leaves, rosemary sprig, and season to taste with salt and black pepper. Ladle soup into bowls.



Thai Quinoa Salad



Adapted from [Tastes Better From Scratch](#), this is an Eastern salad with a medley of fresh, crunchy vegetables. Serves 4.

Ingredients

- 1 cup uncooked quinoa
- [peanut sauce dressing](#)
- 1 cup red cabbage, shredded
- 1 red bell pepper, diced
- $\frac{1}{4}$ cup red onion , chopped
- 1 cup carrot, shredded
- 1 cup edamame, shelled
- 2 green onions, chopped
- $\frac{1}{2}$ cup cashew halves

Directions

1. Cook quinoa according to package directions.
2. Drizzle half of the peanut sauce dressing over the cooked and cooled quinoa. Toss to combine.
3. In a large bowl combine the red pepper, onion, cabbage, carrots, edamame, and cilantro. Fold in the quinoa. Add the remaining dressing and cashews, and garnish with green onions.



Chili Con Carne



Chili is a hot and spicy, filling meal. Easy to prepare and freezes well. Tastes delicious with wild or brown rice. Recipe serves 4.

Ingredients

- 2 cloves garlic, crushed
- $\frac{2}{3}$ tbsp chili powder
- $\frac{2}{3}$ tbsp ground cumin
- $\frac{3}{4}$ tsp dried oregano
- $\frac{3}{4}$ tsp dried basil
- $\frac{1}{3}$ tsp cayenne pepper
- 18 oz can black beans, drained
- 18 oz diced tomato with juice
- 10 oz can chickpeas, drained
- $\frac{3}{4}$ cup onion, chopped
- $\frac{2}{3}$ cup red bell pepper, sliced
- $\frac{2}{3}$ cup green pepper, sliced
- $\frac{1}{2}$ cup celery
- $\frac{1}{2}$ cup carrot
- $\frac{2}{3}$ cup mushrooms, sliced
- $\frac{2}{3}$ cup zucchini, cubed



Directions

1. Heat the oil in a heavy-based pan. Cook the onion for 10 mins until softened and starting to caramelise. Add the garlic and spices and cook for a further 1-2 mins.
2. Drain the black beans but keep the juice from the tinned tomatoes.
3. Combine everything into a large slow cooker. This recipe is meatless but feel free to add 1 lb of ground beef if you want to at this point.
4. Cover and cook for 8 hours on low.

Lamb Moussaka



Adapted from a blog post by [Sophie Viau](#), this is a hearty, crowd pleasing dish.
Recipe serves 4.

Ingredients

- 2 eggplants, sliced
- 2 tbsp olive oil, divided
- 2 cups cauliflower florets
- $\frac{3}{4}$ cup almond milk
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- salt and pepper
- 2 eggs
- 1 lb ground lamb
- 5 large tomatoes, diced
- $\frac{1}{2}$ cup of water
- 1 tsp cinnamon
- 1 tsp dried oregano
- $\frac{1}{4}$ cup fresh parsley, finely chopped

Directions

1. Preheat oven to 375°F (180°C).
2. Cut the eggplants into thin round slices, then brown them with one tablespoon of olive oil in a large skillet over a high heat. Cook for 2-3 minutes on each side, or until golden brown, and set aside.
3. For the béchamel sauce, using the same skillet, add cauliflower florets, almond milk, half of the chopped onion, one clove of garlic, salt, and pepper. Bring to a boil, stirring occasionally, and reduce to a simmer. Cover with a lid and cook for 15 minutes. Remove from the heat and carefully add to a blender. Pulse until smooth and add the eggs one at a time. Then, set aside.
4. For the meat sauce, wipe your large skillet clean and heat the other half of the chopped onion over medium heat with one tablespoon of olive oil and a pinch of salt.
5. Add the ground lamb (cooking until the meat is fully browned) then stir in the tomatoes with water. Toss in the remaining garlic, cinnamon, and oregano. Cover and cook over medium heat for about 10 minutes.
6. For the moussaka, grease a 11" x 7" casserole dish and arrange half the eggplants in an even layer as the bottom base. Cover with half the meat sauce and add a second of eggplant rounds on top. Cover with remaining meat sauce and then top generously with béchamel sauce. Sprinkle with fresh herbs.
7. Bake for about 45 minutes or until the top layer is golden brown.



Vegetable Pizza



Get that Friday night takeaway feeling with this delicious and crispy pizza. If you want a meat option, add ground beef or pulled chicken. Recipe serves 2.

Ingredients

- non stick cooking oil spray
- 1 cauliflower, small
- $\frac{1}{4}$ cup Parmesan cheese
- $\frac{1}{4}$ cup mozzarella cheese
- salt
- $\frac{1}{2}$ tsp dried basil
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp garlic powder
- red pepper flakes, optional
- 1 egg, whole
- 1 tbsp almond meal, optional
- pizza sauce, no sugar added
- vegetables (eg, peppers, mushrooms)
- small amount of cheese for topping

Directions

1. Preheat oven to 450°F (220°C).
2. On a chopping board, place a large piece of parchment paper and spray it with nonstick cooking oil. Wash and thoroughly dry a small head of cauliflower. Cut off the florets and pulse in your food processor for about 30 seconds, until you get powdery snow-like cauliflower. You should end up with 2 to 3 cups cauliflower.
3. Place the cauliflower in a microwave safe bowl and cover. Microwave on full power for 4 minutes. Dump cooked cauliflower onto a towel and allow to cool for a bit. Once cauliflower has cooled, wring in a towel, squeezing out as much water as possible. Place squeezed cauliflower into a bowl.
4. Add Parmesan cheese, mozzarella cheese, salt, crushed dried basil, crushed dried oregano, garlic powder – and a dash of red pepper, if you want it spicy. Add a tablespoon of almond meal if the mixture is closer to two cups, rather than three. Now add the egg and mix together by hand.
5. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together.
6. Using a cutting board, slide the parchment paper onto your baking sheet in the oven. Bake for 8-11 minutes, until it starts to turn golden brown. Remove from oven. Add however much sauce, cheese, and toppings you want. Cook for another 5-7 minutes, or until cheese is golden brown.



Beef Burgers



Serve either on its own or with some seasoned sweet potato wedges.

Recipe serves 4.

Ingredients

- 1 tbsp coconut oil
- 1 lb ground beef
- 1 tsp salt
- ½ tsp black pepper
- 1 clove garlic, ground
- 1 tsp granulated garlic
- 1 tsp dried chives
- butter lettuce
- 1 avocado
- ½ red onion, sliced
- 1 ripe tomato
- mustard, sugar free

Directions

1. Preheat a cast iron skillet (or heavy bottomed pan) on the stove on high heat. Add 1 tbsp coconut oil to the pan.
2. Mix together the ground beef, salt, pepper, garlic granules, garlic clove, and chives and form mixture into four burger patties.
3. Place the patties on the skillet and press down on them with your spatula.
4. Cook for 3-5 minutes on each side, until cooked through.
5. Let rest 5 minutes, then serve with lettuce, avocado, onion and tomato.



Thai Chicken Curry



Adapted from [Paint the Kitchen Red](#), this meal is full of flavor and Asian spices.
Recipe serves 4.

Ingredients

Thai Chicken Curry

- 1 lb skinless chicken breasts
- ½ tbsp coconut oil
- 1 red and/or green bell pepper, cubed
- 1 carrot, medium, sliced
- 1 cup broccoli, sliced
- ½ medium onion, cubed
- ½ tsp ginger
- ¼ cup chicken broth
- ½ tbsp yellow curry powder
- 1 can full fat coconut milk

Noodles

- 1 sweet potato, large, peeled
- ½ tbsp coconut oil
- salt

Mango Salsa

- 1 mango, large, diced
- 2 red onions, diced
- 1 red Thai chili
- ½ tsp apple cider vinegar
- ¼ cup fresh cilantro
- pinch of salt

Directions

1. Slice chicken into bite-sized pieces. Heat coconut oil on medium/high heat, add the chicken and the carrots and cook for about 3 minutes, until the carrots just begin to soften.
2. Turn the heat down to medium and add in the pepper, broccoli, onion and ginger and cook until they begin to soften and brown, about 5 minutes.
3. Add in the curry powder and cook until fragrant, about 1 minute.
4. Add in the can of coconut milk (shaking thoroughly first) and a pinch of salt, mixing well.
5. Raise the heat to medium/high and bring the mixture to a boil.
6. Once boiling, turn the heat down to medium/low heat and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.
7. While the sauce cooks, heat the remaining coconut oil in a separate pan over medium heat.
8. Spiralize the potato using a 3 mm blade and then add it into the pan.
9. Cook the sweet potato noodles, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.
10. While you wait, toss together the diced mango, red onion, Thai chili (adjust to preferred level of spiciness), apple cider vinegar and cilantro in a medium bowl. Season with a pinch of salt.
11. Divide the noodles between two plates and top with the curry. Garnish with the mango salsa and extra cilantro.

Vegetable Jalfrezi



This easy curry is packed full of vegetables. Just serve in warm bowls for a very satisfying meal. Serves 4.



Ingredients

- 2 tsp vegetable oil
- 2 medium onions, chopped
- 1 medium apple, chopped
- 1 garlic clove, crushed
- 1 carrot, sliced
- 1 green pepper, chopped
- 14 oz tomatoes, chopped
- 3 handfuls cauliflower florets
- 14 oz chickpeas, drained
- 1½ cups vegetable/chicken stock
- 1 cup long grain brown rice
- ½ cup frozen peas
- 2 tbsp cilantro, chopped
- 2 tbsp jalfrezi curry paste
- 4 tbsp Greek yogurt
- 1 pinch black pepper

Directions

1. Heat the vegetable oil in a large saucepan. Add the onions, apple and garlic and cook, stirring, for 3-4 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrot, pepper, tomatoes, cauliflower, chickpeas and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if needed. At the same time, cook the rice in a large saucepan of gently boiling water. It will take about 30 minutes.
3. Add the peas and cilantro (if using) to the curry and heat for 2-3 minutes. Check the seasoning, adding a little ground black pepper if needed.
4. Serve the vegetable curry on warmed plates, with the rice, topping each portion with 1 tbsp of low-fat yogurt.
5. Cool any leftovers quickly and refrigerate, covered, for up to 3 days. Make sure you re-heat thoroughly before serving.

Salmon Burgers



Adapted from [Skinny Taste](#), these delicious, healthy salmon burgers are made with fresh wild salmon, quinoa, and kale. Recipe serves 4.

Ingredients

Burgers

- 16 oz wild salmon fillet, skin removed
- ¾ cup cooked quinoa
- ½ cup diced shallots
- 1 cup kale, chopped
- 1 tsp olive oil
- salt, to taste
- freshly ground black pepper, to taste
- 2 tbsp Dijon mustard
- ½ tsp Old Bay
- 1 large egg, beaten

Wraps

- 2 ½ tbsp olive oil
- 2 ½ tbsp champagne vinegar
- 2 tbsp minced shallots
- 1 ¼ tsp Dijon mustard
- salt, to taste
- pepper, to taste
- 10 loose cups baby arugula
- 1 large pink grapefruit, peeled and diced

Directions

1. In a small bowl, whisk the olive oil, vinegar, shallots, Dijon, salt and pepper.
2. Cut about a 4 oz piece off of the salmon and place in a food processor to finely chop. This will help hold the burgers together.
3. With a knife, finely chop the remaining salmon. Transfer to a large work bowl.
4. Heat a large, nonstick skillet over medium heat; add the oil and sauté shallots and kale.
5. Season with salt and pepper and cook over medium heat until wilted and tender, about 4 to 5 minutes.
6. Transfer warm mixture to the bowl with salmon along with quinoa, Dijon, Old Bay and egg. Mix to combine, then form into 5 patties, about 1/2 cup each.
7. Lightly heat a nonstick grill pan or skillet over medium heat. When hot spray with oil and add the salmon patties.
8. Cook the patties for 4 to 5 minutes, then gently turn and fry for a further 4 to 5 minutes, or until cooked through.
9. Toss the dressing with the arugula and grapefruit; divide on four plates.
10. Top each salad with a salmon burger.



CHICAGO FIT
PERFORMANCE

Chicken Wraps



Adapted from [Skinny Taste](#), this buffalo chicken has all the flavors you love, wrapped on refreshing lettuce wraps. Recipe serves 4.

Ingredients

Buffalo chicken

- 4 skinless chicken breasts
- ½ onion, diced
- 1 celery stalk
- 1 clove garlic
- 16 oz chicken broth, fat free low sodium
- ½ cup hot chili sauce or hot cayenne pepper sauce (eg, Frank's Hot Sauce)

Wraps

- 6 large lettuce leaves or Iceberg
- 2 medium carrots, shredded or grated
- 2 large celery stalks, cut into 2" long pieces

Directions

1. In a slow cooker, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough).
2. Cover and cook on high for 4 hours.
3. Remove the chicken from pot, reserve ½ cup broth and discard the rest.
4. Shred the chicken with two forks, return to the slow cooker with the ½ cup broth and the hot sauce and set on high for an additional 30 minutes.
5. To prepare lettuce cups, place some buffalo chicken in each leaf, top with shredded carrots, celery and dressing of your choice.
6. Wrap up and start eating.



Spaghetti Bolognese



Spiralized zucchinis make a delicious alternative to pasta in this classic spaghetti Bolognese. Serves 4.

Ingredients

Bolognese

- 1 lb minced beef
- 18 oz tomato passata or whole peeled tomatoes
- 1 onion, chopped
- 1 carrot, diced
- 1 celery stalk, finely diced
- 4 garlic cloves, finely chopped
- 2 tbsp tomato paste
- 1 tbsp chopped oregano leaves
- 2 tbsp coconut oil or good-quality animal fat
- 1¼ cups chicken bone broth (either homemade or high-quality, shop-bought)
- pinch of chili flakes (optional)
- sea salt
- freshly ground black pepper
- baby basil leaves, to serve

Spaghetti

- 3 zucchini
- 2 carrots

Directions

1. To make the spaghetti, use the thick noodle blade on a spiralizer to create carrot and zucchini noodles. If you don't have a spiralizer, simply julienne the carrots and zucchini using a sharp knife. Set aside until needed.
2. Melt the oil or fat in a large frying pan over medium-high heat. Add the onion, carrot and celery and cook for 4-5 minutes until the onion is soft. Stir in the garlic and cook for 1 minute until fragrant and starting to brown.
3. Add the beef and brown, breaking up any lumps with a wooden spoon, for 5-6 minutes. Add the tomato paste, stir and cook for 1 minute. Mix in the oregano and cook for 4-5 minutes.
4. Add the passata, half the broth and the chili flakes (if using) and season with salt and pepper. Simmer on low heat for 30 minutes, adding more broth if needed.
5. Bring a saucepan of salted water to the boil. Add the carrot noodles and cook for 30 seconds, then add the zucchini noodles and cook for a further 15 seconds until just tender. Drain well.
6. Spoon the noodles into four serving bowls, top with the bolognese, then garnish with a sprinkle of basil.

Cookie Balls



Adapted from [Brown Eyed Baker](#), this no-bake dessert is easy to make.
Recipe serves 12.

Ingredients

- 1 cup pecan halves
- 1/2 cup shredded coconut
- 10 soft Medjool dates, pitted
- 1 tbsp coconut oil
- ½ tsp sea salt
- ½ tsp vanilla extract
- ½ cup tapioca starch

Directions

1. Line a baking sheet with parchment paper; set aside.
2. Place the pecans and shredded coconut in the bowl of a food processor and mix until the pecans are finely ground. Add all of the remaining ingredients and mix until a sticky dough is formed.
3. Shape tablespoonfuls of dough into balls, then place on the prepared baking sheet. Freeze for at least 1 hour.
4. Place extra shredded coconut and tapioca starch in a small bowl and roll the snowballs to coat. Snowballs can be stored in an airtight container in the refrigerator for up to 1 month.



Frozen Yogurt Bark



This tasty snack is so simple to make and just melts in the mouth...plus it is fun to crack apart. Recipe serves 2.

Ingredients

- 16 oz Greek yogurt
- 2 handfuls of frozen berries
- 2 tbsp pumpkin or sunflower seeds

Directions

1. Line a baking tray with non-stick baking paper and spread the yogurt to 1/2 inch thick.
2. Sprinkle the berries and seeds on top.
3. Freeze for at least two hours.
4. Once frozen, use a wooden spoon to crack the yogurt into pieces.
5. Place in a container and keep it in the freezer, until ready to serve.



Banana Ice Cream



All you need is love...and one banana. Creamy, cold and scrumptious.

Recipe serves 1.

Ingredients

- 1 large ripe banana



Directions

1. Peel the banana and chop into small, evenly sized pieces. Put the bananas in a freezer bag. Freeze until solid, at least 2 hours but ideally overnight.
 2. Once frozen, using a small food processor or high-speed blender, pulse to break up. Keep pulsing - the banana will look crumbly at first, then gooey, then like oatmeal. Scrape down the food processor in between stages.
 3. Keep blending and scraping until the last bits of banana smooth out and the mixture has a creamy, soft-serve ice cream texture. Add strawberries and blend for a few more seconds.
 4. Transfer to an airtight container and freeze until solid. You could eat the ice cream immediately, but it will be quite soft.
-
- Once blended, to create other varieties, add strawberries, frozen cherries or natural peanut butter.



CHICAGO FIT
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Chia Pudding



This is a zesty, delicious dessert, packed with protein and fiber.

Recipe serves 6.

Ingredients

- 2 full cups peeled clementine orange segments
- 14 oz can full-fat coconut milk
- 1/2 cup black chia seeds

Directions

1. Place the clementine segments and coconut milk in a high-powered blender. Blend for at least 2 minutes, or until completely smooth.
2. Pour the mixture into a large bowl and add the chia seeds. Stir to combine and then transfer to the refrigerator to set for at least 4 hours. Spoon the pudding into cups.

Sunshine Lollies



These [refreshing low calorie lollies](#) are sure to be a hit with both adults and children alike!

Recipe serves 6.

Ingredients

- 5 large carrots
- juice of 3 large oranges
- zest of 1 orange
- 1 satsuma, segmented and chopped

Directions

1. Finely grate the carrots and place in the middle of a clean muslin cloth. Gather up the cloth, and squeeze the carrot juice into a jug, discarding the pulp.
2. Add the orange juice and top up with a little cold water if needed to make up 1.5 cups of liquid.
3. Stir in the orange zest and satsuma pieces, if using. Pour into lolly molds and freeze overnight.

Meal Planning Sheet



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast		Snack		Lunch	Snack	Dinner

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