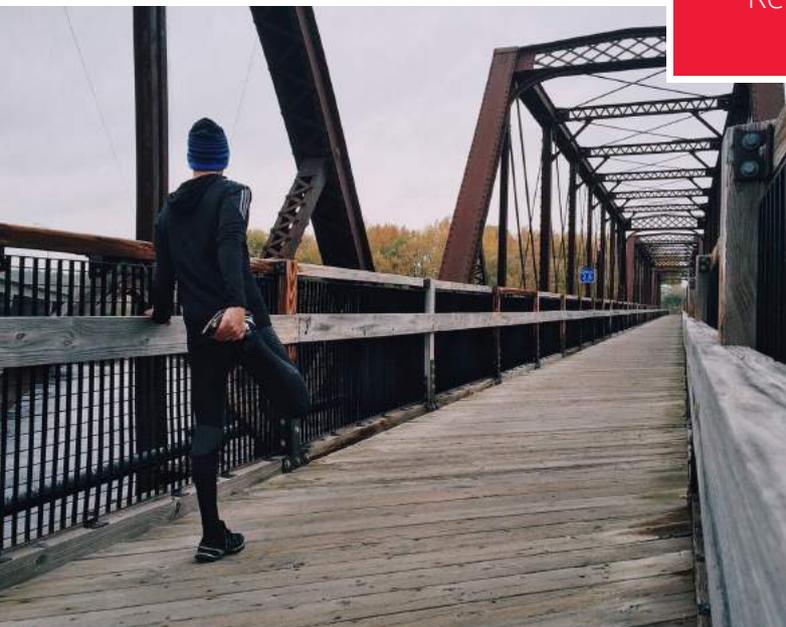


A·P·H

PERSONAL TRAINING



Recipes





Welcome To Your APH Recipe Guide

I'll level with you here. Most recipe books irritate the hell out of me.

I mean sure, if you happen to have hundreds of different ingredients lying around, hours of free time and culinary skills that Gordon Ramsay himself would nod his head at, then yes. They work.

But for most people (myself included) that just isn't the case.

I know it's tough to find time to prepare and cook your own meals. I've heard every pretty much everything there is to hear on the subject.

"I love a home-cooked meal, but who has time to slave away in the kitchen all day and night? Sandwiches and microwave dinners are all I can manage."

"Well yes, I'd look like that too if I didn't have to work 45 hours a week."

"Ha. I used to be able to eat like that before I had a family and a *real* job."

You can throw those comments in with the "it's too expensive", "it's boring" and all the other "don't have time" sentiments.

They're excuses.

Understandable ones, yes. But excuses nonetheless.

Look, I don't love trying to cook complicated meals. I work weird hours. I have to compromise with those I live with. I've lived the 9-5 (yeah right, more like 8-8) life. I've travelled regularly with work. I have dietary restrictions.

Put simply, I get it.

That's why none of these meals are complicated. They don't have fancy pictures, ridiculous names or confusing instructions.

They're just decent-tasting, nutritionally sound and easy-to-prepare meals.



Planning For Success

Before you get started, remember this:

Everything is better with a clear plan.

As you go along, you'll learn more about what works for you, and how to make healthy eating part of your regular routine.

You'll practice planning, preparation and having strategies for when you're busy, traveling, and/or eating at restaurants — or for anything else that life throws at you.

This will help you feel confident and in control of your choices, and help you stay on the path towards the goals you want to achieve.

Routine and “rituals” can help you. Over time, you'll build a “meal prep ritual” of your own: something you like, find easy, and can do reliably. For now, here are a few routines that can help.

- Over the weekend, look ahead. Figure out which days of the coming week are going to be crazy busy and make a plan for how you're going to tackle them just a little bit better than you have previously
- Make a menu for the week, use that to build a shopping list and buy the ingredients you need
- Cook time-consuming elements of dishes - like potatoes, veggies, grains and beans - in advance. Sunday afternoon can often be a good time for this.
- Store food conveniently in stackable clear containers and make them easily accessible. Most will probably need to be frozen or refrigerated, so take that into account and designate the space before you get cooking!

Now, on to your recipes...



Scrambled tofu & greens

- 1 tbsp olive oil
- 2 palm-sized serving of medium-firm tofu
- 1 fist-sized serving of mushrooms, sliced
- 1 fist-sized serving of red pepper, chopped
- 1 fist-sized serving of spinach
- 1/4 onion, chopped
- 2 cloves garlic, chopped finely
- 1 tbsp nutritional yeast
- 1/2 tsp ground cumin
- 1/2 tsp black salt (ideally, but use regular salt if unavailable)
- 1/2 tsp turmeric

Mix nutritional yeast, cumin, black salt and turmeric into a bowl and stir. Then heat a large pan over medium-high heat and add olive oil, mushrooms, pepper, onion and garlic and sauté for around 5 minutes

Add tofu to pan and break it apart until you get a scrambled texture. Add the mix and cook for a further 5 minutes. Serve spinach (sautéd or raw) as a side.

Protein-packed porridge

- 1 1/4 cups plant-based milk
- 2 cupped handfuls of jumbo oats
- 1tbsp sunflower seeds
- 1tbsp hemp seeds
- 1tbs pumpkin seeds
- 1tbs almond butter
- 1 cupped handful of blueberries
- cinnamon to taste
- 1 banana (optional) chopped

Add the milk and oats to a pot and cook on a medium-high heat for 3 minutes (or until milk starts to boil and oats go soft). Reduce heat.

Add cinnamon, seeds and blueberries. Cook for a further 2 minutes. Serve into bowl and add almond butter (plus chopped banana - optional)



Breakfast

Strength shake

- 300g plant-based milk
- 1 tbsp hemp, flax or chia seeds
- 1 tsp almond butter
- 2 fist-sized servings of kale or spinach
- 1 banana
- 2 dates
- 6-8 ice cubes
- 1 scoop protein powder (Raw Sport vanilla cinnamon works well, but choose a brand you like)

Add the ingredients to a blender in the order listed above. Blend well. Enjoy!

Hemp & banana split

- 1 frozen banana
- 1/8 cup raw cashew nuts
- 1/8 cup hemp seeds
- Pinch of cinnamon
- 1-2 tbsp water
- 1 scoop protein powder (optional)

Add the ingredients to a food processor. Add water in small increments - use just enough to get it mixing.

You now have a healthy, protein-dense ice cream to go. Winner.





Lunch & Dinner

Veggie wrap

- 1 sprouted/whole grain tortilla or pita
- 2 palm-sized servings of hummus
- 1 fist-sized serving of broccoli florets
- 1 fist-sized serving of carrots
- 1 fist-sized serving of kale leaves

Spread the hummus on the tortilla. Chop the veggies into bits/strips, then add to the hummus-filled tortilla. Fold and enjoy.

Sauerkraut buddha bowl

- 2 palm-sized servings of tofu, diced
- 2 cupped handfuls of quinoa, pre-cooked
- 1/2 fist-sized serving of sauerkraut
- 1 fist-sized serving of cherry tomatoes, halved
- 1 fist-sized serving of sugar snap peas
- 1 fist-sized serving of edamame
- 1/2 tsp cajun seasoning
- 2 tsp coconut oil
- salt & pepper to taste

Heat coconut oil in non-stick pan over medium heat. Add tofu and cajun seasoning and cook for 5-6 minutes until golden. Once cooked, add tofu along with other ingredients to a bowl. If you want to make it fancy, you can arrange them in separate sections. Add salt & pepper to taste.





Roasted carrot, lentil & almond salad

- 1 fist-sized serving of carrots, sliced
- 2 palm-sized servings of plain tempeh, sliced
- 1/2 tsp olive oil
- 1/4 tsp ground cumin
- 1/2 400g tin of lentils, drained
- 1/4 cup of plant-based yogurt
- 1 tsp apple cider vinegar
- 1/4 garlic clove
- 2 tbsp almonds, roughly chopped
- 2 sprigs fresh coriander (optional)
- salt & pepper to taste
- 1 fist-sized serving of spinach/salad greens

Pre-heat oven to 180 degrees. Line a baking tray with baking paper. Mix carrots and tempeh with olive oil and add cumin, plus salt & pepper to taste. Add mix to tray and roast for 20-25 minutes.

While this is in the oven, mix together yogurt, vinegar and garlic. Again, add salt & pepper to taste.

Add the lentils and spinach/salad greens to a plate or bowl followed by the roasted carrots and tempeh. Add the yogurt dressing and almonds, plus coriander if desired.

Sweet potato chili

- 1 can chopped tomatoes
- 1 can black beans, drained & rinsed
- 2 fist-sized serving of red peppers
- 2 fist-sized serving of green peppers
- 4 cupped handfuls of sweet potato
- 3 tbsp ground flax or chia seeds

Add contents to a large pot and cook over medium heat. Bring to a boil and serve half. Pop the other half in a container for tomorrow's lunch. Goes well with a side of pistachio nuts!



Strength sandwich

- 4 slices sprouted/wholegrain bread
- 1 fist-sized serving of spinach
- 1 fist-sized serving of carrot, grated/finely chopped
- 1/2 400g tin of chickpeas, drained and rinsed
- 1 tbsp tahini
- 2 tbsp lemonjuice
- salt & pepper to taste

Combine chickpeas, tahini, lemon juice plus salt & pepper in a bowl and mix to make the filling

Spread filling onto one side of bread, then top with spinach and carrot. Place second piece of bread on top. Repeat.

Lentil & mushroom curry

- 1 tsp coconut oil
- 1/2 onion, finely chopped
- 1 garlic clove, finely chopped
- 1/2 tbs fresh ginger, finely chopped
- 2 fist-sized serving of mushrooms, sliced
- 2 fist-sized servings of spinach
- 1/2 tsp garam masala
- 1/2 400g tin of lentils, drained and rinsed
- 1 cup of vegetable stock

Heat oil in a non-stick pan over medium heat, then add onion and cook until soft. Add garlic and ginger and cook for another minute.

Add mushrooms and garam masala and cook for a further 2 minutes, then add lentils and stock. Cover and simmer for 10 minutes. Then add spinach, stir through and serve. Serve with rice if you have some of your carbohydrate quota left to fill!

Veg and hummus

- 2-4 fist-sized servings of your favourite veggies (carrots and celery work well)
- 2 palm-sized servings of hummus

Take sliced veggie, dip in hummus, eat :-)

Add a handful of mixed nuts for extra protein, fat and nutrients.

Almond energy balls

- 1 cup almond meal (or ground almonds)
- 2 tbsp maple syrup
- 1 tsp coconut oil, melted
- 1/2 tsp lemon juice
- 2 tbsp desiccated coconut or poppy seeds

Place the almond flour into a bowl, add maple syrup and coconut oil and mix well using your hand, pressing firmly. Form 6 balls.

Add half a teaspoon of lemon juice, and roll the energy balls in coconut/poppy seed (whichever you prefer). That's it, they're ready to serve.

Coconut chia yogurt

- 1 cup coconut yogurt
- 2 tbsp chia seeds
- 1 tbsp almonds, chopped
- 1 banana, sliced
- 1 cupped handful of blueberries

Mix ingredients into a bowl (or yogurt pot) and serve.





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