



# YOUR RECIPE BOOK



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### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Cherry chocolate smoothie



40g pitted sweet cherries  
40g frozen banana  
180ml unsweetened almond milk  
50g plain yoghurt (use dairy free if preferred)  
1 heaped tsp cocoa powder  
1½ tsps cocoa nibs  
30g chocolate flavour whey or rice protein powder  
5g flaxseed  
a pinch of ground cinnamon  
4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



PER SERVING:  
303 Calories  
**22g Carbs**  
**29g Protein**  
**11g Fat**



# Blueberry crunch



125g plain or Greek yoghurt (use dairy free yoghurt if preferred)  
60g fresh blueberries  
10g chopped hazelnuts  
5g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)  
pinch of saffron (optional)

Spoon the yoghurt into a bowl and top with the remaining ingredients.

*Store in an airtight container and refrigerate for up to 2 days.*

SERVES 1



PER SERVING:  
205 Calories  
**15g Carbs**  
**16g Protein**  
**9g Fat**



# Mediterranean meatloaf



small amount of organic butter to grease loaf tin

750g extra lean minced beef

250g tinned chopped tomatoes

1 large white onion, diced

1 handful fresh parsley, chopped finely

2 tsps dried oregano

2 large eggs, beaten

3 cloves garlic, chopped finely

1 tsp chilli flakes

½ tsp sea salt flakes

1 tbsp olive oil plus a drizzle extra salt and pepper to season

Preheat oven to 150°C/300°F.

Grease a loaf tin with butter.

In a large bowl, mash up the mince, using a masher or your hands. Add all the other ingredients and mix until thoroughly combined.

Cook in the oven for 1 hour.

Drain away any excess juice, then allow to rest for 5-10 minutes before slicing.

*Store in an airtight container and refrigerate for up to 2 days.*

SERVES 6



PER SERVING:  
208 Calories  
**5g Carbs**  
**29g Protein**  
**8g Fat**

# Cherry almond muffin loaf



50g bramley apple, cored, peeled and sliced

5 medium sized eggs

1 egg white

30g pitted dark cherries, halved

80g coconut flour

65g pure maple syrup

1½ tsp stevia (or natural sweetener of your choice)

70g ground almonds

1 tsp of vanilla extract

½ tsp bicarbonate of soda

MAKES 10 SLICES

Preheat oven to 180°C/350°F.

Line the base of a medium sized loaf tin with baking paper.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

Beat the eggs and egg whites with a whisk for 30 seconds.

Add all of the remaining ingredients and mix well. Pour the mixture into the loaf tin and bake for 40-50 minutes, until golden brown.

Leave to cool for 5 minutes, then remove from the tin and transfer to a wire rack to cool.

*Once cooled, store in an airtight container at room temperature for up to 3 days.*



PER SLICE:  
132 Calories  
12g Carbs  
7g Protein  
7g Fat





# Banana berry freeze



1 banana  
100ml cold water or unsweetened almond milk  
200g frozen raspberries  
100g Greek yoghurt (use dairy free yoghurt if preferred)  
1 tbsp acacia honey  
few drops of peppermint or chocolate extract (optional)

SERVES 4

## Top Tip:

A healthy dessert packed full of antioxidants



### PER SERVING:

97 Calories

**20g Carbs**

**2g Protein**

**1g Fat**

Cut the banana into thin slices, and place on a lined tray. Freeze for one hour.

Remove banana from the freezer. Pour the cold water or unsweetened almond milk into a blender and add the banana.

Using a wooden spoon, break up the frozen raspberries into small pieces then add to the blender. Blend on high setting for 3-4 minutes. Add more liquid if the blades jam or leave for 5 minutes for the mixture to soften up, then continue to blend until smooth.

Add honey, yoghurt and peppermint extract (if using) and pulse until creamy.

Serve immediately or freeze for a later date. Remove from the freezer 15 minutes before serving.

*Refer to your freezer manual for maximum storage times.*



# Blueberry bombs



2 tbsps dark chocolate  
(minimum 70% cocoa)  
1 tsp vanilla extract  
3 tbsps acacia honey  
4 tbsps crunchy peanut butter  
(no added sugar)  
100g porridge oats (use  
gluten free oats if preferred)  
50ml light unsweetened  
coconut milk  
3 tbsps mixed seeds (e.g. flaxseed,  
sesame seeds, sunflower seeds)  
80g pitted prunes  
2 tbsps organic desiccated coconut  
75g blueberries

MAKES 15 SERVINGS

Put the chocolate in a heatproof bowl.  
Pour several inches of boiling water into  
a shallow wide based dish. Place over a  
gentle heat and allow the water to simmer  
gently.

Carefully sit the heatproof bowl in the  
shallow dish of water. Melt the chocolate  
slowly, stirring regularly. Remove from  
heat.

Add the remaining ingredients and mix  
well. Refrigerate for several hours.

Roll into 15 balls. Refrigerate until ready  
to serve.

*Store in an airtight container and refrigerate  
for up to 4 days.*



PER SERVING:  
136 Calories  
**12g Carbs**  
**4g Protein**  
**8g Fat**





# Meat & nuts



5g organic coconut oil  
150g lean stir fry beef strips  
½ tsp paprika  
½ tsp sea salt flakes  
½ tsp black pepper  
handful fresh spinach  
25g walnuts

SERVES 1

Heat the oil in a frying pan or skillet over a medium heat.

Add the spices and stir for 10 seconds.

Add the beef and cook for 2-3 minutes, stirring.

Add the spinach and cook, stirring until wilted.

Transfer the contents of the pan in to a bowl and sprinkle over the walnuts.

*Consume immediately.*



PER SERVING:  
401 Calories  
**6g Carbs**  
**38g Protein**  
**25g Fat**



# Crunchy quinoa



30g uncooked quinoa  
40g plain yoghurt (use  
dairy free yoghurt if preferred)  
30g dried pitted prunes  
15g flaked almonds  
drizzle of honey (optional)  
10g sunflower seeds or flaxseed  
 $\frac{3}{4}$  tsp ground cinnamon

SERVES 1

Cook the quinoa according to packet instructions, then cool with cold water. Drain well and transfer to a bowl. Mix in the remaining ingredients.

*Store in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
339 Calories  
**39g Carbs**  
**12g Protein**  
**15g Fat**

# Thai coconut bake



10g organic coconut oil,  
for greasing  
handful of broccoli, chopped  
into medium sized pieces  
4 medium sized eggs  
3 egg whites  
2 salad tomatoes, chopped  
3 shallots, chopped  
2 closed cup mushrooms, sliced  
1 garlic clove, chopped  
1 stick lemongrass, minced  
200ml light unsweetened  
coconut milk  
½ tsp chilli flakes  
small handful coriander, chopped  
1 tsp fish sauce (nam pla)

SERVES 4

Preheat oven to 200°C/400°F.

Grease a 10-inch round or 13x9 inch square baking dish.

Steam the broccoli for around 4 minutes until tender. Drain well, patting with kitchen paper to remove any excess water.

In a blender, mix together the remaining ingredients. Pour the mixture into the baking dish and stir in the broccoli.

Bake in the oven for around 20 minutes until cooked throughout.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
196 Calories  
**10g Carbs**  
**12g Protein**  
**12g Fat**

# Allowable English breakfast



10g organic butter or coconut oil  
2 rashers unsmoked bacon  
a large handful of kale  
2 closed cup mushrooms, sliced  
2 small tomatoes, halved  
2 medium sized eggs, whisked  
salt and pepper to season

SERVES 1

In a frying pan, melt the butter or coconut oil over a medium heat. Fry the bacon rashers on both sides until crispy.

Add the kale, mushrooms and tomatoes and fry for 3-4 minutes, turning the tomatoes halfway. When the vegetables are soft, remove pan from heat.

Pour the eggs into a non stick frying pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly. When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.

*Consume immediately.*



PER SERVING:  
417 Calories  
**6g Carbs**  
**33g Protein**  
**29g Fat**



# Avocado baked eggs



2 large avocados, halved  
lengthways  
4 small eggs  
salt and pepper to season  
1 tsp paprika

SERVES 2

Preheat oven to 160°C/325°F.

Scoop out a hole in each avocado half  
(enough to hold an egg).

Shape four pieces of foil into rings and  
place on a baking tray. Place an avocado  
half (flat side up) on each ring so that the  
top lies flat.

Crack an egg yolk into each avocado hole  
plus some of the white (just enough to fill  
the hole). Season with salt and pepper and  
sprinkle on the paprika.

Cook for around 20 minutes until the yolk  
is cooked to your liking.

*Consume immediately.*



PER SERVING:  
373 Calories  
13g Carbs  
15g Protein  
29g Fat

# B.C.T.A.

(Bacon, Chicken, Tomato, Avocado)



5g organic butter/organic coconut oil

1 rasher unsmoked bacon

2 spring onions, chopped

1 chicken breast, sliced in half

1 beef tomato, cut into slices

quarter of an avocado, sliced

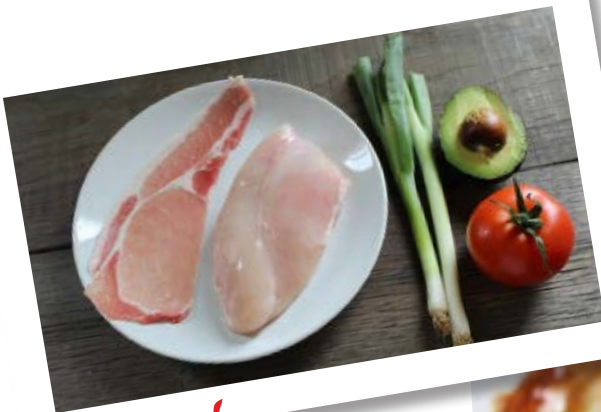
**SERVES 1**

Melt the butter or oil in a frying pan over a medium heat. Fry the bacon rasher on both sides until crispy. Remove from pan and set aside.

Add the chicken to the pan and fry for around four minutes each side, until cooked through. Add the spring onions and fry for one minute. Remove pan from heat.

Arrange the items on a plate in a stack, starting with a piece of chicken as a base, and finishing with another piece of chicken as a 'lid'. Serve with a salad.

*Consume immediately.*



PER SERVING:  
476 Calories  
**9g Carbs**  
**47g Protein**  
**28g Fat**

# Lentil, sweet potato & coriander stew



2 tbsps organic coconut oil  
1 small red onion, finely chopped  
1 large carrot, finely chopped  
1 garlic clove, finely chopped  
1 tsp ground coriander  
1 tsp celery salt  
½ tsp ground cumin  
350g red lentils, soaked overnight  
1 bay leaf  
1 litre cold fresh water  
2 medium sized sweet potatoes, peeled and diced  
1 x 400g tin chopped tomatoes  
juice of half a lemon  
handful coriander, finely chopped  
½ tsp sea salt flakes  
½ tsp black pepper  
4 tbsps plain yoghurt for serving  
(use dairy free yoghurt if preferred)

SERVES 4

In a large saucepan, melt the oil over a medium heat. Add the onion and carrots. Sauté, stirring occasionally, until softened. Add the garlic, ground coriander, celery salt and cumin and cook for 30 seconds. Add the lentils, water and the bay leaf.

Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes. Add the potatoes and cook for a further 10-15 minutes or until the potatoes are just tender.

Stir in the tomatoes and cook for several minutes until warmed through. Remove the bay leaf. Stir in the lemon juice, coriander, salt and pepper. Spoon into a bowl and top with a spoonful of yoghurt.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
348 Calories  
47g Carbs  
13g Protein  
12g Fat





# Salmon & quinoa bowl



## for the quinoa bowl:

50g quinoa (uncooked weight)

1 egg

60g smoked salmon, chopped

¼ small ripe avocado, sliced

a small handful of fresh spinach, chopped

5 cherry tomatoes, halved

1 tsp sunflower seeds

## for the dressing:

2½ tbsps Greek yoghurt (use dairy free if preferred)

juice of ½ lemon

¼ tsp Dijon mustard

1 sprig of fresh dill, finely chopped (or use ½ tsp dried dill)

a small pinch of sea salt and ground black pepper

Place the quinoa in a pan of boiling water and cook according to the packet instructions. Drain well and transfer to a serving bowl.

Meanwhile, place the egg in a small saucepan of boiling water and cook for 7 minutes. Remove from the pan with a slotted spoon. Immerse in cold water for 1-2 minutes, then peel and slice.

Add the spinach, tomatoes, egg, salmon and avocado to the serving bowl.

Mix the dressing ingredients in a bowl and spoon half onto the salmon.

Sprinkle the sunflower seeds over the top and serve.

*Store any remaining salad and dressing in separate airtight containers and refrigerate for up to 2 days.*

**SERVES 1**



PER SERVING:  
462 Calories  
**33g Carbs**  
**33g Protein**  
**22g Fat**



# Dill & caper salmon burgers



350g salmon fillets, skin removed  
1 tsp mustard seeds, ground  
1 tbsp fresh dill, finely chopped  
1 tsp capers, drained and chopped  
half a small red onion, very finely chopped  
¼ tsp sea salt flakes  
2 tps organic coconut oil  
4 tps coconut flour  
lemon wedge to garnish

SERVES 2

Cut the salmon very finely and place in a bowl. Add the mustard seeds, dill, capers, onion and salt and mix thoroughly. Use your hands to gently squeeze out any excess moisture. Shape the mixture into two patties.

Sprinkle the flour onto a plate and place the patties onto the flour, covering lightly on both sides.

Heat a skillet or frying pan over a medium heat. Add the coconut oil and fry the burgers gently for 4-5 minutes each side until golden and cooked thoroughly.

Serve with wedges of lemon and steamed vegetables.

*Consume immediately.*



PER SERVING:  
362 Calories  
9g Carbs  
41g Protein  
18g Fat



# Protein stir fry



400g peeled tiger prawns or white fish

1 green chilli, finely chopped

3 garlic cloves, finely chopped

30g coriander, finely chopped

juice of 1 lime

2 tbsps fish sauce

2 tsps coconut oil

20g fresh ginger, grated

4 spring onions, sliced finely

1 red bell pepper, sliced finely

30g mushrooms (any variety), sliced

100g beansprouts

1 tbsp light soy sauce

75g rice noodles per person  
(uncooked weight)

wedge of lime to serve

**SERVES 2**



PER SERVING:

380 Calories

39g Carbs

38g Protein

8g Fat

Put the prawns or white fish in a bowl.

In a separate bowl, mix together the chilli, garlic and half of the coriander. Add the fish sauce and half of the lime juice, then pour the contents over the prawns / white fish.

Heat half of the oil in a wok. Add the ginger and spring onions and fry for one minute. Add the red pepper and mushrooms and fry for 1 minute. Add the beansprouts and mix together until they start to wilt. Add the soy sauce, season with black pepper, then transfer everything to a serving dish.

Heat the remaining oil in the wok and add the prawns / white fish, lifting them out of the marinade. Cook, stirring for 3 minutes until the prawns turn pink, or until the white fish is cooked thoroughly.

Add the marinade, stirring continuously, and cook for 45 seconds. Add the noodles and cook according to pack instructions. Pour the contents of the wok over the vegetables. Sprinkle over the remaining cilantro leaves and add the lime juice. Serve with a wedge of lime.

*Consume immediately.*





# Sensational stew



2 tsps organic butter or coconut oil  
2 white onions, chopped  
8 green finger chillis, sliced  
1 scotch bonnet, sliced  
6 cloves garlic, finely chopped  
30g fresh ginger, finely chopped  
600g diced beef  
2 tsps garam masala  
2 tsps turmeric  
1 tsp fenugreek seeds  
5 cardamom pods  
2 tsps chilli powder  
1 tsp sea salt flakes  
1 tsp ground black pepper  
½ pint fresh chicken stock (or use one organic stock cube)  
200g tinned chopped tomatoes

SERVES 5

Melt the butter or oil in a large saucepan. Add the onions and sauté gently for 5 minutes, stirring occasionally.

Add the green chillis, scotch bonnet, ginger and garlic, stir and cook for 2 minutes.

Add the beef, spices, salt and pepper, and stir well to coat the beef.

Add the tomatoes and stir well. Cook for 1-2 minutes. Add the stock, bring to a boil, then reduce to a simmer. Cover and cook for 2-3 hours (or until beef is tender), stirring every 30 minutes.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

Serving suggestion:

Serve with steamed rice or cauliflower rice if you're watching your carbs and some leafy green vegetables



PER SERVING:  
291 Calories  
**13g Carbs**  
**35g Protein**  
**11g Fat**



# Chicken, rice & pepper pot



1 tbsp organic coconut oil  
1kg chicken legs  
1 large white onion, chopped  
1 large stick celery, finely chopped  
1 red pepper, diced  
3 garlic cloves, crushed  
1 tbsp tomato purée  
1 tbsp dried thyme  
1¼ pts fresh chicken stock (or use one organic stock cube)  
150g long grain rice (dry weight)  
150g cauliflower, finely chopped  
salt and pepper

SERVES 4

Melt the oil over a medium/high heat in a large saucepan. Brown the chicken pieces on all sides. You may have to do this in batches. Remove from the dish and put to one side.

Lower the heat, add the onion, celery and pepper and gently cook for 10 minutes until softened. Add the garlic and cook for a further 2 minutes. Stir in the tomato purée and cook for 1 minute.

PER SERVING:  
418 Calories  
48g Carbs  
27g Protein  
6g Fat



Return the chicken pieces to the dish along with the thyme and stock. Bring the liquid to a boil, cover and reduce the heat to medium / low. Cook for 30 minutes.

Add the rice and stir well. Cover, set over a low heat and cook for a further 15 minutes or until the rice is cooked and has absorbed most of the liquid.

Add the cauliflower and cook for a further 5 minutes. Remove from the heat and leave the dish to sit for 10 minutes to absorb any of the remaining liquid. Season to taste.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours or freeze on same day.*



# Guacamole stuffed chicken



2 x 200g fresh chicken breasts  
½ tsp dried oregano  
½ tsp chilli powder  
½ tsp garlic powder  
¼ tsp ground cumin  
a pinch of sea salt  
70g ripe avocado, diced  
20g sun-dried tomatoes in oil,  
drained and chopped  
2 tbsps fresh coriander, finely  
chopped

**SERVES 2**

Preheat oven to 180°C/350°F.

Use a sharp knife to slice a pocket into the thick side of each chicken breast. Take care not to cut all of the way through the chicken.

Mix the dried spices in a bowl. Sprinkle the seasoning over the chicken.

Place the chicken on an oven tray lined with tin foil.

Place the avocado, sun-dried tomatoes and coriander in a bowl and stir gently.

Stuff the mixture into the chicken breasts and close the pockets as much as possible. Secure with toothpicks if desired.

Bake for 25-30 minutes, or until the chicken is cooked thoroughly. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
379 Calories  
**3g Carbs**  
**58g Protein**  
**15g Fat**





# Spicy salmon parcels



2 x salmon fillets (approximately 125g each)  
small bunch fresh coriander, roughly chopped  
1 garlic clove, finely chopped  
1 red chilli pepper, finely chopped  
pinch sea salt  
1 lemon, cut into quarters

**SERVES 2**



Preheat oven to 170°C/350°F.

Place a large sheet of foil on a baking tray (enough to wrap around the fish).

Place the salmon on the tray.

Sprinkle on the coriander, garlic, chilli, and salt.

Squeeze the juice of 2 lemon wedges over the salmon. Place the other 2 wedges on the tray.

Gently wrap the foil around the salmon and seal into a parcel.

Cook for 20 minutes or until the salmon cooked thoroughly (the flesh should be a pale pink colour).

*Store any leftover salmon in an airtight container and refrigerate for up to 2 days.*

PER SERVING:  
273 Calories  
**5g Carbs**  
**25g Protein**  
**17g Fat**



# Fragrant spiced chicken



1 tsp organic butter or coconut oil  
1 large white onion, diced  
1 tsp fresh ginger, finely chopped  
6 garlic cloves, finely chopped  
1 red bell pepper, diced  
275g fresh chicken breast, diced  
½ tsp cayenne pepper  
½ tsp ground cinnamon  
1 tsp curry powder  
1 tsp turmeric  
1 tsp Himalayan pink salt

**SERVES 2**

Melt the butter or oil in a large pan over a gentle heat. Add the onion and sauté for around 5 minutes until soft.

Add the ginger, garlic and pepper and cook for 5 minutes, stirring occasionally.

Add the chicken, spices and salt and cook for 10 minutes, stirring frequently.

Serve on a bed of finely chopped, mashed kohlrabi and garden peas.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
292 Calories  
**23g Carbs**  
**32g Protein**  
**8g Fat**