

SWANSEA OUTDOOR FITNESS – Quick Guide Nutrition

An Overview

We fully understand that many people will find this very difficult to comprehend, but.....

NHS and Government guidelines when it comes to food are wrong.

Everything you've ever been told about healthy eating has been based on studies conducted in the US 30-40 years ago.

These studies have now been proven to be not only flawed – but completely wrong.

Please understand this right now:

FAT IS GOOD FOR YOU.

Simple as that.

A healthy diet should be made up of fat, protein and fibre.

Your carbohydrate intake should come from vegetables.

The science in 'lay man's terms'.....

The following food groups will cause 'spikes' in your blood sugar levels:

1. Refined sugars.
2. ALL types of bread.
3. ALL types of pasta.
4. White rice.
5. White potatoes.
6. Any kind of cereal or large portions of grains, including porridge.

NOTE: Legumes – which are beans and pulses, and 'brown' and 'coloured' rices, 'wild rice', and Buckwheat, may be eaten in moderation if an individual feels as though they do not cause inflammation (bloating). However, these foods should be avoided by pre-diabetics and anyone suffering Type 2 diabetes.

When your blood sugar level 'spikes', your body produces insulin to counter this.

When your body produces insulin, it will create and store body fat.

Therefore, it has now been established that the aforementioned food groups are causing the current obesity and heart disease pandemic.

Without wishing to be accused of scaremongering – these food groups are also being linked to numerous other chronic diseases including cancer and dementia. Indeed, dementia is now being referred to by some doctors as 'Type 3 Diabetes'.

If you're finding all this a little bit difficult to believe, PLEASE buy and read the following books:

'Food: WTF Should I Eat?' by Dr. Mark Hyman

'Eat Fat, Get Thin' by Dr. Mark Hyman

These books are very cheap and good old Amazon will have them dropping through your letterbox tomorrow!

For further research, simply 'Google' the terms – 'pagan diet', 'paleo diet' and 'caveman diet'.

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To give you a quick insight – the kinds of foods you should be eating are:

1. Meat.
2. Fish.
3. Eggs.
4. Vegetables.
5. Nuts and seeds (not peanuts).
6. Berries.
7. Small amounts of fruit.

As a rough guideline – approx. one quarter of your plate should be made up of proteins (meat,fish,egg), the remaining three quarters should be plant based.

We will now go into basic meal ideas and recipes for you to try out:

Breakfast

Aim for a breakfast high in protein and healthy fats and low in carbohydrates to keep you full until lunch time. A few examples are...

- Omelette with tomatoes, spinach and mushrooms
- High quality gluten free sausages, sauteed spinach & handful of berries
- A few tablespoons of live, unsweetened, full fat yoghurt (we love Fage) with a few berries & nuts or nut butter
- Scrambled eggs, half an avocado, berries
- Buckwheat pancakes
- One of the smoothies below

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Breakfast smoothies

Dr. Hyman's whole-food protein shake

- 75g frozen blueberries
- 75g frozen cranberries
- ¼ lemon with the rind (optional)
- 1 tbsp almond butter
- 1 tbsp pumpkin seeds*
- 1 tbsp chia seeds*
- 1 tbsp hemp seeds*
- 2 walnuts*
- 2 Brazil nuts*
- ¼ avocado
- ½ tbsp coconut oil/ Lucybee creamed coconut
- 120ml unsweetened almond milk or hemp milk
- 120ml water

*to activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the nuts & seeds and soak for at least 30 mins or overnight if possible.

Kiwi and chia smoothie

- 1 kiwi fruit, peeled
- ¼ avocado
- 4 tbsp chia seeds*
- Juice of ½ a lime
- 5g fresh mint leaves
- 4 or 5 ice cubes (optional)
- 220ml water
- 30g spinach or kale

Spiced almond smoothie

- 1 tbsp almond butter
- ¼ avocado
- Handful of kale (or spinach)
- ¼ large cucumber
- ¼ lime, peeled
- 8-10 fresh mint leaves, chopped
- 1cm piece fresh root ginger, peeled
- ½ tsp coconut oil
- 40g hemp seeds*
- 1 tbsp chia seeds*
- 250ml water
- 2 to 3 ice cubes (optional)

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- Pinch of cinnamon

Almond & strawberry smoothie

- 1 tbsp almond butter
- 3 walnuts*
- 250ml water
- 75g fresh or frozen strawberries
- ¼ avocado
- 1cm piece fresh root ginger, peeled
- ¼ tsp ground cinnamon
- 1 tbsp flaxseed*
- 2 to 3 ice cubes (optional)

power smoothie

- Large handful of spinach
- ½ cup fresh or frozen blueberries
- 120ml almond milk
- 120ml water
- 1tbsp Lucybee creamed coconut
- 1tbsp almond butter
- 1tbsp chia seeds*

Buckwheat Pancakes

Ingredients

- 1 cup buckwheat flour
- 1/2 cup almond flour
- 2 eggs, separated
- 1 tsp honey
- 1 tsp baking powder
- 1 cup almond milk

Instruction

In a large bowl mix buckwheat flour, almond flour and baking powder. Make a well in the center and add egg yolks, honey and milk. Stir ingredients until mixed well. Set aside.

In second bowl whisk your egg whites to med stiff peaks.

Pour egg whites into the rest of the batter and fold gently until incorporated.

Pour batter a half cup at a time into pre-heated pan on low-med heat and cook until bubbles slow. Flip and cook again until done.

Top with a handful of berries and a tbsp of live, full fat yoghurt (or coconut yoghurt) & 1tbsp almond butter. (or by berry chia jam - recipe below)

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Mixed berry chia jam

- 400g frozen berries (blueberries, raspberries, strawberries)
- 2tbsp water
- 2tbsp honey/ maple syrup
- 1 tbsp cinnamon (optional)
- 40g chia seeds

Add berries and water to a saucepan over a medium heat and cook for 10-15 mins or until syrupy in texture.

Leave fruits whole or mash with the back of a fork if you prefer a smoother jam. Add honey, cinnamon and chia seeds, cook for a further 4-5 minutes.

Remove from heat and let sit for 5 mins.

Keep in the fridge in a sterilised jar for up to 2 weeks.



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Lunches

Keep it simple for lunch. One idea is a soup from the below options (or your own using similar ingredients) with a side of protein from the list, a 'Detox Salad Bar' with choice of protein or if you have more time you can have a cooked meal similar to the evening meal choices based around veggies and protein.

TIP I recommend cooking extra veggies in the evening so you can have them cold or warm on a salad for lunch the next day.



Protein sides (100-175g)

- 2 boiled free-range eggs
- Tin of tuna/ salmon
- Chicken (palm sized)
- Turkey (palm sized)
- Turkey meatballs (recipe below) (2-3 golf ball sized)
- Non-GMO Marinated tofu (not pre-marinated as this is likely to contain sugars - recipe for own below)
- Prawns
- Tempeh

Healthy fats (choose one)

- ½ an avocado
- Nuts (approx 70g) eg brazil, cashew, almond, pecan, macadamia, walnut, hazelnut
- Seeds (approx 40g) eg pumpkin, sesame, flax, chia, hemp, sunflower
- Small amount of goat cheese or sheep's milk cheese such as halloumi, feta

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Detox Salad Bar

Pack your salad full or raw or lightly steamed veggies from the list in the 'shopping list' document and top with your choice of protein, a healthy fat and dressing made from the below combinations (1-2 tbsp per salad):

- Oil: extra virgin olive, avocado, flax, walnut
- Lemon or lime juice, apple cider vinegar, wine vinegar or balsamic
- Optional: dijon mustard (mixed with lemon or vinegar)
- Optional: seasonings - salt, black pepper, chilli flakes
- Optional: fresh or dried herbs
- Optional: to make your dressing creamy either avocado or tahini

Soups

Creamy cauliflower soup

- 2tbsp extra virgin olive oil (save 1/4tsp for serving)
- 1 small onion, diced
- 2 garlic cloves, sliced
- 1 medium cauliflower, cut into small chunks
- 35g raw cashews
- 2 tbsp sesame seeds or 1 tbsp tahini paste
- ¼ avocado
- Salt and pepper
- Chopped parsley to serve

Heat the oil over a medium heat in a pan. Add the onion and garlic, saute for 5 mins until translucent. Add 1 litre of water plus the cauliflowers, cashews, and sesame seeds or tahini. Bring to the boil, reduce heat to low and simmer for 10 to 15 mins or until cauliflower is tender. Let cool for 5 mins. Puree the soup with a hand blender or in a jug blender, then blend with the avocado until smooth. Season with salt and pepper to taste. Serve with ¼ tsp olive oil drizzled on top and fresh parsley. Serve with protein of choice.

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Chicken soup

- 1tbsp extra virgin olive oil
- 1 small chicken (cut into quarters) or 6 chicken thighs (skin on or off)
- 3 medium carrots, peeled and sliced into discs
- 4 celery sticks, diced
- 2 medium onions, diced
- 1 litre of reduced sodium chicken stock (ideally fresh or made from a cube but check ingredients)
- Salt and pepper
- 70g of kale or spinach
- 60g fresh parsley, chopped

Heat oil in a large pan over a medium heat. Brown chicken for 2-3 mins on each side. Remove from pan and set aside. Add vegetables (minus the kale or spinach) to the pan and cook for 4-5 mins. Put the chicken back into the pan, add the chicken stock and bring to the boil. Reduce heat to low, simmer and cover for around 45 minutes or until the chicken is falling off the bones (add more liquid if required). Remove the bones and skim off any grease from the top. Season with salt and pepper. Add kale or spinach until wilted. Serve with fresh chopped parsley on top and a green salad as a side.

Indian creamy courgette soup

- 1tbsp coconut oil
- 1 medium onion, diced
- 2 cloved garlic, sliced
- Thumb sized piece of fresh root ginger, peeled and chopped
- 3 medium courgettes, cut into large discs
- ⅔ of a bag of spinach
- 1 litre of low sodium chicken or vegetable stock
- 2 tbsp creamed coconut (or use ½ can full fat coconut milk and reduce amount of stock)
- 1 tbsp garam masala
- Salt and pepper to taste
- Fresh coriander, chopped to serve

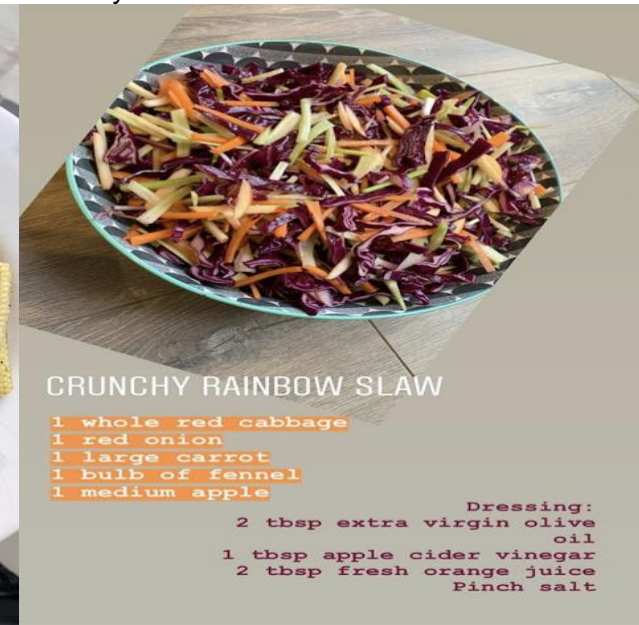
Heat the oil in a pan over a medium heat. Add onion, garlic and ginger and cook for approx 5 mins until translucent. Add courgettes and garam masala, cook for 3-4 mins until fragrant and the courgettes are coated in the spices. Add stock, bring to the boil then reduce heat and simmer on a lower heat for 10-15 minutes. Add spinach and then remove from the heat, stirring to it wilts. Leave to

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cool for 5 minutes. Puree the soup with a hand blender or in a jug blender then add the creamed coconut or coconut milk and blend together. Season with salt and pepper to taste. Add the coriander and serve with protein of choice.

Dinners

Essentially here your evening meals should be made up of a protein source and non-starchy vegetables but this doesn't mean it needs to taste boring and bland. Pick from the recipes below or experiment with flavours using different spices, herbs and condiments from the approved list. If you aren't vegetarian then aim to eat a variety of chicken, fish seafood, turkey, eggs and some vegetarian meals too. If you are vegetarian then substitute for tofu or tempeh where necessary or add a few raw or lightly toasted nuts to your dish.



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Turkey meatballs

TIP make double the batch, cook them all and you have some sides at the ready to go with salads or soup for lunches.

**You can easily swap the flavours in this recipe to make them Asian by adding tamari gluten-free soy sauce, spring onions, coriander and 5 spice (take out the Tom purée). Or Middle Eastern by adding a tbsp of Baharat spice mix (available in most supermarkets) instead of the Italian herbs.

- 500g low fat turkey mince
- ½ an onion, finely diced
- 1 celery stick, finely diced
- 1 medium carrot, grated
- 1tbsp tomato puree
- 1 egg
- 2 tsp dried mixed Italian herbs
- ½ tsp salt
- ½ tsp black pepper

Combine all ingredients in a mixing bowl. Form the mixture into balls around the size of a golf ball and place on a baking tray (the recipe should yield 12-16 balls) Bake for 20 mins turning once on Gas 4, 180 degrees.

Optional - top each meatball with ½ tsp tomato puree when baking.

Asian-style chicken skewers

Another great recipe to use leftovers for lunches.

- 750g skinless chicken breast cut into small chunks

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Marinade

- 120ml gluten free tamari soy sauce
- 1 tsp grated fresh root ginger
- 3 garlic cloves, crushed
- 2 tbsp sesame oil
- 1 ½ tsp 5 spice

Firstly soak bamboo skewers in water for min 20 minutes. (approx 12 skewers)

Combine all marinade ingredients in a large, shallow dish. Thread chicken onto the skewers leaving 2cm at each end. Place the chicken in the marinade dish and turn until fully coated. Cover and leave in the fridge or 30-60 mins.

Heat a grill until very hot and grill skewers for 2 mins on each side or until fully cooked through. Serve with wilted greens/ stir fried veggies (pak choy, red peppers and sugar snaps would go really well).

Wilted greens

- 275g Kale, woody stems removed
- 250g spinach
- 135g watercress or 225g spring greens, stems removed
- 120ml water
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Tear the greens into roughly 5cm pieces. Heat a large saucepan over a medium heat and add the water, oil and kale. Cover and let the kale wilt for 1-2 minutes. Add the watercress or spring greens and wilt for another 1-2 minutes. Add the spinach and wilt for a final 1-2 minutes. Drain off any excess water. Season with salt and pepper.

Herb-crusted chicken breast with roasted garlic, asparagus and green salad

- 3 tbsp extra virgin olive oil
- 2 heads of garlic, tops cut off
- 4 boneless, skinless chicken breasts (approx 400-500g total)
- 1 tbsp fresh parsley
- 1 tbsp fresh thyme
- 1 tbsp fresh rosemary
- Optional: ½ tbsp fresh sage
- ½ tsp salt
- Black pepper
- 35g or raw macadamias or cashews, crushed

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- 1 tbsp dijon mustard
- 1 bunch of asparagus
- 100g salad greens

Preheat the oven to 190/ Gas 5. Drizzle 1 tbsp olive oil over the heads of garlic and roast in the oven for 30-40 minutes. Meanwhile, place each chicken breast in a plastic bag and flatten slightly with a small meat mallet or saucepan. Mix the herbs, salt and pepper and nuts in a bowl until combined then place on a small plate. Brush each chicken breast with a small layer of dijon mustard and coat both sides with the herb mixture.

Heat 1 tbsp oil over a medium heat in a large saute pan. Saute the breasts with the smooth, rounded side down for 3-4 minutes, reduce the heat and saute on the other side for a further 3 minutes until cooked through. Remove and set aside.

Heat 1 tbsp olive oil in a pan over a medium heat. Saute the asparagus for 3-4 minutes until tender. Remove from the heat. Slice the chicken breasts in an angle and squeeze the roasted garlic out of its skin, dividing evenly on top of the chicken breasts. Serve asparagus on top of salad greens.

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Grilled tofu with coriander pesto

- 3 tbsp gluten free tamari soy sauce
- 3 tbsp sesame oil
- 450g firm tofu cut into 8 slices
- 2 courgettes, sliced on the diagonal into 5mm pieces

Pesto

- 75g fresh basil, stems removed
- 35g fresh coriander, stems removed
- 2 garlic cloves, chopped
- 1-cm piece fresh root ginger, peeled and chopped
- 3 spring onions, trimmed and roughly chopped
- 35g pine nuts or raw walnuts
- 120ml extra virgin olive oil (reserve 1tbsp for serving)
- 100g of rocket or other greens
- Salt and pepper to taste

Heat the grill or a griddle pan. Combine the tamari and sesame oil; add the courgettes and tofu and marinate for 10 minutes.

Grill or griddle the courgettes first, about 2 minutes on each side and then the tofu for around 3 minutes each side.

Pesto - place all ingredients (except rocket or greens, salt and pepper and 1tbsp of olive oil) in a food processor and pulse until smooth. Add 1-2 tbsp water to thin if needed. Season with salt and pepper.

Lightly toss rocket or greens with the remaining olive oil. Serve with the tofu and courgettes and pesto drizzled on top.

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Baked cod with sun-dried tomato pesto and roasted greens

- 4 fillets of cod (fresh or frozen)
- 100g of sun-dried tomatoes (from a jar)
- Optional: Handful of basil leaves
- 2 garlic cloves
- 100g of walnuts/ cashews or pine nuts
- Salt and pepper
- 1-2 tbsp extra virgin olive oil
- 1 head of broccoli, cut into small florets
- 1 bag of brussel sprouts, outer leaves removed and larger sprouts halved

(this includes some extra veggies & fish for leftovers)

To make the pesto, add sun-dried tomatoes, garlic, nuts and 1tbsp olive oil and basil if using to a food processor and blitz until a combined but chunky consistency. Season with salt and pepper.

Add sprouts and broccoli to a large roasting tin, drizzle with a tbsp of olive oil, season with salt and pepper and place in the oven on a high heat (Gas 7or8, 220 degrees) for 20 minutes.

Place cod fillets on tin foil on a baking sheet and turn up the edges of the foil to make an open parcel. Place 1 tbsp of the pesto on top of the cod and cook for around 15 minutes (check cooking instructions on packaging as timing will be dependant on size of fillet or if frozen) Gas mark 4, 160 degrees.

Tip for if you only have one oven - the cod can either be pan-fried in a small amount of olive oil and pesto added at the end or cook your veggies ahead of time and warm back up toward the end of the cooking time with the fish).

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Ratatouille

- 1 large aubergine, cut into 3cm chunks
- 1 large courgette, sliced
- 1 large red onion, sliced
- 1 red/ yellow/ orange pepper, cut into 3 cm chunks
- 1 pack of mushrooms, quartered
- Salt and pepper
- 2 tbsp extra virgin olive oil
- 1 tin chopped tomatoes
- 1 tsp mixed italian herbs
- 1 clove of garlic, finely chopped
- Optional: 1-2 tsp of leftover sun-dried tomato pesto

**Top tip - double the recipe for leftovers or another dinner

Add chopped veggies to a large roasting tin, drizzle with olive oil and season with salt and pepper. Roast for 20-25 minutes on Gas 8, 220 degrees.

In a large pan, heat 1 tbsp olive oil over a medium heat then add herbs and garlic and fry for 1 minute until fragrant. Add tinned tomatoes (and pesto if using) and simmer for 5 minutes. Add the roasted veggies and season to taste. Serve with chicken or fish and a green salad.

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Coconut fish or tofu curry

- 4 cod fillets (100g each) or 400g firm tofu cut into 4 pieces
- 2 bunches of pak choy, roughly chopped into large pieces
- 1 pack of sugar snap peas, halved or quartered
- 1 medium cauliflower (for the 'rice')
- 3 tbsp coconut oil
- 120ml full fat coconut milk
- 120ml low sodium vegetable stock
- 6 medium tomatoes, seeded and coarsely chopped or 400g tin of chopped tomatoes
- 2 garlic cloves, finely chopped/ crushed
- 2 medium onions, coarsely diced
- Thumb sized piece of root ginger, peeled and grated
- 1 or 2 fresh chillies, thinly sliced
- ½ tsp chilli powder
- 1 tsp ground turmeric
- 1 tsp garam masala or 1 tsp of curry powder
- Large handful of fresh coriander, chopped (to serve)
- Optional: 75g raw cashews to serve

Heat 2 tbsp of coconut oil in a large pan over a medium heat. Add the diced onions and cook for 5 minutes until translucent. Add in the garlic, ginger and spices and cook for a further 3 minutes until fragrant. Add the vegetable stock and bring to the boil. Reduce the heat and simmer for 15 minutes. Add the coconut milk, pak choy and sugar snap peas and simmer for an additional 5 minutes. Season with salt.

If using fish, add to the sauce and simmer for another 5-7 minutes until fish is opaque inside. If using tofu simmer for another 5 minutes.

To make the cauliflower rice, as the curry is cooking, cut the cauliflower into chunks and pulse in a food processor until it has the texture of rice. Heat 1 tbsp of coconut oil in a wok or large frying pan over a high heat. Add the riced cauliflower and cook on medium-high heat for 5-8 minutes, stirring occasionally so it doesn't stick. Season with sea salt.

Serve curry over the cauliflower rice and top with coriander and cashews.

Almond-flax crusted chicken

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- 4 skinless, boneless chicken breasts (100-175g each)
- 1 tbsp extra virgin olive oil
- 1 tbsp almond butter
- 1 Tsp lemon juice
- 1 tsp sea salt
- Pinch of cayenne pepper
- 1 tsp chopped fresh parsley
- 1 tsp paprika
- ½ tsp garlic powder
- 3 tbsp ground flaxseed (you can buy milled/ ground flaxseed or blitz the seeds in a food processor/ grind in a pestle & mortar)
- 50g ground almonds

Preheat the oven to Gas 4/ 180 degrees. Place the chicken between two sheets of cling film and bash with a rolling pin/ meat mallet until thin. In a small food processor combine the oil, almond butter, lemon juice and seasonings. Spread the mixture onto the chicken breasts, and if time, leave for 10-15 minutes to enhance the flavour (or you can do this 24 hours ahead and keep refrigerated). Combine the flaxseed and almonds in a small bowl and set aside. Place the chicken breasts on a lightly greased baking sheet. Sprinkle half of the mixture on the top of the chicken breasts and pat down with your fingers to make the 'crust' stick down. Turn the breasts over and do the same with the other side with the remaining crust mixture. Place the chicken in the centre of the oven and cook for 20-30 minutes until the juices run clear.

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Stir fried veggies with almonds

- 1 tbsp extra virgin olive oil
- 1 tbsp sesame oil
- 2 celery stalks, thinly sliced on the diagonal
- 1 onion, halved and thinly sliced
- 2 carrots, peeled and cut into half moons
- 180g broccoli florets
- 1 bunch of pak choy, sliced
- 1 red or yellow pepper, seeded and thinly sliced
- Optional: 450g firm tofu, cubed
- Thumb sized piece of fresh root ginger, peeled and sliced into matchsticks
- 2 garlic cloves, crushed
- 1 red chilli, thinly sliced
- Large handful of sliced mushrooms
- 75g whole raw almonds
- 50ml water (more if needed)
- 2 tbsp gluten free tamari soy sauce
- 3-4 spring onions, thinly sliced on the diagonal

(feel free to mix these veggies up with things like sugar snaps, shredded cabbage etc)

In a large wok heat the olive oil and sesame oil over a medium-high heat. Add the celery, onion and carrots and stir fry for 2 minutes. Add the broccoli, pak choy, peppers and tofu if using and stir fry for another 2 minutes. Add the ginger, garlic, chilli and mushrooms and cook for 2 more minutes. Add the almonds, a little water as needed, the tamari and stir fry until veggies are cooked but still crunchy. Throw in the spring onions before serving.

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Vegetable rolls with shredded chicken and nut cream

- 1 medium carrot, peeled and thinly sliced or shredded
- 3 medium courgettes, thinly sliced or shredded
- ½ head of white cabbage, shredded
- ¼ head of red cabbage, shredded
- Handful of fresh mint leaves, thinly sliced
- 50g spring onions, sliced on the diagonal
- 1 litre of water
- 1 sprig of fresh thyme
- 1 sprig of fresh rosemary
- 1 tsp salt
- 4 skinless, boneless chicken breasts (100-175g each)
- 135g pine nuts or raw cashews
- 120ml fresh lemon juice
- Pinch of salt
- Optional: ¼ tsp cayenne pepper
- Romaine lettuce leaves for the wraps

Combine all veggie ingredients in a large bowl and set aside

In a large saucepan bring the water to the boil. Add the herbs and salt. Turn the heat down to a simmer and carefully add the chicken breasts. Cover and simmer for around 10 minutes. Remove from the heat and let rest, covered for around 10 minutes. When the breasts are cool, shred with a fork or your hands.

For the nut cream, place all the ingredients in a blender and blend until smooth and thick, add water if needed. Assemble the rolls - combine the nut cream, shredded chicken and shredded veggies in a large bowl and spoon onto lettuce leaves. Roll up tightly like wraps and serve.

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Salmon and veggie kebabs with almond butter dip & sauteed greens

- 1 onion cut into large chunks
- 1 red or yellow pepper, seeded and cut into 1 inch chunks
- 12 button or chestnut mushrooms, stems removed
- 1 courgette, cut into half moons
- 450g of salmon or tofu, cut into 1 inch cubes
- 50ml extra virgin olive oil
- 1 tbsp chopped fresh thyme
- 2 garlic cloves, crushed
- 4 bamboo skewers

*Almond butter dip recipe below

**Use spinach, spring greens of choice for the side dish

Soak the bamboo skewers in water for 20 mins.

Thread the vegetables and the fish or tofu onto the skewers, pushing them closely together and leaving 2cm gap at each end. Combine the olive oil, garlic and thyme in a large baking dish and add the skewers. Marinate for 30 minutes.

Heat the grill or griddle pan. Season each skewer with salt and pepper. Cook the salmon under the grill or in a griddle pan for 7-10 minutes or until fish is cooked through. Serve with almond butter dip drizzled on top and sauteed greens.

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Dips and Spreads

Olive tapenade

- 350g stoned kalamata olives
- 3 garlic cloves
- 250ml extra virgin olive oil
- Small handful of fresh parsley
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- Zest of 1 lemon plus juice of ½ lemon
- Black pepper to taste

Pop all ingredients into a food processor and blitz for 1-2 minutes until combined. Store in an airtight container in the fridge for up to 5 days.

Tahini dipping sauce

- 115g tahini
- 1 garlic clove
- 120ml extra virgin olive oil
- 120ml water
- Juice of 1 lemon
- Salt to taste

Blend all ingredients in a blender for around 2 minutes, until smooth. Store in an airtight container in the fridge for up to 5 days.

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Spinach and walnut pesto

- 60-90g of spinach
- 30g of fresh basil leaves
- Handful of fresh parsley
- 65g of raw walnuts or pine nuts
- 50ml extra virgin olive oil
- ¼ teaspoon of salt
- 1 garlic clove

Put all ingredients into a food processor and pulse until combined but a slightly chunky consistency. Store in an airtight container in the fridge for up to 5 days.

Sun-dried tomato dip

- 1 medium to large fresh tomato, cut into chunks
- 50g sun-dried tomatoes (from a jar), diced
- 1 garlic clove
- 1 tbsp fresh parsley, chopped
- 50ml extra virgin olive oil
- 1 tbsp raw pine nuts
- ½ tsp salt
- 1.2 tsp pepper

Blend all ingredients in a blender for around 2 minutes, until smooth. Store in an airtight container in the fridge for up to 5 days.

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Almond butter dip

- 65g almond butter
- 1 tbsp cider vinegar
- Optional: 1 red chilli, seeded and chopped
- 2 tbsp lime juice
- 250ml water

Blend all ingredients in a blender for around 2 minutes, until smooth. Store in an airtight container in the fridge for up to 5 days.