



TA1 PERFORMANCE
COACHING
NUTRITION

ESSENTIAL NUTRITION:

RECIPE BOOK - FIRST EDITION



www.ta1performancecoaching.co.uk

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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Welcome

Welcome to Essential Nutrition Recipe Book - First Edition!

Good nutrition it about helping people look better. Feel better. Perform Better. Live Better. And just be better overall.

In case you didn't know nutrition will averagely count for about 80% of your results! Yes you read that right, 80%! In other words, without nutrition and lifestyle changes, exercise alone is unlikely to get you the results you are truly looking for.

Planning and preparation is the cornerstone to success in anything you do. Transforming your body is no different. If you want to get into the best shape of your life, and more importantly sustain it thereafter, you need to become efficient at planning both your training and nutrition ahead of time.

Winging it 9 times out of 10, doesn't work!

Your training and gym work should be structured and on repeat each week in your diary on the days and times that work for your schedule and lifestyle. As for nutrition, you should learn to become a pro in the kitchen. This doesn't mean you need to take cooking classes and prepare gourmet meals on a daily basis. Instead, the real key is learning how to prepare your meals ahead of time, so you're never in a position of being caught out and find yourself making poor choices. One top tip we give our clients is

Keep it stupid simple!

Don't overthink your meals and try make the most elaborate, different meals every day. This can make prepping tedious and lengthy. By keeping similar foods in on a weekly basis you maximise efficiency and minimise time taken to prep.

The recipes in this book are here to support you start on your journey to making better habits and choices with your nutrition. Of course no one size fits all! Just like any other form of planning, this serves as a starting point.

If you are ready for this to be the beginning of your transformation to be the best version of yourself, please complete the form below. YOUR STORY STARTS HERE...

<http://bit.ly/2WHZUyu>

Get in touch

When you combine the right training with the right nutrition, results will be accelerated. At my training facility in Taunton, I offer the following services:

- > Personal Training
- > Women's Only Strength Group Training
- > Bootcamps/HIIT Training
- > Bespoke Online Training Packages - available anywhere in the world!

Want to find out more? Reach out to me via any of the following platforms below:

Visit www.ta1performancecoaching.co.uk

Email ben@ta1performancecoaching.co.uk

 www.facebook.com/ta1performancecoaching

 www.instagram.com/ta1performancecoaching

Beef mince muffins

½ tsp ghee or coconut oil plus extra for greasing
½ a small white onion, finely chopped
1 stick celery, finely chopped
160g lean beef mince
60g passata (or use tinned chopped tomatoes, blended)
5 eggs
1 tsp Italian seasoning
a pinch of cayenne pepper
30g Cheddar cheese, grated (optional)

MAKES 8 MUFFINS

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin tin with ghee/oil. Melt ½ tsp ghee/oil in a frying pan over a medium heat. Add the onion and celery and sauté for 3 minutes, stirring frequently.

Add the mince and break up into small pieces with a wooden spoon. Cook for 4 minutes, stirring frequently.

Add the passata, stir well and remove pan from heat. Transfer the contents of the pan to a shallow bowl and spread into a fine even layer. Leave to cool for 5 minutes.

Meanwhile, break the eggs into a jug. Add the Italian seasoning and cayenne pepper and mix well with a fork. Stir in the cheese.

Add the mince mixture and stir well. Divide the mixture between the muffin compartments. Bake for 20-25 minutes, or until the muffins are firm. Allow to cool in the tin for 5 minutes then remove and transfer to a wire rack to cool completely.

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



PER MUFFIN:
121 Calories
1g Carbs
9g Protein
9g Fat



Low carb slow cook beef stew

500g lean beef, diced
100g carrot, peeled and diced
100g swede, peeled and diced
150g baby button mushrooms
100g white onion, diced
2 garlic cloves, finely chopped
400ml beef or vegetable stock
a pinch of dried rosemary
a pinch of dried thyme
a pinch of salt and pepper

Preheat the oven to 170°C/350°F.

Place all of the ingredients in a large casserole dish or slow cooker and mix well.

Cook for 2-3 hours or until the beef is tender. Serve.

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

SERVES 3



PER SERVING:
310 Calories
8g Carbs
38g Protein
14g Fat

Coconut beef curry

2 tps ghee or coconut oil
2 medium sized white onions,
finely chopped
600g diced lean beef
3-4 garlic cloves, finely chopped
plus equivalent amount of fresh
ginger, finely chopped
1 cinnamon stick
3 cloves
1-2 tps chilli powder
1-2 tps ground turmeric
1-2 tps garam masala
300ml coconut milk
100ml cold water
30g ground almonds
handful fresh coriander, finely
chopped

SERVES 3

Melt the ghee/oil in a large saucepan over a medium heat. Add the onions and sauté for 3-4 minutes, stirring.

Add the beef and cook for 3-4 minutes, stirring to brown on all sides.

Add the garlic and ginger and sauté for 2 minutes, stirring.

Add the cinnamon, cloves and spices. Stir well to cover the beef in the spices.

Add the coconut milk and water and stir well. Cover and cook for 1 hour, stirring occasionally. Add a drop more water if the curry sticks to the base of the saucepan. Stir in the almonds and cook for 30 minutes.

Garnish with coriander.

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

Serving suggestion:

Serve on a bed of cauliflower rice.



PER SERVING:
384 Calories
12g Carbs
48g Protein
16g Fat



Enchilada-inspired chicken

1 tsp coconut oil
300g chicken mini fillets, cut into bite-sized pieces
½ a small red onion, sliced
½ a bell-pepper (any colour), diced
1 tsp ground cumin
1 tsp ground coriander
120g tinned refried beans
50g (drained weight) tinned sweetcorn, rinsed and drained
a small bunch of fresh coriander, finely chopped
200g tinned tomatoes, blended (or use passata)
½ tsp hot chilli powder
½ tsp garlic powder
2 tps brown sauce (optional)
20g Cheddar cheese, grated (optional)
30g per person ripe avocado, sliced

Heat the oil in a frying pan over a medium heat. Add the chicken and fry for 6-8 minutes, stirring occasionally until cooked. Transfer to a plate and set aside.

Add the onion, bell-pepper, ground cumin and ground coriander to the frying pan. Stir well and cook for 2 minutes.

Add the chicken back into the pan. Add the refried beans, sweetcorn, fresh coriander, tinned tomatoes, chilli powder, garlic powder and brown sauce (if using). Cover and cook for 3-4 minutes, stirring occasionally.

Serve topped with cheese and avocado.

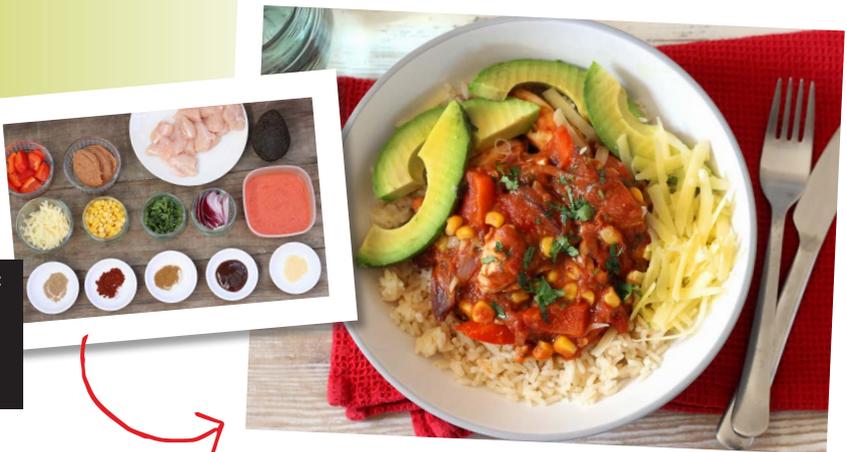
Store any leftover sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice.

SERVES 2

PER SERVING:
469 Calories
29g Carbs
59g Protein
13g Fat



Chicken nuggets

1 tsp coconut flour
15g ground almonds
pinch of paprika
salt and pepper to season
1 tsp coconut oil
1 medium sized egg
200g fresh chicken breast, diced

MAKES 10 NUGGETS

Preheat the oven to 180°C/350°F.

Mix the flour, almonds, paprika, salt and pepper in a bowl.

In a separate bowl whisk the egg.

Take a piece of chicken and dip it in the egg, coating it evenly. Then dip it in the flour mixture and roll until covered.

Repeat this step with all of the chicken.

Melt the oil in a non stick frying pan over a medium/high heat. Add the chicken and cook for 5 minutes, turning regularly until brown all over.

Transfer the chicken to an oven tray and cook in the oven for 10-15 minutes until cooked through.

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



Creamy chicken & chive crustless quiche

a small amount of ghee or coconut oil to grease tin
4 eggs plus 2 egg whites
150g cooked chicken, cut into bite-size pieces
40g crème fraîche
120g steamed vegetables of your choice (e.g. Tenderstem broccoli, spinach, fine green beans), cut into pieces
5g fresh chives, chopped
salt and pepper, to season

Preheat oven to 180°C/350°F.

Grease the base of a 15x15cm oven dish with a small amount of ghee or coconut oil.

Whisk the eggs in a jug. Add the remaining ingredients and stir well.

Pour the mixture into the oven dish. Bake for 20-25 minutes, or until thoroughly cooked.

Cut into 4 pieces. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

MAKES 4 PIECES



PER PIECE:
280 Calories
6g Carbs
37g Protein
12g Fat

Baked chicken satay

7 x chicken thighs, bone in and skin on
40g crunchy peanut butter
1 tsp chilli flakes
10g melted coconut oil
1-2 garlic cloves, finely chopped
1 inch piece fresh ginger, finely chopped
100g asparagus spears
150g tenderstem broccoli
5g sesame seeds
to serve:
small bunch coriander, chopped

MAKES 7 PIECES

Preheat oven to 170°C / 350°F.

In a large bowl, mix the peanut butter, chilli flakes, coconut oil, garlic and ginger. Add a drop of cold water – just enough to make the mixture slightly runny.

Add the chicken and stir well to coat thoroughly. Transfer to an ovenproof dish. Cook for 40 minutes then turn each chicken thigh over. Sprinkle the sesame seeds over the chicken. Place the asparagus and broccoli around the chicken.

Cook for a further 10-15 minutes, or until the vegetables are cooked to your liking. Ensure the chicken is thoroughly cooked before serving. Remove skin from chicken thighs and discard. Serve garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER PIECE:
252 Calories
3g Carbs
24g Protein
16g Fat

Chicken & Indian slaw salad

¼ tsp cumin seeds
140g carrot, coarsely grated
150g red cabbage, finely shredded
50g red onion, finely sliced
7 tbsps Greek yoghurt (use dairy free if preferred)
juice of ½-1 lime or lemon
½-1 small red chilli, finely chopped (optional)
½ tsp ground turmeric
3 tps fresh coriander, finely chopped
½ tsp black mustard seeds

for the topping:

30g salted peanuts
200g deli roast chicken, shredded

SERVES 2



PER SERVING:
373 Calories
24g Carbs
31g Protein
17g Fat

Place a frying pan over a medium heat. Add the cumin seeds and toast gently for 30 seconds, or until aromatic. Remove frying pan from heat and allow to cool.

In a large bowl, mix the cumin seeds, carrot, cabbage, onion, yoghurt, lime/lemon juice, chilli, turmeric, coriander and mustard seeds.

Transfer to two serving bowls or plates and top with the chicken and peanuts.

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



Easy tuna steak salad

90g asparagus spears
5ml olive oil

2 x 140g tuna steaks
100g mixed salad leaves
8 cherry tomatoes, halved
25g green pitted olives

10g sunflower seeds

for the dressing:

juice of ½ a lemon
2 garlic cloves, minced
a pinch of sea salt
a pinch of ground black pepper
10ml extra virgin olive oil
5ml balsamic vinegar

Steam the asparagus for 3-4 minutes or until fork tender.

Prepare a medium grill. Place a sheet of tin foil onto the grill tray and place the two tuna steaks onto the foil. Drizzle the olive oil over each tuna steak.

Grill for 2-3 minutes each side or until the tuna is flaky on the outside but slightly pink in the centre.

Assemble the mixed leaves, asparagus, cherry tomatoes and olives in a serving bowl. Add the tuna.

Mix the dressing ingredients in a jug and drizzle over the salad. Sprinkle over the sunflower seeds. Serve.

SERVES 2

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:
349 Calories
11g Carbs
38g Protein
17g Fat

Miso salmon & sesame salad

2 x 130g salmon fillets

for the marinade:

½ tbsp miso paste

1 tbsp fresh lemon juice

1 tbsp sesame oil

a small pinch of sea salt and ground black pepper

1 tsp fresh ginger, grated

½ tsp honey

for the salad:

1 bunch fresh watercress

a small handful of fresh coriander

70g cucumber, chopped

90g courgette, cut into strips or spiralised

1 tsp sesame seeds

for the salad dressing:

2 tsps sesame oil

1 tsp soy sauce

a squeeze of lemon juice

Line a small baking tray with foil and add the salmon fillets.

Mix the marinade ingredients together in a jug. Brush the marinade generously over the salmon fillets. Refrigerate for 1 hour.

Preheat oven to 200°C/400°F.

Bake the salmon for 20-25 minutes or until thoroughly cooked. The salmon will be a pale pink colour throughout when cooked.

Meanwhile, mix the salad dressing ingredients in a jug.

Assemble the watercress and coriander on two serving plates. Add the cucumber and courgette and sprinkle on the sesame seeds. Drizzle the dressing over the salad.

Add the cooked salmon fillets and serve.

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

SERVES 2



PER SERVING:
508 Calories
7g Carbs
39g Protein
36g Fat

Fragrant Thai beef & papaya salad

80g beef (lean) minute steaks
2 shallots, peeled and quartered

for the marinade:

2 tsps olive oil
pinch of sea salt and black pepper
1 tbsp fish sauce (nam pla)
juice of one lime

1 red chilli, finely chopped
½ a lemongrass stick, minced
2 garlic cloves, finely chopped

for the salad:

1 spring onion
80g fresh papaya, cut into strips
with a potato peeler
1 small carrot, peeled and cut into
strips with a potato peeler
50g cucumber, sliced
1-2 sprigs fresh basil, roughly chopped
1 small bunch fresh coriander, roughly
chopped
1 large handful mixed lettuce leaves
10g roasted peanuts
50g red pickled cabbage, drained

Mix the marinade ingredients in a bowl.
Add the beef and stir to cover in the
marinade. Refrigerate for 2 hours or more.

Place a frying pan over a medium heat and
add the beef and marinade. Fry the beef
for 2-3 minutes each side (until cooked to
your liking). Remove beef from pan and
cut into strips.

Place the shallots in the pan and sauté
gently in the marinade for 3 minutes,
stirring until soft. Remove from pan.
Discard marinade ingredients.

Assemble the salad ingredients in a bowl.
Top with the beef and shallots. Serve.

*Store any leftovers in an airtight container
and refrigerate for up to 1 day.*



SERVES 1

PER SERVING:
488 Calories
47g Carbs
30g Protein
20g Fat

Mediterranean quinoa salad

100g quinoa (dry weight)
100g baby leaf spinach
100g cherry tomatoes, halved
50g red onion, finely chopped
8 green olives, pitted
1 red bell pepper, sliced
a small handful of flat leaf parsley,
finely chopped
a good pinch of sea salt and ground
black pepper
juice of ½ a lemon
1 tbsp olive oil

Place the quinoa in a saucepan of boiling water. Simmer over a medium heat for 30 minutes, then drain and leave to cool.

Place the spinach in a large serving bowl and add all the other ingredients apart from the lemon juice and olive oil.

Mix the lemon juice and olive oil in a jug. Drizzle over the salad before serving.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 2



PER SERVING:
518 Calories
59g Carbs
21g Protein
26g Fat

Low carb quiche

a small amount of coconut oil
or organic butter to grease tin
2 free range eggs
5 egg whites
½ tsp black pepper
½ tsp sea salt flakes
½ tsp onion powder
½ tsp Italian seasoning
½ small red onion, finely chopped
½ green pepper, finely chopped
5 cherry tomatoes, halved
1 green chilli pepper, finely chopped
handful spinach leaves, chopped
30g reduced fat grated cheese
(optional)

Preheat oven to 180°C/350°F.

Grease an ovenproof dish or tin (around 15cm square) with coconut oil / butter.

Place all of the ingredients in a large bowl and mix well.

Pour the mixture into the dish and bake for 20-25 minutes, until the centre of the quiche is cooked.

Serve with salad.

Store any leftover quiche in an airtight container and refrigerate for up to 24 hours.

SERVES 2



PER SERVING:
184 Calories
8g Carbs
20g Protein
8g Fat

Tasty veg pizza

a small amount of coconut oil or organic butter to grease tin
4 medium sized eggs
3 egg whites
Himalayan pink salt to season
40g porridge oats (use gluten free oats if preferred)
7 cherry tomatoes, halved
60g baby leaf spinach, finely chopped
1 green chilli pepper, finely chopped
½ a large green pepper, finely chopped
1 tsp paprika
½ tsp dried oregano
15g low fat Cheddar cheese, grated (optional)

MAKES 8 SLICES

Top tip:

This pizza makes a great portable snack.
Tastes great hot or cold

Preheat oven to 150°C/300°F.

Lightly grease a large round ovenproof dish with coconut oil / butter.

Whisk the eggs and egg whites in a jug and season well with Himalayan salt. Add the oats, vegetables, dried spices and herbs. Stir well. Pour into the dish and cook for 10 minutes.

Remove from oven and sprinkle on the cheese. Cook for a further 5 minutes, or until centre of pizza is cooked.

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



PER SLICE:
63 Calories
4g Carbs
6g Protein
3g Fat

Peanut butter & raspberry overnight oats

90g fresh raspberries
15g crunchy peanut butter
50g oats (use gluten free if preferred)
175ml unsweetened almond milk (or use water/milk of your choice)
2 tps chia seeds
35g vanilla or raspberry flavour whey or rice protein powder
7g shelled hempseed

SERVES 1

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

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

Serving suggestion:

Serve topped with fresh berries and a sprinkle of chia seeds.



PER SERVING:
554 Calories
50g Carbs
39g Protein
22g Fat



Blackberry & coconut smoothie

120ml coconut water
60g blackberries
25g vanilla flavour whey or rice
protein powder (optional)
1½ tps shredded unsweetened
coconut flakes
15g walnuts, almonds or cashews
1 tsp flax seed or shelled hemp
seed
4 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
321 Calories
18g Carbs
24g Protein
17g Fat

Nutty strawberry smoothie

40g frozen strawberries
35g fresh spinach leaves
25g vanilla flavour whey or rice
protein powder (optional)
1 tsp flax seed
5g cocoa nibs
15g almond butter
180ml unsweetened almond milk
(or use water/milk of your choice)

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

Consume immediately.

SERVES 1



PER SERVING:
279 Calories
9g Carbs
27g Protein
15g Fat