



PERFORMANCE  
COACHING  
NUTRITION

# ESSENTIAL NUTRITION:

HEALTHY SOUPS & STEWS

[www.ta1performancecoaching.co.uk](http://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: Healthy Soups & Stews Recipe Book. This guide will be your bible over the coming weeks so make sure you keep it close by!**

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.

**Long-term nutrition habits will ALWAYS surpass food "rules" and "diets" FACT!**

This is why we promote a progressional coaching model - our role throughout this programme is to educate and support you to develop intelligent and sustainable nutritional habits for life. We'll be teaching you how to:

- Eat better , without dieting or feeling deprived.
- Ditch the diet, food rules, fad diets and conflicting advice behind, FOR GOOD!
- Build more movement into your life , without it taking over.
- Achieve and maintain your goals , even when life gets busy.

**Listen and apply what we teach and you'll:**

- Lose the weight/fat you haven't been able to shed for years.
- Develop unstoppable confidence in your body and mind.
- Finally be free of food confusion , learn what to do, how to do it.
- Get off the food roller coaster once and for all.

**Ready to get started? That's why you are reading this...!**

# Get in touch

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# Mexican chicken soup

1 tsp butter, ghee or coconut oil  
180g white onion, chopped  
3 cloves garlic, finely chopped  
3 jalapeño peppers, chopped  
700ml chicken stock (made with one organic stock cube)  
600g ripe tomatoes, chopped  
a pinch of sea salt and ground black pepper  
½ tsp hot chilli powder  
¾ tsp ground cumin  
1 tsp paprika  
240g (drained weight) tinned kidney beans, rinsed  
250g cooked chicken breast, diced  
80g frozen sweetcorn (optional)  
1-2 tbsps fresh coriander, chopped  
juice of ½ a lime  
**to serve:**  
a sprinkle of fresh coriander, finely chopped  
1 tsp (per person) crème fraîche (optional)

**SERVES 3**

**PER SERVING:**  
311 Calories  
33g Carbs  
29g Protein  
7g Fat



Heat the butter, ghee or oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally.

Add the garlic and jalapeños. Fry for 2 minutes.

Add the stock, tomatoes, salt, pepper and dried spices. Stir well and bring to a simmer. Cook for 5 minutes.

Add the kidney beans and chicken. Stir and cook for 5 minutes. Add the frozen sweetcorn, stir and cook for 2-3 minutes.

Add the fresh coriander and lime juice. Stir and cook for 1 minute. Taste and add more seasoning if required.

Serve topped with fresh coriander and crème fraîche.

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



# Vietnamese broth

1 piece of cinnamon bark  
1 star anise  
1 small white onion, sliced  
2 tsps fresh ginger or galangal, finely chopped  
1 garlic clove, finely chopped  
500ml beef or vegetable broth or stock  
1 tbsp fish sauce (nam pla)  
a pinch of sea salt and ground black pepper  
½ tsp ground coriander  
¼ tsp allspice  
300g sirloin steak, finely sliced (or substitute with chicken breast, sliced)  
a handful of beansprouts  
juice of 1 lime  
60g ribbon or rice noodles  
a small handful of fresh coriander, finely chopped

**SERVES 2**

Place the cinnamon and star anise in a saucepan and toast over a medium/low heat for 1 minute, until fragrant.

Add the onion, ginger and garlic and fry gently for 4 minutes, stirring frequently until soft.

Add the stock, fish sauce, salt, pepper, ground coriander and allspice. Cover and simmer for 15 minutes, stirring occasionally.

Add the steak and simmer for 5 minutes, or until tender. Add the beansprouts and simmer for 1 minute. Squeeze in the lime juice. Taste and add more seasoning if required.

Cook the noodles according to packet instructions. Drain well and add to the broth.

Remove the cinnamon bark and star anise and discard. Serve garnished with fresh coriander.

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



**PER SERVING:**  
374 Calories  
34g Carbs  
46g Protein  
6g Fat



# Roasted carrot & squash soup

2 tps coconut oil  
300g butternut squash, peeled, seeds removed and diced  
1 medium sized carrot, peeled and chopped  
1 piece of cinnamon bark  
1 small white onion, chopped  
1 small apple, peeled, cored and chopped  
1 red bell-pepper, diced  
2 garlic cloves, finely chopped  
a small pinch of fresh grated or ground nutmeg  
a pinch of sea salt and ground black pepper  
500ml vegetable stock (made with one organic stock cube)  
200ml coconut milk

**SERVES 3**



PER SERVING:  
274 Calories  
**33g Carbs**  
**4g Protein**  
**14g Fat**



Preheat oven to 180°C/350°F. Lightly grease an oven tray with half of the coconut oil. Place the squash and carrot on the tray and spread out evenly. Bake for 30 minutes.

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the cinnamon bark and fry gently for 1 minute, stirring continuously.

Add the onion, and fry for 4 minutes, stirring occasionally. Add the apple, bell-pepper and garlic, and fry for 3-4 minutes, stirring occasionally.

Add the nutmeg, salt, pepper and stock and bring to a boil. Reduce heat to simmer and cook for 10 minutes. Add the coconut milk and cook for 5 minutes. Taste and add more seasoning, if required.

Remove saucepan from heat and allow to cool for 20 minutes. Remove the cinnamon bark and discard. Blend the soup in batches using an immersion blender or food processor.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Creamy corn & bacon chowder

2 tps ghee or coconut oil  
1 small white onion, finely chopped  
1 green bell-pepper, deseeded and cubed  
2 rashers unsmoked bacon, cut into small pieces  
1 small garlic clove, finely chopped  
350g all-rounder potatoes, peeled and cut into cubes  
300ml semi-skimmed milk or unsweetened almond milk  
300ml vegetable stock (made with one organic stock cube)  
1 tsp smoked paprika  
¼ tsp dried thyme  
a pinch of sea salt and ground black pepper  
270g tinned sweetcorn, drained and rinsed  
a few drops of Tabasco / sriracha sauce  
2 tbsps fresh chives, chopped

**SERVES 4**

PER SERVING:  
231 Calories  
32g Carbs  
10g Protein  
7g Fat



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

Add the bacon and fry gently for 2-3 minutes, stirring to seal on both sides. Add the garlic and fry gently for 2 minutes, stirring frequently. Add the potatoes and cook for 3-4 minutes, stirring occasionally.

Add the milk, stock, paprika, thyme, salt and pepper and stir well. Bring to a boil then reduce heat to simmer gently. Cover and cook for 10-15 minutes.

Add the sweetcorn and cook for 3 minutes. Add the tabasco / sriracha sauce. Taste the soup and add more seasoning if required.

Serve garnished with chives.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Fragrant chickpea & vegetable soup

- 2 tps ghee or coconut oil
  - 1 small white onion, chopped
  - 2 medium-sized carrots, grated
  - 1 medium-sized parsnip, sliced
  - 3 cloves garlic, finely chopped
  - 200ml coconut milk
  - 400ml vegetable stock (made with 1 organic stock cube)
  - 1 tsp ground cumin
  - ½ tsp ground coriander
  - 1 tsp chilli powder
  - a pinch of sea salt and black pepper
  - 200g (drained weight) tinned chickpeas, rinsed and drained
  - 1 tbsp fresh coriander, chopped
- for the topping (optional):**
- 80g (drained weight) tinned chickpeas, rinsed and drained
  - ½ tsp ground cumin
  - ½ tsp paprika
  - ½ tsp cayenne pepper
  - 1 tsp olive oil

SERVES 3

PER SERVING:  
338 Calories  
34g Carbs  
10g Protein  
18g Fat



To make the topping (optional), preheat oven to 200°C/400°F. Place the chickpeas in a bowl with the remaining topping ingredients and mix well. Pour onto a baking tray and spread out into a fine, even layer. Bake for 15 minutes. Allow to cool on the tray.

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion, carrot and parsnip and fry gently for 3-4 minutes, stirring occasionally. Add the garlic and fry gently for 2-3 minutes, stirring.

Add the coconut milk, stock and dried spices. Stir well and increase heat to bring to a simmer. Reduce heat back to medium, cover and simmer for 10 minutes.

Add the tinned chickpeas and cook for 5 minutes. Remove soup from heat and allow to stand for 5 minutes. Transfer the soup to a blender and blend until creamy. Serve garnished with coriander and half of the chickpea topping.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Turkey tom yam noodle soup

10g coconut oil  
400g turkey thighs, diced  
50g tom yam or red curry paste  
800ml chicken stock (made with 1 organic stock cube)  
1 tsp fish sauce  
100g baby plum tomatoes, halved  
100g button mushrooms, sliced  
2 spring onions, sliced  
2 chillis, sliced  
1 courgette  
a small bunch of fresh coriander, chopped

**SERVES 3**

Melt the coconut oil in a large saucepan over a medium heat. Add the turkey thighs and cook for 1 minute, stirring to seal on all sides. Add the curry paste and stir to coat the turkey.

Add the stock, fish sauce, mushrooms and tomatoes to the pan. Bring to a boil then reduce to a simmer.

Add the spring onions and chillis and stir well.

Use a spiraliser to create 'noodles' from the courgette (or use a potato peeler).

Add the courgette to the pan and stir gently.

When the soup is ready, add the chopped coriander. Stir and serve.

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



PER SERVING:  
302 Calories  
**6g Carbs**  
**29g Protein**  
**18g Fat**



# Vegetarian minestrone soup

1 tsp ghee or coconut oil  
1 medium sized white onion,  
chopped  
200g carrot, chopped  
1-2 garlic cloves, finely chopped  
400g tinned tomatoes  
400g tinned cannellini beans, rinsed  
and drained  
700ml vegetable stock  
1 sprig fresh rosemary  
200g white potatoes, peeled and  
chopped  
60g pasta shells (optional), use gluten  
free if preferred  
60g curly kale  
salt and pepper to season

**SERVES 5**



PER SERVING:  
214 Calories  
**40g Carbs**  
**9g Protein**  
**2g Fat**

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

Add the carrot and cook for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tinned tomatoes, cannellini beans, vegetable stock, rosemary and potatoes. Bring to the boil then reduce heat to simmer. Stir well, cover and cook for 20 minutes.

Add the pasta shells, if using, and stir. Cover and cook for 10-12 minutes, until the pasta is almost cooked.

Add the kale and cook for 2-3 minutes, until soft. Serve.

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



# Nourishing Thai chicken soup

1 roast chicken carcass, skin discarded, meat removed and set aside

1 cinnamon stick

pinch of ground cloves

5-6 black peppercorns

1 tsp ground coriander

2 tsps ghee or coconut oil

2 small red onions, finely chopped

3 shallots, sliced

1 tbsp fresh ginger, finely chopped

3 spring onions, sliced

2 red chillis, sliced

2 garlic cloves, finely chopped

a large pinch of sea salt

1 tbsp fish sauce (nam pla)

1 tbsp fresh coriander, chopped

juice of 1 lime

Place the chicken carcass in a large saucepan and cover with boiling water. Cover and simmer on a low heat for 1 hour 30 minutes. Remove the bones and discard.

Place the cinnamon, peppercorns, ground coriander and ground cloves in a frying pan over a medium heat. Gently roast the spices for 1 minute, stirring. Remove from pan and set aside.

Add the ghee / oil to the frying pan. Add the red onions and sauté gently for 3 minutes, stirring until soft. Add the shallots and ginger and sauté for 2 minutes, stirring until soft.

Add the spring onions, garlic and chillis and sauté for 2 minutes, stirring. Transfer the mixture to the saucepan containing the cooked chicken. Add the salt and fish sauce. Cover and cook for 20 minutes. Add the lime juice and coriander and serve.

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

**SERVES 3**



PER SERVING:  
125 Calories  
16g Carbs  
4g Protein  
5g Fat



# Quick Scotch broth

1 tsp ghee or butter  
2 medium sized white onions,  
chopped finely  
300g carrots, peeled and sliced  
500g Scotch broth mix, pre-soaked  
in cold water overnight  
200g cooked chicken, shredded  
salt and pepper to season

**SERVES 7**



Melt the ghee / butter in a large saucepan over a medium heat. Add the onions and sauté for 5 minutes, stirring until soft.

Add the carrots and sauté for 5 minutes, stirring frequently.

Add the Scotch broth mix, stir well and cover with cold water. Bring to the boil then reduce heat to simmer gently. Cover and cook for 20 minutes, stirring halfway. If the mixture is too thick, add some boiling water and stir.

Add the chicken and salt and pepper. Cover and cook for 15 minutes. Add more boiling water if required to achieve desired consistency. Stir well and serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



PER SERVING:  
288 Calories  
**45g Carbs**  
**18g Protein**  
**4g Fat**

# Champion soup

150g red lentils (uncooked)  
2 tps organic butter or coconut oil  
2 small white onions, peeled and chopped  
1 stick celery, sliced  
1 large leek, sliced  
4 small carrots, peeled and sliced  
350g all rounder potatoes, peeled and cut into chunks  
3 garlic cloves, peeled and finely chopped  
1 pint fresh chicken or vegetable stock (or use 1 organic stock cube)  
½ tsp sea salt  
½ tsp black pepper

SERVES 4

Presoak the lentils if required (check packet for instructions).

Melt the butter / oil in a large saucepan over a medium heat. Add the onions and sauté for 4-5 minutes, stirring.

Add the celery and leek and sauté for 3-4 minutes, stirring. Add the carrots and potatoes, and sauté for 5 minutes, stirring occasionally.

Add the garlic and sauté gently for 1-2 minutes, stirring. Add the stock and bring to the boil then reduce to a simmer.

Add the lentils, salt and pepper. Cover and cook for 45 minutes to one hour. Add more seasoning to taste, if required. Mash gently to remove some of the bigger lumps.

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



PER SERVING:  
304 Calories  
52g Carbs  
15g Protein  
4g Fat



# Thick tomato & lentil soup

1 tsp coconut oil  
1 medium-sized white onion, finely chopped  
200g red lentils (uncooked), rinsed thoroughly  
650ml vegetable stock (made with 1 organic stock cube)  
800g tinned chopped tomatoes  
a pinch of sea salt  
a pinch of ground black pepper  
a small bunch of fresh coriander

## to serve:

1 tbsp (per person) Greek yoghurt  
(use dairy free if preferred)

**SERVES 3**

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft.

Add the lentils and stock, and bring to a gentle simmer. Cook uncovered for 10 minutes, then cover and cook for 10-15 minutes or until the lentils are tender. Add a splash of water during cooking time, if required.

Remove the saucepan from heat and allow to cool for 15 minutes.

Add the remaining ingredients and stir. Transfer to a blender or food processor and blend until smooth.

Return to the saucepan and heat well before serving. Serve topped with yoghurt.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.*



PER SERVING:  
233 Calories  
**30g Carbs**  
**17g Protein**  
**5g Fat**

# Mediterranean tomato soup

1 tsp ghee / coconut oil  
1 large white onion, finely chopped  
1 stick celery, sliced  
1 handful fresh basil stalks and leaves  
4 garlic cloves, finely chopped  
1 red chilli pepper, chopped  
800g fresh ripe tomatoes, stalks removed  
1 medium sized butternut squash, peeled, seeds removed and diced  
300ml hot vegetable stock  
salt and pepper to season  
300ml boiled water

**SERVES 3**

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

Add the celery and sauté for 2 minutes, stirring. Add the basil and gently fry for 1 minute, stirring.

Add the garlic and chilli, and sauté for 2-3 minutes, stirring. Add the tomatoes and cook for 4-5 minutes, until soft.

Add the butternut squash and a splash of the stock. Cook for 5 minutes, stirring occasionally. Add the remaining stock, salt and pepper and boiled water. Cover and cook for 30 minutes.

Add more water or stock if required to achieve the desired thickness. Cook for a further 10 minutes. Mash or purée the soup to achieve desired consistency.

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



PER SERVING:  
163 Calories  
**29g Carbs**  
**5g Protein**  
**3g Fat**



# Harissa squash soup

2 tps coconut oil or butter  
½ a white onion, peeled and diced  
1 stick celery, finely chopped  
1 medium sized butternut squash, peeled and diced  
1 medium sized courgette, sliced  
2 cloves garlic, peeled and finely chopped  
1 tsp turmeric  
2 tps harissa paste  
1-1½ pts vegetable or chicken stock  
salt and pepper to season

**SERVES 3**

Melt the oil/butter in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes until soft.

Add the celery and squash, and sauté for 4 minutes, stirring.

Add the courgette and sauté for 3 minutes, stirring.

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

Add the turmeric, and stir well. Add the harissa paste and stir. Cook for 1 minute.

Add the stock and bring to the boil. Reduce to a gentle simmer. Season with salt and pepper.

Cover and cook for 30-40 minutes.

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



PER SERVING:  
159 Calories  
**20g Carbs**  
**4g Protein**  
**7g Fat**

# Nourishing chicken & quinoa broth

1kg whole chicken (giblets removed)  
2 medium-sized carrots, peeled and sliced  
2 medium-sized white onions, sliced  
2 celery sticks, chopped  
1 large leek, finely chopped  
2 medium-sized parsnips (optional), peeled and cut into thick sticks  
20g flat leaf parsley, stalks and leaves separated, chopped  
10 black peppercorns  
2 bay leaves  
2-3 fresh thyme sprigs  
1 litre vegetable stock (made with one organic stock cube)  
100g plain or tri-colour quinoa, rinsed

Place the chicken in a large saucepan. Add the carrots, onions, celery, leek, parsnips, parsley stalks, peppercorns, bay leaves and thyme. Add the stock plus extra cold water, enough that the chicken is almost covered. Bring to a simmer, cover and cook gently for 1 hour.

Add the quinoa, stir and simmer gently for 25 minutes, or until the quinoa is cooked.

Remove the chicken carefully from the saucepan and transfer to a large bowl. Discard the peppercorns, bay leaves, thyme and parsley stalks, as well as any small chicken bones.

Use a fork to remove the chicken flesh. Discard the carcass. Add the chicken back into the broth with the parsley leaves.

Bring the stock back to the boil, taste and add more seasoning if required.

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

**SERVES 4**

PER SERVING:  
530 Calories  
24g Carbs  
77g Protein  
14g Fat



# Spicy haddock stew

1 tsp ghee or organic coconut oil  
1 tsp black mustard seeds  
1 cinnamon stick  
10 curry leaves  
2 bay leaves  
8 peppercorns  
1 onion, chopped  
2 small carrots, chopped  
½ a medium sized butternut squash,  
roughly chopped  
600g haddock fillets  
2 tsp turmeric  
a pinch of sea salt  
170ml coconut milk  
150ml cold water or  
unsweetened almond milk

**SERVES 4**

Melt the ghee / oil in a large saucepan over a medium heat.

Add the mustard seeds, cinnamon stick, curry leaves, bay leaves and peppercorns. Heat, stirring for 1 minute.

Add the onion and sauté for 2-3 minutes, stirring. Add the carrot and squash and sauté gently for 8-10 minutes until soft.

Add the fish, turmeric, salt, coconut milk, and cold water / almond milk. Bring to the boil then reduce to a simmer. Cover and cook for 20 - 30 minutes.

Ensure that the fish is thoroughly cooked before serving.

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



PER SERVING:  
330 Calories  
**16g Carbs**  
**35g Protein**  
**14g Fat**



# Chicken & butter bean stew

2 tps ghee or coconut oil  
1 medium sized white onion, finely chopped  
2 celery sticks, finely chopped  
1 medium sized carrot, peeled and sliced  
4-5 cloves garlic, finely chopped  
350g fresh chicken breast, diced  
1-2 sprigs fresh rosemary  
handful of cherry tomatoes  
200g chopped tinned tomatoes  
1 pint chicken stock (fresh or made with one organic stock cube)  
pinch of ground black pepper  
200g tinned butter beans, drained  
200g Savoy cabbage, shredded

SERVES 4



PER SERVING:  
252 Calories  
19g Carbs  
35g Protein  
4g Fat

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

Add the celery and carrot and sauté, stirring, for 3-4 minutes. Add the garlic and gently fry for 3 minutes, stirring. Transfer the contents of the saucepan to a plate and set aside.

Add the chicken to the saucepan and cook for 4-5 minutes, stirring to seal on all sides. Add the rosemary and cook for 2-3 minutes, stirring. Add the cherry tomatoes and cook for 1 minute.

Return the onions, celery, carrot and garlic back to the saucepan and stir well. Stir in the tinned tomatoes and stock. Bring to the boil then reduce to a gentle simmer. Add the black pepper, cover and cook for 5 minutes.

Stir in the butter beans, cover and cook for 5 minutes. Stir in the cabbage, cover and cook for 3-4 minutes. Serve.

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



# Spicy Spanish stew

2 tsps coconut oil  
500g chicken breast, diced  
150g white or red onion, finely chopped  
2 garlic cloves, finely chopped  
1-2 red chilli peppers, finely chopped  
1 green bell-pepper, diced  
1 organic vegetable stock cube  
30g black olives, sliced or left whole  
400g tinned chopped tomatoes  
1 tbsp tomato purée  
1 tbsp jalapeños  
½ tsp dried parsley  
3 tsps Worcester sauce  
1 tsp paprika  
100ml cold water  
juice of ½ a lemon  
1 bay leaf

**SERVES 3**

Heat the coconut oil in a large pan over a medium heat and add the chicken. Fry for 5 minutes, stirring occasionally.

Add the onion, garlic, chilli peppers and bell-pepper and fry for 3-4 minutes, stirring occasionally.

Crumble in the stock cube. Add the remaining ingredients and stir well.

Reduce the heat to low and simmer for 15 minutes, stirring occasionally. Serve.

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



**PER SERVING:**  
408 Calories  
**18g Carbs**  
**57g Protein**  
**12g Fat**

# Chicken, squash & courgette stew

10g ghee or coconut oil  
1 red onion, diced  
2 garlic cloves, finely chopped  
400g chicken breast, diced  
200g tinned chopped tomatoes  
2 fresh tomatoes, cut into quarters  
200g butternut squash, diced  
1 tsp paprika  
½ tsp dried Italian herbs  
1 tsp onion powder  
salt and pepper to taste  
200g courgette, sliced  
a handful of fresh basil, chopped  
20g flaked almonds

**SERVES 2**

Melt the ghee / oil in a large saucepan over a medium heat.

Add the red onion and sauté for 3 minutes, stirring regularly.

Add the garlic and fry for 3 minutes, stirring regularly.

Add the chicken and cook for 5 minutes, stirring regularly.

Add the chopped tomatoes, fresh tomatoes and butternut squash. Stir well and simmer.

Stir in the paprika, Italian herbs, onion powder and salt and pepper. Stir well and continue to simmer for 10 minutes. Add the sliced courgette and stir.

Cook for 5 minutes then add the basil and flaked almonds. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.*



PER SERVING:  
473 Calories  
**27g Carbs**  
**53g Protein**  
**17g 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**

# Aromatic chicken tagine with apricots

10g butter or coconut oil  
600g skinless and boneless chicken thighs  
1 white onion, finely chopped  
2 garlic cloves, finely chopped  
25g fresh ginger, finely chopped  
2 red chillies, finely chopped  
10g cinnamon sticks broken into pieces  
3 sprigs of fresh rosemary  
400g tinned peeled plum tomatoes  
20g honey  
130g dried pitted apricots  
30g flaked almonds  
200ml chicken stock (made with one organic stock cube)

**SERVES 4**

Preheat oven to 180°C/350°F. Melt the butter/oil in a tagine or heavy base casserole dish.

Add the chicken thighs and cook for 1-2 minutes, stirring to brown slightly on both sides.

Add the onion, garlic, ginger, chillies, cinnamon sticks and rosemary. Stir well and cook for 5 minutes, allowing the onions to soften.

Add the peeled plum tomatoes, honey, apricots, flaked almonds and chicken stock. Stir well and bring to the boil.

Place the lid on the tagine or casserole dish, transfer to the oven and cook for 50 minutes.

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



PER SERVING:  
486 Calories  
**37g Carbs**  
**35g Protein**  
**22g Fat**



# Spicy chicken, squash & lentil stew

10g ghee or coconut oil  
3 small white onions, finely chopped  
3 garlic cloves, finely chopped  
1 thumb sized piece of ginger, finely chopped  
500g fresh chicken breast, diced  
150g uncooked red split lentils, pre-soaked for 20 minutes  
1 tsp curry powder  
1 tsp chilli powder  
600g butternut squash, diced  
700ml freshly boiled water  
200ml coconut milk  
150g spinach, roughly chopped  
salt and pepper to taste  
the juice of 1 lime

**SERVES 4**

Melt the ghee / oil in a large saucepan over a medium heat. Add the onions and sauté gently for 5 minutes or until they begin to soften.

Add the garlic, ginger and chicken. Stir well and cook for 5 minutes, stirring regularly.

Add the lentils, curry powder, chilli powder and butternut squash.

Add enough boiled water to cover all of the ingredients. Bring to the boil, then reduce heat to simmer for 20 minutes, stirring occasionally.

Add the coconut milk spinach, salt, pepper and lime juice. Stir well and simmer for 5 minutes. Serve.

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

## Serving suggestion:

Serve on its own or with rice.



PER SERVING:  
470 Calories  
44g Carbs  
42g Protein  
14g Fat



# Chicken & pesto green lentil stew

10g ghee or coconut oil  
1 red onion, finely diced  
14 cherry tomatoes, halved  
100g green beans, cut into thirds  
2 garlic cloves, finely chopped  
360g chicken breast, diced  
50ml boiling water  
400g tinned green lentils, drained  
40g green pesto  
sea salt & ground black pepper,  
to taste  
a handful of fresh basil, chopped

**SERVES 2**

Place the ghee / oil in a large saucepan over a medium / high heat.

Add the onion, cherry tomatoes, green beans and garlic and stir fry for 3 minutes.

Add the chicken and stir fry for 3 minutes.

Add the boiling water, green lentils and pesto. Stir well and bring to a simmer. Cook for 10 minutes, stirring occasionally. Season to taste with salt and pepper.

Add the basil and stir.

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



PER SERVING:  
486 Calories  
**29g Carbs**  
**52g Protein**  
**18g Fat**

# Indian chickpea stew

- 2 tps coconut oil
- 1 medium-sized white onion, finely chopped
- 1½ tps ground turmeric
- 20g fresh ginger, finely chopped
- 2 garlic cloves, finely chopped
- 400g tinned chopped tomatoes
- 800g tinned chickpeas, rinsed and drained
- 2 tbsps garam masala
- 1 tsp coriander powder
- 2 tps ground cumin
- 1 tsp sea salt
- ½ tsp ground cinnamon
- 2 tps shelled hempseed (optional)
- a small bunch of fresh coriander, roughly chopped

Heat the oil in a large saucepan over a medium heat. Add the onion and turmeric and stir well. Cook for 3-4 minutes, stirring occasionally.

Add the ginger and garlic. Cook for 2 minutes, stirring frequently.

Add the tinned tomatoes and chickpeas and bring to a simmer. Cook for 5 minutes. Reduce heat to medium/low.

Add the remaining ingredients, except for the shelled hempseed and fresh coriander. Stir well, cover and cook for 10 minutes.

Serve topped with the shelled hempseed (if using) and garnish with coriander.

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

SERVES 2



PER SERVING:  
452 Calories  
53g Carbs  
24g Protein  
15g Fat



# Chicken, leek & potato casserole

10g butter or coconut oil  
600g skinless and boneless  
chicken thighs  
400g potatoes, peeled and diced  
1 leek, sliced  
1 white onion, chopped  
2 carrots, peeled and sliced  
150g celery, sliced  
5 spring onions, sliced  
2 garlic cloves, finely chopped  
15g plain flour (use gluten free if  
preferred)  
a pinch of sea salt and ground  
black pepper  
500ml chicken stock

Preheat oven to 180°C/350°F.

Melt the butter / oil in a large saucepan and add the chicken thighs. Cook for 4-5 minutes, turning them to brown on all sides.

Add all of the vegetables. Cook for 5 minutes, stirring occasionally.

Add the garlic, flour, salt and pepper and stir well. Transfer to a casserole dish or tagine and add the chicken stock. Stir well.

Place a lid on the dish or cover with foil. Place in the oven and cook for 50 minutes.

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

**SERVES 4**



PER SERVING:  
422 Calories  
**33g Carbs**  
**32g Protein**  
**18g Fat**



# Nourishing chicken casserole

1 tsp ghee or coconut oil  
2 celery sticks, sliced  
250g white potatoes, peeled and  
diced  
2 medium sized carrots, peeled  
and sliced  
1 medium sized leek, sliced finely  
1kg chicken drumsticks, skin on  
1 sprig fresh rosemary  
2 tbsps plain flour (use gluten free  
if preferred)  
600ml hot chicken stock (made  
with one organic stock cube)  
½ tsp sea salt  
½ tsp ground black pepper

**SERVES 4**

Melt the ghee/oil in a large saucepan over a medium heat. Add the celery, potatoes, carrots and leek and sauté gently for 4-5 minutes, stirring occasionally.

Add the chicken, stir well and cook for 4 minutes, stirring occasionally to seal on all sides.

Add the rosemary, stir well and cook for 1 minute.

Add the plain flour, stir well and add the stock. Increase heat to bring to a boil then reduce heat to simmer.

Cover and cook for 90 minutes, stirring occasionally. Add the salt and pepper, stir well and serve.

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

**Note:** Discarding the chicken skin will reduce the fat content of the dish



PER SERVING:  
547 Calories  
**18g Carbs**  
**58g Protein**  
**27g Fat**



# Beef, bacon & cabbage stew

1 tsp ghee or coconut oil  
1 small white onion, chopped  
750g lean beef mince  
3 rashers streaky bacon, cut into small pieces  
1 stick celery, finely chopped  
250g Savoy cabbage, roughly chopped  
a pinch of sea salt and ground black pepper  
½ tsp Italian seasoning  
200g tinned chopped tomatoes  
200ml hot beef stock, made with one organic stock cube  
200ml recently boiled water  
100g basmati rice, uncooked

**SERVES 4**



PER SERVING:  
401 Calories  
**26g Carbs**  
**45g Protein**  
**13g Fat**

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

Add the mince and break up into small pieces using a wooden spoon. Cook for 3-4 minutes, stirring, until brown all over.

Add the bacon and cook for 2 minutes, stirring frequently.

Add the celery and cabbage. Stir well and cook for 3 minutes.

Add the salt and pepper, Italian seasoning, tomatoes and stock. Stir well and cook for 2 minutes.

Add the rice and water and stir. Cover and simmer for 10 minutes. Add more water if the mixture becomes too dry. Cook for a further 10 minutes or until the rice is cooked. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Rich tomato, beef & cannellini bean stew

10g butter, ghee or coconut oil  
200g shallots, finely chopped  
400g lean diced beef  
2 carrots, sliced  
100g baby button mushrooms  
6 vine ripened tomatoes, chopped  
400ml beef stock (made with 1 organic stock cube)  
400g tomato passata  
400g butternut squash, diced  
1 tsp onion granules  
1 sprig fresh rosemary  
a pinch of sea salt and ground black pepper  
400g tinned cannellini beans, drained

Melt the oil/ghee/ butter in a large saucepan over a medium heat. Add the shallots and fry gently for 5 minutes.

Add the beef and fry for 3-4 minutes, stirring regularly until the beef has taken on some colour.

Add the carrots, mushrooms and tomatoes to the saucepan and stir. Add the beef stock, passata, butternut squash, onion granules, rosemary, salt and pepper. Stir well.

Bring up to a simmer, add the cannellini beans and stir well. Simmer for 2-3 hours or until the beef is tender.

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

SERVES 4



PER SERVING:  
324 Calories  
32g Carbs  
31g Protein  
8g Fat



# Spicy fish stew

1 tsp ghee or coconut oil  
1 small white onion, finely chopped  
1 green bell pepper, diced  
2 garlic cloves, finely chopped  
1 tsp paprika  
1 tsp ground cumin  
1 tsp ground coriander  
600g fish pie mix (haddock, salmon etc), cut into chunks  
200ml coconut milk  
½ tsp sea salt  
½ tsp ground black pepper  
400g tinned chopped tomatoes  
**to garnish:**  
a small handful of fresh coriander, finely chopped

SERVES 4



PER SERVING:  
330 Calories  
15g Carbs  
27g Protein  
18g Fat

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and bell pepper and sauté for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2 minutes, stirring occasionally.

Add the paprika, cumin and ground coriander and stir well. Cook for 2 minutes, stirring frequently.

Add the fish pie mix, coconut milk, salt, pepper and chopped tomatoes and stir well. Cover and cook for 20 minutes.

Serve garnished with fresh coriander.

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

## Serving suggestion:

Enjoy on it's own or on a bed of steamed rice.



# Moroccan lamb & lentil stew

1 tsp ghee or coconut oil  
1 medium-sized white onion, finely chopped  
500g butternut squash, peeled, seeds removed and diced  
400g lamb leg or shoulder, diced  
a pinch of sea salt  
1 tbsp Moroccan seasoning  
400ml chicken stock (made with 1 organic stock cube)  
100g red split lentils, rinsed well  
400g tinned chopped tomatoes  
300g tinned chickpeas, rinsed and drained well  
a small handful of fresh parsley, finely chopped

**SERVES 3**

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and butternut squash. Fry gently for 3-4 minutes, stirring frequently.

Add the lamb, salt and Moroccan seasoning and stir well. Cook for 4-5 minutes, stirring to brown the lamb on all sides.

Add the stock, lentils and tinned tomatoes. Stir well and increase heat to bring to a simmer. Cover and cook for 40 minutes, stirring occasionally.

Add the chickpeas and cook for 10 minutes.

Serve garnished with parsley.

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



PER SERVING:  
571 Calories  
**56g Carbs**  
**44g Protein**  
**19g Fat**



# Winter vegetable stew

1 tsp ghee or organic coconut oil  
half a butternut squash, peeled,  
seeds removed, diced  
1 aubergine, diced  
3 bell-peppers (any colour), diced  
600g tinned chopped tomatoes  
500ml fresh vegetable or chicken  
stock (or use 1 organic stock cube)  
1½ tsps ground cumin  
1 tsp ground coriander  
½ tsp ground cinnamon  
½ tsp ground ginger  
salt and pepper to season  
400g tinned chickpeas, drained  
and rinsed

**SERVES 3**

Melt the ghee / oil in a large saucepan over a medium heat.

Add the butternut squash and gently sauté for 8-10 minutes, stirring occasionally.

Add the aubergine and peppers and sauté for 5 minutes, stirring.

Add the tinned tomatoes and stock and bring to the boil. Reduce to a gentle simmer and add the spices, salt and pepper.

Cover and cook for 25 minutes, stirring occasionally.

Add the chickpeas and cook for 10 minutes, then serve.

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



PER SERVING:  
349 Calories  
**57g Carbs**  
**19g Protein**  
**5g Fat**

