



GRIFF'S RECIPES

MONTHLY INSPIRATION FROM YOUR PERSONAL TRAINER



www.griffinfit.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 *Griff's Recipes* monthly recipe book.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Get in touch

Lizzie Griffin

visit www.griffinit.co.uk

email info@griffinit.co.uk

 www.facebook.com/griffinit

 www.instagram.com/griffin_fit

 www.twitter.com/griffin_fit

mobile **07817 915485**

landline **0116 3678819**

GRIFFIN FIT | Unit 9, Clarendon Business Park, Oakland Road,
Leicester LE2 6AP

Tropical berry smoothie



200ml unsweetened almond milk
25g vanilla or coconut flavour
whey or rice protein powder
60g frozen banana
60g frozen blueberries (or use
berries of your choice)
1 tsp cocoa nibs
1½ tps desiccated coconut
10g almond butter

SERVES 1

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

Consume immediately.



PER SERVING:
410 Calories
28g Carbs
25g Protein
22g Fat



SCAN TO MYFITNESSPAL

Peach & strawberry smoothie



300ml unsweetened almond milk
100g ripe peach
150g fresh or frozen strawberries
25g vanilla flavour whey or rice
protein powder (optional)
15g oats (use gluten free if
preferred)
½ tsp ground cinnamon
1 tsp chia seeds
1 tsp flaxseed
4 ice cubes

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

Consume immediately.

SERVES 2



PER SERVING:

361 Calories

35g Carbs

26g Protein

13g Fat



SCAN TO MYFITNESSPAL

Tahini green smoothie



200ml unsweetened almond milk
50g ripe avocado
a handful of fresh spinach leaves
(optional)
50g frozen banana
25g vanilla flavour whey or rice
protein powder
2 tsps tahini
½ tsp matcha green tea powder

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

Consume immediately.

SERVES 1



PER SERVING:
343 Calories
17g Carbs
26g Protein
19g Fat



SCAN TO MYFITNESSPAL

Chickpea blondie bars



400g tinned chickpeas, rinsed and drained

60ml unsweetened almond milk

2 tbsps coconut oil, melted

1 tsp ground cinnamon

30g vanilla flavour whey or rice protein powder (optional)

2 tbsps coconut sugar, maple syrup or honey

a pinch of baking soda

85g oats (use gluten free if preferred)

40g dark, milk or white chocolate chips

Preheat oven to 180°C/350°F. Line the base of a loaf tin with baking paper.

Place all of the ingredients in a food processor, except for the chocolate chips. Blend well until smooth.

Stir in the chocolate chips.

Transfer the mixture to the tin and spread evenly to cover the base.

Bake for 35-40 minutes, or until the centre is firm.

Remove from the tin and transfer to a wire rack to cool. Cut into 7 bars.

Store any leftovers in an airtight container for up to 4 days.

MAKES 7 BARS



PER BAR:

196 Calories

23g Carbs

8g Protein

8g Fat



SCAN TO MYFITNESSPAL

Baked banana choc chip oat bars



1 tsp coconut oil, to grease tin
2 medium-sized ripe bananas
150g oats (use gluten free if preferred)
25g vanilla flavour whey or rice protein powder
1 large egg
130ml unsweetened almond milk (or use milk of your choice)
1 tsp vanilla extract
½ tsp baking powder
½ tsp ground cinnamon
1 tbsp nut butter of your choice
2 tbsps dark chocolate chips
a small pinch of sea salt

MAKES 6 BARS

Preheat oven to 180°C/350°F. Lightly grease the base and sides of an ovenproof dish (approximately 20cm diameter) with coconut oil. Line the base with baking paper.

Place the bananas in a large bowl and mash well until smooth.

Add the remaining ingredients and mix well until thoroughly combined.

Transfer to the dish and spread evenly.

Bake for 25-30 minutes, or until the centre is firm.

Allow to cool in the dish for 5 minutes.
Cut into 6 bars.

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



PER BAR:
220 Calories
27g Carbs
10g Protein
8g Fat



SCAN TO MYFITNESSPAL

No bake chocolate coated flapjacks



for the flapjacks:

120g oats (use gluten free if preferred)
40g coconut oil, melted
30g raisins (or use dried fruit of your choice)
2 tbsps maple syrup
40g cashew butter (or use nut butter of your choice)

for the chocolate topping:

4 tbsps cocoa powder
4 tps maple syrup
70g cashew butter (or use nut butter of your choice)
70g coconut oil, melted

MAKES 12 FLAPJACKS

Line the base of a 15x15cm baking tin with baking paper.

Place the flapjack ingredients in a large bowl and stir well.

Transfer to the tin and spread evenly to cover the base.

Refrigerate for 30 minutes.

Place the topping ingredients in a bowl and stir well.

Pour the mixture over the flapjack base. Spread well to cover evenly.

Refrigerate for 10 minutes, or until the chocolate has set.

Cut into 12 flapjacks.

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



PER FLAPJACK:
189 Calories
15g Carbs
3g Protein
13g Fat



SCAN TO MYFITNESSPAL

Egg frittata with tomato, leek & asparagus



1 tsp olive oil
150ml cow's milk or unsweetened almond milk
3 eggs, beaten
30g leek, chopped
50g vine-ripened tomato, chopped
40g asparagus, chopped
40g Cheddar cheese, grated
50g fresh spinach, chopped
30g red onion, chopped
a small pinch of sea salt and ground black pepper
1 tsp fresh parsley, finely chopped
1 tsp fresh coriander, finely chopped

Preheat oven to 200°C/400°F. Lightly grease the base and sides of a small ovenproof dish with olive oil.

Place the remaining ingredients in a large bowl and stir well.

Transfer to the dish.

Bake for 20 minutes, or until the edges are golden brown and the centre is firm.

Serve.

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

SERVES 2



PER SERVING:
278 Calories
11g Carbs
18g Protein
18g Fat



SCAN TO MYFITNESSPAL

Egg & chickpea shakshuka



200g tinned tomatoes
½ tbsp olive oil
80g red or white onion, chopped
2 garlic cloves, minced
½ tsp sea salt
¼ tsp ground black pepper
1 tsp ground cumin
1 tbsp dried mixed herbs
½ tsp cayenne pepper
150ml cold water
50g tinned chickpeas, drained
2 eggs
1 small vine-ripened tomato, finely sliced
1 tbsp fresh coriander, finely chopped (optional)

SERVES 2

Place the tinned tomatoes in a blender and blend well until smooth.

Heat the oil in a frying pan over a medium flame. Add the onion and fry for 5 minutes, stirring occasionally.

Add the garlic, salt, pepper, cumin, mixed herbs and cayenne pepper and stir well.

Add the blended tomatoes, water and chickpeas. Stir well and cook for 8-10 minutes, or until the excess water has reduced.

Create 2 wells in the mixture and crack an egg into each one. Arrange the tomato slices over the top of the tomato sauce.

Cover the pan and cook for 5 minutes, or until the eggs are cooked to your liking.

Serve garnished with coriander (if using).

Consume immediately.



PER SERVING:
193 Calories
17g Carbs
11g Protein
9g Fat



SCAN TO MYFITNESSPAL

Tiramisu pancakes



90g oats (use gluten free if preferred)
1 tsp coffee granules
20g vanilla flavour whey or rice protein powder
1 tsp desiccated coconut
½ tsp baking powder
2 eggs
250ml unsweetened almond milk (or use milk of your choice)
3 tsps coconut oil

SERVES 2

Place all of the ingredients in a blender, except for the coconut oil. Blend well until smooth.

Heat ½ tsp coconut oil in a frying pan over a medium flame. Using a ladle, spoon ½ of the batter into the frying pan.

Cook the pancake for around 2 minutes. When bubbles appear on the surface of the pancake, turn and cook for 2 minutes, or until golden. Transfer the pancake to a plate.

Repeat above step with the remaining oil and pancake batter. Serve.

Store any leftover pancakes in an airtight container for up to 2 days.

Some recommended toppings:

Desiccated coconut; Sliced banana; Maple syrup; Greek yoghurt.



PER 3 PANCAKES
(SUGGESTED
TOPPINGS
NOT INCLUDED):
367 Calories
29g Carbs
20g Protein
19g Fat



SCAN TO MYFITNESSPAL

Lebanese burgers



400g lean beef mince
1½ tbsps ground cumin
1½ tbsps ground coriander
1½ tbsps Lebanese Seven Spice/
Baharat (or substitute with allspice)
¼ tsp ground black pepper
1 tsp sea salt

MAKES 4 BURGERS

Preheat oven to 180°C/350°F. Line a baking tray with baking paper.

Place the ingredients in a large bowl and mix well using your hands.

Shape the mixture into 4 patties.

Place the patties onto the baking tray and bake for 25 minutes, or until cooked.

Serve.

Store any leftover burgers in an airtight container and refrigerate for up to 3 days, or individually wrap each uncooked pattie in cling film and freeze for up to 2 weeks.

Serving suggestion:

Serve with a big leafy salad or in a brioche bun, topped with lettuce, tomato and sliced red onion.



PER BURGER
(SERVING
SUGGESTIONS
NOT INCLUDED):
145 Calories
4g Carbs
21g Protein
5g Fat



SCAN TO MYFITNESSPAL

Greek salad with halloumi cheese



2 tsps olive oil
40g red onion, finely chopped
1 garlic clove, finely chopped
1 small ripe tomato, finely chopped
500ml cold water
125g freekeh or quinoa, rinsed and drained
70g halloumi cheese, sliced
1 tsp sesame seeds
2 tsps fresh parsley, finely chopped
a small pinch of sea salt
40g plain yoghurt (use dairy free if preferred)
juice of 1 lemon
80g pomegranate seeds
2 tsps fresh coriander, chopped

SERVES 2



PER SERVING:
425 Calories
51g Carbs
17g Protein
17g Fat

Heat 1 tsp oil in a saucepan over a medium flame. Add the onion and fry for 5 minutes, stirring frequently until soft. Add the garlic and tomato and fry for 1 minute, stirring frequently.

Add the water and freekeh, stir well and bring to a boil. Reduce heat and simmer gently for 25-30 minutes, or until cooked. Drain well.

Heat the remaining oil in a frying pan over a medium heat. Add the halloumi and fry for 2 minutes on each side, or until golden. Remove pan from heat.

Place the sesame seeds, parsley, salt, yoghurt and lemon juice in a bowl and stir well.

In a separate bowl, combine the freekeh, pomegranate and coriander.

Divide between 2 serving bowls. Top with the halloumi and drizzle over the yoghurt dressing. Serve.

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



SCAN TO MYFITNESSPAL

Crab & cod fish cakes with tomato salsa



100g white potato, peeled and chopped

90g cod fillet, shredded

60g crab, shredded

25g red onion, finely chopped

2 tsps fresh parsley, finely chopped

2 tsps fresh coriander, finely chopped

¾ tsp sea salt

½ tsp ground black pepper

1 tsp garlic powder

1 tbsp olive oil

30g ground almonds

for the tomato salsa:

1 beef tomato, chopped

¼ small red onion, finely chopped

2 tsps fresh coriander, finely chopped

juice of 1 lemon

a pinch of sea salt and ground black pepper, to taste

Preheat oven to 200°C/400°F. Line a baking tray with baking paper.

Place the potato in a small saucepan. Cover with water and bring to a boil. Reduce heat and simmer for 10-15 minutes, or until slightly soft. Drain well.

Transfer the potato to a bowl, mash well and allow to cool for 10 minutes. Add the cod, crab, onion, parsley, coriander, salt, pepper, garlic powder and oil. Shape the mixture into six patties.

Pour the ground almonds onto a plate. Roll each pattie in the almonds, to coat.

Place the patties onto the baking tray. Bake for 30 minutes, or until golden. Turn after 15 minutes of cooking time.

Place the salsa ingredients in a bowl and stir well. Taste and add more seasoning if required. Serve.

Store any leftover fish cakes in an airtight container and refrigerate for up to 3 days or freeze for up to 2 weeks. Store any leftover salsa in an airtight container and refrigerate for up to 3 days.

SERVES 2

PER SERVING:
304 Calories
21g Carbs
19g Protein
16g Fat



SCAN TO MYFITNESSPAL

Salmon curry



- 2 tsps olive oil
- 1 small red onion, finely chopped
- 2 tsps fresh ginger, finely chopped
- 4 garlic cloves, finely chopped
- 1 tsp dried red chilli flakes
- 1 tbsp ground cumin
- 1 tbsp medium curry powder
- ½ tsp sea salt
- 2 tsps lemongrass paste (or use
- 2 finely chopped lemongrass sticks)
- 300g salmon fillets, skin removed
- 1 tbsp soy sauce or tamari
- 1 tbsp tomato purée
- 150ml coconut milk
- 10g fresh parsley, chopped
- 2 tsps fresh coriander, finely chopped

SERVES 2

Heat the oil in a saucepan over a medium flame. Add the onion and fry gently for 5 minutes, stirring occasionally.

Add the ginger and garlic and fry for 1 minute, stirring frequently.

Add the chilli flakes, cumin, curry powder, salt and lemongrass. Stir well.

Add the salmon and fry on each side for 3 minutes.

Add the soy sauce, tomato purée and coconut milk. Stir gently, cover and cook for 5 minutes, or until the salmon is cooked.

Serve garnished with fresh parsley and coriander.

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



PER SERVING:
517 Calories
14g Carbs
41g Protein
33g Fat



SCAN TO MYFITNESSPAL

Vegetable paella



1 tbsp olive oil
1 small red onion, finely chopped
80g red or yellow bell-pepper, chopped
4 garlic cloves, finely chopped
350g paella rice, rinsed well and drained
1.5 litres vegetable stock (made with one organic stock cube)
120g tinned chickpeas, drained
1 tbsp tomato purée
200g tinned tomatoes
1 tsp sea salt
2 tsps paprika
1 tsp dried red chilli flakes
90g fresh spinach leaves, chopped
2 tsps fresh coriander, finely chopped
juice of ½ a lemon

Heat the oil in a saucepan over a medium flame. Add the onion and bell-pepper and fry for 5 minutes, stirring occasionally.

Add the garlic and fry for 1 minute, stirring.

Add the rice, stock, chickpeas, tomato purée, tinned tomatoes, salt, paprika and chilli flakes. Stir well.

Cook for 20 minutes, or until the rice is almost tender.

Add the spinach and coriander, cover and turn off the heat. Allow to steam for 5 minutes.

Fluff the rice up with a fork and drizzle the lemon juice over the top. Serve.

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

SERVES 5



PER SERVING:
348 Calories
69g Carbs
9g Protein
4g Fat



SCAN TO MYFITNESSPAL

Fragrant chicken tagine



300g fresh chicken breast
400g chicken thighs, skin on or skinless
a pinch of sea salt and ground black pepper
1 tbsp olive oil or butter
200g shallots, peeled
2 garlic cloves, sliced
a thumb-sized piece fresh ginger, finely chopped
1 tsp cumin seeds
1 tsp coriander seeds
1 small cinnamon stick
a large pinch of saffron threads
1 tsp dried red chilli flakes
400g butternut squash, peeled and diced
500ml chicken stock (made with one organic stock cube)
2 tbsps fresh coriander, chopped

SERVES 4

PER SERVING:
337 Calories
23g Carbs
41g Protein
9g Fat



Preheat oven to 180°C/350°F. Cut each chicken breast in half lengthways. Season the chicken breast and thighs with salt and pepper.

Heat the oil/butter in a tagine or ovenproof saucepan. Add the chicken and fry for 5 minutes, stirring occasionally to brown on all sides.

Remove the chicken from the tagine and transfer to a plate.

Add the shallots to the tagine and fry for 3-4 minutes, stirring frequently. Add the garlic and ginger and cook for 30 seconds, stirring.

Add the dried spices and cook for 1 minute, stirring. Add the butternut squash and stir well to coat in the spices.

Add the chicken and stock. Bring to a simmer and cover with a lid. Bake for 40 minutes.

Serve garnished with coriander.

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

