



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

Choc chip cookie dough smoothie



for the smoothie:

160g frozen banana
40g vanilla flavour whey or rice
protein powder
40g peanut butter
60ml long-life coconut drink or
unsweetened almond milk

for the cookie dough:

50g peanut butter
25g vanilla flavour whey protein rice
protein powder
20g oats, finely ground
10g maple syrup
a small pinch of sea salt
10g milk or dark chocolate chips

Place the cookie dough ingredients in a bowl and mash well with a fork. Add 2-3 tps cold water and mix well until a dough forms. Add more water if the mixture is too dry.

Line a baking tray with baking paper. Roll the dough into 6 balls and place onto the tray. Flatten each ball into a disc. Use a fork to mark a criss-cross pattern onto the surface of each cookie. Refrigerate for 20 minutes.

Place the smoothie ingredients in a blender and blend well until really thick and creamy. Pause and scrape down the sides of the blender jug, if required.

Pour the smoothie mixture into three glasses and add two cookies to each glass. Serve.

Consume immediately.

SERVES 3



PER SERVING:

390 Calories
31g Carbs
26g Protein
18g Fat



Blueberry, apple & peach smoothie



180ml unsweetened almond milk
100g frozen blueberries
40g apple
50g peach, stone removed
25g vanilla flavour whey or rice
protein powder

Place all of the ingredients in a blender and blend well until smooth.

Consume immediately.

SERVES 1



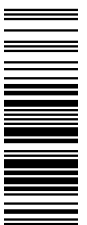
PER SERVING:

232 Calories

27g Carbs

22g Protein

4g Fat



SCAN TO MYFITNESSPAL

Watermelon & strawberry smoothie



180ml long-life coconut drink or milk of your choice

150g watermelon

120g frozen strawberries

25g vanilla flavour whey or rice

protein powder

1 tsp chia seeds

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

Consume immediately.

SERVES 1



PER SERVING:

233 Calories

24g Carbs

23g Protein

5g Fat



SCAN TO MYFITNESSPAL

Blueberry butter bars



45g unsalted butter, melted
75g plain flour (use gluten free if preferred)
50g wholewheat or wholemeal flour
¾ tsp baking powder
20g honey or maple syrup
¼ tsp sea salt
200g buttermilk or Greek yoghurt (use dairy free if preferred)
80g fresh blueberries

MAKES 9 BARS

Preheat oven to 220°C/450°F.

Pour the melted butter into a 15x15cm baking tin.

Sift the flours into a large bowl. Add the salt and baking powder and stir gently.

Add the buttermilk and maple syrup and fold gently until well combined.

Gently fold in the blueberries.

Transfer the mixture into the baking tin and spread carefully to cover the base.

Bake for 20 minutes, or until golden brown.

Cut into 9 bars then transfer to a wire rack to cool.

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



PER BAR:
100 Calories
14g Carbs
2g Protein
4g Fat



SCAN TO MYFITNESSPAL

Mint choc bars



10g dark chocolate, melted

for the base:

25g vanilla or chocolate flavour whey
or rice protein powder

40g oats, blended until finely ground
(use gluten free if preferred)

25g cocoa powder

25g maple syrup

2 tbsps coconut oil, melted

60g almond butter

20g cocoa butter

for the filling:

300ml coconut cream (use the fat part
from a can of coconut milk)

40g cocoa butter or coconut oil, melted

10g maple syrup

½-1 tsp peppermint extract

60g almond butter

a pinch of sea salt

1 tsp matcha green tea powder

40g dark chocolate chips

MAKES 12 BARS



PER BAR:

178 Calories

8g Carbs

5g Protein

14g Fat



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

Place the base ingredients in a blender or food processor. Blend well to form a sticky dough.

Transfer the mixture to the tin. Cover with a layer of cling film, then smooth the mixture down using the back of a spoon, evenly covering the base of the tin.

Place the filling ingredients in a blender or food processor, except for the chocolate chips. Blend well until smooth.

Stir in the chocolate chips.

Pour the mixture over the base layer. Freeze for 2 hours, or until firm enough to cut.

Cut into 12 bars. Drizzle the melted chocolate over the top. Freeze for 5 minutes then serve.

Store any leftovers in an airtight container and freeze for up to 2 weeks. Remove from the freezer 15 minutes before serving.



SCAN TO MYFITNESSPAL

Chocolate banana brownies



110g oats, blended until finely ground
(use gluten free if preferred)

50g ground almonds

55g cocoa powder

40g coconut sugar

1 tsp baking powder

½ tsp salt

350g ripe bananas

80ml coconut oil, melted

1 tsp vanilla extract

35g peanut butter or almond butter

80ml unsweetened almond milk

80g dark or milk chocolate chips

MAKES 9 BROWNIES

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

Place the oats, ground almonds, cocoa powder, coconut sugar, baking powder and salt in a bowl. Stir well to combine.

Mash the bananas well with a fork, then add to the bowl. Add the coconut oil, vanilla extract, peanut butter and almond milk. Stir well.

Stir in most of the chocolate chips.

Transfer the mixture to the tin. Top with the remaining chocolate chips.

Bake for 45 minutes, or until a toothpick inserted into the centre comes out clean. Transfer to a wire rack to cool. Cut into 9 brownies.

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



PER BROWNIE:

300 Calories

29g Carbs

6g Protein

17g Fat



SCAN TO MYFITNESSPAL

Breakfast fruity squares



110g pitted deglet nour or Medjool dates

15g maple syrup

35g almond butter

55g almonds, chopped

65g oats (use gluten free if preferred)

15g dried mango, cherries or cranberries

MAKES 8 SQUARES

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

Place the dates in a food processor and blend well for one minute.

Transfer to a large bowl. Add the remaining ingredients and stir well until thoroughly combined. You may find it easier to use your hands.

Transfer to the loaf tin. Spread the mixture to cover the base of the tin. Press down firmly, to make the mixture compact.

Cover and refrigerate for 15-20 minutes. Cut into 8 squares.

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



PER SQUARE:
155 Calories
19g Carbs
4g Protein
7g Fat



SCAN TO MYFITNESSPAL

Chocolate coconut smoothie bowl



80g frozen banana
100g silken tofu (optional)
70g Greek yoghurt (use dairy free if preferred)
20g chocolate or vanilla flavour whey or rice protein powder
2 tsps cocoa powder
75ml unsweetened tinned coconut milk

for the toppings:

3g fresh or dried coconut flakes
2g cocoa nibs
2 tsps almond butter
3g dark chocolate chips

Place the ingredients into a blender jug and blend well until creamy.

Transfer to a serving bowl.

Add the toppings and serve.

Cover and refrigerate any leftovers for up to 24 hours.



SERVES 1

PER SERVING:

421 Calories
15g Carbs
34g Protein
25g Fat



SCAN TO MYFITNESSPAL

Ham & cheese pancakes



100g buckwheat flour
1 large egg
250ml milk of your choice
a pinch of sea salt and ground black pepper
1 tbsp avocado or coconut oil
60g cooked ham, chopped
75g Cheddar cheese, grated (use dairy free if preferred)
1 tbsp fresh chives, chopped (optional)

MAKES 5 PANCAKES

Place the flour, eggs, milk, salt and pepper in a large bowl. Whisk well until smooth.

Place a frying pan over a medium heat and add 1/2-1 tsp oil. Tilt the pan so that the oil creates an even covering.

Pour around 1/5 of the pancake mixture into the pan. Tilt the pan gently so that the mixture forms a circle.

Fry for 30 seconds, or until the underside is firm. Turn over using a fish slice. Add some cheese and ham, and cook until the cheese is melting. Fold in half and transfer to a plate.

Repeat above step with the remaining oil and pancake mixture, to create a total of five pancakes. Serve garnished with chives (if using).

Cover and refrigerate any leftovers for up to 2 days.



PER PANCAKE:
249 Calories
18g Carbs
15g Protein
13g Fat



SCAN TO MYFITNESSPAL

Chipotle chicken burrito



2 tps olive oil
40g long grain or brown rice
2 x 50g tortilla wraps (use gluten free if preferred)
50g tinned black beans, drained
50g tomato, chopped
5g fresh coriander, chopped
25g Cheddar cheese*, grated
25ml sour cream*
40g avocado, mashed

for the chipotle chicken:

225g skinless boneless chicken thighs
35ml chipotle sauce
juice of ½ a lime
1 tbsp chilli powder
1 tsp garlic granules
1 tsp onion powder
½ tsp ground cumin
½ tsp ground coriander
½ tsp sea salt
½ tsp ground black pepper

SERVES 2

*dairy free if preferred

Place the chipotle chicken ingredients in a bowl and stir well. Cover and refrigerate for 1 hour, or longer if you have time.

Heat the olive oil in a large frying pan over a medium flame. Add the chipotle chicken and fry for 4 minutes. Turn and fry for 4 minutes, or until thoroughly cooked.

Transfer to a plate and rest for 5 minutes, then slice.

Place the rice in a saucepan of boiling water. Stir and simmer for 20 minutes, or until cooked. Drain well.

Warm each tortilla in a frying pan over a low flame. This will help them stretch. Place them on a flat surface. Arrange the fillings down the centre of each tortilla, taking care not to over-fill. Roll each burrito. Tuck the sides in as you roll, to seal in the fillings.

Place the frying pan over a low flame. Add one of the tortillas (seam side down) and heat for 1 minute to help seal the burrito. Repeat with the second burrito. Wrap in foil and serve.

Consume immediately.



PER SERVING:
549 Calories
49g Carbs
32g Protein
25g Fat



SCAN TO MYFITNESSPAL

Middle Eastern chicken salad



½ tsp ground cumin
½ tsp ground coriander
1 small garlic clove, minced
¼ tsp sea salt
120g skinless boneless chicken thighs, diced
1 tsp olive oil

for the dressing:

2 tbsps plain yoghurt (use dairy free if preferred)
1 tsp tahini
¼ tsp ground black pepper
¼ tsp sea salt
juice of ½ a lemon

1 tsp sumac or finely grated lemon zest (use an unwaxed lemon)

for the salad:

100g cucumber, chopped
60g carrot, grated or spiralised
30g red cabbage, shredded
8g almonds, chopped
5g fresh coriander, chopped

SERVES 1

Place the ground cumin, ground coriander, garlic and salt into a large bowl and stir. Add the chicken and stir well. Cover and refrigerate for 15 minutes.

Heat the olive oil in a frying pan over a medium flame. Add the chicken and fry for 3 minutes, then turn and fry until thoroughly cooked.

Turn off the heat and rest the chicken for 3 minutes, then slice.

Place the dressing ingredients in a bowl and stir well.

Assemble the salad ingredients in a bowl. Top with the chicken and dressing. Serve.

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



PER SERVING:

397 Calories
23g Carbs
29g Protein
21g Fat



SCAN TO MYFITNESSPAL

Courgette noodles with spiced tofu



1 tsp soy sauce or tamari
a pinch of ground black pepper
2 tps fresh lemon juice
½ tsp dried red chilli flakes
2 garlic cloves, minced
1 tsp sea salt
150g firm tofu, cut into cubes
3 tps olive oil
250g courgette, spiralised
1 spring onion, chopped
1 tsp honey
1 tsp sesame seeds

SERVES 1

Place the soy sauce, black pepper, lemon juice, chilli flakes, half of the garlic and half of the salt in a bowl and stir well.

Add the tofu and stir gently. Cover and refrigerate for 10 minutes.

Heat 2 tps olive oil in a frying pan over a medium flame. Add the tofu and fry for 6-8 minutes, or until golden, turning every 2 minutes.

Transfer to a plate.

Heat the remaining oil in the frying pan over a medium flame. Add the courgette, spring onion, and remaining salt and garlic. Fry for 3 minutes, stirring occasionally.

Serve the courgette noodles topped with the tofu. Drizzle the honey over the tofu. Garnish with sesame seeds and serve.

Consume immediately.



PER SERVING:
385 Calories
21g Carbs
19g Protein
25g Fat



SCAN TO MYFITNESSPAL

Meatballs with a spicy yoghurt dip



for the meatballs:

450g turkey breast mince

1 egg

110g white breadcrumbs (use gluten free if preferred), soaked in 100ml unsweetened almond milk

160g red onion, finely chopped

3 tbsps fresh parsley and mint, finely chopped

½-1 tsp sea salt and ground black pepper

25g Parmesan cheese, finely grated (use dairy free if preferred)

for the dip:

1 tbsp honey

130g Greek yoghurt (use dairy free if preferred)

½ tbsp sriracha or tabasco sauce

Preheat oven to 200°C/400°F. Prepare a large baking tray.

Place the turkey, egg, breadcrumbs, onion, herbs, salt and pepper in a bowl. Using your hands, mix well until well combined.

Add the Parmesan and mix well until fully combined.

Roll into golf ball-sized balls. Tip: Wet your hands when making the balls as this will help prevent the meat from sticking.

Place the meatballs onto the tray. Bake for 20 minutes turning halfway through cooking time.

While the chicken meatballs are cooking, place the dip ingredients in a bowl and stir well.

Serve the meatballs with the dip.

Store any leftover meatballs and dip in separate airtight containers and refrigerate for up to 2 days. Alternatively, the meatballs can be frozen for up to 2 weeks.

SERVES 3



PER SERVING:

391 Calories

33g Carbs

49g Protein

7g Fat



Chicken chow mein



250g egg noodles (or use soba noodles if gluten free)

1 tbsp olive or avocado oil

650g chicken breast, cut into bite-sized strips

1 large carrot, cut into thin matchsticks

130g white cabbage, shredded

2 garlic cloves, finely chopped
a handful of beansprouts (optional)

3-4 spring onions, sliced diagonally

for the sauce:

3 tbsps soy sauce or tamari

3 tbsps sesame oil

1 tbsp oyster sauce (optional)

130ml chicken stock (made with one organic stock cube)

1 tbsp cornflour or rice flour

1 tbsp honey

Place the sauce ingredients in a bowl and whisk until well combined. Set aside.

Cook the noodles according to package instructions. Drain well and rinse with cold water until the noodles are cold. Set aside.

Heat half of the oil in a large wok over a medium heat. Add the chicken and stir fry until cooked. Transfer to a plate.

Place the wok back over a medium heat and add the remaining oil. When the oil is hot, add the carrot, cabbage, garlic, beansprouts (if using) and half of the spring onions. Fry for 2-3 minutes, or until the vegetables are fork-tender.

Place the chicken and noodles into the wok. Add the sauce and stir fry for 3-4 minutes, until piping hot.

Serve garnished with the remaining spring onion.

Consume immediately.

SERVES 4



PER SERVING:

570 Calories

53g Carbs

49g Protein

18g Fat



SCAN TO MYFITNESSPAL

Souvlaki chicken kebabs



450g chicken breast, diced
75ml olive oil
2 tsps dried oregano
1 tbsp garlic granules
1 tsp paprika
1 tsp sea salt
1 tsp ground black pepper
juice of 1 lemon
1 tbsp lemon zest, finely grated
(use an unwaxed lemon)

MAKES 6 KEBABS

Place all of the ingredients in a bowl, except for the lemon juice and zest. Stir well.

Cover and refrigerate for at least 2 hours.

Soak 6 wooden skewers in cold water for 30 minutes, or prepare 6 metal skewers.

Thread the chicken onto the skewers.

Place a non-stick frying pan over a medium flame. Add the skewers and fry for 4 minutes. Turn and fry for 4 minutes, or until thoroughly cooked.

Top with the lemon zest and lemon juice. Serve.

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

Serving suggestions:

Serve with steamed vegetables or a Greek salad and pitta bread.



PER KEBAB
(Serving
suggestions
not included):
189 Calories
1g Carbs
18g Protein
12g Fat



SCAN TO MYFITNESSPAL