



The Ultimate Guide To Healthy Recipe Book



**DAIRY FREE
GLUTEN FREE
WHEAT FREE
& VEGETARIAN OPTIONS**

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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Get in touch



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Berry, banana & lime smoothie



1 cup frozen mixed berries
1 small frozen ripe banana
6.5 fl oz. unsweetened almond
milk
juice of ½ lime
a small handful of fresh spinach
¼ cup vanilla flavor whey or rice
protein powder (optional)

SERVES 1

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

Consume immediately.



PER SERVING:
269 Calories
33g Carbs
23g Protein
5g Fat

Coconut & lime frosty



½ a small frozen banana
3 fl oz. long life coconut drink
or unsweetened almond milk
2 fl oz. coconut milk (chilled or
frozen)
juice of ½ a lime (optional)
1 tsp. vanilla extract or vanilla
bean paste
¼ cup vanilla or coconut flavor
whey or rice protein powder
1 tsp. desiccated coconut
8-10 ice cubes

SERVES 1

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

Consume immediately.



PER SERVING:

263 Calories

21g Carbs

20g Protein

11g Fat

Fruity frozen yogurt



1 cup Greek yogurt (use dairy free if preferred)

$\frac{1}{3}$ cup vanilla flavor whey or rice protein powder

a pinch of sea salt

$\frac{1}{2}$ cup frozen mango, pineapple or peach (or a mixture of each)

for the topping:

a sprinkle of freeze-dried pineapple or raspberries (optional)

Place all of the ingredients in a food processor. Blend well until smooth. Pause the blender and scrape down the sides and blades during blending, if required.

Divide the mixture between two serving bowls. Top with the freeze-dried fruit (if using).

Consume immediately or freeze on same day. If freezing, allow 20 minutes before serving, to thaw.

SERVES 2



PER SERVING:
219 Calories
16g Carbs
23g Protein
7g Fat



Nutty marmalade bars



1 tsp. melted coconut oil
 $\frac{2}{3}$ cup almonds
 $\frac{2}{3}$ cup unsalted roasted peanuts
2 Tbsps. pumpkin seeds
 $2\frac{1}{2}$ Tbsps. sunflower seeds
1 heaping tsp. sesame seeds
a pinch of sea salt
for the syrup:
 $\frac{1}{4}$ cup reduced sugar marmalade
(or substitute with apricot jam)
3 Tbsps. maple syrup

MAKES 8 BARS



PER BAR:
223 Calories
14g Carbs
8g Protein
15g Fat

Preheat oven to 170°C/350°F. Line an oven tray with baking paper. Lightly brush the paper with melted coconut oil.

Place the nuts, seeds and salt in a large bowl.

Place the syrup ingredients in a saucepan over a medium heat. Bring to a boil then reduce heat to simmer. Heat, stirring for 3-4 minutes, or until the mixture has thickened slightly.

Immediately pour the hot syrup over the nuts and stir until well combined.

Transfer to the tray and spread evenly. Place a sheet of baking paper over the top and press down firmly to compact the mixture. Neaten up the sides using a spatula.

Bake for 30 minutes. Allow to cool then cut into 8 bars. The bars should harden as they cool.

Store in an airtight container for up to 1 week.



No bake brownies

1½ cups pitted Deglet nour or Medjool dates

⅔ cup ground almonds

3 Tbsps. cocoa powder

1 tsp. vanilla extract

2 Tbsps. cold water

a small pinch of sea salt

MAKES 6 BROWNIES

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

Place the ingredients in a high speed blender or food processor. Process until a dough forms. Stop and scrape down the sides if necessary.

Transfer the dough to the pan and press down firmly, until the dough is evenly distributed over the base.

Refrigerate for 2 hours, or until firm. Cut into 6 pieces.

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



PER BROWNIE:
269 Calories
41g Carbs
6g Protein
9g Fat

Buckwheat, cranberry & pistachio bites



3.5 oz. cacao butter
2 Tbsps. maple syrup
⅓ cup cashew butter
a pinch of sea salt
½ cup dried cranberries
¼ cup pistachios, chopped
½ cup buckwheat groats

MAKES 16 BITES



Line the base of a 6x6 inch baking pan with baking paper.

Place the cacao butter in a small bowl. Place in a shallow basin of water over a medium heat. Stir gently until completely melted. Carefully remove from the heat.

Add the maple syrup, cashew butter and salt and stir well.

Stir in the remaining ingredients.

Pour the mixture into the pan and allow to cool. Refrigerate for one hour.

Cut into 16 pieces.

Store any leftovers in an airtight container and freeze on same day. Remove from freezer 5 minutes before serving.

PER BITE:

138 Calories

10g Carbs

2g Protein

10g Fat



Quick & easy protein pancakes



1 Tbsp. coconut oil
for the pancakes:

2 eggs

⅓ cup vanilla flavor whey or rice
protein powder

½ tsp. baking powder

2 fl oz. unsweetened almond milk

SERVES 2

Place the pancake ingredients in a blender and blend well until smooth. Heat ½ tsp coconut oil in a large frying pan over a medium heat.

When the oil is hot, pour around a quarter of the batter into the frying pan.

When bubbles start to form on the top of the pancake, turn or flip the pancake.

Cook for another 1-2 minutes. Transfer to a plate. Repeat steps with the remaining oil and batter. Serve.

Consume immediately.

Serving suggestion:

Drizzle lightly with honey or maple syrup and serve with fresh berries of your choice



PER SERVING:
213 Calories
2g Carbs
22g Protein
13g Fat

Breakfast roasted peppers with eggs



1 Tbsp. coconut oil
½ a medium-sized white onion,
finely chopped
1 garlic clove, minced
7 oz. canned chopped tomatoes
4 fl oz. cold water
½ tsp. sea salt
½ tsp. ground black pepper
½ tsp. dried mixed herbs
4 bell-peppers, tops and cores
removed
½ cup Cheddar cheese, grated
(use dairy free if preferred)
4 eggs

SERVES 2



PER SERVING:
398 Calories
19g Carbs
22g Protein
26g Fat

Preheat oven to 180°C/350°F. Prepare a medium-sized ovenproof dish.

Heat the oil in a saucepan over a medium heat. Add the onion and sauté for 6-8 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry gently for 3 minutes, stirring occasionally.

Add the chopped tomatoes, water, salt, pepper, and mixed herbs. Cook for 3 minutes then remove from the heat. Allow to cool for 5 minutes.

Using a hand blender, blend the sauce until smooth.

Stand the peppers upright in the dish. Stuff the cheese into each pepper, then pour the sauce around the base of the peppers.

Crack an egg into each pepper. Bake for 15 minutes, or until the eggs are cooked.

Consume immediately.



Mango & berry smoothie bowl



¼ cup frozen mango chunks
1 cup frozen blueberries or mixed berries
¼ cup vanilla flavor whey or rice protein powder
5 fl oz. unsweetened almond milk
for the toppings:
2 tsps. chia seeds
½ cup berries of your choice

Place the mango, berries, protein powder and 3 fl oz. milk in a blender and blend well until smooth.

Add the remaining milk a little at a time, until desired consistency is achieved.

Transfer the mixture to a bowl and add the toppings. Serve.

Consume immediately.

SERVES 1



PER SERVING:
394 Calories
41g Carbs
26g Protein
14g Fat

Quick crunchy muesli



½ cup oats (use gluten free if preferred)

¼ cup vanilla or strawberry flavor whey or rice protein powder (optional)

4.5 fl oz. unsweetened almond milk (or use milk of your choice)

4 brazil nuts, roughly chopped

15 hazelnuts, roughly chopped

2 tsps. raisins or sultanas

Mix the oats, protein powder (if using) and milk in a bowl.

Allow to stand for 10 minutes. Leave to stand for longer if a thicker consistency is desired. Add a splash more milk if the mixture becomes too thick.

Stir in the remaining ingredients and serve.

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

SERVES 1



PER SERVING:
451 Calories
39g Carbs
31g Protein
19g Fat

Kale, bacon & egg fry up

½ tsp. coconut oil
3 unsmoked bacon slices, visible fat removed and chopped
½ a small white onion, diced
5 closed-cup mushrooms, sliced
½ a green or red bell-pepper, diced
a large handful of kale, chopped
½ tsp. garlic granules
a small pinch of red chili flakes
a pinch of sea salt
4 eggs

SERVES 2

Preheat oven to 200°C/400°F.

Melt the oil in a skillet or ovenproof frying pan over a medium heat. Add the bacon and cook until crispy on both sides. Transfer to a plate lined with kitchen paper.

Reduce the heat to medium/low. Add the onion, mushrooms and bell-pepper to the frying pan and fry for 3-4 minutes, or until soft.

Add the kale, garlic granules, chili flakes and salt. Stir well, cover and cook for 2-3 minutes, or until the kale is soft. Remove the pan from the heat and stir in the cooked bacon.

Make 4 small wells in the kale for the eggs to sit. Crack an egg carefully into each well. Bake for 5-6 minutes depending on how you like your eggs cooked. Serve.

Consume immediately.



PER SERVING:
341 Calories
10g Carbs
28g Protein
21g Fat



Chicken fattoush



2 vine-ripened tomatoes, chopped
½ cup cucumber, sliced
½ a medium-sized red onion, sliced
1 small lettuce (any variety),
shredded
a handful of fresh mint leaves,
roughly chopped
a handful of fresh parsley leaves,
finely chopped
1 tsp. sumac (or substitute with
1 tsp. finely grated lemon zest)

for the shredded chicken:

2 x 5.25 oz. chicken breasts
1 tsp. ground black pepper
½ - 1 tsp. sea salt

for the dressing:

½ a garlic clove, peeled and crushed
2 Tbsps. malt vinegar
1 Tbsp. extra virgin olive oil
juice of ½ a lemon
1 tsp. sumac (or substitute with
1 tsp. finely grated lemon zest)

SERVES 2

Place the chicken breast into a large saucepan. Season with salt and pepper. Cover with 1 inch of cold water.

Place the saucepan over a medium/high heat and bring the water to a boil. Reduce heat and simmer for 10 minutes, or until the chicken has cooked throughout.

Remove the chicken from the water and transfer to a plate to cool. Shred with a fork.

Arrange the salad ingredients in two serving bowls. Top with the chicken.

Mix the dressing ingredients in a jug and drizzle over the salads. Serve.

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



PER SERVING:
269 Calories
14g Carbs
33g Protein
9g Fat

Crustless tomato & basil quiche



a small amount of coconut oil or butter, to grease dish
2 vine-ripened tomatoes
4 eggs
2 egg whites
¼ tsp. Italian herbs
½ tsp. paprika
a pinch of sea salt and ground black pepper
4 scallions, finely sliced
½ cup plain cottage cheese
⅓ cup Swiss cheese, finely grated
¼ cup Parmesan cheese, finely grated
10 basil leaves, chopped

SERVES 3

Preheat oven to 180°C/350°F. Lightly grease a medium-sized oven dish with coconut oil or butter.

Finely slice one of the tomatoes and finely chop the other.

Crack the eggs and whites into a jug. Add the Italian herbs, paprika, salt and pepper and stir well.

Stir in the chopped tomato, scallions, and cheese. Pour the mixture into the dish. Bake for 40 minutes.

Distribute the tomato slices evenly around the surface of the quiche. Add the chopped basil. Bake for 20 minutes, or until the center of the quiche is cooked.

Cut into 3 pieces. Serve warm or cold.

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



PER SERVING:
341 Calories
8g Carbs
30g Protein
21g Fat



Tuna stuffed zucchini boats



3 small zucchinis, cut in half lengthwise
2 Tbsps. coconut oil or ghee, melted
1 medium-sized white onion, diced
1 garlic clove, minced
½ tsp. sea salt
½ tsp. ground black pepper
1 tsp. dried mixed herbs
3.5 fl oz. cold water
14 oz. canned chopped tomatoes
5 oz. canned tuna, drained
½ cup mature Cheddar cheese, grated
1 Tbsp. fresh parsley, finely chopped

SERVES 2

Preheat oven to 180°C/350°F. Gently score the skin of each zucchini in a criss-cross pattern. Carefully scoop out the flesh from each zucchini and roughly chop.

Drizzle 1 Tbsp. oil/ghee into the base of a large rectangular ovenproof dish. Place the zucchini halves in the dish, skin side facing down.

Heat the remaining oil/ghee in a frying pan over a medium heat. Add the onion and zucchini flesh. Fry gently until the onion is soft and translucent. Add the garlic and fry for 2 minutes, stirring occasionally.

Add the salt, pepper, mixed herbs, water, and canned tomatoes. Stir well and cook for 3 minutes, stirring occasionally until the sauce begins to reduce.

Add the tuna and stir well. Remove the pan from the heat. Spoon the mixture into each zucchini. Sprinkle with cheese.

Bake for 25 minutes. Serve garnished with fresh parsley.

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



PER SERVING:
417 Calories
16g Carbs
32g Protein
25g Fat



Shish tawook

31 oz. fresh chicken breast, diced

for the marinade:

juice of ½ a lemon

¼ cup plain yogurt (use dairy free if preferred)

2 Tbsps. olive oil

2 Tbsps. tomato purée

2 tsps. paprika

1 tsp. ground black pepper

1 tsp. dried thyme or mixed herbs

1 tsp. cayenne pepper

3 garlic cloves, minced

SERVES 4

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

Add the chicken and stir well. Cover with plastic wrap and refrigerate for 3 hours, or overnight if you have time.

Soak 8 wooden skewers in cold water for 30 minutes, or prepare 8 metal skewers.

Preheat oven to 180°C/350°F. Line a baking sheet with foil.

Thread the chicken onto the skewers. Place the skewers onto the baking sheet.

Bake for 10 minutes, then turn and cook for another 10 minutes, or until golden and thoroughly cooked.

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

Serving suggestion:

Serve with salad and steamed rice.



PER SERVING:
313 Calories
4g Carbs
54g Protein
9g Fat



Caprese chicken salad

for the dressing:

1 Tbsp. balsamic vinegar

2 tsps. olive oil

¼ tsp. dried basil

a small pinch of sea salt

for the salad:

3.5 oz. cooked roast chicken, skin removed and shredded

1 romaine lettuce, washed and sliced

½ a small ripe avocado, sliced

3 vine-ripened tomatoes, halved

¼ cup Mozzarella cheese, torn into small pieces

3-5 fresh basil leaves

a small pinch of ground black pepper

Mix the dressing ingredients in a jug.

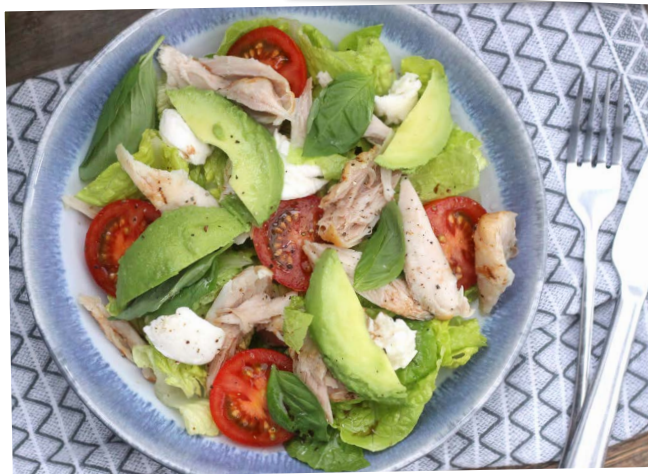
Place the lettuce leaves in a serving bowl.

Assemble the remaining salad ingredients over the lettuce.

Drizzle the dressing over the salad. Serve.

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

SERVES 1



PER SERVING:

453 Calories

10g Carbs

38g Protein

29g Fat

Garlic & herb roast chicken



4.4lb whole chicken (giblets removed)

2 Tbsps. olive oil

2 Tbsps. unsalted butter, at room temperature, cut into large pieces

1-2 tsps. sea salt, to taste

1-2 tsps. ground black pepper, to taste

4 garlic cloves, peeled and minced

1 head of garlic, peeled, half minced, half left whole

3 rosemary sprigs

1 lemon

2 Tbsps. parsley, finely chopped

1 Tbsp. dried parsley

1 tsp. dried thyme

SERVES 5

Preheat oven to 200°C /400°F. Prepare a roasting dish. Using your hands, gently loosen the skin from the surface of the chicken. Start from the breast near the neck and move carefully over the surface of the chicken.

PER SERVING:
478 Calories
2g Carbs
68g Protein
22g Fat



Place the pieces of butter under the skin, distributing around the chicken. Drizzle the olive oil over the chicken. Season with salt and pepper. Sprinkle the minced garlic over the chicken.

Stuff the remaining garlic into the chicken cavity along with the rosemary sprigs. Pierce the lemon twice using a skewer and place in the chicken cavity.

Tie the legs together with twine. Place the chicken into the roasting dish. Roast for 1 hour 20 minutes, basting half way through cooking time.

At the end of cooking time, baste again and roast for 5 minutes. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Pour the juices over the chicken. Serve.

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

Serving suggestion:

Halfway through cooking time, add some chopped root vegetables around the base of the chicken. Stir to cover in the juices



Stuffed eggplant



4 large eggplants
3 tsps. olive oil
1 tsp. sea salt
1 large white onion, finely chopped
8.75 oz. lean ground lamb
3 garlic cloves, finely chopped
1 tsp. dried thyme
¼ tsp. chili flakes
4 small ripe tomatoes, chopped
½ tsp. ground black pepper
2 Tbsps. Pecorino cheese (optional), finely grated
3 Tbsps. fresh basil leaves, thinly sliced

SERVES 4

Preheat oven to 200°C/400°F.

Slice each eggplant in half lengthwise and scoop out the flesh. Dice the flesh and set aside. Place the eggplant halves in a large roasting dish, flat side facing up.

Brush the inside of the eggplants with a little olive oil and season with a little salt.

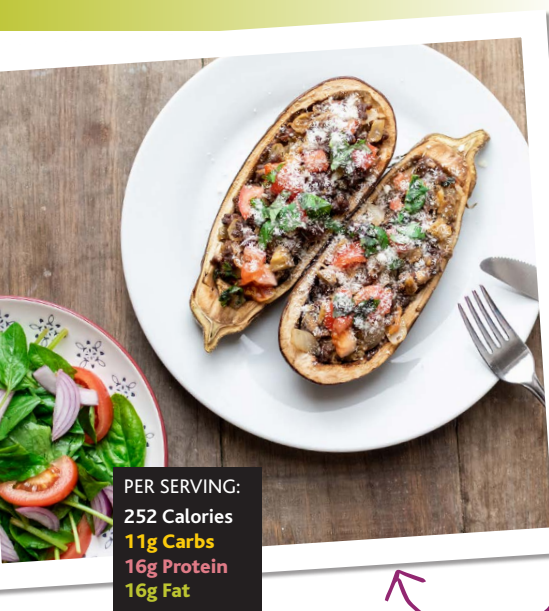
Heat 2 tsps. olive oil in a pan. Add the onion and fry gently over a medium heat for 6 minutes, stirring occasionally.

Add the lamb and stir well, breaking up finely with a wooden spoon as it cooks.

Increase the heat, add the garlic and eggplant flesh. Stir until the flesh is lightly browned. Add the dried thyme, chili flakes and tomatoes and season with salt and pepper. Stir well and reduce the heat. Cover and simmer for 10 minutes.

Spoon the mixture into the eggplant halves. Drizzle lightly with olive oil. Bake for 20 minutes. Sprinkle over the cheese (if using) and fresh basil and serve.

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



PER SERVING:
252 Calories
11g Carbs
16g Protein
16g Fat



Quick Caribbean coconut prawns



1 tsp. coconut oil
1 small red onion, thinly sliced
¼-½ a small red chili, thinly sliced
10 fl oz. coconut milk
1 tsp. Jamaican jerk seasoning
10.5 oz. king prawns
a small handful of fresh cilantro,
finely chopped

SERVES 2

Heat the coconut oil in frying pan or wok over a medium heat. Add the onion and chili and fry for 3-4 minutes.

Stir in the coconut milk and jerk seasoning and bring to a simmer before adding the prawns. Cook for 4-5 minutes.

Serve garnished with fresh cilantro.

Consume immediately.

Serving suggestion:

Serve on a bed of steamed rice



PER SERVING:
331 Calories
11g Carbs
29g Protein
19g Fat

Spiced salmon & chickpea salad



2 x 4.75 oz. salmon fillets
1 tsp. smoked paprika
1 tsp. olive oil
½ tsp. red chili flakes
1 tsp. coconut oil
1 small red onion, sliced
⅔ cup cauliflower, cut into florets
7 oz. (drained weight) canned chickpeas, rinsed and patted dry
2 tsps. medium curry powder
2 large handfuls fresh spinach leaves
8 cherry tomatoes, halved
3 inch piece cucumber, diced
2 Tbsps. Greek yogurt (use dairy free if preferred)
juice of ½ a lemon
2 tsps. fresh cilantro, finely chopped
a pinch of sea salt and black pepper
lemon wedges, to serve

SERVES 2

PER SERVING:
608 Calories
36g Carbs
44g Protein
32g Fat

Preheat oven to 200°C/400°F. Place the salmon onto a foil-lined tray. Mix the paprika, oil and chili flakes in a bowl. Spread the mixture over the tops and sides of the salmon fillets. Bake for 20-25 minutes, or until the salmon is cooked.

Meanwhile, heat the oil in a lidded frying pan or saucepan. Add the onion and cauliflower. Stir, cover and cook for 8 minutes, stirring occasionally.

Add the chickpeas and curry powder and stir. Cook uncovered for 5 minutes, stirring occasionally. Add a small splash of water to the pan and add the spinach. Cover and cook for 2-3 minutes, or until the spinach has wilted.

Mix the tomatoes, cucumber, yogurt, lemon juice, cilantro, salt and pepper in a bowl.

Divide the chickpea mixture between two plates. Add the tomato and cucumber mixture and top with the salmon. Serve with lemon wedges.

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



Quick chicken & vegetable scramble



½ cup basmati rice
1 tsp. coconut oil or ghee
1 small red onion, sliced
1¼ cups cherry tomatoes, chopped
or left whole
1 garlic clove, finely chopped
a pinch of sea salt
a pinch of ground black pepper
2 tsps. balsamic vinegar
1 tsp. paprika
14 oz. fresh chicken breast, diced
a large handful of fresh spinach
leaves

SERVES 2



PER SERVING:
575 Calories
71g Carbs
48g Protein
11g Fat

Bring a small saucepan of water to the boil. Add the rice, stir briefly and simmer for 20 minutes, or until the rice is cooked. Drain well.

Meanwhile, heat the oil/ghee in a frying pan over a medium/low heat. Add the onion and sauté gently for 5 minutes, stirring occasionally.

Add the tomatoes, garlic, salt, pepper, balsamic vinegar and paprika. Increase the heat to medium and cook for 4 minutes.

Transfer to a plate and set aside.

Add the chicken to the pan and cook for 5 minutes, stirring occasionally until cooked.

Add the tomato mixture back into the pan.

Add the spinach and rice and stir well. Cook for 2 minutes, stirring frequently, until the spinach has wilted. Serve.

Consume immediately.

