

# ***FastTrack*** ***Fit Camp***

***On-Plan recipe selection from breakfast  
through to lunch, dinner and snacks.***

## ***Contents***

- 1. Blueberry and coconut omelette***
- 2. Wheat free, dairy free pancakes***
- 3. Thai prawn noodles***
- 4. Quick Kedgeree***
- 5. Double chocolate cranberry cookies***
- 6. Fit Camp's Nakd Bars***
- 7. Thai red pumpkin curry***
- 8. Moroccan style stew***
- 9. Green pea falafel***
- 10. Baked beans***

## ***Blueberry and Coconut Omelette***

A delicious quick breakfast for those who need a quick, sweet fix in the morning to help get them on their way.

Serves: 1

### **Ingredients**

1 dessert spoon coconut oil or organic butter

Large handful of blueberries

1 tbl spoon dessicated coconut

½ teaspoon cinnamon

2-3 eggs - whisked together

### **Method**

1. Break eggs and whisk together adding cinnamon and coconut.
2. Pre-heat an omelette pan or medium sized frying pan and add oil or butter and melt.
3. When the pan is hot, add blueberries and heat until they just start to burst and lose their juice. Tip onto a plate.
4. Heat pan again on a high heat adding more oil if necessary, when the pan is hot quickly add the egg mixture and swirl around the pan to cover the base.
5. As the omelette is cooking add the blueberries back on top and when the underside is starting to turn golden, turn out onto a plate.

## *Wheat free, dairy free Pancakes*

A healthy, high protein way to start the day. You could add berries to the mix if you wanted some variety. It's better to mix this in a blender than by hand.

Makes: 12 pancakes

### **Ingredients**

2 large eggs  
¼ cup honey  
1 tbl spoon vanilla extract  
¼ cup water  
1 ½ cups ground almonds  
½ teaspoon salt  
½ teaspoon bicarbonate soda  
1 tbl spoon arrowroot powder  
2 tbl spoons grapeseed oil

### **Method**

1. In a blender, combine the eggs, honey, vanilla extract and water. Process on high until smooth - about 1 minute.
2. Add the almonds, salt, bicarbonate of soda and arrowroot powder and blend until thoroughly combined.
3. Heat the oil in a large frying pan over a medium heat. Add a ladle of batter for each pancake.
4. Cook until small bubbles appear on the surface, when the bubbles start to pop, flip them over and cook on the other side.
5. Stack and keep warm until all the batter is finished.
6. Serve with sugar free fruit spread, honey, bacon.

(adapted from 'The Gluten-Free Almond Flour Cookbook')

# Thai Prawn Noodles

Ingredients (serves 4)

250g packet medium rice noodles  
2 tbl spoon sesame oil  
1 red pepper - thinly sliced  
1 yellow pepper - thinly sliced  
6 spring onions - thinly sliced  
½ red chilli pepper deseeded - finely chopped  
1 stalk lemon grass - finely chopped  
2cm piece peeled root ginger - grated  
300g raw king prawns  
4 tbl spoon lime juice  
2tbl spoon soy sauce  
1tbl spoon honey  
2 tbl spoon fresh chopped coriander stalks  
Fresh coriander leaves to garnish

## Method

1. Cook the rice noodles according to the packet instructions. Drain well and rinse under cold running water. Add a few drops of the sesame oil to the noodles and toss them gently to coat the oil. Set aside.
2. Heat 2tsp of the sesame oil in a large frying pan.
3. Add the prawns and half the chilli, lemon grass and ginger to the pan and stir fry for 2-3 minutes until the prawns start to turn pink. Add the peppers and the spring onions and continue to stir fry over a high heat for 1-2 minutes until the prawns are completely pink and cooked through.
4. Add the rice noodles to the pan and toss well to mix. Whisk the remaining chilli, lemon grass, ginger and oil with the lime juice, soy sauce, sugar and coriander stalks. Pour over the noodles and heat through for a further 1-2 minutes.
5. Season the noodles to taste with salt and freshly ground black pepper and serve garnished with coriander leaves.

## **Quick Kedgeree**

A quick and tasty lunch or supper. If you make double you can have the leftovers cold for lunch the next day.

Serves 2

### **Ingredients**

100g basmati rice  
225g smoked haddock fillet  
1 teaspoon coconut oil or butter  
1 onion, sliced  
1 tbl spoon curry powder  
2 cloves of garlic, crushed  
2 tomatoes, quartered  
2 hard boiled eggs  
1 tbl spoon fresh curly parsley, chopped

### **Method**

1. Cook rice according to the packet instructions.
2. Meanwhile poach the fish in a large frying pan in water for about 10-15 minutes. It will start to flake away from the skin. Remove from the water and flake into bite size pieces. Put this to one side, throw away the water, skin and any bones.
3. Heat the oil in a large frying pan, add the onion and cook until softened and just starting to brown at the edges. Stir through the curry powder, garlic and cooked rice.
4. Fold in the haddock flakes, tomatoes and eggs. Combine gently as it can break apart quite easily. Sprinkle over the parsley and black pepper.

# *Double Chocolate Cranberry Cookies*

Makes about 20

## **Ingredients**

2  $\frac{3}{4}$  cups of ground almonds (this is about 275g)  
½ teaspoon sea salt  
½ teaspoon bicarbonate soda  
¼ cup of unsweetened cocoa (not drinking chocolate powder)  
½ cup grapeseed oil  
½ cup honey  
1 tbl spoon vanilla essence  
1 bar 70% or higher chopped dark chocolate  
1 small bag dried cranberries (100g or so)

## **Method**

1. Pre-heat oven to 350F or 180C. Line 2 baking sheets with greaseproof paper.
2. In a large bowl combine, ground almonds, salt, bicarb of soda and cocoa. In another bowl mix together oil, honey and vanilla essence.
3. Combine the two thoroughly.
4. Fold in the chopped chocolate and cranberries.
5. Dollop a dessert spoon of mixture per cookie onto the tray. Leave a bit of a gap between cookies.
6. Bake for 10 - 15 minutes, until the tops look dry and start to crack (be careful not to overcook).
7. YOU MUST DO THIS...let them cool on the sheets for 20-30 minutes. They are too crumbly when warm, but stay as one unit when cooled.

## *Fit Camp's Nakd Bars*

Four ingredients, no wheat, no dairy, no sugar, no cooking. Perfect quick snack and a whole lot cheaper than the shop bought variety!

### **Ingredients**

250g bag of soft, dried, stoned dates

250g raisins

250g shelled walnuts

150g dessicated coconut

### **Method**

1. Put all ingredients into the main bowl of a food processor. Whizz until it starts to cling together.
2. Use your hands to either form into cherry tomato sized balls or tip all of the mixture into a 20cm square tin lined with greaseproof paper. Press down. Mark out into bars if using a tin.
3. Put balls or tin into the fridge for at least an hour before eating.
4. I keep mine in the fridge until needed.

### **Variations**

Add 1 tbl spoon unsweetened cocoa powder and whizz together for a chocolate version.

Add 2 teaspoons ground ginger to the mix for a ginger version.

You could add grated orange peel to either of these flavours too.

Change walnuts to cashews or dates to prunes or apricots. The possibilities are endless!

# *Thai Red Pumpkin Curry*

(From Runner's World - but fabulous anyway!)

## **Ingredients**

1 tbl spoon sunflower oil  
1 onion, chopped  
3cm piece of ginger peeled and finely chopped (or 1 tsp lazy ginger)  
2 cloves crushed garlic  
70g Thai red curry paste  
400g tin coconut milk  
200g tenderstem broccoli  
150g baby sweetcorn halved  
1 bunch spring onions  
Juice 1 lime  
1 handful chopped coriander  
1 medium pumpkin or squash  
1 tbl spoon fish sauce  
Thai rice or rice noodles to serve

## **Method**

1. Heat the oil and sauté the onion, garlic and ginger until the onion has softened but not coloured. Stir in the curry paste and cook for a minute.
2. Stir in the pumpkin or squash, then add the fish sauce, coconut milk and 200ml water. Simmer uncovered for 15 minutes.
3. Add the broccoli, baby corn and spring onions and continue to cook for about 5 minutes until the vegetables are tender.
4. Finish off by stirring in the lime juice and coriander. Serve with rice or rice noodles. Meat eaters can add 200g chicken or prawns. (I've tried both and either works well)

## *Moroccan Style Stew*

This recipe morphed from something else. Weights are approximate. Change quantities to taste, or until it looks right!

### **Ingredients**

1 tin chick peas  
1 tbl spoon olive oil  
1 medium onion, chopped  
150g red split lentils  
500ml Passata  
Tin green lentils  
Heaped teaspoon harissa paste  
150ml chicken or vegetable stock  
100ml of sherry  
Himalayan pink salt to taste

### **Method**

1. Fry the onions in the olive oil until soft and translucent.
2. Add chickpeas, harissa, stock, passata, sherry and lentils.
3. Bring to the boil and simmer for around 20 mins, or until the red lentils are tender.
4. Sometimes I'll also add sprouting beans.
5. Good on it's own or I often grill a lamb steak and place on top.

## ***Green Pea Falafel***

These can be made in advance and used as lunch box items with some raw carrots, celery, peppers and hummus. Adapted from delicious. Magazine.

Makes about 20 Falafel

### **Ingredients**

1 tbl spoon coconut oil  
2 shallots or 1 small onion finely sliced  
1 teaspoon cumin seeds  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
150g frozen peas covered in boiling water to defrost but not overcook.  
Large handful of fresh mint and coriander (leaves picked)  
1 x 400g can of chickpeas drained and rinsed.  
1 egg  
70g of oats  
Oil for shallow frying  
Salt and pepper

### **Method**

1. Heat the coconut oil and very gently fry the shallot or onion until soft. Then add the spices and stir for about 30 seconds until nice and aromatic. Remove from heat.
2. Put peas, shallots, herbs, chickpeas, egg, and breadcrumbs in a food processor and pulse to a coarse paste. Season to taste.
3. Use your hands to form into 20 small balls and refrigerate for about 30 minutes (up to 2-3 hours max)
4. Shallow fill a large frying pan and bring oil to a medium to high heat. Fry off the falafel in batches and drain on kitchen paper once browned all over.

## ***Baked Beans***

Adapted from delicious. Magazine to fit Fit Camp's eating plan! Very tasty and well received by many campers.

### **Ingredients**

400g dried haricot or cannellini beans (or cooked equivalent)  
3 tbsp extra-virgin olive oil  
2 red onions, finely chopped  
150g pancetta or smoked streaky bacon, finely chopped  
2 garlic cloves, finely chopped  
400g can chopped tomatoes  
2 very finely chopped medjool dates  
3 tbsp cider vinegar

### **Method**

1. Soak the beans overnight. Drain them, place in a pan, cover with fresh water and bring to the boil over a medium heat. Cook for about 45 minutes-1 hour until tender, then remove from the heat and set aside for 30 minutes. Drain well. If using pre-cooked go straight to point 2.
2. Heat the oil in a large saucepan over a medium heat, add the onions and pancetta and cook for 6-8 minutes. Stir in the garlic, tomatoes, dates, vinegar and 400ml water, then tip in the beans. Reduce the heat to low and cook for 1½-2 hours, stirring occasionally, until you have a thick sauce and tender beans.