



TRAINING, NUTRITION & LIFESTYLE

# SHAPESHIFTERS

MAY EDITION



[www.jdpt-fitness.com](http://www.jdpt-fitness.com)



## Medical Disclaimer

The recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

Further, if you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.

© Copyright 2016 Josie Donovan

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the author.

# Contents



## Introduction

### Drinks

Banana, spinach & pomegranate smoothie	1
Pear, oat & spinach smoothie	2
Avocado, pineapple & lemon smoothie	3

### Snacks & treats

Blueberry crunch energy balls	4
Melon & mint salad	5
Roasted almond sesame bark	6

### Breakfast

Kale, cocoa & berry breakfast bowl	7
Pear, walnut & vanilla quinoa porridge	8
Egg muffins	9

### Lunch

Bacon & rocket salad wrap	10
Prawn red curry	11
Spicy quinoa salad	12

### Dinner

Chinese meatballs with a spicy, nutty sauce	13
Beef mince curry	14
Mediterranean fish bake	15

# Welcome



Well done for making the first steps towards a healthier lifestyle.

Eating c will change the way you live your life and will certainly give you more energy better sleep, fat loss and a whole lot more vitality!

Looking good, feeling better and your taste buds back!

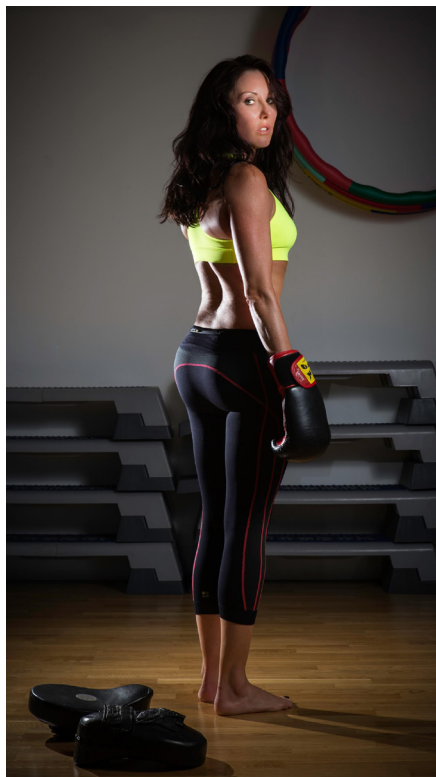
Giving up processed food, sugar and all the other nasties will be the best thing you can ever do for yourself, once you get the hang of it you'll wonder why you didn't do it before.

Remember getting into shape is only 20% exercise, what you put into your body is 80%, food is fuel and you need to fuel it properly in order to get fitter.

Remember this is a journey not a destination...

**Josie Donovan**

Lifestyle Coach



# Get in touch



**Josie Donovan**

**[www.jdpt-fitness.com](http://www.jdpt-fitness.com)**

Tel **07915 918551**

Email **[josiedonovan@gmail.com](mailto:josiedonovan@gmail.com)**

# Banana, spinach & pomegranate smoothie



50g pomegranate seeds  
½ a small frozen banana (or use  
fresh plus 2 ice cubes)  
2 kiwi fruit  
handful of spinach leaves  
150ml coconut water or cold water

Place the ingredients in a blender and  
pulse until creamy.

Add a bit more coconut water if required,  
to achieve the desired consistency.

*Consume immediately.*

SERVES 1



## PER SERVING:

197 Calories

**43g Carbs**

4g Protein

1g Fat

# Pear, oat & spinach smoothie



60g tinned pears  
150ml unsweetened almond milk  
(or milk of your choice)  
15g oats (use gluten free if preferred)  
2 tps chia seeds  
½ a ripe banana  
a small handful of spinach leaves  
30g vanilla whey or rice protein powder (optional)  
2 ice cubes

Put all of the ingredients into a blender and blend until smooth. Add a drop more almond milk if required, to achieve the desired consistency.

*Consume immediately.*

SERVES 1



PER SERVING:  
456 Calories  
**46g Carbs**  
32g Protein  
**12g Fat**



# Avocado, pineapple & lemon smoothie



juice of 1 lemon  
½ a ripe avocado  
50g fresh pineapple  
150ml coconut water

SERVES 1

Place the ingredients in a blender and pulse until creamy.

Add a drop more coconut water if required, to achieve the desired consistency.

*Consume immediately.*



PER SERVING:  
232 Calories  
**22g Carbs**  
**3g Protein**  
**11g Fat**



# Blueberry crunch energy balls



80g blueberries  
20g sunflower seeds  
60g coconut cream (use the solid part from a tin of coconut milk)  
70g crunchy peanut butter  
90g oats (use gluten free if preferred)  
6 pitted dates, chopped  
a sprinkle of natural sweetener of your choice

Mix all of the ingredients together in a bowl. Roll into 7 balls.

Refrigerate for one hour or more.

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

SERVES 7



PER SERVING:  
226 Calories  
**29g Carbs**  
**5g Protein**  
**10g Fat**

# Melon & mint salad



- 1 honeydew melon, diced
- 70g pomegranate seeds
- 150g cucumber, diced
- 1 tbsp honey (optional)
- 2 tbsps orange flower water (available in supermarkets)
- 1 sprig fresh mint, finely chopped

Place all ingredients in a bowl and mix well.

*Cover and refrigerate for up to 2 days, until ready to serve.*

**SERVES 4**



PER SERVING:

93 Calories

**20g Carbs**

1g Protein

**1g Fat**

# Roasted almond sesame bark



## For the topping:

50g whole almonds

2 tps honey (or use natural  
sweetener of your choice)

1 tsp sesame seeds

1 tsp ground cinnamon

1 tsp desiccated coconut

## For the bark:

3 tbsps coconut oil

2 tbsps cocoa powder

1 tsp honey (or use natural sweetener  
of your choice)

**SERVES 4**

Line a baking tray with greaseproof paper  
and place in the freezer.

Preheat oven to 120°C/250°F.

Mix the topping ingredients together in  
a bowl. Spread out evenly onto a baking  
tray. Oven roast for 20-25 minutes,  
turning halfway. Leave to cool in the tray.

Melt the coconut oil in a pan over a  
medium / low heat. Add the cocoa powder  
and honey and stir well. Remove from  
heat. Add 1 tbsp cold water and stir well.

Pour evenly onto the baking tray. Sprinkle  
on the topping. Freeze for one hour or  
more. Remove from freezer 10 minutes  
before serving.

*Store any leftovers in an airtight container  
and freeze for up to 2 weeks.*



PER SERVING:  
232 Calories  
**9g Carbs**  
**4g Protein**  
**20g Fat**

# Kale, cocoa & berry breakfast bowl



a handful of kale leaves  
150ml unsweetened almond milk  
½ a medium sized ripe banana  
40g frozen blueberries  
1 tbsp cocoa powder  
1-2 ice cubes  
1 tsp honey  
**For the topping:**  
2 tsps sunflower seeds  
1 tsp honey  
40g raspberries  
1 tsp chia seeds

**SERVES 1**

Place all of the ingredients in a blender (except the topping ingredients) and blend until smooth.

Transfer to a serving bowl.

Add the topping ingredients and serve.

*Store any leftovers in an airtight container and refrigerate for up to 24 hours.*



**PER SERVING:**  
292 Calories  
**48g Carbs**  
7g Protein  
**8g Fat**



# Pear, walnut & vanilla quinoa porridge



30g quinoa  
100ml unsweetened almond milk  
(or milk of your choice)  
2 tsps chia seeds  
1 tbsp natural sweetener of choice  
small pinch of sea salt  
1 vanilla pod, with an incision made  
lengthways (or use 1 tsp vanilla  
extract)  
a pinch of ground cinnamon  
1 tsp raisins  
2 tinned pear halves, sliced  
10g walnuts, chopped

SERVES 1

Rinse the quinoa and simmer in a saucepan of water for around 20 minutes until cooked.

Meanwhile place the almond milk in a saucepan over a low heat. Add the vanilla pod if using, cover and simmer for 20-25 minutes (or longer if you have time).

Drain the quinoa and add to the vanilla milk, with the chia seeds. Cook, stirring for 15 minutes. Remove pan from heat.

Transfer the contents of the pan to a serving bowl. Mix in the raisins, vanilla extract (if using), sweetener and salt. Top with pear and walnuts. Enjoy warm or cold.

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



PER SERVING:  
285 Calories  
**34g Carbs**  
**8g Protein**  
**13g Fat**



# Egg muffins



35 ham, cut into small pieces  
5 eggs  
35g Cheddar cheese, grated (use dairy free if preferred)  
35g spinach, cut into small pieces  
½ tsp Italian seasoning  
salt and pepper to season

**SERVES 2**

Preheat oven to 160 C / 325 F.

Whisk the eggs in a large jug. Stir in the remaining ingredients.

Grease 6 compartments of a muffin tin.

Pour the mixture into the 6 compartments.

Bake for 15-20 minutes or until the muffins are cooked throughout. Serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
140 Calories  
**21g Carbs**  
**5g Protein**  
**4g Fat**

# Bacon & rocket salad wrap



2 rashers back bacon  
50g Greek cheese (use dairy free cheese if preferred)  
2 small vine tomatoes  
handful of rocket leaves  
1 seeded wrap (use gluten free if preferred)

SERVES 1

Grill the bacon until crispy.

Assemble the wrap with all the ingredients inside.

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



PER SERVING:  
423 Calories  
**35g Carbs**  
28g Protein  
**19g Fat**



# Prawn red curry



10g coconut oil  
20g Thai red curry paste  
1 large red chilli, sliced  
6 baby plum tomatoes  
75g bamboo shoots  
150g coconut milk  
200g uncooked and peeled king prawns  
1 tsp fish sauce (nam pla)  
handful of fresh coriander, chopped  
fresh lime wedges

**SERVES 1**



Melt the coconut oil in a large frying pan.

Add the Thai red curry paste and cook for 2 minutes in the oil to allow the flavours to release.

Add the red chillis, baby tomatoes and bamboo shoots. Stir fry for 1-2 minutes.

Add the coconut milk and stir well.

Add the prawns and simmer for 7-8 minutes or until thoroughly cooked through.

Stir in the fish sauce.

Serve with the fresh coriander and lime.

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



PER SERVING:  
431 Calories  
**15g Carbs**  
41g Protein  
**23g Fat**

# Spicy quinoa salad



50g quinoa (dry weight)  
100g Greek cheese (or use a dairy free cheese if preferred), diced  
100g cucumber, chopped  
50g red pepper, diced  
50g rocket leaves  
40g spring onion, sliced  
15g pumpkin seeds  
6 baby plum tomatoes, halved  
1 red chilli, sliced  
1 tsp balsamic vinegar  
a pinch of ground black pepper

Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions. Drain the quinoa and rinse under cold running water to cool.

Assemble all of the ingredients in a bowl, except for the balsamic vinegar and black pepper.

Sprinkle on the balsamic vinegar and season with black pepper.

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

**SERVES 1**



PER SERVING:  
535 Calories  
**49g Carbs**  
33g Protein  
**23g Fat**

# Chinese meatballs with a spicy, nutty sauce



1 medium white onion, finely chopped  
250g pork mince  
½ tsp sea salt  
½ tsp ground black pepper  
½ tsp Chinese 5 spice  
1 tsp coconut oil  
3 green finger chillies, finely chopped  
2 spring onions, finely chopped  
200g tinned chopped tomatoes  
150ml boiling water  
35g peanut butter  
250g pak choi

**SERVES 2**

*Serving suggestion:  
Serve with rice noodles*



**PER SERVING:**  
365 Calories  
**17g Carbs**  
**36g Protein**  
**17g Fat**



Preheat oven to 200°C/400°F.

Place ¼ of the chopped onion in a large bowl, with the pork mince plus ¼ tsp each of sea salt, ground black pepper and Chinese 5 spice. Mix thoroughly and form into 8 balls.

Place the meatballs on a tray and put them into the oven.

Melt the coconut oil in a frying pan, add the remaining onion, green chillies and spring onions and fry for 4-5 minutes. Add the tinned chopped tomatoes and remaining sea salt, ground black pepper and Chinese 5 spice. Stir well and simmer for 5 minutes.

Stir in 150ml boiling water to the sauce. Remove the pan from the heat and add the peanut butter, stirring well.

Gently steam the pak choi for 3-4 minutes.

When the meatballs have had around 15 minutes in the oven, remove from oven and add them to the sauce, mixing well to coat.

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

# Beef mince curry



1 tsp ghee or coconut oil  
75g white onion, finely chopped  
4 cloves of garlic, finely chopped  
a thumb sized piece of fresh ginger, finely chopped  
3-4 green chillis, finely chopped  
500g beef mince  
200g tinned chopped tomatoes  
20g tomato purée  
100ml cold water  
2 tsps meat masala curry powder  
½ tsp chilli powder  
½ tsp turmeric  
½ tsp sea salt  
300g cauliflower, grated  
handful of coriander (optional), chopped

**SERVES 3**

Melt the ghee/oil in a frying pan.

Add the onion and sauté gently for 2-3 minutes.

Finely chop the garlic, ginger and chillies. Add to the frying pan and fry for 2 minutes.

Add the beef mince, breaking it up with a spoon. Cook for 5 minutes or until the mince has browned.

Add the chopped tomatoes, tomato purée and 100ml cold water.

Cook for 5 minutes then add the spices and salt. Stir well and cook for 10-15 minutes.

Steam the cauliflower for 4-5 minutes or until cooked to your liking. Serve the curry on a bed of cauliflower rice and garnish with chopped coriander.

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



PER SERVING:  
426 Calories  
**12g Carbs**  
36g Protein  
**26g Fat**





# Mediterranean fish bake



350g white fish, skin on (e.g. plaice)  
2 garlic cloves, finely chopped  
few sprigs fresh parsley, finely chopped  
juice of 1 lemon  
salt and pepper to season  
1 yellow bell-pepper, diced  
handful of plum tomatoes  
½ a red onion, sliced

**SERVES 2**

Preheat oven to 170°C/350°F.

Line a tray with foil. Turn the edges up to stop the juices running over.

Place the fish on the tray, skin side down. Rub the garlic onto the fish. Season with salt and pepper, sprinkle on the parsley and squeeze on half of the lemon juice.

Add the tomatoes, diced pepper, red onion slices to the tray.

Bake for 20-25 minutes, until the fish is cooked and the vegetables are soft.

Squeeze over the remaining lemon juice and serve.

Serve with fresh leafy greens.

*Consume immediately.*



PER SERVING:  
466 Calories  
**80g Carbs**  
23g Protein  
**6g Fat**

