



Fake-Away Dinner

High-Protein Med-Carb Edition

@Mr. Joseph Ajulo

33 recipes | 20g+ protein | 20g-60g carbs



ABOUT COACH JOSEPH AJULO

Coach Joseph Ajulo, is a well recognized Fitness Coach, certified personal trainer, and the Founder of a premium coaching company transforming the lives of high-achieving men and women through a science-based, results-driven approach to weight loss, hormone balance, and holistic health.

Known online as @coach Joe to over million of followers, Coach Joseph has become a trusted voice for professional men and women navigating the physical and emotional toll of burnout, belly fat, and hormonal chaos in their 30s, 40s, and 50s.

Growing up as a male child in a household of driven women, he witnessed firsthand how self-sacrifice and success often came at the cost of personal health. That experience lit the fire for his life's mission: to help men and women reclaim their bodies, confidence, and energy—without giving up the things they love.

With a Certificate in Physical Training and Therapy and nearly a decade of coaching experience, Coach Joseph has helped over 100,000 men and women transform their health, habits, and lives. He specializes in working with busy men and women—executives, entrepreneurs, nurses, and moms—who are tired of fat diets and generic plans that don't stick.

Through a tiered coaching model—Premier Fitness (12 months), VIP Fitness (6 months), and Essential Fitness (3 months)—he and his expert team deliver personalized fitness, nutrition, and mindset support built for real life. At the core of his method is The Slim Success System—a flexible, hybrid coaching framework that combines macronutrient science with gut-health protocols, hormone friendly meals, and practical routines to help women lose 20–50+ pounds, tone up, and keep the weight off for good.

Whether it's through his 1:1 coaching, weekly live calls, or signature tools like the Graceful Gains fitness journal, Coach Joseph empowers women to take control of their health with simplicity, structure, and zero shame.

His message is clear: Strong, healthy men and women change the world—and it starts by putting yourself back on your own priority list.





The Fitness Lab

If you've been trying to lose weight, here's the truth: it's not about eating less – it's about eating the right foods.

Most women struggle with weight loss because they've been told to cut carbs, skip meals, or avoid the foods they love. Sound familiar? That's why 90% of women give up before they ever see real results. Diets like that leave you hungry, frustrated, and feeling like nothing works – and even if you do lose some weight, it's impossible to sustain.

Here's the fix: focus on eating more high-protein, gut-friendly, well balanced foods. This approach fuels your body, balances your hormones, and keeps you feeling full and satisfied while you lose weight.

To make it simple, I've put together a high protein, weight-loss friendly grocery list for your next grocery run. Aim to get at least 30g of protein with each meal for best results. Nutrition doesn't have to feel like a struggle.

When you fuel your body the right way, the weight will fall off – no starving, no sacrificing, just real, lasting results.

Coach Joseph Ayulo



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KCAL
430

PRO
42.2g

CARB
48.5g

FAT
8.3g

FIBER
3g

Per serving

BBQ Chicken Flatbreads

The Fitness Lab

High Protein

Med Carb

Savor the flavors of flatbreads, where spicy, marinated chicken meets the sweet and tangy goodness of BBQ sauce, all nestled atop a crispy flatbread. Topped with melted mozzarella, fresh bell pepper, and red onion, and garnished with vibrant coriander, each bite offers a delightful mix of textures and flavors. Perfect for a quick dinner.



Prep: 15 min

Cook: 20 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 average

Flatbreads 2

Red Pepper 1 medium

Lemon Juice 1 lemon

Red Onion ½ small

Ground Cinnamon 1 tsp

Cheddar Cheese 30g or 1 oz, half-fat

BBQ Sauce 30g or 1 oz

Cajun Seasoning 1 tbsp

Olive Oil 1 tbsp

Coriander 1 tbsp

BBQ Chicken Flatbreads

Coach Joseph Ajulo
@Coach Joe

High Protein

Med Carb

Method

Begin by marinating the chicken. In a small bowl, combine the Cajun seasonings, lemon juice and a pinch of salt and pepper. Rub this mixture thoroughly.

Air fry until the chicken is fully cooked through. Once done and slightly cooled, cut the chicken into small pieces.

Preheat your oven to 180°C (fan-assisted). Prepare a baking tray by lining it with parchment paper

Lay the flatbreads on the prepared baking tray. Spread the 1 tsp of BBQ sauce evenly over each flatbread, leaving a small border around the edges. then sprinkle half of the grated cheese over each flatbread.

Next add the cooked chicken pieces, chopped red bell pepper, and thinly sliced red onion evenly over the cheese.

Bake in the preheated oven for about 6 to 10 minutes, or until the cheese is melted and bubbly, and the edges of the flatbreads are crispy. Garnish the baked flatbreads with chopped coriander before serving.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat



KCAL
568.4

PRO
49.7g

CARB
48.1g

FAT
19.8g

FIBER
6.5g

Per serving

BBQ Chicken Nachos

The Fitness Lab

High Protein

Med Carb

A perfect blend of smoky, spicy, and cheesy flavors. Crisp tortilla chips are layered with seasoned BBQ chicken, sweet corn, and hearty black beans, then smothered in melted cheese. Finished with a drizzle of extra BBQ sauce and slices of fiery jalapeños, this dish is a delightful twist on traditional nachos.



Prep: 10 min

Cook: 8 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 1, cooked

Tortilla Chips 50g or 1.7oz

Cheddar Cheese 35g or 1.2oz, ½ fat

Black Beans 30g or 1oz

BBQ Sauce 30g or 1oz

Sweetcorn 25g or 0.9oz

Jalapeños 25g or 0.9oz

Garlic Powder 1/2 tsp

Black Pepper ½ tsp

BBQ Chicken Nachos

Coach Joseph Ajulo
@Coach Joe

High Protein

Med Carb

Method

Start by preheating your oven to 400°F (200°C). This will ensure your nachos cook evenly and the cheese melts perfectly.

In a bowl, combine the shredded chicken with enough BBQ sauce to coat it generously. Add salt, black pepper, and garlic powder to the mix, ensuring the chicken is evenly seasoned.

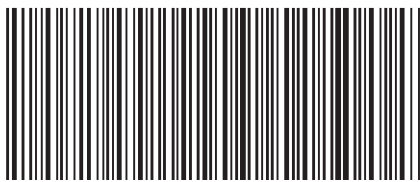
Line a baking pan or tray with parchment paper for easy cleanup. Spread the tortilla chips out in a single layer on the pan, making sure there are minimal gaps between them.

Lay the flatbreads on the prepared baking tray. Spread the 1 tsp of BBQ sauce evenly over each flatbread, leaving a small border around the edges. then sprinkle half of the grated cheese over each flatbread.

Evenly distribute the BBQ-coated chicken over the tortilla chips. Sprinkle the corn and black beans over the chicken. Finally, cover everything with the shredded cheese, ensuring even coverage for a perfect melt.

Place the baking pan in the preheated oven and bake for 8-10 minutes, or until the cheese has melted beautifully and the edges of the chips begin to turn golden.

Remove the nachos from the oven. Drizzle additional BBQ sauce over the top for extra flavor (optional). Scatter the sliced jalapeños evenly over the nachos for a spicy kick.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose,
sulphites. May contain
wheat



KCAL
486.1

PRO
41.9g

CARB
34.4g

FAT
20g

FIBER
10.75g

Per serving

Beef and Black Bean Quesadilla

The Fitness Lab

High Protein

Med Carb

A flavor-packed dish that offers a beautiful balance of textures and tastes. It features lean beef and hearty black beans enveloped in a crispy tortilla, brought to life with a perfect medley of spices. The rich cheddar cheese and creamy avocado lend a comforting creaminess, making this dish a wholesome and satisfying meal.



Prep: 5 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 2

Lean Beef Mince 250g or 8.8 oz

Black Beans ½ tin

Avocado 1 small

Tortilla Wrap 2, 8 inch

Cheddar Cheese 30g or 1.05 oz, ½ fat

Tomato Puree 1.5 tbsp

Garlic Clove 1

Cumin 1 tbsp

Black Pepper ½ tsp

Olive Oil 1 tsp

Paprika ½ tsp

Oregano 1 tsp

Coriander Leaves 1 sprig

Beef and Black Bean Quesadilla

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Drain and rinse 1/2 a tin of black beans. Peel and finely chop 1 clove of garlic. Also, slice 1 small avocado into thin slices.

In a skillet, heat 1 teaspoon of olive oil over medium heat. Add the chopped garlic and cook until fragrant. Then add the beef mince, cooking until browned. Sprinkle in 1 teaspoon each of ground cumin and oregano, and 1/2 teaspoon of cayenne pepper. Mix well to coat the beef in the spices.

Stir in the black beans and 1.5 tablespoons of tomato puree. Cook for another 2-3 minutes, ensuring all the ingredients are well combined.

Spread half of the tortilla with the beef and bean mixture. Layer the avocado slices over the beef, and sprinkle the half-fat cheddar cheese on top. Fold the tortilla in half, pressing it gently to secure the filling.

Wipe the skillet clean and heat it over medium heat. Cook the quesadilla for about 2-3 minutes on each side, or until the tortilla is golden and the cheese has melted.

Remove from the heat and let it rest for a minute before cutting into wedges. Garnish with fresh coriander leaves and serve immediately while hot. Enjoy this savory and fulfilling dish.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat.



KCAL
420

PRO
38.7g

CARB
23.8g

FAT
18.7g

FIBER
1.8g

Per serving

Big Mac Inspired Smash Tacos

High Protein

Med Carb

The Fitness Lab

Combining the iconic flavors of a classic Big Mac with the easy, handheld convenience of a taco. Featuring seasoned, flat-cooked beef mince, cheese, pickle, lettuce, and a tangy homemade sauce, all wrapped up in a warm, soft tortilla. Perfect for a quick and satisfying meal, these tacos offer a unique and delightful fusion of flavors.



Prep: 5 min

Cook: 5 min

Fresh: 1 days



Beginner



Makes 2

Lean Beef Mince 250g or 8.8 oz

Tortilla Wrap 2, 8 inch wraps

Cheddar Cheese Slices 4

Lettuce 1 cup

Lighter Mayonnaise 1 tbsp

Pickled Gherkins 3

Yellow Mustard 1 tsp

White Onion 1 tsp grated

White Sugar ½ tsp

Paprika ½ tsp

White Wine Vinegar 1/4 tsp

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Salt pinch

Black Pepper 5 twists

Big Mac Inspired Smash Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

First make the Big Mac-inspired sauce. In a small bowl, combine 1 tablespoon (25g) of light mayonnaise, 1 teaspoon (10g) of yellow mustard, 1/4 teaspoon of white vinegar, a chopped pickle gherkin, 1/2 teaspoon of paprika, 1/4 teaspoon of onion powder, a pinch of salt, 1/4 teaspoon of garlic powder, 1/2 teaspoon of white sugar, and 1 teaspoon of grated white onion. Mix well to combine.

Start by seasoning the beef mince with salt and pepper to taste.

Lay out the 8-inch wraps on a flat surface. Evenly distribute and pat the seasoned beef mince flat onto each wrap.

Wipe the skillet clean and heat it over medium heat. Cook the quesadilla for about 2-3 minutes on each side, or until the tortilla is golden and the cheese has melted.

Heat a non-stick frying pan over medium-high heat. Carefully place each taco, beef side down, into the pan. Cook until the beef is well browned, then flip the taco to heat the other side.

After flipping the tacos, immediately lay the cheese slices on the cooked beef.

Cook for 1 more minute and remove the taco from the pan. Top the cheesy beef with some pickle slices and lettuce, then generously spread the prepared sauce over the top.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
mustard.



KCAL
597

PRO
45.7g

CARB
54.4g

FAT
21.6g

FIBER
3.1g

Per serving

Buffalo Chicken Burger

High Protein

Med Carb

The Fitness Lab

An epic creation of hot, air fried crispy chicken on a soft brioche bun.



Prep: 5 min

Cook: 18 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 breasts

Brioche Buns 2

Egg 2

Cornflakes 50g or 1.7 oz

Provolone Cheese 2 slices

Low Fat Mayonnaise 2 tbsp

Hot Sauce 4 tbsp

Plain Flour 1 tbsp

Carrot 1/4 of a small carrot

Dijon Mustard 1 tsp

Lemon Juice yield of 1 wedge

Paprika 1 tsp

Cayenne Pepper 1/4 tsp

Red Cabbage 1 tbsp, grated

White Cabbage 1 tbsp, grated

Buffalo Chicken Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

First, create the dipping stations. In one bowl add the flour and seasonings, and mix until well combined. In the second bowl, whisk together the egg and 1 tbsp of hot sauce. In the third, add the corn flakes crushed.

First dip the breasts in the flour mixture, ensuring the entire breast is coated. Next, dip it in the wet mixture before finally dipping it in the cornflakes. Place the coated breasts on a tray and cook in the air fryer for 18 minutes at 180 degrees celsius.

As the chicken cooks, prepare the slaw. In a bowl add the light mayo, tsp of mustard, lemon juice, a tbsp of grated purple cabbage, a tbsp of white cabbage, and a tbsp of grated carrot. Mix well.

With 3 minutes until the chicken is cooked, heat up the buns.

As they heat up, add 3 tbsp of hot sauce of a shallow pan on low heat. Once the chicken is cooked, dip them and flip them in the sauce. Top with a slice of cheese and broil for 1 minute. Serve with some slaw on top.



@Coach Joe
Fitness Coach

Allergen Information
Contains soybean, eggs,
sulphites, gluten.



KCAL
330.9

PRO
44.4g

CARB
21.8g

FAT
7.5g

FIBER
2.2g

Per serving

Buffalo Chicken Burritos

High Protein

Med Carb

The Fitness Lab

Combining low-fat cottage cheese and mozzarella with a spicy buffalo sauce, this recipe offers a tantalizing mix of tastes that satisfy your cravings while keeping things light. Each burrito is a great source of lean protein from chicken breast, making them an excellent choice for post-workout recovery or a nutritious meal on-the-go.



Prep: 15 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)

Cottage Cheese 220g or 7.7oz, 0% fat

Mozzarella 100g or 3.5oz, ½ fat

Tortilla Wrap 4, small

Hot Sauce 60g or 2.1 oz

Light Cream Cheese 50g or 1.7oz

Fresh Chives 2 tbsp

Paprika 1 tsp

Ground Thyme 1 tsp

Ground Oregano 1 tsp

Buffalo Chicken Burritos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a mixing bowl, combine cottage cheese, buffalo sauce, cream cheese, oregano, thyme, paprika, and mozzarella. Use a hand blender to mix until smooth.

Stir in the fresh chives into the cheese mixture.

If not already done, cook the chicken strips as desired (grilled, baked, or pan-fried work well). Let cool slightly, then add to the cheese mixture.

Lay out the tortillas and divide the chicken and cheese mixture evenly among them. Roll up tightly to form burritos.

If you prefer a warm burrito, quickly grill on a hot pan or press in a panini maker until the outside is crispy and golden. Wrap in cling film and store in the fridge for up to 5 days and longer in the freezer.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat.



Chilli Cheese Loaded Fries

High Protein

Med Carb

The Fitness Lab

Experience the perfect blend of crunch, zest, and cheesy comfort with these chili cheese loaded fries. Air-fried potatoes provide a healthier, crispier base, elevated with a sprinkling of salt and a touch of olive oil. A savory, aromatic beef mince cooked with a medley of spices like cumin, cinnamon, paprika, and chili powder crowns the fries.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 4

Potato 1kg or 35.2 oz

Lean Beef Mince 500g or 17.6 oz

Chopped Tomatoes ½ tin

Red Pepper 1 large

Cheddar Cheese 60g or 2.1oz, ½ fat

Low Fat Yogurt 4 tsp

Light Mayo 2 tbsp

Sriracha Sauce 2 tbsp

Spring Onion 1

Salt 1 tsp

Olive Oil 1 tsp

Red Chilli 1

Cumin 1 tsp

Paprika 1 tsp

Chilli Powder 1/2 tsp

Cinnamon ½ tsp

Chilli Cheese Loaded Fries

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Wash and cut the potatoes into thin fries

Preheat the air fryer to 200°C (or 400°F). Toss the potatoes with salt and olive oil, then place them in the air fryer. Cook for 15-20 minutes or until golden and crispy

While the fries are cooking, prepare the chili. Cook the beef mince in a pan over medium heat until browned. Add the cumin, cinnamon, paprika, chili powder, salt, and pepper. Mix well.

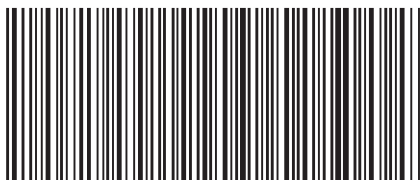
Stir in the chopped tomatoes and let it simmer until the tomatoes are cooked down and the mixture is thick.

In a small bowl, mix together the light mayo, sriracha, and ketchup to create the sauce

Once the fries are done, remove from the air fryer and place in a serving dish.

Top the fries with the chili beef, a generous amount of light cheddar, and drizzle with the sauce. The heat from the fries and chili should melt the cheese.

Garnish with chopped spring onions and red chili, and dollop over some low-fat yogurt before serving. Enjoy!



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, egg.



KCAL
399.6

PRO
32.4g

CARB
46.3g

FAT
9.4g

FIBER
3.8g

Per serving

Citrus Fire Chicken Burrito

High Protein

Med Carb

The Fitness Lab

A robust and vibrant taste experience, blending succulent chicken in a tangy lime, sriracha, and spice mixture. Its kick of heat is balanced by the creamy smoothness of low-fat cream cheese, all enhanced by the rich flavors of sweet corn and aromatic coriander.



Prep: 10 min

Cook: 20 min

Fresh: 5 days



Beginner



Makes 4

Chicken Breast 4 average
Tortilla Wrap 5 8 inch wraps
Basmati Rice 150g or 5.3 oz
Lime Juice 2 limes
Franks Hot Sauce 80g or 2.8 oz
Cream Cheese 60g or 2.1 oz
Sriracha Sauce 2 tbsp
Garlic 4 cloves

Cumin 1 tbsp
Paprika 1 tbsp
Olive Oil 1 tsp
Coriander Leaves 1 sprig
Sweetcorn 80g or 2.8 oz

Citrus Fire Chicken Burrito

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Begin by chopping the chicken into bite-sized pieces.

Combine the cloves of minced garlic, cumin, paprika, the lime juice, and sriracha in a bowl. Add the chopped chicken and mix well, ensuring each piece is evenly coated.

Heat 1 teaspoon of olive oil in a frying pan over medium-high heat. Once the oil is hot, add the marinated chicken. Cook until the chicken is browned and cooked through, stirring occasionally to prevent it from sticking to the pan.

While the chicken is cooking, prepare the basmati rice. Follow the instructions on the packaging for the best results.

When the chicken is cooked, add sweet corn, hot sauce, and low-fat cream cheese to the pan. Stir to combine and allow the cream cheese to melt and coat the chicken and corn.

Once the rice is cooked, add it to the chicken mixture. Mix well to ensure the rice is evenly distributed and coated with the sauce.

Lay out a tortilla on a flat surface. Spoon an appropriate amount of the chicken and rice mixture onto the center of the tortilla. Garnish with fresh coriander. Fold the tortilla to create your burrito, tucking in the sides as you roll.

Heat a clean pan over medium heat. Add the wrapped burrito and fry until golden brown on each side. This not only gives the tortilla a crispy texture but also helps to seal the burrito, making it easier to eat.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
may contain sulphites



KCAL
362.1

PRO
39.7g

CARB
31.4g

FAT
8.3g

FIBER
0.7g

Per serving

Crispy Chicken Bites

High Protein

Med Carb

The Fitness Lab

This recipe packs a punch of flavor, combining the protein-packed juicy chicken with a crispy exterior of seasoned breadcrumbs.



Prep: 5 min

Cook: 25 min

Fresh: 3 days



Beginner



Makes 3

Chicken 3 breasts, average size

Eggs 2

Panko Breadcrumbs 50g or 1.8oz

Garlic 3 cloves or 1/2 tsp powder

Paprika 1 tbsp

Dried Parsley 1 tsp

Sriracha Sauce 4 tbsp

Honey 2 tbsp

Dried Parsley 1 tbsp

Ketchup 1 tbsp

Light Mayonnaise 1 tbsp

Sriracha Sauce 1 tbsp

Crispy Chicken Bites

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

First, dice the chicken breasts and leave them to the side.

Next, to a bowl add the 2 eggs and lightly beat them using a fork.

In a separate bowl, add the breadcrumbs, garlic cloves (crushed or use powder), paprika, and dried parsley. Mix well.

Now it is time to coat the chicken. Begin by soaking the chicken in egg before transferring to the dry mix, coating the chicken fully. Place the coated chicken in the air fryer or on a roasting tray. Cook for 15 minutes at 180 degrees celsius

As the chicken cooks, prepare the sauces. First, in a mixing bowl, add the honey, sriracha, and tablespoon of dried parsley. Mix well and leave to the side. Next make the dipping sauce by combining a tbsp of ketchup, light mayonnaise, and sriracha hot sauce.

Once the chicken is cooked, toss the chicken bites in the sriracha honey sauce and place them back in the oven for another 10 to 15 minutes until crispy. Serve with some dipping sauce.



@Coach Joe
Fitness Coach

Allergen Information
Contains eggs, lactose,
mustard. May contain
sulphites.



Crispy Korean Chicken Tenders

High Protein

Med Carb

The Fitness Lab

This dish is a fusion of tender, protein-rich chicken with a spicy, sweet, and savory rub and sauce. Cornflakes add an irresistible crunch, while sesame seeds offer a hint of nuttiness. Fresh coriander lifts the flavor profile, creating a well-rounded, nutritious meal.



Prep: 10 min

Cook: 12 min

Fresh: 3 days



Beginner



Makes 9 tenders

Chicken Breast 4 average

Eggs 2

Cornflakes 80g or 2.8 oz

Gochujang 5 tsp

Soy Sauce 4 tbsps

Brown Sugar 30g

Garlic 3 cloves

Sesame Oil 1 tsp

Coriander Leaves 1 sprig

Sesame Seeds 1/2 tsp

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Paprika 1/4 tsp

Salt 2 pinch

Crispy Korean Chicken Tenders

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Cut the chicken into tenders

In a bowl, mix onion powder, garlic powder, gochujang paste, paprika, and salt to create the rub. Coat the chicken tenders in the rub and let marinate for at least 30 minutes if you can.

While the chicken is marinating, crush the cornflakes into a coarse texture. Beat the eggs in a separate bowl.

Once marinated, dip the chicken tenders in the egg, then roll them in the crushed cornflakes. Ensure they're thoroughly coated.

Preheat the air fryer to 180°C (or 350°F).

Place the chicken tenders in the air fryer and cook for 12-15 minutes or until golden brown and cooked through. Ensure they are not overlapping.

While the chicken is cooking, prepare the sauce. Heat the sesame oil in a pan, add finely minced garlic, soy sauce, gochujang, and brown sugar. Simmer until the sugar is dissolved.

Toss the cooked chicken tenders in the sauce until they're completely coated. Garnish with sesame seeds and fresh coriander before serving. Enjoy!



@Coach Joe
Fitness Coach

Allergen Information
Contains eggs, soybean,
sesame



Per serving

Five Guys-Inspired Burgers

High Protein

Med Carb

The Fitness Lab

Enjoy a healthier twist on a classic Five Guys burger with this "Fakeaway" recipe. It features lean beef patties topped with light cheese, all nestled in soft brioche buns. Complemented by a tangy, homemade sauce and crisp lettuce, these burgers offer a deliciously satisfying meal that's a bit lighter on calories but heavy on flavor.



Prep: 10 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 2

Lean Beef Mince 280g or 10oz

Light Cheese Slices 4

Brioche Buns 2

Salt 1 pinch

Black Pepper 5 twists

Shredded Lettuce handful

Light Mayo 1 tbsp

Ketchup 1 tbsp

American Style Mustard ½ tsp

Gherkin 1, grtated

Five Guys-Inspired Burgers

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Season the beef with salt and pepper. Divide the lean beef mince into four equal portions (70g/2.5oz each). Shape each portion into a thin patty.

Heat a grill or frying pan over medium-high heat. Once hot, add the beef patties and cook for about 3-4 minutes on each side or until they reach your desired level of doneness.

While the patties are cooking, prepare the sauce. In a small bowl, mix together the light mayo, ketchup, gherkin (grated) and mustard.

A couple of minutes before the patties are done, place a slice of light cheese on each patty to melt. Meanwhile, lightly toast the brioche buns in a toaster or on a skillet.

Assemble the burgers. On the bottom half of each bun, spread a generous amount of the prepared sauce. Add the cheese-topped beef patties, followed by shredded lettuce. Cap each burger with the top half of the brioche buns.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, eggs,
mustard



Irresistible Tuna Quesadillas

High Protein

Med Carb

The Fitness Lab

A yummy, crunchy tuna and corn quesadilla with creamy mayo, melted cheese, a kick of cayenne, and fresh chives for a bite that's simply delightful. Sandwiched between crisp tortillas, these quesadillas offer a satisfying crunch with every bite, making them irresistibly mouthwatering.



Prep: 5 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 2

Tinned Tuna 240g or 8.4 oz , drained

Sweetcorn 150g or 5.3 oz

Tortilla 2, wholewheat

Mayo, lighter than light 4 tbsp

Monterey Jack Cheese 60g or 2.1 oz

Red Onion ½ small

Chives 1 tbsp

Black Pepper 1 twist

Cayenne Pepper 1/4 tsp

Irresistible Tuna Quesadillas

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Begin by creating the flavorful filling: combine the flaky tuna with creamy mayo, aromatic chives, sweetcorn for a touch of sweetness, and a sprinkle of cayenne for a spicy kick. Fold in freshly ground black pepper and finely chopped red onion for an added layer of flavor.

Next, spread a generous portion of the tuna mixture onto one side of the tortilla, ensuring an even distribution. Sprinkle some shredded Monterey Jack cheese over the top, its mild flavor perfectly complements the spicy tuna.

Finally, fold the tortilla in half. Place it in the air fryer and cook for 10 minutes until the tortilla turns golden brown and crisp, and the cheese inside is melted and gooey.



@Coach Joe
Fitness Coach

Allergen Information
Contains fish, eggs.



KCAL
504.5

PRO
48.7g

CARB
55.3g

FAT
10.2g

FIBER
8.7g

Per serving

Pulled Chicken Quesadillas

High Protein

Med Carb

The Fitness Lab

A feast of flavors and textures. Tender chicken, seasoned with a spice blend of cumin, chili, cayenne, and paprika, is simmered with tomatoes and balsamic vinegar, then pulled for a satisfying bite. This spicy chicken is tucked into a crispy tortilla with melted light mozzarella and a dollop of cooling low-fat yogurt.



Prep: 10 min

Cook: 25 min

Fresh: 1 days



Beginner



Makes 2

Chopped Tomatoes 1 tin

Chicken Breast 2

Pineapple ½ small

Red Onion 2 small

Red Pepper 1 medium

Tortilla 2 wholemeal

Mozzarella 80g or 2.8 oz

Lime Juice 1 lime

Low Fat Plain Yogurt 2 tbsp

Garlic Cloves 2

Tomato Puree 1 tbsp

Balsamic Vinegar 1 tbsp

Cumin 1 tsp

Paprika 1 tsp

Cayenne Pepper 1/4 tsp

Pulled Chicken Quesadillas

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Begin by making your salsa. Finely dice the pineapple, red onion, red pepper and mix them together, adding a generous squeeze of lemon juice. Set this vibrant salsa aside for later.

For the chicken, start by butterflying the breasts. Lightly spray your pan with lowcalorie cooking spray and fry the chicken for about 5-10 minutes until it's nicely browned on both sides. Season with a pinch of salt and pepper, then remove from the pan and set aside.

In the same pan, sauté the onion, garlic, and spices, adding a splash of water to form a paste-like consistency. Add the chopped tomatoes and a bit more water, followed by the tomato paste. Season again with salt and pepper.

Allow the sauce to simmer for about 5 minutes, then reintroduce the chicken to the pan. Cover and let it all simmer together for another 15 minutes, or until the sauce has thickened.

Stir in the balsamic vinegar and continue to let the sauce reduce. Dip each wrap in the sauce to ensure it's fully coated. Set these aside once they're well-covered.

Remove the chicken from the pan and shred it into bite-sized pieces.

To serve, top the sauce-coated wrap with the shredded chicken, a dollop of yogurt, and a spoonful of the tangy, homemade salsa and some mozzarella. Place in the air fryer for 5 minutes at 190 and then serve with extra salsa on the side.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, gluten,
sulphites.



KCAL
546.7

PRO
53.7g

CARB
49.2g

FAT
15.1g

FIBER
2.5g

Per serving

Harissa Honey Fish Tacos

High Protein

Med Carb

The Fitness Lab

Elevate your taco night with a delightful blend of sweet and spicy flavors that perfectly complement the delicate white fish. Ideal for a light yet satisfying meal, this recipe features a vibrant slaw and a robust marinade that transforms simple ingredients into a feast for the senses.



Prep: 10 min

Cook: 20 min

Fresh: 1 days



Beginner



Makes 2

Cod Fillet 4

Soft Shell Taco 4

Avocado 1 small

Cabbage 100g or 3.5oz

Lime Juice 1 lime

Greek Yoghurt 40g or 1.4oz

Feta Cheese 20g or 0.7oz

Jalapeños 2 tbsp, chopped

Paprika ½ tsp

Jalapeño Brine 2 tbsp

Honey 2 tsp

Tomato Puree 1 tbsp

Harissa Paste 1 tsp

American Style Mustard 1 tsp

Spring Onion 1

Garlic Power 1 tsp

Cumin 1/2 tsp

Harissa Honey Fish Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Prepare the fish by patting it dry, seasoning with salt and pepper, and lightly dusting with flour. Thoroughly coat the fillets in the marinade mixture (1 tsp honey, harissa, paprika, cumin, tomato puree and garlic) and refrigerate for at least 15 minutes.

For the slaw, blend the yogurt, honey, jalapeño brine, jalapeños, spring onion, garlic, lime juice and zest, and mustard with a pinch of salt until smooth. Adjust seasoning as desired for more heat. Toss the dressing with the shredded cabbage and set aside to marinate.

Cook the fish in a preheated oven or air fryer at 205°C (400°F) fan for about 8-10 minutes, or until flaky and lightly golden. Optional: Finish under the grill for a charred effect.

Char the tacos on an open flame or a hot pan for added texture and flavor. Assemble the tacos with layers of fresh avocado slices, flaked fish, a generous helping of slaw, and a sprinkle of crumbled feta. Drizzle with extra lime juice if desired.



@Coach Joe
Fitness Coach

Allergen Information

Contains lactose, fish, sulphites, wheat, mustard.



Honey Salmon Sriracha Burger

High Protein

Med Carb

The Fitness Lab

Experience the unique blend of flavors, featuring a tender, spiced salmon patty on a soft brioche bun, complemented by a zesty, crisp slaw and a sweet and spicy glaze. This gourmet burger delivers an extraordinary taste experience, merging the richness of salmon with the kick of sriracha and the sweetness of honey.



Prep: 10 min

Cook: 16 min

Fresh: 3 days



Beginner



Makes 2

Salmon Fillet 2, average

Brioche Bun 2

Lime Juice 1 lime

Avocado ½ small

Egg 1

Red Cabbage 50g or 1.7oz

Carrots 30g or 1oz

Breadcrumbs 20g or 0.7oz

Red Onion 1/2, small

Ginger Dill & Parsley 1 tsp chopped of each

Honey 1 tsp

Garlic 1, clove

Mint 1 tbsp, chopped

Soy Sauce 1 tsp

Sriracha 1 tsp

Coriander 1 tbsp, chopped

Olive Oil 1 tsp

Black Pepper 5 twists

Honey Salmon Sriracha Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Mix the salmon, red onion, dill, parsley, garlic, lemon zest, breadcrumbs, egg, smoked paprika, garlic powder, ginger, salt, and pepper in a bowl or food processor until combined. Shape into two patties.

Preheat the air fryer to 180°C (356°F). Place patties in the air fryer and cook for 5 minutes. Meanwhile, prepare the glaze by combining soy sauce, honey, and sriracha.

After the initial 5 minutes, brush the patties with the glaze, then continue cooking for another 5 minutes, or until the patties are cooked through and slightly caramelized.

While the patties are cooking, toss the red cabbage (chopped), carrots (grated), mint (chopped), coriander (chopped), lime juice, olive oil, salt, and pepper in a bowl.

If desired, toast the brioche buns. Spread the mashed avocado on the buns (optional), add the salmon patties, top with slaw, and close with the top bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains fish, egg, wheat



Per serving

Honey-BBQ Chicken Burger

High Protein

Med Carb

The Fitness Lab

Experience the delightful crunch of a cornflake-coated chicken breast, infused with BBQ flavors, complemented by the melt-in-the-mouth mozzarella and a hint of honey sweetness, all tucked into a soft brioche bun. This burger promises an ensemble of textures and flavors, from smoky to sweet, crispy to soft.



Prep: 10 min

Cook: 20 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 average

Brioche Buns 2

Cherry Tomato 4, single

Egg 1

BBQ Sauce 50g or 1.7 oz

Light Mozzarella 40g or 1.4 oz

Cornflakes 30g or 1 oz

Lettuce 2 leaves

Salt 1 pinch

Honey 1 tsp

BBQ Seasoning 1 tsp

Paprika 1 tsp

Black Pepper ½ tsp

Honey-BBQ Chicken Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Season the chicken breasts with paprika, salt, and pepper.

In a bowl, mix the crushed cornflakes and bbq seasoning. Dip each chicken breast into the beaten egg, ensuring even coverage, then press into the cornflake mixture, ensuring they're well-coated.

Add the chicken breasts to an air fryer and cook until golden brown.

In a small bowl, mix together the bbq sauce and honey.

Slice open the brioche buns. On the bottom half, place a layer of lettuce, followed by the cheesy chicken breast and a few halved cherry tomatoes. Top with the other half of the brioche bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains eggs, wheat,
lactose.



KCAL
334.4

PRO
45.1g

CARB
28.8g

FAT
4.2g

FIBER
1.4g

Per serving

Hot Honey Chicken Tenders

High Protein

Med Carb

The Fitness Lab

Unleash the sweet heat with these Hot Honey Chicken Tenders! Perfectly seasoned and crisped to perfection, these tenders offer a tantalizing blend of spices with a succulent, sweetly spiced glaze. Ideal for a weeknight dinner or a party snack, they're sure to satisfy your cravings for something crispy, sweet, and slightly spicy.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 3

Chicken Breast 4 (125g or 4.4oz per breast)

Cornflakes 70g or 2.5oz

Egg 1

Sweet Chilli Sauce 2 tbsp

Soy Sauce 2 tbsp

Honey 1 tsp

Cajun Seasoning 3 tsp

Paprika 1 tsp

Coriander Leaves 1 tbsp, chopped

Black Pepper ½ tsp

Chilli Flakes pinch

Hot Honey Chicken Tenders

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a bowl, mix the chicken strips with paprika, black pepper, and 2 tsp of Cajun spice until well-coated.

In a separate bowl, beat the eggs. In another bowl, mix the crushed cornflakes with additional Cajun spice.

Dip each seasoned chicken strip first into the beaten eggs, then roll them in the cornflake mixture until fully coated.

Preheat the air fryer to 200°C (392°F). Place the coated chicken in the air fryer basket in a single layer. Air fry for 13 minutes, flipping halfway through for even cooking.

Mix the sweet chilli sauce, honey, soy sauce, chilli flakes, and chopped coriander in a bowl. During the last 2 minutes of cooking, brush this mixture over the chicken tenders in the air fryer.

Continue to air fry for an additional 2 minutes to allow the glaze to caramelize slightly.



@Coach Joe
Fitness Coach

Allergen Information
Contains eggs, soy, wheat



Hot Honey Glazed Halloumi Gyros

High Protein

Med Carb

The Fitness Lab

The Hot Honey Glazed Halloumi Gyros combines salty halloumi with a sweet-spicy glaze, nestled in a warm flatbread. Its crisp lettuce, sweet-smoky vegetables, and tangy sauces create a tantalizing texture and flavor medley. Nutritious and proteinpacked, it offers a satisfying balance of carbs, protein, and vegetables.



Prep: 1 min

Cook: 8 min

Fresh: 1 days



Beginner



Makes 2

Halloumi 160g or 5.6 oz

Red Pepper 1 medium

Red Onion 1 small

Honey 2 tsp

S&P Seasoning 1 tbsp

Chilli Flakes ½ tsp

Paprika 1 tsp

Flatbreads 2

Sweet Chilli Sauce 1 tbsp

Peri Peri Mayo 2 tsp

Lettuce handful

Water 2 tsp

Hot Honey Glazed Halloumi Gyros

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Begin by slicing the halloumi cheese into even pieces.

In a bowl, combine the 2 tsp of honey, sweet chilli 1/2 tsp of chili flakes, 1 tsp of paprika, and 2 tsp of water. Stir these ingredients together until a consistent marinade forms.

Place the halloumi slices into the bowl with the marinade, ensuring each piece is well coated. Allow them to sit in the marinade for a few minutes for maximum flavor absorption.

Heat a frying pan over medium heat, and cook the marinated halloumi slices until they are golden brown on both sides. Once cooked, set them aside.

In the separate pan, add the sliced red onion and red pepper. Fry them until they become soft and slightly caramelized. This should enhance their natural sweetness.

Sprinkle the 2 tbsp of S&P seasoning over the softened onion and pepper mixture, stirring well to evenly distribute the seasoning.

To assemble your gyros, lay out the flatbreads and spread a layer of lettuce over each. Place the seasoned onions and peppers over the lettuce, followed by the honey-glazed halloumi.

Drizzle peri mayo over each gyro for a tantalizing finishing touch.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, may
contain sulphites



KCAL
463.5

PRO
44.7g

CARB
24.9g

FAT
20.7g

FIBER
1.5g

Per serving

Hot Honey Halloumi and Chicken Tacos

High Protein

Med Carb

The Fitness Lab

A perfect blend of sweet, spicy, and savory elements wrapped in a soft tortilla. Each taco is packed with protein-rich chicken and halloumi, drizzled with hot honey for a touch of sweetness and heat, complemented by creamy avocado and the tang of pomegranate seeds.



Prep: 15 min

Cook: 10 min

Fresh: 2 days



Beginner



Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)

Avocado 2 small

Halloumi Cheese 160g or 5.6oz

Tortilla Wrap 4

Rocket 2 handfuls

Harissa Paste 3 tsp

Low Fat Yoghurt 4 tsp

Pomegranate 4 tbsp

Honey 2 tsp

Fresh Mint 2 tbsp, chopped

Chilli Flakes ½ tsp

Hot Honey Halloumi and Chicken Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a small bowl, mix harissa, honey, and chilli flakes. Set aside for later use.

Heat a skillet over medium-high heat. Add the chicken strips and cook until they start to brown. Pour the hot honey sauce over the chicken and continue to cook until the chicken is thoroughly coated and cooked through. Add the halloumi strips to the same pan, allowing them to soak up some of the sauce and cook until golden and crispy, about 2-3 minutes per side.

Warm the tortillas in a dry pan or microwave. Layer each tortilla with rocket, sliced avocado, cooked chicken, and halloumi strips. Drizzle any remaining hot honey sauce from the pan over the fillings. Sprinkle pomegranate seeds and chopped mint on top. Serve each taco with a dollop of yogurt.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat



Per serving

Korean Chicken Burger

High Protein

Med Carb

The Fitness Lab

Savor the flavors of Korea with this delicious Korean Chicken Burger. Spicy, sweet, and bursting with flavor, this burger combines crispy, air-fried chicken with a tangy gochujang sauce and a creamy kimchi or kewpie mayo, all nestled in a soft, lightly toasted brioche bun. Add sliced gherkins for an extra crunch and a burst of tanginess.



Prep: 10 min

Cook: 16 min

Fresh: 3 days



Beginner



Makes 2

Chicken Breast 2, 125g or 4.4oz

Brioche Bun 2

Gherkins 2

Lime Juice 1 lime

Egg 1

Red Cabbage 50g or 1.7oz

Carrots 30g or 1oz

Cornflakes 30g or 1oz

Light Mayonnaise 1 tsp

Gochujang 1 tsp

Sesame Oil 1 tsp

Garlic 1, clove

Brown Sugar 1 tsp

Soy Sauce 2 tsp

Paprika 1 tsp

Chilli Powder & Black Pepper 1/2 tsp each

Olive Oil 1 tsp

Ginger 1/4 tsp

Korean Chicken Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Season the chicken breasts with garlic granules, salt, black pepper, paprika, and chili powder. Dip each breast in the beaten egg and then coat thoroughly with crushed cornflakes.

Preheat your air fryer to 200°C (392°F). Place the coated chicken breasts in the air fryer basket and spray lightly with oil. Cook for 15 minutes, flipping halfway through.

Heat the sesame oil in a pan over low heat. Add minced garlic and ginger, and sauté until fragrant. Stir in the gochujang paste, brown sugar, and soy sauce. Simmer for a few minutes, then remove from the heat.

Brush or dip the cooked chicken in the prepared sauce, making sure all sides are covered. Toast the brioche buns and spread a dollop of kimchi or kewpie mayo on the bottom half of each bun. Place the sauced chicken on top, add sliced gherkins and slaw if using, and top with the other half of the bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains fish, egg, wheat,
soy, sulphites.



KCAL
474.6

PRO
42g

CARB
48g

FAT
12.6g

FIBER
4.8g

Per serving

Lean Big Mac Burger

High Protein

Med Carb

The Fitness Lab

Savor the flavors of flatbreads, where spicy, marinated chicken meets the sweet and tangy goodness of BBQ sauce, all nestled atop a crispy flatbread. Topped with melted mozzarella, fresh bell pepper, and red onion, and garnished with vibrant coriander, each bite offers a delightful mix of textures and flavors. Perfect for a quick dinner.



Prep: 10 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 1

Beef Mince 120g or 4.2 oz, 5% fat

Seeded Bun 1

Cheese Slices 2

Salt 2 pinches

Lettuce 2 handful

Light Mayonnaise 1 tsp

Pickle 1

Tomato Ketchup 1 tsp, reduced sugar

American Style Mustard 1/2 tsp

Garlic Powder 1/4 tsp

Black Pepper 1/2 tsp

Lean Big Mac Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Start by seasoning the lean mince. In a bowl, mix the mince with garlic powder, salt, and pepper until well combined. Form into two equal-sized patties.

Preheat a non-stick pan over medium heat. Cook the patties for about 4-5 minutes on each side, or until they are fully cooked through and have a nice sear on the outside.

While the patties are cooking, prepare the sauce. In a small bowl, combine the reduced sugar ketchup, light mayonnaise, mustard, garlic powder, and grated pickle. Stir until the ingredients are well mixed.

To assemble the burger, start with the bottom bun. Spread a portion of the sauce over the bun, then add a layer of shredded lettuce. Place the first cooked patty on top of the lettuce, followed by a slice of light burger cheese.

Add the middle bun layer, and repeat the sauce, lettuce, second patty, and another slice of cheese. Top with the final bun, and press down gently to compact the burger slightly for easier eating.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
eggs, mustard, sulphites



KCAL
550.1

PRO
54.9g

CARB
41.5g

FAT
18g

FIBER
4.2g

Per serving

Lean Double Smash Burgers

High Protein

Med Carb

The Fitness Lab

This delicious smash burger recipe offers the perfect balance of juicy, lean beef, fresh veggies, and a mouthwatering burger sauce. Made with low-fat cheddar and served on soft brioche buns, these burgers are a healthier take on the classic, perfect for a guilt-free indulgence without sacrificing taste.



Prep: 10 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 2

Beef Mince 320g or 11.3oz, lean

Salad Tomato 1, medium

Brioche Burger Bun 2

Cheddar Cheese 4 slices, half-fat

White Onion 1, medium

Light Mayonnaise 1 tbsp

Ketchup 1 tbsp

Mustard 1 tsp

Lettuce 2 leaves

Paprika 1 tsp

Black Pepper 2 twist

Salt 1 pinch

Lean Double Smash Burgers

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

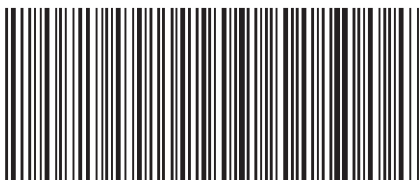
In a small bowl, mix together the light mayonnaise, ketchup, mustard, paprika, a pinch of salt, and black pepper. Stir well and set aside for later.

Divide the lean beef mince into 4 even portions. Roll each portion into a loose ball, season with salt and pepper, and set aside.

Heat a non-stick pan or skillet over medium-high heat. Once hot, place the beef balls onto the pan. Using a spatula, smash each beef ball down until thin and cook for 2-3 minutes on one side until crispy. Flip, add a slice of low-fat cheddar cheese to each patty, and cook for another 1-2 minutes until the cheese melts.

While the burgers are cooking, slice the white onion, tomato, and wash the lettuce. Toast the brioche buns in the same pan or on a griddle until lightly crispy.

Spread the burger sauce generously on both sides of the toasted brioche buns. Add a lettuce leaf, a slice of tomato, and some raw onions on the bottom half of each bun. Place the cheesy smash patty on top and finish with the top bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, eggs,
mustard



Loaded Nachos

High Protein

Med Carb

The Fitness Lab

Takeaways don't always need to be ordered. This loaded nachos variation is sure to be at least 1/2 the calories of a restaurant-based version. A good mixed meal, despite it being higher in fat content. If exercising, give yourself at least 3 hours post meal to avoid any stomach discomfort that may arise.



Prep: 10 min

Cook: 10 min

Fresh: 3 days



Beginner



Makes 4 portions

Mince 500g, lean

Onion 1, brown

Chopped Tomatoes 1 tin

Mozzarella 80g

Jalapeño 1

Olive Oil 1 tsp

Mixed Beans 1 tin, drained & rinsed

Tortilla Chips 40g per portion

Tortilla Chips 40g per portion

Garlic 3 cloves, crushed

Low Fat Yoghurt 20g per portion

Spice Mixture cumin (1 tsp), paprika (1 tsp), chilli flakes (pinch), salt, pepper.

Salsa Mixture plum tomato (4), olive oil (1/2 tsp), red onion (1/2), garlic clove (1), juice of 1 lime, jalapeño (1/2)

Guac Mixture (optional) avocado (1), red chilli (1), red onion (1/2), coriander (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

Loaded Nachos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

First, make the guac. To a bowl add 1/2 an onion (chopped), 1 red chili (deseeded & chopped), 1 avocado (cored and mashed), 1 tsp of coriander (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next, make the salsa. To a bowl add 4 plum tomatoes (chopped), 1/2 tsp olive oil, 1/2 a red onion (peeled and chopped), 2 garlic cloves (crushed), juice of 1 lime, a handful of coriander (chopped), pickled jalapeño (2 tbsp chopped).

Then add the mince to the pot and cook until brown. Once browned off, add the spice mixture and mix well before adding the chopped tomatoes. Cook for 5 more minutes. Finally, add the beans (drained and rinsed) and cook for 2 minutes.

As the beans are cooking, add 40g of nachos to each plate (if serving right away, if not add the nachos each time you eat separately). On the side of each plate add a tablespoon of guac, a tablespoon of low-fat yogurt, and two tablespoons of salsa.

Next, add the mince on top of the nachos and top with cheese (20 grams per portion). If you want, place the plate under the grill for the cheese to melt further.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, gluten,
eggs.



Per serving

Mixed Bean Quesadilla

High Protein

Med Carb

The Fitness Lab

A quick-fire Mexican dish that is bursting with flavors. If you need a quick meal then this is perfect. Packed with fiber and a moderate serving of protein, this meal is sure to keep you fuller for longer.



Prep: 5 min

Cook: 10 min

Fresh: 2 days



Beginner



Makes 2 portions

Mixed Beans 1 tin, drained and rinsed

Garlic 3 cloves, crushed

Olive Oil 1 tsp

Red Pepper 1, deseeded & chopped

Red Onion 1/2, peeled & chopped

Mozzarella 1.4 oz or 40g

Coriander sprig, fresh

Wholewheat wraps 2, large

Spice Mixture paprika (1/2 tsp), cumin (1/2 tsp), oregano (1/2 tsp), cayenne (1/4 tsp)

Guac Mixture (1 tbsp) avocado (1), red chilli (1), red onion (1/2), coriander (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

Mixed Bean Quesadilla

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

First, make the guac. To a bowl add 1/2 a red onion (chopped), 1 red chili (deseeded & chopped), 1 avocado (cored and mashed), 1 tsp of coriander (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next to a pan on low-medium heat add 1 tsp of olive oil, the other 1/2 of the red onion (chopped), 3 garlic cloves (crushed), and red pepper (deseeded and chopped). Cook for 3 minutes.

Add the spice mixture and then add the beans (drained and rinsed). Cook for another 3 to 5 minutes. Remove the bean mixture and add them to a bowl. Set the bowl to the side and clean the pan to be used immediately again.

Place a wrap on the pan (without oil), on low-medium heat. To one half of the wrap, layer in the bean mixture, 20 grams of cheese, and a tablespoon of guac. Cook for 2-4 minutes before closing over the wrap.

Remove the wrap and cut it in half. Repeat the process from step 5 to make the second portion.

Alternatively, you can add a wrap to the pan and cook it for 3 minutes. Then remove it and add another wrap. Cover it with the entire bean mixture, cheese, and 2 tablespoons of guac. Add the precooked wrap on top and then simply cut into quarters when you remove it (this can be a little messy).



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, gluten,
eggs, sulphites



KCAL
508.2

PRO
41g

CARB
60.4g

FAT
11.4g

FIBER
0.9g

Per serving

Seoul-Style Crispy Chicken Tacos

High Protein

Med Carb

The Fitness Lab

Perfectly crispy chicken is coated in a sweet and spicy Gochujang-based sauce, then nestled in soft mini tortillas with fresh lettuce and a zesty homemade mayo. Garnished with spring onions, these tacos offer a delicious fusion of Korean flavors with a fun Mexican twist, making them a must-try for any taco night!



Prep: 15 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2 portions

Chicken Breast 2 (125g or 4.4oz per breast)

Soft Shell Tacos 4 small or 2 medium

Eggs 1

Water 2 tbsp

Cornflour 25g or 0.9oz

Tomato Ketchup 2 tbsp

Light Mayonnaise 2 tbsp

Garlic Clove 2

Spring Onion 1

Sugar 1 tsp

Honey 1 tsp

Black Pepper 5 twists

Soy Sauce 1 tsp & 1 tbsp

Ginger 1 inch piece

Rice Vinegar 1/2 tsp

Gochujang 25g or 0.9oz

Seoul-Style Crispy Chicken Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a small bowl, mix together Gochujang paste, honey, soy sauce, ketchup, sugar, minced ginger, and water. Set aside some of this sauce mixture for the mayo.

Season the chicken pieces with minced garlic, black pepper, soy sauce, and rice vinegar. Dip the seasoned chicken into beaten egg white, then dredge in cornflour.

Spray the chicken with a low-calorie cooking spray. Air fry at 190°C (374°F) for 6 minutes on the crisp tray, flip, and cook for another 6 minutes.

Carefully remove the crisp tray and coat the chicken with most of the Gochujang sauce, reserving some for the mayo. Return to the air fryer and cook at 200°C (392°F) for an additional 2 minutes.

Mix the reserved Gochujang sauce with light mayonnaise and 2 tbsp water to create a flavorful mayo.

Lightly toast or char the tortillas over a flame. Place a bed of shredded lettuce on each tortilla, top with the crispy Gochujang chicken, drizzle with the spicy mayo, and garnish with spring onions.

Serve the tacos immediately, offering a blend of crunchy, spicy, and tangy flavors that are sure to delight.



@Coach Joe
Fitness Coach

Allergen Information
Contains wheat, lactose,
soy, mustard.



KCAL
461.5

PRO
36.5g

CARB
44.4g

FAT
14.9g

FIBER
3.1g

Per serving

Spicy Chicken Burger

High Protein

Med Carb

The Fitness Lab

Dive into a scrumptiously juicy chicken burger infused with spicy undertones, ensconced in soft brioche buns. The chicken patty, seasoned with hot sauce and coated with a spicy cornflake mixture, is complemented by a tangy mayo-hot sauce blend, making every bite an explosion of flavors.



Prep: 15 min

Cook: 15 min

Fresh: 2 days



Beginner



Makes 2

Chicken Mince 200g or 7 oz

Brioche Bun 1 buns

Chicken Eggs 1

Cheddar Cheese 40g or 1.4 oz , half fat

Cornflakes 30g or 1 oz

Plain Flour 1 tbsp

Mayonnaise 2 tbsp, lighter than light

Lettuce 2 leaves

Sriracha Sauce 1 tbsp

Paprika 2 tsp

Salt 1/4 tsp

Chilli Powder 1/2 tsp

Black Pepper 1/2 tsp

Spicy Chicken Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a mixing bowl, combine chicken mince, hot sauce, egg, and flour. Mix until the ingredients are well incorporated. Divide the mixture into two and shape each portion into a patty.

In another bowl, combine the crushed cornflakes, chilli powder, salt, pepper, garlic powder, and paprika. Mix well.

Dredge each chicken patty in the cornflake mixture, ensuring it's completely coated.

Preheat the air fryer to 180°C (350°F) for about 3 minutes. Place the coated patties in the air fryer basket in a single layer, ensuring they aren't touching. Air fry for about 15 minutes, flipping the patties halfway through, until they are golden brown and cooked through.

In a small bowl, mix together light mayo, hot sauce, and paprika.

Cut the brioche buns in half. Spread a generous amount of the prepared sauce on the bottom half of each bun. Place the cooked chicken patty over the sauce, followed by a slice of light cheese and a handful of shredded lettuce. Top with the other half of the bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
egg.



Spicy Chicken Quesadilla

High Protein

Med Carb

The Fitness Lab

Dive into a dish that packs a flavorful punch with every bite. These quesadillas are filled with perfectly seasoned chicken, a homemade spicy jalapeño mayo, and melted cheddar, all crisped up in a golden tortilla. Ideal for a quick lunch, dinner, or a satisfying snack, these quesadillas bring a zesty twist to your mealtime.



Prep: 5 min

Cook: 0 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2 (125g or 4.4oz per breast)

Tortilla 2, 8-inch wraps

Cheddar Cheese 50g or 1.7oz, half fat

Light Mayonnaise 40g or 1.4oz

Jalapeños (In Brine) 40g or 1.4oz

Olive Oil 1 tsp

Paprika ½ tsp

Garlic Powder ½ tsp

Cayenne Pepper ½ tsp

Jalapeños Brine 3 tbsp

Spicy Chicken Quesadilla

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Flatten the chicken breasts to ensure even cooking. Season them liberally with paprika, cayenne, onion powder, and garlic powder.

Heat olive oil in a pan over medium heat. Add the seasoned chicken breasts and cook until golden and thoroughly cooked, about 5-7 minutes per side. Once cooked, chop the chicken into small pieces.

In a bowl, combine the light mayonnaise, cheese, chopped jalapeños, jalapeño brine, and a dash of each spice (onion powder, garlic powder, chili powder, paprika, and salt). Mix well until all ingredients are incorporated.

Add the chopped chicken to the spicy mayo mixture and stir until the chicken is well coated.

Heat a non-stick skillet over medium heat. Place a tortilla in the skillet, spread half of the chicken and sauce mixture on one side of the tortilla, and fold the tortilla over to form a half-circle. Cook until the tortilla is golden and crispy, then flip to crisp the other side. Repeat with the second tortilla.

Cut each quesadilla into wedges and serve hot. Enjoy the melting cheese, spicy chicken, and the crunch of the toasted tortilla in each delicious bite.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
eggs, sulphites.



KCAL
473.8

PRO
63.7g

CARB
37.2g

FAT
7.6g

FIBER
1.3g

Per serving

Spicy McNuggets

High Protein

Med Carb

The Fitness Lab

Spicy McNuggets are a healthier twist on the classic McDonald's menu item. These low-fat, high-protein nuggets are made with lean chicken breast and a spicy coating that is sure to satisfy your craving for something hot and crispy.



Prep: 5 min

Cook: 0 min

Fresh: 1 days



Beginner



Makes 2 (20 nuggets)

Chicken Mince 500g or 17.6 oz

Egg 1

Sriracha 2 tbsp

Flour 1 heaped tsp

Paprika 2 tsp

Onion Powder 1 tsp

Cajun Spice 1 tsp

Corn Flakes 70g or 2.5 oz

Black Pepper 1 tsp

Spicy McNuggets

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

To a mixing bowl, add the mince, 1 egg, 1 heaped tsp of flour, 1 tsp of paprika, a tsp of cajun seasoning, a tsp of onion powder, black pepper, and the sriracha sauce. Mix until well combined.

Next, to make the breading, blend or crush 70 grams of cornflakes with a tsp of paprika.

Using golf ball-sized servings of the chicken mixture, make nugget-like shapes before coating each nugget on the cornflake mixture. Place the nuggets on a roasting tray and spray with 0 kcal oil. This can make up to 20 nuggets.

Cook the nuggets in the air fryer at 200 degrees for 15 to 18 minutes.



@Coach Joe
Fitness Coach

Allergen Information

Contains eggs, sulphites,
gluten, may contain
wheat, treenuts, peanuts



KCAL
467.6

PRO
29.2g

CARB
23.8g

FAT
29.4g

FIBRE
2.5g

Per serving

Summer Salmon Tacos

High Protein

Med Carb

The Fitness Lab

What does Summer taste like? Zesty, fresh with a tangy twist. These salmon tacos are a crowd-pleaser and tummy hugger. To make things easier, you can simply use store-bought soft-shell tacos or tortilla wraps. Pack with healthy fats, a high dose of protein and an abundance of vitamin C.



Prep: 10 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2 portions

Salmon 2 fillets

Cajun rub 1 tsp

Avocado ½

Mango 1 small

Lime juice yield, 2 limes

Spring Onion 2

Red Chilli 1

Basil 6 leaves

Greek Yoghurt 2 tsp

Cherry tomato 100g or 3.5 oz

Ballymaloe Relish 2 tsp

Olive Oil 0.5 tsp

Taco Shell 4 (40g or 1.4 oz self-raising flour, 4 tbsp water, 1 tsp olive oil)

Summer Salmon Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Season the salmon fillet with a sprinkle of salt and the cajun rub. Use a generous amount of the rub, 1/2 a tsp on each salad. Preheat the oven to 180 degrees.

In a bowl add the cherry tomatoes (in quarters), chili (finely chopped), basil leaves (chopped), mango (cubed), spring onion (chopped), and avocado (cubed). Then add a pinch of salt & the juice of 2 limes and mix well. The lime adds flavor and preserves the colour of the avocado. Leave to the side

Next in a mixing bowl add the self-raising flour, 4 tbsp of water, a pinch of salt, and 1/2 tsp of olive oil. Mix well, until all the flour is mixed. If it is too wet, add a little more flour

Flour a surface and knead the dough for 3 to 5 minutes. Then divide the dough into 4 even pieces. Then roll the dough until you get a thin flat taco.

Next, to a hot pan with 1/2 tsp olive oil, add the salmon fillets skin side down for 2 minutes. Then place them on a baking tray (use parchment so they do not stick) and place them in the oven for 15 minutes.

With 8 minutes remaining, on a medium heat pan, add a taco, cooking for 1-2 minutes on each side. Repeat until all four tacos are complete. There is no need for oil here. Just be careful not to burn the taco.

Assemble! Add 1/2 a tsp of greek yogurt and relish to each taco. Next spoon over some of the salsa and finish with the salmon. Drizzle Ballymaloe relish over the tacos before serving.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, gluten,
mustard. May contain
sulphites.



KCAL
457.2

PRO
42.4

CARB
50.5

FAT
9.7

FIBER
6.2

Per serving

Sweet Chilli Chicken Tacos

High Protein

Med Carb

The Fitness Lab

Juicy chicken tenders, coated in a crispy cornflake crust and seasoned with Cajun spices, are glazed with a sticky sweet chilli sauce and nestled in soft mini tortilla wraps. Fresh lettuce and diced cherry tomatoes add a refreshing crunch. An optional drizzle of low-fat yogurt adds a creamy contrast to the spicy and sweet flavors.



Prep: 15 min

Cook: 15 min

Fresh: 3 days



Beginner



Makes 2

Chicken Breast 2 (125g per breast)

Soft Tacos 4

Cherry Tomato 6 single

Egg 1

Sweet Chilli Sauce 3 tbsp

Black Pepper 5 twist

Cajun Seasoning 2 tbsp

Lettuce 2 handful, chopped

Honey 1 tsp

Salt 1 pinch

Sweet Chilli Chicken Tacos

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a small bowl, mix together the sweet chilli sauce and honey. Set this sticky glaze aside for later use.

Cut the chicken breasts into tenders, aiming for 3-4 pieces per breast. Season them with 2 tablespoons of the Cajun seasoning, along with a pinch of salt and pepper.

Place the cornflakes in a zip-lock bag and crush them into small pieces. Transfer to a bowl and mix in the remaining 2 teaspoons of Cajun seasoning for an extra flavor kick.

Whisk the egg in a separate bowl. Dip each chicken tender first into the whisked egg, ensuring it's fully coated, and then roll it in the seasoned cornflakes. Make sure each piece is well-covered.

Arrange the coated chicken tenders in the air fryer basket. Spray them lightly with a low-calorie cooking spray. Cook at 180°C (356°F) for 6 minutes. Flip the tenders, spray again, and cook for another 6 minutes or until the chicken is thoroughly cooked. In the last 2 minutes of cooking, brush the tenders with the prepared sweet chilli and honey glaze, allowing it to caramelize slightly.

Warm the mini tortilla wraps as per the package instructions. On each wrap, lay a bed of sliced lettuce and diced cherry tomatoes. Place the glazed chicken tenders on top of the salad bed. If desired, drizzle each taco with low-fat yogurt for a creamy finish. Serve immediately while the chicken is still warm and the tortillas soft.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat,
eggs



KCAL
549

PRO
38.4g

CARB
46.2g

FAT
23.3g

FIBER
9.4g

Per serving

Taco Crunch Wrap

High Protein

Med Carb

The Fitness Lab

Indulge in the delectable layers of the Taco Crunch Wrap. With a medley of flavors and textures - from spiced mince and tangy sauce to crispy Doritos and refreshing salsa, this wrap will leave you craving more.



Prep: 16 min

Cook: 20 min

Fresh: 3 days



Beginner



Makes 2

Lean Beef Mince 200g or 7 oz

Salad Tomato 1, medium

Tortilla 4, 2 large & 2 small

Lime Juice 1 lime

Cheddar Cheese 40g or 1.4 oz, half fat

Doritos 10 chips

Jalapeños 2 tbsp, sliced in brine

Red Onion 1/4 small

Olive Oil 1 tbsp

Red Chilli 1

Low Fat Yogurt 2 tbsp

Lettuce 2 leaves

Salt 1 pinch

Garlic 1 clove

Sriracha Sauce 1 tbsp

Coriander Leaves 1 tbsp

Spices 1 tsp cumin, paprika, oregano, 1/2 tsp chilli powder

Taco Crunch Wrap

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Cook the mince in a pan. Add paprika, cumin, salt, oregano, chili powder, and pepper to the mince and stir until well combined and aromatic.

In a small bowl, mix the low-fat yogurt and sriracha together until smooth.

In a separate bowl, combine the finely diced red onion, chopped coriander, diced chili, lime juice, diced tomato, minced garlic, and olive oil. Stir well.

Lay out the large wrap. Begin by spreading a layer of the yogurt-sriracha sauce. Follow with the seasoned mince. Next, spread the freshly made salsa. Crunch and spread the Doritos chips over the salsa, add slices of jalapeños, a couple of lettuce leaves, and then sprinkle the cheese on top. Place the smaller wrap on top and fold the edges of the large wrap over the small one, sealing everything in.

Preheat the air fryer. In a pan, briefly cook each side of the wrap until it's slightly golden and holds its shape. If needed, use toothpicks to ensure the wrap stays closed. Transfer to the air fryer and cook until it's golden and crispy.

Cut the wrap in half and serve immediately. Pair with some guacamole or extra salsa on the side for an even more delightful experience.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat



KCAL
445.2

PRO
49.5g

CARB
29.3g

FAT
14.3g

FIBER
1.9g

Per serving

Two-Cheese Protein Pizzas

High Protein

Med Carb

The Fitness Lab

Delight in creating your own mini Pizzas, featuring homemade dough that's astonishingly easy and quick to prepare. Topped with a richly seasoned tomato base, layered with succulent pepperoni, tender cooked chicken, and a harmonious mix of mozzarella and cheddar - all crowned with aromatic herbs.



Prep: 10 min

Cook: 15 min

Fresh: 1 days



Beginner



Makes 2

Chicken Breast 2, 125g or 4.4oz each

Greek Yoghurt 100g or 3.5oz, 0% fat

Self-Raising Flour 75g or 2.6 oz

Pepperoni 30g or 1oz

Cheddar Cheese 30g or 1oz, ½ fat

Mozzarella Cheese 30g or 1 oz, light

Fresh Basil 4 leaves

Tomato Puree 2 tbsp

Dried Basil ½ tsp

Ground Oregano ½ tsp

Black Pepper 3 twists

Salt pinch

Two-Cheese Protein Pizzas

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

In a bowl, combine the tomato purée with 1/2 teaspoons of dried oregano, basil, and season with salt and pepper. Stir well and set aside for the flavors to meld.

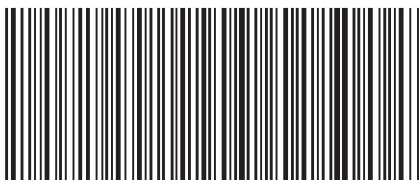
In another mixing bowl, blend the self-raising flour with the Greek yogurt. Stir until a dough forms. Turn out onto a lightly floured surface, divide the dough in half, and shape each portion into a ball.

Using a floured rolling pin, roll out each dough ball into a round pizza base, dusting with more flour as needed to prevent sticking. Leave a slight edge thicker around the circumference for the crust.

Evenly spread the sauce over each pizza base, leaving the crust exposed. Distribute the pepperoni and cooked chicken evenly on top, then sprinkle with additional oregano and the cheese mix.

Set the air fryer to 190°C (374°F) and cook the pizzas for 12-15 minutes, or until the crust is golden and the cheese is bubbly and melted. Check halfway through and rotate the pizzas if necessary for even cooking.

Once cooked, remove the pizzas from the air fryer and let them cool slightly on a wire rack. Garnish with fresh basil leaves before serving for a fresh, herby flavor.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, wheat.



Zinger Burger

High Protein

Med Carb

The Fitness Lab

Unleash a burst of fiery flavors! This burger features a crispy, seasoned chicken breast enveloped in a crunchy cornflake crust, offering a perfect balance of heat and texture. Paired with a tangy and peppery mayo sauce, fresh lettuce, and encased in a soft bun, it's a mouthwatering delight for spice enthusiasts.



Prep: 10 min

Cook: 15 min

Fresh: 1 days



Beginner



Makes 1

Chicken Breast 1 (125g or 4.4oz per breast)

Brioche Bun 1

Egg 1

Cornflakes 30g or 1 oz

Light Mayonnaise 1 tsp

Lemon Juice 1 lemon

Lettuce 1 leaf

Black Pepper 5 twists

Paprika 1 tsp

Chilli Powder ½ tsp

Cayenne Pepper ½ tsp

Zinger Burger

High Protein

Med Carb

Coach Joseph Ajulo
@Coach Joe

Method

Start by flattening the chicken breast to ensure even cooking. Season it with cayenne, white pepper, paprika, and chili powder.

Dip the seasoned chicken first in the beaten egg, then coat thoroughly with the crushed cornflakes.

Preheat your cooking device (oven, air fryer, or skillet). If using an oven or air fryer, cook at 200°C (390°F) for about 16-18 minutes until the chicken is crispy and fully cooked. If pan-frying, heat oil over medium heat and fry the chicken until golden brown and cooked through, approximately 10 minutes on each side

Toast the bun lightly. Spread the prepared mayo sauce on the bottom half, place the cooked chicken, add lettuce, and cap with the top bun.



@Coach Joe
Fitness Coach

Allergen Information
Contains lactose, eggs,
mustard, wheat.