



ADVANTAGE SPORTS UAE

www.advantagesportsuae.com



HEALTHY RECIPE BOOK

- AUGUST EDITION -



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**Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Hello!



Welcome to my monthly recipe book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!



Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

Get in touch



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Creamy nectarine smoothie



150ml unsweetened almond milk
(or use milk of your choice)

1 ripe nectarine, stone removed

50g frozen banana

25g vanilla flavour whey or rice
protein powder

1 tsp honey (optional)

50g plain yoghurt (use dairy free if
preferred)

1 tsp flaxseed or chia seeds

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

Consume immediately.

SERVES 1



PER SERVING:

362 Calories

42g Carbs

26g Protein

10g Fat

Cherry almond smoothie



180ml unsweetened almond milk
(or use milk of your choice)

60g frozen sweet cherries

50g frozen banana

25g vanilla flavour whey or rice
protein powder

2 tps almond butter or 10g almonds

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

Consume immediately.

SERVES 1



PER SERVING:
350 Calories
31g Carbs
25g Protein
14g Fat

Strawberry & coconut smoothie



100g fresh strawberries
60g Greek yoghurt (use dairy free if preferred)
150ml long life coconut drink or coconut water
25g vanilla flavour protein powder (optional)
½ tsp chia seeds
3-5 ice cubes

SERVES 1

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

Consume immediately.



PER SERVING:
287 Calories
18g Carbs
29g Protein
11g Fat

Apple oat bars



2 small ripe bananas
200g oats (use gluten free if preferred)
1 tsp ground cinnamon
1 sweet apple, cored and chopped finely
60g butter or coconut oil, melted
30g honey or maple syrup
60g raisins
30g dark chocolate (minimum 70% cocoa), cut into chunks

MAKES 8 BARS

Preheat oven to 180°C/350°F. Lightly grease the base and sides of a 15x15cm square tin with coconut oil. Line the base with baking paper.

Mash the bananas in a large bowl, until smooth.

Add the oats, cinnamon, apple, melted butter/oil and honey. Mix well until thoroughly combined.

Stir in the raisins and dark chocolate.

Transfer the mixture to the tin. Bake for 20-25 minutes, or until golden.

Cut into 8 bars.

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



PER BAR:
242 Calories
34g Carbs
4g Protein
10g Fat

Victoria sponge



60g butter, at room temperature

40g stevia (or use granulated sweetener of your choice)

4 eggs

80g Greek yoghurt (use dairy free if preferred)

1 tsp vanilla extract

50g honey

185ml milk of your choice

200g plain flour (use gluten free if preferred)

½ tsp baking powder

¼ tsp sea salt

70g strawberry jam (use a reduced sugar variety if preferred)

for the frosting:

150g cream cheese

45g butter

1 tsp honey

1 tsp vanilla extract

MAKES 10 SLICES



PER SLICE:

285 Calories

26g Carbs

7g Protein

17g Fat



Preheat oven to 170°C/350°F. Grease two 20cm cake tins and line the base with baking paper.

Place the stevia and butter in a large bowl. Using an electric hand mixer, blend well until smooth. Add the eggs, yoghurt, vanilla extract and honey and blend well. Add the milk, a little at a time, whilst blending.

Sieve the flour into a separate bowl. Stir in the baking powder and salt. Add the flour to the wet mixture and fold in gently using a spatula. Taste and add more sweetener if required.

Transfer the mixture to the tins. Bake for 25-35 minutes, or until golden. Insert a skewer into the centre of each cake. If it comes out clean, the cakes are cooked.

Allow to cool in the tins for 5 minutes, then transfer to a wire rack to cool completely.

Mix the frosting ingredients in a bowl until combined. Taste and add more sweetener or cream cheese, if required.

Spread the jam over the flat side of one the cakes. Add a layer of frosting (using just under half of the frosting). Top with the other cake, rounded side facing up. Top with the remaining frosting.

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

Coconut bliss energy balls



for the energy balls:

90g desiccated coconut
30g vanilla flavour whey or rice protein powder
50g ground almonds
30g oats (use gluten free if preferred)
40g coconut oil, melted
2 tbsps maple syrup or honey
2 tbsps unsweetened coconut milk
25g white chocolate (use a good quality Swiss chocolate), cut into small chunks (optional)

for the coating:

20g desiccated coconut

Place the energy ball ingredients into a high speed blender or food processor and blend until well combined. The mixture should be slightly sticky. Add more coconut milk if required.

Roll into 10 balls.

Sprinkle the desiccated coconut onto a plate. Roll each ball in the coconut.

Refrigerate for one hour then serve.

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

MAKES 10 ENERGY BALLS



PER BALL:
121 Calories
6g Carbs
4g Protein
9g Fat



Sweetcorn, spinach & chive muffins



a small amount of butter or coconut oil to grease tin

100g button mushrooms, finely chopped

100g tinned sweetcorn, drained
a small handful of fresh spinach leaves, finely chopped

100g vine-ripened tomatoes, chopped

a pinch of sea salt and ground black pepper

a pinch of ground cumin

5 eggs

2 egg whites

50g Cheddar cheese, grated
or Feta cheese, crumbled

1-2 tbsps fresh chives, finely chopped

MAKES 9 MUFFINS

Preheat oven to 180°C/350°F. Lightly grease 9 muffins tin compartments or prepare a large silicon muffin tin.

Place all of the ingredients in a large bowl and mix until combined.

Divide the mixture between the muffin tin compartments.

Bake for 20-25 minutes or until firm in the centre.

Allow to cool in the tin. Enjoy warm or cold.

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



PER MUFFIN:

77 Calories

2g Carbs

6g Protein

5g Fat

Breakfast roasted peppers with eggs



1 tbsp coconut oil
½ a medium-sized white onion,
finely chopped
1 garlic clove, minced
200g tinned chopped tomatoes
125ml cold water
½ tsp sea salt
½ tsp ground black pepper
½ tsp dried mixed herbs
4 bell-peppers, tops and cores
removed
50g Cheddar cheese, grated
(use dairy free if preferred)
4 eggs

SERVES 2



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

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

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

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

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

Using a hand blender, blend the sauce until smooth.

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

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

Consume immediately.



Mango & berry smoothie bowl



50g frozen mango chunks
100g frozen blueberries or mixed berries
25g vanilla flavour whey or rice protein powder
160ml unsweetened almond milk
for the toppings:
20g chia seeds
40g berries of your choice

Place the mango, berries, protein powder and 80ml milk in a blender and blend well until smooth.

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

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

Consume immediately.

SERVES 1



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

Tuna stuffed courgette boats



3 small courgettes, cut in half lengthways
2 tbsps coconut oil or ghee, melted
1 medium-sized white onion, diced
1 garlic clove, minced
½ tsp sea salt
½ tsp ground black pepper
1 tsp dried mixed herbs
100ml cold water
200g tinned chopped tomatoes
150g tinned tuna, drained
50g mature Cheddar cheese, grated
1 tbsp fresh parsley, finely chopped

SERVES 2

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

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

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

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

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

Bake for 25 minutes. Serve garnished with fresh parsley.

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



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



Chicken lentil soup



4 tbsps coconut oil, butter or ghee
1 large white onion, diced
3 garlic cloves, thinly sliced
2 medium-sized celery stalks, sliced
2 medium-sized carrots, sliced
½ tsp sea salt
½ tsp ground black pepper
2 tbsps tomato purée
2 litres vegetable stock (made with
1½ organic stock cubes)
80g green or red dried lentils, rinsed
and drained
1lb chicken breast or thigh fillet,
finely diced

SERVES 8

Heat the oil/ghee/butter in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the garlic, celery, carrots, salt and pepper. Cook over a medium/low heat for 8-10 minutes, stirring occasionally.

Add the tomato purée and stir. Add the vegetable stock and lentils. Increase heat and bring to a boil then reduce heat to simmer gently.

Add the chicken. Cover and cook for 45 minutes to 1 hour. Stir occasionally and add more stock during cooking time, if required. Serve.

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



PER SERVING:
264 Calories
14g Carbs
34g Protein
8g Fat



Baked chickpea fritters



400g tinned chickpeas, rinsed and drained

½ a red bell-pepper, diced

1 green chilli pepper, finely chopped

½ tsp garlic powder

50g fresh coriander, finely chopped

¼ tsp baking powder

¼ medium-sized red or white onion, finely chopped

1 tsp dried mixed herbs

¼ tsp sea salt

½ tsp ground black pepper

SERVES 2



Preheat oven to 180°C/350°C. Line a tray with baking paper.

Place the chickpeas and bell-pepper in a food processor. Pulse gently until roughly chopped, but do not over process. Transfer the mix into a large bowl.

Add the remaining ingredients and mix well.

Separate the mixture into 8 balls, then flatten them to around 1 inch thickness using the palm of your hand.

Place the fritters onto the baking tray. Bake for 10 minutes, then turn gently and bake for 10 minutes.

Allow the fritters to cool for 5 minutes. Carefully remove them from the tray and serve.

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

Serving suggestion:

Serve with salad and wraps.



PER SERVING:
249 Calories
36g Carbs
15g Protein
5g Fat

Dijon chicken wings



5lb chicken wings
1 tbsp olive oil
1 tbsp tomato purée
1 medium-sized white onion, finely sliced
2 garlic cloves, minced
½ tbsp mixed herbs
½ tbsp ground coriander
½tsp paprika
½ tsp ground black pepper
½ tsp sea salt
1 tbsp Dijon mustard
1 tsp honey
2 spring onions, finely sliced

SERVES 8

Line 2 baking trays with foil.

Place the chicken in a large bowl. Add the olive oil, tomato purée, onion, garlic, spices, mustard and honey.

Cover with cling film and marinate in the fridge for 1 hour.

Remove from the refrigerator and leave at room temperature for 10 minutes.

Meanwhile, preheat oven to 200°C/400°F.

Place the chicken wings onto the baking trays. Cover loosely with foil and bake for 30 minutes.

Remove the foil and cook for another 15-20 minutes, or until cooked.

Garnish with spring onions and serve.

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



PER SERVING:
643 Calories
4g Carbs
51g Protein
47g Fat



Lamb curry



2 medium-sized white onions, diced
4 garlic cloves, finely chopped
700ml cold water
2 tbsps ghee or coconut oil
1kg lamb leg, diced
400g tinned chopped tomatoes
½ tsp fennel seeds
1 tsp barahat or allspice
1 tsp ground coriander
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground black pepper
1 tsp sea salt
2 green chilli peppers, finely chopped

SERVES 5

Place the onions, garlic and 300ml cold water into a food processor and blend until smooth.

Pour into a large saucepan. Cover and simmer for 20 minutes.

Remove the lid and simmer for 5-10 minutes, or until the liquid has fully absorbed.

Melt the ghee/oil in the saucepan. Add the lamb. Fry gently, stirring to brown all over.

Add the tinned tomatoes, remaining cold water, fennel seeds, baharat, coriander, turmeric, salt, pepper and cumin. Simmer for 1 hour 20 minutes, stirring occasionally. Add more water during cooking time, if required.

Add the chilli peppers and serve.

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



PER SERVING:
469 Calories
11g Carbs
41g Protein
29g Fat



Vegetable bake



1 medium-sized broccoli head, cut into florets

5-10 ice cubes

2 tbsps coconut oil or ghee

1 large white onion, diced

3 garlic cloves, grated

1 courgette, diced

1 tsp allspice or barahat

1 tsp sea salt

½ tsp ground black pepper

1 tsp cayenne pepper

½ tbsp mixed herbs or Italian seasoning

3 ripe tomatoes, cut into quarters

100g mozzarella cheese, grated
(use dairy free cheese if preferred)

SERVES 4

Preheat oven to 180°C/350°F.

Bring a saucepan of water to the boil. Add a pinch of salt. Add the broccoli florets, and cook for two minutes. Place the florets in a colander and run gently in cold water, until cool.

Heat the ghee/oil in a frying pan over a medium heat. Add the onion and sauté for 3 minutes, or until soft and translucent.

Add the garlic, courgette, allspice, salt, black pepper, cayenne pepper and mixed herbs. Cook for around 6 minutes, stirring occasionally until al dente.

Add the tomatoes and broccoli florets and cook for two minutes, stirring occasionally.

Transfer the mixture to an ovenproof dish. Sprinkle on the mozzarella cheese. Bake for 20 minutes, or until golden brown. Serve.

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



PER SERVING:
371 Calories
16g Carbs
16g Protein
27g Fat

