



ADVANTAGE SPORTS UAE

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# HEALTHY RECIPE BOOK

- BONUS 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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# Chocolate berry smoothie



200ml unsweetened almond milk  
30g chocolate flavour whey or rice protein powder (optional)  
80g frozen banana  
50g frozen strawberries  
2 tps cocoa powder  
1 tbsp almond or peanut butter  
1 tbsp chia seeds or flaxseed  
5 ice cubes

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

*Consume immediately.*

**SERVES 1**



**PER SERVING:**  
444 Calories  
**32g Carbs**  
**34g Protein**  
**20g Fat**

# Mango, raspberry & lime smoothie



170ml unsweetened almond milk or  
longlife coconut drink

50g fresh or frozen mango, chopped

50g fresh or frozen raspberries

50ml coconut milk

juice of ½ a lime

25g vanilla flavour whey or rice

protein powder

1 tbsp unsweetened shredded coconut

5 ice cubes (optional – only required  
if using fresh fruit)

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

*Consume immediately.*

**SERVES 1**



PER SERVING:

268 Calories

**23g Carbs**

**24g Protein**

**9g Fat**



# Matcha mint smoothie



40ml coconut milk  
¼ tsp peppermint extract  
25g vanilla flavour whey or rice protein powder (optional)  
½-¾ tsp matcha green tea powder  
50g Greek yoghurt (use dairy free if preferred)  
200ml unsweetened almond milk (or use milk of your choice)  
40g fresh spinach leaves  
5 ice cubes (optional)  
**to decorate (optional):**  
a small sprig of fresh mint  
a sprinkle of cocoa nibs

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

*Consume immediately.*



**SERVES 1**



PER SERVING:  
310 Calories  
**10g Carbs**  
**27g Protein**  
**18g Fat**

# Banana choc chip bars



3 medium-sized bananas, mashed  
200g oats (use gluten free if preferred)  
120g almond, cashew or peanut butter  
30g banana or vanilla flavour whey or rice protein powder (optional)  
20g dark chocolate (minimum 75% cocoa), cut into small chunks

**MAKES 9 BARS**

Preheat oven to 180°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Mash the banana in a large bowl. Add the remaining ingredients, except for the chocolate, and stir until thoroughly combined.

Stir in the chocolate chunks. Transfer the mixture into the tin and press down evenly with a spoon.

Bake for 15-20 minutes, or until golden on the outside and firm in the centre.

Allow to cool then cut into 9 bars.

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



PER BAR:  
225 Calories  
**26g Carbs**  
**10g Protein**  
**9g Fat**



# Chocolate caramel bites



## for the caramel filling:

160g pitted Medjool or Deglet Nour dates

40g almond or cashew butter

1 tsp vanilla extract

40ml unsweetened almond milk

a small pinch of sea salt

## for the chocolate coating:

30g cocoa butter

1½ tbsps cocoa powder

1 tbsp maple syrup

a small pinch of sea salt (optional)

**MAKES 10 BITES**

Combine the caramel filling ingredients in a blender or food processor and blend for 3 minutes or until a smooth, buttery consistency is achieved.

Place in a container and freeze for 3 hours or until the mixture is firm. Roll into 10 small balls. Place back in the freezer.

Heat the cocoa butter in a small bowl over a saucepan half full with boiling water over a medium heat. Stir until completely melted. Remove the bowl carefully from the water using oven gloves.

Add the other ingredients to the cocoa butter and stir well. Leave to cool for 5 minutes.

Take the balls out of the freezer. Balancing them on a fork, dip them one at a time into the chocolate, ensuring they are completely covered. Allow any excess to drip off then place on a plate. Freeze until ready to serve. Allow 5 minutes to thaw before serving.

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



### PER BITE:

109 Calories

**15g Carbs**

**1g Protein**

**5g Fat**





# Oaty cookies



3 medium-sized ripe bananas  
200g oats (use gluten free if preferred)  
40g raisins  
a sprinkle of ground cinnamon  
1 tsp stevia (or use sweetener of your choice)  
30g dark chocolate (minimum 70% cocoa), cut into chunks  
25g hazelnuts

**MAKES 8 COOKIES**

Preheat oven to 170°C/350°F. Line an oven tray with baking paper.

Mash the banana in a large bowl.

Add the remaining ingredients and stir until well combined.

Divide the mixture into 8 pieces and roll into balls. Place onto the tray, leaving a small gap between each ball. Gently flatten until around 2cm thickness.

Bake for 15 minutes or until firm. Allow to cool on the tray.

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



PER COOKIE:  
198 Calories  
**31g Carbs**  
**5g Protein**  
**6g Fat**

# Breakfast bowl



2 eggs  
3 tsps coconut oil  
2 garlic cloves, peeled and minced  
50g closed cup or button mushrooms, sliced  
¼ tsp dried mixed herbs  
a small pinch of paprika  
¼ tsp allspice  
a small pinch of sea salt  
2 ripe salad tomatoes, cut into quarters  
80g fresh spinach leaves  
1 small white potato, peeled and cut into ½ inch thick cubes

**SERVES 2**



PER SERVING:  
224 Calories  
**19g Carbs**  
**10g Protein**  
**12g Fat**

Fill a small saucepan with water and bring to a boil. Reduce the heat to low / medium and add the eggs. Cook for 10 minutes. Transfer the eggs to a bowl using a slotted spoon and allow to cool. Set aside the saucepan of water for later. Peel and slice or chop the eggs. Season with the salt and paprika.

Heat 1 tsp coconut oil in a large frying pan over a medium heat. Add the garlic, mushrooms, mixed herbs, paprika, allspice and salt. Fry gently, stirring occasionally for 5 minutes, or until the mushrooms have softened. Add the tomatoes and spinach, and cook for 3 minutes, stirring occasionally.

Place the saucepan of water back over a high heat and bring to the boil. Add the potatoes and cook for 6-8 minutes or until fork tender. Drain well.

Heat the remaining oil in the frying pan and place over a medium heat. Add the potatoes and season with salt and pepper, if desired. Fry for 3 minutes, or until golden.

Arrange the eggs, vegetables and potato in two serving bowls.

*Consume immediately.*





# Salmon crustless quiche



1 tsp coconut oil, plus extra for greasing

1 small white onion, finely diced

100g fresh spinach or kale

a small pinch of dried mixed herbs

100g mushrooms, cut into ½ cm slices

4 eggs and 1 egg white, beaten

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

a small pinch of sea salt

a small pinch of ground black pepper

50g Cheddar cheese, grated (use dairy free if preferred)

150g smoked salmon

Preheat oven to 200°C/400°F. Lightly grease the base and sides of an ovenproof dish with coconut oil.

Melt the remaining oil in a large frying pan over a medium heat. Add the onion and sauté for 5 minutes, or until soft and translucent.

Add the spinach, mixed herbs and mushrooms. Cook for 3 minutes, or until the mushrooms have softened slightly. Turn off the heat and allow to cool for 5 minutes.

Put the eggs, milk, salt, black pepper and cheese in a large bowl. Stir well. Add the salmon and cooked vegetables and stir.

Pour into the baking dish. Bake for 35-40 minutes, or until firm in the centre.

Slice in half and serve.

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

**SERVES 2**



PER SERVING:  
500 Calories  
**12g Carbs**  
**41g Protein**  
**32g Fat**



# Strawberry & almond overnight oats



50g oats (use gluten free if preferred)  
120ml unsweetened almond milk (or use milk of your choice)  
30g Greek yoghurt (use dairy free if preferred)  
½ tsp vanilla extract  
60g frozen or fresh strawberries (if using fresh strawberries add them just before serving)  
1 tbsp chia seeds  
1 tsp honey or maple syrup  
**to serve:**  
1 tbsp flaked almonds

**SERVES 1**

Mix all of the ingredients in a sealable container. Stir well.

Cover and refrigerate overnight.

Transfer to a serving bowl and garnish with the flaked almonds. Serve.

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



PER SERVING:  
382 Calories  
**48g Carbs**  
**16g Protein**  
**14g Fat**



# Protein power bowl



300g (drained weight) tinned chickpeas, drained and rinsed  
2 tbsps olive oil  
sea salt and ground black pepper, to taste

1 tsp dried Italian seasoning  
300g chicken breasts  
2 tps dried oregano, finely chopped  
2 tps fresh basil, finely chopped  
1 tsp garlic powder

## **for the cucumber salad:**

250g cucumber, finely chopped  
½ a small red onion, finely chopped  
½ tsp garlic powder  
2 tps fresh lemon juice  
2 tps olive oil

## **for the tomato salad:**

4 cherry tomatoes, finely chopped  
5 fresh basil leaves, chopped  
sea salt, to taste

## **for the dressing:**

250g Greek yoghurt (use dairy free if preferred)  
250g cucumber, peeled and diced  
juice of ½ a lemon  
1 tbsp fresh oregano, chopped  
½ tsp garlic powder

Preheat oven to 220°C/440°F. Line a large oven tray with foil. Prepare a medium grill and line a grill tray with foil.

Place the chickpeas, 1 tbsp olive oil, salt, pepper and Italian seasoning in a bowl and mix well. Arrange in a single layer onto the oven tray and bake for 10-15 minutes, or until golden.

Place the remaining olive oil, oregano, basil and garlic powder in a bowl. Mix well and brush onto both sides of the chicken. Grill for 7 minutes on each side or until cooked throughout. Allow to rest for a couple of minutes before dicing.

Place the cucumber salad ingredients in a bowl and stir. Repeat this step with the tomato salad ingredients.

Place the dressing ingredients in a blender or food processor and blend until smooth.

Divide the chicken, chickpeas and salad between 3 serving bowls. Drizzle the dressing over the top and serve.

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

## **SERVES 3**

PER SERVING:  
429 Calories  
**26g Carbs**  
**34g Protein**  
**21g Fat**



# Egg salad



- 4 eggs
- 1 romaine lettuce head
- 2 spring onions, finely sliced
- ¼ tsp paprika
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 tbsp fresh parsley, finely sliced
- for the mayonnaise:**
- 1 egg yolk
- 1 tsp Dijon mustard, at room temperature
- 1 tsp olive oil
- 2 tsp white vinegar

**SERVES 2**

Mix the egg yolk and mustard using an electric hand blender. Slowly add the oil whilst blending. Continue mixing until all of the oil has been combined.

Add the vinegar and mix briefly to combine. Cover and refrigerate. This will allow the mayonnaise to thicken.

Fill a saucepan with water and bring to a boil. Reduce the heat to medium / low. Add the eggs and cook for 10 minutes.

Remove the eggs from the hot water and allow to cool. Peel then chop the eggs then place into a bowl.

Arrange the lettuce leaves onto a large plate.

Stir the mayonnaise, mustard, spring onion, salt, pepper and paprika into the eggs. Spoon the eggs into the leaves. Garnish with parsley and serve.

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



PER SERVING:  
203 Calories  
**2g Carbs**  
**15g Protein**  
**15g Fat**





# Red lentil soup



1 tbsp coconut oil  
1 medium-sized white onion,  
peeled and coarsely grated  
2 celery stalks, diced  
½ tsp sea salt  
½ tsp ground black pepper  
1 tsp ground cumin  
3 garlic cloves, finely chopped  
150g red lentils (uncooked), rinsed  
1 litre vegetable stock (made with  
one organic stock cube)  
1 ripe salad tomato, diced  
3 tps lemon juice  
1 tbsp fresh parsley, finely chopped

**SERVES 4**

Heat the oil in a large saucepan over a medium heat. Add the onion and celery and sauté for 5 minutes, stirring occasionally.

Add the salt, pepper, cumin and garlic. Stir and fry for one minute.

Add the lentils, stock and tomato. Stir and bring to a boil. Reduce heat and simmer for 20 minutes.

Remove from the heat and add the lemon juice. Taste and add more seasoning if required.

Serve garnished with parsley.

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



PER SERVING:  
216 Calories  
**25g Carbs**  
**11g Protein**  
**8g Fat**

# Cinnamon chicken



1 tbsp coconut oil  
1 medium-sized red onion, diced  
2 garlic cloves, finely chopped  
2 chicken legs, skin on  
½ tsp allspice or baharat  
1 tsp paprika  
1 tsp ground cumin  
1 tsp sea salt  
1 tsp ground black pepper  
½ tsp ground cinnamon  
3 tbsps tomato purée  
800ml recently boiled water  
1 tbsp fresh parsley, chopped

**SERVES 2**

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4 minutes, stirring occasionally.

Add the garlic and fry for one minute, stirring occasionally.

Add the chicken legs and brown for 5 minutes, stirring occasionally.

Add the allspice, paprika, cumin, salt, black pepper, cinnamon and tomato purée and stir well. Add the water and bring to a boil.

Cover and simmer for one hour, or until the water has reduced. Stir well and add more water if required during cooking time.

Plate up the chicken either with or without the fried onions in garlic. Serve garnished with parsley.

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

**Serving suggestion:**

Serve with a mixed salad



PER SERVING:  
366 Calories  
**14g Carbs**  
**28g Protein**  
**22g Fat**



# Beef & lentil stew



1 tbsp olive oil  
1 large white onion, chopped  
250g celery, chopped  
3 medium-sized carrots, chopped  
3 garlic cloves, chopped  
1kg beef, cubed  
1 litre vegetable stock (made with one organic stock cube)  
2 bay leaves  
½ tsp cayenne pepper  
1 tbsp mixed herbs  
sea salt, to taste  
ground black pepper, to taste  
400g tomatoes (canned or diced)  
150g green lentils (uncooked), rinsed

**SERVES 8**

Heat the oil in a large saucepan over a medium heat. Add the onion, carrots and celery and sauté for 5 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry for one minute, stirring occasionally.

Add the beef and fry for 8 minutes, stirring occasionally to ensure all sides are browned.

Add the stock, bay leaves, herbs and spices, tomatoes and lentils.

Bring to the boil then reduce the heat to simmer. Cover and cook for one hour. Serve.

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

## Serving suggestion:

Serve with a mixed salad or steamed vegetables of your choice



PER SERVING:  
279 Calories  
**15g Carbs**  
**30g Protein**  
**11g Fat**



# Chicken & vegetable pizza



9g instant yeast  
1 tsp honey  
420g all purpose flour (use gluten free if preferred)  
2½ tps xanthan gum  
½ tsp sea salt  
70ml olive oil  
250ml cold water  
1 tbsp olive oil  
100g cooked chicken breast, diced  
1 tbsp tomato purée  
60g mozzarella cheese, grated  
1 bell pepper (any colour), chopped  
100g button mushrooms, chopped  
2 tps dried mixed herbs  
½ tsp ground black pepper  
½ tsp sea salt  
50g pitted olives (any colour), sliced

**SERVES 4**

In a small bowl mix together the yeast and honey. In a separate large bowl mix the flour, xanthan gum and salt. Make a well in the centre. Pour 70ml olive oil, cold water and yeast mixture into the well. Mix well and knead for 5 minutes.

**PER SERVING:**  
480 Calories  
**78g Carbs**  
**24g Protein**  
**8g Fat**



Lightly grease the base of a baking tin. Transfer the dough into the tin. Cover with cling film and place a tea towel on top. Allow to sit for 1 hour in a warm environment. Refrigerate the dough for 20 minutes.

Preheat oven to 200°C/400°F. Lightly flour a clean surface and roll out the dough into a large circle, moving the dough occasionally so that it doesn't stick to the surface. Using your fingertips press in the dough, 1 inch from the edge to create a crust. Brush lightly with olive oil.

Place a frying pan over a medium heat and add 1 tbsp olive oil. Add the diced chicken breast, toss and cook for 2 minutes.

Bake the pizza dough for 3 minutes. Spread the tomato purée over the base. Add the remaining toppings. Bake for 5-10 minutes, or until browned. Cut into 4 pieces.

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

