



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com



HEALTHY RECIPE BOOK

- JANUARY 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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Thick berry & coconut smoothie



50ml unsweetened coconut milk
150ml unsweetened almond milk
50g frozen blueberries
50g ripe avocado
30g vanilla or coconut flavour
whey or rice protein powder
10g peanut or almond butter
5g desiccated coconut

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

Consume immediately.

SERVES 1



PER SERVING:
429 Calories
13g Carbs
29g Protein
29g Fat



SCAN TO MYFITNESSPAL

Peach crumble smoothie



200ml unsweetened almond milk
60g frozen banana

1 fresh peach (or use 100g tinned, drained)

15g oats (use gluten free if preferred)

25g vanilla flavour whey or rice protein powder

¼ tsp ground nutmeg

1 tsp ground cinnamon

5 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:
257 Calories
29g Carbs
24g Protein
5g Fat



SCAN TO MYFITNESSPAL

Almond spice smoothie



200ml unsweetened almond milk
2 tps almond butter
80g frozen banana
25g vanilla flavour whey or rice
protein powder
1 tsp ground cinnamon
½ tsp ground turmeric

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

Consume immediately.

SERVES 1



PER SERVING:
241 Calories
16g Carbs
24g Protein
9g Fat



SCAN TO MYFITNESSPAL

Caramel apple muffins



1 tbsp coconut oil, to grease tin
3 apples, cored and cut into quarters
50g buckwheat flour or plain flour
(use gluten free if preferred)
150g ground almonds
30g vanilla flavour whey or rice
protein powder
1 tbsp coconut oil, melted
45ml unsweetened almond milk
½ tsp ground cinnamon
2 tps maple syrup
1 egg

for the topping:

100g pitted dates
60g peanut butter (or use nut butter
of your choice)
60ml unsweetened almond milk
1 tbsp coconut oil, melted

to serve:

2 tps finely chopped walnuts

Preheat oven to 180°C/350°F. Lightly
grease 8 muffin tin compartments with
coconut oil, or prepare a silicon muffin tray.

Place the apples in a food processor and
blend well for around 2 minutes, or until
puréed.

Sift the flour into a large bowl. Add the
ground almonds and protein powder and
stir gently. Fold in the remaining
ingredients.

Spoon into the muffin compartments and
bake for 20-25 minutes. Allow to cool in
the tin.

Place the topping ingredients into a
blender or food processor. Blend well until
smooth. Spread or pipe the topping over
the top of each muffin. Serve topped with
walnuts.

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

MAKES 8 MUFFINS



PER MUFFIN:
312 Calories
21g Carbs
12g Protein
20g Fat



Buckwheat rocky road balls



75g buckwheat groats
35g oats (use gluten free if preferred)
4 tbsps coconut oil
60g ground almonds
1 tbsp maple syrup
50g peanut butter (or use nut butter of your choice)
1 tsp cocoa powder
60g pitted Medjool or deglet nour dates
40g dark, white or milk chocolate chips
30g dried cranberries, cherries or raisins

Preheat oven to 180°C/350°F. Spread the groats evenly onto a baking tray. Bake for 10 minutes, then leave to cool.

Place the oats in a blender or food processor. Blend well until finely ground.

Add the coconut oil, ground almonds, maple syrup, peanut butter, cocoa powder and dates and blend well to form a paste. Stir in the chocolate and cranberries.

Roll into 14 balls.

Refrigerate for 30 minutes or until firm.

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

MAKES 14 BALLS



PER BALL:
136 Calories
13g Carbs
3g Protein
8g Fat



SCAN TO MYFITNESSPAL

Banana & ginger cupcakes



2 tbsps coconut oil, melted
50g butter, melted
2 tps vanilla essence
1 egg
1 tbsp unsweetened almond milk
2 large ripe bananas, mashed
125g plain flour (use gluten free if preferred)
½ tsp baking powder
1 heaped tsp ground ginger
1 heaped tsp ground cinnamon
25g sultanas

MAKES 8 CUPCAKES

Preheat oven to 180°C/350°F. Grease 8 compartments of a cupcake or muffin tin with coconut oil, or prepare a silicon muffin tray.

Place the wet ingredients in a bowl and mix well.

Sift the flour into a separate bowl. Add the remaining dry ingredients, except for the sultanas. Stir gently.

Add the wet mixture to the dry mixture and fold in gently with a spatula, until thoroughly combined. Stir in the sultanas.

Bake for 20-25 minutes, or until the cupcakes spring back lightly to the touch. Allow to cool in the tin.

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



PER CUPCAKE:
169 Calories
19g Carbs
3g Protein
9g Fat



SCAN TO MYFITNESSPAL

Baked banana oats



100g banana
100g oats (use gluten free if preferred)
150ml unsweetened almond milk
¼ tsp ground cinnamon
¼ tsp ground nutmeg
1 tbsp flaked almonds

SERVES 2

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

Slice the banana lengthways and place one half in a large bowl. Mash well.

Add the oats, milk, cinnamon and nutmeg and mix well to combine. Mash together.

Pour the mixture into the dish. Place the remaining banana on top.

Bake for 25 minutes.

Sprinkle over the flaked almonds. Serve.

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



PER SERVING:
263 Calories
42g Carbs
8g Protein
7g Fat



SCAN TO MYFITNESSPAL

Potato patties



350g white potatoes, peeled and chopped into quarters
1 egg, beaten
40g parmesan or pecorino cheese (use dairy free if preferred)
35g ground almonds
a small pinch of sea salt and ground black pepper
50g white onion, diced
4 tsp olive or coconut oil

SERVES 2

Place the potatoes in a saucepan and cover with recently boiled water. Bring to a boil then reduce heat to simmer. Cook for 15 minutes. Drain well.

Transfer the potatoes to a large bowl and mash well. Allow to cool for 5-10 minutes.

Add the egg, cheese, ground almonds, salt, black pepper and onion and stir well.

Heat 1 tsp oil in a frying pan over a medium heat. Add 3 tablespoons of the potato mixture. Using a spatula, flatten into a 3 inch circle.

Cook for approximately 4 minutes on each side, or until golden brown.

Repeat with the remaining oil and mixture. Serve.

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



PER SERVING:
463 Calories
39g Carbs
16g Protein
27g Fat



SCAN TO MYFITNESSPAL

Goats' cheese & mushroom muffins



3 tps coconut oil or olive oil
1 small white onion, chopped
70g button or closed-cup mushrooms, chopped
½ tsp dried oregano
a pinch of sea salt and ground black pepper
½ tsp garlic granules (optional)
50g soft goats' cheese, crumbled
6 eggs
2 egg whites
2 tbsps cow's milk or unsweetened almond milk

MAKES 8 MUFFINS

Preheat oven to 180°C/350°F. Lightly grease 8 compartments of a muffin tin, or prepare a silicon muffin tin.

Melt the oil in a frying pan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally until translucent.

Add the mushrooms and fry for 4-5 minutes, stirring occasionally until soft.

Remove pan from heat. Add the oregano, salt, pepper, garlic granules (if using) and cheese and stir until well combined.

Crack the eggs and whites into a jug. Add the milk and whisk well.

Add a spoonful of the mushroom mixture into each muffin tin compartment. Top with the egg mixture.

Bake for 15-20 minutes, or until the muffins are firm in the centre. Allow to cool in the tin for 5 minutes. Serve warm or cold.

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



PER MUFFIN:
99 Calories
2g Carbs
7g Protein
7g Fat



SCAN TO MYFITNESSPAL

Green lentil & pesto soup



2 tsps coconut oil
1 large red onion, finely diced
2 garlic cloves, finely chopped
600g chicken breast, diced
100g cherry tomatoes, left whole or halved
150g green beans, ends trimmed and cut into bite-sized pieces
300ml recently boiled water
300g tinned chopped tomatoes
400g tinned green lentils, drained
60g green pesto
a pinch of sea salt and ground black pepper, to taste
a handful of fresh basil, chopped (optional)

SERVES 4

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

Add the garlic and fry for 1 minute, stirring continuously.

Add the chicken and fry for 5 minutes, stirring to seal on all sides.

Add the cherry tomatoes and green beans. Fry for 2 minutes, stirring occasionally.

Add the water, tinned tomatoes, green lentils and pesto. Stir well and bring to a boil then reduce heat to simmer. Cover and cook for 10 minutes, stirring occasionally.

Season to taste. Serve garnished with fresh basil, if using.

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



PER SERVING:
441 Calories
18g Carbs
54g Protein
17g Fat



SCAN TO MYFITNESSPAL

Chicken satay soupy stew



2 tsps coconut oil
1 large red onion, sliced
1 small carrot, peeled and sliced
1 red bell-pepper, diced
1 inch piece fresh ginger, finely
chopped
2 garlic cloves, finely chopped
2 red or green chilli peppers, finely
chopped
700g chicken breast, diced
20g tomato purée
200g tinned chopped tomatoes
150ml recently boiled water
65g crunchy peanut butter
sea salt, to taste
lemon juice, to taste (optional)

SERVES 4

Melt the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally.

Add the carrot and bell-pepper and cook for 4 minutes, stirring occasionally.

Add the ginger, garlic and chilli peppers and fry for 1 minute, stirring continuously.

Add the chicken, tomato purée, tomatoes and water. Stir well and bring to a boil then reduce heat to simmer. Cover and cook for 10-15 minutes, or until the chicken is cooked. Add more water during cooking time, if required.

Add the peanut butter and salt. Taste and add more seasoning, if required. Stir in the lemon juice, if using. Serve.

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

Serving suggestion:

Serve on its own or on a bed of steamed rice.



PER SERVING:
449 Calories
15g Carbs
59g Protein
17g Fat



SCAN TO MYFITNESSPAL

Mexican bean & quinoa salad



1 tbsp olive oil
30g white onion, chopped
50g red bell-pepper, diced
2 garlic cloves, minced
180ml vegetable stock (made with one organic stock cube)
100g tinned chopped tomatoes
180g quinoa, rinsed with cold water
1 tsp paprika
1 tsp ground cumin
½ tsp sea salt
50g tinned sweetcorn, drained
150g tinned kidney beans, drained
2 tbsps fresh parsley, finely chopped

SERVES 3

Heat the oil in a large frying pan over a medium heat. Add the onion and bell-pepper and fry for 4 minutes, stirring occasionally until soft.

Add the garlic and fry for 1 minute, stirring occasionally.

Add the stock, tomatoes, quinoa, paprika, cumin and salt and stir well.

Bring to a boil then reduce heat to simmer gently. Cover and cook for 20 minutes, or until the liquid has absorbed.

Stir in the sweetcorn and kidney beans and cook for 2-3 minutes, to heat through.

Serve garnished with fresh parsley.

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



PER SERVING:
343 Calories
46g Carbs
15g Protein
11g Fat



Pan fried garlic & herb chicken



350g chicken breast, cut into large pieces

4-5 garlic cloves, finely chopped

1 heaped tsp dried mixed herbs

1 tsp sea salt

1 tsp ground black pepper

50g unsalted butter

a small bunch fresh parsley, chopped

SERVES 2

Place the chicken pieces onto a plate and pat gently with kitchen roll to remove excess moisture.

Transfer the chicken to a bowl. Add the garlic, mixed herbs, salt and pepper and stir well.

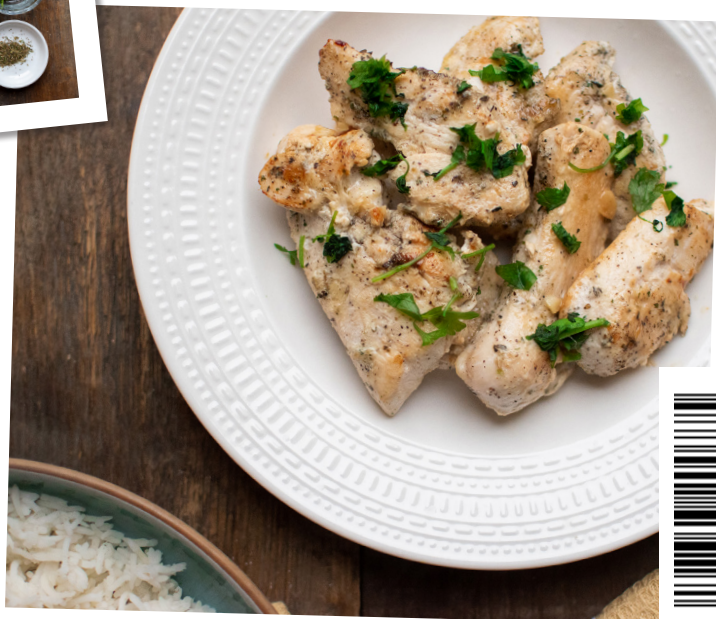
Melt the butter in a saucepan over a medium heat. Add the chicken and fry for 4 minutes on each side, or until golden brown.

Serve garnished with parsley.

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

Serving suggestion:

Serve on a bed of steamed rice.



PER SERVING:
495 Calories
7g Carbs
56g Protein
27g Fat



SCAN TO MYFITNESSPAL

Mexican meatballs



for the meatballs:

200g lean minced beef
15g pecorino cheese, grated (use dairy free if preferred)
3 garlic cloves, minced
½ tsp dried red chilli flakes
½ tsp sea salt
½ tsp ground black pepper
2 spring onions, finely chopped

for the sauce:

2 tsps olive oil
40g white onion, finely chopped
2 garlic cloves, minced
½ tsp sea salt
1 tsp dried mixed herbs
½ tsp dried red chilli flakes
200g tinned chopped tomatoes

to serve:

1 tsp fresh parsley, finely chopped
2 tsps Parmesan cheese, finely grated (use dairy free if preferred)

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

Place the meatball ingredients in a large bowl. Use your hands to combine well. Form the mixture into 15 balls and place onto the baking tray. Bake for 15-20 minutes, turning them after 10 minutes of cooking time.

Heat the olive oil in a saucepan over a medium heat. Add the onion and fry for 4 minutes, or until soft.

Add the garlic, salt, mixed herbs and chilli flakes. Cook for 2 minutes, stirring frequently. Stir in the tinned tomatoes. Reduce heat to low and cook for 20 minutes, or until the sauce has thickened.

Allow to cool for 5 minutes. Blend until smooth using a stick blender. Serve the meatballs and sauce topped with cheese and parsley.

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

Serving suggestion:

Serve with pasta of your choice.

SERVES 2



PER SERVING:
296 Calories
11g Carbs
27g Protein
16g Fat



SCAN TO MYFITNESSPAL

Mediterranean chickpea stew



1 tbsp coconut or olive oil
60g white onion, finely chopped
3 garlic cloves, minced
½ tsp sea salt
½ tsp ground black pepper
½ tsp cayenne pepper
½ tsp ground cloves
½ tsp dried red chilli flakes
600ml vegetable stock (made with one organic stock cube)
200g tinned chickpeas, drained
30g feta cheese cubes (use dairy free if preferred)
2 tps fresh coriander or parsley, finely chopped

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

Add the garlic and fry for 2 minutes, stirring occasionally.

Add the salt, black pepper, cayenne pepper, ground cloves, chilli flakes and stock. Bring to a boil then reduce heat and simmer for 10 minutes.

Stir in the chickpeas and heat through for 2 minutes.

Serve topped with feta cheese and garnished with fresh herbs.

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

SERVES 2



PER SERVING:
278 Calories
27g Carbs
11g Protein
14g Fat



SCAN TO MYFITNESSPAL