



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com



HEALTHY RECIPE BOOK

- FEBRUARY 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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Apple & raisin smoothie



180ml unsweetened almond milk
30g vanilla flavour whey or rice protein powder (optional)
1 small apple, core removed
65g ripe banana
20 raisins
10g oats (use gluten free if preferred)
½ tsp ground cinnamon
6 ice cubes

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

Consume immediately.

SERVES 1



PER SERVING:

288 Calories

36g Carbs

27g Protein

4g Fat



SCAN TO MYFITNESSPAL

Tropical mango smoothie



80g ripe mango
60ml unsweetened coconut milk
180ml unsweetened almond milk
juice of ½ a lime
25g vanilla flavour whey or rice
protein powder
6 ice cubes

for the topping:

a sprinkle of desiccated coconut

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

Serve topped with desiccated coconut.

Consume immediately.

SERVES 1



PER SERVING:

303 Calories

19g Carbs

23g Protein

15g Fat



SCAN TO MYFITNESSPAL

Healthy veggie smoothie



220ml unsweetened almond milk
60g frozen banana
1 medium-sized carrot, peeled
30g vanilla flavour whey or rice protein powder
1 tsp fresh ginger
¼ tsp ground turmeric
½ tsp ground cinnamon
¼ tsp ground black pepper (optional)
1 tsp chia seeds

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

Consume immediately.

SERVES 1



PER SERVING:
262 Calories
25g Carbs
27g Protein
6g Fat



SCAN TO MYFITNESSPAL

No bake trail mix cookies



70g oats (use gluten free if preferred)
30g desiccated coconut
180g pitted Medjool dates
20g dried cranberries
20g hazelnuts, chopped
½ tsp sea salt
10g cacao nibs
10g dark chocolate (minimum 75% cocoa), chopped

MAKES 12 COOKIES

Place the oats and coconut in a blender and blend well until finely ground. Transfer to a large bowl.

Place the dates in the blender and process into small pieces.

Add the ground oat mixture back into the blender and blend to combine. Transfer the mixture back to the bowl and stir well to form a sticky dough. Add a small amount of cold water if required. Add the remaining ingredients and stir well.

Scoop 1 heaped tbsp of the mixture and roll into a ball. Place on a large plate and press down to around 1cm thickness. Shape into a circle.

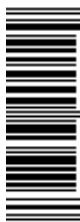
Repeat with the remaining mixture.

Refrigerate for 30 minutes or until firm. Serve.

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



PER COOKIE:
112 Calories
17g Carbs
2g Protein
4g Fat



SCAN TO MYFITNESSPAL

Beetroot, berry & chocolate cake



1 tsp butter or coconut oil, to grease cake tin

100g dark chocolate (minimum 70% cocoa)

3 tbsps butter

250g cooked beetroot, puréed

4 eggs

4 tbsps honey or maple syrup

3 tps plain flour (or use gluten free flour of your choice)

2 tbsps cocoa powder

1 tsp baking powder

a pinch of sea salt

4 tps desiccated coconut (optional)

125g ground almonds

100g fresh mixed berries (or use frozen - defrosted and at room temperature)

to decorate:

1 tsp cocoa powder

a few mixed berries

Preheat oven to 180°C/350°F. Lightly grease the base and sides of a 9 inch cake tin with butter / coconut oil. Line the base with baking paper.

Place the chocolate and butter in a heatproof bowl. Pour several inches of boiling water into a shallow wide-based dish. Place over a medium heat and allow the water to simmer gently. Place the bowl of chocolate and butter into the shallow dish of water and heat until melted, stirring continuously. Remove from heat and set aside.

Place the pureéd beetroot and remaining ingredients in a large bowl. Blend well using an electric hand mixer.

Pour the mixture into the cake tin. Bake for 20-25 minutes. A skewer inserted into the centre of the cake will come out clean when cooked. Remove from tin and transfer to a wire rack until cooled completely.

Lightly dust the top of the cake with cocoa powder. Serve with berries.

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

SERVES 10

PER SERVING:
264 Calories
13g Carbs
8g Protein
20g Fat



SCAN TO MYFITNESSPAL

Matcha cocoa energy balls



75g almonds or ground almonds
110g pitted Medjool dates
1 tbsp chia seeds
25g vanilla flavour whey or rice protein powder (optional)
 $\frac{3}{4}$ tsp matcha green tea powder
a small pinch of sea salt
1 tbsp cocoa nibs
2 tbsps cocoa powder

MAKES 10 BALLS

Place all of the ingredients in a food processor or high-speed blender, except for the cocoa nibs and cocoa powder.

Blend until the mixture begins to stick together. Add 1-2 tbsps cold water if the mixture is too dry. Taste and add more matcha powder, if required.

Transfer the mixture to a bowl and stir in the cocoa nibs.

Scoop 1 tbsp of the mixture and roll into a ball. Repeat with the remaining mixture.

Roll some of the balls in the cocoa powder.

Freeze for 30 minutes, or until firm.

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



PER BALL:
105 Calories
11g Carbs
4g Protein
5g Fat



SCAN TO MYFITNESSPAL

Egg veggie hash



80g white potato, cut into 1 inch chunks

1 tbsp olive oil

50g aubergine, chopped

80g red bell-pepper, diced

2 garlic cloves, minced

½ tsp dried red chilli flakes

½ tsp sea salt

3 large eggs

1 spring onion, sliced

SERVES 1

Fill a large saucepan with water and bring to the boil. Carefully add the potato and boil for 6 minutes. Drain well.

Heat the oil in a skillet or frying pan over a medium heat. Add the aubergine, potato, bell-pepper, garlic, chilli flakes, and salt. Sauté for 6-8 minutes, stirring occasionally.

Using a wooden spoon, make three wells in the vegetable mixture.

Crack an egg into each well. Cover with a lid and cook for 5 minutes, or until the yolks are cooked to your liking.

Serve garnished with spring onion.

Consume immediately.



PER SERVING:

399 Calories

27g Carbs

21g Protein

23g Fat



SCAN TO MYFITNESSPAL

Tofu scramble



1 tsp olive oil
70g red or white onion, finely chopped
1 garlic clove, minced
½ tsp ground cumin
½ tsp paprika
½ tsp ground turmeric
200g firm tofu
60g cherry tomatoes, halved
1 tbsp fresh parsley, finely chopped

SERVES 1

Heat the oil in a frying pan over a medium heat. Add the onion and fry for 5 minutes, stirring occasionally until soft.

Add the garlic, cumin, paprika, and turmeric and fry for one minute, stirring frequently.

Place the tofu in a bowl and mash with a fork, taking care not too mash too finely.

Add the tofu to the frying pan and cook for 4 minutes, stirring occasionally.

Add the cherry tomatoes and cook for 3 minutes, stirring occasionally.

Serve garnished with parsley.

Consume immediately.



PER SERVING:
248 Calories
17g Carbs
18g Protein
12g Fat



SCAN TO MYFITNESSPAL

Lemon oat pancakes



3 tbsps butter or coconut oil

for the pancakes:

100g oats (use gluten free if preferred)

110ml cold water

1 tsp vanilla extract

1 tsp baking powder

finely grated zest of 1 unwaxed lemon

20g desiccated coconut

a small pinch of sea salt

to serve:

a drizzle of maple syrup or honey

a squeeze of fresh lemon juice (optional)

SERVES 3

Place the pancake ingredients into a blender jug and blend well until smooth.

Melt 1 tsp butter / oil in a frying pan over a medium heat. Reduce the heat to low.

Add 2 tbsps of the pancake batter and cook for 3 minutes. When bubbles appear on the surface of the pancake, flip or turn using a fish slice and cook for 2-3 minutes.

Transfer pancake to a plate.

Repeat with the remaining butter/oil and pancake batter.

Serve with maple syrup / honey and lemon juice.

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



PER SERVING:

311 Calories

30g Carbs

5g Protein

19g Fat



SCAN TO MYFITNESSPAL

Basil-infused sea bass



2 tsps dried basil (or 3 fresh basil leaves, chopped)
¾ tsp sea salt
½ tsp ground black pepper
1 tsp olive oil
juice of ½ a lemon
3 garlic cloves, minced
1 tsp paprika
350g sea bass fillets
80g red onion, cut into quarters
1 tbsp fresh coriander, chopped

SERVES 2

Preheat oven to 180°C/350°F.

Place the basil, salt, black pepper, olive oil, lemon juice, garlic, paprika in a jug. Mix well.

Place the sea bass fillets onto a foil-lined baking tray. Spread the marinade over the fish.

Arrange the onion onto the fish.

Bake for 20 minutes, or until the fish begins to flake away with a fork.

Serve garnished with fresh coriander and lemon wedges.

Store any leftover sea bass in an airtight container and refrigerate for up to 2 days.



PER SERVING:
230 Calories
10g Carbs
34g Protein
6g Fat



SCAN TO MYFITNESSPAL

Red pepper soup



2 red bell-peppers
1 tbsp olive oil
1 small white onion, finely chopped
2 garlic cloves, minced
60g celery, chopped finely
½ tsp sea salt
1 tbsp tomato purée
½ tsp dried red chilli flakes
200g tinned chopped tomatoes
500ml vegetable stock

SERVES 2

Preheat the oven to 200°C/400°F. Line a baking tray with foil.

Place the bell-peppers onto the tray and bake for 45 minutes. Leave to cool on the tray. Remove the skin from the peppers and discard.

Heat the oil in a saucepan over a medium flame. Add the onion and fry gently for 4 minutes, or until softened.

Add the garlic, celery, salt, tomato purée, chilli flakes, tinned tomatoes and vegetable stock. Stir well, bring to a boil then reduce heat and simmer for 10 minutes.

Remove the saucepan from the heat. Using a stick blender, blend the soup until smooth.

Place the bell-peppers in a blender or food processor and blend well until smooth. Stir them into the soup. Taste and add more seasoning if required. Serve.

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



PER SERVING:
186 Calories
20g Carbs
4g Protein
10g Fat



Japanese style baked chicken legs



- 1 tbsp honey
- 1 tbsp tomato purée
- 1 tbsp soy sauce or tamari
- 4 garlic cloves, finely chopped
- 1 tsp sea salt
- 600g chicken legs, skin removed
- 1 spring onion, sliced

SERVES 3

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

Place the honey, tomato purée, soy sauce, garlic, and salt in a jug and stir well.

Place the chicken onto the tray and coat with the marinade.

Cover the chicken with foil and bake for 40 minutes.

Remove the foil and turn the chicken over, then bake for a further 15-20 minutes, or until the chicken is thoroughly cooked.

Serve garnished with spring onion.

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



PER SERVING:
342 Calories
9g Carbs
36g Protein
18g Fat



SCAN TO MYFITNESSPAL

Chicken jalfrezi



for the sauce:

- ½ tbsp olive oil
- ½ a medium-sized red onion, diced
- 3 garlic cloves, minced
- 300ml recently boiled water
- 400g tinned chopped tomatoes
- 1 tbsp ground cumin
- ½ tsp ground turmeric

for the meat:

- 400g fresh chicken breast, cubed
- 1 tsp ground cumin
- 2 tps ground coriander
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 2 tps garam masala
- 1 tsp sea salt
- 1 tsp olive oil
- ½ a medium-sized red onion, diced
- 1 red bell-pepper, diced

to serve:

- 1 tbsp fresh coriander, chopped

To make the sauce, heat the oil in a frying pan over a medium flame. Add the onion and fry for 4 minutes, stirring frequently. Add the garlic and fry for 30 seconds, stirring. Add the water and simmer for 10 minutes. Remove pan from the heat.

Place the tinned tomatoes in a food processor and blend until smooth. Pour into a saucepan. Add the cumin and turmeric.

Blend the onion mixture in a food processor. Stir into the tomato sauce. Bring to a boil then simmer for 15 minutes.

Place the chicken, dried spices and salt in a bowl and stir well. Heat the olive oil in a saucepan over a medium flame. Add the chicken and cook for 5 minutes. Reduce heat to low and add the onion and bell-pepper. Fry for 5 minutes. Add the onion sauce and cook for 15 minutes. Serve garnished with coriander.

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

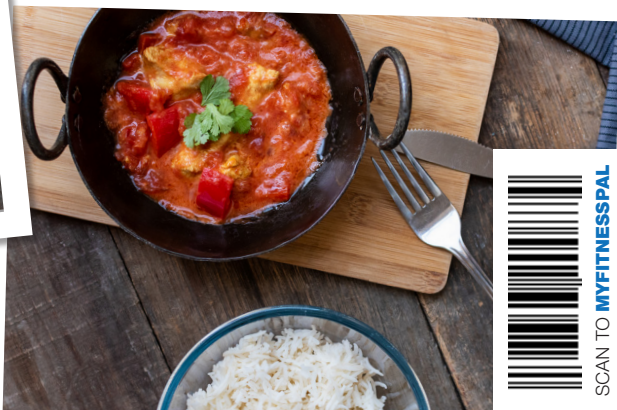
Serving suggestion:

Serve on a bed of steamed rice.

SERVES 3



PER SERVING:
314 Calories
24g Carbs
32g Protein
10g Fat



Mexican beef stew



1 tbsp olive oil
80g red onion, chopped
4 garlic cloves, finely chopped
½ tsp dried red chilli flakes
½ tbsp ground cumin
½ tsp sea salt
½ tsp ground black pepper
300g diced beef
700ml vegetable stock (made with one organic stock cube)
400g tinned chopped tomatoes
80g carrots, peeled and chopped
100g tinned sweetcorn, drained
80g tinned black beans, drained

SERVES 4

Heat the oil in a large saucepan over a medium heat. Add the onion and fry for 5 minutes, or until softened.

Add the garlic, red chilli flakes, cumin, salt, and black pepper. Cook for 2 minutes, stirring continuously.

Add the beef and cook for 3 minutes, stirring to brown on all sides.

Add the stock and tinned tomatoes. Stir well and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally. Add more stock or water if the mixture becomes too dry.

Add the carrots, sweetcorn, and black beans and cook for 10 minutes, or until the carrots are tender. Serve.

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

Serving suggestion:

Serve with steamed vegetables and/or potatoes of your choice.



PER SERVING:
226 Calories
14g Carbs
20g Protein
10g Fat



SCAN TO MYFITNESSPAL

Prawn stir fry



2 tps olive oil or coconut oil
200g fresh prawns, peeled and rinsed
a small pinch of sea salt
50g broccoli, cut into small florets
100g red bell-pepper, sliced
3 garlic cloves, finely chopped
1 tbsp soy sauce or tamari
1 tbsp cornstarch or rice flour
juice of 1 lemon
½ tsp ground ginger
½ tbsp honey
½ tsp dried red chilli flakes
200g sugar snap peas

SERVES 2

Heat the oil in a wok over a medium flame. Add the prawns and season with salt. Fry for 3-4 minutes, stirring occasionally until the prawns are pink.

Remove the prawns carefully using tongs and transfer to a plate.

Add the broccoli and bell-pepper to the wok and fry for 6-8 minutes.

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

Place the soy sauce, cornstarch, lemon juice, ground ginger, honey, and chilli flakes in a bowl. Stir well and add to the wok.

Add the prawns back into the wok and toss well to coat.

Add the sugar snap peas and stir fry for 2 minutes. Serve.

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



PER SERVING:
266 Calories
24g Carbs
29g Protein
6g Fat



SCAN TO MYFITNESSPAL