



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com



HEALTHY RECIPE BOOK

- MARCH 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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Pecan pie smoothie



250ml unsweetened almond milk
50g frozen banana
10g oats (use gluten free if preferred)
15g pecans
35g vanilla flavour whey or rice protein powder
½ tsp ground cinnamon
1 tsp flaxseed
a small pinch of sea salt (optional)

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

Consume immediately.

SERVES 1



PER SERVING:

373 Calories

23g Carbs

32g Protein

17g Fat



SCAN TO MYFITNESSPAL

Vanilla chai spice smoothie



180ml unsweetened almond milk
2 chai teabags, brewed in 50ml recently boiled water for 10 minutes, or make your own chai spice blend (see recipe below)
25g vanilla flavour whey or rice protein powder
10g oats (use gluten free if preferred)
1 tsp vanilla extract
50g frozen banana
1 tsp flaxseed
1 tsp cocoa nibs (optional)

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

Consume immediately.



SERVES 1

Chai Spice Blend

Mix together the following spices:

2 tbsps ground cinnamon
1½ tbsps ground ginger
the seeds of 2 green cardamom pods
½ tsp nutmeg
½ tsp ground cloves
¼ tsp allspice

Add ¼ tsp of the spice blend to the smoothie. Taste and add more if required. Store any leftover chai spice blend in an airtight container.

PER SERVING:

266 Calories

21g Carbs

23g Protein

10g Fat



SCAN TO MYFITNESSPAL

Kiwi greens smoothie



200ml unsweetened almond milk
60g frozen banana
2 kiwis, peeled
25g vanilla flavour whey or rice protein powder
a small handful of fresh spinach leaves
a small handful of sweet gem or iceberg lettuce leaves

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

Consume immediately.

SERVES 1



PER SERVING:
301 Calories
40g Carbs
24g Protein
5g Fat



SCAN TO MYFITNESSPAL

Apple oaty bars



10g coconut oil, to grease tins
3 apples, peeled, cored and grated
120ml fresh orange or apple juice
90g pitted Medjool dates, chopped
60ml coconut oil, melted
1 tbsp maple syrup or honey
160g oats (use gluten free if preferred)
50g buckwheat flour (or use flour of your choice)
1 tsp ground cinnamon
25g pecans or walnuts, chopped
10g sunflower seeds

MAKES 18 BARS

Preheat oven to 180°C/350°F. Lightly grease the base and sides of 2 baking tins (approx 15cm diameter). Line the base of each tin with baking paper.

Place the apples in a large bowl. Add the remaining ingredients and stir well.

Allow to stand for 5 minutes.

Transfer to the tins and spread evenly to cover the base.

Bake for 30 minutes, or until golden.

Allow to cool in the tins then cut into 18 pieces.

Store any leftovers in an airtight container for up to 5 days.



PER BAR:
126 Calories
16g Carbs
2g Protein
6g Fat



SCAN TO MYFITNESSPAL

Black bean brownies



a small amount of coconut oil,
to grease tin
400g tinned black beans, rinsed and
drained
2 tbsps chia seeds mixed with
6 tbsps cold water
3 tbsps coconut oil, melted
50g cocoa powder
40g chocolate or vanilla flavour
whey or rice protein powder
a small pinch of sea salt (optional)
½ tsp baking powder
30g milk or dark chocolate chips
1 tbsp honey
to decorate:
20g pecans, chopped

MAKES 9 BROWNIES

Preheat oven to 200°C/400°F. Grease the base and sides of a 15x15cm baking tin. Line the base with baking paper.

Place the drained beans in a food processor. Add the remaining ingredients and blend well until smooth.

Add more honey if required, to taste. Stir in the chocolate chips. Transfer to the tin and spread evenly to cover the base.

Bake for 20 minutes, or until the brownie mixture springs back lightly to the touch.

Sprinkle the nuts over the top and allow to cool in the tin.

Cut into 9 brownies. Serve.

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



PER BROWNIE:
161 Calories
12g Carbs
8g Protein
9g Fat



SCAN TO MYFITNESSPAL

Matcha chocolates



100g cocoa butter
2 tbsps maple syrup
½ tsp vanilla extract
½ tsp matcha powder
1-2 drops peppermint extract
for the cashew butter:
40g cashews
1 tsp coconut oil, melted

MAKES 14 CHOCOLATES

Place the cashews in a food processor and process for 1 minute, or until crumbly. Add the melted oil and process well, until a buttery consistency has been achieved.

Place the cocoa butter in a heatproof bowl over a shallow basin of boiling water. Melt over a medium heat, stirring frequently. Carefully remove the bowl from the heat and allow to stand for several minutes.

Add the cashew butter and remaining ingredients to the bowl and stir well.

Spoon the mixture into small moulds (an ice cube tray works well) or mini paper cake cases.

Freeze for 20 minutes, or until set.

To remove the chocolates from an ice cube tray, turn the tray upside down and run each compartment under warm running water for 5 seconds, to loosen the chocolates.

Freeze any leftover chocolates for up to 1 month.



PER CHOCOLATE:

97 Calories

3g Carbs

1g Protein

9g Fat



SCAN TO MYFITNESSPAL

Chickpea scramble



1 tbsp olive oil
50g red or white onion, finely chopped
1 tbsp nutritional yeast
¾ tsp dried red chilli flakes
a small pinch of sea salt
½ tsp ground turmeric
120ml vegetable stock (made with one organic stock cube)
5 cherry tomatoes, halved
300g tinned chickpeas, rinsed and drained

Heat the oil in a frying pan over a medium flame. Add the onion and fry for 4 minutes, until softened.

Add the nutritional yeast and dried spices. Stir and cook for 1 minute.

Add the stock, tomatoes, and chickpeas. Bring to a simmer and cook for 5 minutes, stirring occasionally. Using a wooden spoon, gently break up the chickpeas into smaller pieces, as they cook.

Serve.

Consume immediately.

SERVES 2



PER SERVING:
271 Calories
28g Carbs
15g Protein
11g Fat



SCAN TO MYFITNESSPAL

Mango & coconut porridge



200g oats (use gluten free if preferred)

200ml cold water

200ml unsweetened almond milk, or use milk of your choice

2 tbsps desiccated coconut

for the toppings:

1 tbsp pumpkin or sunflower seeds

100g ripe mango, chopped or sliced

Place the oats, water and milk in a large saucepan and stir well. Place over a low heat and cook for 5 minutes, stirring frequently.

When the porridge has thickened, stir in half of the coconut and heat through for 30 seconds.

Transfer to two serving bowls.

Serve topped with the mango, seeds and remaining coconut.

Consume immediately.

SERVES 2



PER SERVING:

483 Calories

69g Carbs

18g Protein

15g Fat



SCAN TO MYFITNESSPAL

Mexican omelette



4 eggs
2 tbsps unsweetened almond milk
(or use milk of your choice)
¼ small red onion, finely chopped
40g tinned sweetcorn, rinsed and
drained
20g tinned black beans or kidney
beans, rinsed and drained
30g Cheddar cheese, grated
(use dairy free if preferred)
½ tsp chilli powder
1 spring onion, chopped
2 tps butter or coconut oil

to serve:

a sprinkle of fresh coriander,
finely chopped

Place all of the ingredients in a large bowl,
except for the butter/oil, and stir well until
combined.

Melt the butter/oil in a large frying pan
over a medium heat. Pour the egg mixture
into the pan. Tilt the pan gently so that the
mixture covers the base.

Cook for 2 minutes, or until firm.

Remove from the pan with a fish slice.
Cut into 4 pieces. Serve garnished with
coriander.

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

SERVES 2



PER SERVING:
285 Calories
7g Carbs
17g Protein
21g Fat



SCAN TO MYFITNESSPAL

Burrito bowl



1 tsp sea salt
¾ tsp ground black pepper
½ tsp dried red chilli flakes
2 garlic cloves, minced
1 tsp ground coriander
120g chicken breast, sliced
1 tsp olive oil or coconut oil
½ a small red onion, finely sliced
50g tinned black beans, rinsed and drained
70g tinned sweetcorn, rinsed and drained
80g avocado, peeled and sliced
70g lettuce (any variety), shredded or chopped

Place the salt, black pepper, chilli flakes, garlic and coriander in a bowl and stir well. Add the chicken and stir well to coat.

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

Add the chicken and cook for 6-8 minutes, stirring occasionally until thoroughly cooked.

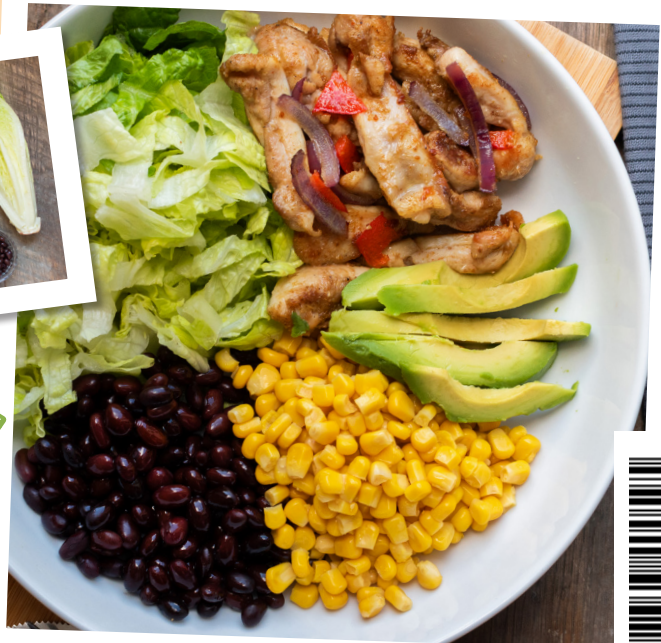
While the chicken is cooking, arrange the black beans, sweetcorn, avocado, lettuce and chicken in a bowl. Serve.

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

SERVES 1



PER SERVING:
484 Calories
37g Carbs
39g Protein
20g Fat



SCAN TO MYFITNESSPAL

Lentil & sweet potato bowl



300g sweet potato, peeled and cut into cubes

2 garlic cloves, finely chopped

1 tbsp olive oil

400ml vegetable stock (made with one organic stock cube)

200g dried green lentils, rinsed and drained

80g red cabbage, shredded

50g carrot, peeled and grated

2 tbsps malt vinegar

a small pinch of sea salt

SERVES 2

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

Place the sweet potato onto the tray. Add the garlic and olive oil, and toss to coat.

Bake for 20 minutes, stirring halfway through cooking time.

Meanwhile, pour the stock into a saucepan and bring to a boil. Reduce heat to simmer, and add the lentils. Stir well.

Cook for 20 minutes, or until the lentils are tender. Drain any excess water from the lentils.

Place the cabbage, carrot, vinegar, salt, sweet potato and lentils in a large bowl and stir well.

Transfer to two serving bowls and serve.

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



PER SERVING:
461 Calories
66g Carbs
29g Protein
9g Fat



SCAN TO MYFITNESSPAL

Tomato & olive sea bass



2 tsps olive oil
a small pinch of sea salt
a small pinch of ground black pepper
2 garlic cloves, minced
½ tsp cayenne pepper
2 tsps dried chives
300g sea bass fillets, skin removed
100g cherry tomatoes
50g black or green pitted olives,
sliced or left whole
1 tbsp fresh parsley, finely chopped
a few fresh basil leaves, finely
chopped

Preheat oven to 180°C/350°F. Prepare an ovenproof dish.

Place the oil, salt, pepper, garlic, cayenne pepper and dried chives in a bowl and mix well.

Arrange the sea bass, tomatoes and olives in the dish. Drizzle the marinade over the top.

Cover with foil and bake for 20 minutes.

Serve garnished with the fresh herbs.

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

SERVES 2



PER SERVING:
230 Calories
5g Carbs
30g Protein
10g Fat



SCAN TO MYFITNESSPAL

Honey glazed salmon



2 tbsps honey
3 garlic cloves, minced
¼ tsp cayenne pepper
a small pinch of sea salt
2 tbsps soy sauce or tamari
300g salmon fillets, skin removed
to serve (optional):
1 tbsp fresh parsley, chopped
a sprinkle of sesame seeds

SERVES 2

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

Place the honey, garlic, cayenne pepper, salt and soy sauce in a jug and mix well.

Place the salmon fillets onto the tray. Gently brush the marinade onto the salmon fillets.

Bake for 20 minutes, or until the salmon is thoroughly cooked.

Serve garnished with parsley and sesame seeds (if using).

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



PER SERVING:
421 Calories
20g Carbs
38g Protein
21g Fat



SCAN TO MYFITNESSPAL

Feta & vegetable stuffed chicken



300g fresh chicken breast, sliced in half lengthways

1 tbsp olive oil

4 garlic cloves, minced

1 tbsp fresh basil, chopped

½ tsp cayenne pepper

1 tsp sea salt

½ tsp ground black pepper

50g fresh spinach leaves

50g red bell-pepper, diced

50g red onion, finely chopped

100g feta cheese, cut into cubes

SERVES 2

Preheat oven to 170°C/350°F. Line a large baking tray with foil.

Place the chicken in a bowl. Add the oil, garlic, basil, cayenne pepper, salt and black pepper and stir well.

Place the chicken halves onto the baking tray. Arrange the spinach, bell-pepper, onion and feta over the top of each piece of chicken.

Gently roll up each chicken piece. Push a skewer through to hold them all in place.

Cover with foil and bake for 20 minutes, or until the chicken is thoroughly cooked. Serve.

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



PER SERVING:

396 Calories

13g Carbs

50g Protein

16g Fat



SCAN TO MYFITNESSPAL

Tofu curry



1 tbsp olive oil
50g white onion, chopped
3 garlic cloves, finely chopped
1 tsp ground ginger
1 tsp ground turmeric
1 tsp allspice
a small pinch of sea salt
a small pinch of ground black pepper
300ml vegetable stock (made with one organic stock cube)
200g tinned chopped tomatoes
50ml unsweetened almond milk
200g firm tofu, drained and cut into ½ inch cubes
a sprinkle of fresh coriander, finely chopped

SERVES 2

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

Add the garlic, ginger, turmeric, allspice, salt, and black pepper and fry for 1 minute, stirring continuously.

Add the stock and tinned tomatoes, stir well and bring to a boil, then reduce heat and simmer gently for 15 minutes.

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

Add the milk and tofu. Place over a medium heat and simmer for 8 minutes, stirring occasionally.

Serve garnished with coriander.

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



PER SERVING:
196 Calories
11g Carbs
11g Protein
12g Fat



SCAN TO MYFITNESSPAL