#NOMOREBOLICS

A TASTE OF THINGS TO COME

www.nomorebolics.com E-Mail: info@nomorebolics.com
Medical Disclaimer
The recipes within these pages are for information purposes only and in no way supersede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you cook and consume these recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the ingredients may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

Further, if you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.
“A Taste of Things to Come” is a collection of 10 tasty recipes designed to show you that healthy eating doesn’t have to be restrictive or boring...far from it. These hearty meals and delicious snacks will help start you on your fat loss journey. Plus, they’re the perfect prep for The 60 Day Challenge.

When you’re ready, check back at www.nomorebolics.com and discover how, inside just two months, you can banish unhealthy habits and create new, lasting ones for a healthier, happier you.
Contents

**Drinks**
Chia coconut smoothie 1

**Snacks & treats**
Autumn crumble cake 2
Banana & walnut muffins 3
Chunky chocolate & nut bars 4

**Breakfast**
Berry soufflé 5
Breakfast oat bars 6

**Lunch**
Champion soup 7
Courgette fritters 8

**Dinner**
Grilled fish with capers 9
Lamb pie 10
Get in touch

www.nomorebolics.com

Twitter: @Nomorebolics

Instagram: Nomorebolics

Facebook: No More Bolics

E-Mail: info@nomorebolics.com
Chia coconut smoothie

150ml unsweetened almond milk
2 tbsp coconut milk
handful of fresh spinach leaves
1 frozen banana (or use fresh banana plus 2 ice cubes)
2 tbsps chia seeds
30g vanilla flavour whey or rice protein powder (optional)
few fresh mint leaves (optional)

SERVES 1

Put everything into a blender, liquid first. Blend until smooth. Add some water if required, until you achieve the desired consistency.

Consume immediately.

PER SERVING:
350 Calories
35g Carbs
30g Protein
10g Fat
Autumn crumble cake

80g organic butter
3 tbsp honey (or use sweetener of your choice)
3 eggs, beaten (or use sweetener of your choice)
170g gluten free plain flour
1 tsp baking powder
100g plain yoghurt
2 medium sized bramley apples, peeled, cored and sliced
150g tinned rhubarb, drained
100g gluten free self raising flour
50g organic butter
2 tsps stevia or xylitol (or use granulated sweetener of your choice)
15g flaked almonds

SERVES 8

Preheat oven to 180°C / 350°F.
Grease a 20cm round cake tin and line the base with baking paper.
Beat the butter and honey in a large bowl. Gradually beat in the eggs until lumps are removed. Sift in the plain flour and baking powder and fold into the mixture. Stir in the yoghurt until thoroughly combined. Transfer mixture to cake tin and gently even out mixture with a spatula. Arrange the apples on top, followed by the rhubarb.

Put the self raising flour into a bowl. Using your hands, rub in the butter until the mixture resembles breadcrumbs. Stir in the sweetener and 1 tbsp cold water. The mixture should have a crumb-like consistency. Sprinkle the mixture over the fruit and top with the flaked almonds.

Bake for 30-40 minutes until golden. Place a skewer into the centre of the cake to test that it is cooked through. It will come out clean when cooked. Leave in the tin for 10 minutes, then carefully remove and place on a wire rack to cool.

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

PER SERVING:
350 Calories
41g Carbs
6g Protein
18g Fat
Banana & walnut muffins

3 small ripe bananas
50ml unsweetened almond milk
1 tsp honey
3 eggs
40g ground almonds
130g gluten free plain flour
35g vanilla or banana flavour whey or rice protein powder (optional)
pinch of baking soda
½ tsp baking powder
½ tsp cinnamon
½ tsp sea salt
20g walnuts, chopped

MAKES 9 MUFFINS

Preheat oven to 180°C / 350°F.

Grease 9 muffin tray compartments or line with muffin cases.

Mash the bananas in a large bowl. Add the almond milk, honey and eggs and stir well to combine.

In a separate bowl mix together the ground almonds, flour, protein powder (if using), baking soda, baking powder, cinnamon and sea salt.

Slowly add wet ingredients to the dry and stir until combined. Stir in the walnuts.

Divide mixture amongst the 9 muffin compartments. Bake for 25 minutes or until they are golden brown and spring back to the touch. Allow to cool in tray for 10 minutes before removing from tray to cool on a wire rack.

Store in an airtight container for 3 days or freeze on same day.

PER MUFFIN:
158 Calories
18g Carbs
8g Protein
6g Fat
Chunky chocolate nut bars

150g oats (use gluten free if preferred)
5 dried dates, pitted and finely chopped
125g peanut butter (or nut butter of your choice)
1 tbsp honey (or use sweetener of your choice)
2 tbsp ground flaxseed
1 tbsp pumpkin seeds
2 tbsp dark chocolate chips (minimum 70% cocoa)
30ml unsweetened almond milk or water

Preheat oven to 175°C / 350°F.

Line two oven trays with baking paper.

Sprinkle the oats onto one of the trays and bake for 12-15 minutes or until golden brown. Set aside.

In a large bowl, mix the dates, peanut butter and honey until well combined. Add the toasted oats, flaxseed and pumpkin seeds and mix well.

Add the chocolate chips and almond milk. Using your hands mix well into a dough-like consistency. If the mixture is too dry, add more almond milk.

Transfer mixture onto the second baking tray. Shape into a square or rectangle so that it is an even thickness throughout. Refrigerate for one hour then slice into 9 bars.

Store in an airtight container and refrigerate for up to 4 days.

MAKES 9 BARS

PER BAR:
241 Calories
24g Carbs
7g Protein
13g Fat

www.nomorebolics.com
Berry soufflé

1 tsp organic butter or coconut oil
100g mixed berries
2 tbsps coconut milk
4 large eggs, yolks and whites separated
1 tsp vanilla extract
pinch of ground cinnamon

SERVES 2

Preheat oven to 200˚C / 400˚F.

Melt the butter / oil in an ovenproof skillet or pan over a medium heat.

Add the berries and simmer gently for around 4 minutes, stirring occasionally.

Meanwhile, whisk the egg whites with an electric mixer until stiff peaks form.

In a separate bowl hand whisk the egg yolks, coconut milk, cinnamon and vanilla extract for 1-2 minutes.

Gently fold the yolks into the egg whites.

Pour the mixture over the berries and cook for 2 minutes then transfer to the oven.

Bake for 10-12 minutes until lightly browned. Serve warm or cold.

Consume immediately.

Serving suggestion:
Drizzle lightly with honey and sprinkle over a few flaked almonds

PER SERVING:
203 Calories
4g Carbs
13g Protein
15g Fat
Breakfast oat bars

200g oats (use gluten free oats if preferred)
35g vanilla flavoured whey or rice protein powder (optional)
1 tbsp chia seeds
½ tsp cinnamon
pinch of sea salt
2 small carrots, grated
1 apple, grated
50g nut butter of choice
1 tbsp honey (or use sweetener of your choice)
60ml unsweetened almond milk
25g walnuts, chopped
30g raisins

Makes 9 bars

PER SERVING:
191 Calories
23g Carbs
9g Protein
7g Fat

Line a tray with baking paper.

In a large bowl combine the oats, protein powder, chia seeds, cinnamon and sea salt. Stir in the carrot and apple.

Mix together the nut butter and honey. Add to the dry mixture and stir well. Add the almond milk and stir well. Stir in the walnuts and raisins.

Pour the mixture on to the lined tray and shape into a rectangle. Freeze for 20 minutes to harden. Cut into 9 bars

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

Tip:
Make these the night before to save time in the mornings.
Champion soup

150g red lentils (uncooked)
2 tps organic butter or coconut oil
2 small white onions, peeled and chopped
1 stick celery, sliced
1 large leek, sliced
4 small carrots, peeled and sliced
350g all rounder potatoes, peeled and cut into chunks
3 garlic cloves, peeled and finely chopped
1 pint fresh chicken or vegetable stock (or use 1 organic stock cube)
½ tsp sea salt
½ tsp black pepper

SERVES 4

Presoak the lentils if required (check packet for instructions).

Melt the butter / oil in a large saucepan over a medium heat. Add the onions and sauté for 4-5 minutes, stirring.

Add the celery and leek and sauté for 3-4 minutes, stirring. Add the carrots and potatoes, and sauté for 5 minutes, stirring occasionally.

Add the garlic and sauté gently for 1-2 minutes, stirring. Add the stock and bring to the boil then reduce to a simmer.

Add the lentils, salt and pepper. Cover and cook for 45 minutes to one hour. Add more seasoning to taste, if required. Mash gently to remove some of the bigger lumps.

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

225g courgette, grated
55g white onion, chopped very finely
55g gluten free self raising flour
85g cheddar cheese, grated (use dairy free if preferred)
2 eggs
20ml milk / unsweetened almond milk
pinch of salt and pepper
1 tbsp ghee or organic coconut oil

Place all of the ingredients in a bowl, except for the ghee/oil and mix well until thoroughly combined.

Heat a little of the ghee/oil in a frying pan over a medium heat.

Place a heaped tablespoon of the mixture into the pan and shape into a 1-2 cm thick circle. Cook for 2-3 minutes. Turn and cook until golden and crispy. Serve.

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

PER Fritter:
102 Calories
8g Carbs
4g Protein
6g Fat

MAKES 7 FRITTERS
Grilled fish with capers

SERVES 2

Serving suggestion:
Delicious with oven baked sweet potato wedges

Melt the butter / coconut oil in a frying pan. Add the fish and cook over a medium-low heat for 20 minutes, turning halfway. When cooked, the flesh will be opaque and should flake easily.

Meanwhile prepare a medium grill. Place the courgette strips on a foil lined tray. Brush the courgette lightly with a small amount of melted butter.

Grill for 5 minutes, or until the courgettes turn a light brown. Turn over and grill on the other side.

Add the lemon zest and lemon juice to the fish. Add the capers and spring onions. Season with salt and pepper and cook for one minute to heat through.

Serve the fish with grilled courgettes and a wedge of lemon.

Consume immediately.

PER SERVING:
227 Calories
6g Carbs
35g Protein
7g Fat
Lamb pie

2 tsps organic butter or coconut oil
1 white onion, peeled and chopped
small sprig fresh rosemary, cut into
small pieces
2 small carrots, peeled and sliced
500g lean lamb mince
2 tsps gluten free plain flour
300ml fresh lamb or vegetable stock
(or make with 1 organic stock cube)
salt and pepper to season
175g gluten free plain flour
pinch of salt
70g organic butter
2 small eggs
30ml cold water

SERVES 6

Preheat oven to 200°C / 400°F.

Melt the oil / butter in a large saucepan
over a medium heat. Add the onion,
rosemary and carrots and sauté for 5
minutes, stirring. Add the lamb mince and
cook for 4-5 minutes, stirring. Stir in the
flour.

Add the stock and season with salt and
pepper. Bring to the boil then reduce to a
simmer. Cook for 10 minutes.

Put the plain flour, salt and butter in a
bowl. Using your hands, mix thoroughly
until the mixture resembles breadcrumbs.
Add one egg and the cold water and mix
into a soft dough.

Pour the mince into a rectangle ovenproof
dish (approximately 9 x 7 inch). Flour a
surface and turn out the dough. Roll gently
into a rectangle, to a size and shape that
will cover the dish.

Wet the top edges of the dish with water.
Lift the pastry onto the rolling pin and
cover the dish. Trim the pastry edges with
a knife and gently crimp with your fingers.
Beat the remaining egg and gently brush
the pastry. Using a sharp knife, make a
small incision in the centre of the pastry
to allow steam to escape. Oven cook for
35 minutes or until the pastry is golden.

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