

MBFITNESS
FORCES TRAINED

HEALTHY RECIPE HANDBOOK BOOK 1

**A COLLECTION
OF DELICIOUS &
HEALTHY CUISINES**



WELCOME

My name is Mark Bibbing and I run MBFitness

I help everyday Adults achieve their dream body & improve their control without giving up their life.

I want to get you living the type of life you have always wanted, creating memories and allowing you to sit back proudly and think this is **My Type of Life.**

I hope this book helps you do this.

BACON & MUSHROOM HASH

INGREDIENTS

- 50g (2 slices) of bacon, thinly sliced
- 80g mushrooms, quartered
- 50g red onion, diced
- 1/2 sprig of rosemary, finely chopped
- 1 clove of garlic, finely chopped
- 120g potato, diced into 1cm cubes
- Chilli to taste, optional
- 2 eggs
- 1 spring onion, thinly sliced
- 1 tablespoon of sriracha sauce

CALORIES 378

PROTEIN 27g

CARBS 36g

FAT 14g



1 portion

- Cook the potatoes in boiling salted water for 5-7 minutes until cooked but not too soft
- Heat a large frying pan, add the bacon, onions and mushrooms and fry over medium heat for a couple of minutes
- Add the cooked potatoes, garlic, chilli and rosemary and fry for 2 to 3 minutes until the potatoes are slightly crispy, season lightly with salt and pepper
- Make 2 spaces and crack the eggs in, cover with a lid and cook on a low heat for 2-3 minutes or until the eggs are cooked to your liking
- Top with the spring onions and sriracha

BAKED COD WITH NDUJA & BUTTERBEANS

INGREDIENTS

- 130g cod loin
- 15g Nduja paste (see notes)
- 1 tsp oil
- 150g cooked butterbeans, drained weight
- 200g canned chopped tomatoes
- 8-10 basil leaves

For the marinade

- 1 tsp chopped coriander
- 1/2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp finely chopped jalapeño
- Squeeze lemon

CALORIES 558

PROTEIN 47g

CARBS 34g

FAT 26g



1 portion

- Combine ingredients together for the marinade, season with salt and add half of the marinade to the cod and bake in a pre heated oven at 180 degrees for 6-8 minutes until cooked
- Meanwhile, fry the nduja paste in 1 tsp oil for 30 seconds, add the beans and cook for a minute
- Add the tomatoes and basil leaves, cook for 2-3 minutes over a low heat then season to taste and serve with the cod and remaining marinade on top

NOTES

- Nduja is a spicy Italian sausage paste, if you can't find it, you could use Spanish chorizo

BEEF & BROCCOLI

INGREDIENTS

- 300g frying beef, thinly sliced (see notes)
- 250g broccoli, in small pieces
- 5 dried chillies, optional
- 1 tbsp sesame oil
- For the marinade
 - 2 garlic cloves, finely chopped
 - 5g ginger, finely chopped
 - 1 tbsp soy sauce
 - 1/2 tsp ground pepper
 - 1 tbsp sesame seeds
- For the sauce
 - 1/2 tbsp corn starch
 - 40g oyster sauce
 - 1/2 cup water
 - 1 tbsp soy sauce

CALORIES 314 PROTEIN 36g
CARBS 11g FAT 14g



1 portion

- Mix the marinade ingredients in a bowl, add the meat and leave for 10-15 minutes
- Mix the sauce ingredients in a bowl
- Heat the sesame oil in a pan and once almost smoking, add the beef and fry over a high heat until well browned. Meanwhile, steam or cook the broccoli in boiling water
- Add the sauce and as soon as it begins to thicken, add the chillies & cooked broccoli, mix well, season to taste and serve with rice

NOTES

- If you don't have a large pan, cook the beef in 2 batches
- You can use skirt steak, sirloin or rump. Spare portions can be stored in the fridge

BEEF PICADILLO

INGREDIENTS

- 500g minced beef (95/5)
- 100g white onion, diced
- 200g diced bell pepper (2 small peppers)
- 75g chipotle in adobo sauce, or to taste
- 400g canned tomatoes, or fresh
- 300ml of water or beef broth
- 2 cloves of garlic, finely chopped
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp of oregano
- 1 tbsp of oil

CALORIES 279

PROTEIN 31g

CARBS 14g

FAT 11g



1 portion

- Cook the onions in the oil for 2-3 minutes over medium heat
- Add the meat and cook for 6-8 minutes until well browned
- Add the bell peppers and cook for a minute
- Add the paprika, cumin, garlic and oregano, cook for 30 seconds
- Blend the tomatoes with the chipotle & water or broth then add and lightly season with salt, cover with a lid and simmer for about 30 minutes, stirring occasionally
- Once cooked, adjust the seasoning to taste

NOTES

- You can serve as it is, with extra vegetables or rice. Spare portions can be stored in the fridge or frozen and re-heated

CAJUN CHICKEN PASTA

INGREDIENTS

- 75g penne pasta
- 100g chicken breast, cut into small cubes
- 125g canned tomatoes
- 1/2 tbsp cajun powder
- 1/2 tbsp oil
- ¼ bell pepper (50g), de seeded and sliced into strips
- 1 spring onion, finely sliced
- 1 clove garlic, finely chopped
- 1/4 cup pasta water
- 5g parmesan cheese, grated

CALORIES 567

PROTEIN 48g

CARBS 60g

FAT 15g



1 portion

- Cook pasta in boiling salted water for 10-12 minutes until cooked
- Meanwhile, mix the chicken with the cajun spice
- Heat the oil in a pan and once very hot, fry the chicken for a minute or 2 until browned then remove from the pan
- Add the spring onion, garlic and peppers to the pan and fry for 1-2 minutes over a medium heat then add the tomatoes and 1/4 cup of water from the pasta and the chicken then cook for 4-5 minutes
- Add the pasta and cook until the sauce has thickened & season to taste with some extra cajun spice or just salt
- Serve and top with some grated parmesan

NOTES

- This can be made in larger quantities and stored in the fridge for 3-4 days as meal prep

THANK YOU

If you have any questions about the contents of this ebook and are a client please contact me as usual.

If you're not an existing client and would like me to help you, you can book a free chat [here](#).

[CLICK HERE](#)

THANKS