

MBFITNESS
FORCES TRAINED

HEALTHY RECIPE HANDBOOK BOOK 2

**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.

CHICKEN & SWEETCORN PIE

INGREDIENTS

- 400g skinless chicken breast, cut into cubes
- 150g leeks, finely sliced
- 100g quartered mushrooms
- 100g bell pepper, diced
- 100g of corn, frozen
- 20g of butter
- 3 tablespoons parsley
- 2 cloves of garlic
- 2 dried chillies, thinly sliced (optional)
- 1 teaspoon thyme leaves (or other dried herbs)
- 15g of parmesan cheese
- 30g of flour
- 250ml of milk, reduced fat
- 250ml of chicken broth, fresh or from powder

For the mash potato

- 600g of potatoes, peeled, cut into small pieces
- 125ml of reduced-fat milk

CALORIES 414 PROTEIN 44g
CARBS 37g FAT 10g



4 portions

- Boil the potatoes in salted water for 15-20 minutes until cooked
- Meanwhile, in a small pot, fry the leeks, peppers and mushrooms in the butter for 2 mins over medium heat
- Add the garlic, chilli and thyme and cook for 30 seconds
- Add the flour, mix well and cook for 30 seconds
- Add the milk and the chicken broth, cook for 2-3 minutes until it thickens
- Add the chicken, corn and parsley, season with salt and pepper and cook for 2 minutes
- Drain the cooked potatoes, add the milk and mash until smooth then season to taste with salt and pepper
- Transfer the chicken mixture to a small, deep baking dish and cover with the mashed potatoes and sprinkle over the parmesan cheese
- Bake in a preheated oven at 360 Fahrenheit (180 Celsius) for 25 minutes. If you want the potato to be crispy, finish cooking it under the grill for a few minutes!

CHICKEN SALAD WITH COUS COUS & DILL YOGHURT

INGREDIENTS

- 120g chicken breast
- 1/2 tsp smoked paprika
- 1 tsp oil
- 50g couscous, dried
- 100ml boiling water
- 30g spinach
- 150g chopped tomatoes
- 15g feta, crumbled
- 1/2 corn cob
- 3 spring onions
- A few sprigs of coriander
- Lemon juice to taste

Chilli, dill & yoghurt dressing
(makes 4-6 portions)

- 150g 0% fat yoghurt
- 1/2 cup fresh dill
- Lemon juice, to taste
- 1/2 clove garlic, grated
- 75g cucumber
- Grated chilli to taste, optional

CALORIES 518

PROTEIN 53g

CARBS 45g

FAT 14g



1 portion

- Add the couscous to a bowl with the hot water, cover with a lid and leave for 10 minutes
- Blend the ingredients for the dressing until smooth and season to taste
- Mix the paprika, oil & chicken together then bash the thick part between 2 sheets of baking paper, season with salt & pepper
- Grill the chicken, corn & spring onions for 3-4 minutes each side until the chicken is cooked and the corn and spring onions charred
- Use a fork to fluff up the couscous, shred the corn from the cob using a knife and mix in a bowl with the tomatoes, feta, coriander, spinach, add a little lemon juice and season
- Top the salad with the cooked chicken, spring onions and some of the dressing

NOTES

- You could use frozen corn instead of fresh to make it easier

CHICKEN CHORIZO PIZZA

INGREDIENTS

FOR THE BASE

- 40g flour
- 40g yoghurt, fat free
- Pinch bicarbonate of soda

FOR THE SAUCE

- 30g piece onion
- 200g whole tomatoes
- 1/2 jalapeño or to taste (optional)
- 2 cloves of garlic, skin on
- 5-7 basil leaves, finely sliced (or pinch dried basil)

FOR THE TOPPINGS

- 100g low fat chicken chorizo sausage (see notes)
- 30g grated mozzarella cheese
- 20g bell pepper, finely sliced
- 4-5 cherry tomatoes, cut in halves
- A few strips of jalapeño (optional)

CALORIES 380 PROTEIN 21g
CARBS 38g FAT 16g



1 portion

- Sift the flour in a bowl & add the yoghurt, bicarbonate of soda and a pinch of salt, mix well with a spoon then use your hands to form a ball. Put it back in the bowl, cover and leave it for 15 minutes
- Meanwhile, in a frying pan, dry roast the onion, tomatoes, jalapeño and garlic cloves for 10-12 minutes over a medium heat until slightly blackened then blend until smooth, transfer back to the hot frying pan and reduce until you have the consistency of pizza sauce. Remove from the heat, add the basil and season to taste with salt
- Lightly sprinkle flour on the worktop and roll the dough with a rolling pin, add a little extra flour if necessary so it doesn't stick. Keep rolling until you have a thin round base. Don't worry if it's not perfectly round
- Heat a large frying pan and once smoking hot, cook the dough for a minute on each side then remove. Spray a little oil in the pan and fry the chicken chorizo for 2-3 minutes until cooked
- Spread the tomato sauce on the base, top with the cheese, bell pepper, chorizo, tomatoes & jalapeño slices then bake at 380 Fahrenheit (190 Celsius) for 8 to 10 minutes until the cheese is melted and a little crispy then serve

CHICKEN SOUP WITH CHARRED CORN & COURGETTE

INGREDIENTS

- 1.5kg whole chicken
- 3 litres water (or just enough to cover the chicken)
- 2 sticks celery
- 1 onion, roughly chopped
- 1 head garlic, cut in half
- 3 sprigs thyme
- 3 bay leaves
- 1 large courgette (350g) cut into thick slices
- 2 corn cobs
- 250g diced carrots

Garnish

- Diced onion
- Chopped coriander
- Lime wedges
- Chopped chilli, optional

CALORIES 366 PROTEIN 52g
CARBS 17g FAT 10g



4 portions

- Add the water to a pot with the chicken, celery, garlic, onion, thyme & bay leaves, cover with a lid & bring to a gentle simmer and cook for an hour. Use a ladle to skim off the fat that rises to the surface
- Whilst the chicken is cooking, grill the courgette and corn until charred then use a knife and shave the corn from the cob and dice the courgette
- Once the chicken is cooked, remove from the pot and leave to cool then strain the broth through a sieve and pour it back into the pot, add the carrots, courgette and corn
- Remove the skin from the chicken and pull the chicken into large chunks and add to the pot then simmer for 5-10 minutes until the carrots are soft

NOTES

- You could use skinless chicken breast and thighs (700g total) instead of a whole chicken. If so, replace the water with chicken broth, either fresh or from powder to add flavour!

CHOCOLATE MUFFINS

INGREDIENTS

- 40g erythritol or sugar
- 35g maple syrup, 0 calories
- 1 egg white or 25ml or liquid egg white
- 120g yoghurt, 0% fat
- 1 teaspoon vanilla essence
- 65g all purpose flour
- 30g unsweetened cocoa powder
- 1 teaspoon bicarbonate of soda
- 70g semi-bitter chocolate chips
- Pinch of salt
- Spray oil

CALORIES 183

PROTEIN 7g

CARBS 23g

FAT 7g



4 portions

- In a large bowl, mix the erythritol, yoghurt, maple syrup, vanilla and egg white until smooth
- Pass the flour, cocoa powder, bicarbonate of soda and pinch of salt through a cullender into the bowl and use a spatula to mix
- Once well mixed, add 60g of chocolate chips and mix well
- Lightly spray the muffin moulds with oil and divide the mixture between 4 muffins and top them with the remaining chocolate chips
- Cook in a preheated oven at 450 Fahrenheit (220 Celsius) for 4 minutes then lower the heat to 380 Fahrenheit (190 Celsius) and cook for 12 to 13 minutes more or until the centre is cooked. You can insert a toothpick and if it comes out clean
- Remove from the oven and let the muffins cool in the moulds for 5 minutes then remove from the moulds and leave to cool on a cooling rack

NOTES

- For best results, heat for 15 to 20 seconds in the microwave before serving

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](#).

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THANKS