

**MBFITNESS**  
**FORCES TRAINED**

# **HEALTHY RECIPE HANDBOOK BOOK 3**

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.

# COTTAGE CHEESE SOURDOUGH & SMOKED SALMON

## INGREDIENTS

- 125g low fat cottage cheese
- 75g cherry tomatoes, cut into halves
- 1 spring onion, finely sliced
- 60g slice sourdough bread
- 20g smoked salmon

CALORIES 267

PROTEIN 26g

CARBS 34g

FAT 3g



**1 portion**

- In a small bowl mix the cottage cheese with the spring onion and cherry tomatoes, season to taste with salt & pepper
- Toast the sourdough then top with the cottage cheese & smoked salmon

# CREPES WITH STRAWBERRY, BANANA & CHOCOLATE SAUCE

## INGREDIENTS

- 30g all purpose flour
- 20g liquid egg white, or 1 egg white
- Pinch of cinnamon
- Pinch of salt
- 85g of milk, low fat
- 50g of strawberry, sliced
- 40g of banana, sliced
- 10g single cream
- 2 sprays of oil
- 1 portion of low calorie chocolate sauce (recipe in ebook)

CALORIES 319

PROTEIN 11g

CARBS 53g

FAT 7g



## 1 portion

- Add the flour, egg white, cinnamon, salt and milk to a blender and blend until smooth
- Spray a large nonstick frying pan with the oil, once hot, add half of the mixture and roll the frying pan to spread the mixture evenly
- Cook for a minute over a medium heat, turn the crepe over with a spatula or with your fingers and cook for one more minute, repeat with the other crepe
- Meanwhile, heat the chocolate sauce for 30 seconds in the microwave
- Fold the crepes and serve on a plate, top with the chocolate sauce, banana, strawberries and cream

## NOTES

- You can use a store bought low calorie chocolate sauce instead of making your own

# LOWER CAL CHOCOLATE SAUCE

## INGREDIENTS

- 1.5 cups milk, low fat
- 1 tsp vanilla essence
- Pinch of salt
- 1.5 tbsp unsweetened cocoa powder
- 70g chocolate chips
- 1.5 tsp of corn starch
- 2 tsp zero calorie maple syrup

CALORIES 92

PROTEIN 3g

CARBS 11g

FAT 14



**16 portions**

- Add all the ingredients to a small pot except for the corn starch, simmer for a minute and stir
- Once the chocolate chips have melted, add the corn starch, whisk and bring to a boil until it thickens
- Once thickened, remove from the heat, let it cool and store in the fridge and use within 4-5 days

## NOTES

- This is great served with pancakes, waffles or with fruit or yoghurt to satisfy the sweet cravings!

# CRISPY PRAWN TORTITAS

## INGREDIENTS

- 100g raw prawns, peeled & de veined
- 45g corn, defrosted
- 1/2 tbsp soy sauce
- 1 garlic clove, minced
- Few sprigs coriander
- Fresh chilli to taste, optional
- 1 tbsp sesame oil
- 30g panko breadcrumbs
- Lime wedges
- 50g sweet chilli sauce

CALORIES 308

PROTEIN 23g

CARBS 18g

FAT 16g



**1 portion**

- Add the corn, soy sauce, garlic, coriander & chilli to a blender or food processor and blend for 5-10 seconds
- Add the prawns and 5g of the panko and blend for 5-10 seconds, it should be a smooth mix with little chunks of prawn
- Spread the remaining panko out on a plate, wet your hands and form 3 small tortitas, not too thick and press them into the panko, flip and repeat until they've absorbed all the breadcrumbs
- Heat the oil in a non stick pan and once hot, fry the tortitas for 2-3 minutes each side
- Serve with sweet chilli sauce or your preferred dipping sauce and an optional salad garnish & lime wedges

## NOTES

- You could use fish or ground chicken instead of prawns

# TURKEY MEATBALLS, GNOCCHI & SPINACH

## INGREDIENTS

- 500g gnocchi, store bought or fresh
- 400g canned tomatoes
- 40g onion, diced
- 1 clove garlic, minced
- 100g spinach
- 1 tbsp oil
- 15g parmesan cheese, grated

### For the meatballs

- 350g turkey mince
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 30g fresh breadcrumbs
- 1/2 tsp salt
- 1/2 tsp chilli flakes

CALORIES 511

PROTEIN 37g

CARBS 66g

FAT 11g



## 3 portions

- In a bowl, add all the ingredients for the meatballs, mix well and divide between 12-15 small meatballs
- Heat the oil in a frying pan and fry the meatballs for a few minutes until browned
- Add the onion & garlic & fry for a minute
- Add the tomatoes, cover with a lid and cook over a medium heat for 5-7 minutes until the meatballs are cooked
- Meanwhile, cook the gnocchi in boiling salted water, once they start to float, they're cooked
- Add a cup of the water from the gnocchi to the meatballs then drain the gnocchi, add to the meatballs with the spinach, mix well until the spinach has wilted, season to taste with salt & pepper and serve, top with some parmesan

## NOTES

- Spare portions can be stored in the fridge and reheated in the microwave
- You can use chicken mince instead of turkey

# ***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