

MBFITNESS
FORCES TRAINED

HEALTHY RECIPE HANDBOOK BOOK 4

**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.

GRILLED TUNA WITH PAK CHOI & SESAME

INGREDIENTS

- 150g tuna steak
- 200g pak choi (2 small) cut into quarters
- 1/2 tbsp sesame oil

For the sauce

- 1 tbsp light soy sauce
- 1/2 tbsp sesame oil
- 1 tsp lime juice
- 1/2 tbsp sriracha
- 1/2 tsp toasted sesame seeds

CALORIES 341

PROTEIN 41g

CARBS 6g

FAT 17g



1 portion

- Combine the ingredients together for the sauce, season the taste and set aside
- Drizzle ¼ tbsp sesame oil over the pak choi & the remaining ¼ tbsp sesame oil over the tuna and rub it in
- Preheat a griddle pan and once smoking hot, grill the pak choi for a minute or 2 each side until cooked but still crunchy
- Season the tuna lightly with salt and grill for 15 seconds each side. You can cook it longer if you prefer
- Slice the tuna in thick strips and serve on top of the pak choi and drizzle the sauce on top

NOTES

- You could use a frying pan instead of a grill pan. Just make sure it's smoking hot to char the pak choi and tuna
- You could change the pak choi for your preferred vegetables

PAN FRIED SEA BASS WITH SALSA VERDE

INGREDIENTS

- 125g seabass fillet
- 200g baby potatoes, cut into halves
- 80g French beans

SALSA VERDE - 3 PORTIONS

- 1/4 cup parsley
- 1/4 cup coriander
- 1 spring onion
- 1 garlic
- Chilli to taste
- 3 tbsp olive oil
- 1/2 tbsp white wine vinegar
- Salt & pepper

CALORIES 472

PROTEIN 28g

CARBS 36g

FAT 24g



1 portion

- Boil the potatoes in salted water and once cooked, add the green beans and cook for a minute until they're cooked but still crunchy then drain
- Meanwhile, finely chop all the ingredients for the salsa verde then add to a bowl with the oil, vinegar and season to taste with salt & pepper
- Use a sharp knife and make little cuts in the skin of the fish then rub a little of the oil on the skin to stop it sticking whilst cooking. Add a teaspoon of the salsa verde to the flesh side and rub into the fish
- Pre heat a non stick pan and once smoking hot, lay the fish in, skin side down and cook for a minute or 2 then flip and turn off the heat and leave for 30 seconds. Cooking times will vary depending on the thickness just be sure to not overcook the fish!
- Add a little salsa verde to a bowl with the cooked potatoes & green beans, mix and season to taste
- Serve with a wedge of lime and an extra drizzle of salsa verde on the fish

POACHED EGGS WITH TOMATO & CHILLI

INGREDIENTS

- 2 eggs
- 70g sourdough bread (1 medium slice)
- 5g parmesan, grated

For the sauce

- 200g tomatoes, diced
- 2 dried chillies, optional
- 1 clove garlic, peeled and sliced
- 20g onion, diced
- 1/2 tbsp oil

CALORIES 412

PROTEIN 23g

CARBS 35g

FAT 120g



1 portion

- Fry the tomatoes, chilli, onion & garlic in oil for 2-3 minutes over a low heat until cooked then blend until smooth and season to taste with salt & pepper
- Meanwhile, poach the eggs and cook to your liking
- Toast the sourdough bread
- Drain the poached eggs onto paper towel, serve on the bread with the sauce and grated parmesan cheese on top

NOTES

- If you aren't confident at poaching eggs, you could fry them or scramble them instead!

SPAGHETTI WITH TUNA & CAPERS

INGREDIENTS

- 200g of spaghetti
- 3 cans of tuna (300g drained weight)
- 70g onion, finely sliced
- 2 cloves of garlic, finely chopped
- 1 dried chilli, finely chopped, or to taste
- 300g tomatoes, blended (fresh or canned)
- 25g capers
- 1 handful of chopped parsley
- Squeeze lemon juice
- 1 tbsp of oil

CALORIES 403

PROTEIN 31g

CARBS 54g

FAT 7g



3 portions

- Cook spaghetti in boiling salted water
- A few minutes before the spaghetti is cooked, fry the onion in the oil for 2 minutes
- Add the garlic and cook for 30 seconds
- Add the tuna, chilli, tomatoes, capers and cook for a couple of minutes
- Add the cooked spaghetti, parsley, squeeze of lemon, season to taste and serve

NOTES

- If you're just cooking for yourself, you can divide the ingredients and just make 1 portion or make the whole recipe and keep the spare portions in the fridge

SALMON BROCHETTES

INGREDIENTS

- 130g salmon, skinless & in small cubes
- 50g yogurt, low fat
- 10g Thai curry paste (see notes)
- 100g bell pepper, diced into small cubes
- 1/2 lemon
- 3 wooden skewers

GARNISH

- 50g cucumber, finely sliced
- 50g cherry tomatoes, cut in half
- A few slithers of red onion
- Coriander

CALORIES 261

PROTEIN 33g

CARBS 12g

FAT 9g



1 portion

- Soak the skewers in water for 20 minutes
- In a bowl, mix the yoghurt with the curry paste & a squeeze of lemon juice
- Add the salmon, mix well and leave for 5 minutes
- Thread the salmon and pepper onto the skewers and repeat until you have 3 skewers
- Season the salmon with salt then grill for 2-3 minutes each side or until the salmon is cooked
- Serve on a plate and garnish with the cucumber, cherry tomatoes, onion, coriander and a lemon wedge

NOTES

- You can buy a pre made Thai curry paste from the supermarket
- You could use chicken or another type of fish

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