



# BEN MALTON PERSONAL TRAINING

*Delicious Dishes for the Fitness Fanatic*



[www.benmalton.co.uk](http://www.benmalton.co.uk)

### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Pear & blueberry smoothie

150ml chilled coconut water or water

100g ripe pear

50g frozen blueberries

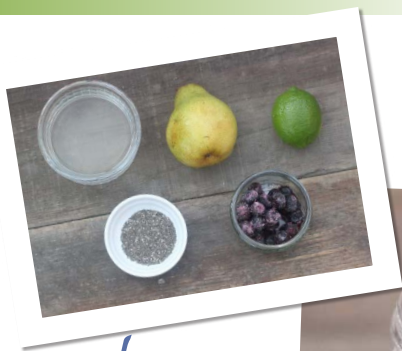
juice of 1 lime

1 tsp chia seeds

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



**PER SERVING:**

153 Calories

**33g Carbs**

**3g Protein**

**1g Fat**

# Watermelon & cucumber cooler

60g cucumber  
120g fresh watermelon  
juice of ½ a lime  
10-12 ice cubes

SERVES 1

Place all of the ingredients except the lime juice in a blender and blend well.

Pour the mixture into a glass. Top with the lime juice. Serve.

*Consume immediately.*



PER SERVING:

56 Calories

13g Carbs

1g Protein

0g Fat

# Fig apple green smoothie

75ml cold water  
2 fresh figs  
1 apple, cored and sliced  
handful fresh spinach  
several lettuce leaves (optional)  
2 ice cubes

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

*Consume immediately.*

SERVES 1



PER SERVING:  
177 Calories  
**40g Carbs**  
**2g Protein**  
**1g Fat**



# Citrus apple smoothie

juice of ½ a lime  
1 small apple, cored  
40g cucumber  
50g spinach leaves  
30g green grapes  
40g celery  
a pinch of sea salt and  
ground black pepper

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVES 1



PER SERVING:  
140 Calories  
**33g Carbs**  
**2g Protein**  
**0g Fat**



# Melon & mint salad

- 1 honeydew melon, diced
- 70g pomegranate seeds
- 150g cucumber, diced
- 1 tbsp honey (optional)
- 2 tbsps orange flower water (optional  
- available in supermarkets)
- 1 sprig fresh mint, finely chopped

Place all ingredients in a bowl and mix well.

*Cover and refrigerate for up to 2 days, until ready to serve.*

SERVES 4



PER SERVING:

93 Calories

20g Carbs

1g Protein

1g Fat

# Crispy bacon asparagus bites

4 rashers unsmoked back bacon  
4 thick asparagus spears  
2 tps organic butter or coconut oil,  
melted

**SERVES 1**

Preheat oven to 220°C / 450°F.

Line an oven tray with foil.

Take an asparagus spear, and wrap a rasher of bacon around it. Overlap the rasher as you wrap, so that there are no gaps. Place the spear on the tray and repeat with the other 3 spears.

Gently brush each bacon wrapped spear with melted butter or oil.

Place in the oven for 20-25 minutes, until the bacon is crispy.

Serve warm or cold.

*Store in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
346 Calories  
**2g Carbs**  
**26g Protein**  
**26g Fat**

# Chocolate trail mix energy bites

60g dark chocolate pieces (minimum 70% cocoa)

20g nuts e.g. walnuts, brazil nuts, chopped into chunks

10g dried fruit e.g. cranberries, raisins

3g shredded coconut (optional)

**MAKES 12 ENERGY BITES**

Bring a shallow dish of water to the boil then reduce to a low heat. Place the chocolate pieces in a heatproof bowl and place in the water. Stir the chocolate until melted. Remove from heat.

Line 2 baking trays with baking paper.

Spoon the chocolate into 12 disc shapes on the paper.

Place a few pieces of chopped nuts, a few pieces of dried fruit and a piece of coconut on each chocolate disc.

Refrigerate until set (around 15 minutes).

*Store any leftovers in an airtight container and refrigerate for up to 5 days.*



PER BITE:

43 Calories

3g Carbs

1g Protein

3g Fat

# Chocolate Paleo loaf

100g nut butter of your choice  
20g cocoa powder  
2 eggs  
2 tsps vanilla extract  
1 tbsp maple syrup or honey  
40g dark chocolate (minimum  
70% cocoa), melted  
½ tsp baking soda  
pinch of sea salt  
½ tsp ground cinnamon  
70g courgette, grated  
2 tsps dark chocolate chips for  
topping

MAKES 7 SLICES

Preheat oven to 200°C/400°F.

Line the base of a small / medium sized loaf tin with baking paper.

In a bowl, combine all of the ingredients except for the courgette and extra chocolate for topping. Fold in the courgette then transfer mixture to the lined tin. Sprinkle the chocolate chips on top.

Bake for 40 minutes or until the top springs back to the touch. Remove from the oven and leave to cool in the tin for 10 minutes. Transfer to a wire rack to cool. Slice into 7 pieces.

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



PER SLICE:  
159 Calories  
**8g Carbs**  
**7g Protein**  
**11g Fat**



# Chocolate & strawberry freezer bars

125g tinned or fresh pumpkin purée  
20g cocoa powder  
25g vanilla flavour protein powder (optional)  
75g ground almonds  
80g fresh or desiccated coconut  
2 tbsps chia seeds  
2 tbsps coconut oil, melted  
150g fresh or frozen strawberries, chopped into small pieces  
20g chopped walnuts

**MAKES 9 BARS**

Line a small square tin with greaseproof paper.

Mix together all of the ingredients in a bowl, except for the strawberries and walnuts.

Gently stir in the strawberries and walnuts.

Spoon the mixture into the tin and gently flatten with a spoon.

Freeze for one hour, then refrigerate until ready to serve.

Divide into 9 pieces.

*Store in an airtight container and refrigerate for up to 3 days.*



PER BAR:  
190 Calories  
**10g Carbs**  
**6g Protein**  
**14g Fat**

# Mexican avocado eggs

- 2 eggs
- 1 egg white
- ½ tsp chilli powder
- ½ tsp ground cumin
- ½ tsp garlic granules
- 1 tsp olive oil or coconut oil
- ½ a small red onion, finely chopped
- ½ a medium sized ripe avocado
- a small handful of fresh coriander, finely chopped

**SERVES 1**

Whisk the eggs and egg whites in a jug. Add the chilli powder, ground cumin and garlic granules. Stir well.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally until soft.

Pour the egg mixture into the frying pan and reduce heat to low. Stir for 1-2 minutes until cooked.

Remove the peel and stone from the avocado and slice the flesh.

Serve the eggs topped with the avocado slices. Garnish with fresh coriander.

*Consume immediately.*



PER SERVING:  
372 Calories  
**10g Carbs**  
**20g Protein**  
**28g Fat**



# Turkish inspired tomato eggs

1 tsp olive oil or coconut oil  
½ a medium sized red onion,  
finely diced  
½ tsp hot paprika  
½ tsp onion granules  
salt and pepper to taste  
160g tinned chopped tomatoes  
3 eggs  
a sprinkle of fresh chives, chopped

**SERVES 1**



Heat the oil in a frying pan over a medium heat.

Add the red onion and sauté for 3 minutes, until soft.

Add the paprika, salt, pepper, onion granules and chopped tomatoes. Stir well and simmer for 3 minutes.

Meanwhile, preheat the grill to a high heat.

Make 3 small wells in the tomato sauce and crack an egg into each well. Cook for 3-4 minutes.

Place the frying pan under the grill and grill until the eggs are cooked to your liking.

Serve garnished with fresh chives.

*Consume immediately.*



PER SERVING:  
295 Calories  
**10g Carbs**  
**21g Protein**  
**19g Fat**

# Asparagus, bacon & poached egg salad

1 tsp butter or coconut oil  
4 unsmoked bacon rashers, cut into small pieces  
small handful of button mushrooms  
10 plum tomatoes  
4-6 asparagus spears  
handful of Tenderstem broccoli  
2 eggs  
pinch of salt (optional) and pepper to season  
20g walnuts

**SERVES 2**

Melt the butter or oil in a large frying pan over a medium heat. Add the bacon pieces and fry gently on both sides until crispy. Remove from pan and set aside.

Add the mushrooms and fry for 3-4 minutes, stirring, until soft. Add the plum tomatoes and fry for several minutes, until soft. Remove pan from heat and set aside.

Steam the broccoli and asparagus gently for several minutes (until cooked to your liking).

Meanwhile, bring a medium sized saucepan of water to the boil (around 3-4 inches deep). Reduce to a gentle simmer. Carefully crack the eggs into the water. Cook gently for around 3 minutes. Use a serrated spoon to remove the eggs from the water and drain off excess water.

Place the steamed vegetables in the base of two serving bowls. Top with the bacon and cooked vegetables. Add the poached eggs and sprinkle on the walnuts.

Season with salt (optional as bacon may add enough saltiness) and pepper and serve.

*Consume immediately.*



PER SERVING:  
307 Calories  
**6g Carbs**  
**28g Protein**  
**19g Fat**



# Basil & spinach scrambled eggs

3 eggs  
a pinch of sea salt and ground black pepper  
1 tsp ghee or coconut oil  
a small bunch of fresh basil leaves and stalks, chopped  
6 plum or cherry tomatoes  
60g closed cup or button mushrooms, sliced  
a handful of fresh spinach leaves

**SERVES 1**

Crack the eggs into a jug and add the salt and pepper. Beat with a fork.

Heat half of the ghee/oil in a large frying pan over a medium heat. Add the basil leaves and stalks and fry gently for 1 minute, stirring occasionally.

Add the tomatoes and mushrooms and fry for around 3 minutes, until soft.

Add the spinach and cook until wilted.

Remove the cooked vegetables from the pan and set aside.

Heat the remaining ghee/oil in the frying pan. Add the eggs and cook, stirring, for around 2 minutes, until cooked.

Transfer to a plate and add the cooked vegetables. Serve.

*Consume immediately.*



PER SERVING:  
292 Calories  
**7g Carbs**  
**21g Protein**  
**20g Fat**

# Curried cauliflower & cashew muffins

1 tsp ghee or coconut oil plus extra to grease tin  
100g white onion, finely chopped  
150g cauliflower, grated  
40g cashews  
5 eggs, beaten  
½ tsp garlic powder  
2 tsp curry powder  
a pinch of cayenne pepper  
a pinch of sea salt and ground black pepper

**MAKES 8 MUFFINS**

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin tin.

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and cauliflower and sauté for 4-5 minutes, stirring frequently. Remove pan from heat and transfer the cooked vegetables to a plate to cool.

Blitz the cashews in a blender or food processor until finely ground.

Break the eggs into a large jug. Add the spices and seasoning and mix well with a fork. Add the cauliflower, onions and cashews and stir well.

Divide the mixture between the muffin compartments. Bake for 20-25 minutes or until the muffins are firm. Allow to cool in the tin for 5 minutes then remove and transfer to a wire rack to cool.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



**PER MUFFIN:**

99 Calories

4g Carbs

5g Protein

7g Fat





# Leek, potato & onion soup

2 tps ghee or organic coconut oil  
1 white onion, chopped  
2 sticks celery, finely chopped  
3 medium sized leeks, sliced  
4 small carrots, peeled and chopped  
3 cloves garlic, finely chopped  
2 small all rounder potatoes, peeled and chopped  
1 pint fresh vegetable or chicken stock (made with one organic stock cube)  
salt and pepper to season

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion, and sauté for 3-4 minutes, stirring.

Add the celery, leeks and carrots and sauté for 3-4 minutes, stirring. Add the garlic and sauté for 2 minutes, stirring.

Add the potatoes and stir well. Cook for 2 minutes. Add the stock and bring to the boil. Reduce to a simmer.

Cover and cook for 30 minutes. Season to taste and cook for 10 minutes. Serve.

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

SERVES 3



PER SERVING:  
186 Calories  
**28g Carbs**  
**5g Protein**  
**6g Fat**

# Nourishing chicken & vegetable soup

10g butter or coconut oil  
200g leek, sliced  
250g white onion, diced  
3 cloves garlic, finely chopped  
500g roast chicken meat (skin removed), chopped  
500ml chicken stock (made with one organic stock cube)  
250g swede and carrot, diced  
150g frozen sweetcorn  
1 litre freshly boiled water  
salt & pepper to taste

**SERVES 5**

Melt the butter / oil in a large saucepan over a medium heat. Add the leek and onion and sauté gently for 5 minutes, stirring occasionally.

Add the garlic, chicken stock and chicken and stir well.

Add the swede, carrot and sweetcorn and stir well.

Add the boiled water. Stir well and bring to a gentle simmer. Cover and cook for 25 minutes.

Season with salt and pepper and stir. Serve.

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



PER SERVING:  
239 Calories  
13g Carbs  
31g Protein  
7g Fat



# Liver & onions with crispy bacon

300g lambs liver  
juice of ½ a lemon  
4 slices thin cut back bacon  
10g butter or coconut oil  
2 medium white onions, sliced  
2 cloves garlic, finely chopped  
a pinch of dried thyme  
½ tsp dried chilli flakes  
a pinch of salt and pepper

**SERVES 2**

## Serving suggestion:

Serve with steamed greens of your choice.



PER SERVING:  
385 Calories  
**15g Carbs**  
**43g Protein**  
**17g Fat**

Preheat oven to 200°C/400°F.

Cut the liver into large pieces and place in a bowl. Cover in cold water, and drain. Cover the liver in cold water a second time. Add the lemon juice to the bowl, mixing well. Set aside.

Place the bacon on a foil-lined baking tray and place in the oven for around 15-20 minutes or until crispy.

Melt the butter /oil in a frying pan over a medium heat. Add the onions and sauté gently for 8 minutes, stirring regularly.

Add the garlic to the pan and stir well. Drain the liver to remove the lemon juice. Add to the pan along with the thyme, chilli flakes, salt and black pepper.

Cook the liver for 1-2 minutes each side, until lightly browned. Be careful not to overcook the liver as this will spoil the texture. Serve.

*Store any leftovers in an airtight container and refriqerate for up to 2 days.*



# Dill baked trout

2 trout fillets, gutted and sliced in half (approximately 350g)

½ tsp sea salt

½ tsp ground black pepper

½ tsp dried dill

juice of one lemon

**SERVES 2**

## Serving suggestion:

Serve with a big leafy salad or fresh steamed vegetables.

Preheat oven to 180°C/350°F.

Place the trout fillets on a foil lined tray (use a large sheet of foil - big enough to wrap around the fish).

Season with salt, pepper and dried dill. Squeeze over the lemon juice.

Bring the edges of the foil up and over the fillets and seal in a loose parcel.

Oven bake for 20-25 minutes until the fish is cooked throughout. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.*



PER SERVING:  
352 Calories  
**3g Carbs**  
**40g Protein**  
**20g Fat**

# Grilled fish with capers

1 tsp organic butter or coconut oil  
½ tsp melted butter  
350g sea bream (or a similar meaty fish, like halibut), skin removed  
2 courgettes, sliced thinly  
juice and grated zest of 1 lemon  
2 tsps capers  
4 spring onions, sliced finely  
salt and pepper  
wedges of lemon to serve

**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**



# Low carb ragu

1 tsp ghee or coconut oil  
half a medium sized red onion, finely chopped  
200g lean steak mince  
1-2 cloves of garlic, finely chopped  
1 large red chilli, sliced  
3-4 closed cup mushrooms, sliced  
1 tbsp tomato purée  
9 baby tomatoes  
¾ tsp Italian seasoning  
pinch of salt and pepper  
1 courgette, spiralized or cut into long thin strips

**SERVES 1**

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté for 2-3 minutes.

Add the steak mince and cook for 4-5 minutes, stirring.

Add the chilli and garlic and sauté for 1-2 minutes.

Add the mushrooms and sauté for 3-4 minutes, stirring.

Add the tomato purée, tomatoes and seasoning. Cook for 5 minutes.

Meanwhile, bring a small saucepan of water to the boil. Add the courgette, reduce to a simmer and cook for 2-3 minutes, until tender. Serve.

*Store any leftover sauce in an airtight container and refrigerate for 3 days or freeze on the same day.*



PER SERVING:  
370 Calories  
**14g Carbs**  
**47g Protein**  
**14g Fat**



# Minted lamb kebabs

100g plain yoghurt  
finely grated zest of half an unwaxed  
lemon, plus juice  
2 garlic cloves, crushed  
1 tsp English mustard  
2 tbsps tomato purée  
300g lean lamb leg steaks, diced  
handful cherry or plum tomatoes  
sprig fresh mint, finely chopped

SERVES 2

Mix the yoghurt, lemon zest, lemon juice, garlic, mustard and tomato purée in a shallow bowl.

Add the lamb and coat well in the sauce. Cover and refrigerate for at least one hour.

Soak 2 bamboo skewers in cold water for 30 minutes or more.

Prepare a medium grill.

Thread the lamb pieces and cherry tomatoes (alternating) onto the skewers. Brush with the marinade and grill for 5 minutes each side or until cooked to your liking.

Sprinkle over the chopped mint. Serve with a salad.

*Store any leftover lamb in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
312 Calories  
**11g Carbs**  
**40g Protein**  
**12g Fat**