

360 FITNESS HEALTHY RECIPES

HEALTHY AND DELICIOUS



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PEPPERONI PIZZA



PEPPERONI PIZZA

380 CALORIES | C 38 P 21 F 16

INGREDIENTS - 1 PORTION

INGREDIENTS

40G FLOUR
40G YOGHURT 0% FAT
PINCH BICARBONATE OF SODA
70G CANNED TOMATOES, BLENDED
1 TSP ONION POWDER
1/2 TSP GARLIC POWDER
PINCH DRIED BASIL
15G PEPPERONI SLICES
40G MOZZARELLA CHEESE, GRATED
A PINCH OF CHILLI FLAKES

PEPPERONI PIZZA



METHOD

IN A BOWL, MIX THE FLOUR WITH THE YOGHURT AND BICARB UNTIL THEY ARE WELL COMBINED, ROLL IN A BALL AND LEAVE IN THE BOWL COVERED FOR 15-20 MINUTES

MIX THE TOMATOES, BASIL, ONION AND GARLIC POWDER IN A BOWL, SEASON TO TASTE WITH SALT AND PEPPER

LIGHTLY SPRINKLE A SURFACE WITH FLOUR AND THEN ROLL THE DOUGH WITH A ROLLING PIN UNTIL YOU HAVE A THIN, ROUND CIRCLE. IT DOESN'T HAVE TO BE PERFECTLY ROUND!

HEAT A LARGE FRYING PAN AND WHEN IT'S SMOKING, COOK THE DOUGH FOR ONE MINUTE ON EACH SIDE

SPREAD THE TOMATO SAUCE ON TOP THEN ADD THE CHEESE, PEPPERONI AND SOME CHILLI FLAKES AND COOK IN A PREHEATED OVEN AT 390 FAHRENHEIT (190 CELSIUS) FOR 8-10 MINUTES OR UNTIL THE CHEESE MELTS

CHICKEN SATAY



CHICKEN SATAY SKEWERS 298 CALORIES | C 7 P 45 F 10 INGREDIENTS - 2 PORTIONS

250G CHICKEN BREAST, CUT INTO THIN STRIPS
8-10 WOODEN SKEWERS (OPTIONAL)

SATAY SAUCE

3G GINGER, MINCED
1/2 SMALL GARLIC CLOVE, MINCED
FRESH CHILLI TO TASTE, OPTIONAL
1/2 TSP GROUND CUMIN
1 TSP CURRY POWDER
2 TBSP CORIANDER LEAVES
30G REDUCED FAT PEANUT BUTTER
2 TSP SOY SAUCE
LEMON JUICE TO TASTE
2 TBSP WATER

GARNISH

10G CHOPPED TOASTED PEANUTS (OPTIONAL)

CHICKEN SATAY



METHOD

TOAST THE CURRY AND CUMIN POWDER IN A PAN FOR 15-20 SECONDS UNTIL IT SMELLS FRAGRANT

ADD TO A SMALL BLENDER WITH THE OTHER INGREDIENTS FOR THE SAUCE AND BLEND UNTIL SMOOTH. IT SHOULD BE A THICK SAUCE, YOU CAN ADD A LITTLE MORE WATER IF NEEDED

PUT THE CHICKEN STRIPS IN A BOWL AND ADD HALF THE SATAY SAUCE AND MIX WELL THEN THREAD ONTO THE SKEWERS. IF YOU DON'T HAVE SKEWERS IT'S OK

PRE HEAT A PAN AND LIGHTLY RUB WITH OIL, ONCE SMOKING HOT, ADD THE CHICKEN AND COOK FOR 1-2 MINUTES EACH SIDE OR UNTIL COOKED

SERVE ON A PLATE WITH THE REMAINING SATAY SAUCE AND THE TOASTED PEANUTS ON TOP

FISH TACOS



LEMON PEPPER FISH TACOS 323 CALORIES | C 26 P 30 F 11 INGREDIENTS - 1 PORTION

30G ONION, SLICED THIN
60G BELL PEPPER, SLICED THIN
120G COD (OR OTHER WHITE FISH) CUT INTO 4 SMALL STRIPS
2 CORN TORTILLAS
10G BUTTER
1 TSP LEMON PEPPER

CHARRED TOMATO SALSA

1 TOMATO
15G SMALL PIECE OF ONION
1 CLOVE OF GARLIC
FRESH JALAPEÑO CHILLI TO TASTE, OPTIONAL
1 TBSP CHOPPED CORIANDER
SQUEEZE OF LIME

GARNISH

LIME DRESSED RED CABBAGE (OPTIONAL)
LIME WEDGES

FISH TACOS



METHOD

DRY ROAST THE TOMATO, ONION, GARLIC AND JALAPEÑO IN A PAN FOR 10-12 MINUTES OVER A MEDIUM HEAT UNTIL WELL CHARRED WITH BURNT BITS, BLEND UNTIL SMOOTH, ADD THE CORIANDER, SQUEEZE OF LIME AND SEASON TO TASTE WITH SALT

HEAT THE BUTTER IN A NON STICK PAN AND FRY THE ONIONS & PEPPERS OVER A MEDIUM HEAT FOR 2-3 MINUTES UNTIL SOFTENED

MEANWHILE, COAT THE FISH IN THE LEMON PEPPER

ONCE THE PEPPERS AND ONIONS ARE SOFTENED, ADD THE FISH FILLETS TO THE PAN AND FRY FOR 1-2 MINUTES EACH SIDE

WHILST THE FISH IS COOKING, LIGHTLY TOAST THE CORN TORTILLAS IN A PAN

SERVE WITH SOME FRESH SALSA ON TOP AND YOUR PREFERRED TACO GARNISHES & LIME WEDGES

LEAK MUSHROOM HASH



LEEK & MUSHROOM HASH

286 CALORIES | C 14 P 17 F 18

INGREDIENTS - 1 PORTION

- 100G MUSHROOMS, DICED
- 100G BELL PEPPER, DICED
- 45G LEEKS, FINELY SLICED
- 1 CLOVE OF GARLIC, FINELY CHOPPED
- 1 DRIED CHILLI, FINELY SLICED, OPTIONAL
- 12G OF BUTTER
- 2 TBSP CHOPPED PARSLEY
- 2 EGGS
- 10G OF SRIRACHA SAUCE

LEAK MUSHROOM HASH



METHOD

FRY THE MUSHROOMS, PEPPERS AND LEEKS IN HALF OF THE BUTTER FOR 2-3 MINUTES OVER MEDIUM HEAT

ADD THE GARLIC AND CHILLI, COOK FOR 20 SECONDS

MAKE 2 SPACES IN THE FRYING PAN, ADD THE REMAINING BUTTER AND CRACK IN THE EGGS, COVER WITH A LID AND COOK ON LOW UNTIL THE EGGS ARE COOKED TO YOUR LIKING

TOP WITH THE PARSLEY AND SRIRACHA AND SERVE AS IT IS OR WITH TOASTED BREAD

STRAWBERRY CHEESECAKE



STRAWBERRY CHEESECAKE 252 CALORIES | C 30 P 6 F 12 INGREDIENTS - 3 PORTIONS

- 250G OF STRAWBERRIES (FRESH OR FROZEN)
- 2 TABLESPOONS OF MAPLE SYRUP 0 CALORIES (OR TO TASTE)
- 6 DIGESTIVE BISCUITS, REDUCED FAT (90G)
- 180G OF PHILADELPHIA CHEESE, REDUCED FAT
- 9G OF BUTTER, MELTED
- 1/2 TEASPOON VANILLA ESSENCE

STRAWBERRY CHEESECAKE



METHOD

PUT THE STRAWBERRIES & MAPLE SYRUP IN A SMALL POT AND COOK FOR 1-2 MINUTES UNTIL SOFT, LEAVE TO COOL THEN BLEND UNTIL SMOOTH

BLEND THE BISCUITS IN A BLENDER UNTIL YOU HAVE A FINE CRUMB, TRANSFER THEM TO A BOWL AND ADD THE MELTED BUTTER AND MIX WELL WITH A SPOON

DIVIDE INTO 3 SMALL BOWLS AND USE A SPOON TO PRESS THE BISCUIT SO YOU HAVE A FIRM BASE

BLEND THE CREAM CHEESE, VANILLA ESSENCE AND HALF OF THE STRAWBERRY PUREE, THEN DIVIDE BETWEEN THE 3 BOWLS

TOP WITH THE REMAINING STRAWBERRY PUREE AND A WHOLE STRAWBERRY TO DECORATE

BEST SERVED COLD