

# 360 FITNESS HEALTHY RECIPES

HEALTHY AND DELICIOUS



# SPAGHETTI BOLOGNAISE



SPAGHETTI BOLOGNAISE  
410 CALORIES | C 54 P 26 F 10  
INGREDIENTS - 4 PORTIONS

## INGREDIENTS

- 450G GROUND BEEF 95/5%
- 100G ONION, DICED
- 80G CARROT, DICED (1 SMALL CARROT)
- 400G CHOPPED CANNED TOMATOES
- 200ML BEEF BROTH
- 1 TSP OF DRIED MIXED HERBS
- 2 CLOVES OF GARLIC
- 1 TSP OIL
- 260G SPAGHETTI OR OTHER PASTA
- 15G GRATED PARMESAN CHEESE, OPTIONAL

# SPAGHETTI BOLOGNAISE



## METHOD

1. FRY THE ONIONS IN THE OIL OVER A MEDIUM HEAT FOR 2-3 MINUTES UNTIL SOFTENED THEN ADD THE MEAT AND FRY FOR 7-8 MINUTES UNTIL WELL BROWNED
2. ADD THE CARROTS, SEASON WITH SALT, FRY FOR 2 MINUTES
3. ADD THE GARLIC, FRY FOR 20 SECONDS
4. ADD THE TOMATOES, BROTH AND HERBS, MIX WELL, COVER WITH A LID AND COOK FOR 30-40 MINUTES OVER A MEDIUM HEAT
5. 10 MINUTES BEFORE THE MEAT IS READY, COOK THE PASTA IN BOILING SALTED WATER
6. DRAIN THE PASTA AND MIX WITH THE SAUCE, SEASON TO TASTE AND SERVE WITH A LITTLE PARMESAN CHEESE ON TOP

# STRAWBERRY CREPES



## STRAWBERRY CREPES 229 CALORIES | C 38 P 8 F 5 INGREDIENTS - 1 PORTION

### STRAWBERRY PURÉE

- 100G FROZEN STRAWBERRIES, THAWED
- 1 TBSP 0 CALORIE MAPLE SYRUP, OR TO TASTE

### CREPE BATTER

- 30G FLOUR
- 20G LIQUID EGG WHITE, OR 1 EGG WHITE
- PINCH OF CINNAMON
- PINCH OF SALT
- 85ML MILK, LOW FAT
- 2 SPRAYS OF OIL

### GARNISH

- 40G OF FRESH STRAWBERRIES, SLICED
- 5G SINGLE CREAM



# STRAWBERRY CREPES



## METHOD

1. ADD THE STRAWBERRIES AND SYRUP TO A BLENDER, BLEND UNTIL SMOOTH, ADD TO A SMALL POT AND COOK FOR A MINUTE UNTIL IT THICKENS. ADJUST TO TASTE USING MORE SYRUP IF YOU PREFER, THEN SET ASIDE
2. ADD THE FLOUR, EGG WHITE, CINNAMON, SALT AND MILK TO THE BLENDER AND BLEND UNTIL SMOOTH
3. SPRAY A LARGE NONSTICK FRYING PAN AND ONCE HOT, ADD HALF OF THE MIXTURE AND MOVE THE FRYING PAN TO ALLOW THE MIXTURE TO SPREAD EVENLY, COOK FOR ONE MINUTE ON EACH SIDE UNTIL LIGHTLY BROWNED, THEN SET ASIDE ON A PLATE. THE AMOUNT OF CREPES YOU GET WILL DEPEND ON THE SIZE OF THE PAN. REPEAT UNTIL ALL THE MIXTURE IS USED
4. FOLD THE CREPES INTO TRIANGLES AND SERVE THEM WITH THE STRAWBERRY PUREE ON TOP, A SPLASH OF CREAM AND SOME FRESH STRAWBERRIES

# TUNA TORTILLAS



## TUNA TORTITAS

401 CALORIES | C 48 P 32 F 9

INGREDIENTS - 1 PORTION

- CAN OF TUNA IN WATER (100G DRAINED WEIGHT)
- 250G POTATO, PEELED AND CUT INTO SMALL CUBES
- 50G CORN, FRESH OR FROZEN
- 1 SPRING ONION, FINELY SLICED
- 70G CUCUMBER, DICED SMALL
- 1 TBSP CORIANDER, CHOPPED
- 1 TSP ONION POWDER
- 1/2 TSP GARLIC POWDER
- CHILLI FLAKES, OPTIONAL
- SPRAY OIL

### AVOCADO SALSA

- 40G AVOCADO
- 1/2 SMALL CLOVE GARLIC
- 1 TBSP WATER
- 1 TBSP CORIANDER
- LIME JUICE TO TASTE
- CHILLI TO TASTE, OPTIONAL

# TUNA TORTILLAS



## METHOD

1. BOIL POTATOES IN SALTED WATER FOR 15-20 MINUTES UNTIL COOKED
2. DRAIN POTATOES AND MASH THEM
3. ADD THE TUNA, CORN, SPRING ONION, CORIANDER, ONION & GARLIC POWDER, CHILLI, MIX WELL AND SEASON TO TASTE WITH SALT & PEPPER
4. WET HANDS WITH WATER AND DIVIDE THE MIX BETWEEN 5 TORTITAS AND PRESS THEM WITH YOUR HANDS TO FORM THE SHAPE
5. LINE A BAKING TRAY WITH BAKING PAPER, PLACE THE TORTITAS ON THE TRAY, SPRAY LIGHTLY WITH OIL AND BAKE AT 450 FARENHEIT (220 CELSIUS) FOR 15-20 MINUTES UNTIL CRISPY
6. MEANWHILE, BLEND THE INGREDIENTS TOGETHER FOR THE SALSA. IF IT'S TOO THICK, ADD A LITTLE EXTRA WATER UNTIL YOU HAVE THE DESIRED CONSISTENCY AND SEASON TO TASTE
7. SERVE THE TORTITAS WITH THE CUCUMBER, SALSA AND A COUPLE OF LIME WEDGES



# FRENCH TOAST



## FRENCH TOAST WITH CARAMELISED BANANA 438 CALORIES | C 63 P 15 F 14 INGREDIENTS - 1 PORTION

- 70G BREAD, CUT IN HALF, PREFERABLY A LITTLE STALE (2 SLICES)
- 1 EGG WHITE
- 70ML MILK, LOW FAT
- 1/2 TSP VANILLA ESSENCE
- 5G 0 CAL MAPLE SYRUP
- PINCH OF CINNAMON
- 1 BANANA, PEELED AND CUT IN HALF, LENGTHWAYS (100G)
- 15G BUTTER
- 5G CHOPPED NUTS, OPTIONAL



# FRENCH TOAST



## METHOD

1. IN A BOWL, MIX THE MILK, EGG WHITE, VANILLA ESSENCE, MAPLE SYRUP AND CINNAMON UNTIL WELL COMBINED
2. HEAT THE BUTTER IN A LARGE NON STICK PAN AND FRY THE BANANA FOR 1-2 MINUTES EACH SIDE WITH A DRIZZLE OF SYRUP TO HELP IT CAREMELISE
3. DIP THE BREAD IN THE MIX. MOST THE MIXTURE SHOULD ABSORB INTO THE BREAD. FRY IN THE SAME PAN AS THE BANANA FOR 1-2 MINUTES EACH SIDE
4. SERVE WITH A LITTLE EXTRA MAPLE SYRUP AND SOME CHOPPED NUTS (OPTIONAL)

# BANANA & CHOCOLATE MUFFINS



BANANA & CHOCOLATE MUFFINS  
151 CALORIES | C 28 P 3 F 3  
INGREDIENTS - 4 PORTIONS

- 30G OF ERYTHRITOL OR SUGAR
- 30G MAPLE SYRUP, 0 CALORIES
- 30G OF LIQUID EGG WHITE, OR 1 EGG WHITE
- 70G OF WHEAT FLOUR
- 1 TEASPOON VANILLA ESSENCE
- 180G BANANA, RIPE
- 30G OF CHOCOLATE CHIPS
- PINCH OF SALT
- 1/2 TEASPOON BICARBONATE OF SODA
- 1 SPRAY OF OIL



# BANANA & CHOCOLATE MUFFINS



1. IN A BOWL, MASH THE BANANA THEN ADD THE ERYTHRITOL, MAPLE SYRUP, EGG WHITE, VANILLA AND MIX WELL
2. PASS THE FLOUR, SALT AND BICARBONATE OF SODA THROUGH A CULLENDER INTO THE BOWL, MIX WELL THEN ADD 20G OF CHOCOLATE CHIPS AND MIX AGAIN
3. SPRAY THE MUFFIN MOULDS WITH A LITTLE OIL AND THEN DIVIDE THE MIXTURE BETWEEN 4 MOULDS AND TOP WITH THE REMAINING CHOC CHIPS
4. BAKE IN A PREHEATED OVEN TO 425 FAHRENHEIT (220 CELSIUS) FOR 5 MINUTES, THEN REDUCE THE TEMPERATURE TO 380 (190 CELSIUS) AND COOK FOR 12 MORE MINUTES OR UNTIL THEY ARE COOKED. YOU CAN CHECK IF THEY ARE COOKED BY POKING A TOOTHPICK IN THE CENTRE, IF IT COMES OUT CLEAN THEY ARE READY
5. REMOVE FROM THE OVEN AND LET THE MUFFINS COOL IN THE MOULDS FOR 5 MINUTES
6. REMOVE FROM THE MOULDS AND LEAVE TO COOL ON A COOLING RACK