



**EYE OF THE TIGER**  
FITNESS & NUTRITION

# EASY MEAL PREP RECIPE GUIDE

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## CREATING A MEAL PLAN

First and foremost - know your shit - or at least the basics. Get acquainted with different types of produce. Know the difference between chicken breast and chicken thigh. Take time to learn simple things like the difference in fat content between salmon and barramundi, and the fact that 1Tbsp of olive oil equates to 120 calories! We aren't saying you need to know absolutely everything, we just want you to have enough knowledge to take charge, rather than feeling overwhelmed!

Together, we wanted to make the process of cooking meals easier for you, so we have created a pyramid of food to make it really easy for you to come up with your own menu. It will allow you to have some fun with food without compromising your goals.

## TRACKING YOUR FOOD

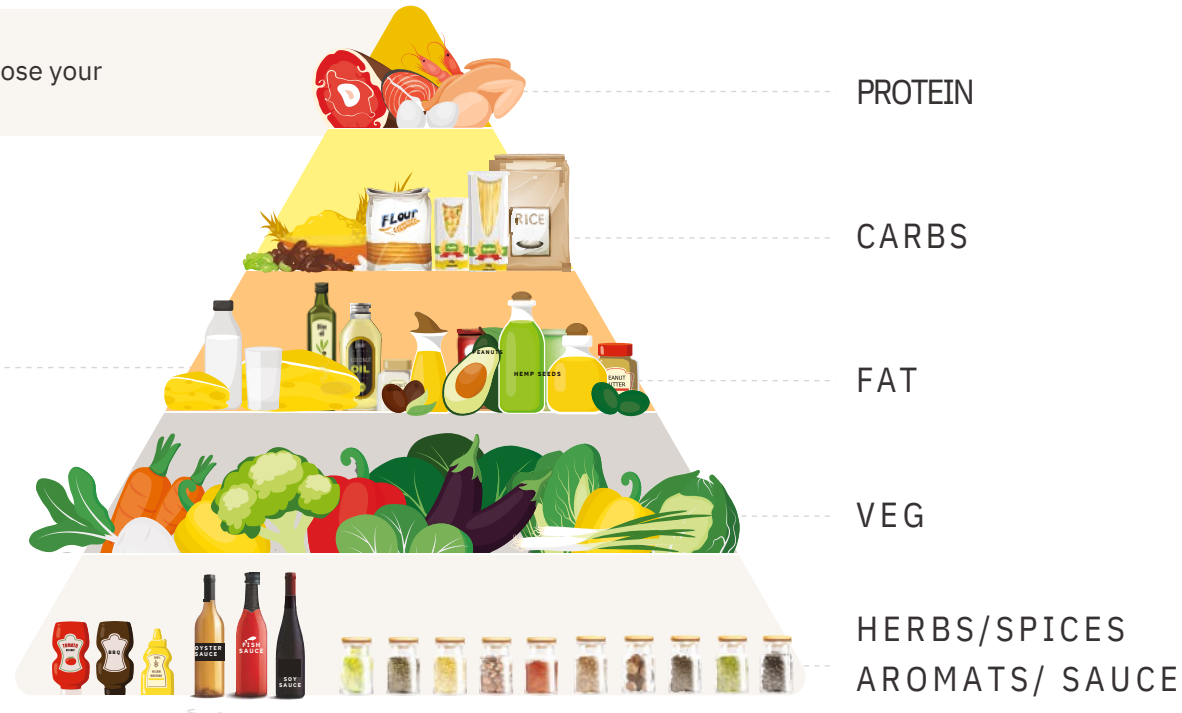
The most important thing to remember when it comes to weighing/tracking your food is to keep it consistent. If you prefer to weigh your food cooked, then make sure you weigh it cooked all the time. It is also important that you track the same food item consistently - for example, pick the same brand of chicken breast and track that always. This is the easiest way to ensure you are tracking as accurately as possible, it is also a way for you to enjoy eating out without getting too stressed.





## HOW TO USE THE PYRAMID

**Protein:** cooked without oil, refer to the fat section to choose your choice of oil to cook with



The meal guide that we have put together for you is all in cooked weights, we find this the easiest way to track. The top of the pyramid makes up the most important part of the meal, from there, you can work your way down to the bottom, picking one item from each section. From here, you can then refer to our recipe examples, substituting ingredients from the pyramid where you prefer! The idea of this is to play around with the recipes, have fun, and add in as much variety as possible. After all, dieting is much easier when you are actually enjoying the foods you are eating, rather than cooking the same meals day in and day out!

Within the pyramid we have created it so each meal you create adds up to between 400-420 calories, making them super easy for you to track.

**PROTEIN**

Chicken	150g
White fish	140g
Prawns	140g
Salmon	90g
Tofu	
Tempeh	100g
Textured Vegetable Protein rehydrated (TVP)	75g
Lean Steak	140g
Lean Beef mince	120g
Pork	100g
Eggs	3
Egg Whites	140g
Protein powder	30g

**CARBS**

Cooked Brown rice	100g
Cooked white rice	100g
Cooked white rice pasta	90g
White potato boiled	90g
Sweet potato boiled	125g
Pumpkin baked	325g
Cooked quinoa	100g
White wrap	1 wrap
Oats	30g
White bread	2 slices

**FAT**

Coconut cream	30g
Olive oil	¾ Tbsp
Butter	12g Butter
Ghee	12g Butter
Coconut oil	¾ Tbsp
Sesame oil	¾ Tbsp
Peanuts	10g
Almonds	10g
Hemp seeds	10g
Avocado	30g
Curry paste	20g
Cheese	15g
Peanut butter	15g
Almond butter	15g
Coconut yoghurt	30g



**VEG**

1 Cup max or half half of your preferred ingredient

Green beans

Bok choy

Baby spinach

Broccolini

Eggplant

Capsicum

Carrots

Tomatoes

Lettuce

Mushrooms

Banana

Mixed berries

Lemons/limes

Blueberries

Mushrooms Peas

Shallots

**HERBS/SPICES/  
AROMATS**

use as desired

Sesame seeds

Mixed herbs

Ginger powder

Curry powder

Paprika

Chilli flakes

Mexican spice

Pasley

Thyme

Ginger

Garlic

Stevia

Cinnamon

Onion

**SAUCE**

1 Tbsp of each or ½ half if needed

Soy sauce

Coconut aminos

Bbq sauce

Tomato sauce

Mustard

Peri peri mayo

Tomato relish

Oyster sauce

Fish sauce

## COOKING TECHNIQUES



**Sautéing:** To fry quickly, typically with some fat.



**Frying:** Typically done in a shallow pan with a generous amount of fat.



**Baking:** To heat without direct exposure to flame.



**Poaching:** To simmer in liquid/water.



**Blanching:** To boil in water then submerge in ice-cold water to halt the cooking process.



**Steaming:** To place above boiling water and utilise the steam to cook the food.





### 3 WAYS TO ROAST VEGETABLES



#### Roasting vegetables individually

First, and easiest, you can roast the individual vegetables on separate trays and combine them after roasting. This lets you monitor how quickly each vegetable is cooking and pull each vegetable from the oven when it's done.



#### Pair “vegetable friends”:

Secondly, you can pair together “vegetable friends” — ones that roast at roughly the same rate. For instance, you could roast cauliflower and broccoli together, or butternut squash with potatoes. Combine these on the same baking sheet and roast them together. If the baking sheet is getting crowded, split them between two sheets.



#### Roasting in stages:

Third, you can add different vegetables to the baking sheet in stages — start roasting the hardest, longest-cooking vegetables first, and then add softer, quicker-cooking vegetables later on. If the baking sheet starts to get full, split the vegetables between two pans so you don't crowd them. Aim to have all the vegetables finish roasting around the same time, and remember: A little extra roasting time is unlikely to hurt.

## COOKING HACKS FOR VEGAN PROTEINS



### Tofu and Tempeh

These are great fried in a pan with a splash of olive oil.



### Edamame Beans

Great steamed or blanched and seasoned with salt.



### Chia Seeds

Perfect for soaking in liquid for use as a pudding or a binding agent, or as a crumb for tofu.



### Quinoa, Soy, Buckwheat

Boiling is the best option for these.



### Legumes

These can be brought in a can, however soaking them overnight and boiling them the next day is the easier way to cook them.



### Lentils

Best served soaked overnight and boiled, or if they are red lentils they can be cooked straight away, making sure to continually add water whilst cooking.



### Protein Powder

Great for shakes, baking with and adding to oats or coconut yoghurt.





## 10 STEPS TO THE PERFECT BREAST

Poached chicken is my absolute favorite way to cook chicken as it keeps the protein super moist and involves no fat in the cooking process - making it super easy to track! In addition to this, it is also easy to cook in bulk and then flavour individually to suit whatever you have on the menu!

### HERE ARE MY 10 STEPS TO THE PERFECT BREAST:

1. Find yourself a good butcher, why? Because I believe it is important to know where your meat is coming from and if it is full of water and hormones. Buying from a butcher also means you can buy exactly the amount you need - saving you money and food waste in the long run!

2. Once you have picked yourself the perfect breast, look at the size of it - is it huge? If it is and you are poaching more than one cut them in half, or into a more reasonable size for a chicken breast. By doing this you are ensuring that all your chicken will cook at even rates.

3. You want to find yourself a deep pot. I do this so the breasts have room to move and aren't cramped and squished.

4. Bring that pot of water to the boil.

Once the water is boiling, drop the chicken breast in.

5. Once the chicken has been added the water will stop boiling and will naturally drop to a simmer. We want to bring the chicken back up to a boil, which will take roughly 3-5 minutes. I recommend setting a timer as this is the important part!!! You want to literally bring the water JUST back to the boil and then turn the heat right down to the lowest possible flame.

7. Reset your time for another 5 minutes and watch those breasts like a hawk - you do NOT want the water to boil again, a rolling simmer is perfect.
8. Once your 5 minute timer has gone off, turn the heat off and let the chicken stand for another 5 minutes in the water.
9. Once your timer goes off, take the chicken out of the water too cool.
10. Store the breast in an airtight container and keep it whole, this will help to retain moisture. When ready to construct your meals, slice chicken and flavour your chicken as needed.







# RECIPES





## GREEN POWER BOWL WITH QUINOA AND BROCCOLI



### INGREDIENTS

- ✦ Boiled Eggs
- ✦ Cup baby spinach
- ✦ Cooked quinoa
- ✦ Sprouts
- ✦ Hemp seeds
- ✦ Cup broccoli



### DRESSING

- ✦ 1 Clove minced Garlic
- ✦ 1/2 Lemon
- ✦ Salt and pepper



### METHOD:

1. Set yourself up with a chopping board and 1 small pot of boiling water.
2. Cut your broccoli into small pieces, and blanch in the boiling water for 1 minute, drain and place under cold water to cool.
3. Grab yourself a large bowl, place the baby spinach on the bottom as your base.
4. Now begin to build your bowl, add your broccoli to one side and rest the eggs next to them, now the quinoa and finish it off with your sprouts.
5. Lastly, quickly make your dressing by squeezing the lemon into a small bowl, adding the minced garlic, salt and pepper, stir well and dress.
6. To Finish sprinkle with hemp seeds.



## EGGWHITE PANCAKE WITH ALMOND BUTTER AND BLUEBERRIES



### INGREDIENTS

- ✦ Egg whites
- ✦ Blueberries
- ✦ Almond butter
- ✦ Stevia
- ✦ Coconut oil
- ✦ Cinnamon to taste



### METHOD:

1. Heat a large pan with your coconut oil, once the pan is hot pour your whites in and listen it sizzle.
2. Let the whites bubble and begin to rise, once you see all liquid disappear slowly lift the edges to unstick them.
3. Now flip your pancake and cook for 1 more minute, fold the pancake back onto itself twice and place on your plate.
4. While the pan is still hot, sauté the blueberries for 2 minutes with a splash of water.
5. You can add the blueberries to the pancake now, along with the almond butter, stevia and cinnamon as your topping



## BANANA PROTEIN OATS



### INGREDIENTS

- ✦ Oats
- ✦ Banana Protein
- ✦ Cup Almond Milk
- ✦ Cinnamon
- ✦ 1 Tbsp Sugar Free Maple Syrup
- ✦ Coconut Yoghurt Cup
- ✦ Mixed Berries



### METHOD:

1. Combine everything in a bowl and stir well. Cover and place in the fridge for up to 2 hours.



## POACHED CHICKEN, MASH AND BROCCOLI



### INGREDIENTS

- ✦ White Potatoes
- ✦ Cup Broccoli
- ✦ Butter
- ✦ Salt & Pepper
- ✦ 1 Tbsp Mixed Herbs



### METHOD:

1. Fill a medium sized pot with cold water. Peel and chop the potatoes then place in the pot. Place the pot on the heat and cook potatoes.
2. While the potatoes are cooking, fill another medium-sized pot with water and bring to the boil for your broccoli; when blanching, you want the water to come to a rolling boil. Add your broccoli and cook for 45 second before taking out and placing straight into a bowl of ice cold water.
3. Once your potatoes are cooked, drain them and add back to the pot. Season with salt & pepper and add butter before mashing well.
4. Let all your ingredients cool properly before packing them into your meal prep containers, finishing it by adding the mixed herbs as a garnish.







## STEAK, POTATO AND GARLIC GREENS



### INGREDIENTS

- ✦ Steak
- ✦ White potatoes
- ✦ Green beans
- ✦ Broccolini
- ✦ White potatoes
- ✦ Butter
- ✦ 1 Tsp Garlic
- ✦ 1 Tbsp sage finely sliced
- ✦ Mixed herbs
- ✦ Salt and pepper



### METHOD:

1. To begin, set yourself up on a chopping board, top and tail your green beans and slice the woody ends off the broccolini.
2. Now place a medium sized pan onto the heat, season your steak on both sides. Once the pan is really hot add the steak, cook for 4 minutes on one side and flip to cook for another two minutes. Before taking off the heat and leaving to rest for 6 minutes.
3. While the steak is resting using the same pan throw your veggies in with the garlic, salt and pepper. Sautéing for 4 minutes.
4. To finish add your cooked potatoes, butter and sage, toss well.
5. To serve, place greens on your plate and carve your meat into strips laying nicely across the greens.





## TOMATO BAKED MEATBALLS WITH ROAST MUSHROOMS AND RICE PASTA



### INGREDIENTS

- ✦ Beef mince
- ✦ Tinned tomatoes
- ✦ 1 Clove garlic crushed
- ✦ Mushrooms quartered
- ✦ Red capsicum diced
- ✦ Salt and pepper
- ✦ 1 Tsp Cumin
- ✦ 1 Tsp olive oil
- ✦ Rice pasta



### METHOD:

1. Preheat the oven to 180 degrees.
2. In a bowl add mince, crushed garlic, cumin salt and pepper. Mix this well and then roll into 4 balls.
3. Line a baking tray with paper and place meatballs on the tray, cover with tomatoes, capsicum and mushrooms. Roast for 12-14 minutes or until cooked through.
4. Serve with rice pasta and baby spinach or rocket.





## FRIED RICE



### INGREDIENTS

- ✦ Mince
- ✦ Red Onion
- ✦ Peas
- ✦ Shallots
- ✦ Cooked Rice
- ✦ 1/2 Tbsp Sesame Oil



### DRESSING

- ✦ ½ Tbsp Soy Sauce
- ✦ ½ Tbsp Oyster Sauce
- ✦ 1 Tsp Fish Sauce
- ✦ 1 Tsp Ginger and Garlic, finely chopped
- ✦ 1 Tbsp lime juice
- ✦ Chilli, as desired



### METHOD:

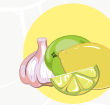
1. Start with a small bowl, add your dressing ingredients into it and mix well. Set this aside.
2. In a pan add the sesame oil and red onion sauté for 4 minutes before adding your chicken mince cook chicken until liquid evaporates.
3. Next you want to deglaze the pan, do this by pouring your dressing into the pan and using your wooden spoon move it around the bottom of the pan.
4. Now add your peas and rice, and stir well.
5. To finish, make a well in the centre of the pan and crack the egg, cook for a few minutes before breaking it up and mixing through.
6. Garnish with spring onions, enjoy!

## WHITE FISH WITH ASIAN STIR FRIED GREENS AND BROWN RICE



### INGREDIENTS

- ✦ White fish
- ✦ Cooked brown rice
- ✦ Bok choy
- ✦ Green beans
- ✦ Sesame oil
- ✦ Sesame seeds
- ✦ Spring onion



### DRESSING

- ✦ 1 Tbsp soy sauce
- ✦ 1 Tsp fish sauce
- ✦ 1 Tsp ginger ground
- ✦ 1 Tsp garlic ground
- ✦ ½ Tsp chilli flakes



### METHOD:

1. Put a large non stick pan onto a low heat, while your pan is heating prepare your veg and sauce.
2. Top and tail beans, and chop the roots off the broccolini.
3. To Make the sauce, grate ginger and garlic into a bowl and then whisk in the rest of the ingredients.
4. Now that you pan is hot add sesame oil and begin to cook the salmon. After 4 minutes flip your salmon and add your veg to the same pan. Begin to sauté the veg and finish cooking the salmon.
5. To finish deglaze the pan with the sauce and serve with brown rice, sprinkling with sesame seeds.





## BAKED SALMON WITH LEMON DRESSED POTATOES AND BROCCOLINI



### INGREDIENTS

- ✦ Salmon
- ✦ 1 Sprig thyme
- ✦ 1 Garlic clove sliced
- ✦ White potatoes
- ✦ ½ Lemon
- ✦ Broccolini
- ✦ Olive oil
- ✦ Mixed herbs
- ✦ Salt and pepper



### METHOD:

1. Preheat the oven to 200 degrees.
2. Firstly prepare you veg. Peel your potatoes and cut into quarters, place in a pot and cover with cold water. Cook the potatoes until they are parboiledpar- boiled (not to soft but still slightly firm)
3. Once potatoes are cooked, season with salt, herbs and dress with olive oil. Place into hot oven and roast until crispy 30 minutes
4. Now prepare your broccolini, chop off woody ends and set aside. You can lightly steam them or you throw into the same tray the fish is going to go into.
5. For the fish, season well and place onto a tray, slice the garlic and pick thyme leaves sprinkling on top. Place into the oven and cook for 8 minutes, along with broccolini.
6. Once potatoes are cooked, dress in the lemon juice and serve with fish and broccolini.



## VEGAN GREEN CURRY WITH POTATO



### INGREDIENTS

- ✦ Hard Tofu
- ✦ Eggplant
- ✦ Green capsicum
- ✦ Green curry paste
- ✦ Coconut cream
- ✦ Potato
- ✦ Baby spinach
- ✦ Chopped peanuts



### METHOD:

1. First step is to cut the potatoes into cubes and place a medium sized pot on the stove covering the potatoes with 1.5 cups of water and begin to cook.
2. While the potatoes are cooking, chop all veg and tofu into a medium dice that is roughly the same size as the potatoes.
3. Now place a deep dish pan onto the stove and begin to heat, once the pan is hot add your curry paste and cook out.
4. Next add the capsicum and eggplant, once the veg has started to gain some colour turn up the heat and add the tofu, searing until it has gained some colour. Finish this by adding the coconut cream.
5. Drain your potatoes, and add to the pan.
6. Cook out for another 15 minutes letting the sauce reduce before taking off the heat.
7. Serve on top of the baby spinach leaves and sprinkle with your chopped







## VEGAN TEMPEH CURRY



### INGREDIENTS

- ✦ Firm Tempeh
- ✦ Olive Oil
- ✦ Onion (chopped)
- ✦ Clove Garlic (minced)
- ✦ 1 Tbsp Curry Powder
- ✦ ½ TSP Ginger Powder
- ✦ Coconut Milk
- ✦ Pinch Salt and Pepper
- ✦ Fresh Coriander (to garnish)



### METHOD:

1. Heat 1/2 tbsp olive oil in a large pot over a medium flame.
2. Add sweet potatoes, onion and garlic and simmer for 6 minutes, until onions are soft.
3. Add the curry powder, ginger, pepper and coconut milk, stir well and simmer for 15 minutes.
4. In the meantime, heat 1/2 tbsp oil in a separate pan over medium heat.
5. Add tempeh and sprinkle the salt on top. Stir occasionally while cooking for 3 minutes.
6. Remove tempeh from heat and set aside.
7. After the curry was done simmering (after about 15 minutes), the potatoes should be tender.
8. Once done, add the tofu and mix well.  
peanuts.





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I hope you found this useful. As we continuously discuss, your nutrition plays such a huge part of your overall health and fitness - even more so than exercise.

I will always look for opportunities like this to try and make things easier for you; by providing you with the tools and knowledge so that you can make this journey a life-long one.

**Yours in fitness**

**Matt**

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The most important part about achieving the best results is enjoying the process, food for us is about love and connection. A beautiful way for all of us to nourish our bodies, through this guide I hope you achieve your desired results and get yourself into kitchen cooking!

Don't forget to snap your food shots and #cookwithme and tag @jordanhartleyhealth so we can share all your creations.

**Enjoy!**

*Jordan*  
HARTLEY HEALTH

