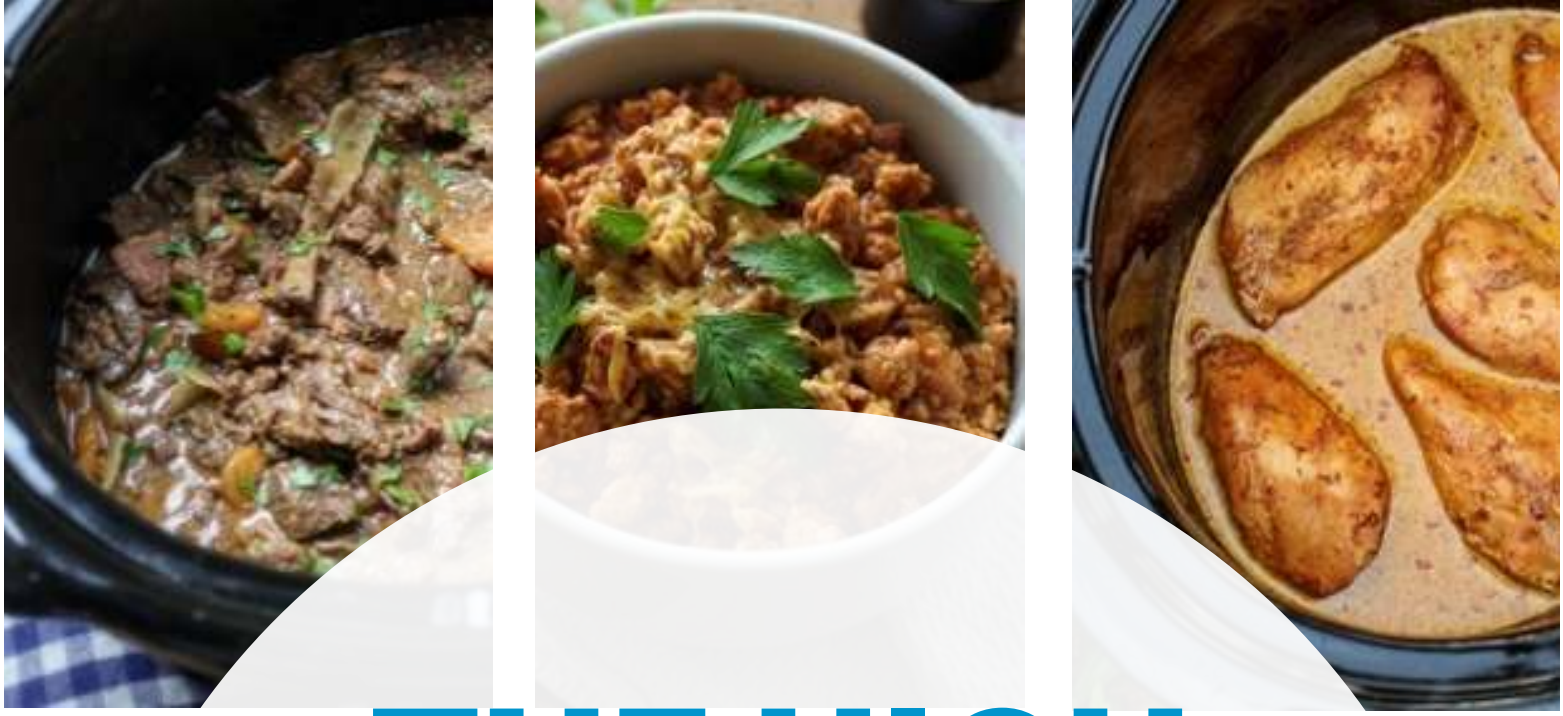
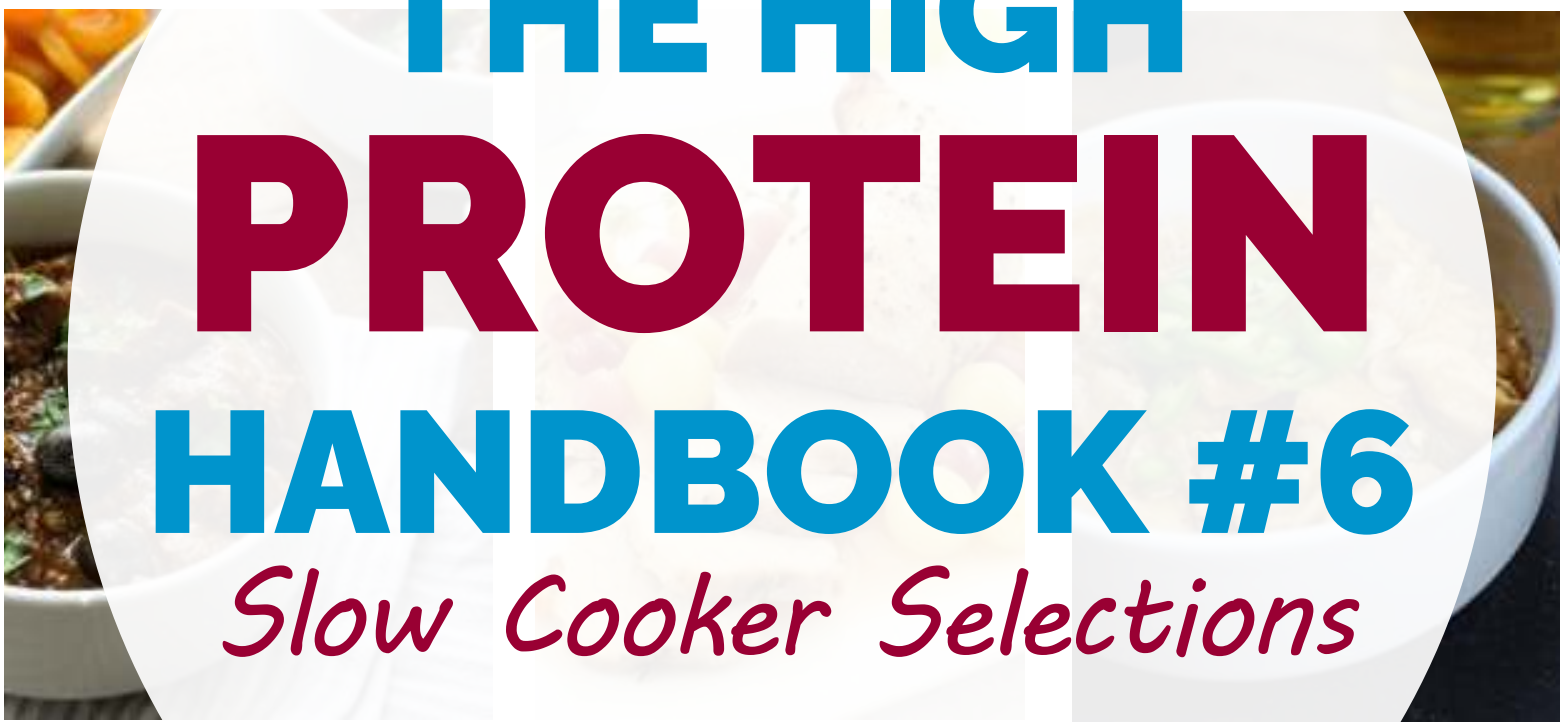
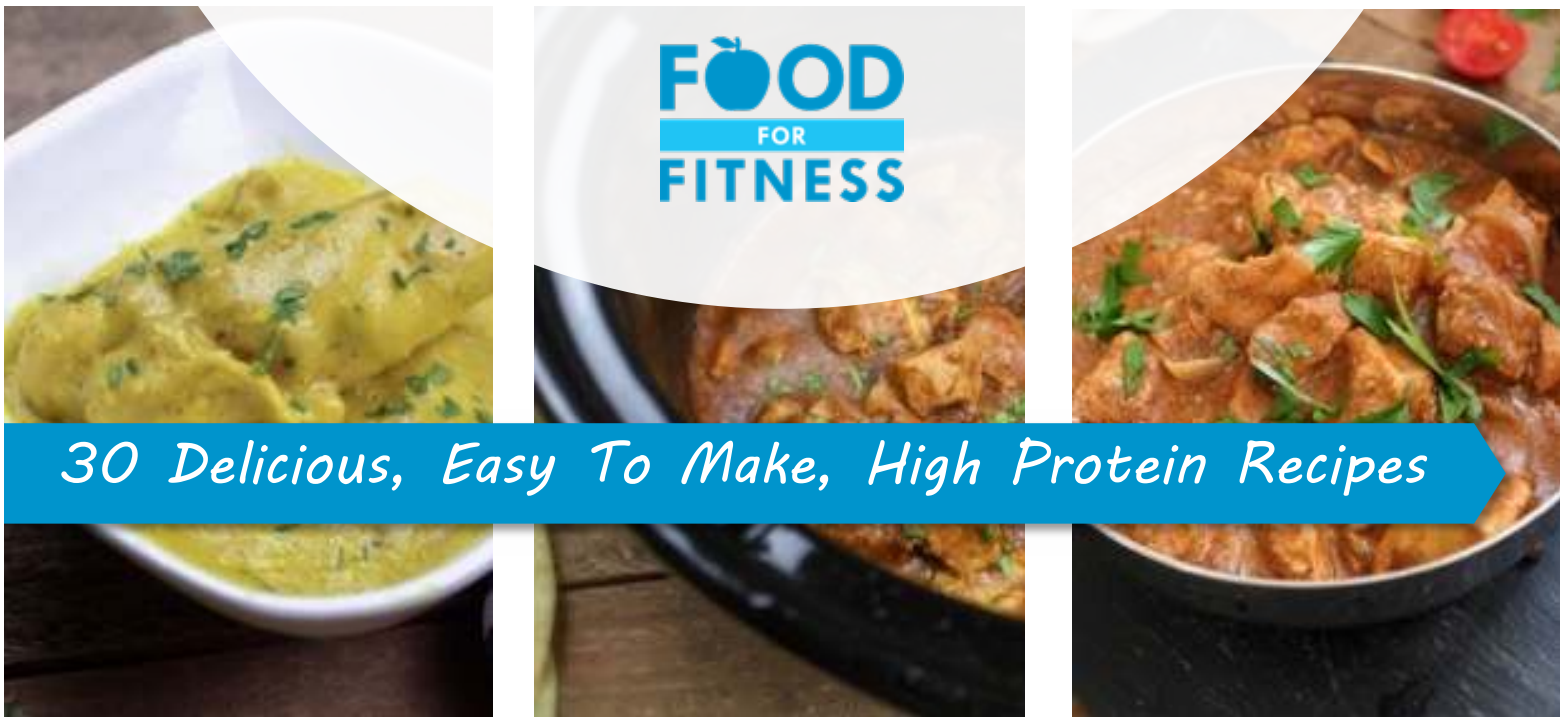


# THE HIGH PROTEIN HANDBOOK #6

## Slow Cooker Selections



FOOD FOR FITNESS



30 Delicious, Easy To Make, High Protein Recipes

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# Contents


| | |
|---|---|
| Beef & Sweet Potato Casserole | 5 |
| Beef Kheema | 6 |
| Beef Stifado | 7 |
| Boeuf Borguignon | 8 |
| Brazilian Coconut Chicken Curry | 9 |
| Carbonnade Flammande | 10 |
| Chicken & Apricot Curry | 11 |
| Chicken Cacciatore | 12 |
| Chicken Vindail | 13 |
| Creamy Firecracker Chicken | 14 |
| Filipino Style Chicken Curry | 15 |
| Frango De Panela | 16 |
| Hungarian Pork Goulash | 17 |
| Kung Pao Turkey | 18 |
| Mediterranean Pork Casserole | 19 |
| Metabolic Meatballs | 20 |
| Mongolian Beef | 21 |
| Moroccan Beef & Apricot Tagine | 22 |
| Orange Peel Turkey | 23 |
| Pork Cassoulet | 24 |
| Pork Stroganoff | 25 |
| Ragu Di Maiale e Manzo | 26 |
| Sardinian Beef Stew | 27 |
| Spanish Chicken | 28 |
| Spicy Black Pepper & Fennel Chicken Curry | 29 |
| St Mary's Chicken | 30 |
| Tex Mex White Turkey Chilli | 31 |
| Turkey & Bacon Chilli | 32 |
| Turkey Bolognese | 33 |
| Turkish Spiced Mince | 34 |



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# Welcome

I'm delighted you've decided to grab a copy of this e-book.

This book is slightly different from previous ones as it's packed with your favourite recipes from the other recipe books and my website except they've been completely re-written for the slow cooker. No more guess work, watery soup-like recipes or time-wasted trying to modify recipes for your slow cooker, I've done it for you.

One thing you'll notice too is the lack of browning or cooking some of the ingredients before adding to the slow cooker. I previously would have browned all onions, garlic and a lot of spices before putting them in the cooker. However, having tested both methods I've found it doesn't make much difference and now I recommend bunging pretty much everything in without cooking before-hand. Time saver!

Happy cooking!

*Scott Baptie*



# Beef & Sweet Potato Casserole

## Nutrition info per portion

| | |
|---|---|
| Calories: | 399 |
| Protein (g): | 49 |
| Carbohydrate (g): | 35 |
| Fat (g): | 7 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 8 hours |

## Ingredients

- 2 onions, quartered
- 2 carrots, chopped
- 2 sticks of celery, chopped
- 5 g garlic
- 200 ml red wine
- 20 g Marmite
- 20 g tomato puree
- 1 tsp. dried rosemary
- ½ tsp. black pepper
- ½ tsp. salt
- 1 kg lean stewing beef, cubed
- 30 g cornflour
- 500 g sweet potato, peeled and cut into large chunks

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 8 hours.

Serve.



***Scott's Suggestion***

*Make sure to use lean beef in your recipes otherwise you'll end up with lots of fat floating on top.*

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# Beef Kheema



## Nutrition info per portion

| | |
|---|---|
| Calories: | 359 |
| Protein (g): | 46 |
| Carbohydrate (g): | 19 |
| Fat (g): | 11 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 4 1/4 hours |

## Ingredients

- 1 tsp. coconut oil
- 2 red onions, chopped
- 10 g garlic cloves, chopped
- 10 g fresh ginger, finely chopped
- 1 kg extra lean steak mince
- 2 g garam masala
- 15 g curry powder
- 2 g chili powder
- 10 g cornflour
- 300 g passata
- 3 carrots, cubed
- 20 g tomato puree
- 150 g green peas

## Method

Fry onions, garlic and ginger in coconut oil over a medium heat until they start to brown.

Brown the mince, then add all the ingredients apart from peas to the slow cooker. Cook for 4 hours on low.

Add peas, cook for 15 mins more until they're heated through. Serve.

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# Beef Stifado

## Nutrition info per portion

| | |
|---|---|
| Calories: | 347 |
| Protein (g): | 48 |
| Carbohydrate (g): | 23 |
| Fat (g): | 7 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 8 hours |

## Ingredients

- 1 kg lean stewing beef, chopped
- 400 g shallots, whole, peeled
- 200 g passata
- 1 tbsp. of red wine vinegar
- 30 ml strong booze**
- 10 g garlic cloves, chopped
- ½ tsp. rosemary
- 2 bay leaves
- ½ tsp. cinnamon
- 1 tsp. oregano
- 4 whole cloves
- 1/4 tsp. ground nutmeg
- 1 tsp. salt
- 1 tsp. black pepper
- 30 g cornflour
- 20 g tomato puree

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 8 hours.

Serve.

*** strong booze is usually a dark spirit like whisky, rum or brandy*

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# Boeuf Borguignon



## Nutrition info per portion

| | |
|---|---|
| Calories: | 377 |
| Protein (g): | 48 |
| Carbohydrate (g): | 17 |
| Fat (g): | 13 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 6 | 5 mins | **8 hours** |

## Ingredients

- 1 tsp. olive oil
- 300 g packet of smoked bacon (fat removed)
- 1 kg lean stewing beef, cubed
- 3 onions, chopped
- 200 ml of red wine
- 30 g cornflour
- 1 tbsp. oregano
- 20 g tomato puree
- 3 garlic cloves, crushed
- 3 carrots, chopped
- 200 g mushrooms, halved

## Method

Heat the olive oil in a frying pan on a medium heat and brown the bacon.

Once cooked, add to the slow cooker along with all the remaining ingredients.

Cover and cook on low for 8 hours. Serve.

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# Brazilian Coconut Chicken Curry

## Nutrition info per portion

| | |
|---|---|
| Calories: | 414 |
| Protein (g): | 52 |
| Carbohydrate (g): | 11 |
| Fat (g): | 18 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 5 hours |

## Ingredients

- 1 red onion, diced
- 10 g garlic, chopped
- ½ tsp. chilli
- Zest and juice of one lime
- 1 chicken stock cube
- 1 tsp. ground turmeric
- 100 g peanut butter
- Pinch of black pepper
- 1 kg chicken breast
- 400 ml light coconut milk
- 15 g cornflour

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 5 hours.

Serve.



***Scott's Suggestion***

*Once the chicken is cooked you can remove it, shred it with forks, then add it back to the sauce and mix through.*

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# Carbonnade Flammande



## Nutrition info per portion

| | |
|---|---|
| Calories: | 385 |
| Protein (g): | 52 |
| Carbohydrate (g): | 15 |
| Fat (g): | 13 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 6 | 5 mins | **8 hours** |

## Ingredients

- 1 kg lean diced steak
- 200 ml dark beer like a Leffe
- 3 garlic cloves, chopped
- 1 tbsp. butter
- 200 g onions, chopped
- 250 g bacon, fat removed, chopped
- 30 g cornflour
- 2 carrots, chopped
- 20 g tomato puree
- 2 bay leaves
- 20 g wholegrain mustard
- 20 g honey
- 1 bouquet garni

## Method

Marinade the beef in the beer and garlic for at least two hours, the longer the better.

Heat the butter in frying pan and cook the bacon and onions and for around 5 minutes then tip into the slow cooker. Add the beef and the liquid from the marinade along with all of the other ingredients.

Mix through, cover and cook for 8 hours on low. Serve.

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# Chicken & Apricot Curry

## Nutrition info per portion

| | |
|---|---|
| Calories: | 344 |
| Protein (g): | 49 |
| Carbohydrate (g): | 28 |
| Fat (g): | 4 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 6 hours |

## Ingredients

- 6 black peppercorns
- 5 cloves
- 2 green cardamom pods
- 1 medium onion, finely chopped
- 1 tsp. chilli
- 1 tsp. cinnamon
- 20 g ginger
- 20 g garlic
- 200 ml tomato passata
- 30 g cornflour
- 2 tbsp. curry powder
- 1 kg chicken breast, cubed
- 100 g dried apricots, sliced
- 2 tbsp. white wine vinegar
- ½ tsp. salt
- handful coriander, chopped

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Chicken Cacciatore



## Nutrition info per portion

| | |
|---|---|
| Calories: | 388 |
| Protein (g): | 55 |
| Carbohydrate (g): | 15 |
| Fat (g): | 12 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **5 hours** |

## Ingredients

- 8 slices of prosciutto, fat removed
- 1 tsp. olive oil
- 1 kg chicken breast
- 20 g garlic cloves
- 1 red onion, chopped
- 1 large carrot, chopped
- 150 g mushrooms, chopped
- 1 tbsp. mixed herbs
- 40 g olives
- 200 ml of red wine
- 30 g cornflour
- 20 g tomato puree
- Pinch of salt and pepper

## Method

Pan fry the prosciutto in the olive oil for a few minutes until it starts to turn crispy, then add it to the slow cooker along with all the other ingredients.

Cover and cook on low for 5 hours.

Serve.

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# Chicken Vindail

## Nutrition info per portion

| | |
|---|---|
| Calories: | 295 |
| Protein (g): | 49 |
| Carbohydrate (g): | 18 |
| Fat (g): | 3 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 5 mins | 6 hours |

## Ingredients

- 1 clove
- 1 star anise
- 2 red onions, finely sliced
- 1 tbsp. ground cumin
- ½ tsp. cinnamon
- 50 g garlic, crushed
- 1 tsp. chilli powder
- ½ tsp. turmeric
- 1 tsp. salt
- 200 ml tomato passata
- 30 g cornflour
- 1 tbsp. white wine vinegar
- 1 tsp. sugar
- 1 kg chicken breast, chopped

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Creamy Firecracker Chicken



## Nutrition info per portion

| | |
|---|---|
| Calories: | 276 |
| Protein (g): | 48 |
| Carbohydrate (g): | 12 |
| Fat (g): | 4 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **5 hours** |

## Ingredients

- 1 kg chicken breasts
- 20 g ginger, pressed
- 20 g garlic, pressed
- 1 tsp. Sriracha seasoning
- 10 ml reduced salt soy sauce
- 15 g honey
- Handful fresh parsley
- 30 g cornflour
- 100 ml water
- 50 ml half fat crème fraiche

## Method

Add all of the ingredients to the slow cooker apart from the crème fraiche.

Cover and cook on low for 5 hours.

Just before serving, stir through the crème fraiche; add a bit at a time until it reaches a spice level that you're happy with.

Serve.

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# Filipino Style Chicken Curry

## Nutrition info per portion

| | |
|---|---|
| Calories: | 457 |
| Protein (g): | 49 |
| Carbohydrate (g): | 36 |
| Fat (g): | 13 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 kg chicken breast, cubed
- 500 g sweet potato, peeled and finely chopped
- 2 onion finely chopped
- 20 g garlic, finely chopped
- 20 g ginger, finely chopped
- 1 ½ tbsp. curry powder
- 1 ½ tsp. paprika
- 1 ½ tbsp. fish sauce
- 200 ml full fat coconut milk
- 15 g cornflour
- ½ tsp. chilli powder (optional)
- Black pepper, pinch

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Frango De Panela



## Nutrition info per portion

| | |
|---|---|
| Calories: | 313 |
| Protein (g): | 49 |
| Carbohydrate (g): | 18 |
| Fat (g): | 5 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 kg chicken breast, chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 20 black olives, sliced
- 1 tbsp. tomato puree
- 3 tbsp. Worcestershire sauce
- 1 tsp. paprika
- 1 stock cube
- 200 ml tomato passata
- 30 g cornflour
- parsley to garnish

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Hungarian Pork Goulash

## Nutrition info per portion

| | |
|---|---|
| Calories: | 362 |
| Protein (g): | 47 |
| Carbohydrate (g): | 12 |
| Fat (g): | 14 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 7 hours |

## Ingredients

- 2 onions, sliced
- 20 g garlic cloves, pressed
- 1 kg pork fillet, cubed
- 2 tbsp. smoked paprika
- ½ tsp. chilli powder
- 2 tsp. oregano
- 3 tbsp. red wine vinegar
- 200 g passata
- Stock cube
- 3 mixed peppers, chopped

## Method

Add all of the ingredients (except the peppers) to the slow cooker, cover and cook on low for 5 hours. Add the peppers and cook for 2 hours more.

Serve.



***Scott's Suggestion***

*Peppers can easily turn to mush in the slow cooker, that's why you add them near the end in this recipe.*

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# Kung Pao Turkey



## Nutrition info per portion

| | |
|---|---|
| Calories: | 385 |
| Protein (g): | 50 |
| Carbohydrate (g): | 17 |
| Fat (g): | 13 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **5 hours** |

## Ingredients

- 1 kg turkey breast, cubed
- 2 red chillies, finely chopped
- 30 g garlic, chopped
- 30 g ginger, chopped
- 8 spring onions, sliced
- 30 g cornflour
- 1 tbsp. honey
- 40 ml soy sauce
- 10 ml rice vinegar or white wine vinegar
- 150 ml water
- 100 g roasted peanuts

## Method

Add everything to the slow cooker except the peanuts, cover and cook on low for 4 hours. Add the peanuts to the dish, cover and cook for a further hour.

Serve.

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# Mediterranean Pork Casserole

## Nutrition info per portion

| | |
|---|---|
| Calories: | 275 |
| Protein (g): | 42 |
| Carbohydrate (g): | 11 |
| Fat (g): | 7 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 8 hours |

## Ingredients

- 10 g garlic
- 2 red onions, chopped
- 1 kg pork loin, chopped
- 4 tsp. oregano
- 1 tsp. cumin
- 2 tsp. smoked paprika
- ½ tsp. salt
- 200 g passata
- 30 ml strong booze**
- 15 g cornflour
- 2 bay leaves

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 8 hours.

Serve.

*** strong booze is usually a dark spirit like whisky, rum or brandy*



***Scott's Suggestion***

*When it mentions "strong booze" in a recipe I use whisky, rum or brandy.*

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# Metabolic Meatballs



## Nutrition info per portion

| | |
|---|---|
| Calories: | 439 |
| Protein (g): | 55 |
| Carbohydrate (g): | 21 |
| Fat (g): | 15 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **7 hours** |

## Ingredients

- 2 tsp. olive oil
- 1 kg extra lean lamb mince
- 200 g smoked bacon, fat removed, cubed
- 3 medium white onions, sliced
- 15 g garlic
- 50 g pearl barley
- 250 ml beef stock
- 20 g cornflour
- 3 carrots, cut into chunks
- 3 bay leaves
- Sprig of thyme

## Method

Shape the mince into meatballs. Heat the olive oil and gently fry the meatballs until golden brown, then add to the slow cooker.

Fry the bacon, onions and garlic until browned then add to the slow cooker along with all the remaining ingredients. Cover and cook on low for 6-7 hours.

Serve.

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# Mongolian Beef

## Nutrition info per portion

| | |
|---|---|
| Calories: | 327 |
| Protein (g): | 47 |
| Carbohydrate (g): | 19 |
| Fat (g): | 7 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 8 hours |

## Ingredients

- 1 kg lean stewing beef, cubed
- 50 ml soy sauce
- 25 g honey
- 30 g cornflour
- 150 ml water
- 1 tsp. chilli flakes
- 30 g garlic, chopped
- 30 g ginger, chopped
- 6 spring onions, chopped

## Method

Add everything to the slow cooker except the spring onions.

Cover and cook on low for 8 hours.

Stir in the spring onions and serve.



***Scott's Suggestion***

*This recipe goes really well with egg fried rice.*

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# Moroccan Beef & Apricot Tagine



## Nutrition info per portion

| | |
|---|---|
| Calories: | 366 |
| Protein (g): | 48 |
| Carbohydrate (g): | 21 |
| Fat (g): | 10 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 8 hours |

## Ingredients

- 1 kg lean stewing beef
- 3 red onions
- 250 ml stock
- 10 g garlic cloves, chopped
- 20 g cornflour
- 40 g tomato puree
- 15 g Moroccan spice mix
- 20 black pitted olives
- 20 dried apricots, chopped

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 8 hours.

Serve.

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# Orange Peel Turkey

## Nutrition info per portion

| | |
|---|---|
| Calories: | 300 |
| Protein (g): | 47 |
| Carbohydrate (g): | 19 |
| Fat (g): | 4 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 kg turkey breast, cubed
- 30 g cornflour
- 15 g garlic, chopped
- The peel of half an orange, cut into thin slices with the white bits removed
- 4 spring onions, chopped
- 300 ml tomato passata
- Juice of one orange
- 20 g honey
- 1 tbsp. sriracha flakes
- 30 ml soy sauce

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Pork Cassoulet



## Nutrition info per portion

| | |
|---|---|
| Calories: | 433 |
| Protein (g): | 55 |
| Carbohydrate (g): | 15 |
| Fat (g): | 17 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 6 | 10 mins | **8 hours** |

## Ingredients

- 1 tbsp. olive oil
- 1 tsp. fennel seeds
- 1 red onion, finely chopped
- 300g packet of smoked bacon (fat removed)
- 2 cloves garlic, crushed
- 1 kg pork fillet
- 20 g cornflour
- 2 large carrot, finely chopped
- 250 g cannellini beans, drained
- 200 ml red wine
- 2 bay leaf
- 2 sprigs fresh thyme
- 1 tsp. rosemary
- 40 g tomato puree

## Method

Heat the oil in a large pan and add the fennel for a sizzle for few minutes.

Add the onions and bacon and fry for a few minutes until they start to brown.

Add garlic and fry for a minute more, then tip into the slow cooker.

Add everything else to the slow cooker. Cover and cook on low for 8 hours. Serve.

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# Pork Stroganoff

## Nutrition info per portion

| | |
|---|---|
| Calories: | 401 |
| Protein (g): | 47 |
| Carbohydrate (g): | 15 |
| Fat (g): | 17 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 7-8 hours |

## Ingredients

- 1 kg pork fillet, cubed
- 2 small red onion, chopped
- 30 g garlic, minced
- 2 tbsp. paprika
- 30 g cornflour
- 50 ml strong booze **
- 100 ml water
- Pinch of black pepper
- 20 g tomato puree
- 1 stock cube
- 150 g mushrooms
- 100 g half fat crème fraiche

## Method

Add everything to the slow cooker, except the crème fraiche, cover and cook on low for 7-8 hours.

Just before serving mix through the crème fraiche, then serve.

*** strong booze is usually a dark spirit like whisky, rum or brandy*

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# Ragu Di Maiale e Manzo



## Nutrition info per portion

| | |
|---|---|
| Calories: | 331 |
| Protein (g): | 45 |
| Carbohydrate (g): | 13 |
| Fat (g): | 11 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 5 hours |

## Ingredients

- 1 tsp. olive oil
- 1 tbsp. dried fennel seed
- 2 red onion, finely chopped
- 20 g garlic
- 500 g extra lean pork mince
- 500 g extra lean steak mince
- 20 g cornflour
- 300 g passata
- 200 ml beef stock
- 1 tsp. paprika
- ½ tsp. chili powder
- ½ tsp. salt
- 1 tbsp. Italian seasoning
- 20 g tomato puree
- Fresh parsley

## Method

Heat the olive oil in a large pan and add the fennel seeds, fry for a few minutes before adding the onions and garlic. Fry for a few more minutes before adding the mince.

Brown the mince, then tip into the slow cooker and add all of the other ingredients.

Cover and cook on low for 5 hours. Serve.

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# Sardinian Beef Stew

## Nutrition info per portion

| | |
|---|---|
| Calories: | 340 |
| Protein (g): | 47 |
| Carbohydrate (g): | 20 |
| Fat (g): | 8 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 8 hours |

## Ingredients

- 1 kg lean stewing beef, cubed
- 3 onions, chopped
- 2 carrots, chopped
- 200 ml of red wine
- 30 g cornflour
- 15 g garlic
- 40 g tomato puree
- 1 tsp. basil
- 1 tsp. thyme
- 1 tsp. oregano
- 1 tsp. rosemary
- 1 tsp. fennel seed
- 1 tsp. salt

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 8 hours.

Serve.

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# Spanish Chicken



## Nutrition info per portion

| | |
|---|---|
| Calories: | 309 |
| Protein (g): | 47 |
| Carbohydrate (g): | 19 |
| Fat (g): | 5 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 kg chicken breast, chopped
- 1 garlic clove, crushed
- 1 tsp. paprika
- 2 tsp. oregano
- 1 tsp. dried rosemary
- 5 grinds of a black pepper mill
- ½ tsp. salt
- 1 bay leaf
- 20 ml red wine vinegar
- 70 g prunes, chopped
- 50 g black olives, sliced
- 1 red onion, sliced
- 175 ml red or white wine
- 30 g cornflour
- 20 g tomato puree

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# Spicy Black Pepper & Fennel Chicken Curry

## Nutrition info per portion

| | |
|---|---|
| Calories: | 279 |
| Protein (g): | 48 |
| Carbohydrate (g): | 15 |
| Fat (g): | 3 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 tsp. cumin
- 1 tsp. dried coriander
- 1 tsp. black pepper
- 1 tsp. cinnamon
- 1 tsp. chilli powder
- 1 tsp. fennel seeds
- 2 red onions, finely sliced
- 1 kg chicken, chopped
- 20 g cloves garlic, finely crushed
- 10 g ginger, finely grated
- 50 g tomato puree
- 100 ml water
- ½ tsp. salt
- 25 g cornflour

## Method

Add all of the ingredients to the slow cooker, cover and cook on low for 6 hours.

Serve.

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# St. Mary's Chicken



## Nutrition info per portion

| | |
|---|---|
| Calories: | 394 |
| Protein (g): | 61 |
| Carbohydrate (g): | 15 |
| Fat (g): | 10 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 6 hours |

## Ingredients

- 1 tsp. olive oil
- 200 g smoked bacon medallions, fat removed
- 10 g garlic cloves, crushed
- 1 kg chicken breasts
- 25 g wholegrain mustard
- 100 ml water
- 1 tbsp. mixed herbs
- 30 g honey
- 30 g cornflour
- Pinch of black pepper
- 100 ml half fat crème fraiche

## Method

Heat the olive oil in a pan on a medium heat and fry the bacon and garlic until browned then tip into the slow cooker with the chicken.

Mix the mustard, water, herbs, honey, cornflour and pepper in a jug then pour over everything. Cover and cook on low for 5-6 hours.

Just before serving, remove the chicken from the slow cooker, add in the crème fraiche and stir through, add the chicken back to the sauce and coat. Serve.

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# Tex Mex White Turkey Chilli

## Nutrition info per portion

| | |
|---|---|
| Calories: | 332 |
| Protein (g): | 48 |
| Carbohydrate (g): | 26 |
| Fat (g): | 4 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 5 hours |

## Ingredients

- 1 tsp. olive oil
- 2 onion, chopped
- 30 g garlic, crushed
- 800 g turkey mince
- 350 ml stock
- 20 g cornflour
- 2 tsp. cumin
- 2 tsp. oregano
- 1 tsp. chilli powder
- 1 tsp. cayenne pepper
- 3 tbsp. Worcestershire sauce
- 400 g white beans, drained weight
- 1 lime
- Handful of fresh coriander

## Method

Heat the olive oil in a frying pan on a medium heat and add the onions and brown. Add the garlic and cook for a further minute before emptying into the slow cooker. Add the mince to the frying pan and brown before adding to the slow cooker.

Add all of the remaining ingredients to the slow cooker. Cover and cook for 5 hours on low. Serve



***Scott's Suggestion***

*Serve with some sour cream and avocado on the side. Winning combo!*

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# Turkey & Bacon Chilli



## Nutrition info per portion

| | |
|---|---|
| Calories: | 352 |
| Protein (g): | 61 |
| Carbohydrate (g): | 9 |
| Fat (g): | 8 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **5 hours** |

## Ingredients

- 1 tsp. olive oil
- 2 red onions, chopped
- 300 g pack of bacon
- 25 g smoked chilli paste
- 10 g garlic cloves, chopped
- 800 g turkey mince
- 20 g cornflour
- 330 ml beer
- 15 g fajita seasoning
- 40 g tomato puree

## Method

Fry onions and bacon in oil for 5-10 minutes on a medium heat.
Add the chilli paste and garlic and fry for another minute, tip into slow cooker.

Brown the mince then add to the slow cooker. Add the rest of the ingredients to the slow cooker.

Cover and cook for 5 hours on low. Serve.

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# Turkey Bolognese

## Nutrition info per portion

| | |
|---|---|
| Calories: | 345 |
| Protein (g): | 53 |
| Carbohydrate (g): | 22 |
| Fat (g): | 5 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | 5 hours |

## Ingredients

- 1 tsp. olive oil
- 2 onions, chopped
- 150 g bacon medallions, chopped
- 5 g garlic, pressed
- 1 kg turkey mince
- 500 g passata
- 2 carrots, chopped
- 20 g cornflour
- 175 ml wine
  1 tbsp. mixed herbs
- ½ tsp. black pepper

## Method

Heat the olive oil in a frying pan on a medium heat and add the onions and bacon and brown. Add the garlic and cook for a further minute before emptying into the slow cooker.

Add the mince to the frying pan and brown before adding to the slow cooker. Add all of the remaining ingredients to the slow cooker.

Cover and cook for 5 hours on low. Serve.

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# Turkish Spiced Mince



## Nutrition info per portion

| | |
|---|---|
| Calories: | 323 |
| Protein (g): | 44 |
| Carbohydrate (g): | 12 |
| Fat (g): | 11 |

| Portions | Prep Time | Cook Time |
|---|---|---|
| 5 | 10 mins | **5 hours** |

## Ingredients

- 1 tsp. olive oil
- 2 red onions, finely chopped
- 20 g garlic
- 1 kg extra lean steak mince
- 1 tbsp. cumin
- 1 tbsp. coriander
- 1 tbsp. sumac
- 1 ½ tbsp. smoked paprika
- 1 tsp. chilli powder
- 1 tsp. salt
- 15 g cornflour
- 300 g passata
- 20 g tomato puree
- 100 g spinach
- Fresh parsley

## Method

Heat the olive oil in a frying pan on a medium heat and add the onions and brown. Add the garlic and cook for a further minute before emptying into the slow cooker.

Brown the mince then add to the slow cooker. Add the rest of the ingredients to the slow cooker, except the spinach.

Cover and cook for 5 hours on low. Just before serving, stir through the spinach until it wilts. Serve.

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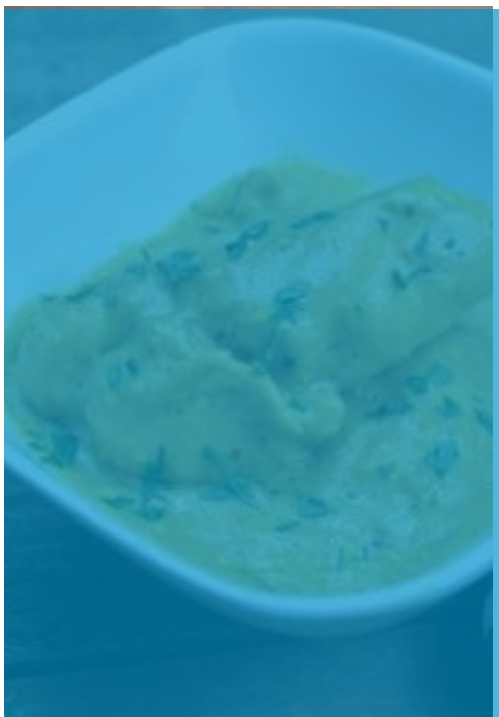
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