

PCOS RECIPE GUIDE

SUMMER EDITION



Fitness
with
Keisha

1- Mexican Taco Bowl With Tofu

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients:

35g Tofu, smoked

40g (¼ can) Kidney beans, in water

45g (¼ pc.) Avocado, ripe

50g Sweetcorn, tinned

60g (½ pc.) Red bell pepper

60g Quinoa, uncooked

1-2 tsp Taco spice mix



Procedure:

1. Rinse the quinoa prior to cooking. Add to a pot of lightly salted water and cook according to the instructions on the packet.
2. Drain the kidney beans and rinse them under cold water. Drain the sweetcorn and rinse and slice the pepper.
3. Heat up a pan over medium-high heat and fry the Tofu, kidney beans and pepper. Season with the taco spice mix.
4. Cut the avocado in half and remove the stone. Use a spoon to scoop out the flesh and slice it.
5. Add the quinoa to a bowl and add the Oumph, kidney beans, pepper, corn and top with the avocado.

Calories: 448 Kcal

Protein 19%

Carbs 49%

Fat 32%

2- Fattoush Salad

Preparation Time: 15 min

Cooking Time: 15 min

Ingredients:

0.5g (~0.5 tsp) Sesame seeds

0.5g (~0.5 tsp) Olive oil

(2 pcs.) Cherry tomatoes

150g Cucumber

15g (5 pcs.) Kalamata olives, pitted, in brine

30g White cheese in brine/feta, original, 3%, Apetina Arla 35g

55g Rye bread chips

1 tsp Salt

1 tsp Black pepper



Procedure:

1. Peel and dice cucumbers. Dice onions and tomatoes and place in bowl with lemon juice; combine with remaining ingredients. Can use Kalamata or Moroccan olives; season to taste.

2. Add some rye bread chips on top, add an extra spoonful of olive oil for texture

Calories: 259 Kcal

Protein 19%

Carbs 46%

Fat 35%

3- Chicken Pita Kebab

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients:

30g (~2 tbsp) Tahini

50g Chicken breast fillet, raw

60g Red cabbage

70g (1 pc.) Carrots

115g (2 pcs.) Wholemeal pitta bread



Procedure:

1. Wash carrots. With a peeler, make thin carrot slices. Wash and thinly slice the red cabbage.
2. Mix the tahini, lemon juice, garlic and a pinch of salt in a bowl to make the tahini dressing. Add the vegetables and combine well with the dressing.
3. Fry the Chicken in a pan on medium-high heat until it is golden & Cooked.
4. Heat the pitta bread according to the instructions on the package. Cut the pitta open and fill with the carrot/cabbage mix and kebab.

-I suggest adding kebab seasoning to the chicken whilst cooking

Calories: 535 Kcal

Protein 19%

Carbs 51%

Fat 30%

4- Chickpea And Roti Chaat

Preparation Time: 10 min

Cooking Time: 5 min

Ingredients:

5g (~1.5 tsp) Rapeseed oil

35g (¼ pc.) Mango

35g (1 pc.) Wholemeal chapati

60g (¾ pc.) Red onion

30g (~2 tbsp) Total 0%, Plain strained yoghurt, FAGE

180g (¾ can) Chickpeas/Garbanzo beans, tinned

1/2-1 tsp Garam masala

1-2 tsp Cumin, ground

1-2 Handful Coriander, fresh

1-2 tbsp Red chilli pepper, raw, chopped

Procedure:

1. Drain the chickpeas. Peel and dice the onion and mango.

2. In a pan over medium heat, tear the roti into pieces and fry in the oil until crispy.

Remove from the heat, set on a paper towel to drain, and let cool.

3. Combine the chickpeas, onion, chilli pepper, lime juice, chilli powder, cumin, garam masala, and salt and pepper. Mix well to combine.

4. Serve in a bowl and top with the yoghurt, coriander, fried rotis, and mango.



Calories: 386 Kcal

Protein 19%

Carbs 51%

Fat 30%

5- Fried Rice With Chicken

Preparation Time: 10 min

Cooking Time: 15 min

Ingredients:

10g (~2 tsp) Olive oil

25g (1 ½ pc.) Spring onion

45g Brown rice, uncooked

50g (¼ pc.) Red bell pepper

125g Chicken breast fillet, raw

1 tsp Chilli powder



Procedure:

1. Rinse the rice prior to cooking. Add to a pot of lightly salted water and cook according to the instructions on the packet.
2. Rinse and dice the peppers and peel and chop the spring onions.
3. Season the chicken with salt and pepper and slice into smaller pieces. Fry the chicken in a pan with half of the oil over medium-high heat for approximately 5-7 minutes, until the middle is no longer pink.
4. Add the diced bell peppers and onions and fry for a few minutes.
5. Take the chicken and vegetables off the pan and add the rest of the oil. Lightly fry the rice and add the curry and chilli powder.
6. When the rice is fried, add the chicken and vegetables back into the pan, stir, and serve.

Calories: 406 Kcal

Protein 30%

Carbs 39%

Fat 30%

6- Protein Ice Cream With Raspberries

Preparation Time: 5 min

Cooking Time: 5 min



Ingredients:

5g (~2 tsp) Whole almonds, raw, with skin

50g (13 pcs.) Raspberries

120g Protein ice cream, Peanut Butter Cup, Halo Top

Procedure:

1. Add the ice cream to a bowl and top with the raspberries and almonds.

Calories: 232 Kcal

Protein 21%

Carbs 45%

Fat 34%



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