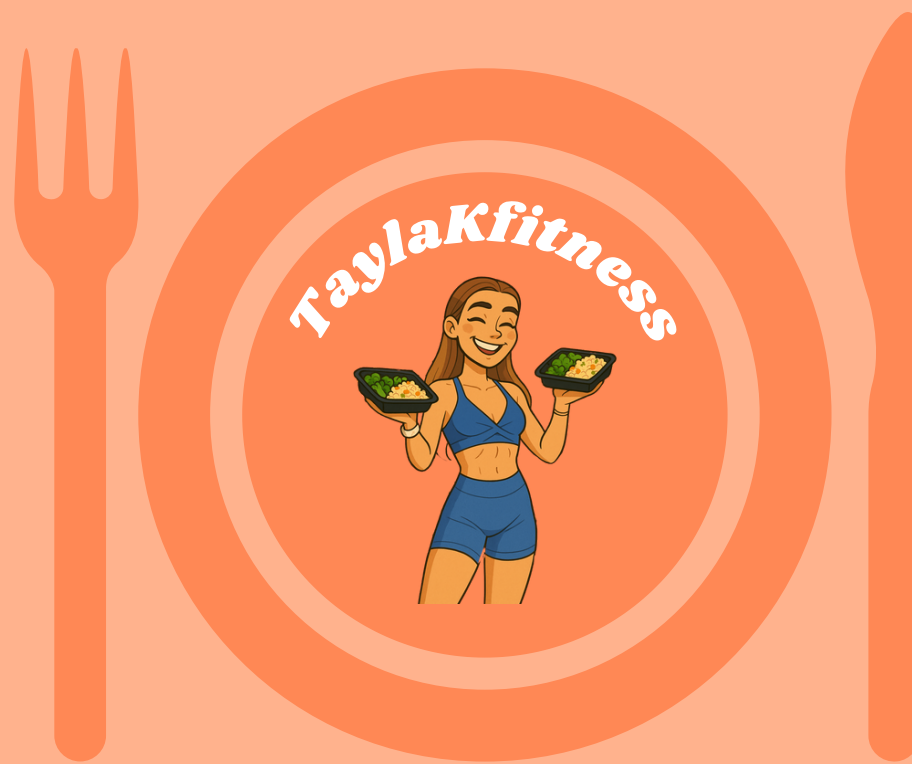


TAYLAKFITNESS RECIPE BOOK



SIDES AND SNACKS

The recipes in this book are designed to nourish your body and support your fitness goals. As a personal trainer at TaylaKfitness, I believe in fueling your body with wholesome, nutrient-dense foods, rather than focusing on calorie counting. Please note that I am not a nutritionist, and only a qualified nutritionist can provide professional dietary advice. The recipes and protein values provided are purely for guidance and are not intended to prescribe specific eating habits. The protein amounts listed are approximate and may not be 100% accurate, depending on the ingredients you use. The goal is to help you make better food choices that prioritize nutrition, balance, and overall well-being. I want to encourage you to view food as a privilege and necessity, not something to fear. Remember, food is meant to fuel and empower you, not be a source of stress.



Honey Roasted Veg



PROTEIN:

2g



TOTAL TIME:

30-40 mins



SERVINGS:

1

INGREDIENTS:

- 80g carrot, peeled and sliced into sticks 🥕
- 80g parsnip, peeled and sliced
- 1 small red onion, cut into wedges 🧅
- 1 teaspoon olive oil
- 1 teaspoon honey 🍯
- Pinch of dried thyme or rosemary (optional) 🌿
- Salt and pepper to taste 🧂

Tips

- For extra protein, serve alongside grilled chicken, tofu, or tempeh.
- Vegan option: Replace honey with maple syrup or agave.
- Great to pair with quinoa or lentils for a nutrient-packed meal.

- Preheat oven to 200°C (390°F).
- Place chopped vegetables in a bowl.
- Drizzle with olive oil and honey, then season with salt, pepper, and herbs.
- Toss to coat evenly.
- Spread on a baking tray lined with parchment paper.
- Roast for 25–30 minutes, flipping halfway, until golden and tender.



Smashed broccoli bites



PROTEIN:

7g



TOTAL TIME:

25-30 mins



SERVINGS:

1

INGREDIENTS:

- 150g broccoli florets 🥦
- 1 large egg 🍳
- 2 tablespoons breadcrumbs (or gluten-free breadcrumbs for a GF option) 🍞
- 1 tablespoon parmesan cheese (optional, for added flavor) 🧀
- 1/2 teaspoon garlic powder 🧄
- Salt and pepper to taste 🧂
- 1 teaspoon olive oil (for greasing) 🌿

Tips

- Vegan Option: Replace the egg with 1 tablespoon of ground flaxseed mixed with 3 tablespoons of water (let sit for 5 minutes to thicken). Use vegan cheese or skip the cheese entirely for a dairy-free option.
- Higher Protein Option: Add 1/4 cup of protein powder or chickpea flour to the mixture for an extra protein boost. You could also add cooked quinoa or lentils for added texture and protein.
- Serve with a side of yogurt dip or hummus for added flavor!

- Preheat oven to 180°C (350°F) and grease a baking tray with olive oil.
- Steam or boil the broccoli florets until tender, about 5-7 minutes. Drain well and mash the broccoli in a bowl.
- Add the egg, breadcrumbs, garlic powder, and parmesan (if using) to the mashed broccoli, and mix until combined.
- Season with salt and pepper to taste.
- Form the mixture into small bite-sized patties and place them on the greased baking tray.
- Bake for 15-20 minutes, flipping halfway through, until the bites are golden brown and crispy on the outside.



Cauliflower wings



PROTEIN:

5g



TOTAL TIME:

35-40 mins



SERVINGS:

1

INGREDIENTS:

- 1 small head of cauliflower (about 200-250g), cut into florets 🥦
- 1/4 cup all-purpose flour (or chickpea flour for gluten-free) 🌿
- 1/4 cup water (or plant-based milk for a creamier texture) 🥛
- 1 teaspoon garlic powder 🧄
- 1 teaspoon paprika 🌶️
- Salt and pepper to taste 🧂
- 1 tablespoon olive oil (for drizzling) 🌿
- 2 tablespoons hot sauce (optional, for spiciness) 🌶️

Tips

Higher Protein Option: Add 1-2 tablespoons of pea protein powder or hemp protein powder to the batter to increase protein content. You can also serve with a side of chickpea dip for extra protein.

- Preheat oven to 200°C (390°F) and line a baking tray with parchment paper.
- In a large bowl, mix the flour, garlic powder, paprika, salt, and pepper. Gradually add the water (or plant-based milk) and whisk until the mixture forms a smooth batter.
- Dip each cauliflower floret into the batter, making sure it's coated evenly.
- Place the coated florets on the prepared baking tray, spacing them out.
- Drizzle with olive oil and bake for 20-25 minutes, flipping halfway, until golden and crispy.
- Once baked, toss the cauliflower wings in hot sauce (if using) for added flavor. Serve warm!



crispy smashed potatoes



PROTEIN:

3-4g



TOTAL TIME:

40-45mins



SERVINGS:

1

INGREDIENTS:

- 2 medium potatoes (about 300g), peeled and chopped 🥔
- 1 tablespoon olive oil 🌿
- Salt and pepper to taste 🧂
- 1 tablespoon unsalted butter (or plant-based butter for a vegan option) 🧈
- 1/4 cup plant-based milk (or regular milk) 🥛
- 1/4 teaspoon garlic powder 🧄
- 1 tablespoon fresh parsley, chopped (optional for garnish) 🌿

Tips

Higher Protein Option: Add chickpea flour or protein powder to the mashed potatoes for an extra protein boost. You can also top them with a protein-rich dip, such as hummus.

- Boil the chopped potatoes in salted water for 10-12 minutes, or until tender. Drain well.
- Return the potatoes to the pot and mash them using a potato masher or fork.
- Add the butter, plant-based milk, garlic powder, salt, and pepper. Mash until smooth and creamy.
- Preheat a non-stick pan over medium-high heat. Add the olive oil to the skillet.
- Scoop spoonfuls of the mashed potatoes and form them into small patties or small mounds.
- Cook the mashed potato patties in the pan for 3-4 minutes per side, or until crispy and golden brown.
- Garnish with fresh parsley, if desired, and serve immediately!



Rice cake Bruschetta



PROTEIN:

4g



TOTAL TIME:

40-45mins



SERVINGS:

1

INGREDIENTS:

- 2 plain rice cakes 🍙
- 1/2 cup cherry tomatoes, diced 🍅
- 1/4 small red onion, finely chopped 🧅
- 1 tablespoon fresh basil, chopped 🌿
- 1 teaspoon balsamic vinegar 🍷
- 1 teaspoon olive oil 🌿
- Salt and pepper to taste 🧂
- Optional: vegan feta or mozzarella cheese for topping 🧀

Tips

- Vegan Option: Use plant-based cheese (like vegan feta) or enjoy without cheese for a dairy-free version.
- Higher Protein Option: Top with chickpeas, tofu, or a dollop of Greek yogurt for an extra protein boost.

- In a small bowl, combine the diced cherry tomatoes, red onion, and basil.
- Drizzle with balsamic vinegar and olive oil, then mix well.
- Season with salt and pepper to taste.
- Spread the mixture evenly on top of the rice cakes.
- Optionally, top with vegan feta or mozzarella cheese for added flavor.
- Serve immediately and enjoy!



Zucchini crips



PROTEIN:

6g



TOTAL TIME:

30-35 mins



SERVINGS:

1

INGREDIENTS:

- 1 medium zucchini (about 200g), thinly sliced 🥒
- 1 tablespoon olive oil 🌿
- 1/4 cup parmesan cheese (or plant-based cheese for vegan) 🧀
- 1/2 teaspoon garlic powder 🧄
- 1/4 teaspoon paprika 🌶️
- Salt and pepper to taste 🧂
- Optional: fresh parsley for garnish 🌿

Tips

- Vegan Option: Use plant-based cheese to make this dish vegan-friendly.
- Higher Protein Option: For extra protein, you can add a topping of Greek yogurt or use a higher-protein cheese alternative.

- Preheat your oven to 200°C (400°F) and line a baking sheet with parchment paper.
- Slice the zucchini into thin rounds, about 1/8 inch thick.
- Toss the zucchini slices with olive oil, ensuring they are well-coated.
- In a small bowl, mix the parmesan, garlic powder, paprika, salt, and pepper.
- Sprinkle the cheese mixture evenly over the zucchini slices.
- Arrange the zucchini slices in a single layer on the prepared baking sheet.
- Bake for 15-20 minutes, flipping halfway through, until golden and crispy.
- Garnish with fresh parsley if desired and serve immediately!



Cucumber boats



PROTEIN:

12-18 depending on filling



TOTAL TIME:

15 mins



SERVINGS:

1

INGREDIENTS:

- 1 large cucumber 🥒
- 3 heaped tablespoons cooked rice (white, brown, or jasmine) 🍚
- 2 tablespoons base filling (choose one):
- Greek yogurt + flaked tuna 🐟
- Greek yogurt + cooked salmon 🐟
- Hummus + mashed chickpeas (vegan option) 🌱
- 1 tablespoon feta or vegan feta, crumbled 🧀
- 1/4 small red pepper, finely diced 🌶️
- Salt and pepper to taste 🧂
- Fresh herbs (dill, parsley, or coriander) for garnish 🌿
- Optional: a squeeze of lemon juice 🍋

Tips

- Vegan Option: Use hummus + chickpeas, vegan feta, and maybe a few slices of avocado for healthy fats.
- Higher Protein Tip: Choose tuna or salmon, or even stir in chopped boiled egg or a spoonful of cottage cheese.
- Use microwave rice pouches to make prep faster – opt for wholegrain or high-protein blends.

- Slice the cucumber in half lengthwise and scoop out the seeds to create boat shapes.
- In a bowl, mix the cooked rice with your chosen protein base (e.g., Greek yogurt + tuna).
- Spoon the rice-filling mixture into each cucumber half.
- Top with diced red pepper and crumbled feta.
- Season with salt, pepper, and a little lemon juice if desired.
- Garnish with fresh herbs and enjoy chilled!



Stuffed peppers



PROTEIN:
28g



TOTAL TIME:
30-35 mins



SERVINGS:
1

INGREDIENTS:

- 1 large bell pepper, halved and deseeded 🌶️
- 70g cooked rice (or quinoa) 🍚
- 80g cooked chicken breast, shredded (or plant-based mince for vegan) 🍗
- 1 tablespoon tomato passata or chopped tomatoes 🍅
- 1 tablespoon grated cheese (or vegan cheese) 🧀
- 1/4 small onion, finely diced 🧅
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste 🧂
- Fresh herbs for garnish (parsley or basil) 🌿
- Optional: sprinkle of chilli flakes

Tips

- Vegan Option: Use plant-based mince or lentils, vegan cheese, and olive oil.
- Higher Protein Tip: Add extra chicken, stir in cottage cheese, or top with a poached egg after baking.
- You can use quinoa instead of rice for added protein and fibre.
- These store well in the fridge for 2-3 days – perfect for meal prep!

- Preheat your oven to 190°C (375°F).
- Lightly cook diced onion in a pan with a splash of olive oil until softened.
- Mix the cooked rice, shredded chicken, tomato passata, onions, spices, and half the cheese.
- Spoon the filling into the halved bell pepper and top with the remaining cheese.
- Bake in the oven for 20-25 minutes or until the pepper is soft and the top is golden.
- Garnish with fresh herbs and serve hot or warm.



Ham & egg cups



PROTEIN:
20-24g



TOTAL TIME:
20 mins



SERVINGS:
1

INGREDIENTS:

- 2 slices of lean ham 🥓
- 2 eggs 🥚
- A sprinkle of grated cheese (optional, or use vegan cheese) 🧀
- Salt and pepper to taste 🧂
- Optional: finely chopped spinach, tomato, or spring onion for extra flavour 🍅🌿

Tips

- Vegan Option: Use a mini tortilla or vegan deli slice and fill with JUST Egg or silken tofu scramble.
- Higher Protein Tip: Add extra egg whites or mix a bit of cottage cheese into the centre before baking.
- These store well in the fridge for up to 3 days – great for grab-and-go breakfasts!

- Preheat oven to 180°C (350°F) and lightly grease 2 muffin tray holes.
- Press a slice of ham into each muffin cup to form a little shell.
- Crack an egg into each ham cup.
- Add a pinch of salt, pepper, and any optional chopped veg or cheese.
- Bake for 12–15 minutes, depending on how runny or set you like your yolks.
- Let cool slightly before lifting out and serving!