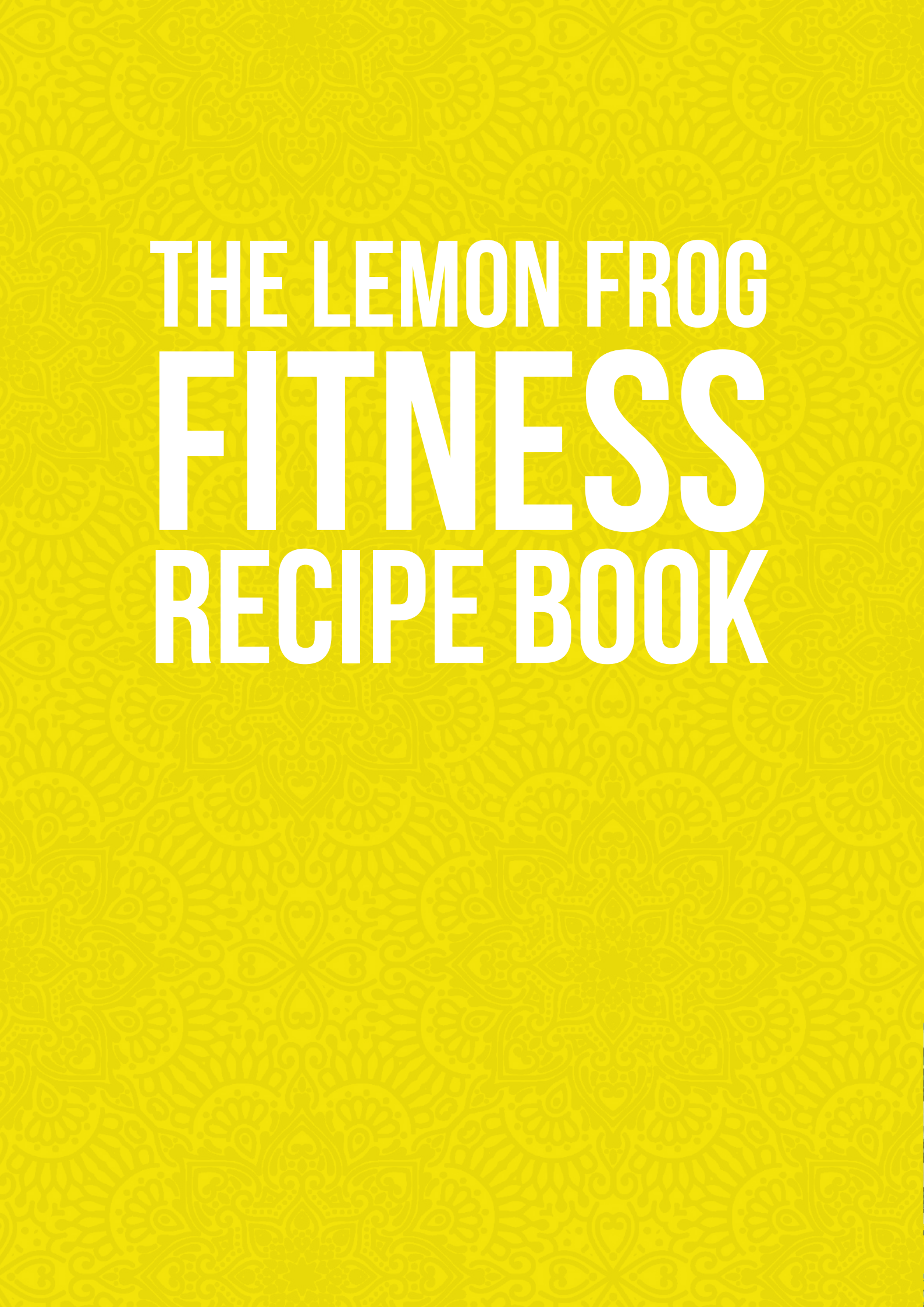
A large, intricate mandala graphic is centered on the page. It consists of a circular frame with a complex, repeating geometric and floral pattern in shades of gold and white. The pattern radiates from the center, creating a sunburst-like effect. The background of the entire page is a dark red with a subtle, repeating pattern of small, stylized floral motifs.

THE LEMON FROG FITNESS RECIPE BOOK

LEMONFROGFITNESS.ORG



THE LEMON FROG FITNESS RECIPE BOOK



WELCOME

Here at The Lemon Frog Fitness Company we are built on achieving results and believe it should be achieved through leading a healthy and sustainable lifestyle.

We also believe that it should be simple to follow and easy to stick to.

That's why we have created this simple and delicious recipe book to help you achieve the above.

This book is packed full of mouthwatering healthy recipes to cook for you and the family.

With this book you will no longer be stuck for ideas on what to cook or wondering if what you're eating is healthy or not.

You will now finally be able to enjoy your meals and get results at the same time.

I would like to take this opportunity to thank you for purchasing this book and investing in yourself and your future.

Louis Kennedy

Founder of The Lemon Frog Fitness Company





DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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STARTERS AND NIBBLES







According to tradition, you should eat one mince pie on each of the 12 days of Christmas to bring good luck.



LOW CARB KETO BLINIS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

70 grams and 1 tablespoon **almond flour**
½ teaspoon **gluten-free baking powder**
Pinch of **pink Himalayan salt**
2 large **eggs**
3 tablespoons **unsweetened almond milk**
1 tablespoon **butter**, melted
1 tablespoon **extra-virgin olive oil or ghee**
100 grams **cream cheese**
160 grams **smoked salmon**
3 tablespoon **capers**, drained
3 **sprigs fresh dill**
½ teaspoon **cracked black pepper**

INSTRUCTIONS

Separate the egg whites and yolks, then add the yolks, butter and almond milk together in a mixing bowl. Gently whisk by hand until combined.

Fold the almond flour, baking powder and salt into the mix.

Next, whisk the egg whites in a high-speed mixer until it forms light fluffy peaks.

Fold the whites carefully into the batter to combine, being careful to not over beat or this will flatten the blinis.

Heat a drop of olive oil in a pan and spoon in a heaped teaspoon and fry on a low heat for about 50 seconds per side until lightly golden. Flip over and repeat on the other side.

Repeat the above step until all the batter is used up (you should have around 16 blinis).

Once they are cooked, place them on a sheet of kitchen paper and allow to cool.

Top each blini with a little cream cheese, smoked salmon, 2 - 3 capers, dill and a tiny sprinkle of cracked black pepper.

The blinis will store in the fridge for up to 2 days.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 289 | PROTEIN | 16 |
| CARBS | 3 | FATS | 25 |
| FIBRE | 2 | | |



All the gifts in
the Twelve Days
of Christmas
would equal 364
gifts.



PROSCIUTTO WRAPPED ASPARAGUS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

450 grams **thick asparagus spears**
1 tablespoon **olive oil**
⅛ teaspoon **salt**
⅛ teaspoon freshly **ground black pepper**
225 grams thinly sliced **prosciutto**
30 grams **Parmigiano Reggiano cheese**

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and trimming the fibrous purple ends off the asparagus.

Place the trimmed asparagus on a baking sheet and drizzle with olive oil, and then season with salt and pepper. Toss well to coat.

Lay the prosciutto slices out onto a cutting board. Slice each in half lengthways, then grate a thin layer of Parmigiano Reggiano on top of each slice.

Next wrap each asparagus spear with the parmigiano and prosciutto, then arrange in a single layer on the sheet.

Place in the oven for around 10 minutes (but check after 6-7 because cooking times will vary according to the thicknesses of the spears), until the asparagus is firm, but tender. It should limp slightly when picked up.

Grate more parmesan on top if you'd like and enjoy hot.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 193 | PROTEIN | 20 |
| CARBS | 5 | FATS | 11 |
| FIBRE | 3 | | |



The chances of a
White Christmas
are just 1 in 10
for England and
Wales, and 1 in 6
for Scotland and
Northern Ireland.



CAULIFLOWER SOUP

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tablespoon **unsalted butter**
1 tablespoon **extra-virgin olive oil**
1 medium **onion**, chopped
1 **leek**, chopped
2 **cloves garlic**, finely chopped
1 small head **cauliflower**, cored and sliced
1 litre **low sodium chicken broth**
120 millilitres double **cream**
Cracked pepper, for serving
Chive Oil:
1 bunch **chives**
120 millilitres **canola or grapeseed oil**

INSTRUCTIONS

Start by heating the butter and oil together in large pan over a medium heat. Add onion, leek and ½ teaspoon salt.

Cook, covered, stirring occasionally, until very tender (but not brown), for around 10 to 12 minutes.

Stir in the garlic and cook for a further 1 minute.

Next, add the cauliflower, broth and cream. Stir and allow to simmer until the cauliflower is tender.

Using a blender puree until it becomes smooth.

Next make the chive oil.

In blender, puree the chives and canola or rapeseed oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer, then cook for a further 3 minutes. Pour through a fine sieve into a serving jug.

Serve the soup piping hot in bowls drizzled with chive oil and cracked pepper.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 245 | PROTEIN | 8 |
| CARBS | 14 | FATS | 19 |
| FIBRE | 3 | | |



The story from
Jingle All The Way
was based on the
shopping craze
for Cabbage Patch
Dolls in the '80s.



DOLCELATTE-STUFFED FIGS

SERVES: 16

TOTAL TIME: 15 MINUTES

INGREDIENTS

16 soft dried **figs**

8 teaspoons **dolcelatte cheese**

8 slices **prosciutto**

Small handful **parsley**, chopped

INSTRUCTIONS

Begin by removing the hard core from the figs, make a pocket in each with the point of a knife and then stuff each pocket with ½ teaspoon of the cheese.

Slice the prosciutto in half lengthways, then wrap it around each stuffed fig to make a parcel.

Serve scattered with a small handful chopped parsley if desired.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 53 | PROTEIN | 3 |
| CARBS | 3 | FATS | 3 |
| FIBRE | 1 | | |



4.25 million
British people
will travel
abroad for
Christmas.



Eggnog

SERVES: 7

TOTAL TIME: 20

Ingredients

- 700 millilitres **skimmed milk**
- 1 **vanilla pod**
- 2 large **eggs**
- 75 grams **sugar**
- 1 teaspoon **cornstarch**
- Freshly grated nutmeg** to garnish
- Spiced rum or bourbon** (optional)

Instructions

Heat 580 millilitres of the milk in a medium saucepan.

Split the vanilla pod lengthwise and scrape out the seeds with the tip of a knife then add the seeds and pod to the milk and allow to simmer over medium heat.

Then in a large bowl, whisk the eggs, sugar and cornstarch together until it turns light yellow.

Temper the eggs by gradually pouring the hot milk mixture (about 230 millilitres at a time), into the egg mixture, whisking constantly (this is vital, otherwise you'll end up with scrambled eggs).

Pour the mixture back into the pan and place over medium heat and stir constantly with a wooden spoon until the eggnog begins to thicken, about 6-7 minutes.

Remove from the heat and immediately stir in the remaining 120 millilitres milk to halt the cooking process.

Remove the vanilla pod, allow the liquid to cool and transfer to a large jug. Chill until ready to serve.

Spike the eggnog with alcohol, if desired, and garnish with nutmeg.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 103 | PROTEIN | 5 |
| CARBS | 15 | FATS | 3 |
| FIBRE | 0 | | |

During the
Christmas period,
nearly 28 Lego
sets are sold
EVERY SECOND.



PRAWN COCKTAIL

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

Dressing:

5 tablespoons **low fat natural yogurt**

2 tablespoons **seafood dressing**

1 tablespoon **tomato sauce**

1 teaspoon **capers**, chopped

Few drops **Tabasco sauce**

340 grams **prawns**

1 tablespoon **olive oil**

2 tablespoons **lemon juice**

4 tablespoons **fresh parsley**, chopped

18 **lettuce leaves**

INSTRUCTIONS

Combine all the ingredients for the dressing together in a bowl.

Wash the prawns and pat them dry, place in a bowl add the oil, lemon juice, parsley and a pinch of black pepper. Chill in the refrigerator for up to 3 hours.

Wash the lettuce under running cold water.

Lay 3 lettuce leaves on each plate or in individual serving bowls.

Evenly divide the prawns amongst the plates and top with the dressing and parsley.

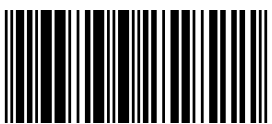
Serve with triangles of brown bread and a lemon wedge.

MACROS PER PORTION

| | | | |
|----------|----|---------|----|
| CALORIES | 87 | PROTEIN | 10 |
| CARBS | 5 | FATS | 3 |
| FIBRE | 0 | | |



Nearly
60 million
Christmas Trees
are grown each
year in Europe.



POLENTA MUSHROOM CANAPES

SERVES: 32

TOTAL TIME: 40 MINUTES

INGREDIENTS

470 millilitres **chicken broth**
470 millilitres **semi skimmed milk**
½ teaspoon **salt**
150 grams **cornmeal**
25 grams grated **Parmesan cheese**
Mushroom topping:
220 grams thinly sliced **fresh mushrooms**
3 tablespoons **olive oil**
1 tablespoon **butter**
6 **garlic cloves**, minced
1 teaspoon minced **fresh thyme** or ¼ teaspoon **dried thyme**
½ teaspoon **salt**
¼ teaspoon **pepper**
2 tablespoons **white wine or additional chicken broth**
1 tablespoon **lemon juice**
25 grams grated **Parmesan cheese**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile bring the broth, milk and salt to a boil in a large heavy saucepan. Reduce the heat to a gentle boil and slowly whisk in the cornmeal.

Cook and stir with a wooden spoon for around 15-20 minutes or until the polenta is thickened and comes away easily from the side of the pan. Finally stir in the cheese.

Spread the polenta into a greased 11 x 7 inch baking dish. Set aside for around 30 minutes to cool to room temperature.

Cut the cooled polenta into 16 equal pieces, then cut each piece diagonally in half to make 32 triangles and place them on a greased baking sheet. Bake for 12-15 minutes or until golden brown.

While they are baking, prepare the mushroom topping:

Sauté the mushrooms in oil and butter until nice and tender. Add the garlic, thyme and season with salt and pepper. Cook for 1 minute more.

Add the wine and lemon juice and cook until most of the liquid is absorbed.

Arrange the polenta on serving plates and top each triangle with 1½ teaspoons of the mushrooms and sprinkle with cheese.

Serve warm.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 47 | PROTEIN | 2 |
| CARBS | 5 | FATS | 2 |
| FIBRE | 0 | | |



Christmas
trees usually
grow for about
15 years before
they are sold.



SEARED SESAME TUNA

SERVES: 36

TOTAL TIME: 5 MINUTES

INGREDIENTS

150 grams **sesame seeds** (white, black or mixture of both)
1 tablespoon **sesame oil**
1 tablespoon **canola oil**
560 grams **tuna steaks** (usually this is about 3 to 4, 1 inch thick steaks)

INSTRUCTIONS

Spread the sesame seeds on a plate (stir together if using white and black) then mix the two oils together in a separate plate.

Pat the tuna dry and then dip it, or brush it with the oil mixture.

Transfer it to the sesame seeds, press and then repeat on the other side to give it an even coating.

Place a frying pan over medium-high heat, and once smoking carefully add the tuna steaks.

Cook for 30 seconds on both sides.

Remove from the pan and using a very sharp knife cut the tuna into bite sized chunks.

Arrange on a serving platter with dishes of soy sauce to dip.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 45 | PROTEIN | 4 |
| CARBS | 1 | FATS | 3 |
| FIBRE | 0 | | |

The bestselling Christmas single ever is Bing Crosby's White Christmas, shifting over 50 million copies worldwide since 1942.



AUBERGINE AND CHICKPEA BITES (V)

SERVES: 20

TOTAL TIME: 1 HOUR 20 MINUTES

INGREDIENTS

3 large **aubergines**, halved, cut side scored
Spray **oil**
2 fat **garlic cloves**, peeled
2 teaspoons **coriander**
2 teaspoons **cumin seeds**
400 gram can **chickpeas**, drained
2 tablespoons garam **flour**
1 **lemon**, ½ zested and juiced, ½ cut into wedges to serve
3 tablespoons **polenta**
For the dip:
1 tablespoon **harissa**
150 grams **coconut yoghurt**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile, spray the aubergine halves generously with oil, and put them cut-side up in a large roasting tin with the garlic, coriander and cumin seeds.

Season, then roast for 40 mins until the aubergine is completely tender. Set aside to cool.

Scoop the cooled aubergine flesh into a bowl, discarding the skins. Use a spatula to scrape the spices and garlic from the roasting tin into the bowl.

Add the chickpeas, garam flour, lemon zest and juice, roughly mash together and then season further to taste. The mixture will seem a little loose, but it will firm up in the fridge.

Shape the mixture into 20 balls and put them on a baking tray lined with baking greaseproof paper or baking parchment, then place in the fridge for at least 30 mins.

While the balls are cooling, swirl the harissa through the yogurt and set aside, then adjust your oven to 180C/160C fan/gas 4.

Tip the polenta onto a plate, roll the balls in it to coat, then return them to the tray and spray each one with a little oil.

Roast for 20 mins until crisp, hot and golden.

Serve with the harissa yogurt and lemon wedges.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 59 | PROTEIN | 2 |
| CARBS | 6 | FATS | 3 |
| FIBRE | 3 | | |

Assuming
Rudolph was in
front, there are
40,320 ways to
rearrange the
other reindeer.



BEETROOT HUMMUS (V)

SERVES: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 x 400 gram tins **chickpeas**

250 grams cooked **beetroot**

Juice & zest of 2 **lemons**

2 **garlic cloves** or 1 teaspoon **garlic** purée

4 tablespoons **light tahini**

1 teaspoon **smoked paprika**

2 tablespoons **olive oil** (optional)

Salt and black pepper

INSTRUCTIONS

Drain the chickpeas into a jug or bowl (retain the liquid).

Cut the beetroot roughly into cubes and place with the chickpeas, lemon zest and juice into a blender or food processor.

Peel and crush or grate the garlic cloves and add to the blender, followed by the tahini, paprika and olive oil if you are using it.

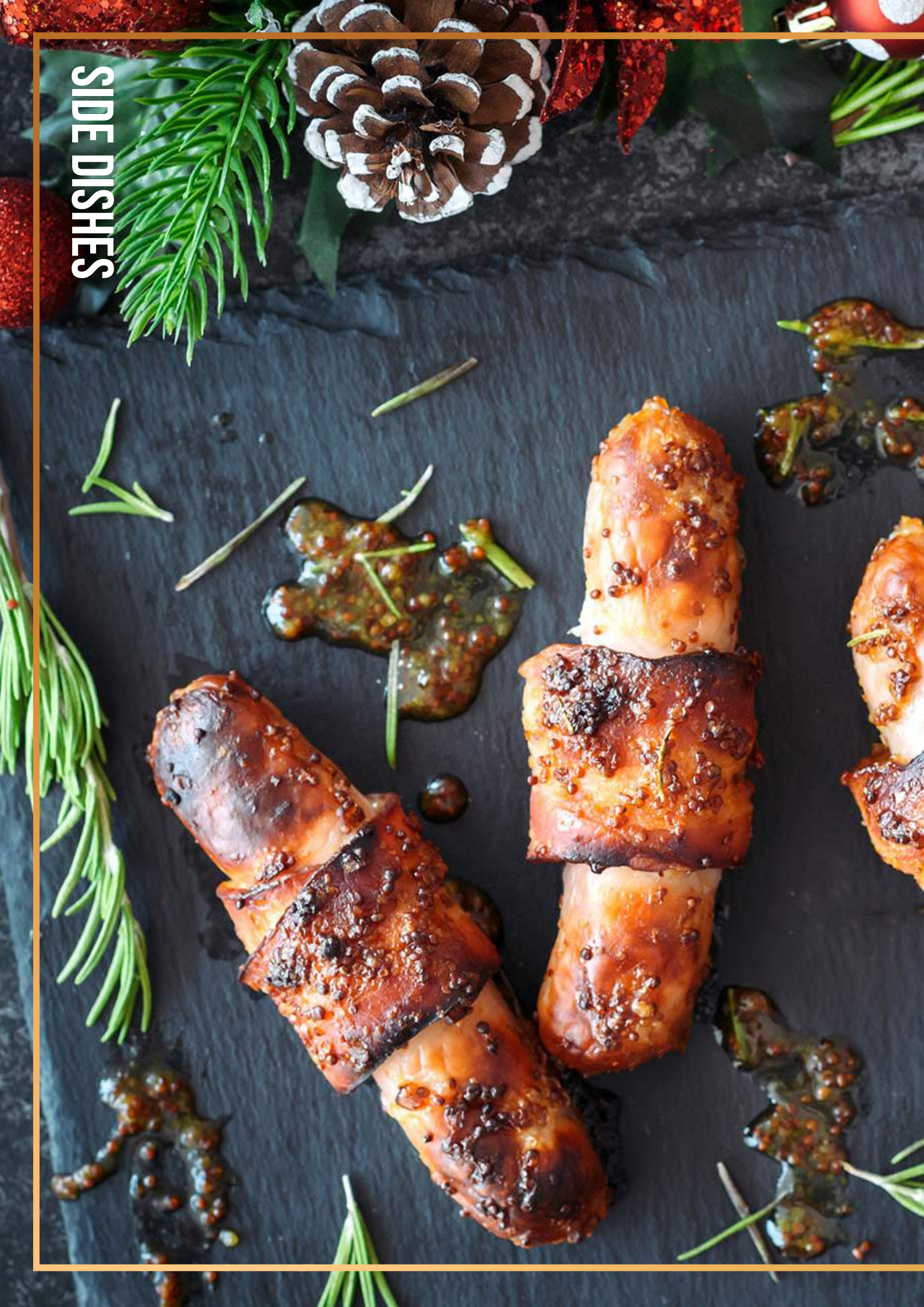
Blitz to a smooth paste, then gradually add some of the chickpea liquid until the desired consistency is reached, (we ended up using about half the liquid).

Season generously with salt and pepper to your own taste, and serve with crudities and warm pitta bread.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 71 | PROTEIN | 2 |
| CARBS | 8 | FATS | 4 |
| FIBRE | 1 | | |

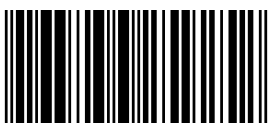
SIDE DISHES







Some zoos
accept donated
Christmas trees
as food for their
animals.



ROAST POTATOES

SERVES: 4

TOTAL TIME: 1 HOUR

INGREDIENTS

- 900 grams **potatoes**
- 80 millilitres **liquid from a can of chickpeas**
- 3 tablespoons **semolina**
- Salt**
- Pepper**

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Meanwhile, peel the potatoes and cut into even chunks.

Place the potatoes in a pan, cover with water and bring to a boil, cook until they become just fork tender. Drain then leave for a few minutes to dry before returning to the pan.

Line a baking tray with parchment paper.

Add the chickpea liquid and semolina to the potatoes, put the lid on the pan and shake to rough up the potatoes, then stir with a spoon to get the potato mush that has settled on the bottom to coat them thoroughly.

Tip the potatoes onto the lined tray and spread them out before seasoning with a generous amount of salt and freshly ground pepper.

Place in the hot oven and cook for 25 minutes. Remove, flip them all over then return to the oven and cook for around another 20 minutes or until golden brown (the time will vary a little depending on your oven and the type of pan you are cooking them in).

Serve immediately.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 185 | PROTEIN | 5 |
| CARBS | 42 | FATS | 0 |
| FIBRE | 6 | | |



Paul McCartney
earns nearly half
a million dollars
every year from
his Christmas
song.



PIGS IN BLANKETS

SERVES: 8

TOTAL TIME: 35 MINUTES

INGREDIENTS

8 **turkey or chicken sausages**

8 rashers of **turkey bacon**

1 tablespoon **wholegrain mustard**

1 tablespoon **honey**

½ teaspoon **rosemary**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and arrange the sausages in a baking tray.

Next, mix the mustard, honey and rosemary in together in a small bowl.

Baste the sausages with the marinade, then wrap a slice of turkey bacon around each sausage.

Baste again and bake for 20-25 minutes until the sausages are cooked through.

Serve immediately.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 121 | PROTEIN | 16 |
| CARBS | 7 | FATS | 3 |
| FIBRE | 0 | | |



The Christmas tree in Trafalgar Square is donated to the people of London every year by the people of Oslo, Norway in thanks for their assistance during World War II.



ROASTED BRUSSELS SPROUTS

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

450 grams **Brussels sprouts**

1 tablespoon **olive oil**

½ teaspoon **salt**

½ teaspoon **black pepper**

INSTRUCTIONS

Wash the sprouts well, then trim and score the base.

Place in a roasting pan, add the olive oil, salt and pepper.

Toss to coat evenly and roast for 40 minutes until soft and starting to brown slightly.

Serve immediately.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 96 | PROTEIN | 4 |
| CARBS | 11 | FATS | 4 |
| FIBRE | 4 | | |

You would have to
use your artificial
tree for more than
20 years for it to
be 'greener' than
buying a fresh-cut
tree annually.



CRANBERRY SAUCE

SERVES: 6

TOTAL TIME: 10 MINUTES

INGREDIENTS

340 grams **cranberries**

125 grams **powdered sweetener**

175 millilitres **water**

1 teaspoon **orange zest**

½ teaspoon **vanilla extract**

INSTRUCTIONS

Combine the cranberries, water, sweetener, and orange zest in a medium saucepan.

Bring to a boil, then reduce to a gentle simmer. Continue to cook for 10-15 minutes, until the cranberries begin to pop, and a sauce starts to form.

Remove from heat and stir in the vanilla extract, before pouring into a serving jug.

Serve hot.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 24 | PROTEIN | 0 |
| CARBS | 6 | FATS | 0 |
| FIBRE | 2 | | |

Tinsel was
invented in 1610
in Germany and
was once made
of real silver



LOW FAT GRAVY

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 75 grams finely chopped **onion**
- 50 grams finely chopped **fresh mushrooms**
- 2 tablespoons chopped **fresh parsley**
- 470 millilitres **reduced-sodium beef or chicken broth**
- 2 tablespoons **cornstarch**
- Pinch **black pepper**

INSTRUCTIONS

In a saucepan, cook the onion, mushrooms and parsley in 60 millilitres of the broth until tender.

Next, in a bowl combine the cornstarch, and pepper with 120 millilitres of broth and stir until smooth.

Add to pan with the remaining broth.

Bring to boil, stirring occasionally and allow to boil for 2 minutes.

Serve hot.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 25 | PROTEIN | 1 |
| CARBS | 3 | FATS | 1 |
| FIBRE | 2 | | |



Hallmark
introduced
their first
Christmas
cards in 1915.



SAGE AND ONION STUFFING

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

1 Pack **Sage and Onion Stuffing**

INSTRUCTIONS

The deal here is, stuffing isn't the easiest thing in the world to make from scratch. It's not the easiest thing to trim calories from either.

So, it turns out that the packet Sage and Onion stuffing is not only the easiest to produce, but the lowest in calories too.

So, pour some boiling water on it, pop the oven on and put your feet up!

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 54 | PROTEIN | 2 |
| CARBS | 10 | FATS | 1 |
| FIBRE | 1 | | |



Coca-Cola was
the first company
that used Santa
Claus during the
winter season for
promotion.



BRAISED RED CABBAGE (BLAUKRAUT)

SERVES: 8

TOTAL TIME: 3 HOURS 10 MINUTES

INGREDIENTS

1 large **red cabbage**
2 red **apples**
2 small **onions**
5 **cloves**
2 **cinnamon sticks**
350 millilitres **vegetable stock**
230 millilitres **red wine**
Salt
Pepper
80 – 120 millilitres **cranberry sauce**

INSTRUCTIONS

Peel the apples and onions.

Shred the cabbage, apples and 2 of the peeled onions and pour into a large heavy bottomed pot. Add the cinnamon, then pour the vegetable stock and red wine into the pot.

Halve the remaining onion and press the cloves into it before submerging into the liquid.

Bring to a boil and then immediately reduce the heat to a low simmer, cover and let simmer for about 3 hours or until the cabbage is soft and the volume has roughly halved.

Remove the lid and allow most of the liquid to evaporate. Stir constantly to prevent burning. Add the cranberry sauce and stir again.

Season with salt and pepper and serve hot.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 104 | PROTEIN | 2 |
| CARBS | 20 | FATS | 2 |
| FIBRE | 2 | | |



Japanese spend their Christmas Eve eating in KFCs. This is a popular tradition in Japan so much that customers have to book their seats 2 months in advance.



ROASTED ROOT VEGETABLES

SERVES: 8

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

5 **carrots**, peeled and quartered
5 **parsnips**, peeled and quartered
1 **celeriac**, peeled and cut into 2 cm cubes
½ a **swede**, peeled, cut into 2 cm cubes
2 tablespoons **olive oil**
1 bulb **garlic**, halved
Clear **honey**, to drizzle

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile, toss all the vegetables with the oil and garlic in a large roasting tin and cook for 40 mins until starting to soften and turn golden.

Remove the from the oven, drizzle with honey and return to the oven for 10-20 minutes more.

Serve immediately.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 133 | PROTEIN | 4 |
| CARBS | 21 | FATS | 4 |
| FIBRE | 9 | | |



In Hawaii,
Santa is
called
Kanakaloka.



CAULIFLOWER AND BROCCOLI CHEESE

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 head **broccoli**, broken into florets
1 medium **cauliflower**, broken into florets
2 teaspoons **rapeseed oil**
1 **onion**, finely chopped
1 heaped tablespoon **plain flour**
2 heaped teaspoons **Dijon mustard**
400 millilitres **skimmed milk**
25 grams **reduced-fat cheddar cheese** plus 50 grams
grated, to top
1 tablespoon grated **Parmesan cheese**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and add the cauliflower to a saucepan of boiling water. Boil for 3 minutes, then add the broccoli. Continue to cook until almost done but still firm. Drain and then set aside.

While the vegetables are cooking, add the oil to a separate pan and soften the onion for 3-4 minutes being careful to not let it brown. Sprinkle the flour over the onions, add the mustard and gently stir until evenly coated.

Slowly pour in 100 millilitres of the milk, mixing to ensure there are no lumps. When it starts to thicken, gradually stir in the rest of the milk to form a sauce.

Add the 25 grams of the cheddar and all the Parmesan, stirring until melted.

Arrange the broccoli and cauliflower in an ovenproof dish, add the sauce and top with the remaining cheddar and cook for 20-25 minutes, until the top has browned.

Serve bubbling hot.

MACROS PER PORTION

| | | | |
|----------|-----|---------|-----|
| CALORIES | 122 | PROTEIN | 9 |
| CARBS | 12 | FATS | 3.5 |
| FIBRE | 4 | | |



Though Santa Claus has worn blue and white and green in the past, his traditional red suit came from a 1930s ad by Coca Cola.



CELERIAC DAUPHINOISE

SERVES: 6

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

500 millilitres **semi-skimmed milk**
3 **cloves garlic**
3 **sprigs thyme**, plus ½ tablespoon roughly chopped **thyme** leaves
1 **bay leaf**
1 teaspoon **fresh nutmeg**
1 **banana shallot**, halved
2 small **celeriac**, peeled, quartered and very finely sliced
150 millilitres **low-fat crème fraîche**

INSTRUCTIONS

Begin by preheating your oven to 190°C/fan 170°C/gas mark 5.

Place the milk, garlic, thyme sprigs, bay leaf, nutmeg and shallot together in a large saucepan and bring to a simmer. Turn off the heat set aside for 10 minutes to infuse. Strain and discard the garlic, shallot, thyme and bay leaf.

Add the celeriac to the pan of infused milk and then bring to a simmer. Allow to simmer for a further 10 minutes, until slightly softened, then carefully transfer the celeriac slices to a 23 x 23 cm baking dish, using a slotted spoon.

Mix the crème fraîche and chopped thyme leaves together in the milk mixture. Pour this over the celeriac and bake for 40 50 minutes, until golden brown on top and fork soft. Cover it with foil if it begins to brown too quickly.

Serve immediately.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 110 | PROTEIN | 6 |
| CARBS | 8 | FATS | 6 |
| FIBRE | 3 | | |

CENTREPIECES







1/3 of the 20
highest grossing
movies were
released during
the Christmas
period.



NUT ROAST (V)

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 1 leek
- 10 grams yeast extract
- 225 grams mixed nuts
- 28 grams ground almonds
- 100 grams breadcrumbs
- 1 teaspoon dried sage
- 1 teaspoon cayenne pepper
- 30 millilitres sunflower oil

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile chop the leek and sauté in the oil until soft and starting to just brown.

Combine the leek and all the remaining ingredients together and add the mixture to an oiled ovenproof dish and bake for 30 minutes until golden brown.

Serve with your favourite seasonal vegetables, and gravy.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 370 | PROTEIN | 13 |
| CARBS | 17 | FATS | 28 |
| FIBRE | 4 | | |

US scientists calculated that Santa visits 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second.



BEEF TENDERLOIN

SERVES: 4

TOTAL TIME: 1 HOUR 10 MINUTES

INGREDIENTS

2 kilograms **beef tenderloin**

2 tablespoons **olive oil**

1 teaspoon **salt**

½ teaspoon **black pepper**

½ teaspoon **garlic powder**

½ teaspoon **dried rosemary**

¼ teaspoon **dried thyme**

INSTRUCTIONS

Be sure to remove the beef from the fridge an hour before you plan to start cooking and preheat your oven to 200°C/400°F/gas 6.

Using your hands, rub the beef with the oil, then sprinkle it with the seasonings, pressing to help them stick to the meat.

Heat a large, heavy, ovenproof pan over medium-high heat, then brown the beef on all sides for around two minutes per side.

Transfer the pan to the oven and roast until a thermometer inserted into the thickest part registers 130 degrees F (medium rare should take approximately 30 minutes – adjust the cooking time for your preferred result).

Transfer the roast to a cutting board, cover with foil and allow to rest in a warm place for 20 minutes before slicing and serving.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 375 | PROTEIN | 27 |
| CARBS | 0 | FATS | 29 |
| FIBRE | 0 | | |



The Germans
made the
first artificial
Christmas trees
out of dyed
goose feathers.



CITRUS POMEGRANATE SALMON

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

1 small **red onion**, thinly sliced
1 skinned **salmon fillet** (about a kilogramme)
½ teaspoon **salt**
1 medium **orange**, thinly sliced
1 cup **pomegranate seeds**
2 tablespoons **extra-virgin Olive oil**
1 tablespoon minced **fresh dill**

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Meanwhile, place a 28 x 18 inch piece of heavy-duty foil in a 15 x 10 inch roasting pan.

Place the onion slices in a single layer on the foil then lay the salmon on top and sprinkle with salt.

Arrange the orange slices over top, sprinkle with pomegranate seeds and drizzle with the oil.

Top with a second piece of foil and bring edges together all round and scrunch to seal.

Bake until fish just begins to flake easily with a fork, about 25-30 minutes.

Carefully place on a serving platter spooning over any pomegranate seeds that have remained in the pan and serve hot.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 307 | PROTEIN | 26 |
| CARBS | 8 | FATS | 19 |
| FIBRE | 1 | | |



Before turkey,
the traditional
Christmas meal
in England was
a pig's head and
mustard.



ROASTED TURKEY BREAST

SERVES: 5

TOTAL TIME: 1 HOUR 40 MINUTES

INGREDIENTS

1 large single **turkey breast** or 1 double breast tied into a joint (about 2 kilogrammes in total)

2 large **onions**, thickly sliced

2 large **carrots**, cut into 4 horizontal slices

20 grams **butter**, at room temperature

INSTRUCTIONS

Take the turkey breast out of the fridge and allow it to come to room temperature for an hour and preheat your oven to 190C/170C fan/gas 5.

Put the carrots and onions in a baking tray and then place a rack on top. Weigh the turkey breast and calculate 40 mins per kilogramme, plus an additional 20 mins. Rub the butter over the skin and season well.

Put the turkey breast on the rack above the vegetables and pour in enough water to cover the vegetables and then cover the whole pan with a tent of foil.

Roast for the allotted time, taking the foil off 20 minutes before the end to brown the skin.

Test with the point of a knife and check if the juices run clear. If the joint appears to be underdone, then put back in the oven for another 10 minutes and check again.

Leave the turkey to rest for 20 minutes somewhere warm. Once rested, carve the meat and arrange on a serving dish with the vegetables.

Use the strained vegetable water to make a gravy to serve with the turkey and vegetables.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 344 | PROTEIN | 50 |
| CARBS | 0 | FATS | 16 |
| FIBRE | 0 | | |

THE AFTERS







'Jingle Bells' – was the first song sung by astronauts Tom Stafford and Wally Schirra in space, on December 16, 1965.



CHRISTMAS SHORTBREAD BISCUITS

SERVES: 40

TOTAL TIME: 30 MINUTE

INGREDIENTS

250 grams **plain flour**
175 grams **butter**
75 grams **caster sugar**
1 tablespoon **orange peel**
2 teaspoons **ground cinnamon**
2 teaspoons **icing sugar**
2 teaspoons **water**

INSTRUCTIONS

Place the butter and flour into a bowl and rub together with your fingertips until the mixture has the appearance of fine breadcrumbs.

Stir in the rest of the ingredients along with 2 teaspoons of cold water and combine to form a ball.

Roll the ball out onto a lightly floured surface to a thickness of 2½ millimetres. Then using a 4 cm star cutter (or any Christmas shape or shapes), cut out approximately 40 stars.

Place the stars onto baking sheets and bake for 10-12 minutes until golden. Remove from the oven and allow to cool.

Mix the cinnamon and icing sugar together and lightly dust biscuits before serving.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 63 | PROTEIN | 1 |
| CARBS | 7 | FATS | 4 |
| FIBRE | 0 | | |



A large part of Sweden's population watches Donald Duck cartoons every Christmas Eve – a tradition that started in 1960.



CHOCOLATE TRUFFLES

SERVES: 24

TOTAL TIME: 1 HOUR 20 MINUTES

INGREDIENTS

125 grams of **fat free Greek yoghurt**

150 grams **unsweetened dark chocolate**

1 teaspoon **sweetener**

Optional: Small amount of **coco powder** for coating the truffles in

INSTRUCTIONS

Break up the chocolate and place in a glass bowl, over a saucepan of boiling water, on a low heat to melt. Ensure the water does not touch the bottom of the bowl.

Remove from the heat and stir through the yogurt, then add the sweetener and mix.

Allow the mixture to set in your refrigerator for at least an hour.

Remove from the fridge and scoop teaspoon size amounts of the mixture and roll into 24 small balls.

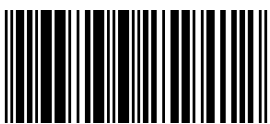
Roll each truffle in some coco powder or granulated sweetener if desired.

Store in the fridge to keep firm until ready to serve.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 36 | PROTEIN | 1 |
| CARBS | 3 | FATS | 2 |
| FIBRE | 1 | | |

The lead role in
the film Elf was
originally going
to be given to
Jim Carrey.



CRANBERRY-ORANGE FRUIT BARS

SERVES: 18

TOTAL TIME: 2 HOURS 45 MINUTES

INGREDIENTS

100 grams chopped **nuts**
115 grams **whole-wheat flour**
115 grams all **purpose flour**
115 grams **sugar**
½ teaspoon **salt**
4 tablespoons **cold unsalted butter**, cut into small pieces
1 large **egg**
2 tablespoons **canola oil**
1 teaspoon **vanilla extract**
¼ teaspoon **almond extract**
Fruit **Filling**:
500 grams **cranberries**,
120 millilitres **orange juice**
170 grams **sugar**
40 grams **cornstarch**
225 grams **orange segments**
1½ teaspoons freshly grated **orange zest**
1 teaspoon **vanilla extract**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and prepare the crust: Combine 30 grams of nuts, the whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground.

Add the butter and pulse until well combined. Whisk the egg, oil, 1 teaspoon of vanilla and almond extract in a small bowl, then add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump.

Measure out 120 grams of the mixture and combine in a bowl with the remaining 30 grams of chopped nuts. Set aside to use for the topping.

Prepare the fruit filling and make bars: Combine 300 grams of cranberries, the orange juice, sugar and cornstarch in a large saucepan. Bring up to a simmer over medium heat, stirring until the mixture is very thick.

Stir in the remaining 200 grams of cranberries, orange zest and 1 teaspoon of vanilla.

Coat a 9 x 13 inch baking dish with cooking spray. Transfer the dough to the baking dish, spreading out evenly and pressing down firmly to form a crust.

Spread the fruit filling over the crust, and finally, sprinkle the reserved topping over the top.

Bake the bars for 15 minutes, then reduce the oven temperature to 180°C/350°F/gas 4 and bake until the crust and topping are lightly brown (around 25 to 30 minutes more).

Allow to cool completely before cutting into bars and serving.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 205 | PROTEIN | 3 |
| CARBS | 30 | FATS | 9 |
| FIBRE | 3 | | |



The average Brit consumes around 7,000 calories on Christmas day, and you'll reach your recommended daily allowance at about 2pm.



LOW FAT CHRISTMAS PUDDING

SERVES: 10

TOTAL TIME: 3 HOURS 20 MINUTES

INGREDIENTS

½ **lemon**, zest
300 grams luxury **mixed dried fruit**
4 tablespoons **brandy, rum or beer**
1 teaspoon **mixed spice**
50 grams **fresh granary breadcrumbs**
2 teaspoons **gravy browning**
100 grams **carrot**, grated
100 grams **cooking apple**, grated
2 **eggs**, beaten
2 tablespoons **molasses**
75 grams **plain flour**
½ teaspoons **ground cinnamon**
50 grams **dark brown sugar**
½ **orange**, zest
1 tablespoon **lemon juice**
4 tablespoons **skimmed milk**
4 tablespoons **brandy**, for reheating

INSTRUCTIONS

Soak the fruit in the alcohol overnight, covered in a cool place.

The next day, put the fruit in a large bowl and add the remaining ingredients one at a time, mixing each time until well combined.

Carefully pour the mixture into 1.2 litre pudding basin and cover with clingfilm.

To steam the pudding, cover with foil, place in a steamer and steam gently for 3 hours. To reheat later, pour the 4 tablespoons of brandy over the pudding and steam for another 1-2 hours.

To microwave, remove the clingfilm and put an upturned plate on top of the bowl. Cook on high for 5 minutes, allow to stand for 5 minutes, then cook for 5 minutes more.

To reheat, pour the 4 tablespoons brandy over the pudding and cook on high for around 5 minutes.

Serve hot with low fat, cream or custard.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 177 | PROTEIN | 3 |
| CARBS | 39 | FATS | 1 |
| FIBRE | 1 | | |



The video of
Last Christmas
was the last time
George Michael
was filmed
without a beard.



STRAWBERRY AND PROSECCO JELLIES

SERVES: 6

TOTAL TIME: 2 HOURS 30 MINUTES

INGREDIENTS

300 grams **strawberries** hulled and quartered

250 millilitres **Prosecco**

450 millilitres **elderflower cordial**

25 grams **white caster sugar**

4 leaves **gelatine**

INSTRUCTIONS

Divide the strawberries equally between six tall glasses and pop them and the Prosecco in the refrigerator to fully chill.

Meanwhile, in a medium pan, add the cordial and sugar and warm gently over a low to medium heat. Stir until the sugar is dissolved and then bring to a boil. Reduce to a simmer for five minutes then remove from the heat.

In a small bowl cover the gelatine with cold water. Leave for five minutes until it is completely soft. Remove the leaves and squeeze out as much of the liquid as possible. Add the gelatine to the elderflower syrup and then whisk until it has fully dissolved.

Pour the chilled Prosecco into the cordial, stir and then evenly pour over the strawberries in the glasses.

Pop into the refrigerator to chill for at least at least two hours, or until set. Keep in the refrigerator until ready to serve.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 64 | PROTEIN | 2 |
| CARBS | 13 | FATS | 0 |
| FIBRE | 1 | | |



Singer Brenda Lee recorded the original version of "Rockin' Around The Christmas Tree" when she was only 13 years old.



MULLED WINE POACHED PEARS

SERVES: 8

TOTAL TIME: 16 MINUTES

INGREDIENTS

6-8 **conference pears**, peeled
1 bottle **red wine** of choice
1 box **mulled wine spices**
470 millilitres **filtered water**
4 tablespoons **xylitol, honey, maple syrup or sweetener**
of choice
2 tablespoons **vanilla extract**
Mascarpone cheese for serving, optional

INSTRUCTIONS

Add the wine, water, sweetener and vanilla to a large pan big enough to house all the pears and bring to a simmer.

Gently add the pears to the pan.

Bring to a gentle boil, cover and cook until soft. This should take about 20 minutes.

Once the pears are just soft, remove them and set aside on a plate.

Turn the heat up on the remaining cooking liquid and continue to cook until the volume has halved.

Place each pear into a bowl and serve with a little of the wine reduction drizzled over and a dollop of mascarpone cheese.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 150 | PROTEIN | 1 |
| CARBS | 36 | FATS | 0 |
| FIBRE | 5 | | |



THE LEMON FROG FITNESS RECIPE BOOK