



THE LEMON FROG FITNESS RECIPE BOOK CONTENTS

LEMONFROGFITNESS.ORG

Volume 1

CONTENTS

BREAKFASTS

- Kale, Poached Egg and Smoked Salmon Toast 8
- Ricotta and Tomato Toast (v) 10
- Cookie Dough Overnight Oats 12
- Avocado Baked Eggs in Roasted Tomatoes 14
- Key Lime Pie Protein Shake 16

SIDES & SMALL PLATES

- Coconut Slaw 20
- German Red Cabbage 22
- Colcannon Potatoes 24
- Traditional Hummus 26
- Grilled Sweet Potato Wedges 28
- Mexican Rice 30

MAINS

- Chicken Tikka Burritos 34
- Filo Fish Pie 36
- Vietnamese Sesame Beef 38
- Creamy Fettuccine with Brussels Sprouts & Mushrooms (v) 40
- Aubergine and Chickpea Curry (v) 42
- Roasted Chickpea Wrap (v) 44
- Moroccan Chickpea Quinoa Salad (v) 46
- Simple Grilled Salmon 48
- Lamb Souvlaki 50
- Chilli Lime Cod 52
- Cashew Chicken Stir Fry 54
- Teriyaki Fish with Pak Choi 56
- Turkey Melt Panini 58
- Shepherd's Pie 60
- Chicken Burgers with Peanut Sauce 62

DESSERTS

- Protein Cookie Dough 66
- Salted Pistachio Bark 68
- Oatmeal Raisin Cookies 70
- Coconut Bounty Bars 72

Volume 2

CONTENTS

BREAKFASTS

- Open Faced Breakfast Sandwich 8
- Caprese Frittata 10
- Breakfast Egg Muffins 12
- Cauliflower Egg Cups 14
- Vegan Breakfast Burrito (v) 16

SIDES & SMALL PLATES

- Quick and easy Nan Bread 20
- Oven Baked Hash Browns 22
- Coconut Lime Rice (v) 24
- Southern Succotash (v) 26
- Asian Inspired Broccoli Salad 28
- Courgette and Balsamic Reduction 30

MAINS

- Chicken Saag 34
- Moroccan Chicken Skillet 36
- Chicken Mole 38
- Thai Turkey Meatballs 40
- Courgette Tuna Cakes 42
- Indian Chickpeas with Poached Eggs 44
- Grilled mackerel with soy, lime & ginger 46
- Lamb Hotpot 48
- Asparagus, Pea and Salmon Rice 50
- Herby Chicken Pasta 52
- 15 Minute Beef Chili 54
- Curried Chicken Bowls 56
- Vegan Thai Green Curry (v) 58
- Veggie Burger (v) 60

DESSERTS

- Cinnamon Roll Mug Cake 64
- Black Bean Chocolate Protein Truffles 66
- No Bake Almond Fudge Protein Bars 68
- Chocolate Fudge Cake Bars 70
- Pumpkin Protein Bread 72

Volume 3

CONTENTS

BREAKFASTS

- Chickpea Breakfast Bowl (v) 8
- No Bake Breakfast Bars 10
- Spinach and Gouda Omelette 12
- Chocolate Peanut Butter Smoothie Bowl 14
- Potato Egg Bake 16

SIDES & SMALL PLATES

- Panzanella 20
- Beetroot and Goats Cheese 22
- Chicken Satay Strips 24
- Pita Pizza (v) 26
- Sweet Potato Fries 28
- Turkey Roll Ups 30

MAINS

- Butter bean & chorizo stew 34
- Chinese Chilli Beef 36
- Turkey Piccata 38
- Steak and Mushroom Stroganoff 40
- Salmon with Pesto Crust 42
- Spaghetti Bolognese 44
- Chicken and Spinach Pita Pizza 46
- Chicken Cobb salad 48
- Chilli Lime Chicken Bowls 50
- Chilli Sin Carne (v) 52
- Asian Chickpea Salad (V) 54
- Chickpea Curry (v) 56
- Taco Pasta Salad (v) 58
- Vegan Mushroom Bean Burger (v) 60
- Vegan Moussaka Bowls (v) 62

DESSERTS

- Mixed Berry Frozen Yoghurt 66
- No Bake Blondie Bites 68
- Easy Peanut Butter Protein bars 70
- Chocolate Banana Mug Cake 72

Volume 4

CONTENTS

BREAKFASTS

- Lemon Poppy Seed Pancakes (v) 8
- PB&J Overnight Oats (v) 10
- Avocado on Toast with Smoked Salmon 12
- Black Forest Overnight Oats (v) 14
- Spicy Moroccan Eggs 16

SIDES AND SMALL PLATES

- Roasted Brussell Sprouts and Cranberries (v) 20
- Rocket, Egg, and Charred Asparagus Salad 22
- Parmesan Roasted Cauliflower 24
- Tomato Caprese Salad 26
- Baked Sweet Potato Fries (v) 28
- Parmesan Mashed Potato 30

MAINS

- Turkey Chili 34
- BBQ Chicken Tortilla Pizza 36
- Goats Cheese & Caramelised Onion Frittata (v) 38
- Salmon Quinoa Bowl 40
- Shrimp Linguine 42
- Cod Provencal 44
- Slow Cooked Spicy Beef Curry 46
- Black Bean and Corn Quesadillas 48
- Egg and Parmentier Potatoes 50
- Mushroom Bolognese 52
- Cheesy Chicken Orzo 54
- Greek Style Turkey Burgers 56
- Quick Fish Curry 58
- Baked Sweet and Sour Chicken 60

DESSERTS

- Quick Blueberry Muffins 64
- No Bake Peanut Butter Protein bars 66
- Raspberry Chocolate Mousse 68
- Avocado Chocolate Truffles (v) 70
- Black Bean Brownies 72



**Vegan
Edition**

CONTENTS

BREAKFASTS

- Vegan Breakfast Sandwich 8
- Toast with Avocado and Refried Beans 10
- Mexican Breakfast Burritos 12
- Peanut Butter Overnight Oats 14
- Chocolate Banana pancakes 16

SIDES AND SMALL PLATES

- Salted Caramel Smoothie 20
- Greek Chickpeas 22
- Baked Sweet Potato Fries 24
- Hummus Quesadillas 26
- Traditional Hummus 28
- Sweet Potato Hash 30

MAINS

- BBQ Vegetable Kebabs 34
- Coconut Chickpea Curry 36
- Red Lentil Curry 38
- Meat Free Meatballs 40
- Quinoa Frittata 42
- Satay Buddha Bowl 44
- Quinoa and Black Bean Chilli 46
- Cauliflower Pizza 48
- Chickpea and Coriander Burgers 50
- Tortilla Vegetable Pizza 52
- Shepherds Pie 54
- Spaghetti Bolognese 56
- Thai Green Curry 58
- Polenta with Mushrooms and Spinach 60
- Moussaka Bowls 62

DESSERTS

- Avocado Chocolate Truffles 66
- Peanut Butter Brownies 68
- Banana Bread 70
- Strawberry Cheesecake Bites 72



Smoothie Edition

CONTENTS

Kiwi Banana Breakfast Smoothie	8
Peanut Butter and Jelly	10
Blueberry and Kale	12
Chocolate Avocado	14
Superfood Shake	16
Double Chocolate Mint Smoothie	20
Cherry Cheesecake Smoothie	22
Choc PB and Banana	24
Pumpkin Pie	26
Key Lime Protein Shake	28
Skinny Oreo Shake	30
French Toast	34
Pomegranate Smoothie Bowl	36
Choc Peanut Butter Smoothie Bowl	38
Avocado Smoothie Bowl	40
Carrot Cake Smoothie Bowl	42
Blueberry Smoothie Bowl	44
Dark Cherry Smoothie Bowl	46
Apple Pie Smoothie Bowl	48
Tropical Smoothie Bowl	50
Cherry Chia Smoothie	52
Strawberry Cheesecake Protein Smoothie	54
Mint Chocolate Protein Shake	56
Chocolate Orange Smoothie Bowl	58
Chocolate Espresso Smoothie Bowl	60
Almond Butter Berry Bowl	62
Apple and Spinach Smoothie	66
Coconut Acai Smoothie Bowl	68
Mixed Berry Smoothie Bowl	70
Kiwi Breakfast Bowl	72



Volume 5

CONTENTS

BREAKFASTS

- Breakfast Burrito 8
- Shakshuka with Feta 10
- Egg Muffins 12
- Slow Cooked Apple Pie Oatmeal (v) 14
- Full English Baked Eggs (v) 16

SIDES & SMALL PLATES

- Steamed Aubergines and Peanut Dressing (v) 20
- Greens with Crispy Onions (v) 22
- Baked French Fries (v) 24
- Mashed Root Vegetables (v) 26
- Mediterranean Roasted Vegetables (v) 28
- Cucumber and Pomegranate Salad 30

MAINS

- Chicken Korma 34
- Salmon Burgers with Avocado Salsa 36
- Quinoa Stuffed Spanish Peppers (v) 38
- Cajun Grilled Chicken 40
- Pea, Chilli and Mint Risotto 42
- Slow-Cooker Arroz con Pollo 44
- Sausage Ratatouille 46
- Beef and Leek Lasagne 48
- Hawaiian Pizza 50
- Italian Turkey and Penne 52
- Miso marinated Flank Steak 54
- Moroccan Filo Pie 56
- Coconut and Squash Dhansak (v) 58
- Sea Bass with Cannellini Beans 60
- Red Curry Chicken Thighs 62

DESSERTS

- Poached Pears 66
- Strawberry Sorbet 68
- Peanut Butter Protein Cookies 70
- Banana Nut Bread 72



Volume 6

CONTENTS

BREAKFASTS

- Huevos Rancheros 8
- Pumpkin Pie Oats 10
- Peanut Butter Banana Bread Granola 12
- Avocado and Heirloom Tomato Toast 14
- Asparagus Soft Eggs and Toast 16

SIDES & SMALL PLATES

- Tomato and Melon Salad 20
- Asian Slaw with Sesame and Ginger Dressing 22
- Roasted Sprouts With Ham and Garlic 24
- Mexican Style Corn 26
- Pan Roasted Mushrooms 28
- Lime and Coriander Black Beans 30

MAINS

- Butter Bean & Chorizo Stew 34
- Steak Bulgogi Bowls 36
- Ramen Noodles with Chili Salmon 38
- Oven Fried Chicken 40
- Chicken Katsu Curry 42
- Antipasti Rigatoni 44
- Quick Sushi Bowl 46
- Shredded Beef Brisket Bowls 48
- Chicken Enchilada Bowls 50
- Carné Asada Bowls 52
- Crusted Halibut and Grape Salsa 54
- Jerk Chicken Burger 56
- Sweetcorn and Sweet Potato Burgers 58
- Southwestern Chicken Salad 60
- Poke Tuna Salad 62

DESSERTS

- Vegan Peach Cobbler 66
- Snickerdoodle Protein Bites 68
- Dark Chocolate Peanut Butter Cups 70
- Tiramisu 72



Volume 7

CONTENTS

BREAKFASTS

- Banana Pancakes 8
- Avocado And Black Bean Eggs (V) 10
- Sweet Potato Waffles (V) 12
- Quinoa Breakfast Egg Muffins 14
- Mushroom Hash With Poached Eggs 16

SIDES & SMALL PLATES

- Asian Caramelised Pineapple (V) 20
- Devised Eggs 22
- Salt And Vinegar Tofu (V) 24
- Beetroot And Mint Dip 26
- Char Sui Chicken Skewers and Sweet Peppers 28
- Roasted Tomato Dip 30

MAINS

- Chicken And Leek Pie 34
- Chicken Goulash 36
- Grilled Tilapia With Couscous 38
- Roasted Cod And Spiced Potato 40
- Cumin Chicken With Black Beans 42
- Spicy Bean And Potato Chilli (V) 44
- Spicy Pecan Popcorn Chicken 46
- Chipotle Chicken Tacos With Pineapple Salsa 48
- Roasted Greek Style Fish 50
- Bean Burgers With Spicy Guacamole (V) 52
- Black Bean Croquettes With Fresh Salsa 54
- Asian Prawn Noodle Salad 56
- Spicy Turkey Rice 58
- Lamb Dhansak 60
- Spanish Onion And Anchovy Pizza 62

DESSERTS

- Lemon Bread (V) 66
- Nut Free Chocolate Chunk Cookies 68
- Banana And Peanut Butter Flapjacks 70
- Blueberry And Lemon Cheesecake 72



Volume 8

CONTENTS

BREAKFASTS

- Fast Shakshuka 8
- Baked Avocado Eggs 10
- Smoky Beans On Toast 12
- Spinach And Potato Waffles 14
- Pistachio Nut & Spiced Apple Bircher Muesli 16

SIDES & SMALL PLATES

- Broad Bean, Mint And Feta Salad 20
- Poached Salmon Blinis 22
- Cod With Roasted Winter Veggies 24
- Pomegranate Smoothie Bowl 26
- Japanese Cucumber Salad 28
- Balsamic & Parmesan Roasted Cauliflower 30

MAINS

- Harissa Chicken, New Potato And Carrot Tray Bake 34
- Warm Turkey Meatball Noodle Salad 36
- Thai Style Beef Noodles 38
- Tray Bake Chicken & Brussel Sprouts 40
- Mushroom And Beef Burgers 42
- Korean-Style Beef Bibimbap 44
- One Pot Moroccan Chickpea Quinoa Salad 46
- BBQ Turkey Burgers 48
- Smashed Pea And Ricotta Pappardelle 50
- Herb-Roasted Chicken And Cherry Tomatoes 52
- Grilled Fish Tacos 54
- Chicken Coconut Curry 56
- Mediterranean Spiced Tofu Kebabs 58
- Charred Prawn And Avocado Salad 60
- Chicken And Red Plum Salad 62

DESSERTS

- Fruity Chocolate Tray Bake 66
- Chocolate-Dipped Banana Bites 68
- Chocolate Fudge Bars 70
- Cookie Dough Dip 72



CONTENTS

Volume 9

BREAKFASTS

- Smoked Mackerel and Spinach Eggs 8
- Strawberries and Cream Oatmeal 10
- Rhubarb Breakfast Pots 12
- Mexican Corn Muffins 14
- Spinach Cheese Breakfast Pockets 16

SIDES & SMALL PLATES

- Jalapeño Poppers 20
- Parmesan Polenta Bites 22
- Rainbow Veggie Kebabs 24
- Asian Sesame Courgette Noodles 26
- Coconut Couscous 28
- Baked Carrot Chips 30

MAINS

- Balsamic beef with beetroot & rocket 34
- Turkey Curry 36
- Thai Prawn and Pineapple Stir Fry 38
- English Muffin Pizza 40
- Turkish Meatloaf 42
- Chicken and vegetable traybake 44
- Miso Baked Cod 46
- Chicken Satay 48
- One Pan Roast Fish 50
- Salmon Piccata 52
- Garlic Prawns with Quinoa 54
- Sloppy Joes 56
- Kale and Beetroot salad 58
- Sesame Beef 60
- Prawn and Leek Spaghetti 62

DESSERTS

- Low Carb Choc Hazelnut Bars 66
- Apple Tarts 68
- Chocolate Cherry Protein Ice Cream 70
- Cookie Dough Bites 72



Volume 10

CONTENTS

BREAKFASTS

Savoury Baked Oatmeal With Bacon, Mushrooms And Caramelised Onions 8

Curry Avocado Egg Toast 10

Spinach And Prosciutto Muffins 12

Scrambled Eggs With Basil, Spinach & Tomatoes 14

Dippy Eggs With Marmite Soldiers 16

SIDES & SMALL PLATES

Pomegranate And Herb Couscous 20

Cucumber Tomato Salad With Pesto 22

Amaranth Power Bars With Hemp Seeds 24

Mushrooms & Peas Rice Pilau 26

Baked Pot Stickers With Dipping Sauce 28

Grilled Vegetable Platter 30

MAINS

Balsamic Beef With Beetroot & Rocket 34

Cajun Turkey Steaks With Pineapple Salsa 36

Paella 38

Lemon-Chilli Prawn Quinoa Bowls 40

Grilled Bourbon Chicken 42

Maple Soy Glazed Salmon 44

Hoisin Turkey Lettuce Wraps 46

California Burger Bowls 48

Ham & Ricotta Pizzas With Pesto 50

Goat's Cheese, Pea & Bean Frittata 52

Cherry Caesar Salad 54

Chicken Rarebits 56

Lemongrass Thai Ground Pork Stir Fry 58

Blackened Mahi Mahi Burgers 60

Courgette, Spinach And Ricotta Open Lasagne 62

DESSERTS

Protein Rice Crispy Treats 66

Coconut Macaroons 68

PB&J Bars 70

Carrot Cake Cupcakes 72



Plant-Based Edition **CONTENTS**

BREAKFASTS

- Choc Cherry Overnight Oats 8
- Breakfast Cookies 10
- Tofu Scrambled Eggs 12
- Vegan Power Waffles 14
- Blueberry Hemp Pear Porridge 16

SIDES & SMALL PLATES

- Sauteed Kale 20
- Lentil, Tomato and Kale Soup 22
- Vegan Coleslaw 24
- Chickpea and Broccoli Salad 26
- Beetroot Chips 28
- Cuban Black Beans 30

MAINS

- Mediterranean Spiced Tofu Kebabs 36
- Vegan Macro Bowl 38
- Thai Red Curry 40
- Vegan Spaghetti and Meatballs 42
- Vegan Kebabs 44
- Spicy Carrot Burgers 46
- Power Protein Salad 48
- Baked Gnocchi with Spinach 50
- Corn Salad with Avocado 52
- Mushroom Risotto with Baby Spinach and Peas 54
- Aubergine Dhansak 56
- Courgette Crab Cakes 58
- Avocado Pesto Pasta with Peas, Asparagus and Roasted Tomatoes 60
- Quinoa and Black Bean Chilli 62

DESSERTS

- Creamy Vegan Chocolate Pudding 66
- Mini Sweet Potato Pie Tartlets 68
- Vegan Peanut Butter Blossoms 70
- Vegan Lemon Bars 72



CONTENTS

BREAKFASTS

- Banana Protein Waffles 8
- Chia Pot with Berry Puree 10
- Chili Garlic Leeks & Tomato on Toast 12
- Turmeric Fried Eggs 14
- Aubergine & Courgette Hash 16

SIDES & SMALL PLATES

- Lemony Alfalfa and Goats Cheese 20
- Potato and Red Onion Rocket Salad 22
- Pizza Bagels 24
- Sesame Carrot Fries 26
- Red Pepper Dip 28
- Beetroot Caprese 30

MAINS

- Chermoula Chickpea Salad 34
- Taco Bowls 36
- Flaming Tofu Salad 38
- Turkey Ham Quesadillas 40
- Sesame Chicken 42
- Steak with Apple Sauce 44
- Lamb Shanks with Guinness 46
- Roasted Tomato Soup 48
- Artichoke Heart Parmesan Bake 50
- Tofu Sliders 52
- Skillet Chicken and Orzo 54
- Pesto Pasta with Sausage 56
- Mushroom Stroganoff 58
- Roasted Cauliflower Bowl 60
- Vegan Fettuccine Alfredo 62

DESSERTS

- Choc Bananas 66
- Lemony Coconut Balls 68
- Matcha Ice Cream 70
- Red Plum Tart 72

KEY

-
- V** VEGETARIAN
 - VE** VEGAN
 - DF** DAIRY FREE
 - GF** GLUTEN FREE
 - N** CONTAINS NUTS
 - Q** QUICK
-

Volume
11

Volume 12

CONTENTS

BREAKFASTS

- Salami and Cheese Crepe 8
- Blackberry Yoghurt Breakfast Muffins 10
- Gingerbread Overnight Oats 12
- Hazelnut Shiitake Toast 14
- Mango Passion Smoothie 16

SIDES & SMALL PLATES

- Mexican Beef Breakfast 20
- Sprout Salad 22
- BBQ Chicken Wrap 24
- Asparagus and Goats Cheese Tartlets 26
- Curried Egg Salad 28
- Harissa Beet and Carrot Salad 30

MAINS

- Baked Lemon Pepper Wings 34
- BLT Salad 36
- Greek Style Fish and Salad 38
- Tofu and Courgette Quinoa Salad 40
- Slow Cooked Beef Rendang 42
- Pea Puree Flat Breads 44
- Spanish Baked Chicken 46
- Satay Tofu Skewers 48
- Prawn Fried Rice 50
- Courgette & Halloumi Burgers 52
- BBQ Lamb Chops 54
- Ras El Hanout Roast Chicken and Zesty Green Beans 56
- Turkey Soup 58
- Pumpkin and Ricotta Gnocchi 60
- BBQ Steak and Peach Salad 62
- Black Bean Burrito 64

DESSERTS

- Strawberry Cheesecake Bread 68
- Mango Waffle Cup 70
- Bounty Pudding 72

