



FITNESS FOOD COOK BOOK

LUKE EISENBERG

400 DELICIOUS AND HEALTHY RECIPE
IDEAS FROM THE VITALITY KITCHEN

Fitness Food Cookbook: 400 Delicious And Healthy Recipe Ideas From The Vitality Kitchen

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Low Carb Kitchen - delicious low-carb recipe ideas

Chicken Chilli pan, boiling pan with spicy yoghurt sauce

Chicken with fresh peppers and paprika as hearty stew has beneficial effects: It is rich in protein and helps build muscles, the blood sugar level is kept constant and increases the body's defenses by a lot of vitamin C and phytochemicals.

Serves 4 meals

2 chicken legs (so about 350 grams)

1 double chicken breast on the bone (so about 500 grams)

1 teaspoon cumin

2 cloves of garlic

1 organic lemon

1 tablespoon paprika (rose sharply)

2 tablespoons paprika (noble sweet)

2 large red peppers (so about 500 grams)

3 onions

2 tablespoons oil
400 milliliters chicken stock
350 grams of yogurt (3.5% fat)
1 tablespoon tomato paste
3 tablespoons flour
20 cherry tomatoes
Salt and freshly ground pepper

The preparation sequence

Clean chicken legs in water, pat dry and cut through the joint.

Clean chicken breast in water, pat dry and cut bone along and then crosswise into two halves. Caraway with little salt in a mortar.

Peel and mince garlic. Rinse lemon in hot water, dry and grate the peel finely. Cumin salt, garlic, lemon zest and chili powder with a little water mix to a paste.

Chicken pieces mingle in a bowl with the paste, cover with cling film and leave in the fridge for 2 hours (marinate).

The peppers into quarters, remove the seeds, clean water and chop into bite size pieces. Peel the onions and chop finely.

Oil heat in a roasting pan. Chicken pieces fry around, take out.

Add the onions and peppers in the roasting pan and fry while stirring, until the onions are golden brown.

give chicken pieces back in the roasting pan, fill with the broth, bring to a boil, then heated, preheated oven at 200 °

C (with convection not recommended for gas: regulator to position 3) open on the 2nd level from below 30 minutes cooking, simmer; turn once.

Yogurt, tomato paste and flour with 100 milliliters of water Stir to a smooth cream. Clean tomatoes in water.

After 30 minutes Cooking tomatoes yogurt and tomatoes in roasting pan give, stir and continue roasting 15 minutes. Season chili pot with salt and pepper.

A bit of advice

The thicken the sauce with yogurt and little flour instead of cream or sour cream makes them lighter and fresher. Something white bread for Auftunken the sauce - and the extra carbs provide even prolonged satiety.

Per serving: 626 kcal

Sauerbraten of chicken with cranberries and pumpernickel

The muscular flesh of the chicken does fit: niacin, iron, B vitamins and zinc confer new powers and strengthen the immune system. Instead of the usual raisins like a Sauerbraten prepared chicken flavored with cranberries. The tart berries are anti-inflammatory in bladder problems.

Serves 4 meals

4 sprigs parsley

100 milliliters of white wine vinegar
200 milliliters of white wine or grape juice
12 black peppercorns
4 bay leaves
1 carrot (so about 100 grams)
2 onions
1 stalk celery (so about 100 grams)
2 double chicken breasts on the bone (so about 650 grams)
2 tablespoons oil
Salt and freshly ground pepper
1 tablespoon flour
400 milliliters chicken stock
2 slices of pumpernickel (so around 85 grams)
30 grams of dried cranberries
2 tablespoons balsamic vinegar

The preparation sequence

clean parsley in water. Heat white wine vinegar and white wine once, peppercorns, bay leaves and parsley stalks and cook 5 minutes. Let cool down.

Carrot and onion peel, clean celery, clean water and unthreading. Everything in so crushing to the 2 centimeter pieces.

Clean chicken breasts in water, pat dry, peel and cut with bone respectively longitudinally and transversely into two halves.

enter With the vegetables in a bowl and pour the cooled marinade. be covered one day with clingfilm in the fridge drag (marinate).

The next day, take chicken from marinade. Marinade pour through a sieve and collect. drain well vegetables.

Oil heat in a frying pan. The chicken breasts with salt and pepper and brown on each side for 1 minute.

Remove the meat from the skillet; the vegetables in the frying pan, sauté colorless stirring. Sprinkle flour over and stir.

Place vegetables in a roasting pan. Trapped marinade and pour chicken stock, add the meat, heat again over medium heat covered for 15-20 minutes cooking, simmer.

Pumpernickel crumble.

give pumpernickel crumbs, cranberries and balsamic vinegar in the roasting pan and continue cooking for 5 minutes. Season with salt and pepper.

A bit of advice

Serve the protein-rich meat a carbohydrate side dish like potatoes, potato or bread dumplings. To make the festive food long lasting sick.

Per serving: 415 kcal

Roulades on Moroccan style with sultanas and almonds

The protein-rich meat is a great way to meet the need for iron. If you like to eat dinner protein stresses corresponds these low carb meal to your wishes.

Serves 4 meals

1 yellow pepper

30 grams sultanas

40 grams almonds (skinned)

2 tablespoons tomato paste

1 ½ teaspoons harissa

4 large thin slices of beef (as the so around 200 grams)

3 onions

2 cloves of garlic

2 tablespoons oil

2 tablespoons flour

425 grams of canned tomatoes

225 milliliters of dry sherry

Salt and black pepper

The preparation sequence

The pepper into quarters, remove the seeds, clean water and chop into fine strips.

Sultanas and almonds mince separated.

Tomato paste and harissa mix to a paste.

give beef slices on work surface, brush them lightly salt and the tomato Harissa paste.

distribute sultanas and almonds on it. The peppers place transversely to the rolls.

Roll the rolls tight and stuck with toothpicks.

Peel the onions and garlic and finely shred.

The oil in a deep frying pan or in a Dutch oven heat. Dip the rolls in flour, shaking off excess flour and fry the rolls in hot oil all around, take out.

Add the onions and garlic to the skillet and sauté 1 minute.

give rolls back into the frying pan. Canned tomatoes and sherry and leave to heat up again.

Everything covered over medium heat simmer 70-80 minutes, while the roulades from time to contact.

When cooked, remove the meat rolls and season the sauce with salt and pepper. Good to: couscous.

A bit of advice

When children eat with and you want to forego the sherry, replace the alcohol by vegetable broth.

Per serving: 511 kcal

Mustard eggs with spinach and tarragon

Although this vegetarian classics contains a considerable amount of grease, but the calories are well spent. Because

eggs provide in addition to vitamins, minerals and omega-3 fatty acid abundant lecithin; of spinach contains a lot of folic acid. Both together ensure shiny hair, beautiful skin and strong nails, say some experts.

Ingredients for 2 meals

4 eggs (M)

1 onion

2 stalks tarragon (may substitute 1 / 2 Teelöffel dried tarragon)

125 grams of young spinach

1 tablespoon oil

160 milliliters soy cream

2 tablespoons coarse mustard

Salt and freshly ground pepper

Tabasco

The preparation sequence

anpiksen eggs, put in boiling water and cook soft as wax in 6-7 minutes. Peel onion and chop finely. clean tarragon in water, shake dry, pluck leaves and finely shred. clean spinach in cold water in water and drain well.

Oil heat in a frying pan and sauté the onions in it. Stir in soy cream and heat again.

the spinach to the sauce and cook for 2 minutes.

Stir in mustard and tarragon and season the sauce with salt, pepper and a few splashes of Tabasco.

Drain the eggs and discourage short. Peel eggs and warm in the mustard sauce. These potatoes fits.

A bit of advice

Because free-range chickens eat a lot of green stuff, contain their eggs usually more bioactive plant compounds than that of animals without outlet. It is worthwhile to pay attention to quality.

Per serving: 394 kcal

Spicy chicken curry with ginger and tomatoes

Thanks to its high content of good usable protein saturates chicken enjoyable without overloading with fat calories. Fresh ginger and the abundance of spices contained in the paste invigorating and stimulate digestion gently.

Ingredients for 2 meals

350 grams of chicken breast

50 grams Tikka Masala Paste

3 tablespoons cream yoghurt

3 small red onions

1 piece of ginger root (so about 30 grams)

1 tablespoon oil

425 grams of canned tomatoes (drained)

1 tablespoon tomato paste

75 grams of soy cream

Salt and black pepper

Black cumin as desired

The preparation sequence

Chicken breast fillet rinse and pat dry. First, in thick slices, then chop into cubes.

Tikka masala spice mix and cream yoghurt mix in a bowl, chicken cubes and blend it well. infuse Cover and refrigerate overnight (marinate).

Peel the onions and chop into wide strips. Ginger, peel and finely chop. Oil heat in a frying pan, fry the onions and ginger for 2-3 minutes. Chicken diced and continue to fry for 1 minute.

chop canned tomatoes little give with tomato paste and 125 milliliters of water in the frying pan, heat up again. Cover and cook over medium heat for 10 minutes.

When cooked, pour little soy cream to again briefly heat again. Season with salt and pepper. Preparing with remaining soy cream. sprinkle If desired Nigella about. These brown rice fits.

A bit of advice

bring a green salad to the table: Thus, from the Curry a complete, easy low-carb eating.

Per serving: 385 kcal

Asparagus and tomato salad with shrimps and dill

The combination of various beneficial nutrients such as protein, fiber, potassium, vitamin A and C and unsaturated fatty acids does Galle, eyes, gastrointestinal tract and the blood pressure well.

Ingredients for 2 meals

- 1 lemon
- 1 red onion
- 1 bunch dill
- 200 grams of cherry tomato
- 150 grams prawns (ready to cook)
- 2 tablespoons olive oil
- 1 teaspoon agave syrup or honey
- Salt and black pepper
- 500 grams of white asparagus

The preparation sequence

express lemon. Onion peel and chop into fine strips. clean Dill in water, shake dry and chop. Clean tomatoes in water and cut into two halves. lemon juice, onion, dill and tomatoes with shrimp, oil and agave syrup in a bowl. Add salt and pepper, and mix well.

Clean asparagus in water and peel thoroughly with a vegetable peeler. Woody ends from crushing and the