GET ME LEAN IN 15

10 EXCLUSIVE SHAPE PLAN RECIPES

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Hey, I’m coming back with another instalment of Lean in 15 – this time it’s *The Shape Plan*, which is out in June. It’s going to have 100 brand-new recipes and four new workouts designed to build lean muscle, burn fat and shape your body. *The Shape Plan* will show you a new way of eating and training to take your fitness to the next level. You’ll be introduced to what I call Volume Resistance HIIT training and get the chance to smash three carb meals on a training day.

I hope you like these ten additional recipes, which I’ve created to tide you over until the book’s out on 16th June.

See you soon,

Joe x

If you want more meal ideas and workouts, check out my latest posts at:
*Instagram and Twitter – @thebodycoach*
*YouTube – TheBodyCoach TV*
*Facebook – The Body Coach*

To get your own tailored 90 Day Shift, Shape and Sustain fat-loss plan, visit
*www.thebodycoach.co.uk*
Reduced-carbohydrate recipes

*On the Shape Plan you should eat three reduced-carbohydrate meals on rest days*

- Courgetti eggs with ham and chipotle yoghurt
- Smoked haddock and spinach omelette
- Avocado and salmon with peanut coleslaw
- Butter chicken
- Spicy beef and mushrooms

Carbohydrate-rich recipes

*You can eat three carbohydrate-rich meals on training days*

- Quinoa power pancakes
- Highland fling smoothie
- Pineapple and turkey fried rice
- Chicken, thyme and mushroom pasta

Snacks and treats

*Enjoy two snacks a day and the occasional treat*

- Date and oat power bar

* Remember that everyone has different energy demands, so feel free to increase or reduce your portions accordingly.
REDUCED-CARBOHYDRATE RECIPES

COURGETTI EGGS WITH HAM AND CHIPOTLE YOGHURT

My love affair with chipotle paste continues with this quick and easy breakfast idea. Be sure to use good-quality ham and not the cheap re-formed stuff.

INGREDIENTS

½ tbsp coconut oil
1 small courgette, grated
½ red chilli, de-seeded and finely sliced
1 tsp smoked paprika
150g tinned chopped tomatoes
2 eggs
150g deli-style ham, roughly chopped
25g cheddar, grated
1 tbsp full-fat Greek yoghurt
2 tsp chipotle paste

METHOD

Preheat your grill to maximum.

Melt the coconut oil in a medium-sized frying pan over a medium to high heat. Chuck in the courgette and chilli. Stir-fry for 3–4 minutes, or until the courgette is just beginning to soften.

Crank up the heat to maximum and sprinkle in the paprika, stir-frying for 10 seconds before adding the chopped tomatoes. Let the whole lot come up to the boil and simmer for a couple of minutes.

Use the back of a spoon to make two little holes in the tomato sauce and crack an egg into each. Let the eggs bubble and cook for 1 minute.

Scatter the ham and cheddar over the top and then carefully slide the pan under your grill. Be warned: if you have a pan with a plastic handle, be sure to leave the handle poking out otherwise you’re going to melt it! Grill for 2 minutes, or until the cheese has melted and the eggs have set on the top. While the dish is grilling, mix together the yoghurt and chipotle paste until totally smooth.

Once you’re happy the eggs are cooked to your liking, remove the pan from the grill and spoon over the chipotle yoghurt. You can try and plate this dish, but I recommend eating it straight from the pan.
SMOKED HADDOCK AND SPINACH OMELETTE

This is a really tasty, creamy, cheesy breakfast with lots of healthy fats to fuel your day.

INGREDIENTS

2 small knobs of butter
2 large handfuls of spinach
salt and pepper
50ml double cream
1 x 150g skinless smoked haddock fillet, cut into 1cm cubes
3 spring onions, finely sliced
3 eggs
2 tbsp grated cheddar

METHOD

Melt one of the knobs of butter in a medium non-stick frying pan over a medium to high heat. Chuck in the spinach and wilt, seasoning with a little salt and pepper. When the spinach has totally wilted, stir in the double cream. As soon as the whole lot is well combined, take the pan off the heat.

In a second, smaller pan, melt the remaining knob of butter over a medium to high heat and, when bubbling, scrape in the smoked haddock and spring onions. Fry, stirring regularly, for 2 minutes, or until the fish has coloured lightly and is almost fully cooked through.

Beat the eggs together, adding a little more salt and pepper, and pour into the pan with the haddock and spring onions. Make an omelette by pulling the cooked edges into the middle until the majority of the egg is cooked through, then sprinkle over the cheese and fold the omelette in half.

Reduce the heat to low and pour the creamy spinach over the omelette. Wait for it to warm through one last time, then tip your gooey, cheesy tastiness onto a plate and get stuck in.

SERVES 1
AVOCADO AND SALMON WITH PEANUT COLESLAW

Poaching salmon – what could be easier? Not only does it taste amazing with my homemade coleslaw, but you can also box it up and take it to work too. #Winning!

INGREDIENTS

2 x 175g salmon fillets, skin on
1/8 red cabbage, cored and shredded
1 small carrot, grated
1/2 red onion, sliced
1/2 red or yellow pepper, de-seeded and thinly sliced
juice of 2 limes
1 tbsp fish sauce
2 tsp sesame oil
1 avocado, flesh only
small bunch of coriander, roughly chopped
50g salted peanuts, roughly chopped

METHOD

Bring a pan of water to the boil. Carefully slide the salmon fillets into the boiling water, reduce the heat to its very lowest and put a lid on the pan. Cook the fish for 5 minutes, then turn off the heat and leave to sit in the hot water for a further 5 minutes. Scoop the salmon out of the pan and leave it on a plate until you’re ready to eat.

While the fish is poaching, toss together the cabbage, carrot, onion and pepper. Pour over the lime juice, fish sauce and sesame oil and give the whole lot one more toss until you’re happy the veg are nicely coated in the dressing.

Divvy up the coleslaw between two plates. Slice the avocado however you like and pile on top of the coleslaw.

The salmon should be cool enough to handle by now, so carefully pull the skin from the flesh with your fingers or a fork. Either plonk the fillets on top of the coleslaw, or roughly break them up into nice chunks and scatter over.

Serve sprinkled with the chopped coriander and garnished with the peanuts.
BUTTER CHICKEN

Mmm, butter chicken. This sounds too good to be true. If you love curry, this is guaranteed to make you happy.

INGREDIENTS

2 tbsp butter
1 cinnamon stick, snapped in half
5 cardamom pods, bashed with the side of a knife
4 cloves garlic, finely chopped
4cm ginger, finely chopped
1 red onion, diced
1 tbsp garam masala
1 tsp cayenne pepper
½ tbsp tomato puree
2 x 240g skinless chicken breast fillets, cut into 1cm thick slices
150ml double cream
salt and pepper
small bunch of coriander, roughly chopped

METHOD

Melt the butter in a large frying pan over a medium to high heat. When bubbling, add the cinnamon and cardamom and fry, stirring almost constantly, for 1 minute.

Chuck in the garlic, ginger and onion, and continue to stir-fry for 3 minutes, or until the onion is just beginning to soften. Sprinkle in the garam masala and cayenne pepper, swiftly followed by the tomato puree. Stir-fry for a further 2 minutes.

Scrape in the chicken slices and stir to coat with the ingredients in the pan. Crank up the heat to maximum and pour in 100ml of water. Bring to the boil and simmer until the liquid has all but evaporated and the chicken is fully cooked through – you can check this by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

When you are happy the chicken is cooked, reduce the heat to medium and stir in the double cream. It should combine to make a thick sauce. Taste for seasoning and add salt and pepper if needed.

Finish the curry by stirring through a handful of chopped coriander. Serve up immediately.
SPICY BEEF AND MUSHROOMS

This one is a real banger. Creamy and spicy and packed with flavour. Make this dish for a friend and they’ll be well impressed.

INGREDIENTS

1 tbsp butter
½ red onion, diced
1 x 220g sirloin steak, cut into 1cm thick strips
75g chestnut mushrooms, roughly chopped into quarters
salt and pepper
1 tsp cayenne pepper
1 tsp smoked paprika
20g ground almonds
30ml beef stock
50ml soured cream
1 tbsp grated parmesan
large handful of baby spinach leaves
juice of ½ lemon

METHOD

Melt the butter in a frying pan over a medium to high heat. When bubbling, add the onion and fry, stirring regularly, for 2 minutes, or until it is just beginning to soften.

Crank up the heat to maximum and chuck in the beef strips and mushrooms, along with a salt-and-pepper chaser. Fry all the ingredients together, stirring only occasionally, for 2 minutes, by which time the steak and mushrooms should have coloured lightly.

Sprinkle in the cayenne, paprika and almonds and toss together with the steak and mushrooms. Pour in the beef stock and bring everything to the boil.

Reduce the heat to medium and spoon in the soured cream, followed swiftly by the grated parmesan. Gently stir in the ingredients until they are fully blended into a creamy sauce.

Chuck in the baby spinach and wilt in the heat of the sauce. Give the sauce a taste and adjust the seasoning if needed.

Take the pan off the heat, squeeze in the lemon juice and then slide the whole lot onto a plate and tuck in.
CARBOHYDRATE-RICH RECIPES

QUINOA POWER PANCAKES

If you love pancakes after a workout then this recipe is perfect for you. The quinoa not only provides your muscles with carbohydrates, it’s also a good source of protein.

INGREDIENTS

- 75g pre-cooked quinoa
- 50g porridge oats
- 1 banana, roughly chopped
- 2 scoops (60g) chocolate protein powder
- 75ml almond milk
- ½ tbsp coconut oil
- handful of blueberries and raspberries, to serve
- ½ tbsp reduced-fat Greek yoghurt, to serve
- drizzle of maple syrup, to serve

METHOD

Place all the ingredients apart from the coconut oil, berries, yoghurt and maple syrup into a blender and blitz until you have a smooth batter.

Melt a little of the coconut oil in a large, non-stick frying pan over a medium to high heat. Spoon in small pools of batter – I normally manage four puddles of 1½ tablespoons.

Leave the pancakes to cook for about 1 minute. When bubbles begin to break on the surfaces, flip your pancakes and cook for a further minute. Remove the pancakes to a piece of clean kitchen roll and blot away any excess oil. Carefully wipe the frying pan clean with another piece of kitchen roll and repeat the process with the remaining batter.

Pile up your pancakes, scatter over the berries, dollop on the yoghurt and drizzle a little syrup over the top.

★ TOP TIP

Take advantage of the different flavours of protein powder. I’ve gone with chocolate for this, but vanilla or strawberry would work well too.
HIGHLAND FLING SMOOTHIE

If you’re in a rush and need to whip up a quick smoothie then this one is great. It works really well with either vanilla or strawberry protein powder.

INGREDIENTS

large handful of frozen raspberries
150ml pomegranate juice
2 scoops (60g) vanilla or strawberry protein powder
125g porridge oats
375ml almond milk

METHOD

Place all the ingredients into a blender and blitz until smooth.
PINEAPPLE AND TURKEY FRIED RICE

This quick stir-fry has loads of flavour and is just what you need after a tough workout. Double up the recipe and have some for lunch the next day.

INGREDIENTS

½ tbsp coconut oil
2 spring onions, finely sliced
1 clove garlic, finely chopped
1 x 240g turkey breast fillet, cut into thin slices
3 midget trees (tender-stem broccoli), sliced in half lengthways
1 red chilli, de-seeded and finely sliced
250g pre-cooked brown rice
75g pineapple chunks, fresh or tinned
large handful of spinach
1 tsp sesame oil
1 tbsp light soy sauce
small bunch of coriander, roughly chopped

METHOD

Melt the coconut oil in a large frying pan over a medium to high heat. Chuck in the spring onions, garlic and turkey slices. Stir-fry for 1 minute.

Throw in the midget trees and chilli and stir-fry for a further 3 minutes, or until you are sure the turkey is cooked through – you can check this by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Add the rice, crumbling it between your fingers as you drop it in to break up any large clumps, along with 2 tablespoons of water.

Add the pineapple chunks (drain them first if you are using tinned), then stir-fry all the ingredients together for 1 minute. Chuck in the spinach and toss around until it begins to wilt.

When you are happy the rice is fully warmed through, remove the pan from the heat and add the sesame oil, soy sauce and coriander. Give the whole lot one last stir to make sure it’s well mixed, then pile it high on your plate and scoff it down.
If you love pasta, this post-workout meal will be right up your street. I use chestnut mushrooms because they have lots of flavour. If you’re not a fan of mushrooms, you can use courgettes instead.

**INGREDIENTS**

- ¼ tbsp coconut oil
- 1 clove garlic, finely chopped
- 1 x 220g skinless chicken breast fillet, cut into thin strips
- 75g chestnut mushrooms, roughly chopped into quarters
- 3 sprigs of thyme, leaves only
- Juice of 1 lemon
- 150g fresh linguini
- Salt and pepper
- Small bunch of parsley, roughly chopped

**METHOD**

Put a large pan of water on to boil.

Melt the coconut oil in a medium frying pan over a medium to high heat. Add the garlic and fry for 30 seconds.

Crank up the heat to maximum and scrape in the chicken strips and mushrooms. Stir-fry for 2 minutes before mixing in the thyme leaves. Reduce the heat to medium, squeeze in the lemon juice and place a lid on your frying pan (if you don’t have a lid big enough then use a large plate or baking tray). Cook like this for 2 minutes.

Your water should be boiling by now so drop in the linguini and cook for about 2 minutes (or according to the packet instructions).

Remove the lid or plate from the frying pan and season the chicken and mushroom mixture well with salt and pepper. Remove the pan from the heat.

Drain the cooked pasta in a sieve, shaking a little to remove the excess water, then tip straight into the pan with the mushrooms and chicken. Finally, add the chopped parsley, toss the whole lot together and enjoy!
SNACKS AND TREATS

You can choose any two snacks to have at any point during the day:

- Boiled egg
- Protein shake (25g whey protein mixed with water)
- 25g almonds, cashews or walnuts
- 1 apple or 75g blueberries or blackberries

TREAT

DATE AND OAT POWER BAR

I’m all about having a little treat now and again and these power bars won’t disappoint. Be careful, though – they taste incredible so don’t be tempted to scoff the whole lot in one go!

INGREDIENTS

- 150g pitted dates
- 2 tbsp cocoa powder
- 2 scoops (60g) chocolate protein powder
- 90g porridge oats
- 40g coconut oil
- 40g hazelnuts
- 20g peanuts
- 75g dark chocolate
- 25g pistachios, roughly chopped
- pinch of salt

METHOD

Place the dates, cocoa powder, protein powder, porridge oats, coconut oil, hazelnuts and peanuts into a food processor and blitz until smooth. If the blade is having trouble, just add a little bit of water to help loosen things up.

Tip the mixture onto a tray lined with baking parchment and pat down until it is about 2cm thick.

Melt the chocolate (I do this in quick bursts in the microwave). While still warm, artistically drizzle it over the nutty date base. Sprinkle over the chopped pistachios and the salt. When the chocolate has cooled a little, you’re ready to cut into squares and dig in.
LEAN IN
15
THE SHAPE PLAN

15 Minute Meals with Workouts to Build a Strong, Lean Body

JOE WICKS
The Body Coach

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