

Healthy recipe suggestions

Take a look at our tasty recipes which take you through the kind of foods you should be eating on a typical day for a healthy & balanced diet.

Breakfast – Raspberry and Cranberry Smoothie (100 calories per serving)

For a quick, low-fat start to your morning, try a delicious smoothie, rich in vitamin C. Take 200ml cranberry juice, 175g frozen raspberries (defrosted), 100ml low fat milk, 200ml natural yoghurt and caster sugar to taste, place it all in a blender and blend until smooth. This will help wake you up and give you the motivation you need to get on with your day.

Lunch – Turkey and Spring Onion Wraps (267 calories per serving)

These delicious wraps are simple to make and low in fat and calories. Just mix together 2 tbsp low-fat mayonnaise with 2 tbsp pesto for the sauce, then divide 4 lettuce leaves, 250g of cooked and shredded turkey, 6 spring onions (also shredded) and some cucumber slices between 4 flour tortillas. Pour your sauce over the top, wrap them up and serve. These healthy treats contain just 2g fat per serving.

Dinner – Reversed Chicken Kiev (218 calories per serving)

These reversed kiev's are fantastically tasty and take just 25 minutes to prepare. Simply place 4 skinless and boneless chicken breasts on a baking tray and rub with around 10g of garlic butter. Grill for approximately 15 minutes (turning once) until they're cooked through. Mix around 15g of garlic butter with 25g crispy breadcrumbs, and rub on this mixture after the 15 minutes are up. Then, return to the grill for 2-4 minutes until golden. Serve with boiled new potatoes.

Dessert – Lemon Sorbet (166 calories per serving)

This tangy treat is just what you need to cleanse your palate after a meal. Simply put 500g caster sugar in a pan with 750ml water and heat until the sugar is completely dissolved. Stir in 250ml lemon juice (approx. 6-8 lemons' worth) and 1 dash of lemon zest. Finally, beat everything in a bowl until it has the right consistency, then grab a spoon and enjoy!

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