



# **Unity Fitness Nutrition - Recipe Ideas**

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Precision Nutrition Level 1 Certified**



## Nutrition

Nutrition & Exercise go hand in hand so in 2020 owner & head Coach Lisa completed her Precision Nutrition Level 1 Certificate in Exercise Nutrition.

“Our aim at Unity Fitness is to help, educate & support our members to live a long Happy & Healthy life, with both exercise & nutrition playing vital roles”.

Precision Nutrition provides a deeper understanding & uses a nutritional progression model to help you change your daily habits, it's the complete opposite of a diet.

We won't just tell you what to do but we will educate you on how to put all the information you obtain, along with our suggestions into your daily life/routine.

How do we monitor changes? We do this via Body Composition Analysis, an essential tool to completely understand your health & weight. Going beyond your weight, body composition analysis breaks down your body into 4 components:

1) Fat 2) Lean Body Mass 3) Minerals 4) Water

The results help you understand where your fat, muscle & body levels are at & act as a guide to help you achieve your individual goals.

When you're given the best advice & specific habits to target, truly remarkable things start to happen!!!!



# Breakfast Overnight Oats

**Step 1** Grab a jar - Add 50g or 1/2 a cup of oats to it

**Step 2** Add 1 scoop of your preferred protein powder & mix (whilst dry)

**Step 3** Add 1 teaspoon of chia seeds (optional) & mix well

**Step 4** Add 200m / 250m of almond milk (or preferred choice) & mix well with a spoon.

**Step 5** Add a teaspoon of nut butter (we used peanut butter) & mix well

**Step 6** Add some frozen fruit (we use a berry mix) to the top, pop the lid on & pop it into the fridge

*\*You can also add some greek yogurt for an extra portion of protein\**



**Protein Pancakes**



**Overnight Oats**



**Smoothie**



**Poached Eggs & Salmon on a muffin**



**Porridge**



## **Lunch**

# **Vegetable Soup**

**Step 1** Boil 850m of water in a pan along with a stock cube

**Step 2** Chop up into cubes / chunks your favourite veggies (Keep it colourful). We used carrot, swede, onion, leeks, sweet potato, red cabbage & butternut squash. Add to the stock & gently simmer!

**Step 3** Add some peas, chilli flakes, ground ginger, turmeric & mix well. Leave to gently simmer for a good 30/40 minutes.

**Step 4** Add a handful of kale & spinach. Cook for a further 2 minutes & serve

**\*You can use any veg & add meat if you like. Makes a good 4-6 servings.  
A great way to use up all those leftover veggies from the week\***





**Tuna & Egg Salad**

**Fish & Veg**



**Veggie Bowl**





## **Dinner**

# **Peanut Chicken Curry**

**Step 1** Pop some coconut oil into a pan - add diced chicken (works with quorn too), mushrooms, fresh garlic, fresh ginger & gently cook

**Step 2** Add some chilli flakes & turmeric, then mix well

**Step 3** Add a tin of tomatoes, 2 tablespoons of soy sauce, 1 tablespoon of mild curry powder, 2 tablespoons of peanut butter & mix well

**Step 4** Add a handful of kale, chickpeas, some peas & mix well

**Step 5** Throw in a handful of spinach & simmer

**Step 6** Layer a container with wholemeal rice & serve

**\*You can also pop everything into a slow cooker\* Cooking Time: 20  
Minutes Serves 4**



**Spaghetti Bolognese**



**Salmon & Veg**



**Stuffed Peppers**





## **Snack Ideas**

**Handful of Nuts & Fruit**

**Hard Boiled Eggs**

**Carrot / Cucumber & Pepper Sticks  
& Hummus**

**Apple & Peanut Butter**

**Protein Balls**

**Roasted Chickpeas**

**Protein Drink & Fruit**

**Greek Yogurt & Fruit**

**Dark Chocolate** (to satisfy a sweet tooth)



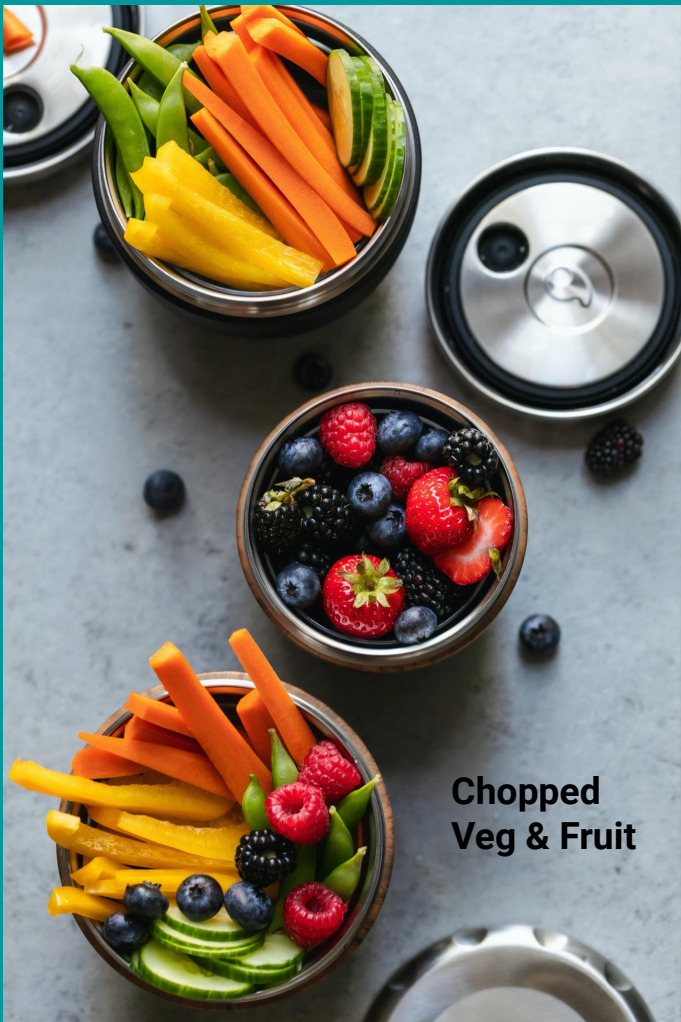
**Greek Yogurt & Fruit**



**Protein  
Balls**



**Smoothie**



**Chopped  
Veg & Fruit**





# UF **UNITY** **FITNESS**

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