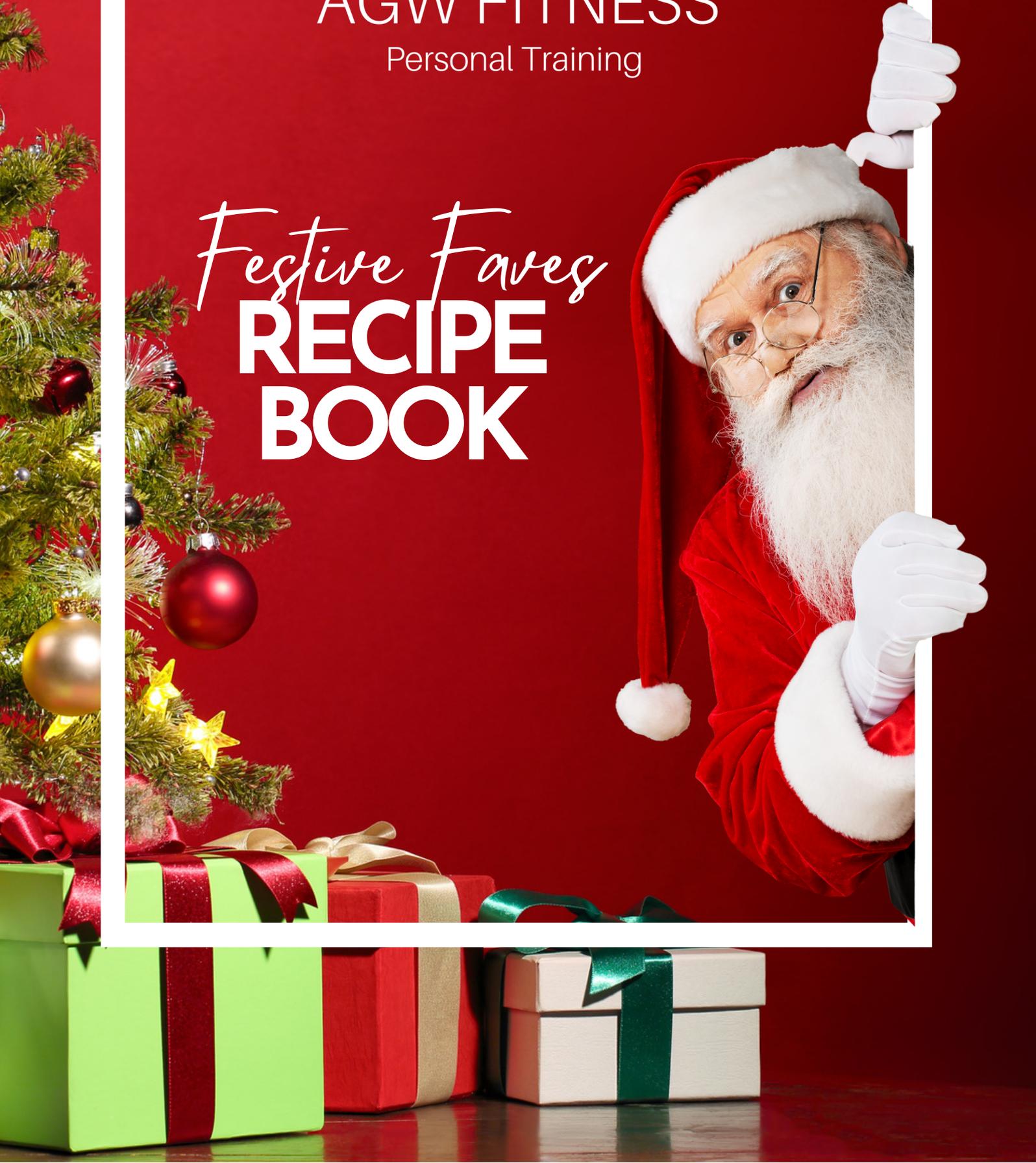




AGW FITNESS

Personal Training

Festive Faves
**RECIPE
BOOK**



AGW Fitness

@agw_fitness

The holiday season is a time for celebration, but don't forget to prioritize your health.

A Healthy Festive Cookbook: A collection of healthy and delicious recipes that are perfect for the holiday season.

Dishes that are low in calories, high in nutrients, and simple to prepare.

This cookbook can help inspire healthy meal planning throughout the season.

MERRY
Christmas





DISCLAIMER

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Winter Soup



Serves
4 people



Cook Time
45 Minutes

Winter Soup

Ingredients

- 2 onions
- 2 tbsp olive oil
- 1 butternut squash
- 4 carrots
- 750ml vegetable stock
- 2 cloves garlic
- 150ml creme fraiche

Instructions

1. Cut carrots, garlic & squash into chunks and add to a roasting tray with olive oil, salt & pepper
2. Add tray to oven to roast for 25 mins
3. Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft
4. Add roasted vegetables to saucepan
5. Pour 700ml vegetable stock into the pan, add salt & pepper to season
6. Using a hand blender, blend the soup
7. Stir in creme fraiche
8. Optional: top with croutons & seeds
9. Serve & Enjoy!



Serves
4 people



Cook Time
45 Minutes

Chicken Breasts Stuffed with Brie, Cranberry, and Bacon



Serves
4 people



Cook Time
60 Minutes

Chicken Breasts Stuffed with Brie, Cranberry, and Bacon

Ingredients

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 4 slices of bacon, cooked until crispy
- 4 ounces Brie cheese, sliced
- 1/2 cup cranberry sauce
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Toothpicks or kitchen twine for securing

Instructions

1. Preheat your oven to 375°F (190°C).
2. Season each chicken breast with salt and pepper.
3. Make a horizontal slit along the side of each chicken breast to create a pocket for the stuffing.
4. In a small bowl, mix the crumbled bacon, Brie slices, and cranberry sauce.
5. Stuff each chicken breast with the bacon, Brie, and cranberry mixture, ensuring they are evenly distributed.
6. In a skillet, heat olive oil over medium-high heat.
7. Sprinkle the chicken breasts with dried thyme and paprika, then sear them in the skillet for 2-3 minutes on each side until browned.
8. Transfer the chicken breasts to a baking dish and bake in the preheated oven for 20-25 minutes, or until the internal temperature reaches 165°F (74°C) and the chicken is cooked through.
9. Serve the stuffed chicken breasts sliced, with any extra cranberry sauce on the side for dipping.



Serves
4 people



Cook Time
60 Minutes

Cranberry-Orange French Toast



Serves
1 person



Cook Time
15 Minutes

Cranberry-Orange French Toast

Ingredients

- 4 slices whole-grain bread
- 2 large eggs
- 1/2 cup unsweetened almond milk
- (or any milk of your choice)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- Zest of one orange
- 1/4 cup dried cranberries
- Maple syrup for serving
- Fresh berries and powdered sugar for garnish (optional)

Instructions

1. In a shallow bowl, whisk together eggs, almond milk, vanilla extract, cinnamon, and orange zest.
2. Dip each slice of bread into the egg mixture, ensuring both sides are well-coated.
3. Heat a non-stick skillet or griddle over medium heat.
4. Cook the soaked bread slices for 3-4 minutes on each side or until golden brown and cooked through.
5. While cooking, sprinkle dried cranberries onto the slices, allowing them to stick to the bread.
6. Once cooked, transfer the French toast to a serving plate.
7. Drizzle with maple syrup and garnish with fresh berries and a dusting of powdered sugar if desired.
8. Serve warm and enjoy the festive flavours!



Serves
1 person



Cook Time
15 Minutes

Berry Bark



Serves
8 people



Cook Time
15 Minutes

Berry Bark

Ingredients

- 400g Fat Free Greek Yoghurt
- 80g Mixed Berries
- 80g Granola
- 1tsp Sweetener

Instructions

1. Line a baking tray with greaseproof paper
2. Spread yoghurt thinly over the tray
3. Blitz mixed berries and sweetener together using a blender or food processor
4. Top yoghurt with berry puree and swirl with a knife to create a marble effect, then sprinkle granola on top
5. Freeze for 6 hours (best done over night)
6. Break up the bark and serve!



Serves
8 people



Cook Time
15 Minutes

Gingerbread Protein Smoothie



Serves
1 person



Cook Time
5 Minutes

Gingerbread Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1/2 banana, frozen
- 1 tablespoon molasses
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- Ice cubes

Instructions

1. Blend almond milk, protein powder, frozen banana, molasses, ground ginger, ground cinnamon, and ice cubes until smooth.
2. Adjust the consistency by adding more ice or almond milk if needed.
3. Pour into a glass and sprinkle a dash of cinnamon on top.
4. Serve & enjoy!



Serves
1 person



Cook Time
5 Minutes

MERRY CHRISTMAS!

I hope you enjoyed our festive recipes!

Please tag us on socials @agw_fitness if you try any of these.

As a thank you for downloading our recipe book, we've added a link below for you to book a free coaching call with us to discuss your goals for the New Year. If you book a call and quote "RECIPE BOOK", We'll give you an exclusive 20% discount off our Fitness & Weight loss Program.

Merry Christmas!

AGW Fitness

x



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