



Bodyseek Recipe Book. Volume 1

A healthy diet does not have to be complicated, keep it simple and take it step by step.

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BODYSEEK E-BOOK

Introduction

Nutrition is without a doubt the most significant determining factor in creating results for Fat loss, muscle gain, optimal health and performance.

Often our clients have found it hard to get creative in the kitchen and create meals that are both tasty and fit the requirements of their nutrition plan in order to achieve their goals.

They are often busy, unprepared, have a hectic work or family life (or both) and knowing what to cook, or how to fuel their body in relation to their goals is often the hardest part.

It is no secret that the best results we have achieved as coaches is largely contributed to the nutrition plan customized for our clients and their compliance to it.

Having meals that taste great, are easy to prepare and the right balance of macro nutrients and micronutrients will go along way to helping you be successful with nutrition.

We are pleased to bring you, the Bodyseek recipe book:

The bodyseek recipe book contains High Protein Meals, the bodyseek "approved food" shopping list that should be followed for at least 80% of your meals and some clean "treats" put together by Level 2 Senior Coach Veronica McCloskey.

Veronica is a former figure competitor, mother of two and personal trainer with a passion for nutrition.

bodyseek.com.au/veronica-mccloskey

Veronica understands the struggles of busy mums and one of the most rewarding parts of her job is helping mums understand that self-love and self care is an essential part of raising a family, educating them on the importance of good nutrition, sleep and stress management so that can also be passed onto the next generation.

Veronica also loves training up and coming competitors and using her experience both as a coach and competitor to guide them to the stage.

We hope you enjoy our recipe book and that this helps make your time in the kitchen easier!

*As Hippocrates said:
"Let food be thy
medicine and
medicine be thy food"*

Table of Contents

Introduction	04
Recipes.	03
Avocado Toast with Smoked Salmon and Goats Cheese	04
Chilli Scrambled Eggs	06
Choc Coconut Overnight Oats	08
Garlic & Herb Baked Chicken Loaded with Veggies	10
Gluten Free Chocolate Protein Pancakes with a Sweet Cashew Cream & Blueberries	12
Healthy Turkey Taco Bowls	14
High Protein Breakfast Burrito	16
Honey Glazed Salmon and Rice Bowls	18
One Pan Pesto Chicken and Veggies	20
Sesame Crusted Tuna with Asian Slaw	22
Steak Fajita Wraps	24
Turkey Meatballs with Zucchini Noodles	26
Post Workout Strawberry Freddo Frog Smoothie	28
Bodyseek Approved Shopping List.	30
Learn More	31
Setup a consultation	



DISCLAIMER: The information contained in this booklet is for informational purposes only, not constituting medical advice.



Avocado Toast with Smoked Salmon and Goats Cheese



TOTAL CALORIES
472 kcal

TOTAL MACROS
25 g Carbs
26 g Fats
32 g Protein

SERVES 1



Avocado Toast with Smoked Salmon and Goats Cheese

WHAT YOU NEED

- 1 slice of sourdough (use gluten free if required/ preferred)
- 2 tbsp goats' cheese
- ½ avocado
- 1 tomato, sliced
- ¼ red onion sliced
- 6 thin slices of smoked salmon
- Salt and pepper

METHOD

Toast the bread to your desired level.

Spread goats' cheese, followed by avocado, mashing it with a fork.

Add sliced tomato followed by red onion and top with slices of salmon.

Sprinkle with salt and pepper.

Serve.





Chilli Scrambled Eggs



TOTAL CALORIES
508 kcal

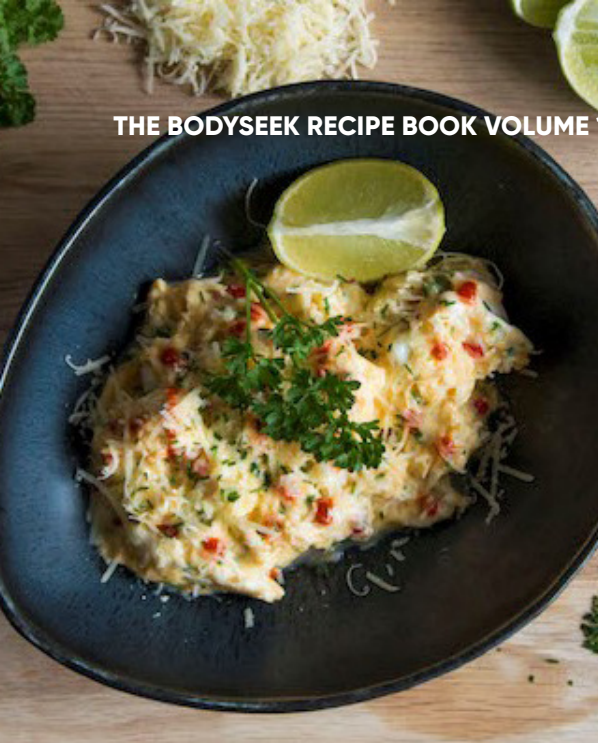
TOTAL MACROS

24 g Carbs

34 g Fats

31 g Protein

SERVES 2



Chilli Scrambled Eggs

WHAT YOU NEED

- 1 tsp butter
- 4 eggs
- 1 red chilli seeds removed, finely diced
- 1 tbsp fresh parsley chopped
- 1 tbsp fresh chives chopped
- 2 tbsp parmesan finely grated
- 1/4 tsp sriracha
- Wedge of lime
- Serve with sourdough or gluten free toast if you like

METHOD

In a bowl crack eggs.

Add chili, parsley and chives, season with salt and pepper.

Gently whisk ingredients together until combined.

Heat butter in a medium sized fry pan over medium heat until melted.

Pour in egg mixture and leave for approx 20 seconds, allowing the bottom to cook slightly.

With a spatula or flat wooden spoon, gently move the eggs around the pan, pushing the cooked egg from underneath to the top and allowing the uncooked egg to move to the pan's surface.

Once most of the egg is cooked remove the pan from the heat, pushing the eggs around a few more times to allow the rest to cook though.

Serve immediately, top with parmesan, sriracha, lime and toast if using.





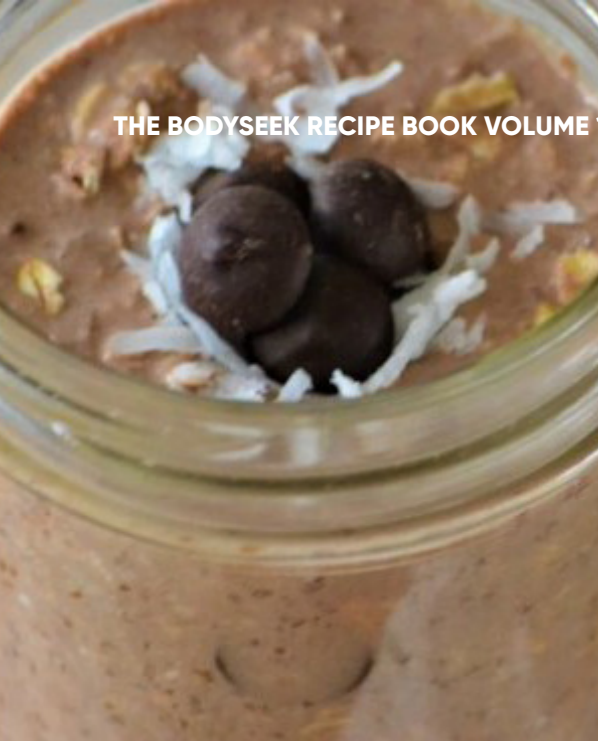
Choc Coconut Overnight Oats



TOTAL CALORIES
706 kcal

TOTAL MACROS
62 g Carbs
41 g Fats
33 g Protein

SERVES 1



Choc Coconut Overnight Oats

WHAT YOU NEED

- 1 Cup Almond Meal
- ½ Scoop Chocolate Protein Powder (Whey Or Plant Based)
- ¾ Cup Oats
- 1 Tbsp Chia Seeds
- 1 Tbsp Shredded Coconut
- 1 Tbsp Maple Syrup
- Splash Of Vanilla Essence
- 1 Tbsp Unsweetened Cocoa Powder
- Mixed Berries To Serve

METHOD

Mix all ingredients in a bowl and then transfer to a mason jar.

Cover and refrigerate overnight.

In the morning, stir and serve with mixed berries.





Garlic & Herb Baked Chicken Loaded with Veggies



TOTAL CALORIES
1733 kcal

TOTAL MACROS

44.4 g Carbs

69.83 g Fats

239.64 g Protein

SERVES 5

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Garlic & Herb Baked Chicken Loaded with Veggies

WHAT YOU NEED

- 1kg Boneless skinless chicken breasts cut into 1-inch pieces
- 2 Cups broccoli florets
- 1 Large zucchini cut 1 into inch pieces
- 1 Medium onion cut into 1inch pieces
- 1 Capsicum colour of your choice, cut into 1inch pieces
- 1 Cup cherry tomatoes, halved
- 1 Cup any other vegetable of your choice

FOR THE GARLIC & HERB MARINADE

- 1/4 cup olive oil
- 4 cloves garlic crushed or finely chopped,
- 2 tbs lightly dried parsley, chive or basil
- 2 tbs lightly dried coriander
- 1 teaspoon chili flakes
- Salt and freshly ground black pepper
- 1 teaspoon ginger optional
- Juice of ½ lime

METHOD

Preheat oven to 180 degrees.

In a medium bowl, combine all the ingredients for the garlic and herb marinade and whisk together.

Place chicken and veggies on a baking tray lined with baking paper. Drizzle with the garlic and herb mix and combine with hands until the chicken and veggies are nicely coated.

Bake for 20-25 minutes or until the chicken and veggies are cooked through.

Serve immediately on their own or with a side of steamed rice.





Gluten Free Chocolate Protein Pancakes with a Sweet Cashew Cream & Blueberries



TOTAL CALORIES
1500 kcal

TOTAL MACROS
105 g Carbs
100 g Fats
60 g Protein

SERVES 4



Gluten Free Chocolate Protein Pancakes with a Sweet Cashew Cream & Blueberries

INGREDIENTS PANCAKES

- 1 scoop chocolate protein powder (grass fed whey or plant based if vegan)
- 1 tbsp. cocoa powder
- 2 tsp. Baking powder
- 1 tbsp. coconut flour
- 1 tbsp. sweetener
- 1 pinch salt
- 2 eggs
- 4 tbsp. unsalted butter (softened)
- 1/4 tsp. Vanilla extract

INGREDIENTS CASHEW CREAM

- 1 cup raw cashews soaked for 2 hours
- 1/3 cup almond milk
- 1-2 tbsp maple syrup
- 1tsp vanilla extract
- Pinch of salt

METHOD

Whisk together all of the dry ingredients in a mixing bowl until no lumps remain.

Make a well in the middle of the dry ingredients and add the eggs, butter, and vanilla extract into the middle.

Fold the batter together gently and set aside for 5 minutes.

Heat a non-stick frying pan over medium to high heat.

Add 1/4 cup of the batter to the pan at a time. Cook until bubbles form on the top surface, then flip over to cook on the other side, cooking for about 3 – 4 minutes per side.

FOR THE CASHEW CREAM

Throw it all into a blender and blend well.

Serve with blueberries or other berries that you like.





Healthy Turkey Taco Bowls



TOTAL CALORIES
1678 kcal

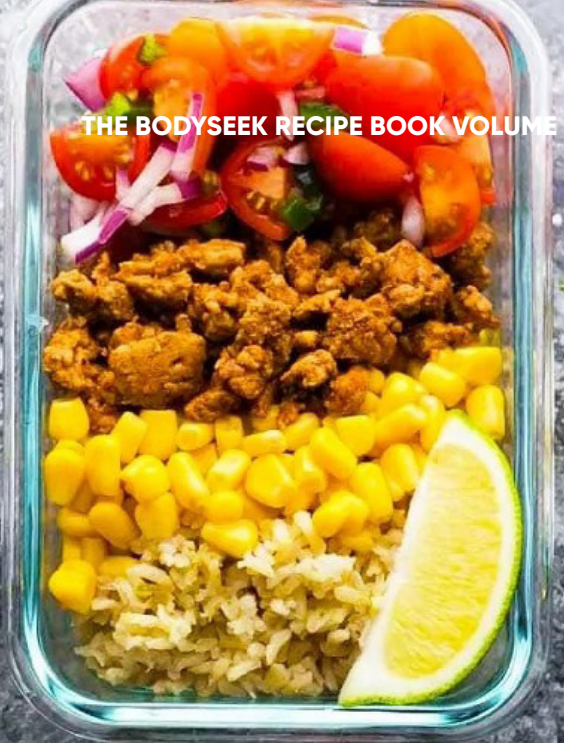
TOTAL MACROS

88.11 g Carbs

36.65 g Fats

246 g Protein

SERVES 4



Healthy Turkey Taco Bowls

INGREDIENTS

- 1kg turkey breast mince (can replace with a different protein)
- 2tbs homemade taco seasoning (refer to previous turkey recipe)
- 1tbs coconut oil
- Half an avocado
- ½ Cup diced cherry tomatoes
- ½ Cup diced cucumbers
- ¼ Diced red onion
- 1 Cup brown rice (can substitute rice for cauliflower rice if wanting low carb)
- ½ Cup low fat mozzarella
- ½ Lime
- 2 Corn cobs
- Salt

METHOD

Heat coconut oil.

Add turkey breast mince and cook for 2-3 minutes.

Add taco seasoning and continue cooking until turkey is fully cooked.

Combine tomatoes, cucumber and red onion to make salsa, season with lime and salt.

Cook rice (or cauliflower).

Steam corn.

Once corn is cooked cut off all kernels and place in container.

Now that everything has been cooked you are ready to assemble.

Place turkey, salsa, avocado, rice, mozzarella and corn kernels into a bowl. Season with lime and salt.

This is a perfect dish that you can pre prepare for lunches or a quick and easy dinner for the whole family.





High Protein Breakfast Burrito



TOTAL CALORIES
1245 kcal

TOTAL MACROS
88.39 g Carbs
75.92 g Fats
51.93 g Protein

SERVES 2



INGREDIENTS

- 4 Eggs, large
- Splash of milk (almond or oat if dairy free)
- 1 Tablespoon butter
- 1 Tablespoon minced garlic
- 1 Red pepper, finely minced
- 1/2 Red onion, finely minced
- Handful of baby spinach
- 1/4 Cup low fat mozzarella cheese (vegan if dairy free)
- 2 Pieces of thick-cut bacon, cooked until crispy
- Half avocado
- Salt and pepper, to taste
- 2 Gluten free burrito wraps

METHOD

Place butter and minced garlic in a medium fry pan on a medium heat. Cook garlic until soft.

In a bowl, whisk the eggs and a splash of milk. Set aside.

Add in red pepper, onion and spinach to the pan and sauté for a few minutes or until onions begin to turn translucent.

Then, add in eggs and sauté for 2-3 minutes or until cooked.

Place 1/2 of the egg mixture and a piece of cooked bacon on top of the burrito.

Add avocado.

Sprinkle with cheese.

Wrap tightly and enjoy.





Honey Glazed Salmon and Rice Bowls



TOTAL CALORIES
842 kcal

TOTAL MACROS

91 g Carbs

34 g Fats

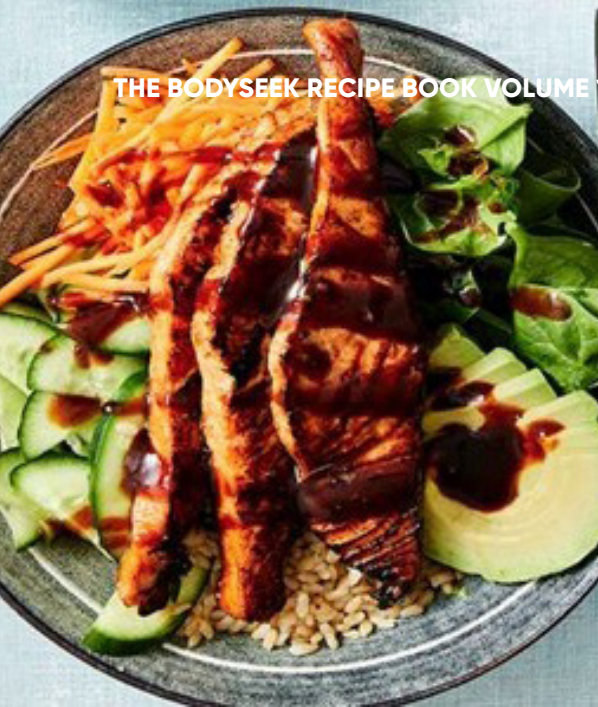
43 g Protein

SERVES 2

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Honey Glazed Salmon and Rice Bowls

INGREDIENTS

- 300g salmon fillet
- ¼ cup honey
- ¼ cup soy sauce
- 2 tbsp lime juice
- 450g cooked brown rice
- 300g shredded carrots
- 1 avocado, sliced
- 2 Lebanese cucumbers, sliced
- 60g bag baby spinach leaves

METHOD

To make the marinade, combine honey, soy sauce and lime juice in a medium jug. Mix well. Transfer ½ of the marinade to a large bowl.

Cut salmon length ways into 1cm thick slices. Add to the marinade. Toss to coat.

Heat an oiled, large, non-stick frying pan over a medium to high heat. Add salmon in two batches. Cook, turning occasionally, for about 3 to 4 minutes, or until cooked through. Remove.

Divide rice, salmon, carrot, avocado, cucumbers and spinach among serving bowls.

Drizzle with reserved honey/soy marinade.

Serve.





One Pan Pesto Chicken and Veggies



TOTAL CALORIES
1549 kcal

TOTAL MACROS

38.28 g Carbs

91 g Fats

132 g Protein

SERVES 4



One Pan Pesto Chicken and Veggies

INGREDIENTS

- 2 tbs olive oil
- 600g chicken thighs, skin removed, cut into strips
- 1/3 cup semi-dried tomatoes, drained
- 400g asparagus cut in half, ends trimmed
- 1/2 cup basil pesto
- 1 cup cherry tomatoes
- Rice or brown rice pasta to serve (optional)

METHOD

Heat olive oil in a large frying pan and add chicken thighs. Season with a good amount of salt.

Add half the semi-dried tomatoes and cook on medium heat for 5-10 minutes. Ensure to stir during this process to make sure the chicken is cooked through.

Remove chicken and semi-dried tomatoes from the pan, leaving the oil.

Add asparagus, remaining semi-dried tomatoes, salt and cook for a further 5-10 minutes until the asparagus is cooked through.

Remove the asparagus to a serving plate.

Add the chicken back to the pan, add pesto and stir to coat.

Add everything back to the pan with the chicken and stir for 1-2 minutes until everything is reheated.

Serve with rice or brown rice pasta (optional).





Sesame Crusted Tuna with Asian Slaw



TOTAL CALORIES
296 kcal

TOTAL MACROS
18 g Carbs
12 g Fats
29 g Protein

SERVES 2



Sesame Crusted Tuna with Asian Slaw

SESAME CRUSTED TUNA

- 1/2 cup soy sauce
- 1/4 cup shallots, chopped
- 2 tbs fresh lemon juice
- 1 tsp sesame oil
- 1 tsp fresh ginger, minced
- 4 tuna steaks
- 1/2 cup sesame seeds

ASIAN SLAW

- 5 cups shredded veggies (your choice of red and white cabbage, carrots, capsicum, snow peas, broccoli slaw, etc)
- 3 shallots, sliced
- 1 cup coriander (optional)
- 1 red chili, chopped (optional)

ASIAN SLAW DRESSING

- 1 tbs sesame oil
- 1/4 cup rice wine vinegar
- 3 tbs brown rice syrup, agave or honey
- 1 tbs soy sauce
- 3 garlic cloves, finely minced
- 1 tbs ginger, finely minced
- 1/2 tsp salt
- 1/2 tsp chili flakes or siracha (optional)
- Optional toppings - chopped peanuts

METHOD

In a large bowl, combine all ingredients for the tuna marinade except the sesame seeds.

Mix until well combined

Add the tuna steaks and coat well, marinade for 25 minutes.

Preheat a grill pan to a medium to high heat, spray lightly with some olive oil

Place the sesame seeds on a large flat plate. One at a time coat the tuna steaks with the sesame seeds, pressing the tuna down to ensure the sesame seeds stick.

Place tuna on the grill pan, searing each side firstly and then cooking for 3-5 minutes, for a rare pink inside or cook for a little longer if you prefer your tuna more well done.

Remove tuna from pan and slice.

Toss slaw ingredients together in a large bowl. Add coriander and shallots.

Whisk together the dressing ingredients in a small bowl.

Pour dressing into slaw and toss well.

Top with peanuts if using.





Steak Fajita Wraps



TOTAL CALORIES
413 kcal

TOTAL MACROS

5 g Carbs

29 g Fats

33 g Protein

SERVES 2



Steak Fajita Wraps

INGREDIENTS

Fajita season mix – can be used for all sorts of other recipes such as chicken salad, tacos, and any tex mex recipes.

- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1 teaspoon sea salt
- 1/4 teaspoon fresh ground pepper
- Stir together all ingredients

REST OF INGREDIENTS

- 500G thinly sliced sirloin tip steak
- 1 tablespoon olive oil, divided
- 3 capsicum, red, yellow and green, cut into thin strips
- 1 large brown onion, sliced
- 1 lime, juiced
- Chopped fresh parsley or coriander
- 1 avocado, diced and seasoned with salt and pepper.

METHOD

Prepare the fajitas seasoning mix and set aside.

Cut the steak into 2-inch wide by 6-inch long strips.

Rub the steak strips with some of the prepared seasoning mix and set aside.

Heat olive oil in a grill pan over medium-high heat and add capsicum strips and sliced onions to the grill pan, season with salt, pepper, and a sprinkle of the fajitas seasoning mix.

Cook for about 4 to 5 minutes, or until tender.

Remove from heat and let cool for a minute.

Top each slice of steak with the vegetables; roll up and secure with a toothpick.

Add remaining olive oil to the grill pan; heat it up and add the roll-ups to the pan.

Cook until browned, about 2 to 3 minutes per side.

Remove from heat, remove toothpicks, and transfer to a serving plate.

Squeeze lime juice over the roll ups and garnish with chopped parsley or coriander.

Serve with diced avocado.





Turkey Meatballs with Zucchini Noodles



TOTAL CALORIES
584 kcal

TOTAL MACROS
32 g Carbs
20 g Fats
64 g Protein

SERVES 2

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Turkey Meatballs with Zucchini Noodles

INGREDIENTS

MEATBALLS

- 1 tablespoon extra-virgin olive oil
- 1 brown onion, diced
- 10 garlic cloves, minced
- ¼ cup fresh chopped parsley
- 2 eggs
- 40g grated Parmesan cheese
- 1kg minced turkey
- 1 tsp salt
- ½ tsp black pepper

ZUCCHINI NOODLES

- 10 large zucchinis, spiralised
- 1 tbs olive oil
- 1 brown onion, diced
- 5 cloves garlic, minced
- Salt and pepper to taste
- Extra parmesan for serving
- Spring onion to garnish

METHOD

Combine all meatball ingredients in a large bowl and mix well.

Roll into meatballs.

Pre heat oven to 180 degrees

Heat olive oil in a large fry pan and brown meatballs.

Place baking paper on a large baking tray and place meatballs on the tray. Place in the oven and bake for 15-20mins or until meatballs are cooked.

Meanwhile bring a large pot of salted water to the boil.

Once boiling place spiralised zucchini into the pot and cook for 1-2 minutes. Drain completely.

To finish the zucchini off, heat olive oil in a large fry pan add onion and garlic and sauté for 2-3 minutes.

Add drained zucchini and stir fry for a further 2-3 minutes.

Serve meatballs on top of or on the side of zucchini noodles and garnish with extra parmesan.





Post Workout Strawberry Freddo Frog Smoothie



TOTAL CALORIES
516 kcal

TOTAL MACROS

72 g Carbs

16 g Fats

27 g Protein

SERVES 1

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INGREDIENTS

- 1 Scoop Strawberry Whey Protein
- ½ Cup Frozen Strawberries
- ½ Cup Frozen Raspberries
- 30g Cocoa Bombs Gluten Free Cereal
- 1 Cup Coconut Water Or Milk Alternative
- Ice
- Sliced Strawberries To Top
- 20g 70% Dark Chocolate, Grated

Post Workout Strawberry Freddo Frog Smoothie

METHOD

Place all ingredients in a blender.

Blend until smooth.

Top with sliced strawberries & grated dark chocolate.

Enjoy.



The Bodyseek Approved Shopping List

MEATS // Beef, pork, lamb, veal, rabbit, goat, sheep, horse, bison.

GAME MEAT // Deer, kangaroo, duck, rabbit.
Poultry // Chicken, turkey, duck, quail...

FISH // Salmon, tuna, trout, bass, halibut, sole, haddock, turbot, walleye, tilapia, cod, flatfish, grouper, mackerel, anchovy, herring...

SHELLFISH // Crab, lobster, shrimps, scallops, clams, oysters, mussels...

FATS // Avocados, avocado oil, olive oil, coconut oil, organic butter, clarified butter (ghee), lard, tallow, duck fat, veal fat, lamb fat, fatty fishes (sardines, mackerel, salmon), nut butters, nut oils (walnut, macadamia), coconut flesh, coconut milk...

EGGS // Chicken eggs, duck eggs, goose eggs, quail eggs...

VEGETABLES // Celery, tomatoes, bell peppers, onions, leeks, kohlrabi, green onions, eggplants, cauliflower, broccoli, asparagus, cucumber, cabbage, Brussels sprouts, artichokes, okra, avocados...

GREEN LEAFY VEGETABLES // Lettuce, spinach, collard greens, kale, beet top, mustard greens, dandelion, swiss chard, watercress, turnip greens, seaweeds, endive, arugula (rocket), bok choy, rapini, chicory, radicchio...

ROOT VEGETABLES // Carrots, beets, turnips, parsnips, rutabaga, sweet potatoes, radish, artichokes, yams, cassava, ...

FRUITS // All.

NUTS AND SEEDS // Pistachios, Brazil nuts, sunflower seeds, sesame seeds, pumpkin seeds (pepitas), pecans, walnuts, pine nuts, macadamia nuts, chestnuts, cashews, almonds, hazelnuts

MUSHROOMS // Button mushroom, portabello, oyster mushroom, shiitake, chanterelle, crimini, porcini, morel...

FRESH AND DRIED HERBS // Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander...

SPICES AND OTHER NATURAL FLAVOR ENHANCERS // Ginger, garlic, onions, black pepper, hot peppers, star anise, fennel seeds, mustard seeds, cayenne pepper, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chilli...

Note: Read the ingredients list of all pre-combined spices. Usually sugar is one of their top ingredients!

PROTEIN POWDERS // Whey protein isolate, Pea protein, Hemp protein, Beef protein, Collagen protein.

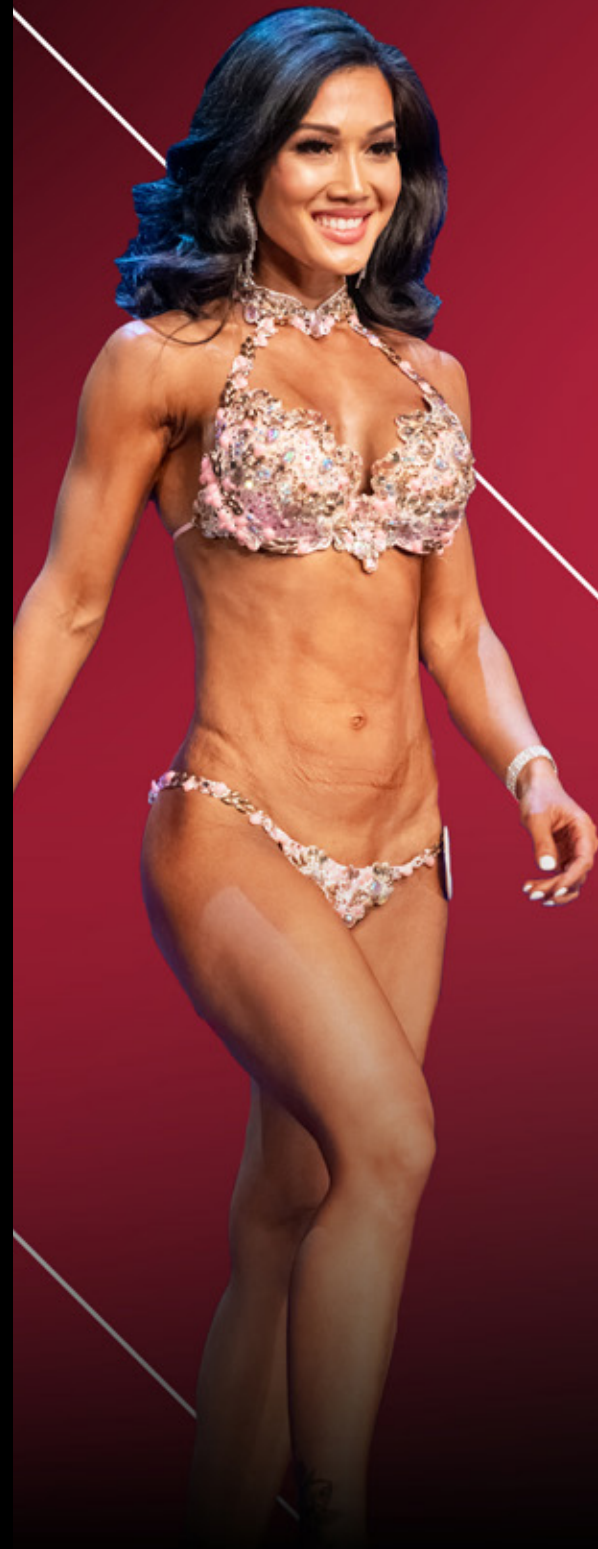
Learn More

Learn More about our exclusive 1:1 Personal Training Studio and Custom online personal training programmes.

Bodyseek are a team of passionate individuals who specialise in fat-loss & body transformation, our holistic approach takes all the guesswork out and yields fast results without compromising health.

We are passionate about changing peoples lives, transforming their bodies inside and out – never a boring workout, everything is meticulously programmed with the end goal in mind.

If you're new to Bodyseek and want to find out more about how WE can help YOU achieve optimal health and your best body ever – email us at enquiry@Bodyseek.com.au with your Name, Phone number and best time to contact you to book your **FREE 20minute phone or zoom consultation.**



Thank you

As we have come to the conclusion of our Bodyseek Recipe E-Book Volume 1 we'd like to say the biggest thank you for trusting us to help you with your health and fitness goals.

At Bodyseek, for over a decade we have strived to find every edge possible to optimise the health of our clients and in-turn the body transformations they have received.

To expand further on the principles and methodologies you have experienced in this book, visit the Bodyseek website: www.bodyseek.com.au.

Online the Bodyseek website you will find more information on what we can do for you. Our articles page and social media platforms offer a wealth of information and resources.

We also recommend you do take us up on our consultation offer, you can even register your interest via this link - www.bodyseek.com.au/contact-us



Bodyseek

6/92-100 Champion Road
Williamstown VIC 3016

Contact

Phone (03) 9078 3005
Bodyseek.com.au

