

BY THE COMMUNITY, FOR THE COMMUNITY

COMMUNITY

RECIPES

MANvFAT **SOCCER**[™]



INGREDIENTS

- 1 can of chickpeas or black beans. Drain and rinse the chickpeas well before using. The liquid they're in can sometimes be quite salty, so rinse them under cold running water.
- 45g wheat germ or rolled oats. These help to absorb moisture and bind the ingredients together.
- 45g Parmesan cheese
- Onion and garlic powder. These give a nice base-level flavour.
- 1 tbsp burger seasoning (try Schwartz All-American burger seasoning)
- 1 egg
- Salt and pepper, to taste.
- Olive oil, for frying

DIRECTIONS

- Mash all the ingredients together with a fork or use a food processor if you've got one. Stop when the mixture forms a paste you can roll into a ball.
- Form 6 medium or 4 large patties with the mixture.
- Place the patties on a hot frying pan to cook, or cook under the grill.
- Cook on both sides until golden brown.

4 SERVINGS | 659 CALORIES PER SERVING

CHICKPEA BURGERS

BY COCO BERMUDEZ
MAN v FAT TAMPA



INGREDIENTS

- 900g boneless, skinless chicken breasts
- 900g steamed broccoli or green beans
- 2 tbsp toasted sesame oil

For the sauce:

- 475ml orange juice
- 60ml chicken broth
- 60ml coconut aminos (if you can't find this, swap for soy sauce)
- 3 tbsp honey
- 1 tsp garlic powder
- 2 tsp fresh ginger, grated (or ½ tsp ground ginger)
- ½ tsp orange zest
- ½ tsp pepper

4 SERVINGS | 470 CALORIES PER SERVING

ORANGE CHICKEN

BY BEN MULLIKIN

MAN v FAT TAMPA

adapted from The Clean Eating Couple

DIRECTIONS

- Cut the chicken into cubes.
- In a large frying pan, heat the sesame oil. Cook the chicken until the edges are brown and slightly crispy (approx. 12-15 minutes)
- As the chicken is cooking, stir together the sauce mixture in a separate bowl.
- Once the chicken is thoroughly cooked, remove it from the pan and place it off to the side in a separate bowl.
- Pour the sauce mixture into the same pan you cooked the chicken in.
- Bring the sauce mixture to the boil for 15-20 minutes, stirring every minute or so until it starts to thicken. You'll know it has thickened when you scrape the pan and it pulls away from the pan. The sauce should be bubbling the entire time.
- When the sauce thickens, add the cooked chicken back in, and stir to coat the chicken.
- Serve over steamed broccoli and green beans, or rice/quinoa.
- Sprinkle with sesame seeds and enjoy!

INGREDIENTS

- ½ bag green beans
- 4 large carrots, diced
- 1 onion, diced
- 4 cloves garlic
- 3 stalks celery, diced
- 1 can cannellini beans, drained
- 1 tbsp tomato puree
- 65g dry pasta - smaller shapes like ditalini, orzo, or margherita work best
- 2 tbsps olive oil
- 2 tbsps butter
- 1 can chopped tomatoes
- 950ml homemade chicken stock (alternatively, use store bought, but be sure to check the calories)
- ½ head cauliflower, chopped

8 SERVINGS | 369 CALORIES PER SERVING

MINESTONE SOUP

BY JASON KING
MAN v FAT TAMPA

DIRECTIONS

- Begin by washing and chopping all your vegetables. Dice the carrots, celery, and onion, chop the green beans and cauliflower, and mince the garlic.
- In a large pot, heat the olive oil and butter over medium heat. Once hot, add the diced onion, carrots, celery, and garlic. Sauté for about 5-7 minutes until the vegetables are softened and fragrant.
- Stir in the tomato puree, cooking it with the vegetables for 1-2 minutes to enhance its flavour.
- Pour in the homemade chicken stock and bring it to a simmer. Add the drained cannellini beans and chopped tomatoes. Stir to combine.
- Let the soup simmer for about 15 minutes, allowing the flavours to meld together.
- After 15 minutes, add the chopped green beans and cauliflower to the pot. Continue simmering for another 10 minutes, or until the vegetables are tender.
- In a separate pot, cook the pasta according to package instructions until al dente. Drain and set aside.
- Once the vegetables are tender, stir the cooked pasta into the soup. Season with salt and pepper to taste.
- Ladle the soup into bowls and enjoy. For extra flavour, you can garnish with fresh herbs like parsley or basil.



INGREDIENTS

- 4 egg whites
- 1 full egg
- 1 tsp oil or butter for frying
- Two pieces of bread (go for wholewheat for a boost of fiber that'll keep you fuller for longer)
- 1 avocado
- A banana

DIRECTIONS

For a super easy but super nutritious breakfast, spend 5 mins making this.

- Add the butter or oil to a frying pan and when warm, add the egg whites and the full egg. Scramble until texture is to your liking.
- While it's cooking, toast the bread, slice the avocado and plate up when the scrambled egg is done.

SERVES 1 | 591 CALORIES PER SERVING

EASY BREAKFAST

BY RA'ED AYOUB
MANvFAT TAMPA



INGREDIENTS

- 1 block extra firm tofu
- Olive oil
- Spinach
- 1 red pepper, diced
- 1 onion, sliced

- Optional: salt, paprika, turmeric
- Optional: Whatever other veggies you have, like mushrooms or kale

SERVES 1 | 288 CALORIES PER SERVING

TOFU SCRAMBLE

BY SONAL MEHTA
MANvFAT BROWARD

DIRECTIONS

- Squeeze the water out of the tofu by wrapping it in a clean dish towel or paper towels, putting a plate on top of it, and then putting something heavy on top of the plate, like a hefty cookbook or a big pan. Do this for as long as you can, but even 10 minutes will help.
- Heat the pan and add olive oil. When it's warm and ready to go, add in the veggies.
- Sauté the vegetables, then crumble in the tofu. Cook on an open pan for 5 minutes or so.
- Add spices to your taste.
- Serve with a slice of wholemeal bread or sliced or mashed avocado, but remember to adjust the calories.



INGREDIENTS

- 125g dried penne pasta
- 3 tbsps grated Parmigiano Reggiano
- ½ tbsp butter
- 3 julienned sun-dried tomatoes
- A handful of rocket

SERVES 1 | 532 CALORIES PER SERVING

PASTA DEL CALCIATORE

(FOOTBALLER'S PASTA)

BY MORENO WEBB
MAN v FAT BROWARD

DIRECTIONS

- Place pasta in salted boiling water and cook for 8 minutes.
- Save 3 tbsps of pasta water and set aside before draining pasta.
- Drain the pasta and quickly return to the pot without placing the pot back on the hot stove.
- Add pasta water and butter to the pan, and mix vigorously until the butter has melted.
- Add Parmigiano Reggiano and mix vigorously until you have a cream.
- Add the rocket and sun-dried tomatoes and mix.
- Serve immediately.



INGREDIENTS

- 4 chicken breasts, cut into pieces
- Red pepper, sliced
- Yellow pepper, sliced
- Onion, sliced
- 2 tbsps sesame oil
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsps soy sauce
- 1.5 tbsps rice vinegar
- 1 tbsp cornstarch
- 1 tbsp honey
- 1 tbsp coconut sugars (or swap for brown sugar)
- 2 tbsps fresh black pepper
- 1 tsp (or to taste) red chili flakes
- Salt and pepper, to taste

DIRECTIONS

- Cook the chicken pieces in a frying pan with the sesame oil. When cooked, remove and set aside.
- Mix the soy sauce, honey, cornstarch, coconut sugars, red chili flakes, and black pepper and add to the pan.
- Add the peppers and onion and cook for 5-10 minutes until tender.
- Add garlic and ginger, sauté 3-4 minutes.
- Return the chicken to the pan, add the sauce and cook until tender and the sauce has thickened.
- Serve with brown rice and salad (and make sure you adjust the calories)

279 CALORIES PER SERVING

PEPPER CHICKEN

BY JOHN CRICK
MANvFAT BROWARD



INGREDIENTS

- 100g cooked jasmine or basmati rice
- 1 can tuna in water, drained
- 85g kimchi, chopped
- ¼ small red onion, thinly sliced
- ½ tbsp sesame oil
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame seeds
- ½ avocado, sliced (optional but recommended)
- ¼ tsp chili flakes (optional)
- Spring onions, sliced (optional garnish)

SERVES 1 | 515-625 CALORIES PER SERVING

TUNA RICE & KIMCHI

BY MATEO RODRIGUEZ
MANvFAT BROWARD

DIRECTIONS

- Cook the rice if it's not already cooked. Let it cool slightly.
- In a bowl, mix the drained tuna with soy sauce, sesame oil, and chili flakes (if using)
- Add the red onion slices, chopped kimchi, and sesame seeds to the tuna mixture.
- Assemble the bowl: place the cooked rice at the bottom, then top with the tuna and kimchi mixture.
- Top with sliced avocado and garnish with spring onions if using.



INGREDIENTS

- 2 large white eggs
- 110g cottage cheese
- 30g feta
- 1 tbsp nutritional yeast
- 1 tsp onion/garlic/garlic salt
- 1 tbsp roasted red pepper hummus
- 2 tortillas
- ½ tbsp butter
- 2 sausage patties

SERVES 1 | 690 CALORIES PER SERVING

FAST KILLER BURRITO

BY MIGUEL LARROSA
MANvFAT BROWARD

DIRECTIONS

I fast for a little longer than usual on the weekends, so I swing for the fences when I break my fast with this blend of cottage cheese, feta, eggs, and sausage in a flour tortilla.

- Blend the eggs and cottage cheese until mixed well
- Put ½ tbsp butter in the pan with the sausage patties, onion and garlic powder. You want to get them GBD (that's golden brown delicious!)
- Cook the eggs, seasoning, and cheese until it reaches your preferred doneness
- Spread the hummus on the wraps, halve the sausage and top with the eggs
- Add your wraps to the pan, roll them up, cook until GBD, and enjoy!