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ATTITUDE FITNESS

30 HEALTHY, MOUTH-WATERING RECIPES

HIGH PERFORMANCE

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“Hi and Welcome to my High Performance Cook Book. This recipe book contains Breakfasts, Mains, Sides and Desserts packed with flavour and all the nutrients you need to maintain a healthy balanced lifestyle. LONG GONE are the days of just eating rabbit food to stay healthy and toned so it's time to put the FLAVOUR back into healthy eating!

Quite simply I LOVE food, cooking and expanding my palate and I feel it's important to have a healthy relationship with food so we can enjoy every bite without worrying about the consequences. I hope you enjoy this book as much as I did creating it.

Kyle Reain

Worldwide Online Fitness Coach

A handwritten signature in black ink, appearing to read 'Kyle Reain', with a stylized, cursive script.



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DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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MAINS





Poblano peppers contain more vitamin A and vitamin C than a similar-sized serving of oranges.



SALMON BURGERS WITH AVOCADO SALSA

SERVES: 4

TOTAL TIME: 28 MINUTES

INGREDIENTS

450 grams of **salmon fillet**

50 grams of **panko breadcrumbs**

1 egg

2 **spring onions**, finely sliced

½ **poblano pepper**, deseeded and sliced

The juice of 1 **lemon** or 1 **lime**

½ teaspoon of **salt**

¼ teaspoon of **black pepper**

Avocado salsa:

1 large ripe **avocado**, peeled, stoned and chopped

½ **poblano pepper**, deseeded and sliced

2 **spring onions**, finely sliced

The juice of 1 **lemon** or 1 **lime**

½ teaspoon of **salt**

¼ teaspoon of **black pepper**

INSTRUCTIONS

Begin by skinning and chopping the salmon fillet into small chunks. In a large bowl, combine the salmon, panko breadcrumbs, poblano pepper, egg, spring onions, lemon or lime juice, salt and pepper. Once all the ingredients are well mixed use your hands or a large spoon to divide the mixture into patties. The easiest way to get a consistent shape and size is to mould them with your hands. Place the patties on a medium-hot griddle pan, or alternatively an outdoor barbeque to give it a smoky flavour, and grill for around four minutes on each side until the salmon is cooked through.

The avocado salsa is simple but really effective - all you have to do is combine all the ingredients in a large bowl and mix well. Top the salmon burgers with the salsa and serve with or without a bun.

This dish can also be created using tinned salmon as a substitute for the fresh salmon.

MACROS PER PORTION

CALORIES	353	PROTEIN	25
CARBS	12	FATS	23
FIBRE	4		

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