QUICK HOME WORKOUT



FOR BEGINNERS!

Introduction

I would like to share this quick exercise guide with you. If you are new to exercising at home, need a quick substitute resistance workout routine or are new to exercise altogether, this will help you out.

If you do happen to be newer to training and are looking for some inspiration, this will work great for you. It is a very versatile approach to resistance training. If you do have any questions, please give me a shout and I will be happy to help where I can. You can get me at: Admin@Yourfitnesssuccess.com

If you want to earn real fitness results, meaning that you want to get something out of your training whether this is weight loss, muscle tone or both, you need a plan. If you don't want to join a gym right away, you can certainly get great results from a home workout and this is what I want to share with you.

Some home workout exercise choices are more efficient at burning fat and toning the body than others and I want to help you get started with some of the best compound exercises that you can do with minimal equipment.

In this PDF, I have created a quick workout routine that can be utilised right away . It hits all of the major muscle groups in the body and it wont take you long to do each day.

This training session is really handy to have as a backup when you need to keep on top of things if you already go to a gym but cant get there for whatever reason.

This training session:

- Is a quick workout that hits every major muscle group
- Can be done anywhere
- Is great for muscle toning and fat burning
- Utilises exercise bands and bodyweight movements
- Can be used as a substitute resistance workout for most trainers

What you will need

- A few exercise bands
- A door anchor
- A set of handles for your bands

If you do not have any of the above, you should invest in a set of exercise bands. There are many out there and they are pretty inexpensive. Having a set of exercise bands opens up a lot of home workout opportunities to you.

If you get a set that is similar to the one below, you will be set for great home workout potential!

You can do a lot with one of these.



THE THEORY

As mentioned earlier, this exercise routine is designed to hit all of the major muscle groups in the body. It is also designed to be versatile enough that most people, whatever their training goal is, will benefit from the exercises involved.

One of the other things that I have considered in this quick workout is the exercise choices. I have selected only “compound” exercises. For anyone that is not familiar with this type of exercise. A compound exercise is an exercise that targets a major muscle group as its primary use but the movement of this exercise will also use a number of other smaller muscle groups in order to complete a single rep.

There are a few major advantages to using compound exercises for a quick substitute workout such as this one and these are as follows:

- On each repetition (rep), several muscle groups are being worked
- Because of the extra muscles that are involved on each rep, the reps are more valuable
- Compound exercises are generally more intense so more calories are burned per rep compared to isolation exercises. This means a bonus of more fat loss

If you have been working really hard at your workouts and al of a sudden for whatever reason, you find yourself away from your gym and pulled out of your good workout routine, if you have this little back up on hand, you will feel better about leaving your routine behind for a short time and when you get back, you will not have lost motivation or the momentum that you worked so hard to build.

This is my brand and the ones that I use in my own workouts. They are very well made, very robust and have not let me down.

TRAINING ROUTINE

The following training routine is a simple but effective training routine that will be very nice to be able to pull out when you need it.

The routine can be performed as a circuit or in a “sets and reps” style.

If you your goal is general muscle tone and fat burning, it will be good to do this as a circuit. To complete this as a circuit, you should perform the exercises from 1 through 6 with a minimum of 10 reps per exercise without a break. Once you have finished the 10th rep of exercise 6, this is one set. You may want to do up to 4 sets of this.

If you are looking to build new muscle or maintain the muscle that you have built in the gym, you may want to perform these exercises in a “Sets and reps” method. This means that you would perform 3 sets of each exercise with a minimum of 8 reps per set before moving on to the next exercise. You should have around 30seconds to 1 minutes rest between sets.

1. PUSH UPS ON KNEES TO HIT THE CHEST MUSCLES (PECS)

2. ROWS TO HIT THE BACK (LATS)

3. SQUATS TO HIT THE QUADS/ HAMSTRINGS

4. BICEP CURLSTO HIT THE UPPER FRONT ARM

5. SHOULDER PRESS TO HIT THE SHOULDERS (DELTS)

6. CLOSE GRIP PUSH UPS TO HIT THE UPPER, REAR ARM (TRICEPS)

7. CRUNCHES (WRIST TO KNEES)

Push ups on knees

Start position: Get in to a position on the floor so your hands are about shoulder width apart and in line with your mid/ upper chest. You should keep your back flat and take the weight of your body. Make sure that you do not dip your head.

Movement: Keep your back straight and lower your upper body towards the floor by bending your elbows whilst breathing in. Once you are at the bottom of this movement, as you breathe out raise your upper body back to the starting position. This completes one rep.





Rows

Attach the stirrups to both ends of the band, loop through the door attachment (See more info section)

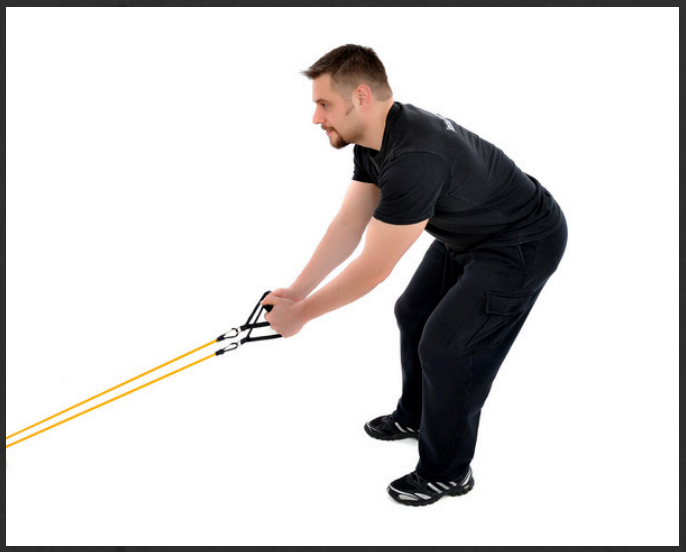
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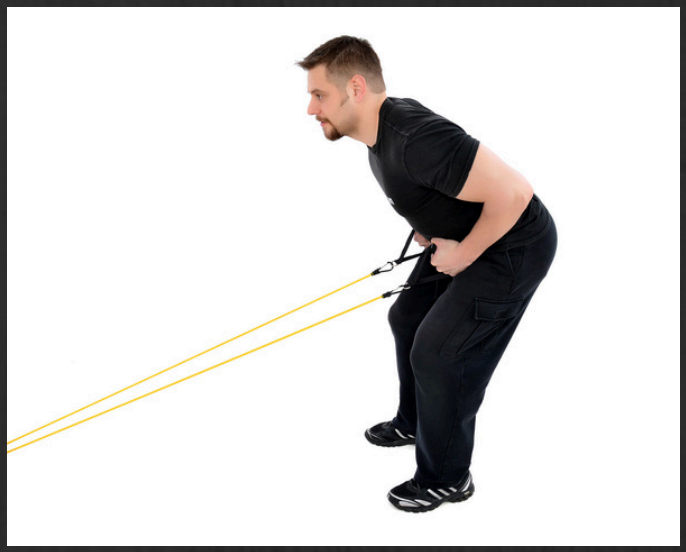
Stand with your feet shoulder width apart, bend over so your upper body is just above parallel to the floor and your back is straight. Take up the slack of the resistance band so that you have tension whe your hands are in front of your body as illustrated.

Keep your head up and look forward at all times.

Movement:

As you breathe out, pull the bands in to your body, I always aim for my belly button “When you row, stay low”. Once at the top of the movement, return to the start position as you inhale. This completes one rep. Remember to keep your head up, chest out and back flat throughout the movement.





Squats

Start position: Stand with your feet hip-width apart, toes slightly turned out and your arms across your chest. Focus on a point on a wall or in the distances that is eye level or higher and look at this throughout the movement. This will help you keep your posture and maintain correct form.

Movement: Keeping your feet flat on the floor, as you breathe in, bend your knees until your quads (Upper legs) are parallel to the ground. Push back through your heels to the starting position. Whilst breathing out. Ensure that you are always looking straight ahead or slightly up. This will help you keep good posture. This completes one rep.





Bicep curls

Attach stirrups to each end of the band.

Start position:

Hold a stirrup in each hand, step forward with one foot securing the middle of the band under the rear foot. Keep your palms facing forward and allow your arms to fall naturally at your sides with elbows slightly bent, eyes looking straight and your back flat.

Movement: Whilst breathing out, bring your forearms up to as parallel with your upper arm as possible and squeezing your bicep. You should not rotate your palms inwards, your palms should be facing the front of your shoulder at the top of this movement (Maximum contraction). Breathe in as you return to the starting position. This completes one rep. You should feel this in your biceps, the front of your upper arm.





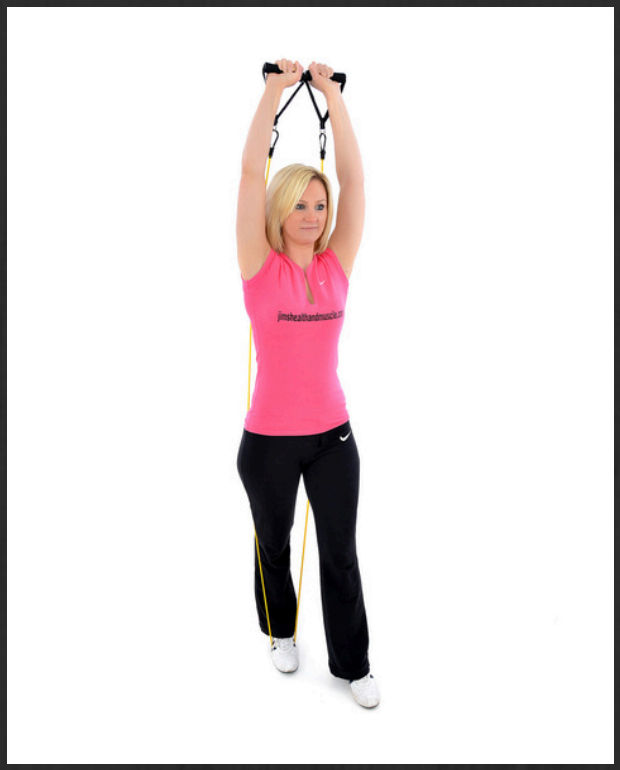
Shoulder press

Attach stirrups to each end of the band

Start position: Hold a stirrup in each hand, step forward with one foot securing the middle of the band under the rear foot. Keep your palms facing forward and in line with your chin. Your eyes should be looking straight and your back should be flat.

Movement: Whilst breathing out and maintaining your posture, push the stirrups above your head as high as you can bringing the two stirrups together to touch at the top of the movement. You should not let your elbows lock. As you breathe in, lower your arms back to the starting position. This completes one rep.





Close grip push ups

Start position: Get in to a position on the floor so your thumbs are touching and your hands are directly below your chest. Your elbows should be slightly bent and locked into this position. You should keep your back flat and take the weight of your body. Make sure that you do not dip your head.

Movement: Keep your back straight and lower your upper body towards the floor by bending your elbows and breathing in. Allow your elbows to flare out naturally to the sides of your body whilst moving to the top of the movement. Once you are at the top of this movement, as you exhale, raise your upper body back to the starting position. This completes one rep.





Crunches

Start position: Lay on the floor on your back. Bring your feet up towards your bum so your knees are bent and place your palms on your upper front legs (quads). Your back and head should be in contact with the floor.

Movement: As you breathe out bring your head, shoulders and upper back off the floor whilst running your palms up your quads towards your knees. When your wrists touch your knees, slowly return to the start position. You should feel this on your stomach muscles.





GOOD LUCK WITH YOUR TRAINING

I hope that this has been useful to you and I hope that you continue to reap the rewards of staying consistent with your training.

I would like to take this opportunity to wish you the best of luck on your fitness journey. If you do struggle with any aspect of your fitness endeavour, please feel free to reach out to me. I have probably felt the same doubts and had the same questions myself at some point in my own fitness projects.
If you found this useful as a stand alone guide thats great!

If you are a beginner and are serious about starting a home workout routine that will give you some awesome results, then join us on the "Home Workout For Beginners Video Course"!

To find out more about this Click here and watch the quick intro video and see if this is right for you.

We would love to see you there!

All the best
Jim

CLICK HERE TO CHECK OUT THE VIDEO COURSE...



An extra bonus!

Working out is one thing and it's an excellent way to start a body transformation but if you want to take it up a notch, you should learn about nutrition and how to cook healthy, tasty food that will fuel your training sessions and build the body to match your goals.

Whether your goal is weight loss, muscle toning, strength training or a combination of the above, you will go a lot further with a good diet in place.

There are so many diet ideas and philosophies out there that this stuff gets really confusing fast! While I can see the merits in some of these diet methods, I can also see the flaws in others.

Right now I am not going to elaborate on this because I want to share with you some great recipes that I make regularly in my own kitchen that fit the bill for most people and the great nutritional value of these foods that I am about to share with you is hard to dispute if you are looking for healthy, balanced meal ideas that will help you with your fitness goals you will not go wrong with these! They are also really tasty too!

You may have read some of my other work? If so, you will know that I love my food and love to cook, but sometimes, being a fitness and health enthusiast, this can be tough. Over the years, I have managed to come up with some great tasting healthy recipes that are really good for fat loss and healthy living in general.

I have taken my knowledge of this subject and passion for food and experimented in the kitchen. Many of the recipes that I have come up with are super healthy variations on classic favourites! I'd like to show you that living a healthier lifestyle and implementing your weight loss plans does not have to be boring!

I hope that these recipes will help you along on your journey. Please, if you do have any questions, I will be more than happy to help out.

You can drop me an email: Admin@yourfitnesssuccess.com

Let's get cooking!

7 Healthy recipes from Jim

To help you get started with your healthy lifestyle

Recipes Include:

Healthy Pizza! Low carb, low fat, high protein

Chicken and rice cakes

Healthy burgers + Low fat coleslaw

Fat loss pancakes

Jim's meatloaf, low fat, high protein

Healthy chilli

Homemade protein bars



Healthy Pizza! Low carb, low fat, high protein

Most people like to get stuck into a pizza with extra toppings once in a while. But what if you are on a weight loss (Fat loss diet) diet? Do you cut out your favourite foods all together? Or do you find an alternative?
Here is a healthy alternative to greasy pizza that you can eat on more than the odd occasion during your diet.

You Will Need

•Chicken breast
•Tomato puree
•Peppers
•Olives
•Spinach
•Onion
•Cheese
•Mushroom
•Sweet corn
•Oregano or mixed Italian herbs
•Garlic powder or crushed garlic
•You can add other favourite ingredients also, but be aware of this if you are dieting as all those extras can add up.

Putting Your Healthy Pizza Together

Step 1

First off, wash and flatten the chicken breast. Place the chicken breast on a flat surface and cover with cling film. Grab something heavy, a chair leg, bible, shoe……. But a rolling pin would be ideal! Gently tap the chicken until it is about 1 cm thick all over. Take care not to damage the chicken breast too much as this will serve as our pizza base.
Put a good helping of tomato puree into a bowl and mix in the garlic powder or crushed garlic to taste. (If you are not a garlic lover, you may want to skip the garlic, it is not essential but will really add to the taste)

Step 2

Go back to the chicken breast. I find that this method works better if you use the “underside” of the chicken breast i.e. not the smooth side. With the chicken breast flat on a surface, (Smooth side down), spread the tomato puree evenly over the full surface and put into a fridge while you prep the rest of the toppings. By doing this it gives the chicken breast chance to absorb some of the flavour.

Step 3

Slice the peppers, olives, onions and mushrooms and tear the spinach up into small pieces Take the chicken breast that you prepared earlier out of the fridge and sprinkle with oregano or Italian seasoning (This gives it a “Pizza” flavour) layer on the toppings. I find it best to layer on the spinach then peppers first. Then the rest of the topping on in any order.

Step 4

sprinkle with low fat grated cheese, this will bind the topping together. (You can put a small layer of cheese after the spinach and peppers but be aware of the amount of cheese you put on if you are on a fat loss diet.

Cook in the oven on 180c for 30-35 mins or until the chicken is cooked thoroughly (make sure that the chicken breast is cooked thoroughly before serving).

I would serve this with a Jacket potato if I was not being “Carb conscious” but served on its own, this is low fat, low carb and high protein!
Enjoy!

Chicken and rice cakes



for pre contest bodybuilding shows (low fat, low carb and no sugar). As
As I am really into my food, I looked at better ways to cook chicken and rice

this diet is extremely strict you are very limited with the type of seasoning you can use. Anything with sugar is a massive “NO NO” and if you look at the ingredients on most seasonings you will see sugar and salt. All sauces are out of the question as these have a big calorie content and are also loaded with sugar and salt.

These “Chicken and rice cakes” are something that I managed to invent when I was struggling one weekend when I had some time.

The measurements of chicken and rice will vary for each person if you are competing. If you are just using this
as a healthy option you can follow the measurements that I used.

You will need

- 4 chicken breasts
- 300g of wholegrain rice (uncooked)
- Ground Black pepper
- 1 chili
- 1 clove of garlic
- A bunch of fresh coriander
- No sugar/ salt seasoning. (I used Singapore seasoning made by “Penzeys spices” but any other seasoning that meets the criteria of your diet will do)
- Olive oil or “1 cal none stick spray”

Making your chicken and rice cakes

Step 1

Cook the rice so it is ready to
eat, leave this to cool slightly but don’t allow it to go totally cold.

Step 2

Wash and cut the chicken breast into chunks. We are not looking for anything pretty here, just chop it up and spray with the 1 cal none stick spray a few times.

Step 3

Crush or finely chop the garlic (If you have seen good fellas, you can use a razor blade) and cut the chili up. Make sure you remove the seeds from the chili here if you don’t want it to be too hot.

Step 4

Pull apart or chop the coriander finely and mix with the garlic, chili and coriander.

Step 5
Season the chopped chicken with the Singapore seasoning or what ever you chose to use. (the Singapore seasoning will give the food a nice spicy Asian taste). Then mix in the chili, garlic, pepper and coriander. It is best to coat all of the chicken with this seasoning, so get stuck in to it with your hands.

Step 6
Put the raw chicken covered in seasoning into a food processor and also add the rice. Blend this in short bursts, you don't want to make a raw chicken and rice soup! It is personal preference on how fine you want to go here but I like to keep it fairly course.

Step 7
Once this is mixed or "Blended" take this out of the blender and put into a bowl. Make the mixture into a ball. Half the ball and half this again, you should end up with 4 balls! Squash these balls down so they are about an inch thick

Step 8
Use the 1 cal spray to lightly grease a baking tray or some tin foil, then place the 4 cakes onto the tray and again spray with 1 cal spray (This will give the cakes a crispy finish) or if you are not on a pre- contest diet, you could top with Parmesan cheese. (I haven't tried this but I imagine that it would finish off the cakes nicely)

Step 9
Put in a preheated oven at 180 Celsius or gas mark 4 for around 30 mins or until they have started to brown. Make sure that these are cooked thoroughly before eating.

Step 10
Serve with your favourite veg and eat while hot if you can. I have also eaten these cold as I will normally make a big batch. Its best not to reheat these as reheated chicken can cause you problems if its not done right.

Good luck if you are going to try
this, let me know how you get on.

As I am into experimenting in the kitchen I came up with this healthy recipe but there are things that you could do to make this more exiting, like add onions (Another no no on my pre contest diet) or cheese, change the spices you put in or maybe make a blue cheese sauce to put over the top!
I hope this has been useful. It certainly was for me when i fancied a change from the usual chicken, rice and broccoli mix on my pre contest diet.



Healthy Burgers + Low fat coleslaw



You can't beat a nice juicy burger with a cre amy coleslaw! I would live on this if it wasn't so fattening and have more calories than a bucket of deep fried chicken.

But being conscious of the food I eat coupled with my ambition in the kitchen, I have come up with a healthier way to make one of my favourite foods.

You will need

- 500g lean steak mince
- 250g low fat Greek/natural yogurt
- ½ a white cabbage
- ½ a red onion
- 2 carrots
- 1 tablespoon tomato puree
- Low salt/ sugar seasoning (I used barbecue seasoning from Penzeys. These guys are a US company.) You can season these burgers with anything really, but be aware that many ready made seasonings are loaded with salt and sugar.
- Fresh Parsley
- Ground black pepper
- 1 clove of garlic
- Chili oil

Making The coleslaw

Make the coleslaw first! Coleslaw is a great way to get some veggies into your diet. Normally however, it is quite high in calories as it is made with mayonnaise, even reduced fat mayonnaise is pretty high in calories. We are still going to have a creamy tasty coleslaw but it is going to be made with low fat natural yogurt.

This transforms the coleslaw from a half hearted attempt at eating something that is good for you into a protein packed health food! First thing to do is get your V slice or greater out. (I use a V slice, it is an awesome bit of kit, you can make your coleslaw and loads of other things in literally seconds!)

Step 1 Grab a big mixing bowl, Slice up the onion using the Greater or V slice. Once this is done, take a small hand full of the onion out and put it to one side for later

Step 2 Slice up the Cabbage, carrots (I don't bother peeling the carrots) into your mixing bowl with the onion

Step 3 Throw in the yogurt, pepper. Now you can finely chop the parsley, (I like to go pretty fine with the parsley but you can have it courser if you like) Throw the parsley into the bowl as well. I also like to add a drizzle of chili oil at this point, not too much, just a drizzle.

Step 4 Mix this up well, if you need to add more Yogurt at this point, go ahead. Once this is mixed well, put it in the fridge to stand. I have found that this gets all the flavours going.

Making The burgers

Step 1

When making burgers I find it is best not to handle the meat too much or it will make it a bit tough. So place the mince into a mixing bow with this in mind.

Step 2

Chop the garlic finely as you like and add this to the meat, add the tomato puree, and onion that you saved from earlier. Also you can now add your seasoning. (you can be creative here, but as I said before, if you are on a calorie controlled diet you need to be conscious of what type of things you are adding. For example, I have tried these with peanut butter before….. Yes this does sound strange, but they were like satay burgers, not too bad!. This obviously boosted the calories considerably.)

Step 3

Get stuck in and mix it up! Remember that the more you handle the mixture, the tougher it will be. But it is important to get all of the seasoning evenly distributed

Step 4

Make the mixture into a big ball. Half this and half again. This should give you four even “Blobs” of mince.

Step 5

Make these blobs of mince into balls and squash them until they are about 0.5 inches thick. If you have a burger press, great! Use that

Step 6

This is a tip to reduce the fat content a little bit more Grab a baking tray and cover with tin foil (if you want to save on the washing up) Then get a “Wire rack” normally from your grill pan and place this over the top of the baking tray and tinfoil. Then put the burgers onto the wire rack. You should have something similar to this – What this will do is cook out the excess fat, The burgers will not be sitting in their own fat, reducing the calories that little bit more.

Step 7

Put the burgers into a preheated oven at 180 Celsius/ gas mark 4 for round 2530 Min's. This may vary on different ovens so try 25 mins, cut one in half and see if it is still pink in the middle.

Step 8

Once these are cooked, you can serve on a bun, or with a jacket potato to add some more carbs if needed



Fat Loss Pancakes



When I was stripping off the fat for my bodybuilding show I tested out all sorts of things with the limited food I was allowed to eat. My breakfast consisted of rolled oats, egg whites and low carbohydrate protein powder.

A bit of water and cinnamon and you've got the ingredients for pancakes! Now as these are low fat, no sugar and high protein pancakes they are not the best tasting, but they are awesome if you are on a fat loss diet, they fill you up and because of the sweetener from the protein shake and cinnamon, they satisfy your sweet cravings.

You will need

- 6 egg whites or 200 ml (I have these a lot so I use egg whites in a carton, saves time messing with separating the yolks and wasting them. These are hard to find in the UK, but look in the pastry/ bakery department of your grocery store
- 100g rolled oats or Oatmeal
- Low carbohydrate protein powder (whey protein) You can use any protein powder here but I would stick to a whey powder. The oatmeal is providing us with all the carbs we need. Now if you are unsure of which protein shake to buy, you should be! There are many brands out there that are loaded with sugar and are low quality so be aware of this.
- Cinnamon or “all spice”
- 100ml water

Making the Pancakes

Step 1

The mix is pretty simple to make, you just put all of the ingredients into a mixing bowl or food processor and blend. I use a hand blender!!
Blend the mixture. (This is personal preference but If you blend this well so the mix is very smooth, the pancakes turn out better).

Step 2

you will need to heat a none-stick pan so it is hotter than the sun! This is important if you don’t want scrambled eggs and protein shake in a pan!

Step 3

Once the pan is hot you need to add a small amount of vegetable oil. To cut calories even more, I put a small amount of oil in the pan and quickly wipe around the pan with a folded piece of Kitchen roll to remove excess oil and spread evenly. Depending on your pan, this should be enough for up to 3 pancakes, and then the oil may need to be applied again.

Step 4

When the pan is hot enough and the oil has been added, you now need to add a small amount of the mix to the pan. (The more you do this the more you will see what kind of amount you need to add per pancake, you can have thick ones or thin ones). Once the mixture is added to the pan leave it until you see small bubbles forming on the top. It is now time to ease up the sides with a spatula and flip! It should take around 30 seconds per side, “Rinse and repeat” until you are out of mix.

This will make about a fair amount of pancakes. If you are bodybuilding or dieting you may need to adjust the amounts of ingredients here.
For my pre-contest diet, I had to eat all of these for breakfast. If you are not on a very strict diet, you may want to dust with sweetener or eat with sliced fruit or honey. This would still be a healthy alternative.

I will finish with saying that these are a great choice for breakfast as they are filling and have slow release nutrients, they are low in fat/ sugar and have a high protein content, which is also great for weight loss.



Jim's Meatloaf, Low Fat, high protein



This is one of my favourites! This meatloaf goes with all kinds of things. You can have it as a main meal or as a snack.

I have used this as a bodybuilding meal but it can be used as a healthy weight loss meal as well. It is high in protein and carbs so if you do plan to use this as part of your weight loss diet, it is a good idea to make sure that the portion size is ok for your planned calorie intake.

For me, it is very easy to eat more than you need of this, it can be very moreish!

You will need

500g of lean steak minced
150g of porridge oats
1 finely chopped onion
1 large egg
1 clove of garlic
1 tablespoon tomato puree
1 chilli (Optional)
Ground pepper
Seasoning of your choice
*Note I go with a steak seasoning, be careful of seasoning that comes right off the shelf in grocery stores. A lot of these will be high in sugar and salt. Just be aware of the content of these before pouring onto your food. There is no harm in using seasonings that are high in salt and sugar as long as you are aware and uses these in moderation. To stay as clean as possible, use fresh Italian herbs. This gives the meatloaf a great taste!

Making Jim's Meatloaf

Step 1

First thing to do is to pre-heat your oven, so turn this on and set it at 180, grease your dish that you are going to be cooking this on with a small amount of olive or vegetable oil. Next we need to chop the onion and garlic finely. I also like to grind the porridge oats. This is not necessary but I find that the meatloaf has a far better texture. To grind the oats, you can use a food processor or just your hands, I have used both to make this and I have found that using a food processor, makes the job take around a week faster!

Step 2

Put the mince beef into a large mixing bowl and break it up so it is not in one large block. This will help to distribute all of the other ingredients evenly when it comes to mixing.

Step 3

Add the ground oats, chopped onion and garlic, tomato puree and seasoning. Crack the egg into this mixing bowl also.
Step 4 Mix this all together with your hands. It is better to mix this with your hands rather than a food processor because you can keep the mixture fairly course.

Step 5

Once you are satisfied that this is mixed enough and there are no lumps of porridge oats or other ingredients clumped together, you can shape this ready for the oven. You should aim to make a big sausage shape about 3 inches high and 4 inches wide. It doesn’t matter how long it is, as long as it fits on to the dish that you plan to cook it on. Once that you are happy with the shape, place this onto the prepped cooking dish.

Step 6

Depending on your dietary needs, you can add a glaze to the uncooked meatloaf at this point. If you are watching your calorie intake, you could beat an egg and brush this onto the meatloaf. If you are not being as strict, you can use ketchup or any other sauce of this consistency. I know I keep going on about all of the extra calories, but please be aware of your ingredients, you should use everything in moderation. It would be fairly easy to make this a very high calorie dish with all of those extra bits and pieces added.

Step 7

Weather you decided to glaze your meatloaf or not, it is ready to go into the pre heated oven, you should leave this for around 30 mins. Make sure that it is cooked thoroughly before serving. It is a good idea to cut this in half to check. Once cooked you can slice and serve.
Serving suggestions As I said at the beginning, this is fairly versatile. Remember that the meatloaf alone does have an amount of carbohydrates added so if you are counting your calories and macro-nutrients, you need to account for this. If you have no idea what I am talking about, but you would like to know more, you may want to check out my book on how to diet, this can be found by clicking here.
This meatloaf goes great: With a salad On a Pita bread With rice and stir fry vegetables With a Jacket potato With rice and Salsa (Look out for this salsa recipe in a future post in Jim’s kitchen, great tasting low fat alternative for many sauces) let me know how you got on. Remember, this can be moreish so don’t eat it all at once! :-)

Healthy Chilli



This is a great tasting healthy chilli with around 365 calories per serving (This amount should serve 6). It is quick and easy to cook, so if you are in a rush, this is a great choice

You will need

- 500g of lean minced beef
- 1 red onion
- 800ml tinned chopped tomatoes
- 2 tsp cumin
- 1 ½ tsp chilli powder
- 1 crushed garlic or 1 tbsp of garlic powder
- 1/8 tsp cayenne pepper
- 400ml tin of red kidney beans
- 2 celery stalks
- 2 red peppers
- 125ml vegetable stock
- 1 tbsp jalapeno pepper
- 1 tbsp of tomato puree
- 1 sprig of coriander
- 1 spring onion ● Salt and ground black pepper

Making Your Chilli

Step 1
Heat the minced beef in a large deep pot over a medium heat, stir regularly to brown and brake up

Step 2 Finley chop the red onion, celery, red pepper and jalapeno put into the pot and gently heat until soft. Make sure the celery is soft and turning slightly golden.

Step 3 Add the vegetable stock until it is reduced by 3/4 , add the tomatoes and the tomato puree.

Step 4 Return the minced beef to the pot and add the tomatoes and spices. Bring to the boil then add the lid of the pot and then reduce the heat so the chilli can simmer for 45 minutes,

Step 5 drain the liquid from the beans then add them to the pot and cook for a further 20 minutes. Remove from the heat; add the garnish of chopped coriander, spring onion and serve. You can serve this with brown rice and it is also great with pita bread. Enjoy!

Homemade protein bars



These are a great one for the sweet tooth! Please don't be put off by using protein powder. This will not turn you into the hulk. Whey protein is a great source of nutrients to aid in muscle repair.

Over the years I have tried to make flapjacks and protein bars for convenience and for snacking on I have used loads of different ideas and ingredients. It probably won't surprise you that some of these turned out very badly! But I feel that I have finally got it all just right!

I really like these, they taste good and I know what's in them. These will also save you loads of money in the long run.

These protein bars can be eaten at any time of the day but they are best eaten as pre or post workout meals. If you are on a calorie controlled diet, you will have to add these in as they can be high in calories, depending on the types of ingredients that you use and obviously how big you make your bars.

You will need

Dry mix:

200 g porridge oats 175 g of whey protein (flavour does not really matter) 4 tbsp of sliced Almonds 4 tbsp of raisins or cranberries Add some spice if you like, you could try anything that you fancy here. Cinnamon, all spice, chilli…. well maybe not chilli but just be creative. there are loads of spices around that supposedly have good health benefits. Just remember not to go overboard. If you do experiment here, it is also a good idea to note how much of what you put into your mix for future reference.

Wet mix:

50 g Dark chocolate (try and get a dark chocolate that has a high % of coco and low in sugar) 4 tbsp of Almond milk (Get unsweetened and as natural as you can) 4 tbsp organic peanut butter 2 tbs apple sauce 2 tbsp of honey

Making Your Bars

Step 1
grab two mixing bowls. One for wet mix and one for dry mix, measure out all of your dry mix and throw it into one of your mixing bowls. (porridge oats, whey protein, sliced Almonds, raisins or cranberries)
Mix this thoroughly. It should be easy to mix, make sure that this is all mixed up evenly.

Step 2
Put the dry mix to one side. Measure out all of your wet mix and put this into the other empty mixing bowl (Dark chocolate, Almond milk, organic peanut butter, apple sauce, honey). Mix this up as best you can, then put this in the microwave for 30 seconds Mix again.

Step 3
If the mixture has not fully mixed, you may want to put it in for a further 30 seconds. Keep doing this until the chocolate has melted. Once the chocolate has melted and the wet mix is the same consistency throughout, you can now add your dry mix to this. When adding the dry mix you can add small amounts at a time until it is all mixed in. (This should get hard to mix towards the end of the dry mix. If this happens, you know you are on the right track).

Step 4
Once this is mixed up thoroughly place the mixture on a sheet of baking paper and shape into a long sausage shape Place another sheet of baking paper over the top and press flat. (I used a chopping board underneath and on top to give the bars a consistent thickness.

Step 5
Once you are happy with the shape, put the bars into the fridge. These should set and be ready to eat within 30 minutes. Once these have set, you should be able to peel off the baking paper and slice into bars using a sharp knife.

*Note: You should store your protein bars in the fridge. This way they will last longer.
I

I hope that you enjoy these recipes as much as I do. I always enjoy hearing of progress from my readers and I am always happy to help where I can, so please drop me a message if you have any questions on exercise and fitness and I will more than happy to give you my take on things. Good luck in the kitchen!

Thanks again for your interest in these guides!

Keep an eye on your email for tips on how to stay motivated, how to train from home and how to live a healthy lifestyle. There are no gimmicks from us and we do not spam.

We would love to share in your fitness success so please check out our websites, podcast, social media channels and say "hi"!

We want you to succeed with your goals and will do our best to help you! You will find lots of resources from us on the below links -

All the best, Jim

YourFitnessSuccess.com

AudioFitTest.com

