

5 Simple & Healthy Recipes that everyone can use!



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Hey there!

If you are anything like me, you probably think that healthy eating is very difficult and cooking takes up too much time. In fact, having the luxury of being fed by Grandma meant that I never really got down to learning how to cook. Until now. To achieve my body composition goal, I started learning how to prepare some simple meals that must have 2 things:

- 1) Lean protein
- 2) Vegetables

And it must also be prepared using only the cooking tools and utensils I have, which are:

- 1) Microwave
- 2) Microwaveable Steamer (this is the [one](#) I use)
- 3) Multi-cooker (this is the [one](#) I use)
- 4) Microwaveable Bowl
- 5) Microwaveable Plate
- 6) Measuring cups and spoon set (something like [this](#))
- 7) Basic Food Scale (something like [this](#))

This led me to experimenting with various recipes and the 5 you are going to see in the following pages are some of my favourite ones as they are easy and flavourful.

Hope you will enjoy them in terms of both convenience and taste as much as me!

Disclaimer:

All these recipes are from my own experimenting and experiences. You would tell that I use the basic same few ingredients. Please feel free to replace some of the vegetables or add on your favourites.

I also use minimal added condiments. Please feel free to add them according to your taste!



Microwave Scrambled Eggs

Serves 1

Ingredients

30g Spinach

40g Onion - sliced

25g Red Bell Pepper – cut into chunks

2 Large Eggs - beaten

3 – 4 Large Egg Whites – beaten

Sea Salt

Pepper

Directions

1. Rinse the spinach in a microwaveable bowl and throw it into the microwave while still wet.
2. Cook on high for 30s. Season with salt and pepper (to taste)
3. Once the spinach is wilted, add the onion and bell pepper and cook for about 1 minute on high until the onions are translucent and the pepper chunks are soft.
4. Add beaten eggs and egg white to the bowl and scramble. Cook on high for 30s. Use a fork and scramble the eggs. Repeat cook and scramble until desired consistency.
5. Top with salt and pepper to taste.



Microwave Poached Eggs with Rocket Leaves

Serves 1

Ingredients

50g Rocket Leaves

2 Large Eggs

Sea Salt

Pepper

Directions

1. Rinse the rocket leaves and dry them gently with a paper towel. Plate them.
2. Fill a 1-cup bowl (can be larger) with $\frac{1}{2}$ cup of water
3. Crack an egg into the bowl, making sure the egg is completely submerged.
4. Cover the top of the bowl with a small plate or saucer.
5. Microwave on high for 1 minute*
6. Remove from microwave and check if white of the egg is firm.
7. If the white or the yolk needs more cooking, re-cover the bowl and microwave on high for another 15 seconds*
8. Using a large spoon, carefully transfer the egg onto the plate of rockets, and sprinkle sea salt and pepper to taste.
9. Repeat with the other egg

*Different microwave may vary in cooking times. Adjust accordingly to your microwave.



Easy Slow Cooker Chicken Stew

Serves 5

Ingredients

1kg Chicken Breast (without skin)
1 Daikon – sliced or wedges
3 Medium Carrots – sliced
3 Onions
3 Tomatoes – cut into quarters
1 Bay Leaf
A dash of Rosemary

Directions

- 1) Fill the multi-cooker to half full.
- 2) Toss all the ingredients into the pot.
- 3) Cover and cook on low heat for 8 to 10 hours
- 4) Remove bay leaf when cooked.

*Quick tip: This recipe is good for storing overnight. You can prepare and have it for a few meals.



Taco Chicken Wrap

Serves 2

Ingredients

300g Boneless Chicken Breast (without skin)
2 Wholemeal Tortilla Wraps (or lettuce if prefer low carb)
1 Tomatoes - Sliced
50g Spinach
1 Avocado – Sliced
1 Tbsp Taco Spice Blend

Directions

Preparing the Chicken

- 1) Add 1 Tbsp of the Taco Spice Blend to the chicken. Make sure all parts of the chicken are covered.
- 2) Cover the chicken with a plastic wrap or put them into a ziplock bag. Tenderize by pounding the meat with a mallet or anything hard enough.
- 3) Heat a grill pan (I use a multi-cooker) to medium. Once hot, add the chicken pieces, and cook undisturbed until well browned on the bottom, about 10 minutes. Flip, and cook undisturbed until well browned on the bottom and cooked through, about 10 minutes more. Remove the chicken to a cutting board/plate and let it rest while you prepare the remaining ingredients.

Putting it together

- 1) Slice the chicken against the grain into 1/2-inch-thick pieces.
- 2) Place a tortilla in the grill pan and heat, flipping once, until warmed on both sides. Wrap the tortilla in a clean dish towel to keep warm. Repeat with the remaining tortillas.
- 3) To serve, fill a warm tortilla with chicken, spinach, tomatoes and avocado

Taco Spice Blend (enough to make 1 cup):

- 1/4 cup Chili Powder
- 1/4 cup Cumin Powder
- 1 Tablespoon Garlic powder
- 1 Tablespoon Onion powder
- 1 teaspoon Oregano leaf (or oregano leaf powder)
- Paprika
- 1/4 cup Himalayan salt or Sea salt (optional)
- 1 teaspoon ground pepper

*Mix all the Taco spices together. Store in an airtight container until use.

If you like this recipe, consider preparing more beforehand by multiply the portions accordingly



Simple Cauliflower Fried “Rice” with Fajita Chicken

Serves 3

Ingredients

Half a head of Cauliflower
600g of Boneless Chicken Breast (without skin)
1 Garlic - chopped
2 Onions - chopped
2 Tomatoes - diced
2 Large Eggs - beaten
20g Butter
1 Tbsp Fajita Spice Blend

Fajita Spice Blend (enough to make 1 cup):

- ¼ cup Chili Powder
- 2 tablespoons Sea Salt
- 2 tablespoons Paprika
- 1 tablespoon Onion Powder
- 1 tablespoon Garlic Powder
- 1 teaspoon Cayenne Powder (optional)
- 1 tablespoon Cumin Powder

* Mix all the Fajita Seasoning spices together.

Store in an airtight container until use.

If you like this recipe, consider preparing more beforehand by multiply the portions accordingly

Directions

Preparing the Chicken

- 1) Add 1 Tbsp of the Fajita Spice Blend to the chicken. Make sure all parts of the chicken are covered with seasoning.
- 2) Cover the chicken with a plastic wrap or put them into a ziplock bag. Tenderize by pounding the meat with a mallet or anything hard enough
- 3) Heat a grill pan (I use a multi-cooker) to medium. Once hot, add the chicken pieces, and cook undisturbed until well browned on the bottom, about 10 minutes. Flip, and cook undisturbed until well browned on the bottom and cooked through, about 10 minutes more. Remove the chicken to a cutting board/plate and let it rest while you prepare the remaining ingredients. Shred the chicken when cool.

Preparing the cauliflower

- 1) Cut the cauliflower into small florets, discarding the tough inner core. Steam the cauliflower till soft.
- 2) Break the cauliflower down with a fork into rice-sized pieces.

*Note: Do note that the cauliflower prepared this way is softer and mushier than real rice. Most recipes will ask you to cut the cauliflower into florets, discarding the tough inner core. Working in batches, pulse the cauliflower in a food processor until it breaks down into rice-sized pieces. However, because I wanted it to be easy and not use a food processor, I use the method above.

Putting it together

- 1) Heat the butter in the pan over medium low heat. Add the garlic and onions and stir fry till fragrant.
- 2) Add the cauliflower, tomatoes and the chicken; stir fry quickly.
- 3) Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in everything together.
- 4) Add pepper to taste



About Saudi Tan

Hello I'm Saudi Tan. Before we go any further, I want to thank you. I think you are truly awesome for taking action to eat well and investing in your health!

A little about myself - I have been an athlete all my life and was super active. However, I was pretty much overweight since 7 years old. When I started teaching in 2007, my hectic life took over and my physique took a turn for the worse and I peaked at 80kg. One morning, I decided enough is enough. I was fed up with my lack of energy, feeling guilty and totally depressed. I set a challenging goal to lose 12kgs in 3 months. It was time to take ownership of my health.



Well, I achieved my goal and managed to drop to 62kg eventually. My fat loss had NO secret ingredients: I literally trained my ass off with pure consistency and perseverance. It was all about smart training - including well-programmed workouts and healthy, smart eating. No fancy weight loss tricks or fad diets.

Fast forwarding to today, I created FuelFit™ Singapore with same philosophy - In order to grow and build a lean, athletic body, you need to train effectively and efficiently, PLUS, eat healthily and healthfully.

As a qualified Physical Educator, a certified ACSM Personal Trainer and a certified Precision Nutrition Level 2 coach, I have an extensive background in research and coaching, and I now lead a group of coaches who bring fun, effective outdoor group exercise to your neighbourhood, and also provide you with sound nutrition habits to practice, so that you can achieve the goal you want.

Find out more about us at www.fuelfit.com.sg