

A top-down view of several brownies with a cracked top layer, scattered on a dark grey surface. Numerous chocolate chips are scattered around the brownies. The text is overlaid in the center.

TREAT YO'SELF

HEALTHY TREAT RECIPES



YOU'VE DONE THE WORK NOW TREAT YO'SELF

Eat anything you like, as long as you've made it." We'd all be a lot better off if we started with that. At JEFF we want you to work hard but also treat yourself, by creating a nourishing environment in which to achieve your health goals. To get you started, we've chosen some of our most popular treat recipes. Try these, then join us to access so much more. Nourish yourself, be happy, be healthy.

- Coaches Adrian and Toni

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Get access to a library of healthy recipes and join our education sessions and cook-alongs for expert nutritional guidance.

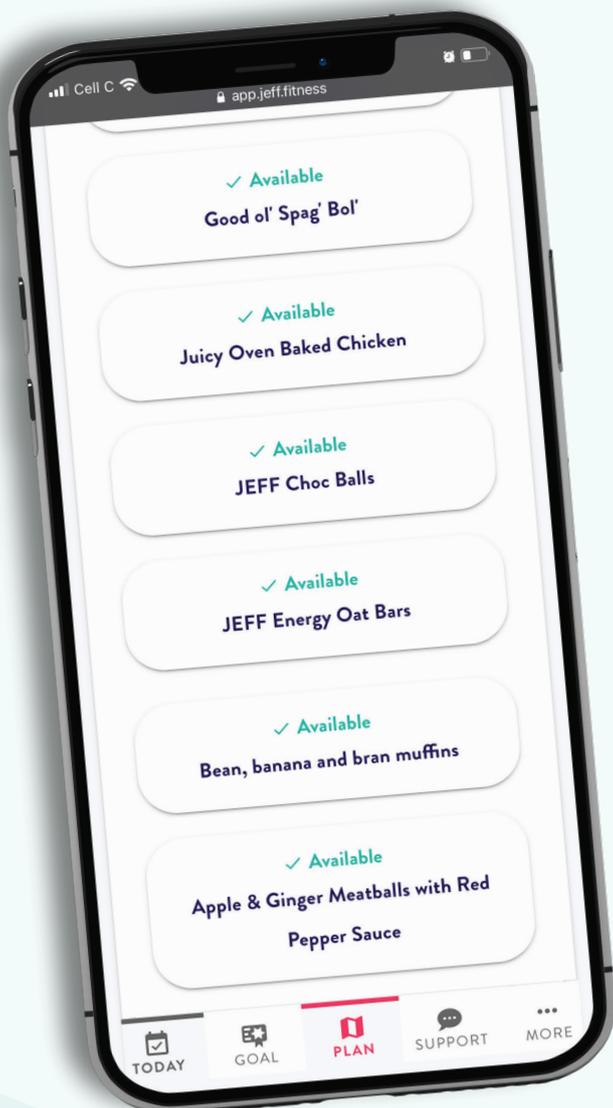
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Selected live daily workouts

NUTRITION

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WORKOUTS

Limited access to our library of sessions (strength and cardio, yoga, pilates, zumba, and more, with 40+ added each week)

JEFF EDS

Limited access to our library of education sessions, covering topics such as fat loss, alcohol consumption, rest and recovery, and much more...

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High Protein Chocolate & Walnut Brownie

SERVES 15

PORTIONS PER SERVING

PROTEIN

1/2

STARCH

1/2

FAT

1/2

VEG

0

INGREDIENTS

- 100 g dark chocolate (70% minimum)
- 100 g peanut butter
- 2 Tbsp coconut oil (de-flavored)
- 2 Tbsp honey
- 4 free range eggs
- 3 scoops vanilla protein powder
- 1 Tbsp cocoa powder
- 2 Tbsp chopped walnuts

PREPARATION

- Preheat the oven to 180°C

METHOD

1. Preheat your oven to 180 and line a small baking dish with wax paper.
2. Chop your chocolate into small pieces.
3. In a double boiler (glass bowl over some boiling water) melt the chocolate, peanut butter, coconut oil and honey.
4. Beat the eggs with a whisk, hand mixer or stand mixer and when fluffy add the protein powder and cocoa powder. Mix well
5. Add the melted chocolate mix to the egg mix and stir in the walnuts.
6. Pour your mix into the baking dish and pop in the oven for 12-15 minutes until the brownies are set but still slightly gooey in the middle.
7. Allow to cool slightly before slicing into 15-18 small cubes or strips. Dust with a little more cocoa powder and serve or pop in the fridge for later.



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ADDITIONAL INFO

We all need a little something to go down well with a cup of coffee. These protein brownies are a super snack that you don't need to feel bad about including in your plan. They are really rich so a small piece is perfect to quench that craving, packed with protein to help your goals and walnuts for a good fat profile too.

Vegan Chickpea Freezer Fudge

SERVES 16

PORTIONS PER SERVING

PROTEIN

0

STARCH

1

FAT

1

VEG

0

INGREDIENTS

- 1 tin chickpeas, drained
- 1/2 cup peanut butter
- 10 medjool dates, pitted
- 1 tsp vanilla essence
- 1 pinch salt
- 80 g 70% dark chocolate

PREPARATION

- Pit the dates.
- Drain and rinse the chickpeas.
- Line a baking tray with baking paper.

METHOD

1. Cover the dates with boiling water for 10 minutes.
2. Drain off the water (but keep it) and add the dates to a blender.
3. Add all of the ingredients except the chocolate into the blender.
4. Blend together until smooth.
5. The mixture should resemble cookie dough. If it is too thick, add a teaspoon of the date water.
6. Spoon the mixture into a square baking tray.
7. Spread it evenly and freeze for 1 hour.
8. Melt the chocolate in a sauce pan over very low heat.
9. Pour the chocolate over the fudge and freeze again.
10. Cut the fudge into 16 squares.
11. Eat or store in the freezer.



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ADDITIONAL INFO

The fudge will soften if left out of the freezer for more than ten minutes.

Protein Popcorn

SERVES 4 (2 cups each)

PORTIONS PER SERVING

PROTEIN

1/2

STARCH

2

FAT

1/2

VEG

0

INGREDIENTS

- 1/4 cup popcorn kernels
- 1 scoop vanilla or chocolate protein powder (whey or pea)
- 1 Tablespoon cocoa powder
- 2 Tablespoons honey
- 1 Tablespoon peanut or almond butter
- 1 tsp unflavored coconut oil

METHOD

1. Add the coconut oil to the bottom of a heavy based pot along with the popcorn kernels
2. Cook over a medium high heat for 6-7 minutes until the popcorn completes popping.
3. Meanwhile melt the peanut butter, and honey in a small saucepan over a low heat. Once popcorn is cooked remove sauce from the heat and set aside.
4. Add the cocoa powder and protein powder to a ziplock bag. Pour in the popcorn and shake the bag a few times.
5. Add the the melted peanut butter mixture to the bag, seal and shake again. Massage the bag to cover all the popcorn!

Allow the popcorn to harden for an hour "pop" in the fridge for 20 minutes.



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ADDITIONAL INFO

Popcorn is a great high fiber snack option when including starch/grains or fruit in your plan. A 2 cup serving is equivalent to 1 starch/fruit portion plus half a protein serving and half a fat serving.

JEFF Legend Balls

Makes 10 Balls

PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

0

1/2

1

0

INGREDIENTS

- 50 g dates, pitted
- 20 g cranberries
- 40 g almonds
- 20 g dessicated coconut
- 20 g sunflower seeds
- 2 g cinnamon
- 15 g honey
- 25 g rolled oats

METHOD

1. Soak your dates in water (or coffee for a kick) for 10 minutes to soften.
2. Drain dates and combine all ingredients into a food processor or high power blender.
3. Blend until smooth.
4. Roll into 10 balls and store in an air-tight container in the fridge.



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ADDITIONAL INFO

A quick and easy snack that is great for meal prep sessions. Knock out a batch and have a few on hand for in between meals or to help fuel your training.

Chocolate Avocado Mousse

SERVES 3

PORTIONS PER SERVING

PROTEIN

0

STARCH

1

FAT

2

VEG

0

INGREDIENTS

- 45 g fresh dates
- 60 g banana
- 1/2 cup milk
- 1.5 avocados (~ 150 g)
- 1 tsp chia seeds
- 4 TBS cocoa powder
- pinch of salt
- Fresh berries (optional)
- Cacao nibs (optional)

METHOD

1. Soak the dates in boiling water until they soften.
2. Discard the water.
3. Add all the ingredients to a food processor and blend until smooth.
4. Divide the mixture between 3 small glasses or ramekins.
5. Leave to set in the fridge for at least 30 minutes.
6. Serve with optional fresh berries and cacao nibs or a mint leaf or two.



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ADDITIONAL INFO

This is a healthy alternative to traditional desserts, can be used in place of your daily sugar/dark chocolate allowance on our 1on1 programs and is a fast way to curb your cravings on your 1.5 days off. You can adjust the cocoa powder to your desired bitterness. Cocoa and dark chocolate can be useful health promoting foods assisting inflammation and recovery.

Banana Almond Protein Pancakes

SERVES 2

PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

1

1

1

0

INGREDIENTS

- 1 large banana
- 2 eggs
- 15 g protein powder
- 3 Tbsp almond flour
- 1/2 tsp baking powder
- Berries to serve

METHOD

1. Put all ingredients into a blender and blend until smooth.
2. Heat a pan over a medium heat and oil with 1 teaspoon coconut or canola oil.
3. Pour 1 Tbsp of batter into the pan for each pancake.
4. Cook for about 3 minutes, until bubbles appear and the edges are firm.
5. Flip and cook for another minute.
6. Serve immediately topped with berries and a little yogurt if you need an extra protein portion.



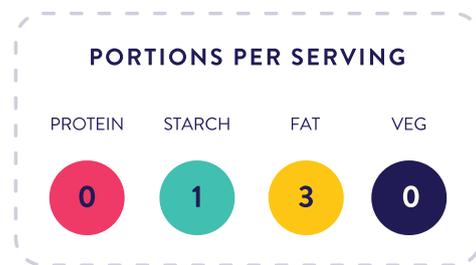
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ADDITIONAL INFO

You can keep the second portion in the fridge for a snack or breakfast the following day. Briefly reheat and serve. Try using various flavored protein powders for something different.

Million (and one) Shortbread

SERVES 16



INGREDIENTS

For the Crust

- 1.5 cups almond flour
- 3 Tbsp melted coconut oil
- 2 Tbsp maple syrup

For the Caramel

- 1/3 cup maple syrup
- 3 Tbsp melted coconut oil
- 1/2 cup sugar free peanut butter
- 1tsp vanilla essence

For the Chocolate

- 150 g 85% dark chocolate, chopped
- 1 Tbsp coconut oil

METHOD

1. In a medium bowl, combine the almond flour, syrup and coconut oil. Mix well and knead into a dough ball with your hands until easy to work with.
2. Line a baking dish with parchment paper and place the dough in the center of the dish. Press down with your fingers to evenly cover the bottom of the dish until smooth. Stick in the freezer for 10-15 minutes.
3. Meanwhile in a small bowl mix the caramel ingredients to form a smooth paste.
4. Remove the dish from the freezer and pour the caramel on top of the almond crust layer. Spread the caramel evenly with a spatula and return to the freezer for another 10-15 minutes.
5. Meanwhile, melt the chocolate and coconut oil in a bowl above a pot of boiling water (double boiler) until smooth and runny.
6. Remove your dish from the freezer and pour the melted chocolate over the caramel layer. Spread again with a spatula and return to the freezer for 5 minutes until the chocolate is set.
7. Remove from the freezer and lift out of the dish.
8. Run a sharp knife under hot water before slicing into 16 squares.
9. Now you are one of the million and 1.
- 10.



ADDITIONAL INFO

Go on. We are shooting for the stars and so should you. Your 1.5 days will love you for it.

Carrot Cake Bake

SERVES 6

PORTIONS PER SERVING

PROTEIN

1-2

STARCH

1

FAT

0-1

VEG

1

INGREDIENTS

- 100 g oats
- 1/2 tsp baking powder
- 1/4 tsp ginger
- 1/2 tsp cinnamon
- 1/4 tsp ground cardamom
- Pinch of salt
- 150 g carrots
- 40 g raisins
- 250 ml low fat milk
- 2 eggs
- 1/4 tsp vanilla
- 45 g Mixed nuts

To serve:

- 1/2 TBS peanut butter
- 60-180 g yoghurt
- 1/4 cup mixed berries



PREPARATION

- Prep veg, slice and dice as need and set aside
- Preheat the oven to 180°C

METHOD

1. Grease the base of dish.
2. Mix the oats, baking powder, ginger, cinnamon, cardamom and salt together.
3. Grate the carrots.
4. Mix the oats, carrots and raisins together in a bowl.
5. In a separate bowl, beat the eggs, milk and vanilla.
6. Spoon the oat mixture into the casserole dish and then pour over the egg mixture so that everything is evenly soaked.
7. Sprinkle the seeds and nuts over the top.
8. Bake for 20 - 25 minutes (or when the oats look set and the nuts are toasted).
9. Leave to cool slightly before serving.
10. Cut into six slices and serve with yoghurt for extra protein, 1/2 TBS nut butter and your favourite berries.
11. Enjoy!

ADDITIONAL INFO

A great option for meal prep to get you through the week, use this as a base for breakfast or as a snack depending on your needs. Keep it low fat by dropping the nuts and nut butter, and up your protein by serving with yogurt to match your needs, 60 g for 1 total portion of protein or 180 g for 2.

Salted Date Caramels

SERVES 18

PORTIONS PER SERVING

PROTEIN

STARCH

FAT

VEG

0

1/2

1/4

0

INGREDIENTS

- 500 g medjool dates
- 1/4 cup almonds, ground
- 1 TBS almond butter
- 1/2 tsp vanilla essence
- 1/2 tsp salt
- Flaky salt (to serve)

PREPARATION

- Pit the dates.
- Line a loaf tin with baking paper.

METHOD

1. Pit the dates and cover in boiling water for 10 minutes.
2. Drain off the water, but keep it.
3. Blitz the almonds in a blender until a fine flour is formed.
4. Add all the ingredients (except the flaky salt) to a food processor.
5. Process until a cookie-dough type of mixture forms.
6. Press evenly into a loaf tin.
7. Freeze for at least 1 hour.
8. Cut into squares.
9. Sprinkle with flaky salt.
10. Wrap individually in baking paper.
11. Eat or store in the freezer.



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ADDITIONAL INFO

If the mixture is too dry, add some of the date water.

The caramels will soften if left out of the freezer, so keep them frozen for a chewy texture.

Wrap individually for a great homemade Christmas gift.

Vegan Fig Ice Cream

SERVES 8

PORTIONS PER SERVING

PROTEIN

0

STARCH

1/2

FAT

1

VEG

0

INGREDIENTS

- 300 g fresh figs
- 1 tin light coconut milk
- 250 ml almond milk
- 2 tsp cinnamon
- 60 g dried figs
- 45 g pistachios
- 1 TBS tahini

PREPARATION

- Chop the dried figs into small pieces.

METHOD

1. Blend the fresh figs with a stick blender.
2. Add it to the coconut milk and the almond milk.
3. Stir in the cinnamon.
4. Pour the mixture into an ice cream churner and churn until thick, or put into the freezer and mix it up every 30 minutes for about 4 hours.
5. Stir through the chopped dried figs.
6. Swirl through the tahini.
7. Scoop some ice cream into some bowls and serve with chopped toasted pistachios.



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ADDITIONAL INFO

Enjoy this ice cream as a healthier option to normal store bought ice cream. When figs are in season, they're sweet and juicy, so there is no needed for added sugar.

Fudgesicles

SERVES 6

PORTIONS PER SERVING

PROTEIN

0

STARCH

1

FAT

2

VEG

0

INGREDIENTS

- 2 banana (200 g)
- 1 small avo (150 g)
- 1/2 cup unsweetened cocoa powder
- 3/4 cup almond milk
- 1/4 cup maple syrup
- 1 tsp vanilla essence
- Pinch of salt
- 1/2 cup peanut butter

METHOD

1. Place all the ingredients into a high powered blender and blend until creamy.
2. Pour the mixture into ice pop molds and freeze overnight.
3. To remove from the molds, briefly run under hot water or leave for a few minutes to loosen the sides.
4. Enjoy!



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ADDITIONAL INFO

If you aren't using a high-powered blender, add a little bit more plant milk to get the desired consistency. If you want to make these extra special, dunk them in extra peanut butter and dip them in cocoa nibs.

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