

GUILT-FREE RECIPES



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*8 recipes for a stronger,
leaner you.*

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CYQ LEVEL 3 · TCMA NUTRITION

PRE & POST NATAL CERTIFIED



A NOTE FROM

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Food has always been central to my life. Growing up in Poland, meals were an event. My grandmother cooked everything from scratch — sauerkraut fermenting on the counter, soups simmering for hours, pastries on Sunday mornings. Food was love.

When I became a personal trainer and nutrition coach, I realised most people thought healthy eating meant joyless eating. Boiled chicken. Salad with no dressing. Things you choke down and resent.

These recipes prove otherwise. Every single one is something I eat myself — regularly, happily, without feeling like I am missing out. They are built around real, natural ingredients: almond flour instead of wheat, stevia or honey instead of refined sugar, seeds and nuts instead of empty carbs.

Some are Polish-inspired. Some are Mediterranean. Some are just what I make when I am hungry after a hard session and need something fast and proper. All of them are genuinely good.

My philosophy is simple: eat foods that come from the earth, prepared simply, eaten with pleasure. Your body knows what to do with real food.

I hope these recipes become part of your week as much as they are part of mine.

— *Eliza*

Personal Trainer & Nutrition Coach · Geneva

8
Recipes

30
Avg. minutes

100%
Guilt free

0
Artificial additives

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Healthy Power Breakfast Bowl

A complete, balanced breakfast in one bowl. Protein, healthy fats, antioxidants and slow-release carbs to power your entire morning.



5 min

1 bowl

380	22g	28g	18g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 200g Greek yoghurt (full fat)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- ½ cup mixed berries
- 1 tbsp almond butter
- 1 tsp raw honey or stevia
- ¼ cup low-sugar granola
- Pinch of cinnamon
- Coconut flakes to garnish

METHOD

- 1** Spoon Greek yoghurt into a bowl as your base.
- 2** Sprinkle chia seeds and hemp seeds over the yoghurt.
- 3** Add mixed berries.
- 4** Drizzle almond butter and honey over the top.
- 5** Finish with granola, cinnamon and coconut flakes.
- 6** Eat immediately or refrigerate overnight — add granola in the morning.

Eliza's tip: Prep 5 portions on Sunday evening. Just add the granola each morning so it stays crunchy.

Blueberry Protein Muffins

Fluffy, guilt-free muffins packed with protein and bursting with blueberries. Perfect for breakfast or a post-workout treat.



25 min

12 muffins

142	9g	14g	5g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 2 cups almond flour
- ½ cup vanilla protein powder
- 1 tsp baking powder
- ¼ tsp salt
- 3 eggs
- ■ cup coconut oil, melted
- ¼ cup honey or stevia to taste
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries
- ¼ cup almond milk

METHOD

- 1** Preheat oven to 180°C. Line a muffin tin with paper cases.
- 2** Mix almond flour, protein powder, baking powder and salt in a large bowl.
- 3** Whisk eggs, coconut oil, honey and vanilla in a separate bowl.
- 4** Combine wet and dry ingredients until just mixed. Fold in blueberries.
- 5** Divide evenly between 12 cases. Bake 18-20 min until golden.
- 6** Cool before serving — they firm up as they cool.

Eliza's tip: Freeze a batch and reheat in the microwave for 30 seconds — perfect for busy mornings.

Protein Chocolate Cookies

Rich, chewy cookies that taste deeply indulgent — and are loaded with protein. Nobody needs to know they're healthy.



20 min

16 cookies

118	7g	10g	6g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 1½ cups almond flour
- ½ cup chocolate protein powder
- 3 tbsp raw cacao powder
- ½ tsp baking soda
- ¼ tsp salt
- 2 eggs
- 3 tbsp coconut oil, melted
- Stevia or honey to taste
- 1 tsp vanilla extract
- ■ cup dark chocolate chips (85%+)

METHOD

- 1** Preheat oven to 175°C. Line a baking tray with parchment.
- 2** Combine almond flour, protein powder, cacao, baking soda and salt.
- 3** Mix eggs, coconut oil, sweetener and vanilla separately.
- 4** Combine wet and dry, fold in chocolate chips.
- 5** Roll into 16 balls, place on tray, press gently with a fork.
- 6** Bake 10-12 minutes. They firm as they cool — do not overbake.

Eliza's tip: Use 85%+ dark chocolate chips to keep sugar low. The higher the cocoa content, the better.

Crunchy Seed Crackers

Crispy, nutrient-dense crackers made entirely from seeds and nuts. Wonderful with avocado, hummus or smoked salmon.

35 min

20 crackers



89	4g	3g	7g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 1 cup mixed seeds (sunflower, pumpkin, sesame)
- ½ cup flaxseeds
- ¼ cup chia seeds
- ¼ cup almond flour
- ½ tsp sea salt
- ½ tsp garlic powder (optional)
- ¾ cup water
- 2 tbsp olive oil
- Fresh rosemary to taste

METHOD

- 1** Preheat oven to 160°C. Mix all dry ingredients.
- 2** Add water and olive oil. Stir, leave 10 minutes to absorb.
- 3** Spread thinly on a parchment-lined baking tray.
- 4** Score into rectangles before baking.
- 5** Bake 25-30 minutes until completely crisp and golden.
- 6** Cool fully before breaking apart. Keeps 1 week in airtight container.

Eliza's tip: Top with avocado and a pinch of chilli flakes for one of the best snacks you will ever eat.

Salmon with Fennel & Citrus

Omega-3 rich salmon paired with a crisp fennel and orange salad. Light, elegant and extraordinarily good for you.



20 min

2 portions

420	38g	14g	22g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 2 salmon fillets (150g each)
- 1 bulb fennel, thinly sliced
- 2 oranges, segmented
- ½ red onion, very thinly sliced
- Fresh dill and parsley
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper, chilli flakes
- 1 tsp capers (optional)

METHOD

- 1** Season salmon with salt, pepper and chilli flakes.
- 2** Heat a non-stick pan over medium-high heat with a little olive oil.
- 3** Cook skin-side down for 4 minutes, then flip for 2-3 minutes. Rest.
- 4** Combine fennel, orange, red onion, dill and parsley.
- 5** Dress with olive oil and lemon juice. Toss gently.
- 6** Serve salmon on or alongside the fennel salad.

Eliza's tip: Do not move the salmon while cooking skin-side down. Patience gives you the crispy skin.

BBQ Chicken Skewers & Tabbouleh

Smoky marinated chicken skewers with vibrant herb-packed tabbouleh. A summer favourite on the grill or griddle pan.



30 min

4 portions

340	42g	22g	8g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 600g chicken breast, cubed
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- 1 tsp cumin
- Juice of 1 lemon
- 200g bulgur wheat
- Large bunch flat-leaf parsley
- 1 large tomato, diced
- ½ cucumber, diced

METHOD

- 1** Marinate chicken in olive oil, garlic, spices and lemon — at least 30 minutes.
- 2** Cook bulgur per packet. Cool, then fluff with a fork.
- 3** Make tabbouleh: combine bulgur, parsley, tomato and cucumber. Dress with olive oil and lemon.
- 4** Thread chicken onto skewers.
- 5** Grill on high heat, 3-4 minutes each side until charred.
- 6** Serve skewers alongside tabbouleh with lemon wedges.

Eliza's tip: Soak wooden skewers in water for 30 minutes before use to prevent burning on the grill.

Sauerkraut Superfood Salad

A traditional Polish-inspired superfood salad. Fermented sauerkraut is one of the most powerful natural probiotics — Eliza grew up eating this.



15 min

4 portions

95	3g	12g	4g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 400g raw sauerkraut (unpasteurised)
- 1 large apple, grated
- 1 medium carrot, grated
- ½ red onion, finely sliced
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Fresh dill, chopped
- Salt and pepper to taste
- Pumpkin seeds to garnish

METHOD

- 1** Drain sauerkraut slightly but keep some brine — it has the beneficial bacteria.
- 2** Grate apple and carrot directly into the bowl.
- 3** Add red onion and fresh dill.
- 4** Drizzle with olive oil and apple cider vinegar. Toss well.
- 5** Taste before adding salt — sauerkraut is already salty.
- 6** Garnish with pumpkin seeds before serving.

Eliza's tip: Always choose raw, unpasteurised sauerkraut from the chilled section. Pasteurisation kills the good bacteria.

Chickpea Frittatas

Crispy chickpea frittatas packed with herbs and spices. Protein-rich, naturally gluten-free and perfect as a starter, snack or light main.

25 min

12 frittatas



95	5g	11g	3g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 400g canned chickpeas, drained
- ½ cup chickpea flour
- 2 eggs
- 1 garlic clove, minced
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp turmeric
- Fresh coriander and mint
- Salt and pepper
- Olive oil for frying

METHOD

- 1** Roughly mash chickpeas — leave some texture, not a smooth paste.
- 2** Add flour, eggs, garlic, spices and herbs. Mix well.
- 3** If too wet, add a little more chickpea flour.
- 4** Heat olive oil in a non-stick pan over medium heat.
- 5** Drop heaped tablespoons of mixture, flatten slightly with a spatula.
- 6** Cook 3-4 minutes each side until golden. Drain on paper towel.

Eliza's tip: *Serve with Greek yoghurt mixed with lemon juice and mint. Perfect summer food.*

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Live stronger.

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