

TONY'S FAT LOSS

Nutrition Bible

CHECK
OUT
THIS
RECIPE



WELCOME FROM TONY SCULLION & OPERATION ROLE MODEL...



Hi! I'm Tony Scullion, a Certified Nutrition & Fitness Coach with over 25 years experience helping beginner and advanced weight loss seekers lose 20lbs + in 90 days.

I'm a firm believer that you should still be able to enjoy your life whilst getting in shape!

I've been involved in fitness and martial arts for my own health goals for 30 years and I've got to admit I love my food, so I studied nutrition in depth to avoid having to stick to boring body building and FAD diets like Keto, Cambridge, Paleo, Atkins etc to stay in shape!

I've tried them all, none of them are sustainable

And it's important for nutrition to fit in with a busy business life and social lifestyle.

So I have been teaching my clients the nutritional approach that I have adopted for myself which allows me to stay in great shape at 43 years old, still enjoy my favorite food and alcohol and have insane energy levels(even though I have an autoimmune disorder which used to cause me extreme adrenal fatigue, burning joint pain and skin problems).

Master your nutrition and you will feel amazing!

I have gathered for you a bible of recipes which I use myself to help you with your meals and smoothies.

This will help you enjoy more of what you are eating whilst losing weight and increasing energy. If you find these useful feel free to share them with someone else needs to benefit from improving their nutrition so they can look and feel great again, Enjoy :)

Your friend and coach,

Tony Scullion
www.tonyscullion.com
#tonyscullionofficial

breakfast

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AVOCADO & EGG

on toast drizzled with pesto



Ingredients

Mixed Grain Bread
light Ricotta Cheese
Avocado, Tomato, Egg,
Spring Onion, Basil,
Pesto Hommus, Mushroom

Nutrition Information

Energy - 1671kj
Protein - 36g
Fat - 12.2g
Carbohydrate - 31g
Sugar - 5.9g
Fibre - 737g

1. Slice your onion and mushrooms finely. These can be added as part of your omelette or scrambled eggs or served as a side. Alternatively you could saute them and serve on top to garnish.
2. Prepare eggs as per your preferences i.e. scrambled or as an omelette in a non stick fry pan. (Note: I often make mine in a microwave as it is faster and more convenient.)
3. Meanwhile, toast the bread then top with avocado and ricotta cheese, then add the eggs and drizzle over basil pesto or your accompaniment of choice.

CREDITS TO:

APD, Holly Baxter
Nutritionist & Accredited Practising Dietitian



BERRYBLISS BIRCHER

Muesli and Yoghurt



Ingredients

Muesli (50g), Skim Milk (100ml),
Stevia liquid (5 drops),
Cinnamon Spice (2 shakes),
Maple Flavored Syrup (20ml),
Blueberries, Raspberries,
Strawberries, Blackberries,
Brown Sugar, Sliced Apple,
Low Fat Yoghurt

Nutrition Information

Energy - 1772kj
Protein - 16g
Fat - 9g
Carbohydrate - 60g
Sugar - 40.7g
Fibre - 13.1g

1. This recipe is best when left overnight to soak. However, you can prepare this just as easily in the morning by preparing it first, then leaving it to soak while you are getting ready.
2. Combine all bircher ingredients. Leave to soak ideally overnight. When serving, spoon over the yoghurt and berries and sprinkle with brown sugar and apple slices.

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HAM & EGG

white omelette



Ingredients

Egg whites liquid, whole egg, ham, light ricotta cheese, zucchini, baby spinach, chili fresh or powder (optional), iodised salt, black pepper

Nutrition Information

Energy - 886kj

Protein - 31g

Fat - 7.4g

Carbohydrate - 3.1g

Fibre - 1.6g

1. This can be prepared really quickly by combining all ingredients in a microwave safe bowl and cooking for 2.5 minutes. Make sure you remove the bowl from the microwave and stir at least once, then return to microwave, repeat as many times as necessary. All microwaves will cook at different speeds depending on their power. You can also prepare this on a non stick frying pan if you prefer a crisper finish.

CREDITS TO:

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Nutritionist & Accredited Practising Dietitian

smoothies

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BANANA

bliss



Ingredients

Whey protein isolate, banana, unsweetened coconut milk, skim milk, honey, cinnamon, stevia liquid

Nutrition Information

Energy - 1082kj
Protein - 25g
Fat - 2.7g
Carbohydrate - 27g
Sugar - 20g

COCONUT

dream

Ingredients

Whey protein isolate, unsweetened coconut milk, coconut desiccated, lemon essence, stevia

Nutrition Information

Energy - 912kj
Protein - 24g
Fat - 9.6g
Carbohydrate - 2.9g
Sugar - 0.9g

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Nutritionist & Accredited Practising Dietitian





BERRY

supershake



Ingredients

(Makes 6 Servings)

1 cup unsweetened almond milk, 1/2 cup ice, 1 cup frozen blueberries
1 cup frozen strawberries, 2 scoops vanilla protein powder, 1 serving greens plus

Nutrition Information

Calories - 380
Protein - 38g
Fat - 6g
Carbohydrate - 44g
Sugar - 26g
Fibre - 8g

Combine all ingredients in a countertop blender. Blend on high until mixture is smooth and creamy. **Serves 1 large or 2 small.**

CREDITS TO:

Precision Nutrition Inc - GN Shakes



RASPBERRY

Mocha Shake



Ingredients

Hot water, Instant coffee, Ice cubes, Low-fat milk, Low-fat cottage cheese, Raspberries (frozen), Chocolate whey protein (equal to 25 g protein), Almonds (blanched), Fish oil

Nutrition Information

Calories - 589.4

Protein - 31g

Fat - 7.4g

Carbohydrate - 3.1g

Fibre - 1.6g

Mix instant coffee and 1 tablespoon of boiling water in a countertop blender. Add ice cubes to chill the coffee. Combine the remaining ingredients. Blend on high until mixture is smooth and creamy. **Serves 1 large or 2 small.**

CREDITS TO:

Precision Nutrition Inc - GN Shakes



PIÑA COLADA

smoothie



Ingredients

Pineapple, Banana,
Coconut milk, Vanilla
whey protein (equal to 50
g protein), Chilled green
tea, Ice

Nutrition Information

Calories - 640
Protein - 50.2g
Fat - 27.6g
Carbohydrate - 47.7g
Fibre - 6,2g

Combine all ingredients in a countertop blender. Blend on high until mixture is a smooth consistency. **Serves 1 large or 2 small.**

CREDITS TO:

Precision Nutrition Inc - GN Shakes



CHOCO-MINT

smoothie



Ingredients

1.5 scoops Prograde Chocolate Protein, 1 Teaspoon Pure Cocoa Powder, 2 Teaspoons Mint Extract, 1/2 Teaspoon Stevia, 1 Cup Fat-Free Milk, 250ml Water, 5 Ice Cubes

Nutrition Information

Calories -328

Protein - 43g

Fat - 1g

Carbohydrate - 39g

Blend and Enjoy!

CREDITS TO:

Metabolicious Smoothies by Joel Marion and Dave Ruel



CHOCO-MINT

smoothie



Ingredients

1.5 scoops Prograde
Vanilla Protein, 1/2 Cup
of Fat-Free Plain Yogurt,
1 Peach, 2 Tbsp Honey
250ml of Water, 5 Ice
Cubes

Nutrition Information

Calories -308

Protein - 37g

Fat - 40g

Carbohydrate - 40g

Blend and Enjoy!

CREDITS TO:

Metabolicious Smoothies by Joel Marion and Dave Ruel



HONEY RASPBERRY

smoothie



Ingredients

1.5 scoops Prograde
Vanilla Protein 1/2 Cup
of Fat-Free Plain Yogurt
1 Cup Frozen Raspberries
1 Frozen Banana 1 Tbsp
Honey 250ml of Water 5
Ice Cubes

Nutrition Information

Calories -332
Protein - 37g
Fat - 0g
Carbohydrate - 46g

Blend and Enjoy!

CREDITS TO:

Metabolicious Smoothies by Joel Marion and Dave Ruel



STRAWBERRY VANILLA

smoothie



Ingredients

1.5 scoops Prograde
Vanilla Protein, 10 Big
Frozen Strawberries, 1 Cup
Fat-Free Milk, 250ml of
Water

Nutrition Information

Calories - 312
Protein - 45g
Fat - 0g
Carbohydrate - 33g

Blend and Enjoy!

CREDITS TO:

Metabolicious Smoothies by Joel Marion and Dave Ruel



THE BLENDER

drink base

Ingredients

1 banana
Raspberries Strawberries
Handful of baby spinach
2 cups almond milk
10 walnuts
1 tbspn Cashew butter
1 scoop vegetarian protein powder
(Sun Warrior or Rice Protein Powder)

THE POST WORKOUT

blender drink

Ingredients

1 banana
Raspberries
Blueberries
Handful of baby spinach
2 cups almond milk
1 tbspn peanut butter
1 scoop vegetarian protein powder
(Sun Warrior or Rice Protein Powder)

CREDITS TO:

Craig Ballantynes 31 blender drinks



HEALTHY PURPLE

jungle juice

Ingredients

Blueberries
Blackberries
Raspberries
1 banana
Spinach
Almond butter
Almond milk
Walnuts
Sun warrior protein powder

SUPERCHARGED

strawberry-banana

Ingredients

1 ripe banana
Frozen strawberries
Frozen raspberries
Baby spinach
Flax oil (you can't taste it, trust me!) Cashew
butter
Chocolate vegetarian protein powder 2 cups
almond milk

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ADVENTUROUS BLENDER DRINK

(aka "Everything but the kitchen sink")

Ingredients

B1 banana
Raspberries
Blackberries
Pineapple
Spinach
Almond milk
Walnuts
Sesame seeds
Flax meal
Peanut butter
Vegan vanilla protein called Phyto Protein

THE AFTERNOON DELIGHT

(like a crazy ice cream!)

Ingredients

Almond milk
100mL coconut milk
6 dates
1 frozen banana
Strawberries, Raspberries, Blueberries
Rice protein powder
Chia seeds
Walnuts
Macadamia nut butter

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THE HEMP

seed shake

Ingredients

1 banana
Raspberries
Blueberries Spinach
1 cup 1% milk
1 cup almond milk
Cashew butter
Flax oil
Vega protein
1 tbspn hemp seeds

THE CHIA SEED

shake

Ingredients

1 banana
Raspberries
Blueberries
Spinach
Almond milk
Walnuts
Cashew butter
Sesame seeds
Chia seeds
Brown rice protein powder

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THE LIGHT GREEN

smoothie

Ingredients

Spinach
Broccoli
Celery
1 granny smith apple Rice protein Almond
milk1 tbspn hemp seed

THE APPLESAUCE

drink

Ingredients

1 banana
Strawberries
1 cup applesauce
Spinach
2 tbspn oatmeal
Walnuts
Vega chocolate protein powder
Cashew butter
Almond milk
Sesame seeds

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THE CELERY DRINK

(honestly, not my favorite)

Ingredients

Blackberries,
Strawberries
Raspberries 1 banana
Spinach
Small piece of celery (but I could still taste it)
Sun warrior protein
Rice milk

VEGAN YOGURT

(couldn't think of a better name)

Ingredients

1 banana
Strawberries
1 cup applesauce
Spinach
2 tbspn oatmeal
Walnuts
Vega chocolate protein powder
Cashew butter
Almond milk
Sesame seeds

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THE SURPRISINGLY

Good Recipe

Ingredients

Blueberries
Strawberries
Raspberries
1 banana
Cashew butter
Almond milk
Walnuts
Sun Warrior protein
Cacao nibs

CHOCOLATE BANANA

Oatmeal Mix

Ingredients

1 banana
Strawberries
Spinach
Oatmeal
Walnuts
Chocolate Vega protein powder
Cashew butter
Sesame seeds
Almond milk

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simple lunch

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TOASTED MEDITERRANEAN

sandwich/wrap



Notes

This is also fine to have fresh if you prefer untoasted

Ingredients

Turkish wrap or bread, chicken breast, basil pesto dip, light ricotta cheese, zucchini, egg plant, red capsicum, pumpkin, baby spinach, black pepper, iodised salt

Nutrition Information

Energy - 1916kj

Protein - 30g

Fat - 12g

Carbohydrate - 50g

Sugar - 18g

Fibre - 8.5g

1. Start by preheating the oven to 180 degrees. slice the pumpkin into thin slices along with the zucchini, and egg plant. Slice the capsicum into thin strips, then bake for 15 minutes. Bake on baking paper to prevent sticking.
2. If you are using chicken breast, in a non-sticking fry pan, grill the chicken until cooked through if you are using shaved deli style chicken, set this to one side.
3. Spread the pesto and ricotta cheese over the bread or wrap, then add the chicken. Once the vegetables are cooked, layer over the chicken then season lightly.
4. Place in a sandwich press and cook to your preference. Remove from the toaster then add the baby spinach to serve.

CREDITS TO:

APD, Holly Baxter
Nutritionist & Accredited Practising Dietitian



SALMON

with smashed avocado & steamed greens



Ingredients

salmon (skinless), avocado,
light ricotta cheese,
broccoli, zucchini, lemon
juice, black pepper,
iodised salt

Nutrition Information

Energy - 1221kj

Protein - 31g

Fat - 14.9g

Carbohydrate - 4.5g

Sugar - 2.7g

Fibre - 4.75g

1. Place salmon in a non-stick pan and cook over medium heat for approximately 4 minutes each side.
2. Meanwhile steam vegetables for 5 minutes either in the microwave or stovetop.
3. Mash the ricotta cheese and avocado together and season with salt and pepper.
4. Drizzle the lemon juice over the vegetables and season with iodised salt. Serve with smashed avocado and grilled salmon.

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SALMON WITH ALMOND HONEY

dressing, baby potato & steamed vegetables



Ingredients

salmon (skinless), chili, honey, flaked almond, sweet soy sauce, baby potato, margarine, broccolini, baby carrot, squash, baby spinach, iodised salt, olive oil

Nutrition Information

Energy - 1998kj

Protein - 37g

Fat - 18g

Carbohydrate - 36g

Sugar - 9.0g

Fibre - 747g

1. Bring 500ml of water to the boil in a medium sized saucepan. Once boiling add the potato and cook for 15 minutes.
2. Place salmon on baking tray lined with baking paper. Drizzle over the honey, soy sauce, chili and flaked almonds and bake for 20 minutes on 180 degrees.
3. Slice the carrots and squash and partially steam with the broccolini for 5 minutes either in the microwave or stovetop. Then on a non-stick frypan, saute the vegetables and baby potato's with the olive oil for 2-3 minutes and season with the iodised salt.
4. Remove the salmon from the oven and serve with the sauteed vegetables & potatoes.

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snacks

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COCONUT YOGHURT

with pomegranate & berries



Ingredients

natural no fat yoghurt,
pomegranate, desiccated
coconut, strawberries,
blueberries, raspberries,
blackberries, stevia (powder
or liquid)

Nutrition Information

Energy - 889kj

Protein - 11.5g

Fat - 7g

Carbohydrate - 20g

Sugar - 15.1g

Fibre - 3.8g

Combine half the berries and the yoghurt in a food processor and blend until smooth. Spoon into a large bowl and add the remaining berries and pomegranate over the yoghurt. Sprinkle with coconut and the stevia.

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DIP AND VEGETABLE STICKS



Ingredients

mixed vegetable sticks
beetroot/tzatziki dip

Nutrition Information

Energy - 354kj

Protein - 4.5g

Fat - 2.4g

Carbohydrate - 8.1g

Sugar - 7.8g

Fibre - 4.5mg

Here you can use any combination of vegetables you like. I like (cucumber, capsicum, carrot & celery). Vegetables are a very low calorie snack option, as are these two dip varieties. Not only will this snack add to your daily micronutrient requirements for a number of important vitamins and minerals.

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Nutritionist & Accredited Practising Dietitian



HAM & CHEESE WRAP

with ricotta, cucumber & spinach



Ingredients

low carb wrap, honey ham
97% fat free, light smooth
ricotta cheese, cherry
tomato, cucumber, baby
spinach, gourmet garden herb
(basil/coriander), iodised
salt

Nutrition Information

Energy - 735kj

Protein - 20.1g

Fat - 4.1g

Carbohydrate - 7g

Sugar - 3.6g

Fibre - 12.5mg

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dinner

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SATAY CHICKEN

stir-fry



Ingredients

chicken breast, red capsicum, broccoli, green beans, zucchini, satay chicken simmer sauce, iodised salt, rice

Nutrition Information

Energy - 1770kj
Protein - 40g
Fat - 11g
Carbohydrate - 34g
Sugar - 9g
Fibre - 9.6g
Sodium - 475mg

1. Chop and slice the vegetables then steam for 5 minutes in the microwave to speed up cooking time.
2. In a saucepan, bring 150ml to the boil then cook rice according to instructions.
3. Meanwhile, chop the chicken into cubes and grill in a non-stick fry pan for approx. 5 minutes or until sealed on both sides. Then add the satay sauce.
4. Once the vegetables have cooked, you can either fold them through the chicken mixture or serve on the side and season with iodised salt.

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CHICKEN PARMA

with salad



Ingredients

chicken breast, tomato paste, tomato (sliced),
eggplant, ham 97% fat free, light ricotta cheese, mixed herbs, baby spinach, corn kernels, red capsicum, black pepper, iodised salt, dressing

Nutrition Information

Energy - 1439kj
Protein - 40g
Fat - 11.2g
Carbohydrate - 16g
Sugar - 9g
Fibre - 6.5g
Sodium - 599mg

1. Start by pre-heating an oven to 180 degrees and lining a small baking tray with baking paper. Slice the chicken breast down the centre and flattening meat skillet. Grab the chicken in a non-stick fry pan for 3 minutes on low to moderate heat - do not over cook as you are going to continue cooking the chicken in the oven.
2. Transfer the chicken to the oven tray, then spoon over the tomato paste, and sprinkle herbs. Slice the zucchini and egg plant into thin strips and layer over the chicken. Bake for 15 minutes on 180 degrees, or until the cheese starts to golden. Meanwhile, prepare the salad and season with a little salt and pepper. Add your favorite dressing and serve with baked chicken.

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GRILLED FISH WITH SAUTÉED GREENS

& lemon buttered rice



Nutrition Information

Energy - 1744kj
Protein - 41g
Fat - 8.2g
Carbohydrate - 39g
Sugar - 3.0g
Fibre - 7.1g
Sodium - 834mg

Ingredients

fish (white), asparagus, broccoli,
paprika, oregano, mixed herb, black pepper,
iodised salt, lemon juice, butter (60% fat
reduced), rice

1. In a medium saucepan, prepare the rice according to instructions.
2. Chop and slice the vegetables, then steam for 5 minutes in the microwave to speed up cooking time. Set the broccoli to one side, transfer the asparagus to a medium non-stick fry pan and sauté for 2-3 minutes, season with salt and pepper.
3. Season your fish with paprika and oregano, then in a separate non-stick fry pan. Grill until cooked to your preferred liking.
4. Once the rice has cooked, fold through butter and season with lemon juice and mixed herbs.
5. Serve the fish with salted the asparagus, steamed broccoli and buttered rice.

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nice treats

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CHOCO-CHIP

nutella balls



Nutrition Information

Energy - 936kj

Protein - 14.5g

Fat - 9.3g

Carbohydrate - 17.1g

Sugar - 15.0g

Fibre - 2.9g

Ingredients

nutella, whey protein isolate (chocolate or vanilla)

In a large bowl, mix together the nutella, protein powder, coconut flour, almond milk, cocoa powder and vanilla essence until combined. If the mixture seems too dry, add more almond milk, or if too wet, add more coconut meal.

Fold in the chocolate chips, then roll the dough into 12 balls. Keep in an airtight container in the fridge until ready to eat.

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PECAN & ALMOND cheesecake



Place base ingredients into a food processor & beld until forming crumble.

Nutrition Information

Energy - 1239kj
Protein - 24.9g
Fat - 17.3g
Carbohydrate - 4.2g
Sugar - 3.5g
Flbre -2.0g

Ingredients

pecan nuts, almond nuts (any variety), cinnamon spice, coconut oil

For Cheesecake

light smooth ricotta cheese, desiccated coconut, whey protein isolate, stevie liquid, lemon essence

Place base ingredients intoa food processor & beld until forming crumble. Remove & divide into 3 small containers or serving bowls.

Place the cheesecake ingredients into the food processor and blend until smooth. Spoon the cheesecake mixture over the base & refrigerate until serving.

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VANILLA, RASPBERRY & cinnamon mousse



Nutrition Information

Energy - 701kj
Protein - 22.6g
Fat - 3.9g
Carbohydrate - 4.9g
Sugar - 4.4g
Fibre - 0.5g

Ingredients

light smooth ricotta cheese, whey protein isolate (vanilla), stevia liquid, unsweetened coconut/almond milk, blueberries (fresh or frozen), cinnamon

Place the ingredients and half of the blueberries into a food processor and blend until smooth. Stir through remaining blueberries, then divide into 3 small containers or serving bowls.

Refrigerate until serving.

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CHOCOLATE FUDGE

brownie



Nutrition Information

Energy - 675kj

Protein - 9.5g

Fat - 6.3g

Carbohydrate - 12.3g

Sugar - 8.3g

Fibre - 1.8g

Ingredients

whey protein isolate (chocolate), sweet potato (peeled), cocoa powder, baking powder, coconut flour, golden flaxseed meal, rice malt syrup, egg whole, vanilla essence, 50% less fat butter, stevia

Preheat oven to 180 degrees. Start by peeling the sweet potato and steaming for 20 minutes or until, soft through. Combine all dry ingredients in a large mixing bowl, or a food processor. Melt the butter in a microwave then allow to cool slightly. Wisk the egg then add to the butter and mix until combined. Add the vanilla essence and stevia, then pour into the centre of the dry ingredients. Once the sweet potato is cooked through transfer over to the mixing bowl, or food processor with other ingredients. Mix using an electric beater or food processor until combined.

Grease a small, slice tray 10inch x 5inch and line with baking paper. Spoon in the mixture into the baking tray and bake for 15-20 minutes or until a skewer comes out clean.

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