



GAY MAN'S COACHING



GMC PERFORMANCE RECIPE BOOK

30 HEALTHY AND DELICIOUS RECIPES



DISCLAIMER

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BREAKFASTS







KALE, POACHED EGG AND SMOKED SALMON TOAST

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 1 egg
- 1 slice of **dark rye or farmhouse bread**
- 30 grams of **curly kale**
- ½ teaspoon of **olive oil**
- 30 grams of **smoked salmon**
- ¼ **red chilli**, finely sliced

INSTRUCTIONS

Begin by poaching the egg in boiling water for around 3 minutes for a perfect runny yolk and 4 minutes if you prefer a harder yolk.

Once poached to your liking, remove from the water with a slotted spoon and place on kitchen paper to soak up any excess water.

Meanwhile, toast the bread and wilt the kale by placing it in a colander and pouring over boiling water.

Drizzle the toast with olive oil and then top with the kale, smoked salmon and poached egg. To add some heat to the dish, scatter over some finely sliced red chilli and serve.

Poaching an egg is tricky but using fresh eggs and adding a teaspoon of white vinegar to the pan will

MACROS PER PORTION

CALORIES	272	PROTEIN	19
CARBS	18	FATS	13
FIBRE	2		



Ricotta is actually not a cheese but it is a creamy curd.



RICOTTA AND TOMATO TOAST (V)

SERVES: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

200 grams of **ricotta cheese**

2 teaspoons of **fresh herbs** (we like **basil, thyme** or **parsley**), chopped

The zest of 1 **lemon**

A pinch of **sea salt** (reserve some for sprinkling on top)

A pinch of freshly **cracked black pepper** (reserve some for sprinkling on top)

4 thick slices of **granary bread**

150 grams of **cherry tomatoes**, sliced

Olive oil for drizzling on top

INSTRUCTIONS

In a medium sized bowl, mix together the ricotta, fresh herbs, lemon zest, salt and pepper until well combined. Keep the mixture chilled in the fridge until ready to use.

Toast the slices of bread in a toaster or under the grill until they are cooked to your liking.

Place the toast on a clean and flat work surface. Spread the ricotta mixture on each slice and then layer with the slices of tomato. This dish is great finished with a drizzle of olive oil and a sprinkle of sea salt and fresh black pepper.

Simple and totally delicious.

MACROS PER PORTION

CALORIES	223	PROTEIN	9
CARBS	22	FATS	12
FIBRE	3		



COOKIE DOUGH OVERNIGHT OATS

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

130 grams of fat free **natural Greek yoghurt**

180 millilitres of **unsweetened almond milk**

45 grams of **old fashioned oats**

30 grams of **protein powder** (or, if you prefer, add an additional 30 grams of **oats**)

2½ tablespoons of **maple syrup**

1 teaspoon of **chocolate chips**

½ teaspoon of **vanilla extract**

½ teaspoon of **ground cinnamon**

¼ teaspoon of **ground nutmeg**

⅛ teaspoon of **salt**

INSTRUCTIONS


In a medium bowl, combine the Greek yoghurt and almond milk. Once well mixed, add the rest of the ingredients to the bowl and stir until well combined.

Divide the mixture between 2 small mason jars or bowls. Cover with cling film and place in the fridge overnight so that the oats can become soft and absorb the flavour of the mixture. These oats can be served cold straight out the fridge or microwaved for 1 minute to be served warm.

As with any overnight oat recipe the inclusion of yoghurt is always optional. Try it with and without the

MACROS PER PORTION

CALORIES	332	PROTEIN	22
CARBS	50	FATS	5
FIBRE	5		



“The predominant fatty acid in olive oil is a monounsaturated fat called oleic acid, making up 73% of the total oil content.”



AVOCADO BAKED EGGS IN ROASTED TOMATOES

SERVES: 6

TOTAL TIME: 1 HOUR

INGREDIENTS

6 large vine ripened **tomatoes**

2 tablespoons of **olive oil**

1 **garlic clove**, crushed

2 tablespoons of **fresh thyme**

A handful of **baby spinach leaves**, stems removed

1 ripe **avocado**, peeled, stoned and chopped

6 medium **eggs**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile, hollow out the tomatoes. Slice the top off each tomato and remove the core and seeds with a small spoon. Place the hollow tomatoes on a baking dish.

In a small bowl, combine the garlic and olive oil before drizzling over the tomatoes. Scatter over the thyme leaves and season to your taste with a pinch of salt and pepper.

Bake the tomatoes in the oven for 30 minutes before removing. Line the inside of the tomatoes with spinach leaves before returning them to the oven for a further 10 minutes.

By now the spinach should be wilted and you can break an egg into each tomato. To finish this healthy and delicious brunch, scatter over the chopped avocado and return to the oven for around 8 minutes, or until the eggs are cooked to perfection.

MACROS PER PORTION

CALORIES	190	PROTEIN	8
CARBS	10	FATS	14
FIBRE	3		



Spinach
belongs to
the goose
foot family



KEY LIME PIE PROTEIN SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

175 grams of low-fat/fat free **cottage cheese**

1 tablespoon of **vanilla protein powder**

1 **lime**, juiced

5-10 **ice cubes**

175 millilitres of **water**

3 packets of **stevia sweetener**

A handful of **spinach**

Optional:

½ teaspoon of **xanthan gum**

INSTRUCTIONS

Add all the ingredients into a food processor and blend until the 'milkshake' reaches your desired consistency. If it is too thick simply add a splash more water and if it is too thin add a few more ice cubes to the mixture.

Alternatively, to give your shake a thick and luxurious texture add xanthan gum, which can be found in the gluten free section of most supermarkets.

The spinach is a healthy alternative to green food colouring and will give your 'milkshake' the green colour of a real key lime pie. Trust us it just adds a little extra thickness and nutrients!


MACROS PER PORTION

CALORIES	180	PROTEIN	36
CARBS	7	FATS	0
FIBRE	0		

SIDES & SMALL PLATES







Vinegar can help kill pathogens, including bacteria that's why it's traditionally used as a cleaner.



COCONUT SLAW

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 **lime**, juiced
60 millilitres of **apple cider vinegar**
2 tablespoons of **olive oil**
1 tablespoon of **honey or maple syrup**
A pinch of **salt**
1 **red onion**, finely diced
½ **red cabbage**, finely chopped
5 **radishes**, finely sliced
1 **jalapeño pepper**, finely sliced
small handful **chopped coriander**
75 grams **unsweetened shredded coconut**

INSTRUCTIONS

Begin by combining the lime juice, vinegar, olive oil, honey and salt in a bowl. Once well mixed, add the remaining ingredients and toss to combine.

Set the dish aside for 20 minutes and mix occasionally. At first it will seem like you do not have enough liquid but the lime juice and vinegar will make the vegetables release liquid as they marinate.

Once the vegetables are well coated in the marinade, season the slaw to your taste. The slaw is best served immediately when the vegetables are still crunchy and fresh. However, it will keep for up to 4 days in the fridge if necessary.

Apple cider vinegar claims to lead to all sorts of benefits, only some of which are supported by

MACROS PER PORTION

CALORIES	155	PROTEIN	2
CARBS	14	FATS	12
FIBRE	3		



GERMAN RED CABBAGE

SERVES: 10

TOTAL TIME: 1 HOUR

INGREDIENTS

- 1 **white onion**, finely sliced
- 1 **apple**, sliced
- 1 **red cabbage**, finely chopped
- 40 grams of **sugar**
- 40 millilitres of **white wine vinegar**
- 1 teaspoon of **olive oil**
- A pinch of **salt**
- A pinch of **black pepper**

INSTRUCTIONS

In a large pot, add the olive oil, onion and apple. Cook over a medium heat for 5 minutes, or until the onion has turned soft and the apple is beginning to caramelise. Stir in the remaining ingredients until they are well mixed before covering and stewing for around 1 hour, or until the cabbage is soft.

Remember to stir the mixture occasionally to prevent sticking.

Serve immediately as a great accompaniment to any dish or keep in the fridge and use in salads or as a healthy sandwich filling.

This, alongside the coleslaw on the previous page are often better the day after when they've had chance to

MACROS PER PORTION

CALORIES	64	PROTEIN	1
CARBS	12	FATS	1
FIBRE	2		



An old Irish
Halloween
tradition is to serve
colcannon with a
ring and a thimble
hidden in it.



COLCANNON POTATOES

SERVES: 12

TOTAL TIME: 60 MINUTES

INGREDIENTS

- 1 **white cabbage**, finely chopped
- 2 kilograms of **potatoes**, peeled and quartered
- ½ litre of **milk**
- 350 grams of **spring onions**, finely chopped
- A pinch of **salt**
- A pinch of **black pepper**
- 60 grams of **butter**
- A handful of **fresh parsley**, chopped
- 2 **rashers** of bacon, grilled and finely chopped

INSTRUCTIONS

Begin by bringing a large saucepan of water to the boil and add the cabbage. Cover the pan and leave the cabbage to simmer for around 10 minutes, or until it has become tender. Once soft, drain the cabbage and set aside for the moment.

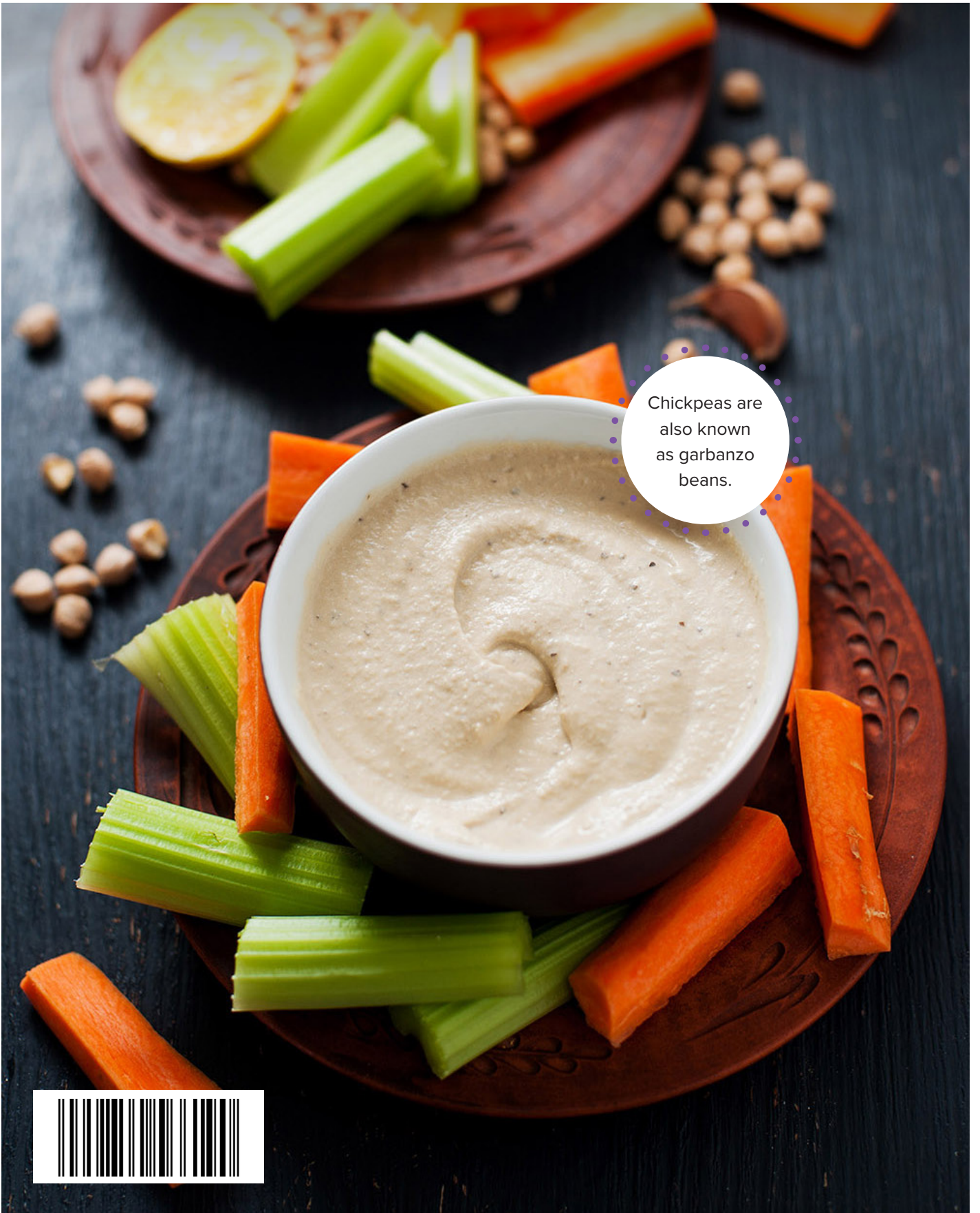
Bring the saucepan to the boil once more, add the potatoes and cook until they are soft, this should take around 20 minutes. Meanwhile, combine the milk, spring onions, salt and pepper in a smaller saucepan and gently heat through.

Once the potatoes are soft, drain them and place in a large bowl. Mash the potatoes until they reach your desired consistency before combining it with the milk mixture. By now the mashed potatoes should look fluffy and luxurious.

Finally, combine the cabbage with the mashed potatoes and top with a handful of parsley and the chopped crispy bacon.

MACROS PER PORTION

CALORIES	168	PROTEIN	4
CARBS	27	FATS	5
FIBRE	4		



Chickpeas are also known as garbanzo beans.



TRADITIONAL HUMMUS

SERVES: 8

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 2 400 gram tins of **chickpeas**, drained and rinsed
- 1 **lemon**, juiced
- 1 **garlic clove**, crushed
- 1 tablespoon of **extra virgin olive oil**
- 1 teaspoon of **tahini**
- ¼ teaspoon of **paprika**
- ½ teaspoon of **dried parsley**

INSTRUCTIONS

Place all the ingredients in a food processor and blend. When the mixture is fully combined and smooth tip into a small serving bowl.

Serve the hummus as a delicious and healthy dip with fresh vegetable batons.

MACROS PER PORTION

CALORIES	126	PROTEIN	6
CARBS	20	FATS	2.5
FIBRE	4		



GRILLED SWEET POTATO WEDGES

SERVES: 6 **SERVING SIZE:**
4 WEDGES

TOTAL TIME: 35 MINUTES

INGREDIENTS

4 **sweet potatoes**, washed and left unpeeled
1 teaspoon of **salt**
The juice and zest of 1 **lime**
¼ teaspoon of **cayenne pepper**
3 tablespoons of **vegetable oil**
A handful of **fresh coriander**, chopped

INSTRUCTIONS

Bring a large saucepan of water to the boil and add the whole sweet potatoes. Cook for around 25 minutes, or until the potatoes are tender, and then drain. Leave the potatoes to cool.

Meanwhile, mix the salt, lime zest and cayenne pepper together in a bowl. Once well combined, set aside for the moment.

By now the potatoes should be cool enough to handle. Cut them into 6 wedges per potato, as anything smaller will burn under the grill. Brush the wedges with vegetable oil and place under the grill.

Grill the sweet potato wedges on both sides for around 5 minutes each, making sure that both sides have turned a delicious golden brown colour.

Once the wedges are looking crispy, remove them from the grill. To serve, coat the wedges in the spice mixture, squeeze over the lime juice and scatter fresh coriander on top.

Sweet potatoes are a good source of fibre when eaten with the skin on.

MACROS PER PORTION

CALORIES	132	PROTEIN	2
CARBS	16	FATS	7
FIBRE	3		



MEXICAN RICE

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

- 1 **sweet onion**, finely diced
- 1 tablespoon of **olive oil**
- 2 cloves of **garlic**, crushed
- 120 grams of **long grain brown rice**
- 1 teaspoon of **ground cumin**
- ½ teaspoon of **black pepper**
- ½ teaspoon of **salt**
- A small handful of **fresh coriander**, chopped
- 1 400 gram tin of **chopped tomatoes**
- 1 **green chilli**, finely sliced
- ½ litre of **vegetable stock**

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan before adding the onion. Over a medium heat sauté the onion until it becomes soft and translucent, this should take around 5 minutes. Once the onion is tender, add the garlic and fry for a further minute.

Add the remaining ingredients to the pan before covering and reducing the heat. Leave the mixture to simmer for around 45 minutes, or until the rice has soaked up most of the liquid and is tender. If the rice absorbs too much of the liquid simply add a splash of water to the pan.

Remove from the heat and allow the rice to rest for 10 minutes before serving.

Although there isn't much statistical difference between brown and regular rice it will make you feel

MACROS PER PORTION

CALORIES	224	PROTEIN	6
CARBS	48	FATS	2
FIBRE	5		

MAINS







The word tikka is a Turkic word and means "bits" or "pieces"



CHICKEN TIKKA BURRITOS

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

4 tablespoons of low fat **natural yoghurt**
1 **lemon**, juiced
2 cloves of **garlic**, crushed
2 cm piece of **ginger**, finely chopped
1 **green chilli**, deseeded and finely chopped
Small handful of **coriander**, chopped (keep the stalks and leaves separate)
2 **skinless chicken breasts**, chopped into 2 cm **pieces**
1½ teaspoons of **smoked paprika**
¾ teaspoon of **chilli powder**
½ teaspoon of **garam masala**
½ **white onion**, finely sliced
100 grams of **cherry tomatoes**, sliced
250 grams of pre-cooked **pilau rice**
4 **roti**

INSTRUCTIONS

Begin by making the marinade for the chicken by blending half the yoghurt, the lemon juice, ginger, garlic, green chilli and coriander stalks in a food processor until smooth. In a large bowl, pour the yoghurt marinade over the chicken ensuring that it is fully covered. Leave the chicken to soak up the delicious flavours of the marinade for around 30 minutes before threading the chicken onto metal skewers. Make sure to leave gaps between each piece of chicken to ensure they cook fully and become slightly charred on the outside.

Heat the grill to a high temperature and place the skewers on a baking sheet to grill for around 5 minutes, or until cooked through and smelling fragrant.

While the chicken is grilling, mix the onion and cherry tomatoes together in a small bowl with lemon juice and a pinch of salt and pepper if it requires extra seasoning. In another small bowl, combine the coriander leaves, remaining yoghurt and another squeeze of lemon juice.

Once the chicken is cooked and the condiments prepared, heat the pilau rice according to packet instructions and divide the ingredients between the roti. Finish the dish by wrapping it up like a burrito and enjoy.

MACROS PER PORTION

CALORIES	400	PROTEIN	29
CARBS	52	FATS	8
FIBRE	3		



FILO FISH PIE

SERVES: 8

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 **white onion**, finely sliced
1 **bay leaf**
600 millilitres of **fish stock**
100 millilitres of **white wine**
1 kilogram of mixed **fish** (we recommend using salmon, **cod**, haddock, scallops and prawns)
60 grams of **plain flour**
90 grams of **butter**, softened
200 millilitres of **crème fraîche**
1 tablespoon of **tomato puree**
The zest of 1 **lemon**
A handful of **parsley**, chopped
4 **tomatoes**, deseeded and quartered
250 grams of **filo pastry**
A pinch of **salt and pepper**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In a saucepan over a medium heat, gently sauté the bay leaf and onion for around 5 minutes until the onion is soft and translucent and the bay leaf smells fragrant. Once the onion is tender, add the fish stock and wine to the pan and bring to the boil. Let the stock simmer for around 5 minutes before adding the larger pieces of fish, such as cod and salmon. Poach the larger pieces for a few minutes and then add the smaller fish, such as scallops and prawns. Once all the fish are in the pan, cover and let them poach for around 5 minutes until the prawns change colour. Remove from the heat and take the fish out of the pan with a slotted spoon and place in an ovenproof dish.

In a small bowl, combine the flour and butter into a roux. Reheat the poaching stock, remove the bay leaf and gradually add the roux into the stock, whisking regularly to ensure it stays smooth.

Once the sauce has thickened, add the crème fraîche, tomato puree, lemon zest, parsley and tomatoes and let it simmer for 2 minutes, or until it forms a creamy sauce, before pouring it into the ovenproof dish.

Brush the sheets of filo pastry with butter and place these on top of the ovenproof dish making sure to tuck in the edges. Bake the pie in the oven for around 25 minutes, or until the pastry is crispy and golden on top.

Surprisingly a pretty well balanced meal the trick is not to consume too much of this. Add a heap of veg and

MACROS PER PORTION

CALORIES	463	PROTEIN	33
CARBS	30	FATS	24
FIBRE	4		

skirt steak
both work
well.



VIETNAMESE SESAME BEEF

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

450 grams of **flank steak**, chopped into 1 cm strips
2 cm of **ginger**, grated
2 cloves of **garlic**, crushed
2 tablespoons of **fish sauce**
1 tablespoon of **vegetable oil**
¼ teaspoon of **black pepper**
60 grams of black and white **sesame seeds**

INSTRUCTIONS

To make the marinade, combine the ginger, garlic, fish sauce, oil and black pepper in a large bowl. Add the strips of beef to the bowl and toss to coat before setting the beef aside to soak up the flavours for between 30 minutes and 1 hour.

After the beef has marinated, place the sesame seeds in a sealable bag, add the beef and gently shake the bag so that they become well coated.

Meanwhile, heat a large non-stick frying pan over a medium-high heat. Once the pan is hot, add the beef in batches and flash fry on both sides until it is cooked.

Serve the sesame encrusted beef with a punchy chilli sauce for some added spice.

The flank steak is a beef steak cut from the abdominal muscles of the cow

MACROS PER PORTION

CALORIES	299	PROTEIN	34
CARBS	4	FATS	16
FIBRE			



CREAMY FETTUCCINE WITH BRUSSELS SPROUTS & MUSHROOMS (V)

SERVES: 6

TOTAL TIME: 30 MINUTES

INGREDIENTS

340 grams of **whole wheat fettuccine**
1 tablespoon of **extra virgin olive oil**
170 grams of mixed **mushrooms** (we recommend oyster, shiitake or cremini), thinly sliced
170 grams of **brussels sprouts**, thinly sliced
2 cloves of **garlic**, crushed
60 millilitres of **dry sherry**
400 millilitres of **low fat milk**
2 tablespoons of all **purpose flour**
½ teaspoon of **salt**
½ teaspoon of **black pepper**
120 grams of **Asiago cheese**, grated

INSTRUCTIONS

Bring a large pot of water to the boil and cook the fettuccine until al dente. Once the pasta is cooked, drain and put to one side for the moment.

Meanwhile, heat the oil in a large frying pan over a medium heat. Add the mushrooms and sprouts and cook for around 10 minutes, or until the mushrooms have released all of their liquid, before adding the garlic to the pan. Sauté the sprouts, mushrooms and garlic until fragrant before pouring in the sherry and bringing to the boil. After around 2 minutes, whisk in the milk and flour and season to perfection.

Continue whisking the sauce until it thickens before stirring in the Asiago cheese, which will make it rich and glossy. Add the fettuccine to the sauce and warm through before serving.

If you can't get a hold of wholewheat fettuccine the regular stuff will do. Your fibre content will just come

MACROS PER PORTION

CALORIES	384	PROTEIN	18
CARBS	56	FATS	10
FIBRE	10		



“Botanically an aubergine is a berry. Just like blueberries, watermelon, or tomatoes.”



AUBERGINE AND CHICKPEA CURRY (V)

SERVES: 4

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

- 1 **aubergine**
- 1 **white onion**, finely diced
- ½ **red bell pepper**, deseeded and sliced
- 1¼ teaspoons of **cumin seeds**
- 1¼ teaspoons of **ground coriander**
- ½ teaspoons of **ground turmeric**
- 1 400 gram tin of **chopped tomatoes**
- 2 teaspoons of **ginger paste**
- ½ teaspoon of **cayenne pepper**
- 1 400 gram tin of **chickpeas**
- 60 millilitres of **water**
- A handful of **coriander**, chopped
- ¼ teaspoon of **garam masala**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

With a fork, prick the aubergine several times and place on a baking sheet. Place the whole aubergine in the oven for around 50 minutes, by which point it should be soft all the way through. Remove the aubergine from the oven and once it is cool enough to handle peel off the skin and roughly chop the flesh.

Heat a large frying pan and sauté the onion until it turns soft and has begun to caramelise before adding the bell pepper. Cook the pepper for a few minutes before adding all the spices except garam masala to the pan and allowing them to gently roast. Once the spices smell aromatic, stir in the tomatoes and ginger.

Add the aubergine flesh to the mixture and cook over a medium-high heat until the larger pieces begin to break down, this should take around 10 minutes. Then, toss the chickpeas into the pan along with their liquid, turn the heat to low and leave to simmer for 30 minutes.

Before serving, stir in fresh coriander and garam masala to heighten the curry's already delicious flavours.

MACROS PER PORTION

CALORIES	208	PROTEIN	8
CARBS	42	FATS	2
FIBRE	11		

“In 2015,
tortillas
outsold white
bread in the
US. “



ROASTED CHICKPEA WRAP (V)

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 400 gram tins of **chickpeas**, drained and rinsed
2 teaspoons of **extra virgin olive oil**
2 teaspoons of **ground cumin**
2 teaspoons of **smoked paprika**
2 **avocados**, stoned, peeled and roughly chopped
1 **lime**, juiced
A handful of **coriander**, chopped
8 **soft corn tortillas**
1 **iceberg lettuce**, shredded
150 grams of **natural yoghurt**
500 grams of jarred **roasted red peppers**, chopped

INSTRUCTIONS

Begin by preheating your oven to 220°C/430°F/gas 7.

In a large bowl, toss the chickpeas with the olive oil, cumin and paprika until they are well coated. Spread the spiced chickpeas on a large baking tray and roast in the oven for around 20 minutes, or until they have started to turn crunchy. Remember to give the chickpeas a toss after around 10 minutes to make sure they roast evenly.

In a small bowl, squeeze the lime over the chopped avocado, scatter over the coriander and set aside until serving. Warm the tortillas in a frying pan over a high heat before layering them with the avocado, lettuce, yoghurt, peppers and crunchy chickpeas.

MACROS PER PORTION

CALORIES	489	PROTEIN	18
CARBS	47	FATS	22
FIBRE	14		



Quinoa has two times the amount of dietary fibre as white rice.



MOROCCAN CHICKPEA QUINOA SALAD (V)

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

½ tablespoon of **coconut oil**
1 **white onion**, finely diced
1 teaspoon of **ground turmeric**
½ teaspoon of **ground cumin**
½ teaspoon of **ground cinnamon**
½ teaspoon of **salt**
½ teaspoon of **black pepper**
130 grams of **quinoa**
260 millilitres of **vegetable stock**
1 400 gram tin of **chickpeas**, drained and rinsed
100 grams of **dried cranberries**
A handful of **parsley**, chopped
70 grams of **flaked almonds**, toasted

INSTRUCTIONS

Begin by heating the coconut oil in a large pot over a medium heat. Once the oil is hot add the onion and gently fry until it is soft and translucent, this should take around 5 minutes. Add the turmeric, cinnamon, salt and pepper and roast the spices in the pan for around 2 minutes, or until smelling fragrant.

Next, add the vegetable stock and quinoa to the pot. Bring the mixture to the boil, cover and then reduce to a low heat. Cook the quinoa for 15 minutes, by which point it should have absorbed the stock and become fluffy.

Stir the chickpeas, cranberries and parsley into the quinoa until they are well combined. Season the quinoa to your taste and sprinkle over toasted almonds for an added crunch before serving.

MACROS PER PORTION

CALORIES	448	PROTEIN	16
CARBS	70	FATS	14
FIBRE	12		



“Many believe that the word “salmon” comes from the Latin word salmo or salire, which means “to leap””



SIMPLE GRILLED SALMON

SERVES: 6

TOTAL TIME: 2 HOURS 30 MINUTES

INGREDIENTS

700 grams of **salmon fillets**
1 teaspoon of **lemon pepper**
1 clove of **garlic**, crushed
1 teaspoon of **salt**
5 tablespoons of **soy sauce**
100 grams of **brown sugar**
5 tablespoons of **water**
2 tablespoons of **vegetable oil**
1 **lemon**, juiced

INSTRUCTIONS

To make the marinade, combine the lemon pepper, garlic, soy sauce, sugar, water and vegetable oil and mix well until the sugar is dissolved. Place the fillets in a sealable bag with the marinade and shake the bag so that the fish becomes coated in the sauce. Leave the fish to marinate in the fridge for at least 2 hours so it has time to soak up the flavour.

Preheat the grill to a medium heat, place the salmon on a baking tray and discard the marinade. Grill the salmon for around 8 minutes per side, or until it has charred slightly and the fish flakes easily with a fork. Remove from the oven, squeeze the lemon juice over the fish for some added freshness and serve.

MACROS PER PORTION

CALORIES	318	PROTEIN	20
CARBS	13	FATS	20
FIBRE	0		



LAMB SOUVLAKI

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 tablespoon of **ground cumin**
2 cloves of **garlic**, crushed
1 **lemon**, juiced
1 tablespoon of **olive oil**
500 grams of **lean lamb**, cut into strips
4 **corn tortillas**
4 teaspoons of **sweet chilli sauce**
½ **cucumber**, chopped
2 **tomatoes**, sliced
1 **red onion**, finely sliced
4 tablespoons of fat free **Greek yoghurt**

INSTRUCTIONS

For the marinade, combine the cumin, garlic, lemon juice and olive oil in a small bowl and adjust the seasoning to your taste. Add the strips of lamb to the marinade and make sure that it is well coated before placing in the refrigerator for at least 30 minutes to absorb the spices.

In a large pan, fry the lamb until it is cooked to your liking and then leave it to rest for 5 minutes. In the same pan, heat the tortillas until they are slightly charred.

Spread each tortilla with sweet chilli sauce before topping with the cucumber, red onion and lamb. Finish with a dollop of Greek yoghurt and enjoy.

MACROS PER PORTION

CALORIES	387	PROTEIN	30
CARBS	30	FATS	17
FIBRE	3		



CHILLI LIME COD

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

340 grams of **cod**
1 **egg**
120 grams of **coconut flour**
1 **lime**, juiced
1 teaspoon of **paprika**
½ teaspoon of **cayenne pepper**
1 teaspoon of **salt**
1 clove of **garlic**, crushed
1 tablespoon of **hot sauce**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In two different bowls, crack and beat an egg and sieve the coconut flour to remove any lumps. Soak each cod fillet in the egg for around a minute before pressing them into the coconut flour.

Arrange the cod on a baking sheet, rub the spices into the fillets and squeeze over the lime for some extra zing.

Bake the cod in the oven for around 10 minutes. You will know when the fish is ready, as it will flake easily when pierced with a fork.

To serve, drizzle over some hot sauce for an added kick.

MACROS PER PORTION

CALORIES	215	PROTEIN	37
CARBS	3	FATS	5
FIBRE			



CASHEW CHICKEN STIR FRY

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tablespoon of **olive oil**
450 grams of **skinless chicken breasts**, chopped into
2 cm **pieces**
3 cloves of **garlic**, crushed
200 grams of **broccoli**
1 **red bell pepper**, deseeded and sliced
100 grams of **sugar snap peas**
50 grams of **carrots**, sliced
30 grams of **unsalted cashew nuts**
4 **spring onions**, finely sliced

For the **sauce**:

4 tablespoons of **tamarind**
3 tablespoons of **peanut butter**
2 tablespoons of **honey**
1 teaspoon of **sesame oil**
1 tablespoon of **ginger paste**
2 tablespoons of **water**

INSTRUCTIONS

Begin making the sauce by whisking together tamarind, peanut butter, honey, sesame oil ginger paste and water in a small bowl. If the sauce is too thick simply add a splash more water to the mixture. Once it reaches your desired consistency set the sauce aside.

In a large wok heat the oil and add the chicken breasts. Season them with salt and pepper and sauté them for around 5 minutes, or until they are beginning to brown. Add the garlic to the wok and fry for 30 seconds making sure that it does not burn.

Add the vegetables into the wok and mix them through the chicken. Cook for around 5 minutes, or until the vegetables have softened slightly but are still crunchy and fresh. By this point the chicken will be cooked through and you can remove the wok from the heat.

Before serving, mix through the sauce and throw in a handful of cashews and spring onions for some added texture.

The starch content of cashew nuts is about 23%, which is a lot higher than most other nuts and makes them suitable for thickening sauces.

MACROS PER PORTION

CALORIES	268	PROTEIN	21
CARBS	17	FATS	12
FIBRE	3		



Soy sauce is very high in sodium so using a low sodium alternative is always a great call.



TERIYAKI FISH WITH PAK CHOI

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

100 millilitres of **dark soy sauce**

100 millilitres of **mirin**

1 tablespoon of **honey**

2 cm of **ginger**, finely chopped

500 grams of **whiting** fillets

1 tablespoon of **groundnut oil**

250 grams of **egg noodles**

250 grams of **pak choi**, sliced

3 **spring onions**, sliced

1 tablespoon of **sesame oil**

INSTRUCTIONS

Begin making the marinade by whisking together the soy sauce, mirin, honey and ginger in a shallow bowl. Submerge the fillets of fish in the marinade and place in the fridge for around 30 minutes.

While the fish is absorbing all the delicious flavours of the marinade, preheat the oven to 200°C/400°F/gas 6. Once the fish has marinated, fry both sides of the fillets in groundnut oil for 3 minutes in a large frying pan before placing in a roasting tin. Pour over the leftover marinade and bake the fish in the oven for 10 minutes, by which point it will smell fantastic.

While the fish is in the oven, bring a large pot of water to the boil and add the noodles. Place a colander over the pot and steam the pak choi and spring onions in it, which should take around 5 minutes.

Drain the noodles and return them to the pan along with the pak choi, spring onions and sesame oil before mixing well.

To serve, create a bed of pak choi, spring onions and noodles and place the fish on top before pouring over any remaining marinade.

MACROS PER PORTION

CALORIES	407	PROTEIN	48
CARBS	38	FATS	7
FIBRE	3		



Trim the fat a little in this by using bacon medalions.



TURKEY MELT PANINI

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

4 **rashers** of bacon
3 tablespoons of **mayonnaise**
1 teaspoon of **Dijon mustard**
8 slices of **wholegrain bread**
225 grams of **deli turkey**, sliced
1 **apple**, sliced into eight thin segments
30 grams of **Monterey Jack cheese**

INSTRUCTIONS

Begin by preheating both a waffle iron or sandwich grill and a grill to a high temperature setting.

Arrange the bacon on a baking tray and grill until it becomes crisp and golden.

In a small bowl, mix together the mayonnaise and mustard and then spread the mixture over all the slices of bread. Divide the bacon, turkey slices, apple and cheese evenly among 4 slices of bread and top with the remaining bread, mayonnaise side down.

Lightly coat both sides of the sandwich with cooking spray and place a sandwich in each compartment of the grill. Close it firmly on the sandwiches and cook them for around 5 minutes, by which point they will be a delicious golden brown and the cheese will have melted.

MACROS PER PORTION

CALORIES	369	PROTEIN	33
CARBS	29	FATS	14
FIBRE	5		



SHEPHERD'S PIE

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

Mashed potatoes:

- 700 gram of **potatoes**, peeled and diced
- 200 millilitres of **chicken stock**
- 2 tablespoons of **soured cream**
- 2 teaspoons of **paprika**

Filling:

- 450 grams of **lean ground beef**
- 1 teaspoon of **olive oil**
- 1 **white onion**, finely diced
- 1 **celery stalk**, chopped
- 2 cloves of **garlic**, crushed
- 225 grams of **mushrooms**, chopped
- 300 grams of frozen **mixed vegetables**
- 2 tablespoons of **flour**
- 250 millilitres of **beef stock**
- 2 teaspoons of **tomato purée**
- 1 teaspoon of **Worcestershire sauce**
- A handful of **rosemary**, chopped
- A handful of **thyme**, chopped
- A pinch of **salt and pepper**

INSTRUCTIONS

Begin by boiling the potatoes in a large pot of salted water until they are soft. Drain the potatoes and in the same pot mash them with the chicken stock, soured cream, salt and pepper. Once smooth, set aside.

Meanwhile, preheat your oven to 200°C/400°F/gas 6. In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate.

Add oil, onion, garlic, mushrooms and celery to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelize, this should take around 10 minutes.

Add the flour, frozen vegetables, beef stock, tomato purée, Worcestershire sauce, rosemary, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large ovenproof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and colour to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.

Topping the potato crust with breadcrumbs actually turns your dish into a "Cumberland pie".

MACROS PER PORTION

CALORIES	275	PROTEIN	22
CARBS	31	FATS	7
FIBRE	5		



CHICKEN BURGERS WITH PEANUT SAUCE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

Sauce:

- 2 tablespoons of **peanut butter**
- 2 teaspoons of **soy sauce**
- 1½ teaspoons of **dark sesame oil**
- 1 teaspoon of **water**
- 1 teaspoon of **rice vinegar**
- 1 clove of **garlic**, crushed

Burgers:

- 120 grams of **spring onions**, chopped
- 1 tablespoon of **chilli** and **garlic** paste
- 2 cm of **ginger**, grated
- A pinch of **salt**
- 450 grams of **skinless chicken breasts**, chopped
- 4 **sesame burger buns**
- 120 grams of **alfalfa sprouts**

INSTRUCTIONS

Begin preparing the sauce by combining all the ingredients and whisking until smooth and then setting to one side.

Meanwhile, preheat the grill to a high temperature. Start making the burgers by blending the onions, chilli and garlic paste, ginger, salt and chicken in a food processor until coarsely ground. Shape the mixture with your hands into 4 equal patties, which should be around 1 cm thick.

Coat the patties with cooking spray and place them under the grill for 4 minutes on each side, or until they have turned golden and crispy. When the patties are nearly finished cooking, lightly toast the burger buns under the grill.

To serve, top the burgers with the alfalfa sprouts and a drizzle of peanut sauce.

In any dish that uses peanut butter using peanut butter powder and mixing with water trims a significant amount of calories and fat from the dish.

MACROS PER PORTION

CALORIES	341	PROTEIN	28
CARBS	33	FATS	10.6
FIBRE	2.5		

DESSERTS







Shhhh..... Just don't tell the kids what they're made of.



PROTEIN COOKIE DOUGH

SERVES: 6

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 1 400 gram tin of **chickpeas**, drained and rinsed
- 4 tablespoons of **vanilla vegan protein powder**
- 2 tablespoons of **almond** or **cashew butter**
- 1 tablespoon of **coconut sugar**
- 1 teaspoon of **vanilla extract**
- A pinch of **salt**
- 2 tablespoons of dairy free **chocolate chips**

INSTRUCTIONS

Start by adding the chickpeas to a food processor and blending them until they form a smooth paste. Add the remaining ingredients with the exception of the chocolate chips to the food processor and blend until a ball of chickpea dough forms – this should only take a few minutes.

Once the dough has formed, use a spoon to break it up before scattering in the chocolate chips. Pulse the food processor until the chocolate chips become well mixed through the dough before removing from the processor with a spatula.

This cookie dough is perfect for making cookie dough balls for dipping and can be stored in the fridge for 4 days.

This is a dish suitable for Vegans but for non-vegans you can easily switch in whey protein and regular chocolate chips.

MACROS PER PORTION

CALORIES	164	PROTEIN	10
CARBS	19	FATS	5
FIBRE	4		

98% of the pistachios produced in the United States are from California



SALTED PISTACHIO BARK

SERVES: 12 PIECES

TOTAL TIME: 10 MINUTES

INGREDIENTS

340 grams of **chocolate chips**
60 grams of **pistachios**, shelled and roughly chopped
1½ teaspoons of **salt**

INSTRUCTIONS

Begin by placing the chocolate chips in a medium glass bowl. Meanwhile, quarter fill a medium saucepan with water and bring to the boil before placing the glass bowl of chocolate chips on top to create a bain-marie.

Gently stir the chocolate chips until they become smooth and pourable. Place a piece of baking paper on a baking tray and pour the chocolate onto it until it is around 1 cm thick.

Sprinkle over the salt and then the pistachios for some added crunch before placing the chocolate in the fridge for 1 hour.

Remove from the fridge once the chocolate has become brittle and break into uneven pieces to create the 'bark' effect.

MACROS PER PORTION

CALORIES	130	PROTEIN	2
CARBS	11	FATS	8
FIBRE	1		



OATMEAL RAISIN COOKIES

SERVES: 38

TOTAL TIME: 1 HOUR

INGREDIENTS

60 grams of **raisins**
30 grams of **chickpea (gram) flour**
30 grams of **sorghum flour**
30 grams of **potato starch**
½ teaspoon of **xanthan gum**
½ teaspoon of **baking powder**
½ teaspoon of **ground cinnamon**
½ teaspoon of **ground ginger**
¼ teaspoon of **ground allspice**
¼ teaspoon of **salt**
60 grams of **brown sugar**
60 grams of **granulated sugar**
40 grams of **unsalted butter**, softened
1 teaspoon of **vanilla extract**
1 egg
130 grams of **oats**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Soak the raisins in warm water for around 5 minutes, or until they have become soft and juicy, before draining.

In a bowl, combine both flours, potato starch, xanthan gum, baking powder, cinnamon, ginger, allspice and salt thoroughly.

In a separate bowl, cream together the butter and sugars until well blended and fluffy. Add the vanilla extract and egg and beat into the creamed butter until it has formed a smooth mixture. Gradually add the flour mixture and then scatter in the oats and raisins. Mix until all the ingredients are well combined.

Using an ice cream scoop or metal spoon, scoop the cookie dough onto a baking sheet. Make sure that the scoops are at least 4 cm apart, as they will increase in size as they bake. Cook the cookies in the oven for around 15 minutes, or until the cookies have turned golden on top but are still gooey in the middle.

Leave the cookies to cool for 2 minutes before serving.

The recipe yields quite a lot but these can be kept in an airtight container for quite some time.

If you cannot find sorghum flour, certified gluten-free oat flour is the closest option.

MACROS PER PORTION

CALORIES	62	PROTEIN	1
CARBS	11	FATS	2
FIBRE	1		



COCONUT BOUNTY BARS

SERVES: 14

TOTAL TIME: 10 MINUTES

INGREDIENTS

130 grams of **desiccated coconut**
3½ tablespoons of **maple syrup**
2 tablespoons of **coconut oil**
½ teaspoon of **vanilla extract**
A pinch of **salt**
85 grams of **chocolate chips**
1 teaspoon of **vegetable oil**

INSTRUCTIONS

Start by blending the desiccated coconut, maple syrup, coconut oil, vanilla and salt in a food processor until it forms a smooth and firm mixture.

Remove the coconut mixture from the food processor and form it into chocolate bar shaped patties with your hands and then freeze until firm.

While the patties are firming up, melt the chocolate chips in a small pan. Adding vegetable oil to the chocolate will make the sauce much smoother.

Once the chocolate has melted, dip the patties into the sauce and then return them to the freezer until the chocolate has solidified.

Once the chocolate has become firm, serve as a delicious snack. Any leftovers are best kept in the fridge.

MACROS PER PORTION

CALORIES	104	PROTEIN	1
CARBS	8	FATS	8
FIBRE	2		

