



GAY MAN'S COACHING



GMC PERFORMANCE RECIPE BOOK

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences research and knowledge. The information provided is not to be used in place of proper medical advice.



CONTENTS

BREAKFASTS

- Chickpea Breakfast Bowl (v) 8
- No Bake Breakfast Bars 10
- Spinach and Gouda Omelette 12
- Chocolate Peanut Butter Smoothie Bowl 14
- Potato Egg Bake 16

SIDES & SMALL PLATES

- Panzanella 20
- Beetroot and Goats Cheese 22
- Chicken Satay Strips 24
- Pita Pizza (v) 26
- Sweet Potato Fries 28
- Turkey Roll Ups 30

MAINS

- Butter bean & chorizo stew 34
- Chinese Chilli Beef 36
- Turkey Piccata 38
- Steak and Mushroom Stroganoff 40
- Salmon with Pesto Crust 42
- Spaghetti Bolognese 44
- Chicken and Spinach Pita Pizza 46
- Chicken Cobb salad 48
- Chilli Lime Chicken Bowls 50
- Chilli Sin Carne (v) 52
- Asian Chickpea Salad (V) 54
- Chickpea Curry (v) 56
- Taco Pasta Salad (v) 58
- Vegan Mushroom Bean Burger (v) 60
- Vegan Moussaka Bowls (v) 62

DESSERTS

- Mixed Berry Frozen Yoghurt 66
- No Bake Blondie Bites 68
- Easy Peanut Butter Protein bars 70
- Chocolate Banana Mug Cake 72

BREAKFASTS







CHICKPEA BREAKFAST BOWL (V)

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 400 gram tin of Chickpeas
½ teaspoon Turmeric
½ teaspoon Salt
½ teaspoon Pepper
¼ White Onion diced
2 Cloves Garlic minced
Drizzle Extra Virgin Olive Oil + Mixed Greens
Handful of Parsley minced
Handful of Coriander minced
Avocado slices

INSTRUCTIONS

Empty the chickpeas and some of the water into a bowl. Mash slightly with a fork, leaving some whole.

Mix in turmeric, salt, and pepper until evenly combined.

Heat a drizzle of olive oil in a pan over a medium heat. Sauté the diced onion until soft, then add the garlic and continue sautéing until garlic is fragrant - avoid the garlic turning brown

When onions and garlic are done, add in mashed chickpeas and sauté for a further five minutes.

To assemble the breakfast bowls: Lay some mixed greens at the bottom of the bowls, then top with the chickpea scramble. Top with minced coriander and parsley.

Serve with avocado slices.

MACROS

CALORIES	341	PROTEIN	16
CARBS	36	FATS	16
FIBRE	2		



NO BAKE BREAKFAST BARS

SERVES: 15

TOTAL TIME: 20 MINUTES

INGREDIENTS

160 grams soft dates, chopped
60 grams smooth peanut or almond butter
40 grams honey or agave syrup
4 tablespoons sunflower seeds
4 tablespoons chia seeds
100 grams porridge oats
50 grams, roughly chopped roasted peanuts or almonds

INSTRUCTIONS

Finely chop the dates in a food processor until they form a ball of paste (add 1 tablespoon boiling water if they aren't sticking).

Gently warm the nut butter and honey in a pan until it becomes a smooth, pourable liquid

Stir all the remaining ingredients and the dates in a large bowl, then pour over the nut butter and honey mix.

Mix well until everything is evenly combined. Line a 20 centimetre square tin or container with baking parchment, and pour in the mix., pressing down and into the sides with the back of a spoon.

Cover and chill for 30 minutes, before cutting evenly into bars.

Keep the bars in the fridge or an airtight container for 3 days, or in freezer if you want to keep them longer.

MACROS

CALORIES	145	PROTEIN	4
CARBS	15	FATS	7
FIBRE	3		



SPINACH AND GOUDA OMELETTE

SERVES: 1

TOTAL TIME: 20 MINUTES

INGREDIENTS

4 large egg whites
Sea salt (or Himalayan salt) and ground black pepper (to taste;
optional)
1 teaspoon olive oil
450 grams fresh spinach
90 grams sweetcorn kernels
2 tablespoons shredded smoked gouda cheese.

INSTRUCTIONS

Place egg whites in a small bowl, season with salt and pepper and whisk.

Heat the oil in a non-stick pan on a medium-high heat. Add spinach and stir frequently, for 2 to 3 minutes, or until wilted and reduced in volume, add the corn, stir frequently, for 2 to 3 minutes until warmed through. Set aside and keep warm

Heat a separate pan over medium-low heat and add the egg whites. Do not stir but as they begin to set, lift the edges letting uncooked whites slide below and cook

When eggs are almost set, add spinach mixture and cheese. Cook for a further 1 to 2 minutes, or until heated through.

Gently fold in half and serve

MACROS

CALORIES	246	PROTEIN	22
CARBS	21	FATS	9
FIBRE	4		



CHOCOLATE PEANUT BUTTER SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 frozen bananas
80 millilitres almond milk
2 tablespoons peanut butter
2 tablespoons cacao powder
For topping:
½ a banana sliced
Chocolate granola
Peanut butter to drizzle
Chia seeds

INSTRUCTIONS

Combine the frozen bananas, almond milk, peanut butter, cacao powder, and chia seeds (if using), in a blender.

Purée until a very smooth but thick mixture is formed. You can add a touch of water here if the mix is too thick and not becoming smooth.

Transfer to a bowl and add your choice of toppings.

MACROS

CALORIES	485	PROTEIN	13
CARBS	79	FATS	19
FIBRE	12		



POTATO EGG BAKE

SERVES: 8

TOTAL TIME: 55 MINUTES

INGREDIENTS

1 kilogram potatoes (about 6 medium), peeled and diced
120 millilitres water
125 grams frozen chopped broccoli, thawed
6 green onions, thinly sliced
1 small sweet red pepper, chopped
6 large eggs
8 large egg whites
225 grams low fat cottage cheese
100 grams shredded reduced-fat cheddar cheese
50 grams grated Parmesan cheese
120 millilitres skimmed milk
2 tablespoons dried parsley flakes
½ teaspoon salt
¼ teaspoon pepper

INSTRUCTIONS

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

Place potatoes and water in a microwave-safe dish. Cover and microwave on high for 7 minutes or until tender (test with a fork) then drain well

Spread potatoes in a 13 x 9 inch baking dish coated with cooking spray.

Top with the broccoli, onions and red pepper.

In a large bowl, whisk the remaining ingredients together until blended. Pour over potatoes and broccoli.

Bake, uncovered, for 35-40 minutes or until centre is set.

MACROS

CALORIES	235	PROTEIN	20
CARBS	20	FATS	9
FIBRE	2		

SIDES & SMALL PLATES







PANZANELLA

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 large baguettes, cut into 1-inch cubes
120 millilitres extra-virgin olive oil
3 tablespoons red wine vinegar
1 teaspoon honey
Rock Salt
Freshly ground black pepper
1 large, seedless cucumber, roughly chopped
2 Punnets cherry tomatoes (preferably multi-coloured), halved
1 red onion, chopped
1 clove garlic, minced
1 bunch basil, torn

INSTRUCTIONS

Pre-heat a large heavy frying pan over medium -high heat.

Meanwhile, in a large bowl toss the cubed bread in half the olive oil.

Add bread to the pan and toast for around 10 minutes until it appears golden and crisp.

Set aside on kitchen paper to cool.

In a small bowl, whisk together the dressing ingredients: red wine vinegar, remaining olive oil and honey. Season with salt and pepper.

Add the bread, cucumber, tomatoes, onion and garlic together in a large bowl. Toss with dressing until evenly coated and season with more salt and pepper to your liking.

Garnish with basil and serve.

MACROS

CALORIES	321	PROTEIN	5
CARBS	30	FATS	21
FIBRE	3.2		



BEETROOT AND GOATS CHEESE

SERVES: 4

TOTAL TIME: 2 HOURS

INGREDIENTS

6 small or 4 medium beets (about ½ a kilogram), trimmed and either scrubbed or peeled

60 millilitres balsamic vinegar

2 sprigs fresh rosemary

25 grams goats cheese at room temperature

2 tablespoons milk

2 tablespoons snipped fresh chives

¼ teaspoon salt

¼ teaspoon ground pepper

2 tablespoons extra-virgin olive oil

Pinch of salt to season

Pinch of pepper to season

INSTRUCTIONS

Place the beets, vinegar and rosemary in a single layer in a large saucepan and cover with water by 2 inches.

Bring to a boil, then reduce to a simmer. Cover and continue to cook until the beets are very tender (1 to 1½ hours).

Meanwhile, whisk the goat cheese and milk in a small bowl until smooth, stir in chives, a pinch of salt and pepper then set aside and keep at room temperature.

When the beets are cooked, transfer them to a cutting board. Cut each beet in half then very lightly press on each beet with a plate or jar to flatten it, but not break it up. Sprinkle the remaining ¼ teaspoon salt and pepper on both sides of each beet.

Heat 1 tablespoon of oil in a large pan over medium-high heat. Add half the beets and cook, turning once, until browned on both sides and crispy on the edges. Set aside on a plate then repeat with the remaining beets in the rest of the oil.

Serve each beet topped with a dollop of the goat cheese mixture.

MACROS

CALORIES	170	PROTEIN	5
CARBS	14	FATS	10
FIBRE	3		



CHICKEN SATAY STRIPS

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 tablespoon chunky peanut butter
(without palm oil or sugar)
1 garlic clove, finely grated
1 teaspoon Madras curry powder
Soy sauce
2 teaspoons lime juice
2 medium skinless, chicken breast fillets cut into thick strips
4 inch piece of cucumber, cut into fingers
Sweet chilli sauce, to serve

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a baking tray with non-stick paper.

Mix the peanut butter, garlic, curry powder, a few drops of soy sauce and lime juice in a bowl. Some peanut butters are thicker than others, so add a dash of boiling water to get a coating consistency if required

Add the chicken and coat well. Arrange on the baking sheet, spaced apart, and bake for around 8-10 minutes until cooked, but still moist.

Serve warm with the cucumber fingers, and sweet chilli sauce.

Alternatively, allow to cool and the chicken will keep in the fridge for up to 2 days.

MACROS

CALORIES	276	PROTEIN	41
CARBS	3	FATS	10
FIBRE	2		



PITA PIZZA (V)

SERVES: 4

TOTAL TIME: 18 MINUTES

INGREDIENTS

4 whole-grain pitas
170 grams all-natural spaghetti sauce no salt added
2 leaves fresh basil chopped
60 grams shredded mozzarella cheese
¼ medium onion sliced
1 medium yellow bell pepper sliced into rings

INSTRUCTIONS

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

Top each pita evenly with spaghetti sauce, then a layer of basil, mozzarella, onion, and bell pepper.

Arrange the topped pitas on lined baking sheet.

Bake in the oven for 10 to 12 minutes, or until cheese is melted and bubbling

Serve piping hot

MACROS

CALORIES	248	PROTEIN	11
CARBS	43	FATS	5
FIBRE	6		



SWEET POTATO FRIES

SERVES: 1

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 x 5 inch long sweet potato
1 tablespoon dry grated parmesan cheese
Pinch of cayenne pepper to taste
½ tablespoon extra virgin olive oil

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Remove both ends of the sweet potato and peel. Cut into ½ inch sticks.

Place the potato sticks into bowl and add the rest of the ingredients. Toss until all sticks are covered.

Spray a baking sheet with non-stick cooking spray and arrange sweet potato sticks in a single layer.

Bake for around 30 minutes, turning once, until desired crispness is achieved.

MACROS

CALORIES	195	PROTEIN	4
CARBS	26	FATS	9
FIBRE	4		



TURKEY ROLL UPS

SERVES: 1

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 slice deli turkey breast (use 2 slices if one is too thin)
1 tablespoon garlic flavoured hummus
1 tablespoon crumbled feta cheese
1 slice tomato, chopped
3 pitted Greek olives, chopped
1 - 2 baby spinach leaves, torn into smaller pieces

INSTRUCTIONS

Lay the turkey out flat, spread with a layer of hummus.

Sprinkle the rest of the ingredients over top and roll up inside the turkey breast.

Cut in half and eat.

MACROS

CALORIES	141	PROTEIN	15
CARBS	6	FATS	5
FIBRE	1		

MAINS







BUTTER BEAN & CHORIZO STEW

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

200 grams cooking chorizo
2 x 400 gram tins chopped tomatoes
2 x 400 gram tins drained butter beans
1 tub fresh pesto

INSTRUCTIONS

Slice the chorizo and fry gently in a large saucepan over a medium heat for 5 minutes or until it begins to turn a dark brown.

Add the tomatoes and butter beans, bring to the boil, then simmer for 10 minutes.

Stir through the tub of pesto, season to your liking, divide among 4 bowls and serve.

MACROS

CALORIES	491	PROTEIN	23
CARBS	24	FATS	32
FIBRE	8		



CHINESE CHILLI BEEF

SERVES: 2

TOTAL TIME: 45 MINUTES

INGREDIENTS

250 grams lean beef such as sirloin steak, trimmed of any excess fat
½ a red pepper
4 spring onions ends trimmed
85 grams Tenderstem broccoli spears
100 gram pak choi (baby pak choi is good)
3 tablespoon fresh orange juice
1 teaspoon Chinese rice wine vinegar or white wine vinegar
2 teaspoon dark soy sauce
1 teaspoon hot chilli sauce, such as sriracha
1 medium egg white
½ teaspoon five-spice powder
1 tablespoon cornflour
1½ teaspoons self-raising flour
1 tablespoon plus a separate ½ teaspoon rapeseed oil
2 garlic cloves, finely chopped
2 teaspoon finely chopped root ginger
¼ teaspoon chilli flakes, or a good pinch if you prefer it a bit milder

INSTRUCTIONS

Place the meat in the freezer 25-30 minutes before you plan to start cooking, this will make it easier to slice really thinly.

Deseed and core the pepper and cut it into very thin strips. Slice the spring onions diagonally and slice the broccoli spears in half lengthways and finally, finely slice the pak choi.

Mix together the orange juice, vinegar, soy sauce and chilli sauce and set aside.

Carefully slice the beef very thinly. Then, in a bowl, beat the egg white with a fork until slightly frothy

Stir in the beef, five-spice powder, cornflour, flour and pepper so everything is evenly coated.

Pour 1 tablespoon of the oil into a non-stick wok or frying pan and bring it to a very high heat (test if ready by dropping a small piece of beef in – it should immediately sizzle). Add the beef, stirring so keep the slices separate, and stir-fry for 3-4 minutes. Remove with a slotted spoon and set aside.

Steam the broccoli for 1½ minutes, then sit the pak choi on top and steam for another 45 seconds to 1 minute until cooked but still firm. Remove and cool under running cold water to halt the cooking process. Set aside.

Pour the remaining oil into the wok and heat it again until very hot. Stir fry the garlic, ginger, red pepper and spring onions for 2-3 minutes until starting to brown. Add the chilli flakes, soy sauce and orange juice mix along with 4-5 tablespoons water. As it comes to a boil, stir in the beef and steamed veg, and cook briefly until warmed through.

If you want more sauce you can simply add another 1-2 tablespoons of water. Serve piping hot.

MACROS

CALORIES	389	PROTEIN	33.5
CARBS	26	FATS	16
FIBRE	4		



TURKEY PICCATA

SERVES: 4

TOTAL TIME: 55 MINUTES

INGREDIENTS

3 tablespoons olive oil
750 grams baby potatoes (halve any large ones)
Salt to season
Pepper to season
4 turkey breast steaks
2 garlic cloves, finely chopped
3 tablespoons capers
250 millilitre chicken stock
1 lemon zested and juiced
Small pack dill, roughly chopped
Prepared green salad, to serve

INSTRUCTIONS

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

Toss the potatoes in 2 tablespoons of the oil, season with salt and pepper and roast for around 40 - 45 minutes.

In a large frying pan heat the remaining oil, season the turkey steaks and cook for 2-3 minutes each side until cooked through, then set aside.

In the same pan add the garlic, capers, stock and lemon juice and allow to simmer for 3-4 minutes. Return the turkey to the pan and allow to warm through.

Finally add the dill and lemon zest, stir through then serve with the potatoes and green salad.

MACROS

CALORIES	382	PROTEIN	41
CARBS	29	FATS	10
FIBRE	4		



STEAK AND MUSHROOM STROGANOFF

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tablespoon olive oil
1 red onion, chopped
2 garlic cloves, chopped
1 teaspoon paprika
1 green pepper chopped
200 grams mushroom sliced
2 tablespoon red wine vinegar
150 millilitres beef stock
200 grams lean rump steak, sliced and all fat removed
150 millilitres fat-free fromage frais

INSTRUCTIONS

In a heavy pan heat the oil and fry the onion for a few minutes until soft, add the garlic and paprika and cook for a further 1-2 minutes. Add the pepper and mushrooms, and continue to fry for another 5 minutes or so until soft.

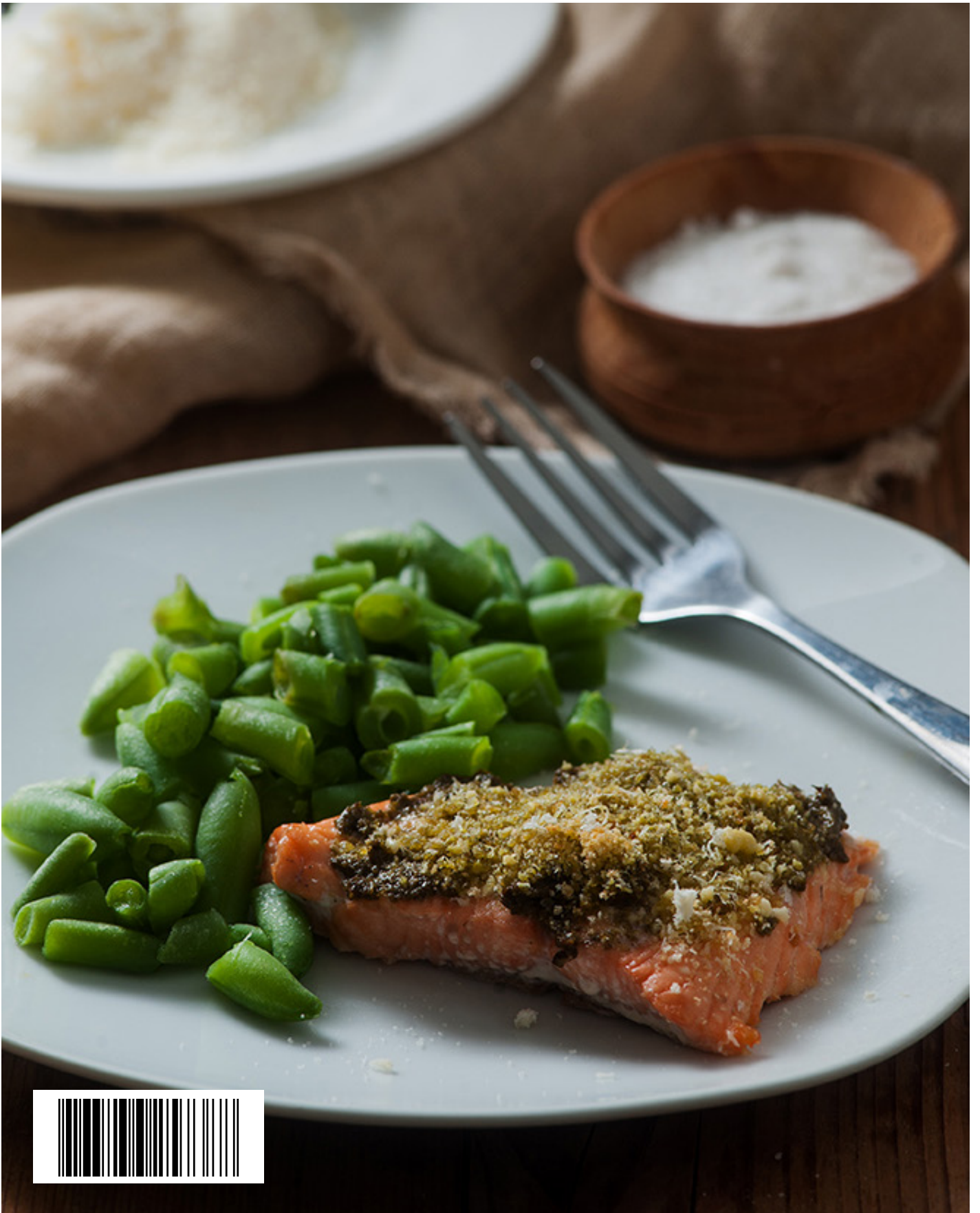
Add the vinegar, bring to a boil and reduce until most of the liquid has evaporated. Pour over the stock and allow to bubble for a few minutes to thicken slightly.

Add the beef and cook for 2-3 minutes (depending on how rare you like it). Stir in the fromage frais and season.

Serve on a bed rice or tagliatelle.

MACROS

CALORIES	271	PROTEIN	33
CARBS	11	FATS	11
FIBRE	3		



SALMON WITH PESTO CRUST

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

4 skinless salmon fillets
4-6 tablespoons fresh pesto
3 tablespoons breadcrumbs
3 tablespoons parmesan cheese finely grated
Olive oil
300 grams green beans

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Arrange the salmon fillets skinned side down, on a non-stick baking tray.

Spread each fillet with some pesto, combine the breadcrumbs and cheese together and sprinkle over.

Drizzle each fillet with some olive oil and bake for 10 minutes.

Boil the green beans for 3-4 minutes until tender and crisp. Drain well, toss in a little olive oil, season to taste with salt and pepper and serve with the salmon

MACROS

CALORIES	511	PROTEIN	42
CARBS	9	FATS	33
FIBRE	3		



SPAGHETTI BOLOGNAISE

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

400 grams lean beef mince
1 onion diced
2 cloves garlic, crushed
40 grams button mushrooms finely diced
2 large carrots grated
1 400 gram tin diced tomatoes
1 tablespoon tomato paste
125 millilitres of water or salt reduced stock
1 handful of chopped parsley
Salt and pepper
Cooking oil spray
210 grams dried pasta
6 tablespoons grated parmesan

INSTRUCTIONS

Coat a large pan with cooking oil spray. Fry the onion and garlic over a medium heat until soft. Add the carrot and mushrooms and fry gently until the mushrooms lose their water.

Add in the beef to the pan and cook until browned, add the tomatoes, tomato paste and water/stock. Bring to a boil then reduce to a simmer for around 10-15 minutes until the liquid has reduced and thickened slightly.

Meanwhile cook the pasta as per the pack directions.

Stir the parsley into the sauce and serve over the pasta, topped with the grated parmesan.

MACROS

CALORIES	270	PROTEIN	21
CARBS	33	FATS	6
FIBRE	2		



CHICKEN AND SPINACH PITA PIZZA

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

4 whole wheat pita bread
1 tin Condensed Low Fat Cream of Chicken Soup
1 tablespoon basil pesto,
¼ teaspoon ground black pepper
450 grams chicken breast
2 roma tomatoes, diced into small pieces
150 grams shredded mozzarella cheese
450 grams fresh baby spinach, loosely chopped
25 grams Parmesan cheese (optional)

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Line a baking sheet with greaseproof paper.

In a large bowl thoroughly mix the soup, pesto and black pepper.

Spread an even amount of the mixture onto each pita to cover then top with chicken, tomatoes, spinach and cheese.

Arrange on the baking sheet and cook for 10-15 minutes until crisp on the bottom and cheese is melted and bubbling.

Serve immediately.

MACROS

CALORIES	580	PROTEIN	57
CARBS	45	FATS	19
FIBRE	6		



CHICKEN COBB SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

230 grams Chicken breast
2 Large eggs
225 grams chopped lettuce of choice,
450 grams Coleslaw mix (the kind without dressing)
2 Strips Bacon, cooked
1 Roma tomato, cubed
40 grams Crumbled Feta cheese
25 grams Green onion, sliced
½ Avocado, chopped
RANCH DRESSING:
65 grams Non-fat Plain Greek yogurt
2 tablespoons Light Ranch dressing of choice
Water, as needed

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4. Coat a baking sheet with cooking spray, arrange the chicken and bake for around 25 - 50 minutes or until no longer pink in the centre

Place the eggs in a pan with enough water to cover by an inch and bring to a boil. Turn off the heat once the water reaches a boil, cover the pot and let it sit for 11 to 12 minutes. Pour out the hot water and refill the pan with cold water.

Mix together the chopped lettuce and coleslaw mix. Divide the mix evenly between two plates or bowls. Crumble the bacon evenly over both plates, followed by the tomato, feta cheese, green onion and avocado.

Slice the chicken, peel and slice the eggs and divide equally between both plates.

Blend the ranch dressing and Greek yogurt, thinning out to desired consistency with water and drizzle over the salads

Serve immediately

MACROS

CALORIES	454	PROTEIN	44
CARBS	17	FATS	21
FIBRE	6		



CHILLI LIME CHICKEN BOWLS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

450 grams boneless skinless chicken breasts or thighs

350 grams sliced bell peppers

500 grams cups cooked rice of choice

CHICKEN MARINADE

2 tablespoons fresh lime juice or juice of 1 lime

2 teaspoons lime zest or zest of 1 lime

2-3 cloves garlic minced or crushed

15 grams cilantro minced

4 tablespoons oil

1 tablespoon brown sugar

2 teaspoons chili powder

½ teaspoon cumin powder (optional)

1 teaspoon salt

¼ teaspoon black pepper

INSTRUCTIONS

In a large bowl, whisk together all the ingredients for the marinade then add the chicken and mix until fully coated.

Preheat grill or skillet to medium-high and grease with a little oil. Remove the chicken from the marinade and add to the pan, discarding any leftover marinade.

Grill the chicken for 5-8 minutes on each side or until cooked through. Remove from the pan, allow to cool and then slice.

Immediately add sliced bell peppers to the same pan. Cook for 3-4 minutes or until they begin to char.

Allow everything come to room temperature then begin assembling the 'bowls'. Assemble 4 airtight containers and add 250 grams of rice to each one, then divide the chicken and bell peppers into each box.

Once cooled seal the lids and refrigerate for up to four days.

MACROS

CALORIES	413	PROTEIN	29
CARBS	46	FATS	14
FIBRE	9		



CHILLI SIN CARNE (V)

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

2 tablespoons olive oil
3 cloves of garlic, minced
1 large red onion, thinly sliced
2 celery stalks, finely chopped
2 medium carrots, peeled and finely chopped
2 red peppers, roughly chopped
1 teaspoons ground cumin
1 teaspoons chili powder
Salt and pepper to taste
2 x 400 gram tins chopped tomatoes
400 gram tin of red kidney beans, drained and rinsed
100 grams split red lentils
400 grams frozen soy mince
250 millilitres vegetable stock

INSTRUCTIONS

Heat the olive oil in a large pan over a medium heat, sauté the garlic, onion, celery, carrots and peppers for a few minutes until softened. Stir in the cumin, chilli powder, salt and pepper.

Next, add in the chopped tomatoes, kidney beans, lentils, soy mince and vegetable stock and simmer for a further 25 minutes.

Serve with some fluffy basmati rice, topped with fresh torn coriander and a squeeze of lime juice.

This recipe freezes well and will also keep for up to 4 days refrigerated.

MACROS

CALORIES	340	PROTEIN	25
CARBS	42	FATS	16
FIBRE	9		



ASIAN CHICKPEA SALAD (V)

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

200 grams red cabbage, shredded
200 grams white cabbage, shredded
1 large carrot, coarsely grated
400 gram tin of chickpeas in water, drained
300 grams frozen soya beans, thawed
25 grams fresh coriander, chopped, plus extra to garnish
75 grams unsalted cashews, toasted
2 tablespoons fish sauce
2 limes juiced
3 tablespoons sweet chilli sauce

INSTRUCTIONS

Add all the salad ingredients, except the cashews, in a large bowl and mix until combined.

In a separate small bowl, whisk together the fish sauce, lime juice and chilli sauce to make the dressing.

Spoon the dressing over the salad and toss well.

Serve topped with the toasted cashews, and garnish with the extra coriander.

MACROS

CALORIES	324	PROTEIN	17
CARBS	32	FATS	15
FIBRE	11		



CHICKPEA CURRY (V)

SERVES: 6

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 medium chilli pepper, cut into thirds
4 large cloves garlic
1 2 inch piece fresh ginger, peeled and coarsely chopped
1 medium yellow onion, chopped
6 tablespoons canola or grapeseed oil
2 teaspoons ground coriander
2 teaspoons ground cumin
½ teaspoon ground turmeric
500 grams no-salt added tinned chopped tomatoes (including juice)
¾ teaspoon rock salt
2 x 400 gram tin chickpeas, rinsed
2 teaspoons garam masala
Fresh cilantro for garnish

INSTRUCTIONS

Add the pepper garlic and ginger together in a food processor and pulse until minced, if you need to, scrape down the sides and pulse again.

Add the onion and pulse again until finely chopped but not puréed and watery. Over a medium-high heat, heat the oil in a frying pan. Add the onion mixture to the pan and cook, stirring occasionally, until softened, add coriander, cumin and turmeric and cook, stirring, for a further 2 minutes.

Meanwhile, pulse tomatoes in the food processor until fine then add to the pan along with the salt.

Reduce heat to a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally for a further 5 minutes.

Serve topped with cilantro, if desired.

MACROS

CALORIES	278	PROTEIN	6
CARBS	30	FATS	15
FIBRE	6		



TACO PASTA SALAD (V)

SERVES: 10

TOTAL TIME: 20 MINUTES

INGREDIENTS

800 grams cooked rotini pasta, rinsed
400 grams cherry tomatoes, sliced in half
1 400 gram tin of corn
1 400 gram tin of black beans, rinsed
4-5 scallions, chopped
260 grams chunky salsa
195 grams taco sauce
½ tablespoon onion powder
½ tablespoon garlic powder
1 teaspoon cumin
1 teaspoon chili powder
Pinch of cayenne pepper

INSTRUCTIONS

Mix the cooked pasta, tomatoes, corn, black beans, scallions, salsa, taco sauce, onion powder, garlic powder, cumin, chili powder and cayenne pepper together in a large bowl until everything is evenly coated.

Cover and refrigerate for at least 15 minutes.

Serve with optional garnish of sour cream, cheese, extra scallions.

MACROS

CALORIES	166	PROTEIN	14
CARBS	24	FATS	2
FIBRE	7		



VEGAN MUSHROOM BEAN BURGER (V)

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tablespoon canola or vegetable oil
1 small onion (white or yellow) diced
1 clove minced garlic
3 diced green onions
½ teaspoon cumin
75 grams diced mushrooms
1 400 gram tin pinto beans
1 teaspoon parsley
Sea salt or Rock salt to taste
Black pepper to taste
2 tablespoons olive oil

INSTRUCTIONS

Sauté the onion and garlic in oil for 3 to 5 minutes until soft. Add the green onions, cumin, and mushrooms and cook for a further 5 minutes, until mushrooms are cooked. At this point if the mix becomes very dry, you can add a little more oil. Once cooked set aside

Meanwhile mash the beans in a large bowl, or alternatively you can pulse them in a food processor.

To the mashed beans add the onion and mushroom mix along with the parsley, salt, and pepper, combine well.

Shape the mixture into patties one inch thick. If you make them too thin, they are likely to break up, too thick, and they will be difficult to cook evenly all the way through.

Heat about two tablespoons of oil over a medium heat and cook each patty until done, this should take about 3 minutes each side.

These are super tasty cooked on a griddle pan!

MACROS

CALORIES	313	PROTEIN	18
CARBS	55	FATS	4
FIBRE	1		



VEGAN MOUSSAKA BOWLS (V)

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 aubergines cut into 1 centimetre slices

2 teaspoons olive oil

4 large ripe tomatoes, halved

A handful of torn flat-leaf parsley

LENTIL MINCE

1 tablespoon olive oil

1 onion finely chopped

1 garlic clove crushed

½ teaspoon ground cinnamon

½ teaspoons smoked paprika

½ teaspoon dried oregano

400 gram tin of chopped tomatoes

400 gram tin of drained and rinsed green lentils

1 teaspoon Marmite

NUTMEG YOGURT

8 tablespoons unsweetened soya yogurt

Pinch of freshly grated nutmeg

Drizzle of extra-virgin olive oil

INSTRUCTIONS

Brush each aubergine slice with olive oil and cook in a hot griddle pan for 5-6 minutes on each side until really soft and starting to char, then grill the tomatoes for 4 minutes, cut-side down.

For the lentil mince heat the olive oil in a large pan over a medium-high heat. Cook the onion until softened but not browned, add the garlic, cinnamon, paprika and oregano, and cook for a further minute, stirring constantly. Add the chopped tomatoes, lentils, marmite and 50 millilitres of water, and allow to simmer for 10 minutes.

Spoon the lentil mince into bowls along with the aubergine slices and griddled tomato halves.

Top with the soya yogurt and garnish with the grated nutmeg a drizzle of extra-virgin olive oil and the flat-leaf parsley

MACROS

CALORIES	241	PROTEIN	12
CARBS	26	FATS	7
FIBRE	14		

DESSERTS







MIXED BERRY FROZEN YOGHURT

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

120 gram plain Greek yogurt
1 scoop vanilla flavoured whey protein powder
¼ teaspoon ground Ceylon cinnamon
Pinch Himalayan salt
120 gram frozen mango
110 gram frozen raspberries

INSTRUCTIONS

Blend the yogurt, protein powder, salt and cinnamon in a small food processor until well combined. Scrape the sides clean and blend again if necessary.

Add the frozen fruits (make sure the fruits are frozen solid) and pulse until they are completely blended into the yogurt. You will likely have to scrape the sides and push the fruit to the bottom of the blender a couple of times.

This dish is meant to be consumed immediately as it will freeze solid if stored in the freezer. However, it can be placed in the freezer for up to 15 minutes to firm up a bit, if you prefer a firmer texture

MACROS

CALORIES	328	PROTEIN	45
CARBS	37	FATS	1
FIBRE	2		



NO BAKE BLONDIE BITES

SERVES: 8

TOTAL TIME: 5 MINUTES

INGREDIENTS

56 grams White Chocolate (we used baking chocolate)
60 millilitres Almond Milk
3 scoops Vanilla Protein Powder
1 1 ounce pack of Sugar and Fat Free White Chocolate Pudding Mix
1 tablespoon Coconut Flour
2 tablespoon Honey

INSTRUCTIONS

Line a small plate or dish with parchment paper and set aside.

Add the chocolate along with 2 tablespoon almond milk into a small bowl. Microwave for 30-45 seconds (stirring every 10 seconds) or until the chocolate is melted.

Mix the coconut flour, pudding mix, and protein powder together before stirring in the melted chocolate mixture. Gradually add the honey and remaining milk until you have a thick mixture that can be formed into balls. (Different protein powders may need different amounts of liquid so If your mixture is too dry, add a further tablespoon of liquid slowly as required)

Once you have the desired consistency, roll the mixture into balls using your hands then roll between your palms to smooth. Placing the mix into the freezer for a few minutes will make this process easier.

Make 8 golf ball size bites, arrange on to the parchment paper and place in the freezer for 10-15 minutes.

Any leftover bites can be kept in the freezer. Just thaw for 5-10 minutes before eating.

Tip: Roll the bites in a mix of protein powder and stevia/sweetener before freezing.

MACROS

CALORIES	119	PROTEIN	10
CARBS	13	FATS	3
FIBRE	0		



EASY PEANUT BUTTER PROTEIN BARS

SERVES: 12

TOTAL TIME: 15 MINUTES

INGREDIENTS

250 grams natural peanut butter
265 grams cup honey
120 grams cups quick oats (not instant)
100 grams vanilla protein powder

INSTRUCTIONS

Line a 9 x 9 inch or a 7 x 11 inch pan with parchment or greaseproof paper.

Heat the peanut butter and honey on high for 30 seconds in a microwave-safe bowl. Stir. Place bowl back in the microwave and heat for a further 30 seconds, stir again.

Mix in the oats and protein powder until combined then immediately spread evenly into the lined pan.

Refrigerate, uncovered for 1 hour then remove from the fridge and cut into 12 bars.

Cover and store in a cool dry place for up to 1 week.

MACROS

CALORIES	294	PROTEIN	21
CARBS	30	FATS	11
FIBRE	3		



CHOCOLATE BANANA MUG CAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

28-30 grams chocolate protein powder
1 small extra ripe banana mashed (120 grams unsweetened apple sauce works too)
¼ teaspoon baking powder
1 pinch sea salt
3 tablespoons liquid egg whites

INSTRUCTIONS

Spray a microwave safe mug or small bowl with non-stick cooking spray.

Mix all the ingredients together, place in the mug or bowl and microwave for 30 seconds. Remove from microwave and stir, microwave for a further 1 minute, stir again then microwave for a final 30 seconds.

If the cake still appears wet at this stage, microwave for a further 15 seconds or so.

Enjoy straight from your mug or transfer to a small plate and serve topped top fresh fruit, Greek yogurt, whipped topping and/or almond butter!

MACROS

CALORIES	210	PROTEIN	23
CARBS	33	FATS	1
FIBRE	4		

