



GAY MAN'S COACHING

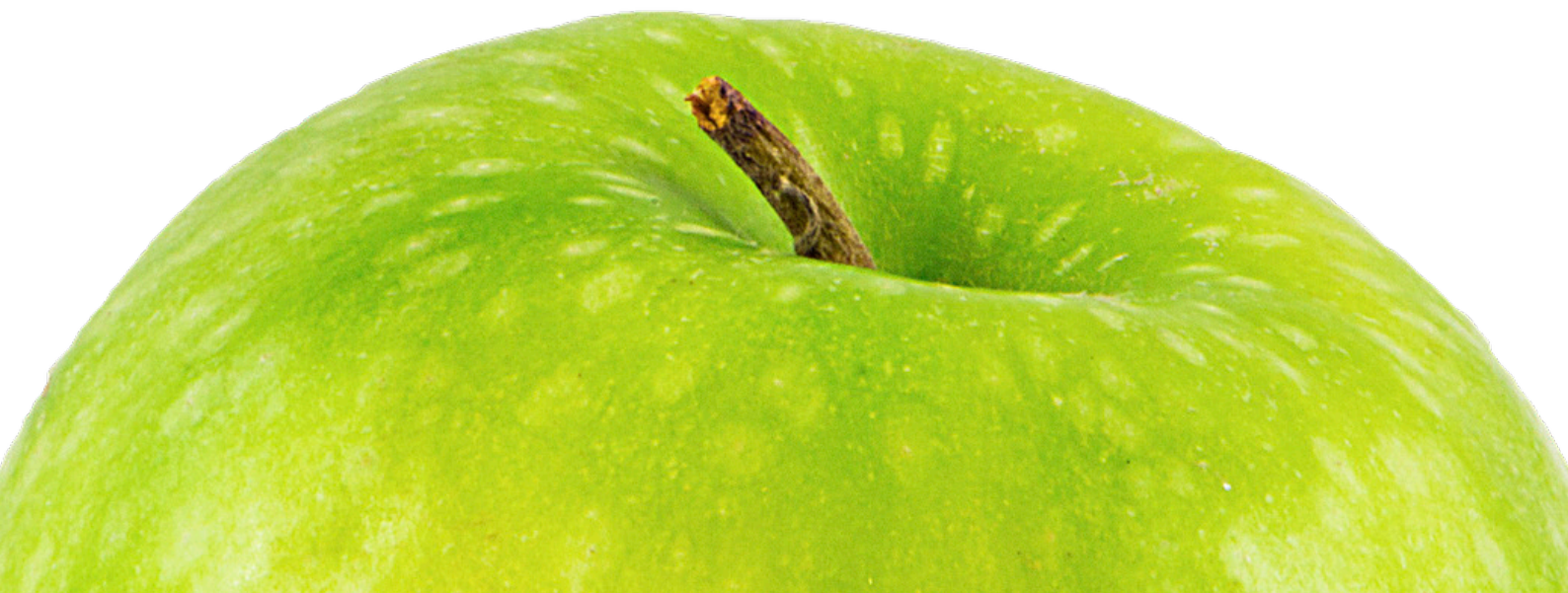


# GMC PERFORMANCE RECIPE BOOK



# DISCLAIMER

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# BREAKFASTS



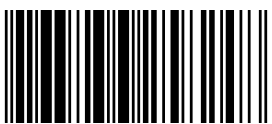








Huevos rancheros is Spanish for 'rancher's eggs' or 'ranch-style eggs'





# HUEVOS RANCHEROS

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

4 6 to 8 inch soft **corn tortillas**  
½ teaspoon **ground cumin**  
400 grams tin **black beans**, rinsed and drained  
1 **chipotle chili in adobo sauce**, diced or ½ teaspoon **crushed red pepper flakes**  
130 grams **mild salsa**  
4 **large eggs**, fried  
¾ cup shredded **Monterey Jack cheese**  
1 ripe **avocado**, sliced

## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Place the tortillas on a baking sheet and place in the oven to warm, about 5 minutes will do, if you don't want crisp tortillas, just cover them in foil.

Meanwhile, gently warm the cumin in a small, dry pan over medium heat until it smells aromatic, then add the beans and chipotle or red pepper. Mix well.

Remove the tortillas from the oven and arrange on a board or serving platter. Spoon some beans onto each, then top with some salsa, 1 fried egg, and some cheese.

Return to the oven and bake until the cheese has melted. Serve warm with the sliced avocado.

Make your own classic fresh salsa or Pico de Gallo as it's also known. Only takes a handful of ingredients and you can make a batch to use over a few days.

## MACROS PER PORTION

CALORIES	337	PROTEIN	17
CARBS	29	FATS	18
FIBRE	9		

A top-down view of a teal bowl with a dark brown rim, filled with oatmeal. A generous portion of orange pumpkin puree is poured over the oatmeal. Several whole, toasted pecans are scattered on top. A dollop of white yogurt is on the right side. The bowl sits on a dark grey surface. To the left, a silver spoon and a teal-handled fork are visible. In the top left corner, a small bowl of pumpkin puree is partially seen. A white circular callout with a purple dotted border is positioned over the bowl. A barcode is located in the bottom left corner of the page.

The world's largest pumpkin pie weighed over 350 pounds and was made with 80 pounds of pumpkin, 36 pounds of sugar, and 144 eggs.





# PUMPKIN PIE OATS

SERVES: 3

TOTAL TIME: 30 MINUTES

## INGREDIENTS

- 65 grams **pecans**
- 2 Teaspoons **coconut oil** (melted)
- 1 Tablespoon **coconut sugar**
- 1 Tablespoon **maple syrup**
- 1 healthy pinch **salt**
- 1 healthy pinch **ground cinnamon**
- PUMPKIN OATS**
- 470 millilitre **water** (replace up to  $\frac{3}{4}$  of the volume with **unsweetened almond milk** for creamier **oats**)
- 1 pinch **sea salt**
- 1 cup gluten-free **steel-cut oats**
- $\frac{1}{4}$  Teaspoon **ground cinnamon** (plus more to taste)
- $\frac{1}{4}$  Teaspoon **pumpkin pie spice**
- 2-3 **Tablespoons maple syrup** (or substitute **coconut sugar** plus more to taste)
- $\frac{1}{4}$  cup **pumpkin butter** (plus more to taste and for topping)

## INSTRUCTIONS

Preheat oven to 350 degrees F (176 C) and arrange pecans on a foil-lined baking sheet.

In the meantime, start your oats by bringing water or almond milk (almond milk will yield a creamier result) to a boil in a small saucepan.

Once boiling, add a pinch of salt, then add oats. Swirl to coat. Then turn heat to low and cover. Simmer for 15-20 minutes or until the water is absorbed and the oats are tender.

In the meantime, add pecans to preheated oven and toast for 5 minutes.

While they're baking, add melted coconut oil, coconut sugar, maple syrup, salt, and cinnamon to a small mixing bowl and whisk vigorously to combine.

Remove pecans from oven and add directly to the oil-spice mixture. Toss to coat, then add back to baking sheet. Bake for another 5-7 minutes or until deep golden brown and fragrant. Remove from oven and set aside to cool.

Once oats are finished cooking, remove from heat and add cinnamon, pumpkin pie spice, maple syrup (or coconut sugar), and pumpkin butter\*. Stir to combine. Then taste and adjust seasonings as needed. I added more pumpkin butter and sweetener.

Divide oats between serving bowls and top with coconut whipped cream (optional), additional pumpkin butter (optional), and maple cinnamon pecans. Ground cinnamon makes a colorful garnish.

Best when fresh. Store leftovers (separate) covered in the refrigerator for 2-3 days. Reheat in the microwave or in a small saucepan over medium heat until warm, adding more water or almond milk if too dry.

## MACROS PER PORTION

CALORIES	472	PROTEIN	9
CARBS	69	FATS	19
FIBRE	8		

If you can't find coconut sugar or don't have in your cupboards use two thirds of a tablespoon of light brown sugar for the  $\frac{1}{4}$  tablespoon of coconut sugar in your recipe.



Green tipped bananas are considered to be the best for cooking side dishes with





# PEANUT BUTTER BANANA BREAD GRANOLA

SERVES: 6

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TOTAL TIME: 50 MINUTES

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## INGREDIENTS

240 grams **old-fashioned rolled oats**  
150 grams **banana chips**, lightly crushed  
100 grams **salted peanuts**  
40 grams **uncooked Quinoa**  
50 grams packed **light brown sugar**  
1 teaspoon **ground cinnamon**  
1 teaspoon **sea salt**  
3 tablespoons **unsalted butter**  
85 grams **creamy natural peanut butter**  
90 grams pure **honey**  
1 medium **ripe banana** finely mashed  
2 teaspoons **pure vanilla extract**

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3 and line two large rimmed baking sheets with parchment paper.

Mix the oats, banana chips, peanuts, quinoa, sugar, cinnamon, and salt together in a bowl.


Gently warm the butter, peanut butter, and honey in a small saucepan over medium-low heat, stirring often, until the butter and peanut butter are both melted. Remove from heat and stir in the banana and vanilla add to the oat mixture and stir until combined.

Spread the granola onto your baking sheets. Bake, rotating the pans a couple of times, until golden brown.

Allow to cool then break the granola into pieces and store in an airtight container up to 1 week.

## MACROS PER PORTION

CALORIES	509	PROTEIN	14
CARBS	64	FATS	24
FIBRE	6		



A good heirloom tomato is botanically a fruit and can have the juiciness and sweetness of a cherry or a grape.





# AVOCADO AND HEIRLOOM TOMATO TOAST

SERVES: 1

TOTAL TIME: 25 MINUTES

## INGREDIENTS

15 millilitre **balsamic glaze**

2-3 slices hearty, **seeded bread**

1 tablespoon **Olive oil**

2 small heirloom or heritage **tomatoes**, thinly sliced

½ a ripe **avocado**

Handful of **fresh basil**, chopped

**Sea salt**

Freshly **ground black pepper**

## INSTRUCTIONS

Coat each slice of bread with a drizzle of olive oil and toast.

Evenly divide the avocado between the pieces of toast and then use the back of a fork to mash the avocado.

Layer the sliced tomatoes on top of the avocado, add a sprinkle of fresh basil, and drizzle with the balsamic glaze.

Garnish with sea salt and black pepper to taste.

Balsamic glaze is the result of the blend of balsamic vinegar and a sweetener, such as honey, maple syrup, or brown sugar, that has been cooked down until it forms into this amazingly scrumptious thick, syrupy concoction.

## MACROS PER PORTION

CALORIES	475	PROTEIN	11
CARBS	48	FATS	28
FIBRE	7		



Not everyone can smell 'asparagus pee' and it is a genetic trait if you can or not.





# ASPARAGUS SOFT EGGS AND TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

4 slices **rustic country bread**  
450 grams **asparagus**, tough ends trimmed  
2 tablespoons **olive oil**  
**Sea salt**  
**Black pepper**  
8 **large eggs**  
25 grams **Parmesan**

## INSTRUCTIONS

Heat your grill to medium and arrange the bread and asparagus on a baking sheet. Drizzle with the oil and season with salt and black pepper.

Grill until the bread is toasted to your liking then transfer to serving plates. Continue to grill the asparagus, tossing once, until tender.

Meanwhile, bring a large saucepan of water to a boil. Lower the eggs into the water, reduce the heat and gently simmer for 6 minutes.

Remove from the pan, allow to cool under running water and peel.

Divide the asparagus evenly among the slices of toast, sprinkle on the Parmesan, and top with the eggs.

Asparagus is available year-round, but spring is the best season for this nutritious vegetable. Crops are harvested from late February to June, with April being the prime month and high season for asparagus

## MACROS PER PORTION

CALORIES	348	PROTEIN	20
CARBS	22	FATS	20
FIBRE	2		

# SIDES & SMALL PLATES













# TOMATO AND MELON SALAD

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

½ ripe green or orange-fleshed melon, cut into large chunks

¼ **cucumber**, peeled and chopped into chunks

3 **vine tomatoes**, chopped

½ bunch **mint** roughly chopped

½ bunch **coriander**, roughly chopped

1 Tablespoon **olive oil**

¼ Teaspoon **mint sauce**

## INSTRUCTIONS

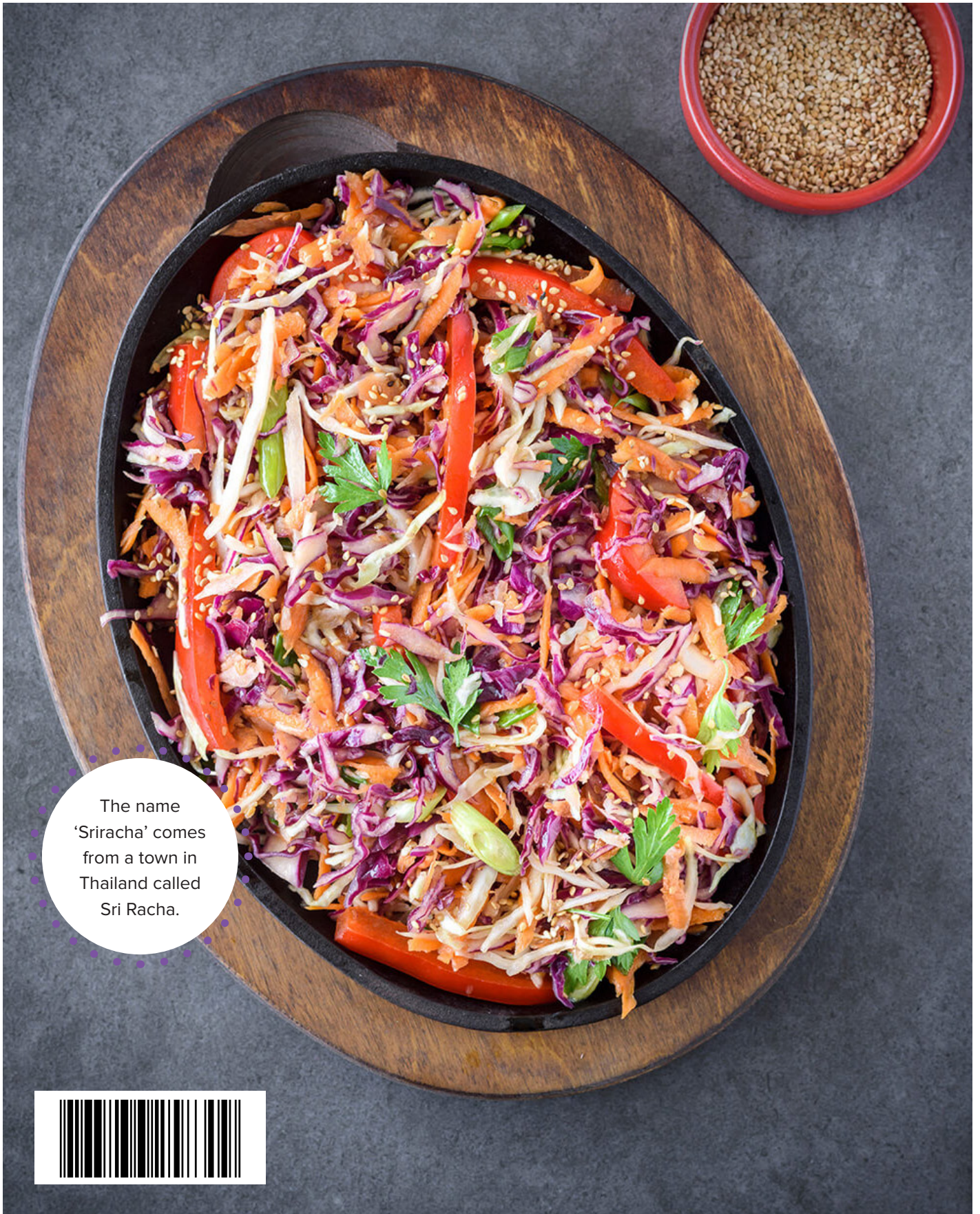
Gently mix together the melon, cucumber, tomatoes and herbs in a large bowl.

Blend the olive oil and mint sauce with some salt and pepper, then pour over the other ingredients and stir again to coat everything in the mint dressing.

Serve chilled, with slices of warm toasted baguette. Enhance the baguettes by rubbing them with a slice of garlic before toasting!

## MACROS PER PORTION

CALORIES	144	PROTEIN	4
CARBS	19	FATS	6
FIBRE	5		



The name  
'Sriracha' comes  
from a town in  
Thailand called  
Sri Racha.





# ASIAN SLAW WITH SESAME AND GINGER DRESSING

SERVES: 8

TOTAL TIME: 15 MINUTES

## INGREDIENTS

2½ tablespoons **rice vinegar**  
2 tablespoons **soy sauce**  
1½ **tablespoons maple syrup**  
1 teaspoon toasted **sesame oil**  
1 teaspoon **sriracha** (optional)  
1 tablespoon freshly **grated ginger**  
1 **garlic clove**, minced  
1 kilograms **shredded cabbage** (red, green or a mix)  
2-3 medium **carrots**, shredded  
1 medium **red bell pepper**, sliced into thin strips  
2 **spring onions** or scallions, chopped  
Handful chopped **fresh coriander**  
1 teaspoon **toasted sesame seeds**

## INSTRUCTIONS

To create the dressing, mix the rice vinegar, soy sauce, maple syrup, sesame oil, sriracha, ginger and garlic together in a small bowl.

Place the cabbage, carrots, bell pepper, scallions and cilantro into a large mixing bowl and combine

Pour the dressing over the vegetables and mix well to ensure everything is evenly coated.

Taste and adjust any seasonings to your liking.

Sprinkle with the toasted sesame seeds and serve immediately

If you're not much of an 'onion' fan half the spring onions or scallions in the recipe or omit them completely.

## MACROS PER PORTION

CALORIES	49	PROTEIN	1
CARBS	9	FATS	1
FIBRE	2		





# ROASTED SPROUTS WITH HAM AND GARLIC

SERVES: 6

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TOTAL TIME: 35 MINUTES

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## INGREDIENTS

- 1 slice **white bread**
- 1.3 kilograms **Brussels sprouts**, trimmed and halved
- 40 grams finely chopped **country ham**
- 2 tablespoons **fresh lemon juice**
- 1 teaspoon **olive oil**
- ½ teaspoon **salt**
- 3 **garlic cloves**, thinly sliced
- Cooking spray**
- 2 tablespoons grated **fresh Parmesan cheese**

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## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Blitz the bread in a food processor pulse until crumbly. Spread the crumbs on a baking sheet and bake for 5 minutes or until golden.

Reserve 3 tablespoons of the toasted breadcrumbs, and set aside the remaining breadcrumbs for another use.

Reduce oven temperature to 190°C/375°F/gas 5.

Combine sprouts with the ham, lemon juice, olive oil, salt and garlic in a baking dish coated with cooking spray, tossing to coat. Bake for 30 minutes or until sprouts are tender and lightly browned on edges.

Combine 3 tablespoons breadcrumbs with the Parmesan cheese and sprinkle over the roasted sprouts.

Serve immediately

### MACROS PER PORTION

CALORIES	69	PROTEIN	5
CARBS	10	FATS	1
FIBRE	4		

On average  
an ear of  
corn has 800  
kernels in 16  
rows.





# MEXICAN STYLE CORN

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

4 ears of **corn**, husked  
1 teaspoon **salt**  
2 tablespoons **mayonnaise**  
Juice of 1 **lime**  
½ tablespoon **chili powder**  
1 tablespoon grated **Parmesan**

## INSTRUCTIONS

Turn on your grill and bring a large pan of water to a boil.

Add the corn and salt to the pan, return to the boil and cook for 5 to 7 minutes, or until the corn until slightly tender, but not cooked right through.

Drain the corn and cook under the grill allowing the kernels to char slightly turning frequently.

Meanwhile, in a bowl blend the mayonnaise and lime juice.

Remove the corn from the grill, paint with some of the citrus mayonnaise, then dust with chili powder and Parmesan.

Serve while piping hot.

A lower calorie alternative to mayonnaise is to mix a little plainyoghurt with a drop of Dijon Mustard.

## MACROS PER PORTION

CALORIES	108	PROTEIN	4
CARBS	4	FATS	9
FIBRE	1		



A single Portabella mushroom can contain more potassium than a banana.





# PAN ROASTED MUSHROOMS

SERVES: 4

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

1 kilograms mixed **mushrooms**  
1 tablespoon **olive oil**  
**Salt and black pepper** to taste  
2 cloves **garlic**, minced  
1 tablespoon **butter**  
Small handful chopped **fresh parsley**

## INSTRUCTIONS

Remove the stems from the mushrooms and wipe the caps with a damp paper towel.

Chop the mushrooms into large, even-sized chunks.

Warm the oil in a large heavy pan over medium-high heat.

Fry the mushrooms single layer batches seasoning each batch with salt and pepper.

Cook until they begin to brown then stir in the garlic and butter.

Cook for a further 3 minutes or so then remove from the heat and add the parsley.

Serve on thick slices of toasted wholemeal bread.

Mushrooms are made up of around 90% water. They're an incredible ingredient for adding a robust flavour and plenty of nutrients to a dish.

## MACROS PER PORTION

CALORIES	71	PROTEIN	3
CARBS	2	FATS	6
FIBRE	2		





# LIME AND CORIANDER BLACK BEANS

SERVES: 2

TOTAL TIME: 12 MINUTES

## INGREDIENTS

125 grams unsalted canned **black beans**

150 grams minced **onion**

1 tablespoon **canola oil**

2 tablespoons **lime juice**

¼ teaspoon **salt**

¼ teaspoon **garlic powder**

4 teaspoons chopped **coriander**

## INSTRUCTIONS

Rinse the beans and drain well.

Sauté onion in the oil over medium heat until soft and translucent.

Add the black beans, lime juice, salt, and garlic powder.

Top with the chopped coriander

A common problem in vegetarian diets is acquiring proper amounts of protein, so black beans and brown rice can be a simple and inexpensive solution.

## MACROS PER PORTION

CALORIES	149	PROTEIN	6
CARBS	19	FATS	6
FIBRE	2		

# MAINS











The red color so characteristic of chorizo is given by a special paprika known as 'pimenton'.





# BUTTER BEAN & CHORIZO STEW

SERVES: 4

TOTAL TIME: 15 MINUTES

## INGREDIENTS

200 grams cooking **chorizo**  
2 400 gram tins **chopped tomatoes**  
2 400 gram tins **butter beans**, drained  
1 jar **fresh pesto**

## INSTRUCTIONS

Heat a large saucepan over a medium heat. Slice the chorizo and fry in the pan with some oil. Allow to fry gently until it begins to turn dark brown.

Add the tomatoes and butter beans, bring to a boil, reduce the heat and simmer for 10 minutes.

Stir in the pesto gently, and form a swirl, season lightly and ladle into four bowls.

Serve hot with a warm crusty baguette.

Chorizo is a highly seasoned chopped or ground pork sausage used in Spanish and Mexican cuisine. Mexican chorizo is made with fresh (raw, uncooked) pork, while the Spanish version is usually smoked.

## MACROS PER PORTION

CALORIES	491	PROTEIN	23
CARBS	24	FATS	32
FIBRE	8		





# STEAK BULGOGI BOWLS

SERVES: 2

TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 **rump steak** trimmed of any visible fat  
1 Tablespoon **gochujang** (Korean **red pepper** paste)  
250g pouch steamed **brown basmati rice**

### Olive oil

1 **carrot**, shredded  
1 **red pepper** thinly sliced  
2 **spring onions** thinly sliced  
1 sheet **nori**, cut into strips  
1 tablespoon **sesame seeds**

### DRESSING

1 teaspoon **gochujang**  
1 tablespoon **soy sauce**  
1 tablespoon **rice wine vinegar**  
1 teaspoon **sesame oil**  
½ **garlic clove**, crushed  
1 teaspoon **grated ginger**

## INSTRUCTIONS

Rub the steak with the gochujang and a good pinch of black pepper. Set aside to marinate for 30 minutes at room temperature.

Heat the rice according to the pack instructions.

Put a little oil in a frying pan over a medium heat. Season the steak with salt and add to the pan, cooking for 2-3 minutes on each side or until cooked to your liking. Allow to rest on a plate for 2 minutes, then slice diagonally thinly.

Whisk all of the dressing ingredients together adding the resting juices from the steak.

Toss the rice in about ¾ of the dressing and divide between bowls. Arrange the veggies, nori and sliced steak in little piles and finish with a sprinkling of sesame seeds and then drizzle over the remaining dressing.

If you can't get your hands on gochujang paste a good alternative is Sriracha.

## MACROS PER PORTION

CALORIES	420	PROTEIN	32
CARBS	42	FATS	12
FIBRE	7		



You only need  
\$150 only to  
survive on ramen  
for a year. Hence  
why it's a big hit  
with students.





# RAMEN NOODLES WITH CHILLI SALMON

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

1 packet ramen or instant **egg** noodles  
750 millilitres chicken or **vegetable stock**  
2 pieces **skinless salmon fillet**  
1 **red chilli** sliced  
2 **spring onions** sliced  
**Soy sauce**  
½ bunch **coriander**, chopped  
1 quartered **lime** or **lemon**

## INSTRUCTIONS

Cook the noodles according to the instructions on the pack and divide between 2 deep bowls.

Bring the stock to a simmer in a deep frying pan, and gently lower in the salmon. Cook for 2 minutes then add the chilli and spring onions and a dash or two of soy sauce and cook for a further 3 minutes or until the salmon is firm to the touch.

Place a piece of the salmon into each bowl and then divide the broth between them.

Serving steaming hot, garnished with coriander and a quarter of lemon or lime.

While traditional soy sauce is low in calories and carbs, it's incredibly high in sodium. A single tablespoon contains over 900 mg, which is more than a third of the maximum recommended daily limit for healthy adults. Opt for the lower sodium version whenever you can.

## MACROS PER PORTION

CALORIES	383	PROTEIN	33
CARBS	23	FATS	18
FIBRE	1		



The first recipe  
for fried chicken  
in the U.S.  
appeared in a  
book published  
in 1825.





# OVEN FRIED CHICKEN

SERVES: 4

TOTAL TIME: 35 MINUTES

## INGREDIENTS

4 medium **chicken breasts**, cut in strips  
4 tablespoons melted **butter**  
100 grams **flour**  
45 grams **Panko breadcrumbs**  
½ teaspoon **salt**  
1 tablespoon seasoning **salt**  
½ teaspoon **pepper**  
2 teaspoon **paprika**

## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and line a rimmed baking sheet with unuttered parchment paper reserving some butter for later

It's worth noting here that if you're using fresh chicken breasts, you should soak them for 15-30 minutes in milk or buttermilk. This will help the coating to stick. I used frozen, thawed chicken breasts so they are already very moist on the outside.

Combine all ingredients besides chicken and butter in sealable bag, add the chicken and shake to coat.

For extra crispy chicken, do a double coat: dip the coated chicken in a little buttermilk or milk, and coat once again in the flour mixture. You would need to make extra coating if you want to do this.

Arrange the chicken on the baking sheet, ensuring you leave a space between each strip, and bake 10 minutes, turn over, and bake another 10 minutes.

Be sure to check to make sure your chicken is cooked, as the thickness will vary the required baking time. You want it to be done but not overdone and dry. Bake for longer as needed.

Transfer to a paper towel to soak up any excess oil then serve immediately with a fresh green salad.

You can make these super crispy by using crushed corn flakes in place of the panko breadcrumbs.

## MACROS PER PORTION

CALORIES	317	PROTEIN	24
CARBS	21	FATS	14
FIBRE	1		





# CHICKEN KATSU CURRY

SERVES: 4

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TOTAL TIME: 40

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## INGREDIENTS

4 skinless **chicken breasts**  
1 large **egg**, beaten  
8 tablespoons finely crushed cornflakes or panko crumbs  
2 **garlic cloves**, crushed  
1-2 tablespoon **Korma paste**  
1 tablespoon **soy sauce**  
4 tablespoons **ketchup**  
2 tablespoons **honey**  
2 tablespoons **cornflour**

## INSTRUCTIONS

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

Dip the chicken in the egg, then coat evenly in the cornflakes or crumbs. Arrange the chicken spaced out on a non-stick baking tray and cook for 15-20 mins or until cooked through.

Add the remaining ingredients in a pan with 500 millilitres of water and heat, stirring constantly until boiling and starting to thicken.

Cover the pan, reduce to a simmer and cook for a further 5 minutes.

Divide the sauce between 4 plates, slice the chicken breasts and arrange on top of the sauce.

Serve with fluffy Jasmin rice, garnished with soya beans and finely sliced red chilli.

## MACROS PER PORTION

CALORIES	319	PROTEIN	34
CARBS	36	FATS	5
FIBRE	0		





# ANTIPASTI RIGATONI

SERVES: 2

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TOTAL TIME: 25 MINUTES

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## INGREDIENTS

10 **black olives**, halved  
100 grams marinated **artichoke hearts** in **oil**, drained and roughly chopped  
2 roasted **red peppers** from a jar, drained and roughly chopped  
5 **Sun Blush tomatoes** in **oil**, drained and chopped  
½ **lemon**, juiced  
250 grams **rigatoni**  
Handful **basil leaves**, torn

## INSTRUCTIONS

Put the antipasti ingredients in a bowl adding 1 tablespoon of oil each from the tomatoes and the artichokes.

Season with salt and pepper and add the lemon and toss well to combine. Set aside.

Cook the pasta according to the packet instructions, then drain well.

Add the pasta to the antipasti bowl along with the basil then toss everything together.

Serve while still hot

## MACROS PER PORTION

CALORIES	410	PROTEIN	11
CARBS	49	FATS	18
FIBRE	5		





# QUICK SUSHI BOWL

SERVES: 2

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 150 grams **sushi rice**
- Pinch **sugar**
- 1 tablespoon **rice vinegar**
- 2 cooked **salmon fillets** (we used teriyaki marinated)
- 1 large **carrot**, cut into ribbons
- 4 tablespoons pickled **red cabbage**
- Handful **radishes**, sliced
- Thumb-sized piece **ginger**, finely sliced
- ¼ **cucumber**, halved longways and sliced
- 1 tablespoon **soy sauce**
- 1 teaspoon **sesame seeds** (optional)

## INSTRUCTIONS

Cook the sushi rice making sure to follow the packet instructions. When cooked, sprinkle with the sugar and vinegar and mix.

Set aside, covered for 5 minutes.

Divide the rice evenly between two bowls and arrange the other ingredients on top.

Serve drizzled with the soy sauce and if using, sprinkle over some sesame seeds.

Do not, however, use an aluminum bowl, as this type of bowl will retain heat differently and give the rice a metallic taste.

## MACROS PER PORTION

CALORIES	498	PROTEIN	27
CARBS	70	FATS	11
FIBRE	4		





# SHREDDED BEEF BRISKET BOWLS

SERVES: 4

TOTAL TIME: 15 MINUTES

## INGREDIENTS

500 grams cooked **white rice**  
Juice of 1 **lime**  
300 grams **Shredded Beef Brisket**, warmed  
200 grams halved cherry or grape **tomatoes**  
200 grams tin low sodium **black beans**, drained and rinsed  
175 grams frozen **corn kernels**, thawed  
75 grams chopped **spring onion**  
1 large **avocado**, pitted and diced  
4 tablespoons chopped **coriander leaves**

## INSTRUCTIONS

Toss together the warm rice and fresh lime juice together in a large bowl, then divide evenly among four serving bowls.

Into each bowl, divide the remaining ingredients evenly.

Garnish each bowl with a tablespoon of chopped coriander leaves.

Cooked brisket you can now find in all manner of supermarkets. If you can't find it some rare roast beef shredded with a little BBQ sauce on it works well.

## MACROS PER PORTION

CALORIES	504	PROTEIN	34
CARBS	57	FATS	17
FIBRE	2		





# CHICKEN ENCHILADA BOWLS

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

2 tablespoons **olive oil**  
1 small **onion** diced  
1 clove **garlic minced**  
1 small **courgette** diced  
45 grams grated **carrot**  
1 large **chicken breast** cubed  
**Salt and pepper** to taste  
½ teaspoon **cumin**  
200 grams tin **black beans** rinsed and drained  
170 grams **red enchilada sauce**  
4 **corn tortillas** sliced  
100 grams grated **cheddar cheese**  
180 grams cooked **rice** per person for serving {optional}  
Any desired toppings: **avocado** sour cream, **coriander**, etc

## INSTRUCTIONS

Heat the oil in heavy frying pan over a medium heat. Sauté the onion, garlic, courgette and grated carrot until they start to become tender.

Stir in chicken and cook for 3 minutes or so or until cooked through.

Stir in salt, pepper, cumin, black beans and enchilada sauce, ensuring everything is mixed well.

Bring to a boil then reduce the heat to low until everything is warmed through and starting to thicken.

Gently stir in pieces of corn tortillas and the cheddar cheese.

Serve piping hot over cooked white rice with your choice of toppings.

If you can't find enchilada sauce try making your own. A fairly simple recipe that takes around 15 minutes to make.

## MACROS PER PORTION

CALORIES	519	PROTEIN	29
CARBS	63	FATS	18
FIBRE	2		



Flank steak has fewer calories and more protein than a ribeye or porterhouse.





# CARNE ASADA BOWLS

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

- 1 flank steak
- ¾ teaspoon sea salt
- ½ teaspoon black pepper
- 2 teaspoons olive oil
- 115 grams chopped white onion
- 120 millilitre unsalted chicken stock
- 400 grams tin unsalted pinto beans, rinsed and drained
- 225 grams chopped romaine lettuce
- 300 grams chopped tomato
- 30 grams tortilla chips
- 1 ripe avocado, thinly sliced
- 40 grams queso fresco or feta cheese, crumbled
- 4 lime wedges

## INSTRUCTIONS

Heat a large, heavy frying pan, coated with cooking spray on a medium-high heat.

Season the steak to your liking with salt and pepper and cook for 5 minutes on each or till done to your preference.

Rest on a cutting board for 5 minutes, then slice across the grain into ¾ inch pieces.

Add some more oil to pan and sauté the onion for 2 minutes. Add ¼ teaspoon of salt, the stock and the beans and bring to a boil. Cook for a further 4 minutes, scraping the pan to loosen any browned bits that have stuck.

Divide the lettuce among 4 shallow bowls. Top evenly with bean mixture, steak, tomato, tortilla chips, and avocado.

Sprinkle with remaining salt, pepper and queso fresco.

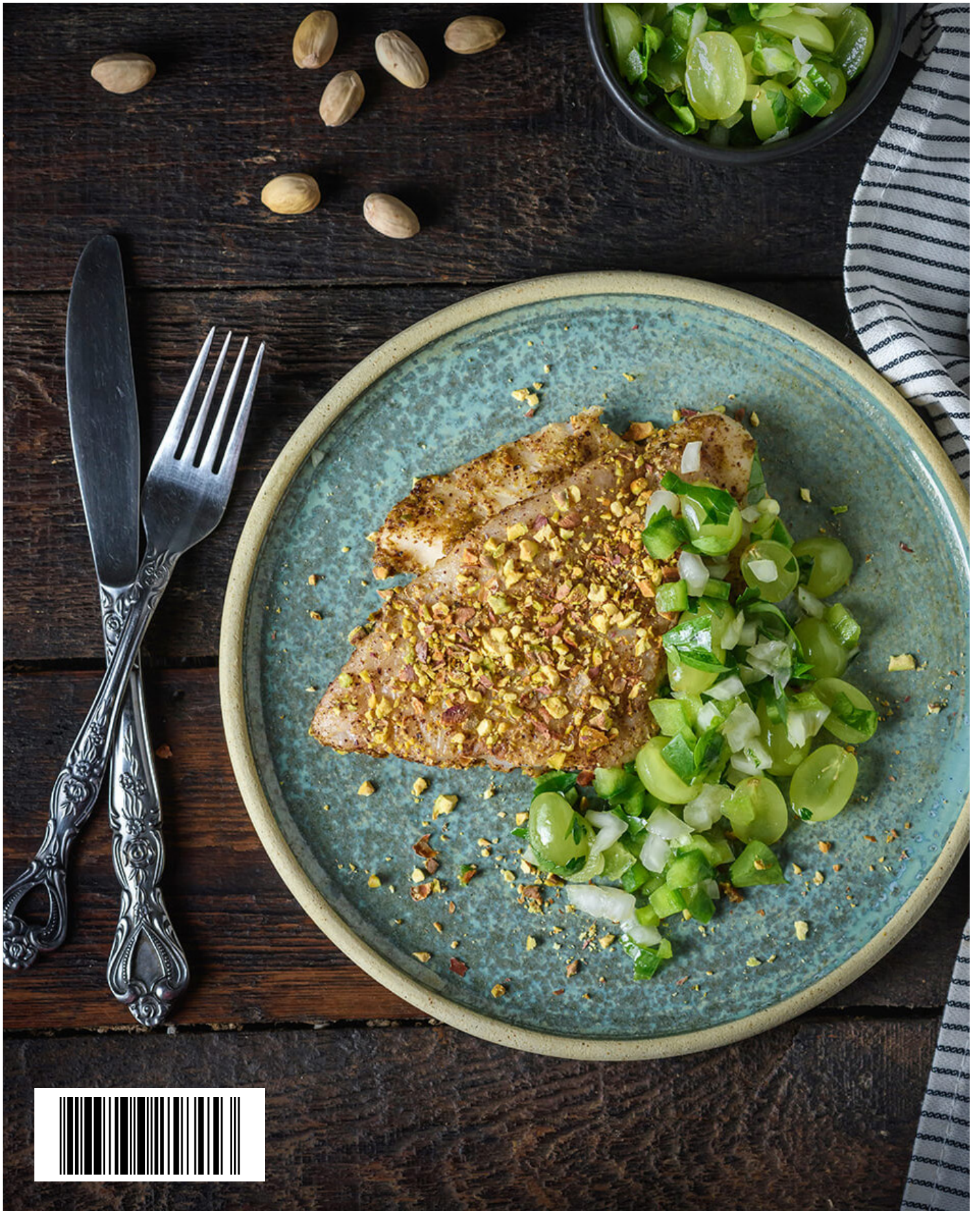
Serve with lime wedges.

Flank steak is also known as skirt steak. French butchers refer to it as bavette, which means 'bib'.

## MACROS PER PORTION

CALORIES	369	PROTEIN	28
CARBS	31	FATS	15
FIBRE	10		







# CRUSTED HALIBUT AND GRAPE SALSA

SERVES: 4

TOTAL TIME: 45 MINUTES

## INGREDIENTS

260 grams **red seedless grapes**, quartered  
40 grams finely chopped Vidalia or other sweet **onion**  
1 small **jalapeño pepper**, seeded and finely chopped  
2 tablespoons **fresh lemon juice**  
1 tablespoon chopped **fresh mint leaves**  
2 teaspoons **olive oil**  
¼ teaspoon **salt**  
¼ teaspoon freshly **ground black pepper**  
For the Fish:  
75 grams shelled, **unsalted pistachios**  
1 teaspoon finely grated **lemon zest**  
¼ teaspoon **salt**  
¼ teaspoon freshly **ground black pepper**  
1 tablespoon **olive oil**  
4 skinless **halibut** fillets  
2 tablespoons **fresh lemon juice**

## INSTRUCTIONS

To make the salsa, add the grapes, onion, jalapeño, lemon juice, mint, olive oil, salt and pepper in a bowl and toss to combine.

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

Meanwhile, place the pistachios in a food processor and process until they form a fine crumb. In a shallow bowl, toss the ground nuts, lemon zest, salt and pepper to combine.

Gently press both sides of each fillet into the pistachio mixture to coat.

Heat the oil in a large, ovenproof, non-stick pan over a medium heat.

Add the fish and cook on both sides until browned. Transfer the skillet to the oven and bake until the fish flakes easily with a fork, around 3-4 minutes depending on the thickness of the fish.

Arrange the fish on a plate and drizzle with the lemon juice.

Serve with the salsa on top or as a side dish.

Substitutes for halibut fillets include fluke, flounder, and turbot; for halibut steaks, you can substitute wild striped bass or cod

## MACROS PER PORTION

CALORIES	260	PROTEIN	39
CARBS	17	FATS	4
FIBRE	3		



Jerk chicken, a spicy  
grilled-meat dish  
mostly associated  
with Jamaica but  
common throughout  
the Caribbean.





# JERK CHICKEN BURGER

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

2 skinless **chicken breasts**  
Few **thyme sprigs**, leaves picked  
1 tablespoon **olive oil**  
2 teaspoons **jerk seasoning**  
1 **lime**, juiced  
2 large **bread rolls**  
½ small **mango**, stoned, peeled and sliced  
1 **tomato**, sliced  
1 Little **Gem lettuce heart**, shredded  
2 tablespoons **mayonnaise** and **ketchup**, to serve (optional)

## INSTRUCTIONS

Wrap the chicken breasts in between pieces of cling film and flatten by beating with a rolling pin to flatten. Then mix the thyme, oil, jerk seasoning and half the lime juice in a bowl. Allow the chicken to marinate in the mixture for 5 minutes.

Heat a griddle pan until hot and cook the chicken for 4-5 mins each side or until cooked through and slightly charred then remove from the heat.

Meanwhile, toast the cut sides of the buns for 1-2 mins.

Place the chicken on the buns and top with the mango, tomato and a handful of the lettuce.

Squeeze over the rest of the lime and top with mayo and ketchup, if required.

## MACROS PER PORTION

CALORIES	417	PROTEIN	38
CARBS	45	FATS	9
FIBRE	4		





# SWEETCORN AND SWEET POTATO BURGERS

SERVES: 10

TOTAL TIME: 1 HOUR 10 MINUTES

## INGREDIENTS

6 large **sweet potatoes**  
2 teaspoons **oil**  
2 **red onions**, finely chopped  
2 **red chillies**, finely chopped (deseeded if you like)  
1 tablespoon **ground cumin**  
1 tablespoon **ground coriander**  
340 grams canned **sweetcorn**, drained  
Small bunch **coriander**, chopped  
200 grams **polenta**  
Buns, **salsa**, **onion** and **salad** leaves, to serve

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Pierce the potato skins and bake for 45 mins until really soft. Set aside to cool.

Meanwhile, heat the oil in a small pan, add the onions and chillies, and cook for 8-10 mins until soft. Leave to cool.

Peel the potatoes and add the flesh and place in a bowl with the chilli and onions and mash together with the spices until smooth.

Using your hands, mix in the sweetcorn, coriander, half the polenta and some of the seasoning. Shape the mixture into 10 burgers. Carefully dip each one into the remaining polenta and dust off any excess.

Place burgers on oiled baking trays and allow chill for at least 30 mins.

Cook the burgers in a lightly-oiled non-stick frying pan for 10 mins each side until nicely browned.

Alternatively, heat your oven to 220°C/425°F/gas 7 and cook on oiled baking trays for 15 mins.

Serve in buns with a dollop of salsa, some onion and salad leaves.

These are amazing cooked on a barbecue but be wary not to put directly on the bars as they won't hold together like a traditional burger.

## MACROS PER PORTION

CALORIES	252	PROTEIN	5
CARBS	54	FATS	2
FIBRE	6		





# SOUTHWESTERN CHICKEN SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

Marinade/Dressing:

4 skinless, boneless **chicken thigh** fillets

2 tablespoons **olive oil**

70 millilitre freshly squeezed **lime juice**

4 tablespoons **fresh** chopped **coriander** (or **flat-leaf parsley**)

2 cloves **garlic**, crushed

1 teaspoon **brown sugar**

½ -¾ teaspoon **red chilli flakes** (adjust to your preference of spice)

½ teaspoon **ground Cumin**

1 teaspoon **salt**

65 grams plain Greek yogurt or sour cream

**Salad:**

300 grams romaine or cos lettuce leaves, washed and dried

200 grams **cherry tomatoes**, halved

1 ripe **avocado**, sliced

60 grams **black beans**, washed and rinsed

60 grams **corn**, washed and rinsed

## INSTRUCTIONS

Whisk marinade ingredients except the Greek yoghurt together to combine.

Pour half the marinade into a shallow dish and marinate the chicken fillets for two hours.

Refrigerate the reserved untouched marinade to use as the dressing.

Heat about one teaspoon of oil in a grill pan or skillet over a medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. DO not over crowd the pan or the chicken will release too much water and just boil. Once cooked, set aside and allow to rest..

Slice the chicken into strips and prepare a salad of leaves, tomatoes, avocado slices, black beans, corn and layer the chicken on top.

Prepare the dressing by mixing the remaining marinade with the Greek yogurt; mix well to combine and drizzle over the chicken.

## MACROS PER PORTION

CALORIES	445	PROTEIN	32
CARBS	39	FATS	20
FIBRE	11		



Ponzu is made by boiling mirin, rice vinegar, bonito flakes, seaweed (konbu).





# POKE TUNA SALAD

SERVES: 1

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

- 1 tablespoon **vegetable oil**
- 1 tablespoon **ponzu sauce**
- ½ teaspoon prepared **wasabi**
- 100 grams sushi grade **tuna** diced in large chunks
- ¼ **mango** diced in large chunks
- 50 grams store-bought **seaweed salad**
- ½ teaspoon **black sesame seeds**
- 225 grams loosely packed **spring lettuce** mix
- ½ **avocado** sliced
- ¼ teaspoon **sea salt**

## INSTRUCTIONS

In a small bowl, whisk the vegetable oil, ponzu sauce and wasabi until well blended.

Add the tuna, mango and seaweed salad to a bowl and drizzle with 1 tablespoon or so of the dressing. Sprinkle with the sesame seeds and stir to coat.

In a different bowl, add the lettuce and avocado and top with the tuna mixture. Drizzle with more dressing as desired and sprinkle with sea salt and more sesame seeds.

Serve immediately.

If you can't find ponzu sauce you could try making your own or substitute for some teriyaki or sweet chilli sauce. Just omit the wasabi from the initial stages.

## MACROS PER PORTION

CALORIES	505	PROTEIN	32
CARBS	24	FATS	32
FIBRE	5		

# DESSERTS













# VEGAN PEACH COBBLER

SERVES: 8

TOTAL TIME: 1 HOUR

## INGREDIENTS

75 grams **vegan butter**

For the Peach **Filling**

5 large ripe **peaches**, peeled and sliced

150 grams **sugar**

1 teaspoon **ground cinnamon**

¼ teaspoon **salt**

For the Batter

125 grams **all-purpose flour**

175 grams **granulated sugar**

2 teaspoons **baking powder**

¼ teaspoon **salt**

240 millilitres unflavoured and unsweetened **non-dairy**

**milk**

1 teaspoon **vanilla extract**

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4. Butter a baking dish, and place the dish in the oven as it warms, to melt the butter.

To make the filling, stir the peaches, sugar, cinnamon and salt together in a medium saucepan and set it over medium heat., stirring occasionally, until the peaches begin to soften up and release their juices.

Remove the pot from heat and set it aside.

To make the batter, stir the flour, sugar, baking powder, and salt together in a large mixing bowl, then in a separate bowl stir together the milk and vanilla. Then add the milk mixture to the flour mixture and stir until completely mixed.

Pour the batter into the warmed baking dish then spread the peach mixture over the batter.

Bake until the peach mixture is very bubbly and the batter is set and lightly browned in spots.

Remove the dish from the oven and allow to cool until just warm before serving.

Serve in bowl or on plates with a scoop of vanilla ice cream

## MACROS PER PORTION

CALORIES	297	PROTEIN	3
CARBS	56	FATS	8
FIBRE	2		



A Snickerdoodle is a drop cookie topped with ground cinnamon and sugar.





# SNICKERDOODLE PROTEIN BITES

SERVES: 28

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TOTAL TIME: 10 MINUTES

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## INGREDIENTS

115 grams **peanut flour** or oat **flour**  
75 grams **vanilla protein**  
90 grams caramel chips or chopped caramel candy bits  
1 tablespoon **cinnamon**  
¼ teaspoon **sea salt**  
¼ teaspoon **butter extract** (optional)  
¼ teaspoon **vanilla extract**.  
175 grams **honey** or **maple syrup**  
125 grams **nut butter** of choice

## INSTRUCTIONS

Mix all the dry ingredients together in a large bowl.

Next add the nut butter, extracts, and the honey.

Mix well (it's easiest to just use your hands) and roll into bite size balls. Increase the amount of honey and nut butter if they end up being too dry to roll. It largely depends on type of protein you use

You can then them in the extra protein or cinnamon powder after you roll.

Freeze or keep in refrigerator to maintain freshness.

### MACROS PER PORTION

CALORIES	65	PROTEIN	3
CARBS	8	FATS	3
FIBRE	1		





# DARK CHOCOLATE PEANUT BUTTER CUPS

SERVES: 9

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TOTAL TIME: 45 MINUTES

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## INGREDIENTS

170 grams **dark chocolate** (60-70% cocoa), chopped  
125 grams natural **peanut butter**,  
3 Tablespoon **coconut oil**

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## INSTRUCTIONS

Melt the chocolate in a large bowl placed over, but not touching, a pot of boiling water.

Add the chocolate and 2 tablespoons of the coconut oil and allow both to melt completely, while stirring occasionally. When melted turn off the heat, but leave the bowl on the pot to keep warm.

In a small bowl, combine the peanut butter with the remaining tablespoon of coconut oil.

Line a muffin tin with cupcake liners then pour enough of the melted chocolate mixture to cover the bottom of each liner and set them in the freezer for about 5 minutes.

Once set, add a small scoop of the peanut butter mixture into the centre of the cup and gently flatten with your thumb or the back of a spoon then pour enough melted chocolate over the peanut butter to cover the top.

Pop back into the freezer for about 25-30 minutes to completely set.

If you're not going to devour these right away, make sure to remove the peanut butter cups from the freezer about 30 minutes before serving and place them into the fridge to thaw and soften enough to eat.

## MACROS PER PORTION

CALORIES	221	PROTEIN	7
CARBS	19	FATS	13
FIBRE	6		



Unless you want  
forearms like  
popeye using  
an electric whisk  
would be a good  
option.





# TIRAMISU

SERVES: 4

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TOTAL TIME: 25 MINUTES

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## INGREDIENTS

3 **egg whites**  
30 grams **icing sugar**  
115 grams whipped **low fat cream cheese**, softened at room temperature  
120 millilitres **strong espresso**  
120 millilitre **coffee liqueur**  
200 grams angel food cake or ready made sponge cake  
30 grams **dark chocolate**, finely shaved  
Espresso grounds or **cocoa powder** (optional)

## INSTRUCTIONS

Beat the egg whites until they form soft peaks then add the sugar and lightly fold it into the whites.

Place the cream cheese in a large bowl and slowly fold in half of the whipped whites, once mixed, lightly fold in the remainder.

Combine the espresso and coffee liqueur, set aside and place a layer of cake in the bottom of 4 large wine glasses.

Spoon enough of the coffee mixture over the cake to soak thoroughly.

Divide the cream cheese mixture between the glasses, then top each with a good mound of dark chocolate shavings.

Garnish with a dusting of espresso grounds and/or cocoa powder if you like.

If you want this to be alcohol free a coffee flavour syrup is a great alternative. If you want to keep the calories down there are heaps of low calorie versions.

## MACROS PER PORTION

CALORIES	339	PROTEIN	10
CARBS	41	FATS	16
FIBRE	1		

