



GAY MAN'S COACHING



# GMC PERFORMANCE RECIPE BOOK

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# BREAKFASTS













# VEGETARIAN BREAKFAST CASSEROLE

SERVES: 6

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TOTAL TIME: 3 HOURS

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## INGREDIENTS

400 grams **sausage substitute**

6 **eggs**

1 tablespoon **onion**, chopped

340 millilitres **milk**, soy **milk** or **rice milk**

50 to 75 grams shredded **cheddar cheese**

4 slices **wholegrain bread**

1 tablespoon **cooking oil**

Optional: Large handful of **spinach**

## INSTRUCTIONS

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

Brown the sausage and onion in a little oil over a medium heat.

Line the bottom of a 9 x 9 pan with the sausage substitute. Cut one inch strips from the bread and lay them across the sausage to cover.

Beat the eggs and milk together in a bowl. If required, finely chop the spinach, add to the egg and pour evenly over the bread slices in the pan. Finally sprinkle with shredded cheese.

Ideally, cover and refrigerate overnight or for at least 2 hours.

Bake uncovered for 35 to 45 minutes until golden on top.

Cut in 6 squares and enjoy while it's hot!

## MACROS PER PORTION

CALORIES	323	PROTEIN	18
CARBS	11	FATS	23
FIBRE	1		



Of course you don't have to use black salt to season your dish. Sea salt or Himalayan salt works well too.





# VEGAN BREAKFAST TACOS

SERVES: 4

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TOTAL TIME: 40 MINUTES

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## INGREDIENTS

1 tablespoon **olive oil**  
1 large **garlic clove**, finely chopped  
2 small **spring onions**, sliced  
10 **cherry tomatoes**, halved  
350 grams silken (firm) **tofu**  
1 teaspoon **turmeric powder**  
Black **salt** (kala namak), to taste  
125 grams cooked **black beans**  
1 **avocado**, sliced  
**Sambal oelek** (to serve)  
4 soft **tortillas** (to serve)

## INSTRUCTIONS

Fry the chopped garlic and spring onions in 1 tablespoon olive oil over low-medium heat, stirring frequently, until both soften.

Place the tomato halves cut side down on the pan and fry them in the same oil gently until they soften.

Make some room and add a block of silken tofu breaking it into small pieces with a fork.

Sprinkle with turmeric and black salt, stir and fry for another two minutes, just to warm through.

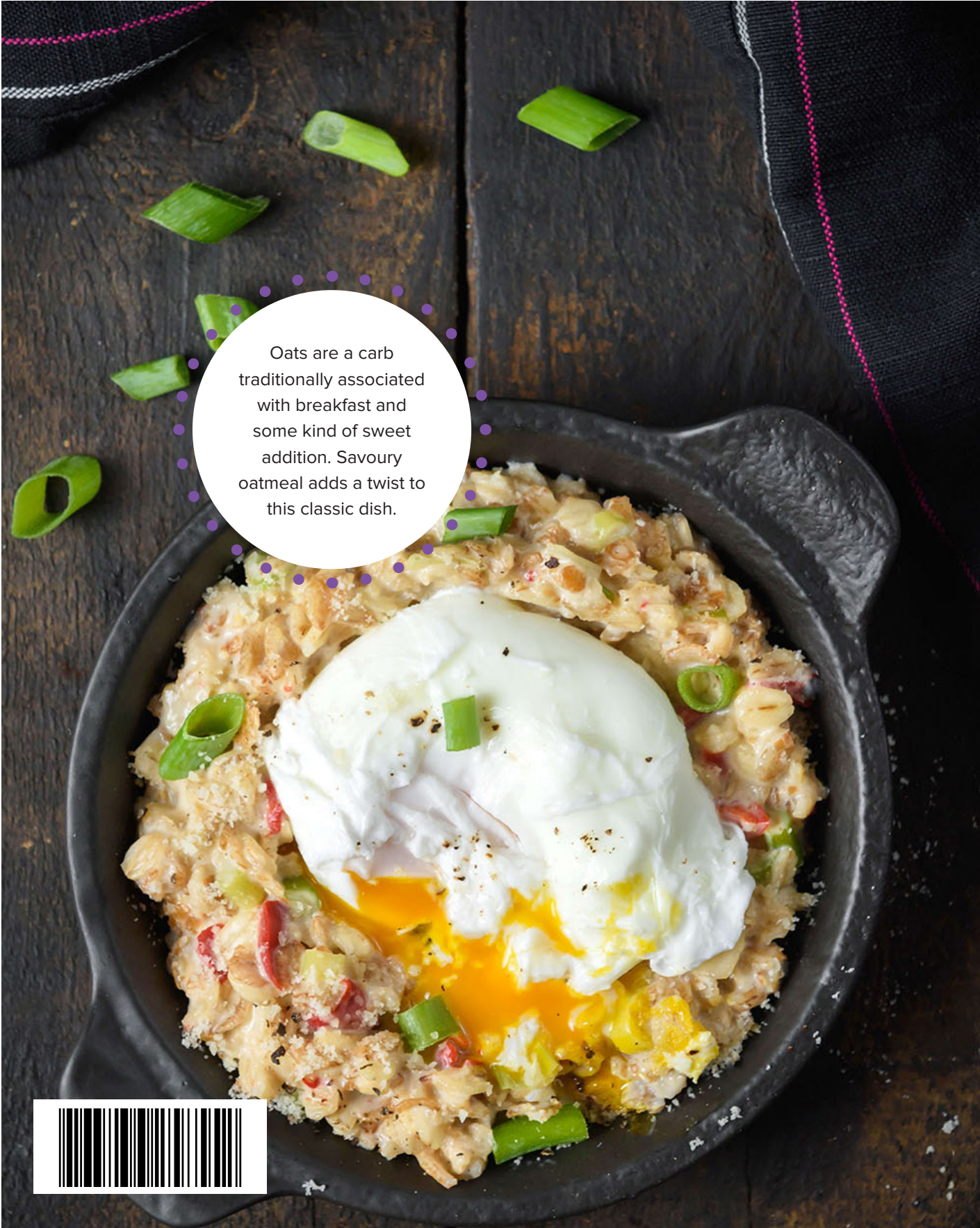
Taste and adjust the seasoning.

Pile black beans and tofu scramble onto warm tacos, decorate with avocado slices, black pepper, spring onion and chilli paste.

Consume immediately.

## MACROS PER PORTION

CALORIES	378	PROTEIN	19
CARBS	42	FATS	16
FIBRE	2		



Oats are a carb traditionally associated with breakfast and some kind of sweet addition. Savoury oatmeal adds a twist to this classic dish.





# SAVOURY OATMEAL

SERVES: 1

TOTAL TIME: 20 MINUTES

## INGREDIENTS

- 1 teaspoon **olive oil**
- 1 **scallion**, thinly sliced, greens and whites separated
- ½ **bell pepper**, cored and chopped
- 1 clove **garlic**, minced
- Salt and pepper**
- 40 grams **rolled oats**
- 240 millilitres **semi skimmed milk**
- 1 large **egg**
- ½ teaspoon **white vinegar**
- 30 grams **Parmesan cheese** grated

## INSTRUCTIONS

Gently fry the onion whites, bell pepper, and garlic. Season and continue to cook until soft.

Add oats and milk, bring to a boil, then reduce to a simmer and cook until mixture starts to thicken but is still slightly wet, about 5 minutes should do.

Then stir in parmesan and onion greens.

Keep the oatmeal warm by covering the pot and turn the heat down to low.

Poach the egg in swirling, simmering water for 3 minutes. Use a slotted spoon to remove from the pan and drain off excess water.

Serve the oatmeal in a bowl immediately, topped with the poached egg.

Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables.

## MACROS PER PORTION

CALORIES	409	PROTEIN	24
CARBS	45	FATS	15
FIBRE	5		



If you're a fan of cherries grabbing them from the freezer aisle ensures you can have them year round.





# CHERRY COCONUT OVERNIGHT OATS

SERVES: 1

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TOTAL TIME: 6 HOURS

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## INGREDIENTS

190 grams low fat **Greek yogurt**  
25 grams **rolled oats**  
80 millilitres **light coconut milk**  
12 **fresh** (or frozen and thawed) **cherries**, pitted  
1 tablespoon unsweetened **shredded coconut**  
1 teaspoon **honey**  
¼ teaspoon **vanilla extract**  
Pinch **salt**

## INSTRUCTIONS

In a mason jar or resealable container, mix all the ingredients until well combined.

Cover and refrigerate at least 6 hours or overnight.

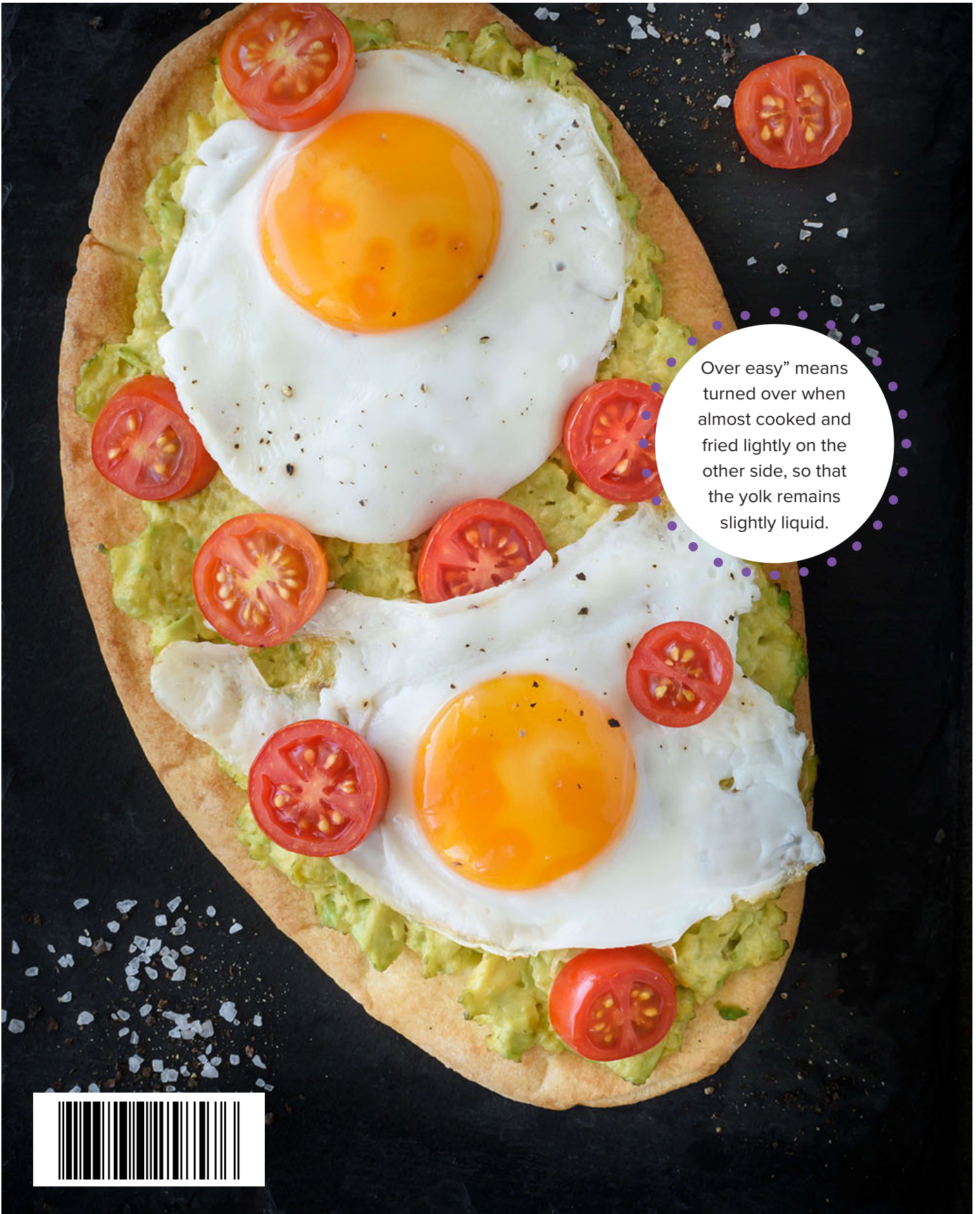
If the mixture is a little thick in the morning add a little more milk.

Stir and serve cold.

Cherries are especially high in polyphenols, a large group of plant chemicals that help fight cellular damage, reduce inflammation, and promote overall health.

## MACROS PER PORTION

CALORIES	402	PROTEIN	20
CARBS	47	FATS	16
FIBRE	7		



Over easy” means turned over when almost cooked and fried lightly on the other side, so that the yolk remains slightly liquid.





# EGG AND AVOCADO FLATBREAD

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

1 Flatbread or Naan  
1 tablespoon **Olive Oil**  
1 pinch **salt**  
1 ripe **Avocado** peeled and seed removed  
1 teaspoon **red pepper flakes**  
8 **cherry tomatoes** sliced  
2 **eggs** fried over easy  
**Salt and pepper** to taste

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## INSTRUCTIONS

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

Place flatbread on a flat baking sheet, drizzle on some olive oil and sprinkle with salt.

Bake until the bread begins to toast.

Meanwhile, roughly mash the avocado with the red pepper flakes.

Once the flatbread is warmed, spread with the mashed avocado almost to the edges.

Top with sliced tomatoes and fried eggs.

Sprinkle with salt and fresh ground black pepper to taste, if desired.

Serve warm.

### MACROS PER PORTION

CALORIES	519	PROTEIN	16
CARBS	44	FATS	32
FIBRE	3		

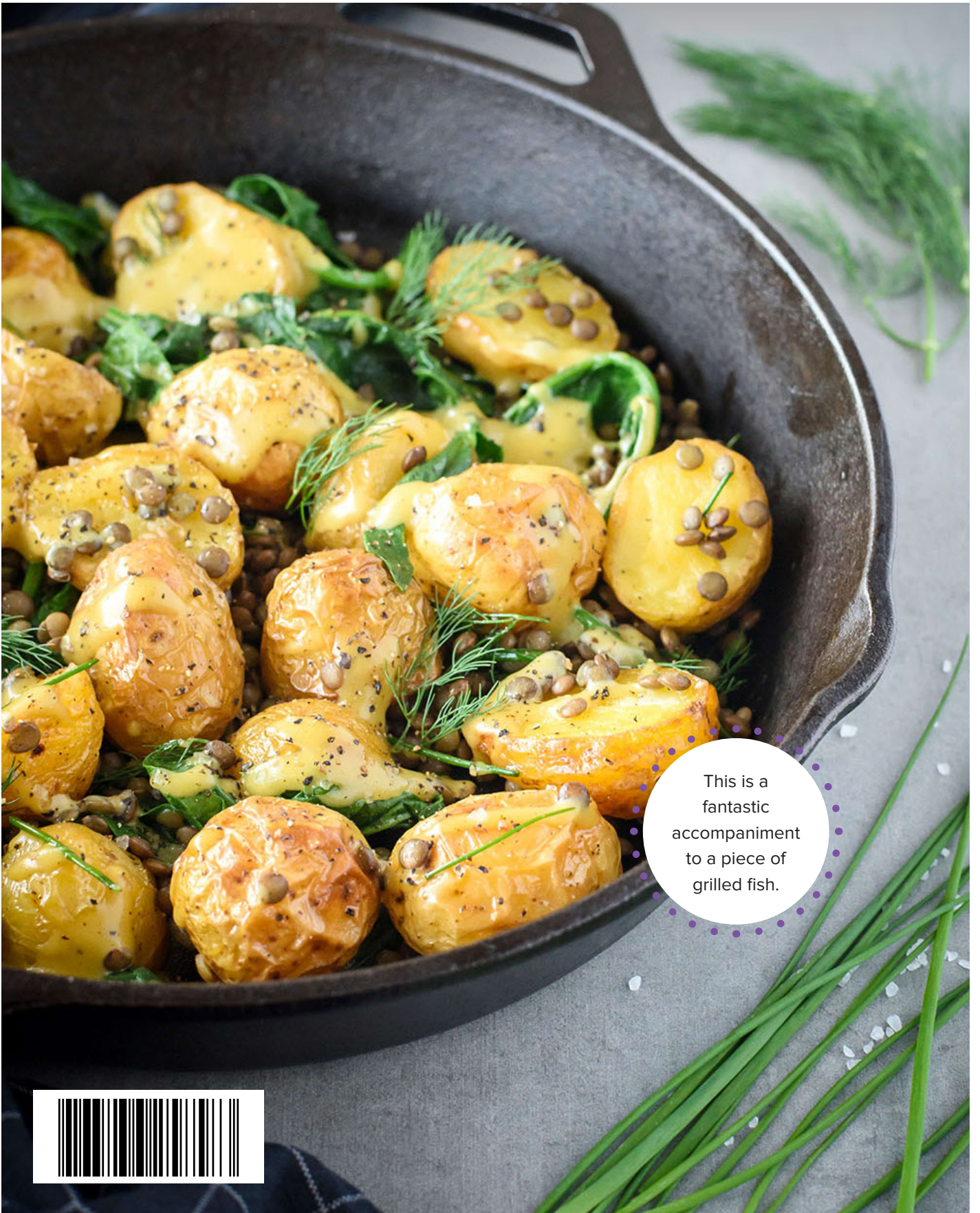
# SIDES & SMALL PLATES











This is a fantastic accompaniment to a piece of grilled fish.





# ROASTED NEW POTATO SALAD WITH LENTILS

SERVES: 4

TOTAL TIME: 1 HOUR

## INGREDIENTS

1 kilogram **new potatoes**  
1 tablespoon **avocado oil**  
1 teaspoon **sea salt**  
150 grams cooked **lentils**  
450 grams **fresh spinach**  
Herb dressing:  
50 millilitres **extra virgin olive oil**  
10 grams **dill**, finely chopped  
10 grams **chives**, finely chopped  
2 tablespoons **white wine vinegar**  
1 teaspoon **Dijon mustard**  
½ teaspoon **honey** or **maple syrup**  
½ teaspoon **sea salt**  
½ teaspoon **black pepper**

## INSTRUCTIONS

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

Scrub the potatoes and cut any larger ones so that they're all roughly the same size (about the size of a golf ball). Coat with the avocado oil and salt and roast on baking tray lined with parchment paper.

Roast for 50-60 minutes, or until golden.

To make the dressing, add the dill and herbs to a small bowl or jar, then add the remaining ingredients and stir to combine.

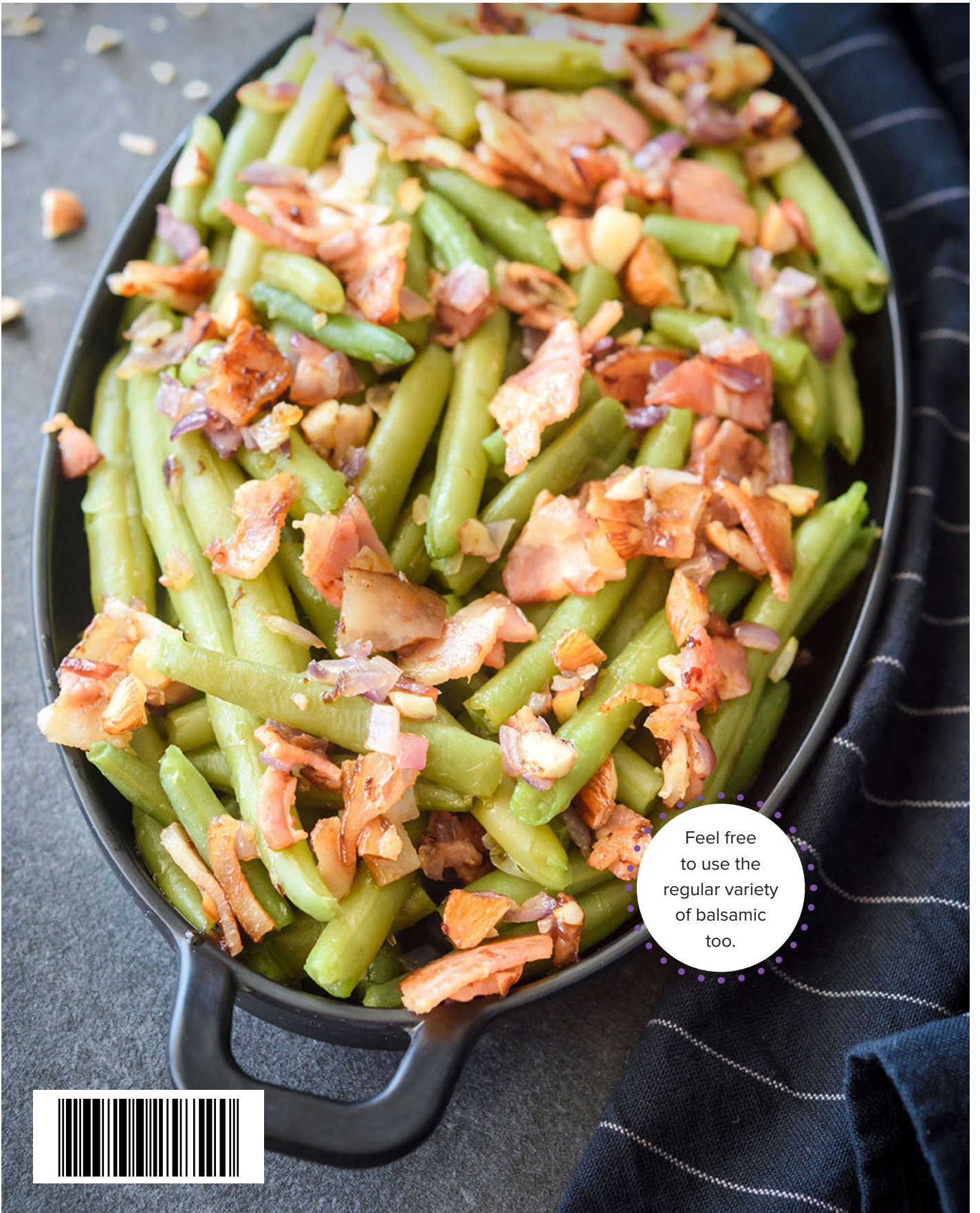
Place the hot potatoes in a large bowl with the lentils and spinach. Pour over the dressing and stir until the potatoes are fully coated and the spinach is wilted.

Serves well either warm or cold.

As members of Brassica or Sinapis genera, mustard plants are close relatives to broccoli.

## MACROS PER PORTION

CALORIES	371	PROTEIN	10
CARBS	46	FATS	17
FIBRE	5		



Feel free to use the regular variety of balsamic too.





# GREEN BEANS WITH BACON- BALSAMIC VINAIGRETTE

SERVES: 8

TOTAL TIME: 15 MINUTES

## INGREDIENTS

1 kilogram **green beans**

2 **bacon slices**

55 grams minced **shallots**

3 tablespoons coarsely chopped **almonds**

2 tablespoons **brown sugar**

60 millilitres **white balsamic vinegar**

## INSTRUCTIONS

Boil the beans for 2 minutes.

Rinse under cold water. Drain well and set aside.

Cook the bacon in a pan until crisp. Remove, crumble and set aside.

Sauté the shallots in the same pan for 1 minute, then add almonds and sauté for a further 1 minute.

Remove and allow to cool, add sugar and vinegar stir until the sugar dissolves then add the crumbled bacon.

Pour vinaigrette over beans, tossing gently to coat.

White balsamic vinegar, blends white grape must with white wine vinegar and is cooked at a low temperature to avoid darkening.

## MACROS PER PORTION

CALORIES	75	PROTEIN	3
CARBS	12	FATS	3
FIBRE	3		



Coconut yoghurt can be traded for regular or low fat Greek yoghurt if you're not a fan.





# ROCKY ROAD SMOOTHIE BOWL

SERVES: 2

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TOTAL TIME: 5 MINUTES

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## INGREDIENTS

1 large frozen **banana**  
125 grams **coconut yogurt**  
2 scoops chocolate **protein powder**  
120 millilitres **almond milk**  
90 grams frozen **courgette**  
1 teaspoon **chia seeds**  
1 tablespoon **cacao powder**  
Slivered **almonds**, almond **butter** and marshmallows for  
topping

## INSTRUCTIONS

Pour half of the coconut yogurt in the bottom of two wide glasses or bowls.

Blend all remaining ingredients except toppings together.

Pour the blended mixture into the glasses and top with the remaining coconut yogurt, almond slivers, almond butter and marshmallows.

Enjoy cold!

### MACROS PER PORTION

CALORIES	279	PROTEIN	26
CARBS	23	FATS	12
FIBRE	2		



This green feast is packed full of nutrients and loads of fibre. A great side dish.





# GARLICKY KALE & PEA SAUTÉ

SERVES: 1

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TOTAL TIME: 12 MINUTES

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## INGREDIENTS

- 2 **cloves garlic**, thinly sliced
- 1 hot **red chilli**, finely chopped
- 2 tablespoons **olive oil**
- 2 bunches **kale**, trimmed and chopped
- ½ teaspoon **sugar**
- 1 pound **frozen peas**

## INSTRUCTIONS

- In a large pan on medium, cook garlic and chilli in the oil for around 2 minutes, stirring often.
- Add kale, sugar and ½ teaspoon of salt.
- Cook for a further 6 minutes or until kale is tender, stirring occasionally then gently stir in the peas.
- Cook 2 minutes or until heated through.

### MACROS PER PORTION

CALORIES	85	PROTEIN	5
CARBS	11	FATS	3
FIBRE	4		





# CRISPY BEET AND MOZZARELLA SALAD

SERVES: 10

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TOTAL TIME: 45

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## INGREDIENTS

1½ pounds **beetroot**, scrubbed, trimmed and cut into ¼ inch-thick slices  
3 tablespoons **olive oil**  
1 **cucumber**, chopped and seeded  
10 **radishes**, thinly sliced  
1½ kilogram arugula (substitute with **rocket** if not available)  
3 tablespoons **red wine vinegar**  
230 milligrams **fresh mozzarella**, torn

## INSTRUCTIONS

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

Meanwhile toss the beetroot with 2 tablespoons oil and ¼ teaspoon salt. Arrange these in a single layer on 2 large rimmed baking sheets.

Roast for 20 to 25 minutes or until they start to turn golden brown and crisp. Set aside to cool.

In large bowl, toss cooled beets with cucumber, radishes, rocket, vinegar, remaining 1 tablespoon oil and ½ teaspoon each of the salt and pepper.

Divide among serving plates and top with the torn mozzarella.

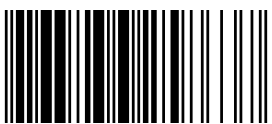
Beetroot contains high amounts of boron, which is directly related to the production of human sex hormones.

## MACROS PER PORTION

CALORIES	130	PROTEIN	5
CARBS	6	FATS	10
FIBRE	2		



Loads of protein  
and fibre-packed  
red lentils.  
Nutritious and  
super filling!





# SPICED RED LENTIL, TOMATO, AND KALE SOUP

SERVES: 6

TOTAL TIME: 30 MINUTES

## INGREDIENTS

1 tablespoon **extra-virgin olive oil**  
2 large **garlic cloves**, minced  
1 **sweet onion**, diced  
3 **celery stalks**, diced  
1 **bay leaf**  
1½ teaspoons **ground cumin**  
2 teaspoons **chilli powder**  
½ teaspoon **ground coriander**  
½ teaspoon **smoked sweet paprika**, to taste  
⅛ teaspoon **cayenne pepper**, or to taste  
400 gram tin diced **tomatoes**, with juices  
1 to 1½ litres low-sodium **vegetable broth**, as needed  
75 grams uncooked **red lentils**, rinsed and drained  
Fine grain **sea salt and pepper**, to taste  
3 handfuls de-stemmed and chopped **kale** leaves or **baby spinach**

## INSTRUCTIONS

In a large pot, over medium heat sauté the onion and garlic in the oil for 4 to 5 minutes then add the celery and sauté for a further few minutes, before stirring in the bay leaf and the spices (cumin, chili powder, coriander, paprika and cayenne).

Add the can of tomatoes (with juice), broth and lentils. Bring to the boil, reduce heat, and then simmer, uncovered, for about 20 to 25 minutes, until the lentils are tender.

Stir in kale or spinach and cook until wilted.

Serve and enjoy with a chunk of crusty bread!

When cooled, the soup can be stored in your fridge in an air-tight container for 3 to 5 days, or you can freeze it in a freezer-safe container for a couple of months.

Just leave an inch gap at the top for expansion.

In the Middle East, lentil seeds have been found dating back more than 8000 years.

## MACROS PER PORTION

CALORIES	200	PROTEIN	10
CARBS	31	FATS	4
FIBRE	8		



# MAINS











This fantastic curry can also be used as a base for any type of meat should you want to add.





# CAULIFLOWER AND BUTTERNUT SQUASH CURRY

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

½ tablespoon **canola oil**  
1 medium **onion**, diced  
½ tablespoon minced **fresh ginger**  
250 grams cubed **butternut squash** (**Carrots** or **potatoes** would both be perfect substitutes for the squash, just in case butternut is not in season)  
1 head **cauliflower**, cut into florets  
1 tin **chickpeas**, drained  
1 **jalapeño pepper**, minced  
1 tablespoon yellow **curry powder**  
400 gram tin diced **tomatoes**  
400 gram tin **light coconut milk**  
Juice of 1 **lime**  
**Salt and black pepper** to taste  
Chopped **coriander**

## INSTRUCTIONS

Sauté the onion and ginger in oil over a medium heat for about 2 minutes, until the onion is soft and translucent.

Add the squash, cauliflower, chickpeas, jalapeño, and curry powder. Stir and cook for a further 2 minutes.

Stir in the tomatoes and coconut milk and turn the heat down to low.

Simmer gently for 15 to 20 minutes, until the vegetables are tender, add the lime juice and season with salt and black pepper.

Serve garnished with the chopped coriander.

## MACROS PER PORTION

CALORIES	478	PROTEIN	26
CARBS	65	FATS	15
FIBRE	2		



These are also a great snack and can be sliced up into as many as 16 slices.



# ROASTED CRANBERRY AND GOATS CHEESE FLATBREAD

SERVES: 4

TOTAL TIME: 35 MINUTES

## INGREDIENTS

150 grams **fresh cranberries**  
3 tablespoons pure **maple syrup**.  
1 tablespoon finely chopped **shallots**  
½ teaspoon chopped **dry thyme**  
¼ teaspoon **salt**  
2 **flatbreads**  
400 milligrams **fresh goat cheese**, crumbled

## INSTRUCTIONS

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

Then mix the cranberries, maple syrup, shallot, thyme and salt in an 8 x 8 inch baking dish.

Roast, turning over a couple of times, until the cranberries burst and the mixture is bubbling with the edges starting to caramelize.

Remove from the oven and stir further until the cranberries are all broken down and the mixture is fairly thick. Set aside.

Arrange the flatbreads on a flat baking pan then spoon the cranberry mixture over the top of the breads dividing evenly.

Top with the goat cheese and bake directly on the oven rack until the cheese is softened and flatbread is crispy.

Serve hot.

## MACROS PER PORTION

CALORIES	372	PROTEIN	12
CARBS	56	FATS	12
FIBRE	4		



Experiment with different types of mince, chicken or turkey mince is good and the more traditional Italian meatballs also have pork in them.





# ITALIAN MEATBALLS AND PASTA

SERVES: 3

TOTAL TIME: 25 MINUTES

## INGREDIENTS

300 grams extra lean **beef mince**  
1 teaspoon **olive oil**  
2 small **onions**  
80 grams **celery**  
4 **cloves garlic**  
400 g ram tin **chopped tomatoes**  
20 grams **sun dried tomato paste**  
8 grams soft **brown sugar**  
Pinch **dried oregano**  
225 grams **fusilli**

## INSTRUCTIONS

Grind the lean beef mince with a pestle and mortar until it forms a paste like consistency.

Coat a non-stick fry-pan with olive oil, chop the onion and celery finely and fry gently until translucent.

Chop or mash 2 cloves of the garlic and add to the pan. Fry for another 2 mins, then take off the heat.

Blend the chopped tomatoes, tomato paste and sugar with a little water. Then add the onion/celery/garlic mix and blend further.

Add 1 finely chopped garlic clove and the oregano to the beef mince.

Mix well and form into balls.

Fry the meatballs in olive oil on a medium to high heat, browning on all sides.

As soon as they have enough colour, add the sauce in the pan and turn the heat right down to a gently simmer.

Season with salt and pepper to taste.

Cook the pasta as per packet instruction and serve with the cooked meatballs and sauce.

It is nearly 60 percent more expensive to obtain dietary fibre from fresh tomatoes as from the same portion of tinned tomatoes.

## MACROS PER PORTION

CALORIES	490	PROTEIN	33
CARBS	67	FATS	11
FIBRE	4		



Add a handful of finely diced mushrooms to add a bit more moisture.





# CHIPOTLE BLACK BEAN BURGERS

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

2 400 gram tins **black beans**, drained and rinsed  
½ medium **onion**, roughly chopped  
3 **cloves garlic**  
Chipotle **Hot Sauce** to taste  
2 teaspoons **cumin**  
Pinch **salt**  
1 tablespoon **corn-starch**  
Handful **fresh coriander**  
1 teaspoon **sriracha**  
40 grams **rolled oats**  
2 tablespoons **olive oil**

## INSTRUCTIONS

Blend half the black beans, onion and garlic in a food processor until well combined. Then add the peppers, cumin, salt, corn-starch, cilantro, and sriracha. Blend for a further 10 to 20 seconds.

Transfer to a large mixing bowl, stir in the oats and remaining black beans.

Heat the olive oil in a large pan over medium heat.

Form the bean mixture into patties and carefully transfer to the pan.


Cook for about 5-7 minutes until the bottom is browned and set.

Very carefully flip and cook for an additional 4-6 minutes until the opposite side is browned and set as well.

Serve immediately.

## MACROS PER PORTION

CALORIES	217	PROTEIN	13
CARBS	32	FATS	5
FIBRE	1		



Try different types of burgers by switching in different curry pastes. Also great “bunless” and with a salad.





# TANDOORI CHICKEN BURGERS

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

450 grams **chicken mince**  
45 grams dry **breadcrumbs**  
2 tablespoons prepared **Tandoori paste**  
1 large **egg**  
1 tablespoon **lemon juice**  
1 teaspoon finely grated **lemon zest**  
 $\frac{3}{4}$  teaspoon **salt**  
 $\frac{1}{2}$  teaspoon **ground black pepper**  
 $\frac{1}{2}$  teaspoon **ground cumin**  
1 dash **hot sauce** (optional)  
4 wholegrain hamburger **buns**  
Sliced **cucumbers** and peaches or mango  
Yogurt or creamy dressing of your choosing

## INSTRUCTIONS

Combine the chicken with the breadcrumbs, paste, egg, lemon juice and zest, salt, pepper and cumin (and the hot sauce, if you like a bit of heat).

Shape the mixture to form 6 burger patties and refrigerate until ready to use.

Preheat your grill to medium and cook the patties for 10 to 12 minutes on each side, or until cooked all the way through.

Serve the burgers on buns and top with sliced cucumbers and peaches (or mango), and serve with a dollop of yogurt or preferred creamy dressing.

Tandoori got the name from the clay oven its cooked in which is the 'Tandoor'.

## MACROS PER PORTION

CALORIES	310	PROTEIN	35
CARBS	28	FATS	7
FIBRE	4		





If you can't get coconut flour feel free to substitute regular flour into the mix.





# SWEET CHILLI CHICKEN BURGERS

SERVES: 8

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TOTAL TIME: 25 MINUTES

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## INGREDIENTS

1 kilogram **chicken thighs**, visible fat removed and roughly chopped

1 medium **onion**, chopped finely

1 clove **garlic**, chopped finely

**Salt**

**Pepper**

**Red pepper flakes** (optional)

2 tablespoons **coconut flour**, sifted

1 large **egg**

1 tablespoon **chilli sauce** of choice (optional)

**Sweet chilli sauce** to top

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## INSTRUCTIONS

Blend the chicken thighs, onion, garlic, salt, pepper and red pepper flakes until very well combined.

Place into a large mixing bowl, add the coconut flour, egg and chilli sauce and mix well.

Using your hands, form into burger patties.

Coat a frying pan with oil and cook the burgers on each side over a medium heat for around 3-4 minutes, before flipping and cooking for another 3-4 minutes or until cooked through.

Repeat until all burgers have been cooked. Coat with sweet chilli sauce and serve in burger buns or with a fresh green salad.

## MACROS PER PORTION

CALORIES	265	PROTEIN	34
CARBS	2	FATS	14
FIBRE	1		



Experiment with different cuts of beef for this. Filet mignon is the gold standard but porterhouse or ribeye are both great options.





# SOUVLAKI BEEF KEBABS

SERVES: 4

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TOTAL TIME: 17 MINUTES

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## INGREDIENTS

4 ready made **beef kebab skewers** (about 200 grams each)

2 tablespoons **olive oil**

2 tablespoons **red wine vinegar**

2 tablespoons **lemon juice**

3 **cloves garlic minced**

1 tablespoon **dried oregano**

1 tablespoon **dried mint**

2 teaspoons **salt**

½ teaspoon chili flakes

## INSTRUCTIONS

Arrange the skewered beef in a large baking dish in a single layer.

Whisk together the remaining ingredients and drizzle over the kebabs.

Marinate for 30 minutes or preferably overnight, turning once.

Pre-heat your grill on high.

Grill for 8-12 minutes, rotating once halfway through.

Let rest for 8 minutes before serving.

## MACROS PER PORTION

CALORIES	287	PROTEIN	28
CARBS	8	FATS	16
FIBRE	5		



These are great prepared with pre cooked tinned or pouches of cooked salmon.





# GREEK SALMON PITA SANDWICH

SERVES: 2

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TOTAL TIME: 5 MINUTES

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## INGREDIENTS

280 grams poached **salmon**  
2 tablespoons Fat Free **Greek yogurt**  
50 grams chopped **cucumber**  
40 grams finely chopped **red onion**  
10 **cherry tomatoes**, halved  
2 tablespoons **feta cheese**  
1 teaspoon chopped **fresh dill**  
2 leaves **lettuce**  
1 **pitta bread** pocket, cut in half

## INSTRUCTIONS

In a bowl, gently combine the salmon, yogurt, cucumber, red onion, tomatoes, feta cheese, and dill.

Stuff generous amounts of the mixture with a crisp lettuce leaf into pita pockets and serve.

### MACROS PER PORTION

CALORIES	514	PROTEIN	44
CARBS	32	FATS	24
FIBRE	3		



Trade in the bacon for some turkey bacon to trim the fat in this dish and bump the protein a little.





# PEAR BACON AND BRIE FLATBREAD

SERVES: 2

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TOTAL TIME: 16

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## INGREDIENTS

2 prebaked **flatbreads**

50 grams **mozzarella cheese**

60 grams **brie** sliced very thin

½ a **pear**, thinly sliced

4 rashers of **bacon**, cooked and crumbled

For the garnish:

**Spinach** and **Rocket salad**

**Balsamic glaze**

## INSTRUCTIONS

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

Place the flatbreads on a baking sheet and warm in the oven for 2 minutes.

Remove from the oven, sprinkle with both cheeses, the pear slices and crumbled bacon.

Return to the oven and bake for 3 to 4 more minutes, or until the cheeses are bubbling.

Remove from the oven, garnish with the salad, drizzle with balsamic glaze, cut into wedges and serve immediately.

Legitimate Brie must be made in the Seine-et-Marne area south of Paris, the rest are just very good forgeries.

## MACROS PER PORTION

CALORIES	503	PROTEIN	29
CARBS	41	FATS	26
FIBRE	2		



Pad Thai follows a Thai culinary tradition of using all five tastes which are salty, sour, sweet, spicy and bitter.





# PAD THAI

SERVES: 4

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

### Sesame oil

- 1 **red chilli** diced
- 1 tablespoon grated **ginger**
- 1 clove **garlic**, crushed
- 2 sliced **spring onions**
- 1 **egg**, beaten and seasoned
- 1 **mooli** shredded
- 2 **courgettes** shredded or spiralised
- 50 grams **beansprouts**
- 200 grams cooked and peeled **prawns**
- Juice of 1 **lime**
- 1 tablespoon **fish sauce**
- ½ bunch **coriander**, chopped
- 2 tablespoon roasted **peanuts**, chopped

## INSTRUCTIONS

Heat 1 teaspoon of oil in a wok until smoking hot.

Stir fry the chilli, ginger and garlic until fragrant, then add the spring onions for 2 minutes. Scrape everything to one side and add the egg.

Rapidly stir-fry, to get scrambled egg mixed with the spring onions and chilli.

Add the mooli and stir-fry for another 4 minutes, then add the beansprouts and the prawns.

Cook for another 2 minutes until the prawns have warmed though and the water has all but evaporated.

Flavour with the lime juice and fish sauce and transfer to four bowls.

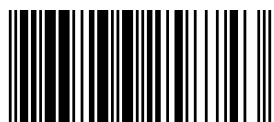
Scatter with the coriander and chopped peanuts and serve.

## MACROS PER PORTION

CALORIES	139	PROTEIN	14
CARBS	5	FATS	7
FIBRE	1		



Saag” indicates a leaf-based dish. This could be spinach, mustard leaf, collard greens etc.





# CHICKEN SAAG

SERVES: 4

TOTAL TIME: 45 MINUTES

## INGREDIENTS

2 **red chillies**, seeded  
2 **cloves garlic**  
4 cm piece **ginger**, peeled  
1 **onion**, chopped  
**Olive oil**  
1 teaspoon **ground cumin**  
1 teaspoon **ground coriander**  
1 teaspoon **garam masala**  
½ teaspoon **turmeric**  
4 **cloves**  
4 skinless **chicken breast** cut into large chunks  
150 grams **red split lentils**  
400 gram tin **chopped tomatoes**  
260 grams **fresh spinach**  
4 small **rotis** warmed to serve

## INSTRUCTIONS

Blend the chillies, garlic, ginger and onion to a paste.

Heat 1 teaspoon of olive oil in a large pan and gently fry the paste for 2 minutes, until fragrant.

Add the dry spices and cook for a further minute, before adding the chicken pieces, stirring to coat in the spices.

Cook for 5 minutes before adding the lentils and chopped tomatoes with along with 1½ tins of water.


Simmer slowly for 25 minutes, season to taste, add the spinach and stir until wilted.

Serve with warmed rotis.

Cumin is the second (right after the black pepper) most popular spice in the world today.

## MACROS PER PORTION

CALORIES	330	PROTEIN	43
CARBS	28	FATS	4
FIBRE	6		



Black bean sauce is popular sauce in Cantonese and Sichuan cooking.





# TURKEY IN BLACK BEAN SAUCE WITH NOODLES

SERVES: 1

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TOTAL TIME: 30

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## INGREDIENTS

**Cooking oil** spray

1 small **onion**

½ medium **green pepper**

½ medium **red pepper**

1 **garlic clove**

130 grams **turkey breast**

45 grams stir in **black bean sauce**

100 grams medium **wholewheat noodles**

## INSTRUCTIONS

Prepare and chop the onion and pepper, then peel and crush the garlic and cut the turkey into strips.

Spray a non-stick frying pan or wok with the oil, and fry the onion and garlic until softened.

Add the turkey and cook until starting to colour.

Now, add the red and green pepper and continue to fry until the turkey is cooked, before stirring in the black bean sauce and allowing to heat through.

Meanwhile cook the noodles according to the pack instructions

Finally add the cooked noodles to a bowl and serve topped with the turkey.

## MACROS PER PORTION

CALORIES	402	PROTEIN	39
CARBS	48	FATS	4
FIBRE	6		

Feel free to switch out the pork for any other lean meat.





# CHILI-GLAZED PORK WITH SWEET POTATO HASH

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 **pork tenderloin**

1 tablespoon and 1 teaspoon **olive oil**

1 teaspoon **chili powder**

**Salt**

**Black pepper**

2 tablespoons pure **maple syrup**

2 medium **sweet potatoes**

2 large **shallots**, chopped

140 grams **baby spinach**, chopped

**Hot sauce** (optional)

## INSTRUCTIONS

Heat your grill to medium.

Place the pork on a foil-lined rimmed baking sheet and rub with 1 teaspoon of the oil, the chili powder and ¼ teaspoon each of salt and pepper.

Grill, turning and basting with the maple syrup twice, until cooked through. Set aside to rest for 5 minutes before slicing.

Meanwhile, grate the sweet potatoes.


Heat the remaining oil in a large non-stick pan over a medium-high heat.

Add the shallots and cook, stirring occasionally, until beginning to brown, then add the potatoes and cook, tossing occasionally, until tender. Finally, add the spinach and cook, tossing until wilted.

Serve the pork and potatoes in bowls splashed with the hot sauce, if desired.

## MACROS PER PORTION

CALORIES	366	PROTEIN	35
CARBS	33	FATS	10
FIBRE	5		

A close-up photograph of a dark-colored plate filled with numerous skewers of cooked shrimp. The shrimp are pink and white, garnished with small pieces of green herbs. A lime wedge is placed on the plate, and a small white bowl containing a green dipping sauce is visible in the bottom left corner. The background is a light-colored, textured surface.

Prawns have claws on three of their five pairs of legs, shrimp have claws on two of their five pairs of legs. In cuisine pretty much interchangeable.





# GRILLED HERB-MARINATED PRAWN SKEWERS

SERVES: 4

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TOTAL TIME: 45 MINUTES

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## INGREDIENTS

- 10 grams **coriander leaves**
- 10 grams **parsley leaves**
- 20 grams **fresh basil leaves**
- 3 tablespoons **extra-virgin olive oil**
- 3 tablespoons **fresh orange juice**
- 1 tablespoon **fresh lime juice**
- ½ teaspoon **ground cumin**
- ½ teaspoon **salt**
- ¼ teaspoon freshly **ground black pepper**
- 2 **garlic cloves**
- 24 **king prawns**, peeled and deveined

## INSTRUCTIONS

To make the marinade, combine everything except the prawns in a food processor until smooth.

Place in a bowl with the prawns, stirring to coat evenly.

Marinate in refrigerator for 30 minutes, stirring a couple of times.

Preheat your grill to high.

Remove your prawns from the marinade and divide them evenly on to 4 wooden skewers.

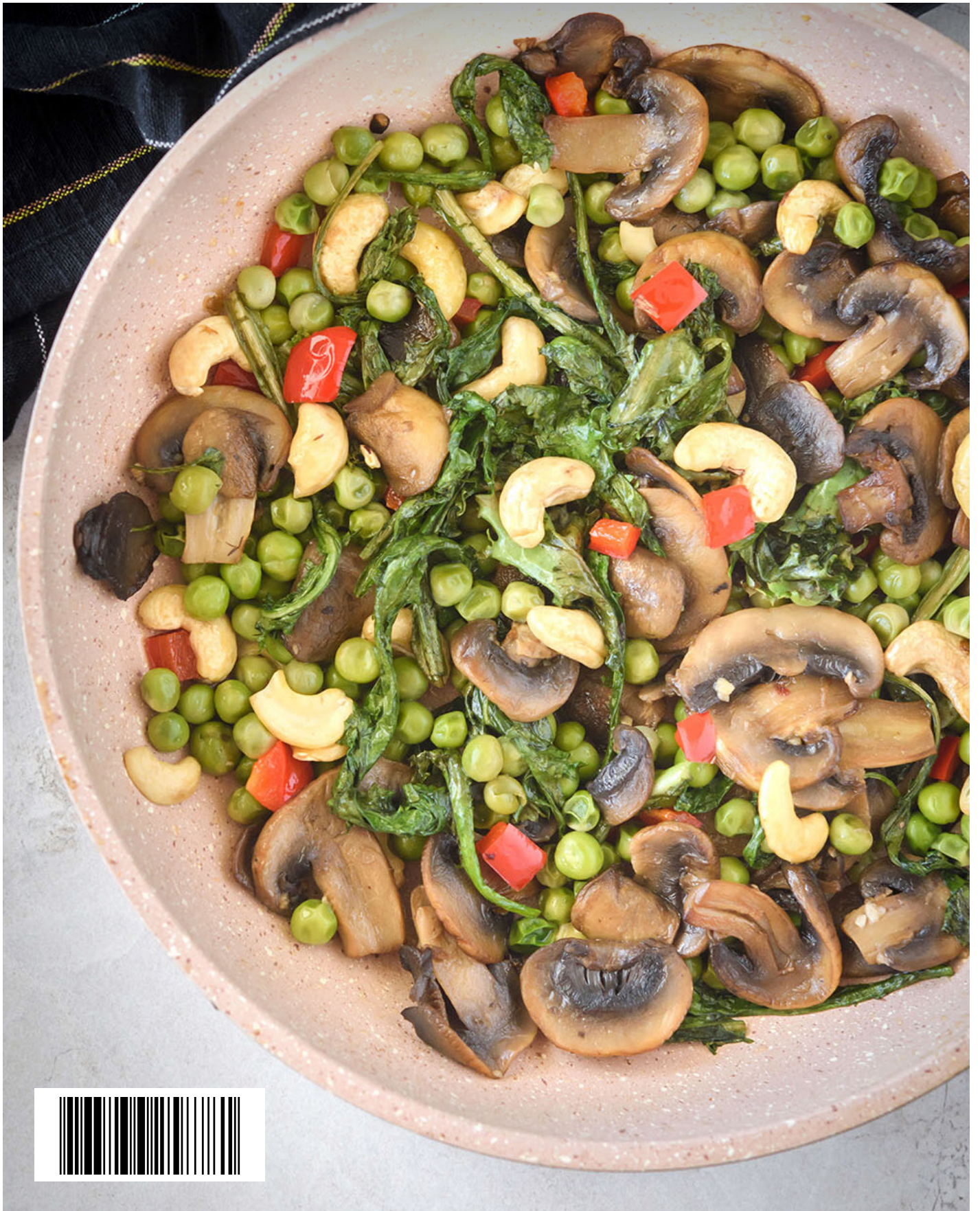
Place the loaded skewers on a grill pan coated with cooking spray and top with any remaining marinade.

Grill around 5 inches from heat for 2 minutes on each side or until the prawns are cooked.

Serve immediately with your choice of rice and sides.

## MACROS PER PORTION

CALORIES	285	PROTEIN	35
CARBS	5	FATS	13
FIBRE	1		





# KALE MUSHROOM AND CASHEW STIR FRY

SERVES: 10

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TOTAL TIME: 25

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## INGREDIENTS

1 teaspoon **sesame oil**  
300 grams **button mushrooms**, sliced  
25 grams **fresh ginger**, grated  
1 to 2 mild **red chillies**, deseeded and finely sliced  
400 grams **kale**, shredded  
350 grams **frozen peas**  
75 grams unsalted **cashews**  
2 teaspoons **Chinese five spice**  
2 tablespoons reduced **salt soy sauce**

## INSTRUCTIONS

Heat the sesame oil on medium-high in a wok or large non-stick frying pan.

Add the mushrooms, ginger and chilli and cook until starting to brown.

Add the kale and peas and cook for a further 2 to 3 minutes to heat through.

Add the cashews and cook for 2 minutes more.

Stir in the five spice and soy sauce, then serve piping hot with fluffy Jasmin rice.

Cashews are actually the kidney-shaped seeds that adhere to the bottom of the cashew apple

## MACROS PER PORTION

CALORIES	237	PROTEIN	13
CARBS	16	FATS	14
FIBRE	10		



# DESSERTS











You can trade the arrowroot starch for  $1\frac{1}{2}$  teaspoons of corn-starch.





# CHERRY VEGAN CHEESECAKE

SERVES: 8

TOTAL TIME: 3 HOURS

## INGREDIENTS

For the **crust**:

100 grams **raw pecans**

175 grams **pitted dates**

Pinch **sea salt**

For The Vegan Cheesecake **Filling**:

225 grams **raw cashews**

80 millilitres freshly squeezed **lemon juice**

80 millilitres **coconut oil**, melted and cooled

160 millilitres **full fat coconut milk**, chilled

80 millilitres pure **maple syrup**

For the Sweet Cherry Topping:

900 grams frozen **sweet cherries**, pitted

80 millilitres **water**

2 tablespoon pure **maple syrup**

1 tablespoons **lemon juice**

2 teaspoons **arrowroot starch**

½ teaspoon **lemon zest**

## INSTRUCTIONS

Cover the cashews with boiling water, soak for one hour.

In a food processor, add the pecans, sea salt, and dates. Process until a small ball forms and then until the mixture resembles a loose dough. Set aside.

Line a loaf tin with parchment paper. Carefully pack down the mixture using your fingers. This will serve as the crust.

Drain cashews and add them into a blender, followed by the lemon juice, coconut oil, chilled coconut milk (just use solid milk from the top and leave the clear liquid), and maple syrup.

Blend together until smooth and creamy.

Pour the filling over the pecan crust and pop into the freezer for 2 to 3 hours to set.

When you're ready, remove from the freezer to thaw slightly then pull up the parchment paper to remove.

Meanwhile, combine the cherries, water, maple syrup, and lemon juice in a pan over medium-high, and stir for about 12 to 15 minutes.

Add the arrowroot and whisk until smooth.

Cook until thick and bubbly, allow to cool to room temperature, then serve over the cheesecake.

## MACROS PER PORTION

CALORIES	369	PROTEIN	7
CARBS	39	FATS	27
FIBRE	5		



You can also use  
different types of  
bread for these.  
Even tortilla  
wraps work  
pretty well.





# FRENCH TOAST ROLL UPS

SERVES: 7

TOTAL TIME: 30 MINUTES

## INGREDIENTS

7 **Flatbreads**

**Butter** to grease

Toothpicks (optional)

For the French Toast Batter:

5 **eggs**

2 tablespoons **semi-skimmed milk**

55 grams **granulated sugar**

1 teaspoon **vanilla extract**

½ teaspoon **cinnamon**

To Serve:

Powdered **sugar**

Your favourite syrup

## INSTRUCTIONS

Whisk together all the batter ingredients and set aside.

Grease a large non-stick pan and place over medium heat.

Dip one flatbread, in the batter, let excess drip off and cook until golden on both sides.

Transfer to a plate and repeat with the remaining breads.

Roll up the flatbreads, slice and stick with a toothpick if desired.

Eat warm with dipping syrup or fill with any of your favourite toppings – Nutella, peanut butter, coconut, fruit etc.

Dust with powdered sugar before serving.

In Scotland, French toast is traditionally served with sausage between two slices of French toast, eaten as a sandwich.

## MACROS PER PORTION

CALORIES	250	PROTEIN	10
CARBS	43	FATS	4
FIBRE	0		



A tad more indulgent than most of our recipes, but an array of good stuff thrown in with some not so good but calorically pretty good as a “pudding”.





# CHILLED SUMMER PUDDING

SERVES: 8

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TOTAL TIME: 6 HOURS 20 MINUTE

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## INGREDIENTS

300 grams **strawberries**  
250 grams **blackberries**  
100 grams **redcurrants**  
500 grams **raspberries**  
175 grams **golden caster sugar**  
7 thin slices **white bread**

## INSTRUCTIONS

Wash and dry the fruit - keeping the strawberries separate. Gently heat sugar and 3 tablespoons of water in a large pan until the sugar dissolves, then bring to a boil for 1 minute before adding in the fruit (except the strawberries).

Cook for 3 minutes over a low heat, stirring occasionally until softened. Sieve the fruit and juice into a bowl and while its straining, line a pudding basin with cling film, allowing the edges to overhang by about 15 cm.

Remove the crusts from the bread. Cut 4 slices of bread in half then cut 2 slices into 4 triangles each and leave the final piece whole.

Dip the whole piece of bread into the fruit juice to coat then place into the bottom of the basin. Dip the rectangular pieces and press around the basin's sides so that they fit together neatly, just trim the last piece to fit.

Add the strawberries to the fruit, stir and add to the pudding bowl, dip the last of the bread in the juice and make a lid, trimming to fit - keep leftover juice for later.

Bring cling film up and loosely seal. Put a side plate on top and weight down. Chill for 6 hours or overnight.

Remove onto the plate by simply tipping the bowl upside down until you feel it loosen. Paint any gaps of dry bread with the remaining juice.

## MACROS PER PORTION

CALORIES	175	PROTEIN	3.5
CARBS	40	FATS	1
FIBRE	7		





# BLUEBERRY YOGHURT BARK

SERVES: 1

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TOTAL TIME: 45 MINUTES

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## INGREDIENTS

125 grams plain low -fat **Greek yogurt**  
1 teaspoon **honey**  
¼ teaspoon **vanilla extract**  
25 grams **blueberries** (**fresh** or frozen)  
1 tablespoon unsweetened **shredded coconut**  
5 **almonds**, roughly chopped

## INSTRUCTIONS

Line a shallow, freezer safe airtight container with parchment or greaseproof paper.

In a small bowl, gently combine the yogurt, honey, and vanilla extract.

Pour into the container in a thin, even layer and top with blueberries, coconut, and almonds.

Cover and freeze until solid.

Break into odd sized pieces.

Keep in the freezer until ready to enjoy.

## MACROS PER PORTION

CALORIES	202	PROTEIN	13
CARBS	18	FATS	9
FIBRE	2		

